

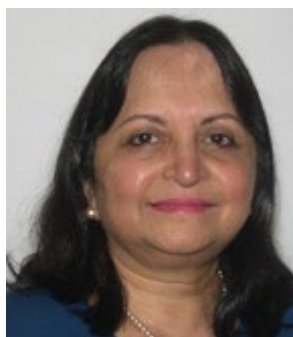
# NIH Office of Dietary Supplements (ODS) 2024–2025 Seminar Series

## ***Bringing botanicals to clinical trial: groundwork and challenges***

Amala Soumyanath, Ph.D.  
Oregon Health and Science University  
Portland, OR

**Wednesday, April 23 • 11 a.m. – 12 p.m. ET**

[Registration](#) is required to join the webinar.



Amala Soumyanath, Ph.D., is a Professor in the Department of Neurology at Oregon Health and Science University (OHSU) in Portland, Oregon. She received her pharmacy degree and Ph.D. from the University of London. She is primarily a pharmacognosist, and her research investigates the chemistry and biological properties of traditionally used botanicals. Goals of this work include promoting evidence-based use of complex botanical products in health care and identifying novel phytochemical leads for drug development. Dr. Soumyanath's current research program examines botanicals with potential use in neurodegenerative diseases, such as Alzheimer's or Parkinson's disease, or to promote resilience to neurological decline in aging. She has received multiple U.S. federal grants for collaborative projects examining the botanical *Centella asiatica* through chemical analysis, preclinical models, translational studies, and early clinical trials. Dr. Soumyanath has published widely on her studies on biologically active botanicals. She is also a co-author of the popular *Laboratory Handbook for the Fractionation of Natural Extracts* and edited a volume on anti-diabetic plants for the series.

Dr. Soumyanath currently directs a Botanical Dietary Supplements Research Center at OHSU that is funded by the NIH Office of Dietary Supplements (ODS) and National Center for Complementary and Integrative Health (NCCIH). The Center studies Botanicals Enhancing Neurological and Functional Resilience in Aging (BENFRA), with a focus on the popular dietary supplements gotu kola (*Centella asiatica*) and ashwagandha (*Withania somnifera*). She also is co-director of an NCCIH-funded T32 grant for Complementary and Alternative Medicine Research Training in Neuroscience and Stress.

### **Recent Publications**

1. Wright KM, McFerrin J, Alcázar Magaña A, Soumyanath A, et al. Developing a Rational, Optimized Product of *Centella asiatica* for Examination in Clinical Trials: Real World Challenges. *Front Nutr.* 2022 Jan 14;8:799137. doi: 10.3389/fnut.2021.799137. PMID: 35096945; PMCID: PMC8797052.
2. Wright KM, Bollen M, David J, Soumyanath A, et al. Bioanalytical method validation and application to a phase 1, double-blind, randomized pharmacokinetic trial of a standardized *Centella asiatica* (L.) Urban water extract product in healthy older adults. *Front Pharmacol.* 2023 Aug 23;14:1228030. doi: 10.3389/fphar.2023.1228030. PMID: 37680716; PMCID: PMC10481538.
3. Holvoet H, Long DM, Law A, Soumyanath A, et al. *Withania somnifera* Extracts Promote Resilience against Age-Related and Stress-Induced Behavioral Phenotypes in *Drosophila melanogaster*; a Possible Role of Other Compounds besides Withanolides. *Nutrients.* 2022 Sep 22;14(19):3923. doi: 10.3390/nu14193923. PMID: 36235577; PMCID: PMC9573261.



**Strengthening Knowledge and  
Understanding of Dietary Supplements**