



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

# **Traditional & Alternative Medicine**

November 08-09, 2018 Auckland, New Zealand

## **Posters**

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## TRADITIONAL &amp; ALTERNATIVE MEDICINE

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**A preliminary study on the relationship between fitness Qigong (Baduanjin) and meridian in traditional Chinese medicine**Ching-Jen Huang<sup>1</sup> and Chin-Hsien Chang<sup>1,2</sup><sup>1</sup>En Chu Kong Hospital, Taiwan<sup>2</sup>Chang Gung University of Science and Technology, Taiwan

There are many vocabulary related to the theory of visceral activities such as the first type of "Lift the sky with both hands to adjust the triple burner" in the "triple burner" and so on. There are many researches on the visceral activities of Baduanjin, however, the relationship between action and the courses of the twelve channels has not been in-depth discussion. In the basic theory of traditional Chinese medicine, the Qi and Blood run in the meridians. Baduanjin contains guidance, interest rate adjustment, fitness and other effects. Generally, people believe that practice Baduanjin could adjust the Qi and Blood in the meridians. The courses of the twelve channels records by "Lingshu Meridians" and "Lingshu Muscle Meridians". Through the records of meridians and the muscle meridians, we understand the relationship connection between Baduanjin and the courses of the twelve channels.

**Biography**

Ching-Jen Huang has received MD from China Medical University and graduated from National Yangming University, Department of Medical Biotechnology and Laboratory. He is a Clinical Physician and qualified Medical Examiner. After graduation, he received full Clinical training from the Chinese Medicine Department of En Chu Kong Hospital. Through the training period, he received the qualifications of Acupuncture Specialist from the Chinese Acupuncture Medical Association. He was passionate about clinical services, teaching and research work. He is currently served as an Attending Physician in Department of Chinese Medicine Acupuncture of the En Chu Kong Hospital. He has expertise for the treatment of musculoskeletal disorders with acupuncture and manipulation based on TCM theory.

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## Acupoint herbal plaster therapy in patients with severe constipation as palliative care

**Hang-Chen Hsu and Jung-Chih Lin**

Chung Shan Medical University Hospital, Taiwan

Constipation is a common and often debilitating symptom in terminal patients, which may be caused by underlying diseases, structural abnormalities, prolonged bed rest and a variety of medications such as anticholinergics and opiates. For hospitalized patients whose death is imminent, palliative care can alleviate distressing symptoms that are common during the last few days or weeks of life. However, when drug use was rejected by patients, the methods modern western medicine could provide to ameliorate constipation seemed only rectal enema, despite the fact that it caused great pain and psychological burden on the patients. Therefore, to substitute for enema, we conducted non-invasive and thus pain-free plaster therapy based on traditional Chinese medicine with an eye to improving the patient's bowel movement. To process herbal plaster pills, we properly mixed equal amount of powder of dried and grinded *Yán Hú Suo* (*Corydalis yanhusuo*), *Bái Jiè Zǐ* (*Sinapis albae semen*), *Xì Xīn* (*Asarum sieboldii*) and *Gān Sui* (*Euphorbia kansui*) with purified water till the herbal mixture was thick and sticky to make marble-sized balls and applied it onto selected acupoints on patients which was tailored to patient's individual physical constitution. Treatment efficacy was assessed by patient's fecal frequency, dietary record and pain score observed during period of treatment. The patients experienced better self-defecation after receiving acupoint herbal plaster therapy with less abdominal or anal pain and increased appetite. As a result, being non-invasive and free of pain, acupoint herbal plaster can be an appropriate and effective alternative in treating patients with constipation in consideration of palliative care.

### Biography

Hang-Chen Hsu, MD obtained her two Bachelor's degrees of Medicine and Chinese Medicine from China Medical University in Taiwan. She is currently a practicing physician at Chung Shan Medical University Hospital in department of Integrated Chinese and Western Medicine. Dr. Hsu focuses on patient treatment integrated with Chinese and Western medicine and conducts research on pediatric and psychiatric patient's treatment tailored to patient's individual physical constitution based on traditional Chinese medical theory.

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**Acupuncture coupled with Chinese herbs in a perimenopausal patient with insomnia****Hsiu-Ting Huang, Hang-Chen Hsu and Jung-Chih Lin**  
Chung Shan Medical University Hospital, Taiwan

Insomnia, a common complaint, can be caused by underlying diseases, functional disorders, psychological distress or certain medications. While taking pills may be helpful, there has been some concern about potential side effects. Insomnia was a phenomenon of chaos and disharmony in the human body based on Traditional Chinese Medicine (TCM) principles and its pattern identification could be divided into 10 types. The 49-year-old female outpatient presented with a 3-month history of insomnia, abdominal distension, constipation and gastric discomfort after meals. Symptoms in addition to the complaints aforementioned included hot flashes, increased anxiety and chest distress. Based on her symptoms and signs, the TCM patterns of her insomnia were both Liver-qi stagnation transforming into fire and hyperactivity of fire due to yin deficiency. Consequently, we conducted acupuncture and herbal therapy dependent on the points of TCM. Several acupoints, including Yánglíngquán (GB34), Yínlíngquán (SP9) and Sānyīnjiāo (SP6) were chosen for acupuncture treatment and we properly mixed equal amount of Chinese herbal powder, comprising Yi Gan San, Nu Ke Bai Zi Ren Wan, Shao Yao Gan Cao Tang, Guey Jy, Mu Li, and Long Gu as herbal therapy. Treatment efficacy was assessed by her self-report measures of Pittsburg Sleep Quality Index and quality of life in which her symptoms showed obvious improvement. According to this case, the combined treatment modality can alleviate menopause symptoms and reduce the frequency of insomnia. As a result, acupuncture and Chinese herbal medicine may be appropriate and effective for treating insomnia in perimenopausal women.

**Biography**

Hsiu-Ting Huang has graduated from China Medical University in Taiwan with her Bachelor's degree of Medicine and currently works as a Resident in Department of Integrated Chinese and Western Medicine at Chung Shan Medical University Hospital in Taiwan. Her specialist field is in internal medicine and she is dedicated towards integration of Chinese medicine and Western medicine to treat the health and well-being of patients.

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# **Accepted Abstracts**

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**Ethnobotany of traditional medicinal plants of Mount Arayat, Pampanga, Philippines****Jaqueline V Bagunu, Evelyn V Totaan, Virgilio T Bagunu, Glenn M Calaguas, Nathaniel B Supan and Zilpha Florinda Liwanag**  
Pampanga State Agricultural University, Philippines

This study documented from key informants a total of 165 species of medicinal plants in 63 families with family Lamiaceae having the most number of species. Majority of the plants were herbs (75%) and terrestrial (94%). Herbarium specimens of representative species were prepared and properly labeled as to description and uses. Twenty six ailment categories were reported with gastro-intestinal problems (Rank 1), Asthma (Rank 2), kidney problems (Rank 3) and dermatological disorders (Rank 4). The Factor Informant Consensus (Fic) was highest for acting as stimulant (Fic=1.00) followed by dengue (Fic=0.92) and asthma (Fic=0.89). Other categories with high Fic values were superstitions/withcraft (Fic=0.86) and Cancer (Fic=0.75). The Relative frequency citation (RFC) showed the traditional importance of each species and the highest RFC was recorded in *Plectranthus amboinicus*, *Annona muricata* (RFC=0.51), *Pandanus tectorius* (RFC=0.42), *Bacaris balsamifera* (RFC=0.34) and *Psidium guajava* (RFC=0.34). The Fidelity Level (FL) values which measured the informant's most preferred species in treating certain ailment was recorded with 100% for *Muntingia calabura* (53 use report for gastro-intestinal), *Senna alata* (28 use report for dermatological problems) *Hibiscus rosa sinensis* (11 use reports for boils) and *Aloe vera* (10 use reports for dermatological disorders). *Breynia* sp (43 out of 44 cited for kidney problems) registered a FL of 98% and *Psidium guajava* (54 out of 59, with FL value of 95%) was cited for gastro-intestinal disorders. Leaves were the most preferred form of medicinal material and prepared mostly by females generally through boiling and most of the time taken orally by the patients. Both male and female participated in the administration of the material which can be done through tapal, eaten fresh, drinking decoction on recommended amounts or *agua tiempo*. The knowledge on ethnomedicine was handed over by the elders/ancestors to the next generations and this knowledge was used mostly by those informants aged 60-65, were generally elementary graduates and have been residing in the area for 20 years or more. A more comprehensive study using other quantitative indices on Relative Cultural Importance (RCI) is recommended. Plants in the study with high Fic, RFC and FL values can be subjected to bioassay and pharmacological investigations whereas, those with low value scores requires analyses of their bioactivity to justify their use for treating a given ailment.

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## Wet cupping therapy (Hijamah): Healing through suction

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Wet cupping is a form of bloodletting that involves first making superficial incisions on the skin, then applying the suction cups to suck out small amount of blood. It is the application performed to draw out stagnant, congested blood and vital force as well as other stagnant or morbid humors. Cupping therapy is an incredibly ancient and universal practice that spans both East and West. In the East, the Chinese have been practicing the art of cupping for at least 300 years. Cupping is applied to the acupuncture points to relieve the stagnation of Qi and blood, both locally and in the organ(s) activated by the point. In the West, cupping therapy had its birth in Egypt. The Ebers Papyrus, written around 1550 B.C.E., states that bleeding by wet cupping removes foreign matter from the body. The ancient Egyptians passed the art of cupping on to the ancient Greeks. Both Hippocrates and Galen were staunch advocates and users of cupping therapy. From the ancient Greeks and Romans through the Alexandrians and Byzantines, cupping therapy was passed on to the Muslim Arabs and Persians. Cupping is now an important and popular therapeutic modality of Unani (Greek) Medicine. In the West, wet cupping therapy remained an important part of medicine and therapy conventional, alternative and folk-based, until the early 20th century. After falling out of favor with medicine in the modern era, cupping therapy is enjoying resurgence in popularity, promoted by acupuncturists, Unani (Greek) medicine physicians and other holistic healthcare practitioners. New and exciting variations on this ancient technique like cupping massage are also being developed. One secret of cupping's perennial popularity is its great ability to promote a state of deep pleasure and profound relaxation. Hopefully, cupping is here to stay.

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## **Clinical observation of Unani drug Leuco-Bars Oil and Majoon Dabidul Ward in the treatment of leucoderma/vitiligo: A case study**

**Shagufta Parveen**

Takmeel Ut Tib College & Hospital, India

A 5-year-old female child was registered with having complained of localized milky white patch on the medial side of parietal region of the scalp. She was diagnosed as uni-segmental vitiligo. The patient was treated with Unani Medicine. The routine laboratory investigations were also done. A Unani drug Leuco-Bars Oil was given for local application once a day and Unani compound formulation Majoon Dabidul Ward was given 3 gm orally twice a day for 60 days. After 60 days of treatment it has been observed remarkable improvement in the treatment of uni-segmental vitiligo. It has been also observed that there was no side effect during the treatment.

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**Antibacterial activity of *Commiphora gileadensis* and *Abutilon bidentatum* collected from Alabwa region, Saudi Arabia**Amal Y Aldhebiani<sup>1</sup> and Magda M Aly<sup>1,2</sup><sup>1</sup>King Abdulaziz University, Saudi Arabia<sup>2</sup>Kafr el-Sheikh University, Egypt

Different plants have been traditionally used in folkloric medicine to treat many diseases and disorders or to improve human health due to their secondary metabolites which have excellent antimicrobial activities. *Commiphora gileadensis* and *Abutilon bidentatum* were collected from Alabwa region, Saudi Arabia, identified, extracted and their antibacterial activity was determined by agar well diffusion method. Extraction by methanol, ethanol, acetone and hot water was carried out and some multidrug resistant bacteria were used as test bacteria. Maximum activity was recorded for the methanolic extract against all tested bacteria with inhibition zone diameter ranged from 31-35 mm and MIC was ranged from 37.5 µg/ml. The lowest activities were recorded for the water extracts of the two plants, *Commiphora gileadensis* and *Abutilon bidentatum*. *Abutilon bidentatum* extract showed weaker antimicrobial activity against the tested bacteria compared to *C. gileadensis* leaf extracts. It is noticed that *C. gileadensis* stem extracts showed stronger antimicrobial activity. The methanolic extracts of the two tested plants has no toxicity using *Artemia salina* as test organism. In conclusion, *C. gileadensis* and *A. bidentatum* can be traditionally and safely used against multidrug resistant bacteria due to the efficient antimicrobial activities and low toxicity.

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