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20-22

JUNE, 2024

PARIS, FRANCE

*6th Edition of
International Conference on*

Traditional Medicine, Ethnomedicine, and Natural Therapies

VENUE: Hotel CIS Paris Ravel, 6 Av. Maurice Ravel, 75012, Paris, France

INDEX	Page No
Keynote Speakers	6
Speakers	7
Welcome Messages	9
About Magnus Group	13
About Traditional Med 2024	14
About CE Credits	15
About CPD Accreditation	16
Table of Contents	17
Keynote Forum	21
Oral Presentations	37
Poster Presentations	93

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6th Edition of International Conference on

Traditional Medicine,
Ethnomedicine, and
Natural Therapies

BOOK OF
ABSTRACTS

Keynote Speakers



Mary Jo Bulbrook
Akamai University,
United States



Kenneth R Pelletier
University of California School of
Medicine, United States



Girish Momaya
Maharishi European Research
University, Netherlands



Brian Bowen
Dao Needle Therapy,
United States



Pamela Miles
Reiki Master, United States



Michelle Gellis
Acupuncture Physician,
United States



Amadio Bianchi
European Yoga Federation,
Italy



Martine Negro
Nature Care Wholistic Medical
Centre, Australia



Pedro Pastor Ballesteros
Sankalpa Yoga Association,
Spain



Sunita Teckchand
The Holistic Alternatives FZ LLC,
United Arab Emirates



Tim Ewer
Integrative Health Ltd,
New Zealand



Zhenhuan Liu
University of Chinese Medicine,
China

*Thank You
All...*

Speakers



Alexis Brink
Director of Jin Shin Institute,
United States



Amit Chandra
Fellow-Botanical Innovation,
Amway R&D, United States



Amrita Sharma
GRDU, India



Brigitta Ferrari
Relaxation Course Instructor, Brigitta
Ferrari coaching, Switzerland



Chang Hoon Lee
Kyung Hee University,
The Republic of Korea



Cynthia Husted
Science and Spirit Institute,
United States



Dana Crawford
Albany Medical College,
United States



Elizabeta Popova Ramova
MIT University Skopje, Republic of
North Macedonia



Helen Senderovich
Baycrest, Canada



Ivan Salamon
University of Presov, Slovakia
(Slovak Republic)



Jespher Nyaboke Onyango
Augusta University,
United States



Julieta Andico Songco
JAS Consulting Services,
United States



Justin Bradfield
University of Johannesburg,
South Africa



Kagezi Doreen Nassali
Shakeout Detox Company LTD,
Uganda



Kerry Hull
Brigham Young University,
United States



Kosh Komba Ephrem
University of Bangui,
Central African Republic



Koue Bi Tih Mathieu
Universite Felix Houphouet-Boigny,
Cote d'Ivoire



Krashenyuk Albert Ivanovich
Academy of Hirudotherapy, Russian
Federation



Laure Le Corroller
Dr. & Master Sha Tao Academy,
Canada



Margo Bachman
Wild Rose Fertility,
United States



Mei Hsien Lee
Taipei Medical University,
Taiwan



Michele Quintin
Center for Relaxotherapy and
Prevention, Belgium



Mohammad Kamil
Lotus Holistic Health Institute,
United Arab Emirates



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Iledes-Paris1,
France



Piyush Kumar
Institute of Health Management
Research, India



Rasham Sallah-Ud-Din
Institute of Environmental and
Occupational Health Science, Taiwan



Rose Ngono Mballa Abondo
University of Yaounde I,
Cameroon



Shankerbhai Bhikhubhai Patel
Parmanand Institute of Yoga Science
and Research, India



Su Jin Lee
Pusan university,
The Republic of Korea



Sudhir Joshi
District Ayurved Officer,
India



Sugin Lal Jabaris
Central Council for Research in
Siddha, India



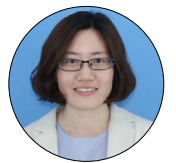
Tomoki Omachi
Muroran Institute of Technology,
Japan



Vandana Sharma
Govt. College Kota, India



Yamini Chaturvedi
Commissionerate of College
Education, India



Yanqiu Liu
Shandong University of Traditional
Chinese Medicine, China

*Thank You
All...*

Welcome Message



Dr Kenneth R. Pelletier, PhD, MD

University of California School of Medicine, United States

On behalf of the Traditional Medicine Conference, I take great pleasure in welcoming you to the 6th Edition of International Conference on Traditional Medicine, Ethnomedicine And Natural Therapies here in the world renowned city of Paris. This year's theme of conference is "Navigating the Future of Healthcare and Humankind Through the Healing Power of Nature" will focus improving patient health and experience, and expanding Traditional Medicine and advance the profession. While you are here, I sincerely hope that you take the opportunity to network, learn, share and collaborate with international experts. All of us on the Scientific Committee would take great pleasure in meeting you in-person and learning more about your amazing work. Most of all, I wish you an enjoyable and productive conference. Please enjoy your stay in this wonderful city and use pre and post conference times to enjoy the sites. We are enthusiastic about your attendance and participation. Do enjoy the conference!

Welcome Message



Girish Momaya

Maharishi European Research University, The Netherlands

On behalf of the Scientific Committee, I warmly welcome you to the 6th Edition of the International Conference on Traditional Medicine, which is being held in the beautiful city of Paris.

With the theme of “Navigating the Future of Healthcare and Humankind Through the Healing Power of Nature”, this conference will be a perfect platform to dive deep into the knowledge of Natural Law and tap the healing power of Nature for good health and well-being of individuals and society. We will focus on using traditional medicine to prevent ill health, preserve good health, and promote a long, healthy, and happy life in society. This conference will allow you to meet and share your work with other international experts and create new collaborations.

We, the members of the scientific committee, eagerly anticipate your participation in this conference. We wish you a time filled with creativity, productivity, and joy. And we hope you can also find a moment to appreciate the beauty of Paris.

Welcome Message



Martine Negro

Nature Care Wholistic Medical Centre, Australia

On behalf of the Scientific Committee, I take great pleasure in welcoming you to the 6th International Conference on Traditional Medicine, Ethno Medicine and Natural therapies in the French capital of Paris. The theme of this year's conference "Navigating the Future of Healthcare and Humankind Through the Healing Power of Nature" will focus on new ways to support and promote health in your practice. It is an amazing opportunity to experience new perspectives, latest research and make new connections with inspiring practitioners. This is your chance to share your ideas, network with creative minds and truly participate in redefining the future of Healthcare.

Welcome Message




Sunita Teckchand

The Holistic Alternatives FZ LLC, United Arab Emirates

On behalf of Traditional Medicine, Ethnomedicine and Natural therapies, I take immense pleasure in welcoming you for the 6th edition of International conference here in the magical city of Paris. The theme for this event "Navigating the Future of Healthcare and Humankind through the Healing Power of Nature" will focus on bringing enthusiasts to share their profound knowledge and shape the future of medicine, encouraging global participation and showcasing progress in Natural Therapies, Traditional and Alternative Medicine. The main goal is to create a platform where researchers share their unearthing on the efficacy and safety of herbal, traditional and alternative medicine to make the world a healthier place. All of us on the committee would be honoured to meet you in-person and learn more about your amazing commitment to this science. I personally wish you all a highly enjoyable and fruitful conference. I hope you delight in this magnificent city using your pre and post conference times to explore the sites. We are excited about your participation and attendance. Enjoy the conference!

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 TRADITIONAL MED 2024

Magnus Group warmly invites you to the "6th Edition of the International Conference on Traditional Medicine, Ethnomedicine, and Natural Therapies" (TRADITIONAL MED 2024) in Paris, France, or virtually from June 20-22, 2024. Under the theme "Navigating the Future of Healthcare and Humankind Through the Healing Power of Nature," this conference unites experts in Traditional Medicine, Natural Therapies, and Ethnomedicine to forge a sustainable and economical healthcare system.

TRADITIONAL MED 2024 is a premier platform for researchers and experts to share knowledge and shape the future of medicine. The conference features keynote addresses, plenary talks, invited lectures, oral presentations, poster sessions, workshops, and panel discussions, covering a range of disciplines from natural product discovery to clinical applications. We anticipate that you will find the conference experience both enjoyable and fruitful, as you gain invaluable insights into the latest advancements in future of healthcare and forge meaningful connections within the traditional medicine community.

ABOUT

Continuing Education (CE) Credits

Avail the Continuing Education (CE) credits by attending the talk entitled “Dao needle therapy - Bridging ancient wisdom with modern biomechanics and needling science”




Brian Bowen
Dao Needle Therapy,
United States

The Continuing Education (CE) credits hold significant value for participants, recognizing and affirming their dedication to continuous learning and professional growth. Earning CE credits brings numerous advantages, such as advancing one's career, upholding professional credentials, expanding knowledge base, and fostering networking opportunities. By attending Brian Bowen talk and acquiring CE credits, individuals showcase their commitment to ongoing education, elevate their professional standing, and open doors to career progression. Moreover, meeting a minimum CE credit requirement is often obligatory for maintaining certifications or licenses in various fields. The Traditional Med 2024 Conference not only offers ample networking chances with peers and experts but also facilitates the expansion of professional connections and the cultivation of potential collaborations. Notably, each attendee will receive a total of 10 CE credits for attending Brian Bowen talk.

ABOUT

CPD Accreditation



Continuing Professional Development (CPD) credits are valuable for Traditional Med 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 Traditional Med 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.

Table of Contents

Title: The Core - Principles and practical applications in the art of Jin Shin Alexis Brink, Director of Jin Shin Institute, United States	38
Title: Ayurveda and yoga: Health and joy of life Amadio Bianchi, European Yoga Federation, Italy	30
Title: Traditional herbals where east meets west: How ancient wisdom meets modern science Amit Chandra, Fellow-Botanical Innovation, Amway R&D, United States	39
Title: Vrکشayurveda - Ancient wisdom in new era a step toward sustainability Amrita Sharma, Department of Dravyaguna, DAC, GRDU, India	40
Title: Dao needle therapy - Bridging ancient wisdom with modern biomechanics, and needling science Brian Bowen, Dao Needle Therapy, United States	26
Title: Success without burnout - Holistic stress management Brigitta Ferrari, Relaxation Course Instructor, Brigitta Ferrari coaching, Switzerland	41
Title: Anti-inflammatory effect and mechanism of Citri reticulatae viride pericarpium water extract Chang Hoon Lee, Kyung Hee University, The Republic of Korea	94
Title: The clinical effect and the influence on sleep quality of patients with post-stroke sleep reversal by acupuncture heel channel combined with smart bracelet detection Changqing Xiong, Chongqing Changshou District Hospital of Traditional Chinese Medicine, China	95
Title: The integration of the NEUBIE direct current device with traditional and holistic medicines Cynthia Husted, Science and Spirit Institute, United States	43
Title: Eat4genes, a healthy dietary gene targeting app guide Dana Crawford, Albany Medical College, United States	45
Title: Nutrition and supplements in rehabilitation program for pain treatment Elizabeta Popova Ramova, MIT University Skopje, Republic of North Macedonia	46
Title: GC-MS analysis of bioactive compounds of extracts from M. angustifolia leaves and investigation of their antimicrobial and antioxidant activities Fanyana Mtunzi, Vaal University of Technology, South Africa	47
Title: Ayurveda - The quest for enlightened consciousness and perfect health Girish Momaya, Maharishi European Research University, Netherlands	24
Title: An anti-inflammatory food index Hal M. Switkay, Goldey-Beacom College, United States	48
Title: Review: Role of therapeutic touch in the management of responsive behavior in patients with dementia Helen Senderovich, Baycrest, Canada	49
Title: Therapeutic Touch™ in a geriatric palliative care unit a retrospective review Helen Senderovich, Baycrest, Canada	96

Title: Chamomile (<i>Matricaria recutita</i> L.) – Natural substances and their curative effects Ivan Salamon, University of Presov, Slovakia (Slovak Republic)	50
Title: A study of individual ethnobotanical knowledge and antimicrobial efficacy of <i>Hypericum kiboense</i> and <i>Hypericum peplidifolium</i> plants utilized in the management of urinary tract infections by the Kikuyu community of aberdare ranges, Kenya Jespher Nyaboke Onyango, Augusta University, United States	52
Title: Diet, food, and nutrition: Navigating the future of healthcare and humankind through the healing power of nature Julieta Andico Songco, JAS Consulting Services, United States	54
Title: South African medicine horns from 500 years ago until the 20th century Justin Bradfield, University of Johannesburg, South Africa	56
Title: Shakeout the game changer for rectal fecal impaction Kagezi Doreen Nassali, Shakeout Detox Company LTD, Uganda	67
Title: Change your genes - Change your life - Epigenetics of longevity Kenneth R Pelletier, University of California School of Medicine, United States	23
Title: Ethnobotany meets mythology: Exploring ethnomedicinal therapies and strategies for treating snake toxins among the Maya Kerry Hull, Brigham Young University, United States	57
Title: Case study and phytochemical investigation of <i>Zanthoxylum zanthoxyloids</i> and <i>Zanthoxylum macrophyllum</i> (Rutaceae) in the central African Republic and Togo: A comparative approach Kosh Komba Ephrem, University of Bangui, Central African Republic	97
Title: Different mixtures based on birds in the treatment of epilepsy and high blood pressure in the markets of Adjame and Attecoube, Abidjan Cote d'ivoire Koue Bi Tih Mathieu, Universite Felix Houphouet-Boigny, Cote d'Ivoire	85
Title: Lessons from the pandemic “COVID-19 – Post COVID Syndrome” Krashenyuk Albert Ivanovich, Academy of Hirudotherapy, Russian Federation	58
Title: Soul medicine with Tao transformative field Laure Le Corroller, Dr. & Master Sha Tao Academy, Canada	60
Title: Unexplained infertility and traditional Chinese medicine Margo Bachman, Wild Rose Fertility, United States	62
Title: Energetic fundamentals for true health Martine Negro, Nature Care Wholistic Medical Centre, Australia	31
Title: The roots & power of soul2soul communication: Innovations in practice, education & research impacting self care & caring for others Mary Jo Bulbrook, Akamai University, United States	22
Title: Unlocking healing potentials: Utilizing traditional Chinese medicine formulation for alleviating osteoporosis symptoms Mei Hsien Lee, Taipei Medical University, Taiwan	98

Title: The grammar of the body in relation to a deep layer of the brain and a particular neurocognitive functioning, to reorganize thoughts and process in stress diseases and traumatism Michele Quintin, Center for Relaxotherapy and Prevention, Belgium	63
Title: Foundations of facial acupuncture Michelle Gellis, Acupuncture Physician, United States	29
Title: Quality control & standardization of traditional herbal medicine Mohammad Kamil, Lotus Holistic Health Institute, United Arab Emirates	65
Title: Reiki practice, a bridge between traditional & conventional medicine Pamela Miles , Reiki Master, United States	28
Title: Facilitations and care of companion plants in crop fields in Zimbabwe Pascal Revault, Iledes-Paris1, France	70
Title: Ethnobotany as an indicator of medicinal flora vulnerability in natural grasslands, Tapia, Uruguay: Collective feminine narratives Patricia Chaves De Oliveira, Federal university of western para, Brazil	71
Title: Raga yoga and traditional medicine in mental health "alternative or complementary" Pedro Pastor Ballesteros, Sankalpa Yoga Association, Spain	33
Title: The integration of naturopathy in Indian healthcare system: Opportunities, challenges, and policy implications Piyush Kumar, Institute of Health Management Research, India	73
Title: Improving sleep quality and daytime function with a synergistic combination of tryptophan, magnesium, lactuca, and melissa: A prospective pilot study in adults with sleep disturbances Ramon Weishaupt, A.Vogel AG, Switzerland	99
Title: Can essential oils from patchouli and harmal help combat airborne viruses? A preliminary in-vitro study Rasham Sallah-Ud-Din, Institute of Environmental and Occupational Health Science, Taiwan	75
Title: Integrating traditional medicine/conventional medicine: Case study of the management of oncology following an ayurvedic approach in Douala, Cameroon Rose Ngono Mballa Abondo, University of Yaounde I, Cameroon	68
Title: Yoga and prana dharna complete energy healing Shankerbhai Bhikhubhai Patel, Parmanand Institute of Yoga Science and Research, India	76
Title: Evaluation of an ayurvedic whole systems lifestyle protocol for quality of life in breast cancer survivors: An exploratory randomized controlled trial Shraddha Ravani, Maharishi International University, United States	78
Title: Diagnosis of Korean body type using width ratio and possibility of association with disease in Korean medicine Su Jin Lee, Pusan university, The Republic of Korea	101
Title: Pilot project for observing efficacy of a selected treatment module in vaatkantak w.s.r. to agnikarma Sudhir Joshi, District Ayurved Officer, India	80

Title: Safety and cardioprotective effect of swasa kudori - A siddha formulation in rats Sugin Lal Jabaris, Central Council for Research in Siddha, India	83
Title: Natures pharmacy and lymphoedema - Case studies on how essential oils help Sunita Teckchand, The Holistic Alternatives FZ LLC, United Arab Emirates	32
Title: Environmental and lifestyle factors in the prevention and management of cancer Tim Ewer, Integrative Health Ltd, New Zealand	34
Title: Integrative medicine for beginners - A general overview Tim Ewer, Integrative Health Ltd, New Zealand	87
Title: Effect of nacre extract from pearl oyster shells against BPSD-like symptoms in senescence - Accelerated mouse p8 Tomoki Omachi, Muroran Institute of Technology, Japan	88
Title: Ethnobotanical studies on medicinal plants in the Hadoti region of southeast Rajasthan, India Vandana Sharma, Govt. College Kota, India	89
Title: Traditional and herbal intervention to combat thyroidism Yamini Chaturvedi, Commissionerate of College Education, India	91
Title: The effect and molecular mechanism on regulation of bone remodeling by two Chinese herbal formulas, Er-Zhi-Wan and Du-Zhong-Wan Yanqiu Liu, Shandong University of Traditional Chinese Medicine, China	92
Title: Neuroimaging by evaluation nerve repair and remodeling of acupuncture in children with cerebral palsy Zhenhuan Liu, University of Chinese Medicine, China	35

JUNE

20-22

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Natural Therapies

KEYNOTE FORUM

The roots & power of soul2soul communication: Innovations in practice, education & research impacting self care & caring for others

All are welcomed to Experience, Uplift and Awaken, your “Inner Light” and connect with others “Inner Light” facilitated through Soul2Soul and Heart2Heart Communication. This presentation focuses on illustrating the roots of communication that is effective and innovative to succeed in addressing the search for Peace Within, Peace Between and Peace Among.

The 4th Birth Process evolving from the legacy of Virginia Satir will be illustrated to boost one’s ability to access higher power within to empower you to access data from spiritual awakening and attunement. The clinical and practical daily practice will serve to bring forward the highest portal of accessing data within and without as evidenced from multiple channels of studies worldwide.

This work is based on the practice and teaching psychiatric mental health nursing and family care through the University of Utah, Memorial University in St. John’s Newfoundland, Canada, Edith Cohen University Perth, Western Australia and currently at the online university Akamai University headquarters in Durham, NC, USA.

The method evolved over a 50+ year journey taught throughout USA, Canada, Australia, New Zealand, South Africa and Peru working alongside indigenous healers and leaders in various countries as well as with health care professionals.

Audience Take Away Notes

- The power of Heart2Heart, Soul2Soul Communication
- Research basis & resources to access Soul2Soul Communication
- Experiential & applications of applying this dynamic family model of self-care and caring for others



Dr. Mary Jo Bulbrook, BSN, RN, Med. EdD

President Akamai University,
Dean College of Integrative
Health, CEO of Global Healing
Alliance, United States

Biography

Dr. Bulbrook is an internationally renowned master teacher, practitioner, spiritual/medical intuitive, mystic, shaman, co-creative healing medium, expert energy specialist, health care professional and psychotherapist with over 50+ years practicing, teaching energy based family care worldwide. She has worked extensively with traditional healers from South Africa, Australia, New Zealand, & Peru blending their wisdom in her spiritually guided life’s work. Currently she is President Akamai University and Dean, College of Integrative Health, combining science, spirituality, family focused health care and energy therapies. She is a specialist in psychiatric mental health nursing and a family psychotherapist capturing Virginia Satir’s process for “Becoming More Fully Human” innovated Family Care Model of Communication.

Change your genes – Change your life: 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 the Ancestry. cominspired 'Heritability Study', 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



Dr. Kenneth R. Pelletier, Ph.D, 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

Biography

Dr. 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).

Ayurveda - The quest for enlightened consciousness and perfect health

Definitions of Ayurveda in various texts explain Ayurveda as the science of wholeness of life. The intelligence of nature that governs and maintains the infinite diversity of creation in perfect order and the intelligence that governs infinite complexities and subtleties of individual physiology and consciousness are closely linked. Life needs to be lived according to Natural Law to lead human life in enlightened consciousness and perfect health.

The theme of Ayurveda is living perfect health, enlightened consciousness, and a long and happy life. Ayurveda emphasises enlivening the orderly and evolutionary power of Natural Law in one's life. The secret to maintaining wholeness of health and well-being is living in perfect balance and harmony on the individual, social, and environmental levels.

Ayurveda locates the source of the wholeness of life in its definition of health - Swasthya - meaning established in one's pure nature - 'Swa' or 'Atma'. In the texts of Ayurveda and other Vedic literature like Yoga, Vedanta, Upanishads, etc., this pure state of Self is described as pure consciousness, transcendental in nature, which is at the basis of all our life expressions. It is the source of all harmony and evolution in life. This level aligns the individual's nature - individual Prakriti - with the perfection of cosmic nature - universal Prakriti.

Experience of Transcendence and Growth of Consciousness through Transcendental Meditation: Maharishi Mahesh Yogi's Vedic Science teaches the simple, effortless technique of Transcendental Meditation that allows the mind to settle, easily and effortlessly, to progressively more refined levels of thinking until the mind experiences its quietest state at the source of thought. This state, known as Transcendental Consciousness, is the state of Yoga - a state of perfect balance, harmony, and unity. The state of Yoga transcends all relative experiences. Enlightenment is freedom from all boundaries. Regular practice and experience of Yoga leads to Enlightenment. Regular experience of transcendence through Transcendental Meditation leads to the development of higher states of consciousness, bringing human life to perfection in complete harmony with Natural Law - individual life in unity with cosmic life - life in Enlightenment, the fulfilment of Ayurveda.

Perfect Health through Perfect Balance: Health is not just the absence of disease but life in balance and wholeness - complete happiness, success, and fulfilment. Ayurveda gives knowledge and practice to live in this state of health.

Vedic Rishis describe three fundamental fields of Vata, Pitta and Kapha, the first expressions emerging from the unified field of total Natural Law. These fields (or doshas) are subtle but powerful fields that create the



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.

structures and functions of the physical world, including that of our body. Balance and imbalance in these fields are the balance and imbalance in the body's inner intelligence, which is responsible for the proper functioning of all aspects of physiology. Ayurveda is the art and science of keeping these doshas balanced, enlivening the body's inner intelligence that brings self-healing and perfect health. Ayurveda promotes the continuum of perfect health through principles of preserving good health and preventing ill health. These principles include Ayurvedic daily and seasonal routines, health-promoting behaviour, a wholesome diet, digestion and nutrition, regular Panchakarma treatments – purification and rejuvenation procedures – regular practice of Transcendental Meditation and yoga exercises, and balanced rest and activity.

Audience Take Away Notes

- Scientifically, the audience will learn the oneness of human life with nature's perfect and orderly functioning. They will know how important it is to align individual life with Natural Law – individual intelligence with nature's intelligence
- The audience will learn how the body's inner intelligence can be enlivened to promote good health and the prevention of diseases
- The audience will learn how Transcendental Meditation can easily effortlessly give the experience of wholeness, harmony, and balance within one's Self in Yoga, thereby evolving to a higher state of consciousness
- The audience will become aware of practices in Ayurveda that protect the health of the healthy through preventive measures and eliminate ill-health by corrective measures in Ayurveda

Dao needle therapy - Bridging ancient wisdom with modern biomechanics and needling science

Dao Needle Therapy is a groundbreaking modality that harmoniously unites ancient oriental healing practices with contemporary biomechanical therapies. This innovative approach goes beyond the traditional realms of Traditional Chinese Medicine (TCM), leveraging biomechanical assessments, precise patient positioning, and specialized needles to effectively address chronic pain and postural abnormalities. In addition to these core principles, Dao Needle Therapy introduces an array of valuable concepts that enrich the practitioner's diagnostic capabilities and treatment strategies.

One of the key aspects of Dao Needle Therapy is the utilization of Ashi points' mechanical threshold as both a diagnostic and therapeutic tool. By understanding the mechanical threshold of these points, practitioners can precisely gauge the patient's condition and tailor treatment accordingly. This knowledge enables them to apply therapies that are both effective and minimally invasive, promoting rapid relief and recovery.

Furthermore, Dao Needle Therapy emphasizes the significance of proper anatomical positioning in the context of musculoskeletal health. Improper positioning can give rise to various conditions and exacerbate existing ones. By integrating functional testing within TCM, Dao Needle Therapy ensures that the root causes of ailments are identified and addressed. This holistic approach not only treats symptoms but also restores balance to the body, leading to more sustainable outcomes.

The integration of passive and active therapy is another fundamental aspect of Dao Needle Therapy. This approach recognizes that the musculoskeletal system requires both forms of intervention to achieve optimal results. By bridging the gap between passive and active therapies, practitioners can better target the underlying issues within the musculoskeletal system and promote long-term healing and rehabilitation.

In addition to these principles, Dao Needle Therapy delves into the importance of selecting the right type and gauge of needle for specific ashi points and tissue types. The choice of needle can significantly impact the effectiveness of the therapy, making it essential for practitioners to possess a deep understanding of these considerations.

Ultimately, mastering these principles not only equips practitioners with enhanced diagnostic and differentiation tools but also empowers them to develop more advanced and personalized treatment strategies. Dao Needle Therapy represents a transformative approach that not only bridges ancient and modern healing practices but also elevates the field of Traditional Chinese Medicine into a new era of integrative healthcare.



**Brian Bowen LAc, CMT,
PAS, CPT, CES, MBA, CHPC**

Dao Needle Therapy,
United States

Biography

Brian is in a relentless pursuit of personal and business development. He is a passionate entrepreneur and practitioner who loves learning and creating to help others thrive. Treating and working with people is a true passion and blessing. Brian Bowen is a seasoned Acupuncturist with over 22 years of experience and over 100,000 treatments. He is a musculoskeletal expert and holds many certifications, including Certified Massage Therapist, Postural Alignment Specialist, Personal Trainer, Corrective Exercise Specialist, High-Performance Coach, and Power MBA. During years in practice, Brian has specialized in musculoskeletal issues, collaborating with many other passionate, skilled practitioners and learning other modalities to serve his patients best. Brian is a Continuing Education provider in the US, Canada, and the UK. He is a faculty member of the Colorado School of Traditional Chinese Medicine. Founder of Dao Needle Therapy, a specialized needling technique and system that utilizes the knife needle to treat Acute and Chronic pain and scar tissue. Brian also founded Integrative Health Inc. in 2001, which houses over 24

In conclusion, Dao Needle Therapy is a comprehensive system that fuses the wisdom of the past with the precision of the present. It offers a holistic perspective on healing, acknowledging the importance of biomechanics, anatomical positioning, functional testing, and needle selection in achieving optimal results. By embracing these principles, practitioners can provide more effective and personalized care, ultimately benefiting their patients and advancing the field of Traditional Chinese Medicine.

Audience Take Away Notes

- Learn how Ashi points mechanical threshold can be used as a diagnostic and therapeutic meter
- Gain insights into how improper anatomical positions can lead to a variety of conditions
- Learn how functional testing is integrated into TCM
- Understand the importance of bridging passive and active therapy when treating the MSK system
- Discover how the type and gauge of the needle can affect ash points and tissue types
- Gaining a deeper understanding of these principles will provide the practitioner with more diagnostic and differentiation tools while helping them develop more advanced treatment strategies
- This research could be used by other faculty to expand their own research or teaching
- This provides a practical solution to a problem that could simplify or make a designer's job more efficient

diverse practitioners-founder of OUTCH Ointment, a Chinese herbal pain formula with CBD. Founder of Better Human Company focused on High-performance coaching. Host of All Things Good For You Podcast and Multi Spa owner of Hand and Stone Massage and Fascial Spa.

Reiki practice, a bridge between traditional & conventional medicine

Reiki is a spiritual practice that originated in Japan in the 1920s, was brought to the United States in the 30s, and has subsequently spread around the globe, albeit with many, mostly unacknowledged changes.

Reiki practice is increasingly offered in major academic medical centers in the USA – including prestigious institutions such as Memorial Sloan Kettering Cancer Center, New York-Presbyterian/Columbia Hospital, Dana Farber/Harvard Cancer Center, Yale-New Haven Hospital, California Pacific Medical Center, Cleveland Clinic, and Johns Hopkins Hospital and Health System – without sufficient evidence to support it.

How did this unique inclusion come about, and what can other healthcare systems glean from this unusual situation? We'll review the published research, and detail why most studies are inconclusive. Additionally, we'll clarify what research is needed, why it isn't being done (and won't be done in the future), and what are the particular challenges of researching the benefits of Reiki practice. We'll also discuss a plausible, non-phenomenal model for the mechanism of action that respects the spiritual roots of the practice and aligns with contemporary neuroscience.

Audience Take Away Notes

- How Reiki practice seamlessly fills gaps in conventional care and can support patients, families, and staff
- How Reiki practice can improve outcomes without compromising traditional or conventional protocols
- Summary of existing Reiki research
- Why most Reiki research is poor quality, what are the hurdles, and how can we do better
- How to identify qualified, credible Reiki practitioners and prepare them for collaboration



Pamela Miles

New York City, United States

Biography

Pamela Miles is the strength of her program teaching Reiki to clients at New York City's Gay Men's Health Crisis (GMHC) in the 90s, Pamela Miles was tapped to create the first ever hospital Reiki program at NYC's Beth Israel Medical Center. She's since collaborated on various projects with academic medical centers including Harvard Medical School and the National Institutes of Health (NIH), and taught Reiki at Yale University School of Medicine. Ms. Miles has been published in peer-reviewed medical journals, including the preeminent Journal of the American College of Cardiology and brought her expertise to corporate outlets such as Google and Unilever. She's the author of the only Reiki book written for the mainstream public and healthcare industry, REIKI: A Comprehensive Guide.

Foundations of facial acupuncture

The human face is unique. The anatomy of the face and the diseases to which it is susceptible set it apart from the rest of the body. Needling acupuncture points on the face is often regarded merely as a way to bring Qi to the area to treat a local issue, such as Temporomandibular Joint (TMJ) dysfunction or sinus congestion. But unbeknownst to many practitioners, needling the face can bring about global changes, initiating emotional, physical, and spiritual healing that cannot always be accomplished through body points. However, needling the face poses challenges due to its heavily vascularized anatomy, relatively dense innervation, and delicate and complex muscularization. This presentation presents many of the unique facets of acupuncture treatment of the face.

Using facial motor and acupuncture points, submuscular needling and various threading techniques as well as facial cupping and Gua Sha, separately or a part of a comprehensive treatment plan can be used to effectively treat both cosmetic and neuromuscular facial conditions such as Bell's Palsy, Trigeminal Neuralgia and other conditions. This lecture will provide an overview of safe and effective use of these techniques and provide protocols for both cosmetic and neuromuscular facial concerns.

Audience Take Away Notes

- Step by step videos will demonstrate precision needling techniques
- Bringing cosmetic acupuncture into your practice will provide a coveted skill set
- Learning protocols for Neuromuscular facial conditions will provide a much-needed service
- Unique skills such as using facial motor points and submuscular needling of the face will set your practice apart



Michelle Gellis

Founder Facial Acupuncture Classes Lakewood Ranch, Florida, United States

Biography

Michelle Gellis is a Florida Licensed AP. Currently on Faculty at Yo San University (Los Angeles) she is former Faculty and Clinic Supervisor at the Maryland University of Integrative Health (2005-2019). She teaches facial acupuncture internationally and has been published in prominent acupuncture publications such as the Journal of Chinese Medicine. Throughout her career Michelle has been sought out to lecture by numerous prestigious national and international organizations such as The Florida State Oriental Medical Association, The Acupuncture Association of Chartered Physiotherapists (UK), China Books (AU), and American Acupuncture Council. Michelle's brings a vibrant teaching style and breadth of knowledge of facial and cosmetic acupuncture encompassing safety, ethics, theory, history, point location, and unique precision needling techniques.

Ayurveda and yoga: Health and joy of life

Ayurveda and Yoga, health and joie de vivre". Ayurveda has long been considered an esoteric science in the West. Yet it is a science of life, practical and above all simple, and its principles are universally applicable to all aspects of our daily life. A science that deals with every element and every aspect of human life, and beyond, offering an in-depth vision, refined over many centuries, for the benefit of all those who seek a life in harmony with nature, a life of peace and longevity. The science of yoga, popular all over the world today, is strongly and intimately connected with Ayurveda and with all the natural medicine connected to it. The two sciences, seen differently in a West accustomed to separating and classifying, are actually a single thing that dates back to the research and ancient wisdom of the Rishis and their cosmic consciousness. A single vision, in fact, simply translated into "Science of life."



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

Energetic fundamentals for true health

Power points overview: Exploring what is True Energetic health. Basic requirements of Health. Fundamentals shifts of perception of the symptoms and disease. Healing time as Processing time. The true role of the Practitioner.

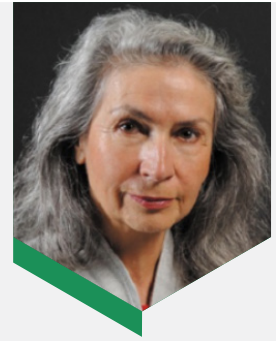
The Balancing Art of health: Reconnect, Release, Recharge, Realign.

This will help the Practitioners shift their focus from managing symptoms to re empowering the person to heal and return to health.

The presentation offers new perspectives on how we can continue to support patients with our treatments while at the same time "mentoring" the person about true health, in order to achieve massive long term benefits to the patient.

Audience Take Away Notes

- We as practitioners can forget to address the basic fundamentals of health and rely too heavily on the prescription or treatment
- We need to remember that the person life style and mindset can undermine our treatment. They need to work with us as a team to achieve long term wellness
- This presentation provides a simple overview of true health and invite the practitioner to engage the person in their own health journey



Martine Negro

Nature Care College Sydney, New Australia

Biography

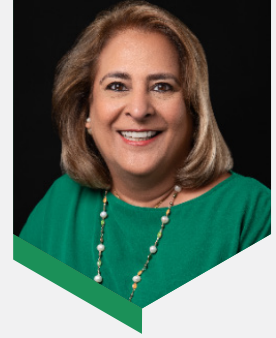
Martine Negro has studied Oriental Medicine in Australia, China, France and USA, specializing in Acupuncture and during the last two decades exploring the Mind Body role in recovering our natural state of health. She joined Nature Care College of Natural therapies in 1984, and co-founded the first Energetic Healing Diploma training in Australia in 1998. She is a life member of the International Energetic Healing Association created in 2000. She has presented at conferences in Australia, Japan and Singapore. She is the author of "Hacking the Well-Being Code" through Energetic Intelligence Co-author of The Best-Selling Books "Are YOU The Missing Piece?" "My Journey My Journal" and "Unfolding Journeys".

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 actually 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

The Holistic Alternatives FZ LLC,
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 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.

Raga yoga and traditional medicine in mental health "alternative or complementary"

For years in different discussion forums, congresses, conferences and other events, both professional and informative, in which I have participated, the term "alternative therapies" has been used. As a Doctor in Health Sciences and a yoga practitioner first and as a trainer of yoga trainers secondly, through a long professional journey in Spanish public health, and the practice of an ancient science such as yoga and specifically one of its paths, Raga Yoga or Mental Yoga, I have been applying these supposed alternative therapies in the treatment of mental pathologies or dysfunctions in my consultation and my classes with very good results.

That is why through my presentation I want to take a tour of Raga Yoga or Mental Yoga trying to show and being able to reach the conclusion that Traditional Medicine and Natural or Holistic Medicine, in no case are alternatives to each other, but complementary. In the same way, they are not exclusive to a certain treatment, pathology or dysfunction, but rather inclusive in themselves.



Dr. Pedro Pastor Ballesteros

Sankalpa Yoga Association, Spain

Biography

Dr. Pedro Pastor Ballesteros holds a PhD from the University of Alcalá de Henares, where he studied nursing and has been an associate professor for 15 years. He is a specialist in Occupational Nursing at the University of La Coruña. Master in Public Health and Higher Occupational Risk Technician with the 4 specialties. He has held different positions, both healthcare and management, in the Spanish Public Health Service in which he continues his work. He has published more than 30 research articles in SCI(E) journals. Speaker at International Congresses. President and Founder of the Sankalpa Yoga Association in which he teaches training courses for Hatha Yoga teachers. Representative of the European Yoga Federation in Spain. Member of the Scientific and Advisory Committee of RqR Health Magazine. Certificate of Professionalism in Yoga. Ministry of Education, Science and Technology. Hatha Yoga Teacher Trainer. Yoga Alliance Accreditation.

Environmental and lifestyle factors in the prevention and management of cancer

There is a growing evidence base for using nutritional, lifestyle and environmental components in both the prevention and management of cancer.

It has been estimated that 30–40 percent of all cancers can be prevented by lifestyle and dietary measures alone. Obesity, nutrient sparse foods such as concentrated sugars and refined flour products, low fibre intake, consumption of red meat, alcohol, and an imbalance of omega 3 and omega 6 fats all contribute to excess cancer risk. Reductions of 60 percent in breast cancer rates have already been seen in human diet studies, and a 71 percent reduction in colon cancer for men.

In this presentation, I will give a general overview of our current understanding about the factors that can increase the likelihood of cancer and then go on to look at some specific diet and nutritional options for the supportive care of cancer patients.

Keywords: Environment, Lifestyle, Nutrition, Prevention, Management, Cancer.



Dr. Tim Ewer

Integrative Health Ltd, New Zealand

Biography

Dr. Tim Ewer, MBChB, MMedSc, MRCP (UK), FRACP, FRNZCGP, FACNEM, Dip Occ Med, DCH, DRCOG, has been working in integrative medicine for over 30 years and he is vocationally registered as both a specialist physician and a general practitioner. He founded a GP practice which now has 25 staff and he also has a separate specialised integrative health clinic in Mapua, Nelson. Prior to this he was a hospital physician for 10 years after gaining his medical degree and specialist qualifications in the UK. He has trained in a variety of modalities including nutrition, environmental medicine, hyperbaric medicine, acupuncture, photobiomodulation, biofeedback and bioenergetic modalities. He has been an advisor to the World Health Organisation on natural medicine and to the New Zealand government on integrative medicine/CAM. He has been the vice-president of the Australasian Integrative Medicine Association (AIMA) and a faculty member of the Australian College of Nutrition and Environmental Medicine (ACNEM).

Neuroimaging by evaluation nerve repair and remodeling 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.



Prof. 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.

JUNE

20-22

6th Edition of International Conference on

Traditional Medicine,
Ethnomedicine, and
Natural Therapies

SPEAKERS



Alexis Brin

Transactional Analysis Practitioner (TAP) of USATAA, LMT, Director of Jin Shin Institute, Alexis Brink, New York City, United States

The Core - Principles and practical applications in the art of Jin Shin

The Core workshop provides an introduction to the basic principles and practice of the Art of Jin Shin. It is meant to be used in tandem with The Core textbook. The course is designed to present the practice of the Art of Jin Shin in a systematic way, enabling students to apply Jin Shin to themselves and others by giving them a firm understanding of both the principles and methods of application.

Audience Take Away Notes

- Students will be able to recite the foundational principles of The Art of Jin Shin and its history
- Students will be able to recite the meaning of The Art of Jin Shin and its key concepts
- Students will be able to identify the differences in types of energy
- Students will be able to recite the meaning of the Safety Energy Locations
- Students will be able to perform the location of the 26 Safety Energy Locations

Biography

Alexis Brink, LMT, a native of the Netherlands, came to New York at a young age to be a Broadway dancer. After a knee injury left her unable to perform, she was guided to the Art of Jin Shin, which not only healed her, but put her on a new life's journey. Alexis Brink is the author of 'The Art of Jin Shin' and 'Healing at Your Fingertips', as well as two text books. Ever since, she has studied and shared this healing art with others. Today, she is the Director of Jin Shin Institute, and has held a private practice in NYC since 1991. Alexis is the author of "The Art of Jin Shin" and "Healing at Your Fingertips," published by Simon & Schuster and translated into 6 languages. She has taught Jin Shin in hospitals to medical professionals, in the New York Public School system, and for wellness organizations & different communities around the world. Alexis has written two Textbooks; the Core and the Depth, on how to become a practitioner in the Art of Jin Shin. Jin Shin Institute, under Alexis's guidance, is offering a comprehensive curriculum to a new generation of practitioners and teachers. She is also a Transactional Analysis Practitioner (TAP) of USATAA and has been an honorary AMTA Member for over 35 years. Alexis shines most when she is speaking in front of an audience - whether it is during her weekly social media lives, on a wellness panel, teaching a workshop, or giving a presentation on the Art of Jin Shin. Alexis has taught Jin Shin in hospitals to medical professionals, in the New York Public School system, and for wellness organizations & different communities around the world. The Practitioner Certificate Program (PCP) Singapore 2023 that included the The Core - Principles and Practical Applications in the Art of Jin Shin workshop took place from May 27 to 29 and June 2 to 4, 2023. It was facilitated by Alexis Brink at The Living Well Workshop Co. Participants learned about the building of the body from Source Energy to the physical body. The program provided practical applications for giving complete sessions to clients. Through hands-on training, participants gained a solid understanding of the practical applications of the Art of Jin Shin, including its Sequences, Organ Flows, and Adjustments. The PCP equipped participants with the knowledge and practical skills needed to become certified practitioners by the Jin Shin Institute.



Dr. Amit Chandra, Ph.D^{1*}, Teric Li², Vijendrakumar K.B³, Charles Hu⁴, Nate Stern¹, Ummer Ragosta⁴

¹Amway R&D, Ada, Michigan, United States

²Amway Botanical Research Center, Wuxi, Peoples Republic of China

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Traditional herbals where east meets west: How ancient wisdom meets modern science

Current “East to West” customer empathy research highlights a need for traditional medicine and ingredients to be supported by modern science. This presentation will highlight the relationship between plants and people through Traditional Chinese Medicine and Ayurveda generational knowledge systems. Eastern perspectives of health and wellness will be examined using empirical evidence to support applied aspects of this stream (consumable products). Examples of “fit for purpose” products developed through bridging traditional ingredients and health benefits to modern scientific controls of quality, safety, and potency/efficacy focused on specific phytonutrients and phytonutrient-class will be explored. Resource sustainability and environmental stewardship will also be shared with cultivation, harvest and manufacturing best practices. Differences and commonalities between traditional herbal medicine and botanical/dietary supplements regarding regulatory, quality, and claims will be discussed as well.

Audience Take Away Notes

- How the new generation of customers/population perceive traditional herbals and medicine for their health and wellness needs
- Current fit for purpose scientific options, guardrails, and applications when it comes to supporting ancient wisdom with modern science
- Regulatory situation and categories for herbal medicine in east and east
- Applied approach for traditional herbals as easy to consume traditional medicine formula

Biography

Dr. Amit Chandra serves as Fellow/Advisor for Botanical Innovation at Amway Innovation and Science, I&S), previously known as R&D at Amway Corporation. Amit’s area of focus at Nutrilite & Artistry brands at Amway is directed towards innovation, discovery and development of health and beauty products (dietary supplements, traditional herbals, food and beverage, cosmetics, skin, and personal care). Amit’s passion is to convert the traditional botanical medicine/ingredients that have established evidence of efficacy based on ancient wisdom by using modern science to evolve into current products that can delight consumers. The focus is also on consistency in quality, safety, and authenticity of ingredients. Amit’s Mantra: Let ancient wisdom meet modern science for holistic wellness solutions that help people live happier and healthier lives.



Dr. Amrita Sharma*, Dr. Chandershekhar Sharma

Department of Dravyaguna, DAC, GRDU, Punjab (India)

Vrkshayurveda - Ancient wisdom in new era a step toward sustainability

Vrkshayurveda is a comprehensive and systemic compendium of ancient Indian science on the issues of plant life and environment. Advocated by Surapala thousand years ago, this science of the treatment of plants deals with Glorification of trees, composition of planting various species of trees and their healthy growth promotion, various cultivation practices and preparation of agriculture and horticultural crops. In modern day scientific agriculture, with rising environmental disasters and harmful effects of various agrochemicals causing diseases like cancer and climate change. Adapting the assets of Vrkshayurveda can prove to be beneficial. As it lay emphasis on the comprehension of plant taxonomy, classification and selection of soils, plant propagation techniques, plant protection and plant diseases restoration through herbs and fumigation techniques. Preservation and treatment of seeds before planting, Plant diseases and their management, Soil nourishment techniques through natural bio fertilizers, method of watering, Preservation of natural water and groundwater resources and use of Kanupjala as a biofertilizer.

The paper highlights the understanding of this ancient scripture for its practical utilization in the present day farming and agriculture practices. It talks about natural and sustainable methods adopted for soil health building, crop growth enhancement, pest and disease control management, enhancing shelf life addressing solutions to present day issues of global warming. Thus, meeting up the goals of sustainability.

Biography

Dr. Amrita Sharma did her Bachelors in Ayurvedic Medicine and Surgery (BAMS) and MD (Ayurvedic Materia medica). Her interest in studies took her back to explore alternative medicine, acupuncture, Alternative therapies, naturopathy, and courses on food and nutrition. Later she opted for MBA, in human resources. She is registered with Yoga Alliance for e-500 hrs and YACEP. She has trained thousands of students from the USA, Canada, Brazil, Australia, Europe, Russia, Chile, Israel, Argentina, Bolivia, Uganda, South Africa, UAE, Dubai, Thailand, Philippines, Poland, and India She has more than fifteen years of clinical and teaching experience in the field of yoga, Ayurveda and holistic healing therapies. Writing is one of her hobbies she has written articles in different holistic health magazines, she has contributed chapters in various books, and research articles in national and international journals. Presented papers and moderated numerous national and international conferences. Through her radio talks and podcasts, she has shared her experiences, well-being tips, and lifestyle leads in day-to-day life through yoga, Ayurveda, and holistic health care. Presently she is working as an Assistant professor at Ayurvedic College, in India. She is a diligent social worker and assiduous environmentalist associated with NGO's offering well-being programs for community service.



Brigitta Ferrari

Relaxation Course Instructor, Brigitta Ferrari coaching, Switzerland

Success without burnout - Holistic stress management

Nowadays, interest in the power of medicinal herbs is fortunately also increasing again here in the West Europe. Phytotherapy combines traditional knowledge of medicinal herbs with modern medical research. The burgeoning interest gives us hope that in Europe, too, health will be viewed more holistically in the future, as it fortunately still is in TCM.

In a world that is constantly changing and characterized by increasing complexity, stress has become an omnipresent companion. But while we strive to manage the external causes of stress, it is crucial to recognize that the real power to change lies within. The combination of mental mindfulness, positive mindset, medicinal herbs and various relaxation techniques such as autogenic training, progressive muscle relaxation, breathing exercises and time management offers a holistic approach that not only reduces stress but also addresses the underlying causes.

It is now a well-known fact that 80-90% of all illnesses are caused or exacerbated by stress. This alarming statistic highlights the urgency of rethinking the way we deal with stress and finding new ways to counteract it. But perhaps even more significant is the realization that 90% of the stress we are exposed to is self-made. This underlines the power we have over our own stress response and the responsibility we have to control it.

A holistic approach to stress management recognizes the inextricable link between body, mind and spirit and strives to bring them into harmony. By integrating mental mindfulness and a positive mindset, we can learn to direct our thoughts and break negative thought patterns. Medicinal herbs offer us natural support in regulating our stress levels and promoting inner balance.

Relaxation techniques such as autogenic training, progressive muscle relaxation and breathing exercises allow us to actively intervene in the relaxation process and modulate our physical response to stress.

It's time we recognize the holistic approach to stress management as a new, innovative way forward for healthcare.

By addressing the roots of stress at the source, rather than just treating the symptoms, we lay the foundation for long-term health and well-being.

With this in mind, I encourage you all to be open to new ways we can address stress and work together to create a world where we can live in balance and harmony. Fortunately, we now know about the mutual influence of thoughts-feelings-body. If you are constantly worrying, you will eventually develop anxious feelings, which in turn can lead to tension or stomach problems - we also say "this is upsetting my stomach, spoiling my appetite, giving me a stomach ache." Today we know that these processes always run in tandem, which is why we can use PMR to release mental tension that has manifested itself in the body through distress, and nerve-strengthening and calming herbs and foods can support us in this.

Today I will also introduce you to medicinal herbs for an anti-stress mixture, a few relaxation techniques-

PMR+autogenic training+breathing exercises against stress and anxiety. Last but not least the role of your thoughts and a helpful mindset exercise to get out of stress.

Audience Take Away Notes

- The conference participants will learn some simple exercises that they can integrate into their everyday lives to reduce stress. Specifically, they will learn 2 breathing exercises to combat stress and anxiety. Then a short presentation on how PMR works. On a mental level, an exercise that helps to put stress into perspective. They also learn which medicinal herbs they can use to reduce stress, calm down, concentrate or improve their mood
- The simple breathing exercises, which can be used anywhere, help you to find your center anytime and anywhere, to stay calm and not tend to overreact prematurely. The herbal mixtures and herbal remedies can support you in having both the necessary calm and vital strength. The herbs and the supporting exercises reduce the stress level and enable better concentration. Relaxation contributes significantly to stress reduction and burnout prevention
- Studies show that long-term stress has an impact on the body and. Holistic stress management is certainly of interest both in business and at work, but also for research, for example in psychoneuroimmunology. Numerous absences from work due to stress-related illnesses and burnout should suggest a relevant interest in the topic
- The topic should also be particularly relevant for students. and for America, as the National Health Study shows
- Stressreduction this provide a practical solution to a problem that could simplify or make a designer's job more efficient
- It brings in a holistic view. This awareness of the interrelationships is necessary to recognize and treat the causes, to take preventive health care, and to get to the root of the problem instead of playing band-aid politics

Biography

Brigitta Ferrari is a certified coach ilp integrative solution-oriented psychology certified relaxation course leader autogenic training, PMR, yoga deep relaxation cert.phytotherapy German naturopathic school Leipzig Holistic coach for stress management Time management "Success without burnout".



Dr. Cynthia Husted^{1*}, PhD, Richard Ennis, MS¹, Amy Banter, MD¹, Garrett Tubman², PT, DPT

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The integration of the NEUBIE direct current device with traditional and holistic medicines

The NEUBIE, or NEUROBiological Electrical stimulation, is an FDA-cleared patented device that safely sends direct current signals to patients experiencing pain, muscle movement limitations and other neurological disorders. It also increases local circulation, prevents atrophy, and reduces spasms. In the 2023 Traditional Medicine meeting in Tokyo we presented on our integration of Tibetan and functional medicines for nervous system disorders, with a brief review of the applications of the Neubie. We shared how the integration of Tibetan and functional medicines and the Neubie provide a synergy that optimizes healing outcomes. In this presentation, we will build on last year's talk with more details on the Neubie and its benefits for Multiple Sclerosis (MS), Amyotrophic Lateral Sclerosis (ALS), and Atrial Fibrillation (AFib).

Two Neubie techniques were used to address these patient populations, Body scanning and the "Master Reset" vagal nerve stimulation protocol. Body scanning is used to determine where the nervous system is imposing limitations of movement in the body to help guide treatments of a few minutes on each site and was used for those with MS and ALS. The Master Reset protocol is used for 20 minutes with electrodes applied to the base of the neck and soles of the feet and is thought to stimulate the parasympathetic nervous system via the vagal nerve, bringing calm to an overexcited sympathetic nervous system. Because heart rhythms and arrhythmia are controlled through a fine balance between the sympathetic and parasympathetic nervous system, the Master Reset protocol was used to reset normal heart rhythm to subjects experiencing AFib.

For both MS and ALS, applications of the Neubie provided stimulation and activation of nerves to facilitate enhanced movement and decreased spasticity and pain. For AFib, the Neubie provided conversion of AFib into normal sinus rhythm, usually within 3-13 minutes, though occasionally required treatments on two sequential days to create a lasting effect. Given that the incidence of AFib is increasing worldwide and up to 25% of paroxysmal AFib clients can convert to chronic AFib, these results are significant for potential prevention and we are currently exploring preventive applications.

Regarding the mechanism of action of the Neubie on the human body and nervous system, the direct current signal mimics action potentials in areas that have dysfunctional or weakened signaling, which can restore function or affect changes on cellular activity, including gene expression, macrophage migration, stem cell migration, morphological changes in brain cells, membrane polarization, increases in nitric oxide, and mitochondrial and long-range cell-cell communication and we hope to stimulate further research into these areas.

We experience ongoing in the clinic that the integration of the use of the Neubie with Traditional and Holistic medicines optimizes clinical outcomes.

Audience Take Away Notes

- Familiarity with the Neubie direct current device, including scanning and Master Reset protocols

- Benefits of the Neubie direct current device for nervous system disorders, including case presentations of multiple sclerosis, amyotrophic lateral sclerosis, and atrial fibrillation
- A review of potential mechanisms of action of direct current therapies

Biography

Dr. Husted began her career as an ICU nurse in 1979 then obtained a PhD in physical chemistry with a focus on nuclear magnetism as a possible link to the energy concepts of traditional medicines. She has also explored a variety of technologies and devices for supporting cellular energy and healing. Her research focus was myelin and multiple sclerosis, including postdoctoral studies at UCSF. She was then Director of the Center for the Study of Neurodegenerative Disorders at UCSB, where she implemented integrative approaches to research of neurodegenerative disorders, including managing a three-acre medicinal plant garden. She is now board certified in functional medicine and conducts integrative research through the Science and Spirit Institute.



Dr. Dana R. Crawford

Department of Immunology and Microbial Disease, Albany Medical College,
Albany, NY, United States

Eat4genes, a healthy dietary gene targeting app guide

Most of the world's population suffers from at least one chronic disease, and one-third has more than one. Predictably, this leads to pain, suffering and high health care costs. While pharmaceutical drugs have reduced suffering and saved many lives, they can also be expensive, produce side effects and lead to resistance. Other treatment approaches that reduce these negative consequences would therefore provide major health care benefit. Healthy diet is one such option. We have developed an innovative therapeutic strategy for treating various health conditions called Dietary Rational Gene Targeting that uses healthy dietary agents such as blueberries, olive oil and green tea to modulate the expression of key genes involved in a wide range of diseases back toward the normal. Dietary Rational Gene Targeting is an extension of nutrigenomic studies offering numerous advantages over pharmaceutical drug treatment including significantly lower cost, healthier treatment, and easy application requiring only simple dietary modification. Most recently, we have considered this from an anti-inflammatory perspective since inflammation is a major driver of mortality. For example, targeting key proinflammatory gene products such as TNF α is one strategy to treat autoimmune diseases, and the basis of medical drugs such as Adalimumab and Etanercept. Targeting this and other inflammation-associated molecules with healthy diet, healthy dietary extracts, or select phytochemicals provides complementary and/or alternative options to treat these medical conditions. Identification of such anti-inflammation (and other) genes and their modulation with diet was achieved through our Eat4Genes app build and based on data from extensive Bioinformatic mining of public databases (e.g., GEO and PubMed). Our combined Dietary Rational Gene Targeting strategy and Eat4Genes app provide an innovative and publicly-available option for patients, healthcare providers and researchers to treat and prevent numerous health conditions including autoimmune disease, a main focus of this presentation.

Audience Take Away Notes

- This presentation will provide a new natural therapy perspective for the audience toward educating them about a new benefit of healthy diet
- This represents a new type of translational approach that students, patients, community, medical providers and researchers can use for education and dietary suggestion purposes
- This presentation will also emphasize the use of our dietary strategy to treat inflammation-related disorders, in part because inflammation is associated with numerous medical conditions including most leading causes of death in parts of the world

Biography

Dr. Crawford is an Associate Professor at Albany Medical College. His lab research lab focuses on diet and nutrition, immunology and cancer. He also teaches and has chaired the Capital Region Cancer Research group for the past 17 years. Dr. Crawford holds a PhD from Dartmouth in Biochemistry and Molecular Biology and is a long-time faculty member of the Immunology and Microbial Disease department at Albany Medical College.



Elizabeta Popova Ramova

College for Esthetic Cosmetology and Physiotherapy, Faculty for dental medicine, MIT University Skopje, Republic of North Macedonia

Nutrition and supplements in rehabilitation program for pain treatment

Athletes during training and competition may get injured or feel fatigue and pain in the muscles skeletal system and mental overstrain. The use of conventional drugs is subject to doping control, unlike some herbal substances that are permitted for use. Non-athlete patients with pain may have many other comorbidities, and conventional medications may interact with their other medications. The aim of our research was to determine how proven, effective and safe herbal extracts are when applied to athletes and rehabilitation pain patients.

Material and Method: We used medical search data on two websites, www.pubmed.org and www.NCIH.com.usa. We evaluated our patients with NAS for pain and measuring ROM before and after treatment.

Results with Discussion: 15 substances were analyzed in terms of evidentiary research, efficacy and safety in use. Topical application with sonophoresis of herbal gel, have significant reduction of pain and increase ROM in patient with Neck pain and knee osteoarthritis.

Conclusion: Most of the substances already have a proven effect in reducing pain and inflammation (turmeric, ginger, polyphenols, bromelain, comfrey, golden root), when applied topically or taken orally, but for some there is evidence that they are not safe (arnica, willow, devil's claw, lord's vine).

Keywords: Musculoskeletal pain, herbal therapy, nutrition.

Biography

E.P. Ramova is graduated doctor of ordinary practice since 1987, specialization in PM & Reha (1998), at the Medical Faculty (MF) in Skopje. She received her master's degree (2002) doctorate at the FM in Nis, R. Serbia (2010). She has been engaged in educational activity since 2005. She worked as a professor at Uni. St. Clement Ohridski (2007-2018). She works like professor at MIT University, Skopje, since 2019. She is a Dean of Faculty for medical Sciences. She has published 222 studies, 20 professional books. She was on a visiting study: Germany (1997, 2000), Italy(2016). Member of: ISPRM, Cochran Rehabilitation, Editorial Board of 14 sciences journals. Certified Nutritionist.

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GC-MS analysis of bioactive compounds of extracts from *M. Angustifolia* leaves and investigation of their antimicrobial and antioxidant activities

In this study, phytochemicals present in the leaves and stems were extracted using solvent extraction method, through the Soxhlet extractor, characterised on a Gas Chromatography-Mass Spectrometry (GC-MS). The antioxidant potential of the stem and leaves extracts of *M. angustifolia* were investigated using ABTS cation decolorization assay (ABTS), DPPH radical scavenging assay (DPPH), Total Reducing Power (TRP), Phosphomolybdate Assay for Total Antioxidant Capacity (PTAC) and Lipid Peroxidation Inhibitory Assay (LPA).

The phytochemical qualitative analysis using the Harborne standard methods showed the presence of alkaloids, saponins, flavonoids, phenols, reducing sugars and proteins. The GC-MS analysis of the extracts of *M. angustifolia* leaves revealed the presence of fatty acids, terpenes, higher alkanes, phenolic compounds, and alkenes. The leaf extract showed a strong antioxidant inhibitory activity (0.26mg/mL) against ABTS cation radical, DPPH radical, (0.31mg/mL) ferric ion (4.06mg/mL) and molybdenum (VI), 0.16mg GAE/g respectively.

Keywords: *M. Angustifolia*, GC-MS, DPPH Radical Scavenging Assay (DPPH), Antioxidant Inhibitory Activity.

Dr. Hal M. Switkay, Ph.D

Goldey-Beacom College, Wilmington, Delaware, United States

An anti-inflammatory food index

Inflammation is increasingly believed to be one of the main drivers of chronic disease, including cardiovascular disease and cancer. It is urgent to learn and to teach people how to reduce the causes of inflammation. An anti-inflammatory lifestyle is likely to lead to better health outcomes, including the prevention of disease, and the saving of unnecessary expenditures on the management of chronic disease. One of the major sources of inflammation is a poor diet. Multiple dietary sources of inflammation have been identified. In the present work, we take a quantitative approach. We grade many popular basic foods, including as many staple foods as possible, on the various dimensions of inflammation. We combine these variables to create a new composite index that assigns a number, on a scale of 0 to 100, to a food. This index does not measure a food's nutritional value, but rather its anti-inflammatory value. We find that the best scoring foods on this index correspond to the recommended foods of some of the most respected diets. Above all, the most anti-inflammatory foods resemble those recommended in Dr. Mark Hyman's pegan diet.

Audience Take Away Notes

- The audience should get a better understanding of the connections between diet and disease
- This presentation should assist practitioners in designing a diet conducive to their patients' well-being
- There is an opportunity to do further research to quantify the anti-inflammatory properties of popular food staples

Biography

Dr. Hal M. Switkay earned his B.A. and M.A. in mathematics at the University of Pennsylvania, including a minor in philosophy. He earned a Ph.D. in mathematics at Lehigh University, and later a M.S. in applied statistics at West Chester University. He is a certified facilitator of Tai Chi Easy™, and certified in Thai massage and reiki. He considers himself a syncretic panentheist.



Ananthavalli Kumarappah^{4,5}, MSc, Dr. Helen Senderovich^{1,2, 3,4, 5*}, MD, MCFP, COE, PC

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Review: Role of therapeutic touch in the management of responsive behavior in patients with dementia

Introduction: There was an estimated 36.5 million individuals worldwide living with dementia in 2010 as per World Health Organization. In addition to deficits in cognitive domains, Responsive Behaviours in Dementia (RBD) greatly impact the quality-of-life of individuals with dementia and greatly increase caregiver burden.

Current treatment modalities are not always effective, and thus non-harmacological approaches along with careful use of pharmacological therapies should be considered in the management of RBD. Therapeutic Touch (TT) is a simple procedure that only requires a pair of hands and a compassionate mind. TT allows for clear and respectful communication with the patient and helps to avoid confrontation by providing stimulation and structure.

Objective: To review the publications that evaluate the use of TT in the management of RBD.

Methods: We searched PubMed for ‘Therapeutic Touch’ and ‘Dementia’. We limited our inclusion to reviews and studies published in the last 10 years. We excluded articles in languages other than English and studies for which no outcomes were reported.

Results: Four of the five examined studies suggest that Therapeutic Touch reduces restless behaviours found in dementia. However, there are limitations to these studies including methodological variability and small sample sizes.

Conclusions: TT is garnering attention for its potential role in ameliorating RBD in patients suffering from different stages of dementia and many are looking into using TT in palliative care settings. It can be used in inpatient and outpatient settings. However, at this time, there is insufficient data and further studies need to be done before definite conclusions can be drawn.

Biography

Dr. Senderovich is a physician at Baycrest with practice focused on Palliative Care, Pain Medicine and Geriatrics. She is an Assistant professor at the Department of Family and Community Medicine, and Division of Palliative Care at the University of Toronto who actively involved teaching medical students and residents. She has a broad international experience and a solid research background. Her research was accepted nationally and internationally. She is an author of multiple manuscripts focused on geriatrics, patient’s centered care, ethical and legal aspect of doctor patient relationship, palliative and end-of-life care.



Dr. Ivan Salamon

Department of Ecology, Faculty of Humanities and Natural Sciences, University of Presov, Presov, Slovak Republic

Chamomile (*Matricaria recutita* L.) – Natural substances and their curative effects

Chamomile, *Matricaria recutita* L. was apparently sacred to the Ancient Egyptians, according to Hippocrates who 'dedicated it to the Sun because it cured agues'. By the seventeenth century, chamomile was well established in monastery and domestic gardens as a medicine and beauty herb – it had been taken to the New World by the Pilgrim Fathers.

The essential oil is distilled from the freshly dried flowers (*Flos Chamomillae*); the oil of chamomile is pastel dark bluish and has a very strong smell. Application fields include dermatology (Figure 1), stomatology, otolaryngology, internal medicine, in particular gastroenterology, pulmonology, pediatry, and radiotherapy.

The therapeutic effectiveness is in total due to the combined pharmacological and biochemical effects of several chamomile constituents, especially γ -bisabolol. Impulse for the totally new valuation of the drug production has become if the identification of four chief chemical types of chamomile different by the qualitative – quantitative composition of chemical compounds in the essential oil was carried out. Certain types of chamomile contain up to 50 % γ -bisabolol in the essential oil; however, in the majority of types the oxides are more abundant.

Gradually, the new chamomile variety "LIANKA" was bred at the University of Presov, Slovakia in last years (Salamon et al, 2016). The essential oils of plants were extracted by hydro-distillation and analyzed by gas (GC) and liquid (LC) chromatography. The variety is characterized by its high percentage of sesquiterpenes: (γ -bisabolol [54 ± 2 %], chamazulene [18 ± 2 %], the low contents of α -bisabololoxides A and B [< 3 %] and essential oil content are from 0.65 to 0.85 %). The main characteristic constituents of chamomile flowers are flavone derivatives: apigenin-7-glucoside is contained 0.33 ± 0.01 and the total quantity of apigenins 0.48 ± 0.02 [% of chamomile dry flowers].

Chamomile plants are picked only in the stage of developed antheridia, using various types of harvesters (Figure 2). Sorting the chamomile biomass is performed by sorting machines. Drying is provided mostly on hot-air driers. The dry chamomile drug of the first quality is delivered directly to the processing enterprises. The remaining plant material and the waste are used to produce essential oil and extracts.



Figure 1: Phytoterapeutical force of chamomile extracts (Shilcher, 2004).



Figure 2: Large-scale cultivation of Chamomile in Slovakia (Salamon, 2017).

Biography

Prof. Dr. Ivan Salamon, MBA: An university teacher and scientist, is the managing investigator of several R & D projects of medicinal and aromatic plants. He is the principal author of the patent – the freeze-drying technology (lyophilization), as unique methods of anthocyanin isolation from medicinal plant small fruits, Chamomile variety “LIANKA” with the high content of γ -bisabolol and Peppermint variety “KRISTINKA” with the high content of menthol of essential oils.



Jespher Onyango^{1*}, Dr. Jeane Silva²

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A study of individual ethnobotanical knowledge and antimicrobial efficacy of *Hypericum kiboense* and *Hypericum peplidifolium* plants utilized in the management of urinary tract infections by the Kikuyu community of aberdare ranges, Kenya

Urinary Tract Infections (UTIs) are significant global public health issues that affect females more frequently, causing morbidity and mortality. The most common cause is bacteria, such as *Escherichia coli*. Although antibiotics are effective in treating UTIs, they have side effects and can lead to the development of resistance, which has led to the investigation of alternative treatments. Medicinal plants, such as *Hypericum kiboense* and *Hypericum peplidifolium*, have been used to treat UTIs, but there is insufficient data on their safety and effectiveness. This research aims to study the prevalence of usage, understand the nature of self-healing, and evaluate the antimicrobial efficacy of *Hypericum kiboense* and *Hypericum peplidifolium* plants, which are used to manage UTIs by the Kikuyu community of Aberdare Ranges in Kenya. The study will take place in the Aberdare Ranges, and efficacy testing will be conducted using commercially available standard microbial strains. The Kirby-Bauer disk diffusion methods will be used for testing antibacterial efficacy. Results will be presented as the mean \pm standard error of the mean and analyzed using IBM @SPSS Statistics. The study's findings could guide future research efforts for the commercial use, validation, conservation, and standard implementation of herbal medicines to ensure efficacy, safety, and quality.

Audience Take Away Notes

- The audience will use the information they will learn from this presentation by understanding the role of indigenous knowledge of St. John Worts to treat UTI in Kenya
- The people working in herbal medicine will know alternative St. John Worts preparations obtained from Kenya that can be possibly added to the list of herbal medicines
- Other researchers in academia and research field can use this research on the contribution of St. John Wort into herbal medicine to further research or teach
- The problem is whether this plant is being used or has activity and is safe, like most of the St. John Worts and therefore provide scientific basis of its use in herbal medicine
- The design used will be modified to improve the accuracy of the antimicrobial, safety and online data collected
- Provide some information required to improve the preparation for use in herbal medicine

Biography

Jespher Onyango studied Clinical Microbiology at Mount Kenya University, Kenya and graduated as MS in 2019. She then joined the research group of Dr. Onyancha at Mount Kenya University Research Center, in Kenya. She is currently a first year PhD student, in Applied Health Sciences (Diagnostic concentration) at Augusta University and she joined Dr. John Cowell Laboratory where she works as a Graduate Research Assistant, at Georgia Cancer Research Center supervised by Dr. Silva at the Cancer and Molecular diagnostic Laboratory, USA. She has published 3 research articles in the International Journal of Scientific and Research Publications journals.



Julieta Andico Songco, MS, MEd, RDN, FAND

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Diet, food, and nutrition: Navigating the future of healthcare and humankind through the healing power of nature

Significantly and scientifically, the cycle of Food, Nutrition and Diet is like the “Holy Trinity – Father, Son and the Holy Spirit”. For Christians, we all know that they are inseparable and that they need to exist equally – no one is greater or lesser than the other. Methodically, the presentation aim is about the field of diet, food and nutrition In navigating the future of healthcare and humankind through the healing power of nature.

Over the last twenty years, revolutionary changes in health service and consumer needs have caused a major increase of health costs in the developing, underdeveloped, and developed countries. Many of the population of all age groups get either food insecure and/or health disparities. The worst case scenario is the continued cycle of hunger, poverty, malnutrition, and nutritionmis information. The future of humankind’s healthcare is at risk unless traditionalmedicine, ethnomedicine, and natural therapies – an adjunct to an ancient medicine and not biomedicine --- get into the picture. A combination of therapies within the field of traditional, ethnomedicine, natural therapies, food as medicine, and the healing power of nature can provide a priceless Return of Investment(ROI) towards survival.

Through lecture, storytelling, case studies, metaphors, demonstrations, androle-playing, this presenter will provide strategies into the connection and importance of Food, Nutrition, and Diet (FND) in this educational journey. Nutrition is a science and art of identifying how foods sustain and nourish the body -- no one can ever separate foods from nutrition. Nutrition starts in the mouth after foods are consumed, digested, and metabolized.

Because of this presenter’s mission, vision and personal commitment to the profession, she is always driven and motivated to see results from her labor of love. This presenter is at ease and is comfortable to discuss this topic and share what she knows for more than forty years in the profession for all different stages of life in all their food, nutrition and dietary needs. for the 6th Edition of International Conference on Traditional Medicine, Ethnomedicine, and Natural Therapies. She has a hope of changing participants’ perspectives on the simplicity and/or complexities of diet. food and nutrition.

Navigating the future of traditional, ethnomedicine and natural therapies is anchoring what we are doing now. To meet our goal, we must initiate, innovate, and collaborate with all the other areas of TM through the healing power of nature, food, nutrition and diet.

Audience Take Away Notes

- In this presentation, the audience will be able to see the difference between food, nutrition, diet and their interrelationships in navigating the future of healthcare and humankind through the healing power of nature
- This presentation will help the audience in their job by creating, inspiring, and being continuously motivating while working. The audience will be able to enumerate teaching methods to illustrate what happens to meals once eaten

- Additionally, this presentation can be a model for further research, and other faculty can use it to expand their research or teaching. Lastly, this presentation can provide practical strategies and solutions to problems that could simplify or make the dietitian's job more efficient

Biography

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



Justin Bradfield^{1*}, Ian Dubery²

¹Palaeo-Research Institute, University of Johannesburg, Johannesburg, South Africa

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South African medicine horns from 500 years ago until the 20th century

The chance discovery of a 500-year-old cattle-horn container in a painted rock shelter in the Eastern Cape Province of South Africa has shed new light on the antiquity of traditional medicines in the region. We present the micro-residue and GC-MS results of the solidified substance found inside the horn container. Several plant-based medicinal compounds were tentatively identified, of which mono-methyl inositol and lupeol are the most prevalent. Based on pharmacobotanical studies, we suggest the most probable ailments the medicine would have been used to treat and propose the most likely plants from which the ingredients were sourced. To the best of our knowledge this is the oldest evidence from southern Africa of a bespoke container that has been used to store multiple combined ingredients of medicinal application. The findings are contextualised within the framework of what we already know of people's knowledge of plant-based medicines from 200000 year ago. We also briefly look at preliminary results from an ongoing project to characterise medicines from 20th century contexts and how these medicines were situated within the cultural and spiritual domains.

Audience Take Away Notes

- I will present the oldest known medicine container from southern Africa, recently uncovered in an archaeological context
- The GC-MS identifications of the plant substances found in the horn container will be detailed
- I will situate the discovery in what we already know of traditional knowledge of plant-based medicines from as early as 200 000 years ago
- Tentative chemical results of 20th century ethnohistorical medicines will also be presented and discussed within their socio-cultural milieu

Biography

Justin Bradfield is an Associate Professor of archaeology in the Palaeo-Research Institute, University of Johannesburg. He specializes in the study of organic technology among Stone Age and Iron Age communities. Recently, he has expanded his focus to encompass ancient hunting poisons and medicines and how this pharmacological knowledge was contextualized within socio-cultural milieux. He is an editor of the South African Archaeological Bulletin, the foremost archaeology journal in the region.



Prof. Kerry Hull^{1*}, Mark Wright²

¹Department of Ancient Scripture, Brigham Young University, Provo, UT, United States

²Orem, UT, United States

Ethnobotany meets mythology: Exploring ethnomedicinal therapies and strategies for treating snake toxins among the Maya

This paper explores ethnobotanical medicines used by the various Maya groups to treat snake bites. Based principally on ethnographic data gathered through our fieldwork in Mexico, Guatemala, and Belize, we detail the use of numerous plants and plant-based remedies to treat specific types of snake bites. In addition, examine the roles of local specialists (known as shamans, “bush doctors,” or snake doctors) who are expert in using both plant recipes as well as incantations to heal snake bites. We also look at the chemical and therapeutic qualities of certain plants employed by different Maya groups to find if there are scientific correlations to addressing toxins and resulting symptoms. And finally, we approach snake bite cures from the perspective of Maya mythology since a number of their remedies are not plant related but rather linked to mythological understandings, thereby requiring a separate, often non-physical solution. This paper provides detailed documentation of traditional ethnomedicines and practices from the dying art of traditional Maya healers and argues for multi-faceted diagnostic techniques to determine toxin severity, the presence or absence of sorcery, and the appropriate botanical remedy.

Audience Take Away Notes

- For an audience interested in ethnomedicine, this will provide a nice case study of specific plants and the medicinal value attributed to them by Maya indigenous groups as well as showing how these remedies often correspond to known therapeutic properties of certain plants
- This will provide another data set which teachers of ethnomedicine can use in addressing these topics in class
- This will show how a multidisciplinary approach (archaeology, ethnography, botany, and anthropology) can work together to shed light on emic notions of healing

Biography

Kerry Hull is a Professor in the department of Ancient Scripture at Brigham Young University. He earned a B.A.s in Spanish and French in 1992 from Utah State University. He received an M.S. in Applied Linguistics from Georgetown University in 1993. He completed a Ph.D. in Linguistic Anthropology at the University of Texas at Austin in 2003. His academic interests include Maya linguistics and anthropology, Eastern Polynesian linguistics, sociolinguistics, and Maya epigraphic studies. He has conducted linguistic, ethnobotanical, ethno-ornithological, and archaeological fieldwork in Mexico, Belize, Guatemala, and in Polynesia. He is the author of *A Dictionary of Ch'orti' Mayan*.



Krashenyuk Albert Ivanovich

Academy of Hirudotherapy, St. Petersburg, Russia

Lessons from the pandemic “COVID-19 – Post COVID Syndrome”

Annotation: The author of this message owns a series of publications for 2020–2023, in which this pandemic was called “COVID-19 – Post COVID Syndrome”. The editors of 6 major authoritative and specialized online magazines agreed with this name of the coronavirus pandemic.

Lesson one: None of the antiviral drugs known to date have shown the ability to stop the development of the acute viral phase of the process. This phase lasts 2-3 weeks, and we can call it "COVID-19".

Lesson two: The acute phase is followed by a chronic process that we call "Post COVID Syndrome". This phase of the disease has a duration of 18-24 months, and sometimes more. And it is the main danger for those who have had a mild, moderate or severe form of the course. For some patients, it has the appearance of mild discomfort.

Lesson three: "Post COVID Syndrome" is dangerous for the sudden development of thrombosis and related complications. As shown by the analysis of the development of the pandemic in many countries, 80-85% of patients suffer this infection in mild to moderate severity. And only 15-20% of patients due to concomitant diseases require hospitalization and round-the-clock monitoring by medical personnel. During this period of the chronic phase of the disease, it is necessary to monitor the most informative markers of the possible development of thrombosis: the dynamics of D-dimers, prothrombin time, fibrinogen levels, and the number of platelets in the blood of those who have been ill. In practice, such large-scale monitoring is not possible. As you know, the recommended treatment to prevent thrombosis is oral anticoagulants. And for detoxification, it is recommended to use plasmapheresis. However, both of these recommended treatments have a number of significant drawbacks and contraindications, especially with their long-term use.

Lesson Four: We offer an alternative method – "System Method of Leeching" (SML). The proposed method is based on 30 years of experience in the use of SML in elderly people with multiple organ pathology and children treated at the Academy of Hirudotherapy in St.- Petersburg. Our experience in the treatment of "Post COVID Syndrome" in the period 2020–2023 has shown the high effectiveness of SML.

Lesson Five: Many of our patients note that during the pandemic they were sick 2-3 times. This suggests that having been ill with one strain of coronavirus, the human immune system is not able to protect against other antigenic variants (strains) of coronavirus. These facts make you wonder, against which strains of coronavirus do you need to prepare a vaccine for the population?

In addition, many materials have been proven and published on severe post-vaccination complications, including deaths or stillbirths in pregnant women who were vaccinated during pregnancy. In the author's article (Krashenyuk A.I. Pandemic "COVID-19 – Post COVID Syndrome" A System Method of Leeching is a New and Effective Treatment. Journal of Virology Research & Reports, 2023, volume 4(2):1-12.) This problem is being discussed. And this topic is described in even more detail in the author's recently published book "COVID-19 – Post COVID Syndrome". Ed. "Asterion" SPb, 220p.

Biography

Krashenyuk A.I. Graduated from the 1st Pavlov Medical Institute in 1971 in Leningrad, and postgraduate studies in biochemistry at the same institute in 1974 from Professor V.I. Rosengart. In 1974 he received the degree of Candidate of Medical Sciences. From 1974 to 1985 he worked as a senior researcher and head of the laboratory of biophysical methods of research at the Pasteur Institute in Leningrad. He was engaged in the development of vaccines against measles, mumps, influenza, tick-borne encephalitis. From 1985 to 1992 he headed the laboratory of live influenza vaccines and biophysical methods of research. Created the world first purified live influenza vaccine, which was vaccinated 4.5 million people without post-vaccination complications. In 1995 he received the degree of Doctor of Medical Sciences from the Institute of Influenza of the Russian Academy of Medical Sciences (RAS). One of the creators of space biotechnology for the production of highly purified viral proteins in microgravity. In 1996 and to the present time the creator of the world first department and Academy of Hirudotherapy. Honorary Scientist of Europe, Academician of the European Academy of Natural Sciences (Germany), Grand Doctor in Biology and Medicine (Oxford), Full Professor of Oxford. For a series of works in the field of virology in 2023 the author was awarded the diploma "Pasteur-Professor" of the European Academy of Natural Sciences (Germany).



Laure Le Corroller

Dr. & Master Sha, world renown healer, speaker, author, Tao grandmaster, and humanitarian, Founder of Universal Service Corporation and Love Peace Harmony foundation, Toronto, Canada

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.

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
- List all other benefits
 - o 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

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.



Dr. Margo Bachman, DACM, LAc, FABORM

Louisville, Colorado, United States

Unexplained infertility and traditional Chinese medicine

Unexplained infertility affects approximately 15-30% of the infertile population. This is a challenging diagnosis that responds well to Traditional Chinese Medicine (TCM) when other treatment options are not desired nor effective. TCM views the body through unique diagnostic lenses, which pinpoint imbalances at the root level to restore health, vitality and fertility. The process begins with a thorough examination through questioning, pulse and tongue diagnosis. From these findings, an Eastern diagnosis is formed, which reveals the root cause of the imbalance and as well as the branch symptoms. Then a multi-factorial, integrative treatment plan is developed. The acupuncturist/herbalist skillfully steers the body toward health and fertility by targeting the root cause. Individually tailored acupuncture treatments, herbal medicine supplements and other natural therapies are utilized. Once balance is restored, ovulation, conception, pregnancy and live birth can happen. TCM and holistic therapies offer treatment options and hope for those struggling with all diagnosed infertility, especially unexplained infertility.

Audience Take Away Notes

- The audience will learn solutions for unexplained infertility through Eastern Medicine
- They will learn methods for determining possible root causes of unexplained infertility
- The audience will come away with knowledge on key elements of an integrative approach to fertility challenges
- They will also receive foundational education on women's health and OB/GYN from an eastern perspective

Biography

Dr. Margo Bachman, DACM, LAc, FABORM, is a Doctor of Acupuncture and Oriental Medicine, Licensed Acupuncturist, Fellow of the Acupuncture and TCM Board of Reproductive Medicine, and the clinical director and founder of Wild Rose Medicine Acupuncture and Ayurveda. Margo has been passionate about natural medicine and healing for over twenty-five years. She is a woman's health and fertility expert that has studied extensively and practiced Chinese Medicine, Ayurveda, herbal and integrative medicine for decades and is dedicated to improving the health of others. Margo is the author of *Yoga Mama Yoga Baby; Ayurveda and Yoga for a Healthy Pregnancy and Birth*.



Michele Sonia Quintin

Center for Relaxotherapy® and Prevention, Bruxelles, Belgique

The grammar of the body in relation to a deep layer of the brain and a particular neurocognitive functioning, to reorganize thoughts and process in stress diseases and traumatism

Introduction: As a psychologist and psychotherapist, I felt the great need to deal with the problems created by the stress and aggression that were rampant around me. So, I quickly specialized in the treatment of stress, whether chronic or traumatic.

Out of respect for others and to stay consistent with myself, I tried as much as possible to find balance in my life and a healthy, free and satisfying way of functioning. I found it, in addition to family and social joys, not only in intellectual development, in mental sciences and psychology, but also in work on the body through yoga, dance, music; and above all, through the practice of meditation and the training of the mind, in search of its limitless depth and its healing potential.

I used many elements of these wise traditions, along with advances in neuroscience, to create my treatment technique, Relaxotherapy®.

Summary: Traditional techniques, such as yoga and meditation through their empirical and practical approach to the Living, transmit to us their long and deep knowledge of human beings. Neuroscience, psychology and physiology can tap into this intelligence, tested by experience and concreteness, and gain a clearer, more complete and therefore integrative understanding of mental health and balance. I therefore allowed myself to be impregnated by this double belonging to quickly get my patients out of their tensions and painful emotions.

The functioning of the human organism can be subdivided into different layers : they go from the mechanical, through the organic, the tissue, the cellular and now we are able to unravel the mystery of the microscopic intra-cellular and even more, we are entering quantum space.

This dimension of life can be matched with a subtle way of “thinking”, a dimension of brain work that allows psychotherapy to be more economical and above all more ecological in the treatment of stress and traumatic dysfunctions.

This presentation will discuss about:

- The ‘Life’ nervous system and the other one dedicated to our ‘Survival’.
- The particularity of "weightlessness" caused by a specific gesture in the technique of relaxotherapy® and the means of accessing a Life-Survival connection in parallel.
- Insight and particular activation of the right anterior superior temporal gyrus (RH-aSTG) allowing distant, extensive and unusual neural connections.
- Meditation and the ability to access the expansion of the mind, in particular of the order of synchronicity and attunement, to have a stronger connection between therapist and patient.

- And thereby, to give him access to this interior/exterior common space, that is to say connected to the Wisdom of Life, to process more quickly and adequately the emotional traces of deep suffering and traumatisms.

Audience Take Away Notes

- The participants will be able to be more efficient in the event of post-traumatic stress, to understand the double logic of life and survival
- To understand the importance of neurovegetative appeasement in both, common life and in acute situations, they will be able to use the simple grammar of the unconscious and the gestures of relaxotherapy® to help calm an agitated patient quickly
- They can help the person, through the body, to move naturally towards well-being and thus set in motion the self-healing processes inherent in Life

Biography

Michele Quintin has a degree in Psychological and Pedagogical Sciences (ULB). In 1985, she founded a psychotherapeutic day center specializing in the problems of stress (chronic and traumatic) and concomitant disorders (anxiety, depressive states, overwork, burnout). She seeks, among the many techniques both bodily and mental, effective tools to remedy the various tensions. She has always worked in a multidisciplinary team. She professes as a psychotherapist, teacher and facilitator of workshops, conferences and seminars on health psychology, stress management and mindfulness. She is particularly keen to prevent the anxiety and aggressiveness inherent in our modern lifestyles. His practice is nourished by Eastern and Western teachers and in particular by the late master B.K.S. Iyengar (Hatha yoga and energetic body arts) and Lama Zeupa, Tibetan Buddhist master.



Prof. Dr. Mohammad Kamil

Director General, Lotus Holistic Health Institute Abu Dhabi, United Arab Emirates

Quality control & standardization of traditional herbal medicine

In spite of recent developments of antibiotics and newer synthetic drugs, a vast majority of people depend on traditional medicines for their primary healthcare needs and it can safely be presumed that a major part of traditional therapy involves the use of plant extracts or their active principles. In recent years with ever-growing commercialization in the field of herbal medicines, there has been an instant demand for quality control of the drugs used in this system. The studies on the identity, purity, and quality of the genuine drug will enhance information in checking the adulteration.

In the present paper an attempt has been made for a sequential study of the Quality Control of Herbal Medicinal Products (HMP) starting from the Selection of Medicinal Plants; Good Agricultural Practices (GAP); Cultivation; Good Field Collection Practices(GFCP); Organized and Unorganized Drugs; Source and Period of Collection; Identification; Storage; Chemical. Different stages, i.e Quality control studies of Raw Medicinal Plants, Controlled Studies of Method of Processing, Quality Control Studies of Finished Products, and Standardisation Procedures at each stage from the birth of the plants up to the clinical application of herbal medicine will be dealt with reference to some medicinal herbs. An emphasis has been given on the protocols which are required for the Registration of Herbal Medicinal Products (HMP).

Audience Take Away Notes

- Standardization of the herbal medicinal product in each stage and how to maintain the quality from the birth of the plant to its clinical application
- Standardization; Quality Control; Quality assurance; Cultivation, intentional adulteration
- The audience will be able to use it practically in the field and laboratory
- I will help the audience in their job to utilize the information in the field, lab, & manufacturing
- This research could be utilized by other faculty to expand their research & teaching
- Does this provide a practical solution to a problem e.g. to check adulteration in herbal medicines
- I am not sure it will improve the accuracy of a design, or provide new information to assist in a design problem, but will give a complete idea of manufacturing a drug from field to pharmacy
- Other benefits include; knowing Important Plant-derived drugs used in Modern Medicine
- Adulteration, deterioration & Types of Adulteration of Herbals
- Classification of reported Products (Pharmaceuticals) Substandard, falsified, unlicensed, and unregistered medicine

Biography

Professor Dr. Mohammad Kamil, M.Sc.; M.Phil.; Ph.D.; D.Sc.; Chartered Chemist (U.K.) and Fellow Royal Society of Chemistry (London), worked in various capacities, as In-charge-Drug Standardization lab. CCRUM, Ministry of Health -India, Professor at Hamdard University, India; Professor & Head Department of Pharmacognostic Science, Zayed Complex for Herbal Research & Traditional. Medicine (ZCHRTM), Ministry of Health, UAE (1996-2010); Head TCAM Research at ZCHRTM, Department of Health (DOH), Abu Dhabi (2010- 2020), presently working as Director General, Lotus Holistic Healthcare Institute, Abu Dhabi, UAE since March'2021. A recipient of many prestigious honors & awards viz Young Scientist's Award, India (1998); Common Wealth Award-London (1992); Convention Award of Chemical Society-India (1993); Hakim Ajmal Khan Shield (CCRUM-Govt. of India at Grant Medical College, Bombay (1992); Academic Exchange Fellowship from Association of Common Wealth Universities-London (1993); Acted as an expert on the panel of Union Public Service Commission (UPSC), India, 2000.; Man of the year 2002, ABI, USA; Hakim Ajmal Khan Global Award in Unani Medicine, India (2014); Honorary Trustee, International Unani Forum (Oct'2022-March 2025). He has more than seventy research papers exclusively on Unani medicines. He has been associated with the World Health Organization (WHO) in the revision of the Benchmark for International Standards of Unani Medicine Terminology and Training of Unani Medicine, as its drafting expert and their subsequent reviews. Recently he has been assigned to support WHO in translating a document from Urdu to English under an Agreement for the performance of work (APW). Focal Point of WHO Collaborative Sheikh Zayed Research Centre, Abu Dhabi for 8 consequent years; a recipient of the First Sheikh Zayed International Award in Herbal Research (2020) and various other prestigious honors & awards. Dr. Kamil produced 20 Ph.D. and M.Phil. students besides a large number of M.Sc. Project theses and 40 Interns. More than 600 research papers in reputed journals & presentations at international conferences are at his credit.



Nassali Doreen*, Prof Dr. Ssali David

DAMA Medicinal Herbs Kampala, Uganda

Shakeout the game changer for rectal fecal impaction

Introduction: Constipation is one of the most common digestive complaints in sub-Saharan countries. It accounts for approximately 5% of general population and 25-30% of referrals to gastroenterologists. It normally starts after an episode of painful bowel movements which leads to withholding behavior with a cycle of fear and further stool retention. Consequently, a large fecal mass accumulates in the rectum which is the reason for many complaints e.g. excessive flatulence, painful bowel movement etc. Shake out Detox teas founded by DAMA Medicinal Herbs is the answer to all bowel complaints.

The treatment goal for constipation is to maintain regular bowel routine and rectal fecal dis impaction.

Rectal Fecal dis impaction can be accomplished with use of Shakeout detox, a plant containing group of compounds known as sennosides a natural remedy designed to address specific health concerns. It aids in bowel preparation prior to enema procedures. It enhances intestinal activity to facilitate bowel movement.

Aim: The aim was to assess the effectiveness of shakeout detox during the management of rectal fecal impaction for a period of six months in 2022.

Material and Methods: Randomized controlled trials were done in 2022 evaluating the effect of shakeout for disimpaction in patients with functional constipation. The risk of bias was assessed using a Cochrane risk of bias tool.

Results: Two randomized controlled trials involving 200 patients in Mityana district met the inclusion criteria. 95% of patients who were administered with shakeout reported increase in defecation frequency, and increase in watery stool.

Conclusion: Current evidence indicates 95% effectiveness of Shake out Detox Tea when used for management of constipation. The results should be used for further research into integration of health facilities in various countries to reduce the occurrence of painful bowel movements and fecal impaction.

Biography

Kagezi Doreen Nasaali a mother of 2 children and a Naturopathic Doctor. I am the CEO Shakeout Company Limited. I picked interest in Herb Medicine when I started working at Dama Medicinal Herbs Clinic and this is a passion I have had for the past 7 years. It is at this that I went ahead and pursued a Certificate Course in Herbal Medicine at Anamed school of Herbal medicine and another Certificate in naturopathic medicine at Plaskett college of nutrition in South Africa. This is where I learnt that Most diseases start from the Colon and this is where I picked inspiration to kick start a company that majorly focused in cleansing and emptying the colon and detoxifying the entire body. I believe that the human body is mother natures precious gift to us. Soon we will return it back to her. In the time we have. It is our duty to keep it clean, bustling with energy and health the way she designed it to be.



Prof. Ngono Mballa Rose^{1*}, Dr. NEBO Jules²

¹Department of Pharmacology and Traditional Medicine, Faculty of Medicine and Biomedical Sciences, University of Yaounde I, Yaounde, Centre Region, Cameroon

²Polyclinique Internationale de Bonaberi, Private Clinic, Douala, Littoral Region, Cameroon

Integrating traditional medicine/conventional medicine: Case study of the management of oncology following an ayurvedic approach in Douala, Cameroon

As traditional African medicine is not yet codified, Ayurvedic medicine in that it uses medicinal plants similar to ours could serve as a basis for the codification of African Traditional Medicine. The objective of this study is to show how the recruitment of Ayurvedic treatment patients affects the measurement not only of degree of efficiency of this therapy, but also on patient satisfaction during the therapeutic process. A questionnaire was addressed to target patients according to inclusion and non-inclusion criteria. Patients were seen every 7 days for evaluation after starting treatment. 141 cancer cases and 247 rheumatology cases were collected. 07 organs were concerns: Breasts (29), prostate (18), liver (11), cervix (11), colon (10), blood (10), thyroid (8); In 247 cases of rheumatology, osteoarthritis of the knees and of the vertebral lead 61% of cases. Concerning Symptom improvement, about 63% patients feels the treatment effective while 59% were satisfied with the pace of pain remission. The results seem to show a benefit of Ayurvedic treatment in our patients; but noted that the study is still ongoing, as patients continue to follow their treatment. This study shows us that Ayurvedic medicine greatly improves the quality of life of oncology and rheumatology patients. Ayurvedic medicine in that it uses medicinal plants similar to ours could serve as a basis for the codification of African Traditional Medicine.

Audience Take Away Notes

- African Traditional medicine could be codified to become an alternative and complementary medicine
- The audience must integrate that African traditional medicine uses same plants as Ayurvedic
- Thus, we can develop strategic procedure to evaluate ATM versus Ayurvedic
- This research could be used by other faculty to expand their own research or teaching
- This provides a practical solution to a problem that could simplify or make a designer's job more efficient
- It will improve the accuracy of a design, or provide new information to assist in a design problem
- List all other benefits
- African researchers could work closely with Ayurvedic practitioners
- Pharmacopoeia might be developed according to the above model
- Numerous publications will be designed

Biography

Prof. Ngono Mballa Rose, hold a PhD Biochemistry, is Associate Professor since January 2023, Chair of the Department of Pharmacology and Traditional Medicine, Faculty of Medicine and Biomedical Sciences, Yaoundé I University since 2017. Industrial Pharmacist Doctor (Marseille France, 1988); She studied at Yaoundé I University, graduated as 3rd Cycle Doctor in Biochemistry (1993), PhD (2021); Researcher at Institute of Medical Research and Studies of medicinal plants (IMPM,1988-2012). Director of Pharmaceutical Services and medicines MoH (1995-1998),WHO Medicines Adviser based in Cameroon (2002-2011) to develop access to essential priority medicines including those belongs from traditional medicine, Lecturer in the Faculty of Medicine and PS, Douala and Yaoundé I University (2010-2014), Senior Lecturer 2015-2022; her research work focused on standardization of traditional recipes including codification of African Traditional Medicine, Pharmacology, pharmacotechny and pharmacogenomics; She have published more than 30 research articles, 04 books, and also co-directed numerous thesis and masters Since 2015. Since September 2015, she is Director General National Quality Control and valuation Laboratory (LANACOME) Cameroon, after being appointed Public Health Inspector in the Ministry of Health in 2013.



Pascal Revault^{1*}, Bader Mahaman²

¹Lecturer IEDES- La Sorbonne Paris 1, France

²Sustainable agriculture advisor, ACF (Action against hunger), Paris, France

Facilitations and care of companion plants in crop fields in Zimbabwe

On the basis of a study of agricultural factors promoting nutritional security with the Zimbabwean national authorities, collaborative research in the Gowke region during the spring of 2022 identified the plants favoured by village communities in three localities, plants that are allies in the areas of human and animal health and protection against biopredators.

The approach was based on interviews and visually recorded participatory observations with villagers, involving a health professional and an agronomist. The specific characteristics of the plants chosen by the villagers were compared with those described in the scientific literature.

While the congruence between the uses and most of their referenced efficacy was confirmed, the importance attached to them is not purely functional. Farmers' personal choices relate to their history with these plants, their visual appearance, their taste qualities and their symbolic representations. Most of these plants are the result of globalisation on degraded soils, making them companion plants and care aids whose presence is essential in building interactions between plants and humans.

Moringa oleifera, *Cleome gynandra*, *Biden pilosa*, *Cucumis africanus*, *Corchorus tridens* and *Portulaca oleracea* were the main species used systematically, but in varying proportions depending on the clay grower.

In conclusion, a nutritional security project must integrate the plants favored by farmers, while delving deeper into the interactions woven between humans and non-humans beyond a utilitarian perspective, and over time. Highlighting and strengthening this collaboration, while repairing a link that has been damaged by monospecific cultivation practices based on often intensive mineral inputs and synthetic herbicides, helps to meet the challenges posed by the collapse of biodiversity, with the relative homogenization of plant species, and by global health issues.

Audience Take Away Notes

- The audience will be able to deepen qualitative approaches in social sciences
- Some concrete uses of herbal treatment will be shared
- The audience also will learn the potential of alliances in the field of some specific plants that are fostered by the loss of biodiversity and the warming of the planet, but that represents at the same time an interesting opportunity for a planetary health
- This could provide an opening of research fields that are essential today to work with the living being

Biography

Dr. Pascal Revault has been a medical doctor since 1994, and through his involvement in the field of global solidarity with civil society, has sought to delve deeper into the social and ecological determinants of health, in particular through his work in social anthropology with EHESS and IEDES Paris1. After completing a degree in botany and clinical phytotherapy at the Paris Nord University in 2022, his research focuses on the valorization of local knowledge and interspecific collaborations.

Patricia Chaves de Oliveira^{1*}, E Paula Padilla Gomez²

¹Biodiversity and Forest Institute, Federal University of Western Para/Full Professor, Santarem, Para, Brasil

²Manejo Costero del Cone Sur, Cure, Universidad de la Republica de Uruguay/ Master's student, Maldonado, Uruguay

Ethnobotany as an indicator of medicinal flora vulnerability in natural grasslands, Tapia, Uruguay: Collective feminine narratives

Ethnobotany, as an interdisciplinary area that values and records the ancestral knowledge of native or traditional populations about the local flora, its use, medicinal properties, and its spiritual relationships, has an ethical and emic commitment to contribute to conservation of these systems of organic knowledge transmitted by orality for hundreds of years. In this context, there are the natural grasslands of the Pampa Biome in Uruguay and the rural communities that inhabit it and make ancestral use of it through a rich ethnoknowledge about medicinal plants. However, according to the report of the United Nations Food and Agriculture Organization and the Ministry of Living, Territorial Planning and Environment of Uruguay (2020), natural grasslands between 2000 and 2015 suffered a reduction in their surface area of 13.79% due to various anthropogenic pressures associated with the introduction of forestry, livestock, soybeans, and rice. Thus, the objective of this research was to know the medicinal grassland flora used by a group of women herb gatherers (Las Julianas) in the village of Tapia in Uruguay, from open dialogues to contribute to registration and appreciation of traditional knowledge associated with the local flora through a new protocol in Ethnobotany, the conversation circles, spaces for collective knowledge. The research was carried out in Tapia (34°34'00"S 55°45'03"W), a village located in the department of Canelones, part of the municipality of San Jacinto in Uruguay in La Cuenca Yasiry-Solis Chico. The interview was done in a conversation circle, as a collective space for knowledge, transmission, and promotion of this information, to a female group created in 2003 called Las Julianas composed of 5 rural women. The collective approach in this case prevailed over the individual and classical approach in ethnobotany studies, by decision of the interviewees themselves, who understand that rural botanical knowledge is collective knowledge and its transmission as well. The results showed the citation of 24 medicinal plants and 1 lichen distributed in 15 botanical families, being the Asteraceae family with 6 species. Some species such as calendula (*Calendula officinalis* var. *parviflora* Kuntze) and carqueja (*Baccharis trimera* var. *carqueja* DC) draw attention for the large number of medicinal uses. The calendula is used for healing infections, skin inflammations, improving the immune system, liver problems, and diabetes, while carqueja is used for controlling high blood pressure, cleansing the liver, and lowering cholesterol. A total of 22 medicinal properties were surveyed: 7 plants with digestive properties, 5 soothing plants, 4 plants with anti-inflammatory properties and 4 healing properties. Species with digestive properties such as *Salvia officinalis* subsp. *Oxyodon*, *Mentha piperita*, *Lippia alba*, *Lippia* sect. *Aloysia*, *Marrubium vulgare* subsp. *Apulum*, *Matricaria chamomilla* and *Achyrocline saturejoides*, are herbs occurring in natural grasslands of the Pampa Biome, with high intrinsic value for local populations. According to the narrative of the interviewees, the species *Achyrocline saturejoides* (Marcela) is already in reduced abundance, indicating vulnerability. Finally, the ethnobotany from this study brought some important indicators of threat to the rural medicinal flora in Uruguay, functioning here as an instrument of environmental conservation.

Audience Take Away Notes

- In herbal medicinal Research, and could be use in prospect new products in the contexts of pharmaceutical companies
- This research that other faculty could use to expand their research or teaching
- This provide a practical solution to a problem that could simplify or make a designer's job more efficient

Biography

Patricia Chaves de Oliveira is an Agronomist, master's in plant Physiology and PhD in Agrarian Sciences. She is a full Professor at Federal University of Western Para (UFOPA). In the last 26 years has developed research in Plant Ecophysiology, Ethnobotany, Bioeconomy and Empowerment of traditional communities in the Amazon. She is professor at Institute of Biodiversity and Forests and at Graduate Program in Natural Resources of the Amazon. In recent decades, she has coordinated projects for local and regional development in the Pan Amazon under the funding of Organization for the Treaty on Amazon Cooperation (OTCA), Global Environment Facilities (GEF), the United Nations Environment Program (UNEP), the Ministry of Regional Development, the Ministry of Agrarian Development, CNPq and FAPESPA.



Mr. Piyush Kumar^{1*}, Dr. Ragini Sharma², Dr. Kirti Udayai¹

¹Associate Professor, Institute of Health Management Research, Bangalore, Karnataka, India

²Student (PGDM), Institute of Health Management Research, Bangalore, Karnataka, India

The integration of naturopathy in Indian healthcare system: Opportunities, challenges, and policy implications

Naturopathy, as a form of alternative medicine, holds a significant place in the healthcare landscape of India. The country has a long-standing tradition of holistic healing systems, and naturopathy has gained recognition. The integration of naturopathy into the Indian healthcare system has gained attention in recent years, due to its potential to provide holistic and natural approaches to healthcare. At this juncture, it is important to identify the opportunities that arise from integrating naturopathy into the Indian healthcare system, including its potential to provide cost-effective and preventive healthcare solutions, promote patient empowerment, and contribute to a more holistic and patient-centered approach.

This paper aims to explore the opportunities, challenges, and policy implications associated with the integration of naturopathy in the Indian healthcare system, such as the need for standardized education and training, regulation of naturopathy practices, and potential conflicts with existing healthcare systems. This research will shed light on the existing status of Naturopathy in India while assessing the current policy landscape and identifying areas where policy reforms and guidelines are needed to facilitate the seamless integration of naturopathy within the larger healthcare framework.

The findings of this research will contribute to a deeper understanding of the opportunities, challenges, and policy implications of integrating naturopathy into the Indian healthcare system. The insights gained from this study will inform policymakers, healthcare professionals, and other stakeholders involved in shaping healthcare policies and practices. Ultimately, the research aims to pave the way for a more integrated, inclusive, and patient-centric healthcare system in India.

Audience Take Away Notes

- This paper will offer a comprehensive view of the Naturopathy system in India and its existing status. The insights gained from this study will help policymakers, healthcare professionals, and other stakeholders involved in shaping healthcare policies and practices to take appropriate actions for integrating naturopathy in the healthcare system and achieve maximum health benefits for the patients
- This will contribute to a deeper understanding of the opportunities, challenges, and policy implications of integrating naturopathy into the Indian/any other healthcare system. Ultimately, the research will pave the way for a more integrated, inclusive, and patient-centric healthcare system in India and other countries
- This research could be further used to develop a policy framework for the integration of naturopathy in the healthcare systems of various countries

Biography

Mr. Piyush Kumar studied Health and Hospital Management at the IIHMR University, Jaipur, India in 2007. He has over 15 years in the healthcare industry with rich experience in strategic business consulting, hospital projects, operation management, and digital healthcare solutions. He has gained international experience while managing multiple research and consulting project assignments across the Middle East, South Asia, and North Africa, in the areas of; healthcare delivery, medical technology, digital healthcare, pharmaceutical, home healthcare, e-pharmacies, wellness, and allied healthcare. In his previous assignments, Piyush has worked with Frost & Sullivan, India as Program Manager for Transformational health practice for MEA and SA region, Fortis Healthcare and Jaypee Healthcare before transitioning to academics. He has been regularly invited at conference and seminars to talk on project management, strategy, and policy.



Rasham Sallah-Ud-Din

Institute of Environmental and Occupational Health Science, 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 plant-derived compounds (bioactives) from essential oils of *Pogostemon cablin* (Patchouli) and *Peganum harmala* (Harmala) to combat these viruses. We will evaluate the antiviral activity of a combination of isolated bioactives from these essential oils using in vitro assays with well-established surrogate model viruses, Bacteriophage MS2 and Phi 10. This safe and controlled environment allows us to assess the ability of these plant-derived materials to inactivate airborne viruses. We anticipate observing a dose-dependent antiviral effect with minimal cytotoxicity. Additionally, cytotoxicity and genotoxicity testing will be conducted to ensure the safety profile of these essential oils and active compounds. This research investigates a novel approach using bioactives from Patchouli and Harmal essential oils to combat airborne viruses, and positive results would pave the way for further exploration of these compounds as potential antiviral therapeutics.

Biography

Ms. Rasham Sallah-Ud-Din. studied Environmental Sciences at Hafiz Hayat University, Pakistan (M.Phil. 2019). Currently a 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 Essential Oil Researchers.



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

Parmanand Institute of Yoga Science and Research, 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 Dhyana & Prana Dharna is one of the most ancient practices in ancient Indian Scriptures. Prana, 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. Prana 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.

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Evaluation of an ayurvedic whole systems lifestyle protocol for quality of life in breast cancer survivors: An exploratory randomized controlled trial

Background: Cancer survivors experience many adverse effects of conventional treatment and suffer from significant Quality of Life (QOL) challenges in social, psychological, physiological, and spiritual wellbeing. According to NCI “Cancer Survivorship Is as Unique as the Survivor”, however personalized approaches to improve QOL are lacking. In this exploratory randomized controlled trial study, we developed and evaluated the feasibility and effect of a 12-week program of personalized Ayurvedic whole-systems-based lifestyle protocol to improve general quality of life, digestive health, and sleep disturbances among breast cancer survivors.

Purpose: Due to advancements in early diagnosis and treatment, the survival rate of breast cancer has significantly increased. However, breast cancer treatments and side effects bring their own challenges to breast cancer survivorship. This study aims to develop and evaluate the feasibility and effectiveness of personalized Ayurvedic whole-systems-based lifestyle protocols to improve Quality of Life (QOL), digestive health, and sleep among breast cancer survivors.

Methods: Women eligible for this study were diagnosed with breast cancer stages I-IV, had completed conventional treatments more than three months prior to participation and were currently without active disease. Eligible participants were randomized into intervention or waitlist control groups. The intervention group participated in 4 one-on-one sessions and 8 group sessions with an Ayurvedic practitioner. All sessions were conducted virtually. In the intervention group, participants were asked to follow a standardized daily routine protocol created based on the Ayurvedic principles of daily routine, food compatibility and stress management. These protocols were tailored to each participant based on their imbalance in mindbody constitution type (vikriti).

Results: Participants (n=15), randomized into the intervention group (n=8) and wait list control group (n=7), had a mean age of 61 years. The consent rate of the eligible participants was 100% and the retention rate was 93% for the randomized participants. Adherence with participation in the intervention sessions was excellent. Out of 15 recruited, 93% (n=14) participants completed the 12 weeks as randomized. Those randomized to intervention achieved nearly 100% of the required visits with the Ayurveda practitioner (only one participant missed one group meeting). The participants in the intervention group reported significant improvement in total gastrointestinal symptoms ($p < 0.001$), indigestion symptoms ($p = 0.004$), psychological aspects of quality of life ($p = 0.007$) and total score of sleep disturbances ($p = 0.026$) compared to the waitlist control group. Overall, there was reduced sleep disturbance, gastrointestinal symptoms, and improved QOL in the intervention group compared to the control group.

Conclusion: This 12-week personalized whole system-based Ayurvedic lifestyle intervention program for breast cancer survivorship showed promising results in improving digestive health, psychological wellbeing, and sleep. The successful recruitment, adherence, and positive feedback from the participants demonstrate the acceptability and feasibility of this intervention. A larger study is needed to validate and extend the findings of this exploratory research study.

Audience Take Away Notes

- Familiarity with the fundamental principles of Ayurveda (Traditional Indian Medicine)
- Understanding the key components of a lifestyle protocol derived from Ayurvedic principles
- Insight into the outcome results of an exploratory randomized controlled trial focused on the Ayurvedic Whole Systems Lifestyle Protocol for Breast Cancer Survivors

Biography

Dr. Shraddha Ravani integrates extensive experience in cancer biology research with Ayurveda and integrative oncology. Her work bridges modern science with traditional healing, focusing on whole-system strategies for better patient well-being and outcomes. With a strong commitment to advancing evidence-based research, Dr. Ravani brings together traditional wisdom and modern biology to enhance personalized well-being.



Dr. Sudhir Joshi*, Dr. Ashutosh R Pandya

District Panchayat, India

Pilot project for observing efficacy of a selected treatment module in vaatkantak w.s.r. to agnikarma

Vaatkantak vis a vis Calcaneal spur/plantar fasciitis is a common problem affecting quality of life of people. A specific treatment plan was adopted for its treatment in the present study and the results were evaluated. Agnikarma, external application of lepa guti and internal usage of guggulu and kupilu were selected for pacification of Vaat dosha. Marked improvement was seen in all patients.

Introduction: Vaatkantak is cause for 15 percent of OPD patients coming for one or other foot problems. The disease can become major cause of disability and has a marked impact on mobility of the affected person. If untreated it can become a vaikalykar disease.

Methodology: The patients were selected from the OPD of Vasvel dispensary, Ta waghodiya, Dist Vadodara, Gujarat state. A standard procedure was designed for the study comprising Agnikarma with panch dhaatu shalaka, application of lepa guti, and internal usage of preparation of guggulu and kupilu. The symptoms and morbidity were graded and assessed.

Inclusion criteria: Patients having chief complaint of pain in heel were selected. X ray study and uric acid study was welcomed. Being a village place majority of patients stayed aloof from both investigations. Calcaneal spur in X ray was confirmed in one patient.

Treatment: The treatment comprised following procedure and medicine.



Agnikarma with Panch dhaatu shalaka. Agnikarma was done in the affected heel with 3 dots in three line as shown below. Twak dagdha type of Agnikarma was done and samyak lakshana of dahan karm were observed. After agnikarma, Yashtimadhu churna was applied locally.

- External application of lepa guti: Lepa guti is a specific combination of drugs that are very useful Vaat-Kapha dominant conditions. It was advised to patients for local application in hot state every night and was advised to be kept for whole night.
- Internal usage of Rasnadi guggulu 2 tabs twice a day and Vishtinduk i vati 1 tab twice a day was also recommended for subduing vaat dosh.

The symptom-pain in heel was given following gradation

- Severe pain: 4
- Moderated pain: 3
- Mild pain: 2
- No pain: 1

On similar line the symptom, disability was also graded as below

- Severe disability: 4
- Moderate disability: 3
- Mild disability: 2
- No disability: 1

The duration of treatment was kept for one and a half month. Agnikarma was done on weekly basis. Totally 10 subjects were selected for the present study. Out of ten subjects six were female while four were male. All belonged to age group of 35 to 55 years. Most of female subjects were little obese when observed with respect to their height. One patient had pain in both the heels while other had unilateral pain.

Sr. No.	Patient	Sex	Age	Pain in heel B.T.	Pain in heel A.T.	Disability B.T.	Disability A.T.
1	a	m	48	4	1	4	1
2	b	f	55	3	1	3	1
3	c	f	52	4	1	4	1
4	d	f	35	3	1	1	1
5	e	m	50	3	1	3	1
6	f	f	35	4	1	3	1
7	g	m	40	2	1	2	1
8	h	m	45	3	1	3	1
9	i	f	35	3	1	3	1
10	j	m	35	3	2	3	1

Results: One patient got complete relief in a single sitting of Agnikarma. Patient whose X RAY showed calcanel spur also got marked relief in pain and disability.

Discussion: Though Vaatkantak is not a fatal disease it is major cause of disability and pain.

- A multiprong approach of of internal medicine, external medicine as well as agnikarma was selected for its treatment and it was found very fruitful.
- All patients were indulged in excessive walking - a cause of vaatvrudhi.

- Most of females were having over weight in comparison to their height leading to extra pressure on joints.
- The compact module served very well in relieving the symptoms right from the first sitting of Agnikarma

Conclusion: The treatment protocol- module of the present study was found highly effective in curing Vaatkantak and a larger study could establish it more firmly.

Acknowledgement: We are thankful to the patients oof Vasvel, Ta Waghodiya, Dist. Vadodara.

Conflict of interest: The authors have no affiliation with any relevant organizations.

Keywords: Vaatkantak, Agnikarma.



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Safety and cardioprotective effect of swasa kudori - A siddha formulation in rats

Statement of the Problem: Inflammation and oxidative stress are major contributing factors to cardiovascular ailments and increased generation of free radicals in the presence of a compromised antioxidant defense system may inevitably lead to apoptosis in cardiomyocytes and heart failure. The phyto-active constituents present in traditional medicines with inherent antioxidant properties offer a novel approach to treat a variety of human ailments, including heart disease. In India, in addition to allopathic medicine, many types of scientifically supported and recognized indigenous system of medicines like Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homeopathy, which is now jointly referred to as AYUSH, were practiced in various regions of the country. Notably, the Siddha system of medicine is India's oldest healthcare system, and is followed in southern regions of India namely Tamil Nadu and Kerala. It offers a holistic approach towards preventive, promotive and curative therapy to varied ailments. However, all medicines have adverse effects, and traditional medicines are no exception. Thereby a scrupulous scientific approach focusing on the safety and efficacy of traditional medicines is essential.

Objective: To evaluate the Safety and Cardioprotective effect of Swasa Kudori, a polyherbal Siddha formulation containing *Calotropis gigantean* Linn and *Piper nigrum* Linn.

Methodology and Theoretical Orientation: The 90 days sub-chronic toxicity of the drug was carried out following OECD 408 guidelines. For testing the cardioprotective effect, Isoproterenol (85 mg/kg., i.p) was used for two consecutive days (13th and 14th days) to induce myocardial necrosis. Isoproterenol is a synthetic catecholamine that has been reported to cause myocardial necrosis and irreversible cardiac membrane damage by stimulating β_1/β_2 -adrenergic receptors. In the present study, animals in different groups were pre-treated with different doses of Swasa Kudori (100, 200, 400 mg/kg., p.o) and the standard Vitamin C (40 mg/kg., p.o) for 14 days. In addition, histopathology and TTC (2,3,5-triphenyl tetrazolium chloride) staining were also performed in the heart tissues. In-silico docking studies were also carried out to study the molecular interactions between TLR-4 and the active constituents of Swasa kudori using Molegro Virtual Docker (MVD).

Findings: No marked changes in clinical observations such as mortality, morbidity, behavioural changes, biochemical and haematological parameters were observed in Swasa Kudori administered repeatedly for 90 days up to a dose of 1000mg/kg. The reported phyto-active constituents of Swasa kudori namely Stigmasterol, Piperine, β Boswellic acid, α -Amyrin, and β -Amyrin when tested in silico via molecular docking showed outstanding binding affinities with the protein target TLR-4. This could be attributed to the anti-inflammatory and protective effect of Swasa kudori against myocardial infarction. In efficacy studies, rats treated with Swasa Kudori exhibited remarkable improvement in a dose-dependent manner with lowered levels of CK-MB and LDH ($P < 0.05$, 0.01) when compared to Isoproterenol treated group. Besides, the mortality ratio of Swasa Kudori treated groups were fairly reduced when compared to the vehicle-treated group. Further, histopathological examination and TTC staining of hearts also authenticated these findings with the reduction in infarct size and necrosis in treatment groups.

Conclusion and Significance: Altogether, data obtained in this study corroborates with the cardioprotective effect of Swasa Kudori which may be attributed to the synergistic and anti-oxidant potentials of various phytoconstituents. However, further clinical studies are required to validate their therapeutic efficacy and biomedical applications.

Keywords: AYUSH, Complimentary & Integrative Medicine, Siddha Medicine, Swasa Kudori, *Calotropis gigantea* Linn, *Piper nigrum* Linn.

Biography

Dr. S. Sugin Lal Jabaris is a Research Officer (Pharmacology) at the Central Council for Research in Siddha, Ministry of Ayush, Govt. of India, Anna Govt. Hospital Campus, Chennai- 600 106, Tamil Nadu, India. He is a Principal Investigator of an IMR project (Sanction Order No: 390/2020-21; CCRS) entitled, "To evaluate the Safety and Cardioprotective effect of Swasa Kudori in rats". He has completed a Master of Pharmacy from The Tamil Nadu Dr. M.G.R Medical University, and Ph.D. from Sri Ramachandra Institute of Higher Education and Research, Chennai, Tamil Nadu, India. He has authored or co-authored more than 20 research/review publications in peer-reviewed indexed journals that have been cited over 500 times, and his publication H-index is 11, and has been serving as a reviewer of reputed Journals.



Dr. Tih Mathieu Koue Bi*, Karamoko Nawa, Kouassi Hilaire Yaokokore Beibro

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Different mixtures based on birds in the treatment of epilepsy and high blood pressure in the markets of Adjame and Attecoubé, Abidjan Côte d'Ivoire

Context: For decades, despite the development of modern medicine, African populations are suffering from several silent illnesses including high blood pressure and epilepsy. In the quest for lasting treatment, naturotherapists very often use plants. Thus, little information relates to the use of wildlife in general and mainly that of birds in the treatment of these two pathologies. Hence the following questions: (1) Can the treatment of these two pathologies require the use of avifauna organs? (2) If yes, then what are these bird species? The answer to these questions motivated this study, in the district of Abidjan, Côte d'Ivoire.

Methodology: Data collection was carried out from May 14 to June 6, 2022 through semi-structured interviews with 130 bird organ sellers and traditional healers in the communes of Adjame and Attecoubé, in Abidjan. These municipalities are home to a high number of traditional healers and sellers of animal organs. Sampling was intentional, non-random. The individual interview was used. At the start of each interview, the objectives of the study were explained to the interviewee and their free consent was obtained verbally. These interviews were conducted in French and translated into the Malinke language. During the interview, the images of the birds contained in the identification guide were presented with a view to identifying the species used. The Citation Frequency of each species was calculated. Several diseases and other pathologies were mentioned, however, only the responses relating to these 2 pathologies were taken into account in the data processing, and a list of the species involved was developed.

Results: In total, 23 people out of 130 interviewed use bird organs for the treatment of high blood pressure and epilepsy. Thus, the treatment of epilepsy requires 12 species of birds, two of which are migratory (*Pelecanus onocrotalus* Linnaeus, 1758 and *Platalea leucorodia* Linnaeus, 1758). Four of these species in danger of Extinction (EN) and two in Critical Danger (CR) according to the Redlist. The most cited species are *Torgostracheliotos* (Forster, JR, 1796) (FC = 6.87) and *Platalea leucorodia* Linné, 1758 (FC = 2.67).

As for high blood pressure, its treatment uses seven species of birds, including three migratory ones (*Calidris minutilla* (Vieillot, 1819), *Ciconia ciconia* (Linnaeus, 1758) and *Ardea alba* Linnaeus, 1758). The most cited species are *Latham francolin* *Peliperdix lathamii* (Hartlaub, 1854) (FC = 3.44) and *Lophoceros fasciatus* (Shaw, 1812) (FC = 2.67).

Furthermore, all of these birds mentioned are used in various ways in the treatment of these two pathologies. However, apart from the whole bird, the head is the part most used by naturotherapists. These birds are combined with other plants either in powder or in soup intended for consumption by patients.

Conclusion: Very few naturotherapists treat epilepsy and high blood pressure with a mixture of plants and avifaunal organs. The treatment of the both pathologies requires the use of 19 different species of birds. All these species are used in different formulations. These results will help promote the African pharmacopoeia. However, it still remains necessary to isolate the active materials from the organs of these birds with a view to an elaborate and replicable preparation. Furthermore, this work raises the problem of

conservation of avian species, especially since the treatments for these pathologies require the entire use of certain species with a worrying status.

Audience Take Away Notes

- The treatment of epilepsy requires the use of different formulations of 12 species of birds and that of high blood pressure, seven species of birds
- Migratory species are used in the treatment of these two pathologies: for epilepsy, these are the White Pelican *Pelecanus onocrotalus* Linné, 1758 and the Spoonbill *Platalea leucorodia* Linné, 1758) and for high blood pressure, the Tiny Becossal *Calidris minutilla* (Vieillot, 1819), the White Stork *Ciconia ciconia* (Linnaeus, 1758) and the Great Egret *Ardea alba* Linnaeus, 1758)
- Four endangered (EN) and two Critically Endangered (CR) bird species are also used to treat epilepsy
- The Northern Vulture *Torgos tracheliotos* (Forster, JR, 1796) (FC = 6.87) and Spoonbill *Platalea leucorodia* Linne, 1758 (FC = 2.67) are the most used for the treatment of epilepsy
- The most cited species are Latham Francolin *Peliperdix lathamii* (Hartlaub, 1854) (FC = 3.44) and Long-banded Hornbill *Tockus fasciatus* (Shaw, 1812) (FC = 2.67)
- Apart from the whole bird, the head is the part most used by naturotherapists
- All organs or whole birds are combined with other plants in different formulations for consumption by patients
- **Advantages and interests:** This study showed that avifauna is associated with other mixtures in the treatment of several pathologies such as epilepsy and hypertension, in traditional medicine. It provides documentation on the method of treatment of these pathologies by African naturotherapists. It sheds light on new directions of research. Mainly by drawing attention to isolating the active materials contained in the different organs of animals in order to avoid the sacrifice of these species, especially those which already have a worrying conservation status

Biography

Dr. Tih Mathieu Koue Bi is an Ornithologist and Ethnozoologist. After field training from 2010 to 2013 with the Group people of the Marahoue region, he defended his doctoral thesis at the Félix HOUPHOUËT-BOIGNY University in 2016. Since 2018, Dr. Koue 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 12 articles published in evaluated and indexed scientific journals, he has participated in several international conferences including the 3rd International Conference of Traditional Medicine in TOKYO in 2022.



Tim Ewer

Integrative Health Ltd, New Zealand

Integrative medicine for beginners - A general overview

We will explore the basics around “what is Integrative Medicine (IM)”, explore the history and current environment that affects how IM is viewed and utilised, and look broadly at the evidence base. I hope to show how it incorporates the best of general practice and the essence of good ‘whole-person’ medicine while also bringing in a variety of extra options, including nutrition, lifestyle and environmental medicine, to help deal with the increasing complexity of patient presentations and the need for a truly patient-centred approach.

Biography

Dr Tim Ewer, MB ChB, MMedSc, MRCP (UK), FRACP, FRNZCGP, FACNEM, Dip Occ Med, DCH, DRCOG, has been working in integrative medicine for over 30 years and he is vocationally registered as both a specialist physician and a general practitioner. He founded a GP practice which now has 25 staff and he also has a separate specialised integrative health clinic in Mapua, Nelson. Prior to this he was a hospital physician for 10 years after gaining his medical degree and specialist qualifications in the UK. He has trained in a variety of modalities including nutrition, environmental medicine, hyperbaric medicine, acupuncture, photobiomodulation, biofeedback and bioenergetic modalities. He has been an advisor to the World Health Organisation on natural medicine and to the New Zealand government on integrative medicine/CAM. He has been the vice-president of the Australasian Integrative Medicine Association (AIMA) and a faculty member of the Australian College of Nutrition and Environmental Medicine (ACNEM).



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Effect of nacre extract from pearl oyster shells against BPSD-like symptoms in senescence-Accelerated mouse p8 (SAMP8)

Background: Pearl powder has been utilized in Traditional Chinese medicine for convulsions, epilepsy, and myopia, as well as in functional foods and cosmetics. Patients with Alzheimer's Disease (AD) and other types of dementia exhibit Behavioral and Psychological Symptoms of Dementia (BPSD), including aggression, wandering, anxiety, and depression. We have showed that an extract from nacreous layer (nacre extract) in pearl oyster shells can ameliorates Lipopolysaccharide (LPS)-induced depression-and anxiety-like behavior. In this study, we aimed to investigate the effect of nacre extract against age-related anxious and depressive behavior in SAMP8 mice.

Methods: SAMP8 mice were fed a basal diet without nacre extract or with 125mg/kg nacre extract or 250mg/kg nacre extract. Control mice (SAMR1) were fed a basal diet for 6 months. Behavioral tests were performed to assess anxiety, depression, circadian rhythm, and aggressiveness of mice. Following the behavioral tests, RNA-seq analyses were conducted to investigate the bioactive mechanisms of nacre extract.

Results: Nacre extract improved anxious and depressive behaviors of SAMP8 mice in the forced swimming test and the elevated plus maze test. Treatment with nacre extract also decreased aggressiveness and normalized circadian rhythm disorder in SAMP8 mice. These results indicate that the nacre extract is also effective in mitigating age-related aggressive behavior and circadian rhythm disorders in SAMP8 mice. RNA-seq analysis showed that the expressions of some ER stress-related genes were upregulated in SAMP8 mice compared to the SAMR1 mice and the treatment with nacre extract restored the expressions. In addition, nacre extract suppressed the increase in the expressions of inflammation-related proteins in SAMP8 brain and the neuronal degenerations in hippocampus associated with aging of SAMP8 mice.

Conclusion: Our findings suggest that the nacre extract can alleviate BPSD-like behavior in SAMP8 mice by suppressing ER stress and neurodegeneration. Nacre extract may be a useful substance for suppressing BPSD.

Audience Take Away Notes

- Oral administration of nacre extract suppresses anxiety and depressive behavior in SAMP8 mice
- Nacre extract suppresses ER stress and inflammation in the brain
- Nacre extract ameliorates aggressive behavior and disruption of circadian rhythms in SAMP8 mice

Biography

Tomoki Omachi graduated from Muroran Institute of Technology with a master's degree in Engineering in 2020. He then entered the Ph.D. program at the same institution and is currently in his second year as a Ph.D. student. His research field is biochemistry, pharmacology, and cell biology. In particular, he has expertise in the technique of animal experiment on mice and rats and has contributed to the field by publishing a research article on traditional medicine in the "Journal of Functional Foods".



Prof. Vandana Sharma*, Ram Laxman Saini

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Ethnobotanical studies on medicinal plants in the Hadoti region of southeast Rajasthan, India

The Hadoti region in southeast Rajasthan, India, is a treasure trove of ethnobotanical knowledge and ethno-medicinal practices. In this study, we delve into the rich heritage of medicinal plants deeply rooted in India's history, particularly in the Nainwa and Hindoli Tehsils of Bundi district. Despite the advances in modern medicine during the 20th century, traditional healing practices based on native plants continue to play a vital role in global healthcare. India's historical connection with medicinal plants is profound. Ancient scholars like Charak and Sushruta extensively documented the country's medicinal flora. The Indian Ayurvedic system, one of the oldest healing systems in the world, relies heavily on native plants, ensuring affordable and accessible healthcare for millions. The enduring relevance of plant-based remedies is evident, with over 7000 plant remedies cataloged by the Ayush system in India.

Traditional practices like Ayurveda, Unani, Siddha, Homeopathy, and folk remedies address a wide range of ailments, from respiratory issues to diabetes, blood pressure, coughs, colds, and ulcers. These practices are deeply ingrained in the culture of India. To harness the potential of medicinal plants, understanding the region's natural resources is imperative. We must have full knowledge regarding the occurrence, frequency, and distribution of various plants for their proper utilization. This necessitates systematic surveys and inventories of the local flora.

Rajasthan, known as the "Land of Kings" is a reservoir of biodiversity and located between 23°03" and 30°12" N latitude and 69°30' to 78°17" longitude. With its varied climate, geography, and habitats, Rajasthan is home to a rich tapestry of flora and fauna and comprises around 9% of India's tribal population. In our study, we focused on Bundi and Nainwa Tehsils, where tribes like Bhil, Damore, Garasia, Kalbelia, Kathodia, and Meena reside. These tribal communities and their traditional healers possess invaluable knowledge about the properties and medicinal uses of local plants. Most residents in rural areas rely on these traditional practices for their healthcare needs.

Our study extends to the entire Hadoti region, including Kota, Bundi, Baran, and Jhalawar districts. Globally, 65-80% people seek herbal therapies for primary healthcare, making ethnomedicinal knowledge a vital asset for tribal communities. However, the displacement of communities and the loss of medicinal plant species threaten these practices. Our research identifies ethnomedicinal plants from different families traditionally used to treat various diseases, including respiratory disorders, hypertension, stomach issues, and diabetes. Data were collected through interactions with local tribal individuals, traditional practitioners, healers, vaid, hakims, and elders, using standardized questionnaires.

In conclusion, preserving this invaluable knowledge is of paramount importance. There are several looming threats, including the depletion of medicinal plants, limited accessibility, the absence of written records due to its oral tradition, and the allure of urban government jobs that are drawing the youth away from their cultural heritage. To ensure the protection and continuity of this treasured legacy, we must take proactive steps such as reducing the exploitation of natural resources through meticulous documentation,

fostering awareness among the tribal youth, and harmoniously integrating ethnomedicinal wisdom into modern healthcare practices.

There are various learnings and applications of our research work summarized below:

Career Advancement in Ethnobotany: This research empowers ethnobotany professionals by enhancing their ability to contribute to conservation and interdisciplinary projects, while fostering deeper engagement with indigenous communities. As they integrate this knowledge into their work, they can unlock career opportunities, research collaborations, and funding support. This positions them as influential figures in the preservation of cultural heritage and global biodiversity.

Practical Application: The audience, including healthcare professionals and researchers worldwide, will acquire knowledge about the diversity and traditional uses of medicinal plants of this. This knowledge can be practically applied in healthcare settings, aiding in the development of holistic and cost-effective treatment options.

Enhanced Healthcare Practices: Healthcare professionals will find value in understanding the wide range of ethnomedicinal plants and their applications. This understanding can improve their ability to offer comprehensive healthcare solutions, potentially leading to better patient outcomes. Ethnomedicine research will help in finding new compounds which are useful in the manufacture of drugs or dangerous diseases such as cancer.

Research and Teaching: Researchers and faculty in various fields can leverage this research to expand their own studies and educational materials. It provides a foundation for further research and supports teaching in ethnobotany, traditional medicine, and conservation regardless of location.

Practical Solutions: The research emphasizes the importance of conserving medicinal plant resources. Policymakers and environmentalists worldwide can utilize this research to develop practical solutions for responsible resource management and conservation efforts, simplifying the complex task of preserving these valuable resources.

Accuracy and New Information: The knowledge shared in this research can improve the accuracy of treatment and conservation strategies. It offers new insights into the traditional uses of plants, potentially revealing previously unknown applications. This new information can assist in addressing healthcare challenges and designing more effective conservation plans globally.

Biography

Prof. Vandana Sharma is an experienced botanist with a focus on plant biology and ethnobotany. She holds a Ph.D. in Tissue Culture from the University of Rajasthan and boasts a career spanning over 25 years in undergraduate and postgraduate education. Prof. Sharma's work is reflected in her 22 publications across international and Indian journals and conferences. She has also actively contributed to research projects, guided students, and played a pivotal role in curriculum development in botany. Further, she has served as subject matter expert in various committees constituted by University of Kota.



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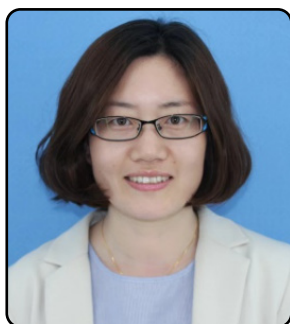
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Traditional and herbal intervention to combat thyroidism

This study explores a holistic approach to combat thyroid in women, focusing on a one-year intervention program. With thyroid issues on the rise in modern times, particularly among women of reproductive age, the consequences of untreated hyperthyroidism leading to hypothyroidism are highlighted, including various health challenges and the potential risk of life-threatening cancer. The intervention included an Ayurvedic medicine, known as, Kachnar Guggul which consists of Triphala, Harad (*Terminalia chebula*); Baheda (*Terminallia bellirica*), and Amla (Indian gooseberry); *Phyllanthus embilica* in precise proportion of 1:2:4; and Trikatu, same quantity of Chhoti Pipal (*Ficus religiosa*), Saunth (Dried ginger); *Zingiber officinale* and Black Pepper (*Piper Nigrum*). It was given daily with basil and some other ancient Indian herbs. This was done with some specific exercises of the thumb and Pranayam (regulatory breathing exercises). Notably, the women refrained from using allopathic medications during the intervention. The results were seen in the hematological indices after 3, 6, and 12 months of intervention. The hematological indices reflected differences in T3, T4, and TSH which were significant. Besides, the women also started feeling better with the treatment.

Biography

Prof. Yamini Chaturvedi studied Home Science (Foods and nutrition) at the University of Rajasthan, India in 1995. She then joined the research group of Prof. Ranjana Nagar at the University of Rajasthan and received her PhD in 2002 at the same institution. During her research work, she obtained the position of an Assistant professor with the government of Rajasthan attaining a professorship eventually. She has published more than 25 research articles in various scientific journals. Since 2013, she has been practicing herbal medicine for various acute and non-communicable diseases. The results are encouraging and many patients have benefited immensely.



Dr. Yanqiu Liu*, Renchao Dong, Shuo Tian, Jun Wei

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The effect and molecular mechanism on regulation of bone remodeling by two Chinese herbal formulas, Er-Zhi-Wan and Du-Zhong-Wan

Bone homeostasis is maintained by bone remodeling process that includes osteoblast-mediated bone formation and osteoclast-mediated bone resorption. The excess of osteoclastic bone resorption over osteoblastic bone formation results in bone-related diseases such as osteoporosis. However, the mechanism of osteoporosis and therapeutical drugs is still under investigated. We focus on two kidney-nourishing Chinese herbal formulas, one is Er-Zhi-Wan which is composed of *Eclipta prostrata* (L.) L. and *Ligustrum lucidum* Ait., and the other is Du-Zhong-Wan which is composed of *Eucommiae cortex* and *Dipsaci Radix*. In ovariectomized mice, administration of extract of Er-Zhi-Wan prevented ovariectomy-induced bone loss by enhancing osteoblast activity and inhibiting osteoclast activity. In bone marrow mesenchymal stem cells (BMSC), the m6A MeRIP-Seq analysis indicated that Er-Zhi-Wan extract treatment altered mRNA m6A modification of genes associated with osteoblastogenesis and upregulated the expression of methyltransferase METTL3 and METTL14, indicating that METTL3-mediated m6A methylation is involved. For the Du-Zhong-Wan, DZW treatment significantly enhanced the healing process of osteoporotic fractures. Single-cell sequencing revealed that Du-Zhong-Wan significantly increased the proportion of *Lepr*+ BMSCs and *Podxl*+ ECs subclusters, increased the expression of VEGF and *slit3*, the crucial mediators of the interaction between BMSCs and endothelial cells. The data indicates that Er-Zhi-Wan and Du-Zhong-Wan exert distinct mechanism for regulating bone modeling, suggesting potential novel treatment for osteoporosis.

Audience Take Away Notes

- The multi-target effect of two Chinese herbal formulas, Er-Zhi-Wan and Du-Zhong-Wan on regulating bone remodeling. It is beneficial for treating osteoporosis
- The novel targets, such as METTL3 and *Piezo1*, were found
- According Traditional Chinese medicine theory, the distinct action of tonifying Kidney-Yang and Kidney-Yin was elucidated
- The multi-omics methods, such as m6A methylation sequencing, and single-cell sequencing were used for elucidating the mechanism

Biography

Dr. Liu studied pharmacology at the Shenyang pharmaceutical University, Shenyang, China and graduated as Dr. in 2006. She then joined the research group at Dalian Institute of Chemical Physics, Chinese academy of Sciences (2006-2013) and Dalian medical University (2013-2020). In 2018, She researched as a visiting scholar at University of Colorado Anschutz Medical Campus. In 2020, she obtained the position of a Professor at Shandong University of Traditional Chinese Medicine. She has published more than 40 research articles in SCI(E) journals.

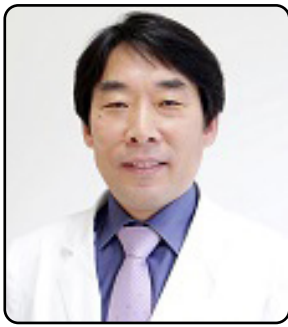
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POSTERS



Tae Seok Ahn¹, Deok-Sang Hwang^{1,2}, Jin Moo Lee^{1,2}, Jun Bock Jang^{1,2}, Chang Hoon Lee^{1,2*}

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Anti-inflammatory effect and mechanism of *Citri reticulatae viride* pericarpium water extract

Objectives: This study was designed to examine anti-inflammatory effect and mechanism of *Citri Reticulatae Viride* Pericarpium Water Extract (CRE).

Methods: Cell cytotoxicity was tested with RAW 264.7 cells. To investigate anti-inflammatory effect of CRE in Lipopolysaccharide (LPS)-induced RAW 264.7 cell, we measured Nitricoxide (NO), Prostaglandin E2 (PGE2), Tumor Necrosis Factor-Alpha (TNF- α), Interleukin-6 (IL-6) and Interleukin-10 (IL-10). In addition, Mitrogen-Activated Protein Kinase (MAPK) and Nuclear Factor kappaB (NF- κ B) were examined by western blotting in LPS-induced RAW 264.7 cell with treated CRE.

Results: In cyto toxicity analysis, CRE does not affect cell cytotoxicity. As compared with the control group, the expression of NO, PGE2, TNF- α , IL-6 were significantly decreased, and IL-10 was significantly increased in LPS-induced RAW 264.7 cell with treated CRE. As a result of Western blotting, there was concentration-dependent inhibition of pp38, pERK in MAPK pathway and significant reduction of pp65 in the NF- κ B pathway.

Conclusions: CRE might have anti-inflammatory effect in LPS-induced macrophages by promoting the production of IL-10.

Keywords *Citri Reticulatae Viride* Pericarpium, Anti-inflammatory, Lipopolysaccharide, Macrophage, Interleukin-10.

Audience Take Away Notes

- If you are reading this paper, you can use green bark as an anti-inflammatory analgesic
- Anti-inflammatory drugs are commonly used to relieve symptoms such as pain and fever that occur in inflammatory diseases. Among them, Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) have been reported to have side effects on the digestive system, cardiovascular system, and renal urinary tract. In addition, steroids are also problematic because when used in high doses or for long periods of time, side effects such as drug resistance and cardiovascular and endocrine problems occur. Green bark is a natural product that can be expected to have anti-inflammatory effects without side effects
- If the active ingredients of blueberry with anti-inflammatory activity are identified and follow-up studies are conducted on the mechanism, I think there will be potential for use in inflammatory diseases associated with IL-10 expression

Biography

Chang Hoon Lee is a professor of Korean Medicine Obstetrics and Gynecology, Kyung Hee University, Korea. He graduated from College of Korean Medicine, Kyung Hee University in 1989 and worked as a Korean Medicine at the military hospital for 3 years. From 1992 to 1995 received training in Obstetrics and Gynecology at Kyung Hee University Hosital, Seoul, Korea.

Changqing Xiong

Chongqing Changshou District Hospital of Traditional Chinese Medicine, China

The clinical effect and the influence on sleep quality of patients with post-stroke sleep reversal by acupuncture heel channel combined with smart bracelet detection

Objective: To observe the clinical efficacy of acupuncture heel channel combined with smart bracelet detection in the treatment of Post-stroke sleep reversal, and to explore its influence on the sleep quality of patients.

Methods: 96 patients with Post-stroke sleep reversal were randomly divided into observation group and control group, 48 cases in each group. Both groups were given conventional treatment, the control group was given alprazolam oral administration combined with smart bracelet detection, and the observation group was given acupuncture heel channel on the basis of the control group. After 10 days of treatment, the clinical efficacy of the two groups was evaluated. The changes of Pittsburgh Sleep Quality Index (PSQI) and Athens Insomnia Scale (AIS) scores and Hamilton Depression Scale (HAMD) scores before and after treatment were observed in 2 groups.

Results: 1. After treatment, the PSQI score of 2 groups was significantly improved ($P < 0.05$), and the observation group was significantly better than the control group in improving PSQI score, the difference was statistically significant ($P < 0.05$).

2. After treatment, AIS and HAMD scores of patients in both groups were significantly improved ($P < 0.05$), and the observation group was significantly better than the control group in improving AIS and HAMD scores, with statistical significance ($P < 0.05$).

3. The total effective rate was 87.5% (42/48) in the observation group and 68.75% (33/48) in the control group, and the effect of the observation group was better than that of the control group ($P < 0.05$).

Conclusion: Acupuncture heel channel combined with smart bracelet detection in the treatment of Post-stroke sleep reversal can significantly improve the clinical symptoms of patients, so as to improve the quality of sleep of patients, and the clinical effect is significant.

Keywords: Acupuncture Heel Channel, Smart Bracelet Detection, Post-Stroke Sleep Reversal, Sleep Quality.



Dr. Helen Senderovich

Baycrest, Canada

Therapeutic Touch™ in a geriatric palliative care unit a retrospective review

Complementary therapies are increasingly used in Palliative Care (PC) as an adjunct to the standard management of symptoms to achieve an overall well-being for patients with malignant and non-malignant terminal illnesses. A Therapeutic Touch (TT™) Program was introduced to a geriatric Palliative Care Unit (PCU) in October 2010 with two volunteer TT™ Practitioners providing treatment.

Objective: To conduct a retrospective review of TT™ services provided to patients in an in-patient geriatric PCU in order to understand their responses to TT™.

Methods: A retrospective medical chart review was conducted on both patients who received TT™ as well as a random selection of patients who did not receive TT™ from October 2010–June 2013. Client characteristics and the TT™ Practitioners' observations of the patients' response to treatment were collected and analyzed.

Results: Patients who did not receive TT™ tended to have lower admitting Palliative Performance Scale scores, shorter length of stay and were older. Based on a sample of responses provided by patients and observed by the TT™ practitioner, the majority of patients receiving treatment achieved a state of relaxation or sleep.

Conclusions: This retrospective chart review suggests that implementation of a TT™ program for an inpatient geriatric PCU is feasible, and appears to be safe, and well-tolerated. Moreover, patient responses, as recorded in the TT™ practitioners' session notes, suggest beneficial effects of TT™ for a significant number of participants with no evidence of negative sequelae. Therefore, the use of TT in this difficult setting appears to have potential value as an adjunct or complementary therapy to help patients relax.

Biography

Dr. Senderovich is a physician at Baycrest with practice focused on Palliative Care, Pain Medicine and Geriatrics. She is an Assistant professor at the Department of Family and Community Medicine, and Division of Palliative Care at the University of Toronto who actively involved teaching medical students and residents. She has a broad international experience and a solid research background. Her research was accepted nationally and internationally. She is an author of multiple manuscripts focused on geriatrics, patient's centered care, ethical and legal aspect of doctor patient relationship, palliative and end-of-life care.



Prof. E. Ephrem Kosh Komba^{1,2,3*}, I. Touckia¹, X. Worowounga⁴, AL. Toumnou^{1,3}, A. Mololi¹, G. Mukeina¹, S. Semballa¹, K. Batawillla², K. Akpagana²

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Case study and phytochemical investigation of *Zanthoxylum zanthoxyloids* and *Zanthoxylum macrophyllum* (Rutaceae) in the Central African Republic and Togo: A comparative approach

The study carried out on *Z. zanthoxyloids* and *Z. macrophyllum*, lays on the program of valorizing phyto-genetical resources. It covers monographic and phytochemical study. Inner uses of these resources show as well their importance on the scale of such African countries as Nigeria, Togo, Congo, Ivory Coast, Central African Republic, Benin, Senegal and Mali. *Z. macrophyllum* is the most used species in the treatment of rheumatism. Over all the inner practices, *Z. zanthoxyloids* is the most used species. Analysis in Multiple Correspondences (AMC) with a partial contribution of 80% shows that there is a correlation of uses over all countries, except Senegal that has specific uses. Total extracts obtains from the two specific species from the Central African and Togolese flora have various yielding according to different organs. The most important proportions are that *Z. macrophyllum* barks from Togo (20%); *Z. zanthoxyloids* barks from the Central African Republic (19%); *Z. zanthoxyloids* barks from Togo (17%) and *Z. macrophyllum* barks and roots from the Central African Republic (16%). The issues of phytochemical tests showed the presence of alkaloids, of tannins, of flavonoids and saponosids in the organs of the two species. Meanwhile, one notices that : there is a total lack of alcaloids in the level of barks; the absence of saponisides in the level of Togolese and Central African *Z. macrophyllum* leaves; tannins are also absent in the barks of Central African *Z. zanthoxyloids* barks and Togolese *Zanthoxylum macrophyllum* roots. These differences in components according to Togolese and Central African Republic can be explained by chemotics which in a variety of in chemical components due to specific environmental factors of each milieu.

Biography

Professor Ephrem Kosh Komba is a lecturer at the Faculty of Science of the University of Bangui and a lecturer at CAMES. He defended his thesis in January 2013 at the Faculty of Sciences of the University of Lome, Togo, in collaboration with CIRAD-Montpellier, France. His research activities focus on natural substances, ethnobotany, agro-biodiversity and plant production. He is a member of the Laboratoire de Sciences Biologiques et Agronomiques at the Faculty of Science, University of Bangui, and is in charge of a regional project (RAF-5081) with the International Atomic Energy Agency.



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Unlocking healing potentials: Utilizing traditional Chinese medicine formulation for alleviating osteoporosis symptoms

Population aging is a significant global concern, with osteoporosis emerging as a prevalent epidemic worldwide. Bone remodeling occurs within the body and involves the formation and growth of new bone tissue. In contrast, some existing bone tissue is absorbed and removed—a process regulated primarily by osteoblasts and osteoclasts. This study evaluates a Randomized Clinical Trial (RCT) of Traditional Chinese Medicine Formulation (TCMF) and the activity and mechanisms of TCMF using the zebrafish model. A 12-week Randomized Clinical Trial (RCT) was conducted to assess the efficacy of TCMF in osteoporosis patients, employing various indices, including Bath Ankylosing Spondylitis indices, WHOQOL-BREF Taiwan, and Oswestry Disability Index. The RCT and gene pharmacology research results indicate that TCMF exhibits significant benefits, particularly in patients younger than 65 and those with a BMI <25. Furthermore, we conducted an activity and chemical molecular network strategy to explore the relationship between TCMF metabolites and in-vivo activity. To investigate further, independent component analyses were conducted, aiming to identify key active ingredients for the future development of qualitative and quantitative analysis methods to establish quality control references.

Audience Take Away Notes

- Randomized Clinical Trial (RCT) of Traditional Chinese Medicine Formulations (TCMF)
- Chemical molecular network
- in-vivo zebrafish model

Biography

Prof. Lee holds BS, MS, and Ph.D. degrees from TMU School of Pharmacy. Her research, spanning Okayama University, Japan, and Academia Sinica, centers on analyzing biologically active constituents from Chinese medicines and Taiwanese endemic plants for medicinal products. Various models were used to identify active compounds targeting degenerative diseases, skin anti-photoaging, and osteoporosis. Rigorous chemistry, manufacturing, and control specifications ensure quality raw materials. The team, including traditional Chinese medicine doctors, conducts clinical trials, aiming to advance Chinese herbal medicine through interdisciplinary research, bridging from bench to bedside and vice versa.

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Improving sleep quality and daytime function with a synergistic combination of tryptophan, magnesium, lactuca, and melissa: A prospective pilot study in adults with sleep disturbances

Introduction: Insufficient sleep is a widespread issue, with existing treatments often leading to side effects.

Materials and Methods: This monocentric, single-arm, open-label study assessed a novel granulate formulation containing fresh *Lactuca sativa*, *Melissa officinalis*, Tryptophan, and Magnesium in adults with sleep disturbances. Conducted in Germany in 2023, 50 participants consumed the formula nightly for 14 days, with outcomes measured through diaries, questionnaires, cognitive tests, wearables, saliva samples, and in 10 cases, Polysomnography (PSG). Descriptive statistics were used to analyze outcomes.

Results and Discussion: The results showed significant improvements: nightly awakenings reduced by 31% ($p < 0.001$) and early morning awakenings by 16% ($p \leq 0.003$). PSG confirmed a 28% increase in overall deep sleep ($p > 0.05$) and a 70% increase in deep sleep phase N4 ($p = 0.042$), while REM sleep decreased by 18% ($p > 0.05$). The Apnea/Hypopnea Index scores also dropped by 26% ($p > 0.05$), suggesting a lower apnea/hypopnea risk. The primary outcome, a 14% improvement in the SF-B/R Sleep Quality Index ($p = 0.003$), highlighted enhanced sleep quality overall, especially in individuals with high anxiety, who saw a 37% improvement ($p \leq 0.001$). Further exploratory analysis using wearables, PSG, and saliva bioanalysis yielded inconsistent results

Furthermore, the study reported a 22-28% increase in restedness ($p \leq 0.001$), up to a 29% reduction in psychological tension ($p \leq 0.01$), and improved daytime performance, including a 13% decrease in daytime sleepiness and a 23% improvement in mood ($p \leq 0.014$). Cognitive function improved by 13% ($p \leq 0.001$), tested by objective computerized test batteries (COMPASS). Adherence to the intervention was high, with no serious adverse events reported.

Conclusions: The combination of fresh *Lactuca sativa*, *Melissa officinalis*, Tryptophan, and Magnesium safely improves sleep quality, deep sleep, and psychological well-being, enhancing daytime mental function and mood.

Acknowledgements: The authors would like to thank Roland Schoop (A.Vogel Switzerland AG) for providing support during scientific discussions.

Keywords: Lactuca, Melissa, Tryptophan, Magnesium, Sleep, Insomnia, Daytime Performance, Clinical Study.

Audience Take Away Notes

- Introduction and clinical assessment of a novel *Lactuca sativa* plant extract in a new product
- Systematic and comprehensive analysis of the positive effects on sleep of this new herbal product
- Innovative clinical study design integrating field measurements with actigraphy and diary recording alongside gold-standard polysomnography
- Use of novel objective cognitive tests to explore the broader effects on daily performance
- Presentation of a study concept that could guide future research on the comprehensive, systematic effects of sleep-promoting plant products

Biography

Dr. Weishaupt studied Microbiology and Immunology at the Federal Institute of Technology Zurich, Switzerland and graduated as MS in 2012. He then joined the research group of Prof. Thony-Meyer & Prof Maniura at the Swiss Federal Laboratories of Material Science and Technology EMPA, St. Gallen, Switzerland. He received his PhD degree in 2017 at the same institution. After one-year postdoctoral fellowship supervised by Prof Salentinig on the development and biophysical characterization of antimicrobial compounds at EMPA, he obtained a senior research position at A.Vogel AG focusing on pharmaceutical development and clinical research. He has published more than 12 research articles including 2 patent applications.



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Diagnosis of Korean body type using width ratio and possibility of association with disease in Korean medicine

In a recent paper published in the British Journal of Cancer, it was reported that four human phenotypes according to anthropometric indicators are highly correlated with the likelihood of developing certain cancers. For hundreds of years, traditional East Asian medicine has been classified into four categories based on physical, psychological, physiological, and pathological characteristics. The four types are diagnosed as Taeyangin, Taeumin, Soyangin, and Soeumin and are used for disease treatment and prevention. In addition, Sasang Constitutional Medicine is a personalized medicine that prescribes drugs and acupuncture suitable for four types of people, even if they have the same symptoms or disease. It is used not only in the medical field but also in various fields such as sports, clothing, food, and psychology. Because the four types have accumulated clinical experience, they are suitable for comparing disease risk correlations based on Korean standards. By using anthropometric indicators, which are the diagnostic standards of Sasang Constitutional Medicine, we compared the physical characteristics of the four types to find significant differences. The results of this study are significant in classifying the physical characteristics of each type of Sasang constitutional person using anthropometric indicators. we plan to conduct an IRB regarding the use of CT photos for multi-center, large-scale analysis.

Audience Take Away Notes

- By using anthropometric measures such as ratio, you can find out the relationship between human phenotype and disease
- You can conveniently and quickly learn about the characteristic parts of your body shape by using the width ratio and girth ratio scale
- You can understand the Sasang constitutional medicine of Oriental medicine and know the areas in which it can be utilized
- By using body shape factors, we can explore the possibility of using it for self-care, such as disease prevention

Biography

Sujin Lee graduated from Daegu haany University in Korea with a major in cosmetic engineering and has worked in the lab of Herbal cosmetic materials and cosmetic formulations. Currently, she is taking the 3rd semester of the master's course of Korean medicine at the Graduate School of Korean Medicine at Pusan National University, and is taking the medical artificial intelligence convergence major with a multi-major. The main research field is the basic theory of Korean medicine and preventive medicine at the Division of Langecity and Biofunctions Medicine.

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