

**Prof. C. N. R. A. Alles (BVSc, PhD, FSLCVS)**

Dept. of Biochemistry, Faculty of Medicine,  
University of Peradeniya,  
Peradeniya 10400.

[cnraa@pdn.ac.lk](mailto:cnraa@pdn.ac.lk), [cnraacnraa@gmail.com](mailto:cnraacnraa@gmail.com)

Tel: 0812396331 (Office), 0812385910 (Home), 0718502120 (Mobile)

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**Educational Qualifications:**

PhD (2009) - Tokyo Medical and Dental University, Tokyo, Japan

BVSc (2000) - 2<sup>nd</sup> class Honors from Faculty of Veterinary Medicine and  
Animal Sciences, University of Peradeniya, Peradeniya, Sri Lanka.

Dip in Computer System Design (1995) - National institute of Business management  
(NIBM), Colombo, Sri Lanka. (18 months course)

School Education (Primary & Secondary) - St. Sebastian's College, Moratuwa

**Google Scholar Profile:** (as of 13/12/2025)

**h-index** 21

**Citations** 1898

i10-index 26

[https://scholar.google.com/scholar?hl=en&as\\_sdt=0%2C5&q=neil+alles&btnG=](https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=neil+alles&btnG=)

**Positions Held:**

Head, Department of Biochemistry (31<sup>st</sup> March, 2020 – present)  
Faculty of Medicine, University of Peradeniya,  
Peradeniya, Sri Lanka.

Acting Director, Postgraduate Institute of Medical Sciences (SLJSC), University of Peradeniya  
(08<sup>th</sup> June, 2025 – 29<sup>th</sup> June, 2025 &  
12<sup>th</sup> September, 2025 – 30<sup>th</sup> September, 2025)

Director, International Relations Office (06<sup>th</sup> October, 2021 – 30<sup>th</sup> September, 2024)  
University of Peradeniya,  
Peradeniya, Sri Lanka.

Member of the Board of Management of the Postgraduate Institute of Medical Sciences (PGIMS),  
University of Peradeniya. (from 01/01/2025 to 31/12/2027) – 3 years

Chairperson of the Board of Studies in Basic Sciences, of the Postgraduate Institute of Medical Sciences (PGIMS), University of Peradeniya. (25/08/2025 to 28/11/2025)

Member of the Finance Committee, of the Postgraduate Institute of Medical Sciences (PGIMS), University of Peradeniya

Acting Director, Sri Lanka Japan Study Centre (SLJSC)  
(August, 2022 – October, 2022)  
Faculty of Medicine, University of Peradeniya,  
Peradeniya, Sri Lanka.

Member, Internet Communication Technology and Technical Resources Committee,  
(15<sup>th</sup> April, 2016 – 06<sup>th</sup> October, 2021)  
Faculty of Medicine, University of Peradeniya,  
Peradeniya, Sri Lanka.

Secretary, Board of Management (06<sup>th</sup> October, 2021- 30<sup>th</sup> September, 2024)  
International Relations Office,  
University of Peradeniya,  
Peradeniya, Sri Lanka.

Member, Board of Management (06<sup>th</sup> October, 2021- 30<sup>th</sup> September, 2024)  
Centre for Environmental Sustainability (CES),  
University of Peradeniya,  
Peradeniya, Sri Lanka.

Invited member, Board of Management (06<sup>th</sup> October, 2021- 30<sup>th</sup> September, 2024)  
University Research Council (URC)  
University of Peradeniya,  
Peradeniya, Sri Lanka.

Member, Board of Management (06<sup>th</sup> October, 2021- 30<sup>th</sup> September, 2024)  
Business Linkage, Innovation, Incubation and Technology Transfer Office  
(BLLII -TTO)  
University of Peradeniya,  
Peradeniya, Sri Lanka.

Member, Board of Management (06<sup>th</sup> October, 2021- 30<sup>th</sup> September, 2024)  
Senate Research Committee  
University of Peradeniya,  
Peradeniya, Sri Lanka.

Invited member, (November, 2022- 30<sup>th</sup> September, 2024) CASC

University of Peradeniya,  
Peradeniya, Sri Lanka.

Member, (06<sup>th</sup> October, 2021- 30<sup>th</sup> September, 2024) University IT committee

University of Peradeniya,  
Peradeniya, Sri Lanka.

Member, (August, 2018- present) Faculty Supplies Committee,

Faculty of Medicine, University of Peradeniya,  
Peradeniya, Sri Lanka.

Head, Technical Resource Center (15<sup>th</sup> April, 2016 – 06<sup>th</sup> October, 2021)

Faculty of Medicine, University of Peradeniya,  
Peradeniya, Sri Lanka.

Professor in Biochemistry (15, March, 2017 – present) – Dept. of Biochemistry,

Faculty of Medicine, University of Peradeniya.  
Peradeniya, Sri Lanka.

Deputy Proctor (01, January, 2018 – 31<sup>st</sup> December, 2021)

Faculty of Medicine, University of Peradeniya.  
Peradeniya, Sri Lanka.

Senior Lecturer GII (06, March, 2013 – 14, March, 2017) – Dept. of Biochemistry,

Faculty of Medicine, University of Peradeniya.  
Peradeniya, Sri Lanka.

### **Teaching Experience:**

Professor in Biochemistry (15, March, 2017 – present) – Dept. of Biochemistry,

Senior Lecturer GII - (06, March, 2013 - 14, March, 2017) – Dept. of Biochemistry,

Temporary Senior Lecturer (01, Feb, 2013 – 05, March, 2013) - Dept. of Biochemistry,

Faculty of Medicine, University of Peradeniya.  
Peradeniya, Sri Lanka.

Postdoctoral Fellow- Section of Pharmacology, Division of Hard Tissue engineering, Tokyo

Medical and Dental University, Tokyo, Japan.

(Nov, 2010-Nov, 2012) - Conduct tutorials and teaching of laboratory procedures and techniques for PhD course students.

Lecturer (July 2009- June 2010) - Section of Pharmacology, Dept. of Hard Tissue

Engineering, Tokyo Medical and Dental University, Tokyo, Japan.

Temporary Senior Lecturer (May - Nov, 2010) - Faculty of Veterinary Medicine and Animal Sciences, University of Peradeniya, Peradeniya, Sri Lanka.

Teaching assistant (2005-2009) - Section of Pharmacology, Dept. of Hard Tissue Engineering, Tokyo Medical and Dental University, Tokyo, Japan.

Research assistant (2005-2009) - Section of Pharmacology, Dept. of Hard Tissue Engineering, Tokyo Medical and Dental University, Tokyo, Japan.

Guest presenter (2009) - Department of Medical Biophysics, Faculty of Medicine, University of Toronto, Toronto, Canada.

Guest presenter (2009) - Dental Institute, Faculty of Dentistry, University of Toronto, Toronto, Canada.

### **Professional Qualifications:**

Ex-CO Member – College of Biochemists of Sri Lanka (2023 – present)

Member- Sri Lanka Collage of Veterinary Surgeons.

Vice President - Sri Lanka Veterinary Association (2020)

Ex-CO Member- Sri Lanka Veterinary Association (2019, 2021, 2022 & 2023)

Member - Center for Research in Tropical Medicine.

General practitioner (2000-2005).

### **Awards and prizes:**

University of Peradeniya – Tier 4\* Research Awards 2024

Medical faculty Research Awards for Scientific Publication 2015 2016, 2017, 2018, 2019

NRC Merit Award for Scientific Publication 2016

NRC Merit Award for Scientific Publication 2015

NRC Merit Award for Scientific Publication 2014

NRC Merit Award for Scientific Publication 2011

NRC Merit Award for Scientific Publication 2010

Asia Pacific Dental Congress (APDC) - 1<sup>st</sup> place in free paper competition (2010).

‘Honors Scholarship’- Japanese Association for Student Services Organization (JASSO)

- (April, 2008- March, 2009).

Travel award – Young Investigator Travel Award, American Society for Bone and Mineral Research- Hawaii, USA (2007).

**Fellowships:**

Fellow of Sri Lanka Collage of Veterinary Surgeons (FSLCVS)

Post-doctoral fellowship (2010-2012) – **Japan Society for the Promotion of Science (JSPS),**  
Tokyo Medical and Dental University, Japan.

Pre-doctoral International Super Student, fellowship (2008-2009) - Global Center of Excellence (G-COE) program, Tokyo Medical and Dental University, Japan.

Pre-doctoral Super Student fellowship (2006-2008) - Center of Excellence (COE) program,  
Tokyo Medical and Dental University, Japan.

**Research grants obtained:**

**National Research Council (NRC 13-050), Rs. 3,510,000.00, Principal Investigator**

University research grant (URG/2019/19/M), Rs. 440,000.00, Co-investigator

University research grant (URG/2018/18/D), Rs. 500,000.00, Co-investigator

University Research grant (URG/2021/27/M), Rs. 300,000.00, Principal Investigator

University Research grant (RG/AF/2013/35/M), Rs. 900,000.00, Principal Investigator

University research grant (RG/2013/11/M), Rs. 70,000.00, Principal Investigator

The Coconut Research Institute Sri Lanka, Grant and Memorandum of Understanding, Rs. 4,000,000.00

University research grant (RG/2014/26/M), Rs. 1,500,000.00, Co-investigator

University research grant (RG/2016/28/D), Rs. 2,099,088.00, Co-investigator

University research grant (RG/2014/15/D), Rs. 150,000.00, Co-investigator

**Research interests:**

Role of Rel B in bone homeostasis and osteoclastogenesis.

Feasibility of using NF-κB, TNF- $\alpha$  and RANKL inhibitors and herbal plant extracts on bone formation, bone resorption and osteoporosis.

**Postgraduate supervision:**

## PhD Degrees

1. Ms. T. R. Perera, **PhD (2020) Degree**, Investigation of the effect of Fluoride, water hardness, Glyphosate, Dehydration, Manganese and Mercury for chronic kidney disease of unknown etiology (CKDu) on animal models. (Co- Supervisor)
2. Ms. W. W. G. T. N. Premachandra, **PhD (2019) Degree**, *In vitro* evaluation of osteoblast-like cellular responses to surface micro-structures of stainless steel and Sri Lankan originated hydroxyapatite nano-particles deposited on Titanium. (Co- Supervisor)

## MPhil Degrees

1. Mr. K.G.S. Udayanga, **MPhil Degree** (ongoing), Single centered, cross sectional study on oxidative stress markers in chronic hypertensive patients in Sri Lanka. (Co- Supervisor)
2. Ms. S. T. Pabasara, **MPhil Degree** (ongoing –Thesis submitted), Long term effects of lowered serum uric acid target levels with allopurinol on disease progression, morbidity and mortality of chronic kidney disease of uncertain aetiology (CKDu); a single centre open labelled randomized controlled clinical trial. (Principal Supervisor)
3. Mr. G. K. M. Godakumara, **MPhil (2017) Degree**, Evaluation of the effect of some selected plant extracts on bone formation using *in vitro* and *in vivo* studies. (Principal Supervisor)
4. Dr. M. G. T. M Prasadinie, **MPhil (2023) Degree**, Feasibility of using a NF-κB inhibitor, SN52, as a possible drug target for ameliorating osteopenia on an ovariectomized mouse model. (Principal Supervisor)
5. Mr. M. C. N. Perera, **MPhil (2023) Degree**, The evaluation of the effect of coconut and soya bean lipids on glucose metabolism using Sprague dawley rats and cell cultures studies. (Co-Supervisor)
6. Dr. A. W. D. T. Ambagaspitiya, **MPhil (2023) Degree**, Evaluation of maternal nutritional status and its impact on pregnancy outcome in a cohort of pregnant women in Kandy district Sri Lanka. (Co- Supervisor)

7. Ms. Vindyani Kaushalya Sewwandi, **MPhil (2022) Degree**, Nutritional and biochemical properties of raw and processed *Artocarpus nobilis* seeds. (Co- Supervisor)

#### MSc Degrees

1. Mr. E. G. C. N Premathilaka, **MSc (2019) Degree**, Evaluation the development of bone microarchitecture and rapid fracture healing of osteoporotic mice fed with plant extractions of *Salacia reticulata* and *Psychotria sarmentosa*. (Co- Supervisor)
2. Dr. T. J. Withanage, MSc (2021) Degree, Investigation of lipid and protein deterioration in Nile Tilapia (*Oreochromis niloticus*) stored in -10 °C. (Co- Supervisor)

#### **Conference Co-Chair**

1. 73<sup>rd</sup> Annual Scientific Sessions of Sri Lanka Veterinary Association (SLVA 2021)
2. The 7<sup>th</sup> International Conference on Sri Lanka – Japan Collaborative Research (SLJCR 2019)
3. Organizer - International week of the University of Peradeniya, 21<sup>st</sup> November to 25<sup>th</sup> November 2022
4. Organizer - International week of the University of Peradeniya, 27<sup>st</sup> November to 01<sup>st</sup> December 2023

#### **Journal Reviewer:**

1. The Scientific World Journal, Hindawi Publishing Corporation
2. Journal of King Saud University - Science
3. The Journal of Nutrition and Food Sciences - Journal of The Nutrition Society of Sri Lanka

#### **Program Reviewer:**

Quality Assurance Council of UGC

#### **Speaker/ Resource person:**

1. Speaker – Symposium: From Molecules to Solutions: Role of Biochemistry on Global Health, 27<sup>th</sup> June 2025, 5<sup>th</sup> Biennial Conference, College of Biochemists of Sri Lanka.

2. Resource person - Workshop in Applications of Cell Culture. 14<sup>th</sup> to 19<sup>th</sup> January 2019, Faculty of Medicine, University of Peradeniya.
3. Resource person - Workshop on Applications of “Cell Cultures” and “MIQE” compliance Real-Time PCR (qPCR) assay. 14<sup>th</sup> to 20<sup>th</sup> January 2022, Faculty of Medicine, University of Peradeniya.
4. Resource person - Workshop on Application of Cell Cultures and “MIQE” compliance Real-Time PCR (qPCR) assay. 7<sup>th</sup> to 10<sup>th</sup> November 2023, Faculty of Medicine, University of Peradeniya.
5. Resource person - Awareness program on “Responsibilities of Higher Degrees Candidates” for Master of Philosophy and Doctor of Philosophy candidates on 28.02.2025. Organized by the Higher Degrees Committee, Faculty of Medicine, University of Peradeniya.

#### **International Peer Reviewed Main Publications:**

1. The long-term efficacy of tetracycline class antimicrobials as local adjuncts in the treatment of chronic periodontitis: a systematic review and meta-analysis. Niroshani S. Soysa, Samadhi L. Jayakody, **C. N. R. A. Alles**. *Front. Dent. Med.* Volume 6 - 2025: <https://doi.org/10.3389/fdmed.2025.1658720>
2. Experimental In-vivo animal models for asthma/ allergic asthma: importance and documented parameters- A review. Hewa Dikkumburage Tharindu Madhuranga, **C.N.R.A. Alles**, *The Journal of Phytopharmacology*. 2024:13(1):49-63
3. Responses of Human Osteosarcoma Cells to Hydroxyapatite Nano-Particles on TiO<sub>2</sub> Surfaces; an In-Vitro Study. Premachandra TN. Wijesinghe WPSL, Rajapakse RPVJ, Rajapakse RMG, **Alles CNRA**, Herath HMTU. *J Nanomed.* 2022: 5(1): 1053. ISSN: 2578-8760.
4. A preliminary analysis of renal infiltrating cells in acute tubular injury induced by water treated with high fluoride and high hardness in rat model. Perera T, Ranasinghe S, **Alles N**, Waduge R. *Christoph D. Res. J. Biotech.* 2021:16: 178-185
5. Experimental rat model for acute tubular injury induced by high water hardness and high water fluoride: efficacy of primary preventive intervention by distilled water administration. Perera T, Ranasinghe S, **Alles N**, Waduge R. *BMC Nephrology*. 2020: 21:103, <https://doi.org/10.1186/s12882-020-01763-3>.
6. Exposure to fluoride significantly decrease the cell membrane integrity and mitochondrial activity in murine renal cells, Perera T, Godakumara K, Ranasinghe S, Alles N, *Int. J. Adv. Res.* 2020: 8, 735-743.
7. Positive and negative regulators of osteoclast apoptosis. Soysa NS, Alles N. *Bone Reports*. 2019: 11:100225, <https://doi.org/10.1016/j.bonr.2019.100225>.

8. Efficacy of articaine vs lignocaine in maxillary and mandibular infiltration and block anesthesia in the dental treatments of adults: A systematic review and meta-analysis. Soysa NS, Soysa IB, **Alles N**. *J Investig Clin Dent*. 2019;18:e12404. doi: 10.1111/jicd.12404
9. Fluoride concentration and stability in commonly used dentifrices in Sri Lanka. Soysa NS, Cury JA, **Alles CNRA**. *Brazilian Journal of Oral Sciences*. 2018; 17: e181244
10. The role of IL-3 in bone. Soysa NS, **Alles N**. *J Cell Biochem*. 2018;1 - 9. doi: 10.1002/jcb.27956.

SCI expanded  
Impact factor 3.448

11. Effect of fluoride on major organs with the different time of exposure in rats. Perera T, Ranasinghe S, **Alles N**, Waduge R, *Environmental Health and Preventive Medicine* 2018; 23:17; <https://doi.org/10.1186/s12199-018-0707-2>
12. Osteoclast function and bone-resorbing activity: An overview. Soysa NS, **Alles N**. *Biochem Biophys Res Commun*. 2016;476(3):115-20.

SCI expanded  
Impact factor 4.370

13. A pilot study on attitudes, knowledge and behaviour towards dental diseases among grade medical officers in Kandy district, Sri Lanka. Soysa NS, **Alles N**. *The Journal of Dentist*. 2016; 4: 9-16.
14. Nanogel-crosslinked nanoparticles increase the inhibitory effects of W9 synthetic peptide on bone loss in a murine bone resorption model. Toshimi Sato, **Neil Alles**, Masud Khan, Kenichi Nagano, Maroko Takahashi, Yukihiko Tamura, Asako Shimoda, Keiichi Ohya, Kazunari Akiyoshi, Kazuhiro Aoki. *International Journal of Nanomedicine*. 2015;10: 3459–3473.

SCI expanded  
Impact factor 2.559

15. NF-κB RELA-deficient bone marrow macrophages fail to support bone formation and to maintain the hematopoietic niche after lethal irradiation and stem cell transplantation. Setsuko Mise-Omata, **Neil Alles**, Taro Fukazawa, Kazuhiro Aoki, Keiichi Ohya, Eijiro Jimi, Yuichi Obata and Takahiro Doi. *International Immunology*. 2014;26(11):607-18.

SCI expanded  
Impact factor 5.189

16. Gelatin hydrogel carrier with the W9-peptide elicits synergistic effects on BMP-2-induced bone regeneration. Md. Abdullah Al Mamun, Md. Abdulla Al Masud Khan, **Neil Alles**, MakotoMatsui, YasuhikoTabata, KeiichiOhya, KazuhiroAoki. *Journal of Oral Biosciences*. 2013; 55:217-23
17. Disruption of NF-κB1 prevents bone loss caused by mechanical unloading. Nakamura H, Aoki K, Masuda W, **Alles N**, Nagano K, Fukushima H, Osawa K, Yasuda H, Nakamura I, Mikuni-Takagaki Y, Ohya K, Maki K, Jimi E. *J Bone Miner Res*. 2013;28(6):1457-67.
18. The local administration of TNF- $\alpha$  and RANKL antagonist peptide promotes BMP-2-induced bone formation. Abdulla Al Masud Khan, **Neil Alles**, Niroshani S. Soysa,

Md. Abdullah Al Mamun, Kenichi Nagano, Risako Mikami, Yuriko Furuya, Hisataka Yasuda, Keiichi Ohya, Kazuhiro Aoki. *Journal of Oral Biosciences*. 2013;55(1):47-54.

19. Osteoclast formation and differentiation; an overview. Soysa NS, Alles N\*, Aoki K, Ohya K. *J Med Dent Sci*. 2012;59(3):65-74. **\* Corresponding Author**
20. Peptide-based delivery to bone. Aoki K, **Alles N**, Soysa NS, Ohya K. *Adv Drug Deliv Rev*. 2012;64(3):1220-38.
21. A structural modulator of tumor necrosis factor type 1 receptor promotes bone formation under lipopolysaccharide-induced inflammation in a murine tooth extraction model. Nakachi H, Aoki K, Tomomatsu N, **Alles N**, Nagano K, Yamashiro M, Zhang H, Murali R, Greene MI, Ohya K, Amagasa T. *European Journal of Pharmacology*. 2012; 697(1-3):132-8.
22. Suppression of NF-kappaB increases bone formation and ameliorates osteopenia in ovariectomized mice. **Alles N**, Soysa NS, Hayashi J, Khan M, Shimoda A, Shimokawa H, Ritzeler O, Akiyoshi K, Aoki K, Ohya K. *Endocrinology*. 2010;151(10):4626-34.
23. The Pivotal Role of the Alternative NF-kappaB Pathway in Maintenance of Basal Bone Homeostasis and Osteoclastogenesis. Soysa NS, **Alles N**, Weih D, Lovas A, Mian AH, Shimokawa H, Yasuda H, Weih F, Jimi E, Ohya K, Aoki K. *J Bone Miner Res*. 2010;25(4):809-18.

\*Soysa NS and **Alles N** contributed equally.

\*\*Received a commendation from Faculty of 1000 which is an award-winning online service that highlights and evaluates the most interesting papers published in the biological sciences.

24. Polysaccharide nanogel delivery of a TNF-alpha and RANKL antagonist peptide allows systemic prevention of bone loss. **Alles N**, Soysa NS, Hussain MD, Tomomatsu N, Saito H, Baron R, Morimoto N, Aoki K, Akiyoshi K, Ohya K. *Eur J Pharm Sci*. 2009 ;37(2):83-8.
25. The tumor necrosis factor type 2 receptor plays a protective role in tumor necrosis factor- $\alpha$  -induced bone resorption lacunae on mouse calvariae. Nagano K, Alles N, Mian AH, Shimoda A, Morimoto N, Tamura Y, Shimokawa H, Akiyoshi K, Ohya K, Aoki K. *J Bone Miner Metab*. 2011;29(6):671-81.
26. Defective nuclear factor- $\kappa$ B-inducing kinase in aly/aly mice prevents bone resorption induced by local injection of lipopolysaccharide Soysa NS, **Alles N**, Aoki K, Ohya K. *J Perio Res*. 2011;46(2):280-4.

\*Received a commendation from Target Intelligence Service (TIS), a database used by pharmaceutical companies worldwide to identify ground breaking research of relevance to their own work on potential drug targets.

27. Processing of the NF-kappa B2 precursor p100 to p52 is critical for RANKL-induced osteoclast differentiation. Maruyama T, Fukushima H, Nakao K, Shin M, Yasuda H, Weih F, Doi T, Aoki K, **Alles N**, Ohya K, Hosokawa R, Jimi E. *J Bone Miner Res*.

2010;25(5):1058-67.

28. Increased bone mass in adult prostacyclin-deficient mice. Nakalekha C, Yokoyama C, Miura H, **Alles N**, Aoki K, Ohya K, Morita I. *J Endocrinol*. 2010;204(2):125-33.
29. Three-dimensional characterization of osteoclast bone-resorbing activity in the resorption lacunae. Soysa NS, **Alles N**, Aoki K, Ohya K. *J Med Dent Sci*. 2009 ;56(3):107-12.
30. Inhibition of the classical NF-kappaB pathway prevents osteoclast bone-resorbing activity. Soysa NS, **Alles N**, Shimokawa H, Jimi E, Aoki K, Ohya K. *J Bone Miner Metab*. 2009;27(2):131-9.
31. NF-kappaB functions in osteoclasts. Soysa NS, **Alles N**. *Biochem Biophys Res Commun*. 2009 ;378(1):1-5.
32. LPS-induced inhibition of osteogenesis is TNF-alpha dependent in a murine tooth extraction model. Tomomatsu N, Aoki K, **Alles N**, Soysa NS, Hussain A, Nakachi H, Kita S, Shimokawa H, Ohya K, Amagasa T. *J Bone Miner Res*. 2009;24(10):1770-81.
33. Lipopolysaccharide-induced bone resorption is increased in TNF type 2 receptor-deficient mice *in vivo*. Hussain Mian A, Saito H, **Alles N**, et al. *J Bone Miner Metab*. 2008; 26:469-77.
34. Defective microtubule-dependent podosome organization in osteoclasts leads to increased bone density in Pyk2<sup>(-/-)</sup> mice. Gil-Henn H, Destaing O, Sims NA, Aoki K, **Alles N**, et al. *J Cell Biol*. 2007; 178:1053-64.
35. Three-Dimensional Measurements of Bone Resorption Lacunae Reveal Inhibition of Osteoclast Activity by TNF- $\alpha$  Antagonist *In Vitro*. Hiroaki Saito, Niroshani Soysa, **Neil Alles**, Kazuhiro Aoki, Keiichi Ohya. *Dentistry in Japan*. 2006;42: 33-37.

### Local Publications:

1. Nutritional properties, antioxidant potential and anti-diabetic effect of raw and processed *Artocarpus nobilis* (Ceylon breadfruit) seeds. S.M. Sewwandi, B.C. Jayawardana, R. Sivakanesan, S. Wijesundara, **N. Alles**, N. Marikkar and R. Liyanage. *Ceylon Journal of Science*. 2022; 51(4): 481-491
2. Clinical relevance of understanding liver biochemical markers in managing dental patients. **Alles N**, Soysa NS. *Sri Lanka Dental Journal*. 2016; 46(03): 88-95
3. The importance of knowing the patient's clotting profile before dental treatment. **Alles N**, Soysa NS. *Sri Lanka Dental Journal*. 2016; 46(01): 05-13
4. Stress: A friend or foe? Soysa NS, **Alles N**. *The General Dental Practitioner*. 2014;31:38-41

5. Prevalence of *Candida* in saliva and root canals of teeth associated with apical periodontitis. Soysa NS, Fernando HN, **Alles N**, Wijeyeweera RL, Wettasinghe KA, Panagoda GJ. Sri Lanka Dental Journal 2010;40(02-03):54-60

**Feature articles in scientific magazines:**

1. Single agent therapy for dual effect in osteoporosis. Hanthana vision, Research magazine of the University of Peradeniya, University of Peradeniya. 2016; 2(2): 14-15

**Presentations at International scientific meetings:**

**Full paper publications:**

1. Assessing osteoclast function by 3-D measurements of resorption lacunae. C.N.R.A Alles, H.N.S. Soysa. Annual research Journal of SLSAJ, Issue 08.

**Abstract publications:**

1. Meta-Analysis of Local Tetracycline Delivery Devices as Adjuncts to Non-Surgical Periodontal Therapy. N.S. Soysa, S.L. Jayakody, **C.N.R.A. Alles**. (2025) Annual research session-University of Peradeniya, Sri Lanka (iPURSE).
2. Maternal Risk Factors for Macrosomia: Findings from a Tertiary Care Setting in the Kandy District. M.G.D.K. Abewardhana, A.W.D.T. Ambagaspitiya, S. Tennakoon, R.M.C.J. Ratnayake, **C.N.R.A. Alles**. (2025) Annual research session-University of Peradeniya, Sri Lanka (iPURSE).
3. Beta-Thalassemia Traits Presenting as Disproportionate Anaemia in Chronic Kidney Disease of Unknown Aetiology (Ckdu): Single Centre Experience in Girandurukotte. T. Sonnadara, M. Bandara, P. Gamage, S. Nanayakkara, J.G.S. Ranasinghe, **N. Alles**, V. Rajapaksha, N. Nanayakkara. (2025) Annual research session-University of Peradeniya, Sri Lanka (iPURSE).
4. Extended Effects of Allopurinol on Disease Progression in Chronic Kidney Disease of Unknown Aetiology (CKDu) Patients: Two-Year Follow-up of a Randomized Controlled Trial. T. Sonnadara, T. Hettiarachchi, D. Herath, W.R.A.M.D.R.N. Pushpakumara, H.G.N. Erandika, A. Medagedara, N. Elladeniya, H. T. K. Abeysundara, J.G.S. Ranasinghe, **N. Alles**, N. Nanayakkara. (2025) Annual research session-University of Peradeniya, Sri Lanka (iPURSE).
5. Maternal Risk Factors for Gestational Diabetes Mellitus: Results from a Tertiary Care Cohort from Kandy District, Sri Lanka. Ambagaspitiya AWDT, Tennakoon S, Ratnayake RMCJ, **Alles CNRA**, Ranasinghe JGS. (2025) 2<sup>nd</sup> International Conference on Recent Innovations in Biological, Chemical & Clinical Sciences 2025 (RIBCCS), Malaysia.
6. Effect of energy and macronutrient intake during early pregnancy on large-for-gestational age babies. Ambagaspitiya AWDT, **Alles CNRA**. (2024) 8<sup>th</sup> Conference on Sri Lanka - Japan Collaborative Research, Sri Lanka - Japan Study Centre, University of Peradeniya, Sri Lanka.

7. Effect of Energy and Macronutrient Intake During Early Pregnancy on Large-for-Gestational Age Babies. D. Ambagaspitiya, N. Alles. (2023) International Conference on Sri Lanka – Japan Collaborative Research (SLJCR).
8. Gestational diabetes mellitus versus maternal serum copper and zinc levels: results from a case control analysis. Ambagaspitiya AWDT, Tennakoon S, Ratnayake RMCJ, Alles CNRA, Ranasinghe JGS. (2023) The 5<sup>th</sup> International Conference on Food, Nutrition, Health & Lifestyle. Kuala Lumpur, Malaysia.
9. Pharmacological inhibition of alternative NF-KB pathway ameliorates periodontitis after ovariectomy in a murine model. N.S. Soysa, E.G.C.N. Premathilake, **C.N.R.A. Alles**. (2023) Annual research session-University of Peradeniya, Sri Lanka (iPURSE).
10. A study on the effect of coconut lipids on glucose metabolism in rats and cell culture models. Perera MCN, Fernando PHP, **Alles CNRA**, Yalegama C. (2023) Annual research session-University of Peradeniya, Sri Lanka (iPURSE).
11. Predictors of Delivering Large-for-Gestational Age Babies: Pre-pregnancy Body Mass Index Versus Gestational Weight Gain. D. Ambagaspitiya, S. Tennakoon, D.T. Ranasinghe, **N. Alles**, J.G.S. Ranasinghe. (2023) Annual research session-University of Peradeniya, Sri Lanka (iPURSE).
12. Glucose uptake by MCF-7 cells upon supplementation of culture medium with fatty acids in virgin coconut oil or soya oil. Perera MCN, Fernando PHP, **Alles CNRA**, Prasadine MGTM, Yalegama C. (2023) Annual Research Conference of PeMSARC'23, Peradeniya Medical School.
13. Effect of NF- $\kappa$ B inhibitor, SN52 on RANKL induced osteoclastogenesis. Prasadine M.G.T.M, Premathilaka E.G.C.N, Alles C.N.R.A. (2022/2023) 10<sup>th</sup> Annual Scientific Sessions of The Sri Lankan Association for Laboratory Animal Science (SLALAS).

\*Awarded for best oral presentation.

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15. Red cell fragility of non-diabetic and diabetic rats fed with virgin coconut oil, soya oil and water. Perera MCN, Fernando PHP, **Alles CNRA**, Yalegama C. (2022) Annual Research Conference of PeMSARC'23, Peradeniya Medical School.
16. Improvement of glucose tolerance in nondiabetic rats compared to diabetes-induced rats by feeding virgin coconut oil or soya oil. Perera MCN, Fernando PHP, **Alles CNRA**, Yalegama C. (2021) Annual research session-University of Peradeniya, Sri Lanka (iPURSE).
17. Phenolic content and antioxidant activities of raw and processed *Artocarpus Nobilis* (Ceylon breadfruit) seeds in comparison with Almond, Pistachio and Cashew. SM Sewwandi, R Sivakanesan, S Wijesundara, **N Alles**, R Liyanage. (2021) Postgraduate Institute of Science Research Congress (PGIS RESCON 2021).

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25. Attitudes towards complementary and alternative medicine among second year medical, dental, nursing and physiotherapy students at the university of peradeniya. Gunaratne BRRN, **Alles CNRA**, Soysa NS. (2016). Annual research session-University of Peradeniya, Sri Lanka (iPURSE).
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29. Availability of total, soluble and ionic fluoride concentration in commonly used dentifrices in Sri Lanka. N.S. Soysa, **N. Alles**, L. Tenuta, J. Cury (2015). Asia Pacific Dental Congress (APDC), Singapore.
30. Elucidation of the relationship between a bone turnover marker, CTX, and some trace minerals. G.K. M. Godakumara, E.G.C.N. Premathilake, **N. Alles\***, P. H. P. Fernando, N.S. Soysa (2015). Annual research session-University of Peradeniya, Sri Lanka (iPURSE). **\* Corresponding Author**
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44. The stimulatory effects of TNF- $\alpha$  and RANKL antagonist peptide W9 on bone formation. M Khan, **N Alles**, K Nagano et al. (2011). 31<sup>st</sup> Annual Meeting of the Japanese Society for Bone morphometry. Gifu, Japan.
45. The stimulatory effects of NF $\kappa$ B inhibitor on bone formation. Kazuhiro Aoki, Masud Khan, **Neil Alles**, et al. (2011). Annual Meeting of the Japanese Pharmacological Society (JPS), Yokohama, Japan
46. Pharmacological Suppression of NF- $\kappa$ B increase bone formation in vitro and in vivo. N.S Soysa, N. Alles. (2010) 32<sup>nd</sup> Asia Pacific Dental Congress. Colombo, Sri Lanka.
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50. Lack of precursor p100 of NF- $\kappa$ B2 causes osteopenia in mice. Niroshani Soysa, **Neil Alles**, Kazuhiro Aoki et al. (2009). 29<sup>th</sup> Annual Meeting of Japanese Society for Bone Morphometry, Osaka, Japan.
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52. Inhibition of IKK- $\beta$  blocks osteoclast formation and activity. K.Ohya, N Soysa, **N Alles**, K Aoki. (2009). 57<sup>th</sup> Annual Meeting of the Japanese Association for Dental Research (JADR), Wuhan, China.
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60. Nanogel cross-linking hydrogel as a drug delivery system for tumor necrosis factor-alpha antagonist. **C.N.R Alles**, N.S Soysa, A.H Mian, N. Tomamatsu, N. Morimoto, U. Hasegawa, S. Sawada, Y. Tada, K.Akiyoshi, K.Ohya, K.Aoki (2008).30<sup>th</sup> Annual Meeting of American Society for Bone and Mineral Research (ASBMR), Montréal, Québec, Canada.
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#### **Presentations at Local scientific meetings:**

#### **Full paper publications:**

1. Double burden of maternal malnutrition in a cohort of pregnant mothers from kandy district: Impact on birthweight. Abewardhana MGDK, Ambagaspitiya AWDT, **Alles CNRA** (2025) 47<sup>th</sup> Annual Academic Sessions of the Kandy Society of Medicine.
2. Maternal copper deficiency: a hidden risk factor of low birth weight. Ambagaspitiya AWDT, Tennakoon S, **Alles CNRA**, Ranasinghe JGS. (2024) 46<sup>th</sup> Annual Academic Sessions of the Kandy Society of Medicine.
3. Short term efficacy of local tetracycline delivery devices in non-surgical periodontal therapy: a meta-analysis. Soysa NS, Ambagaspitiya AWDT, Prasangika H, **Alles CNRA**. (2023) 45<sup>th</sup> Annual Academic Sessions of the Kandy Society of Medicine.
4. Does locally delivered minocycline adjunct to subgingival debridement ameliorate chronic periodontitis in smoker and non-smoker patients? Ambagaspitiya AWDT, **Alles CNRA**, Soysa NS. (2023) 45<sup>th</sup> Annual Academic Sessions of the Kandy Society of Medicine.
5. Meta analysis of short-term adjunctive effects of doxycycline on chronic periodontitis therapy. **Alles CNRA**, Ambagaspitiya AWDT, Soysa NS. (2023) 45<sup>th</sup> Annual Academic Sessions of the Kandy Society of Medicine.
6. Body mass index (BMI): a factor associated with the energy status in pregnancy. Ambagaspitiya AWDT, Tennakoon S, Ratnayake RMCJ, **Alles CNRA**, Ranasinghe JGS. (2023) 45<sup>th</sup> Annual Academic Sessions of the Kandy Society of Medicine.
7. Macronutrient intake in a cohort of pregnant mothers attending antenatal clinics at the teaching hospital Peradeniya. Ambagaspitiya AWDT, Tennakoon S, Ratnayake RMCJ, **Alles CNRA**, Ranasinghe JGS. (2023) 45<sup>th</sup> Annual Academic Sessions of the Kandy Society of Medicine.
8. Body Mass Index: a Factor that Determines Maternal Serum Calcium and Copper Levels in Pregnancy. Ambagaspitiya AWDT, Tennakoon S, Ratnayake RMCJ, **Alles CNRA**, Ranasinghe JGS. (2023). 4<sup>th</sup> Conference of The College of Biochemists of Sri Lanka.

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9. A novel IKK- $\beta$  inhibitor S1627 blocks osteoclastogenesis and bone resorbing activity *in vitro* and *in vivo*. N.S Soysa, N. Alles, K. Aoki and K. Ohya. Proceedings of Peradeniya university research sessions, Sri lanka. 2010; 15 :23-25
10. Deletion of precursor p100 not P52 cause osteopenia in mice. N.S Soysa, N. Alles, K. Aoki and K. Ohya. Proceedings of Peradeniya university research sessions, Sri lanka. 2010; 15 :35-36

### **Abstract publications:**

1. Effect of nf- $\kappa$ b inhibitor, sn52 on osteoclastogenesis and functions of mature osteoclasts. Prasadinie, M.G.T.M, Premathilaka, E.G.C.N, Alles, C.N.R.A. (2023). Sri Lankan Association for Laboratory Animal Science (SLALAS).

2. Red cell fragility of non-diabetic and diabetic rats fed with virgin coconut oil, soya oil and water. Perera, M.C.N, Fernando, P.H.P, Alles,C.N.R.A, Yalegama C. (2022). Peradeniya Medical School Annual Research Conference (PeMSARC'22).
3. Improvement of Glucose Tolerance in Nondiabetic Rats by feeding Virgin Coconut Oil or Soya Oil. M.C.N.Perera, N. Alles, PHP Fernando (2021). Annual research session-University of Peradeniya, Sri Lanka (iPURSE).
4. Phenolic content and antioxidant activities of raw and processed *Artocarpus nobilis* (Ceylon breadfruit) seeds in comparison with almond pistachio and cashew. Sewwandi, S.M., Sivakanesan, R., Wijesundara, S., Alles, N. Liyanage R. (2021). Proceedings of PGIS research congress (RESCON) 2021, University of Peradeniya, 29th-31st October 2021, p 124.
5. Evaluation of prebiotic activity and dietary fiber content of raw and processed *Artocarpus nobilis* (Ceylon breadfruit) seeds. Sewwandi, S.M., Sivakanesan, R., Wijesundara, S., Alles, N., Liyanage R. (2021). Proceeding of Young Scientist's conferences on Multidisciplinary Research (YMCMR), National Institute of Fundamental Studies, Kandy, 21st October 2021, p 67.
6. Evaluation of phenolic content and antioxidant activities of raw and processed *artocarpus nobilis* (ceylon breadfruit) seeds in comparison with almond, pistachio and cashew. S.M. Sewwandi, R. Sivakanesan, S. Wijesundara, N. Alles and R. Liyanage (2021), Proceedings of the Postgraduate Institute of Science Research Congress, Sri Lanka.
7. Local administration of LPS on calvariae cause delayed effect on bone mineral density in long bones of mice. Soysa N.S, Alles N, Aoki K, Ohya K (2013). Sri Lanka Dental Journal.
8. Attitudes towards complementary and alternative medicine among medical students in Sri Lanka: A pilot study. S. Bandara, N Alles, N.S. Soysa, (2013). Annual research session-University of Peradeniya, Sri Lanka.
9. Comparison of Egg composition of village chicken and brown leghorn breeds. CMB Dematawewa, **N.A Alles**, GLLP Silva (2000) 56<sup>th</sup> annual session, Sri Lanka Association for the Advancement of Science. Colombo, Sri Lanka.
10. Relationship between fluoride intake and kidney cell viability. W T R Perera, J G S Ranasinghe, K Godakumara, **N Alles**, R Waduge (2017) annual sessions, Postgraduate Institute of Science Research Congress, University of Peradeniya.

## Books Published

### Text Books:

1. Biochemistry made easy. ISBN 978-955-30-6736-4
2. Methods in Bone Research. ISBN 978-955-38052-0-1

**Any other particulars:**

Research expertise:

Strong background in animal models, histopathology and histomorphometry (bone densitometry (DEXA, pQCT), bone imaging (X-ray, microCT)).

Standard molecular and biological techniques.

Cell culture, molecular biology, and signaling.

Design and execute experiments, collect and analyze data.

**Technical Expertise:**

Highly skilled in soft wares like MS word, MS Excel, MS power point, Stat view, Photoshop, End note ect.

Highly skilled in Computer System Design.

**Leadership and Mentoring:**

The ability to motivate, lead, and/or supervise the activities of others.

Effective communication (both written and oral) and problem-solving skills.

**Interpersonal Skills:**

Work as part of a team, frequently interacting with different people and working across projects.

**Other interests:**

Reading books.

Photography.