

Ayurveda, Homeopathy and Chinese Medicine

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Evidence based role of acupuncture in the treatment of inflammatory bowel diseases

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Inflammatory bowel diseases are common causes of suffering in developed and developing countries. It is estimated that in 2010, those illnesses caused the death of 34000 people. Because of the seriousness of symptoms, complications of long-term drug treatment, many (23-49%) patients look for complementary and alternative methods of treatment, including modalities coming from Chinese Medicine, such as acupuncture and moxibustion. Meta-analysis of clinical trials published in 2013 shows that acupuncture is a safe method of treatment of inflammatory bowel diseases with efficacy higher than pharmacotherapy (oral sulfasalazine). Modern clinical trials concerning the effectiveness of acupuncture and moxibustion treatment of inflammatory bowel diseases will be discussed during the lecture, as well as molecular mechanisms of action of those treatments. The issue of safety of acupuncture treatments will be also discussed.

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Comparison of anxiolytic effects of the homeopathic complex vita-C 15 when compared to *Aconitum napellus* in the acutely stressed C57BL6 mice

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Anxiety, phobias and stress are the main mental health problems among the Malaysian population, with global prevalence varying from 8% to 18%. Even so, less than 30% who suffer from these disturbances seek treatment. The objective of this study was to evaluate and compare the anxiolytic effects of *Aconitum napellus* and Homeopathic complex vita-C 15 in the acutely stressed C57BL6 mice by using the faecal corticoid test, open field test (OFT) and c-fos, NMDAR 2B, NPY 1R and NPY 2R activity through the hippocampus. A double blinded randomized controlled study is conducted at Animal Laboratory of Cyberjaya University College of Medical Sciences (CUCMS). All the animals are acclimatized to constant laboratory conditions for 14 days before starting the experiments. Prior to the experiment, a pilot study was performed to identify the most suitable and ideal potency for the homeopathic remedy of *Aconitum napellus*. The animals are tested (n=3) per group on the potency of 6 C, 30 C and 200 C. The treatments are carried out over 9 days. 48 male C57BL6 mice (n=6), 4-5 weeks of age are used. They are randomly selected and divided into two groups. Group I is the healthy control group of mice which are not exposed to acute stress. Group II (stress group); comprises of mice exposed to acute restraint stress. Prior to restraint stress, the treatments given are *Aconitum napellus* 30 cH, Homeopathic complex Vita-C 15, Diazepam, and placebo. Then the results are evaluated by faecal CORT test and open field test by comparing the anxiolytics between pre-test and post-test. *Aconitum napellus* 30 cH and Homeopathic complex vita-C 15 are expected to be more effective and can reduce the occurrence of anxiety in the acutely stressed C57BL6 mice. Thus, research into prevention and supportive therapies is necessary and beneficial for this disorder.

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