

6<sup>th</sup> International Conference and Exhibition on  
**Traditional & Alternative Medicine**  
September 14-16, 2016 Amsterdam, Netherlands

**Scientific Tracks & Abstracts**



**Day 1**



*Traditional Medicine 2016*

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Telomeres and our health

**Joshua Dunsky**

Dunsky Rehabilitation and Spine Center, USA

Shortening of the telomere at the chromosome ends is recognized to inhibit the lifespan of human cells and provoke a signal for the initiation of cellular senescence. To continually proliferate with proper DNA replication and to minimize cellular disturbance, cells must rebuild and sustain telomere length. Telomerase can achieve this due to its reverse transcriptase activity. Eventhough all somatic cells have the telomerase gene, the activity itself is suppressed at the regulatory element at birth. The telomerase enzyme is suggested to be an essential factor in cell immortalization. In this review, we discuss the structure and function of telomere and telomerase and their roles in cell immortalization and aging, simultaneously the experimental studies of telomerase assays and disease. Finally, we discuss the potential use of inhibitors of telomerase in humans and the role it plays in “youthful aging”.

## Biography

Joshua Dunsky has been practicing as a chiropractic Physician for 17 years in the Metro West area Boston, Massachusetts. He is the Clinic Director of Dunsky Rehabilitation and Spine Center and Boston Scoliosis Specialists in Framingham Massachusetts, a wellness center that has a focus on peripheral neuropathy, spinal degeneration, scoliosis and the GUT. He has lectured extensively on Neuropathy, Scoliosis and Telomere Science in relation to aging and disease. He presented Telomere Science as a Speaker at the Anti-Aging/Preventative Medicine Conference London 2013. He was the past President and Founder of the New England Spinal Decompression Association, LLC (2006), President and Founder of the American Spinal Decompression Association, LLC (2006) and President of The American Cancer Society, South Middlesex Chapter (2003-2005). He is a member of the American Academy of Pain Management and American Academy of Anti-Aging Physicians.

[joshuadunsky@gmail.com](mailto:joshuadunsky@gmail.com)**Notes:**

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Explore laser acupuncture's role in modern medicine

Wen-Long Hu<sup>1,2,3,4</sup>, Yu-Chiang Hung<sup>1,2</sup> and I-Ling Hung<sup>1</sup><sup>1</sup>Kaohsiung Chang Gung Memorial Hospital, Taiwan<sup>2</sup>Chang Gung University College of Medicine, Taiwan<sup>3</sup>Kaohsiung Medical University College of Medicine, Taiwan<sup>4</sup>Fooyin University College of Nursing, Taiwan

**Objective:** To explore laser acupuncture's role in modern medicine with a view to strengthen and promote the appropriate use in health care systems.

**Methods:** We conducted a PubMed search to obtain a fair sample of laser acupuncture clinical trials published in English till 2011. Each article was reviewed for a physiologic rationale, as well as study designs and outcomes, experimental and control interventions.

**Results:** Forty-eight laser acupuncture clinical trials were identified. Evidence was found to support the use of laser acupuncture in the treatment of acute or chronic pain from different origins, postoperative nausea and vomiting, nocturnal enuresis, menopausal symptoms, allergic dermatoses, alcohol addiction, smoking cessation, obesity and for cerebral cortical activations.

**Conclusion:** Laser acupuncture integrates the positive effects of acupuncture and low-level lasers, and is therefore effective in the indications of both. In the hands of an experienced physician, laser acupuncture can be used as complementary or alternative treatment in modern medicine.

## Biography

Wen-Long Hu is the Vice Director of the Department of Chinese Medicine at Kaohsiung Chang Gung Memorial Hospital, Assistant Professor at Fooyin University, Kaohsiung Medical University, and Chang Gung University. He has the experiences of clinical practice in low level laser therapy (LLLT) for 20 years and in acupuncture for 25 years. He is an invited speaker for lectures in LLLT at many symposiums held by some medical associations. Recently, he is invited to instruct physicians to practice LLLT in workshops. He also involved in researches on LLLT and acupuncture, e.g. obesity, metabolic syndrome, stroke, dementia, Parkinsonism, myofascial pain, arthralgia, radiculopathy and autism, etc.

[oolonghu@gmail.com](mailto:oolonghu@gmail.com)

## Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Binaural beat technology: Can an auditory neurophysiologic technique positively affect the cardiovascular stress response?

**MeLisa Gantt**

Landstuhl Regional Medical Center, Germany

Binaural Beat Technology (BBT) is an auditory neurophysiologic technique which uses auditory tones (often embedded in music) dichotically via stereo headphones to manipulate brainwave activity. Using the Monroe Institute's Hemi-Sync technology, a double-blinded, randomized, repeated measure study was conducted to assess the effect of BBT (in the theta brainwave frequency) on the cardiovascular (CV) stress response. A sample of 74 United States military service members (age 22-61) with complaint of post deployment anxiety was randomly divided into two groups (music with BBT and music without BBT). Each group was exposed to their respective intervention for a minimum of 30 minutes at bedtime, three times a week, for a total of four weeks. Participants underwent pre and post 20-minute heart rate variability tests to assess the effect of using the technology. A 2x2 mixed Analysis of Variance was conducted and found a statistical significant difference ( $F(1, 63) = 7.56, p=0.008 (\eta^2=0.107)$ ) in the low frequency HRV measures, whereas the Music with BBT group showed a decrease while the Music Only group showed an increase (Pre = 77.83, Post = 75.33 vs. Pre = 66.42, Post = 74.41). A statistical significant difference was also found in the high frequency HRV measures ( $F(1, 63) = 7.56, p = .008 (\eta^2 = .107)$ ) whereas the Music with BBT group showed an increase while the Music Only group showed a decrease (Pre = 22.17, Post = 24.67 vs. Pre = 33.58, Post = 25.94). Finally, the Music Only group showed a significant decrease ( $F(1, 57) = 4.39, p = .041 (\eta^2 = .072)$ ) in Total Power HRV measures when compared to the Music with BBT group (Pre = 2098.90; Post = 985.26 vs. Pre=1249.75; Post=1223.07).

### Biography

MeLisa Gantt is the Director for the Center for Nursing Science & Clinical Inquiry at Landstuhl Regional Medical Center and the Human Protections Administrator for US Army Regional Health Command Europe. She received her PhD from the University of Central Florida and is a certified Operating Room Nurse and RN First Assist. She has served as the Deputy Director for the Joint Combat Casualty Research Team in Afghanistan, Director of Research for Fort Belvoir Community Hospital in Virginia and Nurse Scientist for the Walter Army Medical Center in Washington, DC.

[melisa\\_gantt@msn.com](mailto:melisa_gantt@msn.com)

### Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## American ginseng suppresses colitis and prevents colon cancer in mice: Understanding the mechanisms and the molecules

**Lorne J Hofseth**

University of South Carolina, USA

Inflammatory Bowel Disease (IBD) is a chronic inflammatory disease of the colon associated with an increased colon cancer risk. Although inflammation plays a key role, both the mechanistic understanding and the safe and effective treatment of 'colitis', are limited. Complementary and alternative medicines (CAMs) can offer a safe and effective option for the treatment of IBD. Over the past decade, we have shown that American Ginseng (AG) and a fraction of AG generated using Hexane as a solvent suppresses colitis and prevents colon cancer in mice. Mechanistically, it appears that key known nodes in the inflammation to cancer sequence, including iNOS, p53, miRNAs (particularly miRNA-29b), and Nrf2, are involved. AG and some of its ingredients also suppress oxidative stress, and DNA damage associated with free radical production during inflammation. Such findings offer an explanation to the observation that AG and HAG prevent colon cancer associated with colitis. Recently, we have isolated one particularly active ingredient from AG, called Panaxynol. Excitingly, Panaxynol targets macrophages for DNA damage and associated cellular apoptosis *in vitro* and *in vivo*. Preliminary findings indicate that Panaxynol suppresses macrophage-driven mouse models of disease, including colitis. We are currently drilling deeper to understand the mechanisms. Overall, we have shown in many studies that AG suppresses colitis, and are in a position to begin clinical trials to show efficacy in humans.

### Biography

Lorne J Hofseth completed his PhD from Simon Fraser University, Canada in 1996. After completing Post-docs at Michigan State University and the National Cancer Institute, he joined the faculty in the College of Pharmacy, University of South Carolina. He is a full Professor, and is currently the Director of Graduate Studies. He has published over 75 articles, and supports his program through several NIH grants.

[hofseth@cop.sc.edu](mailto:hofseth@cop.sc.edu)**Notes:**

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Ministerial fire and its clinical applications

**Rebecca Fung**

University of East-West Medicine, USA

The term “ministerial fire” originates from Neijing Suwan where it was used in the context of climatology. It became widely used in Zangfu theories in later eras, but with no consensus on its definition. Jing-Yuan master Zhu Danxi was the only one in TCM history who had presented a complete, systematic, and well-founded theory on ministerial fire. Zhu’s theory, as recorded in his text *Gezhiyulun* can be summarized as follows. First, ministerial fire is the “fire of thunder and dragon”. Since “thunder” and “dragon” are related to two different symbols of the Bagua (eight trigrams) which correspond to wood and water respectively, ministerial fire is the fire of liver and kidney. Zhu also theorized that there is ministerial fire in the gall bladder, urinary bladder, pericardium, and San Jiao because of their pairing relationships to the liver and kidney. Second, Zhu described the ministerial fire as the “fire of heaven”, as compared to sovereign fire being the “fire of human”. It indicates the prenatal nature of the ministerial fire versus the postnatal nature of the sovereign fire. Third, ministerial fire is both a physiological and pathological fire; it turns from normal to pathological after being stirred up by Jue Yang Fire and as a result, depletes yin. Forth, the aberrant movement of the ministerial fire is mainly caused by overindulgences in sexual activities and eating which lead to yin depletion and therefore, self-restraint is recommended. In terms of clinical applications, Zhu Danxi’s most significant treatment principle “nourish yin to sedate fire” led to the development of Da Bu Yin Wan, which is regarded by many as a stronger formula than Lui Wei Di Huang Wan in treating yin deficiency with deficiency heat. Today, according to many clinical studies in China, Da Bu Yin Wan is proven to be effective in treating conditions such as hyperthyroidism, diabetes, tuberculosis, urinary tract infection, nephritis, impotence, and menopause symptoms.

## Biography

Rebecca Fung is a licensed Acupuncturist and Herbalist in California and a candidate for the degree of Doctor of Acupuncture and Oriental Medicine at the University of East-West Medicine. She holds a Master of Science degree in Traditional Chinese Medicine (American College of Traditional Chinese Medicine), a Master of Business Administration degree (California State University), and a Bachelor of Arts degree in Geography (University of London). Her primary interests are in the fields of anti-aging and allergies.

[rebecca.p.fung@gmail.com](mailto:rebecca.p.fung@gmail.com)

## Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Protein profile changes among cancer patients after abnormal Savda therapy in traditional Uighur medicine

Abulizi Abudula, Wanli Deng, Nurmuhammad Amat and Halmurat Upur  
Xinjiang Medical University, PR China

Traditional Uighur medicine shares an origin with Greco-Arab medicine. It describes a disease in terms of Abnormal Hilits (syndromes) that are caused by imbalance of the dynamic homeostasis of four normal Hilits (humors), consisting of Kan, Phlegm, Safra and Savda, which correspond to Blood, Phlegm, Yellow Bile, and Black Bile in Greco-Arab medicine. In the clinical practice, the Abnormal Savda (syndrome), which refers to the change in Black Bile, is the major pathological condition of diseases and can be treated with its unique prescription, composed of Abnormal Savda Munziq and Abnormal Savda Mushil, known as Abnormal Savda therapy. In this study, 29 cancer patients diagnosed with Abnormal Savda underwent Abnormal Savda therapy. According to the criteria in Uighur medicine, the syndrome scores for Abnormal Savda significantly declined after treatment. Subsequent proteomic analysis identified 27 proteins differentially expressed in the plasma of patients from baseline to after treatment. Bio-informatic analysis indicated that most of these proteins are potential tumor biomarkers. Among the seven proteins detected by enzyme-linked immunosorbent assay, the expression of vWF, APOC4, and THBS1 was significantly upregulated, while ADIPOQ and ITIH3 were downregulated after to treatment. We previously reported the down-regulation of vWF and THBS1 and upregulation of ITIH3 in cancer patients diagnosed with Abnormal Savda compared with those with other syndromes and healthy controls. Therefore, the inverse regulation of protein expression in response to treatment provides evidence for the use of Abnormal Savda therapy as an alternative or auxiliary method to the clinical treatment of cancer patients by Western medicine.

### Biography

Abulizi Abudula has completed his PhD from Jena University and Post-doctoral studies from Bielefeld and Goettingen Universities in Germany. He is working as an invited scholar at the Xinjiang Medical University and involved in the research of cancer early diagnosis, prevention and treatment by traditional Uighur medicine. He has published more than 10 papers in international journals in the field of Tumor Biology and Traditional Medicine.

[abulizi\\_a@126.com](mailto:abulizi_a@126.com)

### Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Protective effects of *Urtica dioica* seed extract in aflatoxicosis: Histopathological and biochemical findings

A Uyar, Z Yener and A Dogan  
Yuzuncu Yil University, Turkey

The ameliorative potential and antioxidant capacity of an extract of *Urtica dioica* seeds (UDS) was investigated using histopathological changes in liver and kidney of broiler, measuring serum marker enzymes, antioxidant defense systems and lipid peroxidation (malondialdehyde (MDA) content in various tissues of broilers exposed to aflatoxin (AF). A total of 32 broilers were divided randomly into 4 groups: control, UDS extract-treated, AF-treated and AF+UDS extract-treated. Broilers in control and UDS extract-treated groups were fed on a diet without AF. The AF-treated group and AF+UDS extract-treated groups were treated with an estimated 1 mg total AF/kg feed. The AF+UDS extract groups received in addition 30 ml UDS extract/kg diet for 21d. The AF-treated group had significantly decreased body weight gain when compared to the other groups. Biochemical analysis showed a small increase in the concentrations of serum aspartate aminotransferase, alanine aminotransferase, gamma glutamyl transpeptidase and lactate dehydrogenase in the AF-treated group compared to that of the control group, whereas concentrations of these enzymes were decreased in the AF+UDS group compared to that of the AF-treated group. Administration of supplementary UDS extract helped restore the AF-induced increase in MDA and reduced the antioxidant system towards normality, particularly in the liver, brain, kidney and heart. Hepatorenal protection by UDS extracts was further supported by the almost normal histology in AF +UDS extract-treated group as compared to the degenerative changes in the AF-treated broilers. It was concluded that UDS extract has a protective hepatorenal effect in broilers affected by aflatoxicosis, probably acting by promoting the antioxidative defense systems.

[uyarahmet@hotmail.com](mailto:uyarahmet@hotmail.com)

Notes:



6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Comparative *in vitro* cytotoxic, anti-inflammatory and anti-microbiological activities of two indigenous Venda medicinal plants

Muendi T Sigidi, C P Anokwuru, T Zininga, MP Tshisikawe, A Shonhai, IDI Ramaite, AN Traoré and N Potgieter  
University of Venda, South Africa

The Vhembe region of the Limpopo province has a rich tradition of medicinal plants use. Traditionally, boiled roots of *Ziziphus mucronata* are used in the treatment of boils, general swelling and other skin infections. A combination of leaf paste and root infusion treats measles, dysentery, chest complains, and gland swelling. *Pterocarpus angolensis* is famous for the treatment of menorrhagia, infertility in women, wounds and pain management. The purpose of the present study was to compare the cytotoxicity, anti-inflammatory potential and anti-microbial activities of *Ziziphus mucronata* and *Pterocarpus angolensis* from the Vhembe region. U937, MeWo, Vero and RAW 264.7 cells were treated to various concentrations (50, 100, or 125 or 250 µg/ml depending on assays) of *Ziziphus mucronata* and *Pterocarpus angolensis*. Cytotoxicity assay was done using MTT; Anti-inflammatory activity was assessed using NO production; Anti-bacterial activity was done using the Micro-Broth dilution method and Anti-mycobacteria activity was determined using the Alamar Blue Method while RT activity was measured by ELISA. Cytotoxicity results showed that *Pterocarpus* was more toxic than *Ziziphus* as observed in the Vero and MeWo cells; however both displayed toxicity towards a Human cancer cell line. Both extracts did not inhibit nitrate production but induced significant increase in macrophage activation. The plant extracts have shown anti-tuberculosis activity at concentrations >500µg/ml and there was moderation inhibition of HIV replication. The results obtained indicated that the extracts have pro-inflammatory properties, and the observed toxicity on malignant cell lines must be investigated further for promising anti-cancer drug therapy.

### Biography

Muendi T Sigidi is a PhD student from the University of Venda in South Africa. She worked for the National Institute of Communicable Diseases (NICD), Mycology Reference Unit for 3 years as a Scientist. Currently, she is a part time Lecture in the Department of Microbiology in the University of Venda. She has commenced the PhD degree in January 2014 and its due for completion is at the end of 2016.

[muendi.sigidi@yahoo.com](mailto:muendi.sigidi@yahoo.com)

### Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## The application of electroacupuncture in temporomandibular disorders

**Aurea Chun-En Kuo**

Kaohsiung Chang Gung Memorial Hospital, Taiwan

Temporomandibular disorders (TMDs) refer to a group of related pathologies involving the temporomandibular joints, muscles of mastication, and/or associated structures. TMDs are characterized by symptoms such as pain and decreased maximal mouth opening (MMO). Currently, the standard treatment modality for TMDs is nonsurgical management, based on the results of longstanding clinical research studies. However, many alternative approaches to the treatment of TMDs have arisen, primarily due to the frequency of cases that are refractory to traditional nonsurgical intervention. In many clinical studies, acupuncture has been proven an effective form of pain management, particularly pain of musculoskeletal origin, including TMDs. Within the last decade, there has been a substantial increase in the number of research studies addressing the efficacy of electroacupuncture techniques in the treatment of persistent tissue injury, nerve injury, pain associated with cancer, and visceral pain. These studies indicate that electroacupuncture not only reduces both the sensory and affective components of inflammatory pain but also inhibits neuropathic pain. The mechanism by which electroacupuncture blocks pain results from the activation or inhibition of a variety of bioactive chemicals throughout the peripheral, spinal, and supraspinal pathways. This study aims to analyze the efficacy of electroacupuncture as a treatment method for pain associated with TMDs in the scientific literature.

### Biography

Aurea Chun-En Kuo is a medical Doctor at Kaohsiung Chang Gung Memorial Hospital with experience in Acupuncture and a passion for CAM studies. She has been a Member of Chinese Medical Association of Acupuncture (CMAA) and she obtained the documentation of subspecialty in Chinese Dermatology, Acupuncture, and Conventional Western Medicine. Her research topics focus on CAM in treating chronic tinnitus, modern medical devices for meridian analysis such as Ryodoraku, and the epidemiologic characteristics of CAM nursing in Taiwan. Her recent research interest is the basic research of herbs to be applied in the treatment of cancer and sepsis and CAM syndrome differentiation and treatment.

[lecherries@gmail.com](mailto:lecherries@gmail.com)

Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Histopathological and biochemical investigations of protective role of honey in rats with experimental aflatoxicosis

Turan Yaman, Zabit Yener and Ismail Celik  
Yuzuncu Yil University, Turkey

The aim of this study was to investigate the antioxidant properties and protective role of honey, considered a part of traditional medicine, against carcinogen chemical aflatoxin (AF) exposure in rats, which were evaluated by histopathological changes in liver and kidney, measuring level of serum marker enzymes, antioxidant defense systems, and lipid peroxidation content in liver, erythrocyte, brain, kidney, heart and lungs. For this purpose, a total of eighteen healthy Sprague-Dawley rats were randomly allocated into three experimental groups: A (Control), B (AF-treated) and C (AF+honey-treated). While rats in group A were fed with a diet without AF, B, and C groups received 25 µg of AF/rat/day, where C group additionally received 1mL/kg of honey by gavage for 90 days. At the end of the 90-day experimental period, we found that the honey supplementation decreased the lipid peroxidation and the levels of enzyme associated with liver damage, increased enzymatic and non-enzymatic antioxidants in the AF+honey-treated rats. Hepatoprotective and nephroprotective effects of honey is further substantiated by showing almost normal histological architecture in AF+honey-treated group, compared to degenerative changes in the liver and kidney of AF-treated rats. Additionally, honey supplementation ameliorated antioxidant defense systems and lipid peroxidation content in other tissues of AF+honey-treated rats. In conclusion, the present study indicates that honey has a hepatoprotective and nephroprotective effect in rats with experimental aflatoxicosis due to its antioxidant activity.

### Biography

Turan Yaman has completed his PhD from Yuzuncu Yil University School of Veterinary Medicine. He has published more than 4 papers in reputed journals.

[turan.yaman@dicle.edu.tr](mailto:turan.yaman@dicle.edu.tr)

Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Upper gastrointestinal bleeding, leading to blood and energy deficiency of small intestine and stomach meridians

Yu-Chiang Hung, Ying-Jung Tseng and Wen-Long Hu  
Chang Gung University College of Medicine, Taiwan

**Objective:** To investigate the relationship between the electrical resistance of the skin at BAPs on the main meridians and upper gastrointestinal bleeding (UGIB).

**Methods:** Electrical resistance to direct current at 20 BAPs on the fingers and toes of 100 patients with (38 men, 12 women; 58.20±19.62 years) and without (27 men, 23 women; 49.54±12.12 years) UGIB were measured through EDS. Data were compared through ANOVA, receiver operating characteristic (ROC) curve analysis, and logistic regression.

**Results:** The initial readings were lower in the UGIB group. Indicator drop values were observed significantly at 9 BAPs ( $p<0.05$ ) on the bilateral small intestine, bilateral stomach, bilateral circulation, bilateral fibroid degeneration, and right lymph meridians. The area under the ROC curve values of the BAPs on the bilateral small intestine and stomach meridians were larger than 0.5. Logistic regression analysis revealed, when the indicator drop of the BAP on the left stomach meridian increased by one score, the risk of UGIB increased by about 1.545–3.523 times.

**Discussion & Conclusion:** We found significantly different values of UGIB for the BAPs on the stomach and small intestine meridians. The more indicator drop values, the more risk of UGIB. The change in the electrical resistance of the skin measured by EDS at the BAPs on the bilateral small intestine and stomach meridians provides specific information as energy deficiency on UGIB.

### Biography

Yu-Chiang Hung has completed his PhD from Graduate Institute of Clinical Medical Sciences, Chang Gung University. He is the Director of the Department of Chinese Medicine, Kaohsiung Chang Gung Memorial Hospital. He is specialized in Chinese Medicine and has published about 21 papers in reputed journals.

[hungyuchiang@gmail.com](mailto:hungyuchiang@gmail.com)

### Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Decreased interleukin-4 (IL-4), IL-10 and IgE level of type I hypersensitive mice using scopoletin isolated from noni fruit (*Morinda citrifolia* L)

Yufri Aldi, Elliza Nasrul, Yanwirasti, Dian Handayani and Dachriyanus  
Fakultas Farmasi, Indonesia

An *in vivo* study of the activity of scopoletin isolated from noni fruit (*Morinda citrifolia* L.) on the level of interleukin-4 (IL-4), IL-10 and IgE in type I hypersensitive male Swiss-Webster mice has been carried out. Scopoletin was isolated from dried noni powder by soxhletation method using dichloromethane, separated by column chromatography using silica gel as stationary phase and n-hexane-ethyl acetate (1:4) as mobile phase, then purified by column chromatography using Sephadex LH20 as stationary phase and methanol as mobile phase. Type I hypersensitive male mice were obtained by ovalbumin sensitization. Animal model were divided into 5 groups: negative control group, positive control group, and scopoletin-treated group (1; 3; and 10 mg/kg). The results showed that scopoletin at doses of 1, 3 and 10 mg/kg decreased the level of IL-4 of type I hypersensitive mice significantly ( $p < 0.01$ ). The scopoletin at the dose of 10 mg/kg decreased the serum level of IL-4, IL-10, and IgE ( $P < 0.01$ ) to the normal level. The ability of scopoletin to decrease IL-4 and IgE concentration of type I hypersensitive mice to its normal state was shown by dose of 10 mg/kg BW ( $p > 0.05$ ), while for IL-10 concentration, the decrease until its normal level was shown by dose of 3 mg/kg BW ( $p < 0.05$ ).

### Biography

Yufri Aldi is a Lecturer at the Faculty of Pharmacy, University of Andalas. He completed his PhD in 2013 at Andalas University. His research is in the field of Farmaco-Immunology.

[yufrialdi@gmail.com](mailto:yufrialdi@gmail.com)

Notes:

6<sup>th</sup> International Conference and Exhibition on  
**Traditional & Alternative Medicine**  
September 14-16, 2016 Amsterdam, Netherlands

**Scientific Tracks & Abstracts**



**Day 2**



*Traditional Medicine 2016*

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Utilization and validation of therapy with *Artocarpus tonkinensis*, a tree growing in North Vietnam

Domenico V Delfino<sup>3</sup>, Sabrina Adoriso<sup>1</sup>, Isabella Muscari<sup>1</sup>, Ariele Rosseto<sup>3</sup>, Do Thi Thao<sup>2</sup>, Tran Van Sung<sup>2</sup> and Trinh Thi Thuy<sup>2</sup><sup>1</sup>Azienda Ospedaliera Santa Maria Terni, Italy<sup>2</sup>Vietnam Academy of Science and Technology, Vietnam<sup>3</sup>University of Perugia, Italy

*Artocarpus tonkinensis* A Chev. ex Gagnep (Moraceae) is a tree found in northern Vietnam used in VTM by the Hmong ethnic minority to treat arthritis and backache. Intraperitoneal injections of *A. tonkinensis* extract decreased both arthritis incidence and severity and delayed disease onset in rats with collagen-induced arthritis. *In vitro*, an extract induced apoptosis in lymph node cell cultures, inhibited mitogen-induced T-cell proliferation, and induced apoptosis of activated LN-derived lymphocytes. In addition, four individual active components isolated from *A. tonkinensis* have anti-inflammatory effects which correlate with the tree's inhibition of mitogen-induced T-cell proliferation. These extracts also inhibited production of cytokines, such as tumor necrosis factor- $\alpha$  and interferon- $\gamma$ , in mitogen-stimulated T cells. The authors postulated that suppression of T-cell proliferation and cytokine production by *A. tonkinensis* flavonoids contribute to reduced arthritis severity after experimentally-induced arthritis. *A. tonkinensis* compounds were also tested for anti-cancer activity, revealing that maesopsin 4-O- $\beta$ -D-glucoside (TAT-2) has anti-proliferative effects on acute myeloid leukemia cells and modulates expression of 19 genes, including hemoxygenase-1 (HMOX-1), sulphiredoxin 1 homolog (SRXN1), and breast carcinoma amplified sequence 3 (BCAS3). TAT-2 showed also activity against lung cancer *in vivo*. Other compounds isolated from *A. tonkinensis* roots, such as cyclocommunol, isocyclomulberrin, cudraflavone C and morusin, also exhibited cytotoxicity against hepatocellular carcinoma (SMMC-7721) and gastric carcinoma (BGC-823 and SGC-7901) cell lines. Thus, the success of *A. tonkinensis* use shows TM can maintain its ethnocultural identity while capitalizing on Western scientific approaches (e.g. chemical isolation of active compounds and their biological validation) to ascertain its efficacy and safety.

### Biography

Domenico V Delfino completed his Medical Doctor degree at the University of Perugia, PhD in Experimental Medicine at the University "Sapienza" in Rome, Italy. He completed his training at the University of Pittsburgh Cancer Center. He is the President of Nursing School at University of Perugia Medical School. He has published more than 40 papers in peer-reviewed international journals.

[domenico.delfino@unipg.it](mailto:domenico.delfino@unipg.it)

### Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## An old and new assessment of frailty and heart failure in the elderly: The correlation between *kampo*-scores, “the timed ‘up and go’ test”, and indices with echocardiography

Kazunari Ozaki<sup>1</sup>, Mitsuru Kageyama<sup>2,3</sup>, Yoshio Nakamura<sup>1,3</sup> and Hiromi Rakugi<sup>3</sup><sup>1</sup>Itami City Hospital, Japan<sup>2</sup>Kageyama Clinic, Japan<sup>3</sup>Osaka City University Graduation School of Medicine, Japan

**Background:** There is, obviously, a growing interest in the concept of “frailty” in various areas of medicine. Gait speed is a key component of evaluating frailty. The Timed “Up and Go” Test (TUG) is a commonly used measure of functional mobility in the elderly. Meanwhile, optimal design of noninvasive evaluations for diastolic heart failure (HF) remains limited due to the deficiency of simple clinical criteria. Furthermore, numerical scoring systems to evaluate patients’ physical conditions have been induced in *Kampo*-medicine (Japanese Traditional Medicine). *Suitai* (water stagnation)-score and *Qi* (vital energy)-deficiency (QD)-score are one of so-called *Kampo*-scores.

**Objectives:** This study aimed to examine the correlation between the TUG, *Kampo*-scores, and the indices with echocardiography in hemodialysis outpatients with chronic HF.

**Methods:** We studied 46 outpatients at the hemodialysis unit with simultaneous *Kampo*-scores, the TUG, cardiographical indices with Doppler. The TUG score is the seconds it takes to complete the assignment (a patient stands, walks 3 m, turns, and returns and sits down). We estimated the *Kampo*-scores with questionnaire and physical examination. We also measured and compared *Kampo*-scores, the TUG and echo-cardiographical indices by linear regression.

**Results:** Some of the *Kampo*-scores (*Suitai*-score and QD-score) had positive correlation to the TUG [ $r=0.68$ ,  $p<0.003$ ,  $r=0.65$ ,  $p<0.04$ ].  $E/e'$  had positive correlation to the TUG [ $r=0.70$ ,  $p<0.00001$ ]. *Suitai*-score had positive correlation to  $E/e'$  [ $r=0.75$ ,  $p<0.001$ ].

**Conclusions:** Our data suggest that *Kampo*-scores, which are simple, non-invasive and cost-effective clinical assessments, especially *Suitai*-score and QD-score, can be used to define clinical evaluation of frailty in hemodialysis outpatients with chronic HF.

### Biography

Kazunari Ozaki is an expertise in *Kampo*-medicine (Japanese Traditional Medicine) and practices as a Geriatrician-in-Chief at Itami City Hospital, Japan. He was a Cardiologist in the Division of Geriatric Medicine and Hypertension (to date, Department of Geriatric and General Medicine), Osaka University Medical Hospital and has also completed his PhD from Osaka University Graduate School of Medicine. He is a fellow of the Japan Society for Oriental Medicine, and a fellow of the Japan Liason of Oriental Medicine. He has been serving as an Editorial Board Member of the *Journal of Kampo, Acupuncture and Integrative Medicine (KAJM)*.

[ozaki@cgt.med.osaka-u.ac.jp](mailto:ozaki@cgt.med.osaka-u.ac.jp)

### Notes:



6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Development and validation of TLC method for determination of $\alpha$ -mangostin in young and ripe pericarp extract of *Garcinia mangostana* L. using TLC densitometry

**Dachriyanus**

Andalas University, Indonesia

The increasing use of herbal medicines has raised concern with regards to the efficacy and safety of the products. Several examples on the harmful effects of herbal preparations have been reported. Several other medical issues were such as the compatibility of one herbal preparation with other drugs or herbal preparations, dosages, as well its true medical values, since very few comprehensive clinical evaluations were done on these products. In order to help the public understanding on the true benefits or potential harmful effects from the herbal products, suitable analyses method of the contents need to be established. Several methods have been in use to standardize herbal products such as the use of High Performance Thin Layer Chromatography (HPTLC) and High Performance Liquid Chromatography (HPLC). New paradigm and perhaps new technology are required in ensuring the safety and efficacy of these herbal products. In this presentation the author wishes to discuss a simple, fast and precise quantitative TLC method which has been developed for quantitative estimation of mangostin in young and ripe pericarp extract of *Garcinia mangostana*. Early study on the approaches taken up by the Pharmaceutical Research Laboratory in developing towards this goal will be highlighted.

### Biography

Dachriyanus has completed his PhD from University of Western Australia in 1999. He got Professorship from Indonesian Ministry of Education in 2005. He has some collaborative research with University of Western Australia and University Putra Malaysia. His research is in chemical and biological activity studies of Sumatran Plants especially Genus *Garcinia*. He has 49 publications in this area. From 2005-2008, he held the position of Head of Department of Pharmacy, Andalas University and from 2008-2010 as a Dean Faculty of Pharmacy, Andalas University. In addition, he was appointed as Vice-president for academic affair of Indonesian Pharmacist Association in 2009. At present, he is a Vice Director for academic affair, Andalas University.

[deridachriyanus@yahoo.com](mailto:deridachriyanus@yahoo.com)

Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Traditional Japanese medicine (Kampo medicine) could be helpful for control of inflammatory bowel diseases: A case series

Ryutaro Arita, Takehiro Numata, Natsumi Saito, Shin Takayama, Yuka Ikeno, Minoru Ohsawa, Akiko Kikuchi, Soichiro Kaneko, Tetsuharu Kamiya, Hidekazu Watanabe, Hitoshi Nishikawa, Junichi Tanaka, Hitoshi Kuroda, Michiaki Abe and Tadashi Ishii  
Tohoku University Hospital, Japan

**Introduction:** Inflammatory bowel diseases (IBD) are usually treated with drug therapy (aminosalicylates, corticosteroids, and immunosuppressant drugs) and surgery. However, some cases are refractory to these treatments or the patients continue to have repeated remissions and exacerbations. We used traditional Japanese medicine (Kampo medicine) for IBD along with/without conventional treatment. In this study, we report some cases with IBD in which Kampo therapy was able to suppress inflammation and relieve symptoms.

**Case 1:** A 42-year-old woman with ulcerative colitis refractory to conventional treatment. She came to our clinic complaining of mucous, bloody stool and fatigue. Soon after Hochuekkito was prescribed, the frequency of bloody stool decreased. In addition, endoscopic findings of her colon improved from moderate to mild 3 months after initiation of Kampo treatment.

**Case 2:** A 30-year-old man was diagnosed with Crohn's disease with bowel fistula. He was recommended to be admitted and undergo surgery but he refused. He came to our clinic to try Kampo treatment without conventional therapy. Daikenchuto and keihito were prescribed and his symptoms reduced gradually. His Kampo formulation was changed according to his symptoms, and he has had a long period of remission.

**Conclusion:** Combination therapy with conventional and Kampo medicine, or even Kampo medicine alone, can decrease the influence of exacerbating factors, maintain long periods of remission, and relieve symptoms during exacerbations of IBD. Kampo formulations were selected for each patient, and it is difficult to standardize. However, our results suggest that Kampo medicine could be helpful for the treatment of IBD.

### Biography

Ryutaro Arita graduated from Keio University School of Medicine. He is a Board Certified Member of the Japanese Society of Internal Medicine, a Certified Physician of the Japan Society for Oriental Medicine, and a Certified Sommelier of the Japan Kampo Shoyaku Sommelier Association. He is a graduate student of Tohoku University School of Medicine, Department of Education and Support for Community Medicine and is conducting some clinical researches about Kampo treatment for dementia and analysis of traditional tongue diagnosis.

[ryutaro.arita.q4@dc.tohoku.ac.jp](mailto:ryutaro.arita.q4@dc.tohoku.ac.jp)

### Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Antipruritic effects of hypothermic and hyperthermic stimulation on acupuncture-point for dermatitis

**Tsai Kao-Sung**

China Medical University Hospital, Republic of China

Itch is a major subjective symptom in dermatitis. Regarding the needle stimulation and moxibustion on LI11 (Quchi) has been shown to exhibit a significant effect for itch in dermatitis, but the efficacy of hypothermic and hyperthermic stimulation on LI11 for itch is not confirmed. We investigate the effect of hypothermic and hyperthermic stimulation on LI11 for itch and skin reaction in atopic dermatitis patients in a translational research. Our study demonstrated that treatment with lower temperature at the LI11 acupoint significantly attenuated pruritogen-induced scratching in animal study; however, this antipruritic effect was not observed with stimulation at the sham point. The anti-pruritic effect of cold stimulation was blocked by the non-selective transient receptor potential (TRP) channel blocker, suggesting that TRP channels may play an important role in the antipruritic effect of cold stimulation at LI11 in mice. In our clinical trial, subjects stimulated by lower temperature (20°C) and high temperature (40°C) at the LI11 acupoint significantly attenuated itch VAS score and level of IL-31 in serum. However, SCORAD index and POEM index only decreased in high temperature subjects. This study demonstrated that cold stimulation at LI11 attenuated pruritogen-induced scratching behavior in mice, possibly by a TRP-related pathway. Not only high temperature at the LI11 acupoint significantly attenuated itch VAS score in subjects with dermatitis but also lower stimulation at LI11 did.

### Biography

Tsai Kao-Sung has completed his PhD from China Medical University of Taiwan. He is a Dermatologist, fellow of Asian Academy of Dermatology and Venereology and Director of Taiwanese Dermatological Association. He is also a Lecturer in Hung Kuang University and practices from China Medical University Hospital and Guangyan Dermatology Clinic.

[raysclinic@gmail.com](mailto:raysclinic@gmail.com)**Notes:**

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Cytotoxic property of cowanin, isolated compound from the bark of Asam Kadis on T47D breast cancer cell line

Elidahanum Husni, Adven Jhofi and Fatma Sri Wahyuni  
Andalas University, Indonesia

Breast cancer is one cancer with the highest of frequency occurrence among other types of cancer in women. Meanwhile anticancer drugs that exist today do not provide optimum results in therapy because less selectivity. Therefore, there is a needed to find new drug source from natural origin. One of the efforts was to evaluate cytotoxic activity *in vitro* of cowanin compound from the bark of Asam kandis (*Garcinia cowa Roxb*) against T47D breast cancer cells. The potency of cowanin were tested using MTT method, a colorimetric assay based on capacity of mitochondria succinate dehydrogenase enzymes in living cells to reduce MTT salt into an insoluble, colored formazan product which was measured spectrophotometrically. Cowanin compound made into a solution of the test preparation in four concentrations is 0.1µg/mL, 1 µg/mL, 10µg/mL, and 100µg/mL. Testing has been done giving IC<sub>50</sub> values cowanin compounds against T47D breast cancer cells amounted to 6.986±0.786µg/mL. Statistical analysis showed that the compound cowanin of bark of asam kandis can inhibit the growth of breast cancer cells T47D significantly at a concentration of 100µg/mL (P<0.05).

### Biography

Elidahanum Husni has completed his PhD in 2015 at Andalas University. She is the Head of Pharmacognosy Laboratory, Faculty of Pharmacy, Andalas University. She has published more than 15 papers in reputed journals.

[elidahanumhusni@gmail.com](mailto:elidahanumhusni@gmail.com)

Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## The study of dichloromethane fraction of fruit rinds of Asam kandis (*Garcinia cowa* Roxb) on TNF- $\alpha$ level of T47D breast cancer cell line using ELISA method

Fatma Sri Wahyuni, Wella Citraersya and Dessy Arisanti  
Andalas University, Indonesia

Breast cancer is one of the most prevalent diseases and a major cause of death in women around the world. The rind of asam kandis (*Garcinia cowa* Roxb.) contains xanthone which has potential as anticancer. In previous study, DCM fraction of the rind of asam kandis showed cytotoxic effect on T47D breast cancer cells and also potentially inducing cell death (apoptosis) of the cancer. This study observes how the level of TNF- $\alpha$  is affected by the fraction from the rind of asam kandis in T47D breast cancer cells. TNF- $\alpha$  is known as an inducer of the death (apoptosis) in cells generally and as survival in tumor cell line. Levels of TNF- $\alpha$  are known by using ELISA method based on the principle reaction binding between antigen and antibody. The result showed that the average levels of TNF- $\alpha$  in each of control and treatment (0.1; 1.10 and 100 $\mu$ g/mL) were not significantly affect the levels of TNF- $\alpha$  with P value > 0.05.

### Biography

Fatma Sri Wahyuni has completed her PhD from University of Putra Malaysia in 2010. She is the Head of Department of Pharmacy, Andalas University. She has published more than 18 papers in reputed journals.

[fatmasriwahyuni@gmail.com](mailto:fatmasriwahyuni@gmail.com)

Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Integrating TCM and allopathic medicine for global health care

**Hwee-Ling Koh**

National University of Singapore, Singapore

Integrative medicine is a patient-centered, holistic approach which makes use of all appropriate therapeutic modalities, harnesses the body's innate healing ability, and emphasizes prevention and wellness. It is informed by evidence and varied in practice. In this talk, an overview of the concepts of integrative medicine and Chinese Medicine will be presented. With aging population, sedentary lifestyle, physical and psychological stresses from everyday life and work, increasing prevalence of communicable and non-communicable diseases (e.g. metabolic diseases) and increasing healthcare costs, it is timely to explore how integrating Complementary Medicine (including Chinese Medicine) and allopathic medicine can help an individual as well as the larger community strive towards safe, effective, affordable, accessible and comprehensive care for health promotion, disease prevention and treatment. Some of the key challenges will be discussed and recommendations to address the challenges will be presented.

### Biography

Hwee-Ling Koh is an Associate Professor and obtained a BSc (Pharmacy) (Hons) and MSc (Pharmacy) from the National University of Singapore, as well as a PhD from the University of Cambridge (United Kingdom). She is a registered Pharmacist with the Singapore Pharmacy Council. Her research areas include TCM, quality control and safety of botanicals and drug discovery from medicinal plants. She is a technical/expert assessor with the Singapore Accreditation Council-Singapore Laboratory Accreditation Scheme (SAC-SINGLAS) and serves on various committees: Agri-Food and Veterinary Authority (AVA) Advisory Committee on Evaluation of Health Claims; Complementary Health Products Advisory Committee (Health Sciences Authority, Singapore); United States Pharmacopoeia Expert Panels: Adulteration of Dietary Supplements with Drugs and Drug Analogs Expert Panel, and Herbal Medicine Compendium, East Asia Expert Panel. She has published 3 books, namely, "A guide to medicinal plants: an illustrated, scientific and medicinal approach", "Ginseng and ginseng products 101- what are you buying?" and "Medicinal plants and malaria: applications, trends and prospects".

[phakohl@nus.edu.sg](mailto:phakohl@nus.edu.sg)**Notes:**

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Building global leadership to optimize the future of traditional & alternative medicine

**Phyllis L, MacIntyre, Philippe A Souvestre**

Fairleigh Dickinson University, Canada

NeuroKinetics Clinic, Canada

Health Care professionals are effective problem-solvers in a specific area of technology; leadership calls for a very different way of thinking and learning. Leadership development is a combination of experiential learning and programmed learning, including the conceptual frameworks of leadership, practice to integrate and apply the meta-cognitive skills of leadership, such as self-discovery of leadership identity and a movement towards mindfulness. Integral to this learning is the support of other leaders who provide a mixture of coaching and mentoring to sustain the new leader's growth. Leadership education takes place beyond university in a context that broadens the career opportunities for health care professionals. In the USA leadership development education has a business focus, while in Canada it values sustainability and an holistic thinking, particularly in medical and applied sciences. Often professionals regard leadership training as a soft skill with less value in their technical field of practice and this presents a challenge for leaders in organizations or professional associations, who need to identify the preferred educational strategies to develop leadership or to risk using leaders without the essential technical expertise for strategic planning and decision-making. Employer surveys show an expectation that health care graduates have equivalent skills in technical expertise, business knowledge, and leadership. Learning leadership includes leadership practices to describe and quantify the leadership of individuals and to characterize the leadership of the specific group; secondly, a workshop on leadership education based on transformational learning and thirdly, formation of a community of leaders who advocate and further leadership development.

### Biography

Phyllis L. MacIntyre is an Assistant Professor at Fairleigh Dickinson University who joined the full-time faculty in 2011. In addition to a Doctorate in Education, she has an MBA from the University of British Columbia, and a Bachelor of Industrial Engineering from Dalhousie University. She is a professional engineer in British Columbia who actively promotes leadership for women engineers. Her industrial engineering included productivity improvements in transportation; and in healthcare: development of hospital systems, operations audits, and functional programming for an ambulatory care centre and a pediatric hospital. Her research focus is on learning how to learn through inter-disciplinary and cross cultural collaboration, and application of innovative teaching in university education.

[phyllis.macintyre@gmail.com](mailto:phyllis.macintyre@gmail.com)**Notes:**

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Leadership development via critical thinking in healthcare practice: a countermeasure to botox® popularity and global aftermaths?

**Philippe A Souvestre**

NeuroKinetics Health Services, Inc., Canada

**ISSUE:** Widespread applications of Botox® have led to the necessity to reconsider how we evaluate nature and risks of therapies Western Medicine provides. There is need for leadership skills such as critical thinking and looking at the broader picture to ask if a given procedure is the best option available. In non-public healthcare, revenue concerns can be a driving consideration when the reason we exist is to provide necessary protection and care when and where required. In academia, “publish or perish” is the necessary law to maintain tenures and leadership, hence focused on providing volumes of technical papers not always neutral. Such practices focused towards “making the numbers” over time have slowly created a state of lull and disconnect from the original purpose of healthcare professions. Peer-reviewed studies show an 8% rate for Botox® fatal aftermaths, while increasingly provided for non-medically indicated cosmetic procedures. How do we justify lethal risk and life-threatening incapacitation for such therapy? Botox® is also being used for brain conditions such as post-concussion headache and depression where causative mechanisms are not yet elucidated. Botox® side-effects risk management need reconsidering how such protocol should be pursued.

**Proposal:** As professionals, it is time to develop leadership and critical thinking such as asking the right questions, like whether a given procedure is the best to “Do No Harm? Are there other therapeutic options to achieve similar objectives with less risk by broadening our view? For example, Eastern Medicine provides effective innocuous techniques to address conditions such as muscle spasticity.

### Biography

Souvestre is the Director of Programs at NeuroKinetics, which includes Clinic and Research Institute. He authored over 130 publications in international peer-reviewed scientific, engineering, and medical journals on fundamental biomedical and neurophysiological paradigms shifts leading to novel approaches to quantify human performance and develop incapacitation countermeasures successfully used in advanced Traumatology towards resolving cognitive disconnect underlying chronic plateaued conditions. His multidisciplinary biomedical training in both Western and Eastern Medicines and Cognitive and Behavioral Neurosciences led him to design a very unique understanding and effective therapeutic approach to address fatigue, incapacitation, and conditions recognized as intractable in mainstream Western Medicine.

[pas@neurokinetics.com](mailto:pas@neurokinetics.com)

### Notes:



6<sup>th</sup> International Conference and Exhibition on  
**Traditional & Alternative Medicine**  
September 14-16, 2016 Amsterdam, Netherlands

**Scientific Tracks & Abstracts**



**Day 3**



*Traditional Medicine 2016*

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Neuropsychiatric effects of *Nigella sativa* (Black seed)

Mohammad A Randhawa and Shehab A Alenazi

Northern Border University, Saudi Arabia

*Nigella sativa* (*N. sativa*) seed, commonly known as 'Black Seed' in English and 'Al-Habba Al-Sauda' in Arabic, has been frequently used as a folk medicine for a large number of diseases since ancient times. *N. sativa* was shown to contain many active components, e.g., thymoquinone, thymohydroquinone, dithymoquinone, thymol, carvacrol, nigellimine-N-oxide, nigellidine, nigellidine and alpha-hederin. In addition, *N. sativa* seed, its oil, various extracts and active components are known to possess very useful pharmacological effects to include: immune stimulation, antiinflammatory, antioxidant, anticancer, hypoglycemic, antihypertensive, antiasthmatic, antimicrobial, antiparasitic; and effects on neurological and psychiatric disorders. Some authors have reviewed these pharmacological activities in general but their neuropsychiatric effects are not separately and adequately described. The literature search has revealed a lot of publications pertaining to the actions of *N. sativa* in neurological and psychiatric problems, e.g., the control of pain, Parkinsonism, epilepsy and anxiety, as well as improvement of memory, alertness, elevation of mood and feeling of good health, etc. Moreover, because of its antioxidant and antiinflammatory effects was shown to provide neuroprotection from spinal cord injury and prevent damage to brain cells from various nerve toxins in experimental animal models. The present article is intended to briefly review the valuable efforts of scientists to investigate the pharmacological activities and therapeutic potential of this precious natural herb pertaining to the neuropsychiatric disorders. It is hoped that our manuscript would be of particular interest to the neurologists and psychiatrists, and the information provided would also benefit general physicians, medical students and the community.

### Biography

Mohammad A Randhawa graduated from King Edward Medical College Lahore in 1973, completed his Master of Philosophy from University of Punjab Lahore and obtained PhD from Quaid-e-Azam University Islamabad. He also got his Post-graduate fellowship from Clinical Pharmacology Unit of St. Bartholomews Hospital London, UK. Currently, he is appointed as Professor and Head of Department of Pharmacology at the College of Medicine, Northern Border University, Arar, Saudi Arabia. He has published more than 40 research articles in reputed scientific journals and has reviewed numerous research projects and manuscripts related to *Nigella sativa* (Black seed).

[mrakramsa@yahoo.co.uk](mailto:mrakramsa@yahoo.co.uk)

### Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Drug discovery from Chinese medicines: What's new in next?

Yibin Feng and Ning Wang

The University of Hong Kong, Hong Kong

Chinese medicine has its own science and art. To understand Chinese medicine on scientific basis and to push Chinese medicine has become a part of world medical system. Bioscience and OMICS technologies are powerful approaches in Chinese medicine research. In the past years, drug discovery from Chinese medicines have been acknowledged worldwide, such as artemisinin for antimalarial and arsenic trioxide for treatment of acute promyelocytic leukemia. Actually, as a complementary and alternative medicine, Chinese medicine rarely uses single pure compound or single herb, instead, it always uses blend of several herbs (composite formulae, or Fufang in Chinese) to treat diseases. One of the unique advantages in Chinese medicine is that it can use known Chinese medicinal herbs to create new composite formulae for new diseases such as SARS, new type influenza and other chronic diseases. Facing complicated diseases, Western medicine have been also using combination therapy in modern medical practice, such as “cocktail therapy” for AIDS, combination chemotherapy for cancer. Identification of natural origin, quality control, gut bacteria metabolite, pharmacological effects, molecular targets and clinical trial which are carried out on international platform should be emphasized. Some successful cases will be used as paradigms to illustrate this approach on study of Chinese medicines in in vitro and in vivo, in this presentation.

### Biography

Yibin Feng is currently an Associate Professor cum Associate Director in the School of Chinese Medicine, The University of Hong Kong. He completed his Bachelor's degree in Chinese Medicine from Mainland China, PhD in Molecular Medicine from Hokkaido University School of Medicine and finished Post-doctoral research in the same University in Japan. His research interest focuses on clinical trial and experimental study for cancer, diabetes, hepatic and renal diseases by using recently developed techniques. He has published over 200 publications in these areas and serve as an editor and reviewer for many international journals.

[yfeng@hku.hk](mailto:yfeng@hku.hk)

### Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Simulation training with abdominal simulators in traditional Japanese (Kampo) medicine

Natsumi Saito<sup>1</sup>, Shin Takayama<sup>1</sup>, Takehiro Numata<sup>1</sup>, Ryutaro Arita<sup>1</sup>, Soichiro Kaneko<sup>1</sup>, Tetsuharu Kamiya<sup>1</sup>, Hidekazu Watanabe<sup>1</sup>, Hitoshi Nishikawa<sup>1</sup>, Yuka Ikeno<sup>1</sup>, Minoru Ohsawa<sup>1</sup>, Akiko Kikuchi<sup>1</sup>, Junichi Tanaka<sup>1</sup>, Hitoshi Kuroda<sup>1</sup>, Michiaki Abe<sup>1</sup>, Kazuyoshi Yamashita<sup>2</sup> and Tadashi Ishii<sup>1</sup><sup>1</sup>Tohoku University Hospital, Japan<sup>2</sup>Japanese Red-cross Sendai Hospital, Japan

In 2001, traditional Japanese (Kampo) medicine was included in the Japanese medical schools' model core curriculum. The original concepts of Kampo medicine for the treatment of various diseases involve the use of history taking and unique physical examinations including abdominal diagnosis. Recently, simulators of abdominal diagnosis (hereafter referred to as "abdominal simulators") were developed and have been incorporated in Kampo medicine training. This study aimed to assess the influence of hands-on training with lectures using abdominal simulators on Kampo medicine education in medical students. Fifty-one medical students (grade; 1st to 6th; mean age, 23.1 years; male: 33; female: 18) underwent training. First, they palpated 7 types of abdominal simulators and answered a test after receiving basic lectures on abdominal diagnosis. Then, they palpated same simulators and answered the test again after receiving detailed lectures on abdominal diagnosis. The correct answer rates in the tests taken after basic and detailed lectures were compared. The total correct answer rates for abdominal signs with the simulators significantly increased after the detailed lecture (78.2% vs. 94.4%,  $p < 0.001$ ). The total correct answer rates for formulae related to the abdominal signs also increased after the detailed lecture (21.8% vs. 59.7%,  $p < 0.001$ ). Lectures with abdominal simulator training can promote students' understanding of Kampo medicine. Lectures using abdominal simulators can promote students' understanding of abdominal diagnosis. Kampo formulae are selected on the basis of physical examinations; therefore, simulation training will be useful in education of medical students.

### Biography

Natsumi Saito graduated from Yokohama City University, School of Medicine in 2009. She is a Board Certified Member of the Japanese Society of Internal Medicine. She has completed her Doctor Course at Graduate School of Tohoku University, Department of Education and Support for Regional Medicine, Department of Kampo Medicine. She is the Resident Doctor of General Medicine and of Kampo Medicine in Japanese Red-Cross Sendai Hospital.

[natsu.beauty.summer@gmail.com](mailto:natsu.beauty.summer@gmail.com)

### Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Hands-on experience improved students' understanding and evaluation of traditional Japanese Kampo medicine

Shin Takayama, Natsumi Saito, Ryutaro Arita, Soichiro Kaneko, Tetsuharu Kamiya, Masashi Watanabe, Hidekazu Watanabe, Hitoshi Nishikawa, Yuka Ikono, Minoru Ohsawa, Akiko Kikuchi, Takehiro Numata, Junichi Tanaka, Hitoshi Kuroda, Michiaki Abe and Tadashi Ishii  
Tohoku University Hospital, Japan

**Background:** Traditional Japanese Kampo medicine has been recently introduced into Japanese medical schools. In 2003, our university incorporated Kampo medicine in clinical education, moving from didactic lectures to hands-on training, including Kampo physical examinations and prescriptions in 2012.

**Aims & Objectives:** To analyze medical students' perceptions of Kampo medicine, and compare before and after curriculum reformation.

**Methods:** Fifth-year students completed questionnaires about Kampo clinical education from 2009 to 2012 on the following: Q1 clear statement of training plan, Q2 opportunities to learn clinical cases, Q3 acquisition of medical knowledge, Q4 learning professionalism from physicians, Q5 understanding the Kampo specialty, Q6 opportunities to practice involvement, Q7 opportunities for patient contact, Q8 acquisition of physical examination skills, and Q9 overall satisfaction. Average Kampo training course and average clinical specialty course scores were compared. Evaluations of program strengths and weaknesses were analyzed to identify themes.

**Results:** Overall, 389 students participated in Kampo clinical practice (response rate of 100%). In 2009, Kampo medicine scores for questions 1–9 were lower than for all other clinical specialties. After curriculum reformation in 2012, all scores except Q2 and Q6 became higher than average. Students better understood Kampo medicine by practicing Kampo procedures.

**Conclusion:** Hands-on experience in Kampo clinical education improved understanding and evaluation of Kampo medicine.

### Biography

Shin Takayama has completed his PhD from Tohoku University and working at Tohoku University Hospital. He is working as Associate Professor at Graduate School of Medicine, Tohoku University Hospital and teaches Traditional Japanese Medicine to the medical students. He has published more than 40 papers about Traditional Japanese Medicine in reputed journals.

[tatahara1492@gmail.com](mailto:tatahara1492@gmail.com)

### Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Dysautonomia relief by acupressure

**Jung-Nien Lai**

China Medical University, Taiwan

**Background:** “Dysautonomia” or “autonomic dysfunction” occurs when there is abnormal functioning in nerves controlling many everyday body activities. Some of the functions regulated by the autonomic nervous system are control of heart rate, blood pressure, digestion, and bladder function, bowel function, sweating, and even breathing. These are unconscious vital functions important to the body. The autonomic nervous system modulates numerous body functions, and therefore, dysfunction of this system can manifest with numerous abnormalities. Sometimes it affects only one part, or many areas of autonomic function. Worthy of note, there is still no cure for this illness condition. The present study shows that acupuncture might be a potentially viable choice for treating dysautonomia.

**Methods:** A prospective, nonrandomized study was conducted in women with dysautonomia. All patients received acupuncture based on Bian Zheng Lun Zhi theory.

**Results:** Of the initial 30 intent-to-treat participants, the women with dysautonomia reported significant alleviation of palpitation, abdominal discomfort, and insomnia after acupuncture treatment.

**Conclusion:** Acupuncture based on syndrome differentiation theory might be a potentially viable choice for treating dysautonomia.

### Biography

Jung-Nien Lai has completed his PhD in 2006 from National Taiwan University and Post-doctoral studies from China Medical University. He is the Professor of China Medical University. He has published more than 35 papers in SCI in the field of Integrated Medicine between Western and Traditional Chinese Medicine (TCM), especially the issues of drug-herb interaction and TCM safety and women health care under TCM and acupuncture treatments.

[ericlai111@gmail.com](mailto:ericlai111@gmail.com)

### Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## “Lesser Yang disease” in patients with chronic fatigue syndrome/myalgic encephalomyelitis can be treated with traditional herbal (Kampo) medicine: A case series

Takehiro Numata, Natsumi Saito, Ryutarō Arita, Shin Takayama, Yuka Ikeno, Minoru Ohsawa, Akiko Kikuchi, Soichiro Kaneko, Tetsuharu Kamiya, Hidekazu Watanabe, Hitoshi Nishikawa, Junichi Tanaka, Hitoshi Kuroda, Michiaki Abe and Tadashi Ishii  
Tohoku University Hospital, Japan

**Introduction:** Chronic fatigue syndrome/myalgic encephalomyelitis (CFS/ME) is characterized by chronic unexplained fatigue. The pathogenesis of CFS/ME remains unclear and there are no known effective medicinal therapies. Since we recognized that the pathophysiology of CFS/ME in some patients was consistent with “Lesser Yang disease (LYD)”, a traditional Chinese medical concept described in the *Shanghan Lun*, we prescribed a “Sho-saiko-to (SST)”-based extract. SST was more effective than some antidepressants (e.g. selective serotonin reuptake inhibitors) that are widely used for CFS/ME. We had five female patients with similar clinical courses. We summarize the clinical course of a case.

**Case 1:** A 14-year old girl presented with the chief complaint of recurrent fatigue and a slight fever. Her medical history included a high fever that occurred 20 months ago. After being treated for a common cold, she was only able to attend school once a week due to recurrent fatigue and mild fever. The necessary examinations resulted in no abnormalities. Antibiotics, antidepressants, and a replenishing Kampo formula were prescribed based on her various provisional diagnoses. They were ineffective and her condition progressively worsened. Our department was consulted and we determined that she fit the criteria for a diagnosis of CFS/ME. SST was started and after two weeks, she reported an improvement of her symptoms. Cases 2-5 will be shown in the presentation. Some studies reported inflammation in the brain in cases of severe CFS/ME. SST has an anti-inflammatory effect and we have recognized that it is a good choice of treatment for CFS/ME.

### Biography

Takehiro Numata has graduated from Tohoku University Graduate School of Medicine in 2014. He specialized in Kampo (Traditional Japanese herbal) Medicine and Tai-chi. He has been licensed to be International TCM Doctor of A-grade (sponsored by the World Federation of Chinese Medicine Societies in 2005). Currently, he works for the Department of Kampo and Integrative Medicine, Tohoku University Graduate School of Medicine as Assistant Professor. He won the 28th encouragement prize at the Japan Society for Oriental Medicine.

[numatatakehiro@gmail.com](mailto:numatatakehiro@gmail.com)

### Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Phenolic contents, antioxidant activity and spectroscopic characteristics of *Pterocarpus angolensis* DC stem bark fractions

Afsatou Ndama Traoré, Anokwuru C P, Sigidi M T, Zininga T, Tshisikawe M P, Shonhai A, Ramaite I D I and Potgieter N  
University of Venda, South Africa

Oxidative stress has been implicated in the damage of biological molecules resulting in aging and diseases such as Alzheimer, cancer, diabetes, cardiovascular disorders. The study aimed at determining the phenolic contents and antioxidant activities of *Pterocarpus angolensis* crude extracts and fractions. The crude extract and fractions of *P. angolensis* were evaluated for their phenolic contents. UV-Visible and FT-IR were used to assess the spectroscopic characteristics of the fractions obtained. The antioxidant activities were evaluated using 2, 2-diphenyl-1-picrylhydrazyl (DPPH) radical scavenging and reducing power assays. We obtained 7 fractions from the crude extracts after elution with various solvents on silica gel 60. The results showed that fraction two (PaF2a) displayed the highest DPPH radical scavenging activity (18.7 µg/ml) but the lowest phenolic content while fraction three (PaF2b) exhibited the highest reducing power activity (44.28 µg/ml) with high phenolic content. Spectroscopic details showed that PaF2a had maximum absorbance at 287.1 nm while PaF2b displayed maximum absorbance at 288.2 nm. The infra-red spectroscopy showed a slight difference in the intensity of the spectra of PaF2a and PaF2b. This study has shown that PaF2a and PaF2b are the antioxidant rich fractions of *P. angolensis* stem bark and exhibited different spectroscopic characteristics.

### Biography

Afsatou Ndama Traoré holds an MSc and a PhD in Biochemistry from the University of Johannesburg after undergraduate studies at the University Joseph Fourier (Grenoble I) in France. Her PhD research focused on the effect of iron overload on co-infection with HIV and TB – *in vitro*. This was a continuity of a large broader study, which had several phases looking at factors contributing to HIV infectivity as well as the development of an effective vaccine. Her research interest is the study of immunological responses to plants and infections.

[afsatou.traore@univen.ac.za](mailto:afsatou.traore@univen.ac.za)

Notes:



6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Prescription patterns of Chinese herbal products for patients with fractures in Taiwan: A nationwide population-based study

**Mao-Feng Sun**

China Medical University Hospital, Taiwan

**Ethno Pharmacological Relevance:** Traditional Chinese Medicine (TCM) has been used in the treatment of fracture for thousands of years. However, large-scale surveys examining the utilization of Chinese herbal products (CHPs) for treating fractures and their related symptoms are lacking.

**Aim:** This study aimed to investigate the prescription patterns of CHPs among patients with fractures in Taiwan.

**Materials & Methods:** The TCM usage in patients with fractures was analyzed using a sample of one million individuals randomly selected from the National Health Insurance Research Database who were newly diagnosis with fractures in 2001-2008, with a followed-up period through 2010.

**Results:** We identified 115,327 patients who were newly diagnosed with fractures in the study population. Among them, 4.97% (n<5731) adjunctively utilized the TCM for fracture treatment. TCM users were mostly young or middle-aged, female, and resided in highly urbanized areas. With regard to the comorbidities of fractures, TCM users had a lower prevalence of coronary artery disease, chronic obstructive lung disease, diabetes mellitus, hypertension and stroke than non-TCM users, except for osteoporosis. Shu-jing-huo-xue-tang was the most frequently prescribed Chinese herbal formula, while Rhizoma Drynariae (Gu-sui-bu) was the most common single herb for patients with fractures. The CHPs were found to cover not only bone healing but also fracture-related symptoms. TCM users had lower medical expenditure for hospitalization for the first six months after incident fractures than non-TCM users (1749±72650 versus 2274±73159 US dollars, p<0.0001).

**Conclusions:** Our study identified the TCM utilization for patients with fractures in Taiwan. Integration of TCM treatment reduced the medical costs for hospitalization. Further basic research and clinical studies to investigate the mechanism and clinical efficacies of CHPs are warranted.

### Biography

Mao-Feng Sun is a Chairman and Director, Professor at School of Chinese Medicine, China Medical University & Vice-Superintendent of China Medical University Hospital. His specialty is Acupuncture and Chinese Medicine. The World Peace Foundation of United Nations NGO and the Organizing Committee of 21<sup>st</sup> Century Congress of Natural Medicine had presented him with a World Famous Doctor Award to commend his outstanding contribution made to the development of World Natural Medicine.

[maofeng@mail.cmuh.org.tw](mailto:maofeng@mail.cmuh.org.tw)

### Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Literature documentation about the acupuncture for the intractable disease in Japan

Soichiro Kaneko, Shin Takayama, Takehiro Numata, Natsumi Saito, Yuka Ikeno, Minoru Ohsawa, Akiko Kikuchi, Tetsuharu Kamiya, Hidekazu Watanabe, Hitoshi Nishikawa, Junichi Tanaka, Hitoshi Kuroda, Michiaki Abe and Tadashi Ishii  
Tohoku University Hospital, Japan

**Background:** In Japan, 130 refractory diseases, such as ulcerative colitis and Parkinson's disease, are considered intractable. They are defined as (1) diseases with unidentified or undetermined treatments and (2) chronic diseases that have a large economic and mental burden. The number of patients with such diseases has increased approximately 3 times in the last 20 years. Although not completely proven, acupuncture is known to have positive therapeutic effects on intractable diseases. Here, we report the findings of a literature survey on the use of acupuncture for treating intractable diseases.

**Method:** We searched the MEDLINE (for English literature) and Ichushi-Web (for Japanese literature) databases until May 2015, for the keywords 'acupuncture' and 'needle stimulation' by using the 'AND' function to obtain articles on intractable diseases in Japan.

**Results:** Our search yielded 453 articles on MEDLINE and 482 on Ichushi-Web. Our analysis showed that Parkinson's disease was the most frequently studied intractable disease, followed by multiple sclerosis and ulcerative colitis. While 6 meta-analyses and 19 randomized controlled trials were included in MEDLINE, most reports in Ichushi-Web were conference minutes. Moreover, the number of MEDLINE articles on intractable diseases gradually increased over the years. However, our search yielded only 6 articles by Japanese authors.

**Discussion:** Most reports on the use of acupuncture for treating intractable diseases in Japan were case reports and conference minutes, and there was a dearth of original articles. We think it is necessary to publish original articles to introduce Japanese acupuncture to the world.

### Biography

Soichiro Kaneko acquired license of Acupuncture in Japan and has completed his PhD from Tohoku University. After that, he studied about Acupuncture and Kampo Medicine in Tohoku University Hospital.

[soichiro\\_kaneko@med.tohoku.ac.jp](mailto:soichiro_kaneko@med.tohoku.ac.jp)

### Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## A case of a functionally cured HIV patient who took herbal medicine

**Willard Mushiwokufa**

Chipinge District Hospital, Zimbabwe

The AIDS pandemic remains a global threat. Ever since the case of the Berlin Patient who was cured after a bone marrow transplant, there is intense interest in developing a cure for HIV. A patient tested HIV positive after a routine voluntary counselling and testing. Her CD4 cell count was 528 cells/ $\mu$ L. She took a concoction for 12 weeks and her CD4 cell count rose to 1120 cells/ $\mu$ L. Viral load was undetectable, antibody tests were negative but DNA test remained positive after 14 weeks. The remarkable rise of CD4 cell count, undetectable virus and negative antibody tests without use of anti-retroviral drugs, is a proof of functional cure.

### Biography

Willard Mushiwokufa has completed his MBChB in 2011 at the University of Zimbabwe. He went on to graduate at The University of KwaZulu-Natal in 2016, with a Master of Medical Sciences (Anatomy). He is a Government Medical Officer and a University Lecturer of Clinical Anatomy soon to start at Midlands State University Faculty of Medicine.

[wmushiwokufa@yahoo.com](mailto:wmushiwokufa@yahoo.com)

Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Summary on 100 patterns of pulse in acupuncture for accurate diagnosis and healing

**Sumita Satarkar**

Swasthya Santulan Pvt.Ltd., India

‘Acupuncture’ an age old science, also known as an alternative healing technique, is mostly used for prevention of disease to maintain the balance of life. The practice of Acupuncture consists of either stimulation or dispersion of the flow of vital energy within the body by inserting needles into specific points on the body surface, applying heat (moxibustion), or by pressing points (Acupressure). Pulse is one of the most important diagnostic tools used from ancient times, which needs accuracy and focus. Unlike any other faculty of medicine, this age old science of alternative healing is a study of ‘energy’ which neither can be measured nor be seen. It can only be palpated at the wrist. Palpation and its interpretation bring forth the detail analysis of energy and its patterns and thus further can be accurately diagnose the exact illness or disorder. This is called a “Pulse diagnosis”. Pulse provides valuable clinical information which can be used to gain a deep understanding of the patient’s illness or symptoms on many levels. It warns the patient of the forthcoming illnesses, indicating the present and also the damage done in the past to the body, if the acupuncturist knows the method perfectly. Because of the need of going deeper into my own understanding and knowledge, I started researching and studying this subject intensely and got some extraordinary results.

Following is the brief summary of my findings so far as my research is going on at present.

[director@acupuncturepune.com](mailto:director@acupuncturepune.com)**Notes:**

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## GUNIS-Traditional healers of Rajasthan, India

**Harsh Lata Bookel**

O P Jindal Global University, India

Health seeking behavior is an important factor in health management. Ignoring it while considering schemes for providing health facilities can result into non- acceptance by the community. It is important to understand the perception of the community regarding the service delivery. This becomes critical especially among traditional and tribal societies. With this motive, Accreditation and Certification of prior learning (ACPL) in folk healers was designed. It was an effort to find out genuine folk healers who have been practicing a traditional system of medicine since ages and applying the indigenous method supported by herbal drugs. A minimum competence document was prepared and folk healers were tested for their knowledge by an expert committee. Three institutions initiated this certification process and were piloted in eight states of India. This paper focuses on the review of this certification process. This review is done in Udaipur district of State Rajasthan. It was performed in order to validate the practices of traditional healers, often called gunis. The purpose of the review was to find out the effectiveness of their treatment and to what extent it can be accepted, integrated and mainstreamed. Traditional health practitioners (THPs) and their role in traditional medicine health care system are worldwide acknowledged. More than three fourths of population relies on alternative medicine for health access in developing countries. This area is ignored by the government, less discussed by the health economists, and orphaned by science. Unfortunately, almost all the evidence about their effectiveness is anecdotal or testimonial in nature, and remains unpublished by accepted medical journals. Medicine is becoming more and more dehumanized by advent of machines and working at the human element lost in it is the need of the hour. This paper is an effort to acknowledge the traditional health practices. It is an effort to bring these practices out of their territory to get recognition among the masses.

### Biography

Harsh Lata Bookel is working as a Research Associate at O P Jindal Global University, India. She is trained as an Ayurvedic Doctor (B.A.M.S- Bachelor's in Ayurvedic Medicine and Surgery) and holds a Master's degree in Public Policy. Before joining Jindal, she worked in Seva Mandir- an NGO working for the disadvantaged communities in Udaipur district of Rajasthan, India. She was looking after the maternal and child health program. She interned at Foundation for revitalization in local health traditions. She was involved in the process review of a pilot project called "Accreditation and certification of prior learning in folk healers", Udaipur, Rajasthan.

[harshbookel@gmail.com](mailto:harshbookel@gmail.com)

### Notes:

6<sup>th</sup> International Conference and Exhibition on

# Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

## Diet and lifestyle changes and nitric oxide production

**Benjamin Dwumaa Nuako**  
Pacific Health Education Centre, USA

It is said that life is in the blood, and perfect health depends on perfect circulation. The following principles of health are involved in preservation of health and longevity:

Proper nutrition

Exercise

Pure air

Rest

Trust

Sunshine

Temperance in all things

Pure water

With an intact endothelium enough nitric oxide is produced. The health of the endothelium is either preserved or destroyed with diet. While high fat, high cholesterol, high sugar diet produce inflammation and atherosclerosis, fruit and vegetables preserve and maintain the endothelial cells of the arteries. Again certain fruits and vegetables and nuts are precursors to nitric oxide example Beet root and Spinach.

Exercise also promotes the production of nitric oxide. People are now more sedentary.

Pure air is important in oxygenating the blood for the general health of cells, tissues and organs in the body.

Stress has detrimental effect on the production of nitric oxide therefore adequate rest is important to health.

When the body becomes toxic as a result of metabolic waste, chemical drugs, chemicals in our food and water and in the environment, water is required to dilute and flush them away for the body. When the kidneys are not able to excrete toxins from the body due to lack of adequate water, the entire systems in the body suffer including the endothelial cells. In the situation like that, nitric oxide production diminishes.

Chronic degenerative diseases eg. Heart disease and Stroke, Diabetes and Cancers are on the rise in even countries in Africa due in part to lack of nitric oxide production.

In Ghana heart disease used to be the 10th killer disease in the 1970s whereas now it is the leading cause of mortality and morbidity. Fortunately, there are so many foods and herbs that enhance nitric oxide production.

[benuako@yahoo.com](mailto:benuako@yahoo.com)

## Notes: