

## CURRICULUM VITAE

**Full Name:** Zahari Penkov Vinarov

**ORCID:** [orcid.org/0000-0003-1857-1840](https://orcid.org/0000-0003-1857-1840)

**Articles in JCR journals:** 7

**Total citations:** 45 (SCOPUS)

**h-index:** 5 (SCOPUS)

**Institution:** Department of Chemical and Pharmaceutical Engineering

**Official website:** <https://dce.uni-sofia.bg/>

**University website:** <https://www.uni-sofia.bg/index.php/eng>

### ACADEMIC DEGREES

2014 PhD Chemistry (Lipid digestion), Sofia University, Bulgaria

2009 M. Sc. Pharmacy, Medical University – Sofia, Bulgaria

### ACADEMIC APPOINTMENTS

2016 – Chief Assistant Professor, Department of Chemical and Pharmaceutical Engineering, Faculty of Chemistry and Pharmacy, Sofia University, Bulgaria

2014 – 2016 Assistant Professor, Department of Chemical and Pharmaceutical Engineering, Faculty of Chemistry and Pharmacy, Sofia University, Bulgaria

2008 – 2011 Research associate, Department of Chemical Engineering, Faculty of Chemistry, Sofia University, Bulgaria

### RESEARCH INTERESTS

Surfactant solubilization of poorly-water soluble drugs

Lipid digestion and bioaccessibility of hydrophobic bioactives

Soil removal from fabrics and solid surfaces (enzymes in detergency; wetting)

### TEACHING EXPERIENCE

2014 – Pharmaceutical Technology, Pharmacy Masters (Lectures & practical exercises)

2013 – Dispersions in the pharmaceutical technologies, Masters (Lectures)

2011 – 2013 Chemical kinetics, Bachelor (Seminars & practical exercises)

### DEPARTMENTAL ACTIVITIES

2015 – Department safety officer

### MEMBERSHIP IN PROFESSIONAL SOCIETIES

American Association of Pharmaceutical Scientists (AAPS)

European Federation for Pharmaceutical Sciences (EUFEPS)

## **PUBLICATIONS**

### **Thesis**

2014 In vitro studies of triglyceride lipolysis in the gastro-intestinal tract

### **Papers in professional journals (indexed in JCR):**

1. Mechanism of Lowering Cholesterol Absorption by Calcium Studied by In Vitro Digestion Model. L. Vinarova, **Z. Vinarov**, S. Tcholakova, N. D. Denkov, S. Stoyanov, A. Lips. *Food & Function* 7 (2016) 151–163.
2. Improving Ibuprofen Solubility by Surfactant-Facilitated Self-Assembly into Mixed Micelles. K. Stoyanova, **Z. Vinarov**, S. Tcholakova. *J. Drug. Deliv. Sci. Tec.* 36 (2016) 208–215.
3. Lowering of Cholesterol Bioaccessibility and Serum Concentrations by Saponins: in Vitro and in Vivo Studies. L. Vinarova, **Z. Vinarov**, V. Atanasov, I. Pantcheva, S. Tcholakova, N. Denkov, S. Stoyanov. *Food & Function* 6 (2015) 501–512.
4. Mechanisms of Cholesterol and Saturated Fatty Acid Lowering by Quillaja saponaria Extract, Studied by in vitro Digestion Model. L. Vinarova, **Z. Vinarov**, B. Damyanova, S. Tcholakova, N. Denkov, S. Stoyanov. *Food & Function* 6 (2015) 1319–1330.
5. Effects of Emulsifier Charge and Concentration on Pancreatic Lipolysis. 1. In the Absence of Bile Salts. **Z. Vinarov**, Y. Petkova, S. Tcholakova, N. Denkov, S. Stoyanov, E. Pelan, A. Lips, *Langmuir* 28 (2012) 8127-8139.
6. Effects of Emulsifier Charge and Concentration on Pancreatic Lipolysis: 2. Interplay of Emulsifiers and Biles. **Z. Vinarov**, S. Tcholakova, B. Damyanova, Y. Atanasov, N. Denkov, S. Stoyanov, E. Pelan, A. Lips, *Langmuir* 28 (2012) 12140-12150.

### **\*Journal Cover**

7. In vitro study of triglyceride lipolysis and phase distribution of the reaction products and cholesterol: effects of calcium and bicarbonate. **Z. Vinarov**, L. Petrova, S. Tcholakova, N. Denkov, S. Stoyanov, A. Lips, *Food & Function* 3 (2012) 1206-1220.

### **Popular science articles:**

1. Role of calcium in the battle against "bad" cholesterol. **Z. Vinarov**, BBC Knowledge (Bulgaria) (2012) 36 64-69. [in Bulgarian]
2. Ice cream: A delicious mix of crystals, droplets and bubbles. **Z. Vinarov**, BBC Knowledge (Bulgaria), 43 (2013) 28-33. [in Bulgarian]