



## *Curriculum Vitae*

### **Dr. Pașcalău Monica Maria**

Specialist Doctor in Family Medicine

Skills in Apitherapy, Homeopathy, Acupuncture, Occupational Medicine

MAIN SPECIALTY: Doctor

QUALIFICATION: 22 years of practical experience in the field of apitherapy

CLINICAL INTEREST: Apitherapy

LOCATION: Cluj Napoca, SC Raphael Medica SRL Cluj Napoca, Strada Câmpului no. 124 A within Medexpert Clinic

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<https://www.youtube.com/@monicamariapascalau>

<https://clinicasteauadivina.ro>

### **PROFESSIONAL EXPERIENCE:**

2002-2003 Intern Doctor, Regional Institute of Gastroenterology and Hepatology "Prof. Dr. O. Fodor".

Medical Clinic III and Surgery Clinic III, Cluj Napoca

2003-2004 General Practitioner, Individual Medical Office 200 Dr. Crăciun Corina Liana, Cluj Napoca

2004-2013 Director - General Practitioner, SC Raphael Medica SRL Cluj Napoca

2013-present Director – Specialist Doctor in Family Medicine, SC Raphael Medica SRL Cluj Napoca

### **EDUCATION:**

1989-1993 Theoretical High School "Horea, Cloșca and Crișan" mathematics-physics section, Alba Iulia

1994 Computer Operators training course at the Theoretical High School "Horea, Cloșca and Crișan", Alba Iulia

1995-2001 "Iuliu Hațieganu" University of Medicine and Pharmacy, Faculty of General Medicine, Cluj Napoca

1997-present Intensive course in traditional Indian medicine Ayurveda within the National Association for the Promotion of Non-Conventional Medicines, Bucharest

2002–present Ayurveda Lecturer within the National Association for the Promotion of Non-Conventional Medicines, Bucharest

2003-2004 Postgraduate course – Competence in APFITOTHERAPY organized by the Ministry of Public Health at the National Center for Continuing Education in the Health Field, Bucharest

2004 Postgraduate course – Competence in OCCUPATIONAL MEDICINE organized by the Ministry of Public Health at the National Center for Continuing Education in the Health Field, Bucharest

2004-2005 Postgraduate course – Competence in HOMEOPATHY organized by the Ministry of Public Health at the National Center for Continuing Education in the Health Field, Bucharest

2004-2006 Master's degree in COMMUNITY HEALTH, INDUSTRIAL HYGIENE, AND MANAGEMENT OF INTERNATIONAL RELATIONS at Babeş-Bolyai University - Faculty of History, Cluj Napoca

2005 Intensive course for Diagnosis through BICOM Bioresonance – Frankfurt, Germany

2006 Intensive course for Diagnosis through OBERON Bioresonance – „Iuliu Hațieganu” University of Medicine and Pharmacy, Cluj Napoca

2006-2008 Postgraduate course – Certificate in ACUPUNCTURE organized by the Ministry of Public Health at the National Center for Continuing Education in the Health Field, Bucharest

2009 Practical introductory course in APIPUNCTURE organized in Mereni by Apitherapy Consulting & Trading International SRL – Dr. Stefan Stangaciu

2010 Seminar on Indian traditional medicine Ayurveda “Panchakarma – Introductory Concepts and Main Purification Therapies in Ayurveda” – conducted by Dr. Sanjeev Sood through the National Association for the Promotion of Non-Conventional Medicines, Bucharest.

2010-2013 Residency Training in Family Medicine, Cluj Napoca University Center

2013 Certificate of Specialist Physician in Family Medicine issued by the Ministry of Health of Romania

2012 Trainer Course in University Education within the Ministry of Labor, Family, and Social Protection and the Ministry of Education, Research, Youth and Sports organized by SC Expert Training SRL, Cluj Napoca

2014 Postgraduate course “Theoretical principles and practical elements, indications and limits of bee venom therapy” organized by the Ministry of Health at the National Center for Professional Development in the Health Field, Bucharest

06.07-08.06.2019 Postgraduate professional training course titled: Management of Arterial Hypertension in Particular Situations – organized by the Medical I Department of the "Iuliu Hațieganu" University of Medicine and Pharmacy Cluj-Napoca – accredited by the Romanian College of Physicians

11.06-13.06.2019 National Scientific Forum of Young Diabetologist Doctors – YoungDiab 2019 – accredited by the Romanian College of Physicians

16.07-20.07.2019 Postgraduate professional training course titled: The Role of Dietary Antioxidants in Stress Modulation, Pathophysiological Mechanisms – organized by the Department of Pathophysiology of the "Iuliu Hațieganu" University of Medicine and Pharmacy Cluj-Napoca – accredited by the Romanian College of Physicians

22.07-26.07.2019 Postgraduate professional training course entitled: Polyphenols in olive oil, a brief pathophysiological overview – organized by the Department of Pathophysiology of the "Iuliu Hațieganu" University of Medicine and Pharmacy Cluj-Napoca – accredited by the Romanian College of Physicians

26.07-30.07.2019 Postgraduate professional training course entitled: Fruits and vegetables with anti-aging effects, an interdisciplinary approach – organized by the Department of Pathophysiology of the "Iuliu Hațieganu" University of Medicine and Pharmacy Cluj-Napoca – accredited by the Romanian College of Physicians

25.06-27.06.2020 Webinar of the 8th Conference of the College of Physicians of Bucharest held on [www.conferintaonline2020.cmb.ro](http://www.conferintaonline2020.cmb.ro) – accredited by the Romanian College of Physicians

28.10-1.11.2020 National Congress of Family Medicine (SNMF), 9th edition – Prevention and patient safety in the context of COVID-19 – accredited by the Romanian College of Physicians

8.04-9.04.2021 – Webinar SARS-CoV-2 Infection: The Experience of the Clinical Hospital for Infectious and Tropical Diseases "Dr. Victor Babeș" at 1 year of the pandemic, accredited by the Romanian College of Physicians

1.07-5.07.2021 Postgraduate course for professional training titled: The antioxidant role and immunomodulatory actions of bee product extracts – organized by the Physiology Department of "Iuliu Hațieganu" University of Medicine and Pharmacy Cluj-Napoca – accredited by the Romanian College of Physicians

6.07-10.07.2021 Postgraduate professional training course titled: Pathophysiological Incursion into the Universe of Nutrients with Regenerative Action – organized by the Department of Pathophysiology of "Iuliu Hațieganu" University of Medicine and Pharmacy, Cluj-Napoca – accredited by the Romanian College of Physicians

11.07-15.07.2021 Postgraduate professional training course titled: Interdisciplinary Approach to the Psychoneuroendocrine Actions of Environmental Factors – organized by the Department of Pathophysiology of "Iuliu Hațieganu" University of Medicine and Pharmacy, Cluj-Napoca – accredited by the Romanian College of Physicians

2.12-6.12.2025 Postgraduate professional training course titled: Surgical Stress – Mechanisms, Clinical Implications, and Modulation – organized by the Departments of Surgery II and Pathophysiology of "Iuliu Hațieganu" University of Medicine and Pharmacy, Cluj-Napoca – accredited by the Romanian College of Physicians

7.12-11.12.2025 Postgraduate course for the improvement of professional training entitled: Stress in physical effort – an interdisciplinary approach – organized by the Physical Education and Sport and Pathophysiology departments of "Iuliu Hațieganu" University of Medicine and Pharmacy, Cluj-Napoca – accredited by the Romanian College of Physicians

12.12-16.12.2025 Postgraduate course for the improvement of professional training entitled: The antioxidant and anti-aging role of nutraceuticals, pathophysiological mechanisms – organized by the Pathophysiology department of "Iuliu Hațieganu" University of Medicine and Pharmacy, Cluj-Napoca – accredited by the Romanian College of Physicians

#### **SCIENTIFIC ACTIVITY:**

2009 Symposium on the theme "Traditional medicines in the context of integrative medicine" – The event was accredited by the Romanian College of Physicians

Presented work: "*Natural treatment of respiratory infections*"

11.11.2010 Workshop on the theme "Phytotherapeutic approach to the hypertensive patient" Bucharest within the Romanian Association of Phytotherapy Doctors – The event was accredited by the Romanian College of Physicians

12-13.11.2010 Workshop on the theme "Therapeutic principles in phytotherapy. Practical applications" held in Bucharest within the Romanian Association of Phytotherapy Doctors – The event was accredited by the Romanian College of Physicians

21.01.2011 Workshop on the theme "Therapeutic principles in phytotherapy. Practical applications – urinary system" held in Bucharest within the Romanian Association of Phytotherapy Doctors – The event was accredited by the Romanian College of Physicians

20-22.05.2011 2nd Congress of Phytotherapy Doctors on the theme "Phytotherapeutic approach in medical practice" held in Geoagiu Băi organized by the Romanian Association of Phytotherapy Doctors – The event was accredited by the Romanian College of Physicians

Presented paper: "Ischemic heart disease (coronary heart disease) - treatment through the Ornish method combined with herbal medicine and dietary therapy"

28.05-01.06.2012 Spring School with the theme "Tradition and Modernity in Clinical Phytotherapy" held in Orăștie within the Romanian Association of Phytotherapist Doctors – The event was accredited by the Romanian College of Physicians

01-03.06.2012 The 3rd Congress of Phytotherapist Doctors with the theme "Therapeutic Confirmations in Phytotherapy" held in Geoagiu-Băi within the Romanian Association of Phytotherapist Doctors – The event was accredited by the Romanian College of Physicians

Presented works: *"Natural treatment of urinary infections"*

*"Prayer therapy to God. Case presentation"*

22.03.2013 Workshop with the theme "Phytotherapy in pediatric pathology" held in Bucharest within the Romanian Association of Phytotherapist Doctors – The event was accredited by the Romanian College of Physicians

14.02.2014 Workshop on the theme "Phytherapeutic Approach to Bronchial Asthma and Allergies" held in Bucharest within the Romanian Association of Phytotherapy Physicians – The event was accredited by the Romanian College of Physicians.

16.05-18.05.2014 5th Congress of Phytotherapy Physicians on the theme "Research and Clinical Results in Phytotherapy" held in Sibiu within the Romanian Association of Phytotherapy Physicians – The event was accredited by the Romanian College of Physicians.

Presented works: *"Natural Treatment of Rheumatoid Arthritis"*

*"Hepatic Steatofibrosis Improved Through Natural Treatment – Phytotherapy and Diet Therapy"*

Poster: *"How to Naturally Stimulate the Immune System"* (Dr. Monica Pascalau, Dr. Schreedam Sachin, designer Bokor Noemi)

17.10.2014 Workshop on the theme "Phytherapeutic approach in psychological stress and sleep disorders" held in Bucharest within the Romanian Association of Phytotherapist Doctors – The event was accredited by the Romanian College of Physicians

13-15.11.2014 Conference "Phytotherapy in medical practice – Scientific evidence and clinical studies" organized in Brașov by the Romanian Society of Internal Phytherapeutic Medicine – The event was accredited by the Romanian College of Physicians

15.05-17.05.2015 The 6th Congress of Phytotherapist Doctors on the theme "Research and clinical results in phytotherapy" held in Sibiu within the Romanian Association of Phytotherapist Doctors – The event was accredited by the Romanian College of Physicians

Presented works: *"Natural treatment of genitourinary infections"*

*"Apiphytherapeutic treatment of uterine fibroids and fibrocystic mastopathy"*

23.10.2015 Round table on the topic "Phytotherapy – Natural Immunostimulation – Limits and Advantages" held in Bucharest within the Romanian Association of Phytotherapist Doctors – The event was accredited by the Romanian College of Physicians

19.05-21.05.2017 8th Congress of Phytotherapist Doctors on the theme "Research and Clinical Results in Phytotherapy" held in Sibiu within the Romanian Association of Phytotherapist Doctors – The event was accredited by the Romanian College of Physicians

Presented works: *"Apiphytherapeutic treatment of a case of terminal ileitis and ulcerative colitis"*

*"Apiphytherapeutic treatment of endometrial polyp – clinical case"*

Poster: *"Natural treatment of dysmenorrhea"*

7.06-12.06.2018 National Congress of Ayurveda, organized by the National Association of Non-conventional Medicine (AMN-Romania) in partnership with the Romanian Association of Ayurveda and Natural Therapies on the theme "Individual and Assisted Ayurvedic Practice"

Presented works: *"Ayurvedic methods applied in cases of erectile dysfunction"*

<https://youtu.be/py7gF4zYE6A>

*"Ayurvedic application of treatment for hepatic steatofibrosis"*

<https://youtu.be/k7BtgNJo31g>

27.12.2019 International Congress of Ayurveda organized by the National Association of Non-conventional Medicine (AMN-Romania) on the theme "Personal Ayurvedic practice and Assisted Ayurvedic practice"

Presented works: *"Ayurvedic treatment in cases of dysmenorrhea"*

<https://youtu.be/nGtsgdl-aTc>

*"Ayurvedic apiphytotherapeutic treatment of indigestion (ajirna)"*

<https://youtu.be/Ttywdao20EA>

24.01.2021 International Congress of Ayurveda organized by the National Association of Non-Conventional Medicine (AMN-Romania) with the theme "Applications of Interdisciplinary Research in Personal and Assisted Ayurvedic Practice"

Presented works: *"Ayurvedic Methods and Remedies Used in Respiratory Infections"*

*"Observations on the Effects of Vajikarana Ayurvedic Remedies in the Direction of Harmonizing Couple Relationships"*

*"Differentiation of Detoxification Treatments According to Ayurvedic Constitutional Types (dosha-prakriti)"*

2021 Author of the book *"Menopause Can Be Defeated! – Perfectly Natural, Effective Solutions to Prevent or Stop Menopause"* – Venusiana Publishing 2021 - <https://www.facebook.com/share/v/1Q2Vzew3Bg/>

22.01-23.01.2022 Ayurveda Congress AMN-Romania 2022 with the theme "Applications of Interdisciplinary Research in Personal and Assisted Ayurvedic Practice"

Presented works: *"Ayurvedic Therapeutic Approach of a Case of Uterine Fibroid"*

[https://youtu.be/U23ml\\_Vk2fo](https://youtu.be/U23ml_Vk2fo)

*"The Ayurvedic therapeutic approach to a case of ovarian cyst"*

<https://youtu.be/pFhHkU7GINw>

*"Correcting the deficit of the bone constituent (asthi-dhatu) through the use of medicinal plants"*

*"The properties of cardamom seeds – use in nutrition and therapy"*