



3rd World Congress on Traditional and Complementary Medicine Scheduled during April 29-30, 2020 in Istanbul, Turkey

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Traditional and Complementary Medicine developed by generations within various societies before the term of modern medicine, it explores the skills, knowledge and practices of traditional healers, Ayurvedic medicine, homeopathy, naturopathy, and functional medicine, based on the theories, beliefs, and experiences in the prevention, improvement, diagnosis and treatment of physical and mental illness. Its main objectives include gathering more evidence on the safety, efficacy, and quality of traditional and complementary medicine. It aims to ensure the availability and affordability of such medicine and documenting traditional medicines and remedies. We should not ignore the fact that medicine is a human-oriented science and medicine is an art. Trust is the key that can overcome many problems, especially violence. We should provide an environment where the patient and the physician will feel safe. I think societies that feel confident and confidence in science can make much progress. Our ultimate vision is to protect everyone's right to health and ensure that every individual can easily access to the healthcare services in Turkey. We can only reach this target by mobilizing all our resources without deviating from the light of science.

Traditional medicines have been increasingly used by diverse communities in many parts of the world, due to its important role in maintaining good health with increasing awareness and research. According to the WHO, the goal of "health for all" cannot be achieved without the incorporation of herbal medicines in primary healthcare system. Traditional medicine has a long history in disease control and public health management. Today, an increasing number of plants used in traditional system of medicine are reported to have diverse activities in infectious diseases, particularly in viral infections, and thus can be new sources of antivirals. The age-old medicinal system is being revisited to tackle the emerging public health issues. Thus, there is a significant need to enhance drug discovery process with respect to natural products, not just for the next 10 or 20 years, but for the next 20±40 years and beyond, because there are new

diseases waiting to discover or invade. Complex structures of phytochemicals, synergistic activity and inadequate validation could not provide the drug which can have the potential to develop as a drug or a drug candidate to inhibit or eradicate the selected viruses alone or in combination with the existing antivirals without much harm to the host. With the advent of new approaches to drug discovery, innovative strategies would be required, that will reveal and contribute the full range of chemical diversity of these valuable natural products to the drug discovery process. Continuous research by using the advanced technology and bioinformatics can gift us the lead or leads to develop novel antiviral(s) from the treasure of Ethnomedicine.

It is also important that the development of plants and other natural products for medicinal and other biological purposes should be potentiated on a sustainable and renewable basis in local environment. Thus, pharmaceutical companies should consider developing local resources and decentralizing selected aspects of their research operations globally.

Traditional medicine also known as indigenous or folk medicine comprises medical aspects of traditional knowledge that developed over generations within various societies before the era of modern medicine. The World Health Organization (WHO) defines traditional medicine as "the sum total of the knowledge, skills, and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness". Traditional medicine is contrasted with scientific medicine.

The amount of research on mind and body approaches varies widely depending on the practice. For example, researchers have done many studies on acupuncture, yoga, spinal manipulation, and meditation, but there have been fewer studies on some other practices.

[Traditional Med Meet](#) 2020 intention is to gather global leading educational scientists, researchers and research students, to exchange and share their experiences and research results about all the aspects of Traditional and Complementary Medicine

We invite all the Doctors, Acupuncturists, Natural Therapists, Traditional and Complementary medicine practitioners, Ayurveda and homeopathy practitioners, other researchers in the field of Herbal and Traditional Medicine, Pharmacognosy, Phytomedicine, Unani, Siddha, Holistic, people who believe in natural remedies to explore their research and share their knowledge, help with case studies and other practices of natural medicine at Traditional Medicine 2020 in Istanbul, Turkey.

The conference proceedings include Keynote speeches, Exhibition, Plenary talks, Workshops, Symposiums, Poster sessions, B2B networking and Panel discussions on the latest research developments in the field of Traditional and Complementary Medicine.

Upcoming 3rd World Congress on Traditional and Complementary Medicine which is scheduled to be held on April 29-30, 2020 in Istanbul, Turkey is willing to invite all Doctors, Scientists, Industrialists, Professors, Acupuncturists, Natural Therapists, Traditional and Complementary medicine practitioners, Ayurveda and homeopathy practitioners, other researchers in the field of Herbal and Traditional Medicine, Pharmacognosy, Chinese medicine, Unani, Siddha, Holistic, people who believe in natural remedies to explore their research and share their knowledge.

2nd World Congress on Traditional and Complementary Medicine held on June 20-21, 2019 and taken place at MENA Plaza Hotel Al Barsha, Dubai, UAE.

- **Dr. Sahinbas Hüseyin** from Clinic for Hyperthermia, Bochum, Germany presented speech on “use of biological plant substances in chronic diseases as well as in the treatment of cancer as a supplement to classical therapies including hyperthermia: From the kitchen to the clinic”.
- **Dr. Shashikant S Seth** from Natural Healers Association International, India presented speech on “Art of Healthy living naturally by touch Healing therapy”

1. Use of biological plant substances in chronic diseases as well as in the treatment of cancer as a supplement to classical therapies including hyperthermia: From the kitchen to the clinic by Dr. Sahinbas Hüseyin from Clinic for Hyperthermia, Bochum, Germany.

2. Art of Healthy living naturally by touch Healing therapy by Dr. Shashikant S Seth from Natural Healers Association International, India. believed that CAM products were ineffective against cancer. The main reason for this belief was a lack of reliable information (as cited by 85% of oncologists). Only 13% of oncologists had experienced CAM-associated disease improvement in their cancer patients

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References: