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International Conference on

Restorative & Alternative Medicine

October 24-25, 2016 Chicago, USA

Workshop (Day 1)



RAM 2016

International Conference on

Restorative & Alternative Medicine

October 24-25, 2016 Chicago, USA



Sumita Satarkar

Swasthya Santulan Medi Care Pvt Ltd, India

Workshop: Discover yourself a journey to the well-being and healing

This is a workshop which can be called as a retreat of wellbeing and management of stress and pain by Acupressure

In this workshop we will be focusing on following topics:

- Definition of well being
- Philosophy of Acupuncture & Acupressure
- Difference between Acupuncture & Acupressure
- Concept of Chi – Vital Energy
- Concept of Energy centres & their co-relation with Endocrine glands
- Concept of energy imbalance, manifestation of disease
- Causes of Disease
- Theory of Stress
- Theory of emotional congestion and release
- Demonstration of stress & pain release by Acupressure

Concept of Love and harmony

- Triangle between divinity , purity and healing
- Concept of grief and disharmony
- Stress management

Pain Management

- Preventive Modules for achieving Peace, Harmony and well being
- Q & A session.

Biography

Sumita Satarkar has completed her PhD at the age of 39 years from Open International University for Complementary Medicine , Colombo and doing another Doctorate and Phd in Integrative Medicine at International Quantum University of Integrative Medicine , USA. She has presented more than 50 papers in National and International conferences in India and overseas. She is Founder and Director at Swasthya Santulan Medicare Pvt Ltd in India and highly acclaimed in Pulse diagnosis.

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Scientific Tracks & Abstracts (Day 1)



RAM 2016

Dental Surgery and Implants | Dermatoplasty and Reconstructive Surgery | Pain Medicine | Advanced Therapies for Gastrointestinal Disorders | Orthopedic Surgery and Rehabilitation

Session Chair

Corey Schuler

Integrative Therapeutics, USA

Session Introduction

Title: Behavior of alveolar and peri-implantar bone affected by osteoporosis and its treatment

Leonardo Faverani & Roberta Okamoto, Sao Paulo State University, Brazil

Title: Characteristics of mandibular parameters in different age groups: A CBCT assessment

Bayan Al Asmari, Riyadh Colleges of Dentistry and Pharmacy, KSA

Title: Periodontal status and gestational diabetes of Saudi Women: Relationship with low birth weight infants

Enaam Al-Hasan, Riyadh College of Dentistry and Pharmacy, KSA

Title: Quality of tooth preparation produced using diamonds with guide pins

Wejdan Saleh Alghamdi, Riyadh College of Dentistry and Pharmacy, KSA

Title: Pattern of cleft lip and cleft palate in pediatric patients

Sonia Shahid, Karachi Medical and Dental College, Pakistan

Title: Awareness of methemoglobinemia risks associated with the use of topical anesthesia for teething

Alrouh AlSaadoon, Riyadh Colleges of Dentistry and Pharmacy, KSA

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Behavior of alveolar and peri-implantar bone affected by osteoporosis and its treatment

Leonardo Faverani¹ and Roberta Okamoto¹¹Sao Paulo State University, Brazil

Osteoporosis is one of the systemic changes that is of worldwide public health concern, characterized by a decreased bone mass and a deterioration of bone microstructure. Several drugs have been used to osteoporosis treatment with the main goal to increase the bone mineral density and decrease the bone fractures. In dentistry, one of the determining factors for the proper dental implants osseointegration is the quality of bone tissue which is impaired in this situation. Therefore, we aim in this presentation to show the behavior of alveolar bone and peri-implantar bone affected by osteoporosis and its treatment through in vivo studies. In the beginning, we will show the alveolar bone in homeostasis situation and then we will discuss some of our studies about alveolar and peri-implantar bone healing in osteoporotic rats treated with different drugs such as estrogen replacement, biphosphonates, selective estrogen receptor modulators and other current medications indicated to treatment of female and male osteoporosis. Our results will be presented through histology, histometric, immunohistochemistry, microtomographic, fluorochromes and molecular analysis, leading to clinical responses.

Biography

Leonardo Faverani has completed his PhD in Oral and Maxillofacial Surgery in 2013 and currently he is pursuing his Post-doctoral in Oral and Maxillofacial Surgery and Implantology from Sao Paulo State University-UNESP Aracatuba Dental School. He has published more than 80 papers in reputed journals.

Roberta Okamoto is an Associate Professor of Anatomy and is the Post-graduate Coordinator at Sao Paulo State University -UNESP Aracatuba Dental School. She has more than 67 papers in reputed journals.

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Characteristics of mandibular parameters in different age groups: A CBCT assessment

Bayan Al Asmari, Maha Al Eed, Mshael Salem and Ahmad Assari
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The advent of cone-beam computed tomography has led to the ease of evaluation of the morphology, position, shape, size and the variation in several anatomical structures. A normal variation occurs with age, gender and between right and left sides. Therefore, the aim of this study is to evaluate deferent linear measurement in human mandibles and compare them to age and gender. This is a retrospective study was conducted on CBCT examination taken from patients attended the Oral Diagnostic Department at Riyadh Colleges of Dentistry and Pharmacy between 2010 and 2015. Images of patients with history of trauma, dysplasia or orthognathic surgery were excluded. 408 hemi-mandibles were evaluated ranging in age from 18 to 75 years for the location of: condyle, coronoid, gonion and menton. Linear measurements were then recorded between each point and analyzed among age groups and gender. The data showed significantly positive correlation between the age and mandibular length (distance between gonion and menton. A negative correlation was found in the coronoid length and gonion angle and positive correlation was found with the coronoid length. When the readings were compared against gender, a significant difference was shown in all linear measurements, except the angle of the mandible. None of the samples showed any asymmetrical changes between the right and left side. Within the limitation of this study, the changes in the mandibular linear measurements were not related to the change of age except of the mandibular length. Gender was found to be a factor in changes of these measurements, which was explained by the effect of muscular and habitual changes between genders.

Biography

Bayan Al Asmari is a Dentist and is interested in oral surgery and oral medicine. He is working at a private clinic in Riyadh. He has completed his Masters in Oral Diagnostic Program. He is a Member of Dental Magazine "Asnan Magazine".

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Periodontal status and gestational diabetes of Saudi women: Relationship with low birth weight infants

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Aim of this study is to determine any potential relationship between the periodontal screening and recording (PSR) values in pregnant women who have impaired glucose intolerance on the duration of gestation and weight of delivered infants. The study consisted of 100 Saudi women, 59 medically fit pregnant lady and 41 with gestational diabetes mellitus. PSR table was used when screenings were performed; PSR values were recorded for all patients and weights of all born babies were recorded. Other materials were also used like WHO periodontal probes. Disposable OD kits, cotton rolls and gauze (masks, gloves, pep napkin and disinfectant) were used to improve the infection control. Patient were seated in a comfortable chair during examination and after initial examination, an oral report was given to explain the dental status and any urgent recommendation or future expectations.

Biography

Enaam Al-Hassan has completed his graduation from Riyadh College of Dentistry and Pharmacy in 2013. He is an active Member at the Saudi Dental Society and he got a certificate of appreciation for participating in the research entitled "Periodontal status and gestational diabetes of Saudi women: Relationship with low birth weight infants". Currently, he is an Academic Demonstrator in RCsDP.

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Quality of tooth preparation produced using diamonds with guide pins

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Introduction: Different bur designs have been developed in order to enhance the quality of tooth preparation and to control the amount of tooth reduction.

Purpose: The aim of this study was to evaluate the quality of tooth preparation produced using diamonds with guide pins in means of convergence angle and finish line width and consistency; in comparison with preparations produced with conventional diamonds.

Method & Materials: 40 typodont mandibular 1st molar teeth were collected and their occlusal surfaces were flattened. 20, 4th year dental students volunteered to participate in the study. Each participant was asked to prepare 2 typodont teeth, one using a Torpido diamond and the other using same exact design with the addition of 0.4 mm guide pin. Standardized images of each prepared tooth were captured by a professional camera while it is seated in custom fit die base in front a black background. Each image was analyzed with computer screen protractor software (Iconic Inc.) to determine the buccolingual and mesiodistal convergence angles of each preparation. Moreover, the width of each finish line was measured in 12 predetermined points using a digital caliper. Data were analyzed using SPSS version 22.

Results: Diamonds with guide pins resulted in more proximal taper (mean=38.1) than conventional diamonds (mean=23.9). The variability in finish line width was significantly less among teeth prepared by diamonds with guide pins (Levene's test p-value=0.005).

Conclusion: Diamonds with guide pins produced more taper than conventional ones. However, diamonds with guide pins were more self-limited and resulted in a more controlled and predictable finish line width.

Biography

Al Ghamdi W has earned her BD in Dental Sciences from Riyadh College of Dentistry and Pharmacy in 2015. She works as a Teaching Assistant at the Department of Prosthodontics in the same college.

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Pattern of cleft lip and cleft palate in pediatric patients

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Introduction: Cleft lip and cleft palate are openings or splits in the upper lip, palate or both. Cleft lip and cleft palate result when facial structures that are developing in an unborn baby do not fuse completely. Cleft lip and cleft palate are among the most common birth defects. They most commonly occur as isolated birth defects but are also associated with many inherited genetic conditions or syndromes. Types of cleft lip and palate are isolated cleft lip, isolated cleft palate, incomplete cleft lip and palate (unilateral/bilateral), complete cleft lip and palate (unilateral/bilateral) and midline cleft. Clefts are caused by the interaction between genetic and environmental factors.

Objective: The objective of this study is to analyze the patterns of cleft lip and/or cleft palate in Karachi, Pakistan from data collected at a tertiary care hospital.

Methodology: This cross-sectional study was conducted from July 2013-July 2016. Pediatric patients less than 7 years of age were recruited in this study with regard of gender presenting to pediatric department of tertiary care hospitals of Karachi with principal complain of cleft lip and palate. A history and examination form designed from an application “forms”, particularly for the study. For data analysis SPSS 16.0 software was used. The data variables were age, gender, cleft type, parental consanguinity, presence of other anomalies, and family history of cleft.

Results: In a period of 3 years, total 165 patients were inspected and out of which 42.28% were males and 57.72% were females. The mean age was 2.7 months. Boys predominated in cleft lip and palate and cleft lip both; whereas, girls predominated in isolated cleft palate, with male to female ratios of 1.8:1, 1.6:1, and 0.7:1.2, respectively. Cleft lip combined with cleft palate was the commonest cleft disorder accounting for 46.3% of cases followed by isolated cleft lip (36.7%) and cleft palate only (17%). Among combined cleft lip and palate, incomplete cleft lip and palate unilateral (21.4%), bilateral (20.7%), complete cleft lip and palate unilateral (19.2%), bilateral (31.7%) and midline cleft (7%). Approximately 13% of the patients with cleft lip and palate have other medical concerns or anomalies. The most common anomaly was of congenital heart disease. Other conditions such as spina bifida, sickle cell anemia, thalassemia, fasciofemoral syndrome, hernia, undescended testis and ectopic kidney were present. 61% of the individuals had a family history of cleft.

Conclusion: Cleft lip and palate are one of the most common birth defects seen in the pediatric and maxillofacial department, with an overall prevalence of 2.8 per thousand newborns, with cleft lip/cleft palate seen in approximately 12 per thousand births and cleft palate seen in 0.9 per thousand births. It contributes substantially to long-term disability in children as well as to tremendous emotional and financial stress for affected families and individuals. In our study, consanguineous marriages were observed among 54.4% of patients' parents which clearly indicates a strong link between family history and the anomaly.

Biography

Sonia Shahid is currently a MBBS student of Karachi Medical and Dental College, Karachi, Pakistan. She has been a part of several national and international researches. She has attended several national and international seminars and conferences. She has good knowledge of clinical practices and protocols in variety of settings. She is an inquisitive student with a passion for education as a power for change and improvement in the healthcare field of her country.

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Awareness of methemoglobinemia risks associated with the use of topical anesthesia for teething

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Background & Aim: Methemoglobinemia is a serious but rare complication associated with the topical application of local anesthetics, especially lidocaine in infants. Due to this risk in 2014, FDA banned the use of lidocaine as a topical anesthetic for teething. The aim of this study was to test the awareness of health professionals to the risks associated with topical anesthesia for teething among health professionals in Riyadh.

Method: A structured questionnaire was developed by consulting to an experienced pediatrician and pediatric dentist. Items were then analyzed to remove redundancies and checked for content validity. The finalized questionnaire was then tested for reproducibility. The final questionnaire comprised of four parts: The knowledge of teething, remedies used for teething, their opinion on the use of anesthetics for treating teething and the knowledge about methemoglobinemia. The questionnaire was administered to general dentists, pediatric dentists, pediatricians and pharmacists.

Results: The overall knowledge of teething was good among all four groups. Pediatricians and Pediatric Dentists had a good knowledge of methemoglobinemia. However, few respondents were aware of the FDI regulations. Among those who were aware of the potential toxicity of lidocaine, several were still willing to prescribe local anesthetics for the management of teething.

Conclusion: There is poor knowledge about the danger of using local anesthetic gels for teething.

Biography

Alrouh AlSaadoon has completed his graduation from Riyadh College of Dentistry and Pharmacy in 2014. He is an active Member in Saudi Dental Society. Currently, he is an Academic Demonstrator in Riyadh College.

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Scientific Tracks & Abstracts (Day 2)



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Women Health- Advanced Care | Nutritional Advice and Counseling | Traditional Medicine | Health Care and Restorative Products | Emergency and Internal Medicine | Cardiac Care and Rehabilitation

Session Chair

Giulio Maria Pasinetti

Icahn School of Medicine at Mount Sinai, USA

Session Co-chair

Sumita Satarkar

Swasthya Santulan Medi Care Pvt. Ltd, India

Session Introduction

Title: Effect of aqueous extract of moringa oleifera lam leaves on LDL receptor mRNA level of HepG2 cells, in comparison to atrovastatin

Pilaipark Chumark, Walailak University, Thailand

Title: Role of Indian astrology in precautions, identifications and remedy of various diseases

Narendra Umrikar, Vastu Spandan, India

Title: Influence and effects of vaastu shastra on health

Nayana Dhuru, Vastu Spandan, India

Title: 100 Patterns of pulse for accurate diagnosis and healing in acupuncture

Sumita Satarkar, Swasthya Santulan Medi Care Pvt. Ltd, India

Title: Kshara sutrathe ayurvedic treatment for fistula -in-ano

Sampath Reddy Jalapu, Jnir Ayurvedic Hospital, India

Title: The benefits of homa in vedic astrology for fast recovery and healthy life

Uday Kulkarni, Panditjiseva, India

Title: The effect of Jainism on resident's body and mind with reference to the living space

Neesha Kothari, Vastu Shastra, India

Title: Being full and feeling empty: Yoga as a pathway for recovery from depression, anxiety and eating disorders

Shane McIver, Deakin University, Australia

Title: Predictors of nutritional status of Ethiopian adolescent girls: A community based cross sectional study

Azeb Atenafu, University of Gondar, Ethiopia

Title: A new era of medical informatics bioengineering technologies to assess self tissue regeneration process

Tamer M Nassef, Misr University for Science and Technology, Egypt

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Effect of aqueous extract of *Moringa Oleifera* lam leaves on LDL receptor mRNA level of HepG2 cells in comparison to atorvastatin

Pilaiipark Chumark¹ and Srichan Phornchirasilps²¹Walailak University, Thailand²Mahidol University, Thailand

Heart disease is one of the major causes of death among world population. Free radicals and high level of low density lipoproteins (LDL) in blood have been verified to be related to inflammation, plaque accumulation and atherosclerosis. Complications resulted from atherosclerosis are hypertension, stroke, and myocardial infarction, etc. *Moringa oleifera* Lam. is a popular plant of South East Asia. In Thailand, *M. oleifera* leaves are used as common vegetable and traditional medicine for more than 100 years. In our previous studies, we found that water extract of *Moringa oleifera* Lam. leaves possessed antioxidant activity (*in vitro* and *ex vivo*), hypolipidemic and anti-atherosclerotic activities (*in vivo*). These effects are contributed from the phenolic compounds in the aqueous extract. We intended to elucidate the underlying mechanisms of our finding. Therefore in this study, we evaluated the LDL receptor mRNA level of HepG₂ cells treated with water extract of *M. oleifera* leaves and compared with atorvastatin. Treatment of *M. oleifera* leaves extract (concentration 1-100 ug/ml) and atorvastatin (concentration 1x10⁻⁶ Molar) significantly increased the LDL receptor mRNA levels of HepG₂ cells up to 80% and 100%, respectively (comparing with non-treated group). Thus, the result obtained revealed that one of the hypolipidemic mechanisms of *M. oleifera* leaves extract is by increasing LDL receptor mRNA level of HepG₂ cells. So, *M. oleifera* leaves should be recommended to use as food or traditional medicine for anti-atherosclerotic purpose.

Biography

Pilaiipark Chumark is an Instructor of Department of Public Health, School of Allied Health Science and Public Health, Walailak University, Thailand. He did his PhD in Pharmacology and MSc in Toxicology from Mahidol University. He has completed his Bachelor's degree in Nursing and Midwifery from Prince of Songkla University. His fields of interest are pharmacological and toxicological effects of medicinal plants especially antioxidant and anti-atherosclerosis, environmental toxicology, heavy metal contamination and nutrition.

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Role of Indian astrology in precautions, identifications and remedy of various diseases

Narendra Umrikar

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Introduction: Indian astrology is a very useful and path-leading ancient science. Indian Astrology is a powerful tool for finding solution for many health problems. There is a separate branch in Indian astrology called Medical astrology, which deals with native chart from health point of view. As per medical astrology, one's health is dependent on his/her ascendant sign, moon sign and on placement of seven planets in the birth chart. To prepare birth chart (Horoscope) person's accurate date of birth, time of birth and place of birth is required. I prefer Ashtakavarga system of predictions: Numbers and arithmetical calculation has great use in astrology for quick, accurate and effective predictions. Maharishi Parashar have referred to Ashtakavarga system in his great work 'Brihat Parashara Hora Shastra'. Indian Vedic astrology provides solution to simple physical problems to complex psychological problems of human beings through suitable Ayurvedic medicines, prayer (*Mantra*) and gems-*Rudraksha*. In ancient time astrologers have good knowledge of Ayurvedic medicines. There are more than 600 ancient literatures on Ayurveda. In ancient text of *Garuda Purana*, *Kurma Purana* and *Vishnu Purana* therapeutic use of gems- *Rudraksha* and prayer (*Mantra*) has been mentioned.

Objectives of Research Paper: The objectives of this study are to: 1) Discuss role of Indian astrology for precautions, identifications and remedy of various diseases; 2) Suggest different rules as per Vedic astrology for proper selection of suitable Ayurvedic medicines, prayer (*Mantra*), and gems-*Rudraksha*; and 3) Examine effect of Ayurvedic medicines, prayer (*Mantra*), and gems-*Rudraksha* in curing diseases.

Biography

Narendra Umrikar has completed his Bachelor of Engineering in 1992 and PhD in 2010 from the Open International University for Complementary Medicines. He is the Director of Vastu Spandan, a premier Astro-vastu-spiritual service organization. He has published a book, 1 android application on *Vastu Shastra* and 1 Software of Mathematical Astrology predictions and he has been serving as a Trainer and Consultant.

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Influence and effects of vastu shastra on health

Nayana Dhuru

Vaastu Spandan, India

Introduction: *Vaastu Shastra* is the study of planet and stars with balancing natural elements like earth, water, space, fire and air. According to *Vaastu Shastra*, all five elements of nature must be in their perfect balance like earth in the South-West, fire in South-East, air in North-West, water in North-East and space in the Center. While constructing a house, this delicate balance might be disturbed and this can cause a health problem from sleep disorder to major incurable diseases. Everything in the house is affected by the (geopathic stress) ground energy and we can experience the disturbance on our mind, body and soul within seconds as we enter into the house, same as Ayurveda and yoga which creates the harmony in the human body and mind.

Objectives of Research Paper: The objectives of this study are to: 1) Discuss the impact of direction, five elements for precautions and remedy of various diseases; 2) According to *Vaastu Shastra* directional defects such as cuts and extension, which causes diseases, suggest different Vedic remedies, prayer, etc., to instant recovery and healthy life; and 3) Observe the effects of various remedies in curing diseases.

Conclusion: Unfortunately modern house architecture is based on form and function alone and is not designed in harmony with the elements of nature, which play an important role in influencing our health, wealth and happiness. Hence, designers and architects should consider *Vaastu* before the construction stage of the house. Good *Vaastu* planning of a house is a catalyst in the overall well-being of a family and avoids health, wealth and emotional disturbance.

Biography

Nayana Dhuru has completed her Bachelor of Social Work in 1988 from Nirmala Niketan College, Mumbai University, India. She has completed her MPhil in 2013 and PhD in 2014 from the Open International University for Complementary Medicines, Colombo and Diploma in Naturopathy from Nasik in the year 2007.

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100 patterns of pulse for accurate diagnosis and healing in acupuncture

Sumita Satarkar

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Pulse is one of the most important diagnostic tools used from ancient times, which needs accuracy and focus. Unlike any other faculty of medicine, this age old science of alternative healing is a study of 'energy' which neither can be measured nor can be seen. It can only be palpated at the wrist. Palpation and its interpretation bring detail analysis of energy and its patterns and thus further can be accurately diagnose the exact illness or disorder. This is called a pulse diagnosis. Because of the need of going deeper into my own understanding and knowledge, I started researching and studying this subject intensely and got some extraordinary results. Following is the brief summary of my findings so far as my research is going on at present. The pulse has dynamism, fluidity and changeability. It is multi-dimensional in depth, rate, rhythm, strength, shape, etc., reflecting the overall well-being in person, identifying the state of mind, emotional and spiritual health. This is the study of around 100000 patients which has shown me a clear, multi-layered and textured picture of these dimensions. This led me to go deeper into analyzing it further, to finally find approximately 100 definite patterns, proving as the most effective guiding tool in diagnosing the complete ill and/or otherwise condition of patients and help to understand the line of treatment and prognosis of the disease.

Biography

Sumita Satarkar has completed her PhD from Open International University for Complementary Medicines, Colombo and pursuing another Doctorate in Integrative Medicine at International Quantum University of Integrative Medicine, USA. She has presented more than 50 papers in national and international conferences in India and overseas.

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Kshara sutra the ayurvedic treatment for fistula -in –ano

Sampath Reddy Jalapu

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Ksharasutra therapy (Medicated Caustic Thread):

It is a minimal invasive Ayurvedic para surgical procedure and time tested Ayurvedic technique in the management of Ano Rectal disorders. Its a safe, sure and cost effective method of treatment for Fistula –In – Ano.

Fistula – In- Ano is treated conventionally by using the surgical techniques like Fistulotomy or Fistulectomy. In this practice of surgery there are many complications like delayed healing and stenosis or incontinence, the period of convalescence is also long but after treating Fistula – In - Ano with kshara sutra the complications are reduced to negligible level. The advantages these threads are low corrosiveness, less pain and speed cutting besides easy availability.

Preparation of Kshara Sutra:

Requirements:

1. Thread: Surgical linen thread of size 20.
2. Latex of Euphorbia nerifolia.
3. Haridra (Curcuma longa).
4. Apamarg Kshar (Achyranthus Aspera).

Mode of Action of Kshara Sutra:

1. The cut through of fistulous tract is effected by the pressure exerted on anorectal tissue by the moderately tight Kshara Sutra tied in the fistulous tract.
2. The pressure of Kshara Sutra in the fistulous tract does not allow the cavity to close down from either ends and there is a continuous drainage of pus along the Kushara Sutra itself.
3. The Kshara Sutra slowly and gradually cuts through the fistulous tract from apex to the periphery. There is an ideal simultaneous cutting and healing of the tract and no pocket of pus is allowed to stay back.
4. The Kshara (Caustics) applied on the thread are anti- inflammatory, anti slough agents and in addition, have property of chemical curetting.
5. The ph of Kshara Sutra was towards the alkaline side therefore it did not allow rectal pathogens to invade the cavity.

Biography

I am Dr. Sampath Reddy Jalapu completed by BAMS from NTR University of health science, India. I am the director of Jnjr Ayurvedic hospital, hyderabad. And also researching on Ano Rectal Disorders since two years.

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The benefits of homa in vedic astrology for fast recovery and healthy life

Uday Kulkarni
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Introduction: In Indian tradition there are so many ways to perform spiritual rights for daities, planets, etc., among which one is *Homa*. *Homa* is a Sanskrit word which relate with fire god wherein an oblation or any religious offering is made into fire. The fire is the agent between man and god and the offerings include those that are material and symbolic such as grains, clarified butter, boiled rice, some wooden sticks called as '*Samidha*', seeds, etc. Indian Vedic astrology is an ancient science which is universal and timeless. The astrological charts have the capacity to indicate good or ill health. One should not underestimate the role of the planets in causing disease and suffering or indicating happiness and well-being. The ancient seers of India understood the close relationship between the laws of nature and mankind. Astrology is used as a diagnostic tool for Ayurvedic practitioners in the treatment of disease. According to some Vedic books like "*Brihat Parashar Hora Shastra*", Homa is also used as '*Shati*' for unfavorable and bad effects of *Nakshatra* or Yoga at the time of birth.

Objectives of Research Paper: The objectives of this study are to: 1) Discuss use of *Homa* in Indian Astrology for Precautions and remedy of various diseases; 2) According to Vedic Astrology, Yoga was found in natal charts which suggest different *Homa* and prayer, etc., for fast recovery and healthy life; and 3) Observe the effects of various Homa in curing diseases.

Biography

Uday Kulkarni has completed his Master's degree in Vedang Jyotish known as Vedic Astrology in 2011 from Kavikulguru Kalidas Sanskrit University and presently he is a Registered Scholar for PhD. He is the Director of Panditjiseva, a premier Astro-vastu-spiritual service organization which helps people about Astrology and various types of *Homa*.

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The effect of Jainism on resident's body and mind with reference to the living space

Neesha Kothari
Vastu Shastra, India

Selection of land is most important item in 'Vastushastra'. The selection depends on the qualities exhibited by the land and its effect on human physic and mind. The attributes of the land are responsible for the classification of land in various categories. Eight directions of land and its 'Brahmatatva' are researched for their positive or negative influence on resident in that particular land. There are strong and interesting relationship between Vastu and Prayer. Remedies for faults in house are suggested and the relief is assessed by taking the 'pre' and 'post' methods of 'Aura'(PIP Images) Photography. Namokara mahamantra (Jainism Prayer) plays vital role in such cases. The recitation of this mantra proves to be very significant. It provides self-protection. Bhaktambar yantra and mantra are proved to be equally powerful. Some of these are used for curing the diseases. It is attempted to delete evil effects of navagraha on the physic and mind of the residents by mantra of navagraha. Residents have observed to enjoy happiness, health and prosperity by chanting these mantra; which bring positive effects due to repetitive chanting. In this paper, we will analyze the vastu (Residences) of three persons afflicted with liver, Heart and Cancer. One suffered from Liver damage second deadly from pancreatic cancer and third has heart problem.

Biography

Dr. Neesha Mahendra Kothari has completed her bachelor of Commerce in 1986 from, Pune University. Mphil in 2015 and PhD in 2016 from The open International University Complementary Medicines. Medicina Alternativa, Working as a Vastu Consultant since 2006.

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Being full and feeling empty: Yoga as a pathway for recovery from depression, anxiety and eating disorders

Shane McIver

Deakin University, Australia

Introduction: Whilst therapeutic applications of yoga are becoming popular, there is a paucity of research examining the potential for meditation-based therapies to alleviate the principal psychological correlates of binge eating disorder (BED).

Objective: This presentation will focus on unpublished data from a broader study. This portion examines the efficacy of a 12-week yoga program for reducing depression and anxiety and increasing quality of life among a sample of overweight women with BED.

Method: A two-group, repeated measures design, involving randomization to either a yoga program group (n=25) or wait-list control group (n=25) was conducted. Females aged between 25-63 years with a body mass index (BMI)>25, who met the DSM-IV classification criteria for BED were included. The introduction of a home-based yoga program, combined with weekly group practice sessions was held for one hour once a week for 12 weeks, in either a workplace or fitness centers setting.

Outcome Measures: The Beck Depression Inventory (BDI-II), the trait-form from the State-Trait Anxiety Inventory (STAI) and the Quality of Life Index (QLI).

Results: For the yoga group, reductions in depression and anxiety and increases in quality of life were statistically significant. The wait-list control group did not change significantly on either outcome measure.

Conclusions: In conjunction with formal weekly sessions, home-based yoga programs are potentially efficacious as a modality for ameliorating psychological correlates of BED. Possible mechanisms explaining these improvements will also be discussed.

Biography

Shane McIver is a Lecturer in Health Promotion at the School of Health and Social Development, Faculty of Health, Deakin University, Australia. His ongoing research interests include implementing and evaluating meditation-based approaches to health and wellbeing.

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International Conference on

Restorative & Alternative Medicine

October 24-25, 2016 Chicago, USA

Predictors of nutritional status of Ethiopian adolescent girls: A community based cross sectional study

Azeb Atenafu

University of Gondar, Ethiopia

Malnutrition is a major health issue affecting children, women and adolescents globally and developing countries in particular. Adolescence is a time of enormous physiological, cognitive, and psychosocial change but it remains a neglected, difficult-to-measure and hard-to-reach population. The critical role of adolescent nutrition in the intergenerational cycle of growth failure has not been well addressed in Ethiopia. Hence, this study assesses level of low BMI-for-age and height-for-age and their associated factors among adolescent girls in northwest Ethiopia. Community based cross-sectional quantitative study was employed. A total of 1281 adolescent girls were included in the study. Multistage cluster sampling method was used. Pretested questionnaire were used to collect the data. The collected data were entered in to Epi Info version 3.5.3 and exported to SPSS version 20.0 software packages for further statistical analysis. The data were analyzed using bivariate and multivariate logistic regression. The degree of association between dependent and independent variables were assessed using odds ratio with 95% confidence interval and variables with p value ≤ 0.05 were considered significant. The prevalence of girls with BMI-for-age Z-score < -2 were 13.6% and height-for-age Z-score < -2 were 31.5%. Being in the age group 10-14 years (AOR=5.83, 95% CI: 3.26, 10.44), being in the age group 15-17 years (AOR=2.06, 95% CI: 1.09, 3.89), with poor dietary diversity score (AOR=2.48, 95% CI: 1.60, 3.84), utilizing community based nutrition service (AOR=0.67, 95% CI: 0.47, 0.95) were factors significantly associated with thinness in adolescent girls. Being on the age group 10-14 years (AOR=6.07, 95% CI: 4.00, 9.22), being on the age group 15-17 years (AOR=1.39, 95% CI: 1.93, 2.09) had nutrition and health information (AOR=1.94, 95% CI: 1.46, 2.57), living in food secured households (AOR=0.65, 95% CI: 0.50, 0.84) were factors affecting low height-for-age in study subjects. Finding of this study indicated that prevalence of adolescents with low BMI-for-age and low height-for-age Z-score < -2 were high. Age, dietary diversity score and community based nutrition service utilization were factors affecting low BMI-for-age in adolescent girls. Age, food insecurity and nutrition and health information were factors affecting low height-for-age in adolescent girls. Improving community based nutrition service utilization, food security especially in young adolescents is highly recommended.

Biography

Azeb Atenafu has completed her Bachelor's degree in Public Health and Sociology and Master's degree in Public Health Nutrition and Sociology from University of Gondar, Ethiopia. She is a Public Health Nutritionist and a Sociologist. She has published six papers in reputed journals and has more than four years of work experience. She is an Assistant Professor in Public Health Nutrition in University of Gondar Human Nutrition Department and has been actively involved in teaching, research and community services besides serving the department as the Head and participating in numerous affairs of the university at large.

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A new era of medical informatics bioengineering technologies to assist self tissue regeneration process

Tamer M Nassef

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Bioengineering is a discipline that advances knowledge in engineering, biology and medicine and improves human health through cross-disciplinary activities that integrate the engineering sciences with a very broad area of study, where medical informatics is a scientific/systematic field of study that deals with the acquiring, storage, retrieval and processing of medical, biological and associated data, information and knowledge for the purpose of problem solving and decision making. Bioengineering can include elements of electrical and mechanical engineering, computer science, materials, chemistry and biology. This breadth allows specialization in their areas of interest and collaborates widely with researchers in allied fields. The areas of bioengineering technology, such as tissue engineering, biomechanics and biomechatronics plays an important role to stimulate self cell regeneration, bone healing and muscles reconstruction. The ultimate goal of this technologies are to improve the quality of health care, research and education in medicine and health and manage greater quantities of data and more complex data over time specially for restorative medical fields.

Biography

Tamer M Nassef is currently an Assistant Professor in the Department of Computer and Software Engineering at Misr University for Science and Technology, Egypt. He teaches undergraduate courses as well as graduate courses in the Oral and Dentistry College at Cairo University and Biomechatronics Department at Ain Shams University. He has completed his MSc in Computer Diagnosing Systems in 2008 and PhD in Modeling Tissue Engineering Systems in 2011 at Cairo University.

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