

8th Edition of International Conference on

TRADITIONAL MEDICINE, ETHNOMEDICINE AND NATURAL THERAPIES



2025

NH Villa Carpegna Via Pio IV, 6, 00165 Roma RM, Italy

VENUE:

BOOK OF ABSTRACTS



8th Edition of International Conference on **Traditional Medicine**, **Ethnomedicine, and Natural Therapies**

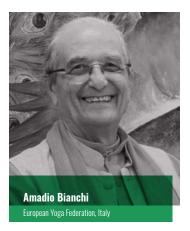
JUNE 05-07

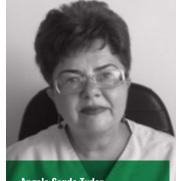
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Keynote Speakers





Angela Sanda Tudor Romanian Society of Traditional Chinese Medicine (SRMTC), Romania



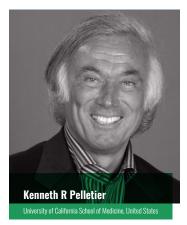




Maharishi College of Perfect Health International, Italy



Girish Momaya Stichting Maharishi European Research University (MERU), The Netherlands







Keynote Speakers











Sunita Teckchand MIFPA, MNAHA, United Arab Emirates



Thank You All...



On behalf of the Scientific Committee, I'd like to extend a warm welcome to all of you to a unique opportunity to attend the 8th Edition of the International Conference on Traditional Medicine, Ethnomedicine and Natural Therapies (Traditional Med 2025), that will be held in the beautiful city of Rome, from June 05-07, 2025.

With the theme of "Global Perspectives on Traditional Medicine: Diversity, Sustainability, and Accessibility", this Conference will serve as a stimulating platform for scholars and promoters of Traditional medicine coming from different parts of the world and different traditions of natural therapies. It will present a rich tapestry of the diversities of traditional medicines worldwide, their sustainable approaches, and ease of accessibility for the perfect health and happiness of our dear world family.

We, the Scientific Committee members, eagerly anticipate your arrival at this wonderful Conference. Your participation is highly valued, and we hope you enjoy your time at this global event. We also encourage you to take some time to explore and experience the beauty of Rome, a city known as the Eternal City and considered to be the cradle of Western civilisation.

Girish Momaya

Stichting Maharishi European Research University (MERU), The Netherlands



On behalf of the scientific committee, it is with great pleasure that I welcome you to the 8th Edition of the International Conference on Traditional Medicine, Ethnomedicine, and Natural Therapies, set to take place in the renowned city of Rome, Italy, in June 2025.

This year's theme, "Global Approach to Health," will emphasize the optimal and sustainable health outcomes that can be achieved by fully utilizing the diversity of modalities available to us. The theme itself encourages us to connect, cooperate, and network, fostering a deeper understanding and enriching our selection of references for our patients.

The scientific committee eagerly anticipates learning more about your expertise. Your presence, whether in person or online, is greatly appreciated.

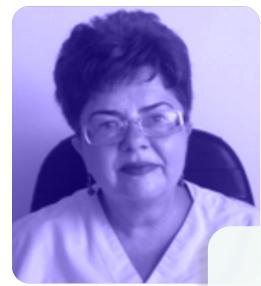
May this conference be an enjoyable and memorable experience for each and every one of you.

Martine M.L. Negro Nature Care College, Australia



On behalf of the 8th Edition of International Conference on Traditional Medicine, Ethnomedicine and Natural therapies, I take immense pleasure in welcoming you to the amazing city of Rome, Italy, from 5th to 7th June 2025. The theme of this year is 'Global Perspectives on Traditional Medicine: Diversity, Sustainability and Accessibility. This scientific conference will focus on speakers sharing their overview of the diverse effects of traditional medicine and alternative medicine with case studies, workshops, panel discussions and ground breaking research in helping achieve the best holistic outcomes. While you are here please take advantage to network with other speakers and build some alliances for the future. We all in the scientific committee take infinite pleasure in meeting you and acquire new skills from your work. I wish you a pleasant and abundant conference. I hope you enjoy your stay in this remarkable country and take time to visit some breath taking historical sites. We are eager about your attendance and collaboration. Please enjoy your stay!

Sunita Teckchand MIFPA, MNAHA, United Arab Emirates



On behalf of the organizers of the 8th Edition of International Conference on Traditional Medicine, Ethnomedicine and Natural Therapies, which will take place during June 05-07, 2025 | Rome, Italy, I welcome you.

The theme of the conference, "Global Perspectives on Traditional Medicine: Diversity, Sustainability, and Accessibility" will allow us to demonstrate the importance of in-depth knowledge and research of traditional medicines, as well as supporting their integration into modern medical systems.

The presence of researchers, professors from important Medical Universities around the world assures us of the special value of this conference.

We look forward to seeing you.

Angela Sanda Tudor

Romanian Society of Traditional Chinese Medicine (SRMTC), Romania

ABOUT MAGNUS GROUP

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

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

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

ABOUT Traditional Med 2025

The 8th Edition of the International Conference on Traditional Medicine, Ethnomedicine and Natural Therapies (Traditional Med 2025) is a globally respected event set to take place in Rome, Italy, from June 5–7, 2025. This prestigious gathering brings together a dynamic mix of participants from across the world, including leading academic institutions, research centers, healthcare professionals and industry representatives.

Focusing on the theme "Global Perspectives on Traditional Medicine: Diversity, Sustainability, and Accessibility," Traditional Med 2025 explores the latest advancements and challenges in the fields of traditional medicine, ethnomedicine, and natural therapies. This conference aims to bridge the gap between ancient wisdom and modern science, addressing critical global health issues through nature-based solutions and diverse scientific program featuring keynote presentations, expert-led workshops, oral and poster sessions, and networking opportunities. Esteemed speakers from academia, clinical practice, research, and industry will present on topics ranging from herbal medicine and Ayurveda to integrative therapies and sustainable healthcare models.

Traditional Med 2025 promises an engaging environment for knowledge exchange, interdisciplinary collaboration, and meaningful dialogue, enabling participants to connect with like-minded professionals from around the world. The conference will pave the way for innovative approaches in natural medicine, ultimately shaping a healthier and more holistic future for global healthcare.

ABOUT Continuing Education (CE) Credits



Brian Bowen Dao Needle Therapy, United States

Earn Continuing Education (CE) credits by attending the insightful talk titled "Dao Needle Therapy – Bridging Ancient Wisdom with Modern Biomechanics and Needling Science."

CE credits are a valuable asset for professionals, serving as a testament to their dedication to lifelong learning and career development. Attending Brian Bowen's session offers participants the opportunity to enhance their expertise, maintain professional certifications, and stay up to date with evolving practices in their field. These credits not only support career advancement but also help meet mandatory requirements for licenses and accreditations across various professions.

Participation in Traditional Med 2025 provides more than just educational benefits—it also fosters meaningful connections with fellow professionals and industry leaders. Engaging with this dynamic community enhances networking possibilities and opens doors to future collaborations. Attendees of Brian Bowen's presentation will be awarded a total of 10 CE credits, reinforcing their commitment to ongoing education and elevating their professional profile.

ABOUT CPD Accreditation



Continuing Professional Development (CPD) credits are valuable for Traditional Med 2025 attendees as they provide recognition and validation of their ongoing learning and professional development. The number of CPD credits that can be earned is typically based on the number of sessions attended. You have an opportunity to avail 1 CPD credit for each hour of Attendance.

Some benefits of CPD credits include:

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

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

Increased knowledge: Attending Traditional Med 2025 and earning CPD credits can help attendees stay current with the latest developments and advancements in their field.

Networking opportunities: Traditional Med 2025 Conference provide opportunities for attendees to network with peers and experts, expanding their professional network and building relationships with potential collaborators.

Note: Each conference attendee will receive 25+ CPD credits.

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8th Edition of International Conference on **Traditional Medicine**, **Ethnomedicine**, and Natural Therapies

JUNE 05-07

KEYNOTE PRESENTATIONS

Amadio Bianchi

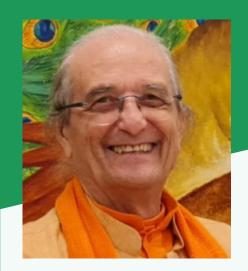
European Yoga Federation, Italy

What is health for modern medicine, and what is it for yoga and ayurveda?

or modern medicine, health is determined by the results of tests conducted on the patient.

Unfortunately, it therefore only considers and addresses the physical, material aspect, thus proving inadequate in responding to the growing prevalence of disorders, particularly those of non-physical origin, which are now widely present in humanity. The most common among these are stress, panic, anxiety, depression, sleep disorders, mood disorders, sexual dysfunctions, intestinal disorders, hypochondria, anorexia, bulimia of nervous origin, and many more. Additionally, emotional disorders, which have become more evident during the COVID era, are also frequent. These include fear, which primarily affects the kidneys; sadness, which impacts the lungs; anger, which is often somatized in the liver, and so on. However, by examining the definition of health as cited in the writings of the famous ayurvedic surgeon, Suśruta, we will understand what integral health means in Ayurvedic medicine. It encompasses not only the proper balance of the physical, material aspect but also the presence of joy in the soul, the senses, and the mind.

Biography



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

Dr. Angela Sanda Tudor^{1*}, Dr. Ruxandra Aschenbrenner², Drd. UMF Carol Davila², București², Dr. Anca Adam², Dr. Fabiola Alexe²

¹Honorary President SRMTC, Society of TCM from Romania, Romania

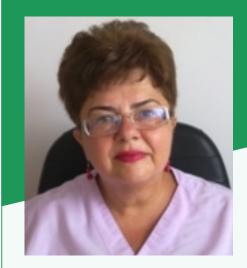
²Member SRMTC

Could obesity be taken as an immune disorder?

he present study aims to elucidate the role of immune disorders in producing and maintenance of obesity, as well as to propose some methods of care and treatment of obesity according to the theory of Traditional Chinese Medicine(TCM). The etiology of obesity is complex because several factors are involved. In addition to those related to lifestyle, there are genetic, neuroendocrine, metabolic, immunological, environmental, social and cultural factors. Along with the recognized causes of obesity, diet and sedentary lifestyle, we can demonstrate with the help of TCM that immune disorders play an important etiological role. The most correct treatment must begin with the elimination of the determining and enabling factors of the treated pathology. What is very interesting is the double meaning: Obesity can cause disorders of immunity, but also disorders of immunity can generate obesity. In TCM we have six syndromes that can also have obesity as a manifestation. So it is about six different diseases with different causes, physiopathologies, diagnoses and therapeutic approaches through acupuncture, TCM phytotherapy, TCM diet therapy. The theory of immune disorders, of the inflammatory process, can also explain the difficulty of solving obesity cases. Regardless of the diagnosis with which an obese patient is presented, he is also associated with an imbalance of the Spleen.

Keywords: Obesity, Immune Disorders, TCM Syndromes, Spleen, Etiology, Treatment Methods.

Biography



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

Prof. Dr. Habil. Bernd Blobel, FACMI, FACHI, FHL7, FEFMI, FIAHSI

Medical Faculty, University of Regensburg, Regensburg, Bavaria, Germany

First Medical Faculty, Charles University Prague, Staré Město, Czech Republic

Faculty European Campus Rottal-Inn, Deggendorf Institute of Technology, Deggendorf, Bavaria, Germany

Department of Informatics, Bioengineering, Robotics and System Engineering, University of Genoa, Genoa, Italy

Managing healthcare transformation towards personalized, preventive, predictive, participative precision medicine ecosystems

or realizing pervasive and ubiquitous health and social care services, health and social care system have to undergo an organizational, methodological and technological transformation towards personalized, participative, preventive, predictive precision medicine. For designing and managing the resulting highly complex, distributed and dynamic ecosystem, we must consistently and formally represent the system and its components from the perspective of all actors from different domains including the subject of care, using different methodologies, knowledge, language and experiences. The granularity level of the considered components may range from elementary particles up to the society and universe. This must be done, using a system-theoretical, architecture-centered, ontology-based and policy-driven approach. Over the last 30 years, the author developed the necessary model and framework, which is meanwhile standardized as ISO 23903 Interoperability and Integration

Biography



Dr. Bernd Blobel studied Mathematics, Technical Cybernetics and Electronics, Bio-Cybernetics, Physics, Medicine and Informatics at the University of Magdeburg and other universities in the former GDR. Received his PhD in Physics with a neurophysiological study. Furthermore, Dr. Bernd performed the Habilitation (qualification as university professor) in Medicine and Informatics. Was head of the Institute for Biometrics and Medical Informatics at the University of Magdeburg, and thereafter Head of the Health Telematics Project Group at the Fraunhofer IIS in Erlangen. Thereafter, has acted until his retirement as Head of the German National eHealth Competence Center at the University of Regensburg as well as Head of the globally unique International Interdisciplinary PhD and PostDoc College. Dr. Bernd was and is still leadingly involved in many countries health digitalization as well as electronic health record strategy. Has published more than 600 papers, published/edited many books and supervised a big number of PhD students from all around the world. Then, German Representative to many SDOs such as HL7, ISO, CEN, OMG, Reference Architecture. The approach has been defined as mandatory for any specification or project at ISO, CEN, IEEE, etc. addressing more than one domain. The presented approach enables design, implementation and management of intelligent and ethical health and social care systems as well as knowledge-based communication and cooperation of all actors involved. Thereby, it manages also security, privacy and trust in detail. The Keynote introduces necessary standards and methodologies for designing and managing 5P medicine ecosystems as well as practical examples. IEEE, ASTM, SNOMED, etc., also chairing the national mirror groups. Furthermore, Dr. Bernd still engaged in international higher education. Has Fellow of several international academies. Dr. Bernd extended publication list is available at https:// epub.uni-regensburg.de/view/ people/Blobel=3ABernd=3A=3A. html.

Brian Bowen

Dao Needle Therapy, United States

Dao Needle Therapy - Bridging ancient wisdom with modern biomechanics, and needling science

ao Needle Therapy is a ground breaking modality that harmoniously unites ancient Oriental healing practices with contemporary biomechanical therapies. This innovative approach goes beyond the traditional realms of Traditional Chinese Medicine (TCM), leveraging biomechanical assessments, precise patient positioning, and specialized needles to effectively address chronic pain and postural abnormalities. In addition to these core principles, Dao Needle Therapy introduces an array of valuable concepts that enrich the practitioner's diagnostic capabilities and treatment strategies. One of the key aspects of Dao Needle Therapy is the utilization of Ashi points' mechanical threshold as both a diagnostic and therapeutic tool. By understanding the mechanical threshold of these points, practitioners can precisely gauge the patient's condition and tailor treatment accordingly. This knowledge enables them to apply therapies that are both effective and minimally invasive, promoting rapid relief and recovery. Furthermore, Dao Needle Therapy emphasizes the significance of proper anatomical positioning in the context of musculoskeletal health. Improper positioning can give rise to various conditions and exacerbate existing ones. By integrating functional testing within TCM, Dao Needle Therapy ensures that the root causes of ailments are identified and addressed. This holistic approach not only treats symptoms but also restores balance to the body, leading to more sustainable outcomes. The integration of passive and active therapy is another fundamental aspect of Dao Needle Therapy. This approach recognizes that the musculoskeletal system requires both forms of intervention

Biography



Brian is in a relentless pursuit of personal and business development. Is a passionate entrepreneur and practitioner who loves learning and creating to help others thrive. Treating and working with people is a true passion and blessing. Brian Bowen Is a seasoned Acupuncturist with over 22 years of experience and over 100,000 treatments. Is a musculoskeletal expert and holds many certifications, including Massage Certified Therapist, Postural Alignment Specialist, Personal Trainer. Corrective Exercise Specialist, High-Performance Coach, and Power MBA. During years in practice, Brian has specialized in musculoskeletal issues, collaborating with many other passionate, skilled practitioners and learning other modalities to serve his patients best. Also, continuing Education provider in the US, Canada, and the UK. Brian a faculty member of the Colorado School of Traditional Chinese Medicine. Founder of Dao Needle Therapy, a specialized needling technique and system that utilizes the knife needle to treat Acute and Chronic pain and scar tissue. Brian also founded Integrative Health Inc. in 2001, to achieve optimal results. By bridging the gap between passive and active therapies, practitioners can better target the underlying issues within the musculoskeletal system and promote long-term healing and rehabilitation. In addition to these principles, Dao Needle Therapy delves into the importance of selecting the right type and gauge of needle for specific ashi points and tissue types. The choice of needle can significantly impact the effectiveness of the therapy, making it essential for practitioners to possess a deep understanding of these considerations. Ultimately, mastering these principles not only equips practitioners with enhanced diagnostic and differentiation tools but also empowers them to develop more advanced and personalized treatment strategies. Dao Needle Therapy represents a transformative approach that not only bridges ancient and modern healing practices but also elevates the field of Traditional Chinese Medicine into a new era of integrative healthcare. In conclusion, Dao Needle Therapy is a comprehensive system that fuses the wisdom of the past with the precision of the present. It offers a holistic perspective on healing, acknowledging the importance of biomechanics, anatomical positioning, functional testing, and needle selection in achieving optimal results. By embracing these principles, practitioners can provide more effective and personalized care, ultimately benefiting their patients and advancing the field of Traditional Chinese Medicine.

utilizes the knife needle to treat Acute and Chronic pain and scar tissue. Brian also founded Integrative Health Inc. in 2001, which houses over 24 diverse practitioners—founder of OUTCH Ointment, a Chinese herbal pain formula with CBD. Founder of Better Human Company focused on Highperformance coaching. Host of All Things Good for You Podcast and Multi Spa owner of Hand and Stone Massage and Fascial Spa.

Bruno Renzi

Maharishi College for Perfect Health International, Italy

Maharishi Ayurveda: Correlation between consciousness, heart and mind therapeutic assessments

This presentation summarizes some aspects of the correlation between consciousness, heart, mind and brain and the importance of the integrated multimodal approach of Maharishi Ayurveda for therapeutic purposes.

I would like to point out that each of these topics, consciousness, heart, mind, brain, would require entire individual conferences.

Therefore, I will limit myself to indicating:

1) Some basic concepts related to their relationship.

2) The importance of the heart, as the seat of manas (mind), according to the tradition of ayurvedic knowledge.

3) The therapeutic implications.

In the 20th century the great challenge in the field of neuroscience was to find the connection between mind and brain; In the 21st century the challenge has extended to research into the connection between consciousness, mind and brain.

Scientific research is further expanding the field of investigation towards the connection between consciousness, heart, mind and brain.

Neurocardiology states that the heart has a complex neural network extensive enough to be characterized as a brain within the heart.

The cardiac mind, as it is commonly called, or intrinsic cardiac nervous system, is an intricate network of complex ganglia, neurotransmitters, proteins, and supporting

Biography



Dr. Bruno Renzi, a former first-level manager at the Department of Mental Health Hospital - University Centre L. Sacco, served as the responsible head of the Centre for Integrated Psychosomatic and Functional Medicine and the Coordination Center for Stress-Related Disorders at the same institution. Was a Professor in Psychiatric Rehabilitation at the Polo Universitario L. Sacco rehabilitative and trained in treatments for schizophrenia using reparenting methodology at the Cathexis Institute in Oakland, California, in 1982. From 1984 to 1985, completed internships at Maharishi International University (lowa, USA), Natural Law University (Washington, USA), and Gujarat Ayurvedic University (India), focusing on integrating traditional medicine principles with neuroscience. In 1985, inaugurated eight Ayurvedic medicine centers across the USA (Hawaii, Honolulu, San Diego, Orange County, Los Angeles, Santa Barbara) and Canada (Victoria, Vancouver, Edmonton), promoting prevention and health education. Has served as President of the Italian Society of Maharishi Ayurveda (2003-2006), a Provisional Trainer in cells, similar to that of the brain. The neural circuits of the cardiac mind exhibit bidirectional activity with the brain and also activate independently of the cranial brain to learn, remember, make decisions, and even feel and perceive.

The heart communicates with the brain and body in four ways:

Neurological communication (nervous system)

Biochemical communication (hormones)

Biophysical communication (pulse wave)

Energy communication (electromagnetic fields)

Bioelectromagnetic communication is a real phenomenon that has numerous implications for physical, mental and emotional health.

Increasing coherence within and between the body's endogenous bioelectromagnetic systems can;

- 1) Increase physiological and metabolic energy efficiency.
- 2) Promote mental and emotional stability.
- 3) Provide a variety of health rewards.

It is further proposed that many of the benefits resulting from greater physiological coherence will ultimately be shown to be mediated by processes and interactions occurring at the electromagnetic or energetic level of the organism. Since the heart is the seat of individual consciousness (Satva or Manas in connection with Jivatma as an expression of Atma), we suppose that some configurations linked to Satva (mental configurations) are electromagnetically (holographically) present in the heart-brain. This dimension (Jivatma-Satvaja holographic values-Sukshma bhutas) is responsible for the expression of DNA in relation to sattvic, rajasic and tamasic temperamental traits or constitutions. This correlation between heart, brain and mind, and their complex bidirectional interaction, is

Neuro-Linguistic Programming (since 1991), and a psychotherapist specializing in transactional analysis, with eight years of personal developmental training. Was responsible for Ayurveda Maharishi in Italy, Co-Director of the Maharishi College for Perfect Health International in Holland, and a faculty member at Maharishi International University (MIU), overseeing the MIU Master's program in Maharishi Ayurveda and Integrative Medicine in Italy. A prolific author and speaker, has published numerous scientific papers, contributed to several books, and appeared on national television networks. Dr. Bruno authored works include Anima: Conversazioni Irreali (2009), Stress e Autoipnosi (2013), La Mente in Ayurveda (2018), and The Mind in Ayurveda (2020). Also, contributed to books such as The Territories of Alchemy: Jung and Beyond, The Manifesto of Long Life: The Revolution of Predictive Medicine, Beyond the Labyrinth: Paths in Complementary Medicine, and The White Book of Stress in Milan.

Elizabeta Popova Ramova*, Biljana Apostolova

College for Medical Cosmetology and Physiotherapy, MIT University, Skopje, Republic of North Macedonia

Madero-wood massage in cosmetic and medical practice

Madero therapy is a specialized massage technique using wooden tools that has attracted significant attention due to its effectiveness in body shaping, cellulite reduction, and lymphatic drainage stimulation. The aim of our research was to determine the therapeutic effects of this alternative massage method.

Materials and Methods: The research analysed clinical data, user experiences, and expert reviews to evaluate the effectiveness of Madero therapy in improving skin texture and muscle tone. Key aspects of the therapy were examined, such as the types of wooden tools used and their specific applications.

Results: The findings showed that regular sessions of Madero therapy lead to a visible reduction in cellulite, improved body contour, and overall relaxation. Additionally, it was observed that the technique improves lymphatic drainage, contributing to detoxification and improved metabolic functions.

Discussion: Massage as a passive therapeutic procedure and its application techniques are still a challenge for modern medicine. One such therapy is Madero therapy. Clinical research can confirm or disprove the effect of any alternative method, including this one. However, there are also limitations that are medically confirmed. Evaluation of the treatment is a key factor in accepting it as effective or rejecting it.

Biography



Doctor of medical sciences Elizabeta Popova Ramova, is specialist of Physical medicine and Rehabilitation. Also, works like a professor at College for medical cosmetology and physiotherapy at the moment, with 17 years like an educator for physiotherapists in few universities. Elizabeta is a member of ISPRM, Cochran rehabilitation and International Reha forum. Has published more than 255 publications in PM&Reha, physiotherapy and cosmetology. Research Interests: Spine deformity, pain management, osteoporosis, alternative medical methods based on science, rehabilitation, exercise, health & wellness.

Conclusion: Madero therapy, according to intensive research, stands out as an effective and safe technique for improving physical appearance and well-being, which requires further research to refine its applications and integration into broader wellness programs.

Keywords: Madero Therapy, Body Shaping, Benefits.

Dr Girish Momaya

Director, Stichting Maharishi European Research University – MERU; Vlodrop, The Netherlands

Holistic health and world peace in ayurveda

Holistic Health: Ayurveda, the ancient Indian health science, perceives life, its emergence, evolution, and preservation as a holistic phenomenon. The texts of ayurveda describe health as a perfect balance and harmony on all levels of life. The theme of ayurveda is living perfect health, enlightened consciousness, and a long and happy life.

Consciousness: Modern quantum field theories have revealed the Unified Field of all the laws of nature at the basis of all phenomena in creation. Ayurveda locates the source of the wholeness of life in its definition of health Swasthya meaning established in one's pure nature. Vedic Sciences like Ayurveda, Yoga, and Vedanta cognize the unified wholeness of life as the field of pure Consciousness, Atma (Self), or Samadhi. 'Similarly, violation of Natural Law Adharma, is at the root of wars. Because of increased greed, anger, and ego, some people may start fighting among themselves with killer intentions or start a fight with the enemy. They may attack the enemy or get attacked by the enemy.' Charak Samhita, Vimanasthan 3.21.

Field-effects of consciousness-vedic technology to create world peace: Ayurveda has a concept of collective health and harmony in society by creating coherence in collective consciousness. Many conceptions of the field effects of consciousness have been proposed. The most well-developed of these is Maharishi Mahesh Yogi's, which holds that every individual in society, whether stressed or coherent, contributes to collective consciousness. Collectiveconsciousness, inturn, impacts every individual's life, guiding the trends of life in the nation. Twenty-three

Biography



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

peer-reviewed studies and about fifty demonstrations have found that when a relatively small proportion of a population practices transcendental meditation and its advanced programs in a group, negative trends such as crime, violence, hospital admissions, and fatalities decrease.

Kenneth R. Pelletier, PhD, MDN

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

Exploring human longevity: Sorting hope from hype

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

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, Kenneth R. Pelletier is Director of the Corporate Health Improvement Program (CHIP) which is a research program between CHIP and 15 of the Fortune 500 corporations including Apple, Cisco, American Airlines, IBM, Dow, Prudential, Cummins, Ford, NASA, and Pepsico. Also serves as a Vice President with American Specialty Health (ASH).

Laure Le Corroller

Dr. & Master Sha, World Renown Healer, Speaker, Author, Tao Grandmaster, and Humanitarian, Founder of Universal Soul Service Corporation and Love Peace Harmony foundation, Toronto, Canada

Soul medicine with Tao transformative field for chronic and life-threatening conditions

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

He founded Soul Mind Body Medicine by combining the essence of western medicine with ancient Tao wisdom. He applies the Universal Law of Shen Qi Jing: "heal the soul first, healing of the heart, mind and body will follow". A powerful information system to help bring transformation. He created Tao Science, in collaboration with Dr Rulin Xiu, bridging science and spirituality at a fundamental level, and he contributed to the culmination of quantum physics scientists work on the Grand Unification Theory.

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

Biography



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

researcher professor) by the Chinese State Ethnic Academy of Painting.

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

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

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

Lothar Pirc

Maharishi Ayurveda, Germany

Maharishi Ayurveda: Reviving the ancient science of life for modern healthcare. A consciousness-based approach to disease prevention, rejuvenation, and collective health

yurveda, the "science of life," is one of the world's most ancient holistic healthcare systems. Revived in its fullness by Maharishi Mahesh Yogi, ayurveda aims to create balance in mind, body, behavior, and environment. Its fundamental goal is to prevent disease, rejuvenate the physiology, and ultimately promote enlightenment and a disease-free society. A core principle of ayurveda is the concept of the three Doshas Vata, Pitta, and Kapha which represent distinct metabolic forces in the body. When these Doshas are balanced, health flourishes; when they are imbalanced, disease can arise. According to ayurveda, disease develops in six stages, yet modern medicine can typically detect it only from the fourth stage onward. Through techniques such as pulse diagnosis, Maharishi Ayurveda enables trained practitioners to identify imbalances at earlier stages, making it possible to address them more effectively and without harmful side effects. Treatment in Maharishi Ayurveda does not focus on battling diseases directly; rather, it centers on restoring balance. This includes practical lifestyle recommendations in four key areas: Mind, Body, Behavior, and Environment. Specific modalities include herbal preparations, yoga, transcendental meditation, dietary guidance, daily and seasonal routines aligned with nature's rhythms, and methods for toxin removal. For example, Panchakarma is a gentle purification and revitalization therapy that helps eliminate fat-soluble toxins such as pesticides and herbicides and restore equilibrium among all three Doshas. Maharishi Mahesh Yogi played a pivotal role in reinstating ayurveda's highest standards by emphasizing

Biography



Lothar Pirc is a dynamic business leader, an engaging speaker, and an international proponent of Ayurveda and holistic health. Is founder and president of the award winning Maharishi Ayurveda Health Center Bad Ems, Germany. Over the last 32 years, has introduced the health benefits of the natural time-tested approaches of Maharishi Ayurveda to thousands of people around the world, Lothar is Professor of Practice at DPU, Dr. D. Y. Patil Vidyapeeth, Pune, India at its Center for Online Learning. Also, is founding director of the International Maharishi Ayurveda Foundation in the Netherlands and founding president of the Foundation for the promotion of Vedic culture which is supporting 90 schools in Nepal. Has spoken to many groups of physicians, national health organizations. and government and business leaders in Europe, Russia, India, Japan, the Middle East, Africa, Mexico, Brazil, Canada, Nepal and the US. Lothar is a certified teacher of the Transcendental Meditation Program and has been active in its international programs for world peace for over 40 years. Was awarded the Global Hakim Ajmal Khan Award 2007 for its consciousness-based approach. This system is holistic, authentic, and reliable, with no harmful side effects. It is also prevention-oriented, cost-effective, and capable of fostering collective health. Scientific research on various vedic treatment modalities highlights benefits such as improved vitality, better sleep, reduced anxiety, more orderly brain function, enhanced memory and intelligence, reduced blood pressure, and diminished stress. Studies also suggest lowered healthcare costs, fewer side effects from chemotherapy, and even improved collective health through group practice of consciousnessbased techniques. Given ayurveda's comprehensive, time-tested principles, it offers a promising avenue for modern healthcare systems worldwide. Governments and healthcare providers are encouraged to explore how this ancient science can be integrated into public health policy, ultimately helping to create a healthier and more harmonious society.

Organizational and Social Vedic Services presented by the Chief Minister of the State of Delhi, India, for its work in research, application, and expansion of Ayurveda around the world.

Martine Negro

Senior Trainer at Nature Care College Sydney NSW Australia

Global approach to health

Global approach to health will be discussed by emphasizing three key aspects. Diversity of approaches needs to be fully integrated on multilevel aspects to maximise long-term results. Supporting practitioners' connections and networking. Encouraging teamwork and appropriate combinations of modalities. Accessibility of treatments educational/ informational websites for patients telehealth allows access to practitioners worldwide group sessions for discussions and sharing of experiences.

Sustainability of Results depends on: How much the person values their health. How actively they want to engage in their health journey. How willing they are to take responsibility for applying new changes, skills and understandings into their lifestyle.

Biography



Martine M.L. Negro Energetic mentor, clinician, trainer and author. Martine uses a variety of tools that help integrate body-mind system and aims to facilitate people to reconnect with their authentic self 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 Vice** President of the Dowsers 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".

Dr. Pedro Pastor Ballesteros

Department of Systems Biology University of Alcalá de Henares, Madrid, Spain

Meditation: Moving from doing to being and being

or years and still today, meditation has been treated as a holistic, alternative, even mystical concept used only in some exclusive circles related to some disciplines, lacking a scientific basis, leaving aside neurophysiology and the rest of the mental and physiological mechanisms involved. It ignores the scientific evidence that supports its practice and its many benefits in the field of holistic health. The study of the neurophysiology of meditation is relatively new and there are more and more studies that support its scientific basis and its importance in the health-disease concept. An example is Field's description in 2009, in which he referred to meditation as a practice of self-control aimed at regulating the body and mind towards a state of deep relaxation. For this reason, it is capable of provoking altered states of consciousness. It is an experience of unity and wholeness, a state of consciousness in which the dual dynamic of thought is transcended. That is why meditation is not a foreign concept, neither mystical nor intellectual. Meditation is not done, meditation is experienced. What we actually try to do is to use techniques and tools that lead to the meditative state appearing through practice when the conditions are right. While the rational mind tries to divide and classify in order to understand, meditation tries to unify: It is a state in which the meditator, the object of meditation and the process of meditation merge into one. The practice of meditation requires insistence, rigour and time, as the first steps are often fruitless and unpleasant, as we are confronted with those negative impressions that are in our subconscious and are surfacing in order to disappear. The meditator becomes the very object of meditation, penetrating into the deepest essence. Through

Biography



Dr. Pedro Pastor Ballesteros holds a PhD from the University of Alcalá de Henares, where studied and has been an associate professor for 15 years. Representative of the European Yoga Federation in Spain. Dr. Pastor is a specialist in Occupational Nursing at the University of La Coruña. Master in Public Health and Higher Occupational Risk Technician with the 4 specialties. Has held different positions, both healthcare and management, in the Spanish Public Health Service in which Dr. Pastor continues his work. Has been published more than 40 research articles in SCI(E) journals.). Speaker International at Congresses. President and Founder of the Sankalpa Yoga Association in which Dr. Pastor teaches training courses as Professional Yoga Certificate in Spain for Hatha Yoga teachers with Yoga Alliance accreditation.

this experience one acquires a global knowledge and not a biased, partial or superficial one. This is why, through my presentation and from a scientific perspective based on evidence, participants will be able to integrate certain basic concepts of meditative neurophysiology so that the results are more satisfactory and enriching.

Salvatore Di Liello, N.D.

Naturale Solutions. LLC Warren, OH USA

A holistic approach for addiction recovery

t is estimated by the National Institute on Drug Abuse (NIDA) that over 40.3 million people in the United States have a substance use disorder causing over 100,000 fatalities per year. Addiction has been a growing issue effecting millions of lives directly or indirectly. Unfortunately, very little has been done in the treatment of addiction using a holistic approach. Substance abuse leads to poor nutrition and poor nutrition leads to more cravings and addictions. Feeding the brain using nutraceuticals, homeopathy, meditation and live-style changes can help balance the brain and reduce the cravings that are usually associated with addiction.

Biography



Salvatore is a Board-Certified Naturopathic Doctor practicing in Northeast Ohio for over 20 years. Also, trained as a Classic Homeopath under the mentorship of Dr. Massimo Mangialavori, M. D. Salvatore is certified as a Level II Recovery Nutrition Coach by the Academy for Addiction & Mental Health Nutrition. Has been an Usui and Karuna Reiki Teacher/Master for over 25 years, is a Certified Biomagnetism Therapist under the guidance of Dr. Luis Garcia, M.D. and a Mindful Meditation Coach.

Sunita Teckchand

Integrated Holistic Therapist, Clinical Aromatherapist - MIFPA MNAHA, United Arab Emirates

Preparing for birth and delivery with aromatherapy

regnancy is one of the most beautiful things a woman can go through in her lifetime with her partner. First and foremost, it is about creation of life. The most profound beauty is the miracle of creating a new life. The process of conception, development, and eventually childbirth is awe-inspiring. Secondly, it is about being connected to the child, women experience a deep bond with their baby as they feel movements and kicks. This entails a beautiful sense of purpose and love. Thirdly all women go through physical transformation, the body undergoes a lot of changes, showcasing strength and resilience. Women embrace this as nurturing life. Ultimately, the beauty of pregnancy lies in its complexity and the unique journey each woman experiences, filled with challenges, joy, and profound love Sunita's experience in working with prenatal and post-natal care using essential oils to treat the multiple issues that can occur during pregnancy and delivery. Issues like morning sickness, back pains, nausea, mood swings, stretch marks, contractions and so much more that occur during the 9 months of creation. Most importantly the mental health of the mother and father as well. In this presentation Sunita will share blends and techniques that have helped with these types of conditions and how, when one starts using aromatherapy from the 2nd trimester of pregnancy-can help the mother deliver her baby pain-free and into the miraculous world of aromatherapy, without the use of pethidine and epidural.

Biography



Sunita Teckchand completed her clinical aromatherapy education in 1998 from Hong Kong, and presently lives and works in Dubai, UAE. Sunita is the owner and principal tutor of The Holistic Alternatives, where teaches the IFPA accredited curriculum on a digital platform. Also, markets her own brand of essential oils 'eSSensuals'. Has personally tutored and mentored students that have graduated on to become successful therapeutic massage therapists and clinical aromatherapists. Sunita has been minterviewed on radio, television and magazines. Has published several articles. Also, a member and an external examiner for IFPA (the International Federation of Aromatherapists) Professional and NAHA а member of (National Association of Holistic Aromatherapists). Sunita has also written a chapter in a book 'She is Remarkable' which was published in February 2023 and is a best seller.

Zhenhuan Liu

University of Chinese Medicine, China

Study scalp electro-acupuncture therapy for autism spectrum disorder

Background: Autism Spectrum Disorders (ASD) are a series of neurodevelopmental disorders characterized by social disorders, rigid behaviours and narrow interests. The World Health Organization (WHO) estimates that the prevalence of ASD has been increasing over the past 50 years. With one in 48 children, ASD has become a global public health problem. Currently, there is no effective drug treatment for children with ASD, and there is no effective medical treatment. Education of these ASD children by special education methods alone has a poor outcome, with 75% of ASD children failing to achieve normal or cure. And 80% of ASD children suffer from mental retardation, ADHD, epilepsy, emotional sleep disorders and so on. It can cause pain and suffering for ASD children and their parents. The effects may persist into adulthood.

Objective: The purpose of this study was to investigate the effect of head acupuncture therapy on core symptoms, quality of life and communication ability of children with ASD. Our team conducted a controlled study of head acupuncture therapy in 198 children diagnosed with ASD. The clinical diagnostic criteria of children with ASD who were selected for head acupuncture treatment met the DSM-5 criteria. Each child and parent signed an informed consent form.

Methods: 198 children with ASD were randomly divided into two groups. Acupuncture treatment group 89 cases, received head acupuncture therapy and the control group 89 cases received special education and speech therapy for 3 months. Clinical evaluation methods were ATEC, ABC, CARS and Gesell developmental scales. Pre- and posttreatment assessments were performed. The age of the

Biography



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

two groups was 3-8 years old, and the gender, degree of illness, comorbidities, family education and rearing methods, course of disease and other factors were statistically analysed. There was no significant difference between the two groups, and there was certain comparability between the two groups. Both groups were evaluated on the ATEC, ABC, CARS and Gesell scales before starting rehabilitation. CNRAT method, Zhijiu acupuncture and precise body surface projection in functional language area of cerebral cortex were selected for head acupuncture. Broca and Wennicken area were simultaneously stimulated by acupuncture. Acupuncture is performed every other day. After acupuncture, electrical acupuncture was given to stimulate the language area for 15 minutes, every 10 times of acupuncture, rest for 15 days. A second clinical evaluation was conducted 3 months after acupuncture.

Results: The improvement of core symptoms in the head acupuncture treatment group was better than that in the control group. The initial clinical improvement was in abnormal visual communication, improvement of sleep and mood, and the following clinical effects were alleviation of rigid behaviour, improvement of attention, and improvement of verbal and social communication ability. Assessment of these scales reflects a gradual improvement in these core symptoms. But these changes were not significant in the control group.

Conclusion: The research results showed that head acupuncture therapy could significantly improve the core symptoms of ASD children, such as extreme loneliness, eye contact disorder, language repetition, compulsive agreement, and indifference, significantly regulate the abnormal EEG of ASD children, and positively promote the cognitive level of low-functioning ASD children. The clinical efficacy of the treatment of ASD was not closely related to age. Electrocephalic acupuncture can be used as an effective supplement and alternative medicine therapy in the clinical treatment of ASD. The popularization and application of head acupuncture therapy can improve the quality of life of ASD children and reduce the economic burden of society and family. Since 2004, Nanhai Women's and Children's Hospital Affiliated to Guangzhou University of Chinese Medicine has applied our original paediatric neurorehabilitation head acupuncture therapy to treat ASD and achieved good clinical efficacy. In order to further promote the application, our research group obtained the exact clinical effect confirmed by scientific evaluation through the clinical validation study and clinical follow-up of 1000 cases of ASD. We also receive paediatricians from all over the world who come to our hospital in China to study head acupuncture therapy for ASD. Doctors and rehabilitation therapists from Switzerland, Australia, the United States, Germany, Egypt, Russia, Kazakhstan and other countries have come to our hospital to study the clinical application of head acupuncture therapy in ASD.

Keywords: Autism Spectrum Disorder, Acupuncture, Scalp Electroacupuncture.

BOOK OF ABSTRACTS



8th Edition of International Conference on **Traditional Medicine**, **Ethnomedicine**, and Natural Therapies

JUNE 05-07

ORAL PRESENTATIONS



Dr Adrijana Todeska Specialist for Traditional Chinese Medicine and Rehabilitation. QI HOLISTIC Skopje North Macedonia

The method of traditional way of cleaning the body and spirit

he way of taking care of health in old cultures in the world, is new for all of us, but there are some old medicine reports which are transmitted from one generation to another and now available to us as the way of purify the body and blood. There are a lots of ways of purifying the blood, many of them are with eating specific foods, or drinking some herbs, some mixtures for cleaning the body, fasting for 16 hours and more made days. Autophagy is one another way of cleaning old cells and bacteria's sometimes and cancer cells from the body. In some countries people used to clean the animal body and after that they eat the meat clean, so they believe that eat clean food. All that cleaning of blood means that the old cultures know a lot about the way how to clean themselves, to be more healthy and live longer. But the most used method is this way of purifying the blood and body which is directly by affecting the blood, and the procedure is with clean and sterile glass cupping set. This method is used more in Traditional Chinese Medicine, the accupoints on the back are used for that, where the blood is taking out of the body. I have made a lot of exams before and after the treatment. Blood tests, body color changes in healthy skin hydrated and the patient is with a lot of force and feels very well. Always the humanity has been in touch with lots of diseases and consequences from different reasons after the disease and from there is the neediness of different ways of helping the body to clean the sickness guicker. For therapeutic methods they used for that reason there are a lot of for us now unknown or known methods. From the most known methods which we use now are physiotherapy, massage, purifying blood, purifying blood in the home animals, spiritual.

Methods like meditation, different types of breading etc...Today most famous and used as traditional way of treating diseases is acupuncture, scraping therapy cupping therapy, tuina massage, kinezytherapy, exercises, herbal treatments with different herbs by drinking them and many many other ways etc.

Biography

Dr Adrijana Todeska is born in 26th of October 1981 year in Prilep, Republic of Macedonia. Dr Adrijana lives and work in Skopje. Has graduated Medicine as a Doctor of medicine with passed Professional exam at the Medical University in Sofia, Bulgaria in 2004. Have specialized Traditional Chinese Medicine in the People's Republic of China in 2006. Since Dr Adrijana is working in hers own holistic center in Skopje. Has obtained master's degree on the topic: Rehabilitation, Wellness and Spa and Bath Treatments; at the Medical University in Plovdiv, Bulgaria in 2022. Currently she enrolled in PhD studies at the Medical University in Sofia.



Akshaya Tharankini A^{1*}, Ashok R², D Linga Prabu³

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Homeopathic medicine arsenicum album induces immunomodulation in zebrafish embryos

Background: In 2019, 2.4 million newborns died, constituting 47% of all under-5 mortalities globally [1]. In the same year, India experienced the highest neonatal mortality, primarily attributed to infections [2]. The innate immunity conferred at birth serves as our primary defence against neonatal mortality. Studies indicate that exposure to crude forms of arsenic in zebrafish embryos significantly down-regulate innate immune responses [3-8]. These studies unveil the operational sphere, vulnerable cells, and mechanisms through which arsenic interacts with our system. This contributes to a better understanding of the homoeopathic medicine arsenicum album.

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

Methods: Zebrafish were acclimated for 7 days at 28.5±2°C under a 12-hour light/dark cycle before being bred to obtain embryos at the single-cell stage. Subsequently, the embryos were sorted into 8 triplicate groups, including unexposed uninfected control, unexposed infected control, vehicle-exposed control, and arsenicum album exposed at 5 different potencies. Embryos underwent medication exposure for a duration of four days. Then, transferred to four-litre containers. On the seventh Day Post-Exposure (DPE), an infection with Edwardsiella tarda was initiated and lasted for five hours. Fish specimens were obtained at 5th and 30th Hour Post-Infection (HPI) to evaluate innate immunological responses. Statistical analysis was conducted, and results are analysed. The protocols employed for the experimental procedures, handling, and maintenance of zebrafish received ethical approval from the institute where the study was carried out [9].

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

Keywords: Arsenicum Album, Innate Immunity, Embryonic Immunomodulation, Daniorerio

Biography

Dr. Akshaya Tharankini is a brilliant physician, developing Health Tech AI innovations, with her 6 years of patient care. An international speaker, reviewer, and resource person who has spoken at major global events like the ICTM 2024 in Madrid, Spain, and the GIRI meeting 2023, hosted by the American Institute of Homeopathy and the Faculty of Homeopathy. Dr. Akshaya was honored with the Quality Dissertation Award in 2024 at Yashobhoomi, New Delhi. Earlier in her career, received the STSH Award in 2016 from CCRH, an Indian central government body, at Vigyan Bhawan. Her dedication to research earned her the University Research Grant in 2022 from The Tamil Nadu Dr. M.G.R. Medical University. Dr. Akshaya work exemplifies the intersection of innovation, clinical excellence, and academic contribution.



Andreas Zohmann

Vierbeiner Reha-Zentrum GmbH, Bad Wildungen, Germany Academy for advanced Veterinary Medicine, Bad Wildungen, Germany Austrian Society of Veterinarians, Vienna, Austria

East meets west – Contributions from veterinary research findings for an understanding acupuncture and related techniques from a western scientific view

A cupuncture-acum pungere: "To prick the point"-this is the translation from Latin. But (in one of the many westernized spellings) the Asian says "Zhen Jiu": "Pricking and burning" - so it is not only the prick with the needle, but also other types of stimulation that offer somatomotor and somatovisceral diagnostic and therapeutic possibilities. The scientific justification of methods such as massage, acupuncture, thermotherapy (e.g. moxibustion), neural and electrotherapy will be explained to Western skeptics on the basis of various research (macro and microanatomic, pathophysiological as well as behaviorism) results, especially from animal observations, experiments and veterinary empirical studies.

Biography

Andreas Zohmann studied at the University of Veterinary Medicine Vienna, 12 years of professional-scientific work in the human pharmaceutical field (focus on neural therapy, local anesthesia, pain therapy), doctorate on the subject of anatomical-pathophysiological principles of the functional mechanisms of auriculomedicine ("ear acupuncture"), 10 years of lecturing at the University of Veterinary Medicine Vienna on acupuncture and neural therapy in surgery and internal medicine, since 1999 head of the Vierbeiner Reha-Zentrum and the Academy for Advanced Veterinary Medicine in Bad Wildungen, Germany. 4 years lecturing on the subject of physical medicine at Justus Liebig University Giessen. Since 1989 courses for veterinarians and animal physiotherapists in the fields of acupuncture, neural and pain therapy and physical veterinary medicine in Germany and Austria. Textbooks and awards on these topics and publications. Currently studying medical sciences at the Paracelsus Medical University of Salzburg.



Anil Jauhri, Prof Debjani Roy

¹Former CEO, National Accreditation Board for Certification Bodies, Quality, Council of India and currently Member, Yoga Certification Board ²Former Professor, Indira Gandhi National Open University and former Adviser, Quality Council of India; currently assessor & trainer as per ISO 17024 for personnel, certification bodies



Contemporary approach to preserving traditional healthcare

he contemporary society is witnessing a paradigm shift in the processes and systems of learning. While on one hand it is extensively dependent on technology based learning like Artificial Intelligence, on the other hand, there is also the growing realisation for acknowledging the knowledge and skills of a large number of people belonging to the traditional communities and their value to tackling some of the modern day issues of well-being and sustainability. Though some of the traditional knowledge is available in ancient texts viz Patanjali Yoga Sutra for Yoga but mostly the traditional communities have gained their knowledge and skills, expressed as competency, in their respective domains of service by helping and observing their knowledgeable elders at work thereby acquiring their competency through family lineage and mostly remaining in the realm of oral tradition. The challenge therefore is to preserve and promote traditional knowledge in various sectors for the benefit of the society. The modern day tools of quality management have provided an excellent route to accomplishing that as shown in the experiences of certifying practitioners of traditional knowledge in India in which the authors have been actively involved. The 21st century is being subjected to the worldwide movement for defining competence based on evaluation required to perform a particular job regardless of the route by which such competence is acquired- especially when issues of general wellbeing (mental, physical and spiritual), health and safety are involved. There is also the global acceptance for the concepts of accreditation and certification in various sectors which have potential application for the traditional knowledge practitioners. The certification of the traditional knowledge practitioners is gaining popularity, which can be applied to a variety of traditional knowledge domains such as Agriculture, Architecture, Healthcare, Music, and Performing Art and Culture. Certification can ensure the practitioners' empowerment, social respectability, quality assurance and worldwide acceptance. The process of certification requires that 'Standards' be developed with the help of standard development experts and the knowledgeable elders/practitioners of the community for specific domains say yoga or traditional healing. The Minimum Standard of Competence (MSC) thus developed is used to assess uniformly the competence of the traditional knowledge practitioners through a transparent mechanism by the third party professional certification bodies leading to their certification. The certification process follows the International Standard ISO/IEC 17024:2012 for Personnel Certification and the personnel certification bodies are duly accredited as per this standard to attest their competence too.

Biography

Anil Jauhri has a master's degree in civil engineering from the Indian Institute of Technology, Kanpur, one of India's top most engineering schools. However his entire professional career has been in the field of standards, certification, accreditation and technical regulations across various sectors–first in the Bureau of Indian Standards (BIS), the national standards body of India, then the Export Inspection Council (EIC), the official regulator and certifying agency for exports and finally the National Accreditation Board for Certification Bodies (NABCB), India's national accreditation body and a constituent Board of the Quality Council of India (QCI) where Anil Jauhri was the CEO from 2013 to 2019. Has spearheaded several certification programs in India for products, processes, management systems and personnel including those for traditional healers and yoga professionals and continues to provide advisory services to several international and national organizations.

Prof Debjani Roy has a Ph.D degree in Life Sciences with years of postdoctoral research in Germany and The Netherlands; a Smithsonian Institute Fellow, USA; INSA and UGC Fellow, Government of India. She has been a full Professor at the North Eastern Hill University and Indira Gandhi National Open University in India for more than three decades. Prof Roy has developed and implemented the Voluntary Certification Scheme for Traditional Community Healthcare Providers for traditional healers and Good Clinical Practice Professional Certification Scheme for the GCP professionals, both Schemes based on ISO 17024 for Personnel Certification. Currently she is an assessor and trainer for ISO 17024 for personnel certification bodies including for personnel certification bodies for traditional healers for QCI and yoga professionals for YCB. Prof Roy has more than 50 publications in peer reviewed journals and 4 book chapters, besides the invited articles.



Dr. Anton Keppel European Academy for Traditional Chinese Medicine Austria, Vienna, Austria

The energy meridian: A super meridian for the future according to Prof. Bahr

he rediscovery of the energy meridian in 2017 by Prof. Frank Bahr, its first publication in 2018 and the addition of the lower energy meridian, mean a completely new treatment spectrum for pulse-frequency ear acupuncture. It includes four points on the leg, which are referred to as En a, En b, En c and En d. The upper meridian includes 28 points, as well as a turning point and five so-called minus points (En-1, En-2, En-3, En-4 and En-5). By testing all points with a pulse method (called RAC or Nogier reflex), the energetic state of a patient can thus be assessed comprehensively. This serves both diagnostic and therapeutic purposes. Whether by means of body or ear acupuncture, or with the addition of a corresponding flower therapy; the chakras or energy points are supplemented with the appropriate flower essence. This article deals for the first time with the analysis of the energy meridian in connection with its permanent application in practice. With the addition of corresponding image material, the entire meridian is analysed in detail. The analysis not only covers general aspects of application, but also takes into account special points that are of crucial importance with regard to the functions of the 'subtle field' (main chakras 1-7, protective chakras 1 and 2=En 10 and En 16, as well as En 19 and En 22). The daily practice and its results are particularly evident in the early diagnosis, but there have also been remarkable successes in further therapy, for example, after insults, neurodegenerative diseases and also carcinomas treated by conventional medicine. For example, a patient in whom a carcinoid with carcinosis peritonei was diagnosed as a chance finding during a hernia operation was able to undergo a very successful post-operative therapy. Although the patient was discharged from hospital after his operation without any further therapies (e.g. chemotherapy or radiotherapy), he had severe gastrointestinal symptoms. The protective chakras En-10 and En-16 were inactive, as was the main chakra 3 (navel chakra). By contrast, En-1 chakra was still positive. The therapy consisted of administering the blossoms of these chakras, identifying a gold and a silver point on the ear for each chakra and connecting them with a point found with the sapphire stone essence. After six therapies over a period of three months, the patient's condition was stabilised and he no longer had any of the side effects resulting from the operation. Thanks to ongoing work with the energy meridian, the situation is now stable throughout, although many years ago carcinosis peritonei was equivalent to a death sentence. This and four further practical examples prove that working with the energy meridian in pulse-controlled acupuncture is a promising therapeutic approach, considering that its principles have only been known for a few years and are largely unresearched. With the energy meridian, Prof. Bahr has succeeded in developing the first closed system of diagnostics, which illustrates the advantage of pulse-controlled acupuncture.

Biography

Anton Keppel has been a doctor for 44 years and has devoted himself to acupuncture for more than 20 years. Pulse-controlled acupuncture (according to Nogier) is at the centre of his work and has motivated him to continue his education. This further training includes areas such as frequency-based ear acupuncture and laser medicine. Anton lecturing activities in German-speaking countries and related publications led to him being awarded a doctorate in TCM from the Swiss TCM University in Bad Zurzach in 2023.



Asen Stoyanov*, Anely Nedelcheva

Department of Organic Chemistry and Pharmacognosy, Sofia University "St. Kliment Ohridski", Sofia, Bulgaria

Comparative profile of medicinal plants used in the practice of two traditional medicines

A spirations towards better health and quality of life are a human right, which is at the foundation of the perpetual popularity of a community's traditional medicine and interest towards foreign medical practices. This well-known process has contemporary and dynamic aspects, which emphasize questions such as safeguarding traditional knowledge, harmonizing its use alongside allopathic medical practice and potential risks for human health. Oversight of these processes requires a thorough understanding of traditional knowledge. Traditional Chinese Medicine (TCM), especially Chinese Herbal Medicine (CHM), has exhibited a rapidly growing integration, utilization and influence in Europe and other regions throughout the world.

Bulgarian Folk Medicine (BFM) and TCM are a collection of endpoints of accumulated empirical knowledge of medicinal plants, medicinal substance variety and methodologies of use. The goal of the current study is to determine the model of use of medicinal plants from TCM within the frames of Bulgarian Folk Medicine.

The study was conducted over a period of 2 years (2022-2024). Historical sources, medicinal manuscripts and pharmacopoeias were examined. A total of 531 taxa used in BFM were cross-referenced with species described in CHM sources. A field study of Balkan open markets and stores dealing in the medicinal plant trade was conducted. A total of 81 samples were collected and analysed. A synchronic analysis was carried out on species common for both folk medicine systems and a follow-up diachronic analysis comparison was performed. An overview on taxonomic distribution, morphological parts used, therapeutic indications, posology and mode of preparation is provided. These datasets were further characterised by calculating Jaccard similarity indexes.

We outlined three major groups of medicinal plants: (i) Plants of Asian origin used in BFM (13), (ii) Plants of Bulgarian origin also used in TCM (33) and (iii) Novel plants from TCM (68). Synchronic analysis revealed a small taxonomic overlap between groups (i) and (ii) -13.5% and a negligible taxonomic diachronic similarity between groups (i), (ii) and (iii) -3.5%. Decreases in similarity of therapeutic indications (26.9% synchronic and 17.0% diachronic) and to a lesser extent morphological parts used (20.0% and 17.5% respectively), were also observed.

This study is the first of its kind for the Balkans and provides data which will facilitate the analysis of principles, tendencies and dynamics of transfer of traditional knowledge of medicinal plants between geographically distant communities in a contemporary environment. Several tendencies were observed: A) a gradual drift towards the use of unfamiliar to Bulgarian folk medicine taxa; B) a simplification of morphological parts and traditional methods of preparation used and C) a departure from traditional therapeutic indications. New models are required to achieve rational and safe prophylactic and therapeutic medicinal plant use.

Biography

Asen Stoyanov is a Master of Pharmacy with experience in community pharmacies licensed to dispense OTC and prescription products, including opioids and non-sterile extemporaneous formulations. After graduating in 2020 Asen Stoyanov was employed (initially as an adjunct lecturer and currently an assistant professor) at Sofia University "St. Kliment Ohridski" teaching practicums in Pharmacognosy, Medical Ethnobotany and Natural Chemistry. Asen Stoyanov is currently a PhD student in Pharmacognosy with a thesis focusing on herbal substances from Tradition Chinese Medicine.



Djenabou Diallo, Shantanu N. Sheth, Diego J. Fu, and Dana R. Crawford*

Department of Immunology and Microbial Disease, Albany Medical College, Albany, NY, USA,

A bioinformatic approach to treating and preventing chronic inflammation with healthy plant-based diet

nflammation is associated with a wide range of medical conditions including autoimmune diseases (e.g., rheumatoid arthritis, asthma, obesity, cardiovascular disease, atherosclerosis, diabetes, certain cancers, alzheimer's, and many more). It is involved in many leading causes of deaths throughout the world with high associated costs. We have researched the dietary effects and treatment of inflammation as part of our general strategic use of healthy plant-based diet (e.g., blueberries, olive oil and green tea) to alter disease-causing genes and protein expression back toward the normal to potentially help treat and prevent various medical conditions. We call this approach "Dietary Rational Gene Targeting" and it has recently progressed to our creation of an online dietary guide prototype app that we call "Eat4Genes". Dietary Rational Gene Targeting is an extension of nutrigenomic studies offering numerous advantages over pharmaceutical drug treatment including significantly lower cost, heathier treatment, and easy application in some cases requiring only simple dietary modification. Here we extend our prior Dietary Rational Gene Targeting mining analyses to an anti-inflammatory focus including expanding to more plant-based dietary agents, more inflammation markers, using a multi-omics approach, applying an improved weighted system, de-emphasizing studies using high botanical concentrations, including National Health and Nutrition Examination Survey (NHANES) data, and considering contributions from other dietary inflammatory indices toward integrating this information into our Eat4Genes site. Combined, we expect that these studies will culminate in significantly improved inflammatory dietary predictors of the risk of various disorders as well as associated dietary guidance, in turn significantly improving human health.

Biography

Dr. Crawford is an Associate Professor at Albany Medical College. Dr. Crawford lab focuses on diet and nutrition, redox, immunology and cancer research. Also, teaches and has chaired the Capital Region Cancer Research group for the past 18 years. Dr. Crawford holds a PhD from Dartmouth in Biochemistry and Molecular Biology and is a long-time faculty member of the Immunology and Microbial Disease department at Albany Medical College.



Elsa Ramos Elías Association of Zenú Traditional Medicine, Spain

Healing the soul: Ancestral spiritual practices from ayurveda, Zenú indigenous medicine, and Iberian folk magic

Spiritual healing has long been at the heart of ancestral medicine, yet it remains one of the most overlooked aspects of modern health care. This presentation offers an integrative perspective combining three ancient healing traditions: Classical Ayurveda from India, the ancestral medicine of the Zenú people of Colombia, and Iberian folk magic. Through the study of Vedic mantras, indigenous healing songs, sacred plants, protective rituals, and symbolic actions, this talk explores how these practices influence the subconscious, unblock vital energy, and reconnect the soul with the sacred. At the core of this process is Shakti—the primordial life force, the sacred feminine energy that animates, heals, and transforms. When Shakti is blocked, vitality and will to live fade; when it flows, healing becomes possible at all levels. Far from superstition or folklore, these spiritual tools are based on deep energetic and psychological principles that directly impact emotional, mental, and physical well-being. The presentation draws on textual foundations, clinical insight, and ritual practice to reflect on the role of the healer as a spiritual guide.

Biography

Elsa Ramos Elías is an Ayurveda Health Consultant trained at Ayushakti Academy and a Doctor of Traditional Medicine recognized by the Zenú Indigenous Council of Colombia. Elsa Ramos work focuses on the spiritual roots of illness and the unconscious blocks that often prevent true healing. Through sacred rituals, ancestral wisdom, and the activation of Shakti—the vital life force—Elsa Ramos helps clients reconnect with the will to live and the soul's path toward balance, vitality, and self-remembrance.



Farah Ganjei Gron CCH, RSHom (NA)

Certified Classical Homeopath, Registered with the North American Society of Homeopaths, President and Homeopath at New Life Homeopathy, Inc., United States

The misunderstood children and adults with the autism spectrum disorder diagnosis and how to help them with homeopathy

Most children and adults with ASD diagnosis are intelligent and have many gifts we cannot quantify yet. They are different in the sense that they are right-brain dominant and are heartcentred. They are physically more sensitive than others and are having a difficult time adjusting to our life here. Because of their sensitivity, they might have reacted worse to environmental toxins and that has stopped them from communicating and connecting with others. They are trapped in their brain and limited by the challenges of their body. The goal is not necessarily to help them become like other children. I will be discussing how to remove the toxicity from them and support them emotionally with homeopathy to help free them so they can express themselves and show their positive uniqueness and their full potential. I will present the results of my 2025 study on the current active cases of these special children in my practice.

Biography

Farah Ganjei Gron received a BA from Brandeis University in Computer Science. Farah Ganjei found her calling when in 1996, went to an introductory talk on homeopathy presented by Luc De Schepper, M.D., Licensed Acupuncture Practitioner. Also, continued studying with him through her fellowship and wrote her post-fellowship thesis in 2011 on her particular method of applying homeopathic remedies to the children in her practice that had a diagnosis of autism. In 2009, Dr. De Schepper asked her to became his successor when he retired from his practice.



Julie So Brien Vanputten

Private Practitioner Integrative Medicine and Health, United States

Expanding the role of integrative medicine in the primary care of cancer survivors

This presentation will review modalities for expanding integrative therapies for whole person primary care in cancer survivors. Primary care providers are in a unique position to address issues facing cancer survivors over the lifespan. This presentation will review lifestyle interventions, mind-body modalities, and specific nutraceuticals which address unique issues facing cancer survivors. It will suggest ways that primary care physicians can expand their impact in integrative whole person care.

Biography

Julie vanPutten MD PhD MPH MS is an experienced board certified physician with advanced academic training in community and preventive health (MPH, PhD), family counseling (MS), and integrative health. Julie vanPutten is a Diplomate of the American Board of Family Medicine, and a Fellow of the American Academy of Family Physicians (FAAFP), as well as the Academy of Integrative Health & Medicine (FAIHM). Her special interests include whole person/integrative health, functional and lifestyle medicine, and chronic disease management. Skills include population-based health care, primary care medicine leadership, complex treatment planning, and implementation of quality improvement programs. Julie vanPutten currently in private practice, and has worked in multiple health care settings including academic medicine, federally qualified health centers, lifestyle and executive health programs, urgent care and occupational medicine centers.



Julieta Andico Songco JAS Consulting Services, United States

The role of a Registered Dietitian Nutritionist (RDN) in the global perspective on traditional medicine as to diversity, sustainability, and accessibility

Good well-being for all populations of different age groups. Methodically and through personal and professional observations and experiences, this presentation will identify the role of a Registered Dietitian Nutritionist in the global perspective on traditional medicine and its diversity, sustainability and accessibility. In wellness, traditional medicine is accepted as a treatment in many cultures in the world especially in developing countries and economies. When a person gets sick, treatment modalities change from traditional medicine and its other entities to western medicine or vice versa (unless, that person follows traditional medicine from the start). For thousands of years, beliefs, needs, culture, and religious practices included traditional medicine, ethnomedicine and natural therapies. They have been embraced because of its efficacy. Cost is reasonable, accessible, and sustainable, here for prevention therapy, modality must have these characteristics: Diversity, Sustainability and Accessibility.

The goal of this presentation is to identify the role of a Registered Dietitian Nutritionist in the global perspective on traditional medicine as to diversity, sustainability and accessibility. These methods are simple to follow and are already being used for treatment. A Registered Dietitian Nutritionist starts with foods, nutrition—and if needed—diets as appropriate to the diseased conditions. RDNs are food service health professionals. Their orientation is close to traditional medicine, botanicals, and/or herbal medicine. Although the question arises about the safety of traditional medicine, we have reason to believe in the healing power of traditional medicine its diversity is open to all regardless of age, sex, race, language, income, religion, education, and political differences. RDNs teaching styles would reinforce the diversity, sustainability, and accessibility of traditional medicine. Notwithstanding, their personal qualities are unique to the RDNs for global impact on the field of traditional medicine.

Biography

Julieta Andico Songco has a Master of Science in Nutrition and a Master of Education (major in Community Nutrition), both from Teachers College, Columbia University, New York, USA. Julieta Andico is a Fellow of the Academy of Nutrition and Dietetics (AND), and a Cum Laude Consultant Dietitian and a Distinguished Member Awardee of AND Dietetics in Health Care Communities Dietetic Practice Group (DHCC-DPG). Has presented three papers at the International Congress of Dietetics (ICD) with one as both paper and poster presentations at the 17th International Congress of Dietetics at Cape Town, South Africa. Has also been an ICD attendee in Sydney, Australia and Montreal, Canada. Julieta Andico was the first Philippines Medical Mission RDN.



Karol Chandler-Ezell

Dept. Anthropology & Sociology, Stephen F. Austin State University, Nacogdoches, TX USA

American physician and patient worries about traditional medicine

fter two decades of studying Americans' use of herbal and traditional medical therapies, much has changed, but the core reasons for choosing these "alternative" remedies remain the same. The original study's purpose was to understand the current knowledge, beliefs, and use of herbal medicine in the central United States in the late 1990s and early 2000s. The data showed that Western herbal medicine was a "modern herbal synthesis" shaped from three source traditions -- classic Western Herbalism, Traditional Chinese Medicine, and Native American Herbal Medicine, and that it was best understood as a part of cultural evolution known as a revitalization movement. In short-when a society's cultural systems (such as medical care) do not meet the needs of a significant portion of people, they seek alternative paradigms that do offer them what they need. Two decades later, this trend continues, but there have been changes. One of the most important changes is the increase in interest in other forms of Traditional Medicine and Ethnomedicine from places such as Korea, India, Japan, and more. With these new social influences, the types of remedies and the ways they are consumed and purchased have changed as Americans adopt not just remedies but the philosophies and methodologies of other ethnomedicines. Traditional medicine, ethnomedicine, and natural therapies have solidified their place in modern global society and in the United States, in particular, because they meet needs unfulfilled by Western allopathic medicine. Theme and gualitative analysis of modern information sources and popular ethnomedical therapies show that the same core reasons people choose these therapies remains the same. People are more likely to use herbal remedies for illnesses not satisfactorily treated by Western allopathic medicine. These failings could be comfort during treatment, balancing spiritual, cultural, or ethical beliefs during therapy, ideas of acceptable side effects, personal control, or a desire for sustainable solutions. While much of this increases positive use of traditional medicines, we have also seen a rise of dangerous or poorly researched "remedies" that are not really associated with ethnomedicine or natural therapies such as macro-dosing of vitamins and using animal wormers in the face of recent epidemics. Unfortunately, these dangerous practices tarnish the reputation of legitimate traditional and ethno-medicine and make their acceptance by physicians more difficult.

Biography

Dr. Chandler-Ezell studied Biology and Physical Science at University of Central Arkansas, graduating from the Honors College. Then earned an M.S. in Botany from Oklahoma State University before joining the University of Missouri Anthropology Dept where earned her Ph.D. Dr. Chandler dissertation studied why and how Americans use herbal remedies. After a 2-year NIMH post-doctoral fellowship at Washington University School of Medicine, earned a Masters of Psychiatric Epidemiology before joining the faculty of Stephen F. Austin State University. Dr. Chandler researches and teaches in ethnobiology and biocultural anthropology, with a special interest in ritual behavior, adaptive culture, and ethnomedicine.



Krashenyuk Albert Ivanovich Academy of Hirudotherapy, St.- Petersburg, Russia

Endoecological intoxication of the world's population. Introduction of a new clinical indicator - "integral blood toxicity"

In recent decades, the environmental conditions of human habitation have become the subject of close attention of the World Health Organization (WHO). The list of the most common and most dangerous environmental pollutants developed by the WHO includes the following substances: Acrylonitrile, benzene, carbon disulfide, 1,2-dichloroethane, dichloromethane, formaldehyde, polycyclic aromatic hydrocarbons (3,4-benzopyrene) and many others. But in the air of cities there are other substances that pose a danger of developing chronic poisoning, including those that can cause long-term consequences-reproductive disorders and the development of malignant tumors. Hygienic regulation is based on the postulate: The concentration of a toxic substance below the MPC (Maximum Permissible Concentration) is safe for humans. This is true for one-time impacts. But if the body is exposed to poisons every day, even in small concentrations, can it be considered harmless? What is the threshold of chronic action? And what if the cause of chronic poisoning is the constant and long-term use of synthetic drugs, which the doctor prescribes for life? Today, the diagnosis of «Drug-induced hepatitis» is becoming one of the diseases of modern civilization and is there a way out of this vicious circle?

For the first time, we have described the phenomenon of detoxification in the process of hirudotherapy, which makes it possible to remove toxins (both endogenous and exogenous origin). Toxins circulating in the blood can cause vomiting or death in "Attached leeches" (the definition of zemstvo doctors for leeches that have passed the stage of blood-sucking). This property of attached leeches allows us to consider their behavior after blood sucking as a "Method for assessing the integral toxicity of the patient's blood" (author's definition). The accumulation of clinical material on the topic of toxicity of patients' blood made it possible to discover a number of unknown patterns and new facts. For example, if the death of leeches in a patient after blood sucking occurs at 5-6 months of treatment, this allows us to conclude that the patient's toxins are in the matrix (intercellular space). The doctor's task is to understand how the toxins got into the human body and accumulated in the matrix and how to remove them. And they could get into the matrix as a result of long-term treatment, or with chronic poisoning from the patient's environment: Food, air, water, contact during work. If leeches die from the very beginning of treatment, this clearly indicates that the toxins are in the circulating blood.

For example, when treated with preparations containing bivalent or ferric iron or other metals, as well as antibiotics, we will observe regurgitation of blood and their death in attached leeches. It should be noted that we will be able to observe the mentioned changes in the behavior of attached leeches only if we do not kill them, but observe them. By following the Ayurvedic rule of Ahimsa.

Biography

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



Loch S. Chandler, ND, MPA: HA, MSOM, LAC Providence Health & Services, Portland, Oregon, USA

Infusion acupuncture: Results of a 9-year study

This talk will focus on going through the results of a 9-year study of acupuncture in two providence hospital infusion suites from 2015-2023. A total of 5,378 patients were given acupuncture. The majority of recipients were patients undergoing treatment for cancer. Other recipients included patients with MS, and caregivers, which includes both friends and family and providence employees.

Biography

Dr. Chandler was a 2001 graduate of the National College of Naturopathic Medicine (NCNM) in Portland, Oregon. After graduating, had a one-year residency with Dr. Dickson Thom, an internationally renowned naturopath. Has been with Providence Integrative Medicine since 2004. Dr. Chandler has lectured around the U.S. on Integrative Medicine and Chinese Medicine. In 2014, finished his Master of Public Administration with a focus in Health Administration at Portland State University. Dr. Chandler is currently the Medical Director of Providence's Integrative Medicine clinics.



Lyani Powers Modern Herbal Academy, Tampa, FL, USA

African Botanical Legacy

This workshop offers an explorative dive into African Botanical Heritage, focusing on plants introduced through the Transatlantic Slave Trade. Attendees will uncover the historical significance and present-day relevance of these plants, not only in our gardens but also in our foods, medicines, and daily lives. The session emphasizes fostering a deeper connection with these botanical legacies, helping the Diaspora reconnect with their ancestral roots.

By exploring the journey of these plants from Africa to the Americas, attendees will gain insight into their powerful role in shaping cultures and sustaining communities. This workshop highlights the enduring relevance of these plants, not just as botanical specimens but as symbols of survival, resilience, and cultural continuity. Participants will leave with a greater understanding of the stories behind these plants and the wisdom embedded in their roots, contributing to the ongoing preservation and celebration of African Botanical Legacy.

Biography

Lyani Powers journey into herbalism and holistic care is deeply rooted in personal and cultural exploration. Passionate about the connection between plant medicine and ancestral wisdom, she immersed herself in various traditional healing systems. Lyani had the opportunity to learn from indigenous parteras and curanderas in Mexico, focusing on techniques like closing the bones and womb massage. Additionally, she has been influenced by Black Southern midwifery practices and the herbal traditions of the Caribbean. Her experience is multifaceted; she is a clinical herbalist, doula, and lactation consultant, with studies in Ayurvedic postpartum care and Southern Black midwifery traditions. Lyani integrates diverse influences into her work, from Ayurvedic practices to the African botanical legacy, which serves as a guiding lens in her approach. At the core of Lyani's practice is education, access, and collaborative care, working to bring ancestral wisdom back into our communities. She is passionate about creating a bridge between natural remedies and conventional medical care, ensuring that patients have access to a holistic approach to wellness. Lyani is especially dedicated to supporting women during their postpartum journey, viewing it as a time for deep restoration. Through nutrition, herbal support, and education, she empowers individuals to reconnect with their innate ability to heal. This philosophy aligns perfectly with the ethos of Modern Herbal Apothecary, where the focus is on providing sustainable, ethically sourced herbs and fostering wellness within the Tampa community.



Prof. María Beatriz Quintanilla-Madero, MD, PhD Department of Psychiatry, School of Medicine, Universidad Panamericana, Mexico City

Vitamin D deficiency and depression: A report of two cases

n recent years, many probable causes or associated factors for depression have been proposed. Many of them are related to the ingestion or lack of some nutrients in the diet, including poor nutrition, chronic inflammation related to some foods and lack of proper supplements. Altered microbiota and the absence in the diet of some probiotics and psychobiotics have also been suggested as probable cause. Another element that has been proposed to have a possible role in depression is Vitamin D deficiency, although its role in depression still presents controversies. Supplementation of Vitamin D has been proved to be useful in some cases; although other authors suggest that the supplementation of Vitamin D has no effect. In this study, two cases of patients with depression and low vitamin D levels are presented. The first case is a 19-yearold female teenager with a history of one year of depressive symptoms, learning difficulties at school, fatigue, low motivation and poor previous response to antidepressants. The second case is a 17-year-old female teenager, with previous history of ADHD with good response to Methylphenidate, and the onset of depressive symptoms for about 6 months before psychiatric assessment. Supplementation of Vitamin D was added to their antidepressive treatment and evolution is discussed. Results showed that the addition of Vitamin D might have helped them to recover faster from depression.

Biography

Prof. Maria Beatriz Quintanilla-Madero, studied Medicine at the Universidad Autónoma Metropolitana-X, Mexico City. Was specialized in Psychiatry in Spain and received a Ph.D. Degree in Medicine (Medical Physiopathology) at the Universidad de Navarra, Spain. Then joined the research group of Prof. German E. Berrios at the University of Cambridge, UK., where Prof. Maria did one year of postdoctoral research in Memory disorders. Back in Mexico City, obtained the position of Professor of Psychiatry and Medical Psychology at the Universidad Panamericana where has worked for 25 years.



Marian Mulligan Director Sphenoid Ireland, Ireland

Cranial structural alignment integrated naturopathy in the treatment of violence: Focus on individuals impacted by war, crime, tragedy, trauma, mental health within communities and high security prisons

The research and evaluation report measured and evaluated this treatment as 'unique' and a 'medical alternative', the report outlines the benefits of extending the program for children broken with abuse violence family pain and suffering, for occupational health staff injured by violence in the workplace and to extend the program for mothers and women. The research stated the program reached highest risk offenders, a prison aim normally difficult to reach. The research stated the benefits of a safer workplace and relief of pain and suffering should not be underestimated.

Biography

Government research and evaluation on the ICTp* integrated collaborative was commissioned and funded by home office advisory body, Kings College Hospital, London. The ICTp was developed implemented in UK and led by Marian Mulligan from Ireland. Forensic naturopathy: Initially working with a team of two hundred natural medicine professionals in high security prison environment. The initial prison was Wormwood Scrubs London UK.



Maurizio Orputi University of Rome Tor Vergata, Italy

Kinesiologic acupressure magnetic treatment a bridge between T.C.M. and applied kinesiology

Then an imbalance occurs within the body, it sends out various warning signals—such as pain, dysfunction, or emotional changes—that should not be underestimated. The individual must be considered as a whole, giving emotional well-being equal importance to physical health. Traditional Chinese Medicine (T.C.M.), in its many applications (acupuncture, cupping, tuina massage, moxibustion, therapeutic exercises, etc.), in addition to its role as energetic medicine, offers timely and highly effective support. Applied Kinesiology (A.K.) is equally valuable. This therapeutic system, developed in the 1960s by American chiropractor George Goodheart, aims to restore balance in the body, which is seen as an interactive unit of interconnected systems and functions. It uses the Neuro-Muscular Test, where muscle strength or weakness serves as a signal indicating the presence of a problem. This test functions as a code for communicating with the body—questioning it and receiving answers. This is done through Therapeutic Localization (T.L.): The patient or practitioner touches the area or organ suspected to be the source of the dysfunction while simultaneously performing a muscle test using a designated indicator muscle. The muscle's response confirms or rules out the suspected origin of the issue. T.L. is also used as an "active point test," helping determine whether a specific point is currently active. Additionally, neuro-muscular testing can be used to assess the effectiveness of any kind of therapy.

A clear parallel between T.C.M. And neuro-muscular testing emerges when examining the concept of health. Health is seen as an ideal equilateral triangle, where all three sides structure, biochemistry, and psyche—must be kept in balance. These three sides correspond to what T.C.M. refers to as the "Three Treasures": Jing (the essence that provides the body with developmental potential), Qi (energy in its most undifferentiated form), and Shen (spirit, which in a healthy individual reflects the mind's capacity to generate ideas and the desire to live). The K.A.MA.T. method (Kinesiologic Acupressure Magnetic Treatment) was developed out of the need for a therapeutic system that can be used with the widest range of patients, offering high levels of tolerability along with a significant reduction in treatment time and, ideally, healing time. The method is based on the clear synergy between T.C.M. and A.K., supported by an effective therapeutic tool: Magnetic cups. These provide a threefold T.C.M.-based treatment: Cupping, which removes Qi and blood stagnation; acupressure, via the magnetic tip that presses and stimulates the treatment point; Magnetic needling, which acts deeply through its magnetic field, either tonifying or dispersing, much like a traditional acupuncture needle.

Biography

Dr. Maurizio Orputi graduated in Physical Therapy and Orthopedic Neuromotor Rehabilitation in 1993; the same year earned a diploma in Traditional Chinese Massage (Tuina) at Guang a Men Hospital in Beijing. Dr. Maurizio held a BSc in Physiotherapy (2003) and a Master in Natural Medicine (2006) from the University of Tor Vergata–Rome. A Licensed Associate of the Faculty of Homeopathy (UK) since 2009, received his Naturopath Diploma (ND) in 2012 from the College of Naturopathic Medicine (UK). Has taught TCM at the Fatebenefratelli Foundation in Rome and at La Sapienza University. Since 2007 Dr. Maurizio teaches TCM at Tor Vergata University's Master in Natural Medicine and Naturopathic Sciences.



Professor Mohammad Kamil

Director General, Lotus Holistic Institute, Abu Dhabi, UAE

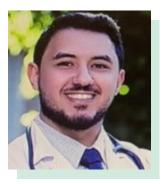
From traditional knowledge to pharmaceutical and phyto-pharmaceutical products special reference to quality control and standardization

Many studies have shown that traditional medicines can effectively treat certain diseases and often have fewer side effects than modern pharmaceuticals. This paper discussed the importance of traditional knowledge systems and their integration into modern healthcare.

Globally, there has been unparalleled growth in plant-derived medicinally useful formulations, drugs, and healthcare products, its market covering more than 60% of products derived from plant origin. The existence of traditional medicine depends on plant species diversity and the related knowledge of their use as herbal medicine. In addition, both plant species and traditional knowledge are important to the herbal medicine trade and the pharmaceutical industry whereby plants provide raw materials and the traditional knowledge prerequisite information. More than 150 important plant-derived drugs used in Modern Medicine (Pharmaceutical) have been discussed. Global herbal supplements and remedies market has reached US \$166.65 Billion by 2022, according to new report by global Industry analysts, Inc. This paper assesses in detail the standardization aspect of herbal medicinal products. The innumerable and enormous challenges making the global herbal market unsafe lead a great concern and continued work in this direction has been carried out earlier and still going on. In recent years with ever-growing commercialization in the field of herbal medicines, there has been an instant demand for quality control of drugs used in this system. This article is an attempt seeking to enlighten pharmacists, physicians, manufacturers, researchers, consumers and stakeholders in herbal medicines on the dire need to establish quality standards at each and every stage i.e. from birth of the medicinal plant to its clinical application. In the present paper, an attempt has also been made for a sequential study of the quality control of medicinal plants and herbal medicinal products starting from the birth of the medicinal plants to their clinical approach, with special reference to maintaining standardisation at every stage, as well as employ such parameters in ensuring the safety of the global herbal market.

Biography

Professor Dr. Mohammad Kamil, M.Sc.; M.Phil.; Ph.D.; D.Sc.; Chartered Chemist(U.K.) and Fellow Royal Society of Chemistry (London), has worked in various capacities. As In-charge -Drug Standardization lab. Aligarh, CCRUM, Ministry of Health -India, Head TCAM Research at Department of Health, Abu Dhabi (2010-2020). Presently working as Director General, Lotus Holistic Healthcare Institute, Abu Dhabi, UAE since 2021. He is heading the Scientific Committee for the Sheikh Zayed International TCAM Awards. A recipient of many honors and awards viz: -Young Scientist's Award, India(1998); Common Wealth Award-London(1992); Convention Award of Chemical Society-India(1993); Hakim Ajmal Khan Shield (1992); Association of Common Wealth Universities Fellowship–London(1993); Sheikh Zayed International Award in Herbal Research (2020) besides many other awards.



Osamah Otoom

Department of Medicine, Royal Blackburn Hospital, East lancashire NHS Trust, Blackburn, United Kingdom

Using herbal medicines in clinical practice - The evidence base

he use of herbal medicines expanded globally during the last decade in national health care systems in developing and developed countries. A survey conducted by Eisenberg et al, in 1998 involving 1,539 adults showed that 34% used at least one unconventional therapy in the past year and a third of these saw providers for unconventional therapy. Greatest use was among patients of 25-49 year-old, with higher education and higher income. Patients used herbs for chronic and life-threatening problems. Of those who used unconventional care for life threatening conditions, 83% also consulted a medical doctor. It was found that 72% of the unconventional medicine users did not advise their medical doctor. One third of them had adverse effects ranged from mild to severe. Studies indicated that most of the herbal medicines are subject to limited efficacy and safety testing. The quality of these products is also of a concern. A study published in JAMA (2004) showed that 20% of the herbal medicine products from south Asia contained potentially harmful levels of lead, mercury and/or arsenic as measured by X-ray fluorescence spectroscopy. Most physicians do not receive formal education on herbal medicine therapies, which necessitates the developing of appropriate training programs. This presentation summarizes an evidence-based approach to understand the safety, efficacy and quality of herbal medicines in clinic practice.

Biography

Dr. Otoom qualified in medicine in 2017 from Jordan University of Science and Technology. Completed an internship, during which Dr. Otoom joined a team of researchers interested in the use of herbal medicine in Jordan. The group is working on national guidelines for the use of herbal medicines and aiming to come up with recommendations for the evaluation of the safety and efficacy of those products in clinical practice. Dr Otoom is currently working at the Department of Emergency in the Royal Bournemouth Hospital- University Hospital Dorset-UK and is participating on a proposal to collaborate with WHO on this subject.



Rolf Dittli HVS-Swiss Homeopathy Association, Switzerland

Understanding the true causes of cancer

Causes in mortality. Over the years, the treatment of cancer didn't develop and improve fundamentally. The understanding of the deeper processes behind the disease is missing in the western medical world. Only a few authors dare to approach the cancer sickness from a different angel: The emotional and mental causes. Every attentive therapist–every medical doctor, oncologist or natural healer who looks deeper into histories, conflicts and personalities of cancer patients, is able to see patterns and similarities in these cases. As most of the natural healers acknowledge, diseases appear not randomly. Sicknesses itself, affected organs, and even individual symptoms, give information about the mental stage and the individual conflicts of a patient.

I observed cancer patients over the time of 30years, studied their life's, the circumstances and the background as well as the pathological and organic view of the sickness. The similarities of life stories, of childhood experiences and mental blockages in cancer patients are striking. This awareness leads me to further studies and finally to a full summary in my book: "Cancer–cry of the soul" –which was published 2023 in Germany (Terzium-Verlag). The main topic over all in cancer cases is: Suppression. We will find it on all levels: Body, mind and spirit. There are thousands of ways to suppress body processes. The more we intervene into the natural work of our cells and organs or poison the body, the more we put pression on him. On the mental side, we can see the suppression of emotions, as well as the non-living of personal requirements. The person restrains personal belongings on behalf of a super idea of peace, freedom and harmony or a certain kind of life task. As a consequence, he/she avoids conflicts, hates disharmonic moods and is rather fulfilling the needs of others, of a duty or a job, than their owns. On the top of the main themes there is the possibility to individualize the topic via the affected organs and the processes of the sickness itself.

In my speech I would like to highlight the main mental and physical causes for the occurrence of cancer, including examples of organ specific themes-and if wished, one or two accurate cases. Possible main themes of the speech: The central point of the speech includes the body-soul aspect in diseases-in general and specifically in cancer diseases. I explain the main mental themes and conflicts of a cancer patient. Participants will understand the connection between the sickness, the corresponding symptoms and the inner conflicts of a patient. These are discoverable in the personality, the life history, the individual conflict-resolution-skills and the

traumata of an affected person. To accept and understand what causes a sickness is the most important approach for a deep and sustainable healing–whatever disease we face. Especially natural healers and practitioners have to be aware of this. They should include this knowledge into their healing work, irrelevant of the treatment they apply.

In cancer patients we have to do an extensive & comprehensive anamnesis. We have to understand the patient on the level of body, soul and mind. The focus in cancer lies in the theme of suppression. The participants will become aware of the suppression on different levels: The body, the personality, the emotional aspects, as well as the bad results of traumata in the life of a patient. How to approach a cancer patient? The treatment of cancer must be individualized and chosen freely by the patient. Different kind of approaches and treatments has to be included and applied on altered stages of the sickness. Treatment of cancer patients is individual. We have to develop an individual concept to overcome the causes of the disease and unleash the suppressive parts in life. The consideration of the mental aspects of the sickness are fundamental in the cure of cancer. All kind of changes which help to unleash suppressive aspects in life have to be made: In the outside-world as well as mentally. All kind of activities and long-ago suppressed or forgotten 'dreams', has to be activated. Additional possible: The homeopathic approach in cancer.



Dr Sanand Ratnam Thekkayil^{1*}, Dr Neethu M K²

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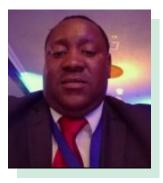
²Research Officer, Sree Subramania Ayurvedic Nursing Home, Calicut, Kerala, India

Ayurvedic substitution for modern RA medicines - A case study

heumatoid arthritis is an autoimmune condition that mainly impacts the joints and is marked by inflammation throughout the body. The intensity of symptoms varies among people. reducing pain and preventing or delaying more joint degeneration are the main treatment objectives for this condition. In the process of treatment of rheumatoid arthritis, there are several medication groups available. These include Disease-Modifying Antirheumatic Drugs (DMARDs), glucocorticoids, Nonsteroidal Anti-Inflammatory Drugs (NSAIDs), analgesics, and biological response modifiers. Different studies indicate that prolonged use of these medications in each of these groups can result in a wide range of side effects as well as the potential development of dependence. Abruptly discontinuing the medication may trigger withdrawal symptoms such as physical discomfort, nausea, exhaustion etc. Additionally, extended use of allopathic medications can potentially mask underlying symptoms and contribute to the development of digestive issues. Indigestion is a significant contributing factor to metabolic errors, which play a crucial role in the development of rheumatoid arthritis. In this case study, we have performed a specific pattern of gradually reducing the patient's allopathic medication dosage while simultaneously introducing essential and personalised ayurvedic treatments. Treatment typically begins with digestive aids (Deepana, Pachana) and then progresses to other nourishing and rejuvenating therapies (Brahmana, Rasayana, etc.). The aim was to effectively manage and address the complications resulting from discontinuing the allopathic medicine. This approach allowed us to carefully monitor the patient's progress and ultimately ensure their overall well-being. Our observations include notable improvements such as increased appetite, alleviation of symptoms like pain, swelling, fatigue, feverish sensations, tongue coating, a lighter feeling in the body, and clearer bowel movements. So ultimately ayurvedic treatments can balance natural elements of the body which automatically corrects body metabolism and the affected system.

Biography

Dr. Sanand Ratnam Thekkayil is an Ayurvedic Postgraduate Doctor from Kerala, India, and a member of the British Society for Rheumatology. Also, earned his Bachelor of Ayurvedic Medicine and Surgery from MGR Medical University and post-graduation from Rajiv Gandhi Medical University. Coming from a family with over 400 years of Ayurvedic practice, carries forward a rich tradition in holistic health management. Dr Thekkayil is committed to advancing the understanding of Ayurveda's role in managing rheumatic conditions. Is the Director of Sree Subramania Ayurvedic Nursing Home, A 26-bed Ayurvedic hospital with 10 acres of Herbal Garden and a Medicine production unit. This Hospital is also accredited by NABH(The highest accreditation given by Govt. of India). Has been published 5 Articles in leading Ayurvedic Journals.



Sechene Stanley Gololo

Department of Biochemistry & Biotechnology, School of Science and Technology, Sefako Makgatho Health Sciences University, Ga-Rankuwa, Pretoria

Qualitative phytochemical analysis of the different tissues of *Barleria dinteri* for possible underground part substitution with aerial parts towards sustainable medicinal plants usage

he objective of the study was to undertake qualitative phytochemical analysis of the different tissues of Barleria dinteri, a traditional herb used against several diseases, for possible plant tissue substitution towards sustainable medicinal plants usage. The different tissues of B. dinteri were extracted using cold maceration method through a serial exhaustive extraction procedure. The extracts were subjected to qualitative phytochemical analysis through chemical screening, thin layer chromatography and UV-visible spectrophotometric analysis. Qualitative phytochemical analysis through chemical screening showed mostly similarities in the phytochemical compositions of the different plant parts with only few differences observed. Anthraquinones were not detected in the extracts of all different plant tissues. The TLC profiles of samples, depicted through the Rf values of resolved compound bands, also showed mostly similarities with few differences. The UV-visible spectrum of the samples showed mostly similar maximum absorbance wavelengths amongst similar extracts of the different plant tissues. From the results of this study, it can be concluded that the qualitative phytochemical profiles of branches, flowers, leaves and roots of B. dinteri are mostly similar. As such, the aerial parts of B. dinteri could be recommended to substitute the usage of the roots in traditional medicine as a contribution to sustainable usage of the plant species.

Biography

Dr. Sechene Stanley Gololo studied Life Sciences at the University of Limpopo and obtained a MSc (Biochemistry) in 2009. Then joined the now Sefako Makgatho Health Sciences University in 2010 as a Natural Scientist. Also, received a PhD degree in 2016 at the same institute and established a Phytomedine Research Group with research interest pertaining to phytochemical analysis and bio-assaying of medicinal plants for anti-microbial, anti-diabetic and anti-cancer properties, later obtained the position of Associate Professor at the same institution. Dr. Sechene has published over 35 research articles in peer reviewed international journals.



Asst. Prof. Dr. Selvan Senthil Kumar BHMS, MD (Hom) PG–Hom (London), Practitioner, Researcher, Speaker & Author Homeopathy, Mumbai, Maharashtra, India

Unexceptional results in homeopathy: An evidence based case studies

Case study: 1

Introduction: A 58-year-old male presented with a non-healing ulcer and pedal edema on his left foot, complicated by a history of Diabetes Mellitus.

Aim: To evaluate the effectiveness of homeopathic remedies in managing pedal edema and promoting ulcer healing in a patient with venous insufficiency.

Patients and Methods: A 58-year-old male with Diabetes Mellitus and a non-healing ulcer on his left foot was treated with homeopathic remedies. The patient underwent clinical examination, Color Doppler ultrasound, and follow-up assessments.

Results: Significant improvement in both pedal edema and ulcer healing was observed following treatment with homeopathic remedies.

Conclusion: This case report highlights the potential benefits of homeopathic remedies in managing pedal edema and promoting ulcer healing in patients with venous insufficiency, suggesting a need for further research into the efficacy of homeopathic treatments for this condition.

Case study: 2

Introduction: A 35-year-old male presented with a 9-year history of infertility, accompanied by grade II varicocele, right epididymal cyst, low sperm count, sciatica, worsening back pain, and premature ejaculation.

Aim: To evaluate the efficacy of homeopathic remedies in addressing infertility and associated spinal pathology in a patient with multiple reproductive and musculoskeletal issues.

Patients and Methods: A 35-year-old male with a history of infertility, varicocele, epididymal cyst, and spinal pathology was treated with homeopathic remedies. The patient underwent semen analysis, MRI, and follow-up assessments.

Results: Post-treatment semen analysis revealed a significant improvement in sperm count and motility, indicating a positive response to homeopathic remedies.

Conclusion: This case report highlights the potential benefits of homeopathic remedies in addressing infertility and associated spinal pathology, suggesting a need for further research into the efficacy of homeopathic treatments for reproductive and musculoskeletal issues.

Keywords: Diabetes Mellitus, Pedal Edema, Venous Insufficiency, Spondylolisthesis, Homeopathic Remedies

Biography

Dr. Selvan S. is a practitioner, researcher, Author and International Speaker in the field of Homeopathic medicine. Dr. Selvan holds a BHMS degree also obtained a PG-Hom (London) and certification from the National Examination Board in Occupational Safety and Health (NEBOSH) followed by MD in Homeopathy. Currently, also works as a DG Approved Medical Examiner for Seafarers. Has presented many papers. Also, working as Assistant Professor at Sharad Chandra Pawar Homeopathic Medical College. Dr. Selvan is the first person in the world to make a Bike Campaign for the awareness of Homeopathy which was appreciated by all.



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Panchakarma in low backache/lumbago - A case study

ow Backache is a common painful condition affecting the lower part of the spine involving the muscles, nerves or bones of the back. Low Backache is caused by injury to a muscle or ligament. Common causes include improper lifting, poor posture, lack of exercise, disc rupture or Arthritis. Pain can vary from a dull constant ache to a sudden sharp feeling. In this study we have performed certain Panchakarma procedures like Enema (Vasti) and local application of herbal medicinal paste. The aim was to effectively manage the presenting complaints like pain, swelling, radiating pain downwards, stiffness and tenderness.

Biography

Dr Shreeraj AS is an Ayurvedic Postgraduate doctor in Kerala. Earned his Degree of Bachelor of Ayurvedic Medicine and Surgery and Post-graduation from Rajiv Gandhi University of Health Sciences. Coming from a family with over 100 years of tradition in the practice of Ayurveda and carries forward a rich expertise in health management. Dr Shreeraj is the Chief Medical Officer of Jeevanamritha Ayurveda and a medicine production unit.



Shuangteng He^{1,2,3*}, Feizhou He¹, Daihua Hu¹, Jianlin Yao¹, Wangsong Luo¹, Yaqing Peng¹, Dongqing Peng¹, Juxiang Tang¹, Yana Wang¹

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Treating lung cancer with the complex formula of four powerful herbs decoction for 105 patients

Objective: Lung cancer (LC) is a malignant tumor originating from the bronchial mucosa or gland, ranking the first among all types of cancers in clinic. As detecting methods such CT, Pet-CT, and MRI are used for diagnosis of LC, effective treatment is urgently needed to explore for the patients. In the past decades, some of new therapeutic reagents such as targeted therapy drugs and monoclonal antibody drugs were wildly developed and used in clinic for LC, the 5-year survival rate of patients has been significantly increased. However, chemotherapy drugs, targeted drugs, and monoclonal antibody drugs all have serious toxic side effects, and many patients are difficult to tolerate these treatments due to their severe myelosuppression, damage of liver and renel functions, or extensive skin ulceration. In addition, these drugs are easy to develop drug resistance and extensive metastasis occurs in patients after long-time of using these therapies. Therefore, exploring novel treatments with better efficacy and fewer side effects for LC will be beneficial to patients with LC in the world. In recent years, we have observed the clinical therapeutic effects of the complex formula of Four Powerful Herbs decoction (FPHD) on patients with LC, and obtained good outcomes.

Methods: (1) Subjects selected: A total of 105 patients with LC have been systematically observed in out-patient or in-patient units in our hospital from 2015 to 2024, and all of them have been confirmed by chest CT or MRI and tissue biopsy. There were 83 males and 22 females. The maximum age is 87 years old and the minimum age is 32 years old. There were 67 cases underwent surgery for pulmonary-lobectomy but all of them has recurrence in their remaining lung tissue or/and lymph nodes in adjacent area to the surgery site, 81 cases finished a full course of radiotherapy, and 91 patients experienced the treatments with chemotherapy, targeted drugs, and/or monoclonal antibodies before enrolled into this study, but 14 cases were not yet getting any other treatments but only wanted to take our herbal decoction after their diagnosis. All patients signed the informed consent forms. No chemotherapy, targeted drugs, and/or monoclonal antibodies were allowed after they are enrolled into this observation.

(2) Treatment method: The herbal decoction is cooked from the complex formula of FPHD, and mainly contained: Honeysuckle (Jinyinhua) 30g, Radix Radix (Xuanshen) 30g, Angelica Sinensis (Danggui) 15g, Beibuuru (Chaihu) 30g, Skullcap Tablets (Huangqin) 10g, Fabanxia (Banxia)10g, Ginseng (Renshen) 10g, and so on. One dose per 2 days. Continuous dose is

required every day with no interruption. The course of treatment is 30 days, and 6-12 treating course were needed. (3) Evaluation index: During the period of taking the decoction, the clinical signs and symptoms of the patient, such as cough, wheezing, chest pain, fever, appetite, stools and urine, etc., should be observed every day, and blood tests were checked every 30-day, including Blood Routine (BR), liver and renal function, serum tumor markers such as Carcinogenic Antigen (CEA), Cytokeratin 19 Fragment (CYFRA21-1), Squamous Cell Carcinoma associated antigen (SCC), Progastrin-Releasing Peptide (ProGRP), Neuro-Specific Enolase (NSE), Cancer Antigen 19-9 (CA199), CA125, and CA50. Chest CT or MRI was taken every 6-month. (4) Observation period: 3-year observation starting from the day of taking the decoction. (5) Assessing the efficacy: ① Clinical cured: The mass disappears, the clinical symptoms disappear, and the tumor markers are within the normal level; 2 Effective: Symptoms disappeared, daily life activities including appetite, sleep, movements, urine, and stools became normal, the mass of the tumor became smaller, tumor markers decreased, and no metastases to other part of the body; ③ Ineffective: Exacerbation of clinical symptoms, enlargement of the mass, elevation of tumor markers, enlargement of the mass, and metastases developed in other sites.

Results: (1) Clinical efficacy: Among the 105 patients, 17 were clinically cured, 61 were effective, 25 were ineffective, and 2 died. (2) Metastasis of tumor lesions during medication: Only 23 cases had lymphoid or other tissue metastasis. (3) The levels of tumor markers of serum in patients with LC including CEA, CYFRA21-1, SCC, ProGRP, NSE, CA199, CA125, and CA50 were lowered (All P<0.05). (4) Effects of the decoction on improving clinical signs and symptoms and daily life activities: Since taking this decoction, patients generally have improved in mental state, appetite, sleep, and their clinical signs and symptoms gradually alleviated or disappeared. (5) Side effects and toxic reactions of the decoction: This formula has the side-effect of causing mild diarrhea, but it is a sign of heat-clearing and detox of this decoction, and could be well tolerated in patients. During the observation period, the blood cells, and the function of liver and kidney remained normal, and lower numbers of blood cells or abnormal function of liver and kidney were improved to the normal levels in some patients due to the use of chemotherapy, targeted drugs, and/or monoclonal antibodies before starting this decoction.

Conclusions: (1) This complex formula of Chinese herbs has a good therapeutic effect on patients with LC, and some patients have been clinically cured (17/105). (2) With this therapeutic method, the rate of metastasis of tumor lesions is largely decreased (23/105). (3) This formula had good effects on improving the mental state, appetite, and sleep, alleviating clinical symptoms, and lowering the levels of serum tumor markers for LC patients. (4) The side effects and toxic reaction of this prescription were less. During the observation period, the blood cells, and liver and renal function stayed in normal levels. In summary, this prescription has a good therapeutic effect on treating lung cancer, and we expect its good prospect in further clinical application.

Keywords: Clinical Treatment, Lung Cancer, Traditional Chinese Medicine, Complex Formula of Four Powerful Decoction, Metastasis of Tumor Lesions, Tomur Markers in Serum

Biography

Dr. Shuangteng, studied Chinese medicine and west medicine in China since early 1970s and got his MS degree in the combination of Chinese and Western medicine in 1991 in Hunan University of Traditional Chinese Medicine, and got his MD and PhD degrees in the combination of Chinese and Western medicine in 1998 in Hunan Medical University. Then got his post-doctoral research training in neurology and neuro-pharmacology from 2000 to 2003 in Kansas University of Medical School, and now Dr. Shuangteng works in the Stroke Research Lab in Kansas City VA Medical Center as a senior research scientist. With his excellent clinical experiences, also working in his own hospital in the city of Loudi, China. Has published more than 60 research articles in peer-reviewed journals.



Shui-Hsiu Chang Tzu Chi University, Taiwan

Practical experience in combining aromatherapy and acupoint massage to improve sleep and reduce stress in adolescents

A dolescents often face issues of sleep deprivation and excessive stress due to academic pressures and societal expectations, which is particularly prominent in Asian countries such as Taiwan, China, Japan, and South Korea. However, adolescents in Western countries also encounter similar challenges. Research shows that a significant proportion of adolescents in the United States and Europe suffer from sleep deprivation. Hormonal changes during adolescence further exacerbate these issues, leading to emotional fluctuations, heightened stress responses, and increased sleep disorders. Prolonged sleep deprivation not only affects adolescents' cognitive abilities but also increases the risk of depression and suicide.

To address this global issue, we have combined aromatherapy, scalp, and full-body acupoint massage to help adolescents alleviate stress and improve sleep quality. This integrated therapy promotes emotional stability through the relaxing effects of essential oils and enhances physical and mental regulation through targeted acupoint massage, providing a deeper state of relaxation. Studies have shown that aromatherapy can effectively regulate the autonomic nervous system and reduce stress, while acupoint massage helps improve blood circulation and reduce anxiety. Years of practical experience have demonstrated that this combined therapy significantly improves adolescents' stress management and sleep quality while enhancing their learning efficiency and overall health. This method is not only suitable for adolescents in Asian cultural contexts. Still, it is also believed to positively impact adolescents in Western countries, providing a non-pharmacological alternative for addressing global adolescent sleep and stress issues.

Biography

Shui-Hsiu Chang is currently a second-year PhD student in Taiwan. Completed undergraduate degree in Traditional Chinese Medicine (TCM) in Tianjin, China, and obtained TCM physician certification there. After returning to Taiwan to care for her sick family members, furthered her studies in related caregiving fields. Shui-Hsiu earned certifications in aromatherapy from NAHA (USA) and IFA (UK) and a certification in weight training from AFFA. Gradually integrated these skills into her professional work. In her spare time, teaches simple and effective wellness methods to older people in community classes. Also serves as a guest lecturer at aromatherapy schools and hospitals, sharing her knowledge to promote holistic health and wellness.



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A scientific study to investigate the effects of Takradhara (ayurvedic therapy) on healthy people using EEG

This study aimed to investigate the effects of Takradhara therapy on healthy volunteers using Electroencephalography (EEG). Takradhara is a traditional ayurvedic therapy that involves pouring a continuous stream of medicated buttermilk (known as "takra") gently over the forehead. It is commonly used for Relaxation, Anxiety, Insomnia, and stress reduction. While the calming effects of Takradhara have been studied through questionnaires, a more scientific understanding is needed.

In this study, EEG was used to analyse brainwave activity in sixteen healthy volunteers who underwent Takradhara treatment over seven days. The treatment duration progressively increased from 20 to 35 minutes over the first four days and gradually decreased from 35 to 20 minutes over the last three days. EEG recordings were taken before and after each session to monitor changes in brainwave patterns. Welch's Fast Fourier transform (FFT) was used to analyze the EEG signals in order to obtain Alpha Power Spectral Density (PSD) features, which indicated a signal's power dispersed across a range of frequencies. Additionally, physiological and psychological parameters were recorded daily to assess the therapy's impact.

The results showed a 14% increase in Alpha Power Spectral Density (PSD) after Takradhara sessions. Since increased Alpha PSD is associated with a relaxed and calm mental state, Furthermore, physiological and psychological assessments also demonstrated improvements in stress and anxiety levels, supporting the therapy's effectiveness in promoting overall mental well-being. This study provides insights into the neurophysiological impact of Takradhara, contributing to the advancement of holistic healthcare practices.

Keywords: Ayurveda, Electroencephalography (EEG), Takradhara, Shirodhara.

Biography

Smit Sanjay Bhoir is currently pursuing his Master's degree at the Department of Applied Mechanics and Biomedical Engineering, Indian Institute of Technology Madras. Completed his Bachelor of Engineering in Mechanical Engineering from Mumbai University in 2020. Smit Sanjay research, under the guidance of Prof. C.Lakshman Rao, focuses on evaluating the effectiveness of natural mental well-being therapies using EEG-based analysis. Smit Sanjay work involves studying the neurophysiological impact of Ayurvedic therapies like Takradhara and Shirodhara. Research interests include machine learning, Deep Learning, and data analytics for healthcare applications.



Dr. Subhas Chandra Datta

Ph.D. from VisvaBharati, and Headmaster & Secretary & Coordinator, Kanchannagar D.N. Das High School (HS), Kanchannagar, Burdwan Municipality, PurbaBardhaman-713102, West Bengal

Use traditional weeds, vegetables, fruits, and spices as traditional biomedicines preventing 'X'-diseases focusing the global perspectives on diversity, sustainability, and accessibility

he scientists are puzzling and searching for an effective way to prepare vaccines or to vaccinate for the 'X'-Diseases. The rapidly changing world threatens these essential services due to catastrophic alterations of natural ecosystems, biodiversity, and climate change, focusing on. "The Theme, Global Perspectives on Traditional Medicine: Diversity, Sustainability, and Accessibility." So, to solve these problems, scientists are trying to apply their traditional knowledge resources and proficiency to deal with new environmental, ecological, economic, social, and educational health challenges and contribute significantly to saving our mother planet. Pharmaceutical companies may take responsibility for preparing vaccines as quickly as possible. The different common traditional products are used as 'Traditional Medicines/Phytomedicines/Herbal Medicines/Alternative Medicines for holistic treatment to conquer this situation". The main objectives of the current "Common Traditional Vegetables-Fruits-Weeds-Spices (VFWS)' show some typical students-preventive- 'Traditional Bio-Medicines' and therapeutic measures among school children for the 'Traditional-Bio-Medicines-Nationalism-Passport-Equity (TBMNPE)' Focusing Eco-Health (EH). And the 'VFWS- Internal Bio-Medicines' are prepared by mixing Vegetables (okra, cowpea, cucumber), Fruits (appleorange), Weeds (amaranths), and Spices (ginger-turmeric-garlic). The present 'Internal Biomedicines-extracts' are potential to prevent different diseases by increasing immunity with no toxic-effects showing the "'Use Traditional Weeds, Vegetables, Fruits, and Spices as Traditional BioMedicines Preventing 'X'-Diseases Focusing. The Global Perspectives on Diversity, Sustainability, and Accessibility" making the research-priorities and policy-issues of key-matters, like food security, climate-change, sustainable agriculture health biodiversity and conservation, etc. that 'The 8th Edition of International Conference on Traditional Medicine, Ethnomedicine and Natural Therapies' fulfills the "Traditional Med 2025" needs through its various activities, awareness, and publications as "Traditional Medicine OR Phytomedicine OR Herbal Medicine OR Alternative Medicine for the Holistic Treatment of 'X'-Diseases Focusing The Global Perspectives on Diversity, Sustainability, and Accessibility."

Keywords: Use-Traditional-Weeds-Vegetables-Fruits-Spices, Traditional-BioMedicines, Preventing 'X'-Diseases, Focusing-Global-Perspectives-Diversity-Sustainability-Accessibility

Biography

Dr. Subhas Chandra Datta, President Awardee, works as a Headmaster & Researcher, Kanchannagar at D.N. Das High School (HS). Has started his career as a Junior Research Fellow of Visva-Bharati in 1993. Dr. Datta has expertise in evaluation and a passion for improving health and well-being. His research interest is in Biomedicines, Genetics, Physiology, Education, Environment, Plant Protection, Agriculture, Pathology, Biotechnology, Sericulture, Entomology, Tissue Culture, Nematode Control, Bio-agents, Allelopathy, Behavioral and Homeopathy (evidenced by publications). Also, open and contextual evaluation model based on responsive constructivism creates new pathways for improving healthcare. Has built this model after 30 years of experience in research, evaluation, teaching, and administration in research and education institutions. Dr. Datta 1st-plant-based biomedicines in homeopathic forms 'Cina' achieve the 'World's Top Most Articles' in the 'Public Medical Health of WHO. Valuable work has been granted a Patent under the Central Silk Board. Various Articles and Publications 145 have been published. Dr. Datta is an honorary Member of different prestigious Organizations. Has been serving as an editorial board member of several reputed journals.



Veronica Pereira CEO & Founder of Rising with V, Chino Hills, CA USA

The missing link to unlock the body's innate intelligence to heal

his presentation offers an in-depth exploration of sound healing as a transformative tool for nervous system regulation, emotional processing, and behavioural health. Attendees will gain both hands-on experience and a scientific understanding of how vibrational frequencies influence mental and emotional well-being. The session begins with Experiencing the Power of Sound Healing: A Live Demonstration, where participants will engage in a guided sound healing session. This immersive experience allows attendees to observe first-hand how sound vibrations affect the body, helping to reduce stress, enhance relaxation, and bring clarity to the mind. Participants will reflect on their emotional and physical sensations before and after the session and analyse how different sounds impact their state of being. Following the demonstration, The Power of Sound Healing: A Transformative Tool in Behavioural Health will delve into the science behind sound healing. Through the lens of vibrational medicine and neuroscience, we will discuss how sound frequencies influence the brain, regulate the autonomic nervous system, and support emotional healing. Research findings and case studies will highlight the effectiveness of sound therapy in treating anxiety, PTSD, addiction, and other behavioural health conditions. Lastly, The Science of Sound: How Frequency and Vibration Influence Mental Health will bridge the gap between neuroscience and vibrational healing. Attendees will explore the effects of sound on brainwave activity, heart rate, and stress hormone regulation. The role of binaural beats, harmonic resonance, and rhythmic entrainment in supporting relaxation and cognitive focus will be examined. This session also provides practical applications for integrating sound healing into clinical settings, offering new tools for therapists and behavioural health practitioners to support clients struggling with emotional and psychological challenges. By the end of this presentation, attendees will have a well-rounded understanding of the physiological and neurological effects of sound healing and how to integrate these techniques into behavioural health programs for enhanced therapeutic outcomes.

Biography

Veronica Pereiea is an ISTA Certified Sound Therapist and Reiki Master, specializing in holistic healing through vibrational medicine, energy work, and integrative wellness. With certifications in Sound Therapy (Soul Remember Academy), AO Quantum Living, Integrative Nutrition Health Coaching (IIN), Kundalini Yoga, and Sunrise Yoga, Veronica brings a multidimensional approach to mind-body healing. Has studied with leading wellness experts, including Joshua Rosenthal, Dr. Andrew Weil, Dr. Mark Hyman, Jeffrey Allen, Gabrielle Bernstein, Eileen Mckusick and Shamini Jain. Veronica mission is to empower individuals with transformative tools for emotional balance, nervous system regulation, and deep healing through sound and energy therapy.

Ying-Hsu Juan

Department of Chinese Medicine, Dalin Tzu Chi Hospital, Buddhist Tzu Chi Medical Foundation, Dalin, Chiayi, 62247, Taiwan School of Post-Baccalaureate Chinese Medicine, Tzu Chi University, Hualien City, Hualien , 97004, Taiwan

The status of hemodialysis and the application of traditional Chinese medicine in Taiwan

Background: Taiwan has the highest prevalence of hemodialysis worldwide, with approximately 100,000 patients undergoing long-term hemodialysis annually. During the hemodialysis procedure, the rapid removal of small molecules such as electrolytes and urea nitrogen can lead to significant fluctuations in blood osmotic pressure, acid-base balance, and body fluids. Hypotension is the most common complication during hemodialysis. If excessive fluid is removed during dialysis, rapid changes in fluid volume can easily cause muscle cramps and pain. Clinical symptoms such as headache, nausea, vomiting, convulsions, and tremors are also common in patients undergoing dialysis for the first time. Uremic pruritus often becomes more pronounced during dialysis, and chest pain, chest tightness, and shortness of breath are also commonly observed in patients with cardiovascular disease during dialysis.

Methods: Physicians regularly visit the dialysis center to assess patients' needs. Based on the patient's clinical data and according to the theory of Traditional Chinese Medicine (TCM), Chinese herbal medicine or acupuncture treatments are administered.

Results: Currently, TCM therapies have shown relatively good efficacy in treating hypotension, pruritus, and anemia. Based on years of experience and observation, fixed Chinese herbal formulas and commonly used acupoints have been identified to alleviate patients' complications. Current research has found that acupuncture at the antipruritic acupoint can improve pruritus, and a pruritus scale is used to evaluate the therapeutic effect. We have also found that taking Chinese herbal medicine can increase hemoglobin levels and avoid blood transfusions. It has also been observed that regular use of Chinese herbal medicine significantly reduces the frequency of calf muscle cramps.

Conclusion: TCM has unique advantages and potential in hemodialysis care. We believe that through continuous scientific research and clinical practice, TCM will play a more important role in the field of hemodialysis and bring healthier and more comfortable lives to patients.

Biography

Dr. Juan, Ph.D. (China Medical University), practices integrated traditional Chinese and Western medicine at Dalin Tzu Chi Hospital and teaches at Tzu Chi University. Specializing in neurology, ophthalmology, and renal diseases, Dr. Juan, combines TCM and Western approaches for comprehensive patient care, conducting related research and instruction.



Yutika Joshi

Dr. D.Y. Patil College of Ayurveda and Research Center, Pune, Maharashtra, India. Hochschule Fresenius University of Applied Sciences, Germany

Dhoopana: A traditional air purification technique for enhancing indoor air quality

ndoor air quality is a growing concern in modern society, particularly in enclosed spaces where harmful airborne pathogens and microbes proliferate in moist environments. Traditional chemical air purifiers, while commonly used, pose potential health risks due to their synthetic composition. This study explores the ancient Ayurvedic practice of Dhoopana as a natural and holistic alternative for purifying indoor air and mitigating microbial contamination. Dhoopana involves the controlled burning of specific herbal, mineral, and sometimes animal products to release therapeutic fumes. Rooted in Ayurvedic scriptures, Dhoopana is believed to possess antimicrobial properties, effectively sterilizing the environment and preventing the spread of airborne diseases. The concept of 'Rakshoghna Karma,' a method to eliminate disease-causing microorganisms, underscores the relevance of Dhoopana in maintaining clean and healthy living spaces. The study highlights the different types of substances used in the process, including Neem (Azadirachta indica), Guggulu (Commiphora wightii), and Vacha (Acorus calamus), and their role in reducing microbial load, particularly bacteria and fungi. The paper discusses practical applications of Dhoopana, integrating ayurvedic principles with modern scientific approaches to promote environmental sterilization. It also explores the cultural significance of Dhoopana as a daily ritual for spiritual and environmental well-being. Through this research, the study advocates for the integration of Dhoopana into contemporary practices, offering a natural, sustainable solution for improving indoor air quality and overall health.

Biography

Yutika Joshi graduated in 2023 from Dr. D.Y. Patil College of Ayurveda and Research Center, Pune, India, with a Bachelor's degree in Ayurvedic Medicine and Surgery. During her studies, practiced Ayurveda for five years under the guidance of eminent mentors in Pune and later spent a year practicing in rural parts of India. Driven by her passion for innovation, Yutika is pursuing a Master's degree in International Health Economics and Pharmacoeconomics at Hochschule Fresenius University of Applied Sciences, Germany. Yutika aims to integrate her knowledge of traditional medicine with modern healthcare innovations to explore new frontiers in wellness and technology.

BOOK OF ABSTRACTS



8th Edition of International Conference on **Traditional Medicine**, **Ethnomedicine**, and Natural Therapies

JUNE 05-07

POSTER PRESENTATIONS



Hsiao-Chi Nieh^{1*}, Gan-Hon Lin²

¹Nursing Supervisor, Department of Nursing, Taichung Venterans General Hospital / Taichung, Taiwan (R.O.C) ²Nurse Department of Nursing, Taichung Veterans General Hospital/Taichung, Taiwan (R.O.C)

Research on the effectiveness of Tianshu acupoint pressure for constipated patients and the analysis of syndrome types

Background: Constipation is associated with an increased risk of colorectal cancer, liver disease, hemorrhoids, colonic diverticulitis, breast cancer, dementia, cardiovascular disease, asthma, urticaria, and other conditions. According to the "Traditional Chinese Medicine (TCM) Nursing Four Diagnostic Assessment Guidelines," constipation is categorised into four syndromes: Heat-type constipation, cold-type constipation (Yang deficiency constipation), deficiency-type constipation (Qi deficiency, blood deficiency, Yin deficiency), and Qi stagnation constipation. A clear understanding and identification of constipation syndromes allow a more effective implementation of nursing interventions in clinical practice, ensuring high-quality patient care.

Research Objectives:

- 1. To evaluate the effectiveness of applying pressure at the Tianshu (ST25) acupoint in improving constipation symptoms in hospitalised patients.
- 2. Analyse the effects of Tianshu acupoint pressure on different constipation syndromes.

Research Methods and Procedure:

This study is an experimental research project conducted by nursing staff trained in traditional Chinese Medicine (TCM) nursing techniques. A TCM physician provided consistency training to ensure uniformity in acupuncture point location and pressure techniques. Hospitalised patients with constipation underwent Tianshu acupuncture point pressure therapy to relieve symptoms of constipation. The Tianshu acupuncture point is located two cun (approximately the width of three fingers) lateral to the navel on both sides.

Acupoint Massage Technique and Duration:

- The therapist applied circular pressure using the thumb pad, exerting a force of approximately 3-5 kg or pressing to a depth of 1-2 cm until the patient felt soreness, numbness, or distention.
- The left and right Tianshu acupuncture points were pressed separately for about 3 minutes each.

 The procedure was performed twice daily at 10 AM and 3 PM, ensuring that patients had eaten at least one hour prior to the intervention. The TCM Constitution Scale was used for body constitution analysis.

Results: Data analysis was carried out using the SPSS 25.0 statistical software. The study assessed improvements in constipation symptoms and patient constitution. A total of 30 constipated patients were enroled in the study. The results demonstrated that Tianshu acupuncture point pressure improved the severity of constipation, the frequency of defecation, and the characteristics of the stool. Among the participants, 28 patients had a constitution of Yin deficiency and 2 patient had a constitution of Qi deficiency.

Conclusion: The Tianshu acupuncture point pressure is a simple and effective technique. The results of the study indicate that Tianshu acupuncture stimulation promotes intestinal movements in constipated patients. As a non-invasive adjunct nursing intervention, it can prevent constipation, reduce the need for laxative medications, and reduce healthcare costs. In addition, by understanding their constitution, patients can use this knowledge as a basis for maintaining TCM health. This study also provides clinical nursing staff with a safe, effective, and comfortable method of preventing constipation, serving as a valuable reference for patient care.

Keywords: Constipation, Tianshu Acupuncture Point, Acupoint Massage, Types of Syndromes

Biography

Hsiao-Chi Nieh studied Nursing at HUNGKUANG University and graduated with an MS in 1994. Also, is the Nursing Supervisor of a hospital and has been working in a teaching medical centre for 33 years, and has main expertise in medical and surgical nursing, neurological, postoperative nursing, and nursing administration. Hsiao-Chi Nieh has published more than 5 research articles in SCI journals.



Hsin-Huei Chang^{1,2*}, Shan-Yu Su^{1,3}

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²Graduate Institute of Chinese Medicine, China Medical University, Taichung, Taiwan ³School of Post-baccalaureate Chinese Medicine, College of Chinese Medicine, China Medical University, Taichung, Taiwan

Acupuncture in the treatment of perimenopausal insomnia: A literature review

Background: Sleep disturbances are reported by 40–60% of perimenopausal women. The established association between fluctuating hormonal milieu and sleep is one explanation for the development of insomnia during perimenopause. The endocrine system is considered one of the principal intrinsic factors affecting women's sleep during their reproductive life span. As estrogen is involved in the regulation and stabilization of the circadian rhythm system, its physiological fluctuation, as well as a decreased sensitivity to estrogens in the hypothalamus during perimenopause, contributes to circadian rhythm disturbances and possibly the subsequent development of PMI. Western medical treatment modalities encompass both non-pharmacological and pharmacological interventions. Pharmacological therapies can be further categorized into hormonal and non-hormonal therapies. Prolonged administration of hormonal therapies and hypnotic agents is associated with an increased incidence of adverse effects, including an elevated risk of endometrial and breast carcinomas attributable to hormonal exposure. Consequently, alternative therapies should be considered as an initial intervention for alleviating insomnia during perimenopause.

Objectives: To evaluate the short-term and long-term effects and elucidate the underlying mechanism of acupuncture on perimenopausal insomnia (PMI).

Methods: Eligible research was identified through a systematic search of the following electronic databases: PubMed, Cochrane Library, and EMBASE. Publications were shortlisted using the following search terms: ((perimenopausal) AND (insomnia)) AND (acupuncture). The publication date is within 10 years. According to the International Classification of Sleep Disorders, Third Edition (ICSD-3), chronic insomnia was diagnosed with clinical interviews and sleep diaries. Perimenopause was defined as menstrual cycle irregularity (a change of 7 days or more in the menstrual cycle) or amenorrhea for no longer than 60 consecutive days, according to the recommendations from the Stages of Reproductive Aging Workshop.

Results: Two reviews and six clinical trials were found eligible. After treatment, the Pittsburgh Sleep Quality Index (PSQI) and Insomnia Severity Index (ISI) scores decreased. The Sleep quality in patients with perimenopausal early-wake insomnia (detected by Actigraphy) improved. The overnight polysomnography (PSG) exam was improved. Acupuncture combined with Chinese medicine has a more positive effect than Western medicine alone in improving sleep

and FSH levels. The findings suggest that acupuncture may be a safe and effective treatment for PMI and improve the quality of sleep in patients during perimenopause, and could have a long-lasting effect during 20-week follow-up visits.

Conclusions: Acupuncture ameliorates PMI, along with increments in circulating E2 and/ or decrements in FSH and LH levels. Researchers thereby inferred that acupuncture might improve PMI by modulating the expression of one or more of these three hormones.

Biography

Dr. Hsin-Huei Chang completed her Master's in Pharmaceutical Science at Taipei Medical University in 1996 and graduated from the School of Post-Baccalaureate Chinese Medicine at China Medical University in 2005. After completing her residency training in Chinese medicine at China Medical University Hospital, dedicated herself to the gynecological clinic in traditional Chinese medicine, including treating infertility and endometriosis using traditional Chinese medicine. Has published a research article in the Journal of Obstetrics and Gynecology. Dr. Hsin-Huei started studying for PhD degree in 2023 at China Medical University.



Nife Joshua

Department of Environmental Studies, Amherst College, 101B Beneski Building, 220 South Pleasant Street Amherst, MA 01002

Certified healers and community health: Analyzing legislative impacts on traditional medicine in Madagascar

This phenomenological study investigates the impact of legislative recognition and certification of traditional healers on healthcare access, trust, and the perceived legitimacy of traditional medicine in Madagascar. Conducted in Andasibe, Morondava, and Antananarivo, the study involved local respondents that included hospital staff, traditional healers, vendors, and citizens. Despite the 2007 legislation recognizing traditional practitioners, findings suggest minimal changes in public trust, access, and financial barriers. Traditional medicine remains integral to Malagasy culture, especially in rural areas. The study underscores the need for greater integration and support to enhance healthcare access and trust in traditional practices. Limitations include a small sample size, geographical constraints, and translation challenges.

Biography

Nife Joshua is a junior at Amherst College, majoring in Environmental Studies, with a strong focus on research in healthcare. Also, conducted a phenomenological study in Madagascar, emphasizing indigenous voices in healthcare, under the guidance of Dr. Nat Quansah at the University of Antananarivo's Pharmacology Department. Nife worked on a National Science Foundation project on mycorrhizal fungi in Alaska with Professor Rebecca Hewitt, using Excel to analyze data on bulk density, phosphorus percent, and soil PH. Nife experience as a certified EMT complements her research interests. Has serves as an editor for The Amherst Student.



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WORKSHOPS



Alexis Brink

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

The art of Jin Shin: Acupuncture without needles

The art of Jin Shin: Acupuncture without Needles online workshop provides an introduction to the basic principles and practice of the Art of Jin Shin. It is meant to be used in tandem with the art of Jin Shin book. The course is designed to present the practice of the Art of Jin Shin in a systematic way, enabling students to apply Jin Shin to themselves and others by giving them a firm understanding of both the principles and methods of application.

Biography

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



Laure Le Corroller

Dr. & Master Sha, World Renown Healer, Speaker, Author, Tao Grandmaster, and Humanitarian, Founder of Universal Soul Service Corporation and Love Peace Harmony foundation, Toronto, Canada

Soul medicine with Tao transformative field for chronic and life-threatening conditions

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

He founded Soul Mind Body Medicine by combining the essence of western medicine with ancient Tao wisdom. He applies the Universal Law of Shen Qi Jing: "heal the soul first, healing of the heart, mind and body will follow". A powerful information system to help bring transformation. He created Tao Science, in collaboration with Dr Rulin Xiu, bridging science and spirituality at a fundamental level, and he contributed to the culmination of quantum physics scientists work on the Grand Unification Theory.

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

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

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

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

Biography

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



Lyani Powers Modern Herbal Academy, Tampa, FL, USA

Rooted: Herbs for pregnancy & postpartum

Rooted: Herbs for Pregnancy & Postpartum is an informative and hands-on workshop designed for healthcare providers, birth workers, expectant parents, and herbalists of all experience levels. The session highlights holistic, herbal approaches to common pregnancy and postpartum concerns, such as morning sickness, preeclampsia, and postpartum recovery. Drawing from global traditions to support the maternal dyad, participants will be introduced to safe, natural remedies that can complement conventional care methods. The workshop empowers attendees with practical knowledge and self-care routines, offering the tools to better support expectant mothers and their families. In addition to exploring holistic remedies, participants will learn about crafting herbal blends, and integrating these tools into their daily routines for improved maternal well-being. By the end of the workshop, participants will have the confidence to incorporate herbal wisdom into their professional practices or personal care, fostering a more inclusive and holistic approach to maternal health.

Biography

Lyani Powers journey into herbalism and holistic care is deeply rooted in personal and cultural exploration. Passionate about the connection between plant medicine and ancestral wisdom, and immersed herself in various traditional healing systems. Lyani had the opportunity to learn from indigenous parteras and curanderas in Mexico, focusing on techniques like closing the bones and womb massage. Additionally, has been influenced by Black Southern midwifery practices and the herbal traditions of the Caribbean. Has experience is multifaceted; Lyani is a clinical herbalist, doula, and lactation consultant, with studies in Ayurvedic postpartum care and Southern Black midwifery traditions. Lyani integrates diverse influences into her work, from Ayurvedic practices to the African botanical legacy, which serves as a guiding lens in her approach. At the core of Lyani's practice is education, access, and collaborative care, working to bring ancestral wisdom back into our communities. Is passionate about creating a bridge between natural remedies and conventional medical care, ensuring that patients have access to a holistic approach to wellness. Lyani is especially dedicated to supporting women during their postpartum journey, viewing it as a time for deep restoration. Through nutrition, herbal support, and education, empowers individuals to reconnect with their innate ability to heal. This philosophy aligns perfectly with the ethos of Modern Herbal Apothecary, where the focus is on providing sustainable, ethically sourced herbs and fostering wellness within the Tampa community.

Notes:

BOOK OF ABSTRACTS

We wish to meet you again at our upcoming event

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Questions? Contact

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