

10th Edition of
International Conference on

Traditional Medicine, Ethnomedicine and Natural Therapies

05-07 October, 2026 | Tokyo, Japan

Global Perspectives in
Traditional & Ethnomedicine

IN-PERSON:

JAPAN STANDARD TIME (JST)

Hilton Tokyo Narita Airport

456 Kosuge Narita City Chiba 286-0127
Tokyo, Japan

VIRTUAL:

CENTRAL EUROPEAN SUMMER TIME (CEST)

10th Edition of International Conference on

TRADITIONAL MEDICINE, ETHNOMEDICINE AND NATURAL THERAPIES

HYBRID EVENT
05-07
OCTOBER 2026

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ABSTRACTS



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Keynote Speakers

Keynote Speakers



Kenneth R. Pelletier

University of California School of Medicine,
United States



Girish Momaya

Stichting Maharishi European Research
University (MERU), Netherlands



Marilyn Allen

American Acupuncture Council,
United States



Bruno Renzi

Maharishi College of Perfect Health
International, Italy



Lothar Pirc

Maharishi Ayurveda Health Centre,
Germany



Mohammad Kamil

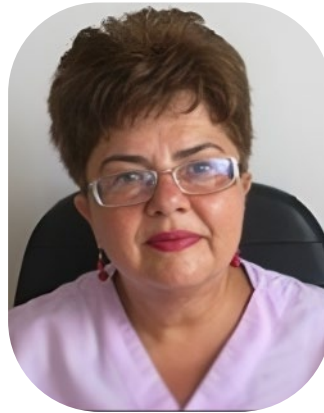
Lotus Holistic Health Institute,
United Arab Emirates

Keynote Speakers



Zhenhuan Liu

Guangzhou University of Chinese Medicine,
China



Angela Sanda Tudor

Romanian Society of Traditional Chinese
Medicine, Romania



Laure Le Corroller

Dr. & Master Sha Tao Academy,
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Sunita Teckchand

The Holistic Alternatives FZ LLC,
United Arab Emirates



Amadio Bianchi

European Yoga Federation,
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Somesh N. Kaushik

National Certification and Credentialing
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Romania



Prerak Shah

Ayulink Ayurveda, India

Keynote Speakers



Habil Bernd Blobel

University of Regensburg,
Germany

Welcome Message



Amadio Bianchi – Swami Suryananda Saraswati

President of European Yoga Federation

Dear Conference Participants,

It is with great pleasure that I welcome you to the session entitled Chronic Head Trauma: Changes, Challenges, and Solutions. Based on some of the information I've gathered on this topic, I've learned that people with head trauma can experience chronic cognitive, behavioral, emotional, social, and occupational issues. I've also learned that, while some improve over time, others can worsen.

Cognitive or physical issues, however, can be addressed through rehabilitation interventions and lifestyle changes. Nutrition and exercise, such as yoga or other psychosomatic disciplines, can also have a positive effect on cognitive status.

This session will therefore offer participants the opportunity to gain insights into the challenges and potential solutions to problems that can arise in cases of head trauma.

Welcome Message



Angela Sanda Tudor

Romanian Society of Traditional Chinese Medicine,
Romania

Dear Esteemed Colleagues, Distinguished Guests, Researchers, Practitioners, and Friends,

It is my great honor and pleasure to warmly welcome you to the 10th Edition of the International Conference on Traditional Medicine, Ethnomedicine and Natural Therapies, taking place in the inspiring city of Tokyo, Japan, from 5–7 October 2026. Reaching our 10th edition is a remarkable milestone. It represents not only a decade of scientific exchange and professional dialogue, but also the enduring commitment of our international community to preserving traditional knowledge, exploring ethno-medical practices, and advancing the responsible use of natural therapies.

This anniversary edition brings together experts and practitioners from diverse cultures and disciplines, creating a unique space for the exchange of knowledge, experience, research, and ideas. We believe that meaningful progress emerges when traditional wisdom and contemporary scientific perspectives meet with openness, respect, and curiosity. Tokyo provides a particularly inspiring setting for this milestone. A city where ancient traditions coexist with innovation and modernity, it reminds us of the importance of honoring our heritage while continuing to look toward the future.

I sincerely hope that these three days will be filled with inspiring presentations, valuable discussions, new friendships, and opportunities for meaningful collaboration. On this special occasion, I would like to thank everyone who has contributed to the journey of this conference over the past ten editions and, above all, each of you for being part of this international community.

Welcome to Tokyo. Welcome to the 10th Edition. May this anniversary meeting be a celebration of knowledge, tradition, collaboration, and our shared commitment to a healthier future.



Welcome Message

Girish Momaya

Stichting Maharishi European Research University
(MERU), The Netherlands

Dear Delegates,

On behalf of the Scientific Committee, I warmly welcome you to the 10th Edition of the International Conference on Traditional Medicine, Ethnomedicine and Natural Therapies (ICTM 2026), which will be held in the beautiful city of Tokyo from October 5-7, 2026.

The theme of this edition of the conference is 'Global Perspectives in Traditional & Ethnomedicine'. It is an excellent opportunity for the audience to learn from renowned scholars worldwide, fostering a sense of respect and eagerness to expand their knowledge of humanity's age-old healthcare practices.

We, the members of the Scientific Committee, eagerly await the opportunity to welcome you to this important ICTM 2026 Conference and hope you find it a rewarding experience. We also invite you to immerse yourself in Tokyo's unique blend of tradition and innovation, enhancing your overall experience.

Welcome Message



Marilyn Allen

American Acupuncture Council, United States

Hello, global guests,

It is an honor to welcome you to Tokyo—a city of geographical and cultural crossroads where ancient wisdom and modern innovation seamlessly converge. The global healthcare landscape is undergoing an unprecedented evolution. We are witnessing a profound paradigm shift that moves beyond the boundaries of conventional models.

As we look into the future of healthcare, the transformation cannot happen in isolation, it requires the collective intellect, passion and collaborative spirit. Biomedicine brings unmatched precision, acute intervention and technological dominance.

Traditional Medicine offers centuries of empirical wisdom, a deeply holistic view of the human body and time tested paths to chronic disease, prevention and long-term wellness. The future of global health relies on our ability to harmonize, using biomedical science to validate and scale traditional practices and using traditional wisdom to humanize and ground modern technology.

Now is the time for Traditional Medicine to place greater emphasis on lifestyle, nutrition, prevention, and the maintenance of systemic balance—and to take its rightful place as a complementary component of global healthcare.

Let us come together in Tokyo to build a future where science and tradition do not compete, but complement one another; where innovation is guided by wisdom; and where healthcare becomes not only more advanced, but more holistic, preventive, accessible, and human.



Welcome Message

Sunita Teckchand

The Holistic Alternatives FZ LLC, United Arab Emirates

Dear Delegates,

Welcome to our enriching 10th edition (ICTM 2026), exploring the fascinating world of 'Global Perspectives in Traditional and Ethnomedicine'. Welcome to the magical city of Tokyo, Japan. We are thrilled to have you join us for what promises to be an insightful journey into ancient healing wisdom and modern applications.

In an era where holistic well-being is increasingly valued, understanding the diverse approaches to health across cultures is more vital than ever. Today, our esteemed speakers will delve into the rich tapestry of natural therapies and plant-based treatments that have sustained communities for centuries. From the intricate practices of indigenous healers to the sophisticated systems of traditional medicine, we will uncover the enduring power of nature in promoting health and vitality.

Prepare to be inspired by discussions on sustainable practices, the scientific validation of traditional remedies, and the potential for integrating these approaches into contemporary healthcare. We encourage you to engage, share your perspectives, and connect with fellow enthusiasts.

Thank you for being here. Let's embark on this journey of discovery together!

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About Magnus Group



Magnus Group, a distinguished scientific event organizer, has been at the forefront of fostering knowledge exchange and collaboration since its inception in 2015. With a steadfast commitment to the ethos of Share, receive, grow, Magnus Group has successfully organized over 200 conferences spanning diverse fields, including Healthcare, Medical, Pharmaceuticals, Chemistry, Nursing, Agriculture, and Plant Sciences.

The core philosophy of Magnus Group revolves around creating dynamic platforms that facilitate the exchange of cutting-edge research, insights, and innovations within the global scientific community. By bringing together experts, scholars, and professionals from various disciplines, Magnus Group cultivates an environment conducive to intellectual discourse, networking, and interdisciplinary collaboration.

Magnus Group's unwavering dedication to organizing impactful scientific events has positioned it as a key player in the global scientific community. By adhering to the motto of Share, receive, grow, Magnus Group continues to contribute significantly to the advancement of knowledge and the development of innovative solutions in various scientific domains.

About ICTM 2026



Across generations and cultures, traditional medicine and natural healing practices have remained enduring pillars of healthcare, preserving valuable knowledge passed down through centuries. As the world moves toward a more integrative approach to health and wellbeing, the **10th Edition of International Conference on Traditional Medicine, Ethnomedicine and Natural Therapies (ICTM 2026)** provides a timely platform to explore the evolving relationship between traditional wisdom and modern healthcare. Scheduled to take place in **Tokyo, Japan**, and **virtually** from **October 5-7, 2026**, **ICTM 2026** is centered around the theme *Global Perspectives in Traditional & Ethnomedicine*. The conference brings together researchers, healthcare professionals, practitioners, academics, and experts from across the globe to exchange knowledge and examine the role of traditional and integrative approaches in contemporary healthcare.

The pages of this abstract book showcase the depth and diversity of research and perspectives presented at **ICTM 2026**. Contributions explore a broad spectrum of topics, including traditional healing systems, ethnomedicine, natural therapies, Ayurveda, complementary and integrative health practices, ethnobotanical knowledge, holistic approaches, and emerging applications of traditional methods in modern healthcare.

Beyond presenting research, **ICTM 2026** creates opportunities for meaningful dialogue, interdisciplinary collaboration, and the exchange of knowledge across cultures and healthcare traditions. By bringing together ancestral wisdom and contemporary scientific perspectives, the conference encourages continued exploration of approaches that can contribute to accessible, holistic, and patient-centered healthcare.

We are delighted to welcome you to **ICTM 2026** and invite you to be part of this global journey toward strengthening the connection between traditional knowledge and modern healthcare for a healthier and more inclusive future.

About CPD Accreditation About

Continuing Professional Development (CPD) credits are valuable for **ICTM 2026** attendees as they provide recognition and validation of their ongoing learning and professional development. The number of CPD credits that can be earned is typically based on the number of sessions attended. You have an opportunity to avail **1 CPD credit for each hour of Attendance**.

Some benefits of CPD credits include: Career advancement: CPD credits demonstrate a commitment to ongoing learning and professional development, which can enhance one's reputation and increase chances of career advancement. Maintenance of professional credentials: Many professions require a minimum number of CPD credits to maintain their certification or license. Increased knowledge: Attending **ICTM 2026** and earning CPD credits can help attendees stay current with the latest developments and advancements in their field.

Networking opportunities: Traditional Medicine Conference provide opportunities for attendees to network with peers and experts, expanding their professional network and building relationships with potential collaborators.

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KEYNOTE PRESENTATIONS





Amadio Bianchi

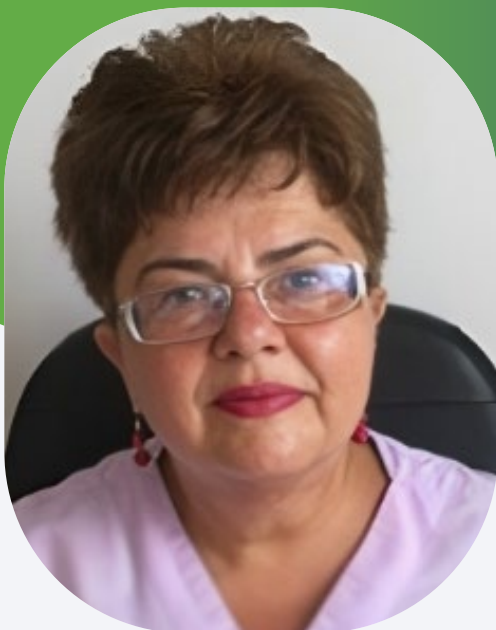
European Yoga Federation, Italy

Biography: Amadio Bianchi is the Founder of the World Yoga and Ayurveda Community, President of the World Movement for Yoga and Ayurveda, of the European Yoga Federation, of the International School of Yoga and Ayurveda C.Y. Surya, Vice President of the International Yog Confederation of New Delhi, a Founding member of the European Ayurveda Association, Advisor of the United Consciousness Global, Member of Global Council of Hindu Leaders, National Coordinator for Italy of the Hindu Acarya Saba. In January

2014 in Dubai for an important international conference, Bianchi was awarded the title of Ambassador of Yoga and Ayurveda. Bianchi operated in Italy, India, Greece, France, Latvia, Lithuania, Slovenia, Spain, Switzerland, Croatia, Portugal, Argentina, Romania, Poland, Brazil, Bulgaria, Germany, U.S.A., Slovakia etc. Bianchi is often present in major congresses as a speaker. Bianchi's numerous books dedicated to yoga and Ayurvedic disciplines are widespread and used in many schools and associations.

One of the secrets to living happily and healthily is learning how to properly use the gifts that nature has given us

To develop a correct and happy existence, in my opinion, it is important to establish at least some truths, even if relatively certain. These, however, as fixed points become the pillars on which to build a healthy and conscious life. The popular belief that life begins with a cry is false and instills a negative thought in our minds. This, coupled with an overall unfavorable view of existence, compromises and influences our judgment of the nature, origin, and quality of life. It is therefore good to affirm that life begins with a breath, not with a cry.



Angela Tudor^{1,2*}, Fabiola Alexe^{1,2},
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Biography: Graduate of the University of Medicine and Pharmacy, Târgu Mureș, Romania, Family Medicine Specialist, Courses and specializations in Traditional Chinese Medicine in Taiyuan, Shanxi, China, Teacher-trainer in TCM, Director of the TCM School in Romania, Founder of the Romanian TCM Society, Honorary President of the Romanian TCM Society, author of articles and books in the field of TCM.

A new osteoporosis treatment method based on TCM theory and principles

Introduction: Osteoporosis is a debilitating disease whose allopathic treatment is extremely expensive and sometimes results in adverse side effects that can exceed the severity of the disease being treated. This study aimed to rigorously classify osteoporosis cases according to TCM diagnostic criteria.

Materials and Methods: Osteoporosis is one of the possible manifestations of energy imbalances. Specifically, we identified 10 different TCM syndromes that can associate osteoporosis with other pathologies. These are 10 main syndromes, some of which can co-occur and develop into complex syndromes.

What are the advantages of this analysis?

If there are 10 diagnosed syndromes, then there are 10 different therapeutic principles requiring 10 different treatments!

If a TCM syndrome can manifest itself, depending on the affected body part, in the form of several different allopathic pathologies, then a thorough history identifying a sequence of a patient's diseases can help prevent osteoporosis by treating the TCM syndrome generating these pathologies.

Knowing the TCM diagnosis can help determine whether to include allopathic medications, avoiding the administration of medications whose side effects constitute one TCM syndrome or another.

The treatment proposed according to TCM theory combines acupuncture, TCM herbal medicine, injections of certain homeopathic solutions into acupuncture points (the points and solutions selected differ for each syndrome), and TCM dietary therapy.

We have chosen to illustrate the approach and the results obtained through a clinical case presentation.

Discussions and Conclusions: The diagnostic and therapeutic approach of TCM is distinguished primarily by the elimination of generalization.

The diagnostic and therapeutic approach of TCM addresses both osteoporosis and the comorbidities of the person being treated.

The diagnostic and therapeutic approach of TCM offers significantly superior results to conventional medicine, both in terms of quality of life benefits and cost-effectiveness.



Bruno Renzi

Maharishi College of Perfect Health International, Italy

Biography: Dr. Bruno Renzi holds a Degree in Medicine and Surgery with a specialization in Psychiatry and has served as Former First Level Manager at the Department of Mental Health, Hospital–University Centre L. Sacco, Psychiatry I. Also served as Former Responsible for the Centre for Integrated Psycho-somatic and Functional Medicine – Psychiatry I, Former Responsible for the Smoking Cessation Center at Hospital–University Centre L. Sacco, and Former Coordinator of the Stress-Related Disorders Center at Hospital–University Centre L. Sacco, Psychiatry II. Served as Professor a.c. in Psychiatric

Rehabilitation General I at Psychiatry II, Polo Universitario L. Sacco, and as a Lecturer at Maharishi Ayurvedic University. In 1982, completed a stage at the Cathexis Institute, Oakland, California, focusing on rehabilitative treatment of patients with schizophrenia using reparenting methodology. Between 1984 and 1985, completed full-time internship assignments at Maharishi International University, Iowa, USA; Natural Law University, Washington, USA; and Gujarat Ayurvedic University, Jamnagar, India, studying integration between the basic principles of traditional medicine and neuroscience. In 1985, inaugurated eight centers of Ayurvedic Medicine and conducted courses on prevention and health education in multiple locations including Honolulu (Hawaii), San Diego, Orange County, Los Angeles, Santa Barbara (USA), and Victoria, Vancouver, and Edmonton (Canada). Served as President of the Italian Society of Maharishi Ayurveda from 2003 to 2006 and, since 2008, has been responsible for teaching the three-year course for Maharishi Ayurveda doctors. Became a Provisional Trainer in Neuro-Linguistic Programming at the NLP Institute, Italy in 1991 and completed an Advanced Ayurvedic Course for Physicians in Psychiatric Diseases in 1991 at Maharishi Ayurveda International, Laag Soeren, Holland. Is a Psychotherapist oriented in Transactional Analysis and has completed eight years of personal developmental training. Holds a Master's in Neuro-Linguistic Programming, a Master's in Hypnosis from the Bandler and Grinder Association, and a Master's in Hypnosis from the Academy of Coach. Has been involved in previous teaching at AMIA (Italian Antiaging Medical Association) since 2007 and has delivered numerous lectures in regional and para-university structures. Currently serves as Responsible for Maharishi Ayurveda in Italy, Director of the Maharishi Ayurveda Health and Prevention Center in Milan, Responsible for the creation of the Maharishi College for Perfect Health in Italy, and Co-Director of Maharishi College for Perfect Health International in Vlodrop, Holland.

Maharishi Ayurveda integrated approach to psychosomatics

The idea that some psychic phenomena (such as, for example, emotions, depression, anxiety) can constitute risk factors for certain somatic diseases permeates common thinking and a significant part of biomedical sciences.

In 2019, 301 million people worldwide lived with anxiety disorders; in the post-Covid period, estimates speak of 374 million people with anxiety disorder (+26%).

In adults, depression is the most common mental health problem.

280 million lived with depressive disorders (including both major depressive disorder and dysthymia), with an increase of 28% after the pandemic.

The purpose of the presentation is to define and present the main basic principles which form the frame of reference of Maharishi Integrated Approach to Psychosomatics disorders, anxiety and mild depression.



Girish Momaya

Director, Stichting Maharishi European Research University—MERU, Vlodrop, The Netherlands

Biography: Dr Momaya is a director of Maharishi European Research University, a Dutch foundation providing training and services in education, Ayurveda health care, and social well-being. Dr Momaya is a director at the International Maharishi Ayurveda Foundation in the Netherlands. This global organisation serves as a platform to integrate and bring all aspects of Ayurveda into the mainstream. Furthermore, he is also a director at Maharishi AyurVeda Europe B.V., a Dutch company that manufactures and distributes herbal health food supplements.

Dr Momaya spent many years working under the guidance of Maharishi Mahesh Yogi, the great scientist of consciousness and the founder of the Transcendental Meditation programme. He received extensive education and training in all aspects of Vedic Science under Maharishi's guidance.

Field effect of consciousness and holistic health in Ayurveda

Ancient text of Ayurveda – the science of wholeness of life, Charak Samhita, characterises the wholeness of life as a continuum of consciousness, that every expression of life is always connected to the source of life, and that life is always conscious of itself, and that life upholds its own physiology.

Consciousness, when directed outwards, connects the objective world of knowledge and experience with the individual or the self, that is, the knower or the experiencer. Thus, consciousness connects the outer, expressed physical world; the inner mental world of thoughts, intellect, ego, and finer, quieter levels of feeling; and ultimately, the source of human intelligence or pure awareness.

Ancient Indian texts of Vedic sciences, such as Ayurveda and Yoga, describe this state as a field of pure consciousness. It is defined as the Self (Atma), which underlies all our perceiving, knowing, experiencing, and interacting. It is experienced as the field of pure consciousness or Samadhi. This is described as a fourth natural state of consciousness and is as natural as the three commonly known states: waking, dreaming, and deep sleep. The state of Samadhi, or pure consciousness, is a tangible and experienceable phenomenon. Transcendental Meditation is an easy, natural, and effortless practice that leads the mind to this state of Yoga – a state of perfect wholeness, balance and harmony.

During Transcendental Meditation, EEG brain waves show strong frontal and global alpha coherence between the left and right hemispheres and front-to-back regions. This is interpreted as the brain entering a highly integrated, coherent state of calm wakefulness and relaxed internal awareness. High coherence suggests better communication and integration between brain regions. This is associated with improved cognitive functioning, emotional stability, creativity, and overall health.

Ayurveda posits a concept of collective health and social harmony by fostering coherence in collective consciousness.

Many conceptions of the field effects of consciousness have been proposed. The most well-developed of these is Maharishi Mahesh Yogi's, which holds that every individual in society, whether stressed or coherent, contributes to collective consciousness. Collective consciousness, in turn, impacts the life of every individual, guiding the trends of life in the nation.

Twenty-three peer-reviewed studies and approximately 50 demonstrations have found that when a relatively small proportion of a population practices Transcendental Meditation and its advanced programs in a group setting, there is a decrease in negative trends such as crime, violence, hospital admissions, and fatalities.

In a recent study in the USA, it was found that during the 2007-2011 demonstration period, there were significant and meaningful nationwide reductions in indicators of national stress, such as murders, rapes, aggravated assaults, robberies, drug-induced deaths, etc.



Bernd Blobel

University of Regensburg, Medical Faculty, Regensburg, Germany

Charles University Prague, First Medical Faculty, Prague, Czech Republic

University of Genoa, DIBRIS, Genoa, Italy

Faculty European Campus Rottal-Inn, Deggendorf Institute of Technology, Deggendorf, Germany

Biography: Dr. Bernd Blobel studied Mathematics, Technical Cybernetics and Electronics, Bio-Cybernetics, Physics, Medicine and Informatics at the University of Magdeburg and other universities in the former GDR. Blobel received a PhD in Physics with a neurophysiological study. Furthermore, Blobel performed the

Habilitation (qualification as university professor) in Medicine and Informatics. Blobel was Head of the Institute for Biometrics and Medical Informatics at the University of Magdeburg, and thereafter Head of the Health Telematics Project Group at the Fraunhofer IIS in Erlangen. Thereafter, Blobel acted until retirement as Head of the German National eHealth Competence Center at the University of Regensburg as well as Head of the globally unique International Interdisciplinary PhD and PostDoc College. Blobel was and is still leadingly involved in many countries health digitalization as well as electronic health record strategy. Blobel published more than 600 papers, published/edited many books and supervised a big number of PhD students from all around the world. Blobel was German Representative to many SDOs such as HL7, ISO, CEN, OMG, IEEE, ASTM, SNOMED, etc., also chairing the national mirror groups. Furthermore, Blobel is still engaged in international higher education. Blobel is Fellow of several international academies and played specific roles in global organizations such as WHO, European Commission, UNESCO, etc.

Enabling knowledge-driven communication and cooperation in intelligent and ethical 5P medicine ecosystems

For meeting the financial, quality and safety challenges as well as expectations of the patients, health and social care systems around the globe currently undergo a transformation towards Personalized, Preventive, Predictive, Participative Precision Medicine (5PM), supported by technology. It considers individual health status, conditions, genetic and genomic dispositions in personal social, occupational, environmental and behavioral context. For enabling the necessary communication and cooperation between all ecosystem actors, we shall understand and formally and consistently represent the multidisciplinary, highly complex and dynamic 5PM ecosystem at the required level of granularity from the perspective of all actors from different domains including the subject of care, using different methodologies, knowledge, language and experiences. Thereby, they have to advance from data to knowledge focus. The aforementioned transformation is strongly supported by technologies such as micro- and nanotechnologies, advanced computing, artificial intelligence, edge computing,

etc. Beside their opportunities, those advanced technologies also bear risks to be managed. Beside the relationships between technology and human actors, the behavior of intelligent and autonomous systems must be considered from a humanistic, moral and ethical perspective. The solution is a system-theoretical, architecture-centered, ontology-based and policy-driven approach, developed by the author over the last 30 years and meanwhile standardized as ISO 23903 Interoperability and Integration Reference Architecture. The approach has been defined as mandatory for any specification or project at ISO, CEN, IEEE, etc., addressing more than one domain. The keynote introduces the underlying principles and methodologies including relevant standards for designing and managing intelligent and ethical 5P medicine ecosystems as well as practical examples.



Vintila Iuliana

Department of Food Science, Food Engineering,
Biotechnology and Aquaculture, University Dunarea de Jos
Galati, Romania

Biography: Vintila Iuliana is actually Associate Professor, PhD in Food Science and Engineering. Vintila is author of 23 books and book chapters in international and national publishing houses (Elsevier, Wiley, Lambert, etc.), first author and co-author for 19 articles in ISI journals and relevant ISI proceedings, 113 BDI scientific papers indexed in recognized international databases, articles presented in national & international conferences and published articles revues. Also, Vintila is member of prestigious international organization such European Federation of Food Science and Technology (2009),

Co-Chair (since 2013) and Chair (since 2022) of Nutrition WG in Global Harmonization Initiative, International Society of Food Engineering (2010), Balkan Environmental Association (2008), Global Environmental Standard (GES) Community of Interest (2011), European Academy for Education and Social Research (2012). Vintila acts as international projects Expert for European Science Foundation, Eurostar Program, EC Expert area in the Participant Portal and Connecting Europe Facility, Horizon Europe Program, EU TAIEX, COST, EACEA, Erasmus Mundus (2010). Vintila is Guest Associate Editor and Research Topic Editor for Frontiers in Food Science and Technology, Regional Editor Advance Journal of Food Science and Technology, Academic Editor European Journal of Nutrition & Food Safety, Editorial Board Member SciEdTech, Editorial Board Member African Journal of Water Conservation and Sustainability, EC Nutrition Editorial Board, Editorial board Clinical Journal of Nutrition and Dietetics, Editorial Board Discoveries in Food Technology and Nutrition Sciences, etc.

The nutritional management of compliant personalised menu plans

Proper nutrition is fundamental for maintaining health, preventing chronic diseases, and supporting optimal physical and cognitive performance. The modern dietary guidelines define Daily Recommended Values (DRV) for a broad spectrum of nutrients, including macronutrients, vitamins, and minerals.

The present scientific study demonstrate that the optimised nutritional management conduct to compliant personalised menu plans for fully optimized, nutritionally complete, 30-day meal plans while maintaining non-repetition of nutrient sources and recipes.



Kenneth R. Pelletier

Clinical Professor of Medicine, Department of Medicine, Department of Family & Community Medicine, Department of Psychiatry, University of California School of Medicine, San Francisco, United States of America

Biography: Dr Kenneth R. Pelletier is a Clinical Professor of Medicine, Family and Community Medicine, and Psychiatry in the Departments of Medicine and in Psychiatry at the University of California School of Medicine, San Francisco (UCSF) where Pelletier is Director of the Corporate Health Improvement Program (CHIP). Dr. Pelletier is also Chairman of the American Health Association, is a Vice President with American Specialty Health (ASH), and is on the Board of Directors of the Rancho la Puerta Resort/Spa. Prior to these positions, Dr. Pelletier served as Clinical Professor, of Medicine, Family Medicine, and as

Professor of Public Health at the University of Arizona School of Medicine. Also Pelletier served as Clinical Professor of Medicine at Stanford University School of Medicine; was Director of the Stanford Corporate Health Program (SCHP); and was Director of the NIH funded Complementary and Alternative Medicine Program at Stanford (CAMPS). From 1974 until joining the Stanford University School of Medicine in 1990, Dr. Pelletier held a dual appointment as an Associate Clinical Professor in the Department of Medicine and the Department of Psychiatry, University of California School of Medicine in San Francisco (UCSF).

Change your genes – Change your life: Epigenetics of longevity

Biology is no longer destiny. Our DNA doesn't determine our health and disease prospects, as geneticists once believed. According to the new science of epigenetics, the vast majority of our genes are fluid and dynamic—and their expression is shaped by what we think and what we do. Our genetic profile may signal an inherited vulnerability to a disease, but our choices and behaviors determine whether these genes will be switched on or off. Each of us can influence our genes to create optimal health and longevity. Dr. Pelletier will discuss the latest epigenetic research, including progress on the \$101 Million X Prize, and share timely media coverage including details of the Blue Zone communities around the world and its potential impact on science. He will also cite the cutting-edge technologies that will forever change the landscape of optimal aging and longevity. We encourage you to attend and to engage with Dr. Pelletier in learning how to incorporate these new findings into your own lives.

Learning Objectives:

Differentiate generics vs epigenetics.

Apply practical, evidence-based epigenetic assays in practice.

Determine personalized nutrition based on latest data.



Laure Le Corroller

Dr. & Master Sha Tao Academy, Canada

Biography: Laure Le Corroller is a one of Dr & Master Sha leading teachers and healers. In 2008, she discovered Dr. & Master Sha through one of his books: Soul Mind Body Medicine. Her life changed and she decided to train with him. She is a certified Tao master teacher & healer since 2015, and one of Dr. & Master Sha leading teachers and healers since 2020. She witnessed great heart touching transformations when the technique is combined with conventional medicine and/or traditional Chinese medicine. Laure's compassion and service have touched thousands of people around the world.

She offers free introductions, workshops, courses on Tao Wisdom, Tao Communication, Tao Calligraphy and Tao Healing.

Tao healing arts for helping with light to moderate mental conditions - Results from pilot project

Dr. & Master Sha is a world-renowned healer, author, humanitarian and Tao grandmaster. He is also a doctor in modern medicine in China (MD), and a doctor in traditional Chinese medicine in China and Canada. He trained with Dr. & Master Guo, who founded Zhi Neng Medicine (Body Space Medicine) in China to help thousands of people who did not have access to medical treatment. He wrote more than 30 books, including 11 New York Times bestsellers, and he created the Love Peace Harmony foundation that received widespread recognition for its unconditional service to humanity.

He founded Soul Mind Body Medicine by combining the essence of western medicine with ancient Tao wisdom. He applies the Universal Law of Shen Qi Jing: "heal the soul first, healing of the heart, mind and body will follow". A powerful information system to help bring transformation.

He created Tao Science, in collaboration with Dr Rulin Xiu, bridging science and spirituality at a fundamental level, and he contributed to the culmination of quantum physics scientists work on the Grand Unification Theory.

Sole lineage holder of professor Li Qiu Yun in the Yi Bi Zi calligraphy style (One Qi), he created Tao Calligraphy to carry a powerful transformative field; and he developed the 6 powers technique to benefit from this field. He received the prestigious titles of Shu Fa Jia (national Chinese Calligrapher Master) and Yan Jiu Yan (honorable researcher professor) by the Chinese State Ethnic Academy of Painting.

Sha Research Foundation, a non-profit organization lead by Dr. Peter Hudoba, neurosurgeon, studied the effectiveness of Dr. and Master Sha technique. A team of 24 medical doctors, nurses and researchers conducted 19 clinical studies involving about 600 subjects and lasting between 3 months up to 10 years. This research showed remarkable improvement in quality of life of participants, of their clinical symptoms, and documented many heart touching stories. Results of these studies were presented in 29 International conferences.

Laure Le Corroller trained with Dr. & Master Sha for 16yr, and is now one of his leading teachers. People testimonials are Dr. & Master Sha technique's report card. More than 700,000 people reported transformations in health, relationships, and more around the world. There is no promise of result or any guarantee. Shen Medicine is not a replacement of modern medicine, but it can complement it powerfully through the power of guided meditation using 6 power technique in a unique Tao field.

Shen Medicine is empowering everyone to reconnect with the power of the soul. Soul is the carrier of information that leads the emotional body, which directs the mental body and finally instruct the physical body. Beyond mindfulness, the ultimate transformation power is soulfulness. The soul can make things happen at the physical level.



Lothar Pirc

Maharishi Ayurveda Health Center, Bad Ems, Germany
International Maharishi Ayurveda Foundation, Vlodrop, The Netherlands

Dr. D. Y. Patil Vidyapeeth, Centre for Online Learning, Pune, India

Biography: Lothar Pirc's life has been dedicated to the global promotion of Vedic knowledge, working closely with Maharishi Mahesh Yogi for many years. A certified Transcendental Meditation teacher since 1978, Pirc co-founded the Maharishi Ayurveda Health Centre in Bad Ems, Germany in 1992, which has treated over 30,000 patients and received multiple national and international awards. Pirc is a founder and board member of the International Maharishi Ayurveda Foundation (Netherlands) and serves as Professor of Practice at Dr. D. Y. Patil Vidyapeeth in Pune, India, having taught

approximately 12,000 students online. An internationally recognized speaker, Pirc has received numerous awards for decades of service to holistic healthcare.

Maharishi Ayurveda and the six stages of disease in Ayurveda — Shatkriyakala

Ayurveda understands disease not as a sudden event but as a gradual process of imbalance that unfolds through six identifiable stages — Shatkriyakala. This presentation outlines the progression from Sanchaya (accumulation), where a dosha subtly builds in its natural site, through Prakopa (aggravation) and Prasara (spread into circulation and tissues), to Sthana Samshraya (localisation in a vulnerable organ), Vyakti (full clinical manifestation), and finally Bheda, the chronic stage marked by degeneration and complications.

For each stage, characteristic signs across the three doshas (Vata, Pitta, Kapha) are described alongside stage-specific management strategies, ranging from simple dietary and lifestyle correction in the earliest stages to Panchakarma therapies, targeted herbal protocols, and integrative medical care as disease progresses. A central finding is that the first two stages are fully reversible through diet and lifestyle alone, while later stages increasingly benefit from combining Ayurvedic and modern medical approaches.

The framework positions Shatkriyakala as a practical diagnostic and preventive roadmap: the earlier imbalance is recognised, the simpler, faster, and more complete the correction.

The necessary diagnostic technology of Nadi Vigyan, detecting the pulse on different levels, is especially highly evolved and systematised in Maharishi Ayurveda. Maharishi Mahesh Yogi compiled it through systematic research into traditional family lineages of Nadi Vigyan in India and structured unique training courses for medical professionals and laymen. Another

strength of Maharishi Ayurveda is the incorporation of consciousness-based technologies to unfold higher states of consciousness which are upgrading the treatment modalities. Also the special treatments of detoxification in Maharishi Ayurveda profit from the deep understanding and practice of incorporating mind, body and emotions in dealing with imbalances on each stage.

The presentation concludes with an integrative-care perspective, highlighting how Ayurveda's strength in early detection and prevention complements modern medicine's strength in precise diagnosis and acute intervention — offering practitioners and patients a combined path toward better long-term health outcomes.



Marilyn Allen

American Acupuncture Council, United States

Biography: Marilyn Allen's journey into the healing arts of Traditional Medicine began over 35 years ago. Allen currently serves as the Vice President of The American Acupuncture Council, a division of Allied Professional Insurance Company, and advocates for Traditional Medicine worldwide. Allen currently teaches Career Development, Practice Management, Laws and Ethics at seventeen of the Acupuncture and Chiropractic schools in the United States. In 2005 Allen was appointed as a delegate to the World Health Organization for Traditional Medicine. Allen serves on the Technical Advisory

Group for point location, standardization of 4000 terms and in 2010 expanded into developing a classification for ICD-TM-II. Allen also serves on the Quality of Care and Patient Safety TAG. Allen also serves on the International Standards Committee to create standards for herbs, herbal formulas, needle manufacturing and updated terminology. Allen's mission is to advance Traditional Medicine globally and to help produce skilled practitioners, that can serve the global citizens to have choices with their healthcare.

Integration of WHO International Classification of Health Interventions, standardized research documentation, and artificial intelligence in traditional medicine for global healthcare systems

Background: The integration of traditional medicine within modern healthcare systems requires internationally standardized frameworks for classification, documentation, research, and interoperability. The World Health Organization's International Classification of Health Interventions (ICHI) provides a global structure for coding and reporting health interventions across diagnostic, therapeutic, preventive, rehabilitative, public health, and traditional medicine services. Importantly, ICHI includes interventions performed across the full scope of health systems, including traditional medicine. Simultaneously, advances in artificial intelligence (AI) offer new opportunities to enhance data capture, clinical decision support, outcome prediction, and integration of Traditional Medicine 1 (TM1) and Traditional Medicine 2 (TM2) frameworks into evidence-based healthcare delivery worldwide. WHO has also recently highlighted AI's growing role in traditional medicine mapping and system integration.

Objective: This abstract aims to examine how ICHI-based intervention coding, structured clinical documentation for research data collection, and AI enabled analytics can support the integration of TM1 and TM2 into national and international healthcare systems.

Methods: A conceptual framework was developed through review of WHO classification standards, current medical documentation methodologies, and published literature on AI applications in healthcare and traditional medicine. The framework emphasizes:

Standardized intervention coding using ICHI

Structured documentation fields for clinical and research data collection

AI-assisted natural language processing of clinical records

Predictive analytics for patient outcomes

Treatment pattern recognition within TM1 and TM2 systems

Interoperability with electronic health records (EHRs) and public health databases

This model supports harmonized data collection for multicenter clinical studies, regulatory reporting, health services research, and policy development.

Results: The proposed integration model demonstrates that standardized coding through ICHI can improve international comparability of traditional medicine interventions while strengthening research quality and reproducibility. AI applications support automated classification of interventions, syndrome pattern recognition, outcome tracking, and evidence synthesis from large datasets. This enables TM1 and TM2 interventions to systematically be evaluated alongside biomedical services within national health systems.

Recent WHO initiatives further support the formal inclusion of traditional medicine modalities into global intervention classification systems.

Conclusion: The convergence of WHO ICHI standards, robust research documentation systems, and AI technologies provides a scalable pathway for integrating traditional medicine into global healthcare infrastructures. This framework can strengthen regulatory harmonization, evidence generation, reimbursement models, and whole-person health strategies across countries, supporting equitable and culturally inclusive healthcare systems worldwide.



Mohammad Kamil

LOTUS Holistic Health Institute, Abu Dhabi, UAE

Biography: Professor Dr. Mohammad Kamil, M.Sc.; M.Phil.; Ph.D.; D.Sc.; Chartered Chemist (U.K.) and Fellow Royal Society of Chemistry (London), worked in various capacities: In-charge Drug Lab in MOH India; Professor, Hamdard University, India; also in Ministry of Health, UAE; Head TCAM Research at Department of Health, Abu Dhabi. As Director General, Lotus Holistic Healthcare Institute, Abu Dhabi, UAE since 2021, heading the Scientific Committee for the International TCAM Awards and Organizing Secretary for TCIM-2026. Recipient of Young Scientist Award (India), Hakim Ajmal Khan Global Award,

Focal Point and Expert, WHO (2007-2022), S.Z. International Award in T. Herbal Research (2020). Produced 30 Ph.D. and M.Phil. students, a huge M.Sc. dissertations and 40 Interns. 850 research papers with more than 8000 citations.

Quality and safety of traditional medicine

Over the recent years, the interest in traditional medicinal products has grown significantly globally. This is not only due to the general trend towards natural products, but also to more available evidence regarding the safety and efficacy of herbal medicinal products. With the increasing use of herbal medicines, the future worldwide labeling practice for herbal products should adequately address quality aspects. Unfortunately quite a number of these products are frequently adulterated with cheap, less potent and spurious plant materials. Standardization comprises all measures leading to a reproducible quality, without the addition of foreign substances (excipients, isolated active principle(s), etc.).

The present talk incorporates study of the plants from its plantation to finished product, which is a dire need today for all concerned. A detail account of GAP, GFCP, GLP, CGMP and the possible adulterations in the herbal products will be dealt with practical knowledge based on laboratory experiments. In the case of Herbal Medicinal Products (HMP) the adulterated chemicals are obviously not shown in the list of ingredients, hence the severity is manyfolded as physicians and pharmacists are not aware of those chemicals for any advice causing serious risk to public health safety. Modern instrumentation used for the quality control of herbal medicines will also be discussed.



Prerak Shah*, Dhruti Kagrana

Ayulink Ayurveda, India

Biography: Dr. Prerak Shah is an Ayurveda Doctor- Panchkarma Vaidya, educator, researcher, innovator, and Founder of Ayulink Ayurveda. Since pioneering full-fledged Panchkarma practice in 1988, Shah has dedicated over three decades to advancing Ayurveda through clinical excellence, research, public education, product innovation, and global outreach across 34 countries in six continents. Shah has authored books and scientific papers, developed innovative Ayurvedic healthcare solutions, and established institutions promoting Ayurveda. Shah's contributions have earned prestigious

recognitions, including the Gujarat Ratna Gaurav Puraskar, Ayurveda Shiromani Award, and Chikitsa Visharad Award.

The gut–brain axis in the digital era: Revisiting Ayurvedic wisdom through a conceptual hypothesis for integrative lifestyle medicine

Background: The gut–brain axis has emerged as a major focus in contemporary medicine, highlighting the bidirectional communication between the gastrointestinal tract, enteric nervous system, microbiota, immune signaling, endocrine pathways, and the central nervous system. Although these mechanisms have gained scientific recognition only in recent decades, classical Ayurvedic literature describes the gastrointestinal tract as the foundation of digestion, transformation, nourishment, and systemic regulation. Revisiting these classical concepts through a scientific lens may provide novel insights for integrative lifestyle medicine.

Objective: To propose a conceptual hypothesis correlating selected Ayurvedic principles—particularly Purīṣadharā Kalā, Apāna Vāta, and Agni—with the modern gut–brain axis and to explore their potential relevance in understanding intestinal physiology, systemic homeostasis, and integrative therapeutic strategies.

Content: This paper presents three interconnected conceptual hypotheses. The first hypothesis explores the physiological significance of the large intestine beyond fecal storage. While modern physiology attributes most nutrient absorption to the small intestine, the colon is now recognized for absorbing water, electrolytes, and microbiota-derived metabolites such as short-chain fatty acids. Accordingly, Purīṣadharā Kalā is conceptually interpreted as a broader functional interface involved in absorption, regulation, and maintenance of homeostasis rather than solely in fecal retention. The second hypothesis revisits the classical

Ayurvedic emphasis on Sneha-based (lipid-based) formulations. Rather than suggesting that Ayurveda explicitly describes modern anatomical structures such as the ileocecal valve or other one-way valve mechanisms, this hypothesis proposes that lipid-based pharmaceutical preparations may have been designed to improve gastrointestinal residence time, facilitate tissue penetration, enhance bioavailability, and optimize systemic therapeutic delivery. This concept demonstrates a potential functional parallel with contemporary lipid-based drug delivery systems.

The third hypothesis proposes a conceptual relationship between Purīṣadharā Kalā and the modern gut–brain axis. Although classical Ayurvedic texts do not explicitly describe a direct anatomical connection between the intestine and the brain through Purīṣadharā Kalā, its close association with Apāna Vāta, digestive regulation, and systemic homeostasis suggests a plausible functional analogy with contemporary neurogastroenterology. Disturbances in intestinal physiology may influence neurological, emotional, and cognitive functions through neural, immune, endocrine, and microbial pathways, providing a theoretical bridge between Ayurvedic concepts and modern biomedical science. In the digital era, increasing psychological stress, sedentary lifestyles, processed food consumption, circadian rhythm disruption, and prolonged screen exposure are contributing to impaired gut health and altered gut–brain communication. Integrating Ayurvedic principles with current gut–brain axis research may therefore offer innovative perspectives for preventive, personalized, and lifestyle-based healthcare.

Conclusion: The proposed hypotheses do not claim historical equivalence between Ayurvedic concepts and modern biomedical discoveries. Instead, they present a scientifically cautious conceptual framework intended to stimulate interdisciplinary dialogue, generate testable hypotheses, and encourage future translational research. Re-examining classical Ayurvedic wisdom alongside emerging evidence on the gut–brain axis may contribute to the development of evidence-informed integrative lifestyle medicine.

Keywords: Gut–Brain Axis, Ayurveda, Purīṣadharā Kalā, Agni, Apāna Vāta, Integrative Medicine, Lifestyle Medicine, Conceptual Hypothesis, Colon Physiology, Neurogastroenterology.



Somesh N. Kaushik

National Certification and Credentialing Board For Ayurvedic Medicine, United States

Biography: Dr. Somesh N. Kaushik is the President of the National Certification and Credentialing Board for Ayurvedic Medicine (NCCBAM), which certifies practitioners who meet the highest standards of competence and ethics, ensuring Americans receive authentic Ayurvedic care that honors ancient healing traditions while meeting contemporary healthcare needs. Dr. Kaushik earned a BAMS from Kurukshetra University, India in 1983, an MPH (Epidemiology) from the University of Alabama at Birmingham (UAB) in 1986, and an MPA in 1988. Kaushik worked as an Associate Dean at Trenholm

State Community College for two years and then served as an Epidemiologist and Director of HIV/AIDS Sero-surveillance Program with the Alabama Department of Public Health while maintaining an Ayurvedic practice. Beginning January 2000, Kaushik joined the University of Bridgeport (UB) and earned a Doctorate of Naturopathic Medicine (ND), in 2003. Kaushik taught Ayurvedic Medicine and Public Health at the UB as well as serving as the Director of Admissions. Kaushik served as a faculty member with UB from 2001-2009. Kaushik co-founded the Institute for Ayurvedic and Naturopathic Therapies in Fairfield, CT, in 2006, founded clinics in New York City and Cross River, NY in 2010 and founded the Institute for the Advancement of Ayurvedic Sciences, a research and teaching institution, in 2018. Kaushik is the principal formulator for Sri Sai Nutrients and Vedic Nutrients, both U.S.-based nutraceutical companies.

Traditional medicine: The future of healthcare

Healthcare system around the globe is undergoing a serious transformation. Despite advancement in modern medicine with various tests, diagnostic skills and new drugs, non-communicable disease incidence has been growing and the burden of disease on the society and on many countries is becoming unbearable. Once the traditional medicine (TM) of various cultures were engulfed by the allopathic medicine and were renamed as the alternative, then complimentary and integrative but these traditional medicine (TM) systems of medicine e.g. Ayurveda, Unani, Chinese, Japanese, African are returning as the allopathic medicine has failed to prevent and cure chronic diseases. Side effects of the drugs and the suppression of immune system due to the long term use has caused many co-morbidities. Scientific inquiries has begun to validate the bioactive compounds, anti-inflammatory mechanisms, immunomodulatory effects, and metabolic regulatory pathways associated with traditional remedies and supplements. Furthermore, traditional medicine promote early intervention, resilience, and long-term health optimization. This presentation will discuss the use and benefits of traditional medicine in preventing, treating and reversing many chronic conditions in the modern society.



Sunita Teckchand

Integrated Holistic Therapist, Clinical Aromatherapist, EHTI, MIFPA, MNAHA, United Arab Emirates

Biography: Sunita Teckchand completed Clinical Aromatherapy education in Hong Kong in 1998 and currently lives and works in Dubai, UAE. Teckchand is the owner and Principal Tutor of The Holistic Alternatives, where Teckchand teaches the IFPA-accredited Clinical Aromatherapy curriculum through a digital learning platform. Sunita is also the creator of the essential oil brand eSSensuals and has personally mentored numerous students who have gone on to establish successful careers as therapeutic massage therapists and clinical aromatherapists. Teckchand has been featured on radio,

television, and in print media, and has published several professional articles within the field of complementary healthcare. Currently, Teckchand serves as an External Examiner and member of the International Federation of Professional Aromatherapists (IFPA) and is also a member of the National Association for Holistic Aromatherapy (NAHA). In 2023, Teckchand contributed a chapter to the bestselling book *She Is Remarkable*.

Pregnancy, labour pain, aromatherapy and GABA

Pregnancy is one of the most profound and transformative experiences a woman can share with her partner. At its heart, it is the creation of life, a remarkable journey that encompasses conception, foetal development, and ultimately childbirth. The miracle of nurturing a new life within the body is both awe-inspiring and deeply meaningful.

Pregnancy also fosters a unique connection between mother and child. As the baby grows and movements become perceptible, many women experience an extraordinary sense of bonding, purpose, and unconditional love. Throughout this journey, the female body undergoes significant physiological and emotional changes, demonstrating remarkable strength, adaptability, and resilience in its role of nurturing life.

The beauty of pregnancy lies in its complexity and individuality. Each woman's experience is unique, encompassing challenges, joy, growth, and profound emotional transformation.

Drawing upon extensive experience in prenatal and postnatal care, Sunita incorporates carefully selected essential oils that may support GABAergic pathways associated with relaxation, stress reduction, and pain modulation. Particular attention is given to the safe and appropriate use of aromatherapy throughout pregnancy and labour, with the aim of enhancing maternal comfort and well-being.

Aromatherapy may also offer supportive care for a variety of common pregnancy-related concerns, including morning sickness, nausea, lower back discomfort, mood fluctuations, sleep disturbances, stretch marks, and labour contractions. Equally important is the emotional and psychological well-being of both mother and father during this significant life transition.

In this presentation, Sunita will introduce a selection of essential oils and discuss their key chemical constituents, explaining the rationale behind their use in pregnancy and labour support. She will share practical aromatherapy techniques and clinical insights gained through years of experience, illustrating how the integration of aromatherapy from the second trimester onward may help support a calmer, more comfortable birthing experience and potentially reduce reliance on conventional pharmacological pain-management interventions.



W S El Masri

Clinical Professor of Spinal Injuries, Keele University, UK
Emeritus Consultant Surgeon in Spinal Injuries, Robert Jones
& Agnes Hunt Orthopaedic Hospital, Oswestry, UK

Biography: WEM trained in the speciality of spinal injuries at Stoke Mandeville, Oxford, Guys Hospitals & the USA between 1971 and 1983. To date El Masri personally treated 10,000 patients with traumatic Spinal & Spinal Cord Injuries. WEM developed, and led the Midland Centre for Spinal Injuries (MCSI) between 1983 & 2014. El Masri took responsibility for the management of the injured spine, the multisystem malfunction as well as the range of non-medical and physical effects of cord injury in the acute, subacute, rehabilitation phases as well as in the long term. WEM lectured worldwide in developed and developing

countries. El Masri contributed to the literature with over 150 publications. El Masri published observations on the prognostic indicators of neurological recovery following Traumatic Spinal Cord Injuries and introduced the concept of Physiological Instability of the Injured Spinal Cord and its influence on clinical management. WEM demonstrated that with simultaneous Active Physiological Conservative Management of all the physiologically impaired and malfunctioning systems of the body together with the injured spine neurological improvement up to complete recovery occurs in the majority of patients irrespective of the degree of Biomechanical Instability, Canal encroachment or Cord Compression. El Masri is Peer reviewer for a number of Journals. WEM held the offices of: President of the International Spinal Cord Society, Chairman of the British Association of Spinal Cord Injury Specialists and Executive Member of the BSRM. Founder Member and trustee of SPIRIT Educational Charity in Spinal Injuries and Transhouse Charity that provides interim accommodation between hospital and home for patients. El Masri raised about six million pounds from charity to rebuild and furnish the MCSI. Advisor to WHO's & Co-author of the WHO International Perspectives on Spinal Cord Injury which was published in 2013, Member of the NICE Guideline Developing Group in spinal injuries. El Masri received a number of awards including: the Medal of the International Spinal Cord Society, National Hospital Doctor Team Award for Innovation, Paul Harris Fellowship of the Rotary Club Outstanding achievement award from the Chinese Society of Spinal Injuries, Outstanding Consultant Achievement award by the Spinal Injury Association, Hon. Presidency of the Romanian Spinal Cord Society. El Masri was commended in the House of Lords on two occasions. WEM is an advocate for the demonstration of evidence based clinical management, the right of the patient to make a fully informed choice between the various methods of treatment including that of the injured spine. El Masri strongly advocates for the management of patients by knowledgeable, well trained, experienced Clinicians and a team of Health Care professional in Specialised Spinal Cord Injury Centres with a fit for purpose infrastructure from the early hours or days following injury to enable the team to meet all the medical and non-medical needs of patients with such rare and complex condition.

Acute Traumatic Spinal Cord and Cauda Equina Injuries (ATSCCEI) – Evidence based outcomes of the traditional model of service delivery and methods of management

Acute Traumatic Spinal Cord Injuries (ATSCCEI) is the rarest of all catastrophic life threatening and life changing injuries. They result in a wide range of complex medical, psychological,

social, matrimonial, vocational, financial and environmental potentially devastating effects that impact on the cost of treatment and support of the patient. Fortunately the incidence of ATSCCEI is very low and ranges between 1-5 patients/100,000 population/year.

Prior to the second WW the great majority of patients died within one year of injury from systemic complications. Death was due to the combination of a small incidence, an unstable multi-system physiological impairment and malfunction, sensory impairment or loss in ability that resulted from the loss or impairment of normal sensation as well as the unfamiliarity of clinicians with the complexity of the condition and the management of the patients.

Currently the management of this combination of the wide ranging complex effects of ATSCCEI continues to present significant challenges to clinicians and health care professionals who are not trained in this field of medicine and who are not familiar with the management of a large number of patients from the early hours or days of injury. Patients are especially vulnerable to developing complications during the transitional phase between the loss of autonomic and spinal reflexes and the return of these reflexes. This transitional phase can last up to three months from injury. The management of each of the affected systems of the body during this transitional period requires regular adequate modulation.

During the 2nd WW, Ludwig Guttmann (neurosurgeon) and his colleagues demonstrated that with adequate expert care of the effects of ATSCCEI from the early hours or days of injury, patients are able to survive and lead healthy, enjoyable, dignified, fulfilling, productive and often independent and competitive lives.

In 1969 Franke et al demonstrated that patients treated with what can be described as a holistic Active Physiological Conservative Management (APCM) of the spinal bony injury together with the medical and non-medical effects of the TSCCEI from the early hours or days of injury can exhibit significant degrees of neurological and functional recovery that can minimise or prevent disability. Significantly they documented the predictors of neurological recovery which was achieved irrespective of the severity of the X-rays of the injured bony spine.

I will discuss the outcomes of the traditional model of service delivery and methods of management and the impact of the change from a holistic APCM of the injury and its effects as well as the damage caused by the subsequent fragmentation of model of service delivery giving priority to a radiologically based interventional management of the injury.



Zhenhuan Liu

Nanhai Maternity and Children Hospital Affiliated to
Guangzhou University of Chinese Medicine, China

Biography: Zhenhuan Liu, professor of pediatrics, Pediatric acupuncturist, Ph.D. tutor. Liu has been engaged in pediatric clinical and child rehabilitation for 40 years. Led the rehabilitation team to treat more than 40,000 cases of children with intellectual disability, cerebral palsy and autism from China and more than 20 countries, more than 26800 childrens deformity returned to school and society and became self-sufficient. The rehabilitation effect ranks the international advanced level. Vice-chairman of Rehabilitation professional committee children with cerebral palsy, World Federation

of Chinese Medicine Societies. Visiting Professor of Chinese University of Hong Kong in recent 10 years. Liu is most famous pediatric neurological and rehabilitation specialists in integrated traditional Chinese and Western medicine in China. Liu has edited 20 books. Liu has published 300 papers in international and Chinese medical journals.

Neuromodulation of scalp electroacupuncture in the treatment of autism spectrum disorder

Background: Autism Spectrum Disorders (ASD) are a series of neurodevelopmental disorders characterized by social disorders, rigid behaviors and narrow interests. The World Health Organization (WHO) estimates that the prevalence of ASD has been increasing over the past 50 years. With one in 48 children, ASD has become a global public health problem. Currently, there is no effective drug treatment for children with ASD, and there is no effective medical treatment. Education of these ASD children by special education methods alone has a poor outcome, with 75% of ASD children failing to achieve normal or cure. And 80% of ASD children suffer from mental retardation, ADHD, epilepsy, emotional sleep disorders and so on. It can cause pain and suffering for ASD children and their parents. The effects may persist into adulthood.

Objective: The purpose of this study was to investigate the effect of scalp acupuncture of painless therapy on core symptoms, quality of life and communication ability of children with ASD. Our team conducted a controlled study of scalp acupuncture therapy in 198 children diagnosed with ASD. The clinical diagnostic criteria of children with ASD who were selected for met the DSM-5 criteria. Each child and parent signed an informed consent form.

Methods: 198 children with ASD were randomly divided into two groups. One group 89 cases received painless scalp electroacupuncture therapy and the other group 89 cases

received pediatrics rehabilitation care and special education for 6 months. Clinical evaluation methods were ATEC, ABC, CARS and Gesell developmental scales. Pre- and post-treatment assessments were performed. The age of the two groups was 3-7 years old, and the gender, degree of illness, comorbidities, family education and rearing methods, course of disease and other factors were statistically analyzed. There was no significant difference between the two groups, and there was a certain comparability between the two groups. Painless scalp electroacupuncture therapy method, acupuncture and precise scalp surface projection in functional language area of cerebral cortex were selected for scalp acupuncture. Broca and Wernicke area were simultaneously stimulated by acupuncture. Painless scalp acupuncture is performed every other day. After painless scalp acupuncture, electrical acupuncture was given to stimulate the language area for 15 minutes, every 10 times of acupuncture, rest for 15 days. A second clinical evaluation was conducted 6 months after painless scalp acupuncture.

Results: The improvement of core symptoms in the painless scalp electroacupuncture treatment group was better than that in the control group. The initial clinical improvement was in abnormal visual communication, improvement of sleep and mood, and the following clinical effects were alleviation of rigid behavior, improvement of attention, and improvement of verbal and social communication ability. Assessment of these scales reflects a gradual improvement in these core symptoms. But these changes were not significant in the control group.

Conclusion: The research results showed that painless scalp acupuncture therapy could significantly improve the core symptoms of ASD children, such as extreme loneliness, eye contact disorder, language repetition, compulsive agreement, and indifference, significantly regulate the abnormal EEG of ASD children, and positively promote the cognitive level of low-functioning ASD children. The clinical efficacy of the treatment of ASD was not closely related to age. Painless scalp electroacupuncture can be used as an effective supplement and alternative medicine therapy in the clinical treatment of ASD. The popularization and application of painless scalp acupuncture therapy can improve the quality of life of ASD children and reduce the economic burden of society and family.

Since 2004, Nanhai Women's and Children's Hospital Affiliated to Guangzhou University of Chinese Medicine has applied our original pediatric neurorehabilitation scalp acupuncture therapy to treat ASD and achieved good clinical efficacy. In order to further promote the application, our research group obtained the exact clinical effect confirmed by scientific evaluation through the clinical validation study and clinical follow-up of 1000 cases of ASD. We also receive pediatricians from all over the world who come to our hospital in China to study head acupuncture therapy for ASD. Doctors and rehabilitation therapists from Switzerland, Australia, the United States, Germany, Egypt, Russia, Kazakhstan and other countries have come to our hospital to study the clinical application of head acupuncture therapy in ASD.

Keywords: Autism Spectrum Disorder, Electroacupuncture, Scalp, Painless.

10th Edition of International Conference on

TRADITIONAL MEDICINE, ETHNOMEDICINE AND NATURAL THERAPIES

HYBRID EVENT
05-07
OCTOBER 2026

ORAL PRESENTATIONS





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Workforce and outpatient production in integrative and complementary practices in primary care in Brazil: Historical series from 2015 to 2024

The global advancement of traditional, complementary, and integrative medicines in recent decades is notable. Brazil has distinguished itself by establishing one of the most effective policies for these practices within the country members of the United Nations. Nonetheless, the policy's implementation faces considerable challenges. Structural transformations during the development of the Unified Health System at the municipal level have notably compromised the capacity to recruit and retain specialized technical personnel, hindering the policy's full effectiveness. The main aim of this study sought to describe outpatient production and workforce composition in Integrative and Complementary Health Practices in Brazil from 2015 to 2024. The subjects and methods are characterized by a descriptive and retrospective study was carried out using the secondary data from the SISAB and IBGE, we perform a analysis of the outpatient production of integrative practices by different professional categories and their evolution during the historical series. The statistical analysis used are the absolute values and annual percentage variation of procedures were presented. The main results, there's a drop in the production of practices was observed during 2020 and the very next year production resumed in considerable ascendancy. The professions that produced the most integrative practices during the historical series are: physiotherapists (2,576,540), nurses (1,351,532), nursing technicians and assistants (666,331), doctors (574,399), and physical educators (447,809). The practices with the highest production are those belonging to Chinese medical rationality (total = 5,793,587). Conclusions of the authors, there is a trend toward the use of traditional Chinese medicine practices. Although there is a larger contingent of professionals to the detriment of others, there is a considerable diversification of practices in each profession.

Biography

Naturopath, specialist in acupuncture and master in Public Health. Researcher in the fields of Traditional, Complementary, and Integrative Medicine (TCIM), Health Humanities, and Public Health Policy. Researcher for the Traditional Chinese Medicine committee of the Brazilian Academic Consortium for Integrative Health (CABSin). Experienced in Naturopathy, working primarily on the following topics and areas: Naturopathy and clinical practice, Public Health, exploratory and descriptive research, clinical research involving TCIM, field research, mixed-methods research, concept mapping, evidence mapping, health policy, health education and promotion, Traditional Chinese Medicine, acupuncture, constitutional morphological assessment based on the Five Movements.



**Ananda Lopes Carneiro Gonzalez^{1*},
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Therapeutic potential of Brazilian red propolis in cancer: A short review on recent scientific evidence

Brazilian red propolis has gained prominence in the field of traditional, complementary and integrative medicine due to its promising therapeutic properties, arousing growing interest from both the international market and the Federal University of Alagoas, with regard to scientific and technological development that supports quality certification and promotes its export. The Union of Red Propolis Producers of the State of Alagoas, as the requesting entity, registered the geographical indication of red propolis in 2012 with the National Institute of Industrial Property, under number IG 201101. This study explores the contributions of red propolis to global public health, and by examining data from the International Agency of Research on Cancer published in 2022, it's possible to observe 19,976,499 new incidence cases, with the five most prevalent types being: lung, breast, colorectal, prostate, stomach and liver cancers. The mortality rate reached 9,743,832 cases, with emphasis on lung, colorectal, liver, breast and stomach cancers. In light of these complex clinical challenges, such as cancer, it's crucial to systematize the existing scientific knowledge on the subject.

The objective of this review is to present and discuss recent scientific evidence on the effects of Brazilian red propolis in cancer treatment. A narrative literature review was conducted, with an exclusive search on the PubMed database using the descriptor red propolis cancer. The manual search was carried out in May 2025, considering publications between the years 2020 and 2025. Fourteen articles were identified, of which two were excluded for not addressing cancer or Brazilian propolis.

Of the twelve included articles, all presented in vitro studies, two of which used nanoparticles, and one also conducted in vivo tests with mice. Two studies addressed lung cancer cells:

one demonstrated significant therapeutic effects, while the other did not show relevant results. One article investigated head and neck cancer stem cells, showing a reduction in their proportion. Promising results were observed in studies involving breast cancer cells (3), ovarian (3), liver (1), prostate (1), and melanoma (1). One study also demonstrated inhibition of colon cancer cells using a combination of red, brown and green propolis. Some articles reported enhanced efficacy of chemotherapy treatments when combined with red propolis. Its bioactive compounds also demonstrated properties that contribute to health promotion and education, as well as disease prevention, by strengthening the immune system and exhibiting antifungal, antimicrobial, antibacterial, antiparasitic, antiplasmodial, antitumor, antioxidant and immunomodulatory activities. These effects indicate potential therapeutic applications in inflammatory, infectious and oncological diseases.

The data reinforce the relevance of red propolis as a promising natural resource with potential to investigate possibilities in the treatment of various types of cancer. However, more controlled and randomized clinical trials in humans are still needed, along with deeper investigations into its mechanisms of action and potential therapeutic applications. This study contributes to the appreciation of Brazilian traditional medicine and its integration into innovative therapeutic strategies, applicable to different complex medical systems, for the benefit of global health.

Biography

Naturopath with a Bachelor's degree from Anhembi Morumbi University (2011-2015). Postgraduate degree in Geriatrics and Gerontology from the Center for Human Aging, State University of Rio de Janeiro (2019-2021). Secretary of the Brazilian Association of Naturology, Rio de Janeiro chapter. Works as an independent practitioner providing clinical naturology and educational groups in Rio de Janeiro (2015-present). Teacher, speaker, and consultant the universities, companies and clubs. Author of the booklet *A descoberta de Manu*, focused on health education for young people, and of a chapter on medicinal plants in the e-book *Idoso Cuidador de Idoso*, in Federal University of São Paulo.



Ananda Lopes Carneiro Gonzalez

Ananda Gonzalez | Coluna e Longevidade, Rio de Janeiro, RJ, Brazil

Contributions of naturology and anatomical restructuring technique in the integral care of an interagent with congenital meningomyelocele: A case report

Congenital meningomyelocele is a severe spinal malformation caused by incomplete neural tube closure during gestation, resulting in exposure of the spinal cord, nerve roots, and meninges to the amniotic fluid. Clinical consequences include lower limb paralysis, orthopedic deformities, urinary and fecal incontinence, and complications such as hydrocephalus and Arnold-Chiari malformation. The estimated incidence in Brazil is 1.4 to 2.4 cases per 10,000 births. Although early approaches described by Guttman emphasized non-surgical management and physical activity, current standard care involves surgical intervention; however, many patients still face functional impairments, underscoring the need for integrative and personalized long-term.

This case involves a 49-year-old male public servant and wheelchair user with a history of meningomyelocele, surgically treated at 11 months. At age 7, he underwent colostomy due to persistent fecal pressure ulcers. Additional structural issues include scoliosis, spondylosis, lumbar osteophytosis, paralysis and deformities of the lower limbs, tendinitis, bursitis, migraine, tinnitus, hearing loss, and asymptomatic hepatitis C. Emotional disturbances, largely influenced by social factors, are also present.

Since 2018, he has been under naturopathic care, initially presenting with widespread chronic musculoskeletal pain, frequent migraine with visual disturbances, limited mobility, and emotional challenges. Over time, he experienced progressive improvement in body awareness, reduced migraine frequency, and increased emotional expression. Notably, in 2020, the patient reported new sensations such as numbness and tingling in previously insensate areas including the gluteal region, groin, and coccyx, suggesting possible late neuroplastic changes.

Throughout the years, he has faced barriers related to accessibility, ergonomics at home, and physical overload, along with emotional fluctuations. Despite these challenges, the patient achieved meaningful functional milestones, such as moving to independent living, participating in a Paralympic running event, and rediscovering personal autonomy. Recently, he described new sensory perceptions in the upper thighs, areas previously without sensation. He continues regular follow-ups every 1 to 3 months, focusing on pain control, emotional stability, and quality of life enhancement.

The naturopathic treatment includes anatomical restructuring, phytotherapy, aromatherapy, flower essence therapy, iridology, ergonomic guidance, and self-care education.

Anatomical restructuring has demonstrated effectiveness in reducing osteomyoarticular pain and improving proprioception, also contributing to the prevention of late complications, as supported by spinal cord rehabilitation literature.

Theoretically, this case resonates with foundational neurological rehabilitation principles, as established by Guttmann, Hardy, and Frankel, which emphasize the potential for late sensory recovery and neuroplasticity even in congenital spinal lesions.

Overall, this case illustrates the potential of integrating naturopathic approaches with anatomical restructuring technique in managing chronic, complex neurological conditions. It highlights the importance of addressing physical, emotional, and psychosocial dimensions, centering care on the individual's autonomy and quality of life.

Patient Perspective: I consider Naturology essential to my life. Since I started consulting with a naturologist eight years ago, I have become more aware of my body and understood that no disease manifests in isolation within our body. Combined with anatomical restructuring technique, Naturology has provided me with a much better quality of life.

Informed consent was obtained from the patient for the publication of this case report.

Biography

Naturopath with a Bachelor's degree from Anhembi Morumbi University (2011-2015). Postgraduate degree in Geriatrics and Gerontology from the Center for Human Aging, State University of Rio de Janeiro (2019-2021). Secretary of the Brazilian Association of Naturology, Rio de Janeiro chapter. Works as an independent practitioner providing clinical naturology and educational groups in Rio de Janeiro (2015-present). Teacher, speaker, and consultant the universities, companies and clubs. Author of the booklet *A descoberta de Manu*, focused on health education for young people, and of a chapter on medicinal plants in the e-book *Idoso Cuidador de Idoso*, in Federal University of São Paulo.



Anandi Ravinath

Inner Light Foundation, Mumbai, Maharashtra, India

Journey into mind - DNA - Consciousness

Scientists and spiritual seekers are searching for the Truth. Scientists use gadgets to probe deep into the physical matrix of the manifest universe, while spiritual seekers search for answers from within oneself and use the human mind & body as the laboratory.

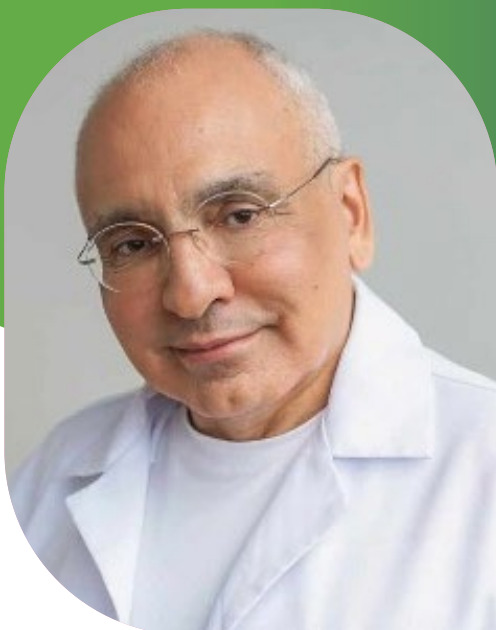
It is important to appreciate the science in spirituality because spiritual growth or self-liberation is a scientific process. Despite scientific advancement, the intricate workings of human brain, mind & consciousness is still a mystery.

Epigenetic changes have been attributed to various diseases in the recent past and reversal of these epigenetic changes have also been reported by various scientific studies through relaxation techniques like meditation. Thus, there is a scientific proof that stress impacts the DNA negatively, while meditation impacts the DNA positively. It is also a well-known fact that stress is felt by the mind before the physical body feels its impact; same goes with meditation where the relaxation and clarity is first felt by the mind before positive changes are noticed in the physical wellbeing. This is a clear scientific proof that mind indeed is in our DNA. Mind is closely associated with our consciousness and so needless to say that DNA, mind and consciousness are in constant communion.

Biography

Anandi is an alumnus of IIT Bombay, where Ravinath earned a Post Graduate degree in Biotechnology, who embarked on a successful decade long career in Pharma multinationals and clinical reference labs, where Ravinath excelled in several roles including Marketing Management, Product Management, Market research & analysis, Brand-positioning, Bench-marking strategizing, Key-account management. Ravinath has authored the book,

MIND your DNA – Fusion of Science and Meditation, after a decade long research effort, which combined scientific training with insights from deep meditation. Ravinath explores the relationship of DNA with Mind, and offers theories on potential impact of Cosmic meditation on DNA.



Ashot Khachatryan

New Hydrogen Technologies RPC, Yerevan, Armenia
National Academy of Sciences of the Republic of Armenia,
Yerevan, Armenia

Hydrogen medicine: A new promising direction in traditional medicine and public health

In the 21st century, healthcare systems worldwide are facing a growing burden of chronic and degenerative diseases associated with an aging population and oxidative stress. There is a pressing need for new, safe, and scientifically validated strategies aimed not only at treatment but also at active prevention and the extension of a healthy lifespan.

Hydrogen medicine, based on the application of active hydrogen, represents precisely such an innovative direction. Active hydrogen acts as a selective antioxidant, effectively neutralizing harmful free radicals, reducing systemic inflammation, and supporting cellular energy metabolism. Its small molecular size ensures unparalleled bioavailability and the ability to protect all organs and systems, including the brain.

Our clinical experience, which began with the opening of the world's first hydrogen medicine clinic in 1993, encompasses over 70,000 patients with various chronic conditions. All our procedures have been successfully applied for over 30 years. The observed significant improvements and high recovery rates demonstrate the therapeutic efficacy of the method. Our comprehensive protocol includes the full range of methods: hydrogen inhalations, hydrogen infusion therapy, hydrogen baths, hydrogen-activated mud wraps, hydrogen duodenal intubation, hydrogen colon hydrotherapy, and transplantation of hydrogen-activated microbiota, all aimed at detoxification, anti-inflammatory protection, microbiome restoration, and profound bodily recovery.

Crucial for public health is the transition from clinical application to daily prevention. For this purpose, we have developed and patented the world's first household hydrogen generators

(2009, 2015) and a dietary supplement for hydrogenating food products (2018). In 2025, production of the world's first hydrogen-enriched foods was launched in Armenia, paving the way for the mass integration of this technology into the daily life of the population.

Thus, hydrogen therapy offers a scientifically grounded, safe, and cost-effective dual-action strategy: for the clinical treatment of chronic diseases and for their population-wide prevention. It addresses the main challenges of modern public health by offering a practical pathway to increasing healthy life expectancy and improving its quality, making it one of the most promising directions in the medicine of the future.

Biography

Ashot Khachatryan, MD, PhD, Professor, is an Active Member of the European Academy of Natural Sciences, the New York Academy of Sciences, and the Russian Academy of Medical and Technical Sciences. Khachatryan is an Honorary Professor of the Oxford Academic Union and a Honored Inventor of Russia and Europe. A pioneer in the field of hydrogen medicine, Khachatryan founded the world's first hydrogen medicine clinic (1993) and an international clinic network (2016). Khachatryan's innovations include internationally patented household hydrogen generators, dietary supplements for hydrogen-enriched nutrition, and a comprehensive clinical protocol for hydrogen therapy applied for over 30 years. Khachatryan is the author of over 60 patents, 10 monographs, and the recipient of numerous international awards and medals.



Biswajit Dash

Government Ayurvedic College, India

Yoga Nidra: A mind–body intervention for stress reduction and holistic health

Introduction: Yoga Nidra is a guided meditative relaxation technique derived from ancient yogic traditions that promotes deep physical, mental, and emotional relaxation while maintaining conscious awareness. Growing scientific evidence supports its role as a complementary therapy in preventive and therapeutic healthcare.

Methods: A narrative review of classical yogic literature and published scientific studies was conducted to evaluate the physiological and psychological effects of Yoga Nidra. Relevant evidence on its mechanisms of action and clinical applications was synthesized.

Results: The reviewed literature indicates that regular Yoga Nidra practice reduces stress, anxiety, depression, insomnia, and fatigue by modulating autonomic nervous system activity, reducing sympathetic overactivity, and enhancing parasympathetic dominance. It has also been associated with improved cognitive function, emotional regulation, sleep quality, and quality of life. Furthermore, Yoga Nidra demonstrates beneficial effects in managing chronic pain, hypertension, diabetes, and psychosomatic disorders by promoting neuroendocrine balance and deep relaxation.

Conclusion: Yoga Nidra is a safe, cost-effective, and non-pharmacological mind–body intervention with significant potential in health promotion and disease management. Its integration into routine healthcare and wellness programs may enhance preventive care, improve psychological resilience, and support holistic well-being. Further high-quality randomized controlled trials are warranted to strengthen the existing evidence.

Keywords: Yoga Nidra, Mind–Body Medicine, Stress Management, Holistic Health.

Biography

Dr. Biswajit Dash, currently serves as Reader and Head of the department of Panchakarma at Government Ayurvedic College and Hospital, Balangir, Odisha, India. Dash has completed the Bachelor of Ayurvedic Medicine and Surgery from Sambalpur University, Odisha in March 2008 and Masters degree - Doctor of Medicine in Panchakarma in May 2011 from Rajiv Gandhi University of Health Sciences, Karnataka. In April 2022, Dash was awarded with Ph.D degree from Sambalpur University. Dash's areas of interest include Preventive, Curative and Promotive Panchakarma Therapy with Community Awareness. Ayurvedic Psychotherapy, Counselling, Geriatric Care, Sports Medicine, Yoga and Leech Therapy.



Jasmine Motawakel, Shantanu N. Sheth, Djenabou Diallo, Diego J. Fu, Dana R. Crawford*

Department of Immunology and Microbial Disease, Albany Medical College, Albany, NY, USA

Inhibition of mitochondrial RNA-driven inflammation by healthy plant-based bioactive compounds as a potential treatment approach

A wide range of medical conditions is associated with inflammation including autoimmune disease, cardiovascular disease, numerous cancers, diabetes, Alzheimer's and many others. Consequently, inflammation contributes to high mortality rates and healthcare costs. We have studied inflammation in the context of oxidized mitochondrial RNA- and DNA-Damage Associated Molecular Patterns (DAMPs). These macromolecules trigger excessive immunostimulation through the induction of proinflammatory and type 1 interferon cytokines when released from the mitochondria to the cytoplasm. Given the highly detrimental effects of DAMPs and overall inflammation, we investigated the use of healthy plant-based phytochemicals including green tea EGCG, resveratrol, sulforaphane, quercetin, curcumin and olive oleuropein as potential treatments. Using an Oxidized Mitochondrial RNA (mitoxRNA) model with transfection into an interferon reporter THP-1 cell line, we observed a potent type I interferon induction following mitoxRNA transfection. This induction was strongly inhibited by pretreatment with the botanicals EGCG, resveratrol, sulforaphane and curcumin at low μM concentrations, with EGCG demonstrating especially potent inhibition. Subsequent RNAseq analyses revealed that EGCG pretreatment significantly inhibited the induction of many mitoxRNA-induced genes, especially immune-associated genes such as Interferon Stimulated Genes (ISG). This suppression of immune genes was not a global EGCG effect. These studies identify potential healthy dietary options for minimizing mitochondrial RNA-mediated inflammation and associated disorders; provide insight to the mechanism of inflammation; and reveal a novel benefit of green tea EGCG for improving human health.

Biography

Dr. Crawford is an Associate Professor at Albany Medical College. Crawford's lab focuses on diet and nutrition, redox, immunology and cancer research. Crawford also teaches at the college and chairs the Capital Region Cancer Research group. Dr. Crawford holds a PhD from Dartmouth in Biochemistry and Molecular Biology and is a long-time faculty member of the Immunology and Microbial Disease Department at Albany Medical College.



Deby Atterby

Aromatherapy Today International Journal, Australia
Alliance of International Therapists (AIA), International Clinical
Aromatherapy Network (ICAN- fellow), Aromatherapy Today
Collective, Australian Traditional Medicine Society
(ATMS- fellow), Aromatica Australia Founder, Australia

Tissue repair using Australian native essential oils and extracts

Australian native essential oils and extracts for skin tissue repair

This presentation explores Australian native essential oils and extracts that may support skin tissue repair, with a focus on clinical and therapeutic outcomes in the healing of damaged tissue.

Eucalyptus oil: Background and significance

The discussion begins with an overview of eucalyptus oil, one of the world's best-known essential oils. Used in Australia for generations, eucalyptus has a long history of traditional use, including by First Nations peoples in everyday health practices. This historical context helps explain how eucalyptus oil became an important part of the modern essential oil market.

Burn depths and tissue damage

The presentation then examines the ways burns affect the skin, including the different depths of injury and the extent of tissue damage they may cause. This provides an essential foundation for understanding why treatment approaches must be tailored to the severity and depth of each burn.

Formulation and clinical considerations

Attendees will gain a clearer understanding of treatment approaches for different burn depths, how burns affect the layers of the integumentary system, and the clinical impact of tissue damage. The presentation also explains how selected essential oils and extracts can be developed into prescriptive formulations to help reduce infection risk and support tissue repair. Key considerations such as chemotype and essential oil chemistry are included to

show how specific compounds may influence healing outcomes and help reduce microbial invasion in burn wounds. To bring these concepts into practice, the presentation concludes with a real case study from clinical practice, shared with client consent, outlining the treatment protocol, formulations used, and the client's progress over time.

Biography

In 2008, Atterby undertook the task of editor and publisher of the industry magazine, Aromatherapy Today International Journal, which assists Aromatherapists with their continuing education in the aromatherapy realm, and Deby provides an in-depth profile of an Essential Oil in each volume. Atterby instigated the first Aromatica Australia conference in 2015, well attended by therapists from Australia, New Zealand, Taiwan and Japan. As a result Atterby continued running the conferences in 2017, 2019, 2021, 2023 and plans are already underway for 2027, which will be face to face conference. Deby is at present recognised as an expert in Australian native essential oils and has many case studies demonstrating their efficacy and benefits in a clinical environment, Atterby educates predominantly in the use of Australian Essential oils. In 2019, Deby commenced to write a book on Australian Essential Oils, which was launched at Aromatica 2021 and is being sold worldwide. Deby's passion is Australian Clinical Aromatherapy, utilising Australian products where available and promoting small providers with quality products for the industry as well as teaching at colleges both locally and globally. One of Atterby's specialties is to teach others how to utilise Australian Native essential oils and integrate them into their clinical practice... even if they haven't formally studied aromatherapy! Atterby is an Editor/Publisher/Author/Educator and holds qualifications in:- Adv Dip Aromatic Medicine, DIST Herbal Medicine, Dip Clinical Aromatherapist, Dip Remedial Massage, Adv Dip Aestheticians.



Farah Ganjei Gron

Certified Classical Homeopath, Registered with the North American Society of Homeopaths President and Homeopath at New Life Homeopathy, Inc., United States

The misunderstood individuals on the autism spectrum and how to help them with a multi-modality holistic process

Most children and adults with ASD diagnosis have a unique intelligence that we cannot yet quantify. They are different in the sense that they are right-brain dominant and are heart-centered. How can we help them live a fulfilling and meaningful life and enable them to share their gifts with humanity?

A body of research on methods of healing for the children and adults with the autism spectrum diagnosis will be presented. These special people, need a multi-modality approach. Their healing will be achieved through a process of self-care and inner development which will allow them to heal and creatively express themselves. When we target the different sensory, auditory, and tactile connections within the person, we are able to really see results. The process entails homeopathy, color, sound, vibrational therapy, anything sonic, anything that is kinesthetic and somatic, and creative space alignment. Classical Homeopathy is a holistic method that works on the many and varied root causes of autism and goes far beyond attempts to detox or eliminate particular symptoms. All these modalities have to be integrated - not experienced separately.

Their healing will need the involvement of their entire community: parents, researchers, teachers, schools and families where a support system for these children can be created. This kind of network can produce a coherent and supportive eco-system.

Biography

Farah Ganjei Gron received a BA from Brandeis University in Computer Science. The calling came in 1996 when Ganjei Gron went to an introductory talk on homeopathy presented by

Luc De Schepper, M.D., Licensed Acupuncture Practitioner. Ganjei Gron continued studying with him through the fellowship and wrote a post-fellowship thesis in 2011 on a particular method of applying homeopathic remedies to the children in the practice that had a diagnosis of autism. In 2009, Dr. De Schepper asked Ganjei Gron to become his successor when he retired from his practice.



Hüseyin Nazlikul

Department of Medical Biophysics, Istanbul Health and Technology University, Istanbul, Turkey

President of IFMANT (International Federation of Medical Associations of Neural Therapy), Schattenhalb, Switzerland
President of the Turkish Neural Therapy Society (BNR), Istanbul, Turkey

Specialist in General Medicine, Pain Medicine, and Medical Biophysics. Private practice at the Natural Health Clinic, Istanbul, Turkey

The role of the diaphragm: Understanding dysfunctions and effective treatment with manual medicine and neural therapy

The diaphragm is the principal muscle of respiration and a key regulator of ventilation, trunk stability, intra-abdominal pressure, lymphatic circulation, and autonomic nervous system balance. Beyond its respiratory function, diaphragmatic integrity is essential for maintaining biomechanical, neurological, and visceral homeostasis. Despite its clinical importance, diaphragmatic dysfunction is frequently underdiagnosed and may contribute to a wide spectrum of chronic disorders.

Diaphragmatic dysfunction may result from neurological impairment, phrenic nerve irritation, mechanical restrictions, myofascial trigger points, fascial adhesions, postoperative scars, trauma, poor posture, or chronic emotional stress. These factors can reduce diaphragmatic mobility and alter autonomic regulation, leading to symptoms such as dyspnea, chronic fatigue, sleep disturbances, gastroesophageal reflux, thoracic and cervical pain syndromes, impaired lymphatic drainage, and reduced exercise tolerance. Persistent dysfunction may also influence cardiovascular performance and contribute to chronic pain syndromes.

Manual medicine and neural therapy offer complementary diagnostic and therapeutic strategies for restoring diaphragmatic function. Manual examination enables the identification of segmental dysfunctions, fascial restrictions, and impaired thoracoabdominal mobility. Neural therapy, through targeted injections into segmental structures, trigger points, scars, and

autonomic ganglia, aims to normalize autonomic regulation, reduce neurogenic inflammation, and improve tissue perfusion. Combined with manual mobilization techniques, these interventions facilitate the restoration of diaphragmatic excursion and functional respiratory mechanics.

From the perspective of regulation medicine, the diaphragm represents an important interface between the musculoskeletal, visceral, fascial, lymphatic, and autonomic nervous systems. Therefore, treatment should not focus solely on local mechanical impairment but also address systemic regulatory disturbances. Integrating manual medicine with neural therapy provides a comprehensive therapeutic model capable of improving respiratory mechanics, autonomic balance, pain control, and overall functional recovery. This integrative approach represents a valuable option for patients with chronic diaphragmatic dysfunction and associated multisystem disorders.

Keywords: Diaphragm, Diaphragmatic Dysfunction, Neural Therapy, Manual Medicine, Phrenic Nerve, Regulation Medicine, Myofascial Therapy.

Biography

Prof. Dr. Dr. med. Hüseyin Nazlikul is a specialist in Physical and Rehabilitation Medicine, General Medicine, Pain Medicine, Medical Biophysics, Neural Therapy, Regulatory Medicine, and Manual Medicine. Nazlikul is affiliated with the Department of Medical Biophysics, Istanbul Health and Technology University, Istanbul, Turkey, and maintains a private practice at the Naturel Health Center in Istanbul. Nazlikul received the medical doctorate from Charité – Universitätsmedizin Berlin and completed a Ph.D. in Biophysics at Aydın Adnan Menderes University. Since 2019, Nazlikul has served as President of the International Federation for Neural Therapy (IFMANT) and is also President of the Turkish Neural Therapy Society. Nazlikul has authored more than 70 peer-reviewed scientific publications and several textbooks. Research focuses on neural therapy, autonomic regulation, chronic pain, mitochondrial medicine, and integrative treatment of functional disorders.



Isabel Wendt-Christodoulou

Medosophos Institut, Germany

Trauma resolution from the perspective of Chinese medicine: The eight extraordinary vessels in the context of polyvagal theory

In Western psychotherapy, traumatic experiences are primarily described as persistent dysregulation of affective, cognitive, and vegetative processes, leading to chronic overload of the autonomic nervous system. Polyvagal theory differentiates these processes into a hierarchically organized sequence of autonomic states: ventral vagal regulation (social connectedness), sympathetic activation (fight/flight), and dorsal vagotonia (immobilization/dissociation). The model provides a neurophysiological framework for the analysis of trauma-related functional disorders and is increasingly being adopted in psychotherapy, education, and psychosomatic medicine.

Chinese medicine (CM) provides a complementary paradigm. It conceptualizes trauma not primarily as a singular event, but as a disturbance in the dynamic integration of qi, shen, and jing. Therapeutic interventions aim to restore cyclical movements and reintegrate fragmented somato-psychic structures. Methods such as acupuncture, herbal medicine, qigong, and meditation do not have an exclusively symptomatic effect, but primarily a regulative and structure-stabilizing effect.

The eight extraordinary vessels (奇經八脈, qi jing ba mai) play a special role as higher-level regulatory systems that ensure the storage, distribution, and integration of qi and blood. Their activation is particularly relevant in transitional and crisis situations. Comparative analysis shows functional parallels to polyvagal states:

The comparison illustrates that CM and polyvagal theory provide different but complementary models for explaining and treating trauma-related dysregulation. Medosophos trauma therapy was developed on this basis. It is an integrative approach that combines neuroscientific concepts with energetic and process-oriented principles of Chinese medicine, thus opening up an expanded methodological spectrum for restoring regulation and coherence in the organism.

Biography

Isabel Wendt-Christodoulou is naturopath and sinologist who studied Chinese Medicine at the Universities of Nanjing and Beijing with a DAAD scholarship and completed postgraduate studies in Traditional Chinese Medicine. Wendt-Christodoulou has more than twenty years of experience teaching Chinese Medicine, psychosomatics, and integrative health approaches at national and international levels. As the founder of the Medosophos concept, Wendt-Christodoulou combines medical expertise with philosophical reflection, with a focus on trauma, regulation, and transformation processes. Wendt-Christodoulou's clinical and academic work bridges Eastern and Western paradigms, emphasizing the integration of neuroscientific findings into therapeutic practice.



Julieta Andico Songco

JAS Consulting Services, United States

The future of medicine: Embracing traditional and natural approaches through the eyes of a Registered Dietitian Nutritionist (RDN)

Through the perspective of a Registered Dietitian Nutritionist and other health professionals, we can reimagine the future of medicine by embracing both traditional and natural approaches. While Western medicine remains central to healthcare, thoughtful integration with practices such as Traditional Chinese Medicine, complementary therapies, and nutritional interventions can create a more inclusive, compassionate, and effective model of care.

Healthcare must be accessible to all — regardless of age, income, gender, race, education, religion, or political affiliation. These social determinants of health directly shape how care is delivered and experienced. Our challenge is to create systems that are affordable, culturally respectful, and adaptable to individual needs.

The future of medicine is now and it requires collaboration and compassion. While more research is needed to evaluate the safety and efficacy of many traditional approaches, patients are already turning to practices such as yoga, music therapy, ethnomedicine, and nutritional therapies. Personally, I believe in the principle of food as medicine, while also emphasizing the importance of movement in its mental, physical, and spiritual forms.

The goal of this presentation is to encourage open-mindedness toward diverse beliefs, values, and traditions in healthcare.

Choice is both a right and a privilege, and when people are given fair, clear, and reasonable options, they are empowered to design their own health plan.

Using lecture, metaphor, storytelling, real-life experiences, and role play, this session will invite participants to reflect on how traditional and natural approaches can inform the future of medicine. As dietitians, our heritage emphasizes quality and standards — values that uniquely position us to bridge science and tradition in ways that truly support health and well-being.

Biography

Julieta Andico Songco has a Master of Science in Nutrition and a Master of Education (major in Community Nutrition), both from Teachers College, Columbia University, New York, USA. Songco is a Fellow of the Academy of Nutrition and Dietetics (AND), and a Cum Laude Consultant Dietitian and a Distinguished Member Awardee of AND Dietetics in Health Care Communities Dietetic Practice Group (DHCC-DPG). Songco has presented three papers at the International Congress of Dietetics (ICD) with one as both paper and poster presentations at the 17th International Congress of Dietetics at CapeTown, South Africa. Songco has also been an ICD attendee in Sydney, Australia and Montreal, Canada. Songco was the first Philippines Medical Mission RDN.



Karol Chandler-Ezell

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Where traditional and integrative medicines and therapies find acceptance and challenges among US physicians and consumers

Physician and patient opinions and embrace of traditional, complementary, and alternative medicines are slowly changing in the U.S. The core reasons for choosing these alternatives to the U.S. medical establishment remain the same. The original study's purpose was to understand the current knowledge, beliefs, and use of herbal medicine in the central United States in the late 1990s and early 2000s. The data showed that Western herbal medicine was a modern herbal synthesis shaped from three source traditions-- classic Western herbalism, Traditional Chinese Medicine, and Native American herbal medicine, and that it was best understood as a part of cultural evolution known as a revitalization movement. In short--when a society's cultural systems (such as medical care) do not meet the needs of a significant portion of people, they seek alternative paradigms that do offer them what they need. Two decades later, the culture of medicine shows changes and more incorporation of Traditional Medicine, or CAM, though skepticism remains. One of the most important changes is the increase in interest in other forms of Traditional Medicine and ethnomedicine from a wider range of global cultures. With these new social influences, the types of remedies and the ways they are consumed and purchased have changed as Americans adopt not just remedies but the philosophies and methodologies of other ethnomedicines, and they are more likely to be integrated with acknowledgement of their cultural origins. Theme and qualitative analysis of modern information sources and popular ethnomedical therapies show that the same core reasons people choose these therapies remains the same. People are more likely to use herbal remedies for illnesses not satisfactorily treated by Western allopathic medicine. These failings could be comfort during treatment, balancing spiritual, cultural, or ethical beliefs during therapy, ideas of acceptable side effects, personal control, or a desire for sustainable solutions.

While much of this increases positive use of traditional medicines, we have also seen a rise of dangerous or poorly researched remedies falsely claiming to be associated with reputable established traditional medicines to borrow their legitimacy. Unfortunately, these dangerous practices tarnish the reputation of legitimate traditional and ethno-medicine and make their acceptance by physicians more difficult, even though they are growing more accepting of TM and CAM overall.

Biography

Dr. Chandler-Ezell studied Biology and Physical Science at University of Central Arkansas, then earned an M.S. in Botany from Oklahoma State University and a Ph.D. in anthropology from the University of Missouri. The dissertation studied why and how Americans use herbal remedies. After an NIMH post-doctoral fellowship at Washington University School of Medicine, Chandler-Ezell earned a Masters of Psychiatric Epidemiology. Since 2005, Chandler-Ezell has been an anthropology professor at Stephen F. Austin State University with a special interest in ritual behavior, adaptive culture, ethnomedicine, alternative culture, and fandoms, especially the rising popularity of the Korean hallyu.



Kavita Chandak

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The maternal reflection in autism: A homeopathic journey with a bird remedy

Autism Spectrum Disorder (ASD) is a complex neurodevelopmental condition characterized by persistent deficits in social communication together with restricted, repetitive patterns of behaviour and sensory processing abnormalities. Despite advances in behavioural therapies and educational interventions, many children continue to experience significant functional limitations, prompting families to seek complementary therapeutic approaches.

This chapter presents the homeopathic management of a two-and-a-half-year-old boy diagnosed with Autism Spectrum Disorder associated with Attention Deficit Hyperactivity Disorder (ADHD). The child exhibited delayed speech, impaired social interaction, absent response to his name, repetitive jumping, hyperactivity, possessiveness, violent outbursts, disturbed sleep, sensory peculiarities, and marked attraction to water. During case analysis, particular attention was paid not only to the child's individual symptoms but also to the emotional and psychological state of the mother before and throughout pregnancy. The maternal history revealed emotional rejection of the pregnancy, disappointment regarding the gender of the child, feelings of betrayal, and profound internal conflict.

Although *Falcon peregrinus* ranked low in the repertorization, it emerged as the most individualizing remedy when the child's symptomatology was interpreted alongside the maternal emotional narrative. Progressive improvement was observed over successive follow-ups, including remarkable gains in speech, language comprehension, social interaction, behavioural regulation, and adaptive functioning. Serial developmental assessments demonstrated substantial clinical improvement, with the Childhood Autism Rating Scale (CARS) score improving from the autistic range to the No to Minimal Symptoms category.

This case illustrates the importance of individualized prescribing beyond numerical repertory ranking and highlights the potential value of understanding the mother–child dyad during homeopathic case analysis. While a single case cannot establish efficacy, it demonstrates how careful individualization may contribute to meaningful clinical improvement in selected patients with Autism Spectrum Disorder.

Keywords: Autism Spectrum Disorder, ADHD, Falcon peregrinus, Bird Remedies, Individualized Homeopathy, Maternal Influences, CARS, Developmental Disorders.

Biography

Dr. Kavita Chandak is an internationally recognized Homoeopathic Physician with 25+ years of clinical experience treating patients worldwide. Chandak has special expertise in Autism Spectrum Disorders (ASD), Infertility & Fertility Care, Cancer Supportive Care, Autoimmune Diseases including SLE/Lupus and related conditions, Women's Health including PCOS, hormonal imbalances, pregnancy care, and menopause, Kidney Disorders, Orthopedic & Chronic Health Conditions, and Comprehensive Family Healthcare. Chandak has been awarded Five Golden Book of World Records for exceptional contributions in the treatment of kidney disorders, mucormycosis, SLE (Lupus), and extensive work in Autism. Dr. Kavita Chandak holds qualifications including BHMS, PG Homeopathy (London), MD (Homeopathy), and PhD. Chandak has been an international keynote speaker at major homoeopathic conferences across New Zealand, Russia, Romania, Greece, Spain, Turkey, UAE, Germany, South Africa, Colombia, Mexico, and the USA. Chandak was also invited as a keynote speaker at JAHC 2023, 2024 & 2026 and LMHI Congresses 2023, 2024 & 2026. Dr. Kavita Chandak is the author of 13 books and has published 110+ research publications in national and international journals. Chandak has also published 340+ articles in Marathi, Hindi, and English newspapers and magazines. As an international trainer, educator, and mentor, Chandak has delivered thousands of lectures, seminars, and workshops globally. Chandak regularly conducts health awareness programs, community outreach initiatives, school health camps, and corporate wellness sessions. Chandak is dedicated to providing personalized, root-cause-focused, holistic healthcare solutions for patients of all ages.



Ntombifuthi Princess Ngubane^{1*}, Musa Mabandla², Brenda Zola De Gama¹

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A review of the global perspectives on traditional approaches used in the treatment of schizophrenia

Background: Schizophrenia remains one of the leading causes of disability worldwide, yet access to formal psychiatric care is limited in many low- and middle-income countries. Consequently, traditional healing practices continue to play an important role in the management of mental illness. While traditional medicine is widely utilized across cultures, a comprehensive understanding of the approaches used globally for schizophrenia treatment remains limited.

Objectives: This systematic review examined traditional healing approaches employed in the treatment and management of schizophrenia across different world regions and explored the evidence supporting their use.

Methods: A systematic literature search was conducted using Google Scholar, PubMed, Medline, Cochrane Library, Scopus, APA PsycINFO, and web-based sources. The Population, Intervention, Comparison, Outcomes (PICO) framework guided study selection. Studies describing traditional treatment practices from the perspectives of traditional healers, patients, or caregivers, as well as investigations of medicinal plants in animal and laboratory models, were included. Study quality and risk of bias were assessed using the Mixed Methods Appraisal Tool (MMAT) and the SYRCLE risk-of-bias tool. A total of 74 studies met the inclusion criteria.

Results: Traditional healing practices for schizophrenia were identified across Africa, Asia, Europe, the Americas, and Oceania. Herbal medicine emerged as the most commonly reported intervention worldwide. Additional approaches included faith-based healing, ancestor consultation, rituals, spiritual cleansing, acupuncture, music therapy, yoga, and

psychosocial counselling. Several medicinal plants demonstrated antipsychotic, antioxidant, anti-inflammatory, and neuroprotective properties in experimental studies. Some traditional interventions were used alongside biomedical treatment and showed potential benefits, including improved symptom management and treatment adherence. However, concerning practices such as starvation, physical punishment, confinement, and other forms of coercion were also reported in certain settings. Considerable variability existed in treatment methods, preparation of remedies, dosage, treatment duration, and reported outcomes.

Conclusions: Traditional healing remains a significant component of mental healthcare globally and contributes to bridging the treatment gap for schizophrenia, particularly in resource-constrained settings. Despite its widespread use, substantial gaps remain regarding the standardization, efficacy, safety, and ethical application of traditional interventions. Future research should prioritize rigorous clinical evaluation of traditional therapies, particularly medicinal plants with demonstrated neuroprotective and antipsychotic potential, while addressing concerns related to harmful practices and patient rights.

Biography

Dr Ntombifuthi Princess Ngubane is a South African researcher and academic in the School of Medicine, College of Health Sciences, at the University of KwaZulu-Natal. Her research focuses on mental health, neuroscience, neurodegenerative disorders, traditional medicine, and indigenous healthcare practices. Dr Ngubane is passionate about bridging indigenous knowledge systems and biomedical science to improve healthcare outcomes, particularly in underserved communities. Her work emphasizes evidence-based evaluation of traditional therapies and their potential role in addressing mental health treatment gaps globally.



Prashant Sakharam Bhokardankar

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Insight of Ayurveda in arthritis – Great hope for modern era

Since ancient times Ayurveda has offered solutions for the various health issues.

A condition that affects both articular and extra articular organ systems, rheumatoid arthritis and conditions similar presents with a wide range of clinical signs and symptoms.

Clinically it resembles Amavata, a condition mentioned in more resembled Ayurvedic scriptures. The cornerstone of treatment for this illness is Nonsteroidal Anti-Inflammatory Medications(NSAIDs);nevertheless,theirlong-term efficacy is limited. Therefore, medications with a low safety profile and good efficacy are needed in this worst health condition. Ayurveda offer the entire treatment of rheumatoid arthritis in a greater way. Ayurvedic treatment, medications and combinations gives good relief in the same condition. Modern system of medicine uses anti-inflammatories, DMARDs, immuno-suppressive agents. But these drugs have bad impact on the quality of life & have so many side effects.

In Ayurveda, there are pharmacological drugs which can settle the condition with safe and effective way. Upper hand of Ayurveda offers the greatest solutions for many illnesses where contemporary medical research is unable to provide results since its treatment aims to completely cure the patient and return them to a healthy condition rather than just symptom-free. Time has come to offer safer and effective medications in conditions like arthritis and ray of hope is none other than Ayurveda.

Keywords: Arthritis, CAM, Ayurveda, Herbal.

Biography

Dr Prashant Bhokardankar is not just a leading figure in the field of Ayurveda; Bhokardankar is a trailblazer redefining the realms of traditional medicine. With a BAMS degree and an MD in Ayurveda specializing in Rasshastra from the prestigious Govt. Ayurveda College Nanded INDIA, Bhokardankar has dedicated a career to advancing the pharmaceutical aspects of Ayurveda since 2005. As a dynamic Professor and Head of the Department at DMAMCHRC Nagpur, Bhokardankar inspires the next generation of Ayurvedic practitioners while simultaneously contributing to the global discourse on traditional medicine. Bhokardankar's impressive tenure includes impactful roles at renowned pharmaceutical companies such as Dabur and Arya Vaidya Pharmacy, where Bhokardankar honed expertise in the Ayurveda pharma sector. Dr. Bhokardankar is a prolific researcher, with numerous national and international publications in indexed journals to Bhokardankar's name. Bhokardankar's commitment to the field extends beyond academia, as Bhokardankar has organized various seminars and workshops, passionately sharing the wisdom of Ayurvedic medicine. As a sought-after speaker at international conferences across Spain, France, Italy, and Dubai, Dr. Bhokardankar continues to bridge the gap between ancient wisdom and modern science, showcasing the relevance of Ayurveda on a global platform. Bhokardankar's work as a principal investigator on multiple funded research projects further underscores the dedication to advancing Ayurvedic pharmaceutical knowledge. With extensive experience and a visionary outlook, Dr. Bhokardankar truly embodies the spirit of innovation within the world of Ayurveda.



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Woody medicinal plants as sources of polyphenolic structural prototypes: Bridging ethnomedicine, drug discovery, and evidence-based phytopharmaceutical development

Traditional medicine has long relied on woody medicinal plants as valuable sources of bioactive constituents with broad therapeutic potential. Among these, polyphenolic compounds represent one of the most important classes of specialized metabolites owing to their remarkable structural diversity and pleiotropic biological activities, including antioxidant, anti-inflammatory, cardioprotective, neuroprotective, antimicrobial, and chemopreventive effects.

Plant polyphenols, beyond their direct pharmacological properties, serve as structural prototypes for the discovery and rational development of novel therapeutic agents and evidence-based phytopharmaceuticals.

Woody medicinal plants, containing of polyphenolic compounds, are recognized in traditional medicine and considered from the perspective of modern drug discovery and phytopharmaceutical development. Particular attention is paid to species already accepted in the European Pharmacopoeia, including *Ginkgo biloba*, *Crataegus* spp., *Betula* spp., *Sambucus nigra*, *Vitis vinifera*, *Ribes nigrum*, *Juglans regia*, and *Sophora japonica*. These medicinal plant materials are standardized by their polyphenol content or contain polyphenolic constituents that make a substantial contribution to their established pharmacological activity. Their inclusion in official pharmacopoeial monographs illustrates the successful transition of traditional herbal remedies into scientifically validated medicines through quality standardization, phytochemical characterization, and evidence-based assessment of efficacy and safety.

Special emphasis is also placed on promising woody medicinal plants distributed in Ukraine that represent valuable yet comparatively underexplored sources of polyphenolic metabolites. Many of these species have a long history of application in local ethnomedicine and are included in national pharmacopoeias, including the State Pharmacopoeia of Ukraine. Among the most notable are *Aronia melanocarpa*, characterized by exceptionally high concentrations of anthocyanins and proanthocyanidins; *Morus alba*, rich in flavonoids and phenolic acids; *Rosa* spp., containing abundant flavonoids, phenolic acids, and tannins in addition to vitamin C; *Prunus spinosa*, valued for its phenolic-rich flowers; *Amorpha fruticosa*, a source of rotenoids and flavonoids with emerging pharmacological interest; *Corylus avellana*, whose leaves contain diverse flavonoids and hydroxycinnamic acids; and *Viburnum opulus*, traditionally employed for inflammatory and gynecological disorders and recognized for its complex phenolic profile. These species constitute a promising reservoir of structurally diverse polyphenols with considerable potential for further phytochemical investigation, biological evaluation, and pharmaceutical development.

Combined with ethnopharmacological evidence, current analytical techniques and molecular pharmacology facilitate the identification of bioactive structural prototypes, the establishment of robust quality markers, and the development of standardized botanical preparations with reproducible therapeutic efficacy.

Future research should focus on comparative phytochemical profiling, sustainable utilization of native plant resources, validation of traditional therapeutic claims through preclinical and clinical studies, and harmonization of quality standards across pharmacopoeias. Strengthening the bridge between traditional knowledge and modern pharmaceutical science will accelerate the discovery of innovative polyphenol-based phytomedicines while supporting biodiversity conservation and the preservation of ethnomedical heritage.

Acknowledgements. This publication was prepared as a result of the project No. 2025.07/0381 Integrative design strategies for multifunctional bioactive substances based on uncondensed and condensed azoles and natural polyphenolic compounds, funded by the National Research Foundation of Ukraine (NRFU) from the state budget. The authors gratefully acknowledge the NRFU for supporting this research.

Biography

Dr. Roman Lysiuk studied Pharmacy at Danylo Halytsky Lviv National Medical University, Lviv, Ukraine, where Lysiuk received the MS degree in 2000. Lysiuk then joined the Department of Pharmacognosy and Botany at the same institution and obtained a PhD in 2021. In 2025 Lysiuk became an Associate Professor. Roman Lysiuk is also a Director of the Council for Nutritional and Environmental Medicine (CONEM), Norway. Research focuses on pharmacognosy, phytochemistry, and medicinal plants, particularly those for the treatment of wounds and civilization diseases. Dr. Lysiuk has authored over 200 publications on natural products, phytotherapy, and pharmacology of herbal substances.



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Codification of African Traditional Medicine

African Traditional Medicine (ATM) embodies centuries of therapeutic knowledge rooted in cultural identity and community health. This paper examines the codification of ATM as a pathway to integrate ancestral practices into modern healthcare systems. National regulations, such as Cameroon's Loi n° 2024/018 du 23 décembre 2024, together with international frameworks from the World Health Organization, establish the legal and institutional basis for its recognition, safety, and intellectual property protection. Codification of ethnotherapeutic strategies is explored through the lens of healthcare ethics, emphasizing respect for cultural diversity, patient autonomy, and professional accountability. The transformation of indigenous recipes into ameliorated products is discussed in relation to quality assurance standards, ensuring efficacy and safety. Furthermore, practices such as divination, spiritualism, and herbalism are analyzed according to their principles, methods, and areas of application, with ethical codes guiding their integration into healthcare. By systematizing African Traditional Medicine, this study highlights its potential to complement biomedical approaches, foster innovation in therapeutic strategies, and preserve cultural heritage while adhering to global standards of quality and ethics.

Keywords: Codification, Therapeutic Knowledge, Healthcare Systems, Ethno Therapeutic Strategies, Quality Assurance, Divination, Spiritualism, Herbalism.

Biography

Pr Ngono Mballa Rose Abondo Industrial PharmDr (Marseille France, 1988); studied at Yaoundé I University, graduated as 3rd Cycle Doctor in Biochemistry (1993); Chair Department of Pharmacology and Traditional Medicine Faculty of Medicine and Biomedical Sciences since 2017, research on Ethnomedicine, standardization and codification of African Traditional Medicine. Since 2015, Ngono Mballa Abondo is Director General of National Quality Control and Valuation Laboratory LANACOME, Yaoundé Cameroon.



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Formulation, characterization and evaluation of phytosome of lawsone for skin application and its future prospects

Background: *Lawsonia inermis* L. (Lawsone) was reported to contain carbohydrates, proteins, flavonoids and phenolic compounds, alkaloids, terpenoids. The plant has also been reported to have hepatoprotective, anti-inflammatory, antiviral, antifungal and anticancer properties.

Objective: Lawsone has low bioavailability because it is less soluble in water and it is rapidly eliminated from body. The aim of this study was to prepare and evaluate the phytosome containing lawsone.

Methods: The phytosome (P1–P4) containing different molar ratios (1:1, 1:2, 2:1 and 2:2) of lawsone and soya lecithin were prepared by the anti-solvent precipitation technique. The phytosomes were evaluated for % yield, particle size analysis, % EE and characterized by FTIR, DSC and SEM. Antifungal activity of phytosome of lawsone was evaluated on *Candida albicans* (NCIM 3471) fungi by using ketoconazole as standard drug. The in-vitro permeation study was carried out on rat skin. The anti-inflammatory activity was evaluated in male Wistar rats.

Results and Discussion: The phytosome of lawsone P1 and P2 showed better % yield, drug content, particle size and entrapment efficiency as compared to other phytosome P3 and P4. The infra-red (FT-IR) and Differential Scanning Calorimetry (DSC) studies of phytosome of lawsone revealed that there was no interaction between the plant drug and phospholipids. SEM data showed that phytosome of lawsone P1 has irregular size vesicles consisting of soya lecithin and it was found to be intercalated in the lipid layer.

Antifungal activity of phytosome P1 (1:1) showed the better zone of inhibition as compared to phytosome P2 (1:2), drug lawsone and standard drug ketoconazole after 3 days. In-vitro permeation study of phytosome gel of lawsone (PG) through excised rat skin showed 92.91% of drug permeation up to 6 h.

Conclusion: The anti-inflammatory activity of gel of phytosome of lawsone showed significant anti-inflammatory activity as compared to gel of drug lawsone at 4 h ($P < 0.001$). Further, the work is extended towards the immunity booster gel against microbial infections in the form of micellar using chitosan as a coating polymer.

Keywords: Phytosome, Lawsone, Soya Lecithin, Anti-Solvent Precipitation Technique, In Vitro Study, Ex Vivo Study, Micellar.

Biography

Dr. Rudra Pratap Singh Rajput completed Ph.D at JSSAHER, Mysuru (Karnataka) in 2018. Further, Rajput joined as Assistant Professor in Jeypore College of Pharmacy, Odisha in Aug, 2018 and continued the academic profession in Royal College of Pharmacy, Raipur (Chhattisgarh). Rajput has supervised 10 post graduation students to accomplish project dissertation work and is supervising 3 PhD Scholars. Rajput has more than 33 publication in SCI(E) indexed reputed journals. Rajput also received an International Travel grant from ICMR, New Delhi to present the work on international platform. Rajput actively participated in various national and international conferences. At latest, Rajput has organized successfully four different National conferences sponsored by Department of Biotechnology, New Delhi and AERB, Mumbai and BRNS Mumbai.



**Sandra Venables^{1,2*},
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Homeopathy workforce survey in Australia – A 5 year exploration

The Homeopathy Workforce Survey (HWFS) based in Australia has been undertaken for two consecutive years as part of a five year project. The survey aims to understand the homeopathic workforce, including all practitioners who practice homeopathy as well as those that state they are homeopaths and are studying to be homeopaths. In Australia homeopaths are typically female (88–91% of respondents) and over the age of 50 (68–78% of respondents). The initial survey was undertaken within a known homeopathic population, producing baseline demographics and exploring the practitioners' nature of practice. The particular question What professional title do you call yourself? resulted in a variety of answers from participants. In the first year 61% of respondents called themselves a version of the title 'Homeopath', while this dropped to 42% in the second year. Does this indicate that homeopathy is already considered an integrative medicine in complementary and biomedical models? How does this impact the integration of homeopathy into the public biomedical model in Australia when the title of Homeopath is not defined or legally protected here? This research highlights the need for all complementary and traditional medicines to establish a consistent identity to aid integration into biomedical or complementary models.

Biography

Sandra Venables (MPH, Grad Cert Ed (Higher Ed), BHSc) has been in clinical practice for 20 years, in Australia. Currently the Executive Assistant for the Australian Register of Homoeopaths. An educator, previously homeopathy and critical research skills, currently in the field of aromatherapy (Aromatherapy Today Collective), thoughtfully combining both homeopathy and aromatherapy in practice. Undertaking a Masters in Public Health (Global Nutrition and Active Living), to support both clinical work and the desire to undertake

research while developing knowledge in global health. More recent work has involved participating in a team with The Aurum Project developing and undertaking the research project Homeopathy Workforce Survey (HWFS).



S.V. Shetty

Narié Holistic©, England, United Kingdom

Medical acupuncture and cognitive behavioural therapy in holistic pain management for endometriosis: A narrative review of mechanisms, evidence, and integrated clinical application

Endometriosis is a chronic, oestrogen-dependent neuro-inflammatory condition affecting approximately 10% of reproductive-age women, characterised by debilitating pelvic pain, dysmenorrhoea, dyspareunia, dyschezia, and profound impacts on physical, psychological, and social wellbeing. Conventional management — including hormonal therapies, analgesics, and surgery — provides incomplete symptom relief for many, carries significant side-effect profiles, and does not fully address the central sensitisation, pain catastrophising, anxiety, depression, and functional disability that perpetuate the chronic pain cycle.

There is growing recognition that endometriosis pain is multifactorial, involving peripheral inflammation, neural plasticity, autonomic dysregulation, and psychological distress — creating a compelling rationale for integrated, multimodal care that combines physical and psychological interventions.

This narrative review synthesises the physiological and psychological mechanisms through which medical acupuncture and Cognitive Behavioural Therapy (CBT) act on complementary but non-overlapping pain pathways, evaluates the current clinical evidence base for each approach, and proposes an integrated model of holistic pain management for endometriosis. Acupuncture exerts peripheral and central analgesic effects by stimulating endogenous opioid release, modulating prostaglandin and cytokine production, reducing sympathetic overactivity, and inhibiting central sensitisation — with meta-analyses demonstrating

significant reductions in pain severity (SMD=-1.10, 95% CI -1.45 to -0.75, $p<0.001$) and improved quality of life.

CBT targets the cognitive-affective dimension of pain by reducing pain catastrophising, enhancing pain self-efficacy, modifying maladaptive illness beliefs, and addressing comorbid anxiety and depression — with recent RCTs showing medium-to-large effect sizes for improved pain outcomes and health-related quality of life ($\beta=-0.58$, $p=0.01$).

When combined, acupuncture and CBT address the biological, psychological, and social dimensions of pain in a synergistic manner: acupuncture reduces nociceptive input and physiological hyperarousal, creating an improved neurobiological state in which CBT can more effectively restructure pain-related cognition, emotional response, and behavioural function. Both interventions are safe, well-tolerated, and have no known drug interactions, making them suitable adjuncts alongside conventional pharmacotherapy and surgery. Despite the absence of combined-intervention trials to date, the convergent mechanistic rationale and complementary evidence bases strongly support the integration of acupuncture and CBT within holistic endometriosis care pathways. Further research — including pilot feasibility studies and definitive RCTs evaluating combined versus single-intervention approaches — is warranted to establish optimal sequencing, treatment duration, and cost-effectiveness.

Keywords: Endometriosis, Chronic Pelvic Pain, Medical Acupuncture, Cognitive Behavioural Therapy, Central Sensitisation, Pain Catastrophising, Holistic Care, Integrative Gynaecology, Multimodal Pain Management.

Biography

Santhy Shetty is a UK-based registered pharmacist with over 14 years' experience. Holding an MPharm from Aston University, Shetty is an Independent Prescribing Pharmacist, Royal College of Pharmacy member, and Fellow of the Royal Society of Medicine. Trained at Oxford and Birmingham universities, Shetty has worked with major providers including Boots, Well, Spire Health and Nuffield Health. Currently practising in private hospitals, Shetty specialises in perioperative medicines optimisation across many surgical fields. Also a qualified Specialist holistic medicine consultant and Fellow of The Complementary Medical Association, Shetty integrates conventional care with evidence-informed natural approaches, focusing on preventative health, nutrition and wellbeing.



Selvan Senthil Kumar

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Unexceptional results in homeopathy: An evidence-based case studies

Introduction: Homeopathy, based on the principle of individualized constitutional prescribing, has shown potential in managing chronic, non-healing, and autoimmune conditions, particularly in patients with multiple comorbidities where conventional approaches are limited. Despite skepticism, case-based clinical evidence continues to highlight favorable outcomes that warrant further exploration. This paper presents three clinically significant cases where homeopathy contributed to complete or substantial recovery without surgical or invasive interventions.

Objective: To demonstrate the efficacy of individualized constitutional homeopathic treatment in the management of complex pathological conditions, including non-healing felon, autoimmune disorder with polyarthritis, and diabetic foot ulcer with venous insufficiency.

Case Presentation:

Case 1: A 61-year-old male presented with a non-healing felon of the right thumb characterized by pain, swelling, and ulceration. His medical history included uncontrolled diabetes mellitus (random blood sugar: 438 mg/dl), hypertension (155/95 mmHg), and vertigo. Surgical intervention was advised in conventional medicine, but the patient opted for homeopathic treatment.

Case 2: A 35-year-old female diagnosed with an autoimmune disorder (ANA positive) presented with severe polyarthritis, persistent joint pain, and hypertension. Conventional options offered only symptomatic relief. She was prescribed individualized constitutional remedies considering both mental and physical symptoms.

Case 3: A 58-year-old male with diabetes mellitus presented with pedal edema and a non-healing ulcer on the left foot following a shoe bite. Past medical history included left foot debridement. Clinical findings showed significant pedal edema, incompetent perforator veins above the ankle, possible varicosities, and a Baker's cyst. Inguinal lymphadenopathy was present, while arterial or deep vein thrombosis was excluded. Color Doppler confirmed venous insufficiency. The patient received individualized homeopathic treatment.

Results:

Case 1: Complete resolution of felon was achieved within seven weeks (March 20–May 12, 2025).

Case 2: Full remission of polyarthritis and systemic symptoms was achieved within six months.

Case 3: Significant improvement in pedal edema and ulcer healing was noted on follow-up, with sustained progress under continued homeopathic management.

Additionally, photographic documentation of 3–4 other deep pathological cases supports these findings, showing clear before-and-after evidence of clinical improvement.

Conclusion: The documented cases suggest that individualized constitutional homeopathy can effectively manage complex and otherwise refractory conditions such as non-healing ulcers, autoimmune disorders, and diabetic complications. These outcomes emphasize the potential of classical homeopathy as a safe, holistic, and non-invasive therapeutic modality, even in patients with advanced pathology and comorbid systemic illnesses. While larger-scale clinical studies are warranted, these case reports contribute valuable evidence to the growing body of homeopathic literature.

Keywords: Homeopathy, Felon, Autoimmune Disorder, Constitutional Prescribing, Diabetic Foot, Non-Healing Ulcer.

Biography

Dr. Selvan S. is a young and accomplished practitioner, researcher, Author and International Speaker in the field of Homeopathic medicine. Selvan is based in Dharavi which is Asia's largest slum and holds a BHMS degree also obtained a PG-Hom (London) and certification from the National Examination Board in Occupational Safety and Health (NEBOSH) followed by MD (Paediatrics) in Homeopathy. Currently, Selvan also works as a DG Approved Medical Examiner for Seafarers. Selvan is one of the youngest leading Homeopathic researcher in Mumbai who has undergone many Government projects and private studies in the field of Homeopathy. Selvan is also working as Assistant Professor in Medicine Department at Sharad Chandra Pawar Homeopathic Medical College. Dr. Selvan is actively involved in social initiatives. Selvan's efforts during the COVID-19 pandemic, especially in the initial wave in Dharavi, have been recognized and appreciated by Minister, MPs, MLAs, and residents of Mumbai. Selvan's contribution in this field is widely recognized and highly regarded for

expertise in the Homeopathic sector. Dr. Selvan is the first person in the world to make a Bike Campaign for the awareness of Homeopathy which was appreciated by all the government bodies for this initiative.



Seo-Young Kim

Nubebe Obesity Research Institute, Seoul, Republic of Korea

Efficacy and safety of Gamitaeumjowee-tang (Nubebe Gambijeong) in the treatment of obesity: An integrated analysis of two real-world cohorts comprising 117,306 patients

Background: Gamitaeumjowee-tang, a Sasang constitutional formula containing Ephedra Herba 16 g/day, is one of the most widely prescribed herbal medicines for obesity in Korean medicine. Ephedrine-type alkaloids suppress appetite and increase thermogenesis, but the same sympathomimetic mechanism underlies palpitations, tremor, insomnia and thirst. Real-world evidence — particularly on whether Adverse Event (AE) risk varies with patient age — has remained limited.

Objectives: To quantify the weight-reduction effectiveness of tablet-form Gamitaeumjowee-tang in routine primary care, to characterize its AE profile using standard pharmacovigilance instruments, and to determine whether AE frequency and symptom composition differ across age groups.

Methods: Two independent real-world cohorts were analyzed. Cohort A was a multicenter retrospective chart review of 3,491 adults with a BMI ≥ 23 kg/m² treated at four Korean medicine clinics (September 2017–August 2018); body weight, body composition (InBody 370) and blood pressure were assessed at weeks 2–4, 6–8 and 10–12, with missing data imputed by Last Observation Carried Forward (LOCF). Cohort B comprised 113,815 patients prescribed a Gambijeong-series formulation across a nationwide clinic network (August 2021–May 2024), with AEs captured by structured surveys at day 2 and week 2 plus continuous self-reporting. AEs were coded by WHO-ART System Organ Class, causality assessed by the WHO-UMC algorithm and severity by NCI-CTCAE v5.0. Paired t-tests, Pearson correlation and the

Cochran–Armitage trend test were applied; age-specific rates were computed against two denominators.

Results: At weeks 10–12, mean weight loss was $8.73 \pm 3.74\%$; 68.0% of patients had lost $\geq 5\%$ and 20.5% $\geq 10\%$ of baseline weight. In the body-composition subgroup ($n=814$), fat mass fell by 6.51 ± 4.85 kg (-18.4%) while skeletal muscle mass declined by only 0.67 ± 3.33 kg (-2.4%), fat accounting for 84.2% of the weight lost. Systolic and diastolic blood pressure decreased by 4.70 ± 13.93 and 1.93 ± 11.29 mmHg (all $p < 0.001$). AE reporting declined from 47.28% at weeks 2–4 to 25.33% at weeks 10–12; approximately 99% of events were CTCAE grade 1 and none were grade 4 or 5. In Cohort B, AE frequency showed no age trend against all prescribed patients (day 2, $z = -0.27$, $p = 0.786$); the trend apparent among respondents reflected selective response bias, response rates falling from 38.8% (≤ 19 years) to 11.9% (≥ 60 years). Symptom composition shifted consistently with age: palpitations (39.1% to 20.4%) and hand tremor (28.1% to 18.0%) decreased, whereas insomnia (10.0% to 44.2%) and constipation (7.1% to 20.1%) increased (all $p < 0.001$). All six severe AEs (grade ≥ 3 ; 0.007%) occurred in patients aged 22–49 years and none were causally related.

Conclusions: Tablet-form Gamitaeumjowee-tang produced clinically meaningful, muscle-sparing weight reduction that met international efficacy thresholds for anti-obesity pharmacotherapy within 12 weeks, and lowered blood pressure. Adverse events were predominantly mild, self-limiting and diminished with continued use. Age altered symptom composition but not overall AE risk, supporting age-differentiated counseling rather than age-stratified safety grading. The absence of a control group and reliance on self-reported AEs remain key limitations.

Funding: This study received no external funding.

Keywords: Obesity, Gamitaeumjowee-tang, Ephedra, Herbal Medicine, Weight Loss, Body Composition, Adverse Events, Pharmacovigilance, Age Factors, Real-World Evidence.

Biography

Dr. Seo-Young Kim is Director of the Nubebe Obesity Research Institute in Seoul, Republic of Korea, and an adjunct professor at the College of Korean Medicine, Kyung Hee University, where Kim earned an MSc and PhD. Kim has published more than twenty papers on obesity, spanning herbal pharmacotherapy, acupuncture, behavioural intervention and machine-learning prediction of treatment response, including first-authored work in Obesity Reviews and further SCI-indexed studies in Biomedicine & Pharmacotherapy, the Journal of the Academy of Nutrition and Dietetics and Frontiers in Endocrinology. Kim serves as a peer reviewer for BMJ Open.



Shahryar Egtesadi*, Mohammad Mohammadi, Mohammadreza Vafa, Hossein Khadem Haghighian, Iraj Heydari, Masoud Salehi, Fatemehsadat Amiri, Rooya Alipour, Maryam Egtesadi

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Effects of hesperidin supplementation on weight, glycemic control, lipid profile, blood pressure and inflammatory factors in patients with type 2 diabetes: A randomized, double-blind, placebo-controlled clinical trial

This study was conducted to investigate the effects of hesperidin (a common constituent of citrus fruits) supplementation on weight, blood pressure, indices of glycemic control, insulin resistance, lipid profile, and inflammatory markers in patients with type 2 diabetes. Forty-five patients participated in this randomized, double-blind controlled clinical trial who were randomly assigned to 2 intervention and control groups. Participants consumed either 500 mg/d pure hesperidin supplement or placebo in the intervention and control groups for 8 weeks, respectively. Hesperidin supplementation led to significant decrease in Fasting Blood Glucose (FBG) and Glycated Hemoglobin (HbA1c) ($p=0.041$ and $p=0.028$, respectively). A significant increase in serum insulin ($p=0.018$) and decrease in total cholesterol ($p=0.049$) were also observed in the hesperidin group, whereas no significant changes occurred in the placebo group. Inflammatory factors, High-Sensitivity C-Reactive Protein (hs-CRP), blood pressures and Interleukin-6 (IL-6) were not significantly changed in the hesperidin group compared to the control group. In conclusion hesperidin supplementation lowered the plasma level of total cholesterol and improved glycemic control and insulin resistance in patients with type 2 diabetes.

Biography

Dr. Shahryar Egtesadi received Bachelor degree in Nutrition Science and Food Chemistry 1975, from Shahid Beheshti University of Medical Sciences, Tehran; MSPH degree in Nutrition, 1977, from Tehran University of Medical Sciences, Tehran and PhD from University

of California at Davis (UCD), USA, in Nutrition (1985). Eghtesadi served as Visiting Scientist in USDA Human Nutrition Research Center on Aging (HNRCA) at Tufts University, Boston, USA (1994-1995); Full professor of Tabriz, Iran and Tehran Universities of Medical Sciences and currently serves as Professor of Azad University, Science & Research Branch. Eghtesadi was the chairs of Departments of Nutrition and Biochemistry, Biochemistry & Clinical Nutrition, Public Health Nutrition and Nutrition in aforementioned Universities. Also Served as Associate Dean and Dean of School of Public Health & Nutrition and School of Public Health of Tabriz and Iran Universities of Medical Sciences respectively. Eghtesadi was selected as distinguished professor and Scientist. For long and extended period of time, experienced teaching various courses in nutrition in undergraduate, graduate and postgraduate and international Bureau programs and directed many projects and dissertation of MS and PhD programs and Published numerous peer reviewed articles in journals and also edited several books and finally served as Principal Investigator of World Bank Project for Capacity Building in Nutrition in Iran.



Subhas Chandra Datta

Department of Zoology, VisvaBharati, West Bengal, India
Headmaster, Kanchannagar D N Das High School (HS), West Bengal, India

Eco-Use Owl-Biomedicine-Aerosol-Vaccines (OBMAV) against Future Pandemic (FP) focusing Global Perspectives (GP) in Traditional Medicine, Ethnomedicine and Natural Therapies (TMEMNT)!

Background: Healthcare must be protected, safe, and healthy. Only in response to the Ebola outbreak in 2026 alone, 911 health workers and patients have lost their lives to attacks on health care across 19 countries and territories. Since December 2017, WHO has documented more than 10,400 attacks on healthcare across 29 countries and territories, resulting in more than 5700 deaths and 8500 injuries. Every attack puts lives at risk, deprives people of essential care, and undermines the ability of health systems to respond when people require urgent care. The threat of future global pandemics demands innovative, sustainable, and rapidly deployable therapeutic countermeasures. Preventing zoonotic diseases from spilling over from wildlife to humans requires habitat conservation, strict wildlife trade regulations, and individual safety precautions. Around 60% of emerging human infectious diseases are zoonotic, and over 70% of those originate specifically in wild animals. When human activities disrupt natural ecosystems or bring wild animals into proximity with people and livestock, the risk of pathogen transmission increases exponentially. Traditional medicine, ethnomedicine, and natural therapies offer an untapped reservoir of bioactive compounds that can complement modern virology. Future Pandemics (FPs) demand rapid, scalable, and ecologically sustainable therapeutic interventions. Traditional Medicine, Ethnomedicine, and Natural Therapies (TMEMNT) offer vast biomolecular resources but lack efficient global delivery systems. The U.S. public health sector reports 20 public health achievements for 2025. However, the world still faces many infectious diseases that affect public health, epidemiology, microbiology, and vaccine and drug development. These diseases lead to illness and death. They are also connected to poverty, sanitation, and climate issues, posing health challenges from vector-

borne illnesses to malnutrition. This often involves complex organisms and environmental factors. Recent studies suggest there is about a 50 per cent chance of another pandemic similar to COVID-19 occurring in the next 25 years. There is no easy solution. To overcome this, owls primarily act as a social vaccine.

Objective: This paper introduces Eco-Use Owl-Biomedicine-Aerosol-Vaccines, a novel conceptual framework for biomimetically inspired, ecologically sustainable aerosol delivery systems that utilize natural therapeutic compounds to combat airborne pandemic threats globally. The 'Needle-Free Delivery' introduces the concept of Eco-Use Owl-Biomedicine-Aerosol-Vaccines (OBMAV), an innovative, eco-friendly framework that merges TMEMNT bioactives with advanced aerosol delivery technology.

Methods: Barn owl (*Tyto alba* L.) populations on the campus of Kanchannagar D. N. Das High School (HS) in Burdwan-713102, West Bengal, India, from 2015 to 2026 may help control coronaviruses responsible for COVID-19 and manage avian influenza (bird flu) A(H5N1), which spreads among birds and poultry and can be transmitted to mammals, including humans, through contact with infected animals. Here, barn owl conservation in an artificial nest uses natural aerosol biomedicine with eco-friendly aerosol carriers and broad-spectrum antiviral, immunomodulatory, and mucosal-protective properties. It cross-referenced literature on ethnopharmacological antivirals, structural biology of respiratory viruses, and green nanotechnology. Using structural properties inspired by owl feathers (acoustic dampening, fluid dynamics, and micro-structures), it modeled a bio-aerosol delivery mechanism for natural volatile compounds without synthetic chemical propellants.

Results: The OBMAV framework identifies key TMEMNT natural antigens that demonstrate broad-spectrum pan-viral inhibition against respiratory pathogens. The owl-inspired biomimetic aerosolization mechanism optimizes particle size (1–5 μm) for deep pulmonary deposition, maximizing bioavailability while minimizing environmental toxicity and waste. The findings demonstrate that integrating ethnomedicinal compounds into aerosolized formulations significantly enhances local mucosal immunity in the respiratory tract—the primary entry point for viral pathogens. The proposed Owl-Biomedicine paradigm utilizes biomimetic design principles to ensure high aerodynamic stability, targeted pulmonary delivery, and zero environmental toxicity during mass manufacturing and administration. This work focuses on the barn owl as a natural booster for aerosol biomedicine and vaccines, with implications for public health, the environment, biodiversity, migration, and food security. By focusing on nature-based clinical studies, scientists and policymakers recognise the dual benefits for the environment and human well-being. Biodiversity, ecology, and nature-based solutions promote a sustainable approach to long-term coexistence. In observation-based studies, the barn owl serves as a natural model for biomedicine and vaccines, addressing public health, environmental conservation, biodiversity, migration, and food security.

Conclusion: Eco-Use Owl-Biomedicine-Aerosol-Vaccines bridge the gap between ancient ethnomedicinal wisdom and advanced pulmonary drug delivery. This eco-centric approach

offers a scalable, low-cost, and globally accessible strategy for pandemic preparedness, particularly benefiting low-resource settings and aligning with global planetary health initiatives. This work will be presented at the 10th Edition of the International Conference on Traditional Medicine, Ethnomedicine and Natural Therapies (ICTM 2026), which provides a truly international platform where diverse perspectives come together to address shared health priorities and shape a healthier future for all communities. This summit focuses on the theme Next-Generation Environmental Science: From Research to Real-World Impact and welcomes participants from across continents, including researchers, healthcare professionals, public health practitioners, policymakers, educators, industry leaders, and students. It aims to bring together professionals dedicated to environmental progress. More research is required on this biomedicine vaccine for Future Trends in Public Health: Barn Owl is the Natural-Biomedicine-Booster-Vaccine Improving Interconnected World Public Health Challenges Health-Ecology Environment-Biodiversity-Migration Food-Security OR Eco-Use Owl Biomedicine Aerosol Vaccines against Future Pandemic Focusing Global Perspectives in Traditional Medicine, Ethnomedicine and Natural Therapies!

Keywords: Eco-Use Owl-Biomedicine-Aerosol-Vaccines against Future Pandemic Focusing Global Perspectives in Traditional Medicine, Ethnomedicine and Natural Therapies!.

Biography

Dr Subhas Chandra Datta, M.Sc., B.Ed.Sc., PhD, President Awardee, has been an Innovative Researcher in various fields since 1993 and an Assistant Teacher and Headmaster of Kanchannagar at D.N. Das High School (HS) from 1996 to date. Dr Datta has expertise in evaluation, improving health and wellbeing. Datta's research interests are in Healthcare, Biomedicine, Physiology, Education, Environment, Plant Protection, Agriculture, Pathology, Allelopathy, and Homoeopathy. Datta's open contextual evaluation model responsiveness creates new pathways. Datta's plant-based biomedicine in homoeopathic form, 'Cina' achieve the 'World's Top Most Articles' in the 'Public Medical Health, WHO'. Datta's valuable work received a Patent under the Central Silk Board (CSB) in 2005. Datta is an honorary member of different prestigious organisations. Datta has published more than 149 papers and is an editorial board member of repute.



Sy Wind

Center of Primordial Sound & Light, United States

Light, sound, and frequency: Creating new reality

This presentation explores and discusses light and sound as foundational technologies through which reality is organized, created, and experienced. Sound and frequency are not passive elements of perception; they are active systems of communication and coherence that move through matter, biology, and awareness. Light and sound inform structure, create pattern, and influence how orchestration emerge within and as living systems.

Through tone, rhythm, pulse, and harmonic relationship, sound establishes order at levels ranging from the microcosmic, macrocosmic to the cosmic. Studies in cymatics, bioacoustics, and frequency-based research demonstrate how sound generate, implement, and transform visible structure, revealing a direct relationship between frequency and form. Light operates in parallel, transmitting information as technology through pathways that guide biological, physical, energetic fields, function and perception.

The human body functions as a responsive field of intelligence. Cells, tissues, fluids, and neural systems continually receive and translate sound and light into physiological, emotional, and perceptual responses. Brainwave activity, nervous system regulation, and internal coherence are all influenced by light, frequencies, and sound. The body does not merely hear and sense sound—it organizes itself in response to it.

At the cellular level, sound and light act as informational carriers. Water, which makes up the majority of the human body, responds to frequency by organizing itself into patterns that influence biological structure. DNA can be viewed not only as a chemical and Galactic archives and libraries of sequences, but also as a responsive system capable of interacting with acoustic, photonic, and electromagnetic information. Through coherent frequency, sound and light can support cellular repair, regeneration, and shifts in biological expression.

Consciousness is integral to how sound and frequency function. Frequency becomes transformative when shaped by awareness and directed intention. Intention influences how sound is received, how information is integrated, and how structure reorganizes. When sound and light are generated with clarity and coherence, they can alter perception, reorganize matter, and open new ways of experiencing the body, time, and reality itself.

Light, Sound, and Frequency: Creating New Reality offers an invitation to engage sound as both a practical tool and a conscious language of creation. By working intentionally with frequency, we participate directly in the shaping of our internal and external worlds—opening pathways for healing, evolution, and the emergence of new realities grounded in coherence and awareness.

Biography

Sy Wind is a quantum frequency, light and sound multiversal facilitator whose services bridge, build, and weave sound, light and geometry with consciousness- utilizing light as technology for integration, activation, expansion and coherence. Working with Galactic and Celestial frequencies as intelligent conscious language that communicate directly with the physical body, subtle energy systems and biology: networks, systems, cellular memory and DNA, while simultaneously shifting and expanding multidimensional and planetary fields. These frequency services support release, reconfiguration, activation and upgrades of layers through lifetimes held within tissues, physical and energetic bodies- upgrading bodily systems; also restoring coherence across physical, emotional, mental and subtle layers. These processes activate dormant potential and libraries within DNA and cellular intelligence, allowing deeper reconnection, clear communication and function of innate regenerative and self-integrating capacities. Equally parallel -Sy Wind utilizes sound and light in conscious collaboration with Gaia's planetary grid and beyond. Individual soul transformation and expansion is mirrored through collective and Earth-fields as coherent frequency states support stabilization, regeneration, and evolutionary pathways for both humanity and the planet. Wind's books are available through Amazon on the author page.



Tsuyoshi Kitanishi

Manager, Kitanishi ENT Clinic, Japan

President, Ayurveda Society in Japan, Japan

Rethinking preventive healthcare in Japan: Insights from Ayurveda

Japan is recognized globally for its exceptionally high life expectancy, achieved through decades of investment in modern medicine and a robust healthcare infrastructure. Yet this success has been accompanied by new challenges: a rapidly aging population, a rising burden of chronic and lifestyle-related disease, widespread stress, and growing concern over quality of life in later years. These trends have exposed the limits of a healthcare system built primarily around diagnosis and treatment, and have brought renewed attention to prevention, health promotion, and the maintenance of wellbeing across the life course.

Against this backdrop, Ayurveda—India's traditional system of medicine—has drawn increasing interest within Japan. Unlike disease-centered models, Ayurveda places health cultivation at its core, offering a framework built around daily routine, diet, sleep, seasonal rhythm, mental balance, and the relationship between the individual and their environment. Many of these principles align closely with Japan's current shift toward preventive, lifestyle based healthcare. This presentation traces the history and present-day spread of Ayurveda in Japan, covering academic societies, professional education, community outreach, clinical training, and international partnerships. The Ayurveda Society in Japan, founded more than 40 years ago, continues to serve as a hub for research, education, and public awareness; its 48th annual conference, planned for 2026, reflects the field's sustained momentum in the country. Recent developments—such as the launch of the AYUSH Information Cell at the Embassy of India in Japan and growing efforts toward international standardization of Ayurveda and Yoga—point to expanding opportunities for India-Japan collaboration. Drawing on Japan's experience, this talk argues that Ayurveda's greatest value may lie not in serving as a substitute for modern medicine, but as a complementary partner in prevention and health promotion. Integrating traditional wisdom with contemporary healthcare systems and scientific inquiry may help

move medicine beyond disease treatment alone, toward a more holistic model centered on healthy, meaningful living.

Keywords: Ayurveda, Japan, Preventive Medicine, Health Promotion, Integrative Medicine, Traditional Medicine, Healthy Aging.

Biography

Dr. Tsuyoshi Kitanishi is a board-certified otolaryngologist and holds a Doctor of Medicine (M.D.) degree. Kitanishi's own ENT clinic was established in 2005. Kitanishi also incorporates traditional, complementary and integrative medicine (TCIM) into clinical practice, including Ayurveda, homeopathy, bio-resonance therapy, auricular acupuncture, and nutritional therapy. These therapeutic approaches contribute to help alleviate patients' health concerns, symptoms, and anxieties. Kitanishi currently serves as President of Ayurveda Society in Japan, as well as a board member of several academic societies related to holistic and integrative medicine.



Veronica Pereira

Rising with V, Mesa, Arizona, USA

The missing link: Activating the body's innate intelligence for healing through sound therapy

What if one of the missing links in healing is not another intervention, but creating the internal conditions that allow the body's innate restorative intelligence to emerge?

This experiential presentation explores sound therapy as a traditional mind-body practice and its potential role in supporting relaxation, nervous system regulation, self-awareness, and whole-person well-being.

The session begins not with theory, but with experience. Participants will be guided through a brief live sound therapy practice using therapeutic instruments such as crystal singing bowls, gong, and chimes. Before and after the experience, attendees will be invited to observe changes in their breathing, physical tension, emotional state, mental activity, and overall sense of relaxation. This experiential approach allows participants to consider the effects of sound through direct observation of their own state.

Building upon this experience, the presentation will explore the relationship between chronic stress, autonomic nervous system activity, and the body's capacity for rest and restoration. Particular attention will be given to the emerging evidence surrounding sound-based interventions, including singing-bowl meditation, music-based practices, rhythmic stimulation, and other forms of therapeutic sound, while distinguishing established findings from areas where further research is needed.

The presentation proposes that the value of sound therapy may extend beyond the sound itself. Through intentional listening, vibration, breath, rhythm, and focused awareness, sound-

based practices may help create conditions associated with relaxation and parasympathetic activity—providing a bridge between traditional healing practices and contemporary approaches to mind-body health.

Drawing from Veronica Pereira's work integrating sound therapy, breathwork, energy practices, and nervous system support, attendees will also explore practical and accessible ways sound can be incorporated into wellness and integrative-care environments.

Biography

Veronica Pereira is an ISTA Certified Sound Therapist, Reiki Master, Integrative Nutrition Health Coach, and Wellness Speaker specializing in sound, nervous system support, and integrative mind-body practices. Through the Frequency Reclamation™ Method, Pereira combines therapeutic sound, breathwork, energy practices, and embodiment to support relaxation, self-awareness, and reconnection with the body. Pereira's multidisciplinary training includes Sound Therapy, Integrative Nutrition, Kundalini Yoga, and AO Quantum Living. As founder of Rising with V, Veronica leads educational programs, retreats, and immersive experiences designed to make traditional and holistic practices accessible and relevant to modern life.



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Effects of hybrid individualized Maharishi AyurVeda consultations on anxiety, depression, and physical symptoms: A pilot study

Background and objective: Anxiety, depression, and stress-related physical symptoms are major contributors to the global burden of disease, highlighting the need for accessible, integrative treatment approaches. Maharishi AyurVeda (MAV) is a traditional whole-systems approach that utilizes individualized dietary, lifestyle, herbal, and mind-body interventions. This pilot study evaluated the feasibility, safety, and preliminary effectiveness of hybrid Maharishi AyurVeda consultations.

Method: A prospective single-arm pilot study enrolled 93 adults in the United States with mild to severe anxiety and/or depression. Participants received a 6-week individualized Maharishi AyurVeda program consisting of an initial in-person consultation followed by a structured online educational and support program. The intervention included individualized dietary and lifestyle recommendations, exercises, herbal preparations, detoxification procedures where indicated, external aroma oil applications, and motivational counseling. Primary outcomes were anxiety (GAD-7), depression (PHQ-9), and physical symptoms (PHQ-15). Secondary outcomes included fatigue (PROMIS Fatigue), emotional distress (PROMIS Anger), sleep quality

(Pittsburgh Sleep Quality Index), and body mass index (BMI). Assessments were completed at baseline and 6 weeks. Repeated-measures MANCOVA, adjusted for meditation practice, prior Ayurveda experience, vitamin and antidepressant use, and gender, was conducted to evaluate changes over time.

Results: Ninety participants (96.8%) completed follow-up. Significant improvements were observed in anxiety (37%; $d=0.85$), depression (33%; $d=0.85$), physical symptoms (34%; $d=1.15$), fatigue (16%; $d=0.65$), emotional distress (21%; $d=0.64$), sleep disturbance (30%; $d=0.78$), and BMI (11%; $d=0.44$) (all $p<0.001$). Improvements occurred across all treatment groups, with no significant between-group differences. The intervention was well tolerated, with only five participants reporting minor gastrointestinal side effects.

Conclusions: Online individualized Maharishi AyurVeda consultations were feasible, safe, and associated with clinically meaningful improvements in mental and physical health outcomes over six weeks. These findings support the potential of hybrid-delivered Maharishi AyurVeda care as a feasible integrative approach for individuals experiencing anxiety, depression, and related somatic symptoms. Randomized controlled trials with longer follow-up are warranted to confirm efficacy and investigate long-term outcomes.

Biography

Dr. Viktoria Luhaste holds a master's degree in Maharishi AyurVeda and Integrative Medicine and earned a Ph.D. in Physiology and Health in 2023, both from Maharishi International University, Fairfield, IA, USA. Luhaste is currently a faculty member in the Department of Physiology and Health at the same university. Additionally, Dr. Luhaste is a distinguished curriculum developer for the International Foundation of Consciousness-Based Education at Maharishi European Research University in Holland.

10th Edition of International Conference on

TRADITIONAL MEDICINE, ETHNOMEDICINE AND NATURAL THERAPIES

HYBRID EVENT
05-07
OCTOBER 2026

POSTER PRESENTATIONS





Erzsébet Bogyó

Be Fit For Ever Ltd., UK

Regulate your vagus nerve and get your health and life back

We live in a world where everyday stress became normal. People don't even realise how unregulated their nervous system is which contributes to their health deteriorating drastically. In recent years there have been many studies on the vagus nerve's correlation to people's health issues - and even the correlation between incurable diseases like Parkinson disease or Sclerosis Multiplex connected to the vagus nerve transmitting false information from the body to the mind. When doctors stopped the vagus nerve from transmitting the false information by operation the patient's health didn't deteriorate any longer.

The good news is that we don't have to undergo highly expensive and risky operations! We can achieve great results with simple, easy to do qigong exercises tailored on the vagus nerve. I have been helping people get better with a mentor program I created last year focused on the vagus nerve with incredibly good results. I even had a participant with lupus, who could hardly talk when I did the assessment with her and got huge improvements not only in her movement ability but her speech cleared up immensely during the 8 weeks of the program.

The basic teachings of qigong (and TCM) is to terminate the blockages in the energy channels, thus our organs and cells get their food and start functioning well as well, Since last year I also included exercises tailored for the vagus nerve in my programs to get the right information moving within the body, calm down the nervous system quickly so that the body's self healing process can start very early on.

I will share my results and experience that I accumulated since last July. Attendees will gain a clearer understanding of the crucial role the vagus nerve plays in people's health status and the presentation also explains why the vagus nerve is the cornerstone of people's health improvement.

Biography

Erzsébet studied qigong since 2002 from several masters in China, Thailand, Hungary and UK. Started leading qigong circles in 2007, from 2009 doing own workshops. Bogyó got qigong teacher certificates from Master Mantak Chia and Dao Hearts, China. From 2018 to 2025 Bogyó studied for several months in China. During Covid Bogyó studied online with several Chinese qigong masters and from Xü Mintang and Mantak Chia. In 2025 Shadow Mastery Coach certification from IPHM. One of Bogyó's specialities is to help people regain their health naturally through qigong by enhancing the body's self-healing ability.



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Integrative Traditional Chinese Medicine for Tourette syndrome: A one-year follow-up case report

Background: Tourette syndrome (TS) is a neurodevelopmental disorder characterized by persistent motor and vocal tics, frequently accompanied by emotional and behavioral disturbances. Allergic comorbidities such as atopic dermatitis are increasingly recognized in patients with TS, suggesting potential neuroimmune interactions. Traditional Chinese Medicine (TCM), including acupuncture and herbal medicine, has been used as a complementary treatment option, although clinical evidence remains limited.

Case Presentation: A 12-year-old boy with TS and atopic dermatitis presented with progressive motor and vocal tics since seven years of age. Symptoms included frequent eye blinking, shoulder shrugging, involuntary body movements, vocal tics, coprolalia, irritability, emotional instability, and agitation. Due to concerns regarding potential long-term adverse effects of conventional pharmacotherapy, the family opted for integrative TCM treatment. Beginning in April 2025, the patient received individualized acupuncture and herbal medicine, including Yokukansan, Gui-Zhi-Jia-Long-Gu-Mu-Li-Tang, and Tian-Ma-Gou-Teng-Yin, adjusted according to clinical response.

Results: After one year of treatment, substantial improvement was observed. The Yale Global Tic Severity Scale (YGTSS) total score decreased from 65 (severe) to 23 (mild), representing a 64.7% reduction. Motor tic scores improved from 15 to 8 (46.7% reduction), vocal tic scores from 20 to 5 (75.0% reduction), and impairment scores from 30 to 10 (66.7% reduction). Coprolalia markedly diminished and evolved into occasional simple vocal sounds. Emotional regulation, social interaction, and overall quality of life improved. Atopic dermatitis remained stable, and no treatment-related adverse events were reported.

Conclusion: This case suggests that integrative TCM may serve as a safe complementary approach for pediatric Tourette syndrome with allergic comorbidity, with clinically meaningful improvement in YGTSS scores observed over one year. Further controlled studies are warranted to validate these findings and investigate underlying neuroimmune mechanisms.

Keywords: Tourette Syndrome, Atopic Dermatitis, Traditional Chinese Medicine, Acupuncture, Herbal Medicine, Integrative Medicine.

Biography

Wang Yi-Han is a resident physician in Traditional Chinese Medicine. Wang is currently undergoing clinical training in various specialties of Traditional Chinese Medicine, including internal medicine, acupuncture, and integrative medicine. Wang's interests include the application of Traditional Chinese Medicine in clinical practice and evidence-based approaches to patient care. Wang actively participates in academic activities and clinical research related to integrative medicine.

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WORKSHOP PRESENTATIONS





Marilyn Allen

VP of the American Acupuncture Council, Editor of Acupuncture Today, speaker for Acupuncture, Ayurveda, Chiropractic audiences, Delegate to the World Health Organization for Traditional Medicine 1 and 2 classifications and the International Classification for Health Interventions, United States

Creating success in a traditional, complementary medicine practice

Success in Traditional, Complementary, and Integrative Medicine (TCIM) practice requires more than clinical expertise. Effective patient communication, comprehensive documentation, standardized treatment planning, and outcome measurement are essential components of a sustainable and successful healthcare practice. This workshop presents practical systems that practitioners can immediately implement to improve patient engagement, clinical efficiency, documentation quality, and professional accountability.

Participants will explore methods for conducting a comprehensive initial healthcare history and patient interview while maintaining a separate consultation process for herbal medicine and herbal formula recommendations. Special emphasis will be placed on the development and delivery of the Report of Findings (ROF), a structured communication process that enhances patient understanding, informed consent, treatment acceptance, and adherence to care recommendations.

The workshop will demonstrate how acupuncture and herbal medicine practitioners can document encounters using an expanded SOAP note format that accommodates dual coding of clinical services and supports both acupuncture and herbal interventions within a single patient encounter. Attendees will learn practical approaches to integrating treatment protocols, patient progress tracking, and outcome measures while maintaining clear clinical records.

A significant portion of the presentation will introduce the World Health Organization's International Classification of Health Interventions (ICHI) framework and its application within TCIM documentation. Participants will learn how to incorporate ICHI concepts into

the Planning section of SOAP notes by identifying intervention Targets, Actions, and Means, thereby creating a standardized language for describing clinical interventions and supporting future interoperability with healthcare systems worldwide.

Throughout the session, customizable templates and clinical examples will be provided, including intake forms, consultation documents, Reports of Findings, herbal consultation records, expanded SOAP notes, and ICHI-based treatment planning forms. These practical tools are designed to improve workflow efficiency, support regulatory compliance, enhance patient outcomes, and contribute to the long-term success of traditional and complementary medicine practices.

Learning Objectives:

Develop effective systems for conducting comprehensive health histories and patient interviews.

Implement structured Report of Findings procedures to improve patient communication and treatment acceptance.

Create separate and integrated documentation processes for herbal consultations and herbal formula recommendations.

Apply expanded SOAP note methodologies that support dual coding of acupuncture and herbal medicine services.

Incorporate WHO ICHI Target—Action—Means concepts into treatment planning and clinical documentation.

Utilize practical templates to improve documentation quality, clinical consistency, and practice success.

Biography

Marilyn Allen's journey into the healing arts of Traditional Medicine began over 35 years ago. Allen currently serves as the Vice President of The American Acupuncture Council, a division of Allied Professional Insurance Company, and advocates for Traditional Medicine worldwide. Allen currently teaches Career Development, Practice Management, Laws and Ethics at seventeen of the Acupuncture and Chiropractic schools in the United States. In 2005 Allen was appointed as a delegate to the World Health Organization for Traditional Medicine. Allen serves on the Technical Advisory Group for point location, standardization of 4000 terms and in 2010 expanded into developing a classification for ICD-TM-II. Allen also serves on the Quality of Care and Patient Safety TAG. Allen also serves on the International Standards Committee to create standards for herbs, herbal formulas, needle manufacturing and updated terminology. Allen's mission is to advance Traditional Medicine globally and to help produce skilled practitioners, that can serve the global citizens to have choices with their healthcare.

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