

4TH EDITION OF
INTERNATIONAL CONFERENCE ON

TRADITIONAL MEDICINE, ETHNOMEDICINE AND NATURAL THERAPIES

SEPT **01-02**
 **VIRTUAL EVENT**

Contact us:

Ph: +1 (702) 988-2320

Email: traditional-medicine@magnusconference.com

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

BOOK OF ABSTRACTS

4TH EDITION OF
INTERNATIONAL CONFERENCE ON
**TRADITIONAL MEDICINE,
ETHNOMEDICINE
AND NATURAL THERAPIES**

01-02 SEPT

INDEX

Contents

About Host	4
Keynote Session (Day 1)	6
Oral Presentations (Day 1)	11
Keynote Presentations (Day 1)	22
Oral Presentations (Day 2)	26
Keynote Session (Day 2)	36
Participants List	42

ABOUT MAGNUS GROUP

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

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



ABOUT ICTM 2022

Magnus group heartily welcomes you to the “4th Edition of International Conference on Traditional Medicine, Ethnomedicine and Natural Therapies” (ICTM 2022) which is scheduled to take place during September 01-02, 2022 (Online Event).

The worldwide conference will move forward with its unique theme of “Exploring and Promoting the Healing Power of Nature.”

Traditional medicines and natural remedies are quite significant. Traditional Chinese, Korean, Indian medicine, Ayurveda, and Unani have all been practised in different parts of the globe and have evolved into well-organized medical systems. Traditional medicines (TMs) are important because they use natural products. Natural products have a chemical diversity that has evolved over millions of years, resulting in a diversity of biological activities and drug-like qualities. These products have proven a valuable resource for producing new lead compounds and scaffolds. Natural products will continue to be used in order to fulfil the urgent need for effective pharmaceuticals, and they will play a key role in the discovery of drugs to treat human diseases, particularly essential diseases.



KEYNOTE FORUM

DAY 01

4TH EDITION OF
INTERNATIONAL CONFERENCE ON
**TRADITIONAL MEDICINE,
ETHNOMEDICINE
AND NATURAL THERAPIES**

01-02 SEPT



Martine Negro

Nature Care Wholistic Medical Centre, Australia

Healing with body mind wisdom

Decoding the Body's Messages through Body Mind Wisdom. As an energetic mentor, Martine guides people to find out why they are ill and assists them to reconnect back to the wisdom of their bodies. Martine's background in Energetic Healing, Oriental medicine, Imagery, and Neuro-Linguistic Programming has helped her gain a deep understanding of the body's natural healing capacity. The body is constantly giving you feedback. Symptoms are your body's way of telling you that you are off-balance. Therefore, it is essential to decoding the message to prevent the development of chronic disease. Understanding what is behind the symptom will come naturally as the person explores it and allows their inner guidance to direct the process. Yet, people often ignore the symptoms or mask them with prescriptions or addictions. The healing process involves decoding the body's messages and acting upon them. You will be able to access deeper information that will speed up the recovery of your patient by engaging the person to tune in and trust the body's innate guidance. As practitioners, we need to access the person's inner healing potential to ensure optimal results. This in turn teaches the person to be more connected to their body and ultimately follow it and thus become more responsible for their health. People have developed a too strong reliance on external treatments. The treatments are only there to support the process. True long-term healing always comes from an internal energetic shift. When you don't live in a state of awareness, your energy can become drained or blocked, this is when the body takes over and sends a warning message that is usually called a symptom. Deep healing can only occur when you get to the source of the problem. Ignoring or erasing the symptoms only gives a short-term relief. They will soon recur in the same or new form and eventually become chronic. We need to remember that the person's inner world contributes very powerfully to their state of health. When disempowering thoughts and emotions are running their lives, the body will manifest them in the form of symptoms for the person to be aware of them. You will learn a simple way to help the person tune into their body through a form of active (conscious) and receptive (subconscious) communication. This approach can be integrated into any form of treatment. Your body's purpose is to keep you authentic which naturally enhance long-term well-being.

Biography

Martine Negro has been an acupuncturist and member of AACMA for over thirty years. She is the co-founder of the Energetic Diploma at Nature Care College Sydney (1998) and senior trainer in various topics related to energetic well-being. She is the author of "Hacking the Well-Being Code through energetic intelligence" designed to engage people in their own health and give them the core understandings behind true well-being (Yang Sheng in our modern times). Martine uses a variety of tools that help integrate the body-mind system and aims to facilitate people to reconnect with their authentic selves and keep their energy field clean by clearing interferences and traumas. Co-founded in 1998 the Energetic Healing Diploma at Nature Care College (Australia). Co-founder and lifetime member of the International Energetic Healing Association President of the Dowser Society of NSW (Australia). Author of "Hacking the Well-Being Code through Energetic Intelligence", designed to guide people tune into their inner wisdom through understanding basic energetic concepts. Martine has also co-authored The Best-Selling Books "Are YOU The Missing Piece? My Journey My Journal" and "Unfolding Journeys".



Wendelin Niederberger

Visionary Success Academy, Switzerland

The Japanese secret of a long healthy life

All people want to grow old. Nobody wants to be old. So the question arises, why do you want to grow old if you don't know what for? In Japan there is a concept called Ikigai. "Iki" means «life» and "Gai" means «purpose». This philosophy has been internalized by the people of Okinawa, and in fact most people there grow very old and are very healthy. In large-scale studies it has been found that health does not depend on a healthy lifestyle. The basis for health knowing what you want to live for in the first place. Those who do not know their "reason for being" feel an inner emptiness. The inner emptiness leads to the need to fill it. This happens to most people with unhealthy behavior. Sweet and fatty foods, lack of exercise, alcohol, smoking or in the worst case drugs. Healthiness does not remain who lives healthy, but who lives his reason of being, his Ikigai. This is confirmed by all the studies that have been conducted about this topic. What exactly is Ikigai and how can one find it? This is the topic, the audience will learn more in this presentation. Wendelin Niederberger has developed methods that make it easy for people to find their Ikigai and integrate it into everyday life. His credo is: "You only get sick if you don't know your life's purpose."

Biography

Wendelin Niederberger is the author of the book "Taoist Face Reading". (German Edition) He describes in this book the importance of knowing a person face features in order to integrate and foster the inner skills and talents. His new book «Finde dein Ikigai» (German Edition) goes even deeper into the topic of finding «The Reason for Being» in life. In his younger years Wendelin Niederberger studied with taoist masters in Taiwan, Malaysia, Singapore and China. He lectured in his taoist academy chinese astrology, mien shiang and taoist feng shui in Europe and England. He has been translating the old taoist wisdom into a system which describes the destiny of people. In his research he found, living according to the roadmap of the soul is crucial for a healthy vital life. The individual plan each and every soul brings into this life has to be integrated in order to keep the body, soul and spirit healthy.



Tan Suat Cheng

School of Health Sciences, Malaysia

Natural compound as preconditioning strategy to enhance neural stem cell-based therapy for ischemic stroke

Neural stem cell (NSC) transplantation is a potential alternative therapy for ischemic stroke because of its ability to regenerate damaged neuronal cells after the onset of ischemic stroke. However, the effectiveness of NSC-based therapy is limited due to the low survival rate of transplanted cells in the hostile ischemic brain microenvironment after transplantation. Therefore, this study aimed to enhance the therapeutic potential of NSC by preconditioning the cells with a potential neuroprotective compound (baicalein) isolated from a medicinal plant, *Oroxylum indicum*. Baicalein was extracted from *O. indicum* using petroleum ether and methanol solvents. The crude extract was enriched using methanol solvent at gradient concentrations (0%, 10%, 30%, 50%, 70% and 100%) and quantified using TLC and HPLC. The fraction with the highest proliferative potential was selected to precondition rat NSCs, and the cells were transplanted into rat brains 1 h after ischemic stroke induction by vasoconstrictor endothelin-1 (ET-1). Fractionation at 100% methanolic solvent (F5) was found to contain the highest concentration of baicalein. Moreover, the F5 was found to significantly improve the NSC growth rate at 3.125 µg/ml after 48 hours of incubation. After F5-preconditioned NSC transplantation into the ET-1 ischemic rat model, the neurological deficit result showed a significant reduction compared to control groups. In conclusion, NSCs preconditioned with baicalein from *O. indicum* could be a potential novel therapeutic agent in enhancing NSC-based therapeutic potential for ischemic stroke therapy.

Audience Take Away:

- Local medicinal plant *O. indicum* (Beko) contains neuroprotective compound – Baicalein
- The optimum dosage of baicalein-enriched fraction (F5) on NSCs was 3.125 µg/ml for 48 hours
- Improvements of neurological deficits observed in the animals treated with F5-preconditioned NSCs
- Baicalein from *O. indicum* could significantly contribute to the improvement of stroke recovery

Biography

Dr. Tan obtained her B. Sc. (honours) in Biotechnology at School of Science and Technology, University Malaysia Sabah with First Class Honour in 2007. In 2011, she graduated with PhD at Department of Physiology, Anatomy and Genetic (DPAG), University of Oxford. Upon graduation in 2011, she was appointed as Senior Lecturer of Biomedicine in University Sains Malaysia. Currently, she is pioneering a Neural Stem Cell Research Group, focusing on developing a reliable stem cell-based therapeutic technique to treat human neurological disorders such as stroke.

SPEAKERS

DAY 01

4TH EDITION OF
INTERNATIONAL CONFERENCE ON
**TRADITIONAL MEDICINE,
ETHNOMEDICINE
AND NATURAL THERAPIES**

01-02 SEPT



Zhang Lu

The University of Hong Kong, Hong Kong

Targeting the activation of microglia and M2-like shift in multiple sclerosis: From mechanisms study to therapeutic intervention with ganoderma lucidum spore powder

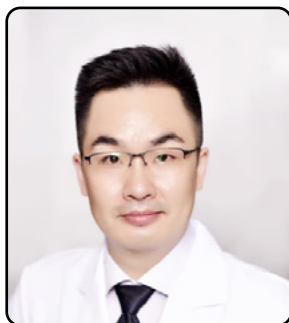
To investigate whether the Ganoderma Lucidum Spore (GLS) powder could alleviate the experimental autoimmune encephalomyelitis by attenuating the activation and polarization of microglia both in vivo and vitro. C57BL/6N female mice (~10 weeks, n=7 for each group) were induced by CFA and MOG35-55 with intravenous injection of Pertussis Toxin. Two treatment protocols were adopted: for pretreatment protocol, the GLS was orally administrated from day 2 to day 30 post-immunization, for the early prevention protocol, GLS was orally administrated 7 days before immunization until day 30 post-immunization. Daily assessment of body weight and clinical score were processed. Hematoxylin & Eosin (H&E), Luxol Fast Blue (LFB), Immunohistochemical (IHC) and immunofluorescence (IF) methods were applied to determine the inflammatory infiltration, demyelination, activation and polarization of microglia in mouse central nervous system. The Western Blot and qPCR were applied to elucidate the potential mechanism. The result revealed that the GLP could alleviate experimental autoimmune encephalomyelitis (EAE) progression, delay the onset of EAE and reduce the severity of EAE. For the H&E and LFB results, GLP was indicated to reduce the inflammatory infiltration and demyelination in the spinal cord of EAE immunized mice (**p<0.01). The IHC and IF results indicated the activation of microglia and the M1/M2 ratio of microglia was significantly reduced(P<0.05). The inflammatory related cytokines such as IL-4, and IL-10 was reduced after GLS treatment. Besides, GLS was revealed to attenuate the microglial apoptosis, phagocytosis, and free radical generation to have beneficial effects. Overall, the GLP treatment could alleviate the EAE to indicate a potential therapeutic approach toward Multiple Sclerosis. GLP revealed to have a positive impact on immune modulation, neuroprotection, anti-apoptosis, and anti-oxidation via mediating the activation and polarization of microglia through attenuating NF- κ B pathway.

Audience Take Away:

- In the previous study, people mainly focused on the Ganoderma, the fungi, however, rare people had done research about the Ganoderma Lucidum Spore (GLS) powder. Besides, the effectiveness of GLS in MS still needs to elucidate. In this study, the potential usage of GLS in EAE was investigated to elucidate the potential therapeutic approach in MS
- What's more, the M1/M2 ratio of microglia and the activation of microglia were investigated in this research, which indicates that attenuating the activation and polarization of microglia showed great importance in alleviating MS or EAE. Further research needs to be carried out in related research scope
- The GLS showed a protective effect in preventive treatment protocols, which could indicate that the GLS could be used as a potential protective drug against MS. However, the use of GLS after onset showed a rare protective effect in EAE, which indicates the use of GLS in MS after diagnosis should be carefully considered
- Yes. Since rare research related to GLS in treating MS and EAE was carried out in the previous study, the standardization study, the toxicological study and other research areas could be expanded related to GLS. What's more, the potential pathway of GLS in attenuating MS/EAE could be further investigated
- Yes. For the effectiveness study with no previous reports, we give 3 different treatment protocols to evaluate the effectiveness of GLS in the EAE model. This evaluation protocol could also be used in other animal models to evaluate the effectiveness of new drug

Biography

Zhang Lu studied Biological Chemistry at the Sun Yat-sen University, China and graduated as Bachelor at 2016. Then she graduated as Master of Analytical Chemistry in 2017 in Hong Kong Baptist University. She then joined the research group of Prof. Jiengang SHEN at the School of Chinese Medicine, the University of Hong Kong since 2018, and then admitted as Ph.D. student since 2019 with the research area of free radicals and immune modulation in central nervous system.



Jie Chen

University of Hong Kong, Hong Kong

Active compounds from radix rehmanniae ameliorates cfa-induced inflammation by attenuating macrophage-mediated localized response and nitrate damage

To investigate whether the active compounds from Radix Rehmanniae (PA) switch local immunological response in complete Freund's adjuvant-induced (CFA-induced) inflammatory models to alleviate localized inflammatory response and nitrate damage. Twenty male C57BL/6N mice (~8 weeks) were randomly and equally divided into two groups by CFA-induced inflammatory model group and the PA treatment group. The inflammatory model was induced by the injection of CFA in the right hind paw. The treatment group was orally administered with PA from day 0 to day 7. Mechanical allodynia and thermal hyperalgesia were measured by Von-Frey Test and Hargraves test. The immunohistochemical (IHC) and immunofluorescence (IF) method was applied to quantify the M1 and M2 macrophage phenotype biomarker and M1/M2 ratio in local subcutaneous tissue. The western blotting and qPCR were applied. The NF- κ B inhibitor (JSH23 and Salsalid) and Mir-155-5p Mimics and inhibitors were employed.

Result: The behavioral assay results indicated that compared with the CFA-induced model group, the PA treatment group ameliorates the inflammatory pain was increased obviously. The IHC and IF staining quantified results indicated that compared with the CFA-induced model group, the M1/M2 ratio and M1 phenotype in the CFA-induced group were significantly reduced ($P < 0.05$). The inflammatory related cytokines such as IL-10, IL-1 β , TLR4, MyD88, TNF α and iNOS were reduced after PA treatment. In terms of the mechanism, bioinformatics analysis confirmed that PA could bind to the miR-155-5p inhibitor and promoter to transcriptionally activate miR-155-5p to the NF- κ B pathway. Our results further investigated that MyD88 activation could diminish M1 macrophage polarization and promote M2 macrophage polarization via the MyD88/miR-155/NF- κ B pathway. Furthermore, PA reduced the oxidative and nitrate stress in tissue-resident macrophages as well as triggered an immune reaction translated by activation of the nuclear factor-kappa-B (NF- κ B) signaling pathway.

Conclusion: PA could result in improving analgesic effects. PA had a positive impact on the CFA-induced model, which may increase the polarization of M2 macrophages and release nitrate damage. And enhanced the localized expression of M2-related markers and might have an advantage in switching the M1/ M2 ratio to tissue protection and pain release.

Audience Take Away:

- The active compounds from Radix Rehmanniae (PA) herbal medicine show an anti-inflammatory effect and antioxidant effect against CFA-induced inflammation
- PA suppressed MyD88 expression and suppressed M2 macrophage polarization
- MyD88 activation attenuated the anti-inflammatory effect of PA via the miR-155/NF- κ B pathway. It is a new alternative way to treat the osteoarthritis and relative symptom
- PA may be a novel anti-inflammation and analgesic agent. The new finding and combination of traditional Chinese medicine could expand to other field

Biography

Chen studied traditional Chinese medicine at the University of Hong Kong in 2017. He joined the research group of Prof. Shen Jianguang at the same institution, the University of Hong Kong. He is now seeking his Ph.D. degree for 2017 until now.



Dieu Thuong Thi Trinh

Faculty of Traditional Medicine, Vietnam

The effects of auricular acupuncture at lung, shenmen, endocrine, adrenal points on adult eczema: A randomized trial

Adult eczema (AE) has been reported to have a poor quality of life (qoL). Auricular acupuncture (AA) is a method that has been studied a lot recently. Our study is to determine the effects of combining AA and modern medication in the relief of symptoms and the improvement in qoL in AE. Methods: A single-blind randomized study on 65 AE at the University Medical Center Ho Chi Minh City Branch 3; was randomized into an auricular acupuncture (AA) group and a Sham acupuncture (SA) group. All AA group patients will receive AA at Lung, Shenmen, Endocrine, and Adrenal points. The score of scoring atopic dermatitis (SCORAD) and the score of dermatology life quality index (DLQI) were compared in two groups before and after treatments. Results: There were 33 patients in the AA group and 32 patients in the SA group. After 2 weeks, in the SA group, the SCORAD score of 46.4 ± 1.3 decreased to 28.2 ± 1.2 , compared with the AA group's SCORAD score of 47.5 ± 1.5 decreased to 24 ± 1.3 ; the DLQI score of 14.7 decreased to 7.6, compared with the intervention group DLQI score of 15, reduced to 5.7. The difference in improving the SCORAD score and the DLQI score between the two groups was statistically significant. No patient had any adverse events during the study. Conclusions: Combining auricular acupuncture Lung, Shenmen, Endocrine, Adrenal points, and modern medication treatment may effectively relieve symptoms and improve the QoL in AE.

Audience Take Away:

- Auricular acupuncture is an easy and convenient therapy that effective in relieving symptoms and improve the QoL in adult eczema with no adverse effects
- The results of this research contribute to the scientific basis for the effect of auricular acupuncture in the treatment of eczema, which is applicable in teaching and treating eczema patients
- The research opens many new study directions on the effects of auricular acupuncture on other skin diseases such as red skin, acne, melasma, psoriasis

Biography

Dr. Dieu-Thuong Thi Trinh studied Traditional Medicine at University of Medicine and Pharmacy at Ho Chi Minh City (UMP) and graduated as MD in 2005. She received her PhD degree in 2013 and obtained the position of an Associate Professor in 2018. At the present, she is the Dean of Faculty of Traditional Medicine, UMP and is also the Head of University Medical Center at ho Chi Minh City – Branch 3. She has published about 10 textbooks in Traditional Medicine and Acupuncture, about 10 research articles in SCI(E) journals, and more than 80 research articles in Vietnamese scientific journals.



Janaki Baral

Tribhuvan University, Nepal

Dose variant anti-diabetic properties of zanthoxylum armatum DC. Fruits on n-stz induced type-2 diabetic model rats and evaluation of toxicity

Zanthoxylum armatum is one of the highly valued medicinal plants used for treatment of different ailments including diabetes. This study aimed to screen anti-diabetic effect of methanolic extract of fruits of Zanthoxylum armatum (ZAFME) on neonatal streptozotocin (nSTZ) induced Type II diabetic (T2DM) Rats and to find out the extract toxicity on normal rats and mice. STZ was administered in 48hrs pups by a single ip injection and after three months OGTT was done. Rats were divided into five groups: i) Normal control, ii) Diabetic control; iii) Positive control and Extract treated groups iv & v. Experimental period of 28 days on groups i & ii received water, groups iii, iv & v received Gliclazide and 25mg and 50mg/kg bw of ZAFME with a single feeding respectively. Blood samples collection by tail cut at the beginning and by cardiac puncture at the end of the experiment was done for fasting serum glucose. Statistical analysis was done by one-way ANOVA and paired sample t-test. For toxicity testing, single-dose oral feeding was done in geometrical ratio from 200mg/kgbd.wt to 3200mg/kg bdwt. Lorke method was used for toxicity determination. There were significantly lower blood glucose values in both groups of ZAFME and gliclazide group at Endpoint compared to Baseline ($p < 0.041$, $p < 0.023$ and 0.003 respectively). Moreover, at the end point, ZAFME at 50mg dose decreased blood glucose significantly ($p < 0.021$) compared to Diabetic control. In the Acute toxicity test there were no significant changes in Long Evans rats whereas in Swiss Albino mice LD50 value was 565.68 mg. Histopathological observation of Swiss Albino mice revealed normal liver, pancreas, and kidney at dose level 200 mg whereas higher dose has inflammatory changes, polymorphs, degenerative changes and necrosis in liver, pancreas, and kidney respectively. These findings highlight the therapeutic potential of the extracts and provide strong impetus for further studies with the safer dose of 565.68 mg in the case of Swiss albino mice.

Audience Take Away:

- Audience can also learn toxic impact of highly consumable natural plants
- Natural plants have healing benefits in one aspect whereas same plant may be toxic in other disease. Selection of cellular level research on natural products depends upon bioactivity of crude sample in general but not always
- Of course this research can be expanded in drug discovery and similar cellular activities with few isolated compounds that we our research team can share and teaching to the young researchers and interested ones is always a very good idea as Zanthoxylum armatum DC a highly valued spices in Nepali kitchen
- This research explored first time the LD50 value and effective lowest dose of extract as potent antidiabetic

Biography

Presenter: Mrs. Janaki Baral. She served as lecturer at Little Angels' Higher Secondary School (2010-2017) Lalitpur after completing her masters. She is serving nation as an assistant Professor in one of the oldest and largest University of Nepal: Tribhuvan University, Nepal since 2017. Her MSc is in organic chemistry with interest on the research areas of isolation of compounds from natural products, in-vivo and in-vitro determination of antidiabetic property, toxicity determination, anti-cancerous activity determination of plant extracts, fractions and compounds, and other biological activity determination. She had completed her M.Phil. in Educational Leadership from Kathmandu University. She then joined the group of Associate Professor Dr. Achyut Adhikari for her PhD at Tribhuvan University. She was an ANRAP fellow (2018), at Bangladesh University of Health Sciences, Bangladesh. She had also visited University of Pakistan for her research activity. She is co-author of 2 articles, national and international active involvement in social activities.



Sunita Teckchand

Clinical aromatherapy, United Arab Emirates

Aromatherapy for people with determination

Working with people of determination is extremely challenging, yet intensely satisfying according to Sunita. Using pure 'A' grade organic essential oils can help with several conditions like autism, ADHD, downs syndrome, cerebral palsy and more. Sunita's journey down this road began almost immediately after her graduation as a clinical aromatherapist when she got her first client, aged 4, with severe cerebral palsy. The connection that she made with child on the unseen energetic level made her more aware of the multi-faceted healing powers of essential oils. This opened up a sea of possibilities in her head. In order to further her research she voluntarily gave time over many many years to 2 reputed centers for children living with these challenges. During her research in this field she has worked with, and supported many participants and their families with an astounding success rate at varying degrees. In this webinar Sunita will open a discussion on a few of her basic 'go to' essentials oils that she prefers to use regularly on individuals with these conditions. Her invaluable experience in this field is first hand, from which she has learnt many lessons that will stay with her forever carving out who she is today. Sunita credits her exponential growth and her empathic nature to these learnings, which she was lucky enough to experience so early on in her career.

Biography

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



Jack Kaguu Githae

The school of alternative medicine and Technology, Kenya

Comparative potential and appraisal of integrated utility value of diverse disciplines of alternative medicine

The prevailing global crisis threat microbial resistance to common anti-biotic coupled with the emergency of new incurable diseases and such epidemics like HIV AIDS, Ebola, COVID-19, monkey pox etc. .. is compelling people to revert to alternative medicine all over the world. However, one of the greatest challenge facing new comers in to the alternative medicine sector it's the diversity of the therapeutic discipline within the very wide spectrum of the alternative therapies which vary from very mild therapeutic impact like acupuncture and massage to very effective holistic impact like in herbal cocktail therapies. Other therapeutic disciplines of alternative medicine use spirituality and psychics energy and are sometimes mistaken for magic and witchcraft. Because of this diversity and complexity of the entire spectrum of alternative medicine there is a real need for professional/ scientific comparative appraisal of the diverse discipline of the alternative medicine therapies. The purpose of this paper therefore is to develop and utilize appropriate/professional/ scientific criteria of realistic appraisal of the diverse alternative medicine discipline. To enable the consumers of the resource whether they are patients, scholars or researchers to make appropriate choices when the need to utilize either of the discipline arises. It is not a very easy exercise but am lucky am fairly conversant with most of this discipline through my practice as well as in my work as a trainer in the area of alternative medicine for many years. In conclusion I am sure the paper will be useful in the global endeavor of propelling alternative medicine to the next level in the advent of climate change and global warming.

Biography

Dr. Jack Githae is a professional FAO and UNDP trained and accredited agricultural researcher, practitioner and consultant and a WHO accredited African Traditional medicine researcher, practitioner and consultant.



Ajay Bapusaheb Sonawane

Kalpana Ayurved Hospital, India

Standardization of purified, unpurified hingul (Cinnabar), vatsanabha (Aconitum ferox) And hinguleshwar rasa by using advanced analytical tests

Standardization of Ayurvedic formulation is a need of present era. Ancient Acharya's in Ayurveda were well known about the toxic effect produce due to use of Mineral & Herbal drugs in their impure form. Hinguleshwar rasa is one of the important Herbomineral Formulation in Ayurveda. In this study we carried out purification of Hingul (Cinnabar) & Vatsanabh (Aconitum ferox) then prepared Hinguleshwar Rasa & try to found what changes actually happened during whole purification & trituration process. Because of the need of standardization of Ayurveda drug and formulation we did advanced analytical tests like ICP AES Elemental qualitative analysis, ICP MS, FEG-SEM, XRD & HPTLC of drugs and formulation. In Inductively Coupled Plasma-Atomic Emission Spectrometry (ICP- AES) qualitative analysis reports found some different elements in the samples. We found isotopic changes in Mercury which was present in Cinnabar in the test of Inductively Coupled Plasma Mass Spectrometry (ICP MS) test. In XRD test we not found any structural changes before and after Purification of Hingul (Cinnabar) as well as purified Hingul (Cinnabar) use in Hinguleshwar rasa. In FEG-SEM we found different images of samples. (HPTLC) Finger print analysis helps to check quality of formulation as well as it was used for batch to batch consistency. Hence this study concluded that ICP AES, ICP MS, FEG-SEM, XRD & HPTLC Helps in Standardization of Hinguleshwar rasa.

Audience Take Away:

- This study helps to do standardization in Ayurveda by using advanced analytical techniques
- in ayurveda many Herbomineral formulation were mentioned, this study helps to find out changes in elemental level by using ICP AES & ICP MS test
- FEG SEM test help to get images of drug under magnification of 10X to 50X.
- XRD helps to see the structure of mineral samples & HPTLC finger print analysis helps to avoid adulteration in the drug and formulation
- Overall this study was carried out on elemental level for standardization in Ayurveda drug and formulation

Biography

Dr. Ajay Bapusaheb Sonawane studied MD (Ayurveda) in Rasashastra (Pharmaceutics) Subject and received Ph.D. (Ayurveda) degree in Rasashastra & Bhaishajya Kalpana subject in March 2022 from D Y Patil Deemed to be University School of Ayurveda, Nerul Navi Mumbai, India. He is a Director of Kalpana Ayurveda Hospital, New Panvel, India and Ayurveda Consultant and physician at Kalpana Ayurveda Hospital. He got ISSN International Research Vibhushan Award in September 2021, got three best National oral Scientific Paper presentation Awards. He published six international research articles, '3' International scientific oral paper presentations and '7' National scientific oral paper presentations.



Shamsa Fiaz

National Institute of Ayurveda, India

Successful management of diplopia due to Arnold chiari type-i malformation through ayurveda (Check sentence case)

Diplopia is an ophthalmic condition commonly found in elderly patient and can have ocular and neurological causes. A careful history often reveals the type of Diplopia whether it is monocular or binocular, its onset and progression. In monocular Diplopia, the cause is usually ocular hence a refractive and slit lamp examination of ocular media is very important. In binocular Diplopia, the cause of misalignment must be determined as it may be due to life threatening conditions like posterior communicating artery aneurysm which needs immediate treatment. This paper elaborates the successful management of a patient of Diplopia due to Arnold Chiari type-I malformation since one year who was otherwise rejected by high end hospitals like AIMS Bhopal, etc. It was treated only through Ayurvedic medicines and therapies. Diplopia is an ophthalmic condition commonly found in elderly patients and may be due to ocular and neurological causes. A careful history often reveals the type of Diplopia whether it is monocular or binocular, its onset and progression. In monocular Diplopia, the cause is usually ocular hence a refractive and slit lamp examination of ocular media is very important. In binocular Diplopia, the cause of misalignment must be determined as it may be due to life threatening conditions like posterior communicating artery aneurysm which needs immediate treatment. This paper elaborates the successful management of a patient of Diplopia due to Arnold Chiari type-I malformation since one year who was otherwise rejected by high end hospitals like AIMS Bhopal, Delhi etc. He was treated only through Ayurvedic Therapies and medications and with 3 sittings he was cured of Diplopia and his vision was restored to normal.

Audience Take Away:

- The audience will know that the Ayurvedic Ophthalmology Treatment is very effective in diseases which are rejected in Contemporary science and treated successfully
- The audience will get motivation to practice these therapies in different Ophthalmic conditions.
- They can adopt these practices in their OPD setup easily
- It will improve the accuracy of treating eye diseases through Ayurvedic therapies in most of the prevalent diseases by improving the vision
- A glimpse of all Therapies which can be adopted in OPD, EYE Care, Diet and Life Style Modification, Eye Exercises for Vision improvement

Biography

Dr ShamsaFiaz, Professor and HOD in Department of Shalaky Tantra, National Institute of Ayurveda (De-Novo), Jaipur. Graduated from Government Ayurvedic Medical College, Mysore in 1997 and Post graduated from Government Ayurvedic Medical College, Bangalore in 2001 and PhD from Tilak Maharashtra Vidhyapeeth, Pune in 2013. Provided 10 years of her valuable services in a reputed college, S.D.M College of Ayurveda and Hospital, Hassan Karnataka. She has a vast Academic and clinical experiences of 22 years in the field of Ophthalmology and ENT. She is PG and PhD guide and has vast research experience of 25 years and has guided 50 dissertations/ Thesis and has published 74 articles in important journals. She has delivered 60 lectures as a resource person in National and International Conferences and Webinars and has chaired many scientific sessions as a chair person and Panelist. She was also invited as a guest speaker at an International conference held in London in 2014 and in Srilanka in 2017. She has successfully treated many patients suffering from Eye and ENT diseases. She has also received many awards for her Academic and Medical excellence as well as for Social activities. Conducted free medical camps and actively participated in Radio and Television talks She is also member of Advisory Board for many reputed journals. She is also the author of the book 'Concept of Glaucoma/ Adhimanta in Ayurveda and Modern Science and also Comprehensive Approach in Nasa Rogas /Nasal Diseases.



Anzurat Akobirshoeva*¹, Shoista Mubalieva², Dovutsho Navruzshoev³

¹Mountain Societies Development Support Programme, Tajikistan

²Institute of Botany, Physiology and Genetics of National Academy of Sciences of the Republic of Tajikistan

³Pamir Biological Institute of National Academy of Sciences of the Republic of Tajikistan

Food plants of Bartang valley, GBAO, Tajikistan and their medicinal and economic importance

Bartang valley is located in 1800 - 6970 above the sea level in Western Pamir, Tajikistan. Its territory covers about 5000 km². This territory was investigated by D. Navruzshoev who reported 1201 species of plants belonging to 419 genus. The flora of Batang valley is rich and used in different sphere of human life. The preliminary research revealed that there grow 191 species of food plants belonging to 122 genus and 52 families. Local people of Bartang widely use the wild growing and cultivated plants simultaneously as food and as medicine. Such wild fruit plants like *Crataegus korolkowii*, *C. songarica*, *Hippophae rhamnoides*, *Berberis nummularia*, *B. integerrima*, *Ribes meyeri*, *R. janczewskii*, *R. vilosum*, *Cerasus verrucosa*, *Rosa huntica*, *R. beggeriana* and wild grasses such as *Rheum maximoviczii*, *Aconogonon coriarium*, *Ferula kuhistanica*, *Allium atrosanguineum*, *A. oschaninii*, *Bunium badachschanicum*, *B. persicum*, *Daucus carota*, *Scandix pecten-veneris*, *Bunium persicum*, *Galagania fragrantissima*, *Rheum maximowiczii*, *Aconogonon coriarium*, *Daucus carota* are widely used by locals. Some wild plants, such as *Chenopodium album*, *Portulaca oleracea*, *Capparis herbaceae* were widely used by ancient locals. The tradition of preparation food from these plants is still kept in Bartang valley. During delivery women are feeded with flour soup where the infusion of *Achillea filipendulina* and *A. biebersteinii* flower and aerial parts of *Nepeta glutinosa* is added. In the territory of Bartang valley also grow many aromatic plants like *Carum carvi*, *Angelica ternata*, *Ziziphora pumiroalaica*, *Z. tenuior*, *Asperugo procumbens*, *Juniperus schugnanica*, *Ribes meyeri*, *R. jancewski*, *Melilotus officinalis*, *Taraxacum officinale*, *Bunium persicum*, *B. badachschanicum*, *Mentha arvensis*, *M. asiatica*, which are used as supplemental agents to main food. Other groups of plants are used as tea. These groups include *Hypericum perforatum*, *Incarvillea olgae*, *Ziziphora pamiroalaica*, *Z. interrupta*, *Z. tenuior*, *Potentilla orientalis*, *Rumex crispus*, *Cichorium intybus*, *Chamerion angustifolium*, *Taraxacum officinale* ect. Beside there grow many vitamin containing plants such as *Elaeagnus orientalis*, *Ribes janczewskii*, *R. meyeri*, *Berberis nummularia*, *B. integerrima*, *Rosa beggerana*, *R. huntica*, *Hippophae rhamnoides*, *Urtica dioica*, *Sorbus turkestanica*, *Cerasus verrucosa*, *Eremurus korshinskyi*, *E. ambigens* ect, widely used by locals. Food plants used by local people of Bartang valley have high economic value. Plants from genus *Rosa*, *Ferula*, *Nepeta*, *Bunium*, *Ziziphora*, *Angelica*, *Ribes* are widely sold in the local market. Local people cover seasonal expenses of their family budget by selling these group of plants. The research revealed that the level of anthropogenic factor is very high in the region and many food plants like species from genus *Angelica*, *Ferula*, *Bunium*, *Ribes* are threatened. Therefore mitigation measures including presenting the list of endangered plants to respective Government department, awareness raising trainings among the local community with the purpose of Biodiversity conservation is essential.

Audience Take Away:

- The research results can be used for comparative analysis of medicinal and food systems. It provides the researchers with additional data on medicinal and food plants. The results of the research can be used for development of conservation program on medicinal and food plants
- It also can be used for development of guides on rationale use of medicinal and food plants
- Data base, leaflet and ecological maps developed based on the results of this research can be used during the harvesting of medicinal and food plants
- The results of the research can be used as a teaching material at Schools, Biological, Agricultural and Ethnographical Universities
- It also serves as main source for searching medicinal and food plants

Biography

Anzurat Akobirshoeva. Graduated from Khorog State University, Tajikistan, majoring in Botany. Studied in post graduate course at Pamir Biological Institute named after Kh. Yusufbekov, Academy of Sciences of the Republic of Tajikistan. Enhanced her profession at the Institute of Botany of Russian Academy of Sciences named after V. L. Komarov in Saint - Petersburg and All Russian Institute of Plant Genetic Resources of Russian Academy of Agricultural Sciences, Saint - Petersburg. Studied at Post doctorate fellowship program of the University of Rutgers, New Jersey. Her research works covers the ethnobotanical studies of medicinal plants. Worked in Northern Afghanistan supporting and up-skilling women farmers. Her current activity includes working with community of the remote mountainous areas promoting revitalization of traditional knowledge and practices.

KEYNOTE FORUM

DAY 01

4TH EDITION OF
INTERNATIONAL CONFERENCE ON
**TRADITIONAL MEDICINE,
ETHNOMEDICINE
AND NATURAL THERAPIES**

01-02 SEPT



Fai Chan

Department of Aromatic Medicine, Deli Aroma LLC, Austin, Texas, USA

Reexamining Ketone replenishment in the healing of inflammatory issues — its pros and cons and therapeutic dosages; from Discovery, Applications, and Review

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

Audience Take Away:

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

Biography

Clinical Aromatherapist Fai Chan started her career in 2014, when she was still a student, she already published research findings with international Aromatherapy journals. In 2015, she served the board of a world leading aromatherapy association (Alliance of International Aromatherapists). She was also the chair of the publication committee.



Mary Jo Bulbrook

Akamai University, United States

Complementary and Integrative Health (CIH) innovation Uplifting Health & Healing Practice, Education & Research

The time is now! Change is imperative if we are to survive and thrive. The industry is focusing on medical doctors' role and primarily issuing prescription drugs controlled by drug companies whose commitment is to their shareholders and not the client first. This realization describing the impact of lack of regulation regarding cost, misinformation lack of compatibility with clients' life choices is wreaking havoc with individuals, families, organizations, and the political arena worldwide. Disparity is extensive worldwide focusing on the upper class who can pay for services rather than support for all practice and administered in various countries worldwide. Let us learn from other cultures what works, native to their traditions and what are potential or actual handicaps to the change that needs to happen. A top-down approach and for those who can pay as care determined by the "boss" or "one in charge" is outdated and must be replaced now! Healing is an individual empowerment journey and path based on accurate information gathered for decision making including contributions of natural therapies, cultural specific teaching and resources to also discern contributions to choices made. The shift to Complementary and Integrative Health (CIH) model will be discussed including multi- dimensionality approach in a soul 2 soul engagement to help "turn on the light" for the journey ahead. A brief mention of political influences shaping the health care industry will be given. Why the topics of universal equality and planetary health are woven into human, plant and animal health will also be addressed. We are ONE. What happens in one part affects the other and the entire world. The resource to address solutions to and for the many challenges is the Loving Power of the 7 C's: Connection, Congruent, Communication, Compassion, Contact, Caring and Celebration!

Audience Take Away:

- Explore current trends in health care delivery
- Examine research backing up the contributions of CAM & CIH
- Experience came therapies individually and collectively to illustrate their power of multidimensional Soul2Soul communication

Biography

Dr. Bulbrook is an educator in advanced practice of nursing, psychotherapy, family therapy and energy therapies over 50 years worldwide. She taught in Australia, New Zealand, South Africa, Peru, Argentina, Italy, England, Canada, and USA. She witnessed the magic in natural health methods using heart 2 heart connections bring about life changes in health and well-being. In 2021 she became President of Akamai University providing leadership with three colleges - integrative Health, Planetary Health and Universal Equality providing a platform for Complementary and Alternative Medicine (CAM) to online students all over the world studying for Graduate Degrees, Certificates and Continuing Education.



Neil Gumenick

Institute of Classical Five-Element Acupuncture Inc, United States

Classical Five-Element Acupuncture

This presentation will cover the basics of Classical Five-Element Acupuncture, with emphasis on how this system of medicine uses the sensory skills of the practitioner to determine the principal elemental imbalance of a patient's symptoms: Fire, Earth, Metal, Water, or Wood. This primary imbalance, known as the "Causative Factor" becomes the thrust of treatment. Once this Causative factor has been identified and restored to balance, symptoms tend to clear naturally at the physical, mental, and spirit levels. The use of points for their spiritual connotations will also be discussed.

Audience Take away:

- Participants will learn to engage their own senses to aid in diagnosis, the use of specific acupuncture points to treat the mental and spirit levels directly, and the importance of rapport in reaching the "whole person"

Biography

Professor Neil R. Gumenick is Founder and Director of The Institute of Classical Five-Element Acupuncture, which offers training in this profound system of body/mind/spirit medicine. He has maintained a private practice in Santa Monica, CA since 1981 and has served as Professor at YoSan University and Emperor's College. Neil holds three degrees and an advanced teaching credential from The College of Traditional Acupuncture (UK) awarded by the late Professor J.R. Worsley. Neil was recipient of the 2007 AAAOM Pioneers and Leaders in Acupuncture and Oriental Medicine Award, and is one of the world's foremost practitioners, teachers, and writers on the subject of Classical Five-Element Acupuncture.

SPEAKERS

DAY 02

4TH EDITION OF
INTERNATIONAL CONFERENCE ON
**TRADITIONAL MEDICINE,
ETHNOMEDICINE
AND NATURAL THERAPIES**

01-02 SEPT



Jawad Alzeer

Swiss Scientific Society for Developing Countries, Switzerland

Halalopathy: The role of entropy in the aging process

Diseases such as cancer, Alzheimer's and Parkinson's are often referred to as age-related diseases. The main causes of these diseases are remarkably similar to the causes that can lead to aging. Therefore, some researchers consider aging as a health problem rather than a natural process. It is clear from the literature that there are many factors that can cause aging, but efforts to reverse stop or slow it down may be completely misguided. Aging is clearly a natural, spontaneous process that can be better understood by looking at a natural, spontaneous process that occurs in a living system. Spontaneous processes, such as catabolic processes, are mainly driven by entropy, suggesting that entropy formation and accumulation may play a key role in understanding and controlling the aging process. Entropy is a dispersed or suppressed form of potential energy that tends to generate heat. The accumulation of heat leads to highly imbalanced conditions that can promote the development of disease or accelerate the aging process. Entropy is inversely proportional to potential energy, and any increase in potential energy or decrease in entropy can contribute to healthy aging. The immune system plays a key role in controlling the aging process. Fright and flight mode accelerate the aging process, while activating fight mode delays the aging process and reduces age-related diseases. Potential energy can be used to fight entropy. Activating anabolic processes, growth hormones and maintaining an anabolic thinking can increase potential energy. Avoiding anxiety and grief, reducing food intake, minimising stress, maintaining a balanced heat flow and avoiding a catabolic thinking can reduce the formation and accumulation of entropy.

Audience Take Away:

- Halalopathy aims to involve patients and individuals in the prevention of disease and to achieve more effective treatment
- Rationalising the concept of halalopathy will encourage individual participation in health control
- Understanding the key factors of entropy and potential energy and implementing both concepts in daily life will contribute significantly in slowing down aging and achieving a healthy life

Biography

Alzeer has completed his PhD in Organic Chemistry in 1995, from ETH The Swiss Federal Institute of Technology, and Postdoctoral Studies from School of Pharmacy, Michigan University, USA. He is the Director of Swiss Scientific Society for Developing Countries and founder of Halalopathy. He has published more than 52 manuscripts, patents, and book's chapter in reputed journals and has been serving as a director of Halalopathic research unit. Dr. Alzeer is a docent and senior scientist at Zurich University and his research is mainly involved in the synthesis of valuable compounds.



Alfonso T. Lagaya

Quirino Memorial Medical Center, Philippines

Ah-shi acupoint early diagnosis & acupuncture treatment for corporate human resource wellness & productivity

Corporate human resource productivity is the bottom-line concern of top-management for all agencies. However, the current executive screening / check-up of employees maybe cost restrictive beyond the usual simple annual physical examination. Would there be a more cost-effective approach to screen out potentially serious health concerns of our employees? The use of Traditional Oriental Medicine, in general, and Medical Acupuncture plus Oriental Healthy Lifestyle Coaching, in particular, shall enhance on the corporate human resource productivity in the government, non-government & private sector, thereby attaining corporate profit and/ or efficient service delivery. According to the World Health Organization, the Alma-Ata Declaration of 1978 emerged as a major milestone of the twentieth century in the field of public health, and it identified primary health care as the key to the attainment of the goal of Health for All. This may be true among developed countries but for developing countries, such “Health for All” would necessitate lots of expensive resources. Most developing countries have looked into this effective & highly-successful tertiary care medical facilities, wherein such conditions as heart attack, stroke, diabetic foot care, or dialysis care. Let’s just hope that our current health care delivery system could catch it in time before deterioration happens. Now, common sense dictates that preventive medicine shall figuratively ‘nip it at the bud” with lots of national savings too. We need to re-strategize our focus then thru an effective preventive medicine approach. Traditional Oriental Medicine has track record for centuries, in diagnosing a person before a symptom would manifest itself. Our clinical experience among the employees at the Quirino Memorial Medical Center, a government-funded national hospital, has been effective in managing simple common ailments in the employees’ workplace, such as stress & anxiety, headaches, musculo-skeletal pains, common chronic non-communicable degenerative disorders, etc. Integrating acupuncture for such ailments is a come-on to allow the practitioner to detect those potentially serious conditions, before it would become more expensive to manage if ignored & taken for granted, due to financial concerns. Traditional Oriental Medical Diagnosis such as the meridian-assessment of organs represents, would hone the healthy lifestyle modification thru customized coaching. Beyond the usual & classical pulse diagnosis &/or tongue diagnosis, the use of Dr. Lagaya’s community based “Ah-Shi” Acu-Point diagnostic technique, that I have been practicing for 35-years now, has an added advantage of it being simple, community-based, no technology involved and interactive with the patients. Identifying the sensitive organs as lungs, large intestines, stomach, just to mention a few, would enhance better patient coaching compliance in oriental healthy lifestyle modifications. Then acupuncture rebalancing of one’s yin & yang chi energies shall follow and be beneficially incorporated to our patients too. The lecture will also involve interactive hands-on presentation and on-the-spot diagnosis of their ailments, thereby encouraging the ICTM-2022 audience to become aware of their own health issues, and in which the practitioner could replicate such techniques to their own patients, as well. Ultimately, having a pain-free, disease-free human resources within any corporate agencies will surely boost its over-all profitability &/or service delivery.

Biography

Dr Alfonso LAGAYA is the 1st Director-General of the Department of Health’s Philippine Institute of Traditional & Alternative Health Care (PITAHC) from 1999-2004, a Temporary Consultant / Adviser of the World Health Organization in Western Pacific Regional Office from 1999 - 2010, International speaker of the American Academy of Family Medicine (AAFM), Graduated as Doctor of Medicine from the University of Santo Tomas in 1984, a Certified Medical Acupuncturist, by the DOH-PITAHC, affiliated with the Quirino Memorial Medical Center, Ospital ng Maynila Medical Center, Pamantasan ng Lunsod ng Maynila- Medicine, University of Santo Tomas –Medicine & Philippine Academy of Acupuncture, Inc.



Bhairav B. Kulkarni*, Yashashree Bhairav Kulkarni

Dr. VedPrakash Patil Ayurvedic Medical college & Research Institute, India

Observational analytical study to assess asthikshaya in walkers and in non-walkers with special reference to osteoporosis by evaluating bone mineral density and serum calcium

Ayurveda is known as the science of life. The main aim of Ayurveda is to maintain health of the healthy person and to cure the illness of diseased person. In Ayurved nidanpanchaka is described as tool of disease diagnosis. Upashaya in nidanpanchaka has described in 18 types. Among that Hetuviparitathkari Upashay is one type which can be also specified as Aharatmak ,Viharatmak and Aushadhiupashay. According to Ayurveda;Vat , Pitta and Kapha are the pillars(tristhuna) of human body. Vat and Asthi has Ashrayashrayibhav and inversely proportional to each other so Asthikshaya causes Vatprakopa according to samhitas. But here we are studying walking as a Upashayatmak factor for Asthikshaya. To assess role of walking in prevention of Asthikshaya with special reference to Osteoporosis by evaluating Bone Mineral Density and Serum Calcium (BMD) and Serum calcium levels in Asthikshaya. It is observational comparative analytical study. Duration of study will be 18 months. Total number of 250 subjects will be selected according to criteria, divided in to two groups. Group A – 125subjects-active walkers. Group B – 125 subjects-non active walkers. Bone densitometry: A bone mineral density (BMD) test measures how much calcium and other types of minerals are in an area of your bone. There are two types of this test. Here I will use the following type.Peripheral DEXA (p-DEXA). These smaller machines measure the bone density in your wrist, fingers, leg, or heel.The most common and accurate way uses a dual-energy x-ray absorptiometry (DEXA) scan. DEXA uses low-dose x-rays.

Measurements: T-score compares your bone density with that of a healthy young woman. Normal: A T-score is within the normal range if it is -1.0 or above. Abnormal: T-score- Between -1 and -2.5, you may have early bone loss (osteopenia).

Biography

Dr. Bhairav Bhimrao Tawshikar Kulkarni is a renowned expert in ayurvedic medicine, he is practicing for the last 8years at Shree SiddhivinayakAyurveda Panchakarma center as Director. He is running his two panchakarma centers at Aurangabad (MS) successfully. Dr. Bhairav and Dr.Mrs. Yashashree B. Tawshikar Kulkarni established the Shree SiddhivinayakAyurveda Panchakarma center in Aurangabad in Indian cities, which treat thousands of patients every year from these centers over the world. Developed well equipped Panchakarma Unit at both centers center over thousands of panchakarma treatments was done there as per Ayurved classics.



Sweta S.Koka*, Devshree Gayakwad, G.N.Darwhekar

Acropolis Institute of Pharmaceutical Education and Research, India

Screening of polyherbal lozenges against sore throat

In this study, four distinct plants were used to make polyherbal lozenges: Saussurealappa, Glycyrrhiza glabra linn, Terminalia chebula, and Zingiber officinalis (F1, F2, and F3 & F4 respectively) for the screening of antibacterial activity against sore throat. The formulated polyherbal lozenges were evaluated for the various parameters such as weight variation, hardness, friability, thickness, disintegration time, stability study and the results for the same are as per the acceptance criteria. Stability study was performed and the results for the same are as per the acceptance criteria. All the formulated formulations (F1, F2, F3, and F4) were evaluated for their antibacterial activity against staphylococcus aureus strain. And the result reveals that 14mm, 15mm, 17mm, and 15mm respectively. Thus from the study it was concluded that F3 formulation was the best formulation because it has more flavonoid and phenolic content. The stability study also reveals that the optimized formulation showed minimum deviation. Hence the polyherbal lozenges can show effective activity against cold and flu. Further studies are required to fully standardize combination for maximum antibacterial activity without comprising the other desirable properties. All the formulated formulations (F1, F2, F3, and F4) were evaluated for their antibacterial activity against staphylococcus aureus strain.

Biography

Sweta S.Koka is working as an Associate Professor in Acropolis Institute of Pharmaceutical Education and Research, Indore, M.P. She has done B.Pharm. In 2003 and M.Pharm. In 2008. She has been awarded Ph.D. in 2016. She is having 15 years of academia. There are 5 patents published on her credit. She has published 24 International and 4 National research articles. She has received an award for Best Faculty in the year 2017.



Ajai Prakash Gupta*, Saajan Sharma, Bhawana, Mridul Jamwal, Akshay Tomar and Suphla Gupta

CSIR-Indian Institute of Integrative Medicine, India, 2Plant Biotechnology Division

Cannabis and its medicinal importance

Cannabis refers to a group of three plants -Cannabis sativa, Cannabis indica, and Cannabis ruderalis. The Cannabis is rich in psychoactive properties, due to the presence of CBD and THC along more than 120 other substances. The main chemical difference between the Cannabis Group of plants is the amount of CBD and THC and other compounds they contain. Medicinally as well as legally it is important that Cannabis sativa (Hemp) contains more THC, and less CBD. Cannabis indica contains more CBD and less THC, while “Hemp” contains 0.3 percent or less THC content by dry weight. The flowers of these plants are the chief source of drug- “Marijuana”Cannabis has long been used as fiber, seeds seed oils, while hemp leaves are valued as vegetables and juice with healing properties and as a recreational drug. Cannabis is usually consumed for its relaxing and calming effects. In some states of the U.S.A it is prescribed under a range of medical conditions, including chronic pain, glaucoma, and poor appetite. The laws around cannabis cultivation and usage vary from country to country. Some permit the use of products containing only CBD, while others consider any kind of cannabis use a serious crime.

Biography

Dr. Ajai Prakash Gupta has more than 32 years of post-M. Sc. experience in Analytical Chemistry of Natural Products and Pharmaceuticals. Expertise in method development, identification, validation, and quantification of bioactive constitutions of microbes, medicinal plants, and tissue culture samples using sophisticated types of equipment like GCMS, UPLC, HPTLC, LC/MS/MS, LC-MS-TOF, and HPLC. His area of expertise also includes analysis of Pharmo-kinetics & Pharmo-dynamics (PKPD) samples, drug metabolites, and their mechanistic studies. Published more than 120 research papers in journals of National and International repute, 10 best paper awards, 37 invited lectures, attended 26 conferences national & International and 11 book chapters. Attended several related courses/workshops involving awareness program for NABL assessors on ISO/IEC 17025:2005 to ISO/IEC 17025:2017, Chandigarh, NABL conclave, New Delhi, total Quality control & ISO 9000, awareness programme on ISO 9001:2000 QMS, at IHBT, Palampur (HP), Internal Auditors Course on ISO 17025:1999 QMS, at IHBT, Palampur, 12 days training at Indian Pharmacopoeia Commission, Ghaziabad, National Conference on Good Laboratory Practice (GLP), at CSIR-Industrial Toxicological Research Centre, Lucknow, and workshop on Validation of Analytical methods FDA and EU, Anacon, Mumbai. He has attended International Symposium on Drug Metabolism & Pharmacokinetics (DMPK) at NIPER, Mohali, Indo-USP workshop on Pharmacopoeial Monographs of Ayurvedic/Herbal Medicines organized by PCIM & H and USP, the USA at Delhi, NABL 5 days Assessor training on Laboratory Assessors Course as per ISO/IEC 17025:2005 at NITTR, Chandigarh organized by NABL, Gurgaon. Attended training on Q-TOF micro small molecules operator training course, at Manchester (UK), training GC-MS Techniques, Troubles-shooting and GCMS solution in GCMS-QP2010”, at Shimadzu (Asia Pacific) Pvt Ltd, Singapore, training at Indian Pharmacopoeia Commission in Analytical Division, IPC, Ghaziabad, advance workshop on Patent Strategies, at Human Resource Development Center (CSIR), Ghaziabad.



Shahryar Eghtesadi*¹, Zohreh Adab², Mohammad-Reza Vafa¹, Iraj Heydari², Asieh Shojaii², Hamid Haqqani², Tahereh Arablou², Maryam Eghtesadi²

¹Azad University of Science and Research Branch, Iran

²Iran University of Medical Sciences, Iran

Effect of turmeric on glycemic status, lipid profile, hs-CRP and total antioxidant capacity in hyperlipidemic type 2 diabetes mellitus patients

Diabetes Mellitus (DM) is the most common metabolic disorder worldwide. The increase in blood lipids and sugar in diabetic patients exacerbates the incidence of DM late-onset complications.

Objective: This study examined the effect of turmeric supplementation on glycemic status, lipid profile, hs-CRP and total antioxidant capacity in hyperlipidemic type 2 diabetic patients.

Methods: In this double blind, randomized clinical trial, 80 hyperlipidemic type 2 diabetic patients were divided into two groups. The intervention group received 2100 mg of turmeric powder daily for 8 weeks; while the placebo group received placebo over the trial period. Body weight, fasting plasma glucose, HbA1c, serum insulin, insulin resistance index, triglyceride (TG), total cholesterol (TC), LDL-c, HDL-c, apolipoprotein A1, apolipoprotein B, hs-CRP, and total antioxidant capacity were measured before and after intervention. Statistical analysis was carried out using paired and independent t and chi-square tests.

Results: Seventy five patients completed the study. After 8 weeks of intervention, the turmeric group showed significant decreases in body weight (P value = 0.000), BMI (P value = 0.000), TG (P value = 0.000), and LDL-c (P value = 0.009) compared with baseline. BMI, TG, and TC decreased significantly in the turmeric group compared with the placebo group (P value < 0.05). No significant changes were observed in body weight, fasting plasma glucose, HbA1c, serum insulin, insulin resistance index, HDL-c, LDL-c, apolipoprotein A1, apolipoprotein B, hs-CRP, and total antioxidant capacity between the two groups after intervention (P value < 0.05).

Conclusion: Turmeric powder improved some fractions of lipid profile and decreased body weight in hyperlipidemic patients with type 2 DM. It had no significant effect on glycemic status, hs-CRP, and total antioxidant capacity in these patients.

Biography

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



Amrita Sharma*, Chandershekhar Sharma

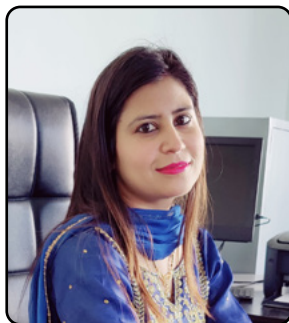
GRD Ayurvedic University, India

An ayurvedic approach to mental disorders (Manovikara)

As Ayurveda develops from tradition to trend. It has been a harbinger of rich traditional sagacity. The genesis of Ayurveda is ancient, coupled with the pursuit of good health which is as old as human existence. It has evolved with the development of human civilization adapting to nature. Understanding the microcosm within the body as replica of macrocosm. Grounding its roots from affluent Indian philosophy that articulates health as the prerequisite for attaining materialistic and spiritual improvement of the human being. This age-old science elucidates the vision and approach towards healthy living. The Sapients in the treaties written by them have emphasized the importance of mental health and wellbeing for a harmonious life. Through their wisdom they developed the spiritual insight to see the biome within them and explored the ways to achieve homeostasis. As it entails a scientific tradition of harmonious living with profound connection between body (Sharira) and mind (Manas) and their interdependent and inextricable relationship in every living being. The paper conceptualizes the Ayurvedic approach of understanding the mental health employing the key concepts of Panchamahabhuta and triguna theory and engrossing them for healing different mental disorders with dravyas and bhoot vidya. As Ayurveda is derived from Atharva veda and Rig veda the role of mantras (spiritual syllables) and the tantras (mystical healing) for the treatment of various disorders had been the part of Ayurvedic healing since ages. The legacy of which is still ingrained in the culture of India that uses these treatment methodologies for curing various diseases and disorders at root level. The paper also highlights the importance of the changes to be brought for the proper engrossment of the fundamentals of Ayurveda with critical analysis and scientific validation to authenticate and interpret the real ideas of the sages as mentioned in the treaties.

Biography

Dr Amrita studied at Himachal Pradesh University Shimla and graduated as Bachelors of Ayurvedic medicine and surgery in 2006. She did Post graduate in Indian herbal pharmacology from Hoshiarpur University, Punjab. She has done M.B.A (Human resources) from PTU Jalandhar. She holds diplomas in Yoga, Naturopathy, Alternative medicine and Diet and nutrition. She is serving as a physician, life style counselor and yoga therapist past 10 years and presently working as a director of 'Amrita's Ayuryogavidya' at Dharamshala dedicated for dissemination of knowledge in the field of yoga, Ayurveda and holistic health.



Rishu Sharma

Govt. Ayurvedic Medical College, India

Insomnia and its cure by Ayurveda

Urbanization and modernization together are the contributors to lifestyle diseases. This lifestyle impacts on health and well-being. Sleep is one among the best elixir and tonic of life. It is a natural rejuvenator to refresh every living being in the earth. Any alterations in the quantity, quality as well as the patterns of the sleep, contributes to various disorders of sleep. Sleep disturbances occur in many of the psychiatric illnesses and is also as a component of the diagnostic criteria for specific disorders. According to National institute of health, the prevalence of sleep disorders in America is approximately among 14.71 % of the population. A higher prevalence of sleep disorders related to initiation and maintenance of sleep (28%) was reported in an urban population from India. Among these sleep disorders; insomnia is the commonest clinical presentation which is 40% more common in women than in men. If left untreated, insomnia increases the risk of developing diseases like depression, diabetes, hypertension and possibly even death in older individuals as per reported studies. Non-pharmacological management of Insomnia that is noninvasive is gaining interest among patients with insomnia. In Ayurveda, Sleep or Nidra have been explained as one of the triads for sustaining life. The alteration of the same as well as etiopathogenesis along with the management is being explained in the classics in the terminology “Nidranasa.” Based on the severity of the presentation, insomnias are approached to be managed at the Outpatient level in mild to moderate cases and as inpatient for the severely affected, so as to perform the sodhana ie., the purificatory therapy.

Audience Take Away:

- About Insomnia
- To reduce stress in their life and thus excel in their workplace or home
- Learn about some home remedies and therapies to overcome insomnia

Biography

Sharma, Post graduated in Ayurveda, has specialization in Panchkarma (Detoxification therapies) from India's most prestigious Institute, Government Rishikul Ayurvedic Medical College. She is a very young and inspiring personality of Ayurveda in India. She has presented more than 20 papers in various national and international Seminars. Besides this, she has written more than 30 articles and case reports in peer reviewed journals. Besides this, she has also written 03 books in the field of Ayurveda. Presently working as Assistant Professor, in the department of Panchkarma at GAMC, Jammu, J&K, India.



Leila Mohammad Taghizadeh Kashani

Medicinal Plants Research Centre of Barij, Iran

Commercial drugs in traditional Iranian medicine

Traditional Persian medicine has long been treating patients with different kinds of natural therapies. Traditional drugs are natural compounds produced according to the different therapeutic characteristics of medicinal plants. In very old times, despite the lack of pharmaceutical facilities, scholars produced a variety of dosage forms for different diseases. Today, we still believe in the therapeutic properties of the plants and the efficacy of traditional medicaments. Persian medicine is more than a thousand years old. Similar to classical medicine usage of drugs is very common in this school of medicine. The drugs in Persian medicine are divided into materia medica and combined medicines. In the book Canon of medicine written by Avicenna, there are 800 single drugs. About 80 percent of them are derived from plants. This shows that the knowledge of Persian medicine was very active and progressive. Moreover, Persian scholars strived to develop the knowledge of drugs and the improvement of therapeutic methods in traditional medicine. Barij essence pharmaceutical company is the largest manufacturer of herbal drugs in Iran. This company has been successful in producing and commercialization a variety of herbal drugs and traditional products in Iran. Some of these drugs are: Violet Syrup (Cough, fever, laxative), Jalinus Syrup (Anti-nausea during pregnancy, Stomachic, Dyspepsia remedy), Hemobalance Syrup (Blood diluent and purifier (complementary treatment for fatty liver and metabolic syndrome, (Anar Syrup (Appetizer), Alzstop Barij (Memory enhancer, prevention and treatment of mild to moderate Alzheimer's disease), Green Carmine (Carminative, dyspepsia remedy and stomachic), Laxa plus (Constipation treatment), Herbotamol (Shortness of breath, cough especially phlegmatic cough, asthma), Greenfit Barij (Effective in body weight loss).

Audience Take Away:

- Knowledge of traditional Iranian medicine
- Knowledge of traditional commercial medicines
- Knowledge of Iranian traditional medicine drugs that have clinical trials

Biography

Leila Mohammad Taghizadeh studied applied Chemistry at Isfahan University of Technology, Iran, in 2001. She then joined "Barij Essence company" the largest company of herbal medicines Iran in 2003. She graduated as MS in 2008 in organic chemistry in Islamic Azad University, Central Tehran Branch, Iran and received her PhD degree in 2020 at the same university. Since 2003, she has continued his cooperation with Barij Essential Pharmaceutical Company and is currently the head of the Iranian traditional medicine department at the Barij Medicinal Plants Research Center. She has published more than 12 research articles in ISI and SCI(E) journals.

KEYNOTE FORUM

DAY 02

4TH EDITION OF
INTERNATIONAL CONFERENCE ON
**TRADITIONAL MEDICINE,
ETHNOMEDICINE
AND NATURAL THERAPIES**

01-02 SEPT



Effie Poy Yew Chow

East West Academy of Healing Arts, USA

Qigong: A way of life's miracles

There is a great misunderstanding that QIGONG is merely an exercise and meditation process. QIGONG, a concept of THE TAO is the basic theoretical tenet of the system of Traditional Chinese Medicine/Health/Life. QIGONG IS A WAY OF LIFE'S MIRACLES! We must revive the reverence that Life itself is a miracle. Therefore, every day and all that happens is then a miracle. In our extensive and intensive life of technology and science, we have unfortunately lost much of our spiritual-ness and emotional concepts of life. In the Chinese life concepts, spirit, mind, and body is of one entity...not separate. One affects the other. Qi means breath, energy, oxygen, or life-force, Gong means to work with, cultivate or manifest the Qi. Breath/Oxygen is life and without breath/oxygen is death! Insufficient breath/oxygen will result in dis-ease or imbalance resulting in spiritual, mental, or physical illness and early death. It is as simple (and yet complex) as that! Every culture has a name for this Qi. For example, Qi in China, Ki in Japan and Korea, Mana in Hawaiian, Prana in East India, the Greater Spirit in American Indian, Voodoo or Hoodoo in Africa, Kinetic Energy in America, Fuerza vital Qi in Spanish etc. The basic premise is that Qi-energy is the basis of all things (including what we label as inanimate!) and is interconnected totally as in the concept of Quantum Physics. Therefore, ALL things animate or inanimate are Qi-energy and affect on one is affecting all. There are interesting essential theories such as Yin/Yang, Law of the Five Elements, Microcosm within the Macrocosm, Integrated spirit, mind, and body, the Tao, Buddhism, Confucian teachings, and many more... An imbalance of Qi can be rebalanced with special skills and techniques including attitude. for example, having the right positive mental attitude and speech and action (PMASA)! There is an integral relationship of the spirit, mind, and body! An imbalance of one will affect the others. Qigong/TCM has been under-rated and under-utilized. It is the most exciting self-help system to revolutionize the stagnant western medical system plagued with serious life-threatening side effects of medicine and surgery. JAMA had reported that Iatrogenic disease is the third cause of death in the hospital next to Heart and Cancer! In this presentation, demonstrations will be made to show the immediacy of results of CIHS/Chow Medical Qigong practice and how patients diagnosed with "imminent death" referred by physicians, live healthily for many more years with the practice of Qigong! With the proper utilization of the Qi Empty Life force through touch, foods, words, even thoughts! And also, in remote or distance healing. It demonstrates that the existing Qi is in all existence, animate and inanimate. I will also show how one cannot push or move a line of many people, but with the utilization of the "Empty Qi force" and breath, can easily move them right across the huge 30 feet stage. I will present cases of where hopeless comatose imminently dying clients regain immediate consciousness and full life functions and live for another 7 years to 90 years of age and then assisted the same person to die quickly from a delirious pneumonia comatose state to being fully conscious and passed quickly with dignity and happy surroundings. Another case of one teaching for 12 years in a wheelchair who with two sessions of CIHS/CMQ walked into the classroom teaching on her feet for 5 years before she retired. I will present cases of exceptional Qi power to carry out seemingly impossible feats such as the Shaolin Temple Monks; a Master who can in extreme Yin, stand on two cartons of raw eggs and paint a beautiful painting in under five minutes, then turn around into extreme Yang can pull a van with his Qi-endowed male organ known as the famous crotch Qigong. another Master who can within one minute, turn mud into sand by turning his body temperature to 2000 degrees fahrenheit known as white heat. There are many more...Therefore this presentation is a beginning introduction to the exciting concepts of "wholeness" of ALL Life, rather than isolationist concepts. Also to "unbelievable" power that humans do possess and needs to be developed for one's ultimate dreams and goals in life. The above extraordinary feats demonstrate that a human being has greater unimaginable potentials and can affect our everyday lives and the potential self-healing of our own challenges and promote self-wellness and healthier life to a much greater extent than we are now! My special prescription is: daily at least have 8 Effie Chow heart to heart hugs and 3 belly-aching laughs to stimulate the Qi!!!

Audience Take Away:

- Learn the true nature of Qigong/TCM
- Experience Qi
- How to use Qi in a very simple and effective way immediately upon practice
- Attendee will be able to utilize Qi to cope with and reduce onset of stress, to change attitude to a positive one
- Qigong will help the attendee personally and professionally as the person can be more calm, vital, more interest in various things, improve mobility and pain thresh-holds and to even help relieve common conditions, and with much practice and classes, may be able to heal self and others' more complex conditions
- With practice and guidance one can turn around and teach others the skills effectively
- You will realize that your potential is unlimited as you see the sky and heavens

Biography

Effie Poy Yew Chow, PhD in higher education, RN in public health and psychiatry, Masters in Behavioral Sciences and Communication, LicAc(CA) and National Diplomat (NCCAOM), Qigong Grandmaster developed the Chow Integrated Healing System/Chow Medical Qigong (CIHS/CMQ). She has received over 20 awards for her contributions to bettering the planet. She was honored to be part of the most prestigious CAM policy development councils: eg. President Bill Clinton's White House Commission on Complementary and Alternative Medicine Policy (WCCAMP); The Office of Alternative Medicine mandated by Congress which became NIH's National Office of Integrative Health. One of 11 honorees at the First World Museum on Chinese Medical Qigong in Tzouchou, China 2016. Invited to over 20 hospitals/universities world-wide to serve "hopeless" patients and successfully healed or helped them quickly transition with dignity. Her best "life-teachings" is her lovely Chinese culture oriented family of 8 brothers and sisters!



Kenneth R. Pelletier

University of California School of Medicine, United States

Qigong: A way of life's miracles change your Genes - change your life: Epigenetics for optimal health and longevity

Clinical Professor of Medicine, Department of Medicine, Department of Family & Community Medicine, Department of Psychiatry, University of California School of Medicine, San Francisco. 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.com-inspired 'Heritability Study' and share timely media coverage including details of the 'Crispr Babies' and its potential impact on science. He will also reveal the organizations and cutting-edge technology that will forever change the landscape of health and wellbeing. 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:

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

Biography

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



Deby Atterby

Aromatherapy Today Education, Australia

Australian native essential oils in aromatic medicine

Explore the world of Australian native essential oils and extracts within the concept of aromatic medicine in clinical practice. Uncover the underpinning concepts of aromatic medicine and clinical aromatherapy as they apply to clinical practice in general. In particular discussion on why certain essential oils are chosen in formulations for particular pathophysiology and how these Australian native essential oils can interact with the COX-2 suppression pathway. Discover the development of clinical protocols for utilisation with specific case studies, in particular shingles and urticaria. Work through the development of these specific formulations utilising Australian native essential oils and extracts which can be replicated and implemented within your clinical practice. Throughout the development of the formulations, also understand the chemical components of the Australian native essential oils and extracts as they apply to these clinical case studies.

Audience Take Away:

- Strengthen your understanding of aromatic medicine and clinical practice
- Learn about utilizing Australian native essential oils and extracts and their implementation in clinical practice
- Discover Australian native essential oil and extract formulations undertaken in several case studies covering shingles and urticaria

Biography

Deby Atterby is an active Aromatherapy educator and clinical practitioner with over 30 years of experience. She has continued to be active in an aromatic medicine and clinical aromatherapy as well as Western Herbal Medicine and trained internationally since 2001. In 2008, she undertook the task of editor and publisher of the industry magazine, "Aromatherapy Today International Journal," (www.aromatherapytodayeducation.com.au) which assists aromatherapists with their continuing education in the aromatherapy realm and Deby provides an in-depth profile of an Essential Oil in each volume. Deby instigated the first 2 day Aromatica Australia conference in 2015, which was well attended by therapists from Australia, New Zealand, Taiwan and Japan, who were all treated to wonderful presentations by guest speakers in their field. As a result of the first Aromatica Australia conference, Deby has continued running the conference in 2017, 2019 and 2021. More recently, Deby has been recognised as an expert in Australian native essential oils and has many case studies to demonstrate their efficacy and benefits in a clinical environment and along with her colleague, educates predominantly in the use of Australian Essential oils. She then has since written a book on Australian Essential Oils, which was released during the 2021 virtual Aromatica conference and is being sold worldwide, available on www.aromatherapytodayeducation.com.au



C. Roy Hunter

Alliance Self-Empowerment, Inc., United States

Taming chronic pain with self-hypnosis

In 1982 I suffered a permanent back injury, and doctors told me that I would need daily pain medication for the rest of my life. Hypnosis and self-hypnosis helped me tame the pain to a tolerable level, motivating me to become a certified hypnotherapist in 1983. I will share techniques that have helped me personally, as well as techniques that I taught hospice patients during the years I worked part-time as a comfort therapist for the Franciscan Hospice. Since stress increases pain awareness, learning self-hypnosis to manage stress is a key ingredient in taming chronic pain. I have taught self-hypnosis for stress management to tens of thousands of clients during my career. Occasionally hypnotherapy clients have seen me specifically for pain management. However, since pain is a warning that something is wrong with the body, I recommend they have a licensed physician diagnose the cause of the pain before using hypnosis or self-hypnosis to reduce it in order to reduce the risk of further injury. For example, if I used self-hypnosis to completely eliminate all of my back pain, I could cause further damage to my old back injury. Several proven imagery techniques will be described, such as object projection, pain dial, healing waters, and more. Time permitting, I will include one or more case summaries. Hypnosis also helped me permanently overcome migraine headaches after suffering them frequently since age six. My published books include one on self-hypnosis and one on taming chronic pain. The former is *Mastering the Power of Self-Hypnosis* (2nd Ed., 2010, Crown House Publishing), and the latter one is *Taming Chronic Pain: a mindful approach for pain relief* (2020, self-published) co-authored with Bruce Eimer, PhD, who is a retired pain psychologist. Dr. Eimer currently has a psychology practice and hypnotherapy practice in Florida. After my opening remarks, I will discuss how I fractured a disc in my lower back, and how meditation and self-hypnosis helped me tame the excruciating pain when I lay in the hospital bed facing back surgery. To this day I remember how I felt after the horrible long-term prognosis given to me by both the surgeon and my personal physician. For me, learning hypnosis was like a divine gift. Although I had to give up sports, hypnosis and self-hypnosis helped me to live a normal life in spite of the original prognosis. Additionally, migraine headaches that plagued me frequently from age six disappeared after one hypnotherapy session with the application of “parts therapy.” My original mentor, Charles Tebbetts, pioneered that technique and asked me to continue his work prior to his passing. I wrote a text book on it entitled, *Hypnosis for Inner Conflict Resolution: Introducing Parts Therapy* (2005, Crown House Publishing). I will describe several helpful techniques to tame pain, and discuss one of more case summaries of clients who saw me for pain management, as well as one or more case summaries of my work with hospice patients. I also empathize the importance of KNOWING THE CAUSE of the pain before using hypnosis to tame it. In addition, I will discuss the value of learning to manage stress, and how to establish your own peaceful place for mindfulness. Also, using self-hypnosis to tame my chronic pain for forty years has saved me many thousands of dollars of pain medication.

Audience Take Away:

- Participants will learn the value of managing stress
- Participants will learn several tips on how to tame their own pain if necessary
- Professionals will learn several methods to help someone else who suffers from chronic pain
- anyone in the medical field who can help his or her patients tame chronic pain may likely be greatly appreciated by those patients whose lives improve
- Additionally, taking only occasional OTC pain relief can benefit the patient in two ways: financially
- reduce the risk of getting addicted to prescribed pain medications such as opioids, etc

Biography

Roy Hunter, Certified Hypnotherapist, is a published author and hypnosis trainer recognized in America and abroad. His highly praised books are used at hypnosis schools around the world; and he has presented workshops in over 20 countries since 2001. Roy's numerous awards include lifetime achievement from three different organizations. He was inducted into the International Hypnosis Hall of Fame for his books, and is a Life Diplomate of the International Medical and Dental Hypnotherapy Association (IMDHA), as well as the Association for Professional Hypnosis and Psychotherapy (APHP).

Participants List

Martine Negro Nature Care Wholistic Medical Centre, Australia	7
Wendelin Niederberger Visionary Success Academy, Switzerland	8
Tan Suat Cheng School of Health Sciences, Malaysia	9
Lu Zhang The University of Hong Kong, Hong Kong	11
Jie Chen University of Hong Kong, Hong Kong	12
Dieu Thuong Thi Trinh Faculty of Traditional Medicine, Vietnam	13
Janaki Baral Tribhuvan University, Nepal	14
Sunita Teckchand Clinical aromatherapy, United Arab Emirates	15
Jack Kaguu Githae The school of alternative medicine and Technology, Kenya	16
Ajay Bapusaheb Sonawane Kalpana Ayurved Hospital, India	17
Shamsa Fiaz National Institute of Ayurveda, India	18
Anzurat Akobirshoeva Mountain Society Development Support Programme, Tajikistan	19
Fai Chan Deli Aroma LLC, United States	22
Mary Jo Bulbrook Akamai University, United States	23
Neil Gumenick Institute of Classical Five-Element Acupuncture Inc, United States	24

Jawad Alzeer Swiss Scientific Society for Developing Countries, Switzerland	26
Alfonso T Lagaya Quirino Memorial Medical Center, Philippines	27
Bhairav Bhimrao Tawshikar Kulkarni Dr. VedPrakash Patil Ayurvedic Medical college & Research Institute, India	28
Sweta Koka S Acropolis Institute of Pharmaceutical Education and Research, India	29
Ajai Prakash Gupta CSIR-Indian Institute of Integrative Medicine, India	30
Shahryar Eghtesadi Azad University Science and Research Branch, Iran	31
Amrita Sharma DAC, GRD University, India	32
Rishu Sharma Govt. Ayurvedic Medical College, India	33
Leila Mohammad Medicinal Plants Research Centre of Barij, Iran	34
Effie Poy Yew Chow East West Academy of Healing Arts, United States	36
Kenneth R Pelletier University of California School of Medicine, United States	38
Deby Atterby Aromatherapy Today Education, Australia	39
Roy Hunter Alliance Self-Empowerment, Inc., United States	40

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

6th Edition of International Conference on
**Traditional Medicine, Ethnomedicine
and Natural Therapies**

September 2023 | Hybrid Event

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

Questions? Contact

+1 (702) 988-2320 or Inquires:
traditional-medicine@magnusconference.com

For Registration:

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