

7th Edition of International Conference on

Traditional Medicine, Ethnomedicine and Natural Therapies



05-07
SEPTEMBER

Madrid, Spain

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SEPT

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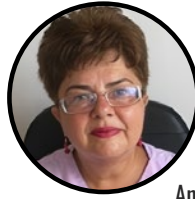
**Traditional Medicine,
Ethnomedicine, and
Natural Therapies**

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Keynote Speakers



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Angela Sanda Tudor
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*Thank You
All...*

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*Thank You
All...*

Welcome Message



Angela Sanda Tudor

Romanian Society of Traditional Chinese Medicine, Romania

On behalf of the Scientific Committee, I am delighted to welcome you to the 7th Edition of the International Conference on Traditional Medicine, Ethnomedicine, and Natural Therapies in the vibrant city of Madrid. This year's theme, "From Botanicals to Breakthroughs: Unveiling the Power of Traditional Medicine". We encourage you to take full advantage of this opportunity to connect, learn, and collaborate with experts from around the world. The Scientific Committee looks forward to engaging with you and discovering more about your outstanding contributions to traditional medicine. May your time at the conference be both enjoyable and productive. We hope you also find time to experience the rich culture and attractions of Madrid during your stay. Your participation is highly valued, and we are excited to share this event with you. Enjoy the conference.

Welcome Message



Girish Momaya

Maharishi European Research University, Netherlands

On behalf of the Scientific Committee, I'd like to warmly welcome all of you to the 7th Edition of the International Conference on Traditional Medicine, Ethnomedicine, and Natural Therapies (ICTM 2024), which will be held in the beautiful city of Madrid.

With the theme of 'From Botanicals to Breakthroughs: Unveiling the Power of Traditional Medicine' and participation by renowned experts from the fields of traditional and alternative medical approaches, this conference will be a stepping stone to unfolding the power of Traditional Medicine for the health and well-being of all humanity. This conference will be a unique gathering of scholars and researchers that will unveil the intelligence of Nature to guide human life to preserve good health, prevent diseases, and collectively enjoy progress, peace, and harmony in the family of Nations.

We, the members of the Scientific Committee eagerly await to welcome you to this wonderful ICTM -2024 conference and hope you enjoy your fruitful time participating at this global event. We also encourage you to take a moment to explore and experience the beauty of Madrid, a city known for its rich history, vibrant culture, and stunning architecture.

Welcome Message




Sunita Teckchand

The Holistic Alternatives, Dubai, UAE

On behalf of the 7th Edition of the International Conference on Traditional Medicine, Ethno- medicine and Natural Therapies 2024, I take immense pleasure in welcoming you to the amazing city of Madrid, Spain. The theme of this year is 'From Botanicals to Breakthroughs, Unveiling the Power of Traditional Medicine'. This scientific conference will focus on speakers sharing their evidence based research on alternative medicine with case studies, panel discussions and innovative strategies in helping achieve the best holistic outcomes. While you are here please take advantage to network with other speakers and build some alliances for the future. We all in the scientific committee take enormous pleasure in meeting you and mastering new skills from your work. I wish you a pleasant and fruitful conference. I hope you enjoy your stay in this magical country and take time to visit some amazing sites. We are eager about your attendance and involvement. Please enjoy your stay!

ABOUT MAGNUS GROUP




Magnus Group, a distinguished scientific event organizer, has been at the forefront of fostering knowledge exchange and collaboration since its inception in 2015. With a steadfast commitment to the ethos of Share, receive, grow, Magnus Group has successfully organized over 200 conferences spanning diverse fields, including Healthcare, Medical, Pharmaceuticals, Chemistry, Nursing, Agriculture, and Plant Sciences.

The core philosophy of Magnus Group revolves around creating dynamic platforms that facilitate the exchange of cutting-edge research, insights, and innovations within the global scientific community. By bringing together experts, scholars, and professionals from various disciplines, Magnus Group cultivates an environment conducive to intellectual discourse, networking, and interdisciplinary collaboration.

Magnus Group's unwavering dedication to organizing impactful scientific events has positioned it as a key player in the global scientific community. By adhering to the motto of Share, receive, grow, Magnus Group continues to contribute significantly to the advancement of knowledge and the development of innovative solutions in various scientific domains.

ABOUT ICTM 2024



Magnus Group warmly welcomes you to the **7th Edition of the International Conference on Traditional Medicine, Ethnomedicine, and Natural Therapies (ICTM 2024)** scheduled for **September 05-07, 2024**, this event will be held in a Hybrid format, combining the rich, immersive experience of an in-person gathering in the captivating city of **Madrid, Spain**, with the flexibility of virtual participation from anywhere around the globe. The conference theme, "From Botanicals to Breakthroughs: Unveiling the Power of Traditional Medicine." emphasizes the transformative potential and distinctive value of traditional healing practices, with a focus on integrating them with modern medical advancements in alignment with sustainable development goals.

ICTM 2024 serves as a pivotal platform for collaboration, bringing together researchers, practitioners, academicians, herbalists, holistic health experts, and industry leaders. This diverse assembly will exchange innovative ideas, share knowledge, and build professional networks. The event encourages co-development of policies and practices, fostering collaboration among traditional medicine practitioners, researchers, and stakeholders. Attendees can anticipate engaging keynote speeches, cutting-edge tech presentations, oral presentations, poster sessions, and panel discussions, all aimed at highlighting the role of traditional medicine in global health and sustainability.

Join us at ICTM 2024 for a transformative experience where tradition meets innovation, shaping the future of healthcare through the integration of traditional medicine and modern science for a healthier, more sustainable world.

ABOUT

CPD Accreditation



Continuing Professional Development (CPD) credits are valuable for ICTM 2024 attendees as they provide recognition and validation of their ongoing learning and professional development. The number of CPD credits that can be earned is typically based on the number of sessions attended. You have an opportunity to avail 1 CPD credit for each hour of Attendance. Some benefits of CPD credits include:

Career advancement: CPD credits demonstrate a commitment to ongoing learning and professional development, which can enhance one's reputation and increase chances of career advancement.

Maintenance of professional credentials: Many professions require a minimum number of CPD credits to maintain their certification or license.

Increased knowledge: Attending ICTM 2024 and earning CPD credits can help attendees stay current with the latest developments and advancements in their field.

Networking opportunities: Traditional Medicine Conference provide opportunities for attendees to network with peers and experts, expanding their professional network and building relationships with potential collaborators.

Note: Each conference attendee will receive 27 CPD credits.

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**KEYNOTE
PRESENTATIONS**

In the breath, the secret of life

Life begins with an inhalation and ends with an exhalation and can also be considered as a set of breaths: every day, as many know, we breathe, depending on our state and external conditions, from 16,000 to 22,000 times.

In the act of breathing there is the secret of life and breathing is also a means that by its subtle nature facilitates contact with our non-physical part.

Today, seven out of ten people suffer from disorders of non-physical origin, the most common of which are: stress, panic, anxiety, depression, hypochondria, anorexia, bulimia of nervous origin, sleep disorders, mood disorders, sexual disorders, intestinal disorders, etc.

Traces of these disorders are obviously found even in the act of breathing but, since psyche, mind and breathing are connected to each other, establishing correct breathing means creating the conditions for overcoming these discomforts.

A human body can survive for several days without food, for a few days without water, but only for a few minutes without breathing.

Oxygen supports vital processes and our cells depend on blood to be supplied with this precious element. When poor blood flows in the arteries, the cells also become impoverished and lose vitality.

It is our duty to always ensure a good supply of oxygen. In general we are not aware of this process, just as we are not aware of the progress of breathing. Too often we forget about the act of breathing, which instead takes on a vital importance in our existence. Through the awakening of awareness, exploring, knowing one's own breathing and freeing it from tension and rigidity is an exciting and incredible journey of liberation, growth and transformation.

Through the awakening of awareness, exploring, knowing one's own breathing and freeing it from tension and rigidity is an exciting and incredible journey of liberation, growth and transformation.



Amadio Bianchi*, Svamy Suryananda Sarasvati

European Yoga Federation, Italy

Biography

Amadio Bianchi is the Founder of the World Yoga and Ayurveda Community, President of the World Movement for Yoga and Ayurveda, of the European Yoga Federation, of the International School of Yoga and Ayurveda C.Y. Surya, Vice President of the International Yog Confederation of New Delhi, a Founding member of the European Ayurveda Association, Advisor of the United Consciousness Global, Member of Global Council of Hindu Leaders, National Coordinator for Italy of the Hindu Acarya Saba. In January 2014 in Dubai for an important international conference, he was awarded the title of Ambassador of Yoga and Ayurveda. He operated in Italy, India, Greece, France, Latvia, Lithuania, Slovenia, Spain, Switzerland, Croatia, Portugal, Argentina, Romania, Poland, Brazil, Bulgaria, Germany, U.S.A., Slovakia etc. He is often present in major congresses as a speaker. His numerous books dedicated to yoga and Ayurvedic disciplines are widespread and used in many schools and associations.

The importance of selecting and structuring acupuncture points depending on the composition of an herbal formula in traditional Chinese medicine

The study aimed to demonstrate the importance of the association of acupuncture points in prescriptions selected according to the model of the composition of a phytotherapeutic TCM formula and differentially applied to a number of 100 patients suffering from Panic Disorder (PD) according to the diagnosis of energy imbalance.

The energy imbalance was identified according to the principles and rules for differentiating syndromes postulated by TCM.

This is an open, prospective, interventional study, in which 100 patients were recruited from the patients of the Tai Chi Medical clinic in Târgoviște, Romania.

Patients presented spontaneously to seek TCM diagnosis and treatment with the diagnosis of PD established by the psychiatrist.

They were recruited after reading and signing the Patient Informed Agreement, in which they agreed to participate in the study and that its results could be processed and published.

After the syndrome differentiation process, the 100 patients were divided into 4 groups according to their classification into the following four syndromes:

1. Kidney Yang Deficiency
2. Yang Deficiency in the Kidneys and Spleen
3. Yin Deficiency in the Kidneys and Lungs
4. Yin Deficiency in the Kidneys and Liver

We are dealing with four diseases that are different both in etiology, pathophysiology and clinical manifestations.

The diagnosis of TCM is important in PT also because it identifies etiological factors not reported as such in Conventional Medicine (CM).

TCM diagnosis was also correlated with patients' comorbidities, which were found to be manifestations of the same energy imbalance manifesting simultaneously or successively in different structures of a patient's body.

Each group received acupuncture treatment and dietary indications depending on the syndrome.

The prescription of acupuncture points followed the formula Jun君-Chen臣-Zuo佐-Shi使



Dr. Angela Tudor MD, Dr. Reghina Pătru MD, Dr. Ștefan Magirescu MD, Dr. Fabiola Alexe MD

Romanian Society of Traditional Chinese Medicine, Romania

Biography

Angela Sanda Tudor graduated in 1986 with a Medical Doctor degree from UMF Targu Mures, Romania. Ten years later, in 1996, she completed her specialization in acupuncture at the National Center for Health Training in Bucharest, Romania. By 2002, she had further advanced her medical career by becoming a Family Medicine Specialist, certified by the Ministry of Health in Bucharest, Romania. In 2007, she received a certificate qualifying her as an acupuncture teacher from the National Center for Health Training, Bucharest. In terms of professional memberships, she served as the Vice President of the Romanian Society of Acupuncture from 2006 to 2008, and in 2008, she was appointed as the President of the Romanian Society of Traditional Chinese Medicine. Additionally, in 2016, she took on the role of Director of the Complementary Medicine Department at the Romania Medical Association.

Patients also followed dietary instructions, which consisted of introducing selected foods into their diet to balance respective energy imbalances.

In the life discipline of patients, avoidance of etiological factors differentially identified according to the syndrome was also indicated, many of them not being associated with CD as causal factors of TP.

Keywords: Panic Disorder, TCM Diagnosis, Acupuncture, Formula, Etiological Factors, Comorbidities.

Enabling knowledge-driven communication and cooperation in transformed, intelligent and ethical health ecosystems

For meeting the financial, quality and safety challenges as well as expectations of the patients, health and social care systems around the globe currently undergo a transformation towards personalized, preventive, predictive, participative Precision Medicine (5PM), supported by technology. It considers individual health status, conditions, genetic and genomic dispositions in personal social, occupational, environmental and behavioral context. For enabling the necessary communication and cooperation between all ecosystem actors, we shall understand and formally and consistently represent the multidisciplinary, highly complex and dynamic 5PM ecosystem at the required level of granularity from the perspective of all actors from different domains including the subject of care, using different methodologies, knowledge, language and experiences. Thereby, they have to advance from data to knowledge focus. The solution is a system-theoretical, architecture-centered, ontology-based and policy-driven approach, developed by the author over the last 30 years and meanwhile standardized as ISO 23903 Interoperability and Integration Reference Architecture. The approach has been defined as mandatory for any specification or project at ISO, CEN, IEEE, etc., addressing more than one domain. The Keynote introduces the underlying principles and methodologies including relevant standards for designing and managing intelligent and ethical 5P medicine ecosystems as well as practical examples.



Prof. Dr. Habil. Bernd Blobel^{1,2,3,4*}, FACMI, FACHI, FHL⁷; FEFMI, FIAHSI

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Biography

Dr. Bernd Blobel received a multi-disciplinary education, covering mathematics, physics, systems engineering, electronics, medicine, informatics and medical informatics, including habilitations in medicine and informatics. He was Head of the Institute for Biometrics and Medical Informatics at the University of Magdeburg, and thereafter Head of the Health Telematics Project Group at the Fraunhofer IIS in Erlangen. Thereafter, he acted until his retirement as Head of the German National eHealth Competence Center at the University of Regensburg. He was leadingly involved in many countries health digitalization as well as electronic health record strategy. He was and is still engaged in international standardization at ISO, CEN, HL7, OMG, IEEE etc. Furthermore, he still engaged in international higher education. He is Fellow of several international academies.

Effect of osteopathic correction on postural balance and blood circulation in the stump in patients with lower limb amputations at the calf level

Introduction: Number of patients with lower limb amputation is currently growing, and after surgery, they need rehabilitation. Until recently, osteopathy in the rehabilitation of such patients was not used due to the unexplored effects in patients with lower limb amputations, despite the fact that various researchers have proven the effects of normalizing muscle tone, neurohumoral system, as well as improving blood circulation and lymphatic outflow after Osteopathic Treatment (OT).

Aim of the study: To examine the effect of osteopathic treatment on postural balance and indirect thermographic signs of blood flow change in the stump.

Materials and Methods: 76 patients (54 men and 22 women, aged 45 to 74 years, the average age was 57 years old) with lower limb amputations at the calf level with a post-amputation period of more than 3 years were examined. The study included patients who did not take medicine that affect postural balance and did not have contraindications to osteopathic correction. Patients were randomly divided into 2 groups: The main group (n=41) receiving OT and the control group (n=35) receiving Sham Treatment (ST). Both groups were divided into subgroups depending on the cause of the amputation: Traumatic or vascular.

The stabilography method performed on the Stabilometry Biokenect complex was used to assess postural balance. 7 indices were evaluated.

Assessment of postural balance and blood circulation was performed on days 1 and 14 of the study before and after OT or ST.

Results: Using the stabilography method, objective data was obtained confirming the positive effect of OT on postural balance in patients with amputations of traumatic and vascular genesis-in the form of an increase in stability after the 1st, before the 2nd and after the 2nd OT session compared to the baseline data for all the studied parameters ($p < 0.05$). Patients in the vascular control group also showed a statistically significant increase in stability after the 1st session of ST, which returned to the original values by the second session (short-term change). No statistically significant changes in stability of all parameters were found in patients from the control group with amputations of traumatic genesis.

Conclusion: The study showed improvement in postural balance and circulation after osteopathic treatment, which permits to recommend osteopathy as part of rehabilitation programs for patients with lower limb amputations.



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Mechnikov North-West
State Medical University, St.
Petersburg, Russia

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 2006, he has been the Director of the Institute of Osteopathy at St. Petersburg State University. In 2007, he took on the role of editor-in-chief of the Russian Osteopathic Journal. In 2014, he was appointed Head of the Osteopathy Department at Mechnikov North-West State Medical University, and in 2016, he became the Head of the Federal Methodological Center for Osteopathy. He defended his doctoral thesis in 2012 and is the author of over 250 scientific papers and holds seven patents for inventions.

Audience Take Away Notes

- OT influences postural balance in patients with lower limb amputations at the calf level
- OT improves lower extremity blood flow in patients with lower limb amputations at the calf level (according to indirect thermographic signs)
- The study provides a theoretical understanding of the positive effects of osteopathy and recommends the inclusion of OT in the rehabilitation of patients with lower limb amputations
- The study helps to understand the effects of osteopathic treatment in patients rarely seen by osteopathic physicians

Preventive healthcare in ayurveda

The knowledge and practice of protecting the health of a healthy person have been given great importance in Ayurveda. Several Scientific, systematic, and detailed modalities are described in the ancient texts of Ayurveda to preserve good health and prevent a person from getting sick. This presentation will explore these approaches.

Ayurveda deals with approaching health through evolving holistic consciousness. This brings life spontaneously in accord with Natural Law—thought, speech, and action upholding evolutionary and nourishing qualities of Natural Law. Maharishi's Vedic Science offers an easy, effortless technique of Transcendental Meditation which has been practiced widely around the world by millions of people. It has been the most scientifically researched meditation technique with all-round benefits for health and well-being.

Ayurveda, the science of wholeness of life brings to light the three fundamental principles or Doshas. These Doshas are called Vata, Pitta, and Kapha. They govern our body and mind and the world around us. In their balanced state, they maintain the body. When imbalanced they afflict the body with imbalances and diseases. Ancient Ayurveda texts give us the wisdom to keep these Doshas in balance.

Ayurveda gives in-depth knowledge of a balanced, health-promoting diet, complete nourishment, and balanced digestion and metabolism to prevent imbalances and promote health.

Following the principle of Ayurveda, one learns to lead one's life in accord with the cycles of Nature through balanced daily routine, seasonal routine, healthy habits, health-promoting, harmonious, happy behaviour, healthy diet and sleep patterns, regular practice of Yoga Asanas and Pranayama, balanced physical exercises among other lifestyle changes.

Panchakarma treatments are designed to purify the body of toxins and impurities, establish balance in the physiology, and rejuvenate the body. These procedures enliven the body's healing mechanisms to bring about good health and well-being.

Ayurveda has an exceptional art and science of Pulse-diagnosis. Through this knowledge, one can learn to detect balance and imbalance in the body. By applying this to self-pulse reading, where one feels one's own pulse, and thereby gains the ability to know the imbalances and correct them much in advance before the disease arises through easy adjustments in diet, daily routine, and implementing other simple corrective measures.

Rasayana therapy in Ayurveda involves special herbal and mineral formulations designed to enhance the overall health and well-being of the individual. They are known to retard the aging process. They strengthen the immune system and improve disease resistance, thus bestowing a long, healthy life.



Dr. Girish Momaya

Director, Maharishi European Research University – MERU; Vlodrop, the Netherlands

Biography

Dr. Momaya is a director of Maharishi European Research University, a Dutch foundation providing training and services in education, Ayurveda health care, and social well-being. Dr Momaya is a director at the International Maharishi Ayurveda Foundation in the Netherlands. This global organization serves as a platform to integrate and bring all aspects of Ayurveda into the mainstream. Furthermore, he is also a director at Maharishi AyurVeda Europe B.V., a Dutch company manufacturing and distributing herbal health food supplements. Dr. Momaya spent many years working under the guidance of Maharishi Mahesh Yogi, the great scientist of consciousness and the founder of the Transcendental Meditation programme. He received extensive education and training under Maharishi's guidance in all aspects of Vedic Science.

Audience Take Away Notes

- They will learn the holistic principles and practices of preventive healthcare as defined in the ancient texts of Ayurveda—the science of wholeness of life
- Can learn how the easy, effortless technique of Transcendental Meditation enlivens the body's inner intelligence to promote good health and the prevention of diseases
- Able to learn the theory of tri-doshas, the three fundamental principles of Vata Pitta and Kapha in Ayurveda, and their functions in our body. They will learn about the balance and wholeness of these three principles can result in good health and well-being
- They will become aware of practices in Ayurveda that protect the health of the healthy through various preventive measures

Anti-viral and anti-tumoral traditional therapies with essential oils

Essential oils have complex and unique chemical composition and the biochemical mechanism of action on the pathogens or spoilage organisms is specific for each key compound, a synergistic or antagonist effect could occur between the active components from the natural mixture.

The essential oils active compounds responsible for the antioxidant, anti-mycobacterial, anti-viral and anti-carcinogenic (anti-tumoral) activities has molecular characteristics (unipolarity, the hydrophobicity, the molar volume and the dipole moment) associated with the specific biological activity (cellular and metabolism damage of the bio target).

Audience Take Away Notes

- Key compounds active anti-viral and anti-tumoral effects
- Assessment of the biological effects of essential oils
- The mechanism of cytotoxicity inhibition



Iuliana Vintila

University “Dunarea de Jos”
Galati, Romania

Biography

Vintila Iuliana is actually Associate Professor, PhD in Food Science and Engineering. She is author of 23 books and book chapters in international and national publishing houses (Elsevier, Wiley, Lambert), first author and co-author for 13 articles in ISI journals and relevant ISI proceedings, 32 BDI scientific papers indexed in recognised international databases, 50 articles presented in national and international conferences and 20 articles revues. Also, she is member of prestigious international organisation such European Federation of Food Science and Technology (2009), Co-Chair WG Nutrition in Global Harmonization Initiative (since 2013), International Society of Food Engineering (2010), Balkan Environmental Association (2008), Global Environmental Standard (GES) Community of Interest (2011), European Academy for Education and Social Research (2012). She act as international projects expert for European Science Foundation, Eurostar Programme, EC «Expert area in the Participant Portal» and «Connecting Europe Facility», EU TAIEX, COST, EACEA. She is Guest Associate Editor and Research Topic Editor for “Frontiers in Food Science and Technology”, Regional Editor “Advance Journal of Food Science and Technology”, Academic Editor European Journal of Nutrition & Food Safety, Academic Editor of “Asian Journal of Food Research and Nutrition”, Editorial Board Member SciEdTech, Editorial Board Member “African Journal of Water Conservation and Sustainability”, Editorial board “Clinical Journal of Nutrition and Dietetics”, Editorial Board Member International Journal of AgriScience, Editorial Board EC Nutrition, Editorial board “Clinical Journal of Nutrition and Dietetics”etc.

An investigation of aromatic plant medicine within Peruvian traditional healing practices

Comprehensive research was carried out within Peruvian borders to identify and elucidate the use of Aromatic Plant Medicine (APM) as a form of traditional medicine from the viewpoint of Aromatherapy as practiced in North America. Through a rigorous survey and interview methodology engaging Indigenous plant-medicine healers and local populations, the investigation uncovered a widespread veneration for APM across Peru, affirming its pivotal contribution to its traditional medicine system. The research identified a compendium of 63 Medicinal and Aromatic Plants (MAPs), elaborating on the health conditions they address as well as their customary extraction and administration techniques. In response to these findings, collaborative efforts are underway to safeguard and reinforce the Peruvian knowledge base of MAPs and their role in traditional medicine practices.

Audience Take Away Notes

- By learning about the widespread respect for APM in Peru, individuals interested in ethnobotany, anthropology, and traditional healing practices can gain a deeper appreciation for the cultural significance of MAP-based remedies.
- The ongoing efforts to safeguard and reinforce the Peruvian knowledge base present opportunities for international collaboration, inviting researchers and practitioners to contribute to and learn from these preservation efforts.
- For those in the medical and healthcare fields, understanding the conditions treated by these 63 MAPs and the traditional methods of extraction and administration can provide insights into alternative treatments and the potential for integrative medicine approaches.



Dr. Kelly Ablard

Airmid Institute, Alta Loma, CA
USA

Biography

Dr. Kelly Ablard is a Conservation Biologist and a certified Conservation Aromatherapist™. As Founder and CEO of the NGO Airmid Institute, she is dedicated to the global education, research, and sustainability of medicinal and aromatic plants, focusing on their traditional uses in Indigenous communities. Kelly's work spans diverse fields, including conservation biology, evolutionary biology, conservation genetics, and behavioral ecology. She has conducted research worldwide, studying traditional medicine practices and protecting threatened species. Her achievements earned her recognition as an outstanding alumnus by Simon Fraser University in 2022.

Living beyond 100 years: Epigenetics of longevity

Biology is no longer destiny. Our DNA doesn't determine our health and disease prospects, as geneticists once believed. According to the new science of epigenetics, the vast majority of our genes are fluid and dynamic—and their expression is shaped by what we think and what we do. Our genetic profile may signal an inherited vulnerability to a disease, but our choices and behaviors determine whether these genes will be switched on or off. Each of us can influence our genes to create optimal health and longevity. Dr. Pelletier will discuss the latest epigenetic research, including progress on the \$101 Million X Prize, and share timely media coverage including details of the "Blue Zone" communities around the world and its potential impact on science. He will also cite the cutting-edge technologies that will forever change the landscape of optimal aging and longevity. We encourage you to attend and to engage with Dr. Pelletier in learning how to incorporate these new findings into your own lives.

Audience Take Away Notes

- Differentiate generics vs epigenetics
- Apply practical, evidence-based epigenetic assays in practice
- Determine "personalized nutrition" based on latest data



Kenneth R. Pelletier PhD, MD

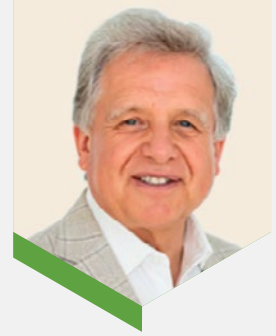
Clinical Professor of Medicine,
Department of Medicine,
Department of Family &
Community Medicine,
Department of Psychiatry
University of California School of
Medicine, San Francisco, United
States of America

Biography

Kenneth R. Pelletier, PhD, MD is a Clinical Professor of Medicine, Department of Medicine; Department of Family and Community Medicine; and Department of Psychiatry at the University of California School of Medicine, San Francisco (UCSF). At the UCSF School of Medicine, he is Director of the Corporate Health Improvement Program (CHIP) which is a research program between CHIP and 15 of the Fortune 500 corporations including Apple, Cisco, American Airlines, IBM, Dow, Prudential, Cummins, Ford, NASA, and Pepsico. He also serves as a Vice President with American Specialty Health (ASH).

Managing an authentic ayurveda clinic and treating 30,000 patients with panchakarma (ayurvedic detoxification and rejuvenation therapy) at the Maharishi ayurveda health centre in Bad Ems, Germany

The ayurvedic principal of the gradual development of imbalances into the six stages of its manifestation into disease and there unique early detection is explained. An overview of major Vedic approaches to create health is presented which include consciousness through Yoga and Transcendental Meditation, health education, diet, daily and seasonal routines, ayurvedic lifestyle, herbs, Panchakarma, Vedic sounds and vibrations, Jyotish, Yagya and even collective health. A short overview of scientific research on the benefits of the Transcendental Meditation Technique (TM) shows according to health insurance data a significant reduction of health care costs by up to 50%. TM also has proven to lower high blood pressure. A brief presentation of published research on the Maharishi Panchakarma programme (though not conducted at our clinic) will include: a 58% elimination of environmental toxins including pesticide residues and heavy metals (which would normally take decades to leave the body), improvements in 16 parameters of physical and mental health, reduction in aggressive oxygen free radicals, and decrease of total cholesterol. Maharishi AyurVeda Health Centre in Bad Ems Germany has treated more than 30,000 people since it opened 32 years ago, and is probably the largest dedicated residential Ayurveda clinic outside India. It has official status as a private hospital, has 65 staff, has been featured in 1200 favourable press reports and 300 TV appearances; and has received 25 significant awards and honours, from Germany, India, Russia and elsewhere. The average stay in the clinic is 10 days but there are programmes offered for up to 28 days. We will share our experience and insights into what makes a clinic successful, and how to overcome the many challenges faced by any Ayurveda clinic in the West. These include: extremely labour-intensive treatment in countries where labour costs are high; treatments are not yet reimbursed by health insurance; high expenses from consumables and laundry; legal restrictions in some countries preventing the presentation of research to the general public. We offer a lively optional supporting programme at the clinic, which offers added attraction and tends to enhance the patient's long-term benefit, with health education on diet and daily routine, yoga exercise, gem-light therapy, Gandharva music therapy and Transcendental Meditation.



Lothar Pirc

Maharishi Ayurveda, Germany

Biography

Lothar Pirc is a dynamic business leader, an engaging speaker, and an international proponent of Ayurveda and holistic health. He is founder and president of the award-winning Maharishi AyurVeda Health Center Bad Ems, Germany. Over the last 32 years, he has introduced the health benefits of the natural time-tested approaches of Maharishi AyurVeda to thousands of people around the world. He is Professor of Practice at DPU, Dr. D. Y. Patil Vidyapeeth, Pune, India at its Center for Online Learning. He is founding director of the International Maharishi Ayurveda Foundation in the Netherlands and founding president of the Foundation for the promotion of Vedic culture which is supporting 90 schools in Nepal. He has spoken to many groups of physicians, national health organizations, and government and business leaders in Europe, Russia, India, Japan, the Middle East, Africa, Mexico, Brazil, Canada, Nepal and the US. He is a certified teacher of the Transcendental Meditation Program and has been active in its international programs for world peace for over 40 years. He was awarded the Global Hakim Ajmal Khan Award 2007 for Organizational and Social Vedic Services presented by the Chief Minister of the State of Delhi, India, for its work in research, application, and expansion of Ayurveda around the world.

Breaking boundaries: Integrating homeopathy and psychotherapy 2.0 for swift trauma resolution

Homeopathic remedies can make unconscious conflicts and traumata clearer and more conscious. This makes them much more accessible for therapy.

However, just bringing up past trauma to the surface with a homeopathic remedy does not solve the underlying conflict and can even re-traumatize the patient. In the best case scenario the patient feels a relief for only some days.

Conventional psychotherapy, especially talk therapy, encourages the patient to express their thoughts, while the therapist's role is mostly passive by just asking questions and mirroring the patient's answers. This makes it typically a process that takes years.

By introducing homeopathic remedies, coaching elements, and so-called knowledge modules about the function of the human psyche, especially in relationship conflicts, the patient can much more easily recognize and understand pathological structures during therapy. Consequently, it becomes much easier for the patient to completely resolve previously unconscious burdens and traumata, even turning them into positive resources, and to practice and implement a much more successful social and interactional behavior.

This radically reduces the drama from the past and present, leading the patient to experience many more moments of competence and empowerment in everyday life. This results in more everyday successes, which, in turn, strengthen subjective well-being in life and the immune system through the axis of socio-psycho-neuro-immuno-endocrinology.

In contrast to conventional homeopathy and psychotherapy this new process achieves results often within a few weeks rather than after years.

This presentation will outline the practical approach of combining Homeopathic Therapy with Psychotherapy 2.0. This is useful especially for general practitioners, internists, and holistic physicians.

Audience Take Away Notes

- Understanding how homeopathic remedies can illuminate unconscious conflicts and traumas, enhancing accessibility for therapy
- Comparing the passive nature of conventional talk therapy with the more active approach of integrating homeopathic remedies, coaching elements, and knowledge modules
- Exploring how unconscious burdens and traumata can be transformed into positive resources, enhancing social and interactional behavior



**Dr. Peter A. Fricke M.D.,
Ph.D.**

Private Medical Practice,
Germany

Biography

Dr. Peter A. Fricke, M.D., Ph.D., is a distinguished figure in the medical field, renowned for transformative contributions across three decades and three private practices, impacting patients globally. His holistic principles, blending medicine and psychology, redefine healthcare, and he has guided thousands towards health and vitality. He is a former Naval Flight Surgeon for jet fighter pilots, a respected lecturer at international medical conferences, and he spent three years as an associate professor at Ovidius University in Constanța, Romania. Dr. Fricke's remarkable expertise extends to business realms, as a certified Space Coach and an awarded author of "THE SUCCESS ESCALATOR."

- Transforming past and present drama, leading to increased moments of competence and empowerment in everyday life
- Strengthening subjective well-being and the immune system through socio-psycho-neuro-immuno-endocrinology
- Contrasting the timelines of traditional homeopathy and psychotherapy with the faster results achievable through the combined approach
- Outlining practical strategies for combining Homeopathic Therapy with Psychotherapy 2.0
- Relevance for general practitioners, internists, and holistic physicians, explain how the audience will be able to use what they learn?

Microelements and immune system in pandemic times with COVID 19 and long COVID holistic healing instead of disease management

The linchpin of serious respiratory infections is our immunity, which is also crucial for protection against Covid-19, according to the WHO. What are the benefits of micronutrients? Which ones are particularly exciting with regard to respiratory infections? And why is multivitamin juice not a good answer?

Answers were provided by physician Peter-Hansen Volkmann at the 22nd Lübeck hoT workshop. Particularly in focus were:

- Vitamin A, B, C and D
- Magnesium
- Calcium
- Zinc
- Selenium
- Omega-3 fatty acids
- Enzymes
- and so on

Conclusion: Micronutrients can

- support the immune system
- impede the entry of viruses into the cells
- reduce oxidative stress
- heal the whole body
- make happy!

Audience Take Away Notes

- Avoidance of convenience food and beverages to maintain a better, stable immune system
- Background of and sensitivity for natural grown healthy food for health
- Food intolerance and environmental reasons of immune deficiencies for example as particulate matter, from Tupper ware or pans with Teflon, BPA etc
- Hormonal and environmental influence on illness in connection with a healthy behavior
- Solution of health problems with hypoallergenic orthomolecular treatments-hoT and dose-effect relationship of higher or increased dosage for example of zinc daily 150 to 200 mg or vitamin D daily 20.000-100.000 I.U. in case of severe infections or immunodeficiency



Peter-Hansen Volkmann

Medical Practice at D-23569
Luebeck, Germany

Biography

Peter-Hansen Volkmann originates from an old farmer family in Frisia in Germany. His ancestry treated since about 500 years beside of their animals with chiropractic or osteopathy also men. He studied medicine in CAU Kiel and founded his medical practice at Luebeck in 1989. During the 90-ies he developed the hoT - hypoallergenic orthomolecular therapy and founded in 1998 hypo-A GmbH to produce pure, really clean vitamin, trace elements etc. He is an international author and congress speaker in Europe, USA and Arabia and publishes 3 books and a lot of holistic papers international.

A symphony of the integration of life: Exploring consciousness based medicine and Maharishi ayurveda

Explores the understanding and experience of consciousness as the basis of the integration of different levels of life. Emphasizes the interconnectedness of mind, body, environment and consciousness. Incorporating a total integrative approach that reaches: Environmental health, physical health, mental health, and spiritual health, with the latter corresponding to the unified field of quantum physics. This unified field is identified as a field of consciousness that underpins both mind and matter.

Human beings can experience consciousness through a meditative state called transcendental consciousness, and its unique neural mechanisms that counteract brain patterns underlying stress, balancing the interconnections between body, mind, environment, and consciousness. It is also a call for continued investigation and application of this framework to transform human potential.



Sara Álvarez-Jiménez

Maharishi International University, IA, USA

Biography

Sara Álvarez-Jiménez, an expert in consciousness-based integrative medicine, combines Maharishi Ayurveda and modern theories of

consciousness with a focus on holistic health. Holding a Master of Science in Maharishi Ayurveda & Integrative Medicine from Maharishi International University, her extensive training includes Transcendental Meditation, Yoga Therapy and Ayurvedic Marma Therapy, among others.

Her role as executive coordinator for the Consciousness-Based Education Project in Mexico, and promoter of Maharishi Mahesh Yogi's knowledge in Latin America, Ireland, and Spain highlights her dedication to integrating consciousness into health and education services. Sara has also contributed to the field by organizing and translating health materials, coordinating international projects, and leading meditation groups.

Sara Álvarez-Jiménez's insights into the unifying role of consciousness in fostering mental, physical, and spiritual well-being is a valuable perspective on the development of the human potential. Her expertise and active promotion of integrative health make her a valuable contributor to discussions on integrative medicine practices.

Natures pharmacy and lymphoedema - Case studies on how essential oils help

Lymphoedema occurs when the lymphatic system does not function as it should. We all know that the lymphatic system is a serious network of channels and glands that run throughout our body, which helps fight infection and remove excessive build up. It is a long-term chronic condition that causes the tissues in the body to swell. It normally effects the arms and legs, but it can occur anywhere in the body.

Sunita's commitment to treating disease and symptoms of disease with the help of 'Natures Pharmacy', the magic of organic essential oils to support and heal the body, mind and spirit, has shown her that they do indeed work miracles as a complementary therapy to support Lymphoedema. Some of her case studies have profound evidence that Clinical Aromatherapy together with other Holistic approaches can support the body to fight back.

In this presentation Sunita will share those case studies and explain how essential oils target our cells and tissues and support our Immune system. Lymphoedema is a debilitating condition that affects the lymph nodes, which could get quite severe if left untreated. It may not be reversible but can definitely be managed with alternate therapies, which is a great option for long term treatment.



Sunita Teckchand

Integrated Holistic Therapist,
Clinical Aromatherapist - Mifpa
Mnaha, United Arab Emirates

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 accredited diploma 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 a board member of the International Federation of Professional Aromatherapist UK (IFPA) since 2019. She has also written a chapter in a book 'She is Remarkable' which was published in February 2023 and is a best seller. Currently she is working on her own book and continues to speak publicly and offer seminars and personal sessions to people in need.

Improved mental wellness and physical health through an online ayurvedic purification treatment

Natural and functional treatments have a reputation among the population for only having an effect after a long period of use. A slow onset of action often has to do with blockages of regulation due to the accumulation of metabolic toxins in the "extracellular matrix (Pischinger space)".

For thousands of years, Ayurveda has been offering extremely useful cleansing therapies that are effective in this compartment of the body.

A newly developed Ayurvedic cleansing therapy that can be carried out on an outpatient basis in any practice has scientifically proven effects on physiological and psychological parameters. This treatment supports the rapid onset of action of a natural and functional therapy.

Audience Take Away Notes

- Quick and effective start of any complementary treatment
- A one week course of cleansing treatment at home
- Improved patient education and satisfaction



Dr. Wolfgang Schachinger

Founder and Medical Director of "Home of Ayurveda-somamed", Vice President, German Ayurveda Association (DAA), Austria

Biography

Dr. Med. Wolfgang Schachinger graduated from Innsbruck Medical School, Austria, in 1979, additional training in homoeopathy in the early 1980ies and Maharishi Ayurveda from 1984 onward. Worked as GP in Ried im Innkreis near Salzburg from 1984 to 2022, including a Maharishi Ayurveda Health Center offering all 20 aspects of Ayurvedic medicine in his office. Founder and currently director of German Ayurveda Academy (DAA) at Regensburg; Vice President, German Ayurveda Association (DAA). Founder and medical director of "Home of Ayurveda-spmamed", a new Center of Maharishi Ayurveda and Integrative Medicine in Austria.

Neuroimaging by evaluation nerverenovate and neuroplasticity of acupuncture in children with cerebral palsy

Objective: To investigate the effect of and acupuncture on brain plasticity and motor development in children with cerebral palsy. Investigate effect on mechanism of apoptosis of brain nerve cells, regulating the expression of neurotrophic factors, promoting the remodeling of nerve synaptic structure and motor development in young rats with cerebral palsy. Two: To evaluate the effect and mechanism of acupuncture on cerebral palsy. Three: The nerve repair effect of acupuncture on cerebral palsy.

Methods: In this study, 146 cases of brain injury and 1078 cases of cerebral palsy were included by randomized controlled study with ICF Gross motor function measure, Peabody fine motor function, Gesell, muscle tension, joint activity, activity of daily living transcranial doppler, skull B ultrasound, Brain Nuclear Magnetic Resonance Imaging MRI, Positron Emission Tomography SPECT, Diffusion tensor tractography evaluation method.

Results: The recovery rate of extracellular space (92.3%) was significantly higher than that of the control group (70.8%) ($P < 0.05$), Transcranial Doppler, TCD total efficiency (79.3%) was significantly higher than that in the control group (51.8%) ($P < 0.05$). Acupuncture to promoting the development of neurological and cognitive movement under 6 months children, effectively reduce the neurological sequelae. The total effective rate of the children with cerebral palsy was 87% in the acupuncture group, which was significantly higher than that of the control group ($P < 0.01$). The total effective rate of Brain MRI was 59.55% in the acupuncture group and 13.25% higher than that in the control group ($P < 0.01$). The total effective rate was 91.3% in the 1 year follow-up group, which was significantly higher than that in the control group ($P < 0.01$). The FA value of white matter fiber bundle was significantly higher than that of acupuncture at 60 times ($P < 0.05$). The recovery rate of ultrasonous brain injury (86.7%) in acupuncture group was significantly higher than that in control group (64.4%) ($P < 0.05$). The recovery rate of brain SPECT in acupuncture group was 96.4%, which was significantly higher than that in the control group ($P < 0.01$).

Conclusion: Acupuncture rehabilitation not only promote the development of white matter and gray matter in children with cerebral palsy, but also promote the brain function of children with cerebral palsy remodeling and compensation, and promote social adaptation, language and other cognitive function development, children with cerebral palsy movement and Fine motor function development and recovery, improve the children's self-care ability.

Keywords: Cerebral Palsy, Acupuncture, Nerve Repair, Remodeling, Motor Function.



Zhenhuan LIU

Nanhai Maternity and Children Hospital Affiliated to Guangzhou University of Chinese Medicine, China

Biography

Zhenhuan LIU professor of pediatrics, Pediatric acupuncturist Ph.D. tutor. He has been engaged in pediatric clinical and child rehabilitation for 40 years. Led the rehabilitation team to treat more than 40,000 cases of children with intellectual disability, cerebral palsy and autism from China and more than 20 countries, More than 26800 childrens deformity returned to school and society and became self-sufficient. The rehabilitation effect ranks the international advanced level. Vice-chairman of Rehabilitation professional committee children with cerebral palsy, World Federation of Chinese Medicine Societies. Visiting Professor of Chinese University of Hong Kong in recent 10 years. He is most famous pediatric neurological and rehabilitation specialists in integrated traditional Chinese and Western medicine in China. He has edited 10 books. He has published 268 papers in international and Chinese medical journals.

SEPT

05-07

7th Edition of the International Conference on

**Traditional Medicine,
Ethnomedicine, and
Natural Therapies**

SPEAKERS



Dr. Akshaya Tharankini A^{1*}. M.D. (Hom.), Ashok R¹, D Linga Prabu²

¹CareCentra Pvt Ltd., Chennai, TN, India

²Fish Nutrition, ICAR – CMFRI Regional Station, Tuticorin, TN, India

Homoeopathic medicine *Arsenicum album* induces immunomodulation in Zebrafish embryos

Background: In 2019, 2.4 million newborns died, constituting 47% of all under-5 mortalities globally. In the same year, India experienced the highest neonatal mortality, primarily attributed to infections. The innate immunity conferred at birth serves as our primary defence against neonatal mortality. Studies indicate that exposure to crude forms of arsenic in zebrafish embryos significantly down-regulate innate immune responses. These studies unveil the operational sphere, vulnerable cells, and mechanisms through which arsenic interacts with our system. This contributes to a better understanding of the homoeopathic medicine *Arsenicum album*.

Aim: To know the innate immunomodulatory effect of *Arsenicum album* on embryonic exposure in zebrafish and to understand the difference in actions of various potencies of *Arsenicum album* in regard to innate immune functions of zebrafish embryos.

Methods: Zebrafish were acclimated for 7 days at 28.5 ± 2 °C under a 12-hour light/dark cycle before being bred to obtain embryos at the single-cell stage. Subsequently, the embryos were sorted into 8 triplicate groups, including unexposed uninfected control, unexposed infected control, vehicle-exposed control, and *Arsenicum album* exposed at 5 different potencies. Embryos underwent medication exposure for a duration of four days. Then, transferred to four-litre containers. On the seventh day post-exposure (dpe), an infection with *Edwardsiella tarda* was initiated and lasted for five hours. Fish specimens were obtained at 5th and 30th hour post-infection (hpi) to evaluate innate immunological responses. Statistical analysis was conducted, and results are analysed. The protocols employed for the experimental procedures, handling, and maintenance of zebrafish received ethical approval from the institute where the study was carried out.

Results: A few potencies of *Arsenicum album* improved the innate immune response and survival in comparison to the control. This study emphasizes *Arsenicum album*'s innate immunomodulatory effect across potencies. Subsequent focused research is imperative to acquire a more nuanced comprehension

Keywords: *Arsenicum album*, innate immunity, Embryonic immunomodulation, *Danio rerio*.

Audience Take Away Notes

- **Insights into Homoeopathic immunomodulation:** Insights into specific mechanisms by which Homoeopathic medicine *Arsenicum album* induces innate immunomodulation upon exposure to zebrafish embryos
- **Practical application:** Understanding this mechanism allows for practical application of this immunomodulation in the treatment of pregnant mothers to strengthen fetal immunity, reducing neonatal burdens
- **Proactive disease prevention:** Rather than treating infections reactively and combating antibiotic or anti-microbial resistance, enhancing innate immunity through homoeopathic methods presents a proactive approach

Biography

Dr. Akshaya Tharankini A. earned her bachelor's degree in Homoeopathy from Sarada Krishna Homoeopathic Medical College in 2013 and completed her masters in Paediatrics from White Memorial Homoeo Medical College. She graduated as M.D. (Hom.) Paeds. in 2019. She is the recipient of the University Research grant 2022 for AYUSH by the state government institution, The Tamil Nadu Dr. M.G.R. Medical University. Awardee of STSH 2016 award from the Indian central government body, Central Council for Research in Homoeopathy (CCRH). pregnancy. In our research, we tested this hypothesis in a zebrafish model as the initial step, with the goal of progressing to a clinical trial. Reflecting on it while being pregnant, adds a personal dimension to this quest. My current research, funded by Dr. MGR Medical University, involves studying various anti-psorics in the zebrafish model at a genetic level. We aim to build a healthier generation with strengthened transgenerational immunity.

**Ali Yetgin**

Toros Agri Industry and Trade Co. Inc., Research and Development Center,
Mersin, Turkey

Cukurova University, Institute of Nature and Applied Sciences, Department of
Biotechnology, Adana, Turkey

Sustainable agriculture systems to produce medicinal and aromatic plants

The increasing demand for Medicinal and Aromatic Plants (MAPs) in various industries, including the food, cosmetics and pharmaceutical sectors, requires the sustainable agriculture systems that can increase productivity while reducing negative environmental impacts. This research reviews current methodologies and practices used in the cultivation of MAPs, with emphasis on sustainable strategies such as organic farming and the application of agroecological principles. The important role of biotechnological developments, including techniques such as soil amendments and innovative plant breeding methodologies, in improving MAP yields and the overall quality of the crop is highlighted. Furthermore, a detailed discussion is conducted on the socio-economic advantages associated with the sustainable cultivation of MAPs, delineating how such practices have the potential to ameliorate rural livelihoods while concurrently supporting the conservation of biodiversity. This study puts recommendations aimed at policymakers and practitioners in the field, underscoring the imperative for fostering sustainable agricultural systems for MAPs, with a particular emphasis on the necessity for interdisciplinary cooperation and the continual pursuit of research endeavors.

Keywords: Sustainable Agriculture, Medicinal and Aromatic Plants, Organic Farming, Agroecology.

Biography

Ali Yetgin completed his Bachelor of Science in molecular biology and genetics and his Master of Science in biotechnology from Izmir Institute of Technology. He worked as a researcher at Dokuz Eylül University Microbiology Laboratory. So far, it has been included in 62 publications, including 24 articles and 38 conference presentations. He works as an R&D Specialist at Toros Agri company and fulfills the task of national/international project proposal submission. He also continues doctoral studies at Cukurova University and carries out his thesis on the development of microbial fertilizers.



Annie George PhD

Department of Science and Product Development, Biotropics Malaysia Berhad, Shah Alam, Selangor, Malaysia

Nutraceuticals and functional foods for healthy ageing and brain health

The global nutraceuticals market is predicted to grow at a bigger rate now post pandemic 2020, with nutraceuticals gaining popularity globally due to the rising awareness of its' numerous benefits either felt and/or clinically evidenced. The growing knowledge of these products in delaying or preventing various health disorders have increased their demands among consumers who are looking for alternative and complementary pathway to promote or maintain overall wellbeing. Recent consumer trends see consumers looking for on-the-go formats and products with multifunctional benefits. Some of the botanicals that have been clinically evidenced are, *Persicaria minor* (Kesum), *Eurycoma longifolia* (Tongkat Ali), *Labisia pumila* (Kacip Fatimah). Kesum, a famous flavour ingredient in laksa (food) has nootropic, anti-inflammatory, immune enhancing and anti-wrinkling effects. It is high in antioxidants potentially the bedrock to its' many health benefits. Tongkat Ali traditionally used and known as an aphrodisiac and energy tonic, has multifunctional attributes which are clinically proven ie. in addressing mental health, fatigue, hormonal imbalance, stress, immunity and physical strength. Kacip Fatimah, a herb popular for women's well-being has demonstrated improvement in menopausal symptoms associated with hormonal imbalance. The three ingredients are poised to address healthy ageing, mental health, stress and overall wellbeing.

Audience Take Away Notes

- These natural ingredients are traditionally used herbs/medicinal plants that have been validated by science and clinical research
- It will educate the public to make decisions on their health based on scientific facts and not sales gimmick
- This research could be used by other faculty to expand their research or teaching to qualify an ingredient based on their mechanism of action in the body
- This information is useful particularly as we address a globally ageing population to be independent and healthy as they age to not only increase life span but health span

Biography

Dr. Annie studied Biology at the University of Science Malaysia and graduated in 1993 and followed with a Masters in Biotechnology from University of Malaya, Malaysia in 1998. She then joined the research of several start-up companies in Malaysia on plant tissue culture, drug discovery and plant based natural products. She received her PhD degree in 2018 from the University of Malaya. She has published more than 30 research articles in SCI(E) journals and holds 15 patents. She actively works on validating Malaysian herbs with science as a natural preventive and complementary supplement.



Dr. Asish Bhaumik

School of Pharmaceutical Sciences (GIPS-T), Girijananda Chowdhury University (GCU) Tezpur Campus, Dekargaon, Tezpur, Sonitpur-784501, Assam, India

Isolation of bioflavanoid from beet root and evaluation of antitumour activity followed by molecular docking against topoisomerase-I

The main aim and objective of my present research work was to screen the primary and secondary metabolites and isolate the bioactive flavanoid vitexin and isovitexin present in the methanolic extract of beet root (*Beta vulgaris*) and evaluation of antitumour activity. The isolation of bioflavonoids were done by U. V spectrophotometer; ABB Bomem FT-IR spectrometer; Bruker NMR spectrometer; HPLC-MS etc. The molecular docking of isolated vitexin was carried out against target protein 1A36-Topoisomerase I by using Auto-dock programme. Evaluation of in vivo antitumour activity of ME-BRT against Sarcoma-180 Ascite (S-180-AC) in rat models. In silico molecular docking studies displayed the binding energies: -3.95 k.cal/mol, of vitexin which indicated that the compound had high binding affinity towards the 1A36-Topoisomerase I in comparison with std. drug topotecan (-2.06 k.cal/mol). From the present experimental data here we concluded that the Methanolic Extracts of Beet Root (ME-BRT) showed the potential ability to inhibit the growth of tumour induced by SARCOMA-180 ascites in mouse model and in silico molecular docking results displayed that vitexin had the higher affinity to bind with topoisomerase-I enzyme in comparison to standard drug topotecan and act as potential inhibitor of topoisomerase-I.

Keywords: Vitexin, Antitumour Activity, Sarcoma, Molecular Docking etc.

Audience Take Away Notes

- Research in natural product chemistry, such as isolating biomolecules and evaluating their pharmacological effects, including antitumor activity, provides valuable insights for drug discovery
- By analyzing compounds from medicinal plants, scientists integrate traditional knowledge with modern science to develop new therapeutic agents
- This approach not only validates and refines traditional remedies through rigorous scientific methods but also harnesses these natural substances to create innovative drugs
- The synergy between historical wisdom and cutting-edge research enables the exploration of novel treatments, making natural product chemistry crucial for advancing pharmaceutical development and enhancing health outcomes

Biography

Dr. Asish Bhaumik, M. Pharm; PGDAIB; PGDCR; PhD, is an Associate Professor in Pharmaceutical Chemistry at School of Pharmaceutical Sciences, Girijananda Chowdhury University, Tezpur, Assam. He completed his B. Pharm at RIPSAT, Agartala, and his M. Pharm at C. L. Baid Metha College, Chennai. His postgraduate studies include Diplomas in Applied and Industrial Biotechnology and Clinical Research. His PhD, from Assam Downtown University, focused on Pharmacology, Biochemistry, and Medicinal Chemistry. Dr. Bhaumik teaches and researches in these fields, with 75 publications and 60 conference presentations. He actively participates in academic events, serves on the Doctoral Committee, and supervises PhD scholars.



Biswajit Dash

Department of Panchakarma Government Ayurvedic College & Hospital, Balangir
Odisha, India

Pādābhyanga: Foot massage in Indian medicine

Introduction: Ayurveda has a rich history and is one of the best practised traditional systems of medicine in India and neighbouring countries like Sri Lanka and Nepal. Padabhyanga (foot massage) is a holistic therapy in nature and originating from time immemorial is the ultimate therapy that stimulates the various nerve endings located in the foot to release negative energy.

Objectives: The primary objective of the study of Padabhyanga is to describe the beneficial effect like Chakshushya (Eyesight promoter) and Nidrajanana (induces Sleep) effect for children to elderly individuals.

Methods: All the material related to this study has been collected from authentic Ayurvedic Classics and other texts. Various published research papers on Padabhyanga with all relevant content is considered and analyzed to get a comprehensive concept.

Results: On the basis of these analyses, Ayurvedic texts have clarified about the different every day routine to be pursued for keeping up eye wellbeing. Padabhyanga is to be done on a daily basis. Warm medicated oil applied to the feet, makes the feet strong (sthairya), induces sleep (nidra), improves visual power of eye (drishti prasadana), relieves paraesthesia of feet (padasupti), tiredness (shrama), stiffness (stambha), muscular cramps (sankocha) and cracking of feet (sphutana). In the context of Sadvritta, Padabhyanga is highlighted. It is one of the prophylactic principles mentioned in Dinacharya to promote health, as it prevents individual from diseases of Eye, Padadari (Cracked heel) and Gridhrasi (Sciatica). Benefits also include-reduces stress, anxiety, headaches, boosts blood circulation and metabolism.

Conclusion: Padabhyanga offers a non-invasive, non-pharmacological and complementary nature; with a positive effect in a variety of health conditions starting from Paediatrics to Geriatrics. During this procedure each point of the pressure acts as the sensors on the feet. Adequate training for therapists is necessary to ensure the consistency of service provided.

Keywords: Ayurveda, Chakshushya (Eye Sight Promoter), Padabhyanga (Foot Massage).

Audience Take Away Notes

- Knowledge of Indian Foot Massage in general
- Benefits of Ayurvedic Foot Massage in specific
- Name of some oils used for Ayurvedic Foot Massage
- Panacea for cracked heels, eyesight and Bestows Sound sleep

Biography

Dr. Biswajit Dash, currently serves as Reader and Head of the department of Panchakarma at Government Ayurvedic College and Hospital, Balangir, Odisha, India. He has completed his Bachelor of Ayurvedic Medicine and Surgery from Sambalpur University, Odisha in March 2008 and Masters degree - Doctor of Medicine in Panchakarma in May 2011 from Rajiv Gandhi University of Health Sciences, Karnataka. In April 2022, he was awarded with Ph.D degree from Sambalpur University. His areas of interest include Preventive, Curative and Promotive Panchakarma Therapy with Community Awareness. Ayurvedic Psychotherapy, Counselling, Geriatric Care, Sports Medicine, Yoga and Leech Therapy.



Camila Barragán

Product Manager, Arlés Ibérica, Malaga, Spain

Cacay oil, a powerful and natural ingredient of cosmetic and dermatological impact

It is well known that science keep discovering and studying ingredients from different origins, to offer results or solutions required by diverse industries and needs. Cacay oil, intends to become the next revolutionary oil in the Cosmetic and Health Industry for holding the highest content of Linoleic Acid, and Vitamin A, compared with other vegetal oils. It is also rich in Squalene, Vitamin E and F which are notably used in the cell renewal process.

Cacay oil is extracted purely from the fruit of Cacay tree (through cold-Pressed Extraction Method) in the Amazon region of Colombia. This tree produces a fruit similar to a walnut of about 40-50 grams in weight and about 4 to 8 centimeters in diameter. In the core of the nut there are 3 almonds from which the oil is obtained.



The emollient action of Cacay oil helps in repairing the skin, nourishing it, softening it, improving its appearance and protecting it from the damage caused by environmental agents. This makes Cacay oil a 100% natural anti-aging source. Moreover, its high content of essential polyunsaturated fatty acids such as omega 6 and omega 9, together with its content of vitamin E and vitamin A, makes it a natural ingredient of high nutritional, moisturizing and antioxidant value for the hair and nails.

Cacay Oil has been used by indigenous groups since ancient times, as a natural treatment for irritations, burns and scars. Nowadays, studies reveal that Cacay Oil has antioxidant and antibacterial properties that are driving into dermatologic and cosmetic interest, due to diverse effects such as reducing Psoriasis and Dermatitis on patients, inhibiting the growth of different types of bacteria, and increasing hydration, firmness, smoothness and elasticity on the skin (based on tests).

**Before****After**

Cacay Oil has a unique composition, made up by its lipidic profile, and its bioactive molecules that defines it as a treasure from Mother Nature. And while its many biochemical compounds are by themselves dermatologically and cosmetically beneficial, Cacay Oil is better than their parts solely.

Arlés is a pioneering organization producer of Cacay Oil that has a strong commitment to sustainable and organic agricultural practices. It's ecological and social responsibility is reflected in its harvest, which is the unique sustainable certified harvest of Cacay trees. Moreover, the project promotes the reforestation of the Amazon in Colombia and the employment of ethnic groups of the zone.

Audience Take Away Notes

- Our purpose is to teach or increase the scientific knowledge about an innovative vegetable oil (Cacay oil) that is superior than other vegetable oils in terms of its cosmetic and dermatological benefits. We're supporting with strong evidence that natural remedies come from natural sources.
- Cacay oil can be used alone or in cosmetic formulations for preventive and healing purposes, such as increasing hydration, firmness, elasticity and smoothness on skin. This will represent a new alternative for people looking for natural treatments or even an innovative business model.
- Clinical evidences will be provided to support the efficacy of Cacay oil in diverse skin affections such as atopic dermatitis, psoriasis, scars, among other ones. As result, this vegetable oil can become a stronger active ingredient in the pharmaceutical field, that can relieve and help people with some of the skin conditions mentioned before, in a very significant way.
- It will be presented a very complete study of the effects of Cacay oil on hair, regarding dandruff reduction and hair appearance improvement. Moreover, it will work as a base for others to expand this research in teaching or in other related studies.
- The project behind the production of Cacay oil promotes the reforestation of the Amazon in Colombia and the employment of ethnic groups of the zone. The dedication to social and environmental inclusion is key for Arlés in every daily task. For that, it is the only company in the world that has a sustainable certified harvest of Cacay. In this sense, Cacay oil production brings diverse benefits in all its stages to different groups and stakeholders.

Biography

Miss Camila Barragan is product manager of Arlés, one of the pioneer companies that produces Cacay oil in the world. She studied business administration and international trade in Colombia at the Sabana University, and she also studied a Master Degree in Marketing and Sales in Madrid at EAE Business School. She has worked for different companies such as Novartis, Sanofi, Kimberly Clark and Avon, and now she's opening market for Cacay oil in Europe.



Dominik Schenker

SpiraliK Centrum, CH-4123 Allschwil, Switzerland

SpiraliK—Where mind and body meet

SpiraliK Positioning: SpiraliK is a concept within the holistic method of kinesiology ("science of movement"), which belongs to the field of complementary therapy but is also used in coaching. It is characterised by its Integral Movement Model, in which movement is understood as the smallest common aspect and connecting principle of all life processes. It serves us as a perspective for linking seemingly separate areas such as body & mind, inside & outside or individual & collective and understanding them as a coherent whole.

SpiraliK Basics: The SpiraliK Integral Movement Model is essentially based on 5 approaches that focus in depth on individual aspects of movement:

1. **Energy Model—5 Phases of Transformation:** This model from Traditional Chinese Medicine shows the basic principles of movement from an energetic perspective.
2. **Coordination Model—Spiraldynamik®:** This model shows how the human body is organised in a spiral, from which natural movement patterns can be derived.
3. **Life Model—Fritjof Capra:** This model divides the phenomenon of life into three overarching criteria: organisational pattern, dissipative structure and cognitive process.
4. **Development Model—Spiral Dynamics®:** This model shows how development processes follow stereotypical sequences and are organised on the basis of values at different levels.
5. **Integral Model—Ken Wilber:** This model integrates various research approaches into a comprehensive overall view of the topics of philosophy, psychology, consciousness and spirituality.

SpiraliK Model: SpiraliK interprets movement as a complex interplay of interdependent parts that together form a nested unit. We record any situation using the criteria "systems involved", "dynamics", "relationship", "perception" and "development" in a movement profile and derive the motives from this in the form of desired needs. In this way, physical (structural and functional) and psychological (emotional and mental) levels can be described using the same language and condensed into a holistic ("soul") experience.

SpiraliK Problems: The quality of the organisation of movement between the parts determines the well-being, health and performance of a system. Problems are therefore an expression of an unbalanced interplay of parts whose endeavours impair the conditions of other parts and trigger resistance. The holistic spectrum of needs is disrupted, resulting in stress reactions with turbulent flows on a physical, mental or soul level.

SpiraliK Solutions: Through dialogue, kinesiological muscle testing and specific movement analyses, deficiencies and resistances can be decoded as hidden resources, revealing surprising new solutions to complex issues. Through balancing energy work and accompanying exercises, we integrate the interaction of the parts into a new unit of higher level of quality. Step by step, we promote positive perspectives and support upcoming developments on all planes.

SpiraliK Application: With this approach, any initial situation can be identified as a movement process and

balanced by regulating its organisational patterns, for example:

- For somatic, psychosomatic or psychological impairments, complaints or illnesses, in palliative situations.
- Before and after medical interventions, after injuries, for rehabilitation, for prevention.
- For learning difficulties, personality development, spiritual development.
- In sport and music to optimise performance and prevent overload.
- In partnerships, for team and organisational development in family, sport, business and politics.

Audience Take Away Notes

- The audience learns a new way of interpreting "movement"
- This interpretation shows inspired paths in which areas of life that were previously experienced as separate can grow together to form a new wholeness
- As a result, deficiencies or resistance in the personal or professional environment can be utilised productively
- Any life processes can be checked for their health and sustainability
- Change and development processes can be stimulated in a targeted and multipolar way and supported holistically

Biography

Since his childhood, Dominik Schenker has been enthusiastic about all forms of movement. This basis was continued in a variety of education programs in the field of movement: Dipl. Gymnastics and Sports Teacher II at the University of Basel (1987), Dipl. Physiotherapist at Bethesda Hospital Basel (1992), Dipl. Kinesiologist at the Institute of Kinesiology Zurich (1997) and Advanced Diploma Spiraldynamik® at the Spiraldynamik® Academy Zurich (1999). His experience with different perspectives on "movement" encouraged him to combine various approaches and to develop his own Integral Movement Model and Kinesiology Concept called "SpiraliK" over more than 25 years of theoretical and practical research work.



Gerhard Tucek

Head of Institute for Therapy and Midwifery Sciences. Department of Health Sciences IMC University of Applied Sciences Krems; Austria

The transfer of a traditional oriental music therapy into a modern European healthcare system

The transfer of a traditional oriental music therapy into a modern European healthcare system—using the example of Austria

In the last decades, music therapy has become increasingly important in our healthcare system. It has a special effect at the interface between physical and psychological well-being.

In Austria, this profession has been legally regulated as an academic training program at universities since 2009.

This lecture deals with the transformation process of traditional oriental music therapy—which can be traced back to the 10th century—to today's “Krems Music Therapy Concept”. This process touches on various disciplines such as cultural and social anthropology as well as medical history and evidence-based criteria of modern clinical-therapeutic concepts.

To integrate the “unknown” into existing structures, Homi Bhabha (2000) proposes the approach of hybridization: “Hybridization for me does not simply mean mixing, but strategic and selective appropriation of meanings, creating space for agents whose freedom and equality are at risk.”

In terms of the Krems concept, this means suspending static definitions of the past in favor of a processual and constantly necessary re-evaluation. In this way, a new approach to understanding one's own institutional development opened up.

In this presentation the “continuity of basic therapeutic ideas over time” will be traced, and on the other hand, selected main process lines of the translation of an originally foreign cultural technique into today's Austrian clinical therapy system will be discussed.

These translation lines are discussed based on modern therapeutic concepts and illustrated using specific practical examples.

Keywords: Music effects, Regulation, Resonance, Synchronization and Empathy.

Biography

Gerhard Tucek is Cultural and social anthropologist & music therapist. He was member of the advisory team for the legal establishment of music therapy at the Federal Ministry of Health in 2009. He established a training program (BSc; MSc) and a practice-oriented research path for clinical music therapy. He was director of a “Josef Ressel (research) Centre for Personalized Music Therapy” (2016-2022) and works currently on the establishment of a burn-out prevention program for nursing staff. He serves as Professor at the IMC University of Applied Sciences Krems & since 2016 as director of the Institute for Therapy & Midwifery Sciences.



Isabel Wendt-Christodoulou

Director of Medosophos Institut, Hamburg, Germany Postgraduation Diploma in Chinese Medicine - Master of Sinology - Naturopath, Germany

What are the Chinese medicine's answers to the dehumanization of healing pathways by the artificial intelligence?

Artificial intelligence systems are taking up a growing amount of space in the network of relationships between people (external), but also between individuals and themselves (internal). As a result, artificial intelligence is increasingly taking responsibility for people's own actions away from them. Even the most personal value, namely well-being and the state of personal health, is being shifted to software programs, with ideal states being determined and monitored by digital systems.

It is so clever that we humans are increasingly cutting ourselves off from nature and operating in a never-ending stream of virtual worlds. In the process, we are unlearning how to think, to perceive and to feel independently, as well as the connection and power to our bodies. This is precisely what leads to various illnesses, most of which are to be cured with similar artificial intelligence methods that have driven us humans into chronic illnesses. Our fate of being dependent and isolated begins.

It can already be proven now that the huge increase in mental illnesses such as depression, bipolar disorder, narcissism etc. is linked to the alienation and ignorance of the principles of life in all its diversity and rhythm. This is precisely where Chinese medicine comes in. Chinese medicine is a holistic and nature-based system in which a healing intelligence is at work. The healing intelligence of Chinese medicine harbors the miracle of natural life. In contrast to artificial intelligence, classical scriptures of Chinese medicine can give us wisdom and answers to dehumanization.

Audience Take Away Notes

- Can the healing methods of naturopathy become artificially programmed?
- Are the new artificial worlds part of the diseases of civilization or part of the solution for recovery?
- What can be the source of the increasing of psychosomatic illnesses? Answers from Chinese medical classics will be given
- Methods and treatment of the holistic, Chinese medicine will be presented

Biography

Ms. Isabel Wendt-Christodoulou is sinologist and completed her postgraduate medical studies at the TCM University of Nanjing and Beijing in original writing and language. After spending several years in China, Ms. Isabel Wendt-Christodoulou worked in Heidelberg in an international research network to prove the effectiveness of alternative and healing medicine. Her spectrum of knowledge in the field of medicine, healing and philosophy in combination with the experience of her daily medical as the leader of the medosophos-institute and scientific work is a rich fund. Her daily work is in the clinic of medosophos, Hamburg, Germany.



John Yang Dr. TCM, PhD

Kwantlen Polytechnic University, Canada

Rethinking emotional disorders and their treatment options

Emotional disorders (i.e., depressive and anxiety disorders) are a set of chronic and often recurrent mental disorders that are associated with impairment in quality of life, productivity, and interpersonal functioning. Over the past 10 decades, although efforts have been made to understand the emotional disorders at the molecular and neuronal level, the treatments are no more effective today than they were 100 years ago. Rather than stuck in a rut on conventional biomedicine paradigms, it is necessary to think out of box by tap into Traditional Chinese Medicine (TCM) related to emotional disorders and find out a complementary treatment option for it.

Through searching the TCM classics containing mental/emotional disorders in Huangdi Neijing, it was found that physiological function and pathological manifestations of viscera (heart and liver) are mostly related to the emotional disorders. Over 2000 years the Huangdi Neijing has laid the theoretical foundation and providing treatment principle for these disorders. The heart and liver systems involving with stagnant/ blocked of vital energy (qi) flow have been clearly described and herbal medicine and acupuncture therapies have been summarized.

Rather than focusing on the Central Neuron System (CNS)-orientated, single target, and conventional antidepressants healing scopes, TCM offers a holistic view, where herbal medicine and acupuncture are administered in consideration with multiple interaction factors. This approach sheds a light on expanding the treatment options for emotional disorders.

Case analysis will be presented by the presenter as well.

Biography

Dr. John Yang is a registered Doctor of TCM in British Columbia, Canada. From 2003 to 2014 he was the Dean and Clinic Director at the PCU College of Holistic Medicine, British Columbia. As a TCM expert in the field, Dr. Yang has given many national and international presentations and lectures on TCM. Dr. Yang is the current President of the Federation of Traditional Chinese Medicine Colleges of Canada (FTCMCC) and Educational Committee member of World Federation of Acupuncture -Moxibustion Societies (WFAS). Dr. John Yang currently works at the Kwantlen Polytechnic University (KPU) of British Columbia which is the first public university in Canada offering TCM-Acupuncture program. He is the program developer and the Chair of TCM department. He also is a visiting professor of Shaanxi University of Chinese Medicine. Dr. Yang graduated from Hainan University Medical School, Haikou, China. He received his TCM training at the Hainan Provincial Hospital of TCM, Haikou, China and a PhD from Guangzhou University of Chinese Medicine. He has practiced TCM/acupuncture in Vancouver, Canada over 30 years.



Julieta Songco

JAS Consulting Services, United States

Food, nutrition, and diet as breakthroughs from botanicals unveiling the power of traditional medicine

Interestingly, the title and theme of this ICTM is a match to my professional field which is very dear to my heart and has given me a lot of breakthroughs. First is the area of food, nutrition, and diet. Food and nutrition are embedded in people's/population age, sex, race and/or other social determinants of health. Notwithstanding their personal, professional, political and religious affiliations, as well as the whole spectrum of what we call "culture". It is so innate that it is part of our very nature as a person—a human being with a lot of needs, wants, desires and intellectual discretions. This presentation has been developed from my previous life experiences, educational journey, professional and personal encounters with food, nutrition, and diet, and within traditional medicine and its allied fields including Ethnomedicine and Natural Therapies. Botanicals connote/refer to plants, herbs and/or combinations of products. Western and Eastern Medicine (which we know as Traditional Medicine) will be explored by this author/presenter citing botanicals and its many breakthroughs confirming the power of Traditional Medicine as it has existed for a thousand years. Participants will be able to enumerate foods that could also be considered as botanicals. Attendees will be able to identify the differences between plant sources, grains, and other foods with common botanicals. As this presentation progresses, participants are reminded that the scope of this topic pertains to human nutrition and/or Western Medicine.

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 at the 17th International Congress of Dietetics at CapeTown, South Africa. She has also been an ICD attendee in Sydney, Australia and Montreal, Canada. She was the first Philippines Medical Mission RDN.



Prof. K. Anil Kumar

Head of the Division Janpada Sampada, Indira Gandhi National Centre for the Arts, Ministry of Culture, Government of India, New Delhi, India

Traditional knowledge of flora and ethno-medicine practices among the tribes of India

The world's indigenous and ethnic populations have developed the skills necessary to survive in some of the universe's most hostile environments. The most intriguing characteristic of these indigenous and ethnic groups has been discovered to be that they reside in regions that are extraordinarily rich in biodiversity. India is a vastly wealthy nation with a diverse population made up of many different ethnic groups. Of the 45,000 species of wild plants, 9,500 are significant from the perspective of ethnobotany. Of these, 7,500 species are in medicinal use for indigenous health practices. The study of illness-related attitudes and behaviours in various ethnic communities is known as ethnomedicine. Each ethnic group is different from other tribal groups in its understanding of ethno-medical practices. A form of alternative medicine practiced by tribal communities, ethnomedicine relies on local plants and animals to treat a variety of illnesses. The fascinating study of the cultural aspects of illness and treatment in tribal communities has been taken on by many anthropologists. The paper discusses tribal traditional knowledge of flora and ethnomedical practices in this context. It starts with the tribal concept of health and moves on to discuss the causes of diseases and how they are treated using plants, herbs, and mantra therapy. The paper also focuses on the state of ethno-medical practices among Indian tribes today.

Keywords: Traditional Knowledge, Ethno-Medicine, Forest Flora, Mantra Therapy, Health Tribes, India.

Audience Take Away Notes

- Ethnomedicine addresses both the need for healthcare as well as how different cultures interpret health, illness, and disease. The use of herbal medicine dates back to early civilizations. It entails the use of plants as medicines to treat illness and improve people's overall health and wellbeing. Some herbs should be used with the same level of caution as pharmaceutical drugs because they contain potent (strong) ingredients.
- Ethnomedicine is a branch of ethnobotany research that reveals how different ethnic groups maintain their health by using local knowledge. Empirically, it is evident that both plants and animals are used in traditional medicine.
- Ethnomedicine broadly refers to the conventional medical methods that take into account cultural perspectives on health, illness, and disease and that address the delivery of healthcare and therapeutic modalities.
- The rare and organic medicinal plants are used to treat a variety of illnesses and generate income. The use of plants in the treatment of various human maladies has been mentioned in Ayurveda and other Indian literature. The world over, medicinal plants are a crucial source for treating serious diseases.
- Plants have been used as traditional medicine by humans for thousands of years. The pharmacological effects of medicinal plants have been viewed as a promising new drug or medicine for the management of healthcare in the twenty-first century. Almost all cultures use medicinal plants as a source of health care.

Biography

Prof. K. Anil Kumar is a Head of the Department, Janapada Sampada Division at Indira Gandhi National Centre for the Arts (IGNCA), New Delhi. He has published a good number of research papers and articles in journals and edited books of repute. He is the author of three books. Prof. Kumar has participated in many National and International seminars and presented papers. He has been actively associated with major and minor research projects and surveys with EPTRI, NIN, FHI, IPPG, UGC, DFID and Jamsetji Tata Trust. He is the recipient of Maulana Abul Kalam Azad Excellence Award of Education-2020 by Shikshak Kalyaan Foundation for his outstanding contribution in the field of education.

Dr. Kirti Bhati

Professor, HOD Dept. of Swasthvritta & Yoga, College of Ayurved, Bharati Vidyapeeth (Deemed to be University), Pune, Maharashtra India

Holistic perspective of ayurved tradition need of era

Purpose: Present era is advanced and competitive. In this competitive world Ayurvedic institution is trying to establish itself as eternal science. Changes in lifestyle, food habits, workload, speed of life etc. in present scenario demand a lot of change in the Ayurvedic system of education. To survive in this contest and to achieve aspiration many changes are needed to organize in the present system and renaissance is the foremost aim of this revolution.

Methods: Research is required in any field to come up with new theories or modify, accept, or nullify the existing theory. The difficulties must be resolute in order to find a way to represent our science in front of the community. The issues become known from various fields like the curricular level functional-structural, objective – rational, goal-directed, manipulative, hierarchical approach, along with interpretive, humanistic, consensual and subjective, higher level bodies, and many more.

Results: Ayurved being ancient science, It is very unfortunate that we need to find ideas to bring a science like Ayurveda in limelight. There are many impediments that should be sorted out in order to succeed. The science of Ayurveda was established in ancient times to serve humanity. Adjustment and coping with situation and resolving led to victorious in the task.

Conclusion: By the end of the nineteenth century, Ayurved along with other indigenous systems of medicine such as Unani and Siddha were intensely prejudiced by their encounters with Western medicine. We all, Ayurvedic educators, and philosophers, should go hand in hand to establish new avenues in the field of research. There by the process should become a wise and organized scientific procedure, and work systematically in the direction of the desired goal.

Biography

Dr. Kirti Bhati currently is Professor, Head, Dept. of Swasthvritta & Yoga, College of Ayurved, Bharati Vidyapeeth (Deemed to be University), Pune, Maharashtra India. She studied Ayurved and Yoga at the University of Pune, Maharashtra, India and graduated as BAMS in 1995 and Post-graduation in 1997. She perused her PhD at Bharati Vidyapeeth Deemed to be University in 2017. She joined Bharati Vidyapeeth Deemed to be University, College of Ayurved in 1999. She is Secretary General, IASTAM India since 2021. She has published more than 35 research articles in international journals and is editor and reviewer in many in international journals.

Prof. Dr. Lamya Hayat

Biological Sc.dept.-Biochemistry program-Faculty of Science-Kuwait university

Extraction of 4 bioactive materials from *Arnebia decumbens* from Kuwait desert - Used as antibacterial & antifungal agents

Arnebia Decumbens (AD) plant belongs to Boraginaceae family. The roots used for extraction of bioactive materials. The extract contained 4 different components. They were: shikonin (E), deoxyshikonin (B), shikonin-isovalerate (C), and shikonin-acetate (D), identified using the modern spectroscopic techniques including IR, MS, ¹H-NMR, and ¹³C-NMR. The Biological activities of these compounds have been tested against two different microorganisms. These were *Candida albicans* (*C. albicans*) and *Helicobacter pylori* (*H. pylori*). Selectively, two of the 4 components (D and E) had an inhibitory effect on both microorganisms. Comparing the inhibitory effect (33.3%) of the antifungal drug 'Clotrimazole 50 mg/day' on *C. albicans*, D and E (60 µg/day) gave more efficient inhibition (49%) with no side effects. Gastric ulcer caused by *H. pylori* is medically treated by a triple therapy (Amoxicillin 1-2 g, Clarithromycin 1g, & omeprazole 80 mg/day. The dose=3080 mg/day). It was reported that the previous therapy resulted in 70% inhibition, with deleterious gastric side effects. The two shikonin derivatives (D and E) had an inhibition (41.6 %) of *H. pylori*, with a dose of 0.06 mg/day. Hence, D and E could confidently replace the triple therapy with no side effects.

Audience Take Away Notes

- It improves the accuracy of a design, and provides new information to assist in a design problem.
- If an extract of a plant had multiple functions then one should consider extracting with different material
- This work can be stretched to be studied in different fields

Biography

Lamya Hayat received her BSc. from the American university of Bierut 1975, The Msc in Kuwait from biochemistry dept.1980. travelled to University college London for her PhD in bioenergetics 1983. The post doc. was in UCL from 1985-1986. Another post doc was spend in Michigan university-USA. Exceptional women of excellence gifted by Dr. Harbeen Arora (Global chair person). presented in Women Economic Forum 2019, 11-16Th April. Nd-India. Global Women Peace Ambassador based on accomplishment in Women's Empowerment. Women Federation for World Peace International. 11 October 2022.



Dr. Mangala S Kotnis

Senior Healthcare Consultant, India

Use of ayurvedic “precision medicine” in selecting best appropriate treatment for patients

Precision medicine is an innovative approach that uses information about an individual's genomic, environmental and lifestyle information to guide decisions related to their medical management with the goal to provide more precise approach for the prevention, diagnosis and treatment of disease. Ayurveda, ancient traditional medicine of India, is based on the concept of three major body's constitution “Prakriti” and life forces (Vata, Pitta and Kapha). Perturbation of the tridoshas in an individual from his or her homeostatic state leads to diseases. These proportions of tridoshas are determined genetically (Shukra short) and are influenced by the environment (maternal diet, lifestyle) during development.” However, culture, ancestral features, and location of origin have an impact on Prakriti. Prakriti relates to the dosha balance at conception, whereas Vikruti alludes to the dosha balance in the present, and hence identifies the kind of imbalance or sickness. Prakriti and Vikruti are both made up of several “Doshas” in different quantities. Ayurveda emphasizes whole-body therapy by integrating physical, emotional, and mental health and believes that a person's dosha, or physiological humor, affects their character and wellbeing. In this paper we will see how simple evaluating factors can easily evaluate each individual information related to his medical condition which can be used to evaluate proper and precise plan for his disease prevention, diagnosis and treatment. This evaluation also helps healthy people to prevent disease which they are prone. The purpose of this research was to understand how one can treat their patients based on the disturbances of their particular doshas to understand the quantification of the amount of disturbance followed by its restoration to their homeostatic state via proper dietary and therapeutic regimes and to help healthy people to remain so by maintaining proper diet.

Audience Take Away Notes

- Can able to understand science behind Ayurvedic doctrine
- Audience will more easily accept the theories of Ayurveda and will look at it as well studied, referenced traditional knowledge
- This surely can be used by other faculty for humanity good especially when the cost of modern medicine is almost unaffordable to Asian countries
- This paper will help audience to understand how to prevent diseases
- Any future researchers will be able to implement in their research

Biography

Dr. Mangala Kotnis is Medical graduate with postgraduation (PhD) in Science and MBA in Entrepreneurship. Pursuing Fellowship in Gynac and Obs. Thought leader with 20 years of experience in pharmaceutical industry Ex Novartis, Ex Abbott with cross functional Medical Leadership Skills, a proactive hands-on approach to Medical Direction. She has worked with diverse set of internal and external stakeholders, strong expertise in clinical/real-world evidence generation, and has experience of science led business acumen across domestic and international markets with local (CPO India), Regional (AMAC) experience and global experience. Presently working as consultant and manages all aspects of medical events (advisory boards, Symposia, Expert forums, Global investigator meetings, educational webinars) execution, from identifying and engaging stakeholders with experience in operational process review of clinical/medical departments as well as medical writing (manuscripts, CSRs, Clinical summary's etc). She provides leadership, strategic direction towards conceptualizing, designing and implementing various Patient Access Programs, and a strategic framework for Market Access. She also has her clinic and practices medicine.

Mentor Sopjani^{1*}, Miribane Dërmaku-Sopjani²

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Flavonoids from therapeutic herbs to treat COVID-19

The Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) is the cause of COVID-19 disease. Through its viral Spike (S) protein, the virus enters and infects epithelial cells by utilizing ACE-2 as a host cell's receptor protein. The COVID-19 pandemic had a profound impact on global public health and economies. Despite the availability of various effective vaccinations and medications for COVID-19 prevention and treatment, the significant therapeutic potential of natural compounds derived from medicinal plants, particularly flavonoids, has garnered significant attention for potential use as medication. Flavonoids can fight viruses in two ways: directly or indirectly. They can prevent viruses from invading and inhibit replicating. Flavonoids can inhibit certain viral molecules that are involved in infection, especially viral proteases. Flavonoids possess notable immunomodulatory and anti-inflammatory characteristics, which encompass the capacity to inhibit many inflammatory cytokines. Furthermore, there is evidence to suggest that flavonoids possess a significant ability to attenuate the progression of COVID-19 in obese patients by promoting lipid metabolism. This review paper aims to elucidate the molecular structure of SARS-CoV-2 and the underlying mechanism of action of flavonoids on the virus. This study evaluates the potential anti-SARS-CoV-2 properties exhibited by flavonoid compounds, with a specific interest in their structure and mechanisms of action, as therapeutic applications for the prevention and treatment of COVID-19. Nevertheless, a significant portion of existing knowledge is based on theoretical frameworks and findings derived from *in vitro* investigations. Further research is required to better assess the effectiveness and safety of flavonoids in combating SARS-CoV-2, with a particular emphasis on *in vivo* and clinical investigations.

Audience Take Away Notes

- How the virus SARS-CoV-2, as a cause of COVID-19 disease, enters and infects cells?
- Various effective vaccinations and medications are now available to prevent and treat COVID-19
- The significant therapeutic potential of natural compounds derived from medicinal plants, particularly flavonoids, has raised particular interest in their use as medications
- Flavonoid compounds' potential anti-SARS-CoV-2 properties, with a particular interest in their structure and mechanisms of action, have therapeutic applications for COVID-19 prevention and treatment

Biography

Mentor Sopjani is a biologist with expertise in molecular cell biology, biochemistry, and molecular physiology. He received his Ph.D. degree in 2010 from Tuebingen University, Tuebingen, Germany. At present, he is a professor of biology courses at the Faculty of Medicine, University of Prishtina, Prishtina, Kosova. So far, he has published eight books, two book chapters, and about eighty scientific articles in the biomedicine research field. He has more than 2500 citations and a Hirsch index of 34. His research interest is also in the signaling pathways involved in the effects of metabolites from medicinal plants.



Minh-Man Pham Bui^{1,2*}, Dieu-Thuong Thi Trinh^{3,4}

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Evaluation of postoperative analgesic effect of auricular acupuncture therapy after surgical extraction of mandibular third molar

Postoperative pain following surgical extraction of Mandibular Third Molar (MTM) is a common occurrence. This study aimed to evaluate the analgesic effectiveness of Auricular Acupuncture (AA) in postoperative pain management following surgical extraction of MTM.

Objectives and Methods: The acupoint combination used included TF4, AH6a, TG2, LO1, and LO3 points. Phase one was involved a randomized, double-blind, controlled trial with 66 healthy volunteers. Based on the distribution of the fifth cranial nerve, this phase determine the pain threshold areas on the face. Phase two involved a split-mouth, double-blind intervention study with 60 patients undergoing two MTM surgical extraction sections. The study assessed pain reduction using the VAS score and recorded the usage of paracetamol. Adverse effects of acupuncture were also evaluated.

Results: In phase one, there was a significant increase in pain thresholds on the face in the AA at locations V₁, V₂, and V₃ bilaterally (p<0.05). In phase two, the VAS scores and the amount of paracetamol used at various postoperative time points were significantly lower in the AA group (p<0.01). No adverse effects were reported.

Conclusion: Auricular acupuncture at TF4, AH6a, TG2, LO1, and LO3 points is safe and highly effective in reducing postoperative pain following MTM surgical extraction.

Audience Take Away Notes

- Integrating auricular acupuncture as an alternative or complementary pain management technique in clinical practice, especially for patients who cannot use traditional pain medications.
- Improving patient care by offering a non-pharmacological pain management option that minimizes the risk of side effects.
- Utilizing the research findings to further investigate and refine acupuncture techniques in their own clinical or academic settings.
- Expanding their toolkit for pain management, particularly in dental and oral surgery practices.
- Enhancing patient satisfaction and outcomes by providing a holistic approach to pain management.
- Reducing dependency on NSAIDs, thus lowering the risk of associated complications such as gastrointestinal issues.
- Expand their research into non-pharmacological interventions for pain management, particularly in the field of auricular acupuncture.
- Integrate acupuncture techniques into their teaching curriculum, offering students a broader understanding of alternative medicine.

- Conduct further studies on the long-term effectiveness and safety of auricular acupuncture in various clinical settings.
- Simplifying pain management strategies in clinical practice.
- Providing a time-efficient and cost-effective alternative to traditional pain medications.
- Reducing the complexity of postoperative care by minimizing the need for multiple pain management interventions.
- Promoting a more holistic approach to patient care by integrating traditional and modern medical practices.
- Potentially reducing healthcare costs by minimizing the use of expensive pharmaceuticals.
- Enhancing the understanding of how traditional medicine can complement modern medical practices.

Biography

Dr. Minh-Man Pham Bui studied Traditional Medicine at University of Medicine and Pharmacy at Ho Chi Minh City (UMP) and graduated as MD in 2012. He received the Master degree in 2015 and the PhD degree in 2024. At the present, he is the Head of the Unit of International Cooperation and Research, Faculty of Traditional Medicine, UMP and is also the Head of Department of General Administration, University Medical Center Ho Chi Minh City-Branch 3. He has been a member of the board of authors of about 12 textbooks and reference books in the field of Traditional Medicine and Acupuncture, about 8 research articles in SCI(E) journals, and more than 50 research articles in Vietnamese scientific journals.



Munmeet Dhankhar*, Raghava Muni, Mihaela Tamas, Ioana Hudrea

Satyah, USA

Challenges on working with a glioblastoma patient - A case study

Background: Glioblastoma Multiforme (GBM) is the most malignant and pervasive glioma subtype, representing the most common primary brain tumor in adults. Despite its rarity, with a global incidence of fewer than 10 per 100,000 people, GBM has a poor prognosis, with a survival rate of just 14-15 months post-diagnosis. This case study examines a patient's medical journey, initially diagnosed with grade 2 astrocytoma in 2016, which recurred as grade 4 astrocytoma (GBM) in 2022.

Case History: Following the diagnosis of grade 2 astrocytoma in 2016, the patient underwent surgery and radiotherapy, stabilizing and returning to normal activities within a month. For seizure control, the patient was maintained on Tegrital and Frisium. However, in March 2022, the tumor recurred as GBM, necessitating a second surgery, six weeks of radiotherapy, and a year-long course of higher-dose oral chemotherapy. The patient remained stable until mid-2023, when significant neurological decline began, including impaired motor function, cognitive deterioration, vision problems, and loss of interest in daily activities. By August 2023, severe mobility issues, communication difficulties, frequent vomiting, disturbed sleep, and cognitive decline were evident. In September 2023, Tibetan medicine was introduced as an alternative treatment, alongside physiotherapy and dietary adjustments to a vegetarian diet supplemented with vitamins.

Method: Our team proposed various alternative therapies, such as CBD oil, fasting, hydrogen inhalation therapy, ozone inhalation, photodynamic therapy, sound therapy, meditation, yoga, reiki, pranayama, recall healing, and family constellations and many more. Research by our clinician on the latest GBM treatment methods, sourced from PubMed, JAMA, NEJM, and other relevant sources, was conducted for over a year. When our alternative therapies team member joined the project, additional research was done on methods supporting allopathic treatments. The documents compiled research was presented to the patient and family through constant communication, including phone conversations, house visits, and meetings, emphasizing the importance of building a connection. As allopathic treatment options were exhausted, the family started considering alternative approaches.

Results: High stress levels within the patient's family made it challenging to communicate and integrate the extensive information provided by our team. The year and a half-long research indicated potential benefits of alternative therapies in improving chemotherapy's secondary effects, strengthening the immune system, and enhancing overall well-being. The potential connection between emotional states and disease progression was acknowledged by the family but not deeply explored. Overall, the family showed reluctance towards the alternative therapies presented.

Conclusion: This case underscores the need for robust evidence supporting the combination of alternative treatments with allopathic medicine for sustaining patients with GBM. However, more research and practical experience are necessary. Additionally, building a trusting relationship with patients and their caregivers is essential for effective communication and support. This connection helps patients and caregivers feel heard and secure, facilitating the integration of comprehensive treatment plans.

Audience Take Away Notes

- Will be able to learn about alternative therapies for GBM and learn from our experience
- Could learn from our experience to work with patients and families
- They could learn about alternative therapies for GBM and learn about the challenges of working with patients and families
- It provides some solutions in how to work with patients and families based on our experience
- It could aid in better designing the collection of scientific evidence for alternative therapies and enhancing collaboration with patients and their families.
- List all other benefits.
 - o New information on alternative therapies
 - o Improving working with patients and families
 - o Better dissemination of scientific knowledge

Biography

Munmmet Dhankhar is currently a senior at Central Buck High School Sounth in Philadelphia, USA, and she is working as a researcher at Satyah Integral Wellbeing, helping with finding alternative methods for working with patients. She wants to become a physician and will be applying to colleges this year. Munmeet's wish is to provide the best medical solutions and help cure patients.

Katharina Gaertner^{1,8} Dr., Klaus von Ammon¹ Dr., Philippa Fibert² Dr., Michael Frass³ Em. Univ.-Prof. Dr., Martin Frei-Erb¹ Dr., Christien Klein-Laansma⁴ Dr., Susanne Ulbrich-Zürni^{5,6} Dr., Petra Weiermayer^{7*} Dr.

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Recommendations in the design and conduction of randomised controlled trials in human and veterinary homeopathic medicine

Background: Randomised Controlled Trials (RCTs) are an established research method to investigate the effects of an intervention. Several recent systematic reviews and meta-analyses of RCTs with homeopathic interventions have identified shortcomings in design, conduct, analysis, and reporting of trials. Guidelines for RCTs in homeopathic medicine are lacking.

Objectives: This paper aims to fill this gap in order to enhance the quality of RCTs in the field of homeopathy.

Methods: Identification of the homeopathy-specific requirements for RCTs by reviewing literature and experts' communications. Systematization of the findings using a suitable checklist for planning, conducting, and reporting RCTs, namely the SPIRIT statement, and high-quality homeopathy RCTs as examples. Cross-checking of the created checklist with the RedHot-criteria, the PRECIS criteria, and a qualitative evaluation checklist. Consideration of the REFLECT statement and the ARRIVE Guidelines 2.0 for veterinary homeopathy.

Results: Recommendations for future implementation of RCTs in homeopathy are summarized in a checklist. Alongside, identified useful solutions to the issues encountered when designing and conducting homeopathy RCTs are presented.

Conclusions: The formulated recommendations present guidelines additional to those in the SPIRIT checklist, on how to better plan, design, conduct, and report RCTs in homeopathy.

Keywords: Guidelines, Homeopathy, RCT, Randomised Controlled Trial, Recommendations, Veterinary Homeopathy.

Audience Take Away Notes

- The recommendations provide systematic methodological guidance for homeopathic RCTs, especially with individualized homeopathy. The compiled recommendations may serve to better plan, design, conduct and report RCTs in homeopathy in addition to the SPIRIT-checklist. Whereby, the specific challenges of the individualized homeopathic approach need special attention, including possibilities

to reproduce the individualized HMP selection, and to reflect daily homeopathic practice.

- Replication of RCTs increases the credibility and recognition of the results by the academic community and enables to conduct systematic reviews and/or meta-analysis of particular interventions. Hereby, the various innovative and previously tested designs that were presented in this paper, each one suitable for a different type of research question, are to be considered.
- These recommendations could be use by other all other complex medical disciplines to expand their research and to assure methodological quality.

Biography

Dr. Petra Weiermayer studied Veterinary Medicine at the University of Veterinary Medicine, Vienna, Austria, Bulgaria and graduated as DVM in 2007 followed by an internship at the equine clinic of the University of Veterinary Medicine, Vienna. She was employed as a clinical assessor at the Austrian Agency for Food and Health Safety from 2009 to 2014. Since 2012 she works as a horse practitioner in her own practice and since 2023, she is employed as scientific employee (post-Doc) at the University of Veterinary Medicine. She received her Specialist Veterinarian for Homeopathy degree awarded by the Austrian Chamber for Veterinarians in 2018. She has published more than 10 research articles in SCI(E) journals and gave lectures at different universities for human and veterinary medicine.



**Pr Rose NGONO Mballa-Abondo^{1*}, Dr. Ossonemane Yvanna²
PharmD**

¹PharmD., DEA, D3C, PhD Associate Professeur Pharmacotechny and Pharmacognosy

²Researcher, Department of Pharmacology and Traditional Medicine, Faculty of Medicine and Biomedical Sciences

Standardization of a recipe based on the roots of *Carica papaya* and the leaves of *Alchornea cordifolia* traditionally used for its healing properties

Introduction: In order to promote traditional medicine, we have standardized a recipe based on the roots of *Carica papaya* and the leaves of *Alchornea cordifolia* traditionally used for its healing properties. This process went through ethnobotanical, phytochemical and pharmacological standardization.

Methodology: This was an experimental study which took place from November 25, 2023 to May 31, 2024. The ethnobotanical survey was done with a traditional health practitioner in Yaoundé, and 02 plants were identified at National Herbarium. A healing recipe obtained served as a basis for producing the monographs, after qualitative and quantitative phytochemical screening. Then antioxidant pharmacological activity in vitro were done.

Results: Monographs drawn up revealed presence of starch granules, suber, epidermal cells, fibers and palisade tissues. The phytochemical screening showed presence of polyphenols, flavonoids, mucilages, saponosides, tannins, cardiac glycosides, carbohydrates, proteins, lipids, vitamin C. 03 recipe extracts at doses (75/25),(50/50),(25/75) were evaluated for antioxidant activity; the extract with faster healing properties was (75/25).

Conclusion: Results obtained allowed us to develop monographs of plants, for our contribution to the future Cameroonian pharmacopoeia. In addition, the phytochemical and pharmacological study demonstrated the presence of biological markers responsible for the healing activity of recipe. The extract (75/25) was more effective. We can affirm in view of the results obtained that standardization is keen to promote traditional medicine.

Keywords: Recipe, Phytochemical and Pharmacological Standardization, Traditional Medicine.

Audience Take Away Notes

- The importance of standardization of traditional recipes to discover new therapeutics
- The development of innovative means to standardize recipes
- Standardization leads to adequate results for valorization of traditional medicine

Biography

Dr. Ngono Mballa Rose, studied pharmacy at Marseille Mediterranean Faculty of Pharmacy, France and graduated as PharmD In 1988. She joined the Ministry of Research at IMPM from 1989 to 1993; and graduated as 3rdCycle Dr. in Biochemistry at 1993, Yaoundé 1 University. After she become Director of Pharmaceutical Services, (1995 to 1998). Then she worked as Temporary Adviser in WHOAFRO (1999-2000); Technical Officer in WHO Geneva (2001); WHO National Officer in Cameroon Country office (2002-2011). She came back to academic as Lecturer (2012-2016), Senior Lecturer (2017-2022); she received her PhD degree in 2021 at UY1. Meanwhile, she is Chair of the department of Pharmacology and Traditional Medicine since 2017, and DG LANACOME from 2015 to now. Associate Professor by January 2023, she has published more than 30 research articles and books.



Dr. Prashant Sakharam Bhokardankar

Professor, Department of Rasshastra Bhaishajya Kalpana, Datta Meghe Ayurvedic medical college Hospital and Research centre Nagpur, Maharashtra, India

Ayurveda nano medicines for health of world population

Ayurved caters great health solutions to human man kind since 3000 years back. The use of these medicines is widely used by traditional vaidyas/doctors for better health since ancient times in India and its neighbor countries.. The upper hand of the Ayurvedic drugs are having great efficacy and lesser side effects. As well as versatile drug choices for the use of patients. Having so many numbers of herbal and polyherbal/ herbomineral drugs it can give insight into new development of molecules for various ailments at lower doses having higher efficacy.

In Ayurveda current drug dosage forms are having some conventional approach towards drug delivery part. But need of hour is to highlight the possibilities of making these drugs at nano level. Various Ayurvedic texts given several formulations like bhasmas. Rasshastra is the main branch of Ayurveda which has highlighted these type of context for use of these drugs at nano level. There is need of critical review of current research going on this topic and what classical Ayurveda texts mentioned about these drugs and their classical references also.

The current presentation will highlight recent developments in this same field with giving classical approach towards new integrated safer drug to the patients. It can create greater chance to deliver the drugs at lower doses without affecting any efficacy of traditional drugs and having no interruption to the Ayurvedic pharmaceutical concepts. So at the end of presentation possibilities can be highlighted with solutions of traditional drugs at Nano medicines

Audience Take Away Notes

- They will get topic at deeper in sight to understand the traditional drugs use as a Nano medicines.
- There is great chance of collaborative research work.
- This research could be used by other faculty to expand their own research or teaching
- It could be most sophisticated way everyone can use the Traditional medicines
- It will create the bridge between various faculties

Biography

Dr. Prashant Bhokardankar is BAMS, He did his MD ayurveda in Rasshastra from Govt.ayurveda college Nanded India in 2005. He started his career as a Lecture in Dept. of Rasshastra-Bk at siddhakala Ayurved college Sangamner. After that he served various pharma companies like Dabur and Arya Vaidya Pharamcy coimbatore. Currently he is working as a Professor at DMAMCHRC Nagpur from 2019. He has published various national and international research papers in indexed Journals. He has organized various seminar and workshops on traditional medicines so called ayurvedic medicines. He worked as Principal investigator for various funded Research projects in his tenure. He has vast experience in Ayurveda Pharma sector.



Raffaele Pilla Pharm D, PhD

St. John of God Hospital – Fatebenefratelli, Benevento, Italy

Therapeutic ketosis and the broad field of applications for the ketogenic diet: Ketone ester applications & clinical updates

It has been recently shown that nutritional ketosis is effective against seizure disorders and various acute/chronic neurological disorders. Physiologically, glucose is the primary metabolic fuel for cells. However, many neurodegenerative disorders have been associated with impaired glucose transport/metabolism and with mitochondrial dysfunction, such as Alzheimer's/Parkinson's disease, general seizure disorders, and traumatic brain injury. Ketone bodies and tricarboxylic acid cycle intermediates represent alternative fuels for the brain and can bypass the rate-limiting steps associated with impaired neuronal glucose metabolism. Therefore, therapeutic ketosis can be considered as a metabolic therapy by providing alternative energy substrates. It has been estimated that the brain derives over 60% of its total energy from ketones when glucose availability is limited. In fact, after prolonged periods of fasting or Ketogenic Diet (KD), the body utilizes energy obtained from Free Fatty Acids (FFAs) released from adipose tissue. Because the brain is unable to derive significant energy from FFAs, hepatic ketogenesis converts FFAs into ketone Bodies-Hydroxybutyrate (BHB) and Acetoacetate (AcAc)-while a percentage of AcAc spontaneously decarboxylates to acetone. Large quantities of ketone bodies accumulate in the blood through this mechanism. This represents a state of normal physiological ketosis and can be therapeutic. Ketone bodies are transported across the blood-brain barrier by monocarboxylic acid transporters to fuel brain function. Starvation or nutritional ketosis is an essential survival mechanism that ensures metabolic flexibility during prolonged fasting or lack of carbohydrate ingestion. Therapeutic ketosis leads to metabolic adaptations that may improve brain metabolism, restore mitochondrial ATP production, decrease reactive oxygen species production, reduce inflammation, and increase neurotrophic factors' function. It has been shown that KD mimics the effects of fasting and the lack of glucose/insulin signaling, promoting a metabolic shift towards fatty acid utilization. In this work, the author reports a number of successful case reports treated through metabolic ketosis.

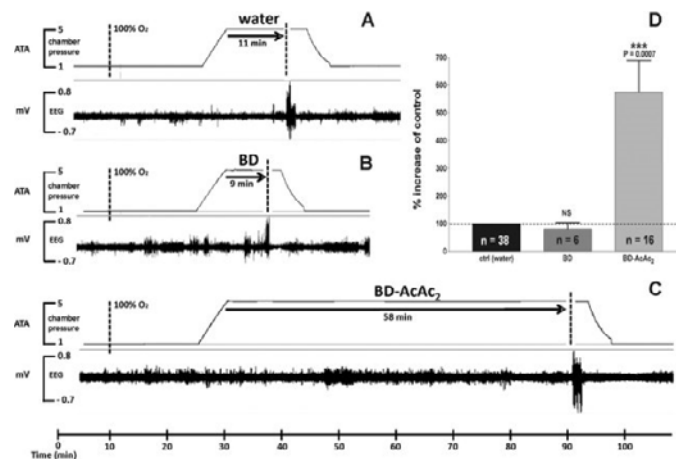


Figure 1: Ketone Ester significantly increased resistance against Central Nervous System Oxygen Toxicity seizures (D'Agostino D.P. et al., 2013 Am J Physiol Regul Integr Comp Physiol. 304(10):R829- 36).

Biography

Raffaele Pilla, Pharm.D., Ph.D., Doctor Europaeus, received his Master's degree in Pharmacy at G. d'Annunzio University in Chieti-Pescara, Italy in 2005, where he also served internships at the Cell Physiology Laboratory and Molecular Biology Laboratory. Prior, he was an Erasmus Student at Faculté de Pharmacie de Reims in Reims, France. He received his Doctor Europaeus in 2010 from Pitié-Salpêtrière Institute in Paris, France. Also in 2010, he received his Ph.D. in Biochemistry, Physiology, and Pathology of Muscle at G. d'Annunzio University in Chieti-Pescara, Italy. He was hired as a Postdoctoral Scholar in the Department of Pharmacology and Physiology at the University of South Florida in Tampa, on two research grants funded by the Office of Naval Research (US Navy) and Divers' Alert Network. He has written and lectured widely worldwide. He has been involved in ongoing research at the University of South Florida with the use of ketone esters.



Rasham Sallah-Ud-Din*, Kuo-Pin Yu

Institute of Environmental and Occupational Health Science, National Yang Ming Chiao Tung University, Taipei, Taiwan

Can essential oils from patchouli and harmal help combat airborne viruses? A preliminary in-vitro study?

Invisible airborne viruses, from crowded commutes to simple coughs, pose a significant global health threat, as exemplified by COVID-19 and influenza. This study explores the potential of essential oils of Patchouli (*Pogostemon cablin*) and seed oil of Harmal (*Peganum harmala*) to combat these viruses. We will also evaluate the antiviral activity of isolated bioactives present in these oils from these essential oils using in vitro assays with well-established surrogate model viruses, Bacteriophage MS2 and Phi 11. This safe and controlled environment allows us to assess the ability of these plant-derived compounds for the inactivation of airborne viruses. We anticipate a time and dose-dependent antiviral effect with minimal cytotoxicity. Additionally, cytotoxicity and genotoxicity testing will be conducted to ensure the safety profile of these oils and active compounds. This research investigates a novel approach using bioactives from Patchouli and Harmal to combat airborne viruses, and positive results would pave the path for further exploration of these compounds as potential antiviral therapeutics.

Audience Take Away Notes

- Importance indoor air quality
- Antiviral potential of Patchouli and Harmal in vapour phase
- Preparedness towards growing resistance of infectious microbes

Biography

Ms. Rasham Sallah-Ud-Din. Studied Environmental Sciences at Hafiz Hayat University, Pakistan. Currently she is Ph.D. candidate at National Yang Ming Chiao Tung University (NYCU), Taiwan, researching essential oils and traditional Chinese herbs for indoor air purification. Eager to network with aromatherapies and essential oil researchers.



Ratchuporn Suksathan*, Apinya Rachkeeree, Ratchadawan Puangpradab, Pawenud Thongdang, Prateep Panyadee, Wittaya Pongamornkula, Sarayut Rakarchaa

Queen Sirikit Botanic Garden, The Botanical Garden Organization (QSBG),
Ministry of Natural Resources and Environment, Chiang Mai 50180, Thailand

Monoamine oxidase inhibitory and antioxidant of aromatic plants in Thailand

Selected essential oils from 5 aromatic plants in Thailand were analyzed for chemical composition, antioxidant properties (DPPH and ABTS assays), as well as their monoamine oxidase inhibitory activity. Leaves of *Aegle marmelos* (L.) Corrêa and *Litsea membranifolia* Hook.f., fruits of *Myristica fragrans* Houtt., and rhizomes of *Wurfbainia biflora* (Jack) Škorničk. & A.D. Poulsen, and *Zingiber officinale* Roscoe, were collected in Thailand. The essential oils obtained by hydro distillation were identified by Gas chromatography mass spectrometry with headspace solid phase microextraction. *M. fragrans* fruit oil showed satisfied antioxidant property due to IC₅₀ value at 39.39 mg/mL evaluated by DPPH assay. While leaf oil of *L. membranifolia* was the great choice for both antioxidant with 123.07 mg TEAC/g sample analyzed by ABTS.+ assay, and MAO-B inhibition with IC₅₀ value at 11.38 mg/mL. The mixed essential oils were formulated as QSBG blends and evaluated by in-vitro tests to promote the potential of aromatic plants for pharmaceutical products.

Audience Take Away Notes

- Chemical compounds of 5 essential oils from Thailand
- The potential of essential oils of aromatic plants for antidepressants and antioxidants
- New sources for natural products

Biography

Dr. Ratchuporn Suksathan is a researcher at the Research and Product Development Group, Department of Research and Conservation, Queen Sirikit Botanic Garden, The Botanical Garden Organization, Chiang Mai, Thailand Ministry of Natural Resources and Environment. She has completed a PhD in Pharmaceutical Science, MSc. and B.Sc. in Botany from Chiang Mai University, Thailand. Her academic strengths and skills include; phytochemistry, aromatic plants, biological activities and natural products. She is the inventor on 9 granted Thai petty patents involved in natural products. She has published documents international journals with 186 Citations by 173 documents with 8 Scopus h-index.

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The “loss of the spirit” due to fright (“Susto”) among the Mazatecos of Oaxaca, Mexico. A historical and ethnographic review (1900-2021)

In various parts of the world there is the belief-very generalized-of the loss of the soul, spirit or other vital soul entity separable from its corporeal continent. In other words, in the cosmovisions of the original peoples of Asian nations (such as China, Japan, Thailand, and others), in Africa and America (especially Mesoamerica and the Andes), the real possibility of the temporary separation of the soul or spirit and even leading to the death of the affected person is thought to exist.

It is an affliction of pre-Hispanic origin that can be found throughout indigenous and mestizo America. In the case of the Mazatec indigenous people, located in the Mexican Southeast, the “susto” or “espanto” (fright) is produced by a surprising, violent and traumatic event, which causes the separation of the soul entity called “spirit”. In this presentation-with historical documentary information and ethnographic fieldwork-we present its frequent causes, the way to reach the diagnosis, the different treatments (including in extreme cases the use of psychoactive mushrooms), prevention and the relevance of the role of traditional Mazatec doctors in the return of the soul entity to the body of the person suffering from the disease.

Biography

Dr. Roberto Campos-Navarro is a family doctor with a Master's and a Ph.D. degree in Social Anthropology from the National School of Anthropology and History (Escuela Nacional de Antropología e Historia, ENAH) and the National Autonomous University of Mexico (Universidad Nacional Autónoma de México, UNAM) respectively. He is a professor in Medical Anthropology at UNAM Faculty of Medicine since 1987. He teaches postgraduate courses in México and Spain and has presented in multiple conferences in multiple countries of Latin America and Europe. He has authored several books, articles, and book chapters on Mexican traditional medicine in the last 40 years. He is also a level 3 (the highest) researcher at the National Bureau of Research and Technology in Mexico (Consejo Nacional de Ciencia y Tecnología, CONACYT) and belongs to the Mexican National Academy of Medicine.



Dr. Rudra Pratap Singh Rajput^{1*}, Dr. H. V. Gangadharappa², Dr. Anshita Gupta Soni³, Dr. Deepak Kumar Dash¹

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Formulation, characterization and evaluation: Micellar loaded complex of *Cuminum cyminum* to treat causing disease of COVID 19 (Respiratory Infection)

Background: Corona viruses are a family of viruses that can cause illnesses such as the common cold, Fever, Severe Acute Respiratory Syndrome (SARS), Middle East Respiratory Syndrome (MERS), Cancer, Asthma etc. Respiratory Infection (RTI) is a viral spreading disease and it transmits from individual to individual, particularly in youngsters and aged peoples. The treatments are available but have so many limitations. To treat RTI, the phyto-constituent antibacterial drug cuminaldehyde (*Cuminum Cyminum L.*) was selected but it exhibits low bioavailability, poor water-solubility and is rapidly eliminated from the body.

Objectives: To overcome these issues, novel drug delivery (nanoparticle) based micellar loaded complex approach was adopted.

Methods: In this study, the Micellar (CM) was prepared by mixing of cuminaldehyde and soya lecithin using anti-solvent precipitation technique and further the Micellar Loaded Complex (CMLC) was prepared by loading of Micellar (CM) in aqueous solution of chitosan. The physical compatibility studies by DSC and FT-IR, demonstrated the confirmation of CMLC with soya lecithin and chitosan.

Results: The optimized CMLC and CM were irregular particle shapes and crystalline structures, with a mean particle size of 279.10 ± 0.02 nm, 296.24 ± 0.10 nm and zeta potential of -8.18 mV, -8.77 mV, respectively. The % entrapment efficiency and % drug loading of CMLC (72.13 ± 0.26 %, 06.46 ± 0.01 %) and CM (89.09 ± 0.20 %, 08.05 ± 0.19 %) was found efficiently. The in vitro release rate of CM (88.09 ± 0.41 %) was slower than CMLC (89.02 ± 0.06 %) in pH 7.4 phosphate buffer up to 24 h by diffusion process (Korsmeyer Peppas model).

Conclusion: Furthermore, CMLC has shown the potent in vitro antioxidant activity, susceptible antibacterial activity and significant anti-inflammatory activity as compared to CM against stress, microbial infection (*S. aureus* and *E. coli*) and inflammation which were causable reason for the respiratory infections. CLMC has shown the significant bioavailability and more efficient hematological parameters value on rabbit blood against the incubation of bacterial organism. CLMC may have the effective potential to treat causing disease of COVID 19 i.e. RTI.

Keywords: Corona virus, Respiratory infection, Micellar Formation, Cuminaldehyde.

Biography

Dr. Rudra Pratap Singh Rajput completed Ph.D at JSSAHER, Mysuru (Karnataka) in 2018. Further, He joined as Assistant Professor in Jeypore College of Pharmacy, Odisha in Aug, 2018 and continued his academic profession in Columbia institute of Pharmacy, Raipur since 29th April, 2019 to 17th Feb, 2023. Further He joined to Royal College of Pharmacy, Raipur on 18th Feb, 2023 and continuing till date. He has supervised 8 degree and 7 post graduation students to accomplish project dissertation work. He has more than 33 publication in SCI(E) indexed reputed journals. He also received an international travel grant from ICMR, New Delhi to present his work on international platform. He actively participated in various national and international conferences.



Shahryar Eghtesadi^{1*} Ph.D; Sanaz Tavasoli² M.D. Ph.D; Amir-Hassan Zarnani³ D.M.T. Ph.D; Mohamadreza⁴ Vafa PhD; Maziar Moradi-Lakeh⁴ M.D; Alireza Sadeghipour⁴ M.D; Maryam Eghtesadi⁵ M.D

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The effect of pomegranate extract on survival and peritoneal bacterial load in cecal ligation and perforation model of sepsis in rats

Sepsis is one of the major causes of death in intensive care units. Oxidative stress and hyper-inflammation has been shown to be major cause of mortality and morbidity in septic cases. Pomegranate is a fruit which is considered for its antioxidant and anti-inflammatory properties. The aim of this study was to evaluate the effect of POMx, a standard pomegranate extract, on mortality and peritoneal bacterial load in Cecal Ligation and Perforation (CLP) model of sepsis in rats. Male wistar rats were divided into four groups: sham; CLP; prevention [consumed POMx (250mg of polyphenols/kg/day) for 4 weeks and subjected to CLP]; treatment [subjected to CLP and then received a single drink of POMx (250mg of polyphenols/kg)]. Sepsis was induced by CLP surgery. Ten days survival rate of all groups (subdivided into with and without antibiotics subgroups) were recorded. Peritoneal bacterial load of animals were also assessed. Data were analysed using log-rank and Kruskal-Wallis tests. There were no significant differences in survival rates of CLP, prevention and treatment groups, in subgroups without antibiotics. However, in subgroups with antibiotics, the prevention group had significantly lower survival rate than sham group ($p < 0.05$). Conversely, the bacterial load of prevention and treatment groups were significantly higher than sham group ($p < 0.01$). In conclusion our study demonstrated that pomegranate extract could increase mortality rate via increasing peritoneal cavity bacterial load, in CLP model of sepsis. More studies to assess mechanisms of this effect are warranted.

Biography

Dr. Shahryar Eghtesadi received Bachelor degree in Nutrition Science and Food Chemistry 1975, from Shahid Beheshti University of Medical Sciences, Tehran; MSPH degree in Nutrition, 1977, from Tehran University of Medical Sciences, Tehran and PhD from University of California at Davis (UCD), USA, in Nutrition (1985). He served as Visiting Scientist in USDA Human Nutrition Research Center on Aging (HNRCA), Boston, USA (1994-1995); Full professor of Tabriz, Iran and Tehran Universities of Medical Sciences and currently serves as Professor of Azad University, Science & Research Branch, He was the chairs of Departments of Nutrition and Biochemistry, Biochemistry & Clinical Nutrition, Public Health Nutrition and Nutrition in aforementioned Universities. Also Served as Associate Dean and Dean of School of Public Health & Nutrition and School of Public Health of Tabriz and Iran Universities of Medical Sciences respectively. He was selected as distinguished professor and Scientist. For long and extended period of time, experienced teaching various courses in nutrition in undergraduate, graduate and postgraduate and international Bureau programs and directed many projects and dissertation of MS and PhD programs and Published numerous peer reviewed articles in journals and also edited several books and finally served as Principal Investigator of World Bank Project for Capacity Building in Nutrition in Iran.



Dr. Shankerbhai Bhikhubhai Patel*, Ms. Vaishaliben Vishalkumar Shah

D Anand Tapovan Navtad, Tal-Vansda, Dist-Navsari, State-Gujrat, India

Yoga and prana dharna complete energy healing

In recent years, there has been a growing recognition of the holistic benefits of yoga therapy in addressing various physical, mental, and emotional health issues. The demand for qualified yoga therapists has surged, creating abundant career opportunities in this field. Yoga therapy is a specialized branch of yoga that utilizes its principles and practices to promote overall well-being and address specific health concerns. It involves personalized assessment and tailored practices to suit individual needs. Integrating various yoga techniques such as asanas (postures), pranayama (breathing exercises), meditation, and relaxation techniques helps alleviate physical ailments, manage stress, and enhance mental health.

Among various techniques Dhyān & Prāna Dharna is one of the most ancient practices in ancient Indian Scriptures. Prāna, the life force that controls all that exists in these three worlds, as described in the Upanishads, is an essential concept. Energy, defined by physics as the capacity to do work, can neither be created nor destroyed but can change forms. Prāna is the same as energy, electron flow, or something beyond the grasp of modern physics.

The human body is operated by major five pranans, if we learn to master this PRANA and directed it to the various part of body we can HEAL the entire body.

The Upanishads elucidate the concept of kundalini, a dormant spiritual energy coiled at the spine's base. Through yogic practices, particularly kundalini yoga, practitioners aim to awaken and channel this energy upward, traversing the chakras, and ultimately reaching a state of higher consciousness. This process is believed to lead to self-realization and a profound understanding of the interconnectedness between the individual soul (Atman) and the universal consciousness (Brahman). Meditation, a key component of yoga Upanishad, is presented as a gateway to transcending ordinary mind fluctuations and accessing higher states of awareness.

Prana Healing, known as Pranic Healing, involves manipulating the body's energy fields to restore health. Practitioners use their hands to scan the patient's energy field, identifying and cleansing areas of negative energy, followed by energizing these areas with fresh prana. This practice aims to balance the body's energy, enhance its natural healing capabilities, and address physical and emotional issues. Prana healing is based on the premise that the body can heal itself when its energy is balanced and free flowing.

Integrating these natural therapies into modern healthcare offers a complementary approach that can significantly improve patient outcomes. These practices emphasize a holistic view of health, where the body, mind, and spirit are interconnected. By focusing on the root causes of health issues rather than merely treating symptoms, these therapies promote preventive care and self-healing.

In conclusion, integrating traditional medicine, ethnomedicine, and natural therapies such as Yoga, Marma therapy, frequency healing, and Prana healing into contemporary healthcare can provide a more comprehensive and effective approach to health and wellness. Their emphasis on energy balance, preventive care, and the body's natural healing processes makes them invaluable in enhancing the quality of

healthcare. Continued research and integration into mainstream medical practices could yield significant benefits for global health outcomes, providing holistic and sustainable healthcare solutions.

Audience Take Away Notes

- Pran Manthan Kriya as an ancient Indian healing system and its practice as a drugless therapy
- How traditional Prana Healing can provide drugless therapy without any external instruments
- Opportunities for further research or teaching in the field of pranic energy and its applications
- Benefits of enhancing mental, physical, and spiritual capacity through pranic energy practices
- Methods to purify chakras and koshas to help cure or control mental and physical diseases

Biography

Dr. Shankerbhai Patel, Ph.D. (Yoga), is a Master of Yoga and Mental Health Psychology. He is a certified Yoga Master and Therapeutic Yoga Consultant by the Government of India, Ayush Mantralaya. He is the Director of Parmanand Institute of Yoga Science and Research, with a presence in more than 76 countries. He is a Senior Member of the Indian Counseling Association and an international member of the American Psychological Association, International Association of Yoga Therapy, and Yoga Alliance USA.



Dr. Sudhir Joshi

District Panchayat, India

Treatment of malnourished children by ayurvedic principles w.s.r to Charakokta Dashemani

Malnutrition in children is a serious threat to any civilization. The causes of this condition are manifold. Tremendous efforts are being carried out for resolving this problem. In this situation Ayurved can play a definitive role and henceforth a project was conceived aiming at improving the weight of malnourished children. Charak samhita-a mainstay for treatment purpose in Ayurved has described fifty groups, each comprising ten medicinal plants, known as dashemaani that are highly specific, condition oriented plants. In the present study, as per principles of Ayurved, the malnourished children were considered in Kaarshya condition/ Ras, Rakta, Maansa dhatu kshaya i.e condition of depleted muscle and fatty tissue and treated in that congruence. Nine children were selected for the study. To rectify it Vidarikand-*Ipomoea digitata*, a herb indicated in Brimhaniya-(drugs which increase weight of body) and Snehopag (drugs that increase the unctuousness and which oleate the body) dashemani and Yashtimadhu-*Glychrhizza glabra* indicated in Jivniya (which increase vitality of body) and Snehopag dashemani were selected. A trial of combination of Yashtimadhu and Vidarikand for treatment of malnutrition hasn't been carried out before but various research pointing towards their potential have done in an individual manner. Sonia et al in their paper "Ksheervidar (*Ipomoea Digitata*) an underutilised medicinal plant-an update "have stressed its multiple use along with its nutritional values. In same way various studies have been done on Yashtimadhu like its counteracting effect against radiation by Debrata das et al in their paper "Protective effect of Yashtimadhu against side effects of radiation/chemotherapy in head and neck malignancies, but an exclusive study of Yashtimadhu on weight gain has not been done and hence the study was designed. In the current study the results obtained were quite encouraging. Five children were upgraded weight wise and other children too showed moderate weight gain. Improvement in subjective criteria showed holistic effects of drugs. The results of this pilot project shows the huge potential Ayurved can offer in solving in this grave problem and its large scale study and implementation would be really worthy

Introduction: It's said that "Baalo hi Balam Rashtasya" i.e. Children are the real strength of any nation. The current status of children of Gujarat from nutrition angle isn't rosy at all. As per March 2016 data, 6 % of children in Gujarat are malnourished and 41.6 % children are having stunted growth. Now these data aren't acceptable at all. Ample efforts are being carried out by the authority for resolving this problem but still we are away from desired results. Malnourished children become a liability instead of an asset and they pose a serious threat for a healthy society-physically, mentally, socially as well economically. Ayurveda has much to offer in this condition hence a pilot project was designed for the same.

Methodology: Malnutrition can be considered as a condition similar to Kaarshya, a condition associated with Ras, Rakta and Mamsa Dhatu kshaya. Malnutrition is not simply underweight but it is accompanied by loss of vitality and vigour. In such condition taking underweight and lack of vitality as a benchmark, drugs having vyadhi pratyantik properties(ailment specific properties) for the same were selected i.e. drugs which are helpful in gaining weight and vitality were sought for. Children of aanganwadi of Vasvel village, Ta. Waghodiya, Dist. Vadodara were the subjects of the study.

- **Inclusion Criteria:** Nine children coming in yellow grade i.e. underweight children with reference to their age were included.
- **Exclusion Criteria:** Children having severe protein calorie deficiency were excluded from the study.
- **Criteria of Assessment:** Increase in weight, was taken as benchmark for the study. Subjective symptoms like increase in health status was also observed and assessed.

The dashemaani dravyas described by Acharya Charak are highly potent in the respective indications. Considering the condition of kaarshya in context of ras, rakta and mamsa dhatu kshaya, drugs from jivniya and brimhinaiya dashemaani were selected as shown below

- Jivniya dashemaani-Yashtimadhu¹
- Snehopag dashemaani-Yashtimadhu,Vidarikaand²
- Brimhiniya dashemani-Vidaarikand³

The additional benefit of both the above drugs is their good palatability.

Dose /Duration: Above formulation in 3:1(Vidarikand:Yashtimadhu) proportion in powder form was given. The dosage was 3 gms /day for 3-6 months.

Out of the selected nine subjects, 5 were male while 4 were female. All subjects belonged to 3-5 yrs of age group. All children were from lower socio-economic class. The Agni of all children was good. No other specific disease was found in any of the children.

Results:

| Sr. No. | Child | Sex | Age group | Weight(B.T) in kgs | Weight (A.T) in kgs |
|---------|-------|-----|-----------|--------------------|---------------------|
| 1 | a | M | 3-5 yrs | 11.2 | 13.8 |
| 2 | b | F | 3-5 yrs | 11.4 | 13 |
| 3 | c | F | 3-5 yrs | 12.6 | 13.9 |
| 4 | d | F | 3-5 yrs | 11.7 | 12.0 |
| 5 | e | M | 3-5 yrs | 10.9 | 11.8 |
| 6 | f | M | 3-5 yrs | 11.2 | 13 |
| 7 | g | M | 3-5 yrs | 9.4 | 11.5 |
| 8 | h | M | 3-5 yrs | 10 | 11.5 |
| 9 | i | F | 3-5 yrs | 11.8 | 11.9 |

Discussion: Malnutrition in children is a serious threat in our society. The data shows that its proportion is quiet alarming. In the present study malnourished children were considered as Kaarshya condition/ ras-rakta-mansa dhatu kshaya (equivalent to depletion of muscle tissue-fat tissue and nutritive components of body) and treated in that congruence. The Dashemaani drugs given by Acharya Charak are highly specific and have potent vyadhi pratyantik properties (ailment or symptom specific properties).In present study the dashemaani drugs were selected for the same. To rectify it Vidarikand indicated in Brimhaniya-(drugs

which increase weight of body) and Snehopag (drugs that increase the unctuousness and which oleate the body) dashemani and Yashtimadhu indicated in Jivniya (drugs that increase vitality) and Snehopag dashemani were selected.

The results obtained were quite encouraging. Five children were upgraded weight wise and other children too showed moderate weight gain. Improvement in subjective criteria shows wholistic effects of drugs.

As per modern research various isoflavones like puerarin, genistein, diadzein and tuberosin have been found in Vidarikand and in vivo and in vitro studies have proven its traditional use as a tonic, immunomodulator and an antioxidant drug. A study on vidarikandadi yog comprising Vidari Godhum and Yava in sports children has given promising results in weight gain and stamina.

As per modern research Yashtimadhu is rich in sugar, starch, amino acids and essential oils. It is good source of vitamin B complex group and vitamin E. It is also a rich source of phosphorus calcium, choline, iron, magnesium, potassium, selenium, silicon and zinc. It is rich in isoflavones, saponins and flavonoids which could be responsible for the various therapeutic uses attributed to it. Yashtimadhu is also found to enhance cortisol activity which leads to increased energy level.

Conclusion: Drugs mentioned in Acharya Charakokta Dashemaani viz Jivniya, Brimhaniya and Snehopag types were found to be very useful in treatment of malnourished children and a lot could be achieved with its justful use in solving this burning issue. The results obtained in this pilot study were encouraging and the thinkline behind it was also found fruitful. A large scale study is supposed to give promising results.



Sweta Srivastava Koka

Acropolis Institute of Pharmaceutical Education and Research, India

Determination of total phenolic, total flavonoid, total alkaloids, total tannin, total aldehyde and antioxidant activity of crude drug

The evaluation of phytochemicals and antioxidant activity in crude drugs is essential for understanding their therapeutic potential and guiding drug development. This study aims to quantify total phenolic content, total flavonoids, total alkaloids, total tannins, and total aldehydes in crude drug samples, and assess their antioxidant activities. Various crude drug samples were subjected to chemical analysis using standard methods such as the Folin-Ciocalteu method for phenolics, aluminum chloride colorimetric assay for flavonoids, bromocresol green spectrophotometric method for alkaloids, vanillin-HCl method for tannins, and 2,4-DNPH method for aldehydes. The antioxidant activity was evaluated using the DPPH radical scavenging assay and the ABTS assay.

Results indicated a wide range of phytochemical concentrations among the samples. Phenolic content ranged from X to Y mg GAE/g, flavonoids from A to B mg QE/g, alkaloids from M to N mg AE/g, tannins from C to D mg TAE/g, and aldehydes from E to F mg/g. The antioxidant activity showed a strong correlation with the total phenolic and flavonoid content, suggesting that these compounds significantly contribute to the antioxidant potential of the crude drugs.

This study provides valuable insights into the phytochemical composition and antioxidant properties of crude drugs, emphasizing their potential use in the development of natural therapeutic agents. The findings highlight the importance of phytochemicals in crude drugs and their possible applications in health care, promoting further research into their mechanisms of action and therapeutic uses.

Biography

Dr. Sweta Srivastava Koka M. Pharm, Ph.D. has more than 17 years of research and teaching experience. She is an academican with a vision to enrich students with the latest research. She did her M. Pharm from Smriti College of Pharmaceutical Education and Research Indore in 2008 and PhD from School of Pharmacy DAVV, Indore in 2017. She attended several national and international conferences organized in the pharmaceutical field. He received the "Inspirational Associate Professor Award" from the national society. She has guided more than 25 PG. She has more than 30 publications in national/international journals, 2 book chapters and 8 patents in her credit. She is a lifetime member of professional bodies like I APTI and IPA. She is currently working as a Associate Professor in Acropolis Institute of Pharmaceutical Education and Research Indore.



Tih Mathieu Koué Bi*, K. Hilaire Yaokokoré-Béibro

Educational and research unit of conservation biology and wildlife management, Laboratory for conservation of the natural environment and biodiversity, UFR Biosciences, Félix Houphouët-Boigny University, Abidjan, Ivory Coast

Importance of animals in traditional medicine: Case of the treatment of epilepsy with natural products based on some bird organs, in Abidjan, Côte d'Ivoire

Context: In rural areas, traditional medicine is one of the first resorts for a large number of populations. Sometimes, it is used to complement modern medicine, especially in the treatment of certain complex pathologies such as epilepsy. This medicine uses ethnomedicine, which, in turn, is largely based on ethnobotany. Thus, in the context of knowing whether ethnozoology can also be useful for this traditional medicine, we conducted a study in the communes of Adjamé and Attécoubé, which are full of a large number of animal organ traders and traditional healers in the city of Abidjan, Côte d'Ivoire. The main objective of this study was to find out whether traditional healers also use animal organs, mainly those of birds, in the treatment of complex diseases such as epilepsy.

Methodology: For three weeks, from May to June 2022, we conducted semi-structured interviews with 130 bird organ sellers and naturotherapists based in the communes of Adjamé and Attécoubé, in Abidjan. These people verbally gave their free consent after explaining the objectives of the study. Based on this objective, we determined the citation frequency of each species.

Results: Traditional healers also use animal organs, especially those of birds, to treat epilepsy. Thus, 12 species of birds from 9 families are used in this treatment. This list includes White Pelican *Pelecanus onocrotalus* Linnaeus, 1758 and Eurasian Spoonbill *Platalea leucorodia* Linnaeus, 1758 which are migratory species. The most cited species is Lappet-faced Vulture *Torgos tracheliotos* (Forster, JR, 1796) (HR=6.87). It is followed by Eurasian Spoonbill *Platalea leucorodia* Linnaeus, 1758 (FC=2.67) and Grey Parrot *Psittacus erithacus* Linnaeus, 1758 (FC=1.53). In the treatment of epilepsy, the whole bird and the head have the highest rate of use with 38% each. And each organ has its own process of use to treat this pathology.

Conclusion: Organs of 12 species of birds, including 2 migratory birds, are used to treat epilepsy. These results promote the close link between ethnoornithology and traditional medicine. They make it possible to understand that animal organs contain substances with therapeutic value that are very useful for treating humans. However, from a conservation point of view, this work opens up the conditions of use of migratory species.

Audience Take Away Notes

- Animal organs are also used in traditional medicine
- Ethnozoology is also associated with the promotion of traditional medicine
- 12 species of birds from 9 families are used in the treatment of epilepsy
- 2 Migratory species are used in this treatment
- 3 species are more cited: The Northern Vulture *Torgos tracheliotos* (Forster, JR, 1796) (FC=6.87), Spoonbill *Platalea leucorodia* Linné, 1758 (FC=2.67) and Grey Parrot *Psittacus erithacus* Linnaeus, 1758 (FC=1, 53).
- The whole bird and the head are the part most used by naturotherapists with 38%.

Biography

Dr. Tih Mathieu KOUÉ BI is an Ornithologist and Ethnozoologist. After field training from 2010 to 2013 with the Gouro people of the Marahoué region, he defended his doctoral thesis at the Félix Houphouët-Boigny University in 2016. Since 2018, Dr. KOUÉ BI has been a teacher-researcher at the Laboratoire des Natural Environments and Conservation of Biodiversity, at the UFR Biosciences of the same university. Author and co-author of 16 articles published in evaluated and indexed scientific journals, he has participated in several international conferences including the last 3rd International Conference of Traditional Medicine in TOKYO in 2022 and 6th International Conference of Traditional Medicine in France in 2024.



Tiruvur Ramashekhar Shantala Priyadarshini

International Indic studies University of Latvia Ayurveda chair Riga Latvia, Latvia

Multiple sclerosis - Ayurveda successful case reports

Background: Multiple Sclerosis (MS) is a degenerative neurological disorder, for which modern medicine offers no hope for cure. It is considered a chronic condition with complications ending with probable fatal consequences. Any means of improving treatment should be considered of great potential value. In the ancient system of Ayurveda, neurological diseases are grouped under the Vatavyadhi and autoimmune, degenerative and demyelinating conditions under avrtha vatavyadhi. Cases of diagnosed Multiple Sclerosis also confirming our understanding have been discussed.

Methods: The article compares the known pathology of multiple sclerosis with descriptions of the Vatavyadhi taken from Ayurveda's Charaka Samhita. Case reports include MRI reports before and during Ayurveda management have shown significant results. Multiple Sclerosis can be identified as 'Pranavrthavyana Vata Vyadhi. Of this disorder, Charaka Samhita states that maintaining vata balance are precautions that will slow or prevent its development, and that Vatahara treatments can be considered to restore balance. Diagnosed cases of MS have been enumerated here with management and results.

Discussion: The increasing prevalence of MS world-wide makes the development of a tried and tested means of treating the condition effectively is of urgent importance. Ayurveda speaks not only about prevention and management of this condition but also cure in certain auspicious cases. Personalized management considering several factors ensures better results.

Results & Conclusion: When patient records ;MRI shows no fresh active lesions, no new or old symptoms and quality of life has improved, Patient advised lifestyle and diet as advised when Ayurveda treatment was started. Cases followed from several years showing regression and absence of symptoms entails bigger scale of patients opting this management.

Audience Take Away Notes

- Ayurveda, the ancient Indian system of medicine shall help people diagnosed by Multiple Sclerosis (MS), their doctors to give better care
- Patients, clinicians, care givers and researchers will get a better over all concept of the condition and support in multiple ways
- Understanding the etiology, symptoms, pathology, diagnosis, prognosis and management shall guide the essential understanding for better life style of all concerned
- Ayurveda case reports shall add confidence in all concerned to take up this challenge of MS

Biography

Vaidya Tiruvur Ramashekar Shantala Priyadarshini, Masters in Ayurveda, Sanskrit and environmental Science. Has been deputed by Government of India as Ayurveda chair to university of Latvia. She has been invited as speaker & expert to University of Southern University of Adelaide Australia, Maharishi University of Netherlands, University of Srilanka, University of Latvia, World Ayurveda congress Berlin as invited speaker, chairperson, Known for publishing, reviewing, publishing in national, international journals.



Viktoria Luhaste

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Effect of an online ayurveda program on mental and physical health in home-based adults

Background and objective: Mental health complaints in Europe have increased significantly over the past few years. This study evaluated the effects, feasibility, and safety of an online multimodal, complementary intervention that addressed the etiological factors affecting individuals' mental and physical health.

Method: Ninety-eight home-based adults with mild to severe mental health and related physical symptoms were recruited across Europe through digital advertisements. This study used a single-arm repeated-measures design with individualized treatment groups to evaluate the influence of the Ayurveda Program for Detox and Lifestyle. This online program included an individualized Ayurveda diet, daily routine, yoga exercise, herbal detoxification procedures, and herbal preparations. Online standardized tests were used to assess anxiety, depression, physical symptoms (PHQ-SADS), fatigue (PROMIS), and body mass index (BMI) each month for four months.

Results: Eighty-five percent of the trial participants were female, and the mean age was 58. By the end of the fourth month, primary outcomes indicated a significant decrease in anxiety (55%, $p < 0.001$) and depression symptoms (45%, $p < 0.001$). The secondary outcomes showed a significant reduction in physical symptoms, including musculoskeletal, neurological, and digestive symptoms (42%, $p < 0.001$); fatigue (31%, $p < 0.001$); and BMI (2%, $p < 0.001$). The individualized treatment groups improved similarly in all measures, with no significant differences. The intervention was feasible and generally safe, with 91% retention, 70% compliance, and 6% adverse effects.

Conclusion: The initial results suggest that the Ayurveda Program for Detox and Lifestyle is safe and is associated with significant improvements in the mental and physical health of the study subjects. The trial provides insights into the feasibility and potential benefits of incorporating complementary lifestyle protocols into standard primary and mental healthcare practices. Future randomized controlled trials are warranted to control for confounding factors and confirm these findings in larger clinical populations.

Biography

Dr. Viktoria Luhaste holds a master's degree in Maharishi AyurVeda and Integrative Medicine and earned her Ph.D. in Physiology and Health in 2023, both from Maharishi International University, Fairfield, IA, USA. She is currently a faculty member in the Department of Physiology and Health at the same university, where she conducts postdoctoral research. Additionally, Dr. Durga is a distinguished curriculum developer for the International Foundation of Consciousness-Based Education at Maharishi European Research University in Holland.

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Pharmacopuncture therapy for dizziness in traditional Korean medicine: A systematic review

Background and Aims: This systematic review aimed at briefly exploring how effective pharmacopuncture therapy for dizziness is.

Methods: We searched publications in Medline, EMBASE, Cochrane Library, KoreaMed, China National Knowledge Infrastructure (CNKI), Cini, DBpia, KSI, Kiss, Kibase, NDSL and RISS. We included randomized controlled trials and well-designed non-randomized controlled trials that compared the effects of only pharmacopuncture or pharmacopuncture and usual therapies with any controls for dizziness.

Results: The risk of bias was assessed using the Cochrane tool. Three studies have been included with eligibility criteria (Fig 1). Risk of bias assessments showed mostly “unclear” because the included study reported the results poorly (Fig 2). This review found the evidence that pharmacopuncture therapy was effective as add-on therapy to acupoint therapy, physiotherapy and had additional benefits in increasing of CER for cervical vertigo. Also, it was recommended that pharmacopuncture therapy was effective as add-on therapy to western medicine and had additional benefits in increasing of CER for vasovagal syncope (Table 1).

Conclusions: Pharmacopuncture therapy had additional benefits as add-on therapy for cervical vertigo and vasovagal syncope. However, further studies are required to overcome the limitations of lack of study qualities.

Fig. 1 PRISMA diagram for the included studies.

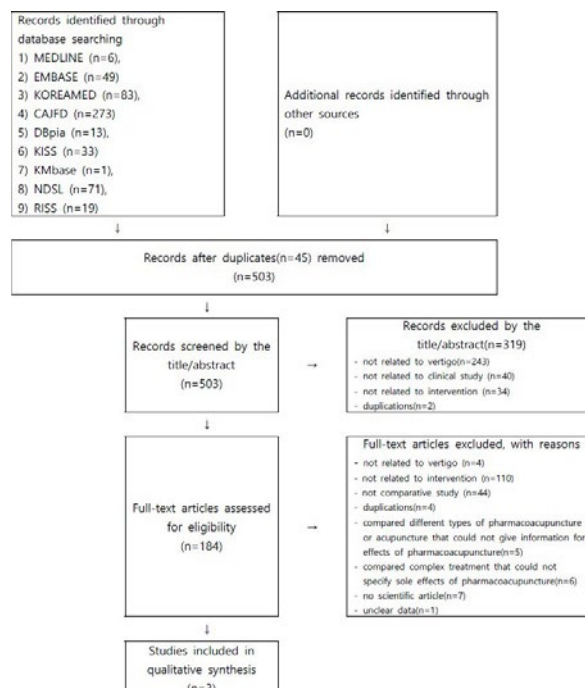


Fig: 2 Risk of bias assessment.

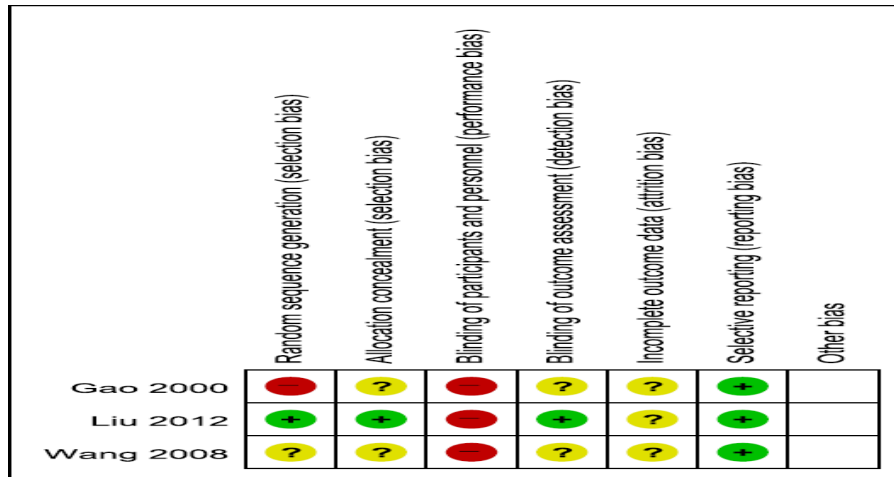


Table: 1 Key Data for included Trials on Pharmacopuncture for treating Dizziness

| Study ID | P | Study design | Intervention (n) | Comparison (n) | Duration | F/U | Outcome measurements | Results | Adverse events |
|-----------|-------------------|--------------|---|---|-----------------------|-----|----------------------|-----------------------------------|----------------|
| Gao 2000 | Cervical vertigo | RCT | PA(Danshen zhusheye 4ml) plus MX GB20 and GV 14 (n=42) | AT, GB20 and Cervical Hyeopcheok point (n=42) | 30days | X | CER | 40/42 vs 35/42 (95.24% vs 83.33%) | No report |
| Wang 2008 | Cervical vertigo | RCT | PA(Xiangdan zhusheye) plus physiotherapy GB20 and Cervical Hyeopcheok point (n=34) | physiotherapy (n=34) | 20days | X | CER | 24/34 vs 15/34 (94.1% vs 76.4%) | No report |
| Liu 2012 | Vasovagal syncope | non-RCT | PA(Huangqi zhusheye) plus WM(Metoprolol) ST36 (n=20) | WM(Metoprolol) (n=20) | 3months after 6months | | CER | 18/20 vs 14/20 (90% vs 70%) | No report |

Audience Take Away Notes

- This study will provide how effective and safe pharmacopuncture therapy is for treating dizziness
- The study has cited papers on the use of pharmacopuncture therapy for cervical vertigo and vasovagal syncope, but it is expected that it can be safely applied to various other conditions in the future
- Furthermore, it is believed that the scope of treatment for dizziness can be expanded through high-quality clinical trials. A meta-analysis could not be conducted due to a limited selection of papers, but it is anticipated that evidence-based medical conclusions can be drawn as more clinical trials are conducted in the future

Biography

Prof. Euiju Lee, K.M.D. has completed his PhD in College of Korean Medicine, Kyung Hee University in South Korea. He is the director of Clinical Trial Center in Kyung Hee University Korean Medicine Hospital, a dedicated research organization for complementary & alternative medicine in Korea. He has published more than 10 papers in reputed journals.

Kun Huang

Chongqing Changshou District Hospital of Traditional Chinese Medicine, China

Comparative analysis of the clinical efficacy of unilateral and bilateral PKP in the treatment of elderly patients with OVCF and its effect on patients' stress response

Background: Osteoporotic Vertebral Compression Fracture (OVCF) is a common clinical orthopedic disease in the elderly. Percutaneous vertebral Kyphoplasty (PKP) is a common surgical treatment, which is less invasive and favorable for postoperative recovery, but the efficacy of unilateral versus bilateral needs to be further explored. The aim of this study was to investigate the effects of unilateral versus bilateral PKP on the surgical outcomes of elderly patients with OVCF, life stress response, and to provide a reference for the treatment of elderly OVCF patients.

Methods: We retrospectively analyzed 80 cases of elderly OVCF patients hospitalized in the Department of Spine of our hospital from January 2022 to January 2023, 33 males and 47 females, aged 65-91 years old, with a disease duration of 1-9 d. A total of 103 vertebrae were treated, of which 39 cases of 52 vertebrae were treated in the group of 39 cases of unilateral PKP surgery (the unilateral group), and 41 cases of 51 vertebrae were treated in the group of 41 cases of bilateral PKP surgery (the bilateral group). All patients were followed up for at least 1 year, and the operation time, Visual Analog Score (VAS) of pain, height of the anterior margin of the vertebral body of the two groups in the preoperative period, postoperative period, and 1 year postoperative period were observed and compared, and the emergency response of the two groups was compared.

Results: The operation time of the unilateral group was (30.7±4.8) min, which was significantly lower than that of the bilateral group (48.2±7.3) min, and the differences were statistically significant ($P<0.05$). The VAS scores in the unilateral group were 7.8±0.4, 1.8±0.2, and 2.3±0.4 in the preoperative, postoperative, and 1-year postoperative periods, respectively, and the VAS scores in the bilateral group were 7.5±0.5, 2.2±0.2, and 2.1±0.2 in the preoperative, postoperative, and 1-year postoperative periods, respectively. The comparison was statistically significant ($P<0.05$). In the unilateral group, the vertebral body heights were (17.8±2.9) mm, (24.8±1.9) mm, and (23.4±2.8) mm in the preoperative, postoperative, and 1-year postoperative periods, respectively; and the vertebral body heights were (17.1±2.3) mm, (23.9±2.1) mm, and (21.2±2.2) mm in the bilateral group in the preoperative, postoperative, and 1-year postoperative periods, respectively., the vertebral body height of the unilateral group was higher than that of the bilateral, and the comparison of the data between the two groups was statistically significant ($P<0.05$). Postoperative Norepinephrine (NE), Epinephrine (E), and Cortisol (Cor) were elevated in both groups, but the unilateral group was lower than the bilateral group ($P<0.05$).

Conclusion: Unilateral and bilateral puncture PKP procedures have similar efficacy in the treatment of elderly patients with OVCF, but unilateral puncture PKP has the advantages of less trauma, shorter operation time, less radiation exposure, and less risk.

Keywords: Elderly OVCF Patients; Unilateral PKP; Bilateral PKP; Clinical Efficacy; Stress Reaction.

Li Jianhua

Chongqing Qijiang District People Hospital, Chongqing, China

Application of traditional Chinese medicine in the treatment and prevention of chronic bronchitis with obstructive emphysema

Objective: To investigate the therapeutic effect of traditional Chinese medicine on chronic bronchitis with obstructive emphysema.

Methods: 120 patients with chronic bronchitis with obstructive emphysema admitted to our hospital from March 2023 to March 2024 were selected and divided into control group and observation group according to random number table method, with 60 cases in each group. The control group was given conventional western medicine treatment, and the observation group was given conventional western medicine plus traditional Chinese medicine treatment. The pulmonary function indexes [Forced Expiratory Volume in the first second (FEV1) and the ratio of FEV1 to total Forced Expiratory Volume (FEV1/FVC)], TCM syndrome score, inflammatory factor levels [serum C-Reactive Protein (CRP), Tumor Necrosis Factor- α (TNF- α) and interleukin-6] of the two groups were compared before and after treatment (IL-6)] and microcirculation indicators [Microvascular Blood Flow Index (MFI), Perfusion Vessel Ratio (PPV)].

Results: After treatment, the total effective rate was 93.54% in the treatment group and 71.87% in the observation group, and the difference between the two groups was statistically significant ($P < 0.05$). After treatment, TCM syndrome scores in both groups decreased compared with those before treatment ($P < 0.05$), and TCM syndrome scores in observation group were lower than those in control group ($P < 0.05$). After treatment, the levels of FEV1 and FEV1/FVC in 2 groups were higher than those before treatment ($P < 0.05$), and the two indexes in observation group were higher than those in control group ($P < 0.05$). After treatment, the serum levels of CRP, TNF- α and IL-6 in 2 groups were lower than before treatment ($P < 0.05$), and the levels of 3 inflammatory factors in observation group were lower than those in control group ($P < 0.05$). After treatment, the levels of serum MPI and PPV in the 2 groups were lower than those before treatment ($P < 0.05$), and the 2 indexes in the observation group were lower than those in the control group ($P < 0.05$).

Conclusion: Traditional Chinese medicine is effective in the prevention and treatment of chronic bronchitis with obstructive emphysema, which can obviously improve clinical symptoms, inhibit inflammation, improve lung function and microcirculation function.

Keywords: Lung Function, Inflammatory Factors, Microcirculation, TCM Treatment and Prevention.

Biography

Li Jianhua, female, born in September 1982, master student, attending physician, mainly engaged in the TCM treatment of respiratory diseases, has rich clinical work experience.

Liyan Zeng

Traditional Chinese Medicine Hospital of Chongqing Liangjiang New Area Hospital, China

Assessment and prospects of meridian-based acupuncture treatment for endocrine imbalances

Objective: This study aims to assess the effectiveness of acupuncture therapy, specifically meridian-regulating acupuncture, in treating endocrine imbalances. It explores the potential applications of this therapy, providing a scientific foundation for further research and clinical use in this field.

Methods and Materials: A systematic review of recent clinical and laboratory studies was conducted, focusing on the impact of meridian-regulating acupuncture on conditions such as menstrual cycle regulation, polycystic ovary syndrome, and alleviation of menopausal symptoms. Simultaneously, in-depth research into its influence on hormone levels and regulatory mechanisms was undertaken.

Results: Clinical Study Review: Numerous clinical studies have demonstrated the significant efficacy of meridian-regulating acupuncture in treating endocrine imbalances, particularly in regulating menstrual cycles, alleviating symptoms of polycystic ovary syndrome, and mitigating discomfort during menopause. Laboratory Study Evidence: Laboratory studies have provided clear evidence of meridian-regulating acupuncture's impact on the endocrine system. This includes promoting estrogen secretion, regulating thyroid hormone synthesis and release, and other physiological effects. Advancements in Mechanism Research: In-depth investigations into the mechanisms of meridian-regulating acupuncture have revealed its regulatory effects on the endocrine system through pathways such as activating signaling pathways, adjusting neurotransmitters, and improving microcirculation.

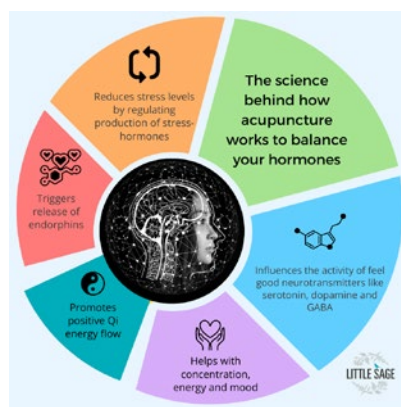


Figure: 1 How does Acupuncture balance hormones.

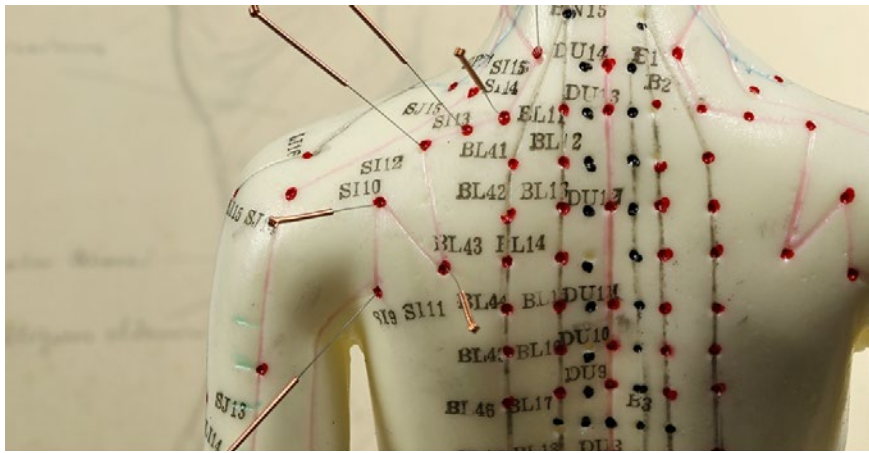


Figure: 2 Acupuncture for Endocrine Imbalances.

Conclusion: Meridian-regulating acupuncture, as a traditional Chinese medical practice, demonstrates notable efficacy in treating endocrine imbalances. The wealth of evidence from clinical and laboratory studies, coupled with a deep understanding of its regulatory mechanisms, establishes a scientific basis for its application in medicine. The promising prospects of personalized treatment, integrated medical models, and health management and prevention highlight its potential in the field of endocrine imbalance. However, further large-scale, high-quality research is necessary to ensure its long-term efficacy and safety, fostering its continued development in the medical field.

Pat Precin

Columbia University, United States

Integration of complementary health approaches into occupational therapy practice

Complementary Health Approaches and Integrative Health (CHAIH) is an umbrella term encompassing numerous practices found outside of traditional medicine such as reiki, therapeutic touch, tai chi, qigong, yoga, acupuncture, acupressure, and meditation (Smith & Coker-Bolt, 2022). These practices are primarily used to reduce or manage symptoms of painful clinical conditions, provide a sense of autonomy, and improve quality of life and overall well-being (Bradshaw, 2017). It is the position of American Occupational Therapy Association that CHAIH may be integrated into a client's occupational therapy plan of care (2017), yet a literature review indicated that occupational therapists continue to underutilize this approach in their work. This poster presents the results of a qualitative study using semi-structured individual interviews of 12 occupational therapy experts to gain their personal perspectives and experiences related to their use of CHAIH in their occupational therapy practices. Thematic analysis revealed five themes: (1) benefits of CHAIH, (2) barriers to implementation, (3) education & preparation, (4) effective integration of CHAIH and occupational therapy, and (5) legitimization of CHAIH. Results showed that these experts viewed CHAIH as a natural complement to occupational therapy that can be incorporated into treatment to optimize client benefits. More education is needed to increase the accessibility of integrative health for occupational therapists and to develop competency of emerging practitioners. Future empirical based studies supporting the diverse benefits of various CHAIH modalities will allow it to be recognized as an effective, evidence-based practice. Participants can reflect on how they may use CHAIH in their current practice and overcome barriers to its implementation.

Audience Take Away Notes

At the end of this poster presentation, participants will be able to:

- Identify how they may use complementary health approaches and integrative health modalities in their current practice.
- Identify barriers to incorporating complementary health approaches and integrative health (CHAIH) in their own practice.
- Identify solutions to these barriers based on experts' reported experiences overcoming their barriers.

Biography

Dr. Pat Precin is currently an Assistant Professor of Occupational Therapy at Columbia University and a licensed psychoanalyst with a private practice in New York. She is the principal investigator on an NIH grant on trauma informed care and treatment. She and her colleagues run a mindfulness self-compassion course for health care practitioners. Dr. Precin has worked in behavioral health for over 35 years as a clinician, director, managing director, executive director, academician, researcher, and supervisor. She has hundreds of publications and conference presentations, and multiple awards. She earned a PhD in psychology, PsyD in psychoanalysis, and Master's in biophysics.



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Effect of GHX02 on an asthma-Rhinitis mouse model induced by ovalbumin and diesel particulate matter

Fine dust concentrations come in direct contact with the human respiratory system, thereby reducing lung function and causing respiratory diseases such as asthma and rhinitis. The aim of this study was to evaluate the efficacy of GHX02 (combination of four herbs [Trichosanthes kirilowii, Prunus armeniaca, Coptis japonica, and Scutellaria baicalensis]), a herbal extract with established efficacy against bronchitis and pulmonary disease, in the treatment of asthma accompanied by rhinitis aggravated by fine dust.

Therefore, we constructed an asthma-rhinitis mouse model of Balb/c mice challenged with Ovalbumin (OVA) and fine diesel particulate matter, which were administered with three concentrations of GHX02.

GHX02 significantly inhibited the increase of total cells and immune cells in bronchoalveolar lavage fluid, lung tissue, and Nasal Ductal Lymphoid Tissue (NALT). GHX02 also reduced the severity of histological lung injury and the expression of Interleukin (IL)-1 α and nuclear factor kappa B (NF- κ B), which regulate inflammatory responses. The results indicate that GHX02 inhibited the inflammatory immune response in mice. Therefore, this study highlights the potential of GHX02 as a treatment for patients with asthma accompanied by rhinitis. Balb/c mice were challenged with OVA and PM10D, and then treated with three concentration of GHX02. GHX02 significantly inhibited the increase of total cells, immune cells lymphocytes, neutrophils, and macrophages, as well as their expression in lung tissue. GHX02 significantly inhibited the increase of total cells and immune cells in NALT. GHX02 decreased the severity of histological lung injury, expression of IL-1 α and NF- κ B.

This study suggests the probability that GHX02 is effective for asthma patients with rhinitis by inhibiting inflammatory immune response.

Audience Take Away Notes

- This research will help clinicians and researchers using herbal medicine treat patients with respiratory diseases
- Considering problems related to fine dust and increasing number of patients with asthma or rhinitis, this research will present alternative treatment for patients with respiratory diseases
- This research demonstrates the therapeutic mechanism of herbal medicine by alleviating inflammatory cells, cytokines, and histological damages

Biography

Mr. Seongcheon Woo studied at the Daejeon University, Korea and graduated as master's degree in Korean medicine in 2024. He is in Ph.D. program in Korean medicine at Daejeon University, studying respiratory diseases and their treatments in Korean medicine.

Shuxian Niu

Chongqing Jiangbei Hospital of Traditional Chinese Medicine, China

Clinical study of Du Mai moxibustion combined with shen needle regulation for abnormal muscle tone after cerebral infarction based on the theory of five movements and six qi

Objective: To evaluate the clinical effectiveness of Du Mai Moxibustion combined with Shen Needle Regulation in treating abnormal muscle tone following cerebral infarction, using the theoretical framework of Five Movements and Six Qi.

Methods: 80 patients with cerebral infarction resulting in abnormal muscle tone. Patients were randomly divided into two groups: the treatment group (n=40) received Du Mai Moxibustion combined with Shen Needle Regulation, and the control group (n=40) received conventional acupuncture therapy. The intervention period lasted for 8 weeks, with treatments administered three times a week. Primary outcomes included muscle tone evaluation using the Modified Ashworth Scale (MAS), motor function via the Fugl-Meyer Assessment (FMA), and quality of life through the Stroke-Specific Quality of Life Scale (SS-QOL). Secondary outcomes measured were spasticity levels using the Tardieu Scale, daily living activities assessed by the Barthel Index, and overall treatment satisfaction rated on a Visual Analog Scale (VAS). Assessments were conducted at baseline, 4 weeks, and 8 weeks post-treatment.

Results: The treatment group showed a significant improvement in muscle tone reduction compared to the control group, with a mean decrease in MAS scores from 2.89 ± 0.63 to 1.43 ± 0.54 ($P < 0.05$). Motor function scores (FMA) improved significantly in the treatment group, from 45.37 ± 8.23 to 65.71 ± 7.91 , whereas the control group showed a lesser improvement from 44.83 ± 8.53 to 55.31 ± 8.11 ($P < 0.05$). Quality of Life Scores (SS-QOL) also improved more in the treatment group, from 152.37 ± 15.63 to 178.63 ± 12.43 , compared to the control group's improvement from 150.73 ± 14.93 to 162.43 ± 13.83 ($P < 0.05$). In addition, the treatment group exhibited a significant reduction in spasticity levels as measured by the Tardieu Scale, with scores decreasing from 3.21 ± 0.73 to 1.63 ± 0.43 ($P < 0.05$). Daily living activities, assessed by the Barthel Index, increased notably in the treatment group from 60.43 ± 8.33 to 80.93 ± 7.61 , compared to the control group's increase from 59.73 ± 7.93 to 70.23 ± 8.13 ($P < 0.05$). Patient satisfaction with the treatment, as rated on the VAS, was significantly higher in the treatment group, averaging 8.91 ± 0.61 compared to the control group's 7.23 ± 0.81 ($P < 0.05$).

Conclusion: Du Mai Moxibustion combined with Shen Needle Regulation, based on the theory of Five Movements and Six Qi, significantly improves muscle tone, motor function, quality of life, spasticity levels, and daily living activities in patients with cerebral infarction-induced abnormal muscle tone. This integrated approach provides a promising alternative for managing post-stroke muscle tone abnormalities.

Keywords: Du Mai Moxibustion, Shen Needle Regulation, Cerebral Infarction, Muscle Tone, Five Movements and Six Qi, Clinical Study.

Yong Zhao

The First People's Hospital Of Chongqing Liang Jiang New Area, China

Clinical study of needle knife therapy combined with electromyographic biofeedback on upper extremity motor function and pain relief in patients with shoulder-hand syndrome after stroke

Objective: To investigate the efficacy of needle knife therapy combined with EMG biofeedback in the treatment of patients with post-stroke shoulder-hand syndrome.

Methods: 128 patients with post-stroke shoulder-hand syndrome who were admitted to our hospital from July 2022 to January 2024 were selected for the study, and were divided into the control group (n=64) and the observation group (n=64) by using the method of randomized numerical table. The patients in the control group were treated with needle knife, and the patients in the observation group were treated with needle knife combined with electromyographic biofeedback for 4 weeks. The clinical efficacy, pain level, upper limb motor function and self-care ability of the two groups were compared.

Results: The clinical efficacy of the observation group was better than that of the control group, and the difference between the data of the two groups was statistically significant ($P < 0.05$). Before treatment, the Fugl-Meyer Assessment method (FMA), joint mobility, modified Bach's Index (BI), and Visual Analog Scale (VAS) scores of the patients in the two groups were compared, and the difference between the data of the two groups was not statistically significant ($P > 0.05$); after the treatment, the FMA [(59.58±4.64) points], joint mobility [(91.22±10.21)°], and BI [(85.18±8.97) points] were higher than those of the control group [(50.01±4.55) points, (80.23±9.89)°, and (64.86±9.11) points], and the VAS scores of the observation group [(1.18±0.18) points] were lower than those of the control group [(2.88±0.25) points], and there was a statistically significant difference in the comparison of the data between the two groups ($P < 0.05$).

Conclusion: Acupuncture treatment combined with myoelectric biofeedback can effectively relieve the upper limb motor function and relieve pain in the affected limbs of patients with shoulder-hand syndrome after stroke and reduce swelling, which is conducive to improving the upper limb motor function of patients and promoting the improvement of patients' self-care ability.

Keywords: Needle Knife Therapy Combined with Electromyographic Biofeedback, Patients with Shoulder.

SEPT

05-07

7th Edition of the International Conference on

**Traditional Medicine,
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Natural Therapies**

WORKSHOP

Soul medicine with Tao transformative field

Dr. & Master Sha is a world-renowned healer, author, humanitarian and Tao grandmaster. He is also a doctor in modern medicine in China (MD), and a doctor in traditional Chinese medicine in China and Canada. He trained with Dr. & Master Guo, who founded Zhi Neng Medicine (Body Space Medicine) in China to help thousands of people who did not have access to medical treatment. He wrote more than 30 books, including 11 New York Times bestsellers, and he created the Love Peace Harmony foundation that received widespread recognition for its unconditional service to humanity.

He founded Soul Mind Body Medicine by combining the essence of western medicine with ancient Tao wisdom. He applies the Universal Law of Shen Qi Jing: “heal the soul first, healing of the heart, mind and body will follow”. A powerful information system to help bring transformation.

He created Tao Science, in collaboration with Dr. Rulin Xiu, bridging science and spirituality at a fundamental level, and he contributed to the culmination of quantum physics scientists work on the Grand Unification Theory.

Sole lineage holder of professor Li Qiu Yun in the Yi Bi Zi calligraphy style (One Qi), he created Tao Calligraphy to carry a powerful transformative field; and he developed the 6 powers technique to benefit from this field. He received the prestigious titles of Shu Fa Jia (national Chinese Calligrapher Master) and Yan Jiu Yan (honorable researcher professor) by the Chinese State Ethnic Academy of Painting.

Sha Research Foundation, a non-profit organization lead by Dr. Peter Hudoba, neurosurgeon, studied the effectiveness of Dr. and Master Sha technique. A team of 24 medical doctors, nurses and researchers conducted 19 clinical studies involving about 600 subjects and lasting between 3 months up to 10 years. This research showed remarkable improvement in quality of life of participants, of their clinical symptoms, and documented many heart touching stories. Results of these studies were presented in 29 International conferences.

Laure Le Corroller trained with Dr. & Master Sha for 15yr, and is now one of his leading teachers. People testimonials are Dr. & Master Sha technique’s report card. Many reported transformations in health, relationships, and more. There is no promise of result or any guarantee. Soul Medicine is not a replacement of modern medicine or traditional Chinese medicine, but it can complement powerfully through the power of guided meditation in a powerful transformative field.

Soul Medicine with Tao transformative field is empowering everyone to reconnect with the power of the soul. Soul is the warehouse of information that goes through the emotional body, mental body and physical body. Beyond mindfulness: soulfulness. Soul can make things happen.



Laure Le Corroller

One of Dr. & Master Sha leading teachers, Canada

Biography

Laure Le Corroller is a one of Dr & Master Sha leading teachers. In 2008, she discovered Dr. & Master Sha through one of his books: Soul Mind Body Medicine. Her life changed and she decided to train with him. She is a certified Tao transformative field master teacher & healer since 2015. She witnessed great results and heart touching transformations when combined with conventional medicine and/or traditional Chinese medicine. Laure’s compassion and service have touched thousands of people around the world since then. She offers free introductions, workshops, courses on intuitive development, spiritual channels, soul wisdom & healing, Tao wisdom & healing.

Audience Take Away Notes

- Presentation of Dr. & Master Sha, and what is Soul Medicine and Tao transformative field that he created. Presentation of Laure Le Corroller.
- Explanation of how Soul Medicine with Tao transformative field work. Sharing results from studies lead by Sha Research Foundation and its partners.
- The audience will be able to use what they learn right away, to connect with their soul power through a guided meditation in the field of Tao Calligraphies accompanied by Tao Song.
- If participants wish to continue to experience the power of Shen Medicine and Tao transformative field after the workshop, we will provide a free guest pass to attend a guided meditation in the Tao transformative field for a month, as well as access to our free weekly introductory session to Dr. & Master Sha Tao transformative technologies where people share their transformation results Live around the world.
- Summary of benefits: Soul Medicine with Tao transformative field is empowering everyone to reconnect with their soul power. In combination with modern medicine and Traditional Chinese medicine, it can help transform health, relationships, every aspect of life. Beyond mindfulness, soulfulness: The soul can make things happen.

*We wish to meet you again at our
upcoming events*

8th Edition of International Conference on

Traditional Medicine, Ethnomedicine and Natural Therapies

June 05-07, 2025 | Rome, Italy | Hybrid Event

<https://traditionalmedicineconference.com/>

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Traditional Medicine, Ethnomedicine And Natural Therapies

September 08-10, 2025 | Valencia, Spain | Hybrid Event

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