

2ND EDITION OF INTERNATIONAL CONFERENCE ON TRADITIONAL MEDICINE, ETHNOMEDICINE AND NATURAL THERAPIES

Sept 24-25, 2021



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2ND EDITION OF INTERNATIONAL CONFERENCE ON
TRADITIONAL MEDICINE, ETHNOMEDICINE
AND NATURAL THERAPIES

SEPT 24-25, 2021

Theme:
Cure with Nature

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About **MAGNUS GROUP**

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

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

About **ICTM 2021**

Magnus takes great pleasure to invite you for "2nd Edition on International Conference on Traditional Medicine, Ethnomedicine and Natural Therapies" scheduled on September 24-25, 2021 virtually.

ICTM 2021 is with the aim to reach out every corner of the world to gather the Ambassadors of research and provide a platform where updating and the exchange of the information become easier. Deep focus by our enthusiastic and ambidextrous group of professionals on every aspect of traditional medicine and ethnomedicine would churn out the life's quality with great and everlasting beneficial effect on health care. Traditional medicine and ethnomedicine is intended to unwrap and empower the miraculous healing effect of traditional and alternative medicine and boost the well-being.

KEYNOTE FORUM

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Peter-Hansen Volkmann

Naturopathy Medical practice, Germany

Holistic views on Covid – treatments with orthomolecular vitamins, trace elements etc.

Covid-19 – corona virus infections are well known to men since thousands of years: Among many infections people know corona viruses as well as a lot of different types of bacteria due to the development of civilisation in ancient times. The human answer occurred always from the strong immune system. Survival of the fittest was based on an excess supply of orthomolecular substances in fresh food, less or no environmental pollution and no artificial poisons in their food like magnesium stearate etc. That means, body und gut where healthy with fresh air, clean water and instead of body building built by daily strong bodily work. Most people were as strong as a horse.

Volkman’s trio of culprits: The three most important causes of acute or chronic disorders such as silent inflammation, bacterial or virus infections, Covid-19 etc. are alimentary disequilibrium, maldigestion and malabsorption – Bad eating habits, followed by dysbiosis in the intestinal flora of the microbiome and nutritional deficits of trace elements etc. destroy any healthy gut and immune system.

Volkman’s trio of therapies: A change in diet, including a switch to locally grown organic foods, with avoidance of processed foods and other sources of food chemicals. HOT – hypoallergenic orthomolecular therapy – substitution of vitamins, omega fatty acids and trace elements for biological improvement of food and the intestinal regeneration of leaky gut as protection of maldigestion and malabsorption.

Audience Take Away:

- Avoidance of possessed or fast food as risk for Health.
- Sensitivity for natural grown healthy food for the gut-brain-axis.
- Food intolerance and environmental reasons of allergies for example as particulate matter, from Tupper ware or pans with Teflon, BPA etc.
- Hormonal and environmental influence on illness in connection with a healthy behavior.
- Solution of the above-described problems with hypoallergenic orthomolecular treatments – HOT and dose-effect relationship of higher or increased dosage for example of zinc daily 150 to 200 mg or vitamin D daily 20.000 – 100.000 I.U. in case of severe infections or immunodeficiency.
- Happy patients – happy therapists!

Biography:

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



Rosemarie Wagner

Rosewelt Natural Medicine Praxis, Switzerland

Organ language-How do organs communicate themselves?

Symptoms (chronic symptoms) recurring signals of the body. Who doesn't know them, the messengers of our organs, the language of our body? Symptoms that somehow don't want to go away. Have you been treating a symptom, an illness, for a long time? But as soon as one symptom is gone, something new comes up? Imagine that your body keeps sending signals. A ringing in the ears, a feeling of tension in the back, a feeling of pressure in the stomach, recurring symptoms, discoloration of teeth, nails, hair loss, blurred vision? You don't know what this can lead to or what it means? Organ language is a self-organized dialogue. The moment we listen and understand how the organs speak to each other, we perceive and recognize the cause. A symptom, a disease fulfills a purpose. The body lives out what the human being does not live with his spiritual, mental aspects. Organs cooperate with each other; they are lenders and loan receivers. Organs perform the perfect language to give the body as a vehicle of the human being the best platform for its work. E.g., heart symptoms can and may be related to the partner organ, the small intestine. Lung symptoms often have their cause in the large intestine and vice versa. The work of the urinary bladder moistens the eyes. Because organ language is very complex, I will use two examples in this talk to show this amazing cooperation. This knowledge allows to correctly identify causes of diseases and to treat them more efficiently.

Audience Take Away:

- You get an overview of the cooperation of the organs.
- You understand the sociodynamics of the organs.
- You learn to integrate important criteria, such as reflex zones, meridians, body characteristics in your anamnesis.
- You learn how to follow the cause of a disease back to its origin.
- You will recognize the underlying organ-work in your daily life through the symptoms.
- Basically, it is to be understood that the awareness of symptoms is generally based on the organ work.

Biography:

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



Fai Chan

Clinical Aromatherapist, Deli Aroma LLC, Austin, Texas, USA

Delving into the do's and don'ts in allergy and flu season through Clinical Aromatherapy perspectives

Texas in the United States is a place that triggers most severe allergies/flu in the United States. People always blame the cedar trees that cause the issue. Actually people there lack the professional knowledge of differentiating allergies from flu. And think that they are the same which poses big issue to public health. Nowadays people always favor self-care but are they qualified to self-care themselves without professional guidance? When they have flu they always tell people that it is allergy and go to public place without using a mask. Because they don't want to be discriminated by others. Somehow people in Texas develop nasal allergies in a year or two. Ironically, this does not happen to me and my family members... because Clinical not Recreational Aromatherapy comes into play. In this speech, what can be done to successfully block the onset of allergies and flu. Successful cases on my clients with Pneumonia, Asthma Attack and Nasal Allergies will be discussed and once flu get into your body, how Clinical Aromatherapy can be applied to help relieve please remember Preventative measures are better than Intervention which takes a longer time and tedious work to tackle.

Audience Take Away:

- Alternative medicine is not doing what people think - just do it because it makes them feel good. Actions always bring consequences. It is always good to seek professional guidance when they practice self-care.
- Through this presentation, it is hope that people will value the professionalism of those alternative medicine providers. The practical and proven ways mentioned in the preventative measures and the intervention that can be taken may guide future research in the studies of resolving respiratory issues research such as how complementary protocol can help positively and effectively in reducing the side effects of conventional drug. The collaborative efforts are beneficial to both parties and also the patients. By incorporating the expertise of alternative medicine practitioners, the accuracy of the research should be furthered as there is a clear understanding of the different results brought by Clinical Aromatherapy and Recreational Aromatherapy through this presentation.

Biography:

Clinical Aromatherapist Fai Chan started her career in 2014, when she was still a student, she already published research findings with international Aromatherapy journals. In 2015, she served the board of a world leading aromatherapy association (Alliance of International Aromatherapists). She was also the chair of the publication committee. Deli Aroma LLC is dedicated to holistic healing protocols and research. Grounded by pharmacology, her specialties are in the healing of psychiatric/neurological issues and diabetes. Based on Traditional Chinese Medicine (TCM) framework, with the synergistic effects of combining the therapeutic approach with chemistry, her remedies are very effective. Recently, her formulated products got the top 3 awards in a Hollywood renowned music festival award programs.

SPEAKERS | DAY
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Raffaele Pilla

St. John of God Hospital, Italy

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

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

Biography:

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



Ratchuporn Suksathan*, Ratchadawan Puangpradab, Apinya Rachkeeree, Benjaporn Pawin and Kuttiga Kantadoung

Queen Sirikit Botanic Garden, The Botanical Garden Organisation, Maerim, Chiang Mai, Thailand

In-vitro Anti-acetylcholinesterase inhibition and antioxidants of ginger plants

In this research, 5 plant species in family *Zingiberaceae* were initially analysed for phytochemicals, total phenolic contents (TPC), total flavonoid contents (TFC), antioxidant properties, as well as their anti-acetylcholinesterase inhibition. *Alpinia nigra*, *Amomum biflorum*, *Amomum koenigii*, *Boesenbergia maxwellii* and *Etilingera araneosa* were collected from Queen Sirikit Botanic Garden (QSBG) living collection in Thailand. The ethanol rhizome extracts gave percent yield ranged from 3.81-7.00 % (w/w). The results of anti-acetylcholinesterase inhibition of ginger plants are expressed with IC₅₀ in ranged of 1.49- 4.94 mg/ mL. *A. koenigii* gave the best results of anti-oxidative property by 2,2'-azino-bis (3-ethylbenzothiazoline-6-sulphonic acid) (ABTS) assay, anti-acetylcholinesterase, percent yield, TPC and TFC. While *A. biflorum* showed the best antioxidant value with IC₅₀ 1.63 ± 0.02 by 2,2-diphenyl-1-picrylhydrazyl (DPPH). The chemical constituents of ethanol rhizome extracts were also characterised using High Performance Thin Layer Chromatography (HPTLC) and Thin Layer Chromatography/ Compact Mass Spectrometer (TLC/CMS), while the quantitative analyses of their chemical compounds were analysed by HPLC compared to standards (i.e., gallic acid, caffeic acid, vanillin, quercetin, luteolin and cyanidin chloride). The most active extracts showed the presence of phenolic and flavonoid compounds, these characteristics may be related with strong anti-Alzheimer and antioxidants.

Audience Take Away:

- The comparison of chemical types, anti-acetylcholinesterase inhibition and antioxidant properties among 5 ginger plants.
- Phenolic and flavonoid compounds in rhizome extracts of ginger plants may be related with strong anti-Alzheimer and antioxidants.

Biography:

Dr. Ratchuporn Suksathan studied Pharmaceutical Science at the faculty of Pharmacy, Chiang Mai University, Thailand and graduated as MS in Botany from faculty of science in the same university. She is a researcher of Research and Product Development Section, Queen Sirikit Botanic Garden, Chiang Mai, Thailand. Her research interests include phytochemistry, aromatic plants, biological activities and natural products. She has published more than 17 research articles in SCI(E) journals. She is the inventor on at least 7 granted Thai petty patents involved in natural products.



Ahmed Banda* and Prof. Hamed Mutwally

Department of Biology, Umm Al-Qura University, Makkah, Saudi Arabia

Efficiency of using Turmeric and Cinnamon to control levels of blood sugar and blood pressure

Different herbs and medicinal spices are used to reduce risks of common diseases. Turmeric and Cinnamon are used in Chinese medicine for thousands of years. Turmeric is used to clear inflammations and infections inside and outside of the body. While Cinnamon is ranked as one of the most protective and antioxidant herbs and medicinal spices in the world. In this research, effects of daily eat of Turmeric or Cinnamon on human body functions (e.g.: Blood pressure and blood sugar levels and heart rate) have been analysed by testing a random sample that consists of 4 men who were asked to eat Cinnamon and Turmeric. During the period of study, 50% of the random sample ate Cinnamon and other 50% ate Turmeric based on specific rules. Specific rules start with drinking 200 millilitre (mL) of hot water that is mixed with 20 grams (gm) of Cinnamon or Turmeric powder twice daily and for 28 days without following a specific dietary pattern. Different tests have been applied on the random sample under supervision of medical specialists. It was noticed that Turmeric and Cinnamon helped to reduce blood pressure level for all members of the random sample. For example, the blood pressure level for Member-A has dropped from 120/87 millimetres of mercury (mmHg) to 120/78 mmHg during the whole period. Blood sugar level followed the same approach. It has dropped from 85 Milligrams per decilitre (mg/dL) to 77 mg/dL for Member-A. But it had a side effect based on urinalysis. Level of urine density have been risen. Leukozyten has been shown at urinalysis results. It should not be shown in urine. Also, it was shown clearly how heart rate risen and it should be controlled. Effects on body weight has been investigated. It was noticed that Turmeric and Cinnamon have a little effect on body weight, and it can be neglected. Results of this research shows how can Turmeric and Cinnamon help to solve different medical issues to meet global challenges.

Audience Take Away:

- Finding new ways to control blood pressure and blood sugar levels.
- Understanding how herbs and medicinal spices are used to reduce risks of common diseases.
- Exploring how Turmeric and Cinnamon have a side effect if they have been eaten daily.
- Finding an opportunity to do a research in the filed of study. For example, the presented study shows how Turmeric and Cinnamon help to control level of blood sugar for normal people. But the study does not touch diabetics.

Biography:

Ahmed Banda studied Bachelor of Biology at Umm Al-Qura University, Saudi Arabia and has graduated as a Biologist in 2020. During the last semester of his undergraduate studies, he joined the research group of Prof. Hamed Mutwally and worked at Herbal Medicine field. He seeks to get an opportunity to complete the graduate studies at the same field of his research. Ahmed interests in his educational background as well as he interests in entrepreneurship. He seeks to turn his innovative discoveries at his research field to the market to meet the global challenges.



Wilfried Dathe

Heck Bio-Pharma GmbH, Germany

Properties of natural Cuban zeolite and its oral and topical use in human medicine

Zeolites of natural occurrence are composed of different topologies and the most common one in medical application is clinoptilolite. However, the X-ray diffraction (XRD) pattern of the Cuban zeolite exhibits a mixture of the medium-pore 10-membered ring zeolite clinoptilolite and the large-pore 12-membered ring zeolite mordenite. Our investigations had been focused on the effects of particle size, mineralogical composition as well as histamine and serotonin binding capacities of the natural Cuba zeolite compared to a natural clinoptilolite zeolite from Mexico; and the oral application of Cuban zeolite as contemporaneous drug in bowel movements caused by neuroendocrine tumors as well as the topical application for skin care treatment by a special paste formulation. The Cuban zeolite exhibits higher BET surface areas and larger total pore volume as well as higher histamine and serotonin uptake capacities in comparison to the Mexican one obviously due to their different mineralogical compositions. The histamine uptake capacity of both zeolites having smaller size particles is significantly higher than those possessing larger sized particles. The biogenic amine histamine performs pleiotropic effects in human beings as a potent mediator of numerous biological reactions including histamine intolerance, gastric acid production and influences multiple rare diseases. Serotonin is another important biogenic amine, well known as the 'hormone for fortune' in the brain, but excessive peripheral blood levels (caused by neuroendocrine tumors, usually known as "carcinoids") provoke amongst others severe diarrhea. Zeolite clinoptilolite has already been proven as an effective anti-diarrheic drug in an acute stage caused for example by food intolerance. Recently Detoxsan® powder containing the natural Cuban zeolite has been applied to patients suffering from severe diarrhea. The clinical results show that about 70% of patients benefit from taking this medical device for reducing bowel movements from numerous defecations to normal level – and thereby increasing significantly living quality. The roles of different biogenic amines and their interactions with zeolites will be discussed in detail. Zeolite paste (Detoxsan® Paste) is based on petrolatum, contains additionally squalane as natural lipid component, adheres to the skin surface and forms a thin mineral layer, which is able to fulfill its properties as adsorbent. The positive effect on skin irritations by Detoxsan® Paste seems to be due to significant amounts of adsorption of histamine (inflammation promoter) and water (prerequisite for microbial growth). In all the patients, the skin damaged by mycosis could be visually restored completely during 15 days. In intertrigo patients showed a clinically restored skin surface already after 10 days. No adverse health effects were observed for all the patients.

Biography:

Wilfried Dathe studied biology and started research work in 1973 in the Institute of Biochemistry of Plants in Halle (Saale). He received his PhD degree in 1977 and his DSc degree in 1988. He discovered 1980 jasmonic acid as plant growth inhibitor and worked between 1981 and 1985 as biochemist and consultant at the Academy of Sciences in Havana, Cuba. In 1993 he started in the pharmaceutical industry in marketing, training and coaching of field staff and physicians. Since 2003 he works as freelancer and actually as external consultant and head of medical research on the zeolite field at the Heck Bio-Pharma GmbH in Winterbach, Germany.



Ana-Marija Jagodic Rukavina

Kinesiology Academy of Body Technique, Croatia

Maintenance of lesser pelvis health with body technique exercises

A deeper understanding of pelvic floor issues through the connection between exercise and health will be emphasized in this presentation, with the aim of achieving overall health. Incontinence is one of the biggest public health problems, especially in countries with aging populations. Maintaining continence is becoming one of the most important prerequisites for pelvic health and overall health of the individual. There are many factors that lead to incontinence, such as chronic illnesses, conditions affecting pelvic organs, injuries, bad habits, malnutrition, addiction, insufficient physical activity, etc. All activities focused on prevention and adequate incontinence care should be done for the purpose of keeping the person/patient healthy and postponing the occurrence of weakened function; the patient should be an active partner and active stakeholder in his own health.

Body technique makes a difference in the way people treat their own body and their feelings toward it, because it emphasizes the power of breath, movement and intention, which all power the life force running through us. A sedentary lifestyle accelerates the disconnect between the mind and the body and results in the loss of life force. We see that our body, just like the Earth, has energy nodes (power spots); one of the most important ones lies in the pelvic region. By generating our inner strength through the pelvic floor and deep intimacy with our own life potential, every system in our body wakes up. If we ignore pelvic functionality from inside out, our potential can stay hidden and locked down our whole life. We will therefore present the subject of 25 years of our work – Body technique philosophy – which offers numerous answers and practical, adaptable conclusions concerning this topic. Body technique is a holistic body workout combining both eastern and western sciences, which strengthens the relationship between the mind and the body and goes far beyond that. In this presentation, we will differentiate the isolated, old Kegel approach for the pelvis from the new, holistic perspective of Body technique. The holistic approach means that we will discuss how other bodily systems are directly connected to overall pelvic functionality and multidimensional potential. We will emphasize what can be done for men and women (in the vaginal and anal regions) in everyday life for the purpose of prevention of serious incontinence and prolapse in the modern world, in order for people to be healthier, happier and more self-confident.

Audience Take Away:

- The audience will have a deeper understanding of pelvic floor issues. They will learn how to recognize subtle connections between the mental, emotional, vital and physical reality through pelvic platform and will learn how to radiate vitality from within by recharging their whole body. We will emphasize the quality of movement and multidimensional potential of the body, recognizing the natural laws and making them work in our favor.
- Several new Body technique exercises will be demonstrated as a specific protocol to balance the pelvic floor from within. Strengthening and relaxing the right location and tissue in connection with postural breathing is key. These exercises were tested in Croatia in 2015 by a group of 25 women (they performed the exercises at home, for a few minutes every day). After 8 weeks and final testing using the ICIQ questionnaire, they showed an average decrease of incontinence symptoms by 33% and an 80% increase in self-confidence and intimate relations.

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- The protocol of Body technique exercises can help all healthcare practitioners differentiate between exercises for hypertonic and hypotonic pelvic floor dysfunction, as well as better understand the holistic role of our pelvic diaphragm, organs, nerves, fascia and musculoskeletal system. This can serve as an upgrade to the well-known Kegel exercises and help bring pelvic and bodily health to a whole new level using the philosophy of Body technique.
- For most professionals, this will be a valuable addition to hormone replacement therapy in controlling the symptoms and problems occurring during menopause.
- It is safe for pregnant women and their babies; it keeps the mother fit, functional, healthy and self- confident for natural birth and after birth.
- Body technique as an exercise approach can be of great support for medical specialists. Our pelvic protocol can prevent, reduce and control major health problems, such as bladder and urinary tract diseases, organ prolapse, impotence, incontinence, lower back pain, postural disorders, specific issues affecting the elderly, etc.

Biography:

Jagodic Rukavina, a PhD student at the Faculty of Kinesiology of the University of Zagreb, studied Kinesiology at the Faculty of Kinesiology of the University of Zagreb, Croatia, and received her MA in 2004. 25 years ago, she created a new kinesiological activity under the name Body technique. She makes the most of her above-average creativity by coming up with new educational programs and new systems of exercise, as well as by combining the knowledge and experience gained through working with many clients into a holistic approach to helping people with various psychophysical imbalances. She is the founder and director of the PBS Centre of Sports Excellence and Kinesiology Academy of Body Technique.



**Ama Moor Vicky Jocelyne*¹, Ouandji Kapya Claude Venessa¹,
Owona Emmanuel², Falmata Amazia¹, Mbolang Nguegan Loic²,
Ngoungoure Madeleine²**

¹Faculty of Medicine and Biomedical Sciences, Department of Biochemistry,
University of Yaounde 1- Cameroon

²Faculty of Sciences, Department of Physiology, University of Yaounde 1-
Cameroon

Impact of the aqueous extract of the stem bark of *Anthocleista schweinfurthii* Gilg (Loganiaceae) on some parameters of the reproductive function of adult albino male rats

Background and Objective: such forms of medicine as the modern medicine and traditional medicine have been practiced in the world to alleviate and treat diseases. However, some drugs used for certain diseases have deleterious effects on other systems and functions of the body. This study aims to investigate the impact of the aqueous extract of the stem bark of *Anthocleista schweinfurthii* on some parameters of the reproductive function of adult albino male rats and to perform the phytochemical screening of the extract.

Methods: to achieve this objective, 18 male rats aged 60 days and weighting 150 g were divided into three groups of six rats each and were daily treated orally during 28 days with: distilled water (10 mL/kg) for group 1(control group), aqueous extract of *A. schweinfurthii* at respective doses of 300 and 400 mg/kg for groups 2 and 3 (the two test groups). At the end of 28 days period, animals were anesthetized and decapitated. Blood samples were collected for serum analysis. Some androgens dependent organs were collected and weighted. The epididymis sperm was collected for evaluation of sperm count, mobility and viability. A sample of each organ (testis, epididymis and seminal vesicle) was homogenised for biochemical analysis and another parts were kept in the Bouin's solution for histological examinations.

Results: The phytochemical screening revealed the presence of many secondary plant metabolites among which alkaloids, flavonoids and saponins in the extract. The results obtained show that the aqueous extract induced a significant reduction of the relative weight of the testis, the epididymis and the seminal vesicles. It has also been observed a reduction in sperm density, mobility and viability. The rates of testicular, seminal vesicle and epididymal proteins, serum cholesterol and seminal vesicle fructose decreased significantly. Otherwise, plant extracts increased testicular cholesterol concentration. *Anthocleista schweinfurthii* caused a significant decrease in serum gonadotrophin levels (LH, FSH) and serum testosterone concentrations and an improvement of parameters of oxidative stress. In addition, an alteration in the structure of the androgens dependents organs was depicted on the histological sections.

Conclusion: From these findings, it is concluded that *Anthocleista schweinfurthii* stem bark alters some parameters of the reproductive function of adult albino male rats and suggest a limitation of their use in male subjects.

Audience Take Away:

- Estrogens and phytoestrogens act like anthropogenic endocrine disrupting compounds and interfere with spermatogenesis and reduce sperm quality and production .
- *Anthocleista schweinfurthii*, a Loganiaceae, named “Yütrum” in Fouban, West Cameroon, is a shrub of secondary forests. Its stem bark decoction is used empirically in the treatment of stomach ache, female infertility, hernia and ovarian problems.
- *Anthocleista schweinfurthii* had estrogenic properties in ovariectomized rats by reducing certain post-menopausal symptoms.

- This study showed that *Anthocleista schweinfurthii* should not be used in male's rats. So this plant should not be given to men like in women. Tradipratician of all the Central Africa have to be aware and this passes through meeting, conferences, and discussion with colleagues.

Biography:

Ama Moor Vicky Jocelyne is a medical doctor since 18 years, specialized in clinical pathology since 10 years and has received her Ph.D degree in the year 2018 from University of Yaounde 1 in Cameroon. She is working on dyslipidemia occurrence in Cameroon, with an interest in medicinal plants. She is associate Professor in the Department of Biochemistry at the Faculty of Medicine and Biomedical Science, the University of Yaounde 1. She has published more than 54 papers in reputed journals.



Roberta Adler

Mobile Music Therapy Services of Orange County, USA

Music therapy for adults living with Dementia: Assessment, session planning, and let's do it!

Music therapy will be defined, and the use of music as a therapeutic tool will be discussed. The goal-directed use of musical stimulation and interactions between the therapist and recipients leads to multiple psychological and physical benefits for the patient. Musical stimulation is received by the recipient through a complex neurological process (Thaut, Michael H. (11/87) Neurological Progression: Musical Stimulus to Observable Response. At the National Conference of the National Association for Music Therapy, Chicago, Ill). All persons living with dementia at all stages are able to interact during a musical process according to their abilities. Participants will join the therapist in creating, and engaging in, a music therapy session.

Audience Take Away:

- Participants will be able to define music therapy and the clinical and ethical considerations when providing music therapy services.
- Participants will list at least three domains required when assessing and treatment planning for persons diagnosed with dementia (American Music Therapy Association (ongoing revision) Standards of Clinical Practice Available at [www/musictherapy.org/standards](http://www.musictherapy.org/standards)) and Certification Board for Music Therapists (ongoing revision) Scope of Practice).
- Participants will name at least three steps in the sequence between a musical stimulus and an overt response.
- Participants will engage in the experience of creating a music therapy session plan using a template provided by the presenter.
- Participants will join the presenter in a model music therapy session.

Biography:

As an undergraduate, Roberta Adler was the founder of the music therapy curriculum at Wayne State University music therapy curriculum (Bachelor of Music with a Concentrate in Music Therapy, June 1973). She has provided music therapy services across the age spectrum. As a Board Certified Music Therapist, she concentrates clinically on gerontology, intellectual disabilities, and psychiatry. She is Owner/Director of Mobile Music Therapy Services of Orange County. Roberta Adler is the author of *Musical Assessment of Gerontologic Needs and Treatment: The MAGNET Survey* (2nd Edition now in press); and primary author of *Music Therapy for Multisensory and Body Awareness in Children and Adults with Severe to Profound Multiple Disabilities* (Jessica Kingsley Publishers, 2017). A lyric-coloratura soprano, Bobbi enjoys her guitar, fretted dulcimer, and all genres of music. She has received the Wayne State University Howard J. Donnelly Leadership and Scholarship Award; The American Music Therapy Association Western Region Service and Professional Practice Awards; and the Shallway Foundation Award for Professional Excellence in Public Performance.



Anzurat Akobirshoeva

Mountain Society Development Support Programme, Tajikistan

Exploration of local knowledge and practices on the traditional use of medicinal plants for enhancement of health condition and food security in Pamir, Tajikistan

The present work is based on the exploration of local knowledge and practices on the traditional use of medicinal plants for enhancement of health condition and food security in Pamir, Tajikistan. The geographical location of the Pamir mountains creates a specific climate and because of the climatic conditions – high mountains, changeable temperature, dry air, intensive light and huge glaciers, lakes and rivers – the Pamirs differ from other Central Asian mountainous regions. The main vegetation range of plants is located between 1800- 3200 m above the sea level. The main plants community here consist of *Juglans regia L.*, *Elaeagnus orientalis L.*, *Betula pamirica Litv.*, *Populus pamirica Kom.*, *Salix schugnanica Goerz*, *Crataegus songarica C. Koch.*, *C. korolkowii L.* Henry. The data was collected over several years from local villagers (farmers and other people) and traditional healers through semi-structured interviews. The importance of ethnobotanical survey is based on the fact that the culture of local people has an ancient common history with the culture of Persian of the Middle Ages. Traditional knowledge and practices on medicinal and other edible plants as one of the components of local culture preserved among the locals on the best way. The research revealed that traditional knowledge and practices of Pamir's people have their impact on health condition and food security as they can respond to the need of communities. Local medicinal plants combined in traditional spices production for example, offer nutritional benefits (combination is much nutritional, rather than using them alone). The main ingredients of spices consist of locally available plants, such as chamomile, ziziphora, dill, coriander, basilik, sophora flowers, fenugreek, zira, pumpkin flowers, apricot pit. All these plants are used as medicine as well. Chamomile, well-known in much of the world, is associated with reduced stress and is considered to have anti-inflammatory and antiphlogistic properties. Local people use it for treatment of digestive system (gastritis, colitis), toothache, women's diseases, dermatitis and as cosmetic. Ziziphora is associated with improved digestion and is considered anti-inflammatory, antibacterial, and anti-fungal, sedating qualities. antiarrhythmic, hypotensive, as appetizer and breath refresher. The other ingredients also are well known for their medicinal properties. Nowadays due to climate change the number of certain pests has been increased and the productivity of agricultural crops decreased accordingly. It is true in case of high mountain villages of Pamir. Decay of immune system is caused not only by sever climatic condition, but also by deficiency of main food components. In this case medicinal plants can supplement the mentioned problem. The research revealed that there are some ways of transformation of knowledge on medicinal plants. Similar use of plants found in medicine of other countries, like Afghanistan. Remarkable difference also was found between the medical ethnobotany of Pamir and other countries: twenty-four species of plants have different use in folk medicine of Pamir districts. Traditional production practices also influence the biodiversity of medicinal plants, which in turn promotes dietary diversity. Enhancing people's knowledge of the plethora of local herbs are critical for culture preservation as well as highlighting holistic health. Providing practical techniques for utilizing these herbs therefore can help mitigate and treatment disease and strengthening the immune system.

Biography:

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



Ajay Bapusaheb Sonawane

Ayurveda Consultant and physician at Kalpana Ayurved Hospital, India

In-vivo comparative efficacy study of herbomineral formulation (hinguleshwar rasa) and indomethacin on FCA induced Rheumatoid arthritis in paw model of rats

As per Ayurveda symptoms of Rheumatoid Arthritis resembles Amavata disease. Hinguleshwar rasa is one of the Herbomineral formulations in Ayurveda, the action of Hinguleshwara rasa on Amavata was mentioned in the text of Rasatarangini in Ayurveda. In this study, an investigation was made to find out preventive & curative changes that occurred in rat paw of Freuds Complete Adjuvant induced RA model. Indomethacin was kept as Standard control and Hinguleshwar rasa as a test (Treatment) group. After induction of Arthritis with FCA on the day '14', animals were treated up to the 28th day of the study with Indomethacin and Hinguleshwar rasa. In this study Anti-inflammatory activity of Hinguleshwar rasa was evaluated by measuring paw volume and after completion of the 28th day of daily single oral dose administration of Hinguleshwar rasa and Indomethacin, animals were sacrificed. Ankle joints were severed and processed for histological studies.

In the '28' days study, Standard drug Indomethacin & Test drug Hinguleshwar rasa was administered orally from the day '15' (After administration of FCA and development of Arthritis). After administration of a single oral dose of Hinguleshwar rasa & Indomethacin per day for the next '14' days, it was observed that, swelling of paw volume of rats was significantly reduced in the Standard and Test group of animals on day 28th and also observed that the joints of Hinguleshwar rasa treated animals showed recovery towards normal histological architecture whereas all other joint samples of bones of rats were showing focal and minimal pathological changes, focal and minimal congestion of blood vascular tissue. A similar normal Histo-architecture was found in Indomethacin treated animals. However, it was observed that Hinguleshwar rasa showed better restoration of joint Histopathological changes that occurred due to FCA damage.

Audience Take Away:

- This study helps to know the In vivo effect of Ayurvedic Herbomineral formulation (Hinguleshwar rasa) on Amavata (Rheumatoid Arthritis).
- This study helps to know the Invivo comparative Anti-inflammatory and Histopathological effect of Ayurvedic Herbomineral formulation (Hinguleshwar rasa) and Indomethacin on Amavata (Rheumatoid Arthritis).
- Low Dose of Herbomineral formulation (Hinguleshwar rasa) may help to treat Rheumatoid Arthritis and may be stop longer duration of other drug intake.

Biography:

I am Dr. Ajay Bapusaheb Sonawane studied MD (Ayurveda) in Rasashastra Subject and Ph.D. (Scholar) in Rasashastra & Bhaishajya Kalpana at D Y Patil Deemed to be University School of Ayurveda, Nerul Navi Mumbai, India. I am Ayurveda Consultant and physician at Kalpana Ayurveda Hospital, New Panvel, India. I got three best National oral Scientific Paper presentation Awards. I published six international research articles.



Nyangono Ndongo Martin

University of Yaounde, Cameroon

Medicinal plants used by traditional healers for the treatment of Diabetes in the south region of Cameroon

Ethnopharmacological relevance: The metabolic syndrome defined by the association of morphological, physiological, and biochemical abnormalities is characterized by the presence of several associated abnormalities such as obesity, glucose intolerance and hypertension. It is the leading cause of death in the world. Its prevalence increases in emerging countries with age, gender and location. Because of the high cost of treatment offered by modern medicine, medicinal plants which constitute an inexhaustible source of active substances are becoming the preferred therapeutic alternative in developing countries. In the Department of Dja et Lobo in Cameroon, an ethnopharmacological study was set up to identify and characterize the medicinal flora used in the management of the symptoms of metabolic syndromes affecting the populations of *Evindissi*, *Kombé*, *Kondemeyoss*, *Mintyaemignumin*, *Ngon* and *Nkpwang*

Material and methods: Surveys were conducted in two languages, french and local languages of the six villages using semistructured forms. The healers interviewed in the population were selected with the help of the village chiefs and a representative of the administrative authority. The data concerning information on medicinal recipes were collected according to a standardized framework based on the proposed forms. The samples were collected, identified at the National Herbarium of Cameroon and preserved. The phytochemical characterization of the samples was carried out according to the method of Harbon, 1998 and Hevans, 2000. The ecological and pharmacological characterizations were carried out via the bibliographic review to verify the relevance of their uses in the said recipes.

Results: 135 individuals were identified and interviewed. 51% were males. 76% were between 51 and 80 years of age. 71% stated that they had received their knowledge from their ancestors, 24% that they had learned it and 5% that it was hereditary and empirical. 92% were from the departement of origin studied. A total of 88 recipes were mentioned in the management of metabolic syndrome by the 135 individuals interviewed. To prepare these recipes, 78 medicinal species were identified, of which 36.5% were ligneous and 28.57% herbaceous. They are divided into 44 families, the most represented being the Asteraceae. These forest species in the Pantropical area for the most part are rich in various metabolites and are used in association or not for the preparation of recipes in which the barks are the most solicited plant part. The phytochemical screening revealed the abundant presence of families of secondary metabolites of interest in the management of metabolic syndrome: Flavonoids, Phenols, Polyphenols, Tannins and Saponin in the extracts. In general, anthocyanins were extremely abundant in almost all extracts. Decoction with water and drinking twice a day is the most commonly used method of preparation and administration. *Vernonia amygdalina*, *Annickia chlorantha*, *Phragmantera capitata*, *Fagara tessmannii*, *Alium sativum*, *Entandrophragma cylindricum*, *Cylicodiscus gabunensis*, *Massullaria acuminata*, *Piptadeniastrum africanum*, *Citrus lemon*, *Guilbourtia tessmannii* are some of the species most used to treat the various pathologies of the metabolic syndrome.

Conclusion: The data obtained constitute a valuable source of information for the management of metabolic syndrome. The valorization of these plants and the determination of the health profile of the local populations of the department of Dja and Lobo requires the establishment of modern transformation units specialized in the improvement of the quality of the recipes produced in the form of ameliorated traditional drugs (ATD) and the discovery of new active substances.



Aboufaras Mohamed*^{1,2}, Selmaoui Karima¹, Ouzennou Nadia³

¹Faculty of Sciences, Ibn Tofail University, University Campus, BP 242, Kenitra, Morocco

²Higher Institute of Nursing and Technical Professions (ISPITS), Regional Hospital Center - Quartier Dchira, Beni Mellal, Morocco

³Higher Institute of Nursing and Health Technical Professions (ISPITS), Gueliz Headquarters, Marrakech, Morocco

The effects of traditional herbal medicine treatment in cancer patients in Morocco

Introduction: Moroccan cancer patients are users of medicinal plants. The objective of this research was to evaluate the results of this use.

Methods: We conducted a retrospective study with 194 users of traditional herbal medicine at the regional oncology center of Beni Mellal.

Results: The benefits of treatment were present in 39% of the informants, while the prevalence of adverse effects was 16%. All users of the seeds of *Prunus armeniaca* L. had shown beneficial effects, followed by turmeric *Longa* (50%). There was no significant difference in efficacy between the most used plants ($P > 0.05$). *Juniperus oxycedrus* L. was perceived as the most toxic plant (13 patients), it showed significantly higher toxicity compared to other plants ($P < 0.05$). Conclusion: Cancer patients perceived medicinal plants as useful rather than toxic, preclinical and clinical research is considered necessary for the thorough evaluation of these results.

Audience Take Away:

- The audience will be able to know the prevalence and the determinants of the use of traditional medicine in a region of central Morocco, specifically at the level of the oncology center.
- The researchers could use these results to get an idea about this use in the whole of Morocco. The medicinal plants identified could be the subject of experimental study.
- Healthcare professionals should be careful of poisonous plants and interactions.

Biography:

Aboufaras studied Nursing at Higher institute of nursing, in 2008. She then joined the vegetal productions lab at Ibn Tofail University. He has published more than some articles about phytotherapy use by cancer patients. (ethnobotany and epidemiology)

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Lucas Bianco

Biokinetix, USA

Adding some color during a pandemic

Context: Anxiety disorders are the most common psychological disorders. Adult coloring books have been used to reduce anxiety; the use of coloring books is not often utilized by manufacturing employees. The use of adult coloring books has been utilized to decrease anxiety in stress inducing environments. The objective of this study was to decrease anxiety scale scores of manufacturing employees following the use of adult coloring books.

Methods: For this study, manufacturing employees participated (age= 51 ± 3.5 year, 11.2 years employed). As cross-sectional study design, participants agreed to complete a survey, GAD-7, pre- and post- coloring one page of an Adult Coloring Book. The GAD-7 surveys and the coloring were completed at the manufacturing site often on the manufacturing floor. The sample size was collected as a convenience sample. Coloring the Adult Coloring Book page acted as the independent variable. The employee chose from 10 different images ranging from mandalas to fish and then used crayons to color the image. To determine the effect of this coloring tasks on the anxiety of the employees the Generalized Anxiety Score was completed pre-coloring and post-coloring at a 2-week follow-up. The GAD-7 is a good screening tool for panic disorder (sensitivity 74%, specificity 81%), social anxiety disorder (sensitivity 72%, specificity 80%), and post-traumatic stress disorder (sensitivity 66%, specificity 81%). Further evaluation for anxiety disorders is recommended for any individual who scores 10 points or greater on the survey, with a MCID estimated at 4 points. The mean change for the pre- and post- groups were statistical analyzed with a paired two-tail T-test.

Results: The participants in this study reported a decrease in anxiety scores as measure through the GAD-7. Mean difference between the pre-coloring score (12.5 ± 6.2) and the post-coloring score (7.2 ± 5.1) was 5.2 points (Table 1). There was a statistical difference between pre-coloring and pos-coloring (P-Value < 0.01). Tables and figures can be used to communicate the results efficiently. If tables or figures are included with the abstract, they need to be referenced in the abstract.

Conclusions: Finding suggest that is this sample of employees the use of coloring, as in adult coloring books, was an effective way to decrease anxiety scores. Along with the decrease in GAD-7 of 5.2 points which represents a MCID (MCID estimated at 4 points). The decrease in score from 12.5 to 7.2 is clinically significant because any score of 10 or greater would mean further evaluation is recommended. This study was completed during on unprecedented time, at the beginning of a worldwide pandemic. Athletic Trainers, healthcare providers, providing care to employees in manufacturing setting may seek to implement the use of adult coloring books to decrease the anxiety of employees.

Audience Take Away:

- The audience will be able to use their learned understanding of the benefits of coloring to decrease anxiety.
- When working with patients that appear to have Generalized Anxiety Disorder the clinician can suggest/provide coloring as an evidence-based technique to decrease that anxiety.
- Further research to explore the effects of coloring on different populations is warranted and specific case studies or series would be a plentiful area of research.

Biography:

Lucas Bianco is an Athletic Trainer working at a manufacturing site in Lynchburg, Virginia, USA. He has been practicing for 7 years and has advanced his clinical skills through the Doctor of Athletic Training Program at University of Idaho. The use of innovative and natural interventions has been impactful in his clinical practice and he continues to expand the patient populations he works with.

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Charles Shang

Baylor College of Medicine, USA

Using biology of acupuncture to improve clinical acupuncture and adapt to the pandemic

The growth control organizer model of meridian system and acupuncture set the first example in acupuncture research in successful prediction of multiple research results in both acupuncture and conventional biomedicine with many independent confirmations. This model predicts the effect of acupuncture is similar to that of simulated annealing. The optimization of a physiological process or correction of a pathological process is usually not achieved by specific activation or blockade of a signal transduction pathway but by improving the self-organizing capacity of the system. This implies that the efficacy of acupuncture decreases with patients' age and comorbidities as well as overuse of acupoints – especially in patients with multiple comorbidities. In acupuncture, the advantage of low side effect profile and bidirectional normalization effect is at the expense of treatment specificity. A complete review of Cochrane Database on acupuncture related systematic reviews confirms these predictions on the negative correlation of effect sizes of acupuncture clinical trials with the patients' age and number of acupoints used. A promising solution to this problem is promoting transcutaneous electrical acupoint stimulation (TEAS) which can be easily adapted to reduce pandemic risk in acupuncture as it can be self-administered, improve cost effectiveness and healthcare market share of acupuncture - especially for frail, elderly patients with multiple comorbidities who often require more frequent and longer duration of treatment to achieve adequate efficacy. TEAS has many advantages over needle acupuncture including lower cost, lower risk, more convenience for patients, easier to standardize and repeat and can be used in telemedicine.

Biography:

Charles Shang received his bachelor's degree on biology at Peking University, master's degree on biochemistry at Harvard University and Doctor of medicine degree at Boston University School of Medicine. He received the Medical Acupuncture Research Foundation award for publishing the first biological model on acupuncture which has multiple independently confirmed predictions in both conventional biomedical sciences and acupuncture research. He is a former faculty member of Harvard Medical School and current faculty member at Baylor College of Medicine and American College of Acupuncture & Oriental Medicine. He has done peer review for the New England Journal of Medicine, Annals of Internal Medicine and British Medical Journal by invitation. He is on the editorial board of Medical Acupuncture, World Journal of acupuncture-moxibustion, and on the University Cooperation Working Committee of World Federation of Acupuncture Moxibustion Societies.



Huang Wei Ling

Medical Acupuncture and Pain Management Clinic, Brazil

Why homeopathy in prevention and treatment of sars-cov-2 infection?

Introduction: SARS-CoV-2 is a virus that emerged in Wuhan China (December-2019). On February 2021, there was 113 millions cases confirmed cases and 2.5 millions deaths worldwide. In TCM, COVID 19 infection is classified as external pathogenic factor invasion. According to a previous study of the author, more than 97% of the 409 patients analyzed have chakras' energies deficiencies.

Purpose: The purpose of this study is to demonstrate That the use of homeopathy medications to replenish the chakras' energies centers are important to maintain the functioning of the internal massive organs, responsible for the production of *Yin, Yang, Qi* and Blood. Demonstrate how the lack of this energy in the majority of the patients studied could be leading to the complications associated with SARS-CoV-2 infection.

Methods: A clinical case report of a 42-year-old male patient, layer and work on the military. He was diagnosed with chakras energy deficiencies in November of 2019, and was performing treatment for replenishment of the chakras energy with homeopathy medications. In May 2020, the patient returned, reported to have symptoms of redness on the face and neck, when he went to bathroom to check on the redness, he fainted for the period of five minutes. He was taken to the emergency, exams were performed and nothing was found. He also reported shortness of breath. The patient had no cough and no fever. He received treatment based on the reasoning of Traditional Chinese Medicine, through the Five Elements theory. The shortness of breath was associated with deficiency of the Kidney or the second chakra. The previous measurement had shown deficiency in 7 of the 7 chakras. The patient was oriented to increase the water intake to improve the energy of the Kidney, and treatment was started with homeopathy medications, to replenish the energy of the chakras, according to the theory entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*, on concentration of 1000CH, as he had taken 30CH and 200CH of the homeopathy (Natrum Muriaticum, Phosphoros, Sulphur, Calcarea Carbonica, Silicia). Medication for taking out Heat retention were also recommended (Mercurio solubilis 200CH and Aconitum 6CH) as well as Chinese dietary counseling. After, it was found that the patient had been in contact with three other people who have coronavirus infection and died from the complications.

Results: The patient presented great improvement of all symptoms, on the following day of the start of the medication, not needing hospitalization.

Conclusion: When treating patients with chakras' energies deficiencies, it is important to be careful with the recommendation of high-concentrated medications, because according to the Arndt-Schultz law, high-concentrated medication will harm the vital energy even further, leading to increase the internal Heat, that is comprehended as the inflammatory process in Western Medicine and increasing the risk of having intravascular coagulation, myocardial infarction, renal insufficiency and respiratory insufficiency due to the lack of energy of the chakras that is responsible for the proper functioning of these organs. The use of homopathic medications in these patients are very important to replenish the functions in all the chakras' energies centers that are responsible for the production of *Yin, Yang, Qi* and Blood of the patients, and replenish the second chakra, that is responsible for the *Zheng-Qi*, that is the force responsible for the protection of the body against the invasion of external pathogenic factor, in this case, SARS-CoV-2 infection.

Biography:

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress in 1998. Since 1997, she works with the approach and treatment of all chronic diseases in a holistic way, with treatment guided through the teachings of Traditional Chinese Medicine and Hippocrates. Researcher in the University of São Paulo, in the Ophthalmology department from 2012 to 2013. Author of the theory Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine. Author of more than 60 publications about treatment of variety of diseases rebalancing the internal energy using Hippocrates thoughts.

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Tan Suat Cheng

School of Health Sciences, Malaysia

Neuroprotective effect of Baicalein active compound enriched from *Oroxylum indicum* for Endothelin-1 induced ischemic stroke rat model

Background: Ischemic stroke is caused by cerebral occlusion which ultimately leads to neuronal cell death. Recently, traditional medicinal plants have been extensively studied for their therapeutic potential for ischemic stroke treatment. In this study, multipotent neural stem cell (NSC) culture was optimized with an active compound (baicalein) extracted from *Oroxylum indicum* plant which has been shown to exert neuroprotection effect to enhance the NSC survival rate after transplantation into ischemic brain.

Materials and method: Baicalein-enriched fraction (BEF) was successfully extracted from the leaves of *O. indicum* and quantified using TLC and HPLC. In vitro expandable NSCs were preconditioned with BEF at optimum dosage (3.125 µg/ml) for 48 hours determined through MTT assay before the cells were transplanted into endothelin-1 induced ischemic stroke animal group. Animal behaviors and stroke severity were observed and recorded for 14 days. Remodelling of damaged brain tissues was also assessed using TTC and H&E histological stainings.

Results: Ischemic stroke animal group with BEF-preconditioned NSCs showed improved neurological function compared to control groups. Improvements in histological assessments also were observed within 14 days after the preconditioned NSC transplantation.

Conclusions: Local medicinal plant, *O. indicum*, contributed to the survival of NSCs in ischemic condition and significantly improved the damaged neuronal tissue caused by stroke.

Biography:

Dr. Tan obtained her B. Sc. (honours) in Biotechnology at School of Science and Technology, Universiti Malaysia Sabah with First Class Honour and was selected as the only recipient of Royal Academic Award (non-indigenous category) of the year 2007. In 2008, she obtained full scholarship from Ministry of Higher Education, Malaysia to pursue her PhD at Department of Physiology, Anatomy and Genetic (DPAG), University of Oxford. Upon graduation in 2011, she was appointed as Senior Lecturer of Biomedicine in Universiti Sains Malaysia. Dr. Tan received several academic recognitions/awards including selected as Malaysian Fellow for 47th Asia Pacific Advanced Network Meeting in Daejeon, South Korea; selected as Malaysian Young Scientist Representative for 68th Lindau Nobel Laureate Meetings in Lindau, Germany; appointed by Academic Science of Malaysia (ASM) as the Affiliate Member of Young Scientist Network-ASM; Travel award from International Society of Heart Research in 2010; Student award from Green Templeton College, University of Oxford in 2010; Competitive bursary from both British Society for Cardiovascular Research and Oxford Stem Cell Institute in 2011 and so on. Further, she also obtained seven research grants from Universiti Sains Malaysia and Ministry of Higher Education between years 2012 to 2020. Currently, she is pioneering a Neural Stem Cell Research Group in School of Health Sciences, Universiti Sains Malaysia. Her current research focuses on developing a reliable stem cell-based therapeutic technique to treat human neurological disorders such as stroke.



Frank Qiang Fu^{*1,2}, Mingshu Xu², Ran Guo¹, Weidong Li¹

¹School of Chinese Materia Medica, Beijing University of Chinese Medicine, China

²Natural Medicine Department, Horticulture Institute of New Zealand, New Zealand

The valuable germplasm resources of wild elderberry in China

Wild elderberry has been proven to significantly have inhibitory capacity against COVID-19. This commentary used to be presented in June of 2013 at the first international symposium for the elderberry, the conference, held in the USA, many scientists were surprised to learn of there are the 9 native species of wild elderberry in China. This paper aims to publish our comment on the elderberry, as, since our initial presentation in 2013, no English literature references are present in China. Most Chinese horticulturists and farmers consider the elderberry a wild plant. It is regarded as a plant of little value due to its abundance and ease of harvest. This article contains details of the *Sambucus* species groups, including the botanical names, Chinese common names, geographic distributions, economic uses and full descriptions of the elderberry. In southwest China, where the climate is mildly warm, there are 2 species of elderberries; one, *Sambucus adnata*, is termed the “blood-red herb-elderberry” by local residents as the roots, rhizomes, and branches exude red-juice when broken. The second, named *S. javanica* or *S. chinensis*, is commonly called the “herb-elderberry”. In northeast China where the climate is cold, there are 7 species of elderberry, however, most scientists recognize only 2 main species: *Sambucus williamsii*, commonly called the “woody-elderberry”, and *Sambucus sibirica*, commonly called the “Siberian woody-elderberry.” The other 5 species of elderberry in northern-east of China.

The stems and branches of elderberry were extracted by re-fluxing method in ethanol to obtain the ethanol-extracted ointment cream, mixed suspension in proper order extracted in water with chloroform, ethyl acetate and n-butanol. The chloroform extract and the ethyl acetate extract were respectively by chemical separation to obtain useful Lignin and phenolic acids for the treatment of osteoporosis. The experiments in vivo and in vitro have proved that the present invention has a good impact on anti-osteoporosis and has no negative impact on estrogen such as estradiol. Elderberry ethanol extract can inhibit the bone transformation caused by ovariectomized, thereby preventing bone loss, increasing bone mineral density and strength parameters, and elderberry has a therapeutic impact on osteoporosis caused by menopausal estrogen deficiency. This impact is equivalent to the positive experience drug of estrogen such as estradiol, but has no negative impact on estrogen such as estradiol.

Lignin is located between cellulose fibers and it plays a role in resisting pressure. Among woody plants, the lignin content accounts for 25%, it is the second place of the richest organic matter in the world (cellulose is the first). The mechanism of elderberry for fracture treatment is that it is rich in lignin.

Audience Take Away:

- There have been few studies for Chinese elderberry; American elderberry and European elderberry have significantly difference with Chinese elderberries. American elderberry and European elderberry have significantly inability to the flu viruses and cold viruses; we believe that one of 9 wild Chinese elderberries should be the inability of the Novel Coronavirus (COVID-19). The present invention is the use of elderberry (*Sambucus*) extract as an anti-osteoporosis medicine, and the use of lignin compounds of elderberry as an anti-osteoporosis medicine.

Biography:

Frank Qiang Fu is the Chief Research Scientist at the department of Nature Medicine in Horticulture Institute of New Zealand. Frank graduated from the university in 1983, as a professor since 2010 he has been the supervisor of Ph.D. at the Wild-Berry Resource Centre, Shenyang Agriculture University. In 2013, Frank supervised his Ph.D. student at University of Missouri, Department of Forestry, Columbia, Missouri, USA. In 2018, Frank got the contract for a Professor at Agriculture College, Ludong University, Prof. Frank got the contract for 2 years term of employment for Journal of Traditional Chinese Medicinal Science in 2021.



Tulika Dey*¹, Surendra Pratap Mishra²

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Role of the extract of *Bacopa monnieri* (Brahmi) on behavior, oxidative stress and alpha synuclein level in the rotenone induced Parkinson's disease mice model

Parkinson's disease (PD) is primarily marked by the death of dopaminergic neurons in substantia nigra region of the brain. The characteristic symptoms are abbreviated as TRAP i.e. tremor, rigidity, akinesia and postural instability. Exposure of the mice to the pesticides such as rotenone leads to inhibition of mitochondrial complex I and generation of oxidative stress leading to apoptosis. It has also been observed that rotenone intoxication is responsible for formation of alpha synuclein positive cytoplasmic inclusions. In the past few decades, treatment of PD has shifted towards herbal medicines as the current treatment including levodopa and other drugs induce potential side effects in long run. *Bacopa monnieri* is one such ayurvedic herb which contains phytochemicals such as bacosides that are reported to have neuroprotective and therapeutic effect. Our study was aimed to investigate the effect of brahmi (40 mg/kg body wt.) on oxidative stress induced behavioural abnormalities and apoptosis on the rotenone induced Parkinson's disease mice model. The experiments were conducted on 10-12 weeks of Swiss male mice maintained in proper laboratory conditions. Mice were divided in 4 groups having 4-5 mice in each group i.e. Control, Rotenone induced, Only Brahmi treated and Rotenone+Brahmi. The dose of drugs was given consecutively for 5 weeks. Afterwards, three parameters were tested, named neurobehavioral including elevated plus, open field and morris water maze tests, oxidative stress including SOD, Catalase, MDA and level of alpha synuclein by ELISA. In this study, we have observed a significant increase in behavioural abnormalities induced by high level of oxidative stress in rotenone intoxicated group and vice versa in brahmi treated group. It was observed that extract of brahmi also reduced the level of α -Synuclein protein which is a biomarker of the disease. Our studies suggested that brahmi can potentially ameliorates the oxidative stress induced neurobehavioral abnormalities and alpha synuclein level in rotenone induced Parkinson's disease mice model and thereby, provide a scientific based evidence for its traditional properties. Hence, it can serve as an effective neuroprotective and therapeutic drug for the disease.

Audience Take Away:

- Use of herbal medicines because of their potential therapeutic properties and minimal side effects.
- Developments of new techniques for targeted herbal drug delivery.
- Molecular mechanism behind treatment of PD using *Bacopa monnieri*.
- Longevity of life span of PD patients.

Biography:

Tulika Dey studied zoology in Women's College, Banaras Hindu University, India and graduated as BSc with University gold medal in 2014. She, then post graduated in MSc zoology with specialisation in biochemistry and molecular biology from Department of Zoology, Institute of Science, Banaras Hindu University, India in 2016. She qualified National Eligibility Test (NET) with AIR 28 in December, 2015 and currently pursuing her PhD under supervision of Prof. Surendra Pratap Mishra at Department of Biochemistry, Institute of Medical Sciences, Banaras Hindu University, India. She has published 2 international papers, 1 national paper, 2 abstracts in conference proceedings, 1 full paper in national conference proceedings and 1 chapter in national level book. She has received best oral presentation award for presenting her research paper at international conference organised by Motilal Nehru National Institute of Technology, Allahabad, India from 21-23 February, 2020.



Amrita Sharma

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

A pharmacognostic study of stem bark and heart wood of cedrus deodara roxb. Loud.g.don (devadaru)

Ayurveda is the ancient scientific system of Indian medicine. This medicinal system incorporates the use of medicinal plants, which have been proved to be an effective means of human care in the pre and post Vedic periods. One among many such plants is Devadaru. Etymologically the word 'Devadaru' itself personifies the plant as 'Devta' or divine tree, because it provides environment with solitude and its medicinal values. To explore more about Devadaru pharmacognostical study of stem bark and heart wood was conducted. To authenticate the sample of Devadaru, comparison of organoleptic characteristics of stem bark and heart wood and its powder was done which reveals that they have some aromatic compounds. Based on organoleptic characteristics obtained and microscopic observations, genuineness of the raw material was authenticated. The microscopic study of cut sections and powder of stem bark and heart wood was done. The observations could be considered to be the reference standards in future studies and will be of immense help in standardization of Ayurvedic medicines to meet the international parameters.

Biography:

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



**Renato Ieca^{*1,2}, Rafaela Vicentim², Carla Scorza¹, Aacio Lima¹,
Fulvio Scorza¹, Denise de Freitas¹, Ana Luisa Hofling de Lima¹,
Fernando Fonseca²**

¹Federal University of Sao Paulo, Brazil

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Deepening knowledge about Vitamin D: new ways to measure it, new ways to supplement it, new ways to understand it

Goal: To compare the levels of vitamin D3 in the blood and tears of healthy young adults practicing indoor and outdoor physical activities and to compare them among themselves and with people with eye diseases, and to evaluate the effects of supplementation with vitamin D3 eye drops.

Method: 36 volunteers (19a 27years), without ocular diseases, were separated into two groups: indoor activities (sun exposure <3h / week) and outdoor (> 7h / week). 22 people with keratoconus, ocular disease that causes an ectasia of the cornea, were examined as well. Vitamin D3 levels in blood (3 ml of venous blood) and tear (Schirmer strips) were evaluated in all participants of this study. Both the tear and the blood passed through the electrochemiluminescence method, to evaluate the levels of the metabolite 25 (OH) vitamin D3. After this, vitamin D3 eye drops were used to evaluate possible changes at these levels.

Result: The mean plasma vitamin D3 level of the indoor group was 25.01 ng / ml, while the mean plasma vitamin D3 level of the outdoor group was 35.55 ng / ml (p <0.05), and was 22,25ng/ml in keratoconus group. In all 36 healthy participants, vitamin D3 levels in the tear were higher than 100 ng / ml (the maximum limit of the system used), well above the plasma levels in the two groups of participants (p<0,01). In the keratoconus group the tear mean level was 66,59 ng/m (p<0,0001). In 6 of these randomly chosen healthy subjects, the prepared vitamin D3 eye drops were used, in which each drop contained 5000 IU, and 1 drop was instilled in each eye 2 times a day for 3 weeks to evaluate serum levels. An average increase in the plasma level of 25.18%, ranging from 9.2 to 42.8%.

Conclusion: Lacrimal levels of vitamin D3 were significantly higher than plasma levels in both internal and external physical activities (p <0.01). The eye drops were effective and increased serum D3 levels by 25.18%, with only 3 weeks of use, proving the usefulness of the conjunctival pathway for vitamin D3 absorption. Vitamin D3 levels were much lower in people with keratoconus than healthy people, especially in tears. These results are unprecedented in the world literature.

Audience Take Away:

- Participants will learn deeper concepts about vitamin D.
- They will learn a new way to measure it.
- They will learn a new way to supplement it.
- They will learn new pathophysiological aspects of vitamin D deficiency.

Biography:

Renato Ieca graduated in Medicine from the ABC Faculty of Medicine, Brazil, where he is currently Professor of Ophthalmology and Head of the Integrative Medicine discipline. He also coordinates the post-graduation course in Integrative Medicine at FAPESP, Sao Paulo and the Integrative Ophthalmology Core at Federal University of Sao Paulo, Brazil. He has a master's degree from the Federal University of Sao Paulo, where he is currently attending his PHD fellowship.



Charlotte Vanessa Soppo Lobe*¹, Herve Bayaga², Esther Voundi Voundi³, Marie Elvire Nokam⁴, Martin Nyangono Ndongo¹, Elodie Nguiamba⁵, Saurelle Maniepi¹, Nnanga Nga¹, Joseph Ngoupayo²

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Ethnopharmacological study of plants used in the treatment of Covid-19 in the department of Mfoundi-Cameroon

Introduction: In Cameroon, despite the establishment of a protocol for the management of COVID-19, part of the population uses traditional herbal medicine to preserve them and find a cure during the COVID-19 pandemic.

Objective: This study aimed to record and identifies the plants and recipes used to treat COVID-19 in the Department of Mfoundi in the Center Region (Cameroon).

Methodology: An ethno pharmacological survey took place over a period of five months from December 2020 to April 2021, among traditional healers in the districts of Yaounde I, II, III, IV, V, VI, VII. The various plant samples collected were subsequently submitted for identification at the National Herbarium of Cameroon.

Results: In total, 74 people including 9 traditional therapists, 28 herbalists and 37 resource persons accepted to participate on a voluntary basis by sharing their knowledge and know-how. 38 plants species distributed in 24 families have been identified. The most represented family is the *Apocynaceae* with 13.2% (5 species), followed by *Annonaceae*, *Asteraceae* and *Rutaceae* with 7.9% (3 species). The most cited plants species in decreasing order of citation frequencies by traditional therapists and herbalists for the treatment of COVID-19 are; *Enantia chlorantha* (FC=13.7%), *Astonia boonei* (FC=10.3%), *Picalima nitida* (FC=11.1%), *Rauwolfia vomitoria* (FC= 9.2%), *Shumanniophyton Mannificum* (FC=7.7%), *Artemesia annua* (FC=5.5%), *Cylicodiscus gabonense* (FC =5.5%), *Entandrophragma cylindricum* (FC=5.2%) and the organs being used included bark (34.2%) and leaves (28.9%). The most common method of preparation was decoction (63.2%), the oral route was the route of administration for almost all of these recipes (95.0%). Among the recipes for the treatment of COVID 19 cases, the most recommended were the recipe 11: *Alstonia boonei* (bark) + *Enantia chlorantha* (bark) + *Picalima nitida* (fruit); and the recipe 23: *Astonia boonei* (bark) + *Enantia chlorantha* (bark) + *Rauwolfia vomitoria* (bark) + *Picalima nitida* (fruit) + *Shumanniophyton manificum* (bark) + *Entandrophragma cylindricum* (bark).

Conclusion: The ethno pharmacological survey identified medicinal plants used in the treatment of Covid-19 in the department of Mfoundi. It appears that these plants were already used in the traditional treatment of malaria. Therefore, it seems appropriate to assess the antiplasmodial activity of the recipe of interest.

Audience Take Away:

- Treatment alternatives for Covid-19 through the use of Cameroonian medicinal plants.
- Confirmation of the efficacy of antiplasmodial medicinal plants in the treatment of Covid-19.
- Possibility of production of improved traditional medicines based on medicinal plants.

Biography:

Dr. Charlotte Vanessa SOPPO LOBE studied Pharmacy at the Cheikh Anta Diop University, Senegal and graduated as Pharm D in 2006. She obtained a certificate of specialized studies in bacteriology-virology and in drug quality control in the same institution. She received her Master degree in Pharmaceuticals Sciences in 2018 at the Yaounde 1 University, Cameroon. She is a senior lecturer in the Department of Galenic Pharmacy and Pharmaceutical Legislation at the Faculty of Medicine and Biomedical Sciences, Yaounde 1 University. She has published 10 research articles in Health and Sciences Diseases journal.



Guiber Elena Mijares Palacios

Central university of Venezuela, Venezuela

From Ethnomedicine to Ethnopharmacology: An integrative experience

Ethnomedicines, as culturally configured medical knowledge systems, represent in themselves a way of validation, since they articulate a concept of health and a sociocultural dynamic for disease prevention, diagnosis and therapy, in a traditionally documented practical experience. It is known that among the most commonly used therapeutic tools within the popular sphere of knowledge are medicinal plants. One of the challenge is to integrate this coherence with the ethnopharmacological validation of plant species of traditional use with medicinal properties and consider three main criteria: 1.- Quality, referring to the adequate identification and processing of the sample, as well as respect for the way of preparation and route of administration; 2.- Safety, related to the dosage and the different toxicity tests reported for the plant; and 3.-Efficacy, allusive to experimental bioprospecting, discovery of chemical compounds with biological activity, or evidence in preclinical trials. The complexity resides in integrating the ethnomedical foundations with experimental evidence and how to be able to interpret findings both in concordance and those appearingly contradictory, which often handle the traditional use of medicinal plant validation. This research shows an example evaluating plants with anthelmintic properties, which the experimental design is documented in the ethnomedical prescription of an Afro-Venezuelan people for the traditional therapeutic use of locally used plant species. The findings obtained contribute to solidly bringing together the ethnopharmacological validation against the criteria of quality, efficacy and safety, with the therapeutic protocols and practices for use based on local ethnomedicine, in benefit of the strengthening of cultural and experimental knowledge, as an integrative experience between both anthropological and pharmaco-toxicological researches, as contemporary issues that are necessary for comprehension of ethnomedicines.

Audience Take Away:

- Understand the ethnomedical foundation of the ethnopharmacological practice that is revealed experimentally, both in concordance and in cotradictions.
- Recognize as an integrative experience the double validation for the management of medicinal plants of traditional use (cultural and experimental).
- Design contemporary protocols for the understanding of ethnomedicines and medical knowledge systems, involving experimental drug-toxicological evidence.
- Strengthen multidisciplinary approaches of convergent approaches for ethnomedical and ethnopharmacological research.

Biography:

She studied Bioanalysis at the Central University of Venezuela (U.C.V.) and received her PhD degree in Anthropology in 2007 from the Venezuelan Institute of Scientific Research. Dr. Mijares has studied different systems of medical knowlegde and she is professor of biochemistry and researcher at the School of Bioanalysis, Faculty of Medicine (U.C.V). Currently he coordinates researches in Ethnopharmacology at the same institution. Author of various scientific articles, and conferences at national and international congresses, communities and private companies. Lover of nature and promoter of spaces for awareness and the cultivation of health.



Nguefack Felicitee*¹, Fodoung Wamba Danny Steve²

¹Faculty of Medicine and Biomedical Sciences, University of Yaounde I, Cameroon

²Faculty of Health Sciences, University of Bamenda

Harmful traditional care of fever in febrile children and mothers's perception at Yaounde city

Introduction: Fever is a common symptom in pediatric consultation. Despite being a source of concern to the family, the type of care given depends on the cultural and the social perceptions. According to some cultures, conventional methods of care are not as a definitive treatment, but an additive to traditional methods.

Method: A qualitative study was carried out on the perceptions towards fever on a non-probabilistic sample of 15 mothers of hospitalized children with cutaneous lesions due to traditional practices in Yaounde. We recorded the types of traditional care administered by the mothers and described their knowledge, and motives of such practices on their febrile children.

Results: We found that mothers knowledge on fever was insufficient. Some of the methods they used could be categorized as child abuse. It mainly consisted in forceful ingestion of infusions or scarifications with the intend to cure the spleen, which is believed to be responsible of health issues in children. Despite being aware of the dreadful consequences of their actions, mothers seek medical care only when their practices fails or when the disease worsen. Among the justifications for their actions was the cost of the formal care, influence of the relatives and their beliefs.

Conclusion: Authors believe that, it is urgent to reinforce sensitization of mothers on the various causes of fever, the harmful consequences of traditional methods on the children and the importance of seeking medical care early enough.

Audience Take Away:

- Recurrent use of traditional method in Cameroon and throughout Africa in general.
- Mothers inflict them on children and some among them responsible for child deaths.
- Mothers interpret fever in different ways and apply treatments that some might consider as abuse depicted on the severe lesion found on the body.

Biography:

Nguefack Felicitee, pediatrician, lecturer, researcher of Cameroonian nationality, obtained her doctorate in medicine at the University of Yaoundé I in 1996. She specialized in pediatrics under the supervision Pr TETANYE EKOE in the same institution in 2003. She took part in a master's degree program in public health and short course on clinical research and evidence based medicine in 2006 -2007 at the Institute of Tropical Medicine Antwerp. Since 2009, she is a lecturer in pediatrics at the University of Yaounde I. She recieved the title of associate professor in pediatrics following CAMES 2018.



Darshana Wickramasinghe

District General Hospital, Srilanka

Barriers to cross between clinical microbiology and Ayurvedic medicine for the betterment of patient care

It is quite natural that Ayurveda, the oldest health care system in the world (about 5000 years old), does not have the word 'Antibiotics'. But a curious search in its literature will definitely show the number of references stating that certain diseases are produced due to micro-organisms.

In recent global medicines, the antibacterial therapy has been challenged due to the emergence and spread of multidrug-resistant (MDR) bacterial pathogens. Hence, the MDR bacterial infections often resulted in high mortality and pre and post medical care with cost involving medical treatments.

Very importantly, multidrug-resistant microorganisms have created immense clinical problems during the treatments of infectious diseases. Therefore, medical researchers are enforced to search for convenient, appropriate, less cost-effective, and minimal or no side effects containing medicines to treat the diseases caused by such bacteria. Various parts of the plants like root, bark, seed, and leaves have been an important source of Ayurvedic medicine for thousands of years. So, in recent years a predominant interest has been observed in evaluating different plant extracts for their antimicrobial properties against bacteria and fungi. Keeping with that, when we observe the knowledge, attitude, and perception on antibiotic usage and resistance of Ayurveda health care staff in Sri Lanka, who don't administrate antibiotics inpatient management, is satisfactory. However, attitude and perception on the practical application of antibiotics need to be improved.

To evaluate this self-administered questionnaire was distributed to 100 Ayurvedic health care staff including medical and nursing officers. Knowledge, attitude, and perception on antibiotic usage and resistance were correctly answered with averages of $83.99 \pm 5.87\%$, $59.89 \pm 20.36\%$ and $62.64 \pm 18.12\%$, respectively. Statistical significance was observed in knowledge compared to attitude, and perception. The poor attitude was identified in the prescription of antibiotics during chest infection (30.77%). The poor perception was discovered on "When the doctor does not prescribe antibiotics for respiratory tract infections do you follow doctor's Suggestion?" (10.99%), and "Giving antibiotics to friend/family for sickness" (23.08%).

Though Ayurvedic staff needs a knowledge improvement on antimicrobial resistance, they are using lots of medicinal plants to control antimicrobial resistance which needs a proper scientific evaluation. So, we planned a study which was aimed to evaluate the in vitro antimicrobial activity of methanol extracts of traditionally used endemic and native medicinal plants (*Berberis ceylanica*, *Leucas zeylanica*, *Pongamia pinnata*, *Cynometra cauliflora* and *Morinda coreia*) of Sri Lanka against Gram-positive and negative bacterial strains such as *Pseudomonas aeruginosa*, *Staphylococcus aureus*, *Escherichia coli*, Methicillin-Resistant *Staphylococcus aureus* (MRSA) and fungi *Candida albicans*. The study showed potently and diverse antimicrobial activities of methanol extracts of *B. ceylanica*, *L. zeylanica*, *P. pinnata*, *M. coreia*, *C. cauliflora*. The findings of the study, therefore, may be used to develop alternative therapeutics in the management of methicillin resistant *S. aureus*, *Staphylococcus aureus*, *Escherichia coli*, *Pseudomonas aeruginosa* and *C. albicans*.

Apart from curative medicine, preventive medicine is also playing a very important part in clinical practice. Especially in this

Covid pandemic situation, all medical personnel have to have satisfactory knowledge of infection control and prevention. Since Ayurvedic practice is not related to acute infections, evaluating their competence in managing Covid-19 patients is important. So, we did an assessment of the knowledge and applications of infection control in Ayurvedic health care staff working in Covid-19 intermediate centers, Sri Lanka

A self-administered questionnaire (comprised of six categories focusing on Covid-19 infectivity, vaccinations, standard precautions (SP), hand hygiene and disinfectants) was distributed to 100 Ayurvedic health care staff from 5 hospitals. Only 5.4% could recognize the biohazard sign. Only 55.3% had knowledge of Covid-19 infectivity while 30.9% didn't know that Covid-19 is not transmitted by skin contact and 58.5% didn't know that N95 masks are not mandatory to prevent Covid-19. Knowledge on SP was satisfactory (84.6%), with 86.2% could clearly understand the definition, 82.9% knew that those are designed to reduce the Hospital Acquired Infections (HAI). Hand washing was recognized by 79.8% as the best method to prevent HAI transmission. But only 26.6% could identify the correct application of my 5 movements. Knowledge of the usage of gloves is satisfactory (80.5%). Understanding on glove usage was poor (50.7%), ($P < 0.05$). Knowledge on identifying correct disinfectants for Covid-19 is satisfactory (89.39%). But the application of the disinfectant was poor (50.7%), ($P < 0.05$).

According to the results Ayurvedic health care staffs need to be educated on some areas related to basic infection control fundamentals. In addition to that, improvements in their skills and clinical training on the application of infection control practices can be recommended to prevent HAI including Covid-19.

The potential of Ayurvedic medicine needs to be explored further with modern scientific validation approaches for better therapeutic leads. Therefore, an attempt has been made in the present review to highlight the crucial aspects that need to be considered for the promotion and development of Ayurvedic medicine.

Biography:

Dr. Darshana Wickramasinghe is a Clinical Microbiologist at the moment working at a District General Hospital Hambantota, Sri Lanka after working at Royal London Hospital and North Wick Park Hospital in London. His fields of research interests are Antimicrobial Resistance and Infection Control. Apart from his routine work as he is interesting in feild of traditional medicine in Sri Lanka he is trying to combine it with ClinicalMicrobiology. He has presented his work in many international Conferences and published his work in reputed journals. Apart from those two fields he has done a lot of work in Virology, Mycology, Parasitology and at the moment he has established a Virology PCR laboratory and involved in Covid patient identification and management.



Charu Sharma

All India Institute of Ayurveda, India

Identifying the pathological models of covid-19 disease - temporal staging of disease (shad vidha kriya kala model) and disease outcome model based on the principles of Ayurveda

Background: Global community is facing an unprecedented pandemic of novel coronavirus disease (COVID-19) caused by Severe Acute Respiratory Syndrome - Coronavirus 2 (SARS-CoV-2). The prevalent gaps are variable host responses towards the infection. This research is a preliminary attempt to bridge this gap through exploring host-centric disease pathways and validating them in the diagnosed cases of COVID-19 disease. The models investigated in the study are Temporal Staging of Disease (*Shad vidha Kriya Kala Model*) and Disease Outcome model – A function of three variables.

Methods: A questionnaire-based, cross-sectional study was conducted in two cohorts of diagnosed cases of COVID-19. Study participants were subjected to a questionnaire to assess the temporal staging of COVID-19 disease in the subjects and to assess the relationship between the three determinants of the disease - exposure, clinical severity and Vyadhiksamatwa (immune status)

Results: In the study, COVID-19 disease was found to follow the temporal pattern (Model 1) described in Ayurveda and the staging include Sanchaya, Prakopa, Prasara, Sthana Samshraya and Bheda stages, further corresponding to 2.59 days, 2.7 days, 2.11 days, 4.09 days, 7 days and 15 days respectively. In the second model, clinical Severity was found strongly correlated with Immune status (with the value of Pearson Correlation - 0.740 significant at the 0.01 level (2-tailed).

Conclusions: The study reports host centric two pathological models of COVID-19 disease based on the principles of Ayurveda. The relationship between the variables was observed and they can be applied for preventive and therapeutic measures.

Biography:

Charu sharma is a Primary investigator of 2 research projects – The title of the project “Evaluation of the Comparative Effectiveness of Ayurvedic management and conventional standard care in Gestational Diabetes Mellitus - An open label: Randomized Control Trial.” She is also the primary investigator in the project Identifying the pathological models of COVID-19 in Ayurveda: Shatkriyakala and Vikar vighata; bhava abhava- A Cross Sectional Study. She has founded the first Ayurveda’s Ed-tech Startup - AyuScholar Education Pvt. Ltd. And educates Ayurveda doctors worldwide. She has been awarded with Dr Prakash Manglavery Memorial award 2021 and Scholar of the year by research foundation. She has been awarded with various awards in scientific presentations. “A National Conference on Dinacharya and Ritucharya for public health promotion”. Scientific Poster Presentation at AHMA. She has also been awarded in National Seminar on Ayurvedic Management of Infertility Epigenetics of Recurrent Pregnancy Loss Windows of Opportunities via Integrative care in Ayurveda. She has been awarded with first prize for the award RE-DISCOVERING CONTRACEPTIVES - Windows of Opportunities via ethnopharmacological research and awarded first prize.



Nguefack Felicitee*¹, Fodoung Wamba Danny Steve²

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Nutritional effect of unintentional poisoning in children at a tertiary hospital – Yaounde, Cameroon

Introduction: Acute poisoning account for one of the accidents in a child’s development. Because of its recurrence and the harmfulness of caustic agent ingestion, we thought wise to state related nutritional complications.

Method: The present retrospective study focused on the epidemiological, clinical characteristics and evolution based to the nutritional status of children victims of domestic accidents from January 2012 to December 2016 admitted in a tertiary hospital at Yaoundé.

Results: Three hundred and sixty-one domestic accidents out of 51,431 admissions were registered. The median age of cases was 24 (IQR: 15–72) months. Poisoning accounted for the majority of accidents (23.5%). Ingested hydrocarbons were the most common agent (35.1%), followed by pesticides (24.7%), household products (16.9%), medication (11.7%), and cosmetics (7.8%). Almost 41.0% of patients had complications during hospital admission. Although esophagus and gastric caustic lesions were grade 1 (48.0%), there was a significant proportion in grade 2 (21.0%) and grade 3 (6.0%). Almost all cases (99.6%) of grade 2 and 3 of caustic ingestion develop malnutrition in acute phase, among which 46.7% at the severe stage. Death accounted for 13.9% of domestic accidents with 4.8% related to toxic agents.

Conclusion: Cosmetic poisoning is a new trend with complications such as oesophageal stenosis. The challenge is to restore the continuity of the digestive tract and ensure adequate nutritional intakes to prevent undernutrition in children in a context where parenteral nutrition is not affordable. Sensitization of parent on the risks of children exposure to cosmetic product is therefore crucial.

Audience Take Away:

- Cosmetic trend in our context which exposes children to caustic agent ingestion.
- Emphasize on the awerness towards domestic accidents.
- African women should learn proper skin care.

Biography:

Nguefack Felicitee, pediatrician, lecturer, researcher of Cameroonian nationality, obtained her doctorate in medicine at the University of Yaoundé I in 1996. She specialized in pediatrics under the supervision Pr TETANYE EKOE in the same institution in 2003. She took part in a master’s degree program in public health and short course on clinical research and evidence based medicine in 2006 -2007 at the Institute of Tropical Medicine Antwerp. Since 2009, she is a lecturer in pediatrics at the University of Yaounde I. She recieved the title of associate professor in pediatrics following CAMES 2018.



Camille Elenne Egidio

Long Tao Institute, Brazil

Application of the Chinese scalp acupuncture technique in the treatment of hemiparesis in patients post ischemic stroke: Clinical case

Ishemic Stroke (CVA) occurs when an artery is blocked and there is a lack of blood supply in a particular area of the brain (ischemia). The difference between ischemic stroke and hemorrhagic stroke (CVA) is that in the second, there is a rupture of one or more blood vessels, not clogging. The obstruction of the artery can occur by a thrombus, which is a blood clot forming on its inner wall, or by a plunger, which is nothing more than a thrombus that travels through the bloodstream until it is trapped in a blood vessel of smaller caliber. Hemiparesis is partial paralysis of one side of the body. It is usually caused by lesions of the corticospinal area that runs below the cortical neurons of the frontal lobe to the motor neurons of the spine, which is responsible for the movements of the muscles of the body and its limbs. This study aimed to demonstrate the effects of the Chinese scalp acupuncture technique in the treatment of right hemiparesis presented by a patient after a CVA. The patient was first evaluated for his motor control and later treated with the Chinese scalp acupuncture technique. The treatment initially proposed should be 20 sessions, but with only three sessions the patient was fully recovered. The final result showed that scalp acupuncture was extremely effective in treating hemiparesis of the patient.

Biography:

Camille Elenne Egidio is graduated in Physiotherapy at Uniban / Brazil and Post-graduated in Acupuncture from Einstein College with specializations in Beijing and Tianjin in China. She is a Post-graduate student in Human Physiology at the ABC Medical College and Graduated in Bioenergetic Acupuncture by CEMETC in Madrid / Spain. She is a Member of the Ibero-American TCM Committee of the European Foundation of Traditional Chinese Medicine (FEMTC). She is a Member of the Free Clinical Working Committee of the World Federation of Acupuncture-Moxibustion (WFAS) and Member of the Executive Council of the World Federation of Chinese Medicine (WFCMS). Camille Elenne Egidio is a Coordinator of the Post-Graduate Program in Acupuncture at the Faculty of Technology of Curitiba (FATEC-PR). She is an Invited professor at the Institute of Traditional Medicine of Portugal (IMT) and Center for Integrative Biological Medicine in Argentina (MBI). She is a Former Director of the Union of Acupuncturists and Oriental Therapists of SP (SATOSP) and Public Relations at Panathlon Club International of Brazil.

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