

3rd Edition of
International Conference on

TRADITIONAL MEDICINE, ETHNOMEDICINE AND NATURAL THERAPIES

18-19

MAY 2022

VIRTUAL EVENT

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**BOOK OF
ABSTRACTS**



**3RD EDITION OF INTERNATIONAL CONFERENCE ON
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ABOUT MAGNUS GROUP

Magnus Group (MG) is initiated to meet a need and to pursue collective goals of the scientific community specifically focusing in the field of Sciences, Engineering and technology to endorse exchanging of the ideas & knowledge which facilitate the collaboration between the scientists, academicians and researchers of same field or interdisciplinary research. Magnus group is proficient in organizing conferences, meetings, seminars and workshops with the ingenious and peerless speakers throughout the world providing you and your organization with broad range of networking opportunities to globalize your research and create your own identity. Our conference and workshops can be well titled as 'ocean of knowledge' where you can sail your boat and pick the pearls, leading the way for innovative research and strategies empowering the strength by overwhelming the complications associated with in the respective fields.

Participation from 90 different countries and 1090 different Universities have contributed to the success of our conferences. Our first International Conference was organized on Oncology and Radiology (ICOR) in Dubai, UAE. Our conferences usually run for 2-3 days completely covering Keynote & Oral sessions along with workshops and poster presentations. Our organization runs promptly with dedicated and proficient employees' managing different conferences throughout the world, without compromising service and quality.



ABOUT TRADITIONAL MEDICINE 2022

Traditional Medicine 2022 webinar serves as a podium for the interaction between experts in the areas of healthcare around the world and aims in sharing some research and translational studies on various advances in the related fields.

It is expected to bring together both reputable scientists in advanced stages of their and young researches from many related disciplines. The webinar expects many new ideas to emerge at the interfaces between disciplines aiming to solve the most important problems relating to the health and wellbeing of the humanity. With its strong emphasis on innovative approaches, the webinar offers a chance for scientists, academicians, doctors, nurses and physicians working in different areas of healthcare to learn new ideas that could help them advance their own research and forge new professional relationships and collaborations. Our honorary speakers will provide you with the most clinically up-to-date relevant information, you'll leave better educated and more invigorated than you thought possible.



KEYNOTE FORUM

DAY 01



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Rosemarie Wagner

Rosewelt Naturopathic Praxis, Switzerland

Organ language methodology of the language of organs

Organs cooperate with each other; they are lenders and loan recipients. Organs live in partnership, in a balanced relationship with each other. Organs perform the perfect language, nurturing, balancing, sustaining, and giving the body as a vehicle the best starting position for its activity. The language of the organs allows understanding the evolution of the symptoms until a developed disease. It is about the regression of this disease until health is restored. Once the language of the body is understood as a response to the subtle processes of the mind, the further biochemical reactions, the nerve stimulations, the disease disappears. Man becomes mentally and physically healthy and his own best doctor. Each organ stands for a multi-layered organization, for manifold processes, for great intelligence and absolute connection to our mental power. Imagine that your thoughts precisely control the work of your cells and further of your organs. A symptom, a disease fulfills a purpose. The body lives out what the human being does not live with his spiritual and mental parts. For example: The feeling of insecurity is equal to stress. It can be the feeling of lack of affection, suitable job search, health concerns, feelings of inferiority or anything else. The adrenal glands release adrenaline in response to this feeling. About ten minutes after the adrenaline is released cortisol is released to repair adrenal damage. A constantly too high level of cortisol increases the risk of osteoporosis, breakdown of muscles, eye damage, NAFL non-alcoholic fatty liver; weight gain on the trunk of the body, especially in the face and abdomen are signs of increased cortisol. This cortisol causes insulin resistance with lack of energy, fatigue, high and low blood sugar spikes. The increased blood level of the stress hormone consequently promotes fat storage in the liver. Our body balances unfavorable conditions through the work of the organs, through biochemistry, through emotions and so much more. I am happy to be able to share with my speech more about this.

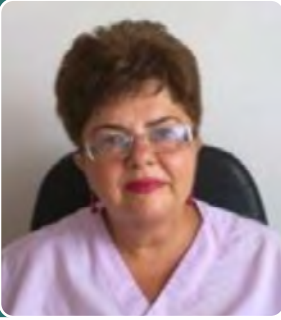
Audience Takeaway:

- You get an overview of the cooperation of the organs
- You recognize the work of organs with each other
- You learn to read various external signs, such as facial diagnostics
- You learn to integrate important criteria, such as reflex zones, meridians, body characteristics in your anamnesis
- You learn how to follow the cause of a disease back to its origin
- You will recognize the underlying organ-work in your daily life through the symptoms

Basically, it is to be understood that the awareness of symptoms is generally based on the organ work.

Biography

Rosemarie Wagner is a federally certified naturopath in Switzerland. In 1997 she graduated from the German Paracelsus Naturopathic Institute in Heilbronn. Until 2001 she taught graduates of naturopathic schools in the German region of Stuttgart. She published several articles on the connection between thoughts and organ work. Several years of training in Zen Buddhism deepened her knowledge. In 2008 she founded the world's 1st Kinesiology Parcours in Switzerland Grisons. In 2011 she participated in a training with Prof. Dr. phil. Henry Reed / Virginia USA and created the I AM CODE, a key to one's own consciousness. In 2014 she was an exam expert for the federally certified Naturopath in Switzerland and taught at various naturopath schools in Switzerland. In 2020 she completed the master training as a hypnotist NGH National Guild of Hypnotists. Currently she has three offices in Lucerne, Berne and Zurich.



Angela Sanga Tudor

Romanian Society of Traditional Chinese Medicine, Romania

Therapeutic approach to panic disorder according to the diagnosis of Traditional Chinese Medicine

The study aimed to determine the superior efficacy of Panic Disorder treatment when it stems from the analysis of etiology and specific TCM pathophysiological processes that can lead to the onset of a panic attack.

- Motivation for the selection of the disease as the research theme:
- High prevalence condition 2-3, %;
- Affection relatively frequent in the current population, appeared since the young age
- Occupational Disability. Patients have reduced mobility

Make extensive use of medical services They have many more visits to the FM and receive many more prescriptions for psychotropic and non-psychotropic drugs; They have a large number of hospitalizations and diagnostic tests to distinguish syndromes

- The stigma that accompanies mental illness and allopathic / psychotropic treatments
- Patients have a catastrophic attitude to the side effects of allopathic medicines
- Increased risk of suicide;
- Treatment lasts a long time and rarely with a complete remission
- Allopathic medicine only succeeds in improving and inducing psychotropic dependence, which invalidates patients

Since we are trying to correlate the Allopathic Med theory. with TCM theories, we start from the characterization of panic disorder according to DSM-5 criteria, overlapping these criteria with syndromes that include symptoms of panic disorder according to TCM criteria, which are:

- Kidney Yang deficiency
- Kidney and Spleen Yang Deficiency
- Kidney and Lung Yin Deficiency
- Kidney and Liver Yin Deficiency

Following the detailed comparison of the etiological factors, the pathophysiological pathway and the treatment principles, we find possible solutions when the aim of the treatment is not only relief of symptoms, but the balance of the four syndromes. Considered different diseases.

Keywords: Traditional Chinese Medicine, panic disorder, etiology, pathophysiology, treatment

Audience Take away:

- TCM offers a different perspective on approaching panic disorder, both in terms of diagnosis and etiology.
- We identify causes of disease that do not occur in DSM-V
- Early identification of a TCM syndrome that can manifest as panic attacks helps in effective treatment and good prevention
- According to the research results, the association of TCM treatments with Western Medicine treatments leads to a better cost / efficiency ratio

Biography

She graduated the Medical University of Targu Mures in 1986, She got her speciality in family medicine in 1992 and my acupuncture speciality in 1993. She has her degree in TCM from Excellence center of Taiyuan from 2003 to 2009. She practiced TCM in her own private clinic in my hometown of Târgoviște. She is the president of the Romanian TCM society from 2007. She is a lector for TCM at Transilvania University of medicine of Brasov, Osteore- the osteopathic institute of Bucharest and also at my school of TCM in my clinic. She has three books published so far and a few articles in the Acupuncture & Moxibustion magazine from France.



Marilene Cabral do Nascimento*¹ and Daniela Dallegrave²

¹Brazilian Association of Collective Health, Brazil

²Federal do Rio Grande do Sul University, Brazil

Advances and challenges of professional training in traditional medicine, ethnomedicine and natural therapies in Brazil

The Brazilian Ministry of Health enacted the National Policy on Integrative and Complementary Health Practices in 2006, which legalizes the offer of 29 natural and traditional therapies in the Unified Health System (SUS). This offer shows an upward trend and is concentrated in Primary Health Care (78%), with emphasis on medicinal plants and phytotherapy, auriculotherapy, body practices, acupuncture, integrative community therapy, art therapy and homeopathy. There is a growing interest of professionals and users of health services in these therapies, however their presence in the health professional training curricula is still restricted. Only 21% of medical schools address the topic, with an emphasis on acupuncture and homeopathy. As a result, most new health professionals come to SUS knowing little or nothing about natural and traditional therapies, which reinforces prejudices due to ignorance, and delays the expansion of the offer of these practices in public health services. On the other hand, there is a vigorous interest in natural and traditional therapies by segments of the private health education market, mainly through the offer of open courses, not regulated by the Ministry of Education, with a wide range of formats, hours and quality. A group of health institutions that support natural and traditional therapies, led by the Brazilian Association of Collective Health, proposed a public debate on minimum quality criteria for professional training in the area, with the objective of promoting quality, safety and effectiveness. In addition, the FormaPICS Brazil research is being developed to diagnose the offer of courses and identify guidelines and recommendations for professional training available in national and international representative and regulatory institutions. Using a mixed method, data collection was carried out on public websites from April to July/2021, and the analysis combines quantitative (course profile) and qualitative (training recommendations and guidelines) strategies. The initial stage of the research focused on homeopathy, yoga, integrative community therapy, and reiki. The first results reveal a mismatch between the dynamics of ancient traditions, less translatable to a contemporary rationalizing language, and the attempts to normalize them under technical standards and scientific criteria for professional training. Traditions such as yoga and reiki, for example, which were passed from master to disciple through an initiation process, are confronted by norms of professional councils and regulatory associations. Another challenge is the great diversity of natural and traditional therapies in terms of complexity, resources and specific training needs, which require specific criteria for each practice, considering apprentices with different previous references, as suggested by the WHO. The data on the courses provide information on prerequisites, training levels, offer modalities (face-to-face, online or hybrid), theoretical and practical workload, objectives, curriculum design and teacher qualifications, in addition to the profile of the training institutions. The data from the recommendations and guidelines made it possible to identify and analyze the main contents and propositions available for each practice. The correlation between the profile of the courses and the recommendations and guidelines is underway, with completion scheduled for March 2022.

Audience Take away:

- The Brazilian experience occupies a vanguard position in the offer of natural and complementary therapies in public health care systems in the Western world, and can provide useful references to reflect the trajectory of this offer in other countries
- Quality professional training in natural and traditional therapies in Western countries is a topic of known relevance in the area, with recent and still insufficient contributions from WHO
- Research findings, in terms of successful strategies and key challenges identified, can guide educational managers and professionals committed to natural and traditional therapies

- The presentation of the results of the FormaPICS Brazil research in this 3rd Edition of the International Conference on Traditional Medicine, Ethnomedicine and Natural Therapies may favor exchanges and partnerships for future comparative research

Biography

Marilene Nascimento studied Social Sciences at Rio de Janeiro State University, Brazil, and graduated as MS in 1998. She then joined the research group of Prof. Madel Luz, at Social Medicine Institute, and received her PhD degree in 2003 at the same institution. She obtained the position of Associate Professor at the Collective Health Institute of the Fluminense Federal University in 2010. Currently she is doing a postgraduate internship at the Center for Social Studies of Coimbra University, Portugal. Member of the Brazilian Association of Collective Health, she has published 4 books, 7 book chapters and 27 research articles.

SPEAKERS

DAY 01



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Kazuo Keishin Kimura

Japan Yoga Therapy Society, Japan

Yoga as Traditional medicine

In February 2019, the WHO, Geneva, Switzerland, invited 20 regional representatives from around the world to New Delhi, India, for a conference on The Benchmark for Training Yoga. The WHO has included yoga in the same category of traditional medicine and complementary integrative medicine as Chinese medicine and Ayurvedic medicine. In traditional yoga, the structural and functional theories of human existence have been handed down for 5,000 years, and just as modern Western medicine, which treats the physical body as it is, has a structural theory (anatomy) and a functional theory (physiology) of the body for diagnosis and treatment, traditional yoga has done the same with the theory of the five human structure theory from Taittiriya Upanishad and the human chariot theory from Kata Upanishad. This is the theory of human assessment(diagnosis) and instruction(treatment) and the educational guidance technique that has been utilized by masters in the process of teaching and educating their students by observing their physical and mental states. In particular, traditional yoga has a theory of the structure and function of the human mind, and has handed down techniques for assessing the quality of human consciousness in light of these theories, and for guiding and educating people to the ultimate state of mind. Because this tradition has been effective throughout the ages, yoga is now being spread throughout the world, regardless of political, religious, or lifestyle differences. It can be said that traditional yoga, as a yoga therapy, is a common method of strengthening the body and mind that transcends many differences and is common to all human beings around the world as in Western and Chinese medicine. In this lecture, we would like to introduce yoga as a traditional medicine in light of the WHO's criteria. In addition, we would like to introduce the health-promoting effects of yoga therapy instruction that we conducted with the help of a Japanese government research grant, as well as case reports on actual yoga therapy assessment and instruction.

Audience Take away:

- Yoga is not just a gymnastic exercise, but a medical treatment that promotes health
- In this lecture, you will learn about the requirements to keep in mind when using yoga as a medical treatment, and how medical professionals can use yoga, a health-promoting method with a 5,000-year tradition

Biography

Kazuo Keishin Kimura graduated from Tokyo University of Education in 1969. In 1986, he was initiated as a Raja Yoga Acharya by Swami Yogeshwarananda Maharaj, founder of the Yoga Niketan ashram in Rishikesh, India. In 2003, Kimura founded the Japan Yoga Therapy Society and is the Society's president. In 2019, he was invited by the World Health Organization's Traditional, Complementary and Integrative Medicine program as one of 20 international experts to attend the WHO Working Group Meeting on Benchmarks for Training in Yoga. In June 2019, Kimura was awarded the first Indian Prime Minister's Award for Outstanding Contribution for Promotion and Development of Yoga.



JiSuk Lee*¹, Young-Mi Kim¹, YoungChul Bae², Nam Jae Kim², Sabina Lim², Jinwoong Kim¹ and Young-Won Chin¹

¹College of Pharmacy Seoul National University, Korea

²Kyung Hee University, South Korea

Anti rheumatic and analgesic effects by the parent tuberous roots of *Aconitum jaluense* in adjuvant induced arthritis rats

Aim of the study: The aim of this study was to test the anti-rheumatic effects of *A. jaluense* tubers in acute and chronic arthritis rats, and to assign its ingredients through UHPLC-TOF/MS.

Materials and methods: Subcutaneous injection of carrageenan for acute arthritis and complete Freund's adjuvant (CFA) for chronic arthritis was carried out in the hind paw of SD rats. The paw volume was measured by a plethysmometer; thermal hyperalgesia was tested using a thermal plantar tester, and mechanical hyperalgesia was evaluated by ankle flexion evoked vocalizations. The expression of c-Fos in the brain hippocampus was measured with the avidin-biotin-peroxidase technique. The ingredients were assigned by UHPLC-TOF/MS, chromatography was performed by UHPLC system with DAD detector and BEH C18 column, and spectroscopy was conducted by ESI-MS system.

Results and discussion: The 80% ethanoic extract of *A. jaluense* tubers showed an acute anti-inflammatory effect by suppressing the edema volume in the hind paw of carrageenan-stimulated rats. In addition, *A. jaluense* tubers exerted an anti-rheumatic activity by reducing the secondary swelling volume from an immunological reaction in the left hind paw of CFA-induced chronic arthritis rats. Additionally, oral treatment with the 80% ethanoic extract -showed potent analgesic effects in the arthritis rats by recovering the paw withdrawal latency stimulated by the thermal hyperalgesia and by reducing the vocalization scores evoked by ankle flexion on both hind paws. Moreover, its treatment also indicated an anti-psychiatric effect by controlling the c-Fos protein expression of the brain hippocampus in CFA-stimulated arthritis rats. These results suggested that these therapeutic effects were exhibited by less toxic mono-esterified diterpenoid alkaloids (MDAs), and nontoxic non-esterified diterpenoid alkaloids (NDAs).

Conclusion: *A. jaluense* tubers may act as viable therapeutic or preventive candidates for acute and chronic arthritis, particularly, for immune-inflammatory rheumatoid arthritis to suppress the pain and psychiatric condition.

Biography

Lee studied Pharmaceutical Science at the Dongsung Women's University, Korea, and graduated as MS in 1988. She then joined the research group of Prof. Kim at the Institute of Pharmaceutical Science, College of Pharmacy Seoul National University. She received her Ph.D. degree in 1998 at the same institution. After one and a half years, postdoctoral fellowship supervised by Dr. Kim at the Institute of Pharmaceutical Science, College of Pharmacy Seoul National University, she joined the Research Institute of Natural Medicine, Toyama, Japan as a postdoctoral researcher supervised by Prof. Hattori, and joined Yonsei University, Kyunghee University, and Seoul National University as a Research Professor. She has published more than 27 research articles in SCI(E) journals.



Mitch Medina* and Maria Jaylo-Medina

Equatorial Research, Philippines

CAREVID for COVID-19: 14 Kenyan Herbs, No Clinical Progression

From 2005-2018, Dr. Mitch and Dr. Maria Medina treated hundreds of HIV/AIDS patients in Kenya with a 14-herb composition (CAREVID) that was approved as a complementary medicine by the Kenya Pharmacy and Poisons Board. The composition was granted 6 U.S. patents, U.S. Patent Nos. 7,556,830; 7,674,483; 8,053,002; 8,067,401; 8,404,284; and 8,697,660. In clinical use, CAREVID, resulted in at least 12 cases of sero-reversion (HIV-positive to HIV-negative). These seemingly-impossible events occurred among patients who were not using ARV's. Among patients who were on HAART, most achieved undetectable viral loads rapidly. A few patients were transitioned from HAART to the herbal medicine after achieving undetectable viral loads. In at least one case, the herbal medicine was subsequently withdrawn, successfully, leading to a complete functional cure. In 2019, Dr. Mitch and Dr. Maria returned to the Philippines, Dr. Maria's native country. With the emergence of the COVID-19 pandemic, they wondered if the herbal mixture might be effective against the new SARS-2-CoV virus. This led to a pilot study, conducted by Dr. Maria in the Philippines. In that study, 32 COVID-19 cases occurring in 31 patients at all stages of the illness were treated with CAREVID capsules, which are formulated from hydroethanolic extracts of the herbs. NONE of the treated patients experienced clinical progression. A new patent application, PCT-PH2021-050044, was filed on the new use. The new patent application can be extended to virtually any jurisdiction (155 countries) during the coming year. Dr. Mitch and Dr. Maria are actively looking for research and commercial partners in the further development of CAREVID, and are willing to discuss exclusive or non-exclusive licenses to the patent in your jurisdiction.

Audience Take away:

- CAREVID can be used to treat COVID-19 and HIV/AIDS safely and effectively
- CAREVID is the only medicine that can be used safely and effectively on COVID-19 cases at all stages: mild, moderate, severe and critical
- CAREVID is the only medicine that can actually cure HIV/AIDS in some cases
- Further validating research on administration, and into the mechanism of action is needed
- CAREVID can be an exciting opportunity for interested researchers and clinicians

Biography

Mitch Medina was born in New York City in 1951. He holds 6 university degrees in various fields, mostly from the State University of New York. He is an accomplished inventor, named on 30 U.S. patents. He is also an international businessman with 50 years of experience who has lived in 4 different countries.



Bambang Purwanto

Sebelas Maret University, Indonesia

Propolis effects of mount lawu central of java indonesia as anti reactive oxygen species (ROS) anti inflammation inhibits fibrosis prevents target organ damage and multi organ dysfunction (MOD)

The problems of increased ROS infection, inflammation, target organ damage, Multi-Organ Dysfunction (MOD) are the important problem in Indonesia. ROS make damage Kappa Beta Inhibitors (IKB) because of IKB does not optimally inhibit Nuclear Factor Kappa Beta (NFkB). As a result, hyperexpression of NFkB causes an increase in pro-inflammatory cytokines and growth factors. Pro-inflammatory cytokines such as Tumor necrosis factor-alpha (TNF- α), IL-6, IL-8, and IL-17. Growth factor, in particular, alters Growth Factor Beta 1 (TGF β 1), TNF- α stimulates endothelium express E-selectin to attract Polymorphonuclear (PMN), then PMN expresses ROS, lysozyme, and matrix metalloproteinase. IL-8, IL-17 also attract PMN so that the number of PMN increases. ROS and Lysozyme cause necrosis of target organ cells. ROS damage DNA causing apoptosis. IL-6 stimulates hepatocytes express CRP causing endothelial dysfunction, eventually increasing ROS expression. TGF β 1 stimulates fibroblasts to express extracellular matrix including collagen causing fibrosis. Propolis contains polyphenols and flavonoids which are anti-ROS, resulting in apoptosis, necrosis, fibrosis, target organ damage, and inhibited MOD. Target organs include rhinosinusitis, otitis media, and organ damage (liver, kidney, blood vessels, and skin). The research method of these various organs. Post-test only control group design on white rats. The conclusion various studies proves the role Propolis in inhibiting target organ damage complementary therapy its effectiveness is better than standard therapy alone. Propolis is a pearl of local wisdom that is expected to increase community participation in overcoming diseases and improve socioeconomic conditions.

Audience Take away:

They will learn about Propolis Effects of Mount Lawu Central of Java Indonesia as Anti Reactive Oxygen Species (ROS), Anti Inflammation, Inhibits Fibrosis Prevents Target Organ Damage and Multi-Organ Dysfunction (MOD)

- By knowing about pathophysiology propolis effect they can use as complementary medicine for
- We can consider for medical treatment using as complementary treatment
- Yes, by doing research or teaching
- It could help for complementary treatment to support
- Yes, this research using posttest only group design by animal models

Biography

Bambang Purwanto, MD, Ph.D, FINASIM is a lecturer at the Department of Internal Medicine, he is a lecturer and Head of the Study Program at the Subspecialist of Nephrology, Medical Education Program in Internal Medicine, Faculty of Medicine, Sebelas Maret University. He is a doctoral lecturer in Molecular Biology, Immunology, Renal Hypertension and Pathobiology.



**Akarat Sivaphongthongchai*¹, Winai Sayorwan²,
Vorasith Siripornpanich³, Chanida Palanuvej¹,
Naowarat Kanchanakhan¹ and Nijsiri Ruangrungsi^{1,4}**

¹Chulalongkorn University, Thailand

²Kanchanabhisek Institute of Medical and Public Health Technology, Thailand

³Mahidol University, Thailand

⁴Rungsit University, Thailand

Effects of d Borneol and d camphor inhalations on emotional states and brain wave activities in healthy participants

Introduction: d-Borneol and d-camphor are common volatile compounds widely used in traditional remedies because they can stimulate sense of smell and emotional center of human brain. d-Borneol (C₁₀H₁₈O) obtained from the tropical plants known as *Dryobalanops aromatica* (*D. aromatica*) is a highly lipid-soluble bicyclic monoterpene alcohol while d-camphor (C₁₀H₁₆O) obtained from the tropical plants called *Cinnamomum camphora* is a white, crystalline substance. d-Camphor is bicyclic monoterpene ketone. d-Borneol is used in traditional Chinese and Japanese medicine to treat analgesia, anesthesia, anxiety, depression and in traditional Thai medicine known as Phimsen as a tonic for heart and brain. In addition, d-camphor is used as antiemetic, antidiarrheal and stimulant agent in Ayurvedic medicine. In Thailand, it is an important ingredient in nasal inhaler (Ya-Dom) to treat nasal congestion. There are several previous studies on the effects and therapeutic properties of d-borneol and d-camphor. However, the studies on the effects of d-borneol and d-camphor inhalation on psychophysiological changes are limited and inconsistent.

Research Objective: This study aims to investigate the effects of d-borneol and d-camphor inhalation on psychological parameters through emotional states and central nervous system (CNS) through electroencephalography (EEG) recordings in healthy participants. The study design was a pretest-posttest design. Twenty-one participants and 24 participants were recruited into d-borneol and d-camphor groups respectively.

Methods: The EEG recordings were conducted based on 10-20 systems and a set of scales by the Geneva Emotion and the Odor Scale was used to evaluate the emotional states. For data analysis, d-borneol and d-camphor were inhaled and compared with sweet almond oil as base oil. Paired t-test was employed to measure the oil inhalation.

Results: The findings indicated that general characteristics of the participants in each intervention were similar. The d-borneol inhalation could induce positive effects on psychological parameters of emotional states by increasing the mean scores of good, active, fresh, romantic feelings significantly (p-value=0.032), (p-value<0.001), (p-value<0.001), (p-value<0.001) respectively while decreasing the mean scores of bad, stressed, frustrated, annoyed, disgusted feelings significantly (p-value<0.001), (p-value<0.001), (p-value<0.001), (p-value=0.028), (p-value=0.036) respectively and the EEG parameters by increasing the power of the beta wave in left and right posterior brain areas increased significantly (p-value=0.008), (p-value=0.003), respectively. The d-camphor inhalation caused significant changes in the emotional states and the parameters. After d-camphor inhalation, relaxed, calm feelings increased significantly (p-value<0.001) (p-value=0.008), respectively. while active, stressed feelings decreased significantly (p-value=0.019), (p-value<0.001), respectively. The power of the alpha wave over all brain areas including left anterior, right anterior, center, left posterior and right posterior brain areas increased significantly (p-value=0.004), (p-value=0.013), (p-value=0.010), (p-value=0.036), (p-value=0.042) respectively. Beta waves are related to an alert state of mind while alpha waves are associated with mental coordination, calmness and brain consciousness.

Conclusion: d-Borneol seems to possess stimulating effects while d-camphor seems to possess sedative effects on psychophysiological parameters in healthy participants.

Audience Take away:

- The results in this study provide scientific evidence which confirms the therapeutic effects of d-borneol and d-camphor widely used as traditional medicines in Asia
- d-Borneol inhalation has been proven to be effective in awakening the participants through a beta wave increase and improving their emotional states. So, d-Borneol inhalation could be applied to help drivers stay alert while driving and readers stay awake while reading

- d-Camphor inhalation could decrease ANS parameters, increase all areas of alpha waves, induce relaxation, calmness while reduce stress in healthy participants. So, d-camphor inhalation could be applied to help people stay calm and relaxed in stressful situations
- Future research should apply a lower amount of d-borneol with different routes of oil administration to determine if it will yield different results
- Future research could be conducted on the effects of d-camphor inhalation on other groups of participants who have experienced stressors or stressful situations in work or daily life

Biography

Akarat Sivaphongthongchai is a PhD candidate at College of Public Health Sciences, Chulalongkorn University, Bangkok, Thailand. He graduated with the Master's Degree in Public Health Sciences, Chulalongkorn University. He conducted Master's thesis on Wall inscription on herbal medicine and hermit exercise at Sala Ruesee Wat Matchimawas Worawihan, Songkhala Province, Thailand.



Kanittha Nakkliang*¹, Chitlada Areesantichai and Kanchana Rungsihirunrat

Chulalongkorn University, Thailand

Standardization of cannabis leaves in Thailand

Introduction: Cannabis sativa; commonly known as Marijuana from the family Cannabaceae is an annual, dioecious and flowering plants. Cannabis has been part of Thai medicine for more than three centuries. There are various formulas that have cannabis as the ingredient. As cannabis has been an important source of medicinal substances, such as treat nausea, improve appetite, promoting sleep, relieve pain and anxiety. It is necessary to develop standardization for evaluating the safety, quality, and efficacy of cannabis material.

Objective: The aim of the current research was to investigate a pharmacognostic specification of Cannabis leaves throughout Thailand as per standard procedures. Methods: The investigation deals with comprehensive pharmacognostic parameters according to WHO guideline; Macroscopic-microscopic characteristics, physicochemical parameters, phytochemical screening, and TLC fingerprinting of *C. sativa* leaves collected from 12 sources throughout Thailand.

Results: Leaves are green and palmate (seven lobes), with serrate margin and acuminate apex. The epidermis leaf surface demonstrates the rectangular cell with striations, anomocytic stomata, veins, vein islet, vein termination and trichome. Cannabis trichomes consist of glandular trichome and unicellular trichome with cystolith and cicatrix. Hand-cut transverse section of mature leaves demonstrates the epidermis layer covered with cuticle and vascular bundles (xylem and phloem) can be found in this region. The mesophyll region is separated into palisade and light parenchyma cells with raphides of calcium oxalate crystals. Epidermis shows the presence of Uniseriate, unicellular covering trichomes. Segments of collenchyma was observed in midrib towards epidermis or aligned to epidermis. Powdered drug was presented epidermis, stoma, palisade, vessels, unicellular trichomes, cystolith, spiral vessels and fiber. Physicochemical studies revealed value of loss on drying (4.068 ± 0.084), total ash (14.360 ± 0.165), acid insoluble ash (2.726 ± 0.080), alcohol-soluble extractive (11.101 ± 0.223), water-soluble extractive (23.038 ± 0.306), and water content (7.954 ± 0.324). Phytochemical screening of Cannabis leaf revealed the presence of phenolic compounds, flavonoids, alkaloids, diterpenes, triterpenes and steroids.

Conclusion: These studies will provide referential information for the correct taxonomical identification, standardization, and establishing monograph of cannabis leaf in Thailand, these specific identities will be useful in identification and authentication of the raw drug.

Audience Take away:

- This research will provide the scientific data about the standardization parameter of Cannabis plant distributed in Thailand
- The audience could be applied to assessment other plant or medicinal plant in their country for identification and authentication of the raw drug for quality control and safety
- This research that other faculty could use to expand their research or teaching in term of the establishment of medicinal standardization for ensuring safety and efficacy and also develop analytical methods for the qualitative and quantitative assessment of herbal materials
- This research provides a standard methodology according to WHO guideline that researchers can be applied for their research for quality assessment using standard protocol
- This research provides a new information of Cannabis standardization in Thailand
- Provides the basic on manufacturing control to yield reproducible herbal medicinal product, to standardize and specify in herbal monographs that cover botanical, chemical, pharmacognostic and physical properties, to ensure the consistency of raw materials

Biography

Kanittha Nakkiang is a PhD candidate at College of Public Health Sciences, Chulalongkorn University, Thailand. She graduated with the master's degree in Public Health Sciences, Chulalongkorn University, Thailand in 2015. She has experience and publishes of molecular analysis, Thai Traditional and Alternative Medicine.



Chiranan Khantham* and Warintorn Ruksiriwanich

Chiang Mai University, Thailand

Anti inflammation and gene expression profiling of human hair follicle Dermal papilla cells in response to *Oryza Sativa* CV Khao Dawk Mali 105 Bran extract

Androgenetic alopecia (AGA) is a multi-factorial hair loss that affects patients' psychological welfare and social interaction. Currently, synthetic medicines for AGA contain several side effects and narrow mechanisms. Natural alternative medicines have gained attention due to their multi-mode mechanisms and fewer side effects. The enormous amounts of rice bran, an agricultural waste, could cause severe environmental pollution in Thailand. Moreover, rice bran was used for the treatment of cancer, inflammatory diseases, diabetes, and skin diseases in recipes of Thai folk medicine. Therefore, rice bran extract of local rice cultivar, Khao Dawk Mali 105 (KDML105), was assessed for its valuable utilization for AGA treatment regarding anti-inflammatory activity and gene expression regulation related to AGA. The bioactive compound estimation of phenolic, flavonoid, polysaccharide, and protein contents was determined. Griess reaction assay was used to evaluate the anti-inflammatory effect of KDML105 extract in RAW 264.7 murine macrophages. Semiquantitative reverse transcription-polymerase chain reaction analysis was performed to measure the expression level of genes associated with hair growth promotion in human hair follicle dermal papilla cells (hHFDPCs). The result showed that flavonoids were predominantly found in KDML105 extract (48.18 ± 4.90 mg EGCG equivalent/g extract). Nitric oxide production was notably attenuated by KDML105 extract, contributing to anti-inflammatory activity. Furthermore, KDML105 extract increased the mRNA expression of multiple genes associated with hair growth-promoting effects, including SHH, SMO, GIL1, CTNNB1, and VEGF in hHFDPCs. The study provided the evidence to verify that KDML105 extract possesses the abilities to promote hair growth by reducing nitric oxide production and enhancing the gene expressions in the sonic hedgehog, WNT/ β -catenin, and VEGF pathways. Thus, KDML105 extract could be a candidate for further studies on the utilization for AGA treatment.

Audience Take away:

- This presentation may provide the new sights of alternative treatment for androgenetic alopecia
- The research may change awareness and perceptions of agricultural wastes that could be applied as traditional cosmeceutical products
- Rice bran has been converted to a valuable resource for pharmaceutical or cosmeceutical applications

Biography

Chiranan Khantham is a PhD candidate under Assistant Professor Dr. Warintorn Ruksiriwanich at the Department of Pharmaceutical Sciences, Faculty of Pharmacy, Chiang Mai University, Thailand. She holds the degree of Doctor of Pharmacy and Pharmacy Practice Licence in Thailand. She has recently focused on traditional and alternative medicines for hair loss and the candidate gene study of androgenetic alopecia in Thai population. Her research project is supported by National Research Council of Thailand (NRCT): NRCT5-RRI63004-P05 and partially supported by Chiang Mai University. The rice bran samples in her project were obtained from Saleekam Trading Co., Ltd. She also conducts some parts of research at Centro de Investigación Biomédica (CIBM), University of Granada, Spain. Chiranan has published 8 articles in different peer-reviewed journals during her PhD.



Krashenyuk Albert Ivanovich

Academy of Hirudotherapy, Russian Federation

COVID-19: Is there any legitimate optimism in the treatment of post-COVID syndrome and complications from vaccination?

We give a positive answer to this question. The diagnosis of Post-Covid syndrome was formulated thanks to a collective brainstorming session of the Moscow Scientific Therapeutic Society named after Botkin S.P. (Botkin S.P. MNTO) during a significant number of observations and analysis of patients during 2020-2021. In the person of its leader, professor A.P. Vorobyov, this diagnosis is as follows: Post-Covid syndrome is a chronically occurring thrombovasculitis with a predominant lesion of the nervous system (Brain, autonomic and peripheral systems) and skin. The team of authors of the Botkin S.P. MNTO proposed the following strategy for the treatment of Post-Covid syndrome: 1. The use of direct anticoagulants; 2. Plasmapheresis - at least 900 ml per 1 procedure, at least 5 procedures, frequency every other day, replacement of plasma with physiological saline to relieve intoxication. The use of direct anticoagulants has a number of significant contraindications and complications in the defeat of the central nervous system, can cause bleeding, nasal, throat and renal. Plasmapheresis is available only to well-equipped clinics and trained personnel. Without denying the importance of the proposed therapy, we offer an alternative way to solve the problem of reducing mortality from pneumonia and other complications caused by COVID-19. This alternative treatment is the use of the systemic method of leeching (SML). The proposed solution is based on almost 30 years of experience in the use of SML in elderly people with multi-organ pathology and children treated at the Academy of Hirudotherapy of St.- Petersburg. Our experience in the treatment of Post-Covid syndrome 2020-2021. Shows, that it is possible, moreover, with high efficiency. Based on the analysis of the mechanisms of pathogenesis of the COVID-19 virus, our article was published (Priority of April 21, 2021), in relation to the treatment of Post-Covid syndrome. Even earlier, an article was published on reducing mortality from complications of Post-Covid syndrome, as well as in complications arising from vaccination against coronavirus, regardless of the type of vaccines used. As the author of the mentioned publications, I want to note a whole series of works published in 2020-2021 in the journals Acta Scientific Medical Sciences and the journal Journal of Clinical Case Studies, Reviews & Reports. In these works, a number of new fundamental data have been published that make it possible to evaluate hirudotherapy as a pathogenetic method of treating complications of Post-Covid syndrome and vaccinations against coronavirus, regardless of its strain characteristics. These are the discoveries of new effects of hirudotherapy: energy, neuritstimulating, wave (acoustic), detoxification, negentropic, aquastructuring, resonance-wave and others.

In addition, the SML allows you to strengthen the therapeutic from synthetic drugs recommended by the national health centers of the world in the treatment of Post-Covid syndrome.

- Krashenyuk A.I. Covid-19: Prospects for the Treatment and Rehabilitation of Post-Covid Syndrome by Ayurvedic Method – Hirudotherapy.

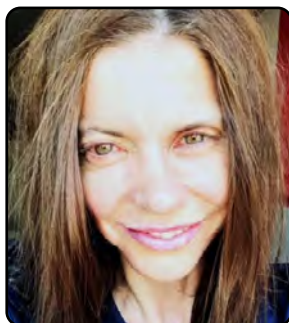
Acta Scientific Medical Sciences 5.5 (2021):133-134.

- Krashenyuk A.I. Coronavirus COVID-19 – Theoretical and Practical Substantiations for Reducing Mortality from Complications.

Acta Scientific Medical Sciences 4.6 (2020):115-123.

Biography

Krashenyuk A.I. graduated from the 1st Pavlov Medical Institute in 1971 in Leningrad, and postgraduate studies in biochemistry at the same institute in 1974 from Professor V.I. Rosengart. In 1974 he received the degree of Candidate of Medical Sciences. From 1974 to 1985 he worked as a senior researcher and head of the laboratory of biophysical methods of research at the Pasteur Institute in Leningrad. He was engaged in the development of vaccines against measles, mumps, influenza, tick-borne encephalitis. From 1985 to 1992 he headed the laboratory of live influenza vaccines and biophysical methods of research. Created the world's first purified live influenza vaccine, which was vaccinated 4.5 million people without post-vaccination complications. In 1995 he received the degree of Doctor of Medical Sciences from the Institute of Influenza of the Russian Academy of Medical Sciences (RAS). One of the creators of space biotechnology for the production of highly purified viral proteins in microgravity. In 1996 and to the present time the creator of the world's first department and Academy of Hirudotherapy. Honorary Scientist of Europe, Academician of the European Academy of Natural Sciences (Germany), Grand Doctor in Biology and Medicine (Oxford), Full Professor of Oxford.



Annica Aguzzi* and Tejinder Pal Singh

University of Utah, USA

Role of traditional tibetan medicine sowa rigpa in the prevention and treatment of Covid 19 in India where western medicine is not accessible a narrative review

Background: Traditional Tibetan Medicine has always provided primary care needs to the underserved populations of India and serves a global health function by attending to care where western medicine is not accessible. The new Indian healthcare policies, implemented shortly prior to the COVID-19 pandemic, vowed to integrate traditional and complementary medicine. This includes Ayurveda, Yoga, Unani, Siddha, Homeopathy and Sowa Rigpa. Throughout 2020, the Ministry of health for traditional medicine (AYUSH) integrated preparations of Ayurveda medicine, such as Kadha, as a preventive measure and immune booster against SARS COV-2, Unani medicine, to mitigate the transmission of the virus, and also monitored the delivery of traditional medicine through the MoA app to document the accessibility of Sowa Rigpa across India.

Methods: We decided to conduct a structured narrative review and identified 41 relevant articles. Thus far, there is very limited clinical evidence on the efficacy of Sowa Rigpa in preventing and treating COVID-19. We searched Pubmed, Medline for articles published between 2020 and 2021. Articles that were included discussed either 1) availability and accessibility to prevention and treatment of COVID-19 with Traditional Primary Care-Sowa Rigpa- in territories where geographical and socioeconomic obstacles prevent access to western medicine 2) accessibility of MoA app across India which allowed for monitoring of symptoms and current use of AYUSH medicine.

Results: One of the major findings from the literature searched reveals that during the COVID-19 pandemic a large number of MoA app users relied on AYUSH medicine for the immune boosting preparations and health maintenance and have reported benefiting from the general use of Traditional Medicine. Another major finding was the expansion of AYUSH treatment through Ayurvedic intervention and also providing traditional rehabilitation in AYUR RAKSHA clinics for patients recovering from COVID-19.

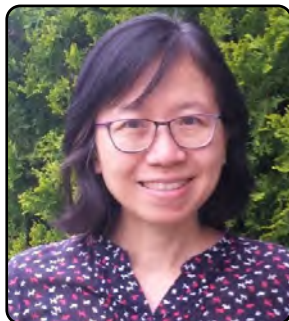
Conclusion: Based on this narrative review we deduce that further evidence is needed to understand the degree to which the implementation of traditional medicine can prevent and monitor COVID-19 and quality data are also needed from clinical trials testing traditional agents against SARS COV-2.

Audience Take away:

- Advocacy for health and health education
- Diversity and culture
- Provision of Healthcare to the public

Biography

Annie Aguzzi is a graduate student in Public Health at the University of Utah. She graduated with a double major in Psychology and History from the University of Nevada-Reno and joined the University of Utah at the height of the pandemic in 2020. Her areas of research include Traditional Medicine, Medicinal Plants, HIV and Primary Care, Translational Research.



Yuen Ling Elaine Ho

Gouverneur Health, USA

DBT-informed treatment: Cultural challenge and positive outcome among chinese american populations

Traditional cultural beliefs and values play an important role of how Chinese Americans understand their emotions. Cultural practices such as filial piety, indirect communication, and self-restraint fundamentally impact the emotional expression, socialization, and coping strategies of Asian immigrants. When these cultural practices manifest as suppression and somatization, they can adversely reinforce feelings of inferiority and powerlessness within a Western cultural context. Chinese American populations need to work hard due to their immigration status, financially vulnerable, confront language barriers, and struggle with levels of acculturation. All those factors contribute to traditional beliefs of building up resilience, forming community, and passing on their assets to next generation. From the Chinese cultural framework, they need to be rational by staying in the rational mind of seeking harmony, saving face, and maintaining yi/yang. However, this may also create obstacles to process emotions as they need to just move on to deal with life stressors. Dialectical Behavior Therapy (DBT) Informed treatment provides the framework of acceptance and change strategies that help people reframe their emotional (and somatic) suffering by recognizing how immigration and acculturation intersect with mental health. New York City's Gouverneur Health Asian Bicultural Clinic has a unique multilingual interdisciplinary team that provides community-based mental health care and culturally relevant services our populations. For the past three years, a DBT-informed group treatment pioneered a project by running a 24 week DBT curriculum for patients with severe mental illnesses. After describing the context of services at Gouverneur Health, presenters will use case vignettes from these DBT-informed treatment groups to share how patients processed emotions and reduced the frequency of mood-dependent responses, cultivating nonjudgmental thinking and self-compassion while acquiring adaptational skills to survive in a Western country. This cultural adaptation of a safe space using DBT-informed treatment has implications for increasing the availability of socially and culturally congruent services for immigrant populations across many cultures.

Audience Take away:

- Identify unique cultural beliefs and values in Asian populations that contribute to their experience of an invalidating environment
- Apply emotional regulation among cultural adaptation framework on DBT skills group
- Practice DBT skills training group despite the cultural restraints and stigma of mental illness

Biography

Yuen Ling Elaine Ho, LCSW-R is a NY licensed clinical worker since 2006. She then starts her profession at Gouverneur Health, community-based city hospital behavioral health outpatient clinic. In the past years, she dedicated her work to the support and advocacy of the diverse Chinese American immigrant populations. She has adapted the Dialectical Behavioral Therapy (DBT) model for Chinese immigrants, with the aim to enhance skills training efficacy, reduce illness relapse rates, and build peer support and community among clients. She made several professional presentations in various conferences to inform the providers and administrators about DBT adaption among Asian American.



Rashid Bhikha

Ibn Sina Institute of Tibb, South Africa

Revisiting the medicine of Hippocrates

The recognition of Hippocrates as the Father of Medicine is the result on his impact on medicine over two thousand five hundred years and even as we know it today. Although some healthcare professionals are aware that Hippocrates hypothesised the theory of humours and the importance of recognizing the body's self-healing ability, known as *vis medicatrix naturae*, it needs to be noted that Hippocrates also conceptualised the importance of the uniqueness of an individual, in relation to the environment, in the maintenance of health and treatment. More significantly Hippocrates is known for transforming the practice of medicine which included superstition and magic, to a scientific system based on the principle of cause and effect, with professionalism and medical ethics, which is recognised even today, with the Hippocratic oath being committed to by qualifying doctors. This presentation includes the contribution of physicians and philosophers up to the 13th century including Galen, Ibn Sina etc. who elaborated on the uniqueness of an individual, known as temperament as well as the relationship between the individual and the environment described as essential/lifestyle factors encompassed within the philosophical principles of the medicine of Hippocrates including *physis* (*vis medicatrix naturae*), humours, temperament, essential/lifestyle factors within the context of aetiology, pathology, diagnosis, and treatment. The presentation concludes with the Institute's contribution to the medicine of Hippocrates in researching and validating the temperamental and humoral theories as well as highlighting the relationship between *physis*, temperament, humours and essential/lifestyle factors.

Audience Take away:

- The audience will be introduced to the medicine of Hippocrates, Galen and Ibn Sina which was practiced all over the world until the beginning of the 21st century
- The presentation will provide an overview of the philosophical principles of this system of medicine.
- The audience will also be reminded of the contribution of Hippocrates to not only the principles of this system, but also the holistic and ethics of the system of the medicine of Hippocrates
- Audience will also be made aware of the Institute's research validating temperamental and humoral theories within the context of aetiology, pathology, diagnosis and treatment
- Presentation will conclude with the Institute's offer of sharing the training of this system of medicine as available in the Institute's reference textbooks for the training of medicine of Hippocrates/Tibb doctors.

Biography

Rashid Bhikha – He is the founder of the Ibn Sina Institute of Tibb, South Africa. Prof Bhikha began his career as a pharmacist in 1969. In 1997, he introduced Tibb to the South African region after researching different health therapies worldwide following a personal life trauma. He initiated the training of Unani-Tibb at the School of Natural Medicine at the University of the Western Cape in 2003. In addition to the many papers, he has presented in International and National Conferences, he has authored numerous books.



Koue Bi Tih Mathieu

Felix Houphouet-Boigny University, Cote d'Ivoire

Birds in the treatment recipes of certain pathologies by the gouro traditional healers of the marahoue region, west central cote d'ivoire

Background: Traditional medicine is one of the most common practices in most African countries. It is generally in line with the use of plants in the treatment of several cases of diseases and infirmities. As for the fauna, studies on their use in this medicine are still very insufficient. This is the case of birds whose use in treatments is still poorly documented. The present study aims at providing an overview of the use of fauna in general and in particular, that of avian species in traditional pharmacopoeia among the Gouro people of the Centre West of the Marahoué region in Côte d'Ivoire.

Methods: Data were collected from 1146 people in 19 villages in the Marahoue region over eight months, from August 2010 to December 2010, and 15 months, from February 2012 to April 2013, through a semi-structured questionnaire and informal conversations.

Results: In total, organs from 44 bird species belonging to 17 families of nine orders are used in traditional medicine among the Gouro of the Marahoué region. Accipitridae is the most represented family with 23% of specimens followed by Hirundinidae (14%) and Musophagidae (11%). This list of birds includes two species classified as vulnerable (*Aquila rapax* and *Bycanistes cylindricus*) and one species classified as near threatened (*Stephanoaetus coronatus*), according to the IUCN red list. These birds are used in several ways in the treatment of 14 cases of disability and pathology. The widest spectrum of treatments allocated to fracture about 12 different bird species. It is followed by two other pathologies for which the various organs of 9 different bird species are used, namely epilepsy and meningitis. The most used birds are *Tauraco macrorhynchus* (9 treatments) and *Tauraco persa* (8 treatments). In this medicine the most used organs are the feathers (UV= 34%), the nests (UV= 24%) and the beak (UV = 15%).

Conclusion: Birds have several therapeutic properties that are very useful for traditional pharmacopoeia. They are valuable aids in the treatment of several pathologies by village communities. The documentation of ethno-medicinal animal species will help to promote further zoochemical and pharmacological research to identify the different active principles contained in the different organs of these birds and eventually develop new drug prescriptions.

Audience Take away:

- 44 species of birds from 17 families of nine orders are used in traditional medicine among the Gouro of Marahoué region with two Vulnerable species, Tawny Eagle *Aquila rapax* (Temminck, 1828) and Brown-cheeked Hornbill *Bycanistes cylindricus* (Temminck, 1831) which one Near Threatened species, Crowned Hawk-Eagle *Stephanoaetus coronatus* (Linnaeus, 1766) according to the IUCN Red List
- The most represented families are Accipitridae (23% of specimens), Hirundinidae (14%) and Musophagidae (11%).
- The infirmities and pathologies that have the widest spectrum of treatment by birds are fracture (12 different bird species), epilepsy and meningitis (9 different bird species)
- Pathologies such as Asthma, Bronchitis and choking are treated by the same species of birds.
- The most used birds are *Tauraco macrorhynchus* (Fraser, 1839) (9 treatments) and *Tauraco persa* (Linnaeus, 1758) (8 Treatments)
- These data provide new lines of inquiry that other researchers could use to develop their research or teaching. This study provides a practical solution to the problem of insufficient information on alternative treatments for some diseases. Thus, these results could simplify or make more efficient the work of drug developers in directing their research on the pharmacological analyses of the organs indicated by these people

Biography

Tih Mathieu Koue Bi is a Specialist in Ornithology and Ethnozoology. After a field training from 2010 to 2013 with the Gouro people of the Marahoué region, he defended his PhD thesis at the Felix Houphouet-Boigny University in 2016. Since 2018, Dr. Koue Bi is a Teacher-Researcher at the Laboratory of Natural Environments and Biodiversity Conservation, at the Biosciences UFR of the same university. He is author and co-author of 9 articles published in peer-reviewed and indexed scientific journals.



Edith Guba

Dao Yuan Schule für Qigong, Germany

Traditional Qigong: Therapy and much more

Ge Hong, a 3rd century scholar close to Daoism wrote in his book Baopuzi Neipian: Breath control [i.e., a special practice of qigong enables the healing of all ailments and sojourns in epidemic-stricken areas; the warding off of snakes and tigers; the closure of wounds; the stopping of bleeding; apnea diving; walking on water; the avoidance of hunger and thirst; and life prolongation. (cf. p. 120 La Voie des Divins Immortels, Gallimard 1999, excerpts from the Baopuzi Neipian by Ge Hong). Ge Hong is talking here about possible results of certain forms of traditional qigong that go beyond the healthcare value of the simpler exercises in motion. But how to illustrate what he is talking about; how to communicate the possibilities of these exercises to people who do not know them? What is realistic, what is rather rarely realized? In this session which starts with the presentation of a painting from a Chinese Buddhist monastery on the subject of sending out Qi, I will give you some basic information about traditional Qigong, its characteristics and requirements in terms of practice, teaching and scientific research. In this context, I will present some infrared recordings in which striking temperature changes repeatedly can be observed in both practitioners and recipients of emitted qi, and I will quote from testimonials of students of the Dao Yuan School. Participants will hear about important, yet little known facets of Qigong; this will enable them to better evaluate offerings in this discipline. Natural scientists can gain inspiration; medical professionals can better understand why Qigong can be an additional support for their patients; young people hear about a field of research that can change one's life in unexpected ways. Those who begin to practice Qigong themselves will notice positive changes in all areas of their lives; this can be useful in any profession: Perception and resilience improve in professional as well as in private life; information can be grasped more easily; problems can be brought to a solution; self-reflection and empathy can develop. - The basis is regular, sometimes somewhat strenuous, daily practice.

Biography

Edith Guba studied various subjects, but everywhere something seemed missing. After her time at university, she learned Shiatsu and Qigong from several teachers. Qigong in the West did not seem complete to her. She wanted to travel to China and look for a teacher there. - Just then (1996) a Chinese master visited her town. She attended a course with him and learned exercises that were different from those she knew. She translated almost all of Guo Bingsen's courses from French into German, founded the Dao Yuan School with him and was appointed his successor by him in 2014.



Mbono Samba Eloumba Esther Astrid*, Martine Claude Etoa Etoga and Eugene Sobngwi

University of Yaounde I, Cameroon

Description of the medicinal use of plants by diabetic patients at the national obesity center, yaounde, Cameroon

Relevance: Diabetes mellitus is a group of metabolic diseases characterized by hyperglycemia resulting from defects in insulin secretion, insulin action, or both. In Cameroon, diabetes has a rising prevalence due to urbanization and lifestyles modifications. Access to conventional diabetes care is still an issue, and some diabetics rather use traditional remedies made up of plants. These plants contain metabolites that can be useful to improve diabetes care. Despite the fact that the use of traditional remedies is widespread in Cameroon, this practice is still insufficiently described in our clinics and hospitals. Therefore, we decided to describe the medicinal use of plants by diabetic patients followed at the National Obesity Centre, located in Yaounde, the capital of Cameroon.

Methods: A cross-sectional survey was carried out at the National Obesity Centre from October 2021 to February 2022. The study was presented to all adult diabetic patients. Those willing to participate were surveyed through a questionnaire in French or in English. Sociodemographic data and data related to the medicinal use of plants were collected through the questionnaire. Medical data were retrieved from the medical files of participants.

Results: 202 diabetics were surveyed, including 98 men and 104 women. The mean age was 58.97 ± 12.19 [22; 91] years. Exception made of 05 non-Cameroonian, our participants were native from 09 over 10 regions of the country. Despite the fact that 70.3% of the participants lived in an urban area, 97% of them spoke at least 01 one mother tongue: our participants were well impregnated with their native cultures. The prevalence of the use of medicinal plants in our study was 55.9%. Surroundings – family, friends and/or colleagues – were the main source of information on medicinal plants. The reasons to use plants that were given included improvement of glycemic control, hope of healing from diabetes, concerns about cost and toxicity of conventional drugs. The reasons not to use medicinal plants that were given included concerns on their efficacy and on their renal toxicity, and bans given by medical staff. The participants who used medicinal plants have listed 75 plants species. Amongst them 39 plants were purely medicinal, e.g *Alstonia boonei* De Wild. The remaining 36 plants were used for nutrition and for medicinal purposes. In some cases, the edible part of the plant was also the part used as traditional remedies, e.g. fruits of *Tetrapleura tetraptera* and leaves of *Cymbopogon citratus*. In other cases the edible part of the plant was different from the one used for medicinal purposes. Some examples are *Mangifera indica* and *Annona muricata*: the fruits are edible, whereas the leaves are used for medicinal purposes. The most commonly used plant was *Vernonia amygdalina*. Analysis is ongoing to study the association between medicinal plants consumption and sociodemographic, clinical, and biological data, and with adherence to conventional diabetes care in our sample.

Conclusion: A better knowledge of plants used in traditional antidiabetic remedies can be valuable for patients, for clinicians and for researchers to improve diabetes care.

Keywords: Diabetes, medicinal plants, Cameroon.

Audience Take away:

- Guidelines on diabetes care recommend that healthcare personnel should use a patient-centered approach to decide which strategy better fit to each patient. This implies that clinician should have a good knowledge of their patients. They should also have a good knowledge of factors that can influence their patients in regards to their diabetes care. This presentation will help the clinicians to have a better knowledge of the relation between the use of medicinal plants and the conventional anti-diabetes medical care

- Another expectation is that this presentation will provide to researchers a registry of plants that may be used to provide new solutions to improve diabetes care. These solutions may vary from developing ameliorated traditional drugs, designing new drugs, or conceiving an improved diet based on the consumption of vegetable alicament issued from traditional medicine
- This research can be used by other faculties, because diabetes is a worldwide burden. By examples, our results can be used to improve the training of diabetologists that are expected to work in Sub-Saharan Africa

One more point is that our results may be used during plaidoyer addressed to decision-makers to raise up the need of supporting and integrating traditional medicine to diabetes care.

Biography

E. A. Mbono Samba Eloumba holds a MD degree, and a MSc degree in Molecular Biosciences. She works at the National Obesity Center since 2018, and she is a junior lecturer at the Department of Biochemistry, Faculty of Medicine and Biomedical Sciences of the University of Yaounde I since June 2020. She is actually pursuing a PhD of Medical Biochemistry at the Post-Graduate Doctoral School of the University of Yaounde I under the supervision of Prof. Eugène Sobngwi. Her main interest is the study of medicinal plants used to treat diabetes in the Cameroonian traditional medicine.

SPEAKERS

DAY 02



3RD EDITION OF INTERNATIONAL CONFERENCE ON
**TRADITIONAL MEDICINE,
ETHNOMEDICINE AND
NATURAL THERAPIES**

18-19 **MAY**



Camilla Whishaw

Optim Equine, Australia

Naturopathic treatment of horses: The central role of gastrointestinal (GI) Health

The health and integrity of the gastrointestinal tract (GIT) in the horse is an essential yet often overlooked component influencing many aspects of a horse's health. Camilla's presentation will explore the intimate link between GIT health and inflammation, immune function, neurotransmitter production and function and reproductive health. She will discuss how conventional veterinary medicine often fails to adequately recognise and address factors such as integrity of the GIT epithelial lining and villi, mucin production, and establishing and maintaining healthy microflora throughout. Camilla will cover the main pharmaceutical medications, dietary and management practices which adversely impact GIT health and how the appropriate use of Naturopathic medicine can rectify this.

Audience Take away:

- The importance of identifying and addressing causative factors in poor GIT and overall health
- The importance of developing clear treatment aims which dictate treatment plans
- The central role of gut health in animal species
- The central role of gut health in variety of health conditions
- Understanding the mechanisms of action of pharmaceutical medications: how they may contribute further to the animal's condition; side effects of the medications; their role in GIT health
- Dietary and lifestyle factors damaging to gut health
- Appropriate use of herbal medicines, nutraceuticals and dietary practices to restore optimal GIT health

Biography

Camilla Whishaw is a highly regarded, experienced horsewoman and naturopath. She graduated from the Southern School of Natural Therapies in 2011 with a Bachelor of Health Science (Naturopathy). A leader and innovator in the field of holistic equine health care and naturopathy, Camilla consults on challenging equine health cases globally- working alongside and collaborating with some of the World's leading equine health care professionals. Camilla helps to holistically treat and manage a broad range of health conditions and injuries, with a particular passion for stallion fertility, problem pregnancy mares, digestive health, immune challenges, neurological cases and inflammatory bowel disease.



Zhao Jing*, Hao Mingzhao, Liu Xiping, Li Xiaolei, Fang yan, Xiao Jing, Wang Tengfei, Dong Yizhi, Liu Fangzhou, Zhang Weina, Wu Xiaqiu

China Academy of Chinese Medical Sciences, China

Potential mechanism of realgar in COVID-19 pneumonia: A network pharmacology study

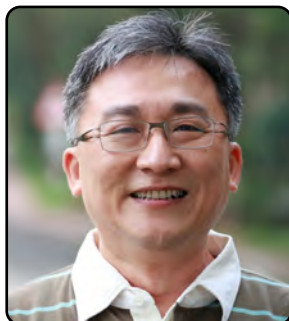
Viral pneumonia is an important cause of morbidity and mortality among respiratory infections, especially COVID-19 pneumonia. In the past two years, severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has profoundly impacted the world and has become a public health emergency of international concern. Our previous research showed that Realgar (Xionghuang) is the most commonly used Chinese medicine for prevention of respiratory infections in ancient China. This study is designed to explore the potential mechanisms of Realgar on COVID-19 pneumonia by network pharmacology. Potential targets related to Realgar and COVID-19 pneumonia were identified from professional databases. Protein-protein interactions (PPI) network constructed and core targets screened. Then, Gene ontology (GO) and Kyoto Encyclopedia of Genes and Genomes (KEGG) enrichment were carried out. A total of 7 active ingredients were identified, among which 4 were hit by 176 targets associated with COVID-19 pneumonia. They are Arsenic disulfide (As₂S₂), Sulfanylarsenic (AsHS), Limonene (C₁₀H₁₆) and Arsenic Sulfide (As₂S₃). Core targets including RELA proto-oncogene (RELA), nuclear factor kappa B subunit 1 (NFKB1), tumor protein p53 (TP53), Jun proto-oncogene (JUN), tumor necrosis factor (TNF), mitogen-activated protein kinase 3 (MAPK3), NFKB inhibitor alpha (NFKBIA) and mitogen-activated protein kinase 1 (MAPK1). GO enrichment analysis showed that the mechanisms of Realgar are mainly related to Biological Process (BP) such as cellular response to biotic stimulus, cellular response to tumor necrosis factor and so on. Cellular Component (CC) are mainly related to membrane, such as membrane raft, membrane microdomain and membrane region. As for Molecular Function (MF), ubiquitin protein ligase binding, phosphatase binding and MAP kinase activity are well worth investigating. KEGG enrichment showed that pathways mainly include interleukin 17 (IL-17) signaling pathway, Toll-like receptor signaling pathway, T cell receptor signaling pathway, Coronavirus disease-COVID-19, tumor necrosis factor (TNF) signaling pathway. The potential mechanisms of Realgar in COVID-19 pneumonia are closely related to regulate immune system and inflammatory response. In conclusion, Realgar might be a potential drug for viral pneumonia and provide reference for development and clinical application of drug discovery for viral pneumonia.

Audience Take away:

- Searching potential drugs for COVID-19 and other respiratory infectious diseases: Currently, there are still very few drugs for the prevention and control of COVID-19. Realgar was commonly used for the prevention and control of infectious diseases in ancient China. This research is to show the possible mechanisms of Realgar with network pharmacology and hope to provide a potential drug for future research and development of COVID-19
- Extensive clinical application prospect of arsenic-containing mineral drugs: At present, arsenic is mainly used in the treatment of cancer. Researches on infectious diseases are limited. This study is helpful to actively explore and support the application of arsenic-containing mineral drugs including Realgar
- Network pharmacology is an emerging research method in recent years, which may provide advance evidence for traditional medicine research

Biography

Jing got her MD certificate in 2003 and complete Ph.D. study on control of respiratory infectious disease (RID) like SARS in 2007. Since then, she continued related research work at China Academy of Chinese Medical Sciences (CACMS), presided over and participated in 16 national projects, published more than 50 articles in Chinese or English as the first or corresponding author, a book as associate editor in chief and won 6 national or professional prizes. She is visiting professor of center for East-West medicine at University of California, Los Angeles (UCLA), associate reviewer of WHO-ICD11 for traditional medicine and two Journals.



Yuh-Chiang Shen*^{1,2}, Yea-Hwey Wang² and Kuo-Tong Liou^{1,2}

¹National Research Institute of Chinese Medicine, Taiwan

²National Taipei University of Nursing and Health Science, Taiwan

NRICM102 ameliorates pulmonary embolism by suppression of inflammation, prothrombotic/Fibrotic factors expression and reduction of alveolar cell apoptosis in sars-cov-2 spike protein-infected HACE2 mice

The prevalence of venous thromboembolic syndrome in hospitalized patients with COVID-19 is high. Our unpublished clinical data showed that a traditional Chinese medicine (TCM) NRICM101 can reduce the transfer rate of mild to moderate hospitalized patients with COVID-19 to ICU or intubation by 80% and NRICM102, another TCM remedy, can reduce mortality of severe to very severe hospitalized patients with COVID-19 by more than 50%. To examine the protective effect and mechanisms of NRICM102 on pulmonary embolism, K18-hACE2 transgenic mice infected with SARS-CoV2 spike protein S1 subunit was elucidated. NRICM102 treatment significantly ameliorated pulmonary embolism and improve arterial oxygen saturation (SO₂%) from 84% to around 93%. NRICM102 could reduce S1 infection in lung tissue, ameliorate inflammatory responses by inhibiting neutrophil and macrophage activation/infiltration (MPO, Ly6G, CD11b, p65NF κ B), reduce expression level of prothrombotic (NET, vWF, PAI-1) and fibrotic (c-Kit, SCF) factors and suppress AT1/AT2 alveolar cell apoptosis to achieve its lung protecting effect on this pulmonary embolism model. We conclude that NRICM102 is highly valuable and beneficial in the treatment of SARS-CoV-2 infection associated pulmonary disorders.

Audience Take away:

- NRICM102 is effective for COVID-19 related pulmonary disorders
- Promote NRICM102 study and distribution

Biography

Yuh-Chiang Shen studied Pharmacology at Yang-Ming University, Taipei, Taiwan and received PhD degree in 1999. He joined the basic and clinical research groups at National Research Institute of Chinese Medicine, Taipei, Taiwan for promotion of traditional medicine in Taiwan for more than 20 years. He is interested in TCM for the treatment of ischemic stroke, over activity bladder, osteoarthritis, and the SARS-CoV2 related disorders, etc. He has published more than 60 research articles in SCI(E) journals.



Phiyaphon Poonsuk*, Sunyarn Niempook, Junya Pattaraarchachai, Watchara Damjuti and Jurairat Boonsuab

Thammasat University, Thailand

Court-type traditional Thai massage versus Taping for treatment in Plantar fasciitis patients: A pilot study

Plantar fasciitis is a common foot disorder, caused by decadence and inflammation of the fascia underneath the foot. The symptoms of plantar fasciitis are manifested after the first time getting out of bed or after a long rest, with the pain subsiding after just a few minutes of walking. According to the American Physical Therapy Council, the recommended treatment for this problem is to apply the tape (KT). In Thailand, the court-type traditional Thai massage (CTTM) is a conservative treatment that has been shown to reduce muscle and tendon tension while also reducing muscle pain. A pilot study was conducted on 30 participants by divided into the court-type traditional Thai massage group (n=15) and taping group (n=15). In the CTTM group, patients were received the court-type traditional Thai massage for 40 minutes twice a week for 4 weeks including 9 times and were received the Taping by Kinesio® Tex Tape for 4 weeks in KT group. Data have collected at the baseline and post-treatment of pain intensity at the first step in the morning, average pain over the past 24 hours by Visual Analog Scale for pain (VAS) and Pressure Pain Threshold (PPT) at week 0, week 4 (post-treatment) and week 8 (follow-ups). After treatment and the follow-ups, there was a statistically significant decrease in the pain intensity ($p < 0.05$), a statistically significant increase in PPT ($p < 0.05$), but non-significance when compared between the CTTM group and KT group. Both conservative treatments had effectiveness in decreasing pain in plantar fasciitis patients.

Audience Take away:

- This study can be used as a scientific source for the further study in a larger population
- The court-type traditional Thai massage and taping for treatment in plantar fasciitis
- could use applied in the service department of patients with heel pain instead of using medicine
- This is the first study on court-type traditional Thai massage in the treatment of plantar fasciitis
- Studies have learned of the side effects caused by both treatments and the appropriate treatment technique can be chosen

Biography

Phiyaphon Poonsuk Teaching Assistance and Ph.D. candidate in Applied Thai Traditional Medicine, Faculty of Medicine, Thammasat University, Thailand and graduated as M.Sc. in Public Health, Mahidol University, Thailand, in 2016. Research Experience:

- Thai Traditional and Alternative Medicine
- Applied Thai Traditional Medicine
- Public Health Sciences



Asna Urooj

University of Mysore, India

Translational nutrition research in the management of chronic diseases

Introduction: Nutrition interventions tailored to specific diseases are receiving attention to improve health outcomes of specific disease groups. Nutrition professionals must deliver effective, evidence-based nutrition care within public health and health-care settings. My research group has been working to develop functional formulations for the management of chronic diseases viz., Type 2 Diabetes Mellitus (T2DM), Chronic Obstructive Pulmonary Disease (COPD), Head and Neck cancer (HNC).

Methods: Translational research approach was used in the development of disease specific formulations. Commercial supplements were screened for nutrient composition, digestibility and mineral bio-accessibility using simulated digestion models. Based on these observations, using common food ingredients 3 formulations were developed – Pulmona for COPD, Nutrican for HNC and Nutricare-DM for T2DM and analyzed for nutrient characteristics and intervention studies were undertaken in specific disease groups.

Results: Formulations were acceptable with 3 months shelf-life without deterioration in sensory, microbial, chemical profile. The nutrient digestibility was suitable for the specific condition. Significant improvements in the dietary intake and anthropometric parameters were observed in the intervention group than the control group among COPD and HNC subjects. In COPD subjects (n=20), after 12 weeks, improvements in somatic status, fat-free mass, fat mass, exercise capacity, muscle strength, quality of life and biochemical parameters viz., antioxidant capacity, oxidative stress and C-RP levels ($p < 0.043$) were observed. In HNC group (n=18), nutrition intervention prevented adverse effects of treatment and cachexia after the 45th day of treatment thus, protecting and preserving vital components of the body such as muscle mass, glycogen and mineral mass ($p < 0.05$). After 30 days of supplementation of 'Nutricare-DM' favorable changes in glycemia and lipid profile were seen compared to control group among T2DM subjects (n= 10).

Conclusion: Nutrition intervention of disease specific formulations enriched with need-based nutrient characteristics will help in meeting the nutritional requirements in various disease conditions.

Audience Take away:

- Importance of translation approach in medical nutrition therapy
- This presentation will discuss methodological considerations for adopting translation research by nutrition practitioners and researchers with examples
- Researchers will be motivated to adopt the approach in teaching and practice

Biography

Asna Urooj, is a Professor of Food science & Nutrition at the University of Mysore, India. Her research areas are Non communicable diseases, Medicinal plants and Disease specific functional foods. She has completed 14 research projects funded by UGC, DST, MHRD, and BBSRC-UK. She serves as a reviewer and editor for several National and International journals. She has 204 publications in peer reviewed journals, with 4415 citations and h-index of 32, i10-index of 72. 18 candidates have completed PhD, while 8 are working. She is a recipient of several prestigious awards for her contributions in Nutritional sciences.



Bihter Avsar*¹, Yuhai Zhao², Wenhong Li², Walter Lukiw²

¹Sabancı University, Turkey

²Louisiana State University Health Sciences Center, USA

A microRNA from atropa belladonna is highly homologous to homo sapiens mirna; Both mirnas have a role on the neurologically relevant, zinc-finger transcription factor ZNF-691

Recent advances in ethnobotanical and neurological research indicate that ingested plants from our diet may not only be a source of nutrition but also a source of biologically relevant nucleic-acid-encoded genetic information. A major source of RNA-encoded information from plants has been shown to be derived from small non-coding RNAs (sncRNAs) such as microRNAs (miRNAs) that can transfer information horizontally between plants and humans. In human hosts, the 3'-untranslated region (3'-UTR) of messenger RNAs (mRNAs) is targeted by these miRNAs to effectively down-regulate expression of that mRNA target in the host CNS. In this paper, we provide evidence that the *Atropa belladonna* aba-miRNA-9497 (miRBase conserved ID: bdi- miRNA-9497) is highly homologous to the CNS-abundant *Homo sapiens* miRNA-378 (hsa- miRNA-378) and both target the zinc-finger transcription factor ZNF-691 mRNA 3'-UTR to down-regulate ZNF-691 mRNA abundance. We speculate that the potent neurotoxic actions of the multiple tropane alkaloids of *Atropa belladonna* may be supplemented by the neuroregulatory actions of aba-miRNA-9497 on ZNF-691, and this may be followed by the modulation in the expression of ZNF-691-sensitive genes. This is the first example of a human brain-enriched transcription factor, ZNF-691, targeted and down-regulated by a naturally occurring plant microRNA, with potential to modulate gene expression in the human CNS and thus contribute to the neurotoxicological-and-psychoactive properties of the *Atropa belladonna* species of the deadly nightshade Solanaceae family.

Audience Take away:

- This study is one example of cross-kingdom regulation by exogenous plant microRNAs
- The audience will learn that the transferred microRNAs from the medicinal plants may have an effect on the central nervous system in human hosts
- The audience will learn that the identification of microRNA genes in medicinal plants is important since only one microRNA family can target multiple genes in the human hosts
- The audience will learn that microRNAs derived from plants appear to regulate mammalian gene expression in a sequence-specific manner, they may help define a superior and more efficacious class of ribonucleic-acid-based pharmaceuticals that hold a tremendous potential as orally administered genetically targeted therapeutics
- The audience will learn that the novel mechanisms of communication will considerably facilitate our understanding of biomedicine and applied nutrition and the nature miRNA- mediated dietary contributions to both human neurological health and disease

Biography

Bihter Avsar is a researcher at the Molecular Biology, Genetics and Bioengineering program in Sabancı University, Istanbul. The main scientific contributions of Dr. Avsar have focused on plant biochemistry, plant genetics and plant -omics areas. The results of her studies have been published in the prestigious peer-reviewed journals as articles and book chapters as well as they have been presented in national/international conferences. Dr. Avsar also serves as a reviewer in well-known journals and she is a member of professional research organizations. She has received many scholarships and awards from national and international funders.



Amrita Sharma

Amrita's Ayuryogavidya, A centre of excellence for wellness and holistic health, India

Nutrition and wellness through Ayurveda

Ayurveda is one of the oldest healthcare systems and covers broad range of food concepts that are the rich sources for nutrition. It not only balances our physical and pathological states but also gives us spiritual relief. Nutrition is a cumulative effect of digested, absorbed and metabolized food. Apart from categorizing it into macronutrient and micronutrient, Ayurveda has its unique way to categorize the food substances. The intake of which very much depends on Prakriti, Vaya, Desha, Kala, Ritu and Agni, all these factors are the must to call it as Samahaara / ideal food. The paper highlights the basics of Ayurvedic classification of food and its relative components that help in overall digestion. The paper also shares the Idea behind the holistic health with the Indian system of medicine highlighting the key components of diet and nutrition that people used to follow and also recommend to be used in our day to day life.

Biography

Amrita studied at Himachal Pradesh University Shimla and graduated as Bachelors of Ayurvedic medicine and surgery in 2006. She did Post graduate in Indian herbal pharmacology from Hoshiarpur University, Punjab. She has done M.B.A (Human resources) from PTU Jalandhar. She holds diplomas in Yoga, Naturopathy, Alternative medicine and Diet and nutrition. She is serving as a physician, life style counselor and yoga therapist past 11 years dedicated for dissemination of knowledge in the field of yoga, Ayurveda and holistic health.

POSTERS DAY 02



3RD EDITION OF INTERNATIONAL CONFERENCE ON
**TRADITIONAL MEDICINE,
ETHNOMEDICINE AND
NATURAL THERAPIES**

18-19 **MAY**



Po-Jen Hsueh*, Fan-Li Lin, Yu-Wen Cheng, Li-Huei Chen, Yueh-Hsiung Kuo and George Hsiao

Taipei Medical University, Taiwan

The traditional medicine ingredient 3,4-dihydroxybenzalacetone against blue light-emitting diode light-induced retinal photoreceptor cell damage and degeneration in vivo

The present study aimed to investigate the retinoprotective effects and mechanisms of fungal ingredient 3,4-dihydroxybenzalacetone (DBA) isolated from traditional medicine *Phellinus linteus* against blue light-emitting diode (LED) light (BL)-induced retinal photoreceptor damage and retinodeneration. Cultured murine photoreceptor (661W) cells were exposed to BL following treatment with DBA. According to the cellular studies, DBA significantly and concentration-dependently abrogated cellular death, morphological changes and ROS production in BL-stimulated retinal 661W cells. Also, the BL-induced apoptosis of 661W cells was inhibited by DBA through flow cytometry. Furthermore, DBA abrogated the BL-induced apoptotic caspase-3 activation. Also, the cellular Nrf-2 and Bcl-2 levels were reversely increased by DBA. This natural compound could exert the increase of dysregulation of ERK MAPK activation. According to the functional assessments in vivo, DBA could improve BL-induced deficit of pupillary light response. Also, the studies of electroretinography showed that the amplitudes of both a- and b-waves were reduced in BL-injured mice, whereas they were significantly restored in DBA treatment. On the other hand, DBA treatment preserved the outer nuclear layer, and reduced photoreceptor cell death in BL-induced retina injuries by the histological assessment. Interestingly, BL-induced tumor necrosis factor- α expression was markedly reduced in DBA-treated retinas by immunohistochemical analyses. Moreover, the BL-induced inflammatory matrix metalloproteinase-9 activation were inhibited by DBA in the retina tissues. These findings demonstrated that DBA exert protective effects against BL-induced retinal photoreceptor cell damage mainly through inhibition of ROS production and regulation of apoptosis-related proteins. It also preserves retinal structure and function by attenuation of retinal cell death and inflammation in vivo. Thus, DBA may be a promising candidate for the treatment of BL-induced retinal neurodegeneration.

Audience Take away:

- To understand the retinoprotective effects and mechanisms of traditional medicine
- To apply traditional medicine *Phellinus linteus* on retinal treatment
- To elucidate mechanisms of TCM bioactive ingredient 3,4-dihydroxybenzalacetone (DBA)

Biography

The current position of Dr. Po-Jen Hsueh is the director physician of Preventive Healthcare Clinics (2010-present) and candidate of Ph.D at Graduate Institute of Biomedical Sciences, College of Medicine, Taipei Medical University, Taiwan. He got bachelor degree in Medicine, Taipei Medical College, Taiwan (1996). He is devoted himself in the biomedical and clinical researches on anti-aging and preventive medicine. The fields of specialty of Dr. Hsueh included 1. signal transductions in human microglia, 2. mechanisms of antioxidant and anti-matrix metalloproteinase agents, and 3. the clinical evaluation and discovery on anti-aging, anti-neuroinflammatory and anti-stroke drugs.

KEYNOTE FORUM

DAY 02



3RD EDITION OF INTERNATIONAL CONFERENCE ON
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NATURAL THERAPIES**

18-19 **MAY**



Fai Chan

Department of Aromatic Medicine, Deli Aroma LLC, USA

Reexamining ketone replenishment in the healing of inflammatory issues its pros and cons and therapeutic dosages from discovery, applications, and review

Almost every American like eucalyptus globules/Peppermint, a ketone rich essential oil. It is interesting that ketone in aroma medicine is a harsh component especially harsh for people with epileptic seizures. However, recent research on Rheumatoid Arthritis discovered that mitochondria activities contributed to the healing of patients with Rheumatoid Arthritis. The point is how the inter relationships going to play out with the inclusions of ketone rich essential oil blend but mild enough to be apply and absorb with people that has seizures. With proven clinical applications on people with lyme disease, high blood pressure, and rheumatoid arthritis and lymphatic related issues, this methodology brings hope to the advanced healing by boosting mitochondria activities while at the same time reduce the inflammatory mechanisms. In this conference, the author will take a step-by-step approach in disseminating the rationale behind.

Audience Take away:

- A practical research that keeps up to date healing protocols in mind
- A win situation to each party including clients, practitioners, researchers secured the interests of the society and making research grants highly accessible
- The universal truth of today can be a past tense of tomorrow in view of so many advancements of technology and protocols coming out each day. So vigorous evidence-based research needs to be carried out to prove or disapprove of a certain belief
- Bridging the gap between the commercial and academic worlds that hope to bring more grants for future research
- A good feedback system from the parties involved makes the whole design of research more appealing and realistic

Biography

Clinical Aromatherapist Fai Chan started her career in 2014, when she was still a student, she already published research findings with international Aromatherapy journals. In 2015, she served the board of a world leading aromatherapy association (Alliance of International Aromatherapists). She was also the chair of the publication committee. Deli Aroma LLC is dedicated to holistic healing protocols and research. Grounded by pharmacology, her specialties are in the healing of psychiatric/neurological issues and diabetes/rheumatoid arthritis, pneumonia, apnea, severe insomnia, anti-aging etc. Based on Traditional Chinese Medicine (TCM) framework, with the synergistic effects of combining the therapeutic approach with chemistry, her remedies are very effective. From 2019, she started to give seminars, speeches in international conferences. She also has a clinic that do treatments of diseases of different kinds. In 2020, Her recent work on Alzheimer's Healing brought breakthrough and the case was published in a drug designing journal that ketone in nano form was first mentioned as a vital component in healing.



Kerry Hull

Brigham Young University, USA

Ethnomedicinal remedies among the ancient and modern Maya

For millennia various Maya groups have used and developed their knowledge of botanicals as ways of curing illness and improving general health. Many plants in their ethnopharmacological inventory can indeed be shown to have active principles that address many of the illness for which they are used by the Maya. A second category of plants, however, are used to cure spiritual sicknesses, i.e., those linked to mythological origins and Maya cosmovision and not to specific therapeutic qualities of the plant. In this presentation, I discuss ethnobotanical data from my fieldwork in Ch'orti', Mopan, Q'eqchi', Chontal, Tz'utujil, and Lacandon Maya communities that analyses both types of illness. I will discuss medicinal plant use in general healing rites, with health issues specifically of women, and with snake bites. This presentation will attempt to provide detailed documentation of traditional ethnomedicines and practices from the dying art of traditional Maya healers involving multi-faceted diagnostic techniques to determine disease severity, the presence or absence of sorcery, and the appropriate botanical remedy.

Audience Take away:

- The audience will learn the types of botanical resources employed by ancient and modern Maya groups to combat various forms of illnesses.
- They will learn about the conception of illness as a culturally bound phenomenon at times, not strictly a physical ailment.
- They will also learn about how curing can be viewed in some indigenous communities as a 'rebalancing' of internal dichotomies. Much of this presentation will be based on original data gathered in fieldwork, so it should provide new insights into the use of forest botanicals as medicines

Biography

Kerry Hull is a professor in the department of Religion at Brigham Young University. He received an M.S. in Applied Linguistics from Georgetown University in 1993. He completed a Ph.D. in Linguistic Anthropology at the University of Texas at Austin in 2003. His academic interests include Maya linguistics and anthropology, ethnobotany, ethno-ornithology, Polynesian linguistics, historical linguistics, and Maya epigraphic studies. He has conducted linguistic, ethnographic, and archaeological fieldwork in Mexico, Belize, Guatemala, Honduras and in several areas of the Marquesas and French Polynesia. He is the author of A Dictionary of Ch'orti' Mayan and over 70 peer-reviewed articles.

SPEAKERS

DAY 02



3RD EDITION OF INTERNATIONAL CONFERENCE ON
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NATURAL THERAPIES**

18-19 **MAY**



Sunita Teckchand

The Holistic Alternatives, United Arab Emirates

Aromatherapy for Mental health

What is mental health? What do we perceive as mental health today? Is mental health only about Alzheimer's, dementia, trauma...? Or is there more? How can we deal with these issues? Is there a more holistic approach using alternative therapies like essential oils? Over the 25-year span of her career, Sunita has helped, treated, and mentored so many patients. The one common thing she did notice was that the state of mind did match the issues they were facing. It was not only important to ease the symptoms, but also correct the way thoughts were being processed. In the vast arena of holistic healing, it is a well-known fact that, thoughts create emotions and negative thoughts and emotions manifest in the form of some disease. From consultation to therapy, Sunita believes in peeling away layer after layer of the thoughts to get to the underlying emotion that is the real cause of the suffering. In this webinar Sunita will open a discussion on a few of her basic 'go to' essentials oils that she prefers to use regularly on individuals with these conditions. Her invaluable experience in this field is first-hand, from which she has learnt many lessons that will stay with her forever, carving out who she is today. Sunita credits her exponential growth and her empathic nature to these learnings, which she was lucky enough to experience so early on in her career.

Biography

Sunita Teckchand completed her clinical aromatherapy education in 1998 from Hong Kong, and presently lives and works in Dubai, UAE. She is the owner and principal tutor of 'The Holistic Alternatives', where she teaches the IFPA and NAHA accredited program on a digital platform. She also markets her own brand of organic essential oils - 'eSSensuals'. She has personally tutored and mentored students that have graduated on to become successful therapeutic massage practitioners and clinical aromatherapists. She has been interviewed on radio, television, and magazines. She has also published several articles. She currently is an external examiner, a trustee and continues to be a board member of the IFPA since 2019.



Angel Fidler

Angel's Heavenly Bodies, LLC, United States

Four primary dimensions of Wellness

Using my own health history to illustrate bringing both modern medicine and complementary medicine together in partnership to help the 'whole' person in all dimensions of their lives throughout the lifespan meeting their health and lifestyle goals as an individual. Using four primary areas to create a wellness plan. *I am teaching these on the well.burnalong.com platform.

Audience Take away:

- Using my own varied health history to illustrate the partnership that can be formed with care providers, who are open and taking responsibility for making decisions in my health care
- Understanding the roles of the client/patient responsibility for decisions in their Health care plan
- Covering four primary areas with examples of simple, actionable steps that a 'willing and able' client can take relating to overall health and wellness. Doing only one in each area is a win
- Using these four primary areas as a template to create a client-centered plan that can be modified and changed as needed and desired. Can be expanded to other areas, but these four are Primary and most important
- I will share tools that can be added to the toolbox of providers of wellness services or providing health and wellness consulting programs
- Taking the process one step at a time, we can build a plan that most individuals will benefit from regardless of socio-economic status

Biography

Angel Fidler has had an interest in health and fitness since her youth. After her time in the U.S. Army and Utah National Guard (1990-1999). She went on to study Exercise Science and Health Promotion at, respectively, the University of Utah (BS in 2000) and California University of Pennsylvania (MS in 2005). She then took a break in between to raise and her homeschool children. She is an NASM Certified Personal Trainer (2004). During Covid she became a Canfield Certified Success Principles Trainer (2020). She has videos Burn-along platform. She has returned to earn a second BS in Equine Science and Management emphasizing Equine-Human Science at Utah State University and in Yoga Teacher Training 200 with SSV Yoga. *CV available upon request.



Julieta Andico Songco

JAS Consulting Services, USA

Nutrition education as the missing link in leveraging advancements and navigating future of traditional medicine, ethnomedicine and natural therapies to explore and enhance knowledge

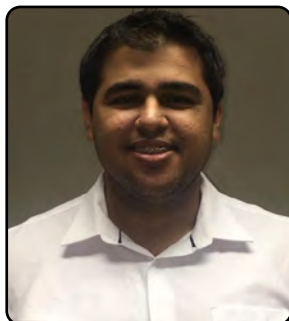
Methodically, the presentation will consist of observations from reviews of my four speaking presentations in international congress, conferences, and foreign-based mission assignments. This presentation will also consist of a review of Traditional Medicine (TM), Ethnomedicine, Natural Therapies, and other areas of medicine and therapies associated with TM. Over the last twenty years, revolutionary changes in health services and consumer needs in the developing, underdeveloped, and developed countries have seen a major increase in the use of TM due to challenges such as population aging, changes in patterns of common diseases, socio-economic factors, and COVID-19 and its variants (notwithstanding climate and political changes, agriculture, and sustainability). Most importantly, hunger, poverty, undernutrition (a form of malnutrition — mal meaning bad, evil, and wicked), obesity (a form of overnutrition which is the other form of malnutrition) could lead to nutrient deficiencies. Obesity could also lead to cardiovascular diseases, diabetes, other metabolic disorders, other related abnormalities, and eventual death in extreme cases. Lastly, food insecurity could eventually mask the situation, which is reversible, less life-threatening, and possibly avoided through a more humane strategy. The quality and standards that are maintained by the dietitian's heritage is what makes dietitians unique. As a Registered Dietitian, Nutritionist, and Nutrition Educator, I have a responsibility to perform this unique role to the best of my ability — it's in my DNA, it's the breath I take, and the fire burning inside me to inform, share and facilitate the provision of nutrition information in any learning environment. The fields of Traditional medicine (TM), Ethnomedicine, Natural Therapies, and all their entities provide unique health services for clients of all ages with various physical, emotional, mental, social, and spiritual needs. Nutrition is a science and art of identifying how foods sustain and nourish the body — no one can ever separate food from nutrition! Nutrition starts in the mouth (whether it's through the mouth via enteral feeding or combination) and food has to be consumed, digested, and metabolized — this is the reason why nutrition is such an intriguing scientific discipline touching on peoples' psyche. Why do we eat and/or starve ourselves? Through lecture, storytelling, case studies, metaphors, demonstrations, and role-playing, this author/presenter will provide insight into making connections between exploring and enhancing knowledge with the goal of leveraging advancements and navigating the future of TM, Ethnomedicine, and Natural Therapies for health and well-being/wellness. Moreover, we can emphatically and hopefully anticipate a positive return of investment (ROI) for the economic security of the aging population. As a Consultant Registered Dietitian Nutritionist and teacher/nutrition educator with more than forty years of experience in areas of food (food service, management) and nutrition (nutrition education, dietetics) for all stages of life including pregnancy, lactating, pediatrics, adolescents, adults, and the elderly, I bring my experiences of compassionate care through empathy with sincere clients, and with a belief and respect for advocacy and cultural humility. Nutrition education is a journey, and we need to hop on the bandwagon to complete our mission for peace, health and happiness! If not us, who?

Audience Take away:

- In this presentation the audience will be able to define what nutrition is and differentiate it from nutrition education. This presentation will help the audience in their job by creating, inspiring, and being continuously motivating while working. The audience will be able to enumerate teaching methods in nutrition education and avoid any missing link in leveraging advancements and navigating the future of Traditional Medicine (TM), Ethnomedicine, and Natural Therapies when exploring and enhancing knowledge. Additionally, this presentation can be a model for further research that other faculty could use to expand their research or teaching. Lastly, this presentation can provide practical strategies and solutions to problems that could simplify or make the dietitian's job more efficient.

Biography

Julieta Andico Songco has a Master of Science in Nutrition and a Master of Education (major in Community Nutrition), both from Teachers College, Columbia University, New York, USA. She is a Fellow of the Academy of Nutrition and Dietetics (AND), and a Cum Laude Consultant Dietitian and a Distinguished Member Awardee of AND Dietetics in Health Care Communities Dietetic Practice Group (DHCC-DPG). She has presented three papers at the International Congress of Dietetics (ICD) with one as both paper and poster presentations. She has also been an ICD attendee in Sydney, Australia and Montreal, Canada. She was the first Philippines Medical Mission RDN.



Vitor Marques*¹, Rafael Alves¹, Rafael Felipe Moraes¹, Wanderson Divino dos Santos¹, Weder Silva¹, Claudio Lira¹, Mario Hebling¹, João Ferreira-Junior², Paulo Gentil¹, Maria Sebastiana Silva¹, Carlos Vieira¹

¹Federal University of Goiás, Brazil

²Federal Institute of Minas Gerais, Brazil

Comparison of the handgrip strength of women in the using anthracycline during chemotherapy treatment with apparently healthy women

Exercise has been shown to reduce adverse outcomes related to breast cancer. However, the rate of adherence to physical exercise is very low among breast cancer survivors (BCS) Objective: This study investigated the effects of resistance training (RT), once a week, on changes in muscular strength. Methods: This study analyses the effects of once weekly RT on fatigue levels among BCS. Randomized controlled trial. The 25 women included were randomized into RT or control group. The RT group performed eight weeks of RT (once per week). The group RT performed 8 weeks of supervised, with one trainer per volunteer. Muscle strength was evaluated by 10 repetition maximum (10RM) for leg press (45°) and bench press. Body composition was evaluated by dual-energy X-ray absorptiometry. A 1-way analysis of variance was used to compare within-group effects at pre- and post-intervention. An analysis of covariance test was used to compare postintervention values, using pre-intervention measures as covariates. The effect size (ES) was calculated by Cohen's d. Results: Changes in body composition were not detected. Adherence to training was more than 99%. Conclusion: Once-weekly supervised RT could be an alternative to increase the adherence to exercise but not change in the body composition in BCS.

- Strength training once a week brings results in body composition in breast cancer survivors
- Resistance exercises once a week is a good alternative for these populations

Biography

Vitor Alves Marques is physical education by profession, is master in Health Science at the Federal University of Goiás, and its dissertation is about the effects of chemotherapy treatment on muscle performance in women with breast cancer in the year 2018. He is the member in Laboratory of Physiology of the Exercise and Nutrition and Healthy at the Federal University of Goiás (LAFINS/UFG) and also is member the Laboratory of Analyzes of Human Moviment (LAMOVIH/UFG).



**B A. Adedoyin*^{1,3}, O I. Adeniran², M.S Abubbakar¹,
Luthfun Nahar³, S. D. Sarker³**

¹Ahmadu Bello University, Nigeria

²University of Abuja, Nigeria

³Liverpool John Moores University, United Kingdom

In vitro cytotoxicity of *Euphorbia heterophylla* against human cancer cell lines

E*uphorbia heterophylla* (EH) is a well-known Africa medicinal plant, which has been used in the African traditional medicine for the treatment of various human ailments including tumours and cancers. Previous phytochemical screening of *E. heterophylla* has detected many flavonoids, terpenoids and sterols (Okeniyi et al., 2012; Silva et al., 2019). Seven compounds were isolated from the different fractions of EH including three biflavonoids (Cupressuflavone, Quercetin and Quercitrin) and four diterpenes (13-epicupressic acid, imbricatholic acid, 3 α -hydroxy sandaracopimaric acid and β - hydroxysandaracopimaric acid). All the compounds were tested for their cytotoxicity against the A549 cell lines and compared with the anticancer standard etoposide. Cupressuflavone and 13-epicupressic acid showed the highest cytotoxicity against human lung cancer cells lines (A549) with IC₅₀ values of 58 and 73 μ M respectively. The current findings support the traditional use of EH for the treatment of tumours and other cancer related diseases. It is suggested that the cytotoxic activity revealed in the polar MeOH fractions was due to the presence of cytotoxic bioflavonoids and the cytotoxicity observed with the non-polar fractions of *E. heterophylla* root were contributed by various cytotoxic terpenes.

Audience Take away:

- Findings from this study showed that cupressuflavone-induced cell death might involve the plasma membrane damage resulting in the release of LDH enzyme from the necrotic cells (Alqasoumi et al, 2013; Al-groshi et al., 2018)
- The study revealed the ability of the compounds (Cupressuflavone and 13-epicupressic acid) to inhibit cancer cell growth, against human lung cancer cells lines
- The current findings support the traditional use of this plant for the treatment of tumours and other cancer related diseases in Africa
- Knowledge on pure and potent compound constituents from these plants could enhance the development of drugs and other therapeutic agents with acceptable safety and tolerability profiles, which can serve as novel remedies against the cancer or against other diseases
- This study also provide scientific evidence base to validate the traditional use of the plants in the treatment of various diseases, in terms of the choice of plant, dosing regimen and related considerations

Biography

Bilkisu studied Chemistry at Ahmadu Bello University, Nigeria, Obtained M Sc in and graduated as MSc in 2013. She then joined the research group of Prof. Satyajit Sarker at the Centre for Natural Products Discovery, School of Pharmacy and Bimolecular Science of Liverpool John Moores University, United Kingdom. She received her PhD degree in 2018 from Usmanu Danfodiyo University and LJMU as a split collaborative research programme between the two institutions. She is presently a lecturer at the University of Abuja. After one-year postdoctoral fellowship supervised by Prof M. S Abubakar at the Centre for venom and toxin and drug development, Nigeria. She has published more than 10 research articles in international journals.

KEYNOTE FORUM

DAY 02



3RD EDITION OF INTERNATIONAL CONFERENCE ON
**TRADITIONAL MEDICINE,
ETHNOMEDICINE AND
NATURAL THERAPIES**

18-19 **MAY**



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The path of osteopathy in Russia: From the empirical experience to the evidence-based medicine

Since the beginning of its existence, osteopathy has developed a scientific approach to the treatment of diseases. Studies have been conducted to evaluate the results of osteopathic treatment and to compare them with the results of other treatment methods. After the target object of osteopathy - somatic dysfunction (M 99.0 in the ICD) - was identified, it became possible to conduct clinical controlled studies and meta-analysis. In 30 years, Russian osteopathy has overcome the path that the world osteopathy has walked through during a century and a half. In Russia, it has become a specialty of higher medical education. Training programs for osteopaths have been developed and legally approved. In order to unify osteopathic diagnostics, we developed a classification of somatic dysfunctions and a methodology for assessing their palpation characteristics. We also proposed a method for registering osteopathic status - an osteopathic report with the determination of the dominant somatic dysfunction, which makes it possible to develop unified protocols for randomized controlled trials. On the basis of objectively registered characteristics of somatic dysfunctions, it became possible to explain the mechanisms of action of osteopathic correction on the human body.

Audience Take away:

- The classification of somatic dysfunctions developed in Russia can be used to unify osteopathic diagnostics and to select methods of osteopathic correction individually for each patient
- The proposed method of registering osteopathic status (osteopathic report with the determination of the dominant somatic dysfunction) will help to develop uniform protocols for randomized controlled trials in osteopathy
- Information about the influence of osteopathic correction on the human body can be used in teaching and explaining the benefits of osteopathy to patients and doctors of other specialties

Biography

Dmitry Mokhov graduated from the St. Petersburg State Sanitary and Hygienic Medical Institute in 1994 (General Medicine). In 1996 he graduated from residency (Nervous System Diseases). In 1999 he graduated from ESO Paris. In 2000, he headed the Educational and Scientific Center for Osteopathic Medicine at SPbMAPS. Since 2006 - Director of the Institute of Osteopathy, St. Petersburg State University. Since 2007 - editor-in-chief of the Russian Osteopathic Journal. Since 2014 - Head of Osteopathy Department, Mechnikov North-West State Medical University, Since 2016 - Head of the Federal Methodological Center for Osteopathy. In 2012 he defended his doctoral thesis. He is author of over 250 scientific papers, holder of 7 patents for inventions.

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UPCOMING CONFERENCES

4th Edition of International Conference on
**Traditional Medicine, Ethnomedicine
and Natural Therapies**

September 01-02 | Paris, France

<https://traditional-medicine-conferences.magnusgroup.org/>

5th Edition of International Conference on
**Traditional Medicine, Ethnomedicine
and Natural Therapies**

May 22-23, 2023 | Tokyo, Japan

<https://traditionalmedicineconference.com/>

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