



7th International Conference on

Ayurveda, Homeopathy and Chinese Medicine

May 18-19, 2017 Munich, Germany

e-Poster

Chinese Medicine 2017

Ayurveda, Homeopathy and Chinese Medicine

May 18-19, 2017 Munich, Germany**Case report: Acupuncture treatment for Freiberg disease****Kristina Kozovska, Jihe Zhu and Blagica Arsovska**
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Freiberg disease is a form of a vascular necrosis which generally develops in the second metatarsal bone, but can occur in any metatarsals. It is common in women aged 10-18 years, athletes and those with abnormally long metatarsals. The Traditional Chinese Medicine (TCM) philosophy is based on the flow of the Qi energy and balance of yin and yang. According to TCM disease is as a result of an internal imbalance of yin and yang and when the body's qi, or vital energy, cannot flow freely. TCM can be used in the treatment of Freiberg disease and can give very satisfying results. Our patient is a 16 year old female diagnosed with Morbus Freiberg, also known as a Freiberg infraction. In the treatment, we used one acupuncture point - ST 44 (Neiting). Four acupuncture treatments were made in our clinic, one with cold needle and three with fire needle. After the 4th treatment, our patient was able to walk normally, the edema was reduced and the pain was gone. Acupuncture treatment can reduce the pain and inflammation, and restore the function of the foot normally.

Biography

Kristina Kozovska graduated in 2014 from Medical Faculty, University 'St. Kiril and Metodij' Skopje, Macedonia, with Bachelor's degree in Physiotherapy and Rehabilitation. In 2015-16, she attended Second Degree studies at Faculty of Medical Science, University 'Goce Delcev' Stip, Macedonia and specialized in Reflexotherapy and Acupressure. Since 2015, she is a Working Assistant at Association for Traditional Chinese Medicine and Acupuncture 'Tong Da Tang' Skopje, Macedonia. She has written over 20 publications in Medical journals and attended over 10 Medical conferences. She is a Practitioner of Myofascial Release Technique (MFR).

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Accepted Abstracts

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Dermatomes and Huatojiaji Points

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The Huatojiaji points are very common acupuncture points used to treat musculoskeletal or nerve pain in the body. They are not located on an acupuncture meridian, so are referred to as “extra points”. There are 34 Huatojiaji points, which are located on either side of the spine just to the side of the space between the bony spinous process of each vertebrae.

The huatojiaji points are used to stimulate the function of the spinal nerve that exits the spine at that level and thereby activate an entire dermatome.

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Overview on the status of traditional medicine in Ethiopia and prospects for its development

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Ethiopia is one of the oldest nations of the world and has a rich history of traditional medicine and indigenous knowledge practices. Traditional remedies originated from locally grown plants, animal products and minerals. Other traditional treatments also include a variety of medical practices such as purging, bleeding and cupping, steam baths and immersion in hot, often thermal, water, and counter-irritation. The knowledge on traditional medicine were mainly orally based, the information on healing practice were passed down by practicing healers from generation to generation, often with considerable secrecy. The earliest known Ethiopian medico religious texts written in Gêez, “MeshafaFaws” of mid-17th century and “Mashafa Medhanit” of the early 18th century. In Ethiopian traditional health care system, traditional health practitioners are categorized as herbalist-healers, spiritual or faith based healers bone settlers. In addition to this other groups of healers are those that perform surgical operations such as cauterization, bleeding, cupping, circumcision, cutting. Traditional medicine has significant role in the primary health care delivery in Ethiopia where 80% of human and 90% of livestock population depend on indigenous medicine similar to many developing countries particularly that of Sub-Saharan African countries. Ethiopia has policies and strategies that support the development and utilization of medicinal and other useful natural resources in a sustainable manner. The policies are reflected under various sectors, viz., health, agriculture, biodiversity, environment, science & technology. The policy encourages and promotes appropriate use and protections of traditional medicine knowledge taking into account the need of the traditional medicinal knowledge holders and the communities who benefit from the use of the knowledge. The recognition and actual potential significance of traditional medicine in Ethiopia was not limited to issuance of appropriate policy frame works. Organizational measure with respect to the development of traditional medicine on a scientific basis, regulatory aspects, protection of intellectual property right and conservation and sustainable utilization of medicinal plants has also been taken, through organizing various institutions. Tremendous effort has been so far undertaken over the years pertaining the promotion of traditional medicine. Integrated efforts in research and development of traditional medicine are in progress to validate the safety, efficacy and quality for the production of standardized traditional medicine. Validated and standardized medicinal plants products originated from untapped indigenous knowledge and resources of traditional medicine will have profound advantages for the contribution and strengthening the health care system, besides contributing for the sustainable development and environmental conservation.

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The effect of Dr. Jiao's scalp acupuncture, body and facial acupuncture in the treatment of post stroke syndrome symptoms

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Objective: The objective of the present study is to observe the effect of Dr. Jiao's scalp acupuncture combined with body and facial acupuncture in the treatment of post stroke syndrome symptoms compared to just using regular scalp acupuncture with body and facial acupuncture.

Methods: One case study of hemorrhagic stroke (wind stroke) was treated with Dr. Jiao's scalp acupuncture for 30 minutes followed by body and facial acupuncture connected with electrical stimulation for 20 minutes while keeping scalp needles until the treatment is done. This treatment is performed for four weeks, twice a week, then, once a week for six months. Afterwards, the treatment is performed once every two weeks for another six months.

Results: The effect of using Dr. Jiao's scalp acupuncture protocol in the beginning of the treatment combined with body and facial acupuncture was significantly more effective than simply using regular scalp acupuncture with body and facial acupuncture.

Conclusion: Dr. Jiao's scalp acupuncture protocol in conjunction with body acupuncture and facial acupuncture connected with electrical stimulation is very effective in treating expressive aphasia, facial paralysis, and irregular balance and coordination after a stroke. Faster results are expected if patients receive treatment as soon as their conditions stabilize following the first attack.

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Unveiling the secrets – Illuminating the meaning of acupuncture points names

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Chinese language is pictorial – characters are not letters, they are used as symbols, referring to different associations. They allow coding various levels of information and facilitating the process of storing and using that information. Acupuncture points names use associations with wide range of Chinese culture aspects, such as mythology, religion, rituals, I Ching, alchemy, architecture, astronomy, geography and FengShui, music or literature. Understanding these associations helps in studying and remembering functions as well as clinical applications of points. Six years ago a group of recognized scholars and acupuncturists created a team working together on decoding Chinese points names, checking obtained information in clinical practice and coding it back in a form of symbolic pictures reflecting name, physiology and pathology of each point designed for people raised in Western culture. These pictures, similarly to Chinese characters, evoke chains of associations in mind making remembering the information about points much easier. The lecture is an invitation for You to join amazing journey into wonderful and mysterious world of acupuncture points. Together we will explore different layers of meaning and cultural associations of acupuncture points names, improving their clinical usage.

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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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Holistic approach to natural healing

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Holistic medicine is a form of healing that considers the whole person-body, mind, spirit, and emotions, in the quest for optimal health and wellness. According to the holistic medicine philosophy, one can achieve optimal health by gaining proper balance in life. The scope of traditional medicine includes: Acupuncture and Acupressure, where the speaker will share his expertise and mastery in acquiring methods of treating various medical and dental problems and learning the difference between these two healing modalities. The speaker also discusses about Aromatherapy, a branch of Herbology in which the audience will acquire awareness on the benefits and uses of different aroma from essential oils, herbs, fruits and vegetables; Hypnosis where participants could feel and experience hypnotism; and Therapeutic Massage, where they can discover the different techniques and skills of Swedish, shiatsu, and reflexology which can be used as livelihood home-based job.

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Tai Chi, the perfect activity for the rest of life: How this “Medication in Motion” exercise can help health authorities achieve the goals of WHA66.10 (NCDs)?

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Population aging and its health consequences, such as the rise in NCDs, non-communicable diseases is considered by the WHO as an “impending disaster” that increasingly sophisticated and the expensive medicines and technologies will not be able to prevent it. With NCDs, the world is losing people in its most productive years, and in a generation, NCDs will cost more than \$ 30 trillion. To address the problem of NCDs, a WHO Resolution WHA66.10 adopted the Global Plan of Action to reduce the number of premature deaths by NCDs from 25% by 2025. In the draft of the declaration of the high-level meeting on NCDs (2011), the Traditional Medicine of indigenous people was recognized. They should be respected, preserved and properly promoted, although, by 2013 in the West, there were already over 700 publications of scientific articles on Tai Chi, one of the highest techniques in Chinese medicine. According to Harvard, which published a Guide to Tai Chi, this gentle form of mind-body exercise could be called “Medication in Motion” and can be a “perfect activity for the rest of life”. With “no pain, big gains”, Tai Chi can be a significant part of the strategy of achieving a WHA66.10 goal, helping the circulation of *Chi* and *Xue*, and strengthening *Zheng Chi*, conditions that can promote good health, according to Chinese Medicine. At the WHO Congress of traditional medicine, Dr. Margaret Chan, Director-General of WHO, concluded that for NCDs and many other conditions, traditional medicine has much to offer in terms of prevention, comfort and care, and the time has never been better, and the reasons never greater for giving traditional medicine its proper place. In this sense, Tai Chi and Pai Lin Tai Chi, with its solid Taoist basis and training protocols, can make a great contribution to the health of people.

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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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Modalities of practicing energetic acupuncture

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Crown Chakra Opening for Expansion and Connection: The point *baihui* Du-20 is of particular relevance when it comes to opening the energy field to light. *Baihui* opens and enlightens consciousness. It also opens the inner spaces of the body to the direct influence of the soul. The session begins with needling *baihui*. Then a further +4, +8 or +12 needles are inserted concentrically around it to open the crown *chakra*. The four points surrounding *baihui* are the *sishencong* (M-HN-1) points. An additional circle of four needles, *baihui* +8, will lead to a further opening of the crown *chakra*. The third circle of four needles, *baihui* +12, leads to an even more significant opening of the *chakra* and helps to release deep tensions on top of the skull, as several points are located near the gall bladder channel. The application of needles to all these points leads to an extraordinarily wide opening of the crown *chakra*. The 12 points, which surround *baihui*, have been named ‘*Treasure Points*’, and also named ‘*The 12 Points of Soul Light*’.

Grounding the Base, Strengthening the Kidney: After opening the crown *chakra*, the yang pole of the body, we turn to the yin pole, to strengthen the kidney and activate the first and second *chakras*. Needles are inserted into the points *taixi* (KI-3), *sanyinjiao* (SP-6) and *taichong* (LV-3). The ‘NADA points’ of Michael O Smith (auricular heart, kidney, liver, sympathetic and shenmen points) are particularly relevant when activating the kidney and the base. They have a calming and grounding effect on the kidney energy.

Heart Chakra Harmonizing the Center: When working with the seven *chakras* and the different modalities of using qi, the centrality of the heart *chakra* is emphasized. It is the fourth *chakra* down from the crown or up from the base. It is also located in the center of the chest, and is the one with exceptional healing energy. It harmonizes and balances, its main qualities being *compassion, love and tolerance*. The associated acupuncture point is *shanzhong* (Ren-17). Adding four surrounding points at a distance of 1 cun from *shanzhong* intensifies its effect, just as with *sishencong* and *baihui*. Furthermore, *shendao* (Du-11) on the back can be chosen as a supplement. These six points help to activate and open the heart *chakra*. Additionally the patient holds his hands in a circle in front of the chest and uses the breath to focus awareness there. The therapist may support the patient by saying: ‘Allow your heart to open.’ The combination of acupuncture, awareness of the breath, and qigong hand positions lead to a further opening of the heart, an expansion and strengthening of its energy, so that eventually the patient experiences a widening of the heart space and will feel more joyful and humorous.

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Why the basis of naturopathy and homeopathy is love/528 frequency?

Leonard George Horowitz

Consumer advocate in natural healing and drug industry whistleblowing, USA

Naturopathy’s basis in science and clinical practice is pure, safe, and effective LOVE—a fact few people realize due to unfair competition and deceptive trade most profitable for the pharmaceutical cartel damaging people and the environment often irreparably, and bringing civilization to the brink of economic collapse, war, and extinction. Meanwhile, scientific advancements in electro-genetics and biophysics shatter that destructive paradigm proving the superiority of natural healing, including the “spiritual” mechanics underlying “healing miracles,” and the hydro-electric dynamics active in homeopathy, as best reflected by chlorophyll (528 nm) generating electron-rich alkalizing oxygen relaying the “Electron of LOVE” restoring chemo-electric balance to acidified degenerating systems. Learning Objectives of the presentation are: 1. Comprehending the scientific, musical-mathematical, electro-genetic basis of 528 frequency; 2. Practical applications of 528 frequency science in clinical practice and commerce; 3. Why Bono from U2 recorded *IRIS: Hold Me Close* in 528Hz in loving memory of his mother.; 4. Integrating “medicinal music,” “music therapy,” and homeopathic formulas vibrating at 528 nm/Hz frequency for “miraculous healing” of patients and our planet.

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The importance of Ayurveda for global health

Marc Halpern

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Ayurveda is unique amongst the healthcare disciplines in the World as it places an emphasis on removing the causes of disease and suffering. Ayurveda teaches that suffering begins when a person forgets that they are one part of an interconnected whole. This primordial wound causes the mind to get caught up in the drama of individuality (me, my, mine) and as a result, the mind becomes dominated by fear, anger and attachment. The mind, preoccupied with its own dramas begins to make poor decisions about how to use the senses and interact with the world. As a result, a person over-indulges, under-indulges or misuses their senses. By taking in inappropriate stimuli through the senses (junk food, junk sights, junk sounds, junk smells, junk touch) the physiology of the body becomes disturbed resulting in disease. Swastavritta or the promotion of health is one of the strongest and most unique aspects of Ayurvedic medicine. While Ayurveda also prescribes remedies for disease, these remedies are counteracted when the senses are misused. During this program, depending upon the timeframe given, I will expound upon the causes of disease and suffering and explore how Ayurveda utilizes the senses both as a preventative form of medicine and as an adjunct to herbal medicine and panchakarma.

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Bian stone: The yellow emperors long lost medical stone

Mia Harman-Taylor

Lifestyle Essentials, Adelaide, Australia

Formation: Bian stones were formed about 65 million years ago when a meteorite collided with Earth in Shandong, China.

History: In Ancient China, doctors observed that musicians who played a musical instrument made from Bian Stones, mined from the mountain caused by the meteorite, lived longer than expected. The Yellow Emperor's Medical Book (305-205 BC) talks very high about the Bian Stone. It was considered the most important part of TCM, more important than acupuncture, cupping, moxibustion or massage. Overtime, the Bian Stone faded into history and was forgotten as it was replaced with other more accessible, however inferior stones.

Modern History: In late 1970's, Professor Yang wanted to restore an old stone instrument found in Shandong. He sought help from an expert geologist, Professor Geng who found that only one stone which matched the properties of the instrument Professor Yang wanted to restore was Sibir Pumice. After much analysis, Professor Geng discovered that Sibir Pumice was in fact the Yellow Emperor's long lost Bian Stone.

The Bian Stone's Properties: 1. It contains over 40 minerals and trace elements; 2. It can create Far Infra-Red (FIR) waves or energy; 3. It can create ultrasound pulses in the therapeutic ultrasound range; 3. It can produce negative ions, best known to help with anti-oxidation (anti-aging) in human cells and DNA; 4. It has super smooth edges which means easy and effective use.

Bian Stone Therapy: The therapy uses the Bian Stone in conjunction with Gua Sha and a cream/emulsion with live enzymes. By designing and changing the live enzymes to suit the disorder, the Bian Stone Therapy professional can treat many ailments such as muscle & joint pain, scar tissue, stress or reducing facial wrinkles.

Conclusion: The Bian Stone is truly the miracle stone well deserving of its high praise thousands of years ago.

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Improving response to treatment to classical homeopathy of respiratory tract conditions with the help of biochemic homeopathic medicines in children

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Statement of the Problem: There is a rising incidence of recurrent infections/allergic conditions in children. Conservative treatment is harmful for prolonged use, and does not improve the body's response to infection/allergens. Homeopathy succeeds in doing so. The difficulty to homeopathically individualize the case in children due to limitations of communication can be overcome by integrated study of specific ion functions in the body related to biochemic homeopathic medicines to improve the body's response, reducing recurrence of illness and duration of treatment, helping the child's all round development.

Methodology & Theoretical Orientation: A detailed study of each patient including clinical examination was done based on homeopathic principles, to understand the constitution, and family history by in depth interviews of parents and child whenever possible. Factors involved in the onset and modification of intensity of the problem, were studied.

Findings: Many children had the onset of recurrent respiratory tract infection after exposure to allergens/infections when they came in contact with larger social groups. Some showed association with separation anxiety. History of allergic conditions in the family was found in many cases. Frequent use of nebulizers, anti-allergic medicines, and antibiotics resulted in loss of appetite/irritability. Homeopathy was helpful in controlling the acute episode and incidence, although the degree of difficulty in treating children was high in the classical method. Use of biochemic homeopathy medicines, along with the classical prescription, speeded up the cure, and could be used in acute situations by parents according to prior guidelines.

Conclusion & Significance: This method of integrated use of biochemic medicines in classical homeopathic treatment, gave faster and better results showing remarkable improvement in health reducing cost and improved compliance, and helping the child's overall development.

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Ayurveda Marma health in prevention & cure

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Marma, the Sanskrit word itself denotes the vital energy of living organism under control by hidden force. The Prana energy in Ayurveda is vital to the point of control over all systems in health and thus important to balance it in terms of Ojus or essence of healthy tissues to maintain their homeostasis for better Tejas or energy out-put for varied functions of living body. Though 107 Marma points have been described extensively in Ayurveda for their spread all over in living body, 37 vital areas of head and neck area, 11 in each limb making 11X4=44, front 12 and back 14, roughly to divide their location has priority through in access from hearts of Ayurveda. Heart in Ayurveda from physiology to psyche components makes it dual in connection with the lower abdominal or naval and uro-genital bladder area under control or controlled functions through above subtle and vital energies known as PRANA-OJUS-TEJAS. Human body as a mystical and complex dualism of macro to micro and from physio to psyche is well governed through these vital life holding areas of governance. And understanding the concepts behind is easy to execute for their role under preventive health to promotion of health and well beyond from also in therapeutic balance in a given conditions of health and disease in Ayurveda.

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Kantan na Kensa, one acupuncture systemic technique where we work directly with the neurological response: No need to know about Meridians of Cycles Theory of 5 Elements/Movements

Walter Rodrigues Lara Filho

Japanese-Brazilian Association of Acupuncture and Holistic Therapies, Brazil

I will introduce my Acupuncture Systemic treatment technique I called and baptized as "Kantan na Kensa". Kantan na Kensa (Japanese) is translated as "Simple Treatment". Since my training in 1995, I thought of improving all taught techniques on Eastern therapies. I always wondered, when in class we were taught the mystical side of acupuncture, Yin/Yang energies, Cycles Theory of 5 Elements/Movements, but felt uncomfortable with some questions. For example: Why it took more than 20, 30 and even 40 sessions to treat a condition. In my point of view it was not logical to leave the premise that to harmonize the body energy could restore health. Through numerous bad questions answered, I began to insert needles outside the traditional points (Meridians) and I ended up having results above expectations. I started in 2001 the technical comparison of the responses of patients. I realized it was a starting point and something new amidst the study of acupuncture, which ceased to apply traditional, dedicating myself from then until today. The ease with which I apply the technique, and through the study of responses obtained by patients, led me to perfect it. In 2013, I put a willingness to pass it to students and interested colleagues. I dedicated myself to creating and perfecting this technique when I delved into my research on Neurological response generated by the insertion of the needle. I created what I call the key points, which tested the reactions generated by the patient and the answers they gave me on the amazing improvement, where they were unanimous in responding that the improvement was 80% from the first session. I observed that all patients treated by Kantan technique Kensa regarding Traditional Acupuncture, responded quickly to treatment, and when used the traditional Chinese technique there was a significant delay passing 12 sessions. Hoje only use the technique in Kantan Kensa in all the calls. Gero a direct action on the main patologia concept of Kantan in Kensa, is that there is no need to study the points of Meridians and neither of Cycles Theory of 5 Elements/Movements. Time devoted to the study and technical effectiveness was 12 years. Since 2003, I applied & improved the technique. On average we use 03 and up to 05 needles.

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Evaluation of the effects of transcutaneous electrical stimulation in patients with low back pain in acupuncture treatment

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Acupuncture has been the subject of a growing number of researches in recent years, which have demonstrated, in addition to an increasing space as a reference in the complementary treatment of diseases, the relevant perspective of their interaction with the analgesic system through its action on the regulation of pain. Current studies have narrowed the relationship of acupuncture with other therapeutic resources within the medical clinic, aiding in the treatment of several pathologies, among them low back pain - LBP. The purpose of this study was to evaluate the effects of transcutaneous electrostimulation therapy - TENS - in patients with LBP associated to the complementary treatment with acupuncture.

Methodology & Theoretical Guidance: A randomized, uni-blind controlled clinical trial in which the sample was obtained for convenience and 45 patients with LBP with a history of pain present for more than three months were included. This total of patients was divided into three equal groups where the spectra of each of them were compared, being the intervention group formed by patients who received the combination of treatments - acupuncture and TENS - and compared to two other groups that received these two techniques in isolation.

Conclusions: From a statistical analysis of the results obtained, the authors conclude that there were significant differences in points B25-Right, B24-Right and Left, and B23-Right and Left for the groups that received acupuncture and also for the association of acupuncture with TENS. Acupuncture treatment promoted analgesia in patients with LBP, and had a significant short-term effect on pain and quality of life of these patients.

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May 18-19, 2017 Munich, Germany**Effect of Ylang Ylang oil aroma on sleep quality of Kanchanabhisek Medical and Public Health Technology (KMPHT) college students, Nonthaburi, Thailand****Winai Sayorwan**

Kanchanabhisek Institute of Medical and Public Health Technology, Thailand

Introduction: Insomnia is the most common complaint for all sleeping problems and has been under research. The treatment of choices is hypnotics, but these pills contain several adverse effects. Traditionally, Ylang Ylang oil has been used as a treatment for insomnia in Thailand, but its effects has not been systematically proven. The aim of this research study is to examine the effect of Ylang Ylang oil on sleep quality of Kanchanabhisek Medical and Public Health Technology (KMPHT) college students measured by PSQI (Pittsburgh Sleep Quality Index).

Design: This study was conducted in two random groups in a format of pre-test and post-test design.

Methods: The study sample consists of 30 subjects (15 male and 15 female). In this study, the intervention group was assigned to use Ylang Ylang oil, while the control group used sweet almond oil. The sample subjects were instructed to score PSQI questions in the first and the seventh day for comparison.

Results: The total PSQI score of Ylang Ylang oil group ($x=3.90$) is significantly decreased when compared to the control group of almond oil group ($x=9.86$) ($p\text{-value}<0.05$). No period or carry-over effect was observed.

Conclusion: The results from this study show that Ylang Ylang oil improves the sleeping quality of college students.

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