

個人資料

姓名	黃韻如	
職稱	助理教授	
辦公室	I 棟 902 室	
電話	06-2533131#3930	
Email	yjhuang@stust.edu.tw	
學歷	台灣大學食品科技研究所博士	
研究領域	探索天然物及機能性食品對情緒調控與健康促進之作用機制 以腸道菌相為切入點，研究活性成分對精神與神經相關健康的影響 功能性產品之驗證與商品化，結合產學合作強化應用價值 發展發酵技術提升食品活性成分及其健康潛力 推動資源永續利用與健康管理的整合策略	
實驗室	I 棟 903 室	
經歷		
個人網頁		

經歷

服務機關	職稱	起訖年月
清華大學通識教育中心	兼任教師	2021/02~2021/06
台北醫學大學	博士後研究員	2020/08~2021/07
生技國際開發股份有限公司	專案經理	2014/01~2019/03

學術表現

期刊論文

- Chiang, Y.-F., Huang, K.-C., **Huang, Y.-J.**, Wang, K.-L., Huang, Y.-J., Shieh, T.-M., Ali, M., Hsia, S.-M. Hinokitiol Modulates Nrf2/HO-1 Signaling, Autophagy, and URAT1 in Hyperuricemia and Oxidative Stress Models of Renal Injury. *Free Radical Biology and Medicine* (2025).
- Chen, Y.-C.; Chiang, Y.-F.; Huang, K.-C.; Wang, K.-L.; **Huang, Y.-J.**; Shieh, T.-M.; Ali, M.; Hsia, S.-M., The Vaginal Microbiome: Associations with Vaginal pH, Menopause and Metabolic Parameters. *Microorganisms* 13, 1317 (2025),
- Huang Y.-J.**, Wong Jennifer, Chiang Y.-F., Huang K.-C., Chen H.-Y., Cheng T.-S., Ali Mohamed, Cheng T.-S., Hsia S.-M. Efficacy of sclareol based on 16S rDNA sequencing in modulating gut microbiota composition in estradiol-treated mice. *Bioscience of Microbiota Food and Health* (2025).
- Chiang Y.-F., Chen Y.-T., Huang K.-C., Hung W.-L., Chung C.-P., Shieh T.-M., **Huang, Y.-J.**, Ali M., Hsia S.-M., Protective Effects of L-Cysteine Against Cisplatin-Induced Oxidative Stress-Mediated

Reproductive Damage. *Antioxidants* 23;13(12):1443 (2024).

5. Lin, Y.-E.; Lin, H.-P.; Lu, K.-H.; **Huang, Y.-J.**; Panyod, S.; Liu, W.-T.; Lu, Y.-S.; Chen, M.-H.; Sheen, L.-Y., *Cordyceps militaris* and *Armillaria mellea* formula alleviates depressive behaviors via microglia regulation in an unpredictable chronic mild stress animal model. *Journal of Traditional and Complementary Medicine* 16;15(1):24-35 (2024).
6. **Huang, Y.-J.**; Wu, H.-Y.; Chang, W.-T.; Lu, K.-H.; Lin, Y.-E., Huang, H.-S., Lu, Y.-S., Sheen, L.-Y. A Formulation of Combined Poria cocos and Cordyceps militaris Rice Ameliorates Depressive-like Effects by Downregulating p38 MAPK Signaling Pathways. *Journal of Traditional and Complementary Medicine* (2024).
7. Chiang, Y.-F.; Huang, K.-C.; Wang, K.-L.; **Huang, Y.-J.**; Chen, H.-Y.; Ali, M.; Shieh, T.-M.; Hsia, S.-M., Protective Effects of an Oligo-Fucoidan-Based Formula against Osteoarthritis Development via iNOS and COX-2 Suppression following Monosodium Iodoacetate Injection. *Marine Drugs*. 22, 211. (2024).
8. Chiang, Y.-F.; Huang, K.-C.; Chen, H.-Y.; Hamdy, N. M.; Huang, T.-C.; Chang, H.-Y.; Shieh, T.-M.; **Huang, Y.-J.**; Hsia, S.-M. Hinokitiol inhibit breast cancer cells in-vitro stemness-progression and self-renewal with apoptosis and autophagy induction via regulating CD44/Nanog/SOX2/OCT4 pathway. *International Journal of Molecular Sciences* 25(7):3904 (2024).
9. Chiang, Y.-F.; Lin, I.-C.; Huang, K.-C.; Chen, H.-Y.; Ali, M.; **Huang, Y.-J.**; Hsia, S.-M*, Caffeic acid 's role in mitigating polycystic ovary syndrome by countering apoptosis and ER stress triggered by oxidative stress. *Biomedicine & Pharmacotherapy* 166, 115327. (2023).
10. **Huang, Y.-J.**; Tsai, M.-S.; Panyod, S.; Liu, P.-Y.; Lu, K.-H.; Weng, C.-Y.; Huang, H.-S.; Hsu, C.-C.; Sheen, L.-Y., Garlic essential oil ameliorates depression-like behaviors in unpredictable chronic mild stress by modulating the brain NLRP3 inflammasome pathway and influencing the gut barrier and microbiota. *Food & Function* (2023).
11. Lu, K.-H.; Hsu, A.; Pan, Y.-C.; **Huang, Y.-J.**; Goh, L.-Y.; Kang, C.-Y.; Sheen, L.-Y., Modeling the Temperature Effect on the Growth of Uropathogenic *Escherichia coli* in Sous-Vide Chicken Breast. *Foodborne Pathogens and Disease* (2023).
12. Chen Y-C, Chiang Y-F, Lin Y-J, Huang K-C, Chen H-Y, Hamdy NM, Huang T-C, Chang H-Y, Shieh T-M and **Huang Y-J**, Effect of Vitamin D Supplementation on Primary Dysmenorrhea: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. *Nutrients* 15:2830 (2023).
13. Chou T-w, Huang H-S, Panyod S, **Huang Y-J** and Sheen L-Y, Korean red ginseng water extract produces antidepressant-like effects through involving monoamines and brain-derived neurotrophic factor in rats. *Journal of Ginseng Research* (2023).
14. Chiang Y-F, Huang K-C, Chen H-Y, Huang T-C, Ali M, Chang H-Y, Shieh T-M, Shih Y-H, Wang K-L and **Huang Y-J**, The Adipokine Visfatin Modulates Cancer Stem Cell Properties in Triple-Negative Breast Cancer. *Biomedicines* 11:297 (2023).
15. Huang H-S, Lin Y-E, Panyod S, Chen R-A, Lin Y-C, Chai LMX, Hsu C-C, Wu W-K, Lu K-H and **Huang Y-J**, Anti-depressive-like and cognitive impairment alleviation effects of *Gastrodia elata* Blume water extract is related to gut microbiome remodeling in ApoE^{-/-} mice exposed to unpredictable chronic mild stress. *Journal of Ethnopharmacology*:115872 (2022).

16. Chiang Y-F, Chen H-Y, Ali M, Shieh T-M, **Huang Y-J**, Wang K-L, Chang H-Y, Huang T-C, Hong Y-H and Hsia S-M, The Role of Cell Proliferation and Extracellular Matrix Accumulation Induced by Food Additive Butylated Hydroxytoluene in Uterine Leiomyoma. *Nutrients* 13:3074 (2021).
17. **Huang YJ**, Choong LXC, Panyod S, Lin YE, Huang HS, Lu KH, Wu WK and Sheen LY, Gastrodia elata Blume water extract modulates neurotransmitters and alters the gut microbiota in a mild social defeat stress-induced depression mouse model. *Phytotherapy Research* 35:5133-5142 (2021).
18. Chiang Y-F, Tsai C-H, Chen H-Y, Wang K-L, Chang H-Y, **Huang Y-J**, Hong Y-H, Ali M, Shieh T-M and Huang T-C, Protective effects of fucoxanthin on hydrogen peroxide-induced calcification of heart valve interstitial cells. *Marine Drugs* 19:307 (2021).
19. **Huang Y-J**, Chen Y-C, Chen H-Y, Chiang Y-F, Ali M, Chiang W, Chung C-P and Hsia S-M, Ethanolic extracts of adlay testa and hull and their active biomolecules exert relaxing effect on uterine muscle contraction through blocking extracellular calcium influx in ex vivo and in vivo studies. *Biomolecules* 11:887 (2021).
20. Lin Y-E, Chen Y-C, Lu K-H, **Huang Y-J**, Panyod S, Liu W-T, Yang S-H, Lu Y-S, Chen M-H and Sheen L-Y, Antidepressant-like effects of water extract of Cordyceps militaris (Linn.) Link by modulation of ROCK2/PTEN/Akt signaling in an unpredictable chronic mild stress-induced animal model. *Journal of Ethnopharmacology* 276:114194 (2021).
21. Chang Y-H, Chiang Y-F, Chen H-Y, **Huang Y-J**, Wang K-L, Hong Y-H, Ali M, Shieh T-M and Hsia S-M, Anti-inflammatory and anti-hyperuricemic effects of chrysin on a high fructose corn syrup-induced hyperuricemia rat model via the amelioration of urate transporters and inhibition of nlrp3 inflammasome signaling pathway. *Antioxidants* 10:564 (2021).
22. **Huang Y-J**, Chang C-C, Wang Y-Y, Chiang W-C, Shih Y-H, Shieh T-M, Wang K-L, Ali M and Hsia S-M, Adlay testa (Coix lachryma-jobi L. var. ma-yuen Stapf.) ethanolic extract and its active components exert anti-proliferative effects on endometrial cancer cells via cell cycle arrest. *Molecules* 26:1966 (2021).
23. Lin Y-E, Wang H-L, Lu K-H, **Huang Y-J**, Panyod S, Liu W-T, Yang S-H, Chen M-H, Lu Y-S and Sheen L-Y, Water extract of Armillaria mellea (Vahl) P. Kumm. Alleviates the depression-like behaviors in acute-and chronic mild stress-induced rodent models via anti-inflammatory action. *Journal of Ethnopharmacology* 265:113395 (2021).
24. Chang L-C, Chiang Y-F, Chen H-Y, **Huang Y-J**, Liu A-C and Hsia S-M, The potential effect of fucoidan on inhibiting epithelial-to-mesenchymal transition, proliferation, and increase in apoptosis for endometriosis treatment: in vivo and in vitro study. *Biomedicines* 8:528 (2020).
25. Weng C-Y, Kuo T-H, Chai LMX, Zou H-B, Feng T-H, **Huang Y-J**, Tsai JC, Wu P-H, Chiu Y-W and Lan EI, Rapid quantification of gut microbial short-chain fatty acids by pDART-MS. *Analytical chemistry* 92:14892-14897 (2020).
26. **Huang Y-J**, Wang K-L, Chen H-Y, Chiang Y-F and Hsia S-M, Protective effects of epigallocatechin gallate (EGCG) on endometrial, breast, and ovarian cancers. *Biomolecules* 10:1481 (2020).
27. **Huang Y-J**, Hsu N-Y, Lu K-H, Lin Y-E, Lin S-H, Lu Y-S, Liu W-T, Chen M-H and Sheen L-Y, Poria cocos water extract ameliorates the behavioral deficits induced by unpredictable chronic mild stress in rats by down-regulating inflammation. *Journal of ethnopharmacology* 258:112566 (2020).

28. **Huang Y-J**, Lu K-H, Lin Y-E, Panyod S, Wu H-Y, Chang W-T and Sheen L-Y, Garlic essential oil mediates acute and chronic mild stress-induced depression in rats via modulation of monoaminergic neurotransmission and brain-derived neurotrophic factor levels. *Food & function* 10:8094-8105 (2019).
29. Huang H-L, Wu Y-C, Su L-J, **Huang Y-J**, Charoenkwan P, Chen W-L, Lee H-C, Chu WC-C and Ho S-Y, Discovery of prognostic biomarkers for predicting lung cancer metastasis using microarray and survival data. *BMC bioinformatics* 16:1-14 (2015).

研討會論文

1. Yu-Rou Zeng, Ting-Feng Wu, **Yun-Ju Huang***. Fermentation Engineering of Okara: Enhancing Bioactives via Co-cultures. ICBEA, Seoul, South Korea (2025)
2. **Yun-Ju Huang**, Min-Shiuan Tsai, and Lee-Yan Sheen*. Garlic Essential Oil Alleviates Depression by Modulating Neurotransmitters and Inflammation in Rats. ISAT, Los Baños, Philippines (2024)
3. Wei-Cheng Lin¹, Yeou-Jiunn Chen, Da-Wei Huang, **Yun-Ju Huang***. Inhibition Activity of α -glucosidase and the Molecular Structure of Chinese Noodles Supplemented with *Spirulina Platensis*. ISNST, Tainan, Taiwan (2024)
4. Tsung-Sheng Cheng, Wei-zhi Guan, Zhong-you Yu, Jun-yan Qiu, Yong-Han Hong, **Yun-Ju Huang***. Effect of *Spirulina platensis* precipitate on antioxidant activity, sensory properties, and promising source of prebiotics of yogurt. BEST & YABEC, Tainan, Taiwan (2023)
5. Yan-Rou Su, Yu-Hui Yang, Wen-Kai Ku, **Yun-Ju Huang***. *Spirulina platensis* extract as an effective ingredient to improve probiotic bacteria in yogurt. ISNST, Tainan, Taiwan (2022)
6. Hsin-Yu Wu, Wan-Ting Chang, Yu-En Lin, **Yun-Ju Huang**, Kuan-Hung Lu, Huai-Syuan Huang, Yun-Sheng Lu, Mei-Hsing Chen*, Lee-Yan Sheen*. The antidepressive and anxiolytic effects of *Poria cocos* and *Cordyceps militaris* rice extract formula in unpredictable chronic mild stress animal model. Nutrition, LIVE ONLINE (2020).
7. Hui-Ping Lin, Huai-Syuan Huang, Min-Syuan Cai, Kuan-Hung Lu, Yu-En Lin, **Yun-Ju Huang**, Yun-Sheng Lu, Mei-Hsing Chen*, Lee-Yan Sheen*. The antidepressant-like effects of liquid dietary supplement of *Cordyceps militaris* and *Armillaria mellea* formula in unpredictable chronic stress animal models. 10th Mind-Body Interface International Symposium, Taichung & Tainan, Taiwan (2020).
8. **Yun-Ju Huang**, Nai-Yuan Hsu, Lee-Yan Sheen*. The depressive-like behaviors of unpredictable chronic mild stress-treated rat ameliorated by *Poria cocos* water extract involvement in inflammation. 9th Mind-Body Interface International Symposium, Taichung, Taiwan (2019).
9. Chrystal Choong Le Xin, Yu-En Lin, Kuan-Hung Lu, Suraphan Panyod, Wei-Kai Wu, **Yun-ju Huang**, Huai-Syuan Huang, Lee-Yan Sheen*. Explore the anti-depression effect on water extract of *Gastrodia elatae* Blume via gut-brain axis in subchronic and mild social defeat stress mouse model. 9th Mind-Body Interface International Symposium, Taichung, Taiwan (2019).
10. **Yun-Ju Huang**, Kuan-Pin Su, Lee-Yan Sheen*. Investigation the Antidepressant-Like Effects of Garlic Essential Oil and its Bioactive Compound. 8th Mind-Body Interface International Symposium, Taichung, Taiwan (2018).
11. **Yun-ju Huang**, Lee-yan Sheen*. Antidepressant-like effect of garlic essential oil in the rat models.

Conference of Pong-ding-yuan, Hong Kong (2017).

學術獲獎

專業證照

1. 營養師證書
2. 中醫師檢定考試
3. 糖尿病衛教人員合格證書
4. ISO 9001:2008 主導稽核員證書
5. ISO 22000:2005 主導稽核員證書
6. 保健食品初級工程師 (經濟部工業局)
7. 淨零碳規劃管理師能力鑑定-初級 (經濟部工業局)

專業服務

1. 111-113 年協助辦理國際創新與永續科技國際研討會 (ISNST)
2. 111-113 年協助執行食品安全衛生管理體系計畫 (台南市衛生局)

國科會計畫

年度	計畫名稱 (計畫編號)	執行期間
111	探討檜木醇透過雌激素-腸道菌軸線調整子宮肌瘤之作用機轉 (MOST 111-2320-B-218 -001 -MY3)	1110801~1120731
112	探討檜木醇透過雌激素-腸道菌軸線調整子宮肌瘤之作用機轉 (MOST 111-2320-B-218 -001 -MY3)	1120801~1130731

113	探討檜木醇透過雌激素-腸道菌軸線調整子宮肌瘤之作用機轉 (MOST 111-2320-B-218 -001 -MY3)	1130801~114731
113	螺旋藻沈澱物體外實驗對 α -澱粉酶和 α -葡萄糖苷酶抑制活性及其澱粉消化率和麵條特性的應用 (NSTC 113-2622-E-218-003)	1130601~1140531
114	探討發酵豆渣生物活性之功能性研究與可持續利用性 (NSTC 114-2221-E-218-001)	114/08/01~115/07/31

政府計畫		
年度	計畫名稱 (計畫編號)	執行期間

產學合作計畫		
年度	計畫名稱 (計畫編號)	執行期間

專利及技轉	
1.	
2.	