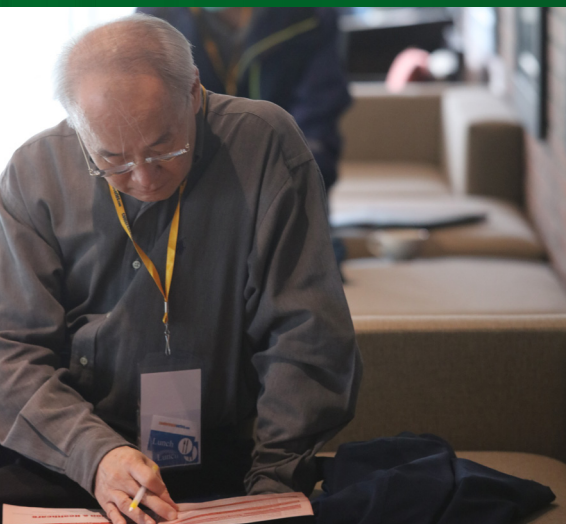


International Conference on

HERBAL & TRADITIONAL MEDICINE

December 10-11, 2018 Dubai, UAE



Workshop (Day 1)

International Conference on
HERBAL & TRADITIONAL MEDICINE
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Marilyn Allen

American Acupuncture Council – Orange, USA

Safety: A global healthcare issue

So how does Herbal and Traditional Medicine Make Horizon for Nature Cure fit into the title “Safety – a Global Health Care Issue”? Perhaps a better question would be where does it not fit? Safety must be everywhere – in everything we do, create, discuss, design, manufacture, develop, and practice – everything! Why should I be talking with you about Safety? I am the only person in the world who has the pleasure of representing three powerful, relevant organizations to our work:

- World Health Organization (WHO) – developing diagnostic codes ICD-TM11
- Quality care and patient safety (WHO) globally
- International Standards Organization (ISO) focused on safety in herbs, devices and formulas including common vocabulary and standards for international classification and safety.

WHO Family of Classification ICD codes are used to count mortality, morbidity and co-morbidities. If the world does not count Traditional Medicine using ICD codes, Traditional Medicine does not count. Quality of care and patient safety is a world-wide concern in Health Care. Whether it is interventions, Acupuncture, Ayurveda, Naturopathy, Herbal Medicines or Homeopathy, each field presents elements of risk – thus the need for safe procedures, processes and protocols. Globally, hundreds of thousands of lives are lost each year due to adverse events. Events that might have been prevented had safe procedures, processes and protocols had been studied, implemented, and consistently reviewed. The World Health Organization has responded to the issue of adverse events by establishing a technical advisory group to begin addressing safety and global health care issues by creating a new classification in ICD-11. This classification will cut across all the established classifications. It will include Acupuncture, Herbal Medicines, vitamins and minerals, and Manipulative Therapies and includes adverse events in Western Medicine. This is the first time adverse events have been studied globally. The International Standards Organization has established a Technical Advisory Group (TAG-249) to create standards for the following:

- Single herbs
- Herbal formulations
- Needle manufacturing
- Other devices used in the practice of Acupuncture
- Informatics

A document has been created by the Agency for Healthcare Research and Quality (AHRQ) in the United States to establish common formats. The common formats will assist with facilitating the collection of patient safety data globally. With common standards clinical and patient safety systems can share integrated data interchange formats, standard formats for electronically encoded information. Think about the impact global common language, global standards and the ability to share information about safe practice, as well as the ability to regularly monitor those safe practices, procedures and protocols will have on patients, practitioners, and positive world knowledge based on our work together.

Biography

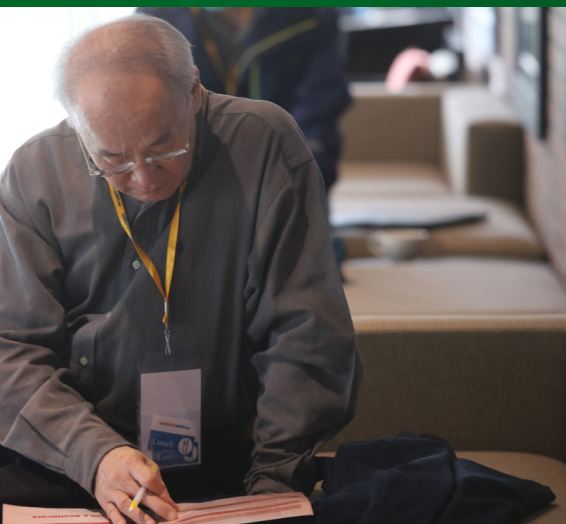
Marilyn Allen did her education course in Westmont College –Santa Barbara, California China June 2015. Teacher at 17 Acupuncture Schools throughout the US. Courses include Practice Management: management, marketing, public relations and health insurance information; and Land & Ethics. Provider of lunch to all Acupuncture students taking the California Board Licensing Exam. 100 students are tested every year. Distribute a bag filled with information about suppliers, samples and malpractice to each student who takes the state exam in CA. Present commencement speeches, speeches, talks at ‘brown bag lunches’ at various schools around the US. American Acupuncture Council insures the majority of the Acupuncture schools. Attend and sponsor the leaders in Acupuncture luncheon yearly. Work with the Council of State associations. Sponsor a luncheon for the presidents of all Acupuncture Schools in the US twice a year. Consultant: Educational Programs, Practice Management, Ethics & Jurisprudence, Marketing. Her publications include: Acupuncture Today- Editor (National monthly publication), Points for Profit- Author (Textbook for Clinical Management classes), Association of Acupuncture and Oriental Medicine Journal, Back Talk: Monthly health publication for patients, California Chiropractic Association Journal, California Society of Oriental Medicine Journal, Journal of Oriental Medicine.

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Scientific Tracks & Abstracts (Day 1)

International Conference on

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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, D M-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 | A I |, India affiliated to Intl. A I (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.).

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The scope of alternative medicine in the Kingdom of Bahrain

Namat Al Subaie

National Health Regulatory Authority (NHRA), Kingdom of Bahrain

Over the last two years, the National Health Regulatory Authority (NHRA) of kingdom of Bahrain has made a determined effort to promote Acupuncture Therapy, Ayurveda Medicine, Massage Therapy, Chiropractic, Herbal Therapy, Homeopathy Therapy, Naturopathy, Osteopathy Therapy, TCM, Biodynamic Craniosacral Therapy, Cupping Therapy, Reflexology Therapy and Unani Medicine. The decision no (33) was issued on 8th December 2018, to regulate the practice of complementary and alternative medicine professional technical requirements for the licensing of private facilities. I will introduce (NHRA) vision, and all services provided under one roof, the NHRA has taken steps to bridge the cultural gap by making health team more involved to public needs and to empower licensed practitioner and not passive receivers. This presentation aims to provide a brief overview on the statistics of health care sectors in Kingdom of Bahrain between 2016 and 2018. Finally I will introduce the scope of complementary and alternative medicine in Bahrain, and the challenges of NHRA that facing for alternative and complementary medicine in Bahrain.

Biography

Namat Alsubaie has completed MSc Quality Health Care Management, Royal collage surgeon, Ireland (RCSI) on 2011, and get certificate for cupping therapy from Sharjah international holistic health center 2018, also she is certified Auditor and jurisdiction officer at NHRA. She gained a comprehensive experience in alternative medicine through searching regulating alternative medicine different professions. Currently she is chairperson for the advisory committee on licensing of Alternative medicine and complementary medicine committee and equal opportunity committee (supreme council of women (SCW) Bahrain and GCC Alternative and complementary medicine committee since 2015 till date.

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Annual influenza vaccine: Review of current attitudes, effectiveness and natural evidence based alternatives in the likelihood of influenza pandemic

Carina Harkin

BHSc.Nat.BHSc.Hom.BHSc.Acu. Cert.IV TAE. MPH , Carahealth, Ireland

Influenza Pandemic remains a global threat (WHO), yet from a pharmaceutical perspective, we remain woefully ill-equipped. Health Care Workers (HCW) themselves are statistically the most influenza vaccine hesitant group in the population. With calls being made to make influenza vaccine programmes compulsory, evidence needs to be taken seriously and a critical assessment made. Carina will discuss what is the growing consensus of the ineffectiveness of the influenza vaccine and the reasons. According to Professor of Virology at Warwick University, Andrew Easton, "A judgement should be made about replacing this [influenza] vaccine in the current climate of limited NHS budget. A re-think is also needed as other therapeutic aids are showing promise." Carina will discuss alternative evidence based herbal medicine and supplements that specifically match the pharmacological action of drugs to reduce influenza incidence and mortality, and boost natural immunity to provide long standing protection . Topics include increasing interferon and how this works not only as a prophylactic and treatment for influenza but, by addressing Major Histocompatibility Complex (MHC) dysfunction, simultaneously has the capacity to reduce the incidence of autoimmune disease (caused by molecular mimicry). Other topics include viral replication inhibition using natural neuraminidase and polymerase inhibitors and compounds in herbal medicine that specifically reduce the inflammatory cascade known as the cytokine storm, associated with high mortality in influenza pandemics.

Biography

Carina Harkin is the world's first triple degree graduate in Complementary and Alternative (CAM) therapies having completed 3 x level 8, 4 year full-time degrees, in naturopathy, acupuncture and homeopathy. Carina is a published author of 2 scientific trials in natural medicine a world first trial using acupuncture in an Accident and Emergency, *A Prospective, Randomised Control Trial of Acupuncture for Select Common Conditions within the Emergency Department*, Journal of Chinese Medicine, Number 85, pp 45-52., October 2007 and *Effect of Homeopathic Calcium on Bone Density*, Homoeopathic Links, Vol. 21: 1-6 6. Spring 2008. Carina is currently completing a Masters in Public Health with UCC Ireland. Carina runs a successful online Naturopathic advisory service and supplies herbs globally through Carahealth. Carina holds a teaching qualification, has years lecturing experience and 20 years clinical experience. Carina specialises in antiaging medicine and life extension. Carina has worked in Public Health twice and her goal is to advise the WHO on the use of traditional medicine to keep populations healthy.

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Modern shamanism, the soul, mind and body medicine

Chantal van Merode

Tal Tao Accupuncture/ Tal Tao TCM Training Institute, Netherlands

Basic training Traditional Chinese Medicine, Qingbai Amsterdam. Acupuncture training; Hwato University of Traditional Chinese Medicine in the Netherlands. Tuina training; Hwato University of Traditional Chinese Medicine. Dr. Shikora, dr. Klowersa and Prof. dr. Sofyan Rangkuti; Laser acupuncture therapy. Detoxification method as a basis for maintaining health and vitality; Nutriphyt. Treatment of tumors / cancer; Nutriphyt. Heart and vascular disease; Nutriphyt. Distributor of AcuGraph at Miridia acupuncture technology in Idaho US. Dr. Jake Paul Fratkin - Japanese acupuncture, the Yin Yang acupuncture protocol and AcuGraph; OTCG. Dr. Dominik Irnich "Segmental, trigger point and micro system acupuncture" NAAV. TCM in Oncologic treatment; TCMA. Ear acupuncture training: Bahr Level 1, 2, 3 and 4; Goudse academy. Adrenals and thyroid: crucial system, in the fight against fatigue and reduced resistance; Nutriphyt. Treatment protocols: Lyme disease for TCM therapists; Ortho Health Foundation. Low Level Laser acupuncture therapy; Schwa-medico. Chakra and aura healing. Abdominal acupuncture: Tuvia Scott; International Lectures. Five elements of acupuncture: Tuvia Scott; International Lectures. December 2016, • Soul Mind Body Medicine for TCM professionals with Dr. Master Sha, Santa Monica. Definest, Shamanic practitioner. The Shift Network; Shamanic Journeying for Guidance & Healing; teacher Sandr Ingerman.

Biography

Tal Tao at the International Therapist exhibition 17 and 18 November 2018 "Tal Tao in STAND 740". Researching into the treatment of PTSD with AcuGraph, acupuncture and energetic healings. Organizing the AcuGraph seminar with teacher Kimberly Thompson of Miridia Acupuncture. Technology from Idaho: "Tal Tao TCM Training Institute" Amsterdam. Organizing: Chinese nutrition and Chinese herbs for daily practice"; teacher Darwin Rangkuti, "Tal Tao TCM Training Institute". I continued my research PTSD and ear acupuncture during my graduation thesis. I traveled to China where I did an internship in Beijing in the Traditional Medicine Training Centre of WFAS. Here I had followed several different classes and learned from numerous Chinese doctors in five different hospitals. I have learned a lot about the various techniques of Chinese medicine and also about Taoism. A lifestyle that keeps you healthy, more conscious and happy.

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The management and treatment of cancers by the Hausa and Fulani tribes of northern Nigeria

Mujtaba S Abubakar

Ahmadu Bello University, Nigeria

A perspective on the methods of pharmacological surveys of Hausa/Fulani folk remedies, concept and perceptions about cancers and inflammations are discussed. We carry out surveys involving traditional medical healers, herbalists, hunters, farmers and Fulani nomads and we have identified plants useful in the treatment of cancers. Identifications were done via taxonomic means and the plants were classified according to their habitats, families, genera. Evidently the plants span families and genera. The survey provides an inventory of useful plants which are commonly used across the Hausa and Fulani communities of Northern Nigeria. The process of determination of the scientific basis for the continued use of specific medicinal plants in the treatment of cancers using appropriate pharmacological evaluation are also discussed. Medicinal plants are important natural resources that serve as the most reliable source of drugs for rural populations in Africa. The knowledge of plant remedies is available through African traditions and folklore, thus the application of this popular knowledge on the use of medicinal plants can contribute to the development and production of products for the pharmaceutical market. Active anti-cancer products from medicinal plants are derived from a wide variety of plant Genera and Species; herein we provide the concept of utilization of the plants from an ecological, sustainable development point of view.

Biography

Mujtaba Sulaiman Abubakar is a professor of pharmacognosy, at Ahmadu Bello University, Zaria, Nigeria. His particular interest is in the development of drugs from the flora and fauna of Nigeria. He has been involved in the development of laboratory models for evaluating the potentials of extracts/ plant constituents as drugs. He is involved in the identification and characterization of biologically active compounds from medicinal plants that have been shown to be useful in Nigerian folk medicine.

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Special Session (Day 2)

International Conference on

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Jacqueline Jacques

Bio Quantique SARL, Switzerland

SCIO/EDUCTOR quantum technologies & therapies: A new approach to prevention, healing & anti-aging

The SCIO/EDUCTOR Quantum Technologies & Therapies based on Quantum Physics, Biofeedback and Bio resonance are designed to detect and reduce STRESS (physical, mental, emotional, social, environmental), the main cause of disease in the world today. The SCIO/EDUCTOR Bio resonance & Biofeedback device makes it possible to query the body for its most acute and chronic imbalances and to correct these stressors with focused energetic therapies. The main premises of Bio resonance & Biofeedback therapies are: The energetic body is the matrix of the physical body. Heal energetic blockages and the biochemistry of the body will change. The body is electrical in nature; therefore reactivity to stressors in the body can be measured electrically. Health can be measured! The body is innately intelligent and it has the ability to heal itself if the right conditions or stimuli (frequencies) are provided. Electromagnetic frequencies (micro-currents) can be used to re-establish the electrical and biochemical functions of the body to restore the integrity of the tissue and promote healing. Frequency therapies as used in SCIO/EDUCTOR technologies are holistic, personalized, efficient, safe, painless, drug-free, without side-effects, in harmony with the environment and scientifically based. They are, unquestionably, an alternative to the over medicalization which prevails today in our health systems all over the world. Offering over 500 assisted-by-computer Biofeedback therapies, it is the largest Healthcare software package in the world, combining both Eastern and Western philosophies and techniques. Join us for this presentation where we will demonstrate some of the most powerful functionalities of this SCIO/EDUCTOR device.

Biography

Jacqueline has more than 30 years of experience as a Manager, Management Consultant, and Coach mainly in Canada, USA, France Hong Kong and UK. She trained from experts and teachers in Personal Development and Alternative Medicine in Europe, America and Asia. She is a Lecturer, Seminar leader, Coach and Quantum Biofeedback & Bio resonance Expert promoting Quantum Technologies & Therapies and training & coaching practitioners in their understanding and practice of this new approach to health and wellness. She is the founder of BioQuantique SARL (Geneva), working on expanding in Dubai.

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Muhammad Amin Baig

International Alternative Medical Council (IAMC), Pakistan

The role and effectiveness of cupping therapy (Hijama) in the management of pain due to migraine

Background: Migraine is common headache disorder and can lead to disability. Mostly analgesics are being prescribed having numerous side effects. Wet Cupping is the part of Regimental therapy as a treatment mode of Migraine disease in Unani system of Medicine. The aim of the study is to analyze the effectiveness of Wet cupping (Hijama) among Pakistani patients suffering from Migraine.

Method: 250 patients were selected in a randomized 18 months' clinical study from August 2013 to February 2015 at SADRI Health Services Islamabad Pakistan. Age: 20 to 80 years having no previous history of brain injury. 3 to 7 sessions of wet cupping were done on alternate days. The effectiveness of therapy was observed by using Visual analogue score and PSQI sleep quality score. Data were analyzed by paired t test and ANOVA.

Result: Out of 250 patients 60% (150) were female and 40% (100) were male. Average duration of Migraine was 4.6 years. 58% (147) patients were having Pain score more than 5. While after treatment there was significant decline in pain score i.e. 14.8% (37 patients). Moreover, the quality of sleep has also been improved from 56% to 13% as indicated by PSQI Score.

Conclusion: After end of therapy it was concluded that Wet cupping has shown improved efficacy in the management of Migraine.

Biography

Muhammad Amin Baig (Gold Medalist - Certified Best Teacher from National Council for Tibb MoH Government of Pakistan) Ph.D in Holistic Medicine (USA), FRCP(MA), MD(AM) Sri Lanka, PGD(TCM), BUMS/FTJ, DHMS(Pak). Scientific Awareness, Descriptive, Research & Invention (SADRI) Foundation Professor & Head Department of Regimental Therapies at Government Recognized Institute of Unani Medicine (Ajmal Tibbia College Rawalpindi) Pakistan Regional Director Pakistan Executive Board Consultant KIU South Korea, Executive Director (Pakistan) at International Holistic Medical Society (IHMS), Chief Executive (Pakistan): American Nutritional Medical Association (ANMA) Inc. USA. Director General for Pakistan International Council for Electro homeopathy

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Scientific Tracks & Abstracts (Day 2)

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Acupuncture in Scandinavia- The impact of nature and acupuncture on mental and physical health

Lollo Modig

Gothenburg University and Uppsala University, Sweden

How come the Scandinavians are among the happiest people in the world? The World Happiness Report 2018, by the United Nations, ranks 156 countries by their happiness levels. The report measures six factors; GDP, life expectancy, social support, generosity, freedom, corruption. (The World Happiness Report from the UN, yearly since 2012, is edited by John F Helliwell, Richard Layard and Jeffrey Sachs). What impact does nature have on the health of the citizens in this part of the world? The Scandinavians spend much time in nature and the easy access to nature areas have a positive influence on their physical and mental health. (Population: Sweden: 10 million inhabitants, Area: 450.000 km², Population density: 24,2 persons/km². Norway: 5,4 million inhabitants, Area: 324.000 km², Population density: 16,5 persons/km². Denmark: 5,7 million inhabitants, Area: 43.000 km², Population density: 131 persons/km²). Can nature cure human ailments? Recent research in Scotland has clearly shown the rapid recovery of health for patients who get prescriptions from their MDs to spend time in nature regularly as part of their overall treatment strategy. After a successful pilot in the Shetland Islands, findings are improvement of the patient's blood pressure, reduction of risk of heart disease and stroke plus the fact that it is giving the patient happiness and a boost of the mental health. Doctors in Scotland's Shetland Islands are literally prescribing nature to their patients. This pilot project was jointly run by NHS Shetland and RSPB Scotland. Prescriptions like these are likewise getting common from MDs in Scandinavia. In what way does acupuncture have an influence on the well-being and happiness of the citizens in Scandinavia? Examples will be given from my own experiences during the last ten years in my clinic.

Biography

Lollo Modig at the age of 27 completed her Bachelor of English, Spanish and German from the University of Gothenburg, Sweden for teaching high school students. She has completed medicine studies for three years at the University of Uppsala and acupuncture studies for three years at Akupunkturakademin in Stockholm, Sweden. Her education as an Acupuncturist with a Diploma was completed in 2008. She performed her practical acupuncture training at The National Hospital of Acupuncture in Hanoi, Vietnam with MD Dong Tran Phuong and Medicine Professor Nguyen Tai Thu. Today she runs her own acupuncture clinic in Stockholm, Sweden.

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Plastic bioaccumulation, health implications and enhancing metabolism and excretion of plastic via phase i and phase ii liver detoxification pathways

Carina Harkin

BHSc.Nat.BHSc.Hom.BHSc.Acu. Cert.IV TAE. MPH, Carahealth, Ireland

Plastic is ubiquitous. Recent studies have highlighted that plastic is in bottled and tap water and in food products including honey, sugar and beer. 10 tonnes is estimated to fall on Paris per year! Global concern regarding the health implications is mounting, with the World Health Organisation (WHO) announcing a risk assessment review of plastics. Meanwhile we remain to eat, drink and inhale plastic without knowing what it is doing to us or indeed if we can eliminate it. Carina will discuss the scale of global microplastic contamination, where it comes from, how plastic enters the body, the health implications of inhaling and ingesting plastics and most importantly how plastic is detoxed and what are the most effective liver herbs to maximise plastic detoxification. Learn how plastic is detoxed and affects Phase 1 cytochrome P450 enzyme group & Phase II pathways including glutathione, glucuronidation and sulphation and the importance of supporting our endogenous antioxidants, catalase, glutathione (GSH), glutathione peroxidase (GPx), glutathione reductase, glutathione S-transferase (GST) and Superoxide Dismutase (SOD). Carina will discuss specifically how ingested plastics, including phthalates & BPA, and inhaled plastics, including dioxins and furans are detoxed by these processes and what herbal medicine and nutritional supplementation can maximise plastic metabolism and excretion. The talk will also address the danger of inadequate plastic detoxification and how this can damage RNA and DNA and lead to early ageing and cancer formation.

Biography

Carina Harkin is the world's first triple degree graduate in Complementary and Alternative (CAM) therapies having completed 3 x level 8, 4 year full-time degrees, in naturopathy, acupuncture and homeopathy. Carina is a published author of 2 scientific trials in natural medicine a world first trial using acupuncture in an Accident and Emergency, A Prospective, Randomised Control Trial of Acupuncture for Select Common Conditions within the Emergency Department, Journal of Chinese Medicine, Number 85, pp 45-52., October 2007 and Effect of Homeopathic Calcium on Bone Density, Homeopathic Links, Vol. 21: 1-6 6. Spring 2008. Carina is currently completing a Masters in Public Health with UCC Ireland. Carina runs a successful online Naturopathic advisory service and supplies herbs globally through Carahealth. Carina holds a teaching qualification, has years lecturing experience and 20 years clinical experience. Carina specialises in antiaging medicine and life extension. Carina has worked in Public Health twice and her goal is to advise the WHO on the use of traditional medicine to keep populations healthy.

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The Islamic Hijama "Cupping"

Namat Al Subaie

National Health Regulatory Authority (NHRA), Bahrain

Cupping Therapy "Hijama" is regulated in kingdom of Bahrain under, the decision no (33) was issued on 8th December 2018, to regulate the practice of complementary and alternative medicine professional technical requirements for the licensing of private facilities. Hijama is an old Islamic treatment modality where blood is drawn by vacuum from a small skin incision for therapeutic purposes. Hijama is derived from the word Al-Hajam which means to suck, to extract or to absorb. This presentation aims to provide a brief overview on the Islamic Hijama Practise, Hijama Prohibitions, Misconception in Hijama, also will cover the Hijama Points. However the ancient Egyptians, Greeks, Arabs, Chinese, and early western civilisations performed Hijama using different techniques as early as 3000 BC. Animal horns were processed and used for cupping. Vacuum was created by the manual sucking by the mouth of the practitioner, Honey and olive oil were used for the sake of anti-septic solution. Finally Hijama or cupping is not a new treatment; it can be traced back from 5000 yrs. definitely there has to be millions of satisfied patients from such a long period. Therefore, Efficacy and safety of the therapy in different disease, so the therapy can be used commonly for treatment for various disease. and nowadays science has proved the benefits cupping therapy in treating numerous disease

Biography

Consultant Namat Alsubaie has completed MSc Quality Health Care Management, Royal collage surgeon, Ireland (RCSI) on 2011, and get certificate for cupping therapy from Sharjah international holistic health center 2018, also I'm certified Auditor and jurisdiction officer at NHRA. I gained a comprehensive experience in alternative medicine through searching regulating alternative medicine different professions. Currently I'm in chairperson for the advisory committee on licensing of Alternative medicine and complementary medicine committee and equal opportunity committee (supreme council of women (SCW) Bahrain and GCC Alternative and complementary medicine committee since 2015 till date.

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