

BIODATA

Dr. Asha Martin
Chief Scientist,
Department of Biochemistry,
Professor, AcSIR, CSIR- CFTRI, Mysore-570020

- *Excellent academic record with core research expertise in the areas of Biochemistry, Biotechnology, Molecular Biology and Food safety.*
- *Head of Food Safety & Analytical Quality Control Laboratory, CFTRI Mysore from 2014-2017.*
- *Director of FSSAI notified Referral Food Laboratory, CFTRI Mysore from 2014-2017*
- *Chairman of FAD-28 “Test methods for food products” sectional committee of the Food and Agriculture Division of Bureau of Indian Standards (Aug 2014-Dec 2017).*
- *Expert Member of the project review & steering group for Ministry of Electronics and Information Technology.*
- *Expert Member of Technology and Innovation forecasting committee (TIFAC), DST.*
- *Principal Member of the Technical committee on “Food Biotechnology” sectional committee (FAD-23)” of the Food and Agriculture Division of Bureau of Indian Standards (BIS).*
- *Member of the Scientific panel on Sweets, Confectionery, Sugar and Honey, FSSAI (2017-2022)*
- *Member of Food Analyst Exam Board, FSSAI, 2016-2017.*
- *Extensively contributed in knowledge dissemination and capacity building in the areas of Biotechnology, food safety and quality. Coordinator for two international and nine national training programs on food safety.*
- *Coordinator for MSc Food Technology Subject - Food Quality, Safety and Analysis. Faculty for AcSIR doctoral students and for the subject Molecular Biology and Genetic engineering for MSc Food Technology.*
- *Member of the Board of studies for Food Sciences and Nutrition, University of Mysore.*
- *Member of the School board of Life Sciences, Pondicherry University*
- *Member of Human Ethical Committee of University of Mysore*
- *Member of the C.F.T.R.I Management council for 2007-2009; 2024-2025*
- *Recognised PhD guide in the faculty of Biological Science (AcSIR); Biochemistry, Biotechnology, Food Science and Nutrition (University of Mysore)*

1. **Academic Qualifications:** MSc (Biochemistry), PhD (Biochemistry) from Nagpur University, Nagpur.
2. **Category:** General
3. **Languages known:** English, Malayalam, Hindi and Marathi
4. **E-Mail :** ashamartin@cftri.res.in,

5. **Contact No:** 9449029530

6. **Ph.D. GUIDANCE**

No. of Ph.D. students awarded: 5 No of MSc/BTech students guided for their dissertation: 29

Currently Mentoring the following students for their doctoral study

1. Ms. Suhasini, UGC-SRF
2. Mr. Sanjay Gowda, ICMR-SRF (Co-Guide Dr. R. P Singh)
3. Mr. Vijay D, UGC-SRF
4. Ms. Radhika Gune, UGC-SRF
5. Mrs. Chaitanya I, Assistant Professor, UAS, Dharwad (FIP)
6. Ms. Arya S Kumar, CSIR-SRF
7. Mr. Sandip Maity, UGC-SRF

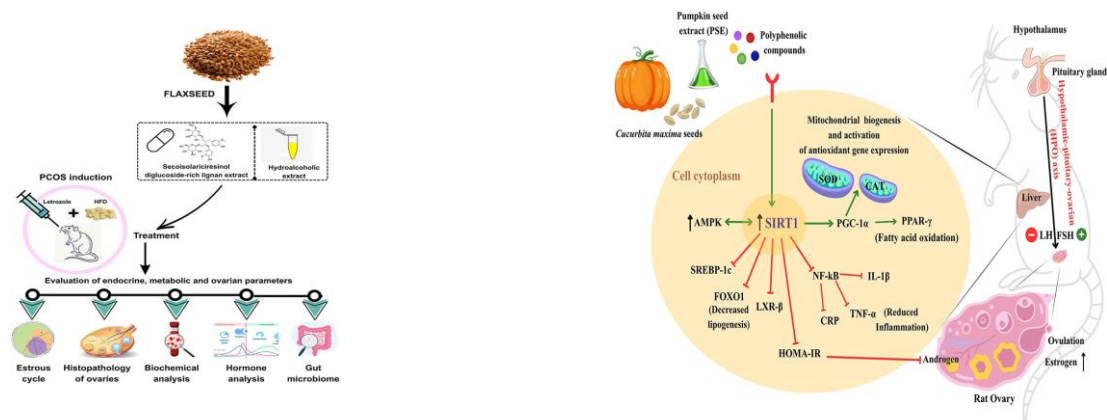
7. **RESEARCH AREAS**

Presently involved in delineating the molecular mechanisms behind the health benefits associated with dietary molecules using animal /cell models with a focus on Pro protein convertase subtilisin/kexin type 9 (PCSK9), an important post- transcriptional regulator and SIRT 1 (Silent information regulator), a promising therapeutic target for the treatment of several metabolic disorders. The overall goal is to develop safe diet based strategy centered on nutraceuticals for prevention of chronic diseases. This research includes in vitro cell culture studies, animal model and in silico studies.

Exploring the role of dietary interventions in the management of PCOS and understanding its underlying molecular mechanism

Recently, our lab has embarked on identifying dietary molecules for management of Polycystic Ovary Syndrome (PCOS) and has got promising leads. PCOS is a complex endocrine and hormonal disorder that affects reproductive health of many women and causes health disorders. Research has shown that nutraceuticals play a critical role in the health maintenance of women with PCOS. However, little is known about the molecular mechanism involved. In this context, our focus is on investigating the effect of selected bioactive extracts and their mechanism at the molecular level in an attempt to find natural alternatives for management of PCOS.

Investigation in this area can lead us to improve the treatment strategy and better understand the mechanisms by which dietary molecules/ natural plant extracts exert their effects and give a solid basis for their development and utilization as dietary supplements or nutraceuticals for the treatment of PCOS.

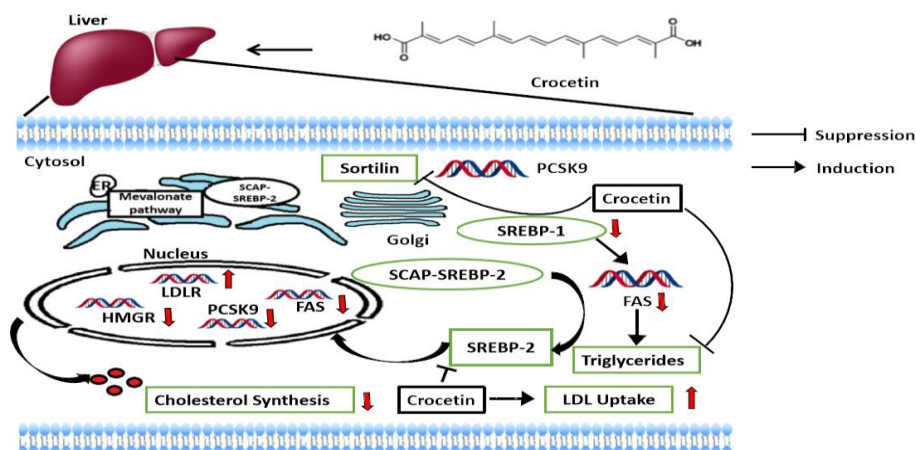


Itagi & Martin (2026) Food Bioscience

Suhasini S & Martin (2026) Food & Function

Exploring the role of dietary modulators of PCSK9 in lipid metabolism disorders

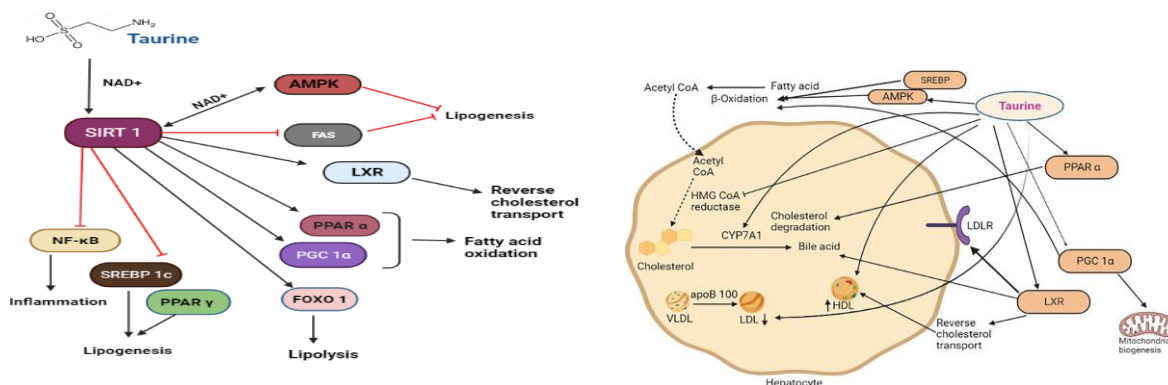
Proprotein convertase subtilisin/kexin type 9 (PCSK9) is a serine protease that plays an important role in the regulation of plasma levels of low density lipoprotein cholesterol (LDL-C). Food based molecules that can modulate PCSK9 have potential to be developed as safe and effective nutraceuticals for hypercholesterolemia and other related conditions. Our current interest is aimed at exploring the potential of dietary molecules to modulate the expression of PCSK9 and to understand the molecular mechanism in lipid metabolism disorders.



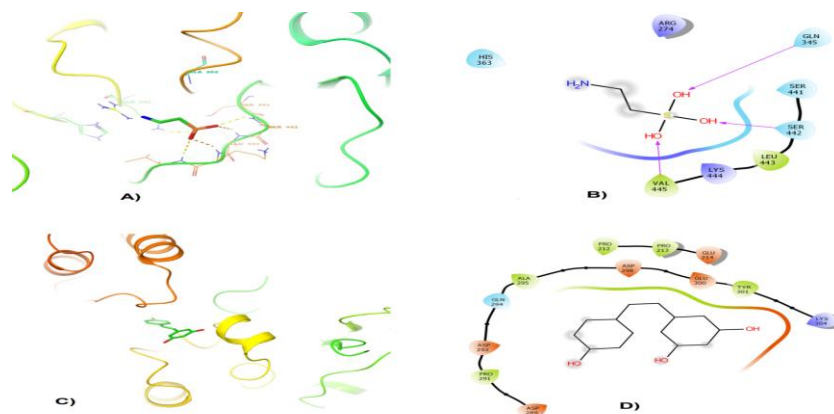
Crocetin alleviates hypercholesterolemia and inflammation via PCSK9/Sortilin/LDLR/SREBP-2/TNF- α signaling pathway in Hep G2 cells and high fat diet induced C57BL/6 Mice (Nutrition Research 2021, J ethnopharmacology, 2025)

Exploring the role of Sirtuins (SIRT1) in lipid metabolism disorders

Sirtuins are NAD⁺ dependent class III histone deacetylases implicated in several age related degenerative diseases such as cancer, diabetes, cardiovascular disease (CVD) and neurodegenerative disorders. Molecules that activate sirtuin provide broad health benefits with potent anti-inflammatory, cardioprotective, neuroprotective, and anti-tumor activities. Our current research interest is focussed on evaluating the potential of SIRT1 (Silent information regulator T1) activators from dietary sources in ameliorating obesity, CVD and lipid metabolism disorders. Using a combination of *in vivo*, *in vitro* and computational approaches, we have shown for the first time that taurine exerts lipid lowering effects through activating SIRT1/ AMPK/FOXO1 signaling pathways and regulating their downstream targets. Our findings demonstrate that taurine functions as a natural SIRT1 activator with possible therapeutic benefits for metabolic disorders like obesity and age-related diseases.



Taurine activates SIRT1/AMPK/FOXO1 signaling pathways to favorably regulate lipid metabolism in Hep G2 cells and C57BL6 obese mice (Journal of Nutritional Biochemistry 2023; Critical Reviews in Food Science and Nutrition 2022; Molecular Nutrition and Food research 2024)



Molecular interactions of Taurine (a) and resveratrol (b) binding at the allosteric site of SIRT1 and its two-dimensional representation (c and d) (Journal of Nutritional Biochemistry 2023)

Exploring the role of dietary interventions in the management of PCOS and understanding its underlying molecular mechanism

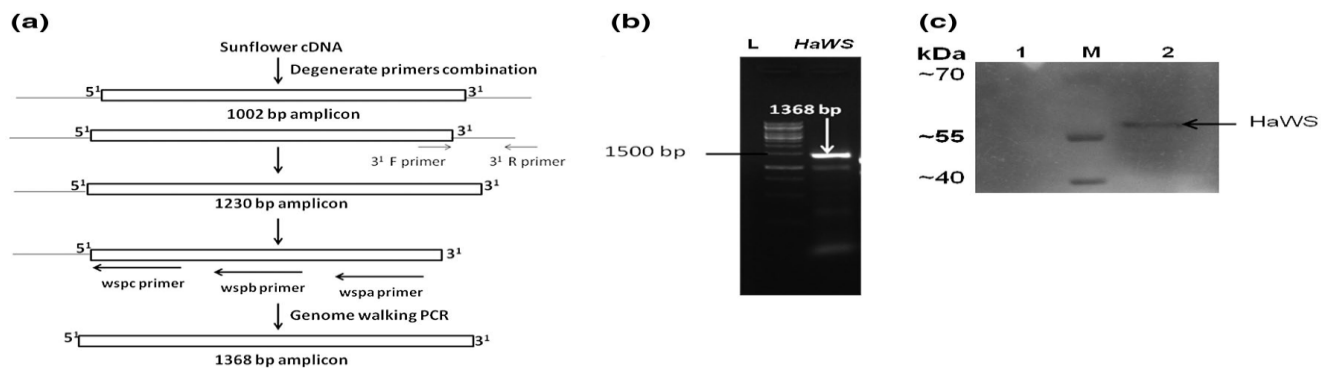
Recently, our lab has embarked on identifying dietary molecules for management of Polycystic Ovary Syndrome (PCOS) and has got promising leads. PCOS is a complex endocrine and hormonal disorder that affects reproductive health of many women and causes health disorders. Research has shown that nutraceuticals play a critical role in the health maintenance of women with PCOS. However, little is known about the molecular mechanism involved. In this context, our focus is on investigating the effect of selected bioactive extracts and their mechanism at the molecular level in an attempt to find natural alternatives for management of PCOS. Investigation in this area can lead us to improve the treatment strategy and better understand the mechanisms by which dietary molecules/ natural plant extracts exert their effects and give a solid basis for their development and utilization as dietary supplements or nutraceuticals for the treatment of PCOS.

Exploring role of dietary Sirtuin (SIRT1) modulators in cancer: A molecular approach

Over the past years, an extensive amount of research has been done on Sirtuins role in cancer. Interestingly, sirtuins seem to play a dual role in cancer, acting as a tumor suppressor or promoter, affecting all stages of tumor development. They protect the organism against neoplasms by enhancing genomic stability and restricting cell replication, but they can also cause oncogenesis by enhancing uncontrolled cell division and encouraging cell survival in stress circumstances. All of these clearly indicates that modulating sirtuins activity have potential in cancer management.

Cancer is a major global health burden. Chemotherapy, the standard treatment for advanced cancer, is known to have several adverse effects. It is important to find alternative treatments with minimal side effects for cancer management. Several natural dietary molecules have been shown to have protective effects in cancer management, however, it is unclear how precisely bioactive substances affect sirtuins, particularly in the context of cancer. In this context, our focus is on exploring how dietary factors affect SIRT1 and its downstream targets in cancer using *in vitro* and *in silico* model systems. Understanding the modulatory effects of dietary molecules thus may provide new insight into the design of novel, safe and effective therapeutic strategies for cancer.

Cloning, functional expression of wax synthases for production of tailored wax esters for potential use in food/pharma/ cosmetic industries



(a) Schematic representation summarizing the isolation of putative *HaWS*, (b) 1,368 bp amplicon *HaWS* isolated using Sunflower cDNA and (c) Western blot analysis of expressed *HaWS*. (*Journal of Food Biochemistry*, 2020)

Genomic and proteomic approaches for detection of GMOs and food allergens

- Structural characterization of proteins

8. Professional Recognition/ Award/ Prize/ Certificate, Fellowship received

S.No	Name of Award	Awarding Agency	Year
1	CFTRI Foundation day individual award for Maximum ECF generated in the institute for the period 16-17, 17-18 and 18-19.	CSIR-CFTRI	2019
2	Col. O.P Kapoor award (Citation and Rs. 15,000 cash award) for contribution in the field of food Safety	All India Food Processors Association (AIFPA), New Delhi.	2016
3	CFTRI Foundation Day Award –for the Best Research paper published in Basic Science Category by staff.	CSIR-CFTRI	2014
4	Ranganna Setty Memorial Award for Best MSc Food Tech Investigation thesis carried out at CFTRI under my supervision and guidance.	CSIR-CFTRI	2014
4	Junior Research Fellowship and Senior Research Fellowship	UGC, India	1995-1999
5	Awarded the M.R.F. Student Scholarship for excellence in academic studies for every academic session	MRF	1985 to 1992.
6	National Merit certificate in recognition of the high position secured in the Senior Secondary School Certificate (SSC) examination.	Government of India	1985

9. Selected Publications

S.No.	Author(s)	Title	Name of Journal	Volume	Page	Year	Impact Factor
1	C Itagi & Martin Asha	UHPLC-MS/MS metabolomics, gut microbiome, and chemometric analyses reveal the nutraceutical potential of secoisolariciresinol diglucoside-enriched flaxseed lignan extract in PCOS	Food Bioscience	109629		2026	6.2
2	Sidrameshwar & Martin Asha	Pumpkin (<i>Cucurbita maxima</i>) seed extract ameliorates letrozole and high-fat diet-induced PCOS in rats via SIRT1/AMPK/NF-κB signaling	Food & Function	17 (14)	6466–6477.	2026	6.3

3	V Devadasu, A Martin	Comprehensive assessment of the nutritional, phytochemical, and volatile compounds of <i>Asparagus racemosus</i> for food applications	Food Biosciences	68	106677	2025	6.2
4	R Gune, A Martin	Microplastics in our diet: a review of food source contamination	Food Control	178	111486	2025	6.8
5	A Siddiq, SA Dileep, AR Sj, SSR Singam, A Martin	Saffron and its active constituents ameliorate hypercholesterolemia by inhibiting PCSK9 and modulating Sortilin, LDLR, and SREBP-2 signaling in high fat diet induced mice	Journal of Ethnopharmacology	346	119697	2025	5.8
6	C Itagi, A Martin -	Nutritional characterization and discrimination of linseed varieties using multivariate statistical analysis	Journal of Food Composition and Analysis,	146	107976	2025	4.0
7	ADK Prakashan, A Martin	Regulatory compliance of taurine containing food products marketed in India using a validated method: A pilot study	Journal of Food Composition and Analysis	136,	106808	2025	4.0
8	A Divya Priya, A Martin	UHPLC-MS/MS based comprehensive phenolic profiling, antimicrobial and antioxidant activities of Indian <i>Rhodomyrtus tomentosa</i> fruits	Scientific Reports	15 (1), 945		2025	3.8
9	HP BR, ALA Kala, S Mutturi, A Martin	Comprehensive quality evaluation of Indian chili powder using physiochemical indicators coupled with multivariate analysis	Journal of Food Composition and Analysis	133	106472	2025	4.0
10	AD Karikkakkavil Prakashan, SP Muthukumar, A Martin	Taurine Activates SIRT1/AMPK/FOXO1 Signaling Pathways to Favorably Regulate Lipid Metabolism in C57BL6 Obese Mice	Molecular Nutrition& Food Research	68 (8),	2200660	2024	5.0
11	E Harsha Mohan, S Madhusudan, BS Roopa, NP Shetty, A Martin., Revathy B	Characterisation of seaweed (<i>Ulva lactuca</i>) powder and its incorporation for the development of vegetable patty enriched with dietary fibre, protein and antioxidants	Journal of Food Science and Technology	doi.org/10.1007/s13197-024-06115-9	1-11	2024	3.11
12	KP,A.D., Martin, A.	Recent insights into the molecular regulators and mechanisms of taurine to modulate lipid metabolism: a review	Critical Reviews in Food Science and Nutrition	2022-01-18	2026873	2023	11.208
13	KP,A.D., Shimoga Janakirama, A.R., Martin, A.	SIRT1 activation by Taurine: in vitro evaluation, molecular docking and molecular dynamics simulation studies	Journal of Nutritional Biochemistry	102	108948	2022	6.117
14	Siddiq A and Martin A.	Crocetin exerts hypocholesterolemic effect by inducing LDLR and inhibiting PCSK9 and Sortilin in HepG2 cells, Nutrition Research .	Nutrition Research	98	41-49	2022	3.876

15	Appaiah, P., Sunil, L., Martin, A., Vasu, P.	Physicochemical Characterization and In Vitro Digestibility Study of an In Silico Designed Recombinant Protein Enriched with Large Neutral Amino Acids and Lacking Phenylalanine for Phenylketonuria	Protein Journal	2022-01-22	100390	2022	4.000
16	Chinmayee, C.V., Martin, A., Gnanesh Kumar, B.S., Singh, S.A.	A new thermostable rhizopuspepsin: Purification and biochemical characterisation	Process Biochemistry	112	18–26	2022	4.885
17	M.P.Thanushree, M.L.Sudha, Asha Martin, T.Vanitha, Crassina Kasar	Enhancing the nutritional and quality profiles of buckwheat noodles: Studies on the effects of methods of milling and improvers	LWT-Food Science and Technology	160	113286	2022	6.056
18	Janhavi Prakash, Sindhoora Sallaram, Asha Martin, Ravindra P. Veeranna, Muthukumar Serva Peddha	Phytochemical and Functional Characterization of Different Parts of the Garcinia xanthochymus Fruit	ACS Omega	7, 24	21172–21182	2022	4.132
19	H Duppeti, SN Manjabhatta, A Martin, BB	Effects of different processing methods on the biochemical composition, color and non-volatile taste active compounds of whiteleg shrimp (<i>Litopenaeus vannamei</i>) Kempaiah	Food Chemistry Advances	1,	100118	2022	
20	Sunil, L., Appaiah, P., Martin, A., Vasu, P.	Characterization of in silico modeled synthetic protein enriched with branched-chain amino acids expressed in <i>Pichia pastoris</i>	International Journal of Biological Macromolecules	168	518-525	2021	8.025
21	Shalini, T., Martin, A.	Identification, isolation, and heterologous expression of Sunflower wax synthase for the synthesis of tailored wax esters	Journal of Food Biochemistry	44(10)	e13433	2020	3.654
22	Kamani, M.H., Martin, A., Meera, M.S.	Valorization of By-products Derived from Milled Moth Bean: Evaluation of Chemical Composition, Nutritional Profile and Functional Characteristics	Waste and Biomass Valorization	11(9),	4895-4906	2020	3.449
23	Bethi, C.M.S., Narayan, B., Martin, A., Kudre, T.G.	Recovery, physicochemical and functional characteristics of proteins from different meat processing wastewater streams	Environmental Science and Pollution Research	27(20),	25119-25131	2020	5.190
24	Rajashekhar V Ballari and Asha Martin	Assessment of DNA degradation induced by thermal and UV radiation processing: Implications for quantification of genetically modified organisms.	Food Chemistry	141: 2136	382-389.	2013	9.231
25	Rajashekhar V Ballari, Asha Martin and L R Gowda	A calibrator plasmid for quantitative analysis of insect resistant maize (Yieldgard MON 810).	Food Chemistry:	140	382-389.	2013	9.231
26	Rajashekhar V Ballari, Asha Martin and LR Gowda	Detection and Identification of Genetically Modified EE-1 Brinjal (<i>Solanum melongena</i>) by single, multiplex PCR and Real Time PCR.	J Sci Food Agriculture	93	340–347	2013	4.125

27	K.R. Vijayakumar, Asha Martin , LR Gowda and V. Prakash	Detection of genetically modified soya and maize: Impact of heat processing.	Food Chemistry	117	514-521	2009	9.231
28	Jaba Debnath, Asha Martin and LR Gowda	A Polymerase Chain Reaction directed to detect wheat glutenin: Implications for gluten free labeling.	Food Research International	42,.	782-787	2009	7.425
29	Rohini M., Asha Martin and LR. Gowda	Effect of traditional Indian household thermal processing operations on the 3-N-oxalyl L-2-3-Diaminopropanoic acid (β -ODAP) in grass pea (<i>Lathyrus sativus</i>) as determined by reverse phase high performance liquid chromatography	Journal of Food Composition and Analysis	22	704-708	2009	4.52
30	Thippeswamy R., Asha Martin and Lalitha R. Gowda	A reverse phase high performance liquid chromatography method for analyzing of neurotoxin β -N-oxalyl-L- α , β -diaminopropanoic acid in legume seeds.	Food Chemistry	101	1290-1295	2007	9.231
31	Thippeswamy R., Mallikarjun Gouda, Devaratha H. Rao, Asha Martin and Lalitha R. Gowda	Determination of theanine in commercial tea by liquid chromatography with fluorescence and diode array ultraviolet detection.	J. Agric. Food Chemistry	54(19)	7014-7019	2006	5.895
32	Asha John & P.N. Shastri	Study on Food Macromolecules by differential scanning calorimetry: A Critical Appraisal.	J. Food Science & Technology	35	1-14	1998	3.111

10. Books/Reports/Chapters/General articles etc.

S.No	Title	Author's Name	Publisher	Year of Publication
1	Evaluation and validation of commercial lateral flow strip test kits for detection of genetically modified herbicide tolerant soybean and insect resistant maize.	Rajshekhar V. Ballari, Asha Martin and Lalitha R. Gowda	In Biosafety: Issues and Challenges pp. Editors: Desh Deepak Verma and Manoranjan Hota, Ministry of Environment and Forests, Government of India.	2006
2	Regulation of Genetically Modified and Gene-Edited Foods: An Overview	Asha Martin	In Recent Advances in Food Biotechnology. Editors: Ajay Kumar, Kiran Patruni, Vijai Singh, Springer, Singapore	2022
3	Chemical Adulterants in Food: Recent Challenges	P Vasu, A Martin	In: Hebbar, H.U., Sharma, R., Chaurasiya, R.S., Ranjan, S., Raghavarao, K. (eds) Engineering Aspects of Food Quality and Safety. Food Engineering Series. Springer, Cham.	2023

11. Deputations abroad:

Presented a paper in the global symposium on GMO detection methods and reference materials, organised by AACC International and Crop life international at Minneapolis, Minnesota, U.S.A., 15-Oct- 16-Oct-2015.

12.Reviewer for Journals/ project proposals

1. Reviewer for research proposal submitted for funding to DSIR under the Technology development and utilization programme for women; SERB, DST; Kerala State Council for Science Technology; CSIR-HRF under the Extra mural research scheme.
2. Reviewer for Food Chemistry (Elsevier), Gene and Nutrition (Springer-Nature) Food control (Elsevier), Journal of Photobiology (Elsevier), International Journal of Biological Macromolecules (Elsevier), Food Research International (Elsevier), Analytical Bioanalytical Biochemistry (Springer), Journal of Food Science and Technology(Springer), Journal of Food Composition and analysis (Elsevier), Journal of Nutritional Biochemistry (Elsevier), Molecular Nutrition and Food research (Wiley) and Indian Journal for Experimental Biology (CSIR).
3. Question Paper setter for Kerala Public Service Commission, MSc Food Science and Nutrition, PG diploma in Food Safety and Quality Assurance course conducted by University of Mysore, B Tech Food Technology, Dr. Rajendra Prasad Central Agricultural University,