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World Congress on
TRADITIONAL AND
COMPLEMENTARY
MEDICINE

September 24-25, 2018
Abu Dhabi, UAE

World Congress on

TRADITIONAL AND COMPLEMENTARY MEDICINE

September 24-25, 2018 Abu Dhabi, UAE



Keynote Forum (Day 1)

World Congress on
**TRADITIONAL AND COMPLEMENTARY
MEDICINE**

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V L Shyam

Dr. Shyam's Ayurveda, Dubai, UAE

Ayurveda for lifestyle diseases

Lifestyle diseases are linked with the way people live their life. This is commonly caused by lack of physical activity and unhealthy eating as per our understanding. A healthy lifestyle must be adapted to combat the various diseases like diabetes, hypertension, cholesterol, liver diseases, heart diseases, COPD etc. with a proper balanced diet and physical activity. Ayurveda analyze the body constitution and the existing health problems of the individual before suggesting a proper food and lifestyle advice. Every human is being a unique individual, full of idiosyncrasies and peculiarities. Ayurvedic principles of health and disease revolve around the concept of 3 doshas - Vata, Pitta and Kapha. These are three active energy forces that govern the functions of our body and mind. Although every individual has the three doshas, each of us inherits them in differing proportions. This accounts for our differences in appearance, preferences, aversions, behavioral patterns and emotional tendencies. On account of these differences, Ayurveda categorize human into 7 basic body types. The results of a lifestyle modification differ from person to person as per their body type. The basic knowledge of the body type helps one to determine the most auspicious lifestyle that will ensure health and longevity, appropriate foods, herbs, exercise regimes, medicines, therapies and even suitable professions. Ayurveda firmly believes that the health of a person depends on his or hers connection with nature. Ayurveda offers various methods to manage lifestyle disorders by following daily regimens, seasonal regimens, herbal medicines, Panchakarma (detox therapies) and or with help of Rasayana (Tonics).

Biography

V L Shyam has achieved Health Excellence Award – UAE – Distinguished Leaders of Healthcare in 2018, Health Excellence Award – UAE, Distinguished Physician in 2017, Twenty years of Ayurveda experience spanned across 19 countries, Successfully implemented 66 Ayurveda / Wellness projects, Columnist on Ayurveda & Wellbeing in Gulf News – 1000 plus columns, Ayurveda Practice License in DHA, DHCC, HAAD, MOH Malaysia, Spa person of the Year - Hotelier Middle East award – 2007, First Ayurveda practitioner licensed by the Ministry of Health, UAE – 2002, Gold Medalist – BAMS, Mahatma Gandhi University – 1996, MD in Ayurveda from Kerala University – 2000, MPhil in Business Management from BITS Pilani – 2005.

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September 24-25, 2018 Abu Dhabi, UAE



Keynote Forum (Day 2)

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H M Rafeek

University of Colombo, Sri Lanka

Overview of future aspects of Complementary Medicine

Today two system of health care available in this world; Western medicine and Alternative Medicine, but for patients looking on better health in the world for number of therapies / medicines wherever available such as allopathy, homeopathy, osteopathy, naturopathy- but whatever the patient needs sympathy. Looking on to these points ,today conventional medicine is superb when it's come to surgery, emergency and trauma but there is no question that Alternative Medicine works better for just about everything else specially for chronic disease. My research findings, treatment in some cases is more cost effective over long term because it emphasizes prevention and goes after causes rather than symptoms. However this is changing largely due to input of other professions than medicine and input from psychology, occupational therapy, physiotherapy, speech therapy, naturopathic iridologist and other professions, which are supporting the health care service in the National Health Service (NHS) It is important to classify and to stratify CAM. the Chinese medicine, which includes Acupuncture, Herbal medicine, Physical Medicine, Magnetic therapy, Color therapy, Cupping Therapy and other modalities perhaps still developing of course, medicine and is extensively used There are other two systems: 1) Herbal medicine which is on a worldwide basis is the most challenges and pharmaceutical approach of medicines widely. 2) Homeopathy is that form of therapy which most challenges the pharmaceutical approach of medicine in that the principles are: like should treat like and that of the diluted medicine, to the extent those immeasurable parts of the original medicines are more powerful Under the banner of complementary system, diagnosing stools are pulse diagnosis, iris diagnosis, tongue diagnosis, facial diagnosis, Su-Jok diagnosis, Auricular diagnosis. We concluded there is a trend in the whole world and the world is coming back to natural remedies or integrated medicines a way of treatment whether the east or west the world is coming back to natural life, when the time needful pharmaceutical drugs need to be taken. Today the world is growing up with complementary medicine due to vast benefits for life long, supporting the scientific researches related to alternative and complementary medicine training to western doctors to learn the benefits of treatment and practices to understand about complementary medicine. Holistic therapies stress empathic communication between therapist and patient, and involve the patient in goal-setting and problem-solving. Finally, many of the complementary therapies are pleasurable; older people enjoy the socialization.

Biography

H M Rafeek has done N.D (UK), Ph.D. MGNI (UK), Master Naturopathic Iridologist (UK), Diet and Nutrition (USA), Consultant and Adviser in College of Medicine and Healing Art (UK), Former Director of Arabian Center for Natural Treatment (KSA), International Visiting Lecturer for Complementary and Alternative Medicine, Senior Lecturer for Open International University for Complementary Medicine, Life Member of Indian Association for Sexology, Master Iridologist, Holistic Health College (UK) Master Cupping Therapy, Pakistan Diploma in Color Therapy at School of Natural Health Science Followed MBBS Course at the Faculty of Medicine at University of Colombo, Adviser in International Alternative Medical Council, Pakistan (IAMC), Specialist in Pain Management.

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Major Roger Haw Boon Hong

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Alternative medicine: Doubtful treatment or a powerful healing force??

Alternative medicine is an approach to healing used in place of conventional medicine. Complementary medicine, on the other hand, is used together with conventional medicine. For example, if a special diet is used to treat cancer in place of surgery recommended by a conventional doctor, the diet would serve as an alternative therapy. However, if a special diet were used to combat high cholesterol levels in a patient with heart disease, in addition to coronary artery bypass surgery, the diet would serve as a complementary therapy. Since the same therapy can serve as either complementary or alternative, the various therapies outside the domain of conventional medicine are often grouped together under the term CAM (complementary and alternative medicine) therapies. The increasing interest in alternative medicine, which attempts to treat a patient's body, mind, and spirit, can be viewed as a measure of the spiritual hunger in our high-tech society. The desire within the medical community to integrate treatments for a patient's spiritual needs as well as physical needs is validating the importance of pastoral care in the hospital setting. Perhaps an approach to healing that makes use of the strengths of both conventional medicine and alternative medicine would enable a person to experience the best of both medical worlds. The forms of alternative medicine with scientific backing could be used to maintain health and increase physical fitness, while conventional medicine could be used to accurately diagnose and eradicate disease. Certain cautions, however, should be observed. (245 words)

Biography

Major Roger Haw Boon Hong has completed his Ph.D in Alternative Medicine at The Open International University for complementary medicines in 2000 (CHARTERED BY UNITED NATIONS AND IN COLLABORATION WITH THE UNITED NATIONS PEACE UNIVERSITY). Besides that he has interest in nine academic specialization in the field of Humanities, Community Development, Corporate Social Responsibility, Environmental and Sustainable Development Sciences, Strategic Management, International Marketing, Cultural Arts, Distance Education and Peace Education. Presently he serves as an Honorary Executive Director of International Council of Electro homeopathy for Malaysia Chapter and an Honorary Executive Director for Education of American Nutritional Medical Association for Malaysia Chapter.

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