

# Ayurveda, Homeopathy and Chinese Medicine

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## Attitude and practices of postpartum women on herbal medicine use during pregnancy

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**Objective:** Despite the vast use of herbal medicines in the world, little is known about their use in pregnancy. This study was conducted to determine the use and attitude of postpartum women on herbal medicine use during pregnancy in northern Iran.

**Materials & Methods:** A cross-sectional study was conducted among 399 women during their first few days of postnatal period in Mazandaran hospitals from March to June 2015. Women completed a self-report questionnaire on socio-demographic characteristics and their use and attitude on herbal medicines use during pregnancy. The logistic regression model was applied for data analysis.

**Results:** The mean age of women was 28.00 (5.20) years and about half of them (45.3%) were primipara. Approximately one fifth (26.8%) and a half (48.4%) of the women used conventional medications and at least one type of herbal medicines during pregnancy respectively. Use of herbal medicines was advised to majority of the women by their mothers (26.3%) followed relatives (21.4%), mass media (11%), health practitioners (10.4%). Additionally, most women (50.42%) have had positive view on the herbs and believed that herbal medicines are not harmful during pregnancy. In 41.2% of the usage, the women were completely satisfied with the herbs.

**Conclusions:** Herbal medicines use has been highly prevalent among Iranian pregnant women who have had positive view on the herbs. Most of the women used herbal medicines without the health care providers' supervision. It is needed that the health care providers were informed about the herbs safety and efficacy and also should ask for information pertaining to women taking the herbs.

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## Healing with acupuncture

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This presentation draws on more than 25 years of experience in working with different modalities of energy medicine. New methods of energy medicine are described which have been developed and put into practice in a large acupuncture clinic in Düsseldorf, Germany. Of these modalities, different ways of using qigong and meditation are the most essential. Special attention is given to conscious breathing with regard to different parts of the body, and the *chakras*, and to using the hands to help bring increased awareness to these spaces within the body. This approach facilitates the interconnections between the organs by drawing on their five sources of energy (*qi* or prana) and circulating this in the nourishing Mother-Child sheng-cycle of the five elements. The main intention of this healing practice is to bring soul and body together and connect the soul with the heart space by opening the crown chakra. Additionally, awareness is directed to the flow of energy, focusing on the light level of the life force. When the crown chakra is open, light and energy can flow from the soul - the eighth chakra - into the heart space and thence through the whole body. This awareness exemplifies the spiritual application of the different healing modalities. *Chakras* play an important role in Indian medicine and yoga and also correspond to the system of the Chinese organs, especially the *sanjiao* system of spaces. The word 'chakra' is derived from a Sanskrit word meaning 'wheel'. *Chakras* are experienced as constantly moving currents of energy and as expanded qi charged spaces.

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