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## Evidence based “obesity management including associated metabolic problems by acupuncture vs. nursing protocol”

**Tahawur H Khan**

Al Naqahq Medical Rehabilitation Hospital, (MOH) Saudi Arabia

**Objective:** To assess through comprehensive multidisciplinary evidence based “Obesity management approach by Acupuncture” vs Nursing protocol using as control group could improve the Weight-reduction in particular and also Craving, anxiety, mood, sleep quality, high BP, DM-2, Hyperlipidemia, PCOD & Thyroid as associated problems-with health related quality of life. **DESIGN:** An interventional & comparative study patients: Total (50) 25 patients with Obesity” (I - III) grade participated in Obesity management as evidence based program in comparison of 12 patients in nursing protocol in a control group & 13 patients with using single Herb” only in Nursing protocol. **METHOD:** A comprehensive interventional Obesity management by using acupuncture in one group. as evidence based and nursing protocol having educational Diet Plan including exercises as second group was designed for patients of Obesity with & without using single Herb” & associated problems. Also this OBESITY- management protocol comprised of 24 sessions in 8- week period, these patients were followed up for one, three, and six months after being completed of the acupuncture treatment vs nursing protocol. **RESULTS:** During and after six months follow up the level of Craving was nil and weight reduction was 86 % in Control Gp. more over anxiety and depression was found nil in acupuncture treatment gp. Alongwith better mood, sound sleep. & other associated problems like High BP, Sugar level decreased, Sleep apnea, Thyroid & PCOD, were also controlled in Control group. Acupuncture-including of Single Herb” the results >>to 96%, with control Gp. Compared to Nursing protocol with 20 -30 % often recurrence of weight gain with persisting associated problems as well.

**Conclusion:** This study reveals that OBESITY-management by acupuncture with multi- dimensional approach is a valuable compliment treatment of Obesity & associated Metabolic Life Style Disorders too.

### Biography

Tahawur Khan has 25 years of experience as Senior Physiatrist & Acupuncturist as well. Had completed doctorate in Rehabilitation medicine in 1982 from AIIPM&R, India. Since after joined American Mission Hospital as resident then Specialist Physiatrist in Disability & Rehabilitation wing ( 7 yrs.) Then went to complete Doctorate in Acupuncture medicine | AI |, India affiliated to Intl. AI (Hong-Kong ). Since 1993 served in Saudi- Arabia in various Pvt. & MOH Hospitals like Alnoor Specialist Hospital Mecca and King Fahed Specialist Hospital, Qassim (Tertiary care & JCI accredited ) Hospitals as senior Physiatrist. Established & Developed Medical Rehabilitation for North border Region, in AL-Naqaha Medical Hospital, ArAr, Saudi-Arabia. First Non-Saudi to have Acupuncture License & access of acupuncture for Pain management & research work done for OBESITY Rehabilitation with team of Dr Barakat Almotairy ( Head of Endocrinology ) in the country like Saudi-Arabia. Started discussion through Telemedicine” between Mayo-Clinic, USA and K.f.Sp. Hosp., Saudi-Arabia. Also has been National & Intl. Speaker” in many Conferences & Symposia” throughout. And presented Evidence Based research papers for Pain management & Obesity Rehabilitation with Acupuncture + Indian herbal medicine. Also has been awarded appreciation in the field of Neuro-rehabilitation” as pioneer & multi faceted zeal “. Last but not least giving/ extending Voluntary services for various Organizations” for Disability, Hemophilic, spasticity, Geriatric medicine, Alternative- medicine, Acupuncture & Herbal Indian / Chinese medicine, Organization” in India & Abroad. ( Dr. Tahawur Khan.M.D.).

tahawurkhan@gmail.com

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