



9th Edition of International Conference on

Traditional Medicine, Ethnomedicine, and Natural Therapies

08-10 September, 2025

COME AND JOIN US IN
VALENCIA, SPAIN OR VIRTUALLY

9th Edition of International Conference on

Traditional Medicine, Ethnomedicine and Natural Therapies

SEPTEMBER
08-10

BOOK OF
ABSTRACTS

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Welcome Message

Good morning, my friends.

Good morning distinguished guests, colleagues and friends from around the world. It is an honor to join you here in beautiful Valencia for ICTM 2025.

Today we gather as leaders, scholars and advocates to explore the wisdom of Traditional Medicine, Ethnomedicine, and Natural Therapies. We are united by a shared commitment to honor healing traditions that bridge cultures and advance integrative care for a healthier world.

May our time together inspire meaningful dialogue, deepen our knowledge and foster new collaborations.

Thank you for your dedication to health, heritage and harmony. Let the journey begin.

Welcome, and thank you very much.

Marilyn Allen

American Acupuncture Council, United States



Welcome Message

On behalf of the Scientific Committee, I take great pleasure in welcoming you to the 9th Edition of International Conference on Traditional Medicine, Ethnomedicine and Natural Therapies, here in the lovely city of Valencia, Spain. The theme of this year's conference The Future of Medicine: Embracing Traditional and Natural Approaches, will focus on defining the current state of medicine, highlight the growing interest in traditional and natural approaches. How natural approaches treat the root cause rather than just symptoms and highlight personalised and preventative nature of these approaches. While you are here, I sincerely hope that you take the opportunity to network, learn share and collaborate with international experts. All of us on the Scientific committee take great pleasure in meeting you in person and learn more about your work and research. I wish you a very productive conference. I also wish you a pleasant stay in this beautiful place, enjoy the lovely wonders of the people and the city. We look forward anxiously to your participation. Enjoy the conference.

Sunita Teckchand

MIFPA, MNAHA, United Arab Emirates



Welcome Message

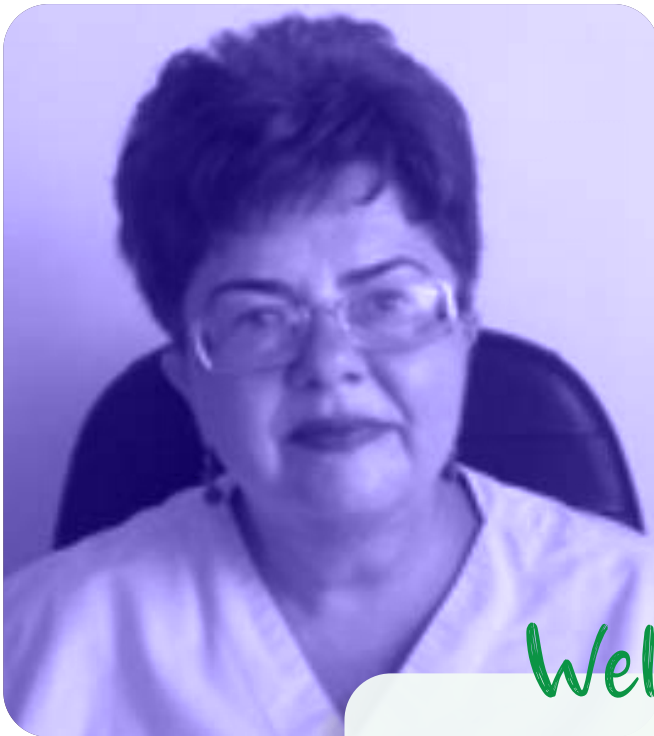
On behalf of the organisers, I am delighted to welcome you to the 9th International Conference on Traditional Medicine, Ethnomedicine, and Natural Therapies (ICTM 2025), taking place in the beautiful city of Valencia from September 8 to 10, 2025.

The theme of this conference is The Future of Medicine: Embracing Traditional and Natural Approaches. We are excited to feature participation from renowned scholars and speakers from various fields of traditional medicine and diverse natural therapies worldwide. This conference will unite us in our shared passion for natural healing.

We eagerly await the opportunity to welcome you to this precious event. We hope you enjoy your time at this global conference. Additionally, we encourage you to take some time to explore and enjoy the beauty of Valencia, a city known as the city of arts and sciences.

Girish Momaya

Stichting Maharishi European Research University (MERU),
The Netherlands



Welcome Message

Welcome to the 9th Edition of the International Conference on Traditional Medicine, Ethnomedicine, and Natural Therapies (ICTM 2025), held from September 8–10 in the vibrant city of Valencia, Spain. This year's theme, The Future of Medicine: Embracing Traditional and Natural Approaches, invites global experts, practitioners, and researchers to explore the vital role of ancient healing wisdom in modern healthcare.

We are honored to host a space for knowledge exchange, innovation, and collaboration in advancing integrative medicine. Let us shape a future where tradition and science walk hand in hand for the health and well-being of all. Welcome to ICTM 2025!

Angela Tudor

Romanian Society of Traditional Chinese
Medicine (SRMTC), Romania



Welcome Message

On behalf of the Scientific Committee, I take great pleasure in welcoming you to the 9th Edition of International Conference on Traditional Medicine, Ethnomedicine and Natural Therapies. The theme of this year's conference The Future of Medicine: Embracing Traditional and Natural Approaches, will focus improving outpatient treatment, improving patient health. I invite you to join us in our international conference to take advantages from this great scientific opportunity of exchanging knowledge and share your significant scientific insights toward the all participants including young and senior researchers, scientists, clinicians and academicians.

VINTILA Iuliana

University Dunarea de Jos Galati/Global
Harmonization Initiative Nutrition WG Chair, Romania/Austria

Keynote Speakers



Marilyn Allen

American Acupuncture Council, USA



Kenneth R. Pelletier

University of California School of Medicine,
United States



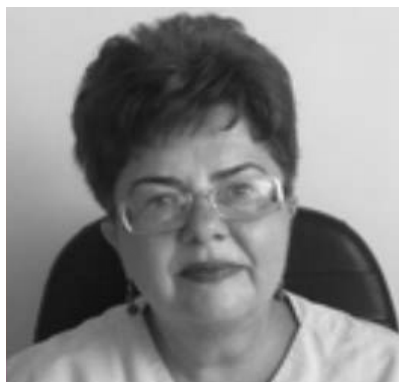
Bruno Renzi

Maharishi College of Perfect Health International, Italy



Girish Momaya

Stichting Maharishi European Research University (MERU),
The Netherlands



Angela Tudor

Romanian Society of Traditional Chinese Medicine
(SRMTC), Romania



Sunita Teckchand

MIFFA, MNAHA, United Arab Emirates



Zhenhuan LIU

University of Chinese Medicine, China



Amadio Bianchi

European Yoga Federation, Italy



Laure Le Corroller

Dr. & Master Sha Tao Academy, Canada

Keynote Speakers



*Thank You
All...*



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 2025

Across generations and cultures, traditional medicine and natural therapies have stood as enduring pillars of healthcare. As we approach a new era of integrative wellness, the **9th Edition of International Conference on Traditional Medicine, Ethnomedicine, and Natural Therapies (ICTM 2025)** offers a timely platform to examine where ancestral knowledge meets modern inquiry. Scheduled to take place in **Valencia, Spain**, and **virtually** from **September 08–10, 2025**, this event is framed by the theme *The Future of Medicine: Embracing Traditional and Natural Approaches*.

The pages of this abstract book reflect the depth and diversity of current global research focused on nature-derived remedies, indigenous healing systems, and holistic interventions. Contributions span therapeutic innovations, ethnobotanical studies, and evolving clinical practices that draw from time-tested traditions.

More than just a conference, ICTM 2025 fosters dialogue across disciplines and geographies. Whether you're presenting, learning, or collaborating, your participation contributes to a broader vision—one that honors cultural roots while advancing the scientific foundation of natural medicine. We are delighted to have you with us on this journey toward a more integrative and inclusive future in healthcare.



ABOUT CPD Accreditation



Continuing Professional Development (CPD) credits are valuable for ICTM 2025 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 2025 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.

Note: Each conference attendee will receive 27 CPD credits.

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**KEYNOTE
PRESENTATIONS**

Amadio Bianchi

European Yoga Federation, Italy

Identification, a modern and serious pathology that humanity suffers from today

Unfortunately, man today finds himself frequently living in states of unhappiness (which, among other things, favor the loss of his health) due to the type of food he takes through the senses. In this way he becomes, moreover, easy prey for unscrupulous people who make him dependent on objects such as (to name a few as usual) the cell phone, the television, the car but also many others of common use with which, I repeat, he tends to identify himself. When one suffers from this indisposition called identification, however, one easily becomes prey even to news and information. Healing can occur through a more correct use of the senses and the mind. In other words, in my opinion, man must learn to lead the mind to become less sensitive to impressions that come from the outside, which does not mean rejecting the object of the senses but simply experiencing a different, healthier and independent condition in the state of perception.

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 Yoga 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 Acharya Saba. In January 2014 in Dubai for an important international conference, he was awarded the title of Ambassador of Yoga and Ayurveda. Amadio 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. He is often present in major congresses as a speaker. His numerous books dedicated to yoga and Ayurvedic disciplines are widespread and used in many schools and associations.

Biography

Angela Tudor

SRMTC, Romania

Clinique Tai Chi Médicale, Târgoviște, Romania

The effectiveness of TCM therapeutic methods associated with acupuncture, catgut insertion and acupuncture point injections in the recovery of paralysis after spinal trauma

Acupuncture, as a Traditional Chinese Medicine (TCM) treatment method, is most effective when the point prescription is dictated by the therapeutic principle resulting from the TCM diagnosis. There are numerous methods by which acupuncture points can be stimulated, all aimed at restoring the body's energy balance.

The insertion of absorbable surgical thread and point injection of homeopathic liquid products into certain acupuncture points is useful for prolonging the therapeutic effect of acupuncture in tetraparesis caused by spinal trauma.

This article demonstrates the effectiveness of this method through a clinical case study.

The acupuncture points treated by the surgical thread insertion and point injection are dorsal Shu points selected based on the TCM diagnosis established for the patient in question.

The point injections are performed every day as a part of acupuncture point association formula.



Angela Tudor graduated in 1986 with a Medical Doctor degree from UMF Targu Mures, Romania. Ten years later, in 1996, she completed her specialization in acupuncture at the National Center for Health Training in Bucharest, Romania. By 2002, Angela Sanda had further advanced her medical career by becoming a Family Medicine Specialist, certified by the Ministry of Health in Bucharest, Romania. In 2007, Angela Sanda received a certificate qualifying her as an acupuncture teacher from the National Center for Health Training, Bucharest. In terms of professional memberships, has served as the Vice President of the Romanian Society of Acupuncture from 2006 to 2008, and in 2008, Angela Sanda was appointed as the President of the Romanian Society of Traditional Chinese Medicine. Additionally, in 2016, she took on the role of Director of the Complementary Medicine Department at the Romania Medical Association.

The surgical thread insertion is performed during the last session of a series of 10 daily sessions, with the aim of prolonging the effect of acupuncture during the two-week break between sessions. Along with acupuncture treatment, surgical thread insertion is important in the recovery of patients with tetraparesis.

Keywords: Point, Acupuncture, Surgical Suture Insertion, Point Injections, Tetraparesis.

Biography

Prof. Dr. Habil. Bernd Blobel, FACMI, FACHI, FHL7, FEFMI, FIAHSI

University of Regensburg, Medical Faculty,
Regensburg, Germany

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

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

Standards and principles for designing and managing intelligent and ethical transformed health ecosystems

Health and social care systems around the world undergo a transformation towards personalized, preventive, predictive, participative Precision Medicine (5PM), considering the individual health status, conditions, genetic and genomic dispositions in personal, social, occupational, environmental and behavioral context. The complex and highly dynamic 5PM ecosystems require communication and cooperation between actors from different domains including the subject of care, using different methodologies, languages and ontologies based on different education, experiences, etc. For enabling such comprehensive integration and interoperability, we have to advance design and management of transformed ecosystem from data to knowledge level. 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. In that context, the relationships between technology and human actors, but also the behavior of intelligent and autonomous systems must be considered from a humanistic, moral and ethical perspective. The



Dr. Bernd Blobel received a multi-disciplinary education, covering mathematics, physics, systems engineering, electronics, medicine, informatics and medical informatics, including habilitations in medicine and informatics. Dr. Bernd was Head of the Institute for Biometrics and Medical Informatics at the University of Magdeburg, and then Head of the Health Telematics Project Group at the Fraunhofer IIS in Erlangen. Thereafter, he acted until his retirement as Head of the German National eHealth Competence Center at the University of Regensburg. Dr. Bernd was leadingly involved in many countries health digitalization as well as electronic health record strategy. He was and is still engaged in international standardization at ISO, CEN, HL7, OMG, IEEE etc. Furthermore, he still engaged in international higher education.

challenge is the consistent, correct and formalized representation of the transformed health ecosystem from the perspectives of all domains involved including the legal and ethical ones, representing and managing them based on related ontologies. The resulting business view of the real-world ecosystem must be interrelated using the ISO/IEC 21838 top level ontologies standard. Thereafter, the outcome can be transformed into implementable solutions. The different viewpoint is represented using viewpoint-specific ICT ontologies. The necessary model and framework has been developed by the author and meanwhile standardized as ISO 23903 interoperability and integration reference architecture. The formal representation of any ecosystem and its development process including examples of practical deployment of the approach are presented in detail. This includes correct systems and standards integration and interoperability solutions.

Biography

Bruno Renzi

Maharishi College for Perfect Health
International, Italy

DNA, temperament and existential project

The new frontiers of cosmology and knowledge in the physical-quantum area are revolutionizing a series of paradigm that have conditioned the perception of the man position in the cosmos.

This presentation will try to answer to the follow questions:
It is possible that the temperament can be determined by morphogenetic fields at the DNA level?

It is possible that a dimension of the DNA represent a personal memory?

How this memory declined in the individual life?

Can this type of morphogenetic configuration influence the evolutive flow of the individual?

In this work, knowledge relating to wave genetics will be introduced and the hypothesis of a transmission of configured memories and psychological aspects in the form of holographic content in DNA morphogenetic fields will be addressed. In this regard, the theory of formative cusality and the morphogenetic fields hypothesized by the molecular biologist Sheldrake will be presented. Also underlined the imposition of this quantum dimension of DNA in order to understand those factors that determine its expression in terms of temperament and individual existential project.



Dr. Bruno Renzi, a former first-level manager at the Department of Mental Health Hospital - University Centre L. Sacco, served as the responsible head of the Centre for Integrated Psychosomatic and Functional Medicine and the Coordination Center for Stress-Related Disorders at the same institution. He was a Professor in Psychiatric Rehabilitation at the Polo Universitario L. Sacco and trained in rehabilitative treatments for schizophrenia using reparenting methodology at the Cathexis Institute in Oakland, California, in 1982. From 1984 to 1985, he completed internships at Maharishi International University (Iowa, USA), Natural Law University (Washington, USA), and Gujarat Ayurvedic University (India), focusing on integrating traditional medicine principles with neuroscience. In 1985, he inaugurated eight Ayurvedic medicine centers across the USA (Hawaii, Honolulu, San Diego, Orange County, Los Angeles, Santa Barbara) and Canada (Victoria, Vancouver, Edmonton), promoting prevention and health education. He served as President of the Italian Society of Maharishi Ayurveda (2003-2006), a Provisional Trainer in Neuro-Linguistic Programming (since 1991), and a psychotherapist

specializing in transactional analysis, with eight years of personal developmental training. He was responsible for Ayurveda Maharishi in Italy, Co-Director of the Maharishi College for Perfect Health International in Holland, and a faculty member at Maharishi International University (MIU), overseeing the MIU Master's program in Maharishi Ayurveda and Integrative Medicine in Italy. A prolific author and speaker, he has published numerous scientific papers, contributed to several books, and appeared on national television networks. His authored works include *Anima: Conversazioni Irreali* (2009), *Stress e Autoipnosi* (2013), *La Mente in Ayurveda* (2018), and *The Mind in Ayurveda* (2020). He has contributed to books such as *The Territories of Alchemy: Jung and Beyond*, *The Manifesto of Long Life: The Revolution of Predictive Medicine*, *Beyond the Labyrinth: Paths in Complementary Medicine*, and *The White Book of Stress* in Milan.

Biography

Dmitry Mokhov

Osteopathy Department, Mechnikov North-West State Medical University, St. Petersburg, Russia

Osteopathy – A new specialty in clinical medicine: From empiricism to a scientific approach

Over the past 150 years, osteopathy has evolved from an empirical practice to an established scientific discipline, achieving significant development both in Russia and globally.

This presentation highlights the milestones in the establishment of osteopathy as a medical specialty in Russia and its evolution into a scientific field, focusing on the methods and instruments employed in its research and practice.

The report provides a historical overview of the development of osteopathy in Russia, including its professional regulation at the state level. It also addresses critical topics such as the challenges faced by modern medicine, the definition of somatic dysfunction, mechanisms of its development, mechanotransduction, the impact of osteopathic correction on tissue viscosity and neurodynamic disorders, as well as collaboration between osteopaths and physicians of other specialties. Additionally, the presentation explores a systemic approach to health and the role of osteopathy within the framework of healthcare system.

The report will also feature a series of randomized scientific studies conducted at the Mechnikov North-West State Medical University.

Today, osteopathy possesses all the hallmarks of a scientific discipline, supported by its own methodological framework and research apparatus.



Dmitry Mokhov graduated from the St. Petersburg State Sanitary and Hygienic Medical Institute in 1994 (General Medicine). In 1996 Dmitry Mokhov graduated from residency (Nervous System Diseases). In 1999 he graduated from ESO Paris. In 2000, Dmitry Mokhov headed the Educational and Scientific Center for Osteopathic Medicine at SPbMAPS. Since 2006 - Director of the Institute of Osteopathy, St. Petersburg State University. Since 2007 - editor-in-chief of the Russian Osteopathic Journal. Since 2014 - Head of Osteopathy Department, Mechnikov North-West State Medical University. Since 2016 - Head of the Federal Methodological Center for Osteopathy. In 2012 he defended his doctoral thesis. He is author of over 250 scientific papers, holder of 7 patents for inventions.

Biography

Dr Girish Momaya

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

Power of lifestyle modifications in ayurveda for overall health and well-being

Ayurveda empowers individuals by highlighting the profound impact of lifestyle choices on overall health and well-being. It considers these choices vital for disease prevention and a long and healthy life. By aligning with natural rhythms and incorporating practices such as promoting optimal nourishment and health through a balanced diet, digestion, and nutrition; adequate and restful sleep; a balanced daily routine for prevention; seasonal routines for balancing the influence of seasons on the body; regular practice of transcendental meditation; yoga asanas and pranayama; balanced exercises; evolutionary and nourishing behaviour; utilising panchakarma treatments for detoxification and balancing the physiology, rasayana treatments for rejuvenation and prevention of ill health, Ayurveda aims to correct imbalances in Vata, Pitta, Kapha—the three fundamental principles governing all physiological processes and promote overall well-being and longevity.

Following these healthy regimens reflects a life that is in alignment with natural law and its evolutionary power. These promote a conducive environment for the body's inner intelligence to function in a health-promoting manner. This triggers a profound and inspiring transformation in the body's inner intelligence at the epigenetic level.

Recent epigenetic research has shown an increase in telomerase gene expression through the Transcendental Meditation (TM) practice, as well as through lifestyle changes facilitated by extensive health education. Both



Dr Momaya is the director of Maharishi European Research University, a Dutch foundation that provides training and services in education, Ayurvedic healthcare, 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.

have been shown to stimulate two genes that produce telomerase. Telomerase is an enzyme that maintains telomeres, which are the protective caps on the ends of chromosomes that protect the DNA and, in turn, enhance immunity, contributing to overall health and longevity.

In another epigenetic study, 200 genes and loci were identified as meeting strict criteria for differential expression in the microarray experiment, exhibiting contrasting patterns of expression that distinguished the Transcendental Meditation group from the control group. It has been found that 35 stress response genes, 49 inflammation-related genes, 64 cardiovascular disease-related genes, and genes that inhibit energy efficiency were downregulated. In comparison, 13 genes associated with antiviral and antibody components of the defence response were upregulated.

These findings offer hope, explaining reductions in anxiety, Post-Traumatic Stress Disorder (PTSD), Cardiovascular Disease (CVD), and other chronic disorders and diseases with regular practice of Transcendental Meditation.

Maharishi Mahesh Yogi explains, 'When the total intelligence of natural law is lively in the individual physiology, there is perfect synchrony between the functioning of every individual cell and the holistic functioning of the body as a whole, as well as between individual intelligence and cosmic intelligence. With this complete integration, all thought and action are spontaneously in harmony with natural law, and the individual enjoys perfect health.'

Biography

Kenneth R. Pelletier, PhD, MD

Clinical Professor of Medicine

Department of Medicine

Department of Family & Community Medicine

Department of Psychiatry

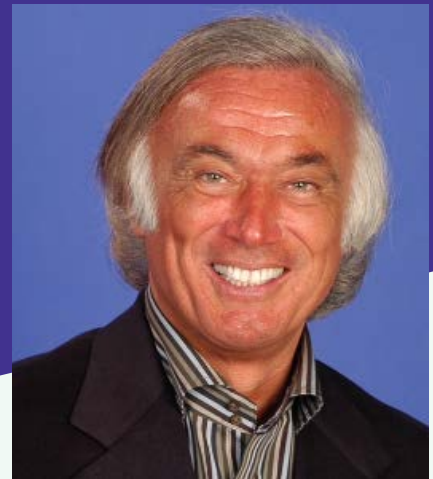
University of California School of Medicine, San Francisco, United States of America

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.



Kenneth R. Pelletier, PhD, MD is a Clinical Professor of Medicine, Department of Medicine, Department of Family and Community Medicine; and Department of Psychiatry at the University of California School of Medicine, San Francisco (UCSF). At the UCSF School of Medicine, also, Director of the Corporate Health Improvement Program (CHIP) which is a research program between CHIP and 15 of the Fortune 500 corporations including Apple, Cisco, American Airlines, IBM, Dow, Prudential, Cummins, Ford, NASA, and Pepsico. He also serves as a Vice President with American Specialty Health (ASH).

Biography

Dr. & Master Sha¹, Laure Le Corroller^{2*}

¹World Renown Healer, Speaker, Author, Tao Grandmaster, and Humanitarian; Founder of Universal Soul Service Corporation and Love Peace Harmony foundation, Toronto, Canada

²One of Dr. & Master Sha Leading Teachers and Healers



Tao healing art as a powerful integrative medicine technology: Cases of chronic and life-threatening conditions

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

Laure Le Corroller is a one of Dr & Master Sha leading teachers. 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 transformative field master teacher & healer since 2015. She witnessed great results and heart touching transformations when combined with conventional medicine and/or traditional Chinese medicine. Laure's compassion and service have touched thousands of people around the world since then. She offers free introductions, workshops, courses on intuitive development, spiritual channels, soul wisdom & healing, Tao wisdom & healing.

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 15yr, and is now one of his leading teachers. People testimonials are Dr. & Master Sha technique's report card. Many reported transformations in health, relationships, and more. There is no promise of result or any guarantee. Soul Medicine is not a replacement of modern medicine or traditional Chinese medicine, but it can complement powerfully through the power of guided meditation in a powerful transformative field.

Shen Medicine with Tao transformative field is empowering everyone to reconnect with the power of the soul. The soul is the warehouse of information that goes through the emotional body, mental body and physical body. Beyond mindfulness: Soulfulness. The soul can make things happen at each level.

Biography

Lothar Pirc

Maharishi Ayurveda, Germany

Maharishi Ayurveda: Reviving the ancient science of life for modern healthcare. A consciousness-based approach to disease prevention, rejuvenation, and collective health



Ayurveda, the science of life, is one of the world's most ancient holistic healthcare systems. Revived in its fullness by Maharishi Mahesh Yogi, Ayurveda aims to create balance in mind, body, behavior, and environment. Its fundamental goal is to prevent disease, rejuvenate the physiology, and ultimately promote enlightenment and a disease-free society. A core principle of Ayurveda is the concept of the three Doshas—Vata, Pitta, and Kapha—which represent distinct metabolic forces in the body. When these Doshas are balanced, health flourishes; when they are imbalanced, disease can arise. According to Ayurveda, disease develops in six stages, yet modern medicine can typically detect it only from the fourth stage onward. Through techniques such as pulse diagnosis, Maharishi Ayurveda enables trained practitioners to identify imbalances at earlier stages, making it possible to address them more effectively and without harmful side effects. Treatment in Maharishi Ayurveda does not focus on battling diseases directly; rather, it centers on restoring balance. This includes practical lifestyle recommendations in four key areas: Mind, Body, Behavior, and Environment. Specific modalities include herbal preparations, Yoga, Transcendental Meditation, dietary guidance, daily and seasonal routines aligned with nature's rhythms, and methods for toxin removal. For example, Panchakarma is a gentle purification and revitalization therapy that helps eliminate fat-soluble toxins—such as pesticides and herbicides—and restore equilibrium.

Lothar Pirc is a dynamic business leader, an engaging speaker, and an international proponent of Ayurveda and holistic health. Is founder and president of the award winning Maharishi Ayurveda Health Center Bad Ems, Germany. Over the last 32 years, has introduced the health benefits of the natural time-tested approaches of Maharishi Ayurveda to thousands of people around the world. Lothar is Professor of Practice at DPU, Dr. D. Y. Patil Vidyapeeth, Pune, India at its Center for Online Learning. Also, is founding director of the International Maharishi Ayurveda Foundation in the Netherlands and founding president of the Foundation for the promotion of Vedic culture which is supporting 90 schools in Nepal. Has spoken to many groups of physicians, national health organizations, and government and business leaders in Europe, Russia, India, Japan, the Middle East, Africa, Mexico, Brazil, Canada, Nepal and the US. Lothar is a certified teacher of the Transcendental Meditation Program and has been active in its international programs for world peace for over 40 years. Was awarded the Global Hakim Ajmal Khan Award 2007 for Organizational and Social Vedic Services presented by the Chief

among all three Doshas. Maharishi Mahesh Yogi played a pivotal role in reinstating Ayurveda's highest standards by emphasizing its consciousness-based approach. This system is holistic, authentic, and reliable, with no harmful side effects. It is also prevention-oriented, cost-effective, and capable of fostering collective health. Scientific research on various Vedic treatment modalities highlights benefits such as improved vitality, better sleep, reduced anxiety, more orderly brain function, enhanced memory and intelligence, reduced blood pressure, and diminished stress. Studies also suggest lowered healthcare costs, fewer side effects from chemotherapy, and even improved collective health through group practice of consciousness-based techniques. Given Ayurveda's comprehensive, time-tested principles, it offers a promising avenue for modern healthcare systems worldwide. Governments and healthcare providers are encouraged to explore how this ancient science can be integrated into public health policy, ultimately helping to create a healthier and more harmonious society.

Minister of the State of Delhi, India, for its work in research, application, and expansion of Ayurveda around the world.

Biography

Marilyn Allen

American Acupuncture Council, Orange, California, USA



The evolving future of traditional medicine: Bridging heritage, innovation, and safety

Traditional Medicine (TM) has been an underlaying support of healthcare for thousands of years, especially across Asia, the Western Pacific, and the Eastern Mediterranean. Today, with over 80% of World Health Organization (WHO) member states relying on its practices, TM—led by acupuncture—stands at a crossroads. Since 2003, the who has worked to standardize TM, culminating in ICD-11’s Chapter 26, fostering interoperable documentation and research to improve patient-centered outcomes. This presentation explores how acupuncture and other TM practices can integrate into modern healthcare by coordinating their rich heritage with innovation and safety—a mission I’ve pursued for decades.

Drawing on my experience in acupuncture education, policy, and global advocacy, we’ll dive into: (1) TM’s historical evolution across cultures, with acupuncture as a cornerstone; (2) the role of technology—Electronic Health Records (EHRs), telemedicine, and AI-assisted diagnostics—in enhancing ethnomedicine’s reach and safety; (3) the vital importance of global safety and ethical standards to protect practitioners and patients; and (4) challenges to TM’s adoption in Western systems, from regulatory hurdles to public perception. Innovations like ICD-11, TM1, and TM2 classifications, alongside health system collaborations, showcase TM’s ever-evolving progress while preserving its diversity.

With data from 179 Member States and who’s TM frameworks, the urgency is clear: TM must become a standardized necessity in global healthcare. This session offers a vision of that future—practical insights into best practices, integration strategies, and inspiration for practitioners to shape TM’s role worldwide. Together, we can ensure TM remains a living, vital force for patient care.

Biography

Sara Álvarez-Jiménez

Department of Physiology and Health,
Maharishi International University (MIU), 1000
N 4th Street, Fairfield, Iowa 52556, USA

Education and Consciousness-Based Health,
Kaminda Kas Grandi 79, Willemstad, Curaçao

The International Maharishi AyurVeda
Foundation (IMAVF), Global Outreach and
Training, Vlodrop, Limburg, The Netherlands

Reviving the Vedic understanding of consciousness in traditional medicine: The case of Maharishi ayurveda

In the Vedic tradition, health is not merely the absence of disease but a dynamic state of harmony between body, mind, behaviour, and the innermost Self—pure consciousness. Maharishi Ayurveda, a comprehensive revival of classical Ayurvedic knowledge, re-establishes consciousness as the foundational element in the prevention, diagnosis, and treatment of disease.

This presentation explores the theoretical framework and practical applications of Maharishi AyurVeda as a consciousness-based system of traditional medicine. It emphasizes how consciousness—defined as a field of pure intelligence—is not only the origin of physical and mental processes but also the organizing principle behind physiological balance and healing.

Maharishi Ayurveda systematically integrates traditional Ayurvedic modalities (including diet, daily and seasonal routines, herbal formulations, and pulse diagnosis) with the technique of Transcendental Meditation, which allows the individual to directly experience and stabilize pure consciousness. This integration empowers the body's own



Sara Álvarez-Jiménez earned her BA in English-Spanish Philology and a Master's in Translation Studies from the University of Galway, Ireland. She holds an MS in Ayurveda and Integrative Medicine from Maharishi International University (MIU). Sara is a certified teacher of Transcendental Meditation and Maharishi AyurVeda health educator. Sara has completed additional training with the International Maharishi AyurVeda Foundation in Marma Therapy, Aromatherapy, and Integrative Health. Sara has worked in Spain, India, and Latin America promoting consciousness-based education, women's health, and traditional knowledge systems. She currently collaborates with MIU, UMLAC, and IMAVF in education and outreach.

self-repair mechanisms, reduces stress and systemic inflammation, and promotes resilience and mental clarity.

Supported by decades of peer-reviewed research, this approach has shown remarkable benefits in reducing cardiovascular risk, managing anxiety and depression, improving immune response, and enhancing overall quality of life. The presentation aims to bridge ancient Vedic wisdom and modern health challenges, demonstrating how the reintroduction of consciousness as a therapeutic agent can offer innovative solutions within the global conversation on integrative medicine.

Biography

Sunita Teckchand

MIFPA, MNAHA, United Arab Emirates

Aromatherapy for stress management

Stress is a pervasive issue in contemporary society, significantly impacting mental, emotional, and physical health. As a Clinical Aromatherapist, I advocate for the integration of aromatherapy as a complementary approach to stress management. Aromatherapy utilizes the therapeutic properties of essential oils, which interact with the olfactory and limbic systems to regulate stress responses, improve emotional balance, and promote overall well-being.

This presentation examines the clinical efficacy of aromatherapy in stress reduction, supported by research and practical applications. Essential oils such as *Lavandula angustifolia* (Lavender), known for its calming and anxiolytic properties, and *Citrus bergamia* (Bergamot), with its uplifting and mood-enhancing effects, will be discussed. Other oils, including *Rosa damascena* (Rose) for emotional grounding and *Anthemis nobilis* (Roman chamomile) for its sedative properties, are highlighted for their specific roles in mitigating stress symptoms like anxiety, fatigue, and insomnia.

The mechanisms of action are explored in detail, focusing on how volatile compounds in essential oils influence the limbic system, particularly the hypothalamus and amygdala, to modulate cortisol levels and promote relaxation. Practical delivery methods will be addressed, including inhalation, topical application via massage, and diffusion, with an emphasis on safety protocols, dilution guidelines, and contraindications to ensure effective and ethical practice.



Sunita Teckchand completed her clinical aromatherapy education in 1998 from Hong Kong, and presently lives and works in Dubai, UAE. She is the owner and principal tutor of 'The Holistic Alternatives', where she teaches the IFPA accredited program on a digital platform. She also markets her own brand of organic essential oils- 'eSSensuals'. She has personally tutored and mentored students that have graduated on to become successful therapeutic massage practitioners and clinical aromatherapists. She has been interviewed on radio, television and magazines. She has also published several articles. She currently is an external examiner, a trustee and continues to be a board member of the IFPA since 2019.

Additionally, the presentation underscores the importance of selecting high-quality essential oils, tailoring blends to individual needs, and integrating aromatherapy into holistic care plans. By providing evidence-based insights and practical strategies, this session aims to empower attendees with the knowledge to incorporate aromatherapy into their clinical practice or personal stress management routines.

Biography

Vintila Iuliana

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

Harmonization of nutrition claims in case of catering products

The catering products are the new wave of the modern convenience foods in nowadays world, considering their availability in global hospitality industry (Vintila, 2021). The nutrition claims regarding the catering products formulation need to be easy-to-understand by the final consumer and to reflect the reality of the catering production system which is different from a classical food industrial routine of production. The harmonization of nutrition claims in all global catering industry, especially in restaurants, cafeterias and fast-foods, need to be science-based on proved evidences well-accepted by the global scientific community and taken in consideration by the policy makers in order to create a fair global market of catering products and convenience ingredients.



Vintila Iuliana is actually Associate Professor, PhD in Food Science and Engineering. She 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, 107 BDI scientific papers indexed in recognized international databases, articles presented in national & international conferences and published articles

revues. Also, Vintila Iuliana 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 Iuliana 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 Iuliana 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.

Biography

Professor W S El Masri (Y) MB, BCH, FRCS, FRCP, PHF

Clinical Professor of Spinal Injuries, Keele University

Emeritus Consultant Surgeon in Spinal Injuries

RJ & AH Orthopaedic Hospital – Oswestry Shropshire UK



Acute traumatic spinal cord & cauda equina injuries-neurological and other outcomes of traumatic spinal cord injuries with holistic traditional methods of conservative management

Traumatic Spinal Cord Injuries (TSCI) are life-changing events from medical, physical, psychological, social, financial, vocational, environmental & matrimonial effects. The combination of consequent generalised physiological impairment, multi-system malfunction, multiple disabilities, wide range of potential complications, sensory impairment together with the non-medical effects impose challenges to patients, carers and clinicians. Early prediction of ambulation is important to the patient especially during the early stages following injury.

Neurological recovery is not uncommon following traumatic spinal cord damage and is predictable. To date there is no evidence that surgical intervention on the injured spine can result in equal or superior outcomes than the traditional holistic active physiological conservative management of the injury and all the medical and non-medical effects of the neurological damage. The risks associated with surgery and post-operatively are likely to further limit the quality, human and monetary of the neurological and other outcomes and increase the cost of their treatment.

W S El Masri trained in the speciality of spinal injuries at Stoke Mandeville, Oxford, Guys Hospitals & the USA between 1971 and 1983. To date he 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. He 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. He contributed to the literature with over 150 publications. He published his 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 recovery occurs in the

Neurological recovery entirely depends on the quality not the method of management of both the spinal injury and its range of its medical effects. The positive and negative prognostic indicators of neurological recovery, its extent and the factors that enhance, prevent or cause neurological deterioration in patients with complete and incomplete cord damage will be discussed.

majority of patients irrespective of the degree of Biomechanical Instability, Canal encroachment or Cord Compression. He 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. He 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. He 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. He was commended in the House of Lords on two occasions. WEM's 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. He 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.

Biography

Zhenhuan Liu

Nanhai Affiliated Hospital for Women and Children
Guangzhou University Chinese Medicine, China

Scientific evaluate quantification of social and behavioral by scalp acupuncture on children with Autism Spectrum Disorders (ASD)

Autism Spectrum Disorders (ASD), a severe and pervasive heterogeneous neurodevelopment disorder, is characterized by impaired social interaction and communication, repetitive behavioral patterns, and restricted interests. Many aspects of ASD are still debatable, with elusive and complex etiologies, and no effective therapy exists. At present, many studies have verified the effectiveness and safety of acupuncture in the treatment of autism. However, the results should be explained cautiously due to methodological weakness. In order to obtain powerful evidence of the effectiveness and safety of acupuncture in the treatment of ASD, it is worth designing a study with higher methodological quality. We summarize the potential mechanism of acupuncture in the treatment of ASD. We found the mechanism of acupuncture treatment of ASD is still unclear. On the one hand, due to the complex etiology and biochemical changes of ASD, it is a neurodevelopmental disorder syndrome with a variety of biological factors. On the other hand, there are few basic researches on the mechanism of acupuncture in the treatment of ASD. There is still a long way to go to reveal the secret of this mechanism. Acupuncture has a short history in the treatment of autism, but the application of scalp points has achieved remarkable curative effect. There are different kinds of scalp acupuncture therapy in clinic. Thus, we put forward Xingnao Kaiqiao scalp acupuncture therapy and bring forth the need for well-designed, rigorous clinical and experimental studies to provide formidable scientific evidence validating the



Zhenhuan LIU professor of pediatrics, pediatric acupuncturist Ph.D. tutor. 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 children's 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. Zhenhuan is most famous pediatric neurological and rehabilitation specialists in Integrated Traditional Chinese and Western medicine in China. Has edited 10 books. Also, published 268 papers in international and Chinese medical journals.

efficacy and safety of acupuncture in the treatment of ASD.

Keywords: Acupuncture, Autism Spectrum Disorders, Xingnao Kaiqiao Scalp Acupuncture Therapy.

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**ORAL
PRESENTATIONS**



Anil Jauhri^{1*}, Prof Debjani Roy^{2*}

¹Former CEO, National Accreditation Board for Certification Bodies, Quality Council of India and currently Member, Yoga Certification Board, India

²Former Professor, Indira Gandhi National Open University and former Adviser, Quality Council of India; Currently Assessor & Trainer as per ISO 17024 for Personnel Certification Bodies, India



Contemporary approach to preserving traditional healthcare

The contemporary society is witnessing a paradigm shift in the processes and systems of learning. While on one hand it is extensively dependent on technology based learning like artificial intelligence, on the other hand, there is also the growing realisation for acknowledging the knowledge and skills of a large number of people belonging to the traditional communities and their value to tackling some of the modern day issues of wellbeing and sustainability.

Though some of the traditional knowledge is available in ancient texts viz Patanjali Yoga Sutra for Yoga but mostly the traditional communities have gained their knowledge and skills, expressed as competency, in their respective domains of service by helping and observing their knowledgeable elders at work thereby acquiring their competency through family lineage and mostly remaining in the realm of oral tradition.

The challenge therefore is to preserve and promote traditional knowledge in various sectors for the benefit of the society. The modern day tools of quality management have provided an excellent route to accomplishing that as shown in the experiences of certifying practitioners of traditional knowledge in India in which the authors have been actively involved.

The 21st century is being subjected to the worldwide movement for defining competence based on evaluation required to perform a particular job regardless of the route by which such competence is acquired-especially when issues of general well-being (mental, physical and spiritual), health and safety are involved. There is also the global acceptance for the concepts of accreditation and certification in various sectors which have potential application for the traditional knowledge practitioners. The certification of the traditional knowledge practitioners is gaining popularity, which can be applied to a variety of traditional knowledge domains such as agriculture, architecture, healthcare, music, and performing art and culture. Certification can ensure the practitioners' empowerment, social respectability, quality assurance and worldwide acceptance.

The process of certification requires that 'standards' be developed with the help of standard development experts and the knowledgeable elders/practitioners of the community for specific domains say yoga or traditional healing. The Minimum Standard of Competence (MSC) thus developed is used to assess uniformly the competence of the traditional knowledge practitioners through a transparent mechanism by the third party professional certification bodies leading to their certification. The certification process follows the international standard ISO/IEC 17024:2012 for personnel certification and the personnel certification bodies are duly

accredited as per this standard to attest their competence too.

In India, two personnel certification schemes have been developed and implemented for the traditional knowledge sector demonstrating how the concepts of standards and certification can be applied to promote traditional knowledge and enhance trust in it. The yoga professional certification scheme has achieved international acceptance and yoga professionals are being certified globally under Yoga Certification Board (YCB) and approximately 3000 Traditional Community Healthcare Providers (TCHP) commonly known as ‘Folk Healers’ or ‘Traditional Healers’ have been certified who treat patients for 6 specific ailments based on knowledge of local medicinal plants under Quality Council of India (QCI). These Folk Healers render valuable service mostly to rural, remote, inaccessible areas, which, if harnessed judiciously can be of immense benefit for the country at large.

The paper describes the experiences of development and operation of these schemes and the impact they have had which can be potentially replicated in other areas of traditional knowledge.

Biography

Anil Jauhri has a master’s degree in civil engineering from the Indian Institute of Technology, Kanpur, one of India’s top most engineering schools. However his entire professional career has been in the field of standards, certification, accreditation and technical regulations across various sectors – first in the Bureau of Indian Standards (BIS), the national standards body of India, then the Export Inspection Council (EIC), the official regulator and certifying agency for exports and finally the National Accreditation Board for Certification Bodies (NABCB), India’s national accreditation body and a constituent Board of the Quality Council of India (QCI) where he was the CEO from 2013 to 2019. Anil Jauhri has spearheaded several certification programs in India for products, processes, management systems and personnel including those for traditional healers and yoga professionals and continues to provide advisory services to several international and national organizations.

Prof Debjani Roy has a Ph.D degree in Life Sciences with years of postdoctoral research in Germany and The Netherlands; a Smithsonian Institute Fellow, USA; INSA and UGC Fellow, Government of India. She has been a full Professor at the North Eastern Hill University and Indira Gandhi National Open University in India. Prof Roy has developed and implemented the Voluntary Certification Scheme for Traditional Community Healthcare Providers for traditional healers and Good Clinical Practice Professional Certification Scheme for the GCP professionals, both Schemes based on ISO 17024 for Personnel Certification. Currently she is an assessor and trainer for ISO 17024 for personnel certification bodies including for personnel certification bodies for traditional healers for QCI and yoga professionals for YCB. Prof Roy has more than 50 publications in peer reviewed journals and 4 book chapters, besides the invited articles.



Dr. Chip Halverson, ND

Selah Natural Medicine, United States

Advances in complementary cancer treatments: A naturopathic perspective that encourages the body to heal

Introduction: The roots of naturopathic medicine date back thousands of years with influences from many continents. The influence of European nature cure principles of drainage is a powerful modality in the practice of medicine. Discuss how to detoxify the body by opening up the emunctories (organs of elimination) and discharging the toxic accumulations from the extra-cellular matrix and ultimately re-create the cellular homeostasis. Learn how physiology trumps pathology.

Understanding the connection between drainage and other therapeutic modalities. Understand how drainage can be supportive during cancer treatments and not push beyond physiological limits. Develop a treatment plan with drainage protocols. Clearly communicate your ideas and your reasons for clinical choices.

Results: Based on working with many cancer patients with varied diagnosis from skin cancers to leukemia and lymphoma, I have seen positive results in terms of improved mortality, reduction of side effects and medications with an approach focused on supporting the emunctories before, during and after conventional cancer treatments. Discuss two cases, including a breast and prostate cancer patient as an example that demonstrates how successful healing can be when following natural laws and allowed patients to recovery without major medical interventions.

Conclusion: Integrative cancer care has many components. Remembering the basics of physiology during the process is a must. Naturopathic medicine drainage has much to offer in terms of cancer care. Supporting the emunctories for all patients but more specifically cancer patients can have a profound impact on their sense of wellness and recovery when optimizing the function of natural emunctories.



Dr. Cloe Couturier DMQ, CO, CSTD, EHP-Q

CranioSacralQigong, United States

The role of CranioSacralQigong in promoting postural integrity

This presentation explores the integration of CranioSacralQigong within contemporary osteopathic practice, emphasizing its significance in promoting postural integrity. CranioSacralQigong, rooted in ancient principles, offers a holistic approach to understanding the body's posture through the lens of energy flow, emotional balance, and physical alignment.

We will delve into the specific rules and teachings of CranioSacralQigong, highlighting how they address the interconnectedness of the body, mind, and spirit. Techniques that focus on gentle manipulation and energy work will be examined, demonstrating their potential to release tension and restore equilibrium in the craniosacral system, which is crucial for maintaining optimal posture.

As an osteopath, Craniosacral diplomate and a medical qigong doctor, I will discuss methods for integrating these ancient teachings into modern practice. By bridging traditional wisdom with contemporary scientific understanding, practitioners can enhance therapeutic outcomes. This synthesis of knowledge not only enriches our approach to patient care but also fosters a deeper appreciation for the body's innate wisdom.

Attendees will gain insights into practical applications of CranioSacralQigong, empowering them to incorporate these techniques into their clinical practice for improved postural integrity and overall well-being. Join us in exploring how the ancient meets the modern in the flow for good healthy metabolism, and strong vitality and enhanced quality of life.

Biography

Dr. Cloe Couturier is a medical Qigong doctor, nationally certified as an energy healing practitioner in the clinical Qigong division. She is an advanced certified medical Qigong Instructor. Dr. Cloe Couturier is a Certified Osteopath and a Craniosacral Diplomate (Upledger International). A published author and the developer of CranioSacralQigong®, she was recently awarded: Most Empowering Women Leader in Wellness Industry, 2025, and Medical Qigong Master - Year 2023. In 1995, world-renowned Osteopath, Dr. John Upledger DO (1932-2012) invited Dr. Couturier to work at his clinic, she has been in clinical practice in Palm Beach County, Florida for 3 decades.



Edith Guba

Dao Yuan Schule für Qigong, Germany

Longevity and immortality in classical Chinese Qigong

New scientific findings give us hope that we may come closer to an old dream of humanity: That of longevity to the utmost extreme, eternal life.

In the West, we are familiar with this concept from the Christian religions. Those who had freed themselves from their transgressions could hope to rise again after their physical death on judgment day and live forever in heaven.

Similar beliefs can be found in China, especially in Daoism. The main similarity with regard to extreme longevity is found in the prerequisite for it, namely ethical and moral perfection. Without this, the lasting physical transformation on which longevity is based is not possible. It requires both: Refinement and a restructuring of body and mind in equal measure, known as cultivation. Some took special herbs and substances for this purpose, from which the outer Dan—the immortality pill—was to be crystallized. Possibly it was mainly higher-ranking individuals who wanted to believe that this pill alone would lead to eternal life. They took it and died, as the legend goes.

Others emphasized special training practices that could develop different modalities of the mind. Here, too, the most important prerequisite is the moral perfection of the adept, the inner cleansing of the physical and mental self. This allows the various aspects of the mind to develop, all the way to the dissolution of the conscious mind of doing (You Wei), to the development of the original spirit (Yuan Shen) together with the transformation of the entire body into a state dominated by non- doing (Wu Wei), of the body acting out of its own nature—one could visualize it as follows: As if all functions and expressions were now following the autonomic nervous system.

Certain problems that confront modern longevity theories, such as the threat of overpopulation and the danger of social exclusion, do not arise with these ancient Chinese methods: body and mind are transformed through self-cultivation in such a way that it is possible to switch from the visible to the invisible state and vice versa, according to this theory.

Those who do not achieve this will still lead a very modest life that is not a burden to anyone.

In my lecture, I present these thoughts in more detail, and at the request of the participants, there will be a discussion session afterwards.

Biography

Edith Guba is the successor of the Chinese Qigong master Guo Bingsen and the director of the Dao Yuan School of Qigong. Edith Guba founded and built up the school together with him, always trying to adapt these ancient Chinese methods to the needs of modern people while maintaining their content and effectiveness. Both have also translated the Dao De Jing, the classic of Lao Zi, from Chinese into French and German – a book whose content is equally addressed to people in leadership positions and to practitioners of certain types of exercises and goals. In addition to her teaching, she speaks at conferences, gives lectures and writes articles for professional journals.



Elsa Ramos Elías

Healing Spirit-Mind-Body S.L, Spain

Panchakarma: The ayurvedic system for deep biological and emotional reset

Ayurveda, the traditional medical system of India, offers a comprehensive model of health that integrates physical, emotional, and environmental dimensions of human well-being. Its therapeutic focus is not only on disease management, but also on prevention and systemic rejuvenation.

At the heart of this tradition is panchakarma, a structured, multi-phase process of internal cleansing and physiological rebalancing. Designed to eliminate accumulated metabolic waste (ama), restore digestive strength (agni), and regulate the body's self-healing mechanisms (doshas: Vata, Pitta, and Kapha). Panchakarma is increasingly recognized for its potential role in addressing chronic, inflammatory, metabolic, and psychosomatic conditions.

This presentation introduces the core principles of Ayurveda that inform the rationale behind panchakarma, followed by a practical overview of its methodology and therapeutic scope. Emphasis will be placed on the physiological mechanisms behind each intervention and the types of health conditions most responsive to this treatment model.

The panchakarma process includes five primary therapeutic actions:

- **Vamana (therapeutic emesis):** Removes excess Kapha and congestion from the upper gastrointestinal and respiratory tracts.
- **Virechana (purgation):** Targets the liver and intestines to eliminate excess Pitta and inflammatory byproducts.
- **Basti (medicated enemas):** Addresses Vata imbalances, supports nervous system regulation, and detoxifies the colon.
- **Nasya (nasal therapy):** Clears the sinuses, improves cognitive function, and impacts neurohormonal pathways.
- **Raktamokshana (bloodletting):** Used selectively to relieve inflammatory and dermatological conditions by reducing blood toxicity.

Each of these core procedures is supported by preparatory treatments—such as internal oleation and herbal steam therapy—and followed by a phase of post-treatment care focused on nutrition, lifestyle, and tissue regeneration (rasayana). The panchakarma protocol is personalized to the individual's constitution and condition, and always administered under professional guidance.

Grounded in over two millennia of continuous clinical application. Panchakarma represents a sophisticated therapeutic system that combines deeply experiential medical wisdom with a whole-person approach to healing. This presentation explores its growing relevance as an integrative intervention in the context of today's most pressing chronic health challenges.

Biography

Elsa Ramos Elías is an Ayurveda Health Consultant trained in Siddha Veda under Dr. Smita Naram, with advanced Panchakarma studies at Ayurvedguru Hospital under Dr. Gopesh Virmani. She is recognized as a Doctor of Traditional Medicine by the Zenú Indigenous Council of Colombia. In addition, she has studied Western herbalism, traditional alchemy, and is a certified Usui Reiki Master. Her integrative approach bridges classical Ayurvedic protocols with ancestral and energetic healing. With a focus on the emotional and spiritual roots of disease. Elsa guides her clients through personalized detox and rejuvenation therapies that awaken the body and restore connection to the soul.



Farah Ganjei Gron, CCH, RSHom (NA)

Certified Classical Homeopath, Registered with the North American Society of Homeopaths

President and Homeopath at New Life Homeopathy, Inc., United States

The misunderstood children and adults with the autism spectrum disorder diagnosis and how to help them with homeopathy

Most children and adults with ASD diagnosis are intelligent and have many gifts we cannot quantify yet. They are different in the sense that they are right-brain dominant and are heart-centred. They are physically more sensitive than others and are having a difficult time adjusting to our life here. Because of their sensitivity, they might have reacted worse to environmental toxins and that has stopped them from communicating and connecting with others. They are trapped in their brain and limited by the challenges of their body. The goal is not necessarily to help them become like other children. I will be discussing how to remove the toxicity from them and support them emotionally with homeopathy to help free them so they can express themselves and show their positive uniqueness and their full potential. I will present the results of my 2025 study on the current active cases of these special children in my practice.

Biography

Farah Ganjei Gron received a BA from Brandeis University in Computer Science. She found her calling when in 1996 she went to an introductory talk on homeopathy presented by Luc De Schepper, M.D., Licensed Acupuncture Practitioner. She continued studying with him through her fellowship and wrote her post-fellowship thesis in 2011 on her particular method of applying homeopathic remedies to the children in her practice that had a diagnosis of autism. In 2009, Dr. De Schepper asked her to become his successor when he retired from his practice.



Filipa Bernardino Baião

CESPU, Famalicão, Portugal

Santa Casa Misericórdia, Sesimbra, Portugal

TCM role in disease prevention

This conference describes the relevance and importance of Traditional Chinese Medicine (TCM) in disease prevention. TCM is part of the new concept of integrative medicine and is currently practiced worldwide in private and public health care systems. It reviews the state of health and medical care in Europe, and also showcases many doctors in TCM history who defended and were precursors of preventive and personalized medicine. The conference proposes with medicine-based evidence that primary care that includes TCM should be mandatory to achieve better health and longevity.

Keywords: Preventive Medicine, Traditional Chinese Medicine, Integrative Medicine, Acupuncture, Phitotherapy.

Biography

Filipa Bernardino Baiao is Born in Lisbon/Portugal, in 1977. Graduated in Traditional Chinese Medicine (TCM) from the Portuguese Institute of Traditional Chinese Medicine – APA-DA (Portuguese Association of Acupuncture and Associated Disciplines) in 2001 and obtained a diploma in Acupuncture from CREAT (France - Centre de Recherche et d'Etude en Acupuncture Traditionnelle) in 2003. Graduated in Acupuncture from the Polytechnic Institute of Lusophony in 2022. Postgraduate degree in Energy Medicine/Acupuncture in 2015. Postgraduate degree in Orthomolecular Therapy and Functional Nutrition in 2016, Guest lecturer at Universidade Atlântica since 2012, Lecturer of the Postgraduate course in Acupuncture at IFE (Nursing Training Institute) from 2012 to 2014. Teacher of the Postgraduate course in Integrative Acupuncture at CESPU (University Polytechnic Higher Education Cooperative) since 2017. Teacher/trainer in the Health field for undergraduate Students in Pharmacy and Health assistance since 2023. Technical Manager for Health Care Prevention (Fight Pandemic Covid 19/ winter infections Leader; Non-Conventional Therapies, Healthy Menu, Prevention overall and Volunteering) at the Santa Casa da Misericórdia de Sesimbra nursing homes since 2016. Assistance in clinics and medical offices since 1999. Co-author of the Manual de Acupuntura Integrativa Collection, published by Causa das Regras, 1st volume released in 2022. Expert in Non-Conventional Therapies at ACSS-Central Administration of the Health System since May 2025. She is a member of the Practitioner's Register, Spain, of CREAT (Centre d Recherche et Etude en Acupuncture Traditionnelle), France and of the Van Nghi Institute, Portugal.



Gerhard Tucek

IMC Krems University of Applied Sciences, Austria

Bridging the gap between tradition and evidence-based music therapy

Over the years, music therapy has evolved into a recognized therapeutic method that integrates both traditional and modern approaches.

Gerhard Tucek has extensively studied traditional oriental music therapy, which is based on centuries-old practices and philosophies that view music as a healing force. These traditional methods have not only been researched but also applied and further developed in modern therapeutic contexts in Europe. Today, the therapeutic relationship shaped through musical means is emphasized, enabling a well-founded application of these methods in clinical and therapeutic settings. One example of this approach is a study on EEG hyperscanning technology, which examines the neural dynamics during music therapy and provides valuable insights into the general mechanisms of music therapy. This research supports the development of new, evidence-based therapeutic approaches.

Building on the importance of the therapeutic interpersonal relationship, research on empathy has also been conducted, particularly in the context of healthcare professionals. This work includes the development of creative training tools aimed at fostering positive changes in stress management. The research underscores the significance of empathy and its impact on patient outcomes.

By bridging the gap between tradition and modern science, Tucek's work aims to contribute to music therapy without losing sight of the individual patient. It demonstrates that it is possible to unite the wisdom and experience of traditional practices with the demands of modern science.

Biography

Gerhard Tucek is Cultural and social anthropologist & music therapist. He was member of the advisory team for the legal establishment of music therapy at the Federal Ministry of Health in 2009. He established a training program (BSc; MSc) and a practice-oriented research path for clinical music therapy. He was director of a Josef Ressel (research) Centre for Personalized Music Therapy (2016-2022) and works currently on the establishment of a burn-out prevention program for nursing staff. He serves as Professor at the IMC University of Applied Sciences Krems & since 2016 as director of the Institute for Therapy & Midwifery Sciences.



Dr. Gopesh Virmani

Ayurveda Physician & Process Coordinator, Vaidya Ayurvedguru Hospital Pvt Ltd,
Karnal, Haryana, India

Psoriasis through the lens of ayurveda: Panchakarma, dosha balance, and beyond

Psoriasis is a chronic, immune-mediated inflammatory skin disorder characterized by erythematous plaques, silvery scales, itching, and significant physical and emotional distress. It is understood in Ayurveda as Ekakushtha, rooted in dosha (Bio humours) imbalance, ama (toxins), and rakta dush3 (impurities in blood). Conventional treatments often focus on symptom suppression, while recurrence and long-term management remain challenging. Ayurveda's strength lies in its root-cause approach. For psoriasis, it doesn't just aim to clear the skin, it works to cleanse the body, calm the mind, and restore internal balance.

This presentation highlights clinical observations from patients undergoing Panchakarma based psoriasis management at Vaidya Ayurvedguru Hospital, with marked improvements in scaling, itching, recurrence, and overall quality of life. The presentation includes two illustrative case studies: one involving an adult with chronic, extensive plaque psoriasis, and another featuring a pediatric case of psoriasis. Both cases highlight the practical application of Ayurvedic principles and Panchakarma therapies, demonstrating significant clinical improvement and reinforcing the relevance of individualized, age-appropriate treatment approaches, the importance of patient education, emotional support, stress reduction techniques, and skin-care rituals in chronic conditions like psoriasis is also emphasised.

Drawing from classical references and clinical experiences at Vaidya Ayurvedguru Hospital, the approach integrates shodhana (Bio-Purification), internal medicines, sa4vic (wholesome) diet, and lifestyle modifications.

Ayurveda goes beyond symptom management by addressing the root cause and restoring harmony, offering a sustainable and holistic path to healing for patients with psoriasis. In a world seeking safe, natural, and sustainable solutions to chronic disorders, the Ayurvedic approach to psoriasis especially when integrated with detoxification through Panchakarma, proves to be both effective and transformative.

Biography

Dr Gopesh Virmani is a distinguished Ayurveda doctor and Panchakarma consultant at Vaidya Ayurvedguru Pvt Ltd, with a BAMS degree and an MD (Ayu) in Panchakarma from Rajiv Gandhi University of Health Sciences, Bengaluru. A recognized gold medallist in the subject of Anatomy, he brings strong diagnostic acumen and expertise in Panchakarma therapies. He has presented multiple research papers at national and international forums, excelled in patient education, and contributed significantly during the COVID-19 waves. His compassionate, personalized approach to Panchakarma makes him a trusted healer in Ayurvedic care.



Huseyin Nazlikul

President of IFMANT (International Federation of Medical Associations of Neural Therapy), Schattenhalb, Switzerland

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

The significance of thoracic blockages for the autonomic nervous system–neural therapy and its clinical relevance

Background: Thoracic blockages not only present as mechanical movement restrictions but also influence a wide range of physiological processes due to their close connection with the autonomic nervous system, particularly the sympathetic nervous system. Persistent sympathetic activation can lead to autonomic dysfunctions, organ disorders, hormonal imbalances, metabolic diseases, myofascial pain syndromes, and circulatory disturbances.

Methods: This study analyzes the pathophysiological mechanisms of thoracic blockages and their impact on the spinal and autonomic nervous systems. The primary focus is on the interplay between sympathetic hyperactivity, impaired microcirculation, and the formation of myofascial trigger points.

Results: Chronic thoracic blockages can induce reflexive hypertonia of the paravertebral musculature, leading to pain, organ dysfunction, and central nervous system sensitization. This exacerbates muscular imbalances and contributes to the chronicity of pain syndromes.

Therapy: Combining neural therapy and manual medicine offers an integrative approach to restoring disrupted physiological balance. While neural therapy targets sympathetic dysregulation and modulates interference fields, manual medicine helps restore mobility and reduce muscular dysfunction.

Conclusion: Effective treatment of thoracic blockages requires an interdisciplinary approach that addresses both neurovegetative and mechanical aspects. The combination of neural therapy and manual medicine is an effective method for sustainably regulating structural and functional imbalances while reducing healthcare costs.

Keyword: Neural Therapy, Autonomic Nervous System, Sympathetic Nervous System, Myofascial Trigger Points, Manual Medicine.

Biography

Prof. Dr. Dr. med. Hüseyin Nazlıkul is a distinguished physician, educator, and pioneer in the field of Neural Therapy and Integrative Medicine. Born on May 10, 1963, in Pazarcık, Turkey, he began his education in Germany and later pursued medical studies at Frankfurt am Main's Goethe University and Istanbul University's Cerrahpaşa Faculty of Medicine. He completed his Doctor of Medicine (Dr. med.) degree at Charité–Universitätsmedizin Berlin in 2010, with a dissertation on Neural Therapy and Natural Healing Methods, earning cum laude honors. In 2011, he obtained a PhD in Biophysics from Aydın Adnan Menderes University in Turkey. Additionally, he was

appointed Professor of Physical Medicine & Rehabilitation at the University of Hamburg in 2010. Prof. Dr. Nazlıkul has been instrumental in introducing and advancing Neural Therapy in Turkey. In 2004, he founded the Scientific Neural Therapy and Regulation Association (BNR) and has since organized numerous international congresses and symposiums, training over 2,000 physicians in this specialized field. He has also served as the President of the International Federation for Neural Therapy (IFMANT) since 2019, leading global initiatives to promote the scientific and clinical applications of Neural Therapy. An accomplished author, Prof. Dr. Nazlıkul has published over 70 scientific articles and several books, including *Nöralterapi: Başka Bir Tedavi Mümkün* (Neural Therapy: Another Treatment Is Possible), which has gained significant attention in the field of complementary medicine. His contributions have been recognized with honorary memberships and awards in Germany, Austria, Switzerland, and Spain, reflecting his significant impact on the field of Neural Therapy and Integrative Medicine.



Jitendrakumar Varsakiya

Assistant Professor, Post Graduate department of Kayachikitsa (Internal Medicine), CBPACS, New Delhi

Efficacy of combination of herbal capsule as add-on therapeutics in insulin-dependent type 2 diabetes – A randomized standard controlled clinical trial

Background: In patients with hyperglycemia, the resistance to oral antihyperglycemic drugs may lead to insulin therapy. Insulin therapy has some limitations, such as the cost of medicine, dose monitoring, and the risk of hypoglycemia. The classical text of Ayurveda has described several formulations for treating diabetes. The role of Ayurveda antidiabetic formulations needs to be studied for controlling hyperglycemia and reducing the dose and frequency of insulin administration. Vijayasaradi capsule is an antidiabetic herbal formulation mainly utilized to treat hyperglycemia.

Objective: This study aimed to evaluate the clinical efficacy of Vijayasaradi capsule as add-on management in the cases of insulin-dependent type 2 diabetes.

Materials and Methods: Seventy-nine patients of either sex with insulin-dependent diabetes mellitus (T2-IDDM) between 18 and 70 years were studied. The intervention for the control group (n=38) was hypoglycemic drugs with insulin injections. The trial group (n=41) was treated with the Vijayasaradi capsule, two capsules (500mg each) thrice daily before food, hypoglycemic medicine, and insulin injection. The duration of the study was 3 months, and follow-ups were done weekly. Percentage changes of reduction in the units of insulin therapy, fasting and postprandial blood sugar levels, and haemoglobin A1c before and after the treatment and the associated subjective symptoms of type 2 diabetes were the primary outcome measures.

Results: The trial drug significantly decreased fasting blood sugar ($P=0.02$) and postprandial blood sugar ($P=0.0001$). The average insulin dose was also reduced from 33.27 ± 19 to 28.8 ± 80 units. A significant reduction ($P=0.001$) in haemoglobin A1c was observed after the treatment. After the treatment, reduction in the maximum average insulin dose was also observed.

Conclusion: Vijaysaradi capsule can be used as an add-on therapy to manage hyperglycemia and reduce insulin doses in patients with T2-IDDM.

Keywords: Add-On Therapy, Insulin-Dependent Diabetes, Madhumeha, Vijaysaradi Capsule.

Biography

Dr Jitendra have been awarded with 13 prestigious awards from the different platform including ministry of AYUSH, MOHFW, CCRAS and Nongovernment organizations. Dr Jitendrakumar N Varsakiya is presently working as an Assistant Professor Postgraduate Department of Kayachikitsa, Chaudhary Brahm Prakash Ayurveda

Charak Samsthan (An Autonomous body under the Govt. of NCT, New Delhi) with other additional charges i.e warden boys hostel, Social media champion, Nodal officer Ayusman Bharat Digital mission CBPACS, Nodal officer Website. He was born on 12th September 1989 in Jamnagar, Gujarat, India. He completed his B.A.M.S. in 2011 and M.D.(Ayu.) in Kayachikitsa (Internal medicine) in 2015 & PhD in 2018 from Institute for Post Graduate Teaching and Research in Ayurveda, Gujarat Ayurved University, Jamnagar, Gujarat under the guidance of Dr. Mandip Goyal, Dean of International studies, head and Professor, department of Kayachikitsa, ITRA, National Importance of Ayurveda, Jamnagar, Gujarat, India. His area of specialization is Medicine-Kayachikitsa-mainly Vajeeekarana (aphrodisiac therapy in Ayurveda) which includes mainly Male infertility and sexual issues and its related disorders. More than 1000 couples are able to achieve parenthood under the treatment of him. Till date approx. 5,00,000 patients taken the treatment of doctor at government organizations where he worked or working. In the field of infertility more than 1000 patients of male infertility treated by Dr Jitendra among all have healthy Childs at present, Scientific documentation and publications for the same is available online. He has also worked on different other aspects of clinical research like completed about 3000 procedures of Panchkarma {Virechana Karma (bio-purification therapy)} in different patients and cure their diseases by the Ayurveda. Among them Paralysis, Thyroid disorders, Obesity, Metabolic disorders, Skin disorders includes psoriasis, eczema are main, liver disease includes liver abscess, cirrhosis of liver, fatty liver, Hepatitis-B, carcinoma of liver, pituitary adenoma are main, digestive chronic disease like ulcerative colitis, crohn's disease are, PCOD Alopecia areate. More than 1000 diabetic patients cured with the Ayurveda treatments, more than 1500 patients treated of hypertension with pure Ayurveda treatments. He has put his sincere efforts to bring out this ancient knowledge of health promotion and diseases prevention and disseminated the same through different scientific publications. Dr. Jitendrakumar N Varsakiya has published more than 100 scientific research papers in Various National and International peer reviewed research journals. Also he had written three books on Male Infertility. He has also participated in CME programs, information technology training for AYUSH professionals at CDAC, participated in more than 150 State level, National and International Seminars & Workshops and has presented around 50 scientific papers among them 3 paper got the 1st prize as best oral paper presentation. He is also member of institutional Newsletter-editorial Board, deputed as institutional website manager, reviewer of more than 15 scientific journals indexed and pub med journals, investigator and co-coordinator of research projects held by CCRAS GOI India. He has also delivered guest lectures and talks in public awareness program mainly in National channel DD Bharati and Akashwani Bhavan New Delhi. He has given services as physician more than 20 medical camps in different villages of Gujarat during his post-graduation. Dr. Jitendra Visited the two countries for the officially Nepal and Dubai as an Ayurveda Expert to propagate the Ayurveda Knowledge globally sponsored by the Ministry of Ayush, GOI, New Delhi, India.



Julieta Andico Songco, MS, MEd, RDN, FAND

JAS Consulting Services, Livingston, New Jersey, USA

Nutrition education as an adjunct to the future of medicine in embracing traditional and natural approaches

Being that the future of medicine is at stake here, it is but immoral and unprofessional not to do anything about it. As a nutrition educator and a registered dietitian nutritionist, I can initiate how to advocate, educate, collaborate, facilitate, and finally embrace traditional and natural approaches through nutrition education.

Today, the future of medicine is unstable due to economics and disease conditions like COVID-19. Additionally, chronic diseases like hypertension, diabetes mellitus, renal disease, and cardiovascular diseases with a combination of two or more conditions like the metabolic syndrome or disorders increase the risk for heart disease, stroke, and diabetes. The field of medicine is also burdened by Social Determinants of Health (SODH).

What is medicine? Medicine is a substance, practice, or science used to care, treat, prevent, or cure disease, or to relieve symptoms and manage a patient's diagnosis. As substances, medicines can be chemicals, compounds, or other substances used to treat disease which can be derived from natural sources such as plants, herbs, and/or botanicals. Practice medicine can refer to practices and procedures to treat, care, or manage disease conditions and/or physical injury. This can be in combination with medical food nutrition/diet, meditation, music, and/or yoga therapies to promote health and wellbeing. Since prehistoric times, medicine has been an art with connections to the religious and philosophical beliefs of local culture. With the advent of modern science came nutrition which is a branch of medicine.

Methodically, this presentation will consist of the speaker's more than fifty years of experiences as an RDN for a population of all ages from conception to old age, in hospital settings, child care programs, adult care communities, correctional facilities, and long term care institutions. This speaker is also the first medical mission RDN who cared for fifteen thousand clients/patients that saw cases of malnutrition such as obesity, failure to thrive, metabolic disorders, renal disease, and food allergies—all definite and true nutrition-related conditions which need nutrition education.

Through lecture, role-playing, group discussion, case studies, storytelling, metaphors, demonstrations, and/or a combination of multiple approaches, participants will gain insights, awareness, and hands-on experiences regarding the best practices to sharing nutrition education with their students, peers, other colleagues, benefactors, and/or providers.

Embracing traditional medicine and natural approaches is the future of medicine through nutrition education. Nutrition education is now a part of the medical curriculum/education and a positive return of investment. For the future of medicine, if we do not embrace traditional and natural approaches with nutrition education as an adjunct now, then when?

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. Julieta Andico 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). She 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. She has also been an ICD attendee in Sydney, Australia and Montreal, Canada. She was the first Philippines Medical Mission RDN.



Krashenyuk Albert Ivanovich

Academy of Hirudotherapy, St. Petersburg, Russia

Hirudotherapy - New possibilities for the treatment of movement disorders

Annotation: According to the global burden of disease study published by WHO, approximately 1.71 billion people worldwide suffer from disorders and diseases of the musculo-skeletal system. The prevalence of these diseases varies depending on age and diagnosis, but they affect people of all ages everywhere in the world. Diseases of the Musculoskeletal System (MS) cover a wide range of disorders affecting joints, bones, muscles, and soft tissues. Many MS diseases are recurrent or lifelong. The main consequences of MS diseases are usually prolonged pain, physical disability, loss of independence, decreased social interaction, and deterioration of quality of life. According to a publication by an international group of researchers (Sweden, USA, UK), based on WHO and UN data, between 1986 and 2011 (a period of 25 years) the total number of deaths from diseases of the musculo-skeletal system and their share in the total number of deaths increased, and this was mainly due to the aging of the population. Kiadaliri, A.A., Wolf, A.D. and Englund, M. Diseases of the musculoskeletal system as the main cause of death in 58 countries in 1986-2011: An analysis of trends in the WHO mortality database. *BMC Musculoskeletal Disord.* 18, 62 (2017). The highest mortality rates from diseases of the musculoskeletal system were observed in Central America, and the lowest in Eastern Europe. The increase in mortality rates from diseases of the musculoskeletal system in Southern Europe, the Caribbean, Central America and South America over the past decade requires further action. The authors of this publication did not take into account the endotoxification factor and its effects on the Human Connective Tissue System (HCTS), as the author of this report reported in Rome: Krashenyuk A. I. Endoecological poisoning of the World's population. A new clinical indicator has been introduced-Integral Blood Toxicity. 8th International Conference on Traditional Medicine, Ethnomedicine and Natural Treatment Methods, 5-7 June 2025, Rome, pp.66-67. Let's take a closer look at the problem of Cerebral Palsy (CP) and the consequences of stroke. The lesions of the MS were new and unexpected, as complications of the postcovid syndrome. In these diseases, we observe pronounced lesions of the MS. Our 30 years of experience in using the original medical leech treatment technology has allowed us to obtain unique treatment results for these diseases. This technology is called the System Method of Leeching (SML) and is protected by a patent (RF Patent No. 2787525). Some of these results have already been published, these are priority publications, and some are still awaiting publication: Krashenyuk A.I., Krashenyuk S.V. Hirudotherapy as a method of rehabilitation of children suffering from cerebral palsy. *International Journal of Immunorehabilitation*, 1997, No. 4, 118 p.; Krashenyuk A.I. Neurotrophic (neurostimulating) and neurotransmitter effects of hirudotherapy. The pathogenetic mechanism of treatment of

diseases of the human nervous system. *Acta Scientific Medical Sciences* 4.3 (2020): 01-06.; Krashenyuk A.I., Burkhonov A.B. Aseptic necrosis of joints as a complication of postcovid syndrome (clinical case). *Journal of Clinical Research, Reviews and Reports*, 2022, Vol. 4(3): 1-6. These clinical results are based on new scientific facts about the biological and medical properties of *Hirudo medicinalis* medicinal leeches. Let's briefly focus on one of them, and perhaps other new facts can be reported in the report.

In 1994, in the Russian Federation, the film treatment of cerebral palsy was shown on the federal TV channel No. 5. The heroes of the film were 3 boys, two of them were 6 years old and one was 11 months old. This film shows the results of treatment of cerebral palsy by hirudotherapy. The author of the original treatment method was Dr. Krashenyuk A.I. The most emotional shots of this film are shots about relieving spastic muscle tension in children and the possibility of canceling the Ballerina's Foot symptom.

This phenomenon allowed children to avoid complex surgical operations such as orthotics or verticalization. The film caused a positive public response, and it can still be viewed on our website: Academia-hirudo.ru. Almost 30 years have passed since the screening of this film, but its name still remains unchanged: Cerebral palsy is treated only in Russia with medical leeches.

In 1996, we patented the discovery of the neurotrophic effect of the medicinal leech (RF Patent No. 2144698. Priority of March 14, 1996). And only 3 and 5 years later, in the laboratory of Professor I.P. Baskova, it was confirmed that 3 of the components of the medicinal leech secretion known at that time: Destabilase-M, bdellin and bdellastazine-B have neurotrophic and neuritis-stimulating effects (two publications). It is these components of leech secretion that are associated with the phenomenon of relieving spasticity in children diagnosed with cerebral palsy and in adults suffering from muscle spasticity after a stroke.

Biography

Krashenyuk A.I. Graduated from the 1st Pavlov Medical Institute in 1971 in Leningrad, and postgraduate studies in biochemistry at the same institute in 1974 from Professor V.I. Rosengart. In 1974 he received the degree of Candidate of Medical Sciences. From 1974 to 1985 Krashenyuk worked as a senior researcher and head of the laboratory of biophysical methods of research at the Pasteur Institute in Leningrad. Krashenyuk was engaged in the development of vaccines against measles, mumps, influenza, tick-borne encephalitis. From 1985 to 1992 he headed the laboratory of live influenza vaccines and biophysical methods of research. Created the world first purified live influenza vaccine, which was vaccinated 4.5 million people without post-vaccination complications. In 1995 he received the degree of Doctor of Medical Sciences from the Institute of Influenza of the Russian Academy of Medical Sciences (RAMS). One of the creators of space biotechnology for the production of highly purified viral proteins in microgravity. In 1996 and to the present time the creator of the world first department and Academy of Hirudotherapy. Honorary Scientist of Europe, Academician of the European Academy of Natural Sciences (Germany), Grand Doctor in Biology and Medicine (Oxford), Full Professor of Oxford. For a series of works in the field of virology in 2023 the author was awarded the diploma Pasteur-Professor of the European Academy of Natural Sciences (Germany).



Marian Mulligan

Irish Institute of Naturopathic Medicine Training

Sphenoid Ireland Not For Profit

Complementary Medical Services Program Implementation, Ireland

DNA repair, sound faults, and the echo of unresolved harm

This presentation explores a frontier perspective at the intersection of analytical science, DNA repair, and the unresolved harm embedded in the collective biology of humanity. Drawing on clinical and field research, I propose that unhealed trauma—whether through famine, conflict, environmental exposure, or systemic neglect—leaves a detectable imprint not only on the individual but on the global biosphere. Unresolved shadow held in cellular memory causes structural misalignment sound and motion distortion. Across multiple nations, populations have suffered as collateral in historic and modern upheavals, from forced starvation to radiation testing. While this talk does not target fault, it opens enquiry into how such events leave a resonance—an acoustic fault line—a sound fractures within the collective atmosphere. This ‘shadow,’ is held in cellular function and is detectible through subtle anomalies, behavioural disorders, and degenerative biological signatures. Using a multidisciplinary approach, I will outline how unresolved toxic harm creates disturbances in mechanisms and can be identified in the body and the wider environment. I will also touch on the action required to support biological and energetic repair, including treatment of violence protocols, international research collaboration, and policy reorientation towards repair. This presentation invites analytical science to a collaborative dialogue: One that examines force in the living mechanism not only as a measurable reaction but as a transmissible legacy. We will investigate realignment of the structure that governs the function symmetry motion and chemistry of the living mechanism in interdependent collaboration with organic natural Law authority.

Biography

Marian Mulligan won overall award in best practice of integrated natural medicine UK. Marian was listed in the final for integrated medicine regime in the treatment of violence in high security prisons. Marian is an advocate for nomadic culture women and mothers for maternal protection and children with highest suicide rates in Ireland. Marian has recently taken on role of safeguarding in the Catholic Church UK appointed with the aim of a global recovery support program for victims of abuse. Background: Marian is a Drumcondra Dublin mother of two sons, she is daughter of late Pierce Mulligan, electrical engineer and late Molly Quinn, roots in Co. Tipperary. Marian was initially person centred apprentice trained in forensic naturopathy initially, training is person centred. Supervision under Cranial Osteopathy and Buddhist psychiatrist within development of researched regime in prisons. On the original executive committee of Cranial Osteopathic Association UK. Short listed for award in integrated medicine, then Prince Charles, Foundation of integrated medicine. UK research evaluation was the treatment program is ‘unique’. UK Government commissioned and funded research report. Overall UK winner best practice.

Provides advocacy to marginalised communities in Ireland impacted by violence. Professor Dr. Surya Bahadur Karki Coordinator International relationships Nepal. Dr. Dharma Raj Karki Director of research training and natural health services. Invited Member of executive South Asia initial yoga Olympic committee.



Mary Riggin

Healing Touch Oriental Medicine, United States

Choose vibrance: 3 keys to unlock optimal health and improve productivity

We all want to be healthy, but our medical system's main focus is disease. Are you really healthy if lab tests are normal? or Are your lab tests normal but you still feel like there's something wrong? Are you taking handfuls of supplements but know there must be something more?

Discover how to stay ahead of the lab tests by learning the hidden cause of chronic illness facing many busy professionals today. Accepting a diagnosis as inevitable is a big mistake and can rob you of decades of life's potential. Avoid the pitfalls and learn how to improve productivity in business and in home life?

It's time to go beyond the lab tests and the over-the-counter supplements. It's time to disrupt what's normal.

Learn how to take control of health and wellness using the simple but profound EAT framework to achieve optimal health for a lifetime.

Learning Objectives:

- Gain an understanding of why and how optimal health can improve the bottom line.
- Discover two hidden health issues and what to do about them; it's more than just taking vitamins and supplements.
- Learn how to incorporate two daily habits to achieve improved cognitive function.

Biography

In 1992 Mary Riggin enrolled in the Florida Institute for Traditional Chinese Medicine and her journey towards learning about a completely different system of medicine was born. Her background in Electrical Engineering Technology and Physics gave her an edge when learning about and practicing this ancient medical practice. Her critical thinking skills combined with an understanding of electromagnetism has made her clinical skills shine. Since 1996 she has been Florida licensed in the primary healthcare practice of acupuncture as an Acupuncture Physician and in Rhode Island as a Doctor of Acupuncture. Mary Riggin passion to bring a different message about health and wellness lead her to working with cancer patients in 1998 at the Cornerstone Cancer Centre in Palm Harbor, FL, and that experience motivated her to teach people how to achieve optimal health and do the work to avoid big, bad, ugly disease; instead of treating that disease once diagnosed. Her vision became a reality and now her clinic is well-known for helping people achieve optimal health.



Mentor Sopjani^{1*}, Miribane Dërmaku-Sopjani²

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Quercetin in cancer treatment and its potential side effects

Each cell in the human body is essential since it maintains homeostasis and performs several functions, including growth and development. Some lifestyle choices, such as tobacco use, alcohol use, ultraviolet exposure, etc., are well known to increase the risk of cancer development. Different plant components include a phenolic chemical known as flavonoid. Quercetin, a flavone possessing a chromone structure, exhibits anti-cancer properties. Quercetin exerts its anticancer actions by inhibiting many dysregulated signaling pathways that induce death in cancer cells. There are several signaling pathways that quercetin can change. They are the Hedgehog pathway, Akt, NF- κ B, a mutant form of p53 that has been turned down, JAK/STAT, G1 phase arrest, Wnt/ β -Catenin, and MAPK. Quercetin has drawbacks such as hydrophobicity, first-pass metabolism, and instability in the gastrointestinal system, which hinder its acceptance in the pharmaceutical sector. One way to get around these problems in the future is to use bio-nanomaterials like chitosan, PLGA, liposomes, and silk fibroin as carriers to make quercetin more specific to its target. Quercetin, a phytochemical, possesses a potentially effective molecular mode of action against cancers through diverse mechanisms, all with minimal or no adverse effects. We expect plant-based materials to play a more significant role in cancer therapy.

Biography

Mentor Sopjani is a biologist and an expert in molecular cell biology, biochemistry, and molecular physiology. He received his Ph.D. degree in 2010 from Tuebingen University, Tuebingen, Germany. At present, Mentor Sopjani is a professor of biology courses at the Faculty of Medicine, University of Prishtina, Prishtina, Kosova. So far, has published ten books, three book chapters, and more than eighty scientific articles in the biomedicine research field. He has about 2600 citations and Hirsch index 34. His research interest is also the signaling pathways involved in the effects of metabolites from medicinal plants.



Professor Dr. Mohammad Kamil

Director General, Lotus Holistic Institute, Abu Dhabi

Safety of traditional medicine with special reference to herbal 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 many folded 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.

Biography

Professor Dr. Mohammad Kamil, M.Sc.; M.Phil.; Ph.D.; D.Sc.; Chartered Chemist(U.K.) and Fellow Royal Society of Chemistry (London), has worked in various capacities. As In-charge the Drug Standardization lab. CCRUM, Ministry of Health-India. Associate Professor at Hamdard University, India; Professor & Head Department of Pharmacognostic Science, Zayed Complex for Herbal Research & Traditional Medicine, Ministry of Health, UAE (1996-2010). Head TCAM Research at Department of Health, Abu Dhabi (2010-2020). Presently working as Director General, Lotus Holistic Healthcare Institute, Abu Dhabi, UAE since 2021. Dr. Mohammad Kamil, is heading the Scientific Committee for the Sheikh Zayed International TCAM Awards. Recipient of many honours and awards lastly received Sheikh Zayed International Award in Traditional Herbal Research in 2020. Produced 25 Ph. D. and M.Phil. students besides guiding a huge number of M. Sc. dissertations and 40 Interns. More than 700 research papers.



Katharina Gaertner¹, Klaus von Ammon², Philippa Fibert³, Michael Frass⁴, Martin Frei-Erb², Christien Klein-Laansma⁵, Susanne Ulbrich-Zuerni⁶, Petra Weiermayer^{6*}

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Recommendations in the design and conduction of randomised controlled trials in human and veterinary homeopathic medicine

Background: Randomised Controlled Trials (RCTs) are an established research method to investigate the effects of an intervention. Several recent systematic reviews and meta-analyses of RCTs with homeopathic interventions have identified shortcomings in design, conduct, analysis, and reporting of trials. Guidelines for RCTs in homeopathic medicine are lacking.

Objectives: This paper aims to fill this gap in order to enhance the quality of RCTs in the field of homeopathy.

Methods: Identification of the homeopathy-specific requirements for RCTs by reviewing literature and experts' communications. Systematization of the findings using a suitable checklist for planning, conducting, and reporting RCTs, namely the SPIRIT statement, and high-quality homeopathy RCTs as examples. Cross-checking of the created checklist with the RedHot-criteria, the PRECIS criteria, and a qualitative evaluation checklist. Consideration of the REFLECT statement and the ARRIVE Guidelines 2.0 for veterinary homeopathy.

Results: Recommendations for future implementation of RCTs in homeopathy are summarized in a checklist. Alongside, identified useful solutions to the issues encountered when designing and conducting homeopathy RCTs are presented.

Conclusions: The formulated recommendations present guidelines additional to those in the SPIRIT checklist, on how to better plan, design, conduct, and report RCTs in homeopathy.

Biography

Dr. med. vet. Petra Weiermayer is a veterinarian and specialist in homeopathy at the Austrian Veterinary Chamber. From 2009 to 2014, she was a clinical assessor for the Austrian Agency for Health and Food Safety (AGES). Since 2012, has been running the Dr. Weiermayer veterinary practice, which specialises in homeopathy. Since 2018, she has been president of the ÖGVH (Austrian Society for Veterinary Homeopathy), and since 2019, has headed the research section of the WissHom (Scientific Society for Homeopathy) and from May 2023 to April 2025. Dr. Weiermayer was employed as a post-doctoral researcher at the University of Veterinary Medicine in the context of complementary medicine research projects. Since October 2024, she has been a visiting scientist at the Faculty of Health, Department of Human Medicine at the University of Witten/Herdecke. In her national and international university and non-university research and lecturing activities. Dr. Weiermayer focuses intensively on veterinary homeopathy and its significance for the problem of antibiotic resistance.



Dr Prashant Sakharam Bhokardankar

Professor and HOD, Department of Rasshastra and Bhaishajya Kalpana, Datta Meghe Ayurvedic Medical College Hospital and Research Centre Nagpur, Maharashtra, India

Role of ancient ayurvedic drugs in dyslipidemia-blessings to the world

A disorder known as dyslipidemia is characterized by harmful, atypical blood lipid content. According to recent research, the number of 15–20% of people in rural areas and 25–30% of those in cities has high cholesterol levels. Numerous serious conditions, such as Atherosclerotic Heart Disease and Cerebrovascular Diseases (ASCVD), are significantly increased by it. The pathophysiology of ASCVD has been strongly associated with dyslipidemia, which is a significant independent modifiable risk factor. The incidence of ASCVD is startlingly high, where patients typically catch the illness early and have more severe symptoms with a bad prognosis. It makes sense to control dyslipidemia in a safe and efficient manner because of its significance. Currently, studies are concentrating on a number of Ayurvedic medicines for their possible application in a lipid-lowering effect. Herbal medications can be taken as separate or combined formulations, minerals. The effectiveness of several Ayurvedic herbo-mineral compositions is increased by processing them in herbal juices.

Studies on phytochemistry and pharmacology are underway to determine the lipid-lowering qualities of numerous herbal plants mentioned in Ayurvedic texts during the past few decades. Additionally, Ayurvedic herbal remedies have been shown in clinical trials to effectively reduce LDL-C. The paper reviews the work done by the researchers on various Ayurvedic drugs which is having lipid lowering effect.

Biography

Dr. Prashant Bhokardankar is BAMS, He did his MD Ayurveda in Rasshastra from Govt. ayurveda college Nanded India in 2005. Dr. Prashant started his career as a Lecture in Dept. of Rasshastra-Bk at siddhakala Ayurved college Sangamner. After That he served various pharma companies like Dabur and Arya Vaidya Pharmacy Coimbatore. Currently Dr. Prashant is working as a Professor at DMAMCHRC Nagpur from 2019. Has published various national and international research papers in indexed Journals. Dr. Prashant has organized various seminar and workshops, on traditional medicines so called ayurvedic medicines. He worked as Principal investigator for various funded Research projects in his tenure. He has vast experience in Ayurveda Pharma sector.



Ieva Lankutytė, Dominyka Adamonė, Vilma Zigmantaitė, Irma Martišienė, Mantė Almanaitytė, Jonas Jurevičius, Regina Mačianskienė*

Institute of Cardiology/Lithuanian University of Health Sciences, Kaunas, Lithuania

Elsholtzia ciliata's antiarrhythmic and vasorelaxant potential: A comprehensive biophysical evaluation

Cardiovascular diseases, including arrhythmias, ischemic heart disease, and hypertension, are significant global health concerns, with arrhythmias contributing notably to morbidity and mortality. Over 40% of adults aged 25 and older suffer from hypertension, particularly prevalent in underdeveloped regions due to poor nutrition and limited healthcare access. Existing pharmacological treatments often exhibit proarrhythmic side effects and limited impact on mortality, underscoring the need for alternative therapeutic strategies. Therefore, herbal medicine remains a valuable source of bioactive compounds with therapeutic potential. This study introduces *Elsholtzia ciliata* (Lamiaceae), a traditional medicinal plant used widely in Asian medicine, and explores its Essential Oil (EO) as a potential candidate for cardiovascular therapy. Phytochemical analysis of Lithuanian-grown *Elsholtzia ciliata* EO revealed 48 compounds, predominantly ketones (92%), specifically dehydroelsholtzia ketone and elsholtzia ketone. Based on these findings, we hypothesized that these ketones are responsible for the EO's pharmacological effects on cardiovascular function. A Langendorff-perfused rabbit heart model was employed to assess these effects, utilizing microelectrode and optical mapping techniques to evaluate cardiac electrical activity under controlled conditions. The results demonstrated a dose-dependent reduction in action potential amplitude, conduction velocity, and maximal upstroke velocity (dV/dt_{max}), indicating sodium channel blockade-like class IB antiarrhythmic agents. Furthermore, in vivo studies on anesthetized pigs revealed that intravenous EO administration significantly induced vasodilation and decreased arterial blood pressure. The electrocardiographic analysis revealed increased QRS duration and reduced QT intervals, confirming antiarrhythmic efficacy. Complementary in vitro rat aortic studies indicated pronounced vasorelaxant effects, likely mediated through α_1 -adrenergic receptor inhibition. Safety evaluations, including acute and sub-chronic toxicity assessments in Balb/c mice, demonstrated favorable safety profiles, confirmed by hematological, biochemical, mitochondrial, and histopathological analyses. These findings position *Elsholtzia ciliata* EO as a promising natural antiarrhythmic and vasorelaxant agent. Further research is needed to clarify precise mechanisms, optimize dosing, and evaluate clinical translational potential.

Biography

Dr. Regina Mačianskienė received her Ph.D. in 1988 from the Kyiv Institute of Physiology, Ukraine. Dr. Mačianskienė currently serves as Lead Researcher and Head of the Laboratory of Membrane Biophysics at the Institute of Cardiology, (LUHS, Lithuania). Her research focuses on cardiomyocyte dysfunction, cardiac electrical remodeling, and cardiotropic drug development. Has published 61 research articles and holds three international patents. Dr. Mačianskienė completed research fellowships at Leuven University, Belgium, and the Pacific Biomedical Research Center, Hawaii, studying cellular signaling related to health and disease. Her research receives funding from the NIH, the European Social Fund, and the Lithuanian Research Foundation.



Dr Roger Jahnke OMD

Fielding Graduate University, USA

The medical, social and economic relevance of mind body practice

Ancient cultures knew that the most profound medicine is produced with the human system. From about 1850, this insight was lost. Starting in the 1960s, the ideal of The Healer Within has been reconstituted and the foundational ideal is that each individual can turn on the medicine within through personal choices. In the Ayurvedic tradition of India the signature method to maximize health improvement, stress mastery and healing is Yoga – MindBody Practice. In China the signature method is Qigong – and Tai Chi – MindBody Practice.. Dr Jahnke will discuss the origins of these MindBody systems, their essential healing benefits, as well as their social and economic implications.

Biography

Dr Jahnke, with two books in the popular market, numerous research journal articles and 10 research trips to Asia, is a physician in Chinese Medicine and the Director of the Institute of Integral Qigong and Tai Chi. His books have become iconic in the realm of holistic, integrative and functional medicine. He and his colleagues at the IIQTC have trained over 5000 Teachers and Practice Leaders of Qigong and Tai Chi worldwide.



**Dr. Sayali Sanjay Sathe* BAMS MD (Ayurveda),
Dr. Sajitha Bhadran, Dr. Jayan D, Dr. K.M Madhu,
Dr. Praveen M**

Assistant Professor, R.A Podar Medical College (Ayu)& M.A Podar Hospital, Worli,
Mumbai, Maharashtra, India

Combined effect of guduchi satva and triphala choorna with Dashamoola bala guduchi siddha ksheeradhara as tertiary prevention in cancer patients with chemotherapy induced peripheral neuropathy

Cancer ranks as the second leading cause of death worldwide, with over 1300 Indians succumbing to it daily. Chemotherapy serves as a critical component in cancer management, either as a primary modality or as an adjunct to surgery and radiation. However, alongside its therapeutic effects, chemotherapy also poses several adverse effects, one of the most distressing being Chemotherapy Induced Peripheral Neuropathy (CIPN).

CIPN affects up to 48% of cancer patients receiving chemotherapy and, in many cases, persists for months or even years after completion of treatment. It has a profound negative impact on patients' functional abilities and long-term quality of life. Despite its prevalence, CIPN remains underdiagnosed and inadequately treated in clinical settings. Conventional pharmacological interventions offer limited relief and are often associated with additional side effects. Patients experiencing CIPN also showed increased incidences of depression, anxiety, sleep disturbances, falls, and reduced physical activity.

This study was conducted with the aim of evaluating an Ayurvedic approach to tertiary prevention of CIPN and improving patients' quality of life. Ayurveda, with its rich pharmacological heritage, offered numerous herbal formulations known to nourish the nervous system, reduce inflammation, and promote systemic balance.

A pre-post interventional study was carried out on 32 cancer patients, aged between 40 and 65 years, suffering from CIPN. The participants were selected from the Oncology outpatient department of Arya Vaidya Sala, Charitable Hospital, Kottakkal, based on predefined inclusion and exclusion criteria.

The intervention included:

- **Internal medications:** Guduchi Satva 500 mg with 50 ml of milk, and Triphala Choorna 3 gm with warm water, administered twice daily after meals for 30 days.
- **External therapy:** Dashamoola Bala Guduchi Siddha Ksheeradhara for 14 consecutive days.

The presentation discusses the clinical background of CIPN and the challenges associated with its management in conventional medicine. It elaborates on the pharmacodynamics of the Ayurvedic formulations used highlighting their neuroprotective, anti-inflammatory, rejuvenative and adaptogenic properties. The methodology adopted for the study, including selection criteria, mode of administration, and symptom evaluation, is presented in detail.

Outcome measures were assessed through patient-reported symptom relief, changes in functional activity, and overall improvement in quality of life. Statistical analysis was carried out using a paired t-test to evaluate the significance of changes observed before and after the intervention.

The results of the study suggested that the combined Ayurvedic protocol effectively reduced the symptoms of CIPN and enhanced the overall well-being of the participants. No adverse effects were reported during or after the treatment period, indicating the safety and tolerability of the intervention.

This study concluded that Ayurvedic formulations could play a promising role as a complementary approach in the tertiary prevention of CIPN, potentially integrating with modern oncology practices to improve survivorship outcomes.

Biography

Dr. Sayali Sathe holds a B.A.M.S. degree from R.A. Podar Medical College (Ayu) Worli, Mumbai (2015–2019) and completed M.D. (Ayu) from Government Ayurveda College, Trivandrum, Kerala (2022–2025). Her clinical training spans esteemed institutions including Ashtanga Ayurveda Maha-Vidyalaya, Pune, District Hospital Aundh, and Arya Vaidya Sala, Kottakkal. Currently She is working as Assistant Professor in R.A. Podar Medical College, Mumbai and Research Officer in SVATOL Ayurveda Healthcare And Research Foundation. Her work is focused on managing non-communicable diseases through Ayurvedic medicine, Panchakarma, yoga, and lifestyle modifications. She has actively contributed to Cancer care and Palliative management, with specific research on Chemotherapy-Induced Peripheral Neuropathy. She is recognized for her critical thinking, leadership and commitment to patient-centered care in both preventive and therapeutic aspects of Ayurveda.



Asst. Prof. Dr. Selvan Senthil Kumar

BHMS, MD (Hom), PG – Hom (London), Homeopathy, Mumbai, Maharashtra, India

Unexceptional results in homeopathy: An evidence based case studies

A 58-year-old male with a history of diabetes mellitus presented with pedal edema and a non-healing ulcer on his left foot, which developed after a shoe bite. Previous interventions included left foot debridement. Clinical examination revealed significant pedal edema, a persistent ulcer, incompetent medial above-ankle perforator veins, and potential varicosities and a Baker's cyst. No evidence of arterial or deep vein thrombosis was found, although inguinal lymphadenopathy was noted. Color Doppler ultrasound confirmed venous insufficiency. The patient was treated with a regimen of Homeopathic remedies. Notably, homeopathic treatments contributed to significant improvement in both edema and ulcer healing. Subsequent follow-up showed improvement in both edema and ulcer healing, with the patient advised to continue regular follow-up.

Another a 35-year-old male had infertility issue since 9 years with a history of grade II varicocele, right epididymal cyst, and low sperm count (10 million/mL) presented with sciatica, worsening back pain when lying down, and premature ejaculation. MRI findings included subarticular marrow edema, articular irregularities in the sacroiliac joints, mild right hip effusion, and spondylolisthesis. Semen analysis revealed a low sperm count, poor motility (90% immotile), and significant morphological defects (teratozoospermia index of 4%). These findings indicate substantial spinal pathology and reproductive issues. Patient was treated with homeopathic remedies wherein post treatment with homeopathic medicine Semen analysis revealed high sperm count, and good motility.

Keywords: Diabetes Mellitus, Pedal Edema, Venous Insufficiency, Spondylolisthesis, Homeopathic Remedies.

Biography

Dr. Selvan S. is a young and accomplished practitioner, researcher, Author and International Speaker in the field of Homeopathic medicine. Dr. Selvan S. 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. Also works as a DG Approved Medical Examiner for Seafarers. He is one of the youngest leading Homeopathic researcher in Mumbai who has undergone many Government projects and private studies in the field of Homeopathy. He is also working as Assistant Professor in Medicine Department at Sharad Chandra Pawar Homeopathic Medical College. Dr. Selvan is actively involved in social initiatives. His 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. His

contribution in this field is widely recognized and highly regarded for his 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 his initiative.



Somesh Kaushik

National Certification and Credentialing Board for Ayurvedic Medicine, United States

Traditional ayurvedic medicine: Promising a healthy future

Traditional medicine has been used in various cultures for centuries and was helpful in maintaining the health of that particular culture. With the popularity and scientific advancements of modern medicine, the practice of traditional medicines has declined. This decline has made a big impact on the populations health causing us to see a global shift of communicable disease commonality to the now non-communicable disease commonality. Almost two-third of world population is suffering from at least one chronic disease whereas 40% has two or more co-morbidities. In today's disease ridden world, Ayurvedic medicine has emerged as the most researched Traditional medicine and has shown promising results for many chronic ailments. This discussion will shed light on this ancient system healing for the modern world.

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 his BAMS from Kurukshetra University, India in 1983, his MPH (Epidemiology) from the University of Alabama at Birmingham (UAB) in 1986, and his MPA in 1988. He 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 his Ayurvedic practice. Beginning January 2000, he joined the University of Bridgeport (UB) and earned his Doctorate of Naturopathic Medicine (ND), in 2003. He taught Ayurvedic Medicine and Public Health at the UB as well as serving as the Director of Admissions. He served as a faculty member with UB from 2001-2009. He 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. He is the principal formulator for Sri Sai Nutrients and Vedic Nutrients, both U.S.-based nutraceutical companies.



Dr. Sweta S Koka*, Dr. G.N. Drawhekar

Acropolis Institute of Pharmaceutical Education and Research Indore, M.P. India

Polyherbal balm formulation for the management of cheilitis: An evidence-based approach integrating traditional knowledge and modern evaluation

Cheilitis, characterized by inflammation and cracking of lips, is a common condition with multifactorial etiology. Traditional systems of medicine offer numerous herbal remedies for lip care and healing, but scientific validation and formulation development remain limited.

Objective: This study aimed to formulate and evaluate a polyherbal balm incorporating traditionally used medicinal plants with proven anti-inflammatory, wound healing, and antimicrobial properties for the effective management of cheilitis.

Methods: Based on ethnobotanical review and Ayurvedic literature, selected herbs including *Glycyrrhiza glabra*, *Azadirachta indica*, *Calendula officinalis*, and *Curcuma longa* were extracted and formulated into a lip balm using standard methods. The formulation was subjected to physicochemical evaluation (pH, spreadability, stability), organoleptic assessment, and in vitro antimicrobial studies against common oral pathogens. Additionally, antioxidant activity was assessed using DPPH assay to correlate with healing potential.

Results: The polyherbal balm showed desirable physicochemical properties with good spreadability and stability. It exhibited significant antimicrobial activity against *Staphylococcus aureus* and *Candida albicans* and demonstrated strong antioxidant activity, indicating its potential in reducing oxidative stress-induced lip damage. The formulation was found to be safe in preliminary skin irritation tests.

Conclusion: Integration of traditional knowledge with modern evaluation techniques led to the development of an effective polyherbal balm for cheilitis management. This study supports the promotion of herbal lip care formulations as safe and natural alternatives in therapeutic and cosmetic applications. Further clinical validation is warranted to establish its efficacy in larger populations.

Biography

Dr. Sweta Srivastava Koka M. Pharm, Ph.D. has more than 17 years of research and teaching experience. She is an academican with a vision to enrich students with the latest research. She did her M. Pharm from Smriti College of Pharmaceutical Education and Research Indore in 2008 and PhD from School of Pharmacy DAVV, Indore in 2017. She attended several national and international conferences organized in the pharmaceutical field. He received the Inspirational Associate Professor Award from the national society. She has guided more than 25 PG. She has more than 30 publications in national/international journals, 4 book chapters and 10 patents in her credit. She is a lifetime member of professional bodies like I APTI and IPA. She is currently working as a Associate Professor in Acropolis Institute of Pharmaceutical Education and Research Indore.



Sygnoh Eve Pristile Brou^{1*}, Michael Frimpong Baidoo², Gouegoui Serge-Pacôme Bohui³, Augustin Amissa Adima⁴, Mocket Adolphe Ehouman⁵, Maria Lara Ferrero Gomez⁶, Richard Azagoh – Kouadio⁷, Benoit Banga N'guessan², Jean David N'guessan¹

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⁷Pediatric Ward of University Teaching Hospital of Angré, Abidjan, Ivory Coast

In-vivo antimalarial activity and acute, subacute and subchronic toxicity evaluation of a polyherbal medicine from *Azardiractha indica*, *Cymbopogon citratus* and *Psidium guava* in rats

Malaria continues to wreak havoc in certain countries especially in Africa, where it remains endemic despite therapeutic advances. Effective control of the disease is hampered by the complexity of the parasite's life cycle, drug resistance and the unavailability of prophylactic drugs. The need for new antimalarial drugs with new pharmacological mechanisms of action is becoming urgent. This study was conducted to formulate an herbal recipe to manage and treat malaria and no induce detrimental effect on human organ and tissues. *Azardiractha indica*, *Cymbopogon citratus* and *Psidium guava*, three medicinal plants commonly used alone or in mixture in some regions in Africa to treat malaria was used with precise proportions to formulate an herbal medicine.

A 4-day curative test after *Plasmodium berghei* infestation of mice was studied to determine the efficacy of the formulation at concentrations of 30, 60, 90 and 120 mg/kg body weight. Hydroxychloroquine was used as the reference antimalarial drug. Results showed inhibition of parasite development at all concentrations used. Analysis of the evolution of efficacy as a function of dose showed that the recipe had an Effective Dose 50 (ED50) of 37.15 mg/kg body weight.

Acute (14 days), subacute (28 days) and subchronic (90 days) toxicity were assessed in females and male's rats. The acute toxicity study showed that rats given a single oral administration of the extract at 5,000 mg/kg body weight showed no behavioural changes or mortality, indicating that the 50% Lethal Dose (LD50) of the extract is greater than 5,000 mg/

kg body weight. Similarly, doses of 50, 150 and 300 mg/kg body weight administered for 28 and 90 consecutive days to rats were found to be non-toxic after analysis of physiological and biochemical parameters.

In conclusion, this study indicates scientific evidence based for the use of this mixture of three plants for the treatment of malaria.

Biography

After a bachelor's degree in biochemistry-genetics, Sygnoh Eve Pristile Brou studied the pharmacology of natural substances at the Felix Houphouet Boigny University in Abidjan, Ivory Coast, and obtained a Master's degree in Biotechnology-Biosafety-Bioresources in 2021. She is currently enrolled in the third year of a PhD in Natural Substances, Phytotherapy and Drugs Sciences. During her PhD, Eve completed internships in various host laboratories, including the Pasteur Institute of Ivory Coast, the UMR 7245 of National Museum of Natural History of Paris, France and the Institute of Traditional and Alternative medicine, University of Health and Allied Sciences, Ho, Ghana.



Veronica Pereira

CEO & Founder of Rising with V, Mesa, AZ USA

The missing link to unlock the body's innate intelligence to heal

In a time where chronic stress, nervous system dysregulation, and disconnection from self are leading contributors to physical and emotional illness, there is an urgent need to return to holistic methods that treat the body, mind, and spirit as a unified system.

This presentation offers an in-depth exploration of sound healing as a transformative tool for nervous system regulation, emotional processing, and behavioural health. Attendees will gain both hands-on experience and a scientific understanding of how vibrational frequencies influence mental and emotional well-being.

The session begins with experiencing the power of sound healing: a live demonstration, where participants will engage in a guided sound healing session. This immersive experience allows attendees to observe first-hand how sound vibrations affect the body, helping to reduce stress, enhance relaxation, and bring clarity to the mind. Participants will reflect on their emotional and physical sensations before and after the session and analyse how different sounds impact their state of being.

Following the demonstration, the power of sound healing: a transformative tool in behavioural health will delve into the science behind sound healing. Through the lens of vibrational medicine and neuroscience, we will discuss how sound frequencies influence the brain, regulate the autonomic nervous system, and support emotional healing.

Research findings and case studies will highlight the effectiveness of sound therapy in treating anxiety, PTSD, addiction, and other behavioural health conditions.

Lastly, the science of sound: how frequency and vibration influence mental health will bridge the gap between neuroscience and vibrational healing. Attendees will explore the effects of sound on brainwave activity, heart rate, and stress hormone regulation. The role of binaural beats, harmonic resonance, and rhythmic entrainment in supporting relaxation and cognitive focus will be examined. This session also provides practical applications for integrating sound healing into clinical settings, offering new tools for therapists and behavioural health practitioners to support clients struggling with emotional and psychological challenges.

By the end of this presentation, attendees will have a well-rounded understanding of the physiological and neurological effects of sound healing and how to integrate these techniques into behavioural health programs for enhanced therapeutic outcomes.

Biography

Veronica Pereira is an ISTA Certified Sound Therapist and Reiki Master, specializing in holistic healing through vibrational therapy, energy work, and integrative wellness. With certifications in Sound Therapy, AO Quantum Living, Integrative Nutrition Health Coaching (IIN), Sunrise & Kundalini Yoga, she brings a multidimensional approach to mind-body & spirit healing. Veronica has studied with leading health and wellness experts in the industry allowing her to create a personalized, cutting edge approach to healing. Her mission is to empower individuals with transformative tools for emotional balance, nervous system regulation, and deep healing through sound and energy modalities.



**Viktoria Luhaste^{1*} Ph.D; Frederick Travis² Ph.D;
Catherine A. Gorini³ Ph.D; Gordana Marković⁴ MD;
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Facilitators, barriers, and effects of ayurvedic multimodality intervention on home-based adults: A qualitative study

Background and Objective: Addressing the recent rise in mental health complaints, this study evaluated the facilitators, barriers, and effects of a 4-month online, multimodal, complementary intervention on the mental and physical health of home-based adults in Europe.

Method: Ninety-eight home-based adults with mild to severe mental and physical health symptoms were recruited across Europe through digital advertisements. Content analysis of online questionnaire responses was conducted to evaluate the impact of the Ayurveda program for detox and lifestyle, which comprised a personalized Ayurveda diet, daily routine, yoga exercises, herbal detoxification procedures, and herbal preparations.

Results: By the end of the fourth month, 83% of the 98 participants experienced facilitating factors, with 54% benefiting from internal facilitators, such as treatment benefits and habit formation, and 69% from external facilitators, like a well-designed treatment system and social support. However, 67% encountered barriers, with 70% facing internal challenges such as health conditions and psychological barriers, and 59% dealing with external issues like time restrictions and life situations. Qualitative analysis indicated improvements in mental health (53%) and physical health (75%). At the end of the first month, 6% of participants reported mild to moderate transient side effects, mostly linked to caffeine withdrawal and the castor oil cleanse.

Conclusion: The evidence suggests that a Maharishi Ayurveda detox program is associated with significant improvements in the mental and physical health of the study subjects with clinical and non-clinical symptoms. Future randomized controlled trials are warranted to control for confounding factors, and to confirm these findings in clinical populations.

Biography

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



Xiaoyu Tong

Department of Integrative Medicine and Neurobiology, State Key Laboratory of Medical Neurobiology, Shanghai Medical College, Institute of Acupuncture Research (WHO Collaborating Center for Traditional Medicine), Institutes of Brain Science, Brain Science Collaborative Innovation Center, Fudan University, Shanghai 200032, China

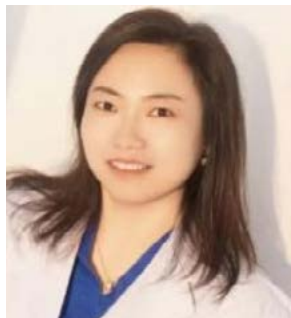
Electroacupuncture-mediated sympathetic activation of brown adipose tissue in PCOS-like model

Polycystic Ovary Syndrome (PCOS), a metabolic-endocrine disorder driven by adipose dysfunction, lacks therapies targeting its neuroendocrine origins. While low-frequency Electroacupuncture (EA) at Guilai (ST29) and Sanyinjiao (SP6) improves PCOS-associated obesity via White Adipose Tissue (WAT) modulation, the role of Brown Adipose Tissue (BAT) and its sympathetic regulation remains elusive. Here, we demonstrate that EA at Jiaji (EX-B2, paravertebral T3-T5)—acupoints anatomically aligned with BAT-innervating sympathetic ganglia—restores metabolic-reproductive homeostasis in PCOS-like rats. EX-B2 EA normalized estrous cyclicity, reduced visceral adiposity, and enhanced BAT thermogenic activity (volume↑, UCP1↑), while 3D neuroimaging revealed sympathetic nerve arborization within BAT. In contrast, ST29/SP6 EA preferentially attenuated WAT inflammation in obese models, underscoring tissue-specific neuromodulation.

Mechanistically, EX-B2 EA amplified sympathetic outflow to BAT, driving mitochondrial remodeling and systemic lipid oxidation. Sympathectomy abolished these benefits, confirming intact innervation as essential for BAT functional activation. Conversely, ST29/SP6 EA suppressed WAT-derived proinflammatory cytokines without BAT engagement, highlighting divergent adipose-sympathetic pathways. These findings position EA as a dual-axis intervention: BAT-centric EX-B2 targets sympathetic neuroplasticity to resolve hyperandrogenism and insulin resistance, while WAT-focused ST29/SP6 mitigates obesity-related inflammation.

Biography

Xiaoyu Tong earned her Bachelor's degree in Clinical Traditional Chinese Medicine from Anhui University of Chinese Medicine (2012–2017) and a Master's degree in Basic Integrative Chinese and Western Medicine from Fudan University (2017–2020). Xiaoyu Tong is currently pursuing a Ph.D. in the same field at Fudan University, starting in 2024. As a researcher at Fudan University's Basic Medical School, has served as an Assistant Researcher (2020–2021) and later transitioned to Experimental Technician (2021–present). Xiaoyu Tong also expanded her expertise through a research traineeship in Stanford University's Department of Obstetrics and Gynecology (2019).



Yi Feng

Department of Integrative Medicine and Neurobiology, School of Basic Medical Sciences, Shanghai Medical College, Brain Science Collaborative Innovation Center, State Key Laboratory of Medical Neurobiology, Institute of Acupuncture and Moxibustion, Fudan Institutes of Integrative Medicine, Fudan University, Shanghai 200032, China

Imaging of acupuncture effect

Acupuncture therapy is the product of the combination of ancient Chinese philosophical ideas and medical practice has made great contribution to the healthy life of human. Acupuncture is widely used worldwide because of its wide indications, quick effect, simply operation, low cost, safety and many other advantages. However, the rationale for the clinical effects of acupuncture has not been fully elucidated.

Medical imaging is the product of the combination of modern science technology and medicine. It can show the structure and function of tissues and organs in vivo without seminal, and study the physiological function of acupuncture acupoints and meridians with objective information such as qualitative and quantitative information, thus having the advantage of perfecting and elucidating the theoretical study of acupuncture. This presentation summarizes the clinical and laboratory investigation approaches regarding the multi-modal imaging technique used in acupuncture effect visualization, especially for the mechanism of acupuncture in promoting follicular development and ovulation, and acupuncture treatment of diseases related to follicular development and ovulation disorders.

Keywords: Acupuncture, Acupoint, Molecular Imaging, Ovary, Female Infertility

Biography

Dr. Yi Feng is a professor at the Department of Integrative Medicine & Neurobiology, Shanghai Medical College, Fudan University. She obtained the Ph.D. degree in 2006, and then has postdoc training at Gothenburg University, Sweden, and visiting professor at Stanford University, USA. Feng's research focuses on neuroendocrinological and metabolic regulation of female infertility, such as polycystic ovarian syndrome, premature ovarian insufficiency, and perimenopausal syndrome. She has published more than 120 research articles in SCI (E) journals.



Dr. Yu Hou

Orthopedics Department, Guangdong Provincial Hospital of Chinese Medicine, Guangzhou, Guangdong, China

Manual traction in severe cervical spondylotic radiculopathy

Manual traction has been established as an effective technique for the treatment of cervical spondylotic radiculopathy, which can be performed with bare hands. The pain relief effect is evident immediately, with a total effective rate of 92%, particularly in severe cases. The five-year long-term follow-up results are satisfactory. This technique emphasizes the three elements of force, angle, and time, and is combined with continuous traction using instruments. Over the past 20 years of application, there have been no complications such as nerve injury. The technique has now received project funding from the National Administration of Traditional Chinese Medicine in China to promote it throughout the country. In a study involving 8 centres and 254 patients, a statistically significant difference in NRS and NDI scores was observed before and after treatment ($P < 0.001$). When analysing the NRS and NDI scores before and after treatment for each centre separately, the results indicated that patients treated at all 8 centres showed statistically significant differences in NRS and NDI scores before and after treatment ($P < 0.05$).

Biography

Dr. Yu Hou MD, Attending Physician, trained under Professor Lin Dingkun, a renowned Chinese medicine expert in Guangdong Province and a distinguished scholar in Traditional Chinese Medicine (TCM). Currently serving as the Secretary of the Orthopedic Hospital at Guangdong Provincial Hospital of Chinese Medicine. Specializing in integrated prevention, treatment, and rehabilitation strategies for chronic musculoskeletal disorders, with a focus on cervical spondylosis, lumbar degenerative diseases, and knee osteoarthritis. Published 47 research articles, including 20 SCI-indexed papers with a cumulative impact factor of 69.4. Holds 5 national invention patents, 3 utility model patents, and 4 design patents.

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WORKSHOPS



Alexis Brink

Transactional Analysis Practitioner (TAP) of USATAA, LMT, Director of Jin Shin Institute, Alexis Brink, New York City, USA

The art of Jin Shin: Acupuncture without needles

The art of Jin Shin: Acupuncture without needles online workshop provides an introduction to the basic principles and practice of the Art of Jin Shin. It is meant to be used in tandem with the art of Jin Shin book. The course is designed to present the practice of the art of Jin Shin in a systematic way, enabling students to apply Jin Shin to themselves and others by giving them a firm understanding of both the principles and methods of application.

Biography

Alexis Brink, LMT, a native of the Netherlands, came to New York at a young age to be a Broadway dancer. After a knee injury left her unable to perform, she was guided to the Art of Jin Shin, which not only healed her, but put her on a new life's journey. Alexis Brink is the author of 'The Art of Jin Shin' and 'Healing at Your Fingertips', as well as two textbooks. Ever since, Alexis Brink has studied and shared this healing art with others. Today, she is the Director of Jin Shin Institute, and has held a private practice in NYC since 1991. Alexis is the author of The Art of Jin Shin and Healing at Your Fingertips, published by Simon & Schuster and translated into 6 languages. Has taught Jin Shin in hospitals to medical professionals, in the New York Public School system, and for wellness organizations & different communities around the world. Alexis has written two Textbooks; the Core and the Depth, on how to become a practitioner in the Art of Jin Shin. Jin Shin Institute, under Alexis's guidance, is offering a comprehensive curriculum to a new generation of practitioners and teachers. She is also a Transactional Analysis Practitioner (TAP) of USATAA and has been an honorary AMTA Member for over 35 years. Alexis shines most when she is speaking in front of an audience—whether it is during her weekly social media lives, on a wellness panel, teaching a workshop, or giving a presentation on the Art of Jin Shin. Alexis has taught Jin Shin in hospitals to medical professionals, in the New York Public School system, and for wellness organizations & different communities around the world. The Practitioner Certificate Program (PCP) Singapore 2023 that included the The Core - Principles and Practical Applications in the Art of Jin Shin workshop took place from May 27 to 29 and June 2 to 4, 2023. It was facilitated by Alexis Brink at The Living Well Workshop Co. Participants learned about the building of the body from Source Energy to the physical body. The program provided practical applications for giving complete sessions to clients. Through hands-on training, participants gained a solid understanding of the practical applications of the Art of Jin Shin, including its Sequences, Organ Flows, and Adjustments. The PCP equipped participants with the knowledge and practical skills needed to become certified practitioners by the Jin Shin Institute.



Brigitte Wiesendanger

Community Bildung für ALLE – Gesundes Lernen, Winterthur, Switzerland

The wisdom of learning healthy learning/learning combined with therapy

Our school system cannot meet the needs of all children. There are students who have special needs. We provide professional support in difficult situations. However, it would be better if the knowledge in the preventive field could be taught. Today, I would like to share my knowledge with you. You will learn interesting connections and simple tools. Let's help the children so that they can learn easily and with joy.

Biography

Brigitte Wiesendanger is a primary teacher since 1980. Brigitte has a lot of experiences with blocked learning. Also, started as a therapist of kinesiology in 1995 graduated in 2001 and has several knowledge in other disciplines. She works with GDV (Gaz Discharge visualization) of Prof. Konstantin Korotkov, with Matrix Rhythmus Therapy, with myofascial Taping, with Bioresonance and much more. She likes combinations of different methods. She wrote 3 books. One of them The wisdom of learning she will share with you.



Dr. & Master Sha¹, Laure Le Corroller^{2*}

¹World Renown Healer, Speaker, Author, Tao Grandmaster, and Humanitarian;
Founder of Universal Soul Service Corporation and Love Peace Harmony
foundation, Toronto, Canada

²One of Dr.& Master Sha Leading Teachers and Healers

Tao healing art guided meditation

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 15yr, and is now one of his leading teachers. People testimonials are Dr. & Master Sha technique's report card. Many reported transformations in health, relationships, and more. There is no promise of result or any guarantee. Soul Medicine is not a replacement of modern medicine or traditional Chinese medicine, but it can complement powerfully through the power of guided meditation in a powerful transformative field.

Shen Medicine with Tao transformative field is empowering everyone to reconnect with the power of the soul. The soul is the warehouse of information that goes through the emotional body, mental body and physical body. Beyond mindfulness: Soulfulness. The soul can make things happen at each level.

Biography

Laure Le Corroller is a one of Dr & Master Sha leading teachers. 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 transformative field master teacher & healer since 2015. She witnessed great results and heart touching transformations when combined with conventional medicine and/or traditional Chinese medicine. Laure's compassion and service have touched thousands of people around the world since then. She offers free introductions, workshops, courses on intuitive development, spiritual channels, soul wisdom & healing, Tao wisdom & healing.



Marissa Johanson, RN, CCRN, CEN, CFRN

President/Owner Wise Life Strategies, Trinity Center, CA, USA

The choice advantage: How great decisions transform ordinary lives

Decision-making is at the core of every success and failure. Whether in business, healthcare, or personal growth, the ability to make sound, timely decisions can be the difference between progress and stagnation. Yet, many struggle with indecision, second-guessing, and decision fatigue, leading to costly errors or missed opportunities—not to mention the real and negative health effects this form of self-abuse causes.

In my book, *decide: Your simple system to getting it right the first time*, I present a practical framework designed to empower individuals and organizations to make confident, effective decisions. Drawing from research in neuroscience, behavioral psychology, and real-world case studies, this system simplifies the decision-making process into clear, actionable steps. It equips leaders, professionals, and individuals with the tools to minimize doubt, reduce cognitive overload, and enhance their ability to choose wisely under pressure.

This engaging approach to decision-making highlights the importance of clarity, structured evaluation, and the cultivation of intuition, ensuring that each choice aligns with long-term goals and values. Through compelling insights and tangible strategies, *Decide* transforms decision-making from a source of stress into a powerful advantage, enabling individuals to navigate complexity with confidence and precision.

By recognizing decision-making as our time-altering superpower, we unlock the ability to live lives vibrant with purpose. The byproduct? Fulfillment. What a wonderful blend to face the challenges of life with. When we make decisions with intention and mastery, we not only improve outcomes but also experience greater personal and professional satisfaction. Decisions provide the roadmap to harnessing this power—ensuring that every choice we make moves us closer to the life we truly want.

Biography

Marissa Johanson is a seasoned registered nurse with over 30 years of experience, including a decade in Helicopter EMS and critical care transport. Marissa Johanson has worked with aeromedical teams, moving critically ill and injured patients in high-stakes environments. Her career began in the Cardiothoracic ICU at Loma Linda University Medical Center before expanding into the cardiac catheterization lab and emergency department. Marissa now leverages her expertise in critical care and transport medicine to empower others through her book and speaking engagements, equipping individuals with the tools to make confident, life-changing decisions in both high-pressure and everyday situations.



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