

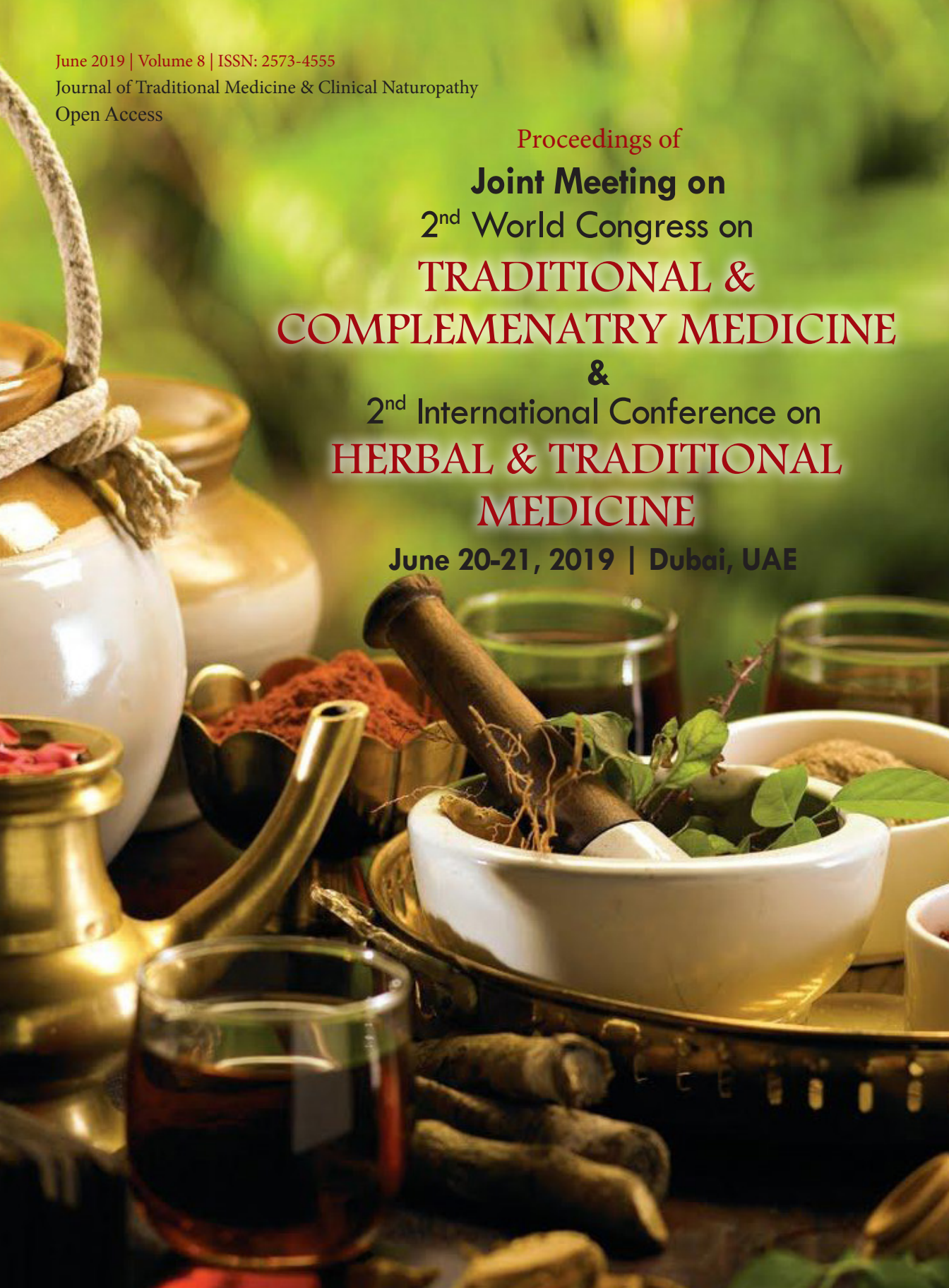
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Proceedings of  
**Joint Meeting on**  
**2<sup>nd</sup> World Congress on**  
**TRADITIONAL &**  
**COMPLEMENTARY MEDICINE**  
**&**  
**2<sup>nd</sup> International Conference on**  
**HERBAL & TRADITIONAL**  
**MEDICINE**

June 20-21, 2019 | Dubai, UAE



Joint Meeting on  
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&

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**Keynote Forum (Day 1)**

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## Mohamed S Zaibi

The University of Buckingham, UK

### **Leptadenia hastata** leaf extracts reduce bodyweight gain and improve insulin sensitivity in two animal models of obesity and insulin resistance

**Aim:** *Leptadenia hastata* (LH), an edible vegetable and medicinal plant used traditionally in sub-Saharan African countries for various diseases. The potential anti-obesity and anti-diabetic effects of aqueous and methanol leaf extracts of LH in high fat diet-induced obese mice and leptin-deficient (*ob/ob*) mice are investigated.

**Methods:** C57Bl/6 female mice fed 60% High Fat Diet (HFD) and leptin-deficient (*ob/ob*) male mice (fed chow diet) were treated for six weeks with 250 mg.kg<sup>-1</sup> of LH aqueous or methanol extracts. The time course of changes in food intake, body weight, body fat, energy expenditure, blood glucose and plasma levels of insulin and leptin (for HFD mice) were determined. *In vitro* effects of both extracts on lipolysis and lipogenesis were also investigated.

**Results:** In HFD animals, both extracts resulted in a significant reduction ( $p < 0.05$ ) in body weight (16.6% and 18.7%) and food intake (10% and 11%) with a significant increase in 24 hrs. energy expenditure (53.3 and 61.4%). These effects were coupled with a significant decrease in fat mass ( $p < 0.05$ ) and in plasma leptin levels (2.8 and 3.5 fold change). Both extracts also improved ( $p < 0.05$ )-glucose tolerance and reduced fasted blood glucose and plasma insulin levels. Consequently, HOMA-IR was reduced by 65% (compared to control group). In *ob/ob* mice, the chronic treatment with methanol extract resulted in a significant reduction in cumulative body weight gain ( $p < 0.001$ ), an improvement in both oral glucose and insulin tolerance tests ( $p < 0.01$  and  $p < 0.001$ , respectively) and a decrease in fasted plasma insulin by 64%. *In vitro*, the LH extracts decreased lipogenesis in human pre-adipocytes and increased lipolysis in mouse primary adipocytes.

**Conclusion:** LH would be beneficial as a dietary supplement in the treatment of obesity and insulin resistance related to high fat diet consumption, acting via a reduction of food intake and fat mass and an elevation of energy expenditure and improvement of insulin sensitivity.

### Biography

Mohamed S Zaibi has pursued his BSc in Biochemistry and MSc in Nutrition and Human Physiology from the School of Sciences and his PhD from Medical School (Dijon, France), where he worked on the effect of oral anti diabetic drugs on hepatic protein metabolism regulation. He is the Associate Director at the School of Postgraduate Medicine & Allied Health and is the Head of BITM.

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## Sahinbas Hüseyin

St. Josef-Hospital, Germany

### Use of biological, plant substances in chronic diseases as well as in the treatment of cancer as a supplement to classical therapies including hyperthermia: From the kitchen to the clinic

The treatment of chronic diseases, including cancer, is very complex and requires a coordinated interaction of all disciplines. In my experience, there are no real alternative therapies. The success comes from the right combination of treatment options from many areas. In case of failure of the guidelines treatment or in case of recurrence there are limited treatment possibilities.

What to do now? That is the question!

Few new treatments are available:

1. Hyperthermia is an innovative method in treatment of cancer and chronic diseases, well studied and auspicious, showing considerable enhancement of therapeutic success. The result of experimental and clinical studies point out that hyperthermia is an ideal integrative/complementary therapy and a potent sensitizer for phyto-, radio- or chemotherapy.

Hyperthermia is an very potent issue in detoxification, chronically diseases e.g. skin diseases, Burn-out-Syndromes, Immune deficiency, lime disease and many more indications in combination.

2. Phytopharmacoons (plant origin, herbal medicine, some examples)

- Curcumin, a natural compound commonly found in the food spice turmeric, has been shown to have excellent anticancer activity via various molecular and cellular pathways, and has attracted much attention for its potential use as a non-toxic anticancer agent. Curcumin has a very sprite indication in many chronicle, cancer and auto immune diseases. C. treatment inhibited NF-kappaB (potent anti-inflammatory agent).
- Vitamin C thousands of publication in medical papers with success in inflammatory, infections, auto immune, chronicle diseases and cancer
- Hypericine has been shown to be able to induce apoptosis and radiosensitize tumor cells, and to have antiinflammatory and phototoxic skin effects. Hypericin treatment inhibited NF-kappaB (potent anti-inflammatory agent).
- Ginger has a potential preventive property against some chronic diseases, especially diabetes, hypertension, coronary heart disease [CHD], hyperlipidemia, cerebrovascular disease, fatty liver, anemia, and tumor). Daily ginger consumption was associated with decreased risk for hypertension and in other chronical diseases.

Etc.....

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We have more possibilities to help or cure our patients in combination and personalised medicine.

- Ivabradine – recommended if patients are in sinus rhythm with a HR>70bpm
- Hidralasine and isosorbide dinitrate – recommended as alternative to ACEIs/ ARBs if neither is tolerated, or if the patient remains symptomatic despite treatment BB, ACEIs (or ARBs) and MRAs
- Digoxin – recommended if patients associated atrial fibrillation or flutter with increased ventricular response, or if the patient is in sinus rhythm but intolerant to BB, or remains symptomatic despite treatment BB, ACEIs (or ARBs) and MRAs
- Nutritional supply by Q10-coenzyme, B1 vitamin, carnitine and taurine.

The diuretic treatment in patients with HF is only recommended for congestive symptoms relieve and maintain euvolemia. While the pharmacological arsenal of HF with reduced LVEF is nowadays vast, in patients with HF with preserved or mid-range LVEF no treatment has proved reduction in mortality or morbidity. In these patients diuretic treatment is recommended for symptom relieve, treatment of associated co-morbidities (HT, CAD, AF, etc). In conclusion, the pharmacological treatment available today has improved the morbi-mortality and functional capacity of HF patients, but due to its inherent limits, a significant proportion of patients remain symptomatic with frequent re-hospitalizations, a limited functional capacity and still a high mortality rate.

### Biography

Sahinbas Hüseyin is a Specialist in Radiotherapy, Radiology and Palliative Medicine. He has completed his Diploma in Biological and Complementary Cancer Medicine. He is currently the President of the German Society for Hyperthermia e.V. (DGHT). He has published several articles and held over 250 lectures at national and international congresses. He works parallel as a Senior Physician in Radiotherapy at a University Hospital in Bochum.

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## *Hanadie Basil Mustafa*

Healology University, UAE

### **The fibromyalgia flow 4 life: Practical guide for health and wellness**

Fibromyalgia also called Fibromyalgia Syndrome (FMS) (Fibrositis: the old formal name) is a long-term or chronic condition associated with profuse pain in the muscles, fascia and bones, areas of tenderness, insomnia, anxiety, depression, brain fog and general fatigue. Symptoms like these are considered subjective and cannot be determined or measured by tests. It is often misdiagnosed as another disease like arthritis, polymyalgia rheumatica and many autoimmune conditions. The lack of reproducible, objective tests for this disorder plays a role in some doctors questioning the condition altogether. The causes remain unclear. Research has identified three areas that may contribute to the development of fibromyalgia: Genetics, illness and trauma. A mixture of genetic and lifestyle risk factors may also cause a person to develop the condition. Most fibromyalgia treatments used to manage pain and improve quality of life through medications (pain relievers, antidepressants, antiseizure drugs, etc.) along with self-care and alternative therapies (physical therapy, massage, exercise, yoga, meditation, aromatherapy, diet, etc.) sounds promising, easy way to live pain free normal life. But this process is slow, non-affordable, unpractical and hardly pain free formula. Trying, tripping and giving up medications, holistic therapies and lifestyle changes without achieving their own goals. Majority of research work on fibromyalgia clinical diagnosis and medications, rarely give practical guide for easy daily independent self-practices for anyone around the world with minimum resources or those who travel or have no one to take care of them in their pain free normal health journey. Starting the Fibro Flow 4 Life with my clients the last 3 years, working with more than 15 clients on their fibromyalgia. Monitoring their symptoms and life quality 6-12 months. Fibro Flow 4 Life helped them achieving their independent pain free and health goals. More studies and research needed to support these results via chemistry, biology and neuroscience studies.

### **Biography**

Hanadie Basil Mustafa is a Pain Management, Holistic Practitioner and Tutor at Healology University, Dubai, UAE. She is a formal postgraduate comparative Medicine Doctor specialized in Biodegradable Bone Prosthesis from the University of Baghdad, Iraq. She also worked as an Assistant Lecturer and Researcher at Dhamar University, Yemen. Her own personal journey with health challenges' over more than 25 years inspired her to merge ancient holistic therapies with modern clinical therapies. Her own path formed over years of experience in health, wellness, fitness and nutrition research.

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## *Kirasha Allopi*

*Durban University of Technology, South Africa*

### **A survey to determine the perceptions of nurses in the eThekweni region, SA towards homeopathy**

A survey method was employed to investigate the perception of nurses in the eThekweni towards homeopathy. The aim of this study was to answer the following questions: What does the nursing community in eThekweni know of homeopathy? Does homeopathy have a role to play in a hospital setting in South Africa? The study population was all nurses with 5 years of experience or more working in hospitals in eThekweni region. The sample was drawn from 6 public and 5 private hospitals and included staff and professional nurses. A total of 330 questionnaires were distributed and a total of 93 nurses (46.5%) responded from the public sector and 107 nurses (53.5%) from the private sector. The data was analyzed using descriptive statistics, frequency tables and bar charts. The Pearson's Chi Square Tests was used on selected data. The majority of respondents (70.06%) perceived that homeopathy does have a role to play in a hospital setting. This indicates that many respondents believe that integrated medicine is needed in a hospital setting in SA. The study reveals that the respondents had a positive view of homeopathy in general and were open to learning more about it and to cooperate with homeopaths. The finding that the knowledge of homeopathy is low can be addressed through publicity and education program.

### **Biography**

Kirasha Allopi has completed her Master's Degree in Homeopathy from Durban University of Technology. She is the Managing Director of Life Force Health and Wellness and is a practicing Homeopathic practitioner, Life Transformational Coach, Energy Medicine practitioner, Speaker /Trainer, Blogger (Wellnessgenie.blog) Writer and Corporate Wellness Specialist. She is currently pursuing her studies in Metaphysics.

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## ***Badekila Sathyannarayana***

*Muniyal Institute of Ayurveda Medical Sciences, India*

### **Hepatoprotective activity of Herbadict tablet: An ayurvedic herb mineral product on alcohol-induced mortality and liver lesions in mice**

The main objective is to study the possible protective effects of Herbadict tablet, a polyherbal ayurvedic product against alcohol-induced mortality and liver lesions in mice. Healthy female Swiss albino mice were divided into six groups containing 8 animals each. Herbadict tablet was suspended in 0.5% Carboxy Methyl Cellulose (CMC) and administered at two doses i.e., 30 mg/kg and 100 mg/kg body weight. Vehicle control, positive control and reference control (Silymarin) were used for comparison. Alcoholic intoxication was induced using ethanol. Treatment with Herbadict significantly ( $p < 0.01$ ) decreased SGOT, SGPT and  $\gamma$ -GT at 100 mg/kg when compared to the vehicle treated alcohol intoxicated group. A dose dependent significant decrease in total bilirubin was observed at 30 and 100 mg/kg of Herbadict when compared to vehicle treated alcohol intoxicated group. Treatment with Herbadict at 30 and 100 mg/kg p.o. showed hepatoprotective effect against alcohol induced damage in mice model.

#### **Biography**

Badekila Sathyannarayana has completed his graduation in Ayurveda with BAMS degree and Post-graduation MD in Ayurveda Pharmaceutics from IPGT and RA, Jamnagar, Gujarat Ayurved University. He has published more than 30 research papers in national and international journals. He is a Reviewer for three international journals and is currently working as Principal, Medical Superintendent and Director, Research and Development at Muniyal Institute of Ayurveda Medical Sciences, Manipal.

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