

PERSONAL INFORMATION

Eleni SKALTSA

HOME ADDRESS

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WORK ADDRESS

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School of Health Sciences, Department of Pharmacy, Section of Pharmacognosy & Chemistry of Natural Products, Panepistimiopolis, Zografou, 157 71, Athens, Greece

Sex Female | Date of birth 18/03/1959 | Nationality Greek

JOB APPLIED FOR
POSITION

CIVIS JOINT MASTER NAT4DD

WORK EXPERIENCE

1988-1993.	Lecturer
1993-2003	Assistant Professor
2003-2013	Associate Professor
2013- today	Professor

EDUCATION AND TRAINING

- 1981: B.Sc. Pharmacy, National & Kapodistrian University of Athens, Greece.
- 1985: Ph.D. Pharmacognosy, National & Kapodistrian University of Athens, Greece.
- 1988: Laboratoire de la Recherche Thérapeutique en Cancérologie, Université de Nantes, France, on a 6-months scholarship.
- 1994: University of Valencia, Department of Organic Chemistry, Faculty of Chemistry, Spain
- 2000: Institute of Pharmaceutical Sciences, ETH Zurich, Switzerland

PERSONAL SKILLS

other tongue
English

Greek

UNDERSTANDING		SPEAKING		WRITING
Listening	Reading	Spoken interaction	Spoken production	
C1/C2	C1/C2	C1/C2	C1/C2	C1/C2

French

UNDERSTANDING		SPEAKING		WRITING
Listening	Reading	Spoken interaction	Spoken production	
C2	C2	C2	C2	C2

Spanish

UNDERSTANDING		SPEAKING		WRITING
Listening	Reading	Spoken interaction	Spoken production	
B2	B2	B2	B2	B2

Communication skills

Excellent communication skills developed through extensive university teaching and international academic experience. Effective public speaker with a strong ability to engage multicultural audiences through lectures, conferences, and committee work. Skilled in cross-cultural communication, academic writing, and collaborative research discussions.

Organisational / managerial skills

2025:

Principal Investigator in the administrative procedures of the program "Internationalization of Higher Education Institutions" under Project SUB2: 'Universities of Excellence', with code OPS TA 5180665, Recovery and Resilience Facility 'Greece 2.0' within the framework of the joint CIVIS Master's Program "Drug Development: From Natural Products to Formulations and Applications" – NAT4DD

2024 – today:

Leader of the Coordinating Committee of CIVIS joint Master's Programme entitled «Drug development: from natural products to formulations and applications» – NAT4DD

1/10 – 21/10/2024:

Leader of CIVIS BIP Program Natural products: applications, formulations, Department of Pharmacy, NKUA

18/09 – 6/10/2023:

Leader of CIVIS BIP Program from Medicinal Plants to Drug Products: Research Lab, Formulations, Applications, Department of Pharmacy, NKUA

14 – 16/07/2022:

Leader of CIVIS Program Workshop on Traditional Medicines: A sustainable lifestyle towards climate change, Department of Pharmacy, NKUA

4 – 8/07/2022:

Leader of CIVIS Program Summer School on natural drug products: Explore the theory and the current research and application of natural products, Department of Pharmacy, NKUA

Member of the Organizing Committee of a lot of National and International Congresses.

Job-related skills

2014-today:

Committees:

Committee for continuing Education of community pharmacists (Panhellenic Pharmaceutical Association)

2019 -31.12.2025:

Drug Price Negotiation Committee (Hellenic Ministry of Health).

2020-2025:

Committee for Pharmaceutical Cannabis (Vice-Chairman- Hellenic Ministry of Health)

2004-2016, 2019-2023, 2026-2028:

Chairman of the Scientific Council for Homeopathic Medicines (Hellenic Ministry of Health).

2014 – today:

Board examiner of the pharmacists' professional license (Coordinator of the Committee; Hellenic Ministry of Health).

2005-2014:

Alternate member of the HMPC of the European Medicines Agency (EMA).

2013-2015:

Member of the Central Health Council (Hellenic Ministry of Health).

1.12.2017- 31.8.2020:

Vice-Dean of the Faculty of Pharmacy, NKUA

1994-1995, 2007-2008, 2017-2020:

Member of the Senate, NKUA

2021, 2022:

Associate Editor of the International Journal *Phytochemistry*

2023-today:

Editor-in-Chief of *Phytochemistry*

Guest editor in Special Issues:

Scientia Pharmaceutica: Quality control of herbal products. Secondary metabolites as special markers

Molecules: Biological Activity of Secondary Metabolites

Molecules: The Discovery and Biological Activities of Potential New Natural Products for Antifungal Activity

Medicines: Antimicrobial, Antioxidant and Anti-inflammatory Activities of Essential Oils.

Phytochemistry in memory of Prof. Dr. Otto Sticher.

Phytochemistry in honor of Dr. Richard Robins

Phytochemistry in memory of Prof. J. David Phillipson

Referee of many international scientific journals. Member of several Scientific Associations/Societies

COORDINATOR OF SOCRATES-ERASMUS BILATERAL PROGRAMMES:

University of Valencia (Spain); University of Firenze (Italy); University of Ferrara (Italy); University of Perugia (Italy); University of Calabria (Italy); University of Modena (Italy); University of Torino (Italy); University of Izmir (Turkey, 2008-2010); University of Regensburg (Germany)

Digital competence

SELF-ASSESSMENT

Information processing	Communication	Content creation	Safety	Problem solving
Independent user	Independent user	Independent user	Basic user	Basic user

Other skills
Driving licence

- Software for databases search (Beilstein commander-Crossfire, SciFinder, Reaxys), HPLC system operation and data processing, NMR, GC-& LC-MS.
- Mountain hiking
- Yes

ADDITIONAL INFORMATION

Teaching

Practical courses: 1984-1985: 1984 -1994: 1989-2004: 2008-today: Courses: I. undergraduate studies 1989: 1989-today: 2004-today: 2004-today: I. postgraduate studies M.Sc.: «Isolation, Development, Production and Analysis of Bioactive Natural Products». 1995-today: 1997-today: 2024-2026: M.Sc.: «Cosmetology-Dermopharmacology». 2018-today: 2018-2020, 2020-2022:	Chemical analyses of Herbal Drugs (Extraction & Separation techniques; Natural Products Quality Control). Instrumental Analysis of Herbal Drugs (Structure elucidation methods-UV-Vis, IR, NMR, GC-MS). Herbal Drug Microscopy – Macroscopical Analysis of Herbal Drugs. Introductory courses in Pharmacognosy. Pharmacognosy I. History of Pharmacy. E-book for undergraduate students (https://repository.kallipos.gr/handle/11419/5095) Pharmacognosy II. Textbook for undergraduate students. Pharmaceutical Legislation-Deontology. Textbook for undergraduate students. Chemistry of Natural Products. Textbook for post graduate students. Natural products in Cosmetology and Dermopharmacology. Textbook for undergraduate students. Coordinator of the 5-member committee of the M.Sc. New Forms, Natural Products in Cosmetology and Dermopharmacology Skaltsa, E. (2022). Natural products in Cosmetology and Dermopharmacology [Textbook for postgraduate students]. E-book Kallipos, Open Academic Editions. https://dx.doi.org/10.57713/kallipos-49 Coordinator of the 5-member committee of the M.Sc.
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Total number of publications in
peer review journals:
Publications (last 5 years)

230

1. Chemical composition and evaluation of the antipsoriatic potential of *Cistus sintonisii* in mouse model Dionysia Alvanou, Ekaterina-Michaela Tomou, Maria Anagnostou, Christina Barda, Anastasia-Ioanna Papantonaki, Ioannis Sfiniadakis, Jane Anastassopoulou, Andreas Tzakos, Michail Rallis*, Helen Skaltsa* 2026. Fitoterapia 189, 107103. <https://doi.org/10.1016/j.fitote.2026.107103>
2. Ethnopharmacological approach of natural products in the official Greek Pharmacopoeias. Ekaterina-Michaela Tomou*, Christina Barda, Sofia Barbayanni, Helen Skaltsa* JEP, 2026, accepted
3. Comparative phytochemical analysis of cultivated and wild *Sideritis raeseri* Boiss. & Heldr. subsp. *raeseri* infusions. Tomou EM, Goula K, Skaltsa H, Urmann C.,2025. Nat Prod Res. 39(9):2608-2613. doi:10.1080/14786419.2024.2309323
4. Phenolic constituents of Greek native *Salvia* species: a comprehensive review. Phytochemistry Reviews. M. Anagnostou. E.-M. Tomou, N. Krigas, H.Skaltsa* <https://doi.org/10.1007/s11101-024-10062-w>
5. Targeted isolation of coumarins from *Sideritis* species based on antiviral screening and untargeted metabolomics screening. Ekaterina-Michaela Tomou, Olivier Engler, Antonios Chrysargyris, Nikolaos Tzortzakakis, Helen Skaltsa, and Corinna Urmann, 2025. Phytochemical Analysis; <https://doi.org/10.1002/pca.3531>
6. Characterization of essential oils from seven *Salvia* taxa from Greece with chemometric analysis Tziakas Spyridon, Tomou Ekaterina-Michaela, Fraskou Panagiota, Goula Katerina, Dimakopoulou Konstantina, Skaltsa Helen, 2025. Agronomy, 15(1), 227; <https://doi.org/10.3390/agronomy15010227>
7. Exploring the phytochemical content of the Greek endemic *Salvia teddii* by LC-HRMS. Maria Anagnostou, Ekaterina-Michaela Tomou, Sofia K. Drakopoulou, Nikos Krigas, Nikolaos S. Thomaidis, Helen Skaltsa* Applied Sciences, 2025 under revision
8. Quality characteristics and essential oil properties of *Thymus capitatus*, *Mentha piperita*, and *Sideritis cypria* dried under different conditions. Panayiota Xylia, Antonios Chrysargyris, Ekaterina-Michaela Tomou, Christos Goumenos, Helen Skaltsa, Nikolaos Tzortzakakis * Plants, 2024, 13, 3150. <https://doi.org/10.3390/plants13223150>
9. Wound Healing Potential of Herbal Hydrogel Formulations of *Cedrus brevifolia* Extracts in Mice. Georgia Lyggitsou, Christina Barda, Maria Anagnostou, Andreas Douros, Demetra Statha, Christina Karampasi, Anastasia – Ioanna Papantonaki, Ioannis Svoliantopoulos, Ioannis Sfiniadakis, Andreas Vitsos, Helen Skaltsa *, Michail Ch. Rallis * Gels, 2024
10. Grifoni, L.; Sacco, C.; Donato, R.; Tziakas, S.; Tomou, E.-M.; Skaltsa, H.; Vanti, G.; Bergonzi, M.C.; Bilia, A.R. Environmentally Friendly Microemulsions of Essential Oils of *Artemisia annua* and *Salvia fruticosa* to Protect Crops against *Fusarium verticillioides*. Nanomaterials 2024, 14, 1715. <https://doi.org/10.3390/nano1421171>
11. Chemical constituents from *Elegia tectorum* and their chemophenetics importance. P. Lymperis, E.-M. Tomou, B.D. Payne, M. Cuyler, N. Lall, H. Skaltsa*, 2024. Biochemical Systematics and Ecology 114, 104823

<https://doi.org/10.1016/j.bse.2024.104823>

12. Phytochemical study of *Stachys iva* Griseb. and in vitro anti-inflammatory evaluation. M. Anagnostou, E.-M. Tomou, E. Goya-Jorge, P. Chatzopoulou, R. M. Giner, H. Skaltsa, 2024. Chemistry & Biodiversity
13. Chemometrics analysis evidencing chemotypes and the variability in the composition of essential oils in 10 *Salvia* species from different taxonomic sections or phylogenetic clades. E.-M. Tomou*, P. Fraskou, K. Dimakopoulou, E. Darios, N. Krigas, H. Skaltsa*, 2024. Molecules-2878230
14. Comparative phytochemical analysis of cultivated and wild *Sideritis raeseri* Boiss. & Heldr. subsp. *raeseri* infusions. E.-M. Tomou, K. Goula, H. Skaltsa, C. Urmann* Natural Product Research, 2024. <https://doi.org/10.1080/14786419.2024.2309323>
15. Phytochemical Profiles and Biological Activities of Plant Extracts from Aromatic Plants Cultivated in Cyprus. A. Chrysargyris, J. D. Petrovic, E.-M. Tomou, K. Kyriakou, P. Xylia, Andria Kotsoni, V. Gkretsi, P. Miliadous, H. Skaltsa, M. D. Sokovic and N. Tzortzakos*. Biology 2024, 13, 45. <https://doi.org/10.3390/biology13010045>
16. Metabolic Fingerprinting of Different *Sideritis* Taxa Infusions and Their Neurogenic Activity. Tomou, E. M., Bieler, L., Spöttl, T., Couillard-Despres, S., Skaltsa, H., & Urmann. Planta Medica, 2023. 89(11), 1087–1096. <https://doi.org/10.1055/a-2072-2351>
17. NMR-guided discovery of undescribed triterpenoid saponins from *Lysimachia atropurpurea* L. S. Rallis, E.-M. Tomou*, S.K. Drakopoulou, A.G. Tzakos, N.S. Thomaidis, H. Skaltsa. Phytochemistry, 2024,
18. Metabolic characterization of four members of genus *Stachys* L. Tomou E.-M., Karioti A., Tsirogiannidis G., Krigas N., Skaltsa H. Agronomy, 2023, 13(10), 2624; <https://doi.org/10.3390/agronomy13102624>
19. An in-depth stability study of the essential oils from *Mentha x piperita*, *M. spicata*, *Origanum vulgare*, *Thymus vulgaris*: the impact of thermal and storage conditions. E. Ganosi, C.Barda, M.-E. Grafakou, M. Ch. Rallis and H.Skaltsa*, Separations 2023, 10(9), 488; <https://doi.org/10.3390/separations10090488>
20. Study on the metabolism of natural sesquiterpene lactones in human liver microsomes using LC-Q-TOF-MS/MS. Grafakou, M. E., Barda, C., Skaltsa, H., & Heilmann, J., 2023. Natural product research, 1–9. <https://doi.org/10.1080/14786419.2023.2226301>
21. Recent advances in nanoformulations for quercetin delivery. E.-M. Tomou, P. Papakyriakopoulou, E.-M. Saitani, G. Valsami, N. Pippa*, H.Skaltsa* Pharmaceutics 2023, 15, 1656. <https://doi.org/10.3390/pharmaceutics15061656>
22. Biological activities of some Lamiaceae species: Bio-guided isolation of active metabolites from *Salvia officinalis* L. E. Tsitsigianni, E.-M. Tomou, C. Almpani, Michail Ch. Rallis, Helen Skaltsa* Agronomy. 2023; 13(5):1224. <https://doi.org/10.3390/agronomy13051224>
23. Antiviral activity of beebread, bee collected pollen and artificially fermented pollen against influenza A virus. Tilemachos G. Dimitriou, Nikos Asoutis Didaras, Christina Barda, Dimitra Skopeliti, Katerina Kontogianni, Katerina Karatasou, Helen Skaltsa and Dimitris Mossialos. Foods. 2023; 12(10):1978. <https://doi.org/10.3390/foods12101978>
24. Bio-Actives from Natural Products with Potential Cardioprotective Properties: Isolation, Identification, and Pharmacological Actions of Apigenin, Quercetin, and Silibinin. Tomou M.-E., Papakyriakopoulou P, Skaltsa H., Valsami G., Kadoglou N., 2023 Molecules 28(5), 2387; <https://doi.org/10.3390/molecules28052387>
25. *Sideritis* L. Essential Oils: a systematic review. Chrysargyris A., Tomou M.-E., Goula K., Dimakopoulou K, Tzortzakos N., Skaltsa H.*, 2023. Phytochemistry <https://doi.org/10.1016/j.phytochem.2023.113607>
26. Medicinal and Aromatic Plants (MAPs): The Connection between Cultivation Practices and Biological Properties. Antonios Chrysargyris, Helen Skaltsa and Maria Konstantopoulou. Agronomy 2022, 12, 3108. <https://doi.org/10.3390/agronomy12123108>
27. A Bio-Guided Screening for Antioxidant, Anti-Inflammatory and Hypolipidemic Potential Supported by Non-Targeted Metabolomic Analysis of *Crepis* spp. Barda, C.; Anastasiou, K.; Tzara, A.; Grafakou, M.-E.; Kalpoutzakis, E.; Heilmann, J.; Rallis, M.; Kourounakis, A.; Skaltsa, H. Molecules 2022, 27, 6173. <https://doi.org/10.3390/molecules27196173>
28. Phytochemical characterization of *Phitosia crocifolia* Kamari & Greuter, a monotypic representative of Greek Flora C. Barda, A. Tzoumaka, M.-E. Grafakou, E. Kalpoutzakis, J. Heilmann, H. Skaltsa. Planta Med. 2023, 89(3):324-332. doi: 10.1055/a-1939-7473.
29. Chemical profile and in vitro evaluation of antibacterial activity of *Dioscorea communis* (Dioscoreaceae) berry juice. K. Tsami, C. Barda, G. Ladopoulos, N. A. Didaras, M.-E. Grafakou, J. Heilmann, D. Mossialos, M. Rallis, H. Skaltsa* Sci 2022, 4(2), 21; <https://doi.org/10.3390/sci4020021>
30. An updated review of the genus *Cistus* L. since 2014: traditional uses, phytochemistry and pharmacological properties. Tomou, E.-M., Lytra, K., Rallis S., Tzakos, A., Skaltsa, H.*, 2022. Phytochemistry Reviews. DOI: 10.1007/s11101-022-09827-y
31. Traditional Uses, Phytochemistry, and Pharmacology of *Elegia* Species: A Review. Lymperis, P., Tomou, E.-M., De Canha, M.N., Lall, N., Skaltsa, H.*, 2022. Scientia Pharmaceutica, 90, 4. doi: 10.3390/scipharm90010004.
32. Sustainable Diets & Medicinal Aromatic Plants in Greece: Perspectives towards climate change. Tomou, E.-M*, Skaltsa, H., Economou, G, Trichopoulou A., 2022. Food Chemistry, 374, 131767. doi: 10.1016/j.foodchem.2021.131767
33. Chemical composition and antimicrobial activity of the essential oil of *Abies cephalonica* Loudon from Mount Ainos (Kefalonia, Greece). G. Tsasi, G. Danalatos, E.-M. Tomou, E. Sakadani, M. Bethanis, A. Kolokouris, Y. Samaras, A. Čirić, M. Soković, H. Skaltsa,* 2022. JEOR DOI: 10.1080/10412905.2022.2032421
34. Phytochemistry and Evidence Based Traditional Uses of the Genus *Achillea* L.: An Update (2011–2021). Barda, C., Grafakou, M.-E., Tomou, E.-M., Skaltsa, H.*, 2021. Scientia Pharmaceutica, 89, 50. doi:10.3390/scipharm89040050
35. Macrocyclic Diterpenoid Constituents of *Euphorbia deflexa*, an Endemic Spurge from Greece. M.-E. Grafakou, C. Barda, J. Heilmann, H. Skaltsa, 2021. J Nat Prod. 84(11):2893-2903. doi: 10.1021/acs.jnatprod.1c00654.
36. Prenylated acylphloroglucinols from *Hypericum jovis* with anti-inflammatory potential. M.-E. Grafakou, C. Barda, D. Pintać, M. Lesjak, J. Heilmann*, H. Skaltsa*. 2021. Planta Medica 87(14):1184-1191. doi: 10.1055/a-1556-9721.
37. NMR Fingerprint Comparison of Cultivated *Sideritis* spp. from Cyprus. Tomou, E.-M., Lytra, K., Chrysargyris,

- A., Tzortzakis, N., Skaltsa, H*. 2021. Agronomy, 11(8), 1503; <https://doi.org/10.3390/agronomy11081503>.
38. Wound Healing Effects from 3 *Hypericum* spp. Essential Oils. M.-E. Grafakou, A. Diamanti, E. Simirioti, A. Terezaki, C. Barda, I. Sfiniadakis, M. Rallis, H. Skaltsa, 2021. *Planta Medica Int.* Open <http://doi.org/10.1055/a-1492-3634>.
39. Inorganic substances and their uses in Nikolaos Myrepsos' Dynameron. Recent applications in modern Therapy. Valiakos, E., Marselos M., Skaltsa, H.* *Toxicology Reports* 12; 8:1792-1802. doi: 10.1016/j.toxrep.2021.10.009. eCollection 2021.
40. Cajamolidides A-N: cytotoxic and anti-inflammatory sesquiterpene lactones from *Calea jamaicensis*. Grafakou M.-E., Barda C., G.A. Karikas, Heilmann J., Skaltsa H.*, 2021. *Biorganic Chemistry* 116:105351. doi: 10.1016/j.bioorg.2021.105351.
41. In vitro cytotoxic and anti-inflammatory activities of Sesquiterpene Lactones from *Centaurea papposa* (Coss.) Greuter. Grafakou M.-E., Barda C., Heilmann J., Skaltsa H.*, 2021. *Natural Product Research* doi.org/10.1080/14786419.2021.1955882
42. Mountain tea (*Sideritis* plants): A potential anti-atherogenic agent? Tomou E.-M., Perrea D.N., Skaltsa H., 2021. *J Atherosclerosis Prev Treat.* 12(1), 1–5.
43. Polar constituents, biological effects and nutritional value of *Sideritis sipylea* Boiss. Tomou E.-M., Lytra K, Chrysargyris A., Christofi M.-D., Miltiadous P., Corongiu G. L., Tziouvelis M., Tzortzakis N., Skaltsa H.* 2021. *Natural Product Research* <https://doi.org/10.1080/14786419.2021.1969649>
44. Secondary metabolites from *Hypericum trichocaulon* Boiss. & Heldr., growing wild in the island of Crete. Daskalaki A., Grafakou M.-E., Barda C., Kypriotakis Z., Heilmann J., Skaltsa H.*, 2021. *Biochem. Syst. Ecol.* 97: 104294. doi.org/10.1016/j.bse.2021.104294
45. Anti-Ageing Potential of *S. euboea* Heldr. phenolics. Ekaterina-Michaela Tomou E.-M., Papaemmanouil C. D., Diamantis D., Kostagianni A., Chatzopoulou P., Mavromoustakos Th., Tzakos A*, Skaltsa H* 2021. *Molecules* 26, 2124. doi.10.3390/molecules26113151
46. Remedies of animal origin and their indications in Nikolaos Myrepsos' Dynameron. Valiakos E., Marselos M., Grafakou M.E., Skaltsa H., Sakellaridis N., 2021. *J. Ethnopharmacol.* 276, 114191. doi.10.1016/j.jep.2021.114191
47. Nanovesicles Loaded with *Origanum onites* and *Satureja thymbra* Essential Oils and Their Activity against Food-Borne Pathogens and Spoilage Microorganisms Vanti G., Tomou E.-M., Stojkovic D., Ciric' A., Bilia A.R., Skaltsa H., 2021. *Molecules* 26, 2124. doi. 10.3390/molecules26082124
48. Chemical composition of *Crepis foetida* and *C. rubra* L. volatile constituents and evaluation of the in vitro anti-inflammatory activity of salicylaldehyde rich volatile fraction. Barda C., Grafakou M.-E., Kalpoutzakis E., Heilmann J., Skaltsa H.* *Biochem. Syst. Ecol.*, 2021, doi: 10.1016/j.bse.2021.104256.
49. The genus *Genista* L.: A Rich Source of Bioactive Flavonoids. M-E Grafakou, C Barda, E-M Tomou, H. Skaltsa*, 2021. *Phytochemistry*, 181, 112574.
50. Bio-Guided Investigation of *Sideritis cypria* Methanol Extract Driven by in Vitro Antioxidant and Cytotoxic Assays. Lytra K., Tomou E.-M, Chrysargyris A., Christofi M.-D., Miltiadous P., Tzortzakis N., Skaltsa H., *Chem. Biochem.* 2021. doi: 10.1002/cbdv.202000966
51. Optimization of psoriasis mouse models. Karamani C., Antoniadou, I.T., Dimou, A., Andreou E., Kostakis, G., Sideri, A.; Vitsos, A.; Gkavanozi, A., Sfiniadakis, I., Skaltsa, H., Papaioannou, G., Rallis M. *Journal of Pharmacological and Toxicological Methods*, 2021, 108, 107054. 10.1016/j.vasch.2021.107054
52. The effect of successive harvesting on the volatile constituents of two essential oil of cultivated populations of Sea fennel (*Crithmum maritimum* L.) in Greece. Zafeiropoulou V., Tomou E.-M., Douros A., Skaltsa H., 2021. *Journal of Essential Oil-Bearing Plants* 24(1):1-11. <http://dx.doi.org/10.1080/0972060X.2021.1875054>