3rd WORLD HEALTH CONGRESS 2023 PRAGUE

Proceedings

Prague 15th – 17th September 2023

Held under the auspices of the Capital City of Prague

and Prof. MUDr. Julius Špičák, CSc., Member of the Czech Parliament

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Institute for Traditional, Complementary and Integrative Medicine

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held on 15th – 17th September 2023
held under the auspices of the Capital City of Prague
and Prof. MUDr. Julius Špičák, CSc., Member of the Czech Parliament
with the motto:
"Accomplishments and Current Trends in TCIM for the 21st Century - Cultural Heritage of the Past for the Future"

Thank you to all speakers, poster presenters, exhibitors, sponsors, media partners, and last but not least visitors of the Congress – you all made the event as well as this publication possible.

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Dr Naveen Gupta – United Kingdom
Dr John Hughes PhD, BSc (Hons), Lic. Ac. – United Kingdom
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On 15-17 September 2023, Prague became the meeting place for many eminent TCIM personalities from all continents. At the end of the Congress, the following joint declaration was adopted, which I now humbly bring to your attention as a director of the Institute for TCIM/CAM that organized the Congress.

PROJECT VISION 2023 PRAGUE

The World Health Congress 2023 Prague took place on 15-17th September 2023 https://www.whc2023prague.com/ and was attended by nearly 2,000 participants from 55 countries, 370 of whom in person. More than 140 presentations were made in the field of TCIM (traditional, complementary, and integrative medicines) and EBM (evidence-based medicine). The Congress was held under the auspices of the City of Prague and Prof. Dr. Julius Špičák, with the participation of the members of the Presidium and its guests:
Bc. Margita Balaštíková, Amarjeet S Bhamra, Dr. Jayvant Bhagattjee, BUTM, CMA, Dr. Bhaswati Bhattacharya, MPH, MD, PhD, Ralf Dissemond, Dr. Nandu Goswami, MD, PhD, MME, Dr. Naveen Gupta, Stephan Hein, Ing. Adolf Inneman, PhD., Dr. Peter Kath, Nora Laubstein, Doc. PhDr. Eva Křížová, Jesper Odde Madsen, MUDr. Andrea Málková, Diane Miller JD, Prof. Dr. Maximilian Moser, Federico Palla, Prof. Dr. Kuldeep Pandey, MD, PhD, Uwe Peters, Ph.D., Tomáš Pfeiffer, Dr. med. Rainer Picha, Prof. Valdis Pirags, MD, Prof. Dr. Bruno Renzi, Dr. Antonietta Rozzi, Mgr. Miloslava Rutová, Nat. Milena Simeoni, Prof. RNDr. Anna Strunecká, DrSc., Prof. MUDr. Julius Špičák, CSc., Prof. Dr. Madan Thangavelu, MUDr. Hana Váňová, Kiran Vyas, Isabelle Wachsmuth, MSc, MPH, Prof. Dr. rer. nat. Katharina C. Wirnitzer

Information about the members of the Presidium and its guests can be found at https://www.whc2023prague.com/#members

Preamble
Aware of the current global paradigm changes in all areas, including TCIM, i.e. traditional, complementary and integrative medicines, the personally present members of the Presidium and its guests jointly adopt a declaration entitled Vision 2023 Prague.

Vision 2023 Prague

1 Optimum quality of health as the top priority

We, the members of the Presidium, request leaders worldwide to prioritize practical solutions for healthcare challenges. Humans need health care - not only disease management, care focused on building optimum quality of health, with attention and respect to interdisciplinary and person-centred approaches, at affordable cost, showing efficacy.

2 Let´s create space of TCIM in national health systems

The Presidium urges international policies creating deserved space of traditional, complementary, integrative medicines (TCIM) in comprehensive health care. Consistently, mainstream healthcare leaders recognize that TCIM are utilized by the vast majority of the world population, not because of ignorance, but because TCIM offer multi-dimensional benefits, with time-tested effectiveness, beyond biomedical evidence.

3 Conventional medicine and TCIM should become cooperating partners

We seek close cooperation with evidence-based medicine (EBM) and the creation of guidelines building bridges to pragmatic studies. TCIM promote, maintain and enhance health efficiently and often inexpensively in alignment with nature.

4 TCIM belong to intangible cultural heritage, and thus deserve to be protected

TCIM are part of intangible cultural heritage connecting the ancient to the new generation. We propose holistic and sustainable systems of healthcare focused on real prevention including lifestyle medicine.

5 TCIM can reduce the costs of public healthcare substantially

Public healthcare budgets in developed countries have experienced a rapid increase over the last decades, financial sustainability of current national health systems is unfeasible. Health promotion, combined with effective prevention and TCIM treatment support, will improve public budgets by reducing social and health care costs.

6 Health freedom is a basic human right

The Presidium insists on elevation of citizens´ voices and their right to health freedom and choice, based on empowerment and knowledge for informed health decisions, as well as safety of the patient.

7 TCIM are connected with ecological principles

The Presidium emphasizes attention to standards for healing our local environment and the whole planet, addressing ecological threats. We support the positive impact of human and animal-friendly agriculture and good manufacturing practices.

8 Let´s promote education in TCIM

The Presidium in this spirit, proactively participates in national and international health, social and educational policy discussions. We educate professionals and the public to promote space for TCIM research and publications so that our TCIM disciplines are given a similar status to those of conventional medicine.

9 TCIM need to gain sufficient media coverage

We connect to all media increasing TCIM's presence in the healthcare conversation.

10 Steps in international politics are to be taken

The Presidium will contact representatives across parliaments and international organizations, on behalf of our own organizations to indicate our affiliation to the activities of Vision 2023 Prague. We invite global cooperation in factual data dissemination, active involvement in our ongoing projects, and mutual co-optation and cooperation.

In Prague on 18th September 2023

This document concerns an increasingly important area of health care, it is addressed not only to the professional community but also to the general public. Please share it with your contacts and friends.

Profesor Avni Sali AMMBBS PhD FRACS FACS FACNEM – Australia

Founder & Director – National Institute of Integrative Medicine

Longevity – An Integrative Approach

Prof Sali will present the latest research and advances in evidence-based integrative medicine to do with Longevity. The information is drawn from many years of clinical experience in his consultation with patients.

It will cover topics such as: Mind-body medicine, exercise, sleep, nutrition, supplements, ageing and cognitive decline, environmental factors and cutting-edge technologies such as Hyperbaric Oxygen Therapy which has been shown to prevent the shortening of telomeres.

An important aspect of mind-body medicine is to do with the individual psychological sensitivity which is likely to determine the risk of developing a chronic illness, e.g. cancer. The importance of 'unloading' one's problems with a confidant is simple yet powerful therapeutic modality. This can play a role in reducing dementia in up to 50% of people as well as improving cancer and heart disease prognosis.

It will include the role of culture in behavioural medicine, especially in relation to isolation and loneliness, which is becoming recognised as the most important risk factor for disease and longevity. For example, in 2018 the British Government appointed the first Minister for Loneliness to address this major health issue in this culture. In 2023, the U.S. Surgeon General has declared a new public health epidemic in America, loneliness. The report finds loneliness can have profound effect on health and mortality.

The race is on, because of the potentially huge financial rewards, to find the answer to longevity, particularly in a supplement form. Dr Peter Attia, USA who is involved in longevity medicine promotes Rapamycin/ Sirolimus as being of benefit. Dr David Sinclair from Harvard University has been working on the importance of NAD plus booster supplement (NMN) as well

as Resveratrol. These are some examples of research in this field, requiring more clinical evidence.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=v1lDzxg7fIc&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=25&pp=iAQB

Nandu Goswami, MD, PhD, MME – Austria

Acting Head, Division of Physiology, Medical University of Graz

Innovative Approaches to Teaching Integrative Medicine in Western Medical Universities

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=7Xu6FEU-MG4&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=26&pp=iAQB

Bhaswati Bhattacharya, MPH, MD, PhD – USA, India

Clinical Assistant Professor at Cornell Medical College, Fulbright Specialist in Global Public Health specializing in Integrative Medicine.

EMERGENCY MEDICINE IN AYURVEDA

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=GXTIT2QWlnQ&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=27&pp=iAQB

Prof. Mag. Maria Walcher – Austria

Expert for Intangible Cultural Heritage

ANME President Nora Laubstein will make the presentation on behalf of Maria Walcher

Intangible Cultural Heritage – a Tool to Preserve and Transmit Knowledge and Practices of Traditional Medicine to Next Generations

Intangible Cultural Heritage – a Tool to Preserve and Transmit Knowledge and Practices of Traditional Medicine to Next Generations

In its widest sense, culture may be said to be the whole complex of distinctive spiritual, material, intellectual and emotional features that characterize a society or a social group. It includes not only the arts and the letters, but also modes of life, the fundamental rights of the human being, value systems, traditions and beliefs. (Extract from the UNESCO Declaration, World Conference on Cultural Policies, Mexico City 1982).

The adoption of the Convention for the Safeguarding of the Intangible Cultural Heritage in 2003 by UNESCO has set new standards in dealing with living traditions. Based on a wide perception of culture it led to a paradigm shift. All at once culture included much more than artistic disciplines or social practices and rituals. Especially fields such as Traditional Craftsmanship and Knowledge and Practices Concerning Nature and the Universe brought new perspectives.

2006 the Austrian Commission for UNESCO started to deal with the issue Traditional European Medicine (TEM) as Intangible Cultural Heritage (ICH). Involving different stakeholders such as medical association, pharmacist association, scientists of pharmacognosy, health ministry, CAM practitioners and laypersons under the umbrella of UNESCO sensitized the persons concerned. Discussions raised awareness for potentials, challenges and threats in the transmission and protection as well

of natural remedies and care methods, as of pharmacist knowledge and handcraft. As a result, the new expression TEM slowly entered the minds of officials and finally reached the public. Furthermore, the inscription of TEM elements in national and international lists of ICH increases constantly visibility and attention. Constant exchange of experiences and networking on regional, national and international level leads to effective cooperation and supports strongly perception of and appreciation for TEM.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=i-MM_FlIkJg&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=28&pp=iAQB

Amarjeet S Bhamra – United Kingdom

Representing the British Ayurvedic Medical Council

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=ATqqsyId9gI&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=29&pp=iAQB

Nora Laubstein – Germany

President of ANME e.v.

The three i – what makes the difference?

Interdisciplinary * Integrated care ** Integrative Medicine ***
- Diversity
- Content oriented
- Diversity desired
- Empiricism
- Exchange of experience
- Oriented to the individual patient

Socio-cultural background is significant:
Providers in the healthcare sector can work together across markets (= from the public and private sectors) in a holistic manner for the benefit of the patient. Evidence-based treatment processes from the field of CAM/T&CM/naturopathy can be integrated into the conventional, government-regulated, conventional healthcare system (efficacy, safety, efficiency and effectiveness - all proven by scientific studies = evidence-based).
Collaboration of the different professions:
Midwives, biologists, artists, anthropologists, alternative practitioners, physiotherapists, speech therapists, medical specialists, etc.
Traditional, complementary and alternative medicine and healing possible without reduction. Selective contracts are an independent form of contract in the German healthcare system. Selective contracts are concluded directly between individual service providers (general practitioners and specialists, hospitals, MVZs and health centers) and the statutory health insurance funds. Indication (e.g. ICD-10) must be present. Diagnosis and implementation of therapy are the responsibility of the medical profession.

Guideline medicine assumes full responsibility.
The treatment of a patient is subject to a specific indication.
Development of an appropriate study design for the evaluation of natural healing methods possible.
Consideration of studies from different scientific fields.
Goal: metastudy
Unless a statutory health insurer requires evidence-based proof, there is free choice of therapy.
Payers of the state system (1st market) can reimburse costs on the basis of freely chosen individual agreements with providers of the private system (2nd market). Complementary procedures and remedies must be evidence-based. They can be part of conventional treatment as body & mind therapy.
Very flat professional hierarchy
Individually contractually regulated hierarchy
Strong professional hierarchy with tendency to form monopolies
Innovative approach, promotes holistic approach
Every constellation is possible Users need state-regulated training and recognition.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=WXjWZcUniHM&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=31&pp=iAQB

Kiran Vyas – France

Founder and director of Tapovan Open University, a bridge between East and We

TWO GREAT GIFTS OF INDIA TO THE WORLD: YOGA & AYURVEDA

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=RdRoh1tegB8&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=32&pp=iAQB

Prof. Dr. Kuldeep Kumar Pandey, MD, PhD – India

Professor & Head of Department of Sangyaharan Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University

Co-authors: Bhaswati Bhattacharya, MPH, MD, PhD [Clinical Assistant Professor at Cornell Medical College, Fulbright Specialist in Global Public Health specializing in Integrative Medicine], Prof. Em. Chandra Bhushan Jha [former Dean, Faculty of Ayurveda, IMS-Banaras Hindu University]

ANCIENT TECHNIQUES FOR PAIN CONTROL HAVE ALWAYS BEEN INTEGRATIVE NOT ONLY CHEMICAL

Called the fifth vital sign, pain is one of the most urgent yet unmet needs today. One in five people worldwide lives in chronic pain, with two-thirds

reporting moderate to severe pain; half report living with chronic pain over a decade. Several populations are vulnerable to chronic pain, including military personnel with active field duty, those growing up in violent environments, and those with a history of cancer or surgery. The co-morbidities of pain include insomnia, depression, post-traumatic stress disorder, chronic anxiety, substance use, opioid addiction, and loss of work. Perhaps because of pain's urgency, ancient Puranic texts include herbs addressing pain among the sacred herbs. Ayurveda suggests a multitude of approaches to pain management, recognizing the role of body, mind, soul and senses as a fractal unit in the perception and embodiment of pain. Procedures including herbs cooked in oils for easy penetration of lipophilic tissues, as well as foods, postures used in yoga and the use of marma points are integrated in a sophisticated clinical approach to pain care. Herbs known to be effective for pain in various regions of the body are known as vedanahara, literally reducing pain, and may be interpreted as analgesics or anti-inflammatories. They include common food herbs - garlic, black sesame seeds topically, turmeric, and raw honey. Medicinal herbs include Rasna, Eranda, Nirgundi, Bhringaraja, Parijata, Shallaki, Shigru, Dashamula, and Guggulu; each are widely known to each competent ayurvedic practitioner. The medicines are used only in conjunction with understanding the patient's history and etiology of pain, and individualized after assessment of body strength and mental strength. All treatment begins after integrated mental and emotional connection with the caregiver and establishment of trust. Integrated care addresses the understanding that pain is not simply a chemical process. Western science demands chemical evidence of inflammation and molecules.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=XlUVDfIVUWs&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=33&pp=iAQB

Federico Palla – Italy

Project manager at LUMEN Network,
SALUS European Network Coordinator

SALUS european initiative: uniting health and environment for a concrete, forward-looking paradigm shift

The European SALUS initiative stems from the intentional community LUMEN founded in 1992 in northern Italy: a community of about 60 inhabitants that is based on the daily practice of healthy lifestyles including nutrition, physical activity, deep relationships and meditation.
Building on this concrete experience, SALUS was born in 2019 as an advocacy initiative within the European Parliament, thanks to the support of a number of MEPs from different nations and political parties and to the membership of organisations, profit and non-profit, from 11 European countries.
The principles of SALUS are: to have curative interventions linked to health promotion, to promote transversality and synergy in every action, to align economic interests of major actors with the common good.
Investing in health promotion linked to environmental sustainability is a great opportunity that brings economic benefits, health expenditure savings and social equity.
SALUS sees in traditional and complementary medicine practitioners a key role in promoting health and sustainability on a European level.
Since 2019, it has implemented activities in the field of advocacy (a bill on the recognition of intentional and sustainable communities in Italian Parliament and proposals for the integration of helath promotion in a european COVID strategy), scientific events (in the European Parliament and online) and research (a Randomized Controlled Trial in Italy with a public hospital on the effectiveness of naturopathy for the treatment of migraine).
In the near future, in addition to the continuation of existing activities, SALUS plans to carry out concrete financed local projects, named CHLEO:

a community service, to be realized in differente european countries, where non-health professionals provide citizens with health education, good living and the practice of sustainable healthy lifestyles.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=Xm92HzSS9z4&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=34&pp=iAQB

Isabelle Wachsmuth, MSc, MPH – Switzerland

Project Manager in World Health Organization, World Headquarters, Geneva

Art can enrich the world and give it a voice for better health for all

A presentation to show how artistic approaches over the world are growing and part of social prescribing services at healthcare level and can produce extraordinary results in terms of collective intelligence, in other intelligence, i.e. how partners who weren't communicating can work together, understand each other, co-create and initiate a new dynamic of mutual support for Health For All. It goes much further than simply the impact of art. It's also the impact on organizational structures and the links that are established between individuals specifically between patients and health professionals at healthcare level. Finally, it is a way to revitalize communication and collective social support , and create a space of kindness and security where it is possible for each human being to reflect on his health and well-being and where everyone count.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=l72H7-UqV3w&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=35&pp=iAQB

Prof. Dr. rer. nat. Katharina C. Wirnitzer – Austria

Sports scientist and senior lecturer for sports science and sports didactics

The Power of Lifestyle Medicine: Starting with the Dual Approach to Health from Sustainable Diets linked to PA, Sports & Exercise as Minimum Recommendation at Schools and Universities for better Future Public Health.

Health is a basic prerequisite in leading a fulfilled life. Contrary to the disease-centered approach by modern high-tech medicine, evidence-based Lifestyle Medicine as demedicalised person-centered approach, based on 6 integrated lifestyle areas to prevent, stop and treat chronic diseases and their risk factors, has the potential to replace poor by healthful behaviors to promote health. The young are key drivers of a global shift towards healthier and more sustainable lifestyles. Thus, the power of informed lifestyle choices shall be applied early in life at schools/universities to prevent people from developing NCDs and their risk factors, rather than being applied to patients and in old age. Since food and sports are considered 'medicines', with a healthy (at best vegan) diet permanently linked to regular (at best daily) sports serve as basic dual approach to lifelong health from childhood into old age. Considering the power of Lifestyle Medicine, there is more potential left to tap by national public health systems, starting with this cost-effective `super formula´ as minimum recommendation to better health, which is clearly not new. Already in prehistoric times plant-centered Neanderthals co-existed with meat-centered peers, ancient philosophers and gladiators gave proof that "healthy eating – active living" lead to extraordinary intellectual and sports performance. Moreover, the Blue Zones lifestyle resulted in the largest fractions of healthy centenarians worldwide, which, however, might not define the upper boundary to sustainable health of humans, environment, climate, and animal welfare, since the IPCC in 2022 identified the greatest shift potential comes from plant-based diets.

This keynote is spanning from the gap between the curricular state mandate on the huge potential of school health promotion for better public health and the lack of systematic tertiary education/training of future teachers/doctors, to latest results from the Austria nationwide school and university studies considering the promising dual approach.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=Az2AXFIL9yw&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=36&pp=iAQB

Prof. MUDr. Julius Špičák, CSc.
– Czech Republic

Director of Hepatogastroenterology Department at IKEM, Member of the Czech Parliament

ALTERNATIVE APPROACH TO INFLAMMATORY BOWEL DISEASES

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=ukNQx5gfWRw&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=37&pp=iAQB

Prof. Dr. Madan Thangavelu – United Kingdom

Genome Biologist, Cambridge, General Secretary and Research Director of the EUAA – European Ayurveda Association

Co-authors: Bhaswati Bhattacharya MPH, MD, PhD

One Earth, One Health and True World Order

To know the nature of man, one must know the nature of everything in the universe that man understands including art or music. The Indian AYUSH systems are based on man and his interaction with the environment and thus provide a rich source of information for understanding health as a consequence of multiple interactions. In trying to unlock the secrets of traditional cures, the WHO recently created the Global Centre for Traditional Medicine in Gujarat and tasked it with scientifically validating the efficacy of ancient therapies. Tension has surfaced, with mistrust of practice-based evidence as fraudulent science by proponents of evidence-based medicine (EBM) who suspect any data not generated through their system.

EBM scientists focus on fighting disease not on promoting health, maintaining health, preventing disease, and enabling novel cures; each quadrant of health has its own language, grammar, and logic. Specific nations are now engaging in future health with the creation of foci on Health Promotion. The European Health Union has attempted to move toward the wider spectrum of health in healthcare by focusing on 4 key action areas, in the name of protecting the health of the 448m EU citizens across 27 member states: crisis preparedness; obesity, inactivity, mental health; beating cancer; and reform of legislation to address the dangerous directions of the EU pharmaceutical industry. Decentralising political and corporate control of "healthcare" is also on the horizon with awareness of the stakeholders. But with 865000 people working in the pharmaceutical industry in Europe today, discussions inlcude jobs that will be lost if TCIM systems become more popular. The narrative of

One Health needs new language that introduces health promotion without threatening the lucrative industry of investments and profits from Pharma drugs.

The 70th anniversary of the discovery of DNA structure shows the immense science revealed by understanding DNA and each creature's genome functions. This concept of individuality was discussed in Ayurvedic ancient texts, but the ideas are discarded by those demanding discussion of life in the language of molecules. However, within the details of the science of molecules are stories about the functioning of the human body and the rituals of ancient times that seemed to know that supporting the physiology required specific tasks.

Details of different microbiome communities around the body reveal close immune response and influence on body functions. Published scientific clinical studies show that alterations protecting the microbiome can alter health. Why does the available information not translate from the molecular data and scientific mechanism into the health of the public, and policy that translates the science into benefit for the People?
Recently, new data connect ancient wisdom into contemporary needs. Art used for shifting mental health; yoga and massage for shifting the minds of people living in Brazil's prisons; sanskrit verbal memory correlates with brain plasticity, better function of the brain and prevention of cognitive impairment. Yet these data are not translated into practice in public health.

Health is different from healthcare. The idea of One Health as perceived by lawmakers is quite different from the One Health that links animal health, human health, environmental health, and plant health. Health is currently being held as prisoner and hostage of healthcare in how it is offered today. We must resolve conflicts that arise from profiteering and not dis-covering. How we understand the human body also needs to change. Reviving literacy about healing and sustainable health for individuals can easily be scaled up to enabling health for large populations if we decode the current language of disease by remind ourselves of its origins in understanding the nature of man and his quest for healthy living.
The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=YM6tjsO8n30&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=38&pp=iAQB

Rakesh Sharma, MD, PhD – India

President, Board of Ethics and Registration for Indian Systems of Medicine, National Commission for Indian Systems of Medicine (NCISM), Ministry of AYUSH, Government of India

INTEGRATING AYURVEDA, ETHICAL ISSUES & RIGHTS OF ISM PRACTITIONERS IN BHARAT

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=sNhl1zmB0Lc&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=39&pp=iAQB

Prof. Valdis Pirags, MD – Latvia

Director of the International Institute for Indic Studies and Professor of Medicine at the University of Latvia

The benefits of integrative thinking in the modern world of artificial intelligence

Integrative thinking is a cognitive process that seeks to reconcile diverse perspectives, information, and viewpoints to arrive at creative and holistic solutions. In the emerging age of Artificial Intelligence, the Integrative Medicine emerges as a vital skillset that can reshape the way we approach healthcare. Integrative thinking enables healthcare professionals to consider the complete medical history and individual circumstances of patients. As the age of Artificial Intelligence reshapes healthcare, embracing integrative

thinking is not just an option but a necessity. Integrative thinking fosters creative problem-solving, promotes ethical AI adoption, ensures holistic patient care, encourages interdisciplinary collaboration.
In the world of Integrative Medicine, where the understanding and management of lifestyle-related disorders are critical, integrative thinking hold the promise of improving patient outcomes and advancing medical knowledge. The best example of integrative thinking in the health care is Ayurveda, the ancient system of medicine that emphasizes the interconnectedness of the body, mind and spirit and strives to maintain the innate harmony of the individual.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=7WpFMSzOqnU&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=40&pp=iAQB

Diane Miller JD – USA

Právnička a poradkyně pro právo a veřejnou politiku Národní koalice za svobodu zdraví (National Health Freedom Coalition) a její sesterské lobbistické organizace Národní akce za svobodu zdraví (National Health Freedom Action).

LAW AND PUBLIC POLICY FOR TCIM, A LEGAL ADVOCATE'S PERSPECTIVE 2023

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=0OC3pAMKXr0&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=41&pp=iAQB

Dr John Hughes PhD, BSc (Hons), Lic. Ac. – United Kingdom

Head of Research, Royal London Hospital for Integrated Medicine, University College London Hospitals NHS Foundation Trust.

The acceptability, safety and effectiveness of self-acupuncture: a programme of research

Acupuncture is arguably the most researched and widely accepted complementary medical treatment. A meta-analysis based on individual patient data from nearly 18,000 patients demonstrated acupuncture is effective for a range of painful conditions. In the UK National Institute for Health and Care Excellence (NICE) clinical guidelines currently recommend acupuncture for chronic primary pain conditions, tension-type headache, and migraine. In the UK acupuncture is also typically offered to cancer patients for the treatment of cancer symptoms and the side effects of its conventional treatment.

Self-acupuncture involves teaching patients to insert a limited number of acupuncture needles into points on their own body to enable them to self-manage their own symptoms. Self-acupuncture is known to have been taught to UK National Health Service (NHS) patients since the 1970's. Despite its long use within the NHS there remains a dearth of published audits or research which have evaluated the safety or effectiveness of the intervention.

The Royal London Hospital for Integrated Medicine (RLHIM) is located within University College London Hospitals (UCLH) NHS Trust, and is one of the largest public sector provider of integrated medicine in Europe. The hospital is conducting a programme of research to evaluate the acceptability, safety, and effectiveness of self-acupuncture for a range of conditions and symptoms. The presentation will provide details of a number of completed and ongoing studies on self-acupuncture. This will include a qualitative service evaluation of self-acupuncture for chronic pain; a survey of acupuncturists'

experiences of teaching self-acupuncture; a survey of students' views on the acceptability, safety and effectiveness of self-acupuncture; a feasibility trial of self-acupuncture for chemotherapy cancer patients; a systematic review of published self-acupuncture research; and, a feasibility trial of self-acupuncture for migraine patients.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=3fiTjqTkApk&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=42&pp=iAQB

Dr. med. Rainer Picha – Austria

Chair of International Maharishi AyurVeda Foundation (IMAVF)

Modern medicine begins to agree with Ayurvedic principles

In recent years, profound Ayurvedic principles have been confirmed by scientific research. This includes for example the circadian rhythm (Dinacharya), the discovery of autophagy as a means to purify the physiology (concept of Ama), the significance of the large intestine as the seat of the gut microbial (disturbed Apana Vata as a frequent cause for diseases), nutrition as a major cause of disease and death (Proper nutrition, Ahara, is of utmost importance to prevent and cure diseases), the nose-brain interface as a likely gateway to contribute to major diseases of the central nervous system (Nasya is the Ayurvedic gateway to treat diseases of the brain), near infrared radiation of the morning sun light triggers tissue melatonin (the time of sunrise is considered the best time of nature to support health according to Ayurveda), psychosocial stress is now seen as a major contributor to cardio-vascular diseases and other major disorders (consciousness-based medicine should be the foundation of any health care system).

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=F9YJFGF2-h8&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=43&pp=iAQB

Dr. iur. Peter Kath – Germany
President of the European Ayurveda Association

"From information to Knowledge - the Forgotten Conversation with the Self in Times of ChatGPT".

"What you have inherited from your fathers, Acquire it, to possess it."
(Goethe, Faust. Der Tragödie erster Teil, 1808. Nacht, Faust mit sich allein)
The past seems unchangeable and we want to learn from it and bring good out of our heritage.
Does "heritage" mean an accumulation of information, the use of which according to a logical system leads to an optimal result?
Information technology makes it possible to analyse large amounts of data at lightning speed. At the touch of a button, I gain access to everything that has been entered by people or systems designed by people.
Answers presuppose questions and the answer is determined by the question. No matter how large the amount of data I can access, a logic-based system will only be able to provide a helpful answer to a question that has accurately identified and described a problem.
Are we asking the right questions?
And sometimes we know answers without having asked a question. Is my daughter well? Will this meal suit me? Should this event take place?
Where do these answers come from? (Why) Do I trust my wife when she makes a recommendation?
So, we can also think about who we are asking the questions to. Where does

intuition come from, what does intuition mean? And is there a way to access the source of these kinds of answers?
For tapping into the known knowledge, advanced technologies like ChatGPT are a fruitful "input". At the same time, other resources can obviously be considered as a source of answers to health questions. If I want to solve problems "myself", then it is worth asking who or what this "self" is.
On this path, our initial question expands: To whom do I ask which question? Ownership, in the sense of activating heritage, presupposes an inner conversation via access to and evaluation of information. When we learn to go beyond ChatGPT and enter into conversation with our Self, which can be an inexhaustible source of knowledge, we receive answers.

The basis for this is trust and practice of service - trust beyond what is possible, an open heart and reaching out with helping hands.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=jaxWg1YfGIQ&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=44&pp=iAQB

Uwe Peters, Ph.D. – Germany

Vice president of ANME - Association for Natural Medicine in Europe e.V.

AMR in focus - TCIM as a supporting strategy

Antimicrobial resistance (AMR) is a major global health concern, as it poses a significant threat to the effective prevention and treatment of infectious diseases. Strategies to combat AMR are urgently needed, but the perfect solution is nowhere to be seen.
The significance of TCIM strategies has been overlooked and massively

underestimated. This presentation will highlight such strategies, that have the potential to be part of this solution and to address AMR effectively.

Ideally, we find measures, that lead to a more balanced and stable immune system in general and prevent infections, before they even occur. Ideas from nutritional, orthomolecular or microbiological medicine come to mind. We have good evidence and even more experience.

We also know that the excessive use of antibiotics leads to higher susceptibility towards recurrences. Another big goal is therefore to reduce the amount of antibiotics used especially in uncomplicated and non-life-threatening situations – where TCIM strategies excel.

When the damage has already been done, conventional medicine does not have many options. However, there is a long-standing approach with a great deal of experience and impressive results: the phage therapy. Combining it with other TCIM measures, we can even further improve this approach. Relying on an evolutionarily developed, ecological principle, it's an idea, that just makes sense in every way: through the lens of medicine, politics and society all at once.

There will probably not be a single solution to the problem of AMR – at least not soon. But combining different TCIM strategies, that have proven their effectiveness and safety in that regard, need a lot more focus. With a multi-faceted approach, we can take big, forward-looking steps towards combating AMR.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=59F75Xcmd60&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=45&pp=iAQB

Doc. PhDr. Eva Křížová, Ph.D. – Czech Republic

Alternative medicine must remain its true self, thus different.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=KqlFs-4JrIA&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=46&pp=iAQB

Saturday 16th September 2023 – Hall 2

Prof. Dr. Karl W. Kratky – Austria

Professor of Physics at the University of Vienna - external lecturer

Convergence of orthodox and complementary medicine systems via personalized medicine?

Complementary medicine, especially traditional medicine, often treats the single patient, not the general disease. At best, this is an individualized kind of treatment. In reality, humans a classified into a small number of types. For example, in ayurveda there are three basic types (doshas).

Up to about 20 years ago, orthodox medicine concentrated on the disease and not on the personality of the patient. The concept of a "standard human" or a "general physiology" was behind that. Correspondingly, the gold standard for evaluating therapies was the randomized, double-blind, placebo-controlled clinical trial. The number of patients should be high in order to achieve statistically significant results.

This became a cornerstone of the so-called evidence-based medicine (EBM). In several complementary medicine systems, however, the evidence comes from knowledge that was gained over hundreds or even thousands of years.

Within the last decades, the orthodox medicine system has changed: Starting with the so-called gender medicine, humans were divided into 2 or more "types". Within the last years, the concept of personalized and precision medicine has become popular. This is labelled as brand-new, but it is an old concept that has now found its way into orthodox medicine.

Personalized medicine is based on data science ("big data"), elaborated statistics, and artificial intelligence. In parallel, the basis of EBM has started to crumble. The individualized therapy will no longer be studied using the (old) gold standard, but via, e.g., genetic testing in pharmaceutical companies.

There is much discussion concerning any of the above-mentioned concepts, e.g., big data. In the end, however, a new gold standard will emerge. Accordingly, the actual EBM will be replaced by a new one. Probably, orthodox and complementary medicine will then come closer.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=YkLwcnVqOXI&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=48&pp=iAQB

Becca Meadows
MSc mBANT mCNHC – United Kingdom

School of Allied Health and Community,
University of Worcester, United Kingdom

A Vegan Diet and Pregnancy Outcomes in the Birth Person and Neonate: A Systematic Review and Meta-Analysis of Observational Studies

Background. It is widely accepted a pregnant person's diet may directly impact the health of the neonate through to adulthood. Despite a significant increase in the popularity of veganism, it remains unclear whether a vegan diet during pregnancy affects the birth person or neonate health outcomes positively or negatively.

Study Aim. In view of the paucity of evidenced-based recommendations to support birth persons to make informed decisions over dietary choices in pregnancy, this study sought to draw together the existing body of observational research, to see if any relationship could be identified between a vegan diet during pregnancy and neonatal and birth person health outcomes.

Methods. CINAHL, MEDLINE and PsychINFO were searched for relevant articles published by 9 August 2022. Quantitative data was analysed using a random effects model with odds ratios or mean difference and 95% confidence intervals.

Results. A total of six observational studies were identified to meta-analyse birth weight outcomes. The relationship between a vegan diet and birth weight was statistically significant (MD -120.12g, (95%CI -230.30g to -9.95g) p= 0.03, I2= 86%). No statistically significant relationship was found between a vegan diet and low birth weight, gestational length, small for gestational age and preterm delivery outcomes.

There were insufficient studies to conduct meta-analyses on any birth person outcomes (pregnancy anaemia, gestational diabetes, preeclampsia, pregnancy-induced hypertension, pregnancy or post-natal depression).

Conclusion. There is possibly an increased risk of a reduced birth weight in neonates born to vegan birth persons, however the health impact of this reduction has not been qualified. High heterogeneity and lack of high-quality evidence mean these results should be interpreted with caution but illustrate a significant lack of research on birth person outcomes and the need for much larger longitudinal, cohort studies to assess the through-life impact of a vegan diet during pregnancy on offspring.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=hHvvGHOig1U&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=49&pp=iAQB

Dr. Nimisha Kizhakkemadathil 1 – India

Government Ayurveda College, Trivandrum, Kerala

Co-authors: Dr. Aswathy S (MD Ayurveda- Kaya Chikitsa, Associate Prof. Dept Of Kaya Chikitsa, Gavc Trivandrum)
Dr. K Ambika (MD Ayurveda-Kaya Chikitsa, HOD, Dept Of Kaya Chikitsa, Gavc Trivandrum)

Ayurveda for Rheumatoid Arthritis

Rheumatoid arthritis is a debilitating, chronic, inflammatory disease, capable of causing joint damage as well as long-term disability. It's one of the disease that comes under the umbrella of Ayurveda Vyadhi- Vata rakta.The etiology of Rheumatoid arthritis is unknown but from Ayurveda point of view Acharya Vaghbhata states that- "vidahi annan virudham cha tat tat cha asruk pradooshanm, Bhajatam vidhi heenam cha swapna jagara maithunam".This means long-term intake of food habits that cause gut dysbiosis and altered lifestyle modifications cause disturbance to Trayo upastambha (i.e ahara,

nidra and bramhacharya) leads to an imbalance in melatonin functioning in the body. It acts on both the innate and specific responses of the immune system .This crippling disease still outshines among the autoimmune ones by escaping modern medicines but Ayurveda has much to offer other than the so called "trexates ,umabs & imabs" to correct the mistakes of immune system and make it capable to permanently banish the disease. Unlike in Allopathy, like a pill could cause dramatic reduction in pain Ayurveda has a holistic solution for the healthcare landscape. The three major line of treatments described in management of Vata Rakta includes Virechanam, Vasti and Raktamokshanam. These modalities intends to flush out the intestinal intoxication caused by the gut dysbiosis accumulated over years and to refine the bioenergy.

All these above-mentioned treatment modalities are being administered in patients coming to Govt Ayurveda College by Kaya Chikitsa department. Comprehensive research data and its analysis of the past 10-15 years of studies on Rheumatoid arthritis and the results of pilot study would be discussed to emanate the mode of action of the treatment modalities for Rheumatoid Arthritis. This would help to bring a dawn of hope to the world of medicine in finding the lock and key to RA.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=IDY3_BuWyfA&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=50&pp=iAQB

Dr. Geethu Balakrishnan – India

Amrita Centre for Advanced Research in Ayurveda (ACARA), Amrita school of Ayurveda, Amrita Vishwa Vidyapeetham.

Current Trends in Tcim: Human Gut Microbiome as a Potential Factor in Managing Autism Spectrum Disorders an Open Labelled Randomized Control Clinical Trial to Manage Dysbiosis

Co-authors:
Dr.Dinesh.K.S (Professor & HOD, Dept. of Kaumarabhritya, Vaidyaratnam P S Varier Ayurveda College, Kottakkal, Kerala, India)
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INTRODUCTION :

Autism Spectrum Disorder(ASD) is a diverse group of conditions characterised by impaired social interaction and communication and restricted and repetitive behaviours. World Health Organisation has reported an incremental surge in the prevalence of ASD, estimating that the epidemiology has escalated to an alarming status of one in 100 children. Probing the exact etiopathogenesis still remains a conundrum; in recent decades, studies have pointed to the parallel and complex interactions of gut and brain relating to gut microbes and autism symptoms. Emerging evidence indicates an invariable relationship between gut dysbiosis and neurobehavioral symptoms of Autism Spectrum Disorder (ASD) under the 'Brain-gut microbiome axis' rubric. This comprehensive intervention includes poly-herbal Ayurveda medications, lifestyle and diet modifications, parental guidelines and other interdisciplinary interventions in managing ASD.

MATERIALS & METHODS:

This randomised control trial was registered with the Clinical Trial Registry of India (CTRI) (registration No. CTRI/2018/05/014017, registered on May 21, 2018) and was conducted in the setting of Vaidyaratnam P.S.Warrier Ayurveda College, Kottakal. Sixty children diagnosed with ASD were included in this study with random allocation 1:1.

ASSESSMENT:

Quality and quantity of gut microbes in terms of relative abundance done through 16S ribosomal RNA sequencing for each faecal sample and also for changes in the neuro-behavioural symptoms assessed through CARS done in three phases as baseline period (0th day), interim period (30th day) and final phase (60th day).

RESULTS:

The 16 S rRNA sequencing results showed that all factors leading to dysbiosis could be well managed through our integrative approach. In autism features assessed through CARS, a significant decrease was obtained in the means score of the intervention group (MD= 5.7679, SE=0.38359) when compared to the control group (MD=2.1207, SE=0.31058) with $P<0.05$.

CONCLUSION:

Our multifactorial, non-linear, holistic, complex and dynamic approach thus opens up new vistas, refining existing methods in managing dysbiosis and autism.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=YUNwdx_Emys&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=51&pp=iAQB

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The relationship between the quality of life and mental health status in unoperated elderly cataract patients

Background:
As the most common cause of blindness and visual impairment, cataracts are often associated with aging and can cause mental health problems in elderly people.
Objective: This study was to aimed to determine the relationship between quality of life and mental health status in unoperated elderly cataract patients.
Material-Methods:
This descriptive study was carried out with elderly patients who applied to the eye clinics of a training and research hospital in a city located in the Central Black Sea Region of Turkey between March-June 2022. The study was completed with 183 elderly patients who did not undergo cataract surgery. The data were collected by face-to-face interview method. The questionnaire form included the socio-demographic information form, the Hospital Anxiety and Depression (HAD) Scale, the CASP-19 Quality of Life Scale, and the UCLA Loneliness Scale.
The data were evaluated with the SPSS 21.0 package program. Percentage, mean, Chi-square test, Spearman's correlation analysis were used in the analysis. In the evaluations, $p<0.05$ value was accepted as statistically significant.
Results:
Of the research group, 73.8% were 65 years and older, 60.7% were women. Low quality of life was found in 50.8% of the patients, depression and anxiety in 88%, and loneliness in 49.2%. Quality of life was low in 55.9% of depressed patients ($p<0.001$). The quality of life was low in 54.7% of the

patients with anxiety and was low in 61.1% of the patients with loneliness ($p<0.05$). It was determined that as the age of the patients increased, their quality of life decreased and the levels of depression, anxiety and loneliness increased.

Conclusions:

Quality of life was a predictor for mental health in elderly people with unoperated cataract. Mental health screening and psychiatric consultation may be recommended in elderly cataract patients.

Keywords: Elderly, cataracts, unoperated, quality of life, mental health.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=s8bwW_tnHfQ&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=52&pp=iAQB

Dr. Preetham Pai , Associate professor – India

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The management of cerebral palsy using Ayurvedic treatment principles-case series

Cerebral palsy (CP) is a heterogenous permanent neurological disorder caused by nonprogressive damage to the developing brain. The motor impairment of cerebral palsy is often accompanied by intellectual disability, sensory disturbances, communication, behaviour perception, epilepsy and secondary Musculo problems. Worldwide, CP is one of the most common causes of disability in children. Globally, the prevalence range of cerebral palsy from 1.5 to 4 per 1000 live births or children. In India, the overall pooled prevalence of cerebral palsy per 1000 children surveyed is 2.95.

Currently, there is no specific treatment for brain insults leading to motor

dysfunction in cerebral palsy. As a result, various interdisciplinary approaches such as physical, developmental, medical, chemical, surgical, and technical procedures are used to treat patients. These procedures assist in preventing secondary impairments and improving a child's developmental capabilities.
The available symptomatic therapeutic options make cerebral palsy the costliest chronic childhood condition. Various clinical trials have proved the effectiveness of ayurvedic formulations and panchakarma procedures in cerebral palsy.
Methodology: 4 Cases of cerebral palsy patients managed effectively with ayurvedic herbal formulations and panchakarma procedures will be discussed in detail.
Result: Ayurvedic treatment effectively reduces spasticity and improves motor functions in pediatric cerebral palsy, hopefully reducing the need for surgical interventions and anti-spastic medications.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=HpMRjH0jqiw&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=53&pp=iAQB

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Cold air plasma as a systemic selective adaptogen

We live in a world where results matter more than ever before. Our bodies are affected by new environmental influences we can no longer avoid. Our cells are struggling to transfer and interpret this information into meaningful responses leading to increased illness. Therefore, in 2020 after the lead authors

return from Wuhan a hybrid decentralized clinical research unit for patients of all ages suffering multiple comorbidities was established. These patients use a systemic selective adaptogen in our cold air plasma and quantum mechanics medical device producing an abundance of Hydrogen (H2) inside the body which is made in Australia and patented. See the in-human results in health that are inspiring scientists and doctors around the world to experience the unseen world.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=GM3tCujMHEo&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=54&pp=iAQB

Pratibha Shah, BAMS – USA

Masters in Ayurveda, MPH, Ayurveda consultant, Senior Consultant: Boston Ayurveda School Founder, President, BOD: Council for Ayurveda Research Founder, President, BOD: Wholistic Health Alliance Founding BOD: National Consortium of Ayurveda Medicine

Deepening our understanding of Auto Immune Disorders with Ayurveda

Autoimmune diseases are thought to affect approximately 50 million people in the United States. They impose a significant physical, emotional, social, and financial burden on the country's health care system. Despite more than 100 clinically identified autoimmune diseases, understanding of their etiopathology and treatment options is still quite limited. The prevalence of autoimmune diseases in the US appears to be on the rise. Ayurveda is a 4000-year-old ancient holistic life science. The Ayurvedic framework provides for a clear approach, root cause analysis, and effective application of its principles to these groups of diseases. The well-developed robust concepts of pathophysiology can be applied to deepening our understanding of the architecture of autoimmune diseases, which in turn can lead to their

better management, elevating quality of life while also improving prognosis. This presentation will discuss key aspects of the Ayurvedic approach with the backdrop of what we know today from a Western medicine standpoint, to help demystify autoimmune diseases.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=eigVADjdIRE&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=55&pp=iAQB

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Ayurveda for Rheumatoid Arthritis

Rheumatoid arthritis is a debilitating, chronic, inflammatory disease, capable of causing joint damage as well as long-term disability. It's one of the disease that comes under the umbrella of Ayurveda Vyadhi- Vata rakta.The etiology of Rheumatoid arthritis is unknown but from Ayurveda point of view Acharya Vaghbhata states that- "vidahi annan virudham cha tat tat cha asruk pradooshanm, Bhajatam vidhi heenam cha swapna jagara maithunam".This means long-term intake of food habits that cause gut dysbiosis and altered lifestyle modifications cause disturbance to Trayo upastambha (i.e ahara, nidra and bramhacharya) leads to an imbalance in melatonin functioning in the body. It acts on both the innate and specific responses of the immune system .This crippling disease still outshines among the autoimmune ones by escaping modern medicines but Ayurveda has much to offer other than the so called "trexates ,umabs & imabs" to correct the mistakes of immune system and make it capable to permanently banish the disease. Unlike in Allopathy, like

a pill could cause dramatic reduction in pain Ayurveda has a holistic solution for the healthcare landscape. The three major line of treatments described in management of Vata Rakta includes Virechanam, Vasti and Raktamokshanam. These modalities intends to flush out the intestinal intoxication caused by the gut dysbiosis accumulated over years and to refine the bioenergy. All these above-mentioned treatment modalities are being administered in patients coming to Govt Ayurveda College by Kaya Chikitsa department. Comprehensive research data and its analysis of the past 10-15 years of studies on Rheumatoid arthritis and the results of pilot study would be discussed to emanate the mode of action of the treatment modalities for Rheumatoid Arthritis. This would help to bring a dawn of hope to the world of medicine in finding the lock and key to RA.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=pGg-nKMgKnc&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=56&pp=iAQB

Prof. Shantala Priyadarshini – India

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Ayurveda solutions for global warming – a cultural heritage from the past for the future crisis

Global warming – a looming problem today, shall blow up into a bigger future crisis. Ayurveda had foreseen this and has provided solutions.
Individual contribution, family and society involvement to tackle climate change has been advocated in Ayurveda. Personal habits, social dwellings and

rituals play a major role in preserving Flora, fauna, environmental practices. It has been in vogue since centuries in India.

Daily rituals advocated is one way of reducing, re cycling and reusing plastics can be replacing biodegradable material which are not only environmentally friendly but also conducive for healthy living. Meat eating is not advocated every day, no meat on certain week days and few months in a year has been practised in India. Bio degradable daily plates, utensils, cutlery, cosmetics, biopesticides, herbal medicines, traditional lifestyle promise conserving the rich biodiversity, learning and accepting natural materials in large scale has been followed. Flora fauna which plays pivotal role in conserving biodiversity is being slowly on decline as we see in IUCN. Preserving scared forests ,astrological parks, lakes in each community has led to not only water conservation but seed banks have been preserved. Kautilya's Arthashastra probably from the 2century BCE has stated rules and regulation about waste disposal, conservation and much more. People have been advised specific plants to be grown, preserved for wellbeing of all living beings.

Research of Agnihotra(a Vedic ritual of fire ceremony) benefits on living beings, agriculture, increased farm produce shall be shared with research data. Apart from healing the nature it shows significant results on controlling drug addiction, Post traumatic stress disorder and other health problems. Charaka Samhita -an ancient text of Ayurveda speaks about importance of environment and its effect on living beings –says—Microcosm and macrocosm has huge mutual influence. Examples of all the above shall be shared in the paper.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=T-VO-9dsgCM&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=57&pp=iAQB

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Lifestyle behaviors of vegans, vegetarians, and omnivores in Austrian colleges and universities

A healthy lifestyle is a major prerequisite for individual and public health. Although the health-related benefits and growing popularity of vegan and vegetarian diets worldwide have been well-documented, limited data exist on the health behaviors of individuals who follow plant-based vs. mixed diets. This nationwide study aimed to examine the health-related behaviors of Austrian college/university students (ST) and academic staff (AS), focusing on the differences between participants' diet types.

This study utilized a cross-sectional design with an interdisciplinary approach, employing a multilevel cluster sampling strategy. A total of 6,148 ST and 1,041 AS from 52 institutes completed a standardized online survey that included data on socio-demography, anthropometry, academic status, and lifestyle behaviors. Participants were categorized into three dietary groups: omnivorous, vegetarian, or vegan.

The prevalence of vegetarian diet was 22.8% among ST and 13.2% among AS, while 6.0% of ST and 2.2% of AS were vegan. Vegan and vegetarian diets were more prevalent in females than males in both groups. In ST, vegans and vegetarians were more likely to participate regularly in leisure-time sports/exercise than omnivores; however, in AS, vegetarians were more active in leisure time compared to vegans and omnivores. Vegan

and vegetarian participants in both groups had a higher prevalence of a healthy BMI compared to omnivores. In ST, no significant difference in smoking behavior was found between diet types; but in AS, vegans had a lower smoking rate than vegetarians and omnivores. Vegetarians and vegans reported lower alcohol intake compared to omnivores; however, fluid intake was more prevalent among vegans compared to vegetarians and omnivores in both groups.
College/university populations following plant-based diets tend to have a healthier lifestyle compared to omnivores. These findings emphasize the importance of updating programs and measures in educational and community settings, considering the significant impact of plant-based diets on health.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=YfhZf0FZ9Vo&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=58&pp=iAQB

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Love Expressed as Coherence in Consciousness

We postulate that the molecule of water plays a significant role in the expression of consciousness due to its ability to store and transmit information. To demonstrate such an impact in living systems and in the environment, an energy transducer known as the key to coherence invented by Dr. Carlos

Orozco, opens the possibility of testing this hypothesis based on principles of quantum mechanics and quantum physics. The flow of information is shaped by our thoughts when they become actions. Our actions become habits and our habits determine our behaviour over a wide range of circumstances. Actions are the result of movement through vibration and an exchange of frequencies along with gravitational waves that result in the expression of universal consciousness through the motion of water.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=wqxXr67XP24&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=59&pp=iAQB

Alexandros Tilikidis MD – Greece

Acupuncturist, Herbalist,
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History of Traditional Hellenic Medicine

In this paper we are going to observe the evolution of Traditional Hellenic Medicine since the time of Apollo, Asclepius, and Hippocrates, till today.
We are going to observe the medical background of Hippocrates. Also, the period between his death in 370 B.C. until the occupation of Greece from the Roman Empire in 146 B.C. The changes in Medicine due to the policy of the Roman Emperors. Medicine during the Middle Ages. And also the teachings of the Hippocratic ideas during the period of the Turkish occupation (1453 A.D. – 1821 A.D.). The influence of Rene des Cartes in the evolution of the medical ideas and the and the decline of Traditional Medicine worldwide (after him).
The big fight of the medical doctors that appeared in the Greek state after 1821 against the practical doctors and midwives (the medical practitioners

that carried the ancient wisdom of Hippocrates).
Traditional Hellenic Medicine today. At the end of my presentation, I will also present some ideas about the four humors.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=tsQ6RjGsIzs&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=60&pp=iAQB

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Spanning the bow from mixed to vegan dieters in a healthy, active population and the sociocultural construction of the flexitarian diet in addressing current trends in sustainable eating

Long-distance recreational running (e.g., half-marathon, marathon) is an increasingly popular sport activity across Europe, with millions of performers worldwide. On race day, endurance runners appear to deviate from their usual dietary and fluid intake, possibly due to physical and psychological stress, fundamental motivations, and an individualized race day strategy. Vegetarian runners are predominantly motivated to adhere to their diet type concerning ethical reasons, which may limit race day dietary intake fluctuations, regardless of health. Flexitarians, on the other hand, are more lenient with dietary practices. Robust definitions for the dietary subgroup classification of vegetarian and vegan participants have been reported by the Academy of Nutrition and Dietetics. A stringent definition from leading

nutritional organizations for flexitarian is lacking, however. The most colloquially accepted explanation for flexitarian is a person who usually eats vegetarian but occasionally consumes meat. This cross-sectional study is the first to differentiate the racing strategies regarding dietary and liquid intake among flexitarian, vegetarian, and vegan recreational endurance runners. A total of 317 participants submitted the survey as a basic sample. Early results (latest to be introduced in Sept. at Prague) from the analysis of control questions showed that 29 participants (9.14% of the study sample; 5 vegans and 24 vegetarians) did not meet the requisite dietary classification and were shifted accordingly. It has been reported that flexitarians have similar underlying dietary motivations as vegetarians, including preference for health or reducing one's carbon footprint. The major dietary motivational difference between flexitarians and vegetarians, however, appears to be the heightened concern among vegetarians for animal welfare and wellbeing. The dilemma with defining flexitarian therefore appears to be the relationship between diet type adherence and time. As the omnivorous diet is the world's most traditional nutrition pattern, many of today's vegetarian and vegan recreational runners have changed their dietary behavior.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=OZRYZxkJJjM&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=61&pp=iAQB

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The Effect of Loneliness and Depression Levels on Pain in Geriatric Prostate Cancer Patients

Background

Loneliness and depression experienced in geriatric prostate cancer patients may be related to the severity of pain. Therefore, the study analyzed the effects of loneliness and depression levels on pain in geriatric prostate cancer patients.

Methods

Eighty-three patients aged 60-74 years were included in the cross-sectional study. Data were collected with Loneliness Scale for the Elderly, Beck Depression Scale and Numerical Rating Scale.

Results

It was determined that the median age of the individuals included in the study was 66, the median pain duration of these patients was two years, and 90% of them used painkillers. The median loneliness score of the patients was 16, and 70% had depression. There is a significant positive relationship between the duration of prostate diagnosis and the severity of pain (r: 0.680; $p< 0.05$), a significant positive relationship between the severity of loneliness and pain severity (r: 0.241; $p<0.05$), and a positive relationship between the level of depression and the severity of pain. It was determined that there was a significant relationship (r: 0.276; $p<0.05$).

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=Jw-VlReBKo4&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=62&pp=iAQB

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PAIN BELIEFS AND USE OF NON-PHARMACOLOGICAL METHODS IN PAIN MANAGEMENT AMONG NURSING STUDENTS

Background: Pain is an intangible concept that affects, sometimes limits, and reduces the quality of life of an individual at certain times throughout his/her life. Objective: This study was conducted to determine the pain beliefs of nursing students and their use of non-pharmacological methods in coping with pain. Material-Methods: This descriptive study was conducted with 351 nursing students training at a public university between February and April 2023. The data of the study were collected by group questionnaire method. The questionnaire form included socio-demographic characteristics, pain experiences, non-pharmacological methods used in pain management, and Pain Beliefs Scale. Percentage, median, Kruskal Wallis H test, Mann Whitney U test and Spearman's Correlation Analysis were used to evaluate the research data. A p value of <0.05 was considered statistically significant in the analyses. Results: The mean age of the research group was 20.6 years, and 70.4% of the students were women. The median scores from the pain beliefs scale were 3.50 in the organic beliefs sub-dimension and 2.25 in the psychological beliefs sub-dimension, respectively. A positive and significant (r:0.218; p:0.000) correlation was found between organic and psychological pain beliefs. While organic pain belief was significantly higher in 3rd grade students, psychological pain belief was significantly higher in students living in private dormitories (p<0.05). Generally, organic pain belief was significantly higher in those who experienced unbearable pain (p<0.05). Organic pain belief was higher in those who preferred pharmacological and non-pharmacological methods together in pain management (p<0.05). Conclusions: It was determined that organic pain beliefs of the nursing

students' were higher than psychological pain beliefs, and nursing students' pain beliefs varied according to demographics and pain-related characteristics.
Keywords: Nursing students, pain beliefs, nonpharmacological methods.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=EDAE15SINVA&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=63&pp=iAQB

Saturday 16h September 2023 – Hall 3

Dr. Suresh Swarnapuri, BAMS, MD – Ireland

President of EAA - Europe Ayurveda Academy (France)
Executive Director of the Association Ayureda Academy (UK)

Managment of Life Style DIsorders in Ayurveda

Lifestyle diseases are different from other diseases because they are potentially preventable and can be lowered with change in diet, lifestyle and environment. I will be focusing on prevention and Curative aspects in Ayurveda.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=NtFcjHE5sBU&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=65&pp=iAQB

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BIRD VIEW PERSPECTIVE OF AYURVEDIC TREATMENT PRINCIPLE FOR DIABETIC RETINOPATHY

Introduction: Approximately 95 million (35.4%) diabetic patients have Diabetic Retinopathy (DR), a microvascular complication of diabetes mellitus. Anti-VEGF injection, and laser therapy are the standard line of management. If not treated on time, it will lead to complications like Macular oedema, Retinal detachment, Vitreous haemorrhage, which eventually causes complete loss of vision. So, regular screening, good glycaemic control along with standard care is essential. But it is expensive and guarded prognosis along with repeated sit to standard care is required. Ayurveda characterizes DR as Parimlayi timira with Pitta Rakta association in Susrutha samhitha. Symptoms of Parimlyayi timira depends upon the biproducts of food metabolism. Similarly in DR the blood sugar level depends on patient's diet. Symptoms and signs increase/worsen in patients with poor-glycemic control. Hence DR can be understood in terms of Parimlayitimira. Treatment principle thus adopted as Pittasamana and Raktaprasadana

Methods: Reviewing Ayurveda classics for the symptoms/disease and treatment related to DR.

Results: After analyzing the concepts, treatment principles can be explained as Pittasamana and Raktaprasadana with Virechana, Raktamokshana, Sirodhara, Talapothichil, Mukhalepa, Padalepa as the treatments methods.

Discussion: Pitta has sara, drava guna, when increased causes exudations

in the retinal layers in the form of hard/soft exudates, and macular edema. Raktadushti causes vitiation of upadhatus sira, kandara, exhibited as loss of pericytes and supporting cells in the retinal capillaries, aneurysm, dot and blot haemorrhages.

Virechana as main line of treatment in the initial stages to remove vitiated pitta. Raktamokshana counteract both pitta and rakta. Procedures like Sirodhara, Talapothichil, Mukhalepa, Padalepa as other procedures adopted for debilitated eye.

Conclusion: DR understood as Parimlayitimira with pitta-rakta association where symptoms depended upon the biproducts of food metabolism. Pittasamana and raktaprasadana is the remedy

Key words: Parimlayi timira, Drishtipatala, Pramehajanya timira

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=flRcJ0jslFA&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=66&pp=iAQB

Ranjan Amin – United Kingdom

Raja Yoga Practitioner, Brahma Kumaris UK, LONDON

CULTURE OF HEALTH

A culture of health is rooted in the ancient practices of Satyug, a time when disease and negativity were unknown. By embracing pure, elevated thoughts and fostering positive energy, we can shift our focus from disease to ease and replace stress with relaxation and happiness. Can a daily practice of pure thoughts, and pure feelings, change our behaviours, and increase our willingness to move towards a culture of health?

A meta-analysis conducted by Ramesh et al (2013) and Chida and Steptoe (2008) revealed that positive psychological well-being was associated with higher levels of happiness,and self satisfaction.

Daily relaxation practices in Raja Yoga meditation are centred on calmness and stillness, these enhance our healing abilities. If stress can cause disease, peace can serve as the foundation for maintaining health. Mindfulness-based stress reduction (MBSR), developed by Dr. Jon Kabat-Zinn, is an effective approach to managing stress and promoting relaxation, with numerous studies supporting its benefits for physical and mental health (Creswell, 2017).

It's essential to be mindful of the thoughts, words, and vibrations we generate. . Envisioning a world without hospitals or illnesses, we can create a healthy reality by cultivating thoughts of peace, respect, and love.

Over a million people already live by this culture of self-healing, embodying health, and happiness using Raja Yoga Meditation, a study and practice taught in Brahma Kumaris. The future of health lies in reviving these ancient practices and living a life filled with positivity and healing, supported by modern research.

Summary: The ancient culture of health emphasises the importance of positivity and relaxation in maintaining a healthy lifestyle. Recent research supports these practices, by focusing on healing through positive thoughts, healthier future, enhance our well-being and longevity of life.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=5FGjoOHPn4g&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=67&pp=iAQB

Hiroshini Amarasinghe – Srilanka

A.K.H.P. AMARASINGHA
Gampaha Wickramarachchi Ayurveda Institute,
University of Kelaniya, Yakkala – Srilanka.

EVALUATION OF THE EFFECTS AND EFFICACY OF TREATMENT PROTOCOL IN THE MANAGEMENT OF OVERWEIGHT AND OBESITY

Obesity and overweight has a huge impact on people and their lifestyle All over the World. Overweight and obesity are identified as a major risk factor for non-communicable diseases such as cardiovascular diseases, diabetes, musculoskeletal disorders and some types of cancers. A Sample of obesity and Overweight was selected for this study with objective of evaluating the efficacy of Treatment Protocols. Researcher compared the efficacy of selected herbal formula (kashaya) (Group A) vs selected herbal formula (kashaya) with Purgation(vireechana) treatment (Group B) in Overweight and Obesity condition. The Two groups with 30 patients in Two Ayurvedic hospital obesity clinic. All the patients measure before and after body weight, BMI, Body circumference, Skin fold thickness, lipid profile, FBS and BP. The Group A and Group B showed significant decrease in weight, BMI level and FBS in comparison to before the treatment. Group B reduce more weight (Group B: 68.26 ± 1.41, Group A: 68.57 ± 1.15). BMI level of Both Groups (Group B: 29.17 ± 0.53, Group A: 29.72 ±0.55). The Group A and Group B showed significant decrease in Body Circumference of Mid Arm, Mid-Thigh, Triceps and Skin Fold Thickness of Supra iliac in comparison to before the treatment. The Group A and Group B showed significant increase in Triglycerides and Group B significant increase VLDL. According to results, Purgation procedure and Herbal formula (Moringa oleifera, Dolichos biflorus, Zingerber officenale, Ricinus communis) very successfully with overweight and obesity control. As dietary behavior modification plays

vital role for obesity. Purgation and panchkarma procedure and traditional formula also play vital role to reduce overweight and obesity.

Key words- Obesity, Herbal formula (kashaya), Purgation (vireechana)

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=TOcbSzdGfko&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=68&pp=iAQB

Dr. Revathy Prasad, BAMS – India

Government Ayurveda College , Tripunithura, Kerala

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Exploration of the role of Ayurveda in Healthy ageing

Ageing is an inevitable yet undesirable part of the human life.Perhaps,that might be the reason for including “jara” ,the process of progressive breakdown of homeostatic adaptive responses of the body , among the svabhavika vyadhis along with kshut(hunger),pipasa(thirst),etc by Acharya Susruta.Long healthy life is the cherishing wish of every human being.But,this often becomes a surreal by middle age or even before it,falling prey to a flock of diseases. Generation of physically,psychologically and emotionally strong “AGED” is the need of the hour which is possible through the Science of life,Ayurveda. The current work involves an in-depth interview of apparently healthy people aged above 80 which was conducted to unlock the factors related to their healthy longevity based on a questionnaire.The results of the interview revealed that the Ayurvedic regimens adopted in their lives some way or other played a key role in remaining healthy. WHO says ,it is not important to add

just years to your life,but add life to your years.If one invests adequately in the creative design and implementation of a long time research programme for the elderly based on Ayurvedic principles,a definite output will be that the elderly population not only in our society,but also globally can remain healthier thus minimizing the need of curative intervention.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=u21CgGqAl4A&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=69&pp=iAQB

Dr. Suryanarayana Mudadla – India

SHREE JAGADGURU GAVISIDDHESWARA AYURVEDIC MEDICAL COLLEGE AND HOSPITAL, KOPPAL, Karnataka

Co-author: Dr. RADHIKA INJAMURI, ASSOCIATE PROFESSOR, SJGAMC, KOPPAL, KARNATAKA, INDIA.

A CRITICAL REVIEW ON AYURVEDIC MANAGEMENT OF COMMON RESPIRATORY ALIMENTS IN CHILDREN

Respiratory disease is the major cause of mortality and morbidity worldwide, with infants and young children especially susceptible. Bronchial Asthma, allergic rhinitis ,rhino sinusitis are the commonest non-communicable disease in children . They are seeing an increasing number of children hospitalized with acute respiratory infections caused by common respiratory viruses such as influenza, parainfluenza, respiratory syncytial virus, commonly called RSV, adenoviruses and coronaviruses, including COVID-19. Though the medical science is advancing more faster still many children falling sick due to low immunity , increased risk of exposure to smoke,pollutants and different aero chemicals. When coming to the role of Ayurveda in managing such a common diseases ,In Ayurveda diseases like Pratishyaya, Tundikeri , Swasa and Kasa etc are well explained and practiced in the ancient period effectively.

in the present situation many parents of children bringing their children to ayurvedic hospitals for better treatment and as in ayurveda concepts like agni ,vitiation of doshas, immunity (bala) welll explained in the management of the above diseases, by understanding and practicing those concepts in the day to day clinical practice getting better results and treating thousands of cases ,for example bronchial asthma, reccurrent tonsitillits and respiratory allergies well managed with ayurveda . In the full paper few clinical success stories will be dealt with possible scientific background.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=M3vqQEBVvi0&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=70&pp=iAQB

Dr. Radhika Injamuri – India

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AYURVEDIC MANAGEMENT OF COMMON BEHAVIOURAL DISORDERS IN CHILDREN

Children are the valuable possession of parents and future nation makers. A healthy child contributes to a healthy and prosperous society. Since birth, a child passes through phases of physical, mental, and social development until he achieves adulthood. All these aspects of growth and development are equally significant for the sound health of the child. Children below 15 years of age represent approximately one third of the world's population and approximately 5–15% of them are crippled with this socially handicapping behavioral disorders .Ayurveda is the ancient Indian medical practice that deals with the holistic approach to the maintenance of physical and mental

health. Ayurveda comes under the group of the whole medical system, including complementary and alternative medicines. Ayurvedic strategies for autism, ADHD,ASD , mental sub-normality and other learning disorders include internal administration of herbal medicine, external therapeutic procedures such as massages,Siro dhara ,Nasya and medicated enema and other Detoxification procedures and well-regulated diets are also well explained and practiced. Ayurvedic system of medicine has a treasury of description of several Ayurveda herbs that elevate the mental as well as intellectual power primarily claimed as 'Medhya'. Firstly, the Rasayana drugs which are mentioned in Charaka Samhita called 'Medhya Rasayana' are supposed to be having specific influence on brain functions. Cognitive deficit can be present from birth or result from environmental causes such as brain damage, mental illness, or neurological abnormalities. In day to day clinical practice getting unfortunately getting more cases with behavioral disorders and getting drastic improvement in child behavior, hence patients seeks help from alternative medical systems for the hope, In the full paper few clinical cases treated with ayurveda will be shared with scientific explanation.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=PpHnrihKInM&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=71&pp=iAQB

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The use of herbs for decreasing impulsivity in patients with bipolar disorder

Introduction: Bipolar disorder is a mental health condition characterized by extreme mood swings and changes in energy levels, behavior, and activity. Impulsive conduct is a common trait in bipolar disorder patients, and it can exacerbate symptoms and impair day-to-day functioning. In order to lessen impulsivity in this population, the use of herbs has been investigated as a viable alternative or supplemental therapeutic strategy.
Objective: Explore the potential benefits of using herbs for deceasing impulsivity in patients with bipolar disorder.
Methods: This was a descriptive cross-sectional study conducted over a period of 12 weeks in 2022, among 40 stabilized bipolar disorder patients (Hamilton depression scale score <=8, and the Young Mania Rating Scale Score =<6). All the participants were put under herbs (one cup of chamomile per night) The Barrat Impulsivity Scale (BIS11) was used to assess impulsivity before and after herbal use.
Results: The mean age of participants was 38,6 +- 5.4 years, the majority of them were male (60,3 %). We noticed a decrease in the impulsive behavior after the use of herbs with a mean score ranging from 91+- 3 to 69 +-4 and this decrease was statistically significant (P<0.001).
Conclusion: Herbs may offer a promising alternative or complementary treatment option for patients with bipolar disorder who struggle with impulsivity.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=5fWhpHHu9nI&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=72&pp=iAQB

Sampada Korde – India

Rachana Sharir, Goa, India. She runs a pure ayurveda and panchakarma clinic.
Also associated with an institution called MADHAVBAUG - which treats heart diseases and non-invasive treatment.

Co-authors: Dr. Sneha Naik

Ayurvedic heart failure reversal therapy

The prevalence and increase in the rate of Chronic Heart Failure is increasing at a very higher rate. Due to various complications, CHF needs a non invasive technique to reverse the disease and regain the strength to the Heart. Ayurveda has great concepts and medicines to reverse the heart failure and enhance the cardio respiratory functions. This study analyses a case study of a 64yrs,M with k/c/o DM, HTN, CKD & CHF with 2D echo stating Hypokinesis of Ant. Septum , Apical Septum, Apex, Apical Segment, Mid Inf. Wall with LVEF – 35% and Gr. I Mitral / Trivial Regurgitation. Ayurveda treatment HFRT(Heart Failure Reversal Therapy) was given included 14 sessions of Snehana, Swedana, Hruday dhara & Matra Basti. Along with hrudya medicines, kledahara medicines and ahara of laghu, ruksha guna dominant, vihara of daily Yogasana & pranayama.

Results were evaluated after 60days which included allopathic medcines tapering, Results showed drastic and fantastic improvement in the 2d echo with Non dilated, Non Hypertrophied Left Ventricle, Min. Distal ant. Septum Hypokinesis, LVEF – 60%, Other cavities normal, Valves are normal, Mild Mitral regurgitation. Egfr factor increasing from 50 to 67, decrease in creat. Levels. Vast positive changes observed in the attitude of the patient with quality of life improved, reduction in BSL levels, reduction on stress levels and improvement in his life.

BSL and Ejection fraction in known case of heart failure and be certainly improved using Ayurveda lifestyle, medicines and panchakarma.

Keywords – CHF, CKD, panchakarma

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=m8gNm8Eg_KY&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=73&pp=iAQB

Lothar Pirc – Germany
Maharishi Ayurveda Health Center Bad Ems, Germany

Proposal to create peace in the world through ancient Vedic sciences: Ayurveda, Yoga and Yagya - from philosophy to science.

Purpose: The purpose of this presentation is to present an overview of scientific research on Samadhi and its effects on creating coherence in the collective consciousness of society.
Method: The method is to examine the classical texts of Ayurveda and Yoga Sutras of Patanjali, which describe the experience of Samadhi and the effects of Samadhi on the individual physiology and consciousness and the collective consciousness of society. In this framework, this presentation will support this interpretation with overview of 650 scientific studies published in comprehensive set of eight volumes of scientific research on the transcendental meditation technique.
Results: Patanjali's Yoga Sutras state Yogah Chitta-vritti-nirodah, "when the activities of the mind have come to complete stillness, we experience Yoga." (Yoga Sutra 1.2) This is the state of Samadhi. The Yoga Sutras further state Tat-sannidhau vaira-tyaga, "in the vicinity of yoga, hostile and conflictual

tendencies are eliminated" (Yoga Sutra 2.35). Research over the last 51 years, including neuroimaging techniques, EEG and all the latest physiological methodologies found that Samadhi is a unique physiological state measured by breath rate, heart rate, metabolic processes etc. and more coherent brain functioning. Thus, it has been scientifically established that Samadhi is of great practical benefit to the individual because all of those measures together indicate growth towards higher states of consciousness, better health, harmonious relations, and reduced stress. On the collective level, our finding from 50 studies has confirmed the hypothesis that experiences of Samadhi in the individual have a positive effect on the broader society. The well-developed methodology used is called time series analysis.
Conclusion. Maharishi Mahesh Yogi's interpretation of Patanjali Yoga Sutras, as supported by the scientific research, indicates that humanity possesses a new and yet completely ancient technology of unprecedented effectiveness for reducing conflict and creating cooperation in our beautiful family of nations.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=34nCVPx-yKg&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=74&pp=iAQB

Alix Naginski – United Kingdom

Kings College London

Co-authors:
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Urgency of Integrating Mental Health in Clinical Practice

Ayurveda is one of the few comprehensive medical systems that considers and integrates the intertwining nature of physical and mental health actively within its practice. Indeed, the mind-body connection is a core aspect of

treatment of psychological disorders within the nature-aligned system. With its increasing popularity in the Western world in recent years, its practice relating to psychology has been of greater interest. A community-based online survey using a comparative descriptive design studied the practice and experience of Ayurvedic practitioners working in the United States and treating psychological disorders. Of the 137 respondents, 55% of practitioners see patients with active mental illness. Of the practitioners treating psychological conditions, the conditions included depression, stress, anxiety, ADHD, trauma-related, and substance abuse issues. Multivariate analysis correlated mental health clinical practice with ayurvedic education, legal aspects, treatment, and age groups. The results also highlight the underlying need for further studies within this domain. These findings provide us with an invaluable insight into the use of Ayurveda within the psychology domain. Such research contributes to a broader understanding in the complementary treatments for mental health disorders. Indeed, results could innovate policies and laws including ayurveda in patient care.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=CAMseDqm5_A&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=75&pp=iAQB

Sarah Lascano - USA

Energy Medicine Expert, Mind Body Healer,
RayZen Energy, LLC, Stephens City, USA

Digital Energy Medicine: An Integrative and Innovative Approach to Healing Treatment-Resistant Chronic Illness

Chronic symptoms that do not respond to treatment frustrate both practitioner and patient. Even when the patient is compliant and follows

prescribed therapies and treatments, healing can be elusive. In the current medical climate, doctors have little time to devote to unraveling complicated, multisystem symptoms, nor do they have training focused on treatment for mind-body issues affecting patients' healing.

Due to the nature of chronic illness, patients not responsive to standard therapies often have significant dysfunction affecting their nervous, immune, metabolic, and digestive systems, resulting in poor outcomes. Considering the energetic and mind-body blocks affecting these patients allows medical therapies and other interventions to be better tolerated and more effective, improving patient outcomes. Doctors deserve to have resources available that help address this aspect of healing; yet, currently, most doctors do not have adequate resources to address this important factor in patient health.

COVID influenced how practitioners deliver healing to patients. Telehealth and remote healing allow accessibility not previously available. Energy medicine delivered through digital means is changing patients' lives. Accessible regardless of physical location and at much lower cost than the traditional patient-caregiver model, digital healing provides accessible and integrative mind-body healing for patients. This healing has no side effects, does not influence doctor prescribed therapies, and does not require travel to an additional practitioner. Little training is needed on the part of the doctor to be able to effectively use this therapy in their practice.

Encouraging patients to play an active role in their healthcare is an important benefit of digital healing. Available for use 24/7, patients can access healing to find relief for symptoms between appointments including decreasing nausea, anxiety, heart palpitations, boosting energy, improved sleep, stress of all kinds, and more.

Digital energy medicine allows accessibility and powerful healing to help improve patient outcomes.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=ispJ2huY4fM&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=76&pp=iAQB

VedAcharya Dhanada Kulkarni BAMS, LMT, BCIM, CYEd, CCRP – USA

Astanga Acuveda Wellness Center, Texas Ayurveda Professionals Association TAPAS, Faculty and Academic Expert at the University of North Texas (UNT), Vivekananda Yoga University in California (VAYU), Mount Madonna Institute, California, The Ayurveda School of the UK and American College of Acupuncture and Oriental

Integrative Medicine as a Bridge: Harnessing the Strengths of Ayurvedic Medicine and Indian Culture to Transform Future Healthcare

Ayurvedic medicine, with its roots deeply embedded in the rich cultural heritage of India, holds valuable insights and healing practices that can transform the future of healthcare. Integrative Medicine serves as a bridge, harmonizing the strengths of Ayurveda with modern healthcare approaches. This presentation explores the potential of Integrative Medicine to leverage the unique attributes of Ayurvedic medicine and Indian culture, fostering a paradigm shift in global healthcare.

Ayurveda, a traditional system of medicine, has a holistic approach that considers the interconnectedness of the mind, body, and environment. This ancient healing system utilizes herbal remedies, diet and lifestyle modifications, yoga, and meditation to promote wellness and prevent illnesses. By recognizing individual constitution and the importance of balance, Ayurveda offers personalized healthcare solutions. Indian culture, deeply rooted in spirituality and mindfulness, provides a conducive environment for holistic healing practices. Traditional rituals, practices of meditation, and yoga have found global acclaim for their stress-reducing and mind-body benefits. This cultural foundation complements Ayurvedic principles, creating a harmonious framework for Integrative Medicine. Integrative Medicine is a dynamic approach that combines the best of conventional medicine with traditional healing practices. Integrating Ayurveda into modern healthcare bridges

the gap between evidence-based practices and time-tested ancient wisdom. Such integration fosters patient-centered care, empowering individuals to make informed decisions about their health. This presentation will explore successful case studies of Integrative Medicine adoption in various healthcare settings, emphasizing the collaboration between Ayurvedic practitioners and modern healthcare professionals. The presentation will showcase evidence-based research validating the efficacy of Ayurvedic interventions for a range of health conditions.

By recognizing the strengths of Indian culture and Ayurvedic medicine, Integrative Medicine can address the rising demand for personalized and sustainable healthcare. It promotes preventive measures, empowers individuals to take charge of their health, and promotes global health equity. Emphasizing the integration of Ayurvedic principles with modern medicine, this presentation aims to inspire healthcare practitioners, policymakers, and researchers to collectively envision a more comprehensive and patient-centric healthcare system.

Keywords: Integrative Medicine, Ayurvedic Medicine, Indian Culture, Holistic Healing, Integrative Healthcare, Patient-Centric Care, Preventive Medicine, Global Health Equity.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=yK6z9z7vtEU&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=77&pp=iAQB

Stephan Hein – United Kingdom

Holistic Health & Well-being Practitioner Teacher, Higher Ground Leadership Coach, Musician

Nada Yoga – Healing through Sound

Introduction:
Nada Yoga is an ancient Indian philosophical system that utilises sound vibrations to guide consciousness into states of balance and silence.It claims that everything in the universe vibrates at specific energy wavelengths that can be manipulated through sound application. Setin a London-based charity this pioneering study shows evidence how Nada Yoga supports individuals affected by HIV/AIDS in the long-term management of their illness. It started in October 2022 and continues.

Methods:
Today sound and music are considered the first language of humankind. Practicing Nada Yoga connects us to deep inner primordial states of consciousness, into complete stillness called anahata ("the soundless inner sound"). Each group session lasts 90 min and consists of 1) settling into a feeling of embodiment through mindfulness, 2) chanting Sanskrit mantras ("to guide the mind") for 60min, 3) integration through sharing for 20min.

Results:
Nada Yoga enhances integrated well-being. Clients feel empowered when returning to daily life. In this quality assessment participants additionally commented positively with: "I can cope better with my anxiety", "feeling more peaceful", "my migraine disappeared, I couldn't believe it", "I felt calm and inner peace after attending", "to quieten down", "the company of others".

Conclusions:
Whilst pharmaceuticals are successful in suppressing viral load, living with

HIV continues to require skills of self-management for health challenges caused by viral impact and drug side effects. This situation lends itself well to explore the broader therapeutic value of musical interventions. Research shows it may be helpful for long-term management of physical and mental health challenges, incl. fatigue, burn-out, insomnia, stress, anxiety, depression, PTSD, trauma, chronic pain and to strengthen innate immune response. This could also prove very cost-effective.

Keywords:
HIV, lifestyle medicine, music therapy, social prescribing, mental health, self-management, patient activation.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=P_Svcfk_3dk&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=78&pp=iAQB

MUDr. Andrea Málková – Czech Republic

General practitioner specializing in myoskeletal and integrative medicine

Mistletoe – prevention and treatment of oncological diseases

Extracts of mistletoe from various trees are proving to be an excellent complementary medicines in cancer therapy, as convincingly demonstrated by studies and experience from many clinics around the world.
Mistletoe shows its power most intensely when the tree on which it grows resembles the character of the sick person. The differentiated application of preparations from 13 species of mistletoe according to individual constitution is widely used and covered by health insurance companies, mostly in Switzerland, Germany and Austria. Mistletoe preparations are also indicated as a preventive measure in case of suspected cancer, positive family history

or genetic mutations. Case studies will be used to demonstrate how these remedies can clearly increase patients' chances to heal, reduce the side effects of cancer treatment and, in palliative treatment, significantly improve the quality and length of life of cancer patients.

Keywords:
Prevention, oncology, lost life rhythm, social cancer, integration of conventional and complementary medicine, individualised treatment.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=EinETVSKiEI&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=80&pp=iAQB

Ing. Klára Doláková, MBA – Czech Republic

PhD scholar, Faculty of Humanities – Charles University

Integrating CAM within national healthcare: professionals' experiences and views of CAM integration within the NHS in the context of ethics

Decision-making in public health should be based not only on theoretical foundations and evidence for the specific approach but also on a thorough ethical consideration in the context of biomedical ethical principles. One of the areas that raise ethical discussion, is the possible integration of selected CAM methods into the public system of healthcare. The high demand for CAM methods from the general public has contributed to the process of integrating certain CAM methods to some extent within the healthcare system in several countries as well as the fact that the WHO recommends, where appropriate, the integration of selected CAM methods into national healthcare systems. As the United Kingdom is one of the countries that enables patients to access several CAM approaches as a part of the National Health

Service (NHS), this qualitative study explores professionals' experiences and views of CAM integration within the NHS in the context of ethics.
The main aim is to find out in which circumstances it is ethically acceptable to integrate a particular CAM method into healthcare. Semi-structured interviews were conducted, interviews were audio recorded, and field notes were taken. Transcripts were analysed thematically using framework methodology. A total number of 21 participants participated in the qualitative study. The study identified a number of key topics relating to participants' views on the integration of CAM within the NHS, including the perception of CAM in the context of healthcare, safety, and regulation in healthcare and CAM, gaps in CAM research and education, or factors influencing CAM integration within the NHS. The qualitative study identified key facilitators and barriers to CAM integration and the main ethical concerns in the CAM field and within healthcare in general. Further research needs to be done to explore whether the identified factors are relevant in other countries as well.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=HxWY5VQRO3g&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=81&pp=iAQB

Ralf Dissemond – Germany

German State registered CAM – Practitioner (Heilpraktiker)

HOMEOPATHY IN EUROPE BY PRACTITIONERS

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=dVuTl1SrLdg&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=83&pp=iAQB

Jesper Odde Madsen – Denmark

Science journalist and communication consultant with focus on Complementary and Alternative Medicine.

The cure for media bias

Cooperation, education and networking is the key to give CAM a proper position on the public agenda. In a new initiative researchers and journalists will be able to connect and to learn from each other, in order to improve the media coverage of research articles and related CAM issues.
(I use the phrase CAM, Complementary and Alternative Medicine, as to make it simple - I don't distinguish between TM, IM, TCIM and CAM in this context).
To achieve decent media coverage, we must know the challenges and the reasons for CAM not being covered to the same extent as other scientific issues. Thus, I will give a brief overview of the challenges in CAM research – one of those being the media, which will be my focus at this congress.
The communication of CAM research data in the media is limited, and when present, it is often tendentious. This manifests itself on two levels, the structural and the individual. The underlying problem (which is never addressed) is the invisible premise that the mainstream view of science is the only possible one.
I will talk about a new initiative which aims to counter this bias by promoting better media coverage, qualitatively and quantitatively. When we met in 2021, I talked about this vision of enhanced communication and networking, and in 2022 my vision became a reality.
I am doing this together with a small group, affiliated to the Scientific and Medical Network, a global network of openminded academics. The project is still in the initial phase. Our focus is on two groups – the researchers and the journalists/communicators.
In the beginning, we did a survey among a small group of interested journalists,

and at the congress I will share some of the results. Hopefully, we will be able to strengthen cooperation and understanding between researchers and journalists worldwide.
It is my hope, that all of you will keep the issue above in the back of your mind until we meet in September - when you read articles, when you talk to people at meetings or conferences, and when you talk to journalists about CAM.
This could be a useful background for our conversations in Prague.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=CDuxSaoXZJg&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=84&pp=iAQB

Dr. Jayvant Bhagattjee, BUTM, CMA – South Africa

Unani Tibb Practitioner, Chinese Medicine Practitioner and Acupuncturist

ALLIED HEALTH POLICY IN SOUTH AFRICA

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=i30d82yviFg&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=85&pp=iAQB

Nat. Milena Simeoni – Italy

Naturopath and Reflexologist, lecturer and teaching director of the LUMEN School of Naturopathy

Traditional European and Mediterranean medicine: a bridge between past and future towards a healthier and more sustainable Europe

Traditional European and Mediterranean Medicine, despite its strong historical roots, is little known. With the acronym TEMM, we intend to encompass an ancient system of knowledge that, partly anticipated before 1000 B.C. by the Celtic culture, developed in the Hellenic area by the famous Hippocrates, spreading thanks to various philosophers and thinkers from different regions of Europe and the Mediterranean area.

TEMM is rooted in these philosophical principles: do no harm, life force, causalism, natural healing, holistic thinking, analogical thinking, principle of similes and contraries, lifestyle and a tetradic view based on the four humours which, within the individual, represent the four elements of nature and the four constitutions. Health and disease result from the type of relationship between the humours: if altered quantitatively there is dyscrasia (loss of the balance called crasis) while if the humours end up changing qualitatively there is cacochymia. Dyscrasia and cacochymia are the ideal breeding ground for disease development and, like crasis, are influenced by lifestyle and can be rebalanced with lifestyles that complement the dominant constitution.

TEMM is practiced through various methods of analogical-reflexive analysis and through practices and treatments.

SALUS Initiative and TEMM have similarities: both are rooted in health promotion and are pathways to true resilience. Current studies show that one indicator measuring resilience is Heart Rate Variability (HRV). As SALUS, we are promoting a specific before-after study with a Wellness Centre in Tuscany that will measure HRV in people following elemental paths of different intensity, based on TEMM principles.

The gap between health care and health promotion and environmental sustainability became even more apparent during the SARS-COV-2 outbreak. SALUS aims to bridge this gap with professionals who motivate and support citizens to embrace healthier, sustainable and rebalancing lifestyles for each specific constitution. Traditional Medicine professionals could make a difference. The experience of Switzerland and the recent openness of the WHO, also in Europe, towards TM might indicate that this is the best time to propose the integration of TEMM into a EU health promotion strategy.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=iXLjvEj2IqU&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=86&pp=iAQB

Antoni Przechrzta

Polish Association of Spiritual Healers

Co-author Dr. Danuta Adamska-Rutkowska, physicist integrating natural science and proto-science with complementary knowledge

Spiritual Healing- a proposal to include this method of therapy in the healthcare system.

Spiritual Healing as a therapeutic method consists not only of the life force energy transfer, which positively affects the human energy system or even cells. It also interacts with a patient's spiritual sphere. Somatic medicine does not meet all the therapeutic needs, which is why the Spiritual Healing can complement it, addressing the recovery process to the human being as a whole. This presentation will discuss who can practice healing, what the spiritual healing session consist of, where the healing can be practiced. The issue of distance healing and group healing, as well as the training of therapists, professionalism of therapy, membership of professional healing organizations and the code of conduct will be also discussed as components guaranteeing

the safety and effectiveness of therapy. It will also include references regarding scientific research which confirms the usefulness, effectiveness and safety. In many countries, healers practice in hospitals and scientific research into spiritual healing is conducted. This presentation will indicate the benefits of employing healers in the health service. Key words: spiritual healing, holistic approach, psychosomatics, public health service, scientific research, CAM
The author Antoni Przechrzta is a practicing healer (30 years of practice), teacher and a president of the board of the Polish Association of Spiritual Healers (Polskie Stowarzyszenie Duchowych Uzdrowicieli www.psdu.pl), also a director of the Institute for Realization of the Self (Instytut Realizacji Siebie www.uzdrawianie.com).

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=pMhXB6ac5lo&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=87&pp=iAQB

Dr Naveen Gupta – United Kingdom

AyurVeda Coach and Physician

Vedic Psychotherapy- Mental Health & Emotional Wellbeing

A person whose physiology is in balance, whose appetite, digestion and metabolism are good, whose tissues health and elimination processes are functioning properly and whose self, mind, senses are always in a state of Bliss – such a person is considered to be healthy. - Sushruta, a physician and surgeon, C.10 BCE *Some Highlights of the talk: a new perspective in the perseverance of Mental Health, Emotional Wellbeing and Management of Mental Illness *Agni - The first syllable 'A' expands in COSMOS and is expressed as Agni' - the first letter of the Veda, which contains within it the

total Veda. *Purusha – the absolute, the supreme conciousness *Prakriti – the material nature consisting of three modes - goodness, passion and ignorance. How it is formed? How understanding ourselves helps us to recognize mental tendencies? *Sharir evam Manas Prakriti – Body and Mind types *Dosha – the unique concept of Ayurveda- the Bio Energy Principles what makes you unique and unpack a whole world of personalized healthcare recommendations for feeling your best *Tridosha and beyond, the bio energies: Vata, Pitta and Kapha - Vata, Pitta and Kapha' as 'Rishi, Devata and Chhandas' *Triguna – the three mental attributes, Sattva (truth and goodness), Rajas (passion and compassion) and Tamas (ignorance and inertia), the three modes of born Nature (Prakriti) *Ojas - The Vital Nectar of Life *Rasayana – the elixir of life, the rejuvenation and regeneration *Master the Mind – Mind Master: Winning Lessons - the role of Yoga, Vedanta, Meditation and Rasayana for the Mind. *Vedic Psychotherapy - Managing Anxiety and Depression, the Ayurvedic way *The perspective of the Dosha, Guna and Ojas – the physical and psychological immunity - Doing everything admirably well matters very little if you can't finish the job.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=GHPeQbJ4qZ4&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=88&pp=iAQB

Alison Mc Whinnie – United Kingdom

Harry Edwards Healing Sanctuary

Healing in Medicine Today Supporting the Wellbeing of both Patients and Staff

he Harry Edwards Healing Sanctuary was established by the world renowned

healer Harry Edwards and is a registered Charity (Number 1098712). We help people and animals when they are ill, stressed or simply in need of some relaxation and regenerative 'Me Time'. Unfortunately, In the UK our National Health Service (NHS) is showing significant strain as we emerge from the pandemic. Doctors and Nurses are under unprecedented levels of sustained stress after 2+ years of treating covid patients. Many have resigned already. Waiting times to receive medical treatment have soared. The media is rife with stories like: Chronic staff shortages are raising the pressure on NHS staff, with long working hours and high anxiety driving more staff to quit. Sky News 21 February 2023 Half of NHS trusts failed to meet cancer waiting time target last year Pulse 15th February 2023 Bringing healers into the health partnership can make a positive difference, especially during a time of crisis as we emerge from a pandemic. Healing can help and support the positive impact of medical care and treatment. It does not cause any harm and does not have any side effects. Healing can be given for peace and relaxation, any illness, stress, or injury as a therapy and aids better sleep. It can even be of help for terminally ill patients. Find out more about healing and how it can be used alongside orthodox Medicine today as an accepted complementary practice both inside and outside of hospital for both patients and medics. Hear how you can access this too. A classic therapy fit for modern times and an effective solution to the current health crisis.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=2OPtc6Y7Tzc&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=89&pp=iAQB

Tomáš Pfeiffer – Czech Republic

Philosopher, biotronicist, director of the professional chamber Sanator - Union of Biotronicists of Josef Zezulka, founder and director of the Institute for TCIM/CAM

Biotronics – Hope in Disease for the 21st Century

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2) Institute for TCIM/CAM, Soukenicka 21, 110 00 Prague 1, Czech Republic
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Introduction: Energy therapy is an established branch of complementary medicine, which has shown efficacious supportive treatment in various diagnoses. The studies usually report on improving the quality of patients' life and facilitating the conventional treatment. Here, we would like to present a new non-invasive method of spiritual energy therapy – Josef Zezulka Biotronics – that exhibits a unique potential to further extend the application of energy therapy in integrative healthcare. It showed to be able to heal even patients incurable by conventional medicine.

Objectives: To demonstrate the therapeutic potential of a new method of energy therapy – Josef Zezulka Biotronics.
Methods: Biotronics is a new method of energy therapy based on the assumption that the human organism consists of three basic components – somatic, psychic and vital. In terms of this division, we can then also understand human diseases and methods of their treatment. Biotronics works in the area of vital, biological forces, which are used by a biological instrument – a biotronicist (a therapist). Biotronics divides these forces into four basic groups – centripetal, centrifugal, excitative and tranquilizing forces. The biotronicist applies a specific force structure, which is targeted according to the diagnosis. Via such targeting, in contrast to other fields of energy therapies, the biotronicist's intervention can be more effective and successful.

Results: Case series included several oncological patients who experienced unsuccessful treatment by conventional medicine. They were for example a woman, aged 52, with a large inoperable stomach adenocarcinoma in terminal stage; a woman, aged 70, with a small cell bronchogenic carcinoma with metastasis in mediastinal and throat nodes; or a man, aged 53, with a malignant left lower limb melanoma progressing locally, metastasis in the pelvis minor. After termination of unsuccessful oncological treatment and consequent biotronic treatment, a long-term survival for many years with high quality of life was observed in all these patients. Statistics of the treated diseases further shows that beside cancer diseases Biotronics is most frequently used to treat cardiovascular diseases, neurological diseases, and joint diseases. However, it is also applied in a number of other diagnoses.

Conclusions: Long-term survival of oncological patients after unsuccessful conventional treatment, in terminal stage of the disease, is an extremely rare therapeutic outcome. Achieving such outcome in several independent cases is an unusual success that indicates a significant potential benefit of Josef Zezulka Biotronics in integrative oncology. Statistics of the treated diseases in the biotronic practice shows, however, that it is far from being limited to oncology, as it also finds application in a number of other diagnoses. This new discipline and its possible therapeutic potential, not only in oncology, should therefore be subjected to more detailed research.

Keywords: cancer; stomach adenocarcinoma; bronchogenic carcinoma; melanoma; Biotronics; Josef Zezulka Biotronics; energy therapy.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=_CFkBHR7eSQ&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=90&pp=iAQB

MUDr. Hana Váňová – Czech Republic

Medical Doctor Specialized in Acupuncture and Homeopathy, Former President of the Homeopathic Medical Association

TWO KEY APPROACHES TO PRESCRIPTION IMPROVEMENT

Introduction: Homeopathy can be simplified by understanding contexts and interconnections. We need to consider the whole picture of the patient's situation.

TWO ROOTS OF ILLNESS

In principle, there are two roots responsible for illnesses:

1 – emotional: Stress can trigger an emotional blockage, a breach of the P-N-E-I axis which is composed of four elements – psyche, nervous system, endocrine system and immunity.

2 – metabolic: An occupied or damaged receptor causes changes in physiological functions and a cascade of additional reactions.

To sum it up → An organism reacts to both these changes by the totality of symptoms which we need to address during the prescription process and during the whole treatment.

The strength and energy of the problem's substance, or its key meaning, is of a crucial importance. The key problem of the patient can be stronger than his or her constitution. That is why, in many cases with a severe pathology, even well-chosen homeopathic remedies often don't work as they may not cover the whole totality of the symptoms.

EVERY HOMEOPATHIC REMEDY HAS TWO ROOTS:

1 – psychicological: based mostly on experienced emotions.

2 – biochemical: based mainly on the patient's physical conditions.

Understanding this bi-polarity simplifies homeopathic prescription. We can use an analogy from the field of information technology and understand an individual as something like a "biocomputer". Effective therapy is the most correct adjustment of the „biocomputer" then. A well-chosen remedy has the

effect of an „antivirus program“. It is not just about influencing one particular receptor; it is about a complex reaction of body's regulatory processes.

PSYCHOLOGICAL ROOT OF ILLNESS

Basal chronic stress and urgent emotional disorders act from above. Primarily, they disturb the central axis P-N-E-I. The remedy should be selected by the character of the emotional disorder, the constitution is secondary.

CASE STUDIES let´s look at poster

METABOLIC ROOT OF ILLNESS

Let's look more closely at the second root of illnesses – the physical one. In principle, particular pathophysiologic mechanism (e. g. lactic acidosis) acts from below. If it exceeds certain limit, it can influence the whole system. In this situation, the effect of the „metabolic“ homeopathic medicine is like a key in the lock. The pathophysiological resemblance is primary – the patient's constitution is secondary.

CASE STUDIES let's look at poster

CASE STUDIE: METABOLIC and PSYCHOLOGICAL ROOT OF ILLNESS

Male, 25, who suffered a collapse with severe tetanic convulsions immediately after some of his friends poured an unknown substance into his beer. Since then, he experienced magnesium deficiency despite a long-term substitution, with frequent spasms and collapses. His health was completely restored after NUX VOMICA was administered.

HOWEVER, he unexpectedly met one of the friends who was present in the pub where the incident happened. After this meeting, he had a panic attack followed by convulsions. He experienced tetany attacks again since then. His mental state could be best described as "paralysing fear from unexpected events". So, at this time, GELSEMIUM SEMPERVIRENS 30 CH was prescribed. Since then, he had no troubles and had to take Mg substitution only very exceptionally.

CONCLUSION

This case demonstrates as well how the mind (thoughts) of the patient can

start up pathological pathways in predisposed individuals.
Conclusion: as soon as the causal root of the disease has changed from metabolic to mental, a remedy with the same mental root has to be searched for (and vice versa).

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=mTGdpirMZ2I&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=91&pp=iAQB

Bc., Mgr. Jitka Fernandez Lopez – Czech republic

Feng Shui konzultant a porodni asistentka,
Velké Losiny

Practical Feng Shui application in your everyday life

Feng Shui is a unique, almost 3000 year old system focused on how to work with our immediate environment that surrounds us and affects us every day. In a short presentation we will look at: what is Feng Shui, where it comes from and how it has developed. What is the difference between classical and modern Feng Shui. How these teachings have adapted to the modern world. Why implement Feng Shui in our modern lifestyle? How it can help us in various areas of life such as: career, family life, physical and mental health, finances, children, partners and marriage, buying or selling real estate, building a new home, land planning, garden design and much more. We will look at practical examples of use, answer questions from the audience and look at the experiences of those who have already applied Feng Shui in their lives and what was their experience.
The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=01OV2dlCxW8&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=92&pp=iAQB

Ing. František Och – Czech Republic

Director of the Research Institute of Balneology in Lázně Mšené

A pilot case-cohort epidemiological study of effect

The influence of the SOMA.S harmonization device on changes in well-being was evaluated by the Pilot Case-cohort Epidemiology Study with very good results. SOMAVEDIC Generics affect the environment of biosystems using photoelectrodynamics. The method appears to be suitable for testing the effect of alternative medicine (TCIM).

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=9lXA4w9qkFI&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=93&pp=iAQB

Prof. Dr. Bruno Renzi – Italy

Director of the Maharishi College of Perfect Health International (MCPHI)

Maharishi Integrated Approach to Psychosomatics: Basic Principles.

The aim of this presentation is to offer and present those basic principles that characterized the foundation of the Maharishi Ayurveda Integrated Approach to health in the comprehensive vision of Vedic Knowledge, with a particular

reference to mental health and the integrated approach to psychosomatics; in this sense, the parallelism between the cosmogonic vision and the structure of the individual is emphasized

This approach mainly refers to Samkya Darshana, one of the six systems of Vedic philosophy and represents the fundamental basis for understanding the Determinants of Personality structure according to Vedic knowledge, as well as their expression in terms of psychic and physical constitutional typologies. Ayurveda is profoundly associated with the mystery of life. The flow of life and the stream of intelligence are intimately linked by their origins: in this sense Ayurveda, or "knowledge of life", harks back to the very first manifestation of cosmic existence.

Charaka defines existence with the term śāvasta, meaning "eternal": in support of that theory, he believes that since there is no interruption in the flow of life nor, consequently, in the stream of intelligence or in its becoming, this confirms the eternal nature of knowledge.
Ayurveda deals with those primordial expressions of nature that emerge from a basic level, which contains them all in an innate manner: since the source of material is eternal, it lays down its origins within the very depths; the same laws that have governed nature since its primordial levels, are eternal and intrinsic laws in the Science of Life and are its load-bearing structure.
Some interpretative hypotheses are presented in relation to the factors that determine the peculiarity of the individual existential project.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=kaehLLRpNOc&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=94&pp=iAQB

Mgr. Jarmila Podhorná – Czech Republic

A specialist in herbal treatment and gemmotherapy, and a leading manufacturer of gemmotherapy remedies in Czech Republic.

Gemmotherapy – medicine of the third millennium

We live on the threshold of the third millennium. Science and technology, with their benefits, on the one hand ensure an unprecedented increase in the standard of living of our civilization, but on the other hand, the devastation of the environment, the hectic pace, stresses and other effects of the consuption based way of life, causing increasingly serious health problems. Allergies, malignant diseases, vascular diseases and cancer are on the rise, they threaten a happy life and shorten the average age of the population.

People are more and more aware of this and are starting to turn to natural methods and means of prevention and treatment. Phytotherapy – treatment with herbs has been used successfully since time immemorial, and today humanity is beginning to return to it. It has many benefits for the body - it has no side effects, it supplies the body with minerals and vitamins, we can use it preventively, during treatment and for post-treatment.

It is used in various forms, but it has the strongest effects in the form of tinctures, when alcohol is able to extract the best and most effective from the plant.

While processing and selecting herbs, I came across a chapter on gemmotherapy - which was also called bud medicine. I realized that the most valuable of the plant is hidden in the bud - vitamins, trace elements, plant hormones and other substances with a wide range of effects, because the bud means the plant's survival. Properly processed, this material can increase immunity in the human body, stimulate the CNS, rejuvenate the body, and it is assumed that these agents will cure in the future diseases that are still incurable today. Information about this gemmotherapy was given in the herbariums of the authors Janča – Zentrich, and after I was interested in this information, I

used some gemmotherapy to treat borreliosis.
Even before that, I found out that poplar bud tincture helps the body in some way, but unfortunately Borrelia consequences remain in the body - fatigue, musculoskeletal pain, nervous problems and others. For these problems, I put together the first set of targeted gemmotherapeutics for the treatment of the consequences of borreliosis. In addition to poplar, the composition of this composition is also birch, which cleanses the body of waste, a gemmotherapeutic agent from juniper buds for the regeneration of the liver, which is always attacked by Borrelia and causes fatigue in the body, and a mixture of gemmotherapeutic agents for the regeneration of the musculoskeletal system, which is always attacked by Borrelia. It includes, first of all, a gemmotherapeutic agent from blackcurrant buds, which helps the body with immunity, then pine, which supplies trace elements to the bones of muscles, tendons, and grapevine, which is anti-inflammatory. The first cure for borreliosis was compiled, which has already helped thousands of borreliosis sufferers. Because borreliosis also attacks other organs and systems, individual treatments for nervous problems are put together. St. John's wort, milk thistle, baby maple or Baikal pine cone help here. We will also use aronia or sedum in case of an attack on the thyroid gland.
I was the first to start producing gemmotherapy in the Czech Republic, and today it already helps many people here and abroad. To provide material for production (buds), our company has a 2 ha garden of 45 trees in bush form. This garden is so unique in the world.
Just as a cure is put together to help with Lyme disease, almost 50 sets are put together for individual organs, systems or specific health problems.
We are part of nature and as such nature should always help us, just to know what and when to use it. In the future, natural remedies should be the prevention of civilization diseases, which are constantly on the rise. And it seems that gemmotherapy will be what will help today's and future generations.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=cZ2zMdjNrdE&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=95&pp=iAQB

Mgr. Miloslava Rutová – Czech Republic

Facilitator and Therapist of One Brain Kinesiology

One Brain Kinesiology and Transformations

One Brain Kinesiology and Transformations are gentle and gentle methods to remove emotional stress and are applicable at any age. They are based on the findings of behavioral genetics and muscle test work. Unprocessed past experiences accompanied by pain, fear or dread of future pain block our natural experience of life. They can cause psychological and psychosomatic problems. If a person is truly determined to put an end to the problems, the self-healing forces will be restarted through kinesiological unblocking. Kinesiology helps a person to take responsibility for maintaining mental well-being and physical health.

The cause of a problem in the present is often a negative experience from the past. In stress, we automatically repeat learned reactions that have been fixed in by our past painful experiences. In kinesiological unblocking, we look for the period in life when the problem first appeared. We search in childhood, in prenatal life and sometimes in generations. We unblock the painful experience, reinforce the unblocking with simple corrective exercises, and the problem the client came in with is eliminated. On a conscious level, the negative experience is denied or repressed. A muscle test uncovers it, and thus we get the key to the healing. So we get to the truth through the communication of our brain and muscles. The information we receive and process in this way is very precise. Muscle tension, where a negative message weakens the muscle and a positive one strengthens it, is the basis of the method.
I have been using the One Brain and Transformations method for almost 30 years to improve people's lives. As a special educator, my desire has always

been to help children in school to become more confident, comfortable and achieve better. Kinesiology has made this possible for me. Simple kinesiology exercises with the goal of connecting the brain hemispheres can be used in school every day. They show a unequivocal improvement in concentration, attention, coordination and enjoyment of learning. Every teacher and parent should be informed about this possibility in order to improve children's lives in an inexpensive way. The more people around us become familiar with kinesiology, the better for all of humanity and the planet.
Kinesiology teaches us to love not only ourselves and our surroundings, but also all life on Earth.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=ASU0bahF3Z0&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=96&pp=iAQB

Dr. Antonietta Rozzi – Italy

Professor of Pedagogy and Yoga at University of Bologna and Bolzano, President of Sarva Yoga International Honorary President of Federazione Italiana Yoga

SARVA YOGA INTERNATIONAL

SARVA YOGA INTERNATIONAL was born from a vision of Dr. Antonietta Rozzi who, after numerous trips to India with contact and friendship of great Masters of the yoga tradition, had the idea of founding an association that could bring together the great schools of Indian yoga to maintain and make people aware of the authentic tradition of yoga in the West.

India's greatest institutions joined this project since 2005 and in 2008 a large Congress was organised in Assisi (Italy) that brought together representatives of over 20 schools and ashrams from India, some of whom had never met in

India before, and another major event was organised in Rishikesh in 2010. Thanks to the tireless dissemination work of the founder, unanimously appointed by the great Masters as President of SYI, great results have been achieved in Italy and Europe in the dissemination of yoga.

Some of the main goals achieved are:

- a Memorandum of Understanding with MIUR (Italian Ministry of Education) to promote yoga in schools of all levels (since 2000)
- Yoga teaching at the Italian State University with official courses with formative credit at the Faculties of Education (Universities of Bologna and Bolzano) and at the Faculty of Medicine, Physical Education, University of Parma.
- Yoga teachers training courses and Master's degree courses in Yogaeducational for schools and Yogatherapy have been organised with the collaboration of prestigious Italian and Indian universities

SYI President Antonietta Rozzi was the first non-Indian to receive the prestigious 'Prime Minister Award For Outstanding and Development of Yoga 2019 from Prime Minister Modi.

- In 2020, Sarva Yoga International received accreditation from the Yoga

Certification Board of the AYUSH Ministry as a "Yoga Leading Insitituion". It is the first association in the world, outside India, to receive this recognition at the same level of the largest and most prestigious yoga chools and institutions in India

Sarva Yoga International is authorised to award diplomas awarded by the Yoga Certification Board of Government of India.

In 2023 SYI has signed an MOU on yoga cooperation with MDNIY of AYUSH Ministry included in the bilateral Italy/India Governments' agreements during the G20 in Delhi.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=M7IEKXmU1_g&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=97&pp=iAQB

Sunday 17th September 2023 – Hall 2

Maria Leoni – Greece

Hellenic Association of Flower Essences, Greece

Family constellation – a psychotherapeutic approach for healing combined with naturopathic methods

Family constellation is a psychotherapeutic method founded by the psychologist Bert Hellinger, who offered a new insight into the treatment of systemic imbalances. According to my professional experience, I figured out how useful this method can be in the healing process of a systemic disease for cases that seem to be unresponsive to classical naturopathic methods. This method is based on an experiential process in which the patient, through re-enactment, gradually reveals the cause of his condition which has its roots in his family environment.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=JbijpS4UiP0&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=100&pp=iAQB

Dr. Masoud Mohammednezhad – United Kingdom

University of Bradford

Breast Self-Examination Practice Screening Perception and Practice Amongst Fijian Women in Fiji

Introduction: Breast Cancer (BC) in woman is the world's most prevalent cancer and can occurs at any age after puberty with rates increasing at later ages. Breast Self-Examination (BSE) is an alternate non-expensive way of screening. Health Belief Model (HBM,) is known as an important model in preventing BC through BSE. This study aimed to assess BSE screening perception and practice amongst Fijian women as well as potential factors that affect BSE among Fijian women.

Methodology: 400 women were chosen randomly in 2020 from three selected health centers in Suva, Fiji through proportional sampling method. A series of self- administered questionnaires were used to measure women knowledge, and HBM elements. Logistic regression analysis was used to assess the independent variables association on BSE. Results: Less than half of participants (47.8%) were said to practice BSE and of those who were said to practice less than a quarter (16.5%) performed BSE monthly, majority of participants (72.5%) had moderate knowledge towards BSE performance. Final logistic regression showed that perceived susceptibility, perceived self-efficacy, knowledge and Ethnicity were predictors of BSE.

Conclusion: BSE practice is low amongst the study participants and level of knowledge was moderate in scores. Though knowledge scores were good, and motivations predicted BSE practice there is a need to be able to increase awareness of BSE so that interventions programs can be assessed to see the effect of them on the uptake of BSE practice, there is also a need to address the barriers that prevent women from practicing.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=A95vIl8tYf4&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=101&pp=iAQB

Dr. rer. nat., Karin Lenger, Dipl.-Biochem – Germany

Institute for Scientific Homeopathy, Kaiserstr. 28, D-63065 Offenbach, Germany

Biochemical and Biophysical Homeopathy

At first Lenger detected magnetic photons in highly diluted and succussed homeopathic remedies. No molecule is in the dilution: only energy. Lenger developed a biochemical and biophysical model of homeopathic function. Each living system a compressed electromagnetic wave, a frequency pattern, uptakes and emitts photons (Popp). The enzymes of biological systems need energy for working, photons are uptaken and emitted after their work. In an ill person the normal frequency pattern is changed. So the illmaking photons must be cancelled by the similar homeopathic remedies having the same frequencies as the ill living system by magnetic resonance to achieve the healthy frequency pattern.

Pathological biochemical pathways can be healed by their highly potentized substrates, reversible, irreversible inhibitors and enzymes. A special case: a honey bee stitches a human being a hot red swelling develops; it burns and itches. Healing happens by giving highly diluted and succussed Apis mellifica (honey bee). In chronic diseases several homeopathic remedies must be applied. Examples of different diseases using high potencies: Whooping cough is lacking iron; the iron can be restored by Kalium cyanicum, Ferrum metallicum and Pertussinum. Wound healing of 23 patients in different stages: simple injuries, after surgeries, and ulcerations with inflammation and pus healed using snake venoms as Lachesis muta which as matter disturbs the cells, cause pus, and haematoma by their phospholipases. The odema can

be reduced e.g. by Apis mellifica. Deep wounds demand Silicea, Graphites, to build up the structure of the wound. Both elements as matter form long chaines. Calcium minerals fill up the holes of the silizium and carbon chaines. At last Arnica montana stopps the bleeding and regulates the blood flow. All these high potencies stimulate to form a healthy state.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=i9B5cIqtOiU&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=102&pp=iAQB

Bijoya Mohanty – Switzerland

ASHAexperience, Swiss-founded Global Ayurvedic Community

Koncious Karma Movement to empower Ayurvedic Doctors, healers and therapist

ASHAexperience is a Global Ayurvedic and Yogic start-up serving individuals and corporates from 4 continents and 25 countries worldwide. We offer Ayurvedic Wellness programs, curated travel experiences, and treatments for various health challenges in India. Our successful treatment of over 100 patients suffering from different health challenges such as Psoriasis, Anxiety, Eczema, Fibromyalgia, migraines, and insomnia since Dec 2021 has led us to launch the Konscious Karma movement. A movement that can bring the healer's community to serve the world through their healing abilities and knowledge. We strongly believe in bringing Ayurveda, the ancient healing science, to people's lives by empowering these Ayurvedic healers, doctors, and therapists. Our diverse community comprises experts worldwide who are passionate about sharing their knowledge and expertise to help people achieve optimal health and well-being. We are excited to present our vision to empower the Global Ayurvedic Doctors and healers' community during the

World Health Congress in Prague from the 15th to the 17th of September. Our conscious action aims to bring the power of Ayurvedic healing to people worldwide by offering the highest quality of Ayurvedic treatments. We would appreciate it if an opportunity is given to us at the World Health Congress to showcase more about our vision of sustainable healing that can positively impact the world and give the accessibility of high-quality Ayurvedic treatments. Here is a small audiovisual about the Konscious Karma Movement https://www.youtube.com/watch?v=mCPG9FcQdD4

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=ni9xuMkz-44&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=103&pp=iAQB

Ing. Adolf Inneman, Ph.D. – Czech Republic
Space engineer working with ESA and NASA, popularizer of science and knowledge of ancient civilizations of India, Japan, Maya and Chinese philosophy, propagator of spiritual traditions of Jan Amos Comenius and his work De Rerum Humanarum Emendatione Consultatio Catholica.

AYURVEDA – THE PATH TO LONGEVITY

Ayurveda is one of the oldest cultural heritages related to health. Ayur means life and vedas is a science, i.e. the science of life. Life is like a fairy tale in which a golden-haired maiden is sought, and the persons of this story represent the basic archetypes of Ayurveda. The knowledge of Ayurveda deals with the human typology of KAF (Broad), PITH (Sharp-sighted) and VÁT (Long), these doshas are basically deviations from the optimal constitution of SAM (Successor of the King). The constitution is related to the mahadbutas - the movers of the elements: KAF (earth-water), PITH (fire) and VÁT (air-ether). Each human constitution requires a different lifestyle according to the elements. In general, man naturally tends to gravitate towards that which is most harmful to him: KAFA likes to overeat and likes to sleep, PITHa suffers

from workaholism and has an exaggerated order and system in everything, VÁTa finds it difficult to keep any order and suffers from sleep disorders, but lives in the power of the present moment and is highly unreliable. Each person is an individual and practically not of pure constitution, but most often a combination of two doshas together, KAF-VÁT, PIT-VÁT, PIT-KAF. Ayurveda has methods to bring these disturbances into balance – SAM.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=nmSkxtBh1BI&list=PLhcrDNo_Ww6AiuQm76Z1Svx2OqTFqYR7j&index=69&pp=iAQB

MUDr. Věra Kleplová – Czech Republic

Children's doctor, Movement studio MUDr Kleplová, Oldřichov, Czech Republic

Early diagnosis of minor movement abnormalities in neonatal age

Why did I decide to publish this post?
I know from my own experience as a pediatrician and rehabilitation physician that many infants come to rehabilitation late, usually not until 4th month of age on. At that time, pathological stereotypes are already quite fixed and are very difficult to influence and remove.
The goal of the post?
To draw early attention to movement abnormalities of newborns that may become visible in pathological diagnoses in the future.
Methodology
MUDr. Kleplová's® Point Exercise Method
From certain points of this method, complex reflex movement of the child's entire body can be elicited. By monitoring the movement of individual parts/ lower limbs, body, arms head - possible future problems can be anticipated

if not treated in time.

Execution

By lightly touching the points of the heels, we induce a flexion of the lower limbs at the groin, knees and insteps/troflexion/ with simultaneous hip extension /abduction/. The heels move upwards towards the navel. At the same time, the arms move from the free position towards the centre of the body, towards the navel. The movement gently ripples through the body and affects the position of the head in the central axes.

/video/

Evaluation

We evaluate:

- speed of the onset of the reaction
- the response of the individual parts
- symmetry of movement
- response to compensatory points - We can elicit the resulting reaction not only from the lower half of the body, but also vice versa.

We evaluate both the dystoproximal and proximodistal directions.

According to these indicators, we can consider the possibility of the development of pathology in several categories:

1/ bone and muscle dysplasia in the hip area

2/ neurological problems/diparesis, hemiparesis, subtle disorders of the brachial plexus

3/ psychomotor disorders / future LMD/ADHD

4/ severe neurological problems/absence, epilepsy

Conclusion

Timely information about subtle deviations in the movement of newborns means attention and an appropriate reaction in solving the condition for the benefit of the child.

The full video recording of the presentation can be found on:

https://www.youtube.com/watch?v=TAQiZp0bl-w&list=PLhcrDNo_Ww6AiuQm76Z1Svx2OqTFqYR7j&index=70&pp=iAQB

Mgr. Jarmila Podhorná – Czech Republic

specialist in herbal treatment and gemmotherapy, and a leading manufacturer of gemmotherapy remedies.

Hope for the next generation

A saying from East Asian cultures once appealed to me, "Hold back evil until it exists and disorder until it manifests". It means to put the emphasis on prevention.

During my lifelong teaching practice, I have observed the connection of perceived problems with health problems. Educational problems such as dyslexia, dysgraphia, and various speech disorders are still unresolved, the cause of the problem is not known, therefore neither is the solution. For most of the problems, upper respiratory problems always appear to be the cause of impaired breathing. Inflammation in this area, tonsillitis or problems with the nasal septum may play a role. I was thinking at the time how to improve these conditions - with different techniques - by modifying the breathing.

In my current time with herbs, various diagnostic devices, I was intrigued by Lyme disease, in relation to the problems it causes in the body as various movement, nervous and psychological and always problems.

In my study of these problems, I have come to know that congenital neuroborreliosis can be behind a number of disorders such as autism, ADHD, as well as various dyslexia disorders.

This means that a mother with untreated Lyme disease can be the cause of various neurological disorders in children who also have congenital Lyme disease.

Current laboratory testing is inaccurate, although the presence of Lyme can be detected with diagnostic tools such as Salvia, Oberon, etc.

In helping the organism with Lyme disease we can use tinctures from the buds of poplar, sumac, and for the nervous disorders of neuroborreliosis gemmotherapeutics from belladonna, baby maple, St. John's wort, alder, and willow.

Unfortunately, the best natural remedies to deal with neuroborreliosis are not allowed, such as Japanese knotweed, which has extraordinary effects in improving neuroborreliosis, as well as annual wormwood, for whose effects in dealing with Lyme disease, malaria, parasites, a Chinese researcher won the Nobel Prize.

Wouldn't it be worth thinking about how I can detect the burden of Lyme in future mothers and subsequently improve the health of future generations by addressing it?

Wouldn't it be worth fighting to allow the use of these hitherto unauthorised natural remedies that could help the health of future generations?

I could be the hope for improving the health status and eliminating various disorders and perceptions of future generations.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=NY0-B0506d0&list=PLhcrDNo_Ww6AiuQm76Z1Svx2OqTFqYR7j&index=71&pp=iAQB

Mgr. Bc. Magdalena Ezrová – Czech Republic

Midwife at the maternity ward of Rakovník Hospital
President of the Union of Midwives, Coordinator of the Professional Section
Member of the Commission for Midwifery at the Ministry of Health

Rebozo techniques in midwifery

In recent years, there has been a proliferation of techniques that can be used as a means to support women during labour and therefore also to support the labour itself. Many techniques, such as Rebozo, are not new and have a long tradition of use. The Rebozo scarf as such originated in Mexico, in ancient Slavic culture this scarf was called the Pinta. It was commonly worn by women as part of their clothing, used to warm the pelvic area to prevent,

for example, menstrual pains, to carry children and even to care for women during pregnancy, childbirth and afterwards.

In this presentation, I will present the latest research that has looked specifically at the use of the Rebozo scarf during pregnancy and childbirth, and possibility to adjust the baby's malposition at birth to increase the chances of a vaginal birth. I will also present the first results of the research that is currently being conducted on this topic in the Czech Republic.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=PTMuSsLOlBM&list=PLhcrDNo_Ww6AiuQm76Z1Svx2OqTFqYR7j&index=72&pp=iAQB

MUDr. Martin Zulák 1 – Czech Republic

doctor, healer, Karlova Studánka

What the disease tells me

In my practice as a physician and healer, I have traced a well-known fact. And that is that illness leads you somewhere. It's a signal that tells the sick person something. In the concept of psychosomatics, the disease affects the thinking, feeling and behavior of the patient.Suddenly, because of her illness, the patient started saying no to her mother. Health is assured when the patient's subtle bodies are in balance. So is his experience. Our soul gives us a functional body when it is fulfilled and enjoys expansion. If we stagnate somewhere,, this will manifest in the energies and on the physical level. Illness then really gives us a signal of what needs to be stirred up. What needs to be changed. But it tells us quite painfully. What are the basic principles of

how illness communicates with us? I'll explain using examples from practice. The narratives are the best way to see the complexity of the manifestations. They are mainly changes in the underlying behaviour, which then confront us with our inner world, emotions and beliefs.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=GJVHUs8PHnw&list=PLhcrDNo_Ww6AiuQm76Z1Svx2OqTFqYR7j&index=73&pp=iAQB

Vladislav Šíma, RNDr., Dr. – Czech Republic

Plzeň - Červený Hrádek

Health Astrology

Health Astrology is a field that can help in the prevention of diseases, in the diagnosis of the causes of their manifestation, and in the search for suitable methods of treatment. It is based on the fact that at the moment of a person's birth, the current position of the Sun, Moon and other planets in the sky is reflected in his body. These positions of the heavenly bodies are then fixed in it throughout life, and create harmonious or disharmonic links with the power centres of individual body organs and body parts of the person in question.
In the case of disharmonious bonds, the relevant organ or part of the body may weaken, and this may manifest itself as a disease during the individual's life. From the knowledge of the astrological positions of the heavenly bodies, positions of power centres and parts of the body (which will be presented in the lecture), it is possible to estimate the health risks for the person in question in advance and recommend a suitable lifestyle, lifestyle, preventive

examination and possible treatment procedures.
Thanks to this, health astrology has great potential to significantly contribute to reducing morbidity and increasing the effectiveness of people's treatment.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=4BkSlnYZsBA&list=PLhcrDNo_Ww6AiuQm76Z1Svx2OqTFqYR7j&index=74&pp=iAQB

Mgr. Jan Frank – Czech Republic

Co-authors:
Ing. Petr Kabelka, Ing. Hana Hrbáčková, Ing. Eva Svobodová

Sonofractal clinical essences, classic variant

Sonofractalum® was created as one of the practical applications of quantum sonogenetics. It represents a synthesis of the knowledge of Kabbalah, astrology, homeopathy, Aurasoma, radix medicine and traditional Chinese medicine with the most advanced findings of modern science. It deals with the phenomena that take place in pure water that is exposed to the simultaneous action of multiple exact frequencies. The interaction between sound and pure water gives rise to new molecular structures, which are characteristic of specific combinations of sounds.
This water has measurably different physical properties from untreated water. Sonofractal essences have the ability to interact with humans, animals and plants in a way that has not yet been described and defined, on multiple levels simultaneously.
Physical body: they act simultaneously on multiple levels.
Emotional domain: transformation of conscious and unconscious emotional stereotypes of behavior.
Mental domain: transformation of conscious and unconscious mental stereotypes of behaviour. Causal domain: the possibility of transformation

and expansion of human consciousness to higher levels.
This results from the application of the Law of Unity of the Microcosm (Man) and the Macrocosm (the Universe) to all layers of living organisms. In accordance with Man's free will, by changing unconscious and conscious behavioral stereotypes, the ability to fully utilize the original physical, psychological and spiritual qualities of Man, with which every human being is permanently and perfectly endowed by Nature, is slowly and safely returned. The result is the elimination of the PRIMARY CAUSES of disease, i.e., the induction of such CHANGES that make it possible to realize a harmonious way of life in the physical, emotional, mental and spiritual spheres, solid, lasting health and longevity, i.e., the surpassing of ideas about the length of human life.
Examples of application:
elimination and prophylaxis of SARS-2 CoV infection in the Czech Republic elimination of the action of S-protein mRNA of vaccinated individuals and lymphocytic inflammation of organs elimination of high glycemia in secondary NID diabetes
elimination of post-traumatic stress disorder
elimination of bronchoasthmatic attacks
elimination of gingivitis, pulpitis and tartar

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=opTSZfwxkzE&list=PLhcrDNo_Ww6AiuQm76Z1Svx2OqTFqYR7j&index=75&pp=iAQB

MUDr. Martin Zulák 2 – Czech Republic

doctor, healer, Karlova Studánka

Physicians' trauma as an obstacle in changing the healthcare system

The development of medicine goes hand in hand with the development of society. If logic and power struggles prevail, such will also be medicine and science. The latter is now confronted with an empathetic and open approach. It is necessary to respect the facts, but it is equally necessary to have an open intuition and to guide the patient towards health.If we stick closely to guidelines, for example, it is the result of fear that keeps us limited and lacking.In doing so, we unconsciously affect the patient who looks up to us. By over-controlling, we are operating on a different vibration than when we give the patient understanding and care. In conventional medicine, the physician acts as a controller. In holistic medicine, as a guide.The patient must change his attitude and take responsibility for himself.In these cases it is difficult and ideally the doctor can support these steps. But not to rescue (take responsibility). The problem, however, is when the physician himself is not in control of his own life and acts on the sick only on the basis of knowledge of the disease not knowledge of the energy of life. If our motivation is fear for health, we will only achieve sickness. It is necessary to get beyond the limited view, to overcome the doctor's ego. Which is no easy task, because it is what holds him together and protects him from the intense emotional pain within him. Whatever triggers this pain will be resisted. This is the how we see it in general and in society. If we fight over which facts are more conclusive, we are trapped by the ego's defense. We've been doing that for years. Change will not happen without understanding and compassion. Then a person can open up and change one's beliefs at the same time as healing the emotional pain - the trauma. The future is in kindness and empathy.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=i62HfqKkRPw&list=PLhcrDNo_Ww6AiuQm76Z1Svx2OqTFqYR7j&index=76&pp=iAQB

Mgr. Anna Škvorová – Czech Republic

TCIM/CAM Practices in Midwife

A midwife provides primary care to a woman during her lifetime, focusing on her reproductive period, providing health care mainly during pregnancy, childbirth and the postpartum six-week period, when she cares holistically for mother and child, or respectively the whole family. Midwifery is a distinct medical discipline specific to the fact that it works with the physiological processes of mostly healthy people. The philosophy of midwifery is therefore health promotion, primary prevention.It helps to manage possible complications and maintain the natural course of other processes as effectively as possible.During pregnancy, childbirth and breastfeeding, it is necessary to minimize the risks of side effects, especially from medicines, the amount of medicines that can be safely used during these periods is lower.For this reason, the complementary use of traditional and alternative medicine is perhaps more encouraged in midwifery than in other health fields. Herbal medicine, aromatherapy, manual and physical therapies, hydrotherapy (including water birth), homeopathy, and also more recently abroad, acupressure, acupuncture and traditional Chinese medicine, are all part of midwifery, in practice, lifelong and undergraduate education, to varying degrees and depths. Midwifery is also involved in nutrition and exercise recommendations, psychoprophylaxis, non-pharmacological methods of analgesia (breathing, hypnobirthing techniques) and positioning during labour. As one of the oldest crafts, it has

its traditional approaches and techniques in different cultures, of which, for example, the use of rebozo scarves has now become widespread. Midwifery and obstetrics are fields in which interesting changes in the perception of what is considered normal and alternative can be observed depending on time, place and culture. Also thanks to modern science we can better understand and support the physiology of childbirth. Childbirth is an intimate process, but stress and any stimulation of the woman's neocortex complicates its course. Above all, it needs to be protected and provided with appropriate conditions, and all supportive methods must be used appropriately. By combining and using the best of conventional and alternative medicine, we can provide comprehensive care for a healthy and smooth arrival of the next generation into the world.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=ZZZrmsn2f5E&list=PLhcrDNo_Ww6AiuQm76Z1Svx2OqTFqYR7j&index=77&pp=iAQB

Mgr. Bc. Martin Bartošek – Czech Republic

Therapist, trainer and personal development lecturer, Brno, Czech Republic

Satori breathing – Rebirthing: the healing power of breathing

Satori breathing (Rebirthing therapy, Breath of Rebirth) This intelligent breathing technique brings an excellent anti-stress program for the mind, body and heart; it stimulates cleansing processes in the body and releases accumulated negative emotions. Some clients experienced a reduction in pain, migraines and asthma and generally felt more satisfied.

Among other things, Rebirthing dissolves deeply held emotions. Once deeply held emotions are released, the energy needed to hold them is also released. It is available to us as needed. This brings people more openness in life, a feeling of energy, happiness, "enlivenment". With this change, there are also "insights" into life situations, a greater awareness of intuition, the relationship with oneself improves, people are more creative, have more self-confidence, zest for life and the courage to make important decisions.

Rebirthing helps in difficult situations such as physical illnesses (pains, asthma, migraines, epilepsy, etc.), stress and depression, fear and anxiety, feelings of unfulfillment in life, low self-esteem and self-refrection, partner and relationship problems, professional failures... Many of these problems originate from a traumatic experience during birth or in other, high-stress situations, during which the natural rhythm of breathing and therefore the circulation of body energy is disturbed. We tend to suppress or repress unpleasant experiences, which creates blocks that prevent the natural flow of energy.

With conscious breathing, as rebirthing teaches, a person can resolve these events retroactively, accept and integrate them into his/her life, and thereby get rid of their negative influence. Stagnant energy is released, and it brings a new joyful feeling to our lives, contributes to greater openness, creativity and zest for life. Conscious breathing is a way to connect with your body, aliveness and joy, to rediscover inner strength and energy and thus live life according to your own wishes and ideas.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=mPhYXSRJAPA&list=PLhcrDNo_Ww6AiuQm76Z1Svx2OqTFqYR7j&index=78&pp=iAQB

Ing. Pierre Boháč – Czech Republic

BIOLIGO, Sluneční náměstí, Praha

OLIGOTHERAPY, OR THE NECESSITY TO HAVE ENOUGH AND IN BALANCE APPROXIMATELY 7 GRAMS OF OUR WEIGHT, WHICH DETERMINE OUR PHYSIOLOGICAL HEALTH

OLIGOTHERAPY or the necessity to have enough and in balance approximately 7 grams of our weight, which determine our physiological health.

The basic essentials to understand why it is essential to take preventive or corrective measures for our biological health and to maintain a sufficient and appropriate balance of trace elements in our body.

1) OUR PHYSICAL BODY: is composed of atoms only. Like all matter (food, houses, nature, etc.)

A) Of structural elements (house) in % of weight

- Oxygen and hydrogen 80%
- Carbon 13%
- Nitrogen, Calcium (Ca), Manganese (Mn), Magnesium, Fluorine, Phosphorus, Potassium, Silicon, Sodium and Sulphur 6.99%

B) Catalyst Elements, Trace Elements

- (heating, electricity, water) 7gr. 0.01%
- fluorine (F), silicon (Si), copper (Cu), cobalt (Co), iron (Fe), molybdenum (Mo), zinc (Zn), nickel (Ni), chromium (Cr), selenium (Se), iodine (I).
- Which are responsible for the balance of our health.

2) Our body performs billions of billions (1018) catalysis = chemical reactions every second of our live

3) THESE 7 GRAMS OF CATALYSTS ARE NECESSARY TO LIVE

BIOLOGICALLY (IN HARMONY WITH LIFE) BECAUSE THEY ARE WHAT MAKES THE APPROPRIATE AND NECESSARY BIOLOGICAL REACTIONS (1018 EVERY SECOND) POSSIBLE IN OUR BODY

Naturally, our metabolism breaks down the food we eat and extracts the necessary trace elements from our diet.

Only who knows what trace elements are contained in which food?

Without enough of these elements, our body is unable to provide the necessary biological catalysis.

In addition, our bodies are built for the synergy of trace elements (cell receptors know what they need).

ADVANTAGES OF IONIZED AND LIQUID FORMS?

Allows much weaker doses to be taken with increased potency. Ionized liquid trace elements are quickly absorbed under the tongue rapidly moving into the bloodstream. Their rapid assimilation accelerates the return to health.

TRACE ELEMENTS MUST WORK TOGETHER AND NEED OTHER TRACE ELEMENTS TO CARRY OUT THEIR LIFE'S MISSION. THEY CAN'T DO ANYTHING ON THEIR OWN. AND THAT'S WHY IT'S ADVISABLE TO USE LIQUID IONISED COMPLEX TRACE ELEMENT COMPOUNDS.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=LqNVVc9KuKc&list=PLhcrDNo_Ww6AiuQm76Z1Svx2OqTFqYR7j&index=79&pp=iAQB

Dr. Bishnu Prasad Sarma – India, Bangladesh

Consultant cum Professor, Department of Kayachikitsa, Govt. Ayurvedic College, Assam, India, Member NCISM , Govt of India, New Delhi, ANRAP Fellow, Dhaka , Bangladesh.

Osteoarthritis and its management through Ayurvedic drugs-A novel approach

Background-Osteoarthritis which is also known as osteoarthritis or degenerative joint disease is a progressive disorder of the joints caused by gradual loss of cartilage and resulting in the development of bony spurs and cysts at the margins of the joints. The name osteoarthritis comes from three Greek words meaning Bone, Joint and inflammation.

According to WHO, Osteoarthritis is the second commonest musculoskeletal problem in the world population (30%) after low back pain. In India it is as high as 12% and India has the second largest Osteoarthritis patient base around the world.

Materials and methods-A clinical study involving 60 patients of Osteoarthritis was done at Government ayurvedic College, Department of Kayachikitsa, to study the efficacy of an oral poly-herbo mineral compound and the effect of Aswagandha Grita Basti - a traditional ayurvedic enema therapy.

Results- The results of the study showed that the effect of oral poly-herbo mineral compound and traditional therapy is effective in controlling pain, restricted movement, swelling, morning stiffness and crepitus.Statistical analysis of the effect of the trial drug on the subjective parameter of pain showed that after 90 days of treatment the initial mean± SD of 2.1±0.12 was reduced to 1.08+0.39, with a Z value of 11.33, which is statistically significant at ($p < 0.01$). Assessment of overall result was found to be as markedly improved in 43.33% and moderately improved in 55% of the patients under study.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=nWcvsNKk3q0&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=105&pp=iAQB

Martin Rickinger (MS, MSCI) – Netherlands

International Maharishi AyurVeda Foundation

Maharishi Ayurveda – well-being for individuum and society

Ayurveda is the Vedic approach for well-being in life; for every person to enjoy good health and a long 200% life - 100% inside and 100% outside - and for the society as a whole to enjoy freedom from disease.
Maharishi Mahesh Yogi started to make Ayurveda popular outside of India in the early 1980s. Now, just 40 years later, Ayurveda has spread all over the globe. Ayurveda is part of MoUs and treaties of India with other governments and alliances of nations. It is recognized in over 30 countries; ayurvedic products are available in over 120 countries. It has become a household word and part of many different cultures world wide. Ayurveda congresses have become a platform for experts to meet. WHO´s only Center for Traditional Medicine is about to be established in Gujarat, India, helping to also make Ayurveda a part of mainstream healthcare in the world as well as training experts at universities, both graduates as well as post-graduates.
Ayurveda has reached a stage of international collaboration on governmental level to officially recognize Ayurveda, Yoga and Meditation as a complete system for well-being and health. The population has already accepted it widely as a side-effect-free approach to well-being and good health.
Maharishi Ayurveda is offering with ayurvedic pulse-diagnosis a reliable technology of diagnosis and offers a variety of technologies to maintain

physiological balance, i.e. health. For instance panchakarma, vedic sound therapy, gemlight therapy, aroma therapy, marma therapy, yoga, meditation, music therapy, ayurvedic food supplements as well as postgraduate training in Ayurveda for health professionals and training programmes in the different approaches.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=hTrzrO3roRM&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=106&pp=iAQB

Dr. Karthikeyen Natarajen – India

E.N.T.Surgeon, DOAST Integrated Therapy Centre for Autism, Chennai, India. www.doast.com

Functional Independence 1in Autism targeted through DOAST2 Integrated Therapy3.

Based on an alternative hypothesis for its etiology, our holistic approach asserts that autism is 'chronic dynamic reversible encephalopathy'. Cognition and behavior basically rely on the synaptic connectivity and 'molecular order' of the central nervous system. This is choreographed through millions of proteins to protein and RNA to protein interactions and bidirectional information flow between biological platforms. We postulate that in Genetically vulnerable children, dietary and environmental stressors could affect the gut microbiome and generate cytokines on a chronic basis. These inflammatory cytokines gradually disrupt the blood brain barrier signal upstream 'molecular disorder' through neuroglial inflammation and altered synaptic connectivity. Simultaneous and complex coordination between functional areas of the brain could be hampered by altered synaptic connectivity to manifest a spectrum of behavior and cognitive symptoms

integrally called autism.
Utilizing this as a treatment window, DOAST Integrated therapy addresses downstream inflammatory pathology to initiate restoration of upstream molecular order. Molecular order restored activates the dormant neuronal pools to achieve neuronal coherence and obtain functional integration. For two decades, DOAST Integrated therapy protocol applies dietary regulation with chosen traditional Indian medicinal techniques. Ancient Indian therapeutic concept of toxin elimination – rejuvenation and regeneration are in complete synergy with pathophysiological postulate of cellular stress, molecular disorder, cytokines and signal triggers between body and brain. Alleviation of painful GI symptoms and consistently associated improvement in behaviour and cognition are the positive outcomes of this holistic treatment protocol.

The transformative clinical outcome in this heterogeneous neural disease is longitudinally assessed before and during the treatment. Replicated improvement in behaviour and cognition of treated individuals lends credence to this treatment window and the treatment hypothesis. Phenotypic data obtained provides significant leads to use this treatment modality as a physiological probe to study the causal relationship between cellular-level changes and behavioural problems within the high-performance dynamic environment of the human nervous system.

[1]Self-supported semi-independent functional status by the age of eighteen
[2] Doctrine Oriented Art of Symbiotic Treatment
[3]A new era in medicine conceptualised by DOAST. We still have diseases with 'untreatable' stigma in mainstream medicine. Integrated therapy tailors' treatment protocol for such conditions in synergy with their etiopathology. Components of the Integrated Therapy are chosen medicines and techniques from traditional Indian medical science.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=aRB6uS-OwCU&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=107&pp=iAQB

Debasish Sahoo 1 – India

Department of Biotechnology, RITEE, Raipur, India

Research approach and Commercial Potential of Herbal based therapy using Modern Technology, Concept and Prospect with enhancement in Safety, Reliability, Authenticity and Conservation.

In the past decade, herbal medicine system has gained momentum and applicable interest due to their natural/Green origin considered to be economical, safer, reliable, easily metabolized, with less/no side effect, no/limited toxicity, and easily available. Various research and conceptualized approaches should be integrated into the herbal-derived medicine system for a better, safer, reliable drug system.

The concept of pharmacogenomics studies should be encouraged for the personalized medicine approach. Reverse Pharmacological approaches utilize traditional clinical experiences, observations, or available data on actual use in patients as a starting point. Since the safety of the materials used in traditional systems is already established from a traditional use track record, pharmaceutical development, safety validation, and pharmacodynamic studies are carried out in parallel to controlled clinical studies. Natural products offer vast potential for novel phyto-molecules with clinical activity. With the establishment of Herbal based drug informatics with advancements in opportunities and globalization of the Herbal drug system, the need for integrating information technology to research and therapeutic application is essential. Opportunities and challenges like globalization, patents, intellectual property rights, and biopiracy issues need to be addressed by a more modernized approach. The application of modern-day AI and machine learning for the authentication of drug material renders better reliability. An increase in demand increases the adulteration of raw materials. Destructive harvesting, over-exploitation, and habitat destruction have brought

depletion and scarcity of medicinal plants. While increasing demand sets challenges to these valuable natural resources, Biotechnological Prospects and approaches can opt for conservation methods i.e. In-situ and Ex-situ methods. Other approach includes the in-vitro technique of Plant tissue culture, micropropagation, and the use of a Bioreactor that will help in the production of secondary metabolites efficiently within a short duration for commercial and medicinal application thereby reducing pressure on our natural resources along with Sustainable agriculture practice.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=f4onQJAqtVA&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=108&pp=iAQB

Mridula M. K. – India

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Medicinal plants in ayurvedic medicine for cardio protection- a promising research area

Cardiovascular diseases (CVDs) are the leading cause of death in both developed and developing countries since 1990. An optimal treatment strategy, along with therapeutic options and lifestyle management, is part of a management strategy. Evidence shows that complementary medicine practices will benefit patients in primary prevention and rehabilitation especially to improve the quality of life. Use of complementary medicine approaches with conventional care appears beneficial for individuals with CVD or CVD risk factors. Also, earlier research showed that complementary medicine utilization is common among patients with cardiovascular disease (CVD) or CVD risk factors.

Ayurveda, a traditional Indian system of medicine, is widely practiced in the Indian subcontinent. There is a wide variety of medicinal plants described in Ayurveda for the treatment of cardiovascular diseases, either as a single drug or in combination. In Acharya Caraka's writings, he outlined ten drugs that are useful for the heart. Arjuna (Terminalia arjuna) and Pushkaramoola (Inula Racemosa) possess antianginal properties while Haritaki (Terminalia chebula), Lashuna (Allium sativum), and Pippali (Piper longum) possess vasodilating properties. As a medicinal milk, Lasuna and Arjuna is described as being beneficial for the heart. Guggulu (Commiphora mukul), Pippali(Piper longum), Haritaki(Terminalia chebula) and sunthi (Zingiber officinale) are some commonly prescribed in clinical practice for treating cardiovascular diseases and possess antiplatelet activity. The potential of these medicinal plants in improving quality of life while avoiding conventional treatment side effects makes them promising candidates in cardiovascular disease management. So, a detailed pharmacological, biochemical and biomolecular understanding of Ayurvedic drugs will benefit their rational usage.

Keywords:
Cardiovascular diseases, Medicine, Ayurvedic, cardiotonic agents.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=56UroJ_7UnE&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=109&pp=iAQB

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EMF, Bacteria, fungi and viruses

In the field of alternative and complementary medicine, there is much talk about the effects of fields of various kinds on human health, and about resonance, frequency and energy in both positive and negative senses. The intention is to shed some light, particularly on the world of electromagnetic fields, on what can be scientifically claimed about them. The talk aims to recall the main studies carried out on the interactions between electromagnetic fields and biological structures, which have been scientifically documented. The results obtained from the late 19th century to the present day by various scientists on the treatment of different types of bacteria, fungi, viruses and tumours will be presented. The values of the electromagnetic fields used and the experimental methods of treatment will be provided. The main theoretical conjectures supporting the observed phenomena will also be presented. The Apec-300, the instrument we use in our research, and its potential in the field of study will then be presented. The most interesting aspect concerns the possibility of carrying out measurements that allow us to quantify the effect of many unconventional therapies by measuring the electromagnetic activity specific to body districts as well as that of cell cultures and fluids of supposedly positive influence on the organism.

The speaker will be a member of the BEM (bioelectromagnetism) section of CIRPS (Interuniversity Research Centre for Sustainable Development), Sapienza University of Rome.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=7VxIux-QcW8&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=110&pp=iAQB

Debasish Sahoo 2 – India

Ritee, Raipur, Chhattishgarh, Bhubaneswar, India

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ADITIONAL AND ALTERNATIVE MEDICAMENTS DURING COVID-19 PANDEMIC FOR PUBLIC HEALTH.

COVID-19 alternatively called Severe Acute Respiratory Syndrome-COrona Virus Disease-19 (SARS-CoV-19) caused severe pneumonia conditions and spread worldwide at a very rapid rate increasing the severity and infection of the disease in many folds. The severity of infection includes acute respiratory distress syndrome (ARDS) that caused severe lung infection due to virus-induced Pneumonia along with excessive inflammatory action due to the excessive release of pro-inflammatory cytokines and chemokines by the immune effector cells. The emergence of new virus strains due to a higher degree of mutation rate also possessed major challenges in the development, administration, and therapeutic efficiency of available anti-viral drug compounds. This was the major reason that increased the rapid spread and fatality of the disease and affected the major population of the world that relied mostly on conventional anti-viral drug compounds. Alternatively, India has managed to control and in some cases reduced the infection rate of the virus thereby controlling the rapid spread despite higher population density and minimal healthcare infrastructure. The Ancient medicinal system such as Ayurveda, Yoga, Unani, Siddha, and Homeopathy (AYUSH) had many herbs and herbal-derived medicaments that had proved to be effective in preventing the outbreak and severity of SARS-CoV-19. The herbs and herbal formulation enable to reduce the severity, morbidity, mortality, and toxicological effect due to Corona Virus. This was because the herbs and herbal formulations had different pharmacological potential such as anti-

microbial, anti-viral, immuno-modulatory, anti-allergy, anti-asthmatic, anti-inflammatory, and antioxidant properties.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=SXvlnzPAOrk&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=111&pp=iAQB

Dr. Remya R. Nath – India

Hyderabad Central University

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A CRITICAL ANALYSIS OF DOSHIC PRAKRITI IN AYURVEDA

Ayurveda is the science of life. The maintenance of health in a healthy and the cure from disease in a diseased is the aim of Ayurveda. Personalized treatment is the unique contribution of Ayurveda. Every human being is different from the others. This difference is termed as prakriti (body constitution). Prakriti is an important basic principle of Ayurveda that describes the constitution of an individual in relation to physical, psychological, and behavioural characteristics. It is an important part of prognosis, diagnosis and treatment. All individuals are classified into specific types of prakriti based on the theory of Tridosha (three humors as functional aspects of the body) – Vata, Pitta, and Kapha, and their relative ratios. The Prakriti of an individual is decided at the time of conjugation of sperm and ovum, which is broadly divided into seven phenotypes. Among these seven types, three are due to the predominance of one dosha, the next three are due to the predominance of two doshas, and the last one is due to the equilibrium of all doshas. People who belong to the third category are less susceptible to disease, while the rest are likely to suffer. The daily and seasonal regimens for the promotion of health explained, varies according to prakriti. Further, the person-to-person

variations in the manifestation of disease and the response of medicines led modern scientists to look further into understanding the individualized approach of Ayurveda. In recent times, this concept is adopted in modern medical science and is known as the DTR. Hence, the concept of Prakriti has emerged as an interesting focal area of research for scientists. By analysing saaririka prakriti (body constitution), one can follow a healthy lifestyle to stay away from lifestyle disorders. In this paper, I would like to critically discuss all these issues in detail.

The full video recording of the presentation can be found on:
https://www.youtube.com/watch?v=CEBUF03PhK4&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=112&pp=iAQB

Sofiene Ben Aissa
Razi Hospital, Mannouba, Tunisia

Enhancing Insight and Adherence with weight loss supplements in bipolar disorder patients

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Introduction: Bipolar disorder is a mental health condition that affects mood, energy levels, and behavior. Bipolar disorder patients are more likely to gain weight, which can worsen their symptoms and gave an adverse effect on their general health. Although it has been demonstrated that weight loss supplements can help with weight loss, little is known about how they might help people with bipolar disorder. Objective: Exploring the potential benefits of weight loss supplements in enhancing insight and adherence for patients with bipolar disorder. Methods: This was a descriptive cross-sectional study conducted over a period of 20 weeks in 2022, among 50 stabilized bipolar disorder patients (Hamilton depression scale score <=8, and the Young Mania Rating Scale Score =<6). All the participants were put under weight loss supplements and all of them had an average daily physical activity. The Body mass index (BMI, Kg/m2) was calculated as the weight in kilograms divided by the height in square meters. The medication Adherence as well as the insight were assessed using respectively the IS and Morisky scales. The evaluation was performed before and after the use of the weight loss supplements. Results: The mean age of participants was 38.7 +- 8.8 years,

the majority of them were male (58.7 %). A decrease of the average BMI of our sample was noticed, after the use of weight loss supplements, ranging from 27,3 to 24,5. The overall average SI score increased, after the use of weight loss supplements, from 6,5 to 9,3 as did the overall average Morisky score from 6,3 to 8,4. Both increases were statistically significant (P<0.002). Conclusion: The results of our study showed that weight loss supplements may be a useful tool for individuals with bipolar disorder as they have shown potential in enhancing insight and adherence.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/bipolar-disorder.pdf

Dr. Geethu Balakrishnan – India

Amrita Centre for Advanced Research in Ayurveda (ACARA), Amrita school of Ayurveda, Amrita Vishwa Vidyapeetham.

EFFECT OF A SELECTED PRANAYAMA PRACTICE ON MEMORY AMONG COLLEGE GOING STUDENTS

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INTRODUCTION:

Among various professional courses, medical students are reported with higher perceived stress[1]. Recently researchers have produced a scientific understanding of the effects of millenary yoga-based respiratory techniques, Pranayama, on the human brain[2].

AIMS & OBJECTIVES:

To find out the effect of Pranayama practices on memory and to construct

the most effective pranayama training programs as a vitalising technique to improve students' performance.

MATERIALS & METHODS:

30 volunteer first-year Ayurveda students of Amrita School of Ayurveda, Amrita Vishwa Vidyapeetham, India, were included in the study with random sampling 1:1.Selected pranayama practices comprising of Surya bhedana(5 minutes),Chandra bhedana (5 minutes),Kapalabhati (10 minutes),Nadi shodhana (15 minutes) and Bhramari (5 minutes) were given for weekly six days for six weeks between 6.00 am-7.00 am (Monday-Saturday). Selected students were aged between 16-25 years, free from major health problems, non-smokers, and not using alcohol or other drugs.

ASSESSMENT:

Punit Govil Intelligence Memory Scale (PGIMS) was employed to test verbal, non-verbal, remote, recent, immediate, short-term, very short-term, intermediate-term and long-term memory at the beginning(pre-test) and at the end of the experimental period(post-test).

RESULTS:

The sum of the dysfunctional score in the experimental group before training was 95, and the same after training was 36, which shows a significant change with a p-value less than 0.0001, which is highly significant. The sum of the dysfunctional score in the control group before training was 81, and the value after training was 65, showing a significant change with a p-value less than 0.1201, which is not statistically significant. The total percentage of improvement in the experimental group was 62.10% compared to the control group, with a 19.75% change.

CONCLUSION:

The present finding shows that Pranayama has a positive effect on enhancing children's memory. If 6 weeks of practice can bring about such remarkable improvement in memory as demonstrated in this study, regular practice would not only enhance memory and academic performance but also transform the whole personality and help to unfold the inner potential. Pranayama can help change the education process from one that is used mainly on academic performance to one that also allows the limitless creative potential within to unfold. Pranayama will help to transform educational factories into institutions of creativity.

The full poster presentation can be found on:

https://whc.itcim.org/pdf/pranayama-practice.pdf

Ludmila Bendová – Czech Republic
CCTCM – Czech Chamber of TCM, 1st School of TCM Prague

Eva Křížová– Czech Republic
CESMEZ – Center for Sociology Medicine and Health care

Traditional Chinese Medicine from the view of users - Results of a sociological survey among clients of TCM in 2018 in Czech Republic – ABSTRACT

Method and aim of study

An online questionnaire survey has been conducted among clients of Traditional Chinese Medicine between February and July 2018. The main aim was to learn about the patterns how TCM is consumed and integrated with public health care services. Also, the survey aimed to find out how users evaluate the clinical and other effects of TCM treatments. The research inquired about the scope of health conditions treated by TCM, the frequency and length of treatments, financial aspects as the services are not covered by the public health care system and subjective effects.

Results

The final sample is represented by 378 respondents using TCM services (700 addressed persons by 18 TCM practitioners- members of CCTCM).

The sample is highly heterogeneous considering the broad variety of health problems treated by TCM. Users have been recruited from all regions of the country – 54 % of clients came from Bohemia whereas 46 % came from Moravia. There is a higher tendency to refer to TCM in women, younger people and persons with a higher education status.

Conclusions

The survey has demonstrated that TCM is broadly used to treat a wide range of health conditions. Users have reported a high satisfaction rate (91 %). The availability of TCM as a treatment alternative has been considered significant despite the private payments of services not included in the public system. Apart from clinical effects users have also reported about additional psychosomatic and life style effects of TCM in positive terms – prevention, health promotion, psychosomatic wellbeing. Some integration between TCM and public health care system exists, but only 28 % of respondents have been simultaneously treated by TCM and public health care (=Western medicine). The questionnaire has included additional clinical and sociological variables. The results from 2018 are in line with data from previous surveys done in the CR (2005, 2009) and abroad.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/Evaluating-TCM.pdf

Luciana Santos Collier – Brazil
Federal Fluminense University

DEMOCRACY AND HEALTH PROMOTION AT SCHOOL: POSSIBLE DIALOGUES AND NECESSARY ACTIONS

Health Promotion does not take place exclusively within health posts, clinics or hospitals, but mainly outside them, being influenced by several

determinants. The model of social determinants of health seeks to overcome the biologicist conception, articulating different dimensions of life involved in the health/disease process. To promote health at school, it is important to think of pedagogical health education strategies that are coherent and inspired by the life of school communities. In this perspective, Health Education joins the ideas of Popular Education, allowing a 'dialogical relationship', permeating the exchange of scientific and popular knowledge, related to the health-disease process. Inspired by these ideas, over the last three years we have adopted participatory research, based on the participatory diagnosis of our school community, seeking to deepen knowledge about health and its social determinants and expand community participation in health conditions. Because it is a process of investigation, education and action, linked to the resolution of issues related to community problems, participatory research favors the understanding of various social issues, including health conditions. In this way, we make possible the intertwining of research, teaching and extension actions, as through participatory methodologies, we collect data, collaborate with training and trigger (re) actions beyond the walls of the school/university. After three years, the project continues to think about actions that start from the demands acquired by the school community, so that they are coherent and created, as well as collaborate with the process of transforming the social reality and health of students, without losing sight of liberation from oppression situations.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/democracy-and-health-promotion.pdf

Shona Forster – United Kingdom
School of Allied Health and Community,
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The experiences of Nutritional Therapy Practitioners in supporting people with cognitive concerns: a qualitative study

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Abstract

Background

Cognitive impairment affects approximately 15% of UK adults aged 65 years or more, a third progressing to dementia within three years of diagnosis. There is mounting evidence for the efficacy of personalised nutritional approaches in delaying or preventing cognitive decline from midlife and whilst Nutritional Therapy Practitioners (NTPs) may be well-placed for this support, there is no published research on the topic.

Study Aim

This study aims to explore NTPs experiences in assessing and supporting people with cognitive concerns, specifically their knowledge, beliefs and experiences, and any challenges associated with the relationship.

Methods

This qualitative, exploratory study uses semi-structured, one-to-one interviews to collect data for inductive, thematic analysis. A purposive sample of six nutritional therapists was recruited, all members of their professional body,

living in the UK, with at least two years' experience of practice and at least one client seeking support with cognitive concerns in the previous year.

Results

Results suggest NTPs are highly motivated and well-trained to support clients with cognitive concerns, however their ability to make the difference they seek may be undermined by systemic, practical and ethical challenges. NTPs believe a lack of integrative practices with mainstream medicine hampers their ability to support clients with cognitive concerns.

Conclusion

NTPs may be increasingly cautious about supporting clients with cognitive impairment. To empower NTPs and their clients to thrive in this field, it is recommended that the NT profession and the NHS develop a collaborative approach, possibly using the established mechanism of a care bundle. It is recommended that the NT profession develops initiatives and additional professional guidance to support the work and confidence of nutritional therapists practising in the field of cognitive impairment. Further research is required to quantify the findings of this exploratory study and to understand the perspectives of the relevant medical professionals.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/Nutritional-Therapy-Practitioners.pdf

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Exploring the influences of personality traits on food attitude and eating behaviour in adults aged 18 and over living in the UK

Background:
Food attitude and dietary behaviour directly influences the types and amounts of foods consumed within an individual's diet, which can impact health and well-being. Personality is considered to consist of five traits: conscientiousness, neuroticism, extraversion, agreeableness and openness, which make up unique individual personalities affecting all areas of life including dietary behaviour.

Study aim:
This study explored how different personality traits influence food attitudes and dietary behaviour, and how this may support Nutritional Therapists and other healthcare practitioners.

Methods:
An observational, retrospective, quantitative study using an online survey was conducted for adults, aged 18 or over living in the UK. Statistical analysis using SPSS performed non-parametric tests to look for differences and relationships between the five personality traits, food attitude and eating behaviour and their sub-scales.

Results:
145 participants aged 21-92 years participated (94.5% female, 5.5% male) and showed high average scores on agreeableness, conscientiousness and eating behaviour compared to neuroticism, extraversion, openness and food attitude. The relationship between food attitude and eating behaviour was investigated using a Spearman's rho correlation coefficient, which showed higher food attitude scores were associated with lower eating behaviour scores (rho = - 0.016, n = 145, p = 0.845). Further analysis was conducted to determine the relationships between food attitude and eating behaviour sub-scales, which showed significant relationships in the following: food enjoyment and vitamins and minerals, carbohydrates and drinking water; food fussiness and vitamins and minerals and carbohydrates; hunger and protein; satiety scores and carbohydrates and fats.

Conclusion:
This research has provided preliminary results linking personality traits to eating behaviour and food attitude. Future research can build on these results and explore the impact of personality traits when making dietary recommendations in practices such as Nutritional Therapy.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/food-attitude.pdf

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Nutritional knowledge, attitudes and behaviour towards gut bacteria and the perceived effect of probiotics on gut health in strength and endurance sports

Background and study aim:
The importance of nutrition and the role of the microbiome have been recognised in optimising overall health in strength and endurance performance. Probiotics maybe of benefit to microbiota composition and are increasingly used to improve gut symptoms in sports performance. This study aimed to evaluate nutritional knowledge, attitude and behaviour (KAB) towards gut bacteria, and explore the perceived role of probiotics with an emphasis on improving gut symptoms.
Methods:
Sixty-five UK athletes aged 18 and over were recruited via social media and completed an anonymous online questionnaire consisting of Likert Scale KAB and Irritable Bowel Syndrome, as well as open-ended questions on probiotic use. Data were analysed using the SPSS programme.
Results:
The Spearman's test for correlation showed a significant positive, strong correlation between knowledge and behaviour ($r=.55$, $n=65$, $p < 0.001$), knowledge and attitude ($r=.76$, $n=65$, $p <0.001$) and behaviour and attitude ($r=.53$, $n=65$, $p < 0.001$). A weak positive correlation was found between pain and behaviour ($r=.29$, $n=65$, $p=.011$) and diarrhoea and behaviour ($r=.023$, $n=65$, $p=.032$). A Mann-Whitney test showed a significant difference

in knowledge scores between endurance (Md=46) and strengths groups (Md=50), U=331.5, z=-2.583, p=0.010, r=0.32). No significant difference was found in attitude and behaviour. A total of 45% of 18 people who took probiotics in the last eight weeks noticed an improvement in gut symptoms, including reduced abdominal pain, diarrhoea, bloating and regular bowel movements; 28% of 18 people noticed a difference in sports performance.

Conclusion:

The results report relationships between nutritional KAB and gut symptoms, however, the effect of probiotics on gut symptoms and sports performance remains inconclusive. Future research on the effect of different strains of probiotics on training and performance is needed. Based on the study outcomes, strategies to improve KAB, gut symptoms and training outcomes were proposed.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/digestive-health.pdf

Dr. Nimisha Kizhakkemadathil (Narendran) – India

Govt Ayurveda College, Trivandrum, Kerala

Status of Liver Function estimated by Liver Function Test and Renal Function estimated by Renal Function Test in individuals on internal Ayurveda medicines for more than 3 months from Government Ayurveda College, Thiruvananthapuram, Kerala.

Co-authors:
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Ayurveda, Indian system of medicine, incorporates herbal and herbo

minerals preparations in their practice. The last few decades have witnessed a rise in the use of herbal supplements and traditional medicines. Especially immune challenging diseases like the current pandemic of COVID 19 where immune modulating drugs play a crucial role, use of Ayurveda medicines have gone on a hike. However, there are growing concerns related to the safety and toxicities of these medicines. Nevertheless, herbal medicines are used in the treatment of liver disease for a long time. Although many trials suggest that herbal medicines can decrease serum transaminase levels, the effects on hepatic histopathology and long-term survival are poorly studied. A recent study from a single center experience in southern India isolated 94 patients out of 1440 liver disease patients, who were found to have a severe liver injury and allegedly associated Ayurvedic and herbal medicines intake. So, this study intends to observe biochemical parameters of persons under regular Ayurvedic treatment from the OPD of Government Ayurveda College Thiruvananthapuram. The preliminary data of patients will be collected from the medical record department of the institution with the informed consent from the hospital authority and the respective department as well. Communication with the patient will be either over telephone or in person via a structured data collection sheet developed for this study. Willingness to answer the data collection sheet will be considered as the informed consent. The values of liver function test and renal function test of the included participants will be collected and evaluated using appropriate statistical methods.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/liver-study.pdf

Dr. Niloufar Mahmoudi

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The Impact of Exercise Programs on Reducing Cancer Side Effects and Improving Quality of Life: An Original Research Study

Introduction: Breast cancer is a significant health concern among women. Fatigue, including muscular weakness, pain, sensory disturbances, and limited shoulder joint mobility, remains one of the most common and challenging issues following breast cancer treatments. Physical exercise has emerged as a potential solution to alleviate cancer-related symptoms and side effects in specific groups of cancer patients. Exercise interventions have shown promising effects in managing various cancer-related side effects. This study aims to explore the relationship between fatigue and physical dysfunction in cancer patients and investigates the potential benefits of exercise in mitigating these issues.
Methods: A comprehensive review of selected research articles from domestic and international sources compared supervised exercise programs with home-based exercise. The optimal exercise regimen involves a regular frequency of three to five times per week, with each session lasting a minimum of 20 minutes and incorporating supervised aerobic exercises. Cancer survivors have reported a notable decline in physical activity levels, accompanied by an increase in fatigue throughout the day. Exercise can serve as an effective tool for managing individuals actively undergoing cancer treatment.
Results: Supervised exercise programs for cancer patients have shown to be safe and beneficial, with moderate to vigorous exercise interventions yielding the most favorable outcomes. Exercise has demonstrated potential in reducing lung tumor cell proliferation, although no significant impact on lung metastases has been observed. Furthermore, exercise has been shown to decrease depression and aerobic activity, leading to a

reduced breast cancer risk in postmenopausal women. Physical activity interventions target breast cancer risk factors, such as sex and metabolic hormones, insulin resistance, chronic inflammation, and adipokines. **Conclusion:** Supervised exercise programs are not only safe but also offer significant benefits for cancer patients. Specific exercise regimens, particularly those with moderate to vigorous intensity, have shown to be the most effective in improving various aspects of cancer-related issues. Exercise may play a crucial role in reducing lung tumor cell proliferation and positively impacting breast cancer risk in postmenopausal women. Furthermore, physical activity interventions effectively target breast cancer risk factors, indicating exercise as a valuable adjunct therapy in cancer management.

Keywords: exercise programs, cancer patients, fatigue, quality of life, supervised exercise, side effects, breast cancer, physical activity, tumor cell proliferation, depression, postmenopausal women, cancer risk factors.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/Exercise-Programs.pdf

Mohamad Motevalli – Austria

University of Innsbruck

The COVID-19 restrictions and physical activity changes: how do sociodemographic factors come into play?

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The COVID-19 pandemic and the associated restrictions have influenced lifestyle behaviors, particularly physical activity (PA) habits. While it is crucial to consider moderators of change in PA, the association between the direction of PA changes and sociodemographic characteristics has not been investigated. This nationwide study in Austria aims to identify the magnitude and direction of changes in PA levels during the pandemic and compare participants who had unchanged vs. decreased vs. increased PA based on sociodemographic characteristics. A cross-sectional study design was used to survey 4,528 college/university students (mean age 24.9 y) from 52 institutes across Austria. Participants provided data on their sociodemographic characteristics, including sex, age, body mass index, study level, living area, and nationality, as well as their PA patterns during the pandemic. Of the participants, 41.3% reported a decrease and 36.3% reported an increase in their PA levels during the pandemic. All sociodemographic variables were significantly associated with the direction of PA changes. Female students were more likely to report an increase in PA levels compared to male and diverse students. Students with increased PA were generally younger than their peers in the two other subgroups of PA change. Overweight and obese participants were more likely to report a decrease in PA during COVID-19 compared to normal-weight or underweight students. Undergraduate students were more likely to report an increase in PA during the COVID-19 restrictions than graduate students. Rural participants were more likely to increase their PA level compared to urban participants. International students had a greater likelihood to decrease PA during the pandemic compared to Austrian students. These findings suggest that differences in the sociodemographic characteristics of participants may explain the inconsistency in previous studies on PA changes, highlighting the significance of sociodemographic variables in interpreting changes in PA during the COVID-19 pandemic.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/COVID-19-Restrictions.pdf

Dr. Yousef Naserzadeh – Turkey
FIRAT UNIVERSITY, Turkey
Institute of Technology , Technofest, Department of Biotechnology, Faculty of Technology, Erquelinnes, Belgium

Investigating the Effects of Titanium Dioxide Nanoparticles on Enhancing Cancer Cell Control: An Original Research Study

This original research study explores the potential of titanium dioxide nanoparticles in improving the control of cancer cells. Titanium dioxide nanoparticles have garnered considerable interest in medicine due to their unique properties and potential therapeutic applications. Utilizing advanced techniques and comprehensive data analysis, this study assesses the impact of these nanoparticles on cancer cells. The results highlight the promising potential of titanium dioxide nanoparticles in cancer treatment, prompting further investigation and the development of novel therapeutic approaches.
Keywords: Titanium dioxide nanoparticles, cancer cells, cytotoxicity, apoptosis, targeted therapy, nanomedicine, potential therapeutic agent.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/Titanium-Dioxide.pdf

Tomáš Pfeiffer – Czech Republic

Philosopher, biotronicist, director of the professional chamber Sanator - Union of Biotronicists of Josef Zezulka, founder and director of the Institute for TCIM/CAM

ALTERNATIVE MEDICINE (CAM) IN THE WORLD – WHAT IS SILENCED

Tomas Pfeiffer [1,2,*]
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Introduction: The professional and general public in the Czech Republic have been receiving incomplete and often biased information on Complementary and Alternative Medicine (CAM). Leading international authorities – WHO, Council of Europe, CAMbrella research funded by the European Commission, EUROCAM network, are all in favour of CAM, and recommend further CAM research and integration into mainstream healthcare.

Objectives: Main objective is to provide a thorough review of the current state of CAM worldwide, so that the evidence-based CAM information could raise awareness of both the professional and general public, especially in the Czech Republic, but also on international level.

Methods: The investigation was focused on the current state of the CAM research, international legislation including recommendations of leading world authorities, education possibilities, use of CAM by patients, health insurance coverage, and other information related to the development of CAM area outside the Czech Republic.

Results: We have found a large number of scientific evidence supporting safety, efficacy and cost-effectiveness of CAM methods, however a double standard is often used when integrating CAM methods into mainstream healthcare. There is an extensive use of CAM by patients (30-70%) and doctors (40-60%) in developed countries. CAM methods are implemented in study programs of 50.8% of medical faculties in the USA, and 42% in the old member states of EU. CAM is also investigated in many specialized research centres, offered in hospitals, and recommended by leading international authorities, such as WHO, WHA, European Parliament, The Council of Europe, or NATO [1].

Conclusions: This freely available review publication [1] is one of the most comprehensive sources of evidence-based information in the area of complementary medicine. Originally enforced by the poor situation of CAM in the Czech Republic, the review eventually overreached the national framework. It is an interest of not only the Czech Republic, but any country lacking a more diverse, holistic, and patient-centred healthcare system, to pay attention to the international experience, gathered over the past 25 years, during which CAM gradually developed worldwide. We hope that this review might facilitate dialogue with professional medical community and policymakers, and last but not least, provide the general public with essential evidence-based information on the potential benefits of CAM for human health.

[1] Professional Chamber Sanator,
Alternative Medicine (CAM) in the World – What is Silenced (2019)
https://www.itcim.org/knihy/CAM/Alternative-Medicine-(CAM)-in-the-World.pdf
Online; accessed 1-May-2023.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/Alternativni-medicina.pdf

Tomáš Pfeiffer – Czech Republic
Philosopher, biotronicist, director of the professional chamber Sanator - Union of Biotronicists of Josef Zezulka, founder and director of the Institute for TCIM/CAM

PLATFORM 2020 PRAGUE

Tomas Pfeiffer [1,2,*]
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Introduction: In view of current fragmentation of individual fields of Traditional, Complementary and Integrative Medicine (TCIM), further development of TCIM area as a whole calls for projects that would help unify the individual fields into common networks or frameworks. Such structures are missing links for easier implementation of important recommendations on TCIM, issued by organizations such as WHO, WHA, or NATO, into national healthcare systems. Platform 2020 Prague (www.platform2020prague.com) aims to develop a project similar to the TCIM Americas Network [1], which would be located in Europe, with potential global reach.

Objectives: Platform 2020 Prague is a global interdisciplinary project that aims to become a milestone in unification and mutual support of all TCIM fields, via creating a common information space for communication across all fields of healthcare systems, including Evidence-Based Medicine, in order to facilitate integration of TCIM fields into mainstream healthcare, and to use all options available in healthcare to the patients' maximum benefit.

Methods: Platform 2020 Prague is a freely available global database covering all TCIM fields, enabling free and beneficial cooperation, sharing and mutual support without any censorship. In addition to aspects already available in

similar TCIM projects, Platform 2020 Prague enhances mutual cooperation via functional features of social networks, and joint content development similar to Wikipedia. The Platform was structured in several thematic Sections collecting information in the most important aspects of the TCIM area – Library, Science and Research, Education, TCIM in Healthcare, Legislation, Media, Union of TCIM Supporters, and Organization.

Results: Standard operation of the Platform was inaugurated by WHO representative at the World Health Congress 2021 Prague, with participation of major representatives of various TCIM branches, such as Ayurveda, or Natural Medicine, and leading international organizations, such as the TCIM Unit of WHO, Cambridge University, ANME, Cornell University, and others. The project has already received recognition of the TCIM community all over the world.

Conclusions: The Platform 2020 Prague is a newly established global project that serves the whole TCIM area, thus having potential to significantly enhance pathway to sustainable healthcare systems. The project is aligned to main objectives of future development of public health according to leading global health organizations, as declared e.g. by representatives of WHO [2].

[1] J. Weeks, JACM 26 (2020) 82–84. https://doi.org/10.1089/acm.2020.29082.jjw.
[2] G. Krishnan, Evaluation of TCIM in the World, World Health Congress 2021 Prague – Proceedings https://www.whc2021prague.com/proceedings.pdf Online; accessed 1-May-2023.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/Platforma-2020-Praha.pdf

Neha Rai – India
Binod Bihari Mahato Koyalanchal University, Dhanbad Jharkhand, India

Biological importance of keystone Macrofungus Rugda found commonly in eastern region of Jharkhand as a potential herbal dietary supplement.

Co-authors:
DR. NAVITA GUPTA PH.D (Avian cytogenetic). (HOD) DEP.OF ZOOLOGY.BINOD BIHARI MAHATO KOYALANCHAL UNIVERSITY DHANBAD JHARKHAND.

Biological importance of keystone macrofungus Rugda found commonly in eastern region of Jharkhand as a potential herbal dietary supplement. Neha Rai PhD Scholar, Department of Zoology, BBMKU, Dhanbad, Jharkhand. Corresponding Email: neha.rai.rah@gmail.com Abstract – The research study is based on the development of potential herbal dietary supplement and probiotics that can be used for overall wellbeing. The dietary supplement consists of extracts of macrofungus or whole macrofungus locally called as Rugda (Astraeus hygrometricus) in Jharkhand, India. This fungus has been a local delicacy and a keystone species especially found during rainy season. Preliminary phytochemical analysis show presence of many bio-therapeutical and pharmacological important compounds such as Alkaloids, Flavonoids, Phenolics, Saponin, Tannin, Carbohydrates, amino acids, cardiac glycosides etc. Quantitative estimation of the phytochemicals such as Alkaloid, Flavonoid, Phenolics and Tannin was established from their respective standard curve represented by µg of standard/gm of extract. Total Flavonoid (19.49±0.31 mg Quercetin/g), Total phenolic (43.87±0.32 mg gallic acid/g) and Tannin content (1.17±0.19 mg gallic acid/g) that were expressed as mg of reference standards equivalents (atropine, quercetin, gallic acid) per gram of dried extract. Nutritional analysis was also studied by standard AOAC methods and FSSAI methods that suggested the herbal mix contained required amount of Energy value, Protein content, Sugar content, Fat

content, Dietary fibre content, MUFA, PUFA, various elements, essential vitamins and minerals. The herbal dietary mix derived from Rugda had better anti-microbial study against different pathogenic bacteria and fungus along with better anti-oxidant properties (DPPH method & Phophomolybdate method) and anti-inflammatory properties (Albumin denaturation assay). Stability studied also revealed the herbal mix to be safe and effective upto 24 month of study period where it maintained its physical, chemical and microbiological aspects within specified limits. Keywords – Herbal dietary supplement, Probiotics, Phytochemical analysis, In-vitro assay, Nutritional analysis, Stability studies.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/Rugra.pdf

Khouloud RAZKI – Tunisia

Faculté de Médecine de Monastir, La Manouba, Tunisie

Boosting Yoga Therapy Knowledge in Psychiatry: Results of an Educational Intervention

Co-authors:
LARNAOUT A. (Psychiatry department, RAZI hospital, Tunis, Tunisia), BEN AISSA S.(Psychiatry department , RAZI hospital, Tunis, Tunisia), NAJAR C.(Psychiatry department, RAZI hospital, Tunis, Tunisia), LANSARI R.(Psychiatry department, RAZI hospital, Tunis, Tunisia), BEN MASSOUD R.(Psychiatry department, RAZI hospital, Tunis, Tunisia), MELKI W.(Psychiatry department, RAZI hospital, Tunis, Tunisia).

Background and purpose: The absence of yoga education in health professions curricula hinders healthcare providers from supporting patients' well-being in a comprehensive manner. This study aimed to evaluate the impact of a yoga therapy-based educational

intervention on the knowledge of yoga among psychiatric residents. **Educational activity and setting:** psychiatric residents received a two hour educational intervention over two class meetings on yoga therapy during fall 2022. We used The Yoga Therapy Knowledge and Referral Behavior (YTKRB) questionnaire to assess the knowledge of participants about yoga therapy. This questionnaire was administered before and after the educational intervention. The YTKRB questionnaire consisted of 39 questions categorized into four sections : demographic questions (1-8), questions related to knowledge and participation in yoga (9-14), questions concerning knowledge of yoga therapy (15-24), and questions about attitudes towards yoga therapy and referral behavior to yoga therapists (25-39). **Findings:** We enrolled 50 participants with a mean age of 26 ± 4.26 years. All the participants were third-year psychiatry residents. We found that the majority of the psychiatry residents self-reported as incompetent to practice yoga therapy and emphasized that it should be included in educational training. An increase in yoga knowledge scores from 2.96 ± 0.68 before the educational intervention to 7.01 ± 2.03 after the intervention was observed, and this increase was statistically significant ($P < 0.01$). **Summary:** The results of our study indicated that an educational intervention enhanced the understanding of yoga therapy among psychiatry residents. Integrating yoga therapy into the psychiatry curriculum may lead to better integration of yoga in healthcare, given its effectiveness and wide usage.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/Yoga-therapy.pdf

Khouloud RAZKI – Tunisia
Faculté de Médecine de Monastir, La Manouba, Tunisie

The Power of Psychotherapy: Enhancing Insight in Mental Illness

Co-authors:
LARNAOUT A. (Psychiatry department, RAZI hospital, Tunis, Tunisia), BEN AISSA S.(Psychiatry department , RAZI hospital, Tunis, Tunisia), NAJAR C.(Psychiatry department, RAZI hospital, Tunis, Tunisia), LANSARI R.(Psychiatry department, RAZI hospital, Tunis, Tunisia), BEN MASSOUD R.(Psychiatry department, RAZI hospital, Tunis, Tunisia), MELKI W.(Psychiatry department, RAZI hospital, Tunis, Tunisia).

Background: Psychiatric disorders are complex and often difficult to treat. One of the primary challenges in the management of these conditions is improving insight, which is the patient's ability to recognize and understand their symptoms and their impact on their lives. Insight is an essential factor in treatment adherence and overall recovery outcomes. we will present findings from a study examining the impact of psychotherapy on insight improvement in psychiatric patients.
Methods: This was a descriptive cross-sectional study conducted over a period of 12 weeks in 2022, among 40 stabilized bipolar disorder patients. The participants were divided into two groups of 20 individuals each, and each group underwent a 12-session psychoeducation program. We used the Beck Cognitive Insight Scale (BCIS) and the Scale to Assess Unawareness of Mental Disorder (SUMD) to respectively assess cognitive and clinical insight. The Medication Adherence Rating Scale (MARS) was used to assess therapeutic adherence. The psychometric evaluation was performed before and after the psychotherapy sessions.
Results: The mean scores of BCIS increased from 21.1 ± 5.2 at baseline to 28.3 ± 3.9 after the program in the first group, and from 21.5 ± 4.8 at baseline to 29.2 ± 4.1 after the program in the second group. Similarly, the mean

scores of SUMD decreased from 2.3 ± 0.6 at baseline to 1.7 ± 0.5 after the program in the first group, and from 2.4 ± 0.7 at baseline to 1.6 ± 0.4 after the program in the second group. Regarding medication adherence, there was a significant improvement in both groups after the psychoeducation program. **Conclusion:** our study found that psychotherapy improved the insight scores of mentally ill patients, both cognitively and clinically. This highlights the potential positive impact of psychotherapy on patients' insight.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/psychotherapy.pdf

Prof. Dr. Pınar Serçekuş

Pamukkale University, Denizli, Turkey

Development and Psychometric Evaluation of the Fear of Cancer Scale (FoCS)

Co-authors:
Pınar Serçekuş (Pamukkale University), Elif Uludağ (Pamukkale University)

Cancer is disease which has inspired fear. There is a need for interventions to measure and reduce fear of cancer in individuals. It is not clear how best to measure the fear of cancer and there is no measurement tool that can be applied in a short time that measures the fear of cancer. The aim of this study was to develop and validate the fear of cancer scale (FoCS). This is a descriptive, cross-sectional, and methodological study. The study was conducted with 450 participant who have not been diagnosed with cancer in Turkey. Data were collected with a sociodemographic form and the FoCS. Explanatory factor analysis (EFA) and confirmatory factor analysis (CFA) was used to confirmed factor structure. Reliability of the scale was tested

with Cronbach's α, item-total correlations, and Spearman-Brown coefficient. FoCS consists of 13 items and two subscales. The scale explains 53.23% of the total variance. Two factor structure was confirmed with EFA and CFA results. In explanatory and confirmatory factor analysis, sub-dimension factor coefficients were found above 0.30. Cronbach's alpha value is 0.90 for total scales, 0.90 for Factor 1 and 0.81 for Factor 2. The item-total correlation coefficients ranged between 0.45 and 0.81. FoCS is a brief and valid instrument that can be easily used. FoCS could be used in research to determine the fear of cancer. Researchers and health professionals can use this scale to assess people's fear of cancer and uncover factors that influence it.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/Fear-of-Cancer-Scale.pdf

Ms Tejaswini M – India

Department of Management Studies, Dayananda Sagar College of Engineering, Bangalore, India

Analyzing the Association between Waiting Time and Patient Satisfaction in Hospitals: An Examination using Analytical Tools

Co-authors:
1. Tejaswini M (Student) 2. Dr. Ganesha K S (Assistant Professor)

Abstract: Long waiting times in hospitals have been a persistent problem for both patients and healthcare providers. Long waiting times in hospitals have been identified as a major cause of patient dissatisfaction. The timely, effective, and patient-centered delivery of high-quality healthcare is influenced by patient happiness, and patient satisfaction is linked to clinical outcomes, making it a key indicator for evaluating the quality of healthcare. This study aims to analyze the association between waiting time and patient

satisfaction in hospitals using analytical tools. The study will focus on the factors that contribute to long waiting times in hospitals and how these factors can be improved to enhance patient satisfaction. The use of machine learning algorithms will help to identify factors that contribute to long waiting times and develop predictive models to enhance patient satisfaction. The study will employ mixed research methodology to collect and analyze data from patients who have received medical care in hospitals. A survey will be conducted through questionnaires from the patients to register their waiting time. A model is developed for hospitals to manage the customers waiting time. The findings of this study will provide valuable insights into how hospitals can improve their services to reduce waiting times and enhance patient satisfaction. Ultimately, this study will contribute to the body of knowledge on patient satisfaction in hospitals and provide recommendations for improving the quality of care for patients. Researchers, physicians, and policymakers may utilize the findings to guide their choices on quality improvement initiatives.

Keywords: waiting time, patient satisfaction, hospitals, machine learning, analytical tools.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/waiting-time.pdf

Dr. Arun Thulasi – India

Swami Vivekananda Yoga Anusandhana Samasthana (S-VYASA Yoga University), Pathanamthitta, India

Harmonizing Mind and Body: A Comprehensive Case Study Exploring the Nexus of Mental Health, Well-being, and Injury Prevention in Yoga Practice

Co-authors:
Vikas Rawat (Associate Professor, Department of Humanities, S-VYASA University)

Yoga is a popular practice known for its physical and mental health benefits. This paper explores the interplay between yoga, mental health, and injury prevention through a case study of a knee injury experienced by a yoga practitioner. The study examines the perspectives of the patient and the yoga teacher to uncover insights that can enhance the field of yoga practices. The themes identified include the importance of mindfulness and self-awareness, understanding biomechanics and optimal alignment, individualized practice and adaptive modifications, psychophysiological resilience, and the need for evidence-based practice and research. The findings highlight the role of mindfulness in injury prevention and its positive impact on mental health. Biomechanics and optimal alignment techniques promote safety and effectiveness, while individualized practice and adaptive modifications ensure inclusivity. The study emphasizes the significance of ongoing professional development for yoga instructors and the importance of creating a supportive environment. By integrating these findings, yoga can be practiced safely and effectively, promoting mental well-being and minimizing the risk of injuries. Continued research and evidence-based recommendations are crucial for advancing the field and maximizing the benefits of yoga practice.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/Harmonizing-Mind-and-Body.pdf

Associate Professor Elif Uludağ – Turkey

Pamukkale University, Denizly, Turkey

Effects of Online Antenatal Education on Worries about Labour, Fear of Childbirth, Preparedness for Labour and Fear of COVID-19 during the COVID-19 Pandemic: A Single-Blind Randomized Controlled Study

Objective: To examine the effects of online antenatal education on worries about labour, fear of childbirth, preparedness for labour and fear

of COVID-19 during the COVID-19 pandemic. Design: A single-blind randomised controlled trial, comparing two groups: an antenatal education group and a control group. Participants: The sample consisted of 44 pregnant women.

Measurements: A demographic data form, The Oxford Worries on Labour Scale, The Fear of Birth Scale, The Prenatal Self Evaluation Questionnaire and The Fear of COVID-19 Scale were used for data collection. Findings: Online antenatal education decreased worries about labour, fear of childbirth and fear of COVID-19 and improved preparedness for labour. Key conclusions: Online antenatal education offered during the COVID-19 pandemic is effective in preparedness for labour. Implications for practice: As an alternative, online antenatal education should be offered to pregnant women unable to attend face to face education programs due to fear of transmission of infection.

Keywords: Pregnancy, COVID-19, Antenatal education, Fear of childbirth, Worry, Preparedness for labour.

The full poster presentation can be found on:
https://whc.itcim.org/pdf/Antenatal-Education.pdf

MUDr. Hana Váňová – Czech Republic

Medical Doctor Specialized in Acupuncture and Homeopathy, Former President of the Homeopathic Medical Association

TWO KEY APPROACHES TO PRESCRIPTION IMPROVEMENT

Introduction: Homeopathy can be simplified by understanding contexts and interconnections. We need to consider the whole picture of the patient's situation.

TWO ROOTS OF ILLNESS

In principle, there are two roots responsible for illnesses:

1 – emotional: Stress can trigger an emotional blockage, a breach of the P-N-E-I axis which is composed of four elements – psyche, nervous system, endocrine system and immunity.
2 – metabolic: An occupied or damaged receptor causes changes in physiological functions and a cascade of additional reactions.
To sum it up → An organism reacts to both these changes by the totality of symptoms which we need to address during the prescription process and during the whole treatment.
The strength and energy of the problem's substance, or its key meaning, is of a crucial importance. The key problem of the patient can be stronger than his or her constitution. That is why, in many cases with a severe pathology, even well-chosen homeopathic remedies often don't work as they may not cover the whole totality of the symptoms.

EVERY HOMEOPATHIC REMEDY HAS TWO ROOTS:
1 – psychicological: based mostly on experienced emotions.
2 – biochemical: based mainly on the patient's physical conditions.
Understanding this bi-polarity simplifies homeopathic prescription. We can use an analogy from the field of information technology and understand an individual as something like a "biocomputer". Effective therapy is the most correct adjustment of the „biocomputer" then. A well-chosen remedy has the effect of an „antivirus program". It is not just about influencing one particular receptor; it is about a complex reaction of body's regulatory processes.

PSYCHOLOGICAL ROOT OF ILLNESS
Basal chronic stress and urgent emotional disorders act from above. Primarily, they disturb the central axis P-N-E-I. The remedy should be selected by the character of the emotional disorder, the constitution is secondary.

CASE STUDIES let´s look at poster

METABOLIC ROOT OF ILLNESS
Let's look more closely at the second root of illnesses – the physical one. In principle, particular pathophysiologic mechanism (e. g. lactic acidosis) acts from below. If it exceeds certain limit, it can influence the whole system. In this situation, the effect of the „metabolic" homeopathic medicine is like a

key in the lock. The pathophysiological resemblance is primary – the patient's constitution is secondary.

CASE STUDIES let's look at poster

CASE STUDIE:
METABOLIC and PSYCHOLOGICAL ROOT OF ILLNESS

Male, 25, who suffered a collapse with severe tetanic convulsions immediately after some of his friends poured an unknown substance into his beer. Since then, he experienced magnesium deficiency despite a long-term substitution, with frequent spasms and collapses. His health was completely restored after NUX VOMICA was administered.

HOWEVER, he unexpectedly met one of the friends who was present in the pub where the incident happened. After this meeting, he had a panic attack followed by convulsions. He experienced tetany attacks again since then. His mental state could be best described as "paralysing fear from unexpected events". So, at this time, GELSEMIUM SEMPERVIRENS 30 CH was prescribed. Since then, he had no troubles and had to take Mg substitution only very exceptionally.

CONCLUSION

This case demonstrates as well how the mind (thoughts) of the patient can start up pathological pathways in predisposed individuals.

Conclusion: as soon as the causal root of the disease has changed from metabolic to mental, a remedy with the same mental root has to be searched for (and vice versa).

The full poster presentation can be found on:
https://whc.itcim.org/pdf/key-approaches.pdf

PRIZE FOR YOUNG RESEARCHERS

At the Congress, 11 young researchers, practitioners and students were awarded a motivation prize of €100.

Mohamad Motevalli – Austria
Lifestyle behaviors of vegans, vegetarians, and omnivores in Austrian colleges and universities/
The COVID-19 restrictions and physical activity changes: how do sociodemographic factors come into play?/

Derrick R Tanous (MSc) – Austria
Spanning the bow from mixed to vegan dieters in a healthy, active population and the sociocultural construction of the flexitarian diet in addressing current trends in sustainable eating/

Ing. Klára Doláková, MBA – Czech Republic
Integrating CAM within national healthcare: professionals' experiences and views of CAM integration within the NHS in the context of ethics/

Mgr. Anna Škvorová – Czech Republic
TCIM/CAM procedures in midwifery

Mgr Bc Madgalena Ezrová – Czech Republic
Rebozo technology in midwifery

Dr. Remziye Cici – Turkey
The Effect of Loneliness and Depression Levels on Pain in Geriatric Prostate Cancer Patients/

Assoc. Prof. Dr. Gulay Yilmazel – Turkey
THE RELATIONSHIP BETWEEN THE QUALITY OF LIFE AND MENTAL HEALTH STATUS IN UNOPERATED ELDERLY CATARACT PATIENTS/

Nur Pinar Ayaz (Lecturer Dr.) – Turkey
PAIN BELIEFS AND USE OF NON-PHARMACOLOGICAL METHODS IN PAIN MANAGEMENT AMONG NURSING STUDENTS/

MUDr. Martin Zulák – Czech Republic
What does the disease tell me

Assoc. Prof. Elif Uludag – Turkey
- poster
Effects of Online Antenatal Education on Worries about Labour, Fear of Childbirth, Preparedness for Labour and Fear of COVID-19 during the COVID-19 Pandemic: A Single-Blind Randomized Controlled Study

Prof. Dr. Pinar Sercekus – Turkey
- poster
Development and Psychometric Evaluation of the Fear of Cancer Scale (FoCS)

Link:
https://www.youtube.com/watch?v=F5bwOMdA6UE&list=PLhcrDNo_Ww6BSYmHKZtTqanNWMW9dN2J5&index=98&pp=iAQB

Congress References – Presidium Members

Ralf Dissemond – Germany
German State registered CAM – Practitioner (Heilpraktiker)

Dear Tomas,
It was really a pleasure and a honour to be part of the Congress. It' s hard to imagine how much work and efforts you and your team has done to make the Congress happen so smoothly and with such a famous supporting programme. Everyone there was so kind and attentive! Your institute is also very special place, and I assume the „cave" is unique in the world. I hope that I can enjoy it in the future again. I hope you are also satisfied with the Congress and that it, and your work, has a positive impact on the future of TCIM.

Warm greetings and all the best!

Ralf

Nandu Goswami, MD, PhD, MME – Austria
Acting Head, Division of Physiology, Medical University of Graz

Dear Tomas,
good evening. Thank you organizing this amazing Congress. You are great!
I hope you also enjoyed my session this morning about integrative medicine.
I look forward to our collaborations and future joint work.

Kind regards

Nandu

Stephan Hein – United Kingdom
Holistic Health & Well-being Practitioner Teacher, Higher Ground Leadership Coach, Musician

Dear Tomas,
thank you very much for the certificate of presentation. That is very thoughtful. It was a very important congress, and I am happy to hear how positive developments are already unfolding. I can say, that for me it was

a life-changing experience, and I see the LIGHT of creativity and healing expertise growing at a fast rate from it. Thank you for the experience – I am sure we will speak more and collaborate deeper into these important practices and themes in the near future.

Wishing you all the best. Much Love from London,

Stephan

Nora Laubstein – Germany
President of ANME e.v.

Dear Tomas,
thank you very much for this opportunity! It was a great pleasure to be your guest in Prague. Thank you again, for that enormous event! I hope you and Marketa are fine after returning from Rome.

All the best to you,

Nora

Prof. Dr. Kuldeep Kumar Pandey, MD, PhD – India
Professor & Head of Department of Sangyaharan Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University

Dear Sir,
I arrived to India safely on 20th September. I am really thankful to you and the entire team of ITCIM. This was a turning point to my academic career. The hospitality and honour which I gained from you can not be forgotten. Your spirituality and humanity impressed me a lot. I have learned a lot from you and will try to be accordingly. The opportunity to interact with the learned speakers of many countries for the upliftment of people of the whole universe through TCIM will definitely be under your leadership. I will be always in touch with you to learn a lot more. I express my sincere thanks to Dr. Bhasvati Bhattacharya for introducing me to such a noble person of the era. I am also thankful to Mr. Madan for sharing a room with me and discussing many issues of medical science. I would also express my sincere regards to Madam Ludmila for her lovely caring attitude for me like an elder

sister. I pray to God for your healthy and happy life. Your blessings are always the need of the poor sufferings. I apologize for my mistakes which I had made if any. At last my sincere thanks and regard to you all.

Thanking You.
With Regards,

Prof. Dr. K. K. Pandey

Prof. Valdis Pirags, MD – Latvia
Director of the International Institute for Indic Studies and Professor of Medicine at the University of Latvia

Dear Tomas,
Thank you for very succesful organising of the 3rd World Health Congress 2023. It was a pleasure to participate and have meaningful conversations.

Cordially yours,

Valdis

Prof. Dr. Bruno Renzi – Italy
Director of the Maharishi College of Perfect Health International (MCPHI)

Dear Tomas,
I wish to express to you all my gratitude, admiration and esteem, for the wonderful Congress that you organized. You are doing a great work in the field of Alternative and Complementary Medicine and we are grateful to you for this. All the presentations were very interesting and all the speaker were excellent. I wish to express all my appreciation also to the organization team, they were always polite and professional, taking care of every need. Though You I and My wife had the opportunity to know Prague, really a wonderful town, I couldn't immagine the special atmosphere that you feel in Prague. Thank you again for your courtesy and for your enlightened soul and destiny.

I hope to meet you again. All The Best,

Bruno

Dr. Antonietta Rozzi - Italy
Professor of Pedagogy and Yoga at University of Bologna and Bolzano President of Sarva Yoga International Honorary President of Federazione Italiana Yoga

Dear Tomas,
we are back home with a lot of good memories and positive incentives. I would like to thank you for all the efforts you have done to make the event a great success. Everything was perfect! Thanks also all your assistants and teams. Looking forward to see you again and on behalf of my husband too.

Many greetings from Italy,

Antonietta Rozzi

Prof. MUDr. Julius Špičák, CSc. - Czech Republic
Director of Hepatogastroenterology Department at IKEM, Member of the Parliament of the Czech Republic

Dear Professor,
Thank you for your confidence in me; it has been a most interesting and inspiring experience.

Warm regards
Julius Špičák

MUDr. Hana Váňová – Czech Republic
Medical Doctor Specialized in Acupuncture and Homeopathy, Former President of the Homeopathic Medical Association

Greetings,
it was a uniquely positive event for me. Outstanding commitment of all - organizers and speakers. Significant outreach to the professional and general public. An accompanying program with great overlap!

A MUCH NEEDED EVENT AT THIS TIME!!!
Sometimes, all it takes to make big changes is a small group with a clear

vision without ulterior motives. Keep the unity in multiplicity and diversity, and mutual respect. Many disciplines contribute to maintaining health! Continue sharing and strengthening each other in our joint endeavours.
OUR GOAL IS CLEAR, JUST PERSEVERE.
BE SEEN AND HEARD MORE - connecting to the media and politicians.
Everyone in their field should emphasize quality and own competence.
I AM SO GLAD TO BE PART OF SUCH A UNIQUE TEAM!

Hana Váňová

Isabelle Wachsmuth, MSc, MPH - Switzerland
Project Manager in World Health Organization, World Headquarters, Geneva

Dear Tomas,
I would like to thank you so deeply about the visit of your sanctuary of healing. What I have felt it is above any words. I would like to share through my paintings what I have felt during our exceptional visit to your art temple of healing. It is the return to unity immediately when I had entered in this art space you have created. I felt as well immediately the fractal nature of our self-expression when you are reaching universal joy and peacefulness. I was privileged to feel early in my childhood at the age of 7 years old.

Thank you for these moments of eternity together... forever in my heart and my soul is singing this beauty you are offering to the world.

With my best and infinite vibes of universal and cosmic love.

Isabelle

Prof. Dr. rer. nat. Katharina C. Wirnitzer – Austria
Sports scientist and senior lecturer for sports science and sports didactics

Dear Tomas, dear WHC Presidium, dear Marketa, Ludmila, Martin – representing all you wonderful volunteers at WHC!

Heartily thanks to …

- this wonderful and top-level conference with all-over high-science or high-experience talks that will help us guide the way
- your wonderful, attentive and supportive team of volunteers, it was a pleasure to meet "old" friends and make new ones, to meet your daughter and wife, to meet Marketa and her daughter Magdalena, Ludmila, Martin and more – their kindness and love made us feel like returning to our own family/home, indeed
- the two-fold support of my PhD candidates with this kind of Young Researcher Award – it really helps them with motivation and cope a bit for their cost, money is always little when one is studying :-)
- setting up a Memorandum of Understanding, looking forward to your final draft on that I could participate with input and share some thoughts with Bashwati, Amarjeet and Isabella

I was so touched with tears of hope in my eyes especially due to some Sunday talks, including yours! So I could return loaded with extra energy to my business as usual.
Pls convey my deep thanks and congratulations also to the Presidium members, I enjoyed much talking to most/some of them, although it was not enough time to connect with all – I hope to be able next time in 2025.

All the very best.

With love

Katharina

Congress References – Other Speakers

Mgr. Bc. Martin Bartošek

At the World Health Congress, I had the opportunity to present the method of Rebirthing- Satori breathing, which is a solution for our time's acute and chronic stress. I am delighted with the perfect organization and grateful for all the exciting meetings, including a personal meeting with Tomas. I thank my wife for her elegant accompaniment.

Martin Bartošek

MUDr. Ludmila Bendová

Dear Mr. Pfeiffer,
thank you so much for such appreciation - I rather regret that I didn't also contribute a presentation - but we had a lecturer from Israel here at the same time, and somehow, my space-time got condensed - in any case, you are a miracle!

Ludmila Bendová

Maria Leoni Georgopoulou

Thank you very much. Many blessings to whatever you do! It was all great.

Thank you!

Maria Leoni Georgopoulou

MUDr. Věra Kleplová

Good evening,
congratulations on the excellent organization, environment, and willingness of everyone at the World Health Congress. I was surprised that there were also lectures on autism and cerebral palsy. These are topics of "classical" medicine. It might have been good if the eminent "classics" had come to listen.
I'd be interested in a bell concert. Somehow, I can't find it.

All the best in the days to come,

MUDr. Věra Kleplová

Sarah Lascano
Energy Medicine Expert, Mind Body

It was my pleasure. Thank you for the opportunity to be a part of the World Health Congress. I appreciate the opportunity to participate in dialog on this most important subject.

Best,

Sarah

Prof. Shantala Priyadrshini
AYUSH Chair, Professor, University Representing Government of Bharat

Respected professor Tomáš & ITCIM team, a very grateful thanks to all of you. But special heartfelt thanks to professor Tomáš. It was a beautiful congress so well organised in every way. Felt the Prague hospitality in such a unique way... felt at home. The whole campus was live with old memories & new history. The Town hall visit...the cruise all added wonder and joy. Have been very pleased to be in the Congress with a heavy heart leaving Prague... such a memorable city.

Respects and regards,

Vaidya Professor T. R. Shantala Priyadrshini

Alison Mc Whinnie

Dear Tomas,
a massive thank you for inviting me to speak at Congress and for the truly wonderful hospitality I received during my stay. What a brilliant weekend we all had and the evening social occasions were superb, especially with your amazing surprises.
A very special weekend indeed. An amazing Congress.
Tomas, many, many thanks indeed.

With warm wishes,

Alison

Bijoya Mohanty
Chief Purpose Officer, ASHAexperience, Switzerland

Dear Team ITCIM,
thank you for orchestrating this outstanding congress and for its substantial impact. We're honoured to have been selected as speakers, allowing us to present our mission of integrating Ayurveda into people's lives by empowering healers and doctors.
We eagerly anticipate future collaborations with you, united by our shared mission and vision.

Bijoya Mohanty

Debbie Sommerville, PhDc, MBA, GAICD, MRSN

Thank you Tomas for your professionalism and hard work!
Hope to meet you some day.

All the best,

Deb

Derrick Tanous

In reaction to winning the Young Researcher Award with a financial prize of € 100.
Dear Dr. Pfeiffer, dear World Health Congress team, incredible!!!!! Thanks so much for this kind support, especially to be recognized for the great deal of efforts I have put into my work (along with the guidance of my wonderful supervisor).
It was a huge pleasure to take part in the World Health Congress and I am already looking forward to the next one!
Thanks again and congratulations for putting on an excellent congress!

Derrick Reid Tanous

Congress References – Audience

I want to thank you for an excellent Congress. I had the privilege to be there in person, and I was impressed by everything that was said there; fantastic ideas, interesting personalities, great refreshments, and everyone was nice. Your presentation on Biotronics was unique...
Thank you for your patience and kindness. It must have been incredibly challenging to organize, and the final slide that mapped all the action at the Congress absolutely moved me, not to mention the steamboat.
Hence, my heartfelt thanks to you and the whole team, and I wish you all the best and room for regeneration.

Dana Sofie Fabíková

Greetings, thank you very much for the beautiful Congress; I will surely spread the information further and send the link to my friends. Have lovely autumn days.

Romana Gogelová

Thank you for an exceptional and fulfilling experience associated with the 3rd World Health Congress. I participated as an online listener (I couldn't take my eyes off the screen both days), and I would like to thank you for everything. For the energy you put into the project, the excellent organization, and the love with which you guide people.
Thank you so very much.

Renáta Chlupáčová

Thank you, it was awesome. Thank you from the bottom of my heart.

Jája Medová

Hi again,
I am very excited and pleased to hear from you and from the colleagues which make a amazing presentation until now.Thank you for helping me to take part in this event, such important for medicine.
I will be surprised for next year. I shall do to take part with my presentation as well.

Dr. Emma G. Nikolaoy

Dear Mr. Pfeiffer,
Thank you for the great organization of the Congress and interesting presentations.
Sincerely,

Prof. MUDr. Eva Syková, DrSc. FCMA

Thank you for your kindness. May your enthusiasm last as long as possible.

Pavol Tibenský

Dear Mr. Pfeiffer, Dear Organizers,

The pleasure was all mine; I must thank you very much for the opportunity to participate online in such a spectacular event as your Congress!
Besides the undeniable and significant expertise, I was especially impressed by the heartwarming attitude of all the speakers; they were amazing ... Their 15 minutes were undoubtedly gallows and stressful, but they made the Congress flow in quick succession and were very lively and entertaining, although I could have listened to each of them two times longer at least:) I spent a complete Sunday with your broadcast:)
I would be delighted if you could keep me informed of similar interesting activities by your institution, and thank you for the recording; I will definitely get back to it. I have already recommended it to my circle of friends. I am involved in Chinese medicine and am considering practicing it professionally; hence, I take the liberty to add my resounding YES to your efforts to bring Western and Eastern medicine together.

Wishing you every success,

Jitka Vedralová

Greetings,
Thank you for the opportunity to watch the Congress online. I consider what you all managed to create together a miracle. The presentations, the people, and the whole atmosphere were excellent. I felt like I was in another world while watching, making me feel physically and mentally stronger. Thank you!
Wishing you all the best.

Wieserová

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