

## Journal of Traditional Medicine & Clinical Naturopathy

Sam Cheol Kim\*

Department of Family Practice and Community Medicine, Chosun University College of Medicine, Gwangju, Republic of Korea

The term “traditional medicine” refers to methods of treating disease and restoring health that existed prior to the arrival of allopathic medicine. These methods of diagnosis and treatment have been handed-down from one generation to the next, across all communities, and have played a central role in meeting the health needs of the endemic communities for centuries. The World Health Assembly (WHA) has drawn attention to the fact that majority of the populations of the world depend on traditional medicine for meeting their primary health care needs; the WHA acknowledges the potentially important role of traditional medicine in delivering health care. Additionally, it also acknowledges the importance of medicinal plants in ensuring the health of communities as a whole.

The Journal of Traditional Medicine & Clinical Naturopathy is leading journal in the field of traditional medicine. The current issue of the Journal of Traditional Medicine & Clinical Naturopathy presents some interesting findings. de Sousa et al. [1], studied acupuncture related health policies in Primary Health Care. Utubaku et al. [2], investigated the phytochemical components of Black Velvet Tamarind (BVT) seeds using fermentation method. Akunna et al. [3], investigated the effect of Aqueous Zest Extract of lemon (AZECL) on the ovary of Cisplatin treated female wistar rats. Mandolesi et al. [4], evaluated the efficacy of physical rehabilitation methods on patients with secondary progressive MS (SPMS). Thirunavukkarasu and Kapoorchand [5] discussed the various references in Thirukkural with respect to medicine, and ayurvedic concepts like nutrition, treatment principles, disease causes, and the four pillars of medicine, namely: the physician, the medicine, the medical attendant, and the patient. Khan [6] conducted a qualitative study using a diagnostic tool called as STOP bang for calculating the incidence of sleep apnea in obese individuals.

Acupuncture is a traditional Chinese technique where specific points on the body are stimulated by inserting thin needles. Reports suggest that acupuncture might help alleviate chronic pain, and might prevent migraines. Though, today acupuncture is used to treat more than 50 health related conditions. de Sousa et al. [1], studied acupuncture related health policies in Primary Health Care.

*Dialium guineense* or Black Velvet Tamarind (BVT) is a tropical fruit tree belonging to the family Leguminosae; it is a high potential agroforestry crop. The potential use of BVT as a food supplement and as source of energy is well documented. Utubaku et al. [2], investigated the phytochemical components of BVT seeds using fermentation method. The phytochemical analysis revealed the presence saponins, flavonoids and phenolic compounds in differing amounts; whereas tannins and alkaloids were absent.

Cisplatin is a broad-spectrum anti-cancer agent, which is associated with adverse effects such as hepatotoxicity, nephrotoxicity, and testiculotoxicity. *Citrus limonum* or Lemon is an important member of the Rutaceae family; it is known to possess antidiabetic, anticancer, antibacterial, antifungal, and antiviral properties. Flavonoids from the citrus fruits have been shown to function as cell growth inhibitors, free radical scavengers, and antioxidants, in addition to having enzymatic properties. Akunna et al. [3], investigated the effect of Aqueous

Zest Extract of lemon (AZECL) on the ovary of Cisplatin treated female wistar rats. Results revealed a significant decrease in primary, secondary, and graffian follicles and a significant increase in atretic follicles, ovarian glycoproteins and glycolipids in the ovarian stromal cells. Additionally, there was a significant decrease in the activity and levels of FSH, LH hormones, and an increase in malondialdehyde levels.

Multiple sclerosis (MS) is one of the most frequently encountered diseases of the nervous system; this condition is characterized by the immune system responding against the central nervous system (CNS). This situation results in the disruption of the dynamics of information flow inside the brain, and in the brain-body axis. Many consider MS to be “immune-mediated” rather than “autoimmune”, as the exact identity of the antigen against which the immune response is directed remains unknown. MS attacks usually cause diverse neurologic symptoms such as: vision-loss, numbness, paralysis, and walking difficulties; diagnosis of MS is difficult as the symptoms of MS do not follow any particular pattern. A wide range of interventions and management strategies are available to relieve the symptoms of MS symptoms. Rehabilitation interventions are frequently used to help people improve and maintain their quality of life; these include physical therapy, vocational and cognitive therapies, adequate rest, attention to diet, and counseling. Four disease courses are associated with MS: (1) clinically isolated syndrome (CIS), (2) relapsing-remitting MS (RRMS), (3) primary progressive MS (PPMS), and (4) secondary progressive MS (SPMS). Mandolesi et al. [4], evaluated the efficacy of physical rehabilitation methods on patients with SPMS.

The Thirukkural or Tirukkural, is a classic Tamil text comprising of 1330 kural or couplets which deal with the virtues of an individual. It is considered to be one of the greatest works on ethics and morality; its universality and non-denominational nature is especially well-known. Several commentaries and translations of Thirukkural exist, in almost all the major languages of the world. The text is supposed to have been authored by Thiruvalluvar, any time between 300 BCE to 7<sup>th</sup> century CE. Thirunavukkarasu and Kapoorchand [5] discussed the various references in Thirukkural with respect to medicine, and ayurvedic concepts like nutrition, treatment principles, disease causes, and the four pillars of medicine, namely: the physician, the medicine, the medical attendant, and the patient.

**\*Corresponding author:** Sam Cheol Kim, Department of Family Practice and Community Medicine, Chosun University College of Medicine, Gwangju, Republic of Korea, Tel: +82-62-230-6419; E-mail: [schkim@chosun.ac.kr](mailto:schkim@chosun.ac.kr)

Received November 10, 2017; Accepted November 15, 2017; Published November 20, 2017

**Citation:** Kim SC (2017) Journal of Traditional Medicine & Clinical Naturopathy. J Tradit Med Clin Natur 6: e136. doi: [10.4172/2573-4555.1000e136](https://doi.org/10.4172/2573-4555.1000e136)

**Copyright:** © 2017 Kim SC. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

These days, natural remedies are increasingly becoming popular. Historically, natural medicines have been shown to present significant pharmacological activity and have been used as chemotherapeutic agents. For centuries, Cordyceps, a genus comprising of more than 400 species of fungi has been an integral part of traditional Chinese medicine. Of late, it has been revealed that the chemical constituents of this genus have various beneficial properties, such as antiapoptotic, antioxidant, hepatoprotective, and nephroprotective, properties. Cordycepin, also known as 3-deoxyadenosine, is known to be the key bioactive component of *Cordyceps militaris*; it has been reported to have many beneficial biological activities such as: anti-oxidant, anti-cancer, and anti-inflammatory effects. However, the effects of Cordycepin in non-small cell lung cancer (NSCLC) have not been well-documented or understood. Hsiao et al. [7], investigated whether the hot water extracts of *C. militaris* cordycepin (cordycepin-CMHW) exhibit anticancer activity against an *in vitro* model of human NSCLC.

Obstructive sleep apnea is a common disorder that restricts breathing during sleep; the airway tract repeatedly gets blocked, and limits the amount of air reaching the lungs. When this happens, people snore or make choking noises; the brain and body become deprived of oxygen. If left untreated, sleep apnea might result in serious, life-shortening consequences such as: high blood pressure, depression, heart disease, stroke, and other ailments. It is known that a Body Mass Index (BMI)  $\geq 30$  kg/m<sup>2</sup> is related to the risk of developing obstructive

sleep apnea. Khan [6] conducted a qualitative study using a diagnostic tool called as STOP bang for calculating the incidence of sleep apnea in obese individuals. The results revealed that 79% of the obese male individuals suffer from sleep apnea; suggesting that the prevalence of this condition is indeed very high amongst obese individuals.

#### References

1. de Sousa LA, Braghetto GT, Pigari JO, Pereira MJB (2017) Acupuncturists in Primary Health Care: Knowing to Legitimate and to Expand. J Tradit Med Clin Natur 6: 223.
2. Utubaku AB, Yakubu OE, Okwara DU (2017) Comparative Phytochemical Analysis of Fermented and Unfermented Seeds of *Dialium giuneense*. J Tradit Med Clin Natur 6: 226.
3. Akunna GG, Nwafor J, Egwu OA, Ezemagu UK, Obaje G, et al. (2017) Cisplatin-Induced Ovarian Cytotoxicity and the Modulating Role of Aqueous Zest Extract of *Citrus limonium* (AZECL) in Rat Models. J Tradit Med Clin Natur 6: 228.
4. Mandolesi S, d'Alessandro A, Niglio T, Gallucci S, Cialfi A, et al. (2017) Rehabilitation in Secondary Progressive Multiple Sclerosis in Patients: Early Outcomes. J Tradit Med Clin Natur 6: 229.
5. Thirunavukkarasu MS, Kapoorchand H (2017) Ayurvedic Concepts in Thirukkural. J Tradit Med Clin Natur 6: 231.
6. Khan NT (2017) Obesity Associated Sleep Apnoea in Men. J Tradit Med Clin Natur 6: 235.
7. Hsiao FSH, Yu YH, Shah P, Proskura WS, Dybus A, et al. (2017) Cordycepin from Hot Water Extract of *Cordyceps militaris* Induce Apoptosis in Human Non-Small Lung Carcinoma upon Activation of A<sub>3</sub> Adenosine Receptors. J Tradit Med Clin Natur 6: 234.