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Oral Presentations

1. Acupuncture and placebo effect

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Introduction

Randomized Controlled Trial, the so called gold standard of Evidence Based Medicine, is apparently often unable to show significant difference between verum acupuncture and sham acupuncture, hence acupuncture is considered equal with placebo by some research. The scientific world searches for “efficacy”. On the other hand acupuncturists and clients are more interested in the “effectiveness”. Most of the acupuncture research studies are able to prove strong effectiveness, however the results of efficacy studies when the so called specific effect of the method are sought are less convincing that result in non-unanimous acceptance of the acupuncture treatment. The aim of this presentation is not proving the efficacy of the acupuncture treatment. Our object is to get more understanding of the placebo phenomenon.

Methodology

This presentation endeavours providing an overview of the results of the relevant research literature.

Results

The main focus of our analysis is the psychological background of the placebo phenomenon and we are also seeking the potential evolutionary explanation of the findings. There are numerous factors that likely determine or enhance the placebo effect; most of them are obviously present in the acupuncture treatment offering a strong non-specific effect.

Conclusion

Whatever is the outcome of the researchers’ debate about the efficacy of the acupuncture, it is undoubtedly an effective method. It seems to be crucial not only to protect the reputation of the acupuncture but to preserve the factors of the non-specific effect and to hand them over to the future generation of practitioners.

Keywords: acupuncture; placebo effect; non-specific effect

2. Acupuncture and research

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Introduction

One of the EBM definitions is an approach to decision-making in which the clinician uses the best scientific evidence available and their own clinical experience, in consultation with the patient, to decide upon the option which suits that patient best. The acupuncturists have their own positive experience regarding the benefit of acupuncture but acupuncture is a highly debated topic in the scientific world. There are conflicting opinions amongst acupuncturists and researchers on the question whether acupuncture works.

Method

This lecture reviews the decision making process, and the levels of evidence focusing on acupuncture research.

Result

The main question is whether a specific active component of acupuncture exists at all and if it does what exactly it is. There are more suppositions such as point selection, sensation of DeQi, needling manipulation, but amongst them it is the point selection that is most often investigated. There is a tendency that the higher the level of evidence is in the evidence-hierarchy, the less convincing the result is. (There are much more case reports with positive result than reviews with positive result.) However it is important that some difference can be found regarding the results of investigations of certain symptoms.

Conclusion

There is insufficient evidence to the existence of specific active component of acupuncture, but there are some important results reviewing the literature on acupuncture research, which can suggest more ideas for further investigation of the effect and mechanism of acupuncture.

Keywords: acupuncture; research; evidence

3. An instrument for dimensional diagnostics of a child's constitution (IKC)

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Introduction

The problems of children with a developmental disorder shows considerable vulnerability. To develop appropriate individual diagnostics and treatment for these children we developed an instrument (IKC), based on an anthroposophic typology on constitutional features. The IKC responds to an integrative approach of illness as a disturbance of balance and wholeness.

Methods

The IKC is developed using concept mapping and consensus building with 22 experts and after a pilot study. The psychometric properties are researched in a study with 535 children in an assessment because of developmental problems and with 148 children without established disorder.

Results

The IKC contains two parts, each with a cognitive, affective and conative domain with biopsychosocial phenomena. Part I contains 36 items, for each domain 12 polar formulated items to be scored on a 7-point scale; this is completed by counselors and by parents of the child. Part II consists of three VAS scales and is completed by the child's physician. Results of research of validity and reliability are satisfactory to good.

Discussion

The development of the IKC contributes to the quality of anthroposophical inspired personalized healthcare and is important for the scientific accountability of the constitutional approach.

Keywords: children; developmental disorders; dimensional diagnostics; constitution

4. *Andrographis paniculata* for symptomatic relief of acute respiratory tract infections in adults and children: a systematic review and meta-analysis

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Introduction

Antimicrobial resistance is one of the largest threats facing public health. *Andrographis paniculata* (*A. paniculata*) has traditionally been used in Indian and Chinese herbal medicine for symptoms of cough, cold and influenza, suggesting a role in both lower and upper respiratory tract infections (RTIs). This systematic review aimed to evaluate the clinical effectiveness and adverse events (AEs) of *A. paniculata* for symptoms of acute RTIs.

Methods

MEDLINE, Embase, AMED, Cochrane library, CINAHL, CNKI, Wan Fang, and Chinese Sci & VIP were searched from their inceptions to March 2016 for randomised controlled trials evaluating oral *A. paniculata* for symptoms of acute RTIs. The primary outcomes were the mean improvement in RTI symptoms, measured by participant self-report or by clinician/observer assessment; and AEs. Risk of bias of the included trials was evaluated with the Cochrane risk of bias assessment tool. Two reviewers independently screened eligibility, assessed, and extract data from the included trials. Meta-analyses were performed for outcomes where trials were sufficiently homogenous.

Results

The search identified 3106 articles, 363 remained after excluding ineligible studies. Applying inclusion and exclusion criteria to full text articles, a final total of 36 RCTs comprising 8144 patients were included. Trial characteristics, quality, and the findings from meta-analysis will be presented in the conference.

Discussion

This systematic review provides evidence on effectiveness and safety of *A. paniculata* for acute RTIs. Characteristics of *A. paniculata* (e.g. formulation, posology and, authentication procedure) collected in the review will inform future research and practice.

Keywords: andrographis; paniculata; chuanxinlian; respiratory tract infections; systematic review

5. Antioxidant and anti-discomfort when walking effects of Arnica Montana, in ankle sprains

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Introduction

Arnica Montana homeopathic remedy (AMH) is known for its benefic effects in trauma. Also, Arnica Montana herb showed antioxidant effects. Instead, consistent information about AMH effect on oxidative stress is missing.

The objective of the study was to highlight the antioxidant and anti-discomfort when walking effects of AMH, in ankle sprains.

Methods

Voluntary subjects (n=20) with posttraumatic ankle sprains were selected. All of them had AMH recommendation and were randomly included in: nonsteroidal anti-inflammatory drug group (NA=10); and 200CH AMH group (AM=10). Evaluated parameters were: urinary malondialdehyde (MDA), glutathione peroxidase (GPO) and discomfort feeling when walking (DFW). Parameters evaluation was made: prior to NA and AMH administration (T1); 12 hours (T2), 24 hours (T3) and one week (T4) after administration. Statistical evaluation was made on the basis of Student test.

Results

For AMH compared to NA: MDA, GPO and DFW values were significantly lower at T2, T3 and T4, but AMH action was more intense on DFW. There were no significant differences between AMH influence on MDA compared to GPO.

Conclusions

1) Compared to NA, AMH acted more efficiently on oxidative stress and DFW. 2) AMH influence was more intense on DFW compared to MDA and GPO. 3) The present study should be continued to assess AMH effects on other anti-oxidative stress parameters, and also in other trauma situations. 4) AMH may be an effective, safe and accessible path to reduce posttraumatic oxidative stress induced by ankle sprains.

Keywords: Arnica Montana; oxidative stress; malondialdehyde; glutathione peroxidase; discomfort when walking

6. Ayurvedic management for Osteoarthritis with special reference to polyherbal Ayurvedic products

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Introduction

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. According to Ayurveda, as age advances, the influence of Vata Dosha progresses, resulting in the process of gradual degeneration of the body. Sandhigatavata (osteoarthritis) is one of the major causes of chronic disability, affecting the quality of life. Non steroidal anti inflammatory drugs provide temporary relief but long term use is known for multiple adverse effects. Ayurvedic treatment of Osteoarthritis not only prevents further deterioration in the joints but also rejuvenates damaged cartilages. This study has been conducted to evaluate the efficacy of Ayurvedic research products Muniipyrin and Muniosto tablets designed and developed by Muniyal Ayurveda research Center, Manipal, Karnataka, India.

Materials and methods

Fifty six patients suffering from osteoarthritis of knee were selected for the study. Muniopyrin was administered at a dose of 2 tablets three times daily along with tablet Muniosto 1 tablet two times daily for a period of one month.

Results

The results have been analyzed statistically by using the Student paired't' test. The therapy showed highly significant ($P < 0.001$) beneficial effect on the clinical features of Sandhigata Vata. In addition to the reduction in pain and swelling, locomotion and joint stability are also improved.

Conclusions

Ingredients of Muniopyrin tablets are known to have anti inflammatory, analgesic, anti oxidant and anti arthritic effects. Muniosto supports as a natural organic calcium supplement along with anti oxidant principles. It supports cartilage regeneration and inhibits osteoporosis.

Keywords: Ayurveda; Osteoarthritis; Sandhigata Vata; Muniopyrin; Muniosto

7. Ayurvedic Management of Psoriasis with a case study

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Introduction

Ayurveda encompasses the skin diseases under a broad spectrum title of “Kushta Roga” and explains the involvement of 7 factors viz. 3 biological humors (Vata , Pitta and Kapha), Skin and 3 tissues namely Rasa, Rakta and Mamsa in the pathology of the skin disorders. Depending on the predominance of the doshas, the symptoms manifest in a skin disease. “Kitibha / Ekkushta / Bipadika” are the skin diseases mentioned in Ayurveda which find similarity with Psoriasis. In this condition, Vata and Kapha dosha are predominantly disturbed. Ayurveda advocates inappropriate dietary habits, consumption of incompatible food recipes and wrong life style as the major causes of Psoriasis.

Methods

Management of Psoriasis in Ayurveda involves correction of the food habits and lifestyle as the first step. Besides this, administration of the herbal supplements and unique detoxification procedures play an important role. Several herbs and formulations having excellent results in

psoriasis are explained in the presentation. Also, unique pivotal detoxification therapies (Panchakarma) such as Vamana ,Virechana and Basti and allied procedures such as Shirodhara , Kayaseka , etc have been explained .

Results

Finally a case study of a male suffering from severe psoriasis from almost 18 years is presented with the regime of herbal supplements and detoxification procedures which he received for 3 weeks. The results are self explanatory in the images shown before and after treatment.

Conclusion

It is concluded through the results and discussion that Ayurveda offers tremendous help in the management of Psoriasis.

Keywords: Ayurveda; Psoriasis; Detoxification; Kushta; Panchakarma; Ekkushta

8. Ayurvedic versus conventional dietary and lifestyle counseling for mothers with burnout-syndrome: a randomized controlled study including a qualitative evaluation

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Introduction

Ayurveda claims to be effective in the treatment of psychosomatic disorders by means of lifestyle- and nutritional counseling. This study aims to illuminate its potential effects in comparison to a conventional counseling approach.

Methods

In this randomized controlled study mothers with burnout syndrome were randomized into two groups: (1) Ayurveda included tailored lifestyle- and nutritional counseling according to tradition, and (2) conventional treatment of lifestyle- and nutritional counseling according to family medicine recommendations. All patients received 5 counseling sessions over 12 weeks, consisting of 1 individual session and 4 group sessions. The primary outcome was the change of the mean score of the Maslach Burnout Inventory after 3 months. Secondary outcomes included quality of life, sleep, stress, depression/anxiety, and spirituality after 3 and 6 months. A Per Protocol-Analysis was performed. It also included a qualitative evaluation of two cases, one of each treatment group, based on conversation analysis.

Results

We randomized 34 patients (n=16 Ayurveda, n=18 conventional). No significant between-group differences were observed. However, significant and clinically relevant intra-group mean changes for the primary outcome burnout, and secondary outcomes sleep, stress, depression and mental health were found in the Ayurveda group only. The qualitative part identified different conversational styles and counseling techniques between the two study groups.

Discussion

Summarized we found positive effects for both groups, more pronounced in the Ayurveda group. However, this pilot study had a small sample size. A power calculation revealed a sample size of 142 subjects for a confirmatory trial. The conversational and counseling techniques in Ayurveda offered more opportunities for problem description by patients as well as patient-centered practice and resource-oriented recommendations by the physician.

Keywords: Ayurveda; Burnout; Depression; nutritional counseling; vegetarian

9. Biophysical interpretation of Tuina in horse medicine

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Introduction

Tuina is one of medical disciplines of TCM used for treating and preventing illness in horse medicine.

In recent years knowledge of TCM has been extended through studies employing PET and SQUID instrumentations, based on quantum physics theories that has led to a fuller understanding of how the energy activity of acupoints affects organs and tissues. Studies on engrams show that these deposits of body memory affect posture, movement of the horse and influence the state of health or disease. Other studies have highlighted the importance of the fascia in transmitting the energy signal and in cytoskeleton reshaping that determine the integrity of tensional system (tensegrity) of the horse body. Specific maneuvers of Tuina induce the onset of solitons that are solitary waves that propagate in living systems through empty space among the atoms and they induce the self organization. In this view the health status coincides with a normal flow of energy and information; the illness status correspond to a flow blocking and coherence lacking.

Method

The Tuina treatment was applied to over 300 horses over a period of 4 years. For each section of the horse body were employed specific acupoints to activate the energetic functions.

Results

The employments of those specific points determine a total rate of Tuina effectiveness in 97 % cases.

Conclusions

Tuina, cytoskeleton reshaping (fascia), postural modulation are able to recode engrams and it determine a coordinated answer of the whole organism that induces a new healing situation and improves the horse general wellness.

Keywords: Tuina; Horse; Engrams; Fascia; Solitons.

10. Biopuncture for Tension Headache

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Biopuncture utilizes injections into specific zones or points to evoke and support bioregulation. The products injected are ultra-low dose medications (ULDMS). These ULDMS

contain several homeopathic ingredients diluted below Avogadro's number (< D23), in order that a number of molecules of the original product is available in the ampoule.

The strategy to treat tension headache consists of a local and a general treatment.

The local treatment focusses on the neck and head area. Injections are given in pain points or trigger points in the neck muscles (e.g., trapezius) and / or neck ligaments (e.g., nuchal ligament) with ULDMs which are designed to regulate pain and inflammation (containing, for example, Arnica, Calendula, Gelsemium, Chamomilla).

The general treatment consists of detoxification, hormonal regulation or both.

Subcutaneous injections with ampoules for liver detoxification (containing, for example, Chelidonium, Lycopodium) are given in the liver area on the abdomen.

Subcutaneous injections with ampoules for the hormonal system (containing, for example, Pulsatilla, Sepia, Ignatia) are given when the pain is related to the female cycle. Injections are typically given in the left and right fossa iliaca.

Case: A man (35) complained about tension headache for two years. The pain was worse after working on the computer or drinking wine. Once a week he received injections in the neck muscles with ULDMs designed for pain modulation and inflammation. During each session, he also got injections in the liver zone with ULDMs supporting liver detoxification. After four sessions, he was pain free for six months.

Keywords: Ultra-low dose; Biopuncture; Tension Headache; Detoxification; Injection; Trigger Point

11. Biopuncture: Definition and Indications in Pain Management

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Biopuncture applies biotherapeutics for injection into specific zones or points to evoke and support bioregulation. By way of local injections, one provides a stimulus which evokes a physiological reaction followed by a clinical response. In this way, autoregulation is achieved, usually after several weekly sessions. The technique has been standardized internationally, and is described in several textbooks.

The products are described as ultra-low dose medications (ULDMs). These ampoules contain homeopathically diluted ingredients (mainly plants and minerals) – but these are not diluted

beyond Avogadro's number (D23). Several companies produce such ampoules for injection (Guna, Heel, OTI, Pfluger, Steigerwald, Wala, Weleda).

The ampoules can be injected into pain zones, pain points, and trigger points. The products can be injected subcutaneously, in muscles, near tendons, in bursae, joint capsules, ligaments and periost.

The clinical effect results from both the medication as well as from the needle penetrating tissues. Both the products as well as the injection techniques are standardized in order to maximize results and clinical safety. This injection technique is applied in several areas where other treatment modalities have failed. Biopuncture can be used for neck pain, back pain, ankle sprain, muscle tear, tennis elbow, golf elbow, whiplash, sciatic pain and Achilles tendinopathy.

More research is necessary to confirm the efficacy and safety of this injection technique.

Keywords: Biopuncture; Injection; Ultra Low Dose Medication

12. Brain stimulation by pulsed electromagnetic fields in the treatment of Alzheimer's disease: an open-label study.

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Introduction

In recent years, the development of different methods of brain stimulation by electromagnetic fields (EMF) provides a promising therapeutic method in different fields. The present study focuses on patients with impaired cognitive functions. Emisymmetric bilateral stimulation (EBS) is an innovative tool for brain stimulation through pulsed electromagnetic fields, whose operating principle is to introduce very weak noise-like stimuli through EMF to activate self-arrangements in the cortex of treated subjects, improving cognition. The purpose of this pilot study was to investigate in patients with cognitive deterioration the effectiveness of the EBS

treatment compared to the global cognitive function , episodic memory and executive functions.

Methods

Eight patient with cognitive decline diagnosed Alzheimer's disease were subjected to three EBS applications per week for both the cerebral cortex and auricular specific sites for a total of 5 weeks. At baseline , after 2 weeks and 5 weeks , a neuropsychological evaluation was performed through mini - mental state examination , free and cued selective reminding test , and and trail making test. As secondary outcomes , changes in behavior , functionality and quality of life were also assessed.

Results

After 5 weeks of standardized EBS therapy, significant improvements were observed in all neurocognitive assessments. Mini-mental state examination score significantly increased from baseline to end treatment (+3.19, P=0.002). The episodic memory assessment showed an improvement both in immediate and delayed recalls (immediate recall =+7.57, P=0.003; delayed recall =+4.78, P<0.001). Executive functions significantly improved from baseline to end of stimulation (trail making test A -53.35 seconds; P=0.001). Of note, behavioral disorders assessed through neuropsychiatric inventory significantly decreased (-28.78, P<0.001). The analysis concerning the Alzheimer's disease group confirmed a significant improvement of cognitive functions and behavior after EBS treatment.

Conclusions

This pilot study has shown EBS to be a promising, effective, and safe tool to treat cognitive impairment, in addition to the drugs presently available. Further investigations and controlled clinical trials are warranted.

Keywords: Alzheimer's disease; Emisymmetric bilateral stimulation; cognitive decline; pulsed electromagnetic fields

13. Breast Tumor Regression using Mistletoe Extract: An evidence from an Indian Clinic

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Mistletoe extract use in cancer patients is widely increasing with the upsurge of cancer incidence rates and reduction in survival time of patients.

This study was designed to assess the tumor regression in breast cancer patients with the mistletoe extract. Subjects were designated from outpatient clinic at Rishikesh Hospital, Nashik, INDIA.

After giving written informed consent, participants completed a selfadministered questionnaire. Twelve patients with histologically confirmed breast cancer tumors of at least 2 cm in diameter received mistletoe extract in an ascending dosage. The tumour was again measured after six months to assess the therapeutic potential of mistletoe extract. The median size of the tumour decreased significantly, from 3.8 cm (range, 1 to 8 cm) to 2 cm (range, 0.1 to 4.8 cm; $P < 0.001$) on physical examination. Sonographic measurement revealed that, the tumour median size was significantly decreased from 3 cm (range, 0 to 8 cm) to 1.5 cm (range, 0 to 4 cm; $P < 0.001$). The area of tumour was significantly decreased on physical measurement and sonographic measurement ($P < 0.001$). The positive nodal status decreased from 66.6 to 41.6 percentages of patients. Mistletoe extract is highly effective and provides a feasible therapeutic option to the clinical oncologist in tumour regression of breast cancer.

Keywords: breast tumor regression; mistletoe therapy; integrative oncology

14. Cassia fistula in the Management of Cutaneous lesions of Pemphigus vulgaris: A double-blind, Placebo-controlled Clinical trial

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Introduction

Cassia fistula L. fruit extract is traditionally used in the treatment of Pemphigus vulgaris (PV) lesions in Iran. The aim of this study was to determine the efficacy of Cassia fistula fruit gel on healing time of PV lesions in a clinical setting.

Methods

This was a randomized, double-blind placebo controlled clinical trial that was performed in dermatology ward at Shahid Faghihi hospital, affiliated to Shiraz University of Medical Sciences, Shiraz, Iran. Right- or left- sided lesions were randomized for treatment with either Cassia fistula fruit gel or placebo prescribed twice daily. The largest diameter of each lesion was measured at the baseline and every 10 days for 20 days. Epithelialization Index (EI) was calculated and compared between two groups as outcome measure.

Results

The present study comprised 20 patients, with overall 82 cutaneous lesions including 41 lesions in the cassia fistula fruit gel group and 41 lesions in the placebo group. The EI in the Cassia fistula fruit gel group was significantly higher than that in the placebo group both at the 10th-day (65 ± 28 vs 30 ± 34 ; $p=0.001$) and at the end of the study (91 ± 22 vs 69 ± 49 ; $p=0.003$).

Conclusion

Topical application of Cassia fistula fruit gel can be considered as an effective adjuvant therapy in treatment regimen of PV.

Keywords: Cassia fistula; pemphigus vulgaris; Traditional Persian Medicine

15. Changes in the factors contributing to improvement of medically unexplained symptoms by bite plates based on Bi-Digital O-Ring Test: 1. Volume changes

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INTRODUCTION

At ECIM 2014 Conference, we reported the great effectiveness of treatment with a bite plate (BP) based on the Bi-Digital O-Ring Test (BDORT) technique. Among the changes in various

contributing factors, the present report focuses on the changes in the volume of the oral cavity.

METHODS

We measured the volume of the oral cavity with a simple method using the oral cavity models of patients who visited our clinic with chief complaints of medically unexplained symptoms (MUS) and were considered improved after 6- to 12-month treatment with a BP based on the BDORT technique.

RESULTS

The use of the BP resulted in up to more than 10 percent increases in the volume of the oral cavity.

DISCUSSION

Our last report indicated that the BP can increase the blood flow to the temporal areas of the brain by decreasing the pressure on the mandibular fossa and that the BP can contribute to the improvement of MUS by releasing the nerves from pressure. In this report, we suggest that, among the changes caused by the use of the BP, the increased volume of the oral cavity, which means the increased tongue space (where the continuously moving tongue is placed), was also effective for improvement of MUS.

Keywords: BDORT; medically unexplained symptoms; bite plate; volume of the oral cavity

16. Clinical risk management in Complementary Medicine: use of Failure Modes and Effects Analysis (FMEA) in homeopathic and acupuncture public clinics

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Introduction

Evaluation and management of clinical risk and the prevention of adverse reactions (ADR's) are the first step to guarantee the patient safety, especially in Complementary Medicine (CM) due to the increasing numbers of patients who use these therapies within the Health public system of Tuscany. To develop a plan starting from the analysis of activities executed in the homeopathic and acupuncture regional centres of reference using the Failure Modes and

Effects Analysis (FMEA), in order to develop a systematic approach aiming at identifying and preventing clinical risks.

Methods

The activities of acupuncture – TC;L and homeopathic clinics of Florence and Lucca were analysed and outlined the criteria to evaluate risk and monitor diagnostic and therapeutic paths.

Results

In acupuncture, the higher RPNs referred to the risk of infection related to the insertion of the needles and to the risk of fall at the recovery stage after the procedure. Solutions included the use of a checklist to verify the sterilization of the needles and hand hygiene before the procedure, adequate time and a dedicate room for recovery in the post-op. In homeopathic clinics, the highest Risk Priority Number (RPN) focused on the decision to switch from an allopathic to a homeopathic therapy, possible solutions required a procedure to schedule follow-up consultations and eventual emergency, a standard informed consent and an eventual coordination with other specialists involved in the care process for complex cases.

Conclusions

The detailed analysis of the risks in CM helps identify the critical processes and possible solutions

Keywords: Complementary medicine; safety of the patient; clinical risk management; FMEA.

17. Common pathophysiological factors of different autoimmune diseases – detection and outcome of targeted treatment by natural remedies

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Introduction

Although the different types of autoimmune diseases form clinically and histologically distinct groups, the underlying pathophysiological conditions that initiate and maintain their course are remarkably similar. As the adequate and effective treatment of these disease pose a difficult challenge, I have collected those objectively detectable parameters that are common

in patients affected by autoimmune disorders (Crohn's diseases, Colitis ulcerosa, Rheumatoid arthritis, Hashimoto's thyroiditis, etc.)

Methods

Data were comprised of recording the patients' history, their active symptoms, laboratory (blood) tests and imaging techniques as well as measurements of the meridians using Electro-Acupuncture Voll (EAV) machine, invented by Dr Reinhard Voll of Germany in the late 1940's. The selection of specific natural remedies for individualised treatment was based on EAV measurements.

Results

The following factors were found consistently in the different types of autoimmune patient groups: (1) generalised, permanent and significant decrease of electric conductivity; (2) chronic stress and adrenal exhaustion confirmed by both laboratory tests and EAV; (3) measurements, with the corresponding mental and psychological problems; (4) persistent acute and chronic inflammatory changes in several (6 to 8 on average) organs supported by gradually reversing Neu/Ly ratio found in blood tests; and (5) significant EAV alterations of the kidney and the hepatobiliary system.

Conclusions

The individualised treatment of the common pathophysiological factors of different types of autoimmune diseases by specifically selected natural remedies (functional foods, antioxidants, flavonoids, herbals) resulted in detectable decrease of chronic inflammatory changes, significantly improved the patients' subjective symptoms and greatly contributed to their natural healing processes.

Keywords: autoimmune disease; electric conductivity; adrenal exhaustion; flavonoids; natural remedies

18. Complementary and alternative healthcare use by participants in the PACE trial of treatments for chronic fatigue syndrome

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Introduction

Chronic Fatigue Syndrome (CFS) is characterised by persistent fatigue and disability and a range of other symptoms. The PACE trial was a randomised trial comparing four non-pharmacological treatments for patients with CFS in secondary care clinics. The aims of this sub study were to describe the use of complementary and alternative medicine (CAM) in the trial sample and to test whether CAM use correlated with an improved outcome.

Method

CAM use was recorded at baseline and 52 weeks. Logistic and multiple regression models explored relationships between CAM use and both patient characteristics and trial outcomes.

Results

At baseline, 450/640 (70 %) of participants used any sort of CAM; 199/640 (31%) participants were seeing a CAM practitioner and 410/640 (64%) were taking a CAM medication. At 52 weeks, those using any CAM fell to 379/589 (64 %). Independent predictors of CAM use at baseline were female gender, local ME group membership, prior duration of CFS and treatment preference. At 52 weeks, the associated variables were being female, local ME group membership, and not being randomised to the preferred trial arm. There were no significant associations between any CAM use and fatigue at either baseline or 52 weeks. CAM use at baseline was associated with higher SF-36 scores.

Conclusion

CAM use is common in patients with CFS. It was not associated with any clinically important trial outcomes.

Keywords: Chronic fatigue syndrome; complementary medicine; alternative medicine

19. Complementary and Alternative Medicine for Osteoporosis

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Introduction

A systemic skeletal disease characterized by low bone mass and micro architectural deterioration with a consequent increase in bone fragility and susceptibility to fracture. Asia has the highest increment in the elderly population; therefore, osteoporotic fracture should grow to be a noticeable health issue. Complementary and alternative medicine (CAMs) is have been described as ‘diagnosis, treatment and/or prevention which complements mainstream medicine as a holistic, subjective and various natural approaches to medical problems By contributing to a common whole, satisfying claims not met by orthodoxy, or diversifying the conceptual frameworks of medicine.

Methods

Peer-reviewed publications were identified through searches in Scopus, science direct, Cochrane, PubMed, and also Google scholar by using the search terms “osteopenia,” “osteoporosis,” “menopause,” “CAM,” “phytoestrogens,” “phytotherapy,” “herbal medicine”. The search was completed through July 2015, and was limited to articles published in English. Relevant articles were identified based upon the expertise and clinical experience of the authors.

Results: We categorized our result in different categories including: Life style modifications (cigarette, alcohol, exercise and food regimen), supportive cares (intake supplements including vitamin D, C and K) and treatments: synthetic (routine and newer options of hormone replacement and none hormonal therapies) and natural Options (different Types of CAM including herbal medicines, yoga and chiropractic).

Conclusion: Although menopausal status and hormone replacement therapy use dominate women’s bone health, diet may influence early postmenopausal bone loss. Fruit and vegetable intake may protect against premenopausal bone loss.

Keywords: osteoporosis; menopause; phytotherapy; CAMs; phytoestrogen

20. Cost and health benefits from integrating new age ayurveda into european health systems

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General Health Costs are spiraling in all developed and developing nations of the world.

In 2013, Germany spent almost € 315 billion on health. This was an increase of about € 12,1 billion compared to 2012 : 3910,00 € in 2013 vs. 3770,00 € in 2012 per inhabitant.

Type 2 Diabetes, Obesity, Hyperlipidemia, Hypertension & Other “civilisation” diseases are the main factors for these costs.

With over 8 million sufferers (in 2009 and growing), Diabetes Mellitus is one of the most widespread diseases in Germany.

Serious “secondary complications” and “associated diseases” / co-morbidities include heart attack, stroke, athlete’s foot etc.

Total costs € 3.817.00 includes three components: Direct - disease (), Indirect () & associated complication ()

Obesity is another new global epidemic and set to become the “number one health problem globally” by the year 2025. In 2013 52% of all Germans were overweight, which is about 42.02 Million people! The associated conditions include: Type 2 Diabetes, Hypertension, Vascular diseases, Stroke, Coronary heart disease, Gall stones, Cancer, Sleep Apnea Syndrome, Diseases of the joints and of the skin and more.

Clinical and practical experience it is proven, that Ayurveda is able to improve the condition of both Type 2 diabetes and Obesity.

Furthermore it is able by its lifestyle guidance and preventive holistic approach, to reduce and avoid follow – up diseases and costs.

The presentation will show with facts and figures how the wisdom of Ayurveda can be followed for the New Age to prevent, manage and cure such diseases.

Figures for savings to the European Health care costs will be presented and discussed.

Keywords: cost and health benefit; ayurveda; health system

21. Early detection of disorders of the Thyroid gland by using Levothyroxine and Propylthiouracil (PTU) as a reference substance in Bi-Digital O-Ring test (BDORT)

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Introduction

There are several different disorders that can arise when the thyroid produces too much hormone (hyperthyroidism) or not enough (hypothyroidism). Four common thyroid disorders include Hashimoto's disease, Graves' disease, goiter, and thyroid nodules. Most often is Hashimoto's as an autoimmune disease and a thyroid disease. There is a a global epidemic of autoimmune disease taking place right now. An autoimmune disease is officially recognized when about 70 to 90% of the target organ is destroyed. Some people with mild cases of Hashimoto's disease may have no obvious symptoms. The disease can remain stable for years and symptoms are often subtle. Using BDORT (by Y. Omura) it is possible to detect early disorders of thyroid gland, sometimes many years before appear symptoms.

Methods

193 patients are examined by using indirect BDORT and using Levothyroxine and Propylthiouracil as a reference substance. Also we used capsulae of Vitamin D 400ui (Now food) and Oil 80 (Planet of health). Where BDORT showed the need for a drug that we tested we have to qualify as a BDORT positive and vice versa. Blood tests did after examination.

Results

In BDORT pozitiv group, statistically were more female than male ($P < 0,003$), TSH was more often higher ($p = 0,001$); fT4 was higher ($p = 0,001$); TG and anti-TPO antibodies were higher ($p = 0,001$). Ultrasound showed pathological changes ($p = 0,001$) and LDL was higher ($p = 0,004$).

Conclusion

BDORT as non-invasive method is very useful for detection of onset of thyroid disorders and can be used as a screening method in prevention.

Keywords: Thyroid disorder; BDORT; Levothyroxine; PTU; prevention; ultrasound; LDL; Hashimoto

22. Early detection of risk factors for developing depression in patients by using Sertralin and Atosiban as a preference substance in Bi-Digital O-Ring test (BDORT)

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Introduction

Depression is a common and debilitating mood disorder that is affecting more and more people around the world. An estimated 350 million people of all ages experience symptoms of depression. High blood level of Oxytocin is associated with depression. Serotonin and oxytocin co-release in the brain so increasing serotonin likely increases oxytocin, too. Use of selective serotonin reuptake inhibitors (SSRIs), drugs typically used to treat depression, such as Sertralin (Zoloft). Atosiban (Tractocile) is a Oxytocin antagonist. Several lines of evidence suggest that NE (norepinephrine) is a neurotransmitter of major importance in the pathophysiology and treatment of depressive disorders

Methods

115 of patients are examined by using Indirect BDORT (Y. Omura), and Tablets of Sertalin and Ampulae of Atosiban as a referent substances which indicate needs of this drugs for parients. Patients did lab tests od Oxytocine, Norepinephrine, and Vitami D.

Results

BDORT indicate statisticaly risks for developing depression gender- female patients $hi2(1,n=115) = 9,650$; $p=0,002$; age of patients, $hi2(1,n=115) = 9,040$; $p=0,029$, lower level

of Vitamin D $\chi^2(1, n=82) = 8,861$; $p=0,012$, higher level of Oxytocin and Norepinephrine. Vitamin D level is lower in female $\chi^2(1, n=82) = 9,208$; $p=0,002$. Oxytocin is higher in 87% of positive BDORT patients $N=115$; $p<0,05$; $p=0,006$. .

Conclusion

BDORT could be screening test for early detection of risks factors for development of depression. Risk factors are gender , age as low level of Vitamin D and higher blood level of Oxytocine and Norepinephrine.

Keywords: Depression; BDORT; Oxytocin; Vitamin D

23. Education for integrative medicine cross sectional report from Educational system in Macedonia

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Introduction

Complementary and alternative medicine has never been more popular. Nearly 40 percent of adults report using complementary and alternative medicine, also called CAM for short. Doctors are embracing CAM therapies, too, often combining them with mainstream medical therapies spawning the term "integrative medicine." The aim of our research is to represent education for CAM in our society.

Methods

We have made one retrospective analyze of curriculums in four Government universities for implementation of subjects for AM in last 10 years.

Results

There are lectures for AM in subject Medical sociology at three Government Medical faculties. The subject Basis of AM is involve in one High Medical School from four at 2007 year, and in same for postgraduate studies in 2012 year, subject Application of CAM in conventional medicine. There is only one professor with experience of education and practice with AM with doctoral degree in medical sciences.

Discussion

To start application we must have first regulation of education of some AM. There are special low in educational systems in many countries from west and east. We in our society start from low for application in Health system.

Conclusion

Education for CAM is not still established in our system, but there are some educators who look in this education positive if it is used with principles of WHO concept for TM and commission for Health in EU parliament.

Keywords: CAM, education

24. Efficacy of the green tea (*Camellia sinensis*) tablet in knee osteoarthritis

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Introduction

Since green tea and its derivatives such as catechin are widely used as a dietary supplement in the world and green tea has been used also in traditional medicine from past to the present and nowadays there are evidences about efficacy of this herb on control of inflammation, we evaluated efficacy of green tea on control of osteoarthritis symptoms in an randomized open-label active-controlled clinical trial

Methods

Fifty patients with symptomatic osteoarthritis were randomly allocated to receive the Green Teadin tablet (Registration number: 1228144011) plus Diclofenac tablet as intervention group and receive Diclofenac tablet alone as control group for a month. The patients were evaluated by WOMAC questionnaire before and after the intervention.

Results

There was a significant reduction in the pain of patients represented by the visual analogue scale in the green tea group after a month while this symptom in the control group worsened. The joint physical function and stiffness had significant improvement in green tea group ($p = 0.009$, $p = 0.044$, respectively) that the changes in the joint physical function was significantly and the changes in joint stiffness was not significantly different between two groups ($p = 0.004$, $p = 0.150$, respectively). Patients also obtained significantly lower total WOMAC scores in the green tea group compared to control group ($p = 0.006$).

Conclusion

Green tea tablet is effective in control of pain and improving physical function of knee joint in patients with osteoarthritis but has no effect on the knee stiffness.

Keywords: Green tea; Camellia sinensis; osteoarthritis; herbal medicine

25. Effect of Music 2 (Effect of Music on Dopamine, Adiponectin, Oxytocin Levels)

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Introduction

Effect of music on Telomere, melatonin, and substance P was reported in the 7th Congress, This time, the effect of music on dopamine, adiponectin and oxytocin was examined

Method

Effect of music on the body was checked using BDORT RCS of dopamine, adiponectin and oxytocin. Dopamine, adiponectin and oxytocin levels pre and post listening to the music were measured in each individual.

Result

The music consists of scales and cords in 12 majors and 12 minors were measured. Among 24 scales and their codes, A-major cords were effective on dopamine level (for example from 143ng to 363ng). It means that if we listen to the music in A-major (dominant motion), it would be good for health by increasing dopamine level. e-minor scale and codes were effective to increase adiponectin, which is good for reducing fat in the body (for example

from 103 to 220µg). F Major scale and codes were effective to increase oxytocin (happy hormone) level (for example from 40 to 103µg) .

Conclusion

In conclusion music in particular codes (A Major, e minor and F major in dominant motion) may contribute in increasing dopamine or adiponectin and oxytocin levels. Each music is uploaded to YouTube (YouTube name is Cistus creticus).

Reference: BDORT Method was by Dr. Omura and standard samples were BDORT RCS.

Keywords: music therapy; dopamine; oxytocin; adiponectin; dominant motion

26. Effectiveness of acupuncture and related therapies for palliative care of cancer: overview of systematic reviews

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Introduction

Acupuncture and related therapies such as moxibustion and transcutaneous electrical nerve stimulation are often used to manage cancer-related symptoms, but their effectiveness and safety are controversial. We conducted this overview to summarise the evidence on acupuncture for palliative care of cancer.

Methods

Four international databases and three Chinese databases were searched from their inception till July 2014 to identify potential systematic reviews (SRs). We included SR that synthesized results from clinical trials on patients diagnosed with any type of cancer, and had received acupuncture and related therapies as supportive or palliative care. The Methodological Quality of Systematic Reviews (AMSTAR) Instrument was used to assess the methodological quality of included SRs. Clinical evidence reported in the included SRs were synthesized narratively under each outcome.

Results

Twenty-three SRs were included. Methodological quality of included SRs was satisfactory. Favorable therapeutic effects in managing cancer related fatigue (CRF), chemotherapy induced nausea and vomiting (CINV), and leucopenia among cancer patients have been reported. Conflicting evidence exist for the treatment of cancer related pain, hot flashes and hiccups; as well as in improving quality of life. Current available evidence is insufficient to support or refute the potential of acupuncture and related therapies in managing xerostomia, dyspnea and lymphedema, and in improving psychological well-being.

Conclusion

Acupuncture and related therapies have demonstrated favorable therapeutic effects in managing CRF, CINV, and leucopenia among cancer patients. Because acupuncture appears to be relatively safe, it could be considered as a complementary form of palliative care of cancer.

Keywords: Acupuncture; Palliative Care; Oncology

27. Effects of Far-Infrared Onnetsu Therapy on Rheumatoid Arthritis and Cancer

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Introduction

The handheld Onnetsu machine invented by Dr. Kazuko Tatsumura emits various degrees of heat and precise 8-14 micron of Far-Infrared vibration from a special ceramic emitter.

Method

When Onnetsu machine is slid over the skin, “hot” spot is detected by the temperature sensation reported from the patient. Deep tissue within this hot spot is cold, unhealthy or degenerated. The Onnetsu machine is both a diagnostic and therapeutic tool. When this hot spot is effectively treated with FIR Onnetsu therapy, the hot sensation subsides and the clinical conditions improve. These abnormal hot spots coincide with Bi-Digital O-Ring Test findings as a negative spot. Onnetsu means comfortable heat in Japanese. The Onnetsu Therapy is based on four historical and scientific truths.

- 1) NASA's finding regarding Far Infrared vibration from sun light
- 2) Traditional Japanese Concept of the significance of Body Temperature as demonstrated in Moxibustion
- 3) Theory of Immunology by Dr. Toru Abo, balancing autonomic nervous system to improve condition of white cells, therefore Immunity
- 4) Promoting three flows of Energy through acupuncture technique

Result and discussion

Dr. Kazuko has taught this Onnetsu Therapy to many MDs and health practitioners over the past decade. Some countries such as Peru, Cuba and Mexico have embraced this therapy and are practicing it in the hospitals and clinics. Clinical Trials have shown improvements on asthma, cancer, diabetes, rheumatoid arthritis, tuberculosis and various painful conditions. Clinical studies from Cuba and Peru will be presented.

Keywords: Totally new and non invasive method to heal cancers and other difficult diseases

28. Effects of hyperthermic baths on depression, sleep and heart rate variability in patients with depressive disorder. A randomized controlled pilot trial

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Introduction

Despite advances in the treatment of depression, one-third of depressed patients fail to respond to conventional antidepressant medication. There is a need for more effective treatments with fewer side effects. To determine whether hyperthermic baths reduce depressive symptoms in adults with depressive disorder.

Methods

Design: Randomized, two-arm placebo-controlled, 8-week pilot trial. **Setting:** Outpatient Center for Complementary Medicine at the Medical Center University of Freiburg, Germany. **Participants:** A total of 36 medically stable outpatients with confirmed depressive disorder (F32/F33) who were either on a consistent antidepressant regimen (n = 23) or free of medication (n = 13) for 4 weeks or more and who were moderately depressed as determined by the 17-item Hamilton Scale for Depression (HAM-D) score ≥ 18 . **Interventions:** Patients were randomly assigned to 2 hyperthermic baths (40°C) per week for 4 weeks (n = 17) or sham-intervention with green light (n = 19) and follow-up after 4 weeks. **Main Outcome Measures:** Change in HAM-D total score from baseline to the 2-week time point (after 4 interventions).

Results

A total of 36 patients were randomized (hyperthermic baths, 17; sham-placebo, 19). A significant difference in change of HAM-D total score between treatment groups after 4 interventions was found. Dropouts and adverse events were limited and did not differ between groups.

Conclusions

This pilot study suggests that hyperthermic baths do have generalized efficacy in depressed patients.

Keywords: depressive disorder; hyperthermic baths

29. Efficacy and safety of *Rhus Coriaria* L. in patients with hyperlipidemia: A randomized controlled trial

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Introduction

Sumac (*Rhus Coriaria L.*) is used as hypolipemic spice in traditional Persian medicine. Lipid lowering effect of sumac is previously evaluated in multiple animal studies with promising results. This study is aimed to investigate the lipid lowering effect of sumac in patients with hyperlipidemia in a double blind randomized controlled trial.

Methods

Eighty patients with Hyperlipidemia according to NCEP-ATP III criteria were randomly allocated to receive the *Rhus Coriaria L.* powder (1000 mg/day) or placebo for 8 weeks. The patients were evaluated in terms of the serum triglyceride, total, LDL and HDL cholesterol. Systolic and diastolic blood pressures along with serum biochemistry profile including fasting blood sugar, liver and kidney function tests and complete blood count were evaluated before the enrolment of patients and after the intervention.

Results

No significant difference was observed between Sumac and placebo groups in term of mean reductions in total and LDL cholesterol and triglyceride levels. A significant increase in means serum HDL cholesterol level was observed in Sumac group (41.18 ± 8.2 vs. 44.65 ± 8.4 , $p=0.001$) after 2 months of intervention.

Conclusion

To summarize the study showed significant HDL cholesterol increasing effect of Sumac supplementation in patients with Hyperlipidemia while no significant effect on LDL cholesterol and triglyceride serum level was observed.

Keywords: Rhus Coriaria L.; hyperlipidemia; functional foods; herbal medicine

30. Efficacy of topical traditional chamomile oil on mild and moderate carpal tunnel syndrome: A randomized double-blind placebo-controlled clinical trial

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Introduction

Carpal tunnel syndrome (CTS) is the most common neuropathy of the wrist joint which is still considered as a global health problem. Mild and moderate cases are usually managed by conservative treatments which are not effective enough. Nowadays, using complementary medical systems has become more popular worldwide and has opened new doors toward treating the diseases. In Traditional Persian Medicine literature, chamomile oil has been mentioned as a potent analgesic and strengthening agent for the neural tissue. Accordingly, we aimed to evaluate the efficacy of topical use of traditional chamomile oil in patients with mild and moderate CTS.

Methods

Eighty six patients with electrodiagnostic criteria of mid and moderate CTS were enrolled in this randomized double-blind clinical trial with 1:1 allocation ratio and received topical

chamomile oil or placebo for 4 weeks. They were evaluated at the baseline and end of the study regarding functional status score, symptom severity score, dynamometry, and electrodiagnostic studies of the median nerve.

Results

At the end of the study, functionality, dynamometry, and symptom severity of the patients were significantly improved in the chamomile oil group compared with the placebo group ($P=0.000$, $P=0.040$, $P=0.017$, respectively). In addition, compound latency of the median nerve in the chamomile oil group significantly decreased in comparison to the placebo group ($P=0.035$). Other electrodiagnostic measurements did not change significantly.

Conclusion

Results of this investigation showed the positive effects of topical chamomile oil on mild and moderate CTS, both subjectively and objectively.

Keywords: Carpal tunnel syndrome, *Matricaria chamomilla*, Chamomile oil, Traditional Persian Medicine, Herbal medicine

31. Electrical characteristics of acupuncture points and the relation with the body organs

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Introduction

Acupuncture Meridians (pathways), which are essential features of traditional Chinese Medicine have been investigated in various ways for the purpose of establishing their existence by scientific methods.

Some researchers state that meridians and acupuncture points are closely related to the nervous system and some others state the same structures are related to connective tissues rich in sensory afferent fibers. Central nervous System is essential for the processing of the acupuncture effect via its modulation of the Autonomic Nervous System (ANS), neuro-immune system and hormonal regulation.

Method

We compiled various researches concerning the relationship between acupuncture points and organs and tissues, and evaluated them as surrogates to electrical characteristics.

Results

The relationship between acupuncture points and organs and tissues could be explained by some neuro-modulatory mechanisms of ANS, such as somatovisceral reflex responses (SVRR) that are stimulated by cutaneous or muscle afferents.

According to Kendall SVRR to stimulating cutaneous muscle sensory afferents has been assessed in several different internal organs with evoking changes in sympathetic and parasympathetic efferent activities and, thereby, effector organ functions.

Kimura et al. supported that various forms of somatic sensory stimulation (including acupuncture stimulation) can produce different autonomic reflex responses, as SVRR, depending on the organs and tissues, and which somatic afferents are stimulated.

In 1950 Nakatani using a 12 volt DC voltage source, detected a number of high conductance points and lines on the skin. He used a bilateral measurement and identified the degree of pathology with the difference in the current flow between the left and right points.

Rosenblatt investigated the linkage between the heart and specific heart acupuncture points using a biofeedback technique.

Conclusions

The relationship between acupuncture points and organs and tissues could be explained by some neuro-modulatory mechanisms of ANS, such as somatovisceral reflex responses (SVRR) that are stimulated by cutaneous or muscle afferents.

In fMRI studies, Cho et al suggested that there is a relationship among acupuncture points, brain and organs.

Rosenblatt found that a significant correlation ($p=0.01$) occurred between heart rate and the conductivity of the special acupuncture.

Keywords: Electrical characteristic; acupuncture meridian; Central nervous System; Autonomic Nervous system; somatovisceral reflex responses (SVRR)

32. Electro-hyperthermia induced programmed cell death and immune response in a C26 colorectal cancer allograft model

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Introduction

Modulated electro-hyperthermia (mEHT) using radiofrequency and the concomitant heat (<42°C), can selectively target malignancies due to their elevated glycolysis, ion concentration and conductivity compared to normal tissues. mEHT treatment, which can be used as a complementary to radiation- or chemotherapy of human cancer, can provoke apoptosis and immune cell infiltration in HT29 colorectal cancer xenografts of immunocompromised mice.

Method

Here we tested the mEHT related damage, stress and immune response in C26 colorectal cancer using symmetrical allografts of immunocompetent mice.

Results

mEHT caused significant tumor damage in treated right-leg tumors, accompanied by elevation of activated caspase-3 levels and cytochrome c release from mitochondria but without activation of apoptosis-inducing factor, or major mitochondrial accumulation of Bcl-2-associated X protein (BAX). Significant increase in apoptotic bodies and TUNEL positive DNA fragmentation in cell nuclei also indicated apoptosis. Elevated release of stress-associated Hsp70, calreticulin and HMGB1 proteins was also observed in mEHT treated tumors indicating DAMP signaling required for an immunogenic cell death response. In line with this, the number of S100 positive dendritic cells and CD3 positive T-cells was significantly elevated in the treated tumors, with negligible FoxP3 positive regulatory T-cells. In addition, mEHT supplemented with a chlorogenic acid and flavonoid rich cytotoxic T-cell promoting agent induced cell death also in the untreated left-leg tumors indicating a systemic anti-tumor effect.

Discussion

In conclusion, mEHT can induce caspase-dependent apoptosis in C26 colorectal cancer allografts and the release of stress associated DAMP proteins, which may support a dendritic cell and T-cell mediated immunogenic tumor cell death response.

Keywords: modulated electro-hyperthermia; C26 allograft; DAMP; immunogenic cell death; abscopal effect

33. Electroacupuncture plus splinting versus splinting alone for carpal tunnel syndrome: a randomized controlled trial

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Introduction

The effectiveness of acupuncture for managing carpal tunnel syndrome is uncertain, particularly for patients already receiving conventional treatments such as splinting. We aimed to assess the effects of electroacupuncture combined with splinting.

Methods

We conducted a randomized, parallel-group, assessor-blinded two-arm trial on patients with clinically diagnosed primary carpal tunnel syndrome. The treatment group was offered 13 sessions of electroacupuncture over 17 weeks. The treatment and control groups both received continuous nocturnal wrist splinting.

Results

Of 181 randomized to electroacupuncture plus splinting (n=90) or splinting alone (n=91), 174 (96%) participants completed all follow-up. The electroacupuncture group showed greater improvements at 17 weeks in symptoms (primary outcome of Symptom Severity Scale score, mean difference -0.20, 95% CI -0.36 to -0.03), disability (Disability of Arm, Shoulder and Hand Questionnaire score, mean difference -6.72, 95% CI -10.9 to -2.57), function (Functional Status Scale score, mean difference -0.22, 95% CI -0.38 to -0.05), dexterity (time to complete blinded pick-up test, mean difference -6.13 seconds, 95% CI -10.6 to -1.63) and maximal tip pinch strength (mean difference 1.17 pounds, 95% CI 0.48 to 1.86). Differences between groups were small and clinically unimportant for reduction in pain (numerical rating scale, -0.70, 95% CI -1.34 to -0.06), and insignificant for sensation (first finger monofilament test, -0.08 mm, 95% CI -0.22 to 0.06).

Discussion

For patients with primary carpal tunnel syndrome, chronic mild to moderate symptoms and no indication for surgery, electroacupuncture produces small changes in symptoms, disability, function, dexterity and pinch strength when added to nocturnal splinting.

Keywords: Carpal Tunnel Syndrome; Acupuncture; Randomized controlled trial

34. Electromagnetic Hypersensitivity caused by Dental material metal post core

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Introduction

Recently, Electromagnetic Hypersensitivity has been increasing. This case report describes how the condition of a woman suffering from vertigo and difficulties to walk was improved remarkably by dental treatment.

Methods

A 66-year old woman who has suffered from vertigo and difficulties to walk for more than 13 years. At the first examination, WBC is 2000. Aluminum foil has the effect of attenuating electromagnetic radiation. When I covered the patient's mouth area with aluminum foil, it became easier for her to walk. This suggests that something in her mouth was acting like an antenna capturing electromagnetic waves, and that electromagnetic hypersensitivity had been the cause. Next, diagnosis using BDORT (Bi-Digital O-Ring Test) determined the cause to be a metal post core put on the upper right cuspid, which I subsequently removed.

Result

After removal of the metal post core, the patient's condition improved.

Conclusion

After removal of the metal post core, the patient started to walk more easily. However, she was not able to walk while holding the removed metal post core in her hand. The material caused electromagnetic hypersensitivity. So it is thought that dental material influences electromagnetic hypersensitivity. I experienced the case where electromagnetic hypersensitivity improved remarkably by removing metal post core. In our IT society, it is thought that dental treatment in consideration of the impact of electromagnetic waves is necessary.

Keywords: Electromagnetic hypersensitivity; metal post core; BDORT; vertigo; difficulties to walk

35. Epidemiological characteristics of malignant melanoma in the Republic of Macedonia

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Introduction

Malignant melanoma is the most serious and the most malignant breast skin and mucous membranes. The number of cases of melanoma is rapidly increasing with the annual increase in the number of cases is about 4-5%, which means that the number of sufferers doubles every 10-15 years. Aim of the paper is to show the incidence and prevalence of malignant melanoma in the country.

Method

Applied retrospective method of working with data analysis for the period of 4 years, 2008 – 2012. Data were obtained from hospital reports for stationary patients treated for malignant melanoma in the country and the Institute of Public Health - Skopje.

Results

In the Republic of Macedonia in the period of 2008-2012 was marked tendency to increased mortality and in 2008 55 people died, and in 2012 64. In 2012 the mortality rate was 3.1 per 100000 inhabitants, of which 39 are men and 25 are women. The mortality rate among men increased from 2.8 in 2008 to 3.8 per 100000 men, and the rate of maternal deaths in the period of 4 years has averaged 2.4 per 100,000 women. 64 deaths, 63 were aged over 20 and one is under 20 years.

Conclusion

Death rates from malignant melanoma in the world and in our country every year and increases. This implies the need for analysis that will indicate the need for greater use of preventive measures for early detection and diagnosis.

Keywords: epidemiological characteristics; malignant melanoma; Macedonia

36. Establishing Integrative Care for Children with Cancer – The Impact of Teamwork

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Introduction

While prognosis in pediatric oncology is improving through achievements of modern integrative care, patients are suffering from multiple side and late effects. To ease the associated suffering external applications as used in anthroposophic medicine and care have shown to be useful in ameliorating nausea, abdominal pain and sleeping problems. A holistic concept of care can open up new therapeutic resources for the nurses. While they develop new therapeutic skills, they can feel more self-efficient and more satisfied with their work. As part of a project to implement anthroposophic care in the standard care on a pediatric oncology ward at a German university hospital, we conducted a field study at an integrative pediatric ward in an anthroposophic hospital. Leading question of this contribution is if there is something special about teamwork in

Methods

The transcripts of interviews and field notes were analyzed according to thematic analysis. Core categories were identified and further analyzed.

Results

As important parts of integrative teamwork, the following points were identified:

- mutual priorities on integrative care,
- improving each other's skills,
- a focus on self-care and self-awareness and
- structures for interprofessional exchange in the team.

Conclusion

Based on our analysis one important part of integrative care is the team. To validate and contrast our findings we will broaden our research on teamwork in integrative care and will conducted field studies at further teams in integrative as well as academic hospitals.

Keywords: Integrative Care; pediatric oncology; teamwork

37.Evaluation of the Detection of Pathological Areas of Patients Using Objective Measurement Apparatus – Finger Muscle Tone Decrease by Physical Stimulation of the Skin

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Introduction

As Bi-Digital O-Ring Test (BDORT) is a diagnosis method carried out on the basic mechanism of the physiological phenomenon called the decline of muscular power of fingers (DMPF), the examiner and patients (or mediator) are demanded to perform BDORT with constant power. For the beginner, Moment O-Ring Test (MORIT) Method was taught to use ORT Tester (OT) easily.

Methods

Outpatients of the Shimotsuura Clinic (50 Cases; Male 18, Female 32) were subjected and checked by direct BDORT method. DMPF & open degree (OD) were evaluated.

Results

1. The detection rate (DR) of the abnormality with more than 20% increase of the OD by the stimulation of abnormal area and checked by OT was 66.2% (86/130 lesions).

2. The DR by sex of the abnormality with more than 20% increase of the OD by the stimulation of abnormal area and checked by OT were 61.9% in male and 68.1% in female.

3. The DR by diseases of the abnormality with more than 20% increase of the OD by the stimulation of abnormal area and checked by OT were 82.5% in pain, 46.2% in cancer, 55.6% in pre-cancer and 58.0% in ischemic disease.

Conclusion

Clearly-defined groups by using OT were (A) Integrin alpha5beta1 positive group, (B) Thromboxane B2 positive group and (C) Substance P positive group. With comparison by using OT, highest extraction rate was group (C) and group (B), (A) in order. High detection rate of the disease was remarkable.

Keywords: Bi-Digital O-Ring Test; MORIT; Integrin alpha5beta1; Thromboxane B2; ORT Tester

38. Exploring the experience of pet therapy on patients and staff in the acute care setting.

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Introduction

Research suggests that pet therapy is beneficial to hospitalized patients (Coakley & Mahoney, 2009). Findings indicate that following pet therapy visits, patients report feeling happier calmer and less alone (Cole & Gawlinski, 1995). Patients on general care units reported feeling comforted, satisfied, relaxed, attached, and peaceful after dog visits (Coakley 2003). While there is evidence to support pet therapy with patients, no studies to date have explored the experience of this intervention on dog handlers or nurses,

Research question: What is the experience of a pet therapy visit on nurses and pet therapy handlers? Specific Aims: To qualitatively understand the experiences of the pet therapy program at Massachusetts General Hospital (MGH) on nurses and dog handlers.

Methods

Nursing staff on three inpatient units and dog handlers with the MGH pet therapy program were invited to attend focus groups, which were audio taped and transcribed prior to content analysis.

Results

Three themes were identified: (1) Pet therapy visits promoted relaxation, comfort and decreased stress for nurses, (2) Handlers report satisfaction knowing their pet visits provided patients with a connection to the outside world, reduced stress and enhanced comfort, (3) Nurses and handlers identified the pet therapy program as catalyst to promoting a healing environment for patients and staff..

Conclusion

A pet therapy program in the hospital setting promotes positive feeling in nurses and handlers, which contributes to a healing environment for patients and staff alike.

Keywords: Pet therapy; hospitalized patients; healing environment

39. Extremely fragile: playing with care! A self-rating study on music therapy's application with young patients suffering from drug addiction

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Introduction

The authors propose a study on Music Therapy's application to patients suffering from drug addiction admitted in a therapeutic community.

The MT approach used in this context is mainly based on a sonorous music relationship between the patient and music therapist. MT facilitates the expressive process, increasing relational abilities and regulation of emotions. This approach is based on intersubjective psychological and "affect attunement" theories.

Methods

In a period of 20 months (80 weekly sessions), are examined the emotional states of participants (n = 54 males) through technical analysis of individual sessions and in parallel the compilation of 20 individual monthly VAS questionnaire before and after the selected session (Vas questionnaire = 40). The proposed items have investigated the following emotional states according to 5 fundamental domains in the rehabilitation of this clinical setting: Rage, Anxiety, Loneliness, Confidence and Awareness of own emotional state.

Results

The results of the study suggest that MT can lead to a real change of internal states for this patient population in relation to the domains examined, especially for items relevant to Rage, Anxiety and Confidence in the group.

Discussion

The statistical analysis effected on the variations in post session data for each temporal phase of the treatment underline a "learning effect" that culminates with the third detection (12 sessions) and the appearance by patients of new self-assessment models more referable to the social dimension compared to that individual. The clinical efficacy seems to coincide for the same items at the seventh detection (28 sessions).

Keywords: Music Therapy; Drug Addiction; emotional states

40. Health profile comparison between Hungary and China

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Introduction

To compare Hungary and China's health profile and have a full picture about the their similarities and differences.

Method

We selected the important indicators from the database of WHO (World Health Organization): basic statistical data (population size, the number of livebirths, the number of deaths, life expectancy at birth, leading causes of death, the rate of health care spending per capita, adult risk factors, drinking water supply, sewage rate).

Results

The proportion of people over 60 is 24% in Hungary and 14% in China. There is a big difference in the proportion of urban population (HU: 70%, CN: 53%). The number of deaths per year factor is higher than the number of births per year factor in Hungary (death: 129.100 per year, birth: 98.100 per year). On the other hand the number of birth is higher than the

number of death in China (death: 10.044.900, birth: 18.513.700). There is a main difference in the distribution of the causes of deaths among under-five in 2013 that the maternal mortality (HU: 37%; CN:16%) occurs more than the congenital anomalies (HU: 29 %; CN: 13%). In China, the births asphyxia ratio (CN: 15%; HU: 6%) and the acute respiratori infections is higher (CN:14%; HU:5%). The raised blood pressure (HU:25,6-42,7%; CN: 23,7-29,8%) and the obesity (HU: 20,4-26,2%; CN:4,6-6,8%) are more important from the adult risk factors than the others in Hungary. The leading cause of death in 2012 was stroke (2.331.300 death) in China and ishaemic heart deases (34.300 death) in Hungary. There is a big difference int he rate of health care spending per capita between China (more than 600 USD) and Hungary (more than 2000 USD). The drinkingwater supply and the sewage rate are 100% in Hungary, during this time the water supply is 90% and the sewage rate is 65% in China.

Conclusions

First, the differences between the two countries's indicators are not necessarily due to the population size. Second, higher expenditure in health care does not necessarily result in a better health status.

Keywords: China; Hungary; health care; demography; health policy

41. Herbal Medicines' Use and Their Application-determining Parameters among Patients with Hyperlipidemia: A Cross-sectional Survey

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Introduction

Despite growing demand for medicinal herbs, there are trace data about their use by patients with hyperlipidemia. We aimed to determine the prevalence, pattern, and associated factors for use of medicinal herbs among patients with hyperlipidemia.

Methods

A 17-item semi-structured questionnaire was filled out by 195 patients with hyperlipidemia, in a cross-sectional study carried out in two academic endocrinology clinics in Shiraz, Iran. The questionnaire comprised of three main domains of: demographic data (6 questions), clinical data (2 of them), and data related to use of medicinal herbs (totally 9 questions).

Results

A total of 77.4% of patients took medicinal herbs. The most common medicinal herbs used by hyperlipidemic patients were, *Zataria multiflora*, *Cinnamomum zeylanicum*, and *Zingiber officinale*. Duration of hyperlipidemia was significantly longer in herbal users than non-herbal users ($p=0.04$). Patients believing that concomitant use of routine drugs and herbal preparations had synergic positive effects in addition to those persuaded that herbal preparations possessed less side effects, were significantly more likely to use medicinal herbs ($p=0.008$ and 0.005 , respectively). Additionally, most of the medicinal herb users (87.4%) changed neither the pattern nor the dosage of their medication all during herbal preparations use.

Conclusions

This study demonstrated a high prevalence of medicinal herbs' use among patients with hyperlipidemia, which was associated with the duration of hyperlipidemia, patients' viewpoints about herbal preparations' synergic positive effects, and their lesser side effects.

Keywords: Hyperlipidemia, Medicinal plants, Complementary and alternative medicine, Prevalence

42. HIJAMA

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Introduction

The hijama, an ancient Arabic method of treatment have been used for 1400 years, have been researched for 3 years.

Method

This study started in 2000 in cooperation between the University of Damascus and Sheikh Muhamed Amin Research Center. More than a thousand healthy and sick people took part in it. Among them were patients struggling with high blood pressure, migraine, headaches, allergies, psoriasis, gout, autoimmune disorder and a variety of diseases. Clinic inspections and clinical blood tests were made. Then they have undergone Hijama, and after a week new clinical inspections and laboratory tests were carried further. The results were analyzed with the latest computational techniques.

Results

The study has surprising results, which were reported in a 400-page book. The book is called AL-Dawa Al Ajeeb 'the miracle cure'.The researchers came to the conclusion that human back has an area (kahel region), which helps the liver, spleen, kidneys and intestines excretion work and filters the blood of accumulated waste materials.

Conclusion

Microscope examination of blood removed during the cupping revealed that it was nearly free of WBCs and full of misshapen, old and defective red blood cells and containing harmful autoimmune antibodies.

Keywords: Wet Cupping; hijama

43. Hirudotherapy and Integrative Medicine

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Introduction

Hirudotherapy is one of the oldest methods of treatment of humans – the first mention of the healing properties of medicinal leeches encountered in Ayurveda (Sushruta, 5-4 century BC) and ancient Greek medicine (Nikander of Colophon, Themisson from Laodocia, 2-1 century BC), where it was used as one of the areas in the system of bloodletting.

Methods

The first feasibility study of universality and self-sufficiency of hirudotherapy in the treatment of human pathology was proposed by Dr. Broussais (France), in the system of his "physiological school" (1800-50), which contributed to the "hirudotherapists explosion" swept the country of modern Europe, and then the entire world. Unfortunately, with the advent of the "cellular" theory of general pathology by R. Virchow (Germany, 1858) and the rapid development of the pharmaceutical business, hirudotherapy lost their leading positions and in the latter was almost forgotten. The scientific study and justification of therapeutic action of leeches began in the late 19th century, as a result of discharge from the saliva of the leech of the large complex of the active ingredients. For today, we have a scientifically based and clinically proven for over 2.5 thousand years the results of treatment using.

Results

For today clinically determined several major therapeutic properties of medicinal leeches: a direct multi-level anticoagulant and thrombolytic, direct anti-inflammatory and lymphatic drainage effect, and the ability to reduce the viscosity of the circulating blood. Thus, according to our ideas, the main impact of treatment lies in the possibility of normal physiological recovery of all components of the tissue microcirculation, disorders which are the leading pathogenetic process of most acute and chronic non-communicable diseases of humans and animals.

Conclusions

High efficiency and environmental friendliness, the possibility of combined use with other techniques of integrative and conventional medicine - cause-deserved interest in hirudotherapy from the medical community that objectively reflects the significant increase in the interest of the world's population to this area of treatment and prevention.

Keywords: hirudotherapy; medicinal leech therapy; leech therapy

44. Hyperemesis gravidarum treated with anthroposophic complex therapy. A case series

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Introduction

Hyperemesis gravidarum generally includes intractable nausea and vomiting and interferes with a pregnant women's daily life. In conventional medicine only symptomatic therapy options that solely last for the time of application exist and moreover, these are controversial discussed, i.e. no sufficient therapy yet exists. The anthroposophic complex therapy shows observable results in inpatient rehabilitation while treating with Art therapies and an anthroposophic medication therapy. The aim of this case series is to describe anthroposophic complex therapy for Hyperemesis gravidarum.

Methods

This is an observational study of inpatient pregnant women at Paracelsus-Hospital Richterswil (Switzerland). All were diagnosed with Hyperemesis gravidarum and suffering severe nausea and vomiting in the first trimester of their pregnancy. The therapy includes an infusion therapy with *Nux vomica*, *Solum uliginosum compositum* and *Bryophyllum pinnatum* as well as painting therapy, Eurythmy therapy and rhythmic massage therapy. This case series were described according to the case report guidelines.

Results

With the anthroposophic complex therapies an improvement of the symptoms of nausea and vomiting within one week could be shown. After one week the women were discharged and return to their respective daily life.

Conclusions

Anthroposophic complex therapy is a valuable option to treat pregnant women suffering hyperemesis gravidarum. It is addressing causes and not only symptoms, is well-tolerated with lasting effects.

Keywords: Pregnancy; Nausea; Vomiting

45. Immune System and Dental Treatment

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Introduction

It is widely known that the immune system needs to be stabilized for recovery and maintenance of physical and mental health as well as during treatment of infections and cancers, and thymus gland function is key for developing and improving the immune system. However, it is less well known that the thymus gland function is related to the condition of dental occlusion. We observed changes in the symptoms of severe periodontal disease after dental treatment with important consideration to the thymus gland functions.

Methods

We established occlusion, using the Bi-Digital O-Ring Test (BDORT) and considering the physiology of the thymus gland as the primary index, for treatment of severe periodontal disease.

Results

Teeth that would have been certainly extracted based on the existing medical treatment for periodontal disease were conserved and functioned successfully and stably for 15–30 years over.

Conclusions

For treatment of severe periodontal disease, an infection, we provided treatment using BDORT and gave important consideration to thymus gland function, which is closely associated with stabilization of the immune system. This allowed teeth that would be extracted based on the existing medical treatment of periodontal disease to work successfully and persist stably for long periods of time. This result indicates that occlusion establishment with treatment considering the physiology of the thymus gland could conserve teeth affected by severe periodontal disease.

Keywords: Bi-Digital O-Ring Test; immune system; thymus gland function; dental occlusion; severe periodontal disease

46. Effects of metal salts at sub-toxic concentrations

Immunomodulatory effects of metal salts at sub-toxic concentrations

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Introduction

Because different metals are used in complementary medicine for the treatment of diseases related to a dysfunction of the immune system, this study aimed at determining the immunomodulatory potential of Pb(NO₃)₂, AuCl₃, Cu(NO₃)₂, HgCl₂, AgNO₃, SnCl₂, AsCl₃ and SbCl₃ at sub-toxic concentrations.

Methods

The influence of the metal salts on primary human mononuclear cells was analyzed by measuring cell viability with WST assay, apoptosis and necrosis induction by annexin V/propidium iodide staining and proliferation by carboxyfluorescein diacetate succinimidyl ester (CFSE) staining and flow cytometry. Effects on T-cell activation were assessed with CD69 and CD25 expression whereas CD83, CD86 and CD14 expression was measured to evaluate the influence on dendritic cell maturation. Alterations of IL-2 and IFN- γ secretion were detected by ELISA and genotoxic effects were analyzed using the comet assay.

Results

Except for silver nitrate all metal salts showed immunomodulatory effects at for PBMC sub-toxic concentrations. Retardation of cell proliferation was caused by Pb(NO₃)₂, AuCl₃ and Cu(NO₃)₂ without affecting cell viability. Inhibitory effects on IL-2 secretion were measured after incubation with Pb(NO₃)₂, AuCl₃, Cu(NO₃)₂, HgCl₂ and AsCl₃ at for the cells sub-toxic concentrations.

Discussion

Cu(NO₃)₂ was immunomodulatory at physiological concentrations but all other metal salts showed effects only at dosages at least 10 fold above serum reference ranges. Toxic side-effects of low-concentrated metal preparations are unlikely, because the daily oral intake of metals does not exceed the upper limits which are set in the drinking water ordinance or, in case of AsCl₃, the duration of its application is regulated.

Keywords: Metal salts; Immunomodulation; Cytotoxicity; Proliferation; Cytokine secretion

47. Impact of neural therapy (NT) as an integrative therapy in head and neck

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Introduction

Neural therapy is a method of diagnosing and treating illness and pain. NT uses local anesthetics (LA) for local therapy, segmental therapy or finding disturbance fields.

Methods

Several Case reports show the benefit of NT in the treatment of functional syndromes and of chronic or acute pain syndromes. In any case, diagnosis is the first step, if infection or cancer isn't found the next step is treatment. The main topic of NT is pain treatment using LA for local therapy or trigger point therapy. A disturbance field like chr.infections, scars, teeth has to be found if local treatment fails. In some cases surgery can be a solution for therapy of disturbance fields.

Result

There are a lot of functional disorders in the head and neck area like Hyoidtendiopathy, Otolgia and others which can be treated with NT. This lecture will show the principles of NT and my approach as an ENT -specialist in hospital and in a private office.

Conclusion

Neural therapy is a safe and simple method of treating many medical problems in head and neck, as an integrative therapy.

Keywords: Neural therapy; head neck; ENT; functional syndrom

48. Integrative Approach in diagnosis and treatment of autistic children

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Introduction

Autism is connected with brain and liver infection mixed with heavy metal deposit in hippocampal region as with liver and pancreas enzyme disorders and intolerance of food.

Method

37 examines suffering from autism were examined by indirect Bi-Digital O-Ring Test (BDORT). All patients were treated respecting Dr. Omura's Selective Enhancement Drug Uptake Method (SEDUM). Intolerance of food was treated by using magnetic water treated by MDK Chip and patients got optimal dose of supplements. Patients were protected from non-ionizing radiation by special protectors (Guard plus) and minerals.

Results

Indirect BDORT found mixed infection and heavy metal body burden. The most affected zone were hippocampus and liver. What is common to all children are: Mixed infections of hippocampal area and infection of the liver. Heavy metals deposited in the brain, Exposure to electromagnetic stress, Intolerance of food: basic gluten and milk and dairy products. The deficit of digestive enzymes (reference substance-Digestodoron, Weleda Germany). Iodine Deficiency in Organism (reference substance: Oil-80, Planet of Health). Lower levels of telomeres of the brain cells than of the body (rapid aging of the brain), Low levels of vitamin D, Low level of Tryglicerides (Oil 67)

Disturbed gut flora, Low level of Tryglicerides.

- Treatment was administered according to problems described above:
- 17 are in NORMAL GROUP (45,9%)
- 15 have significant improvement and different level of communication (40,59%)
- 5 had no improvement (13,5%)

Conclusion

By implementation of all above-new integrative approach, fast improvement of health can be achieved in patients with autism.

Keywords: Autism; BDORT; intolerance of food; gluten;

49. Integrative health care – working towards a clearer definition

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Introduction

Interest in the integrative health care (IHC) approach has escalated in recent years, with the number of publications, academic chairs, associations, forums and centres of IHC increasing across the globe. However, there is still no consensus on what IHC actually is, or what the term denotes. As a result, inconsistencies and misperceptions about IHC ensue.

Methods

The proposed definition was informed by a grounded theory approach, in which 54 Australian stakeholders (including consumers, conventional health providers and complementary health providers) were interviewed about their perspectives and understandings of IHC. General and specific themes were identified from the verbatim text. Themes were then drawn from a documentary analysis of relevant society / agency documents. Both sets of themes were used to create a series of definitions of IHC.

Results

Seven themes emerged from the interview data and documentary analysis. These themes included: multi-disciplinary, holism, inclusivity, respect, access, client-centeredness and evidence-based. These themes were used to formulate multiple definitions of IHC for deliberation. A single definition was agreed upon by consensus.

Conclusions

The development of an unambiguous definition of integrative health care is critical to establishing a clearer identity for IHC and IHC practitioners, as well as serving to provide greater clarity for consumers, other health providers and policy makers. In recognising the need for a clearer description of IHC, we propose a theoretically-grounded, stakeholder-informed definition of IHC.

Keywords: Integrative health care; definition; grounded theory; document analysis

50. Integrative Medicine in the treatment of rare diseases

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Introduction

A rare disease is one disease which affects a small percentage of humanity. 1: 2,000 to 1: 500,000 people. Worldwide, about 350 million people suffering from more than 7,000 different rare diseases. Therapies exist for only 5% of rare diseases. Most hereditary diseases are very rare infectious diseases, auto-immune diseases, rare cancers. These are serious, often chronic and progressive disease.

Results

Signs of rare diseases can be observed at birth or in childhood, (spinal muscular atrophy, neurofibromatosis, osteogenesis imperfecta, chondrodysplasia or Rett syndrome. Over 50% of rare diseases appear only in adulthood, Huntington's disease, Crohn's disease, Charcot- Marie-Tooth disease, amyotrophic lateral sclerosis, Kaposi's sarcoma or thyroid cancer. The problem in diagnosis was the lack of medical and scientific knowledge. The integrative approach to rare diseases provides a bridge between the worlds of Western and complementary medicine, nutrition, psychological, spiritual, social and environmental medicine. This allows the doctor or therapist to patiently develop a full understanding of the causes and meaning of illness, the needs of persons who are ill and their own role in the healing process. Integrative medicine is a provider open to the values of all health approach assesses its strengths with equal fervor on the basis of uniform medical and personal needs of each individual in different stages of development of their illness and the path to healing. Integrative medical approach to rare diseases an individual is seen as a complex being whose health depends on the interaction of mind, body, spirit and environment in which they live and work. These four levels are used to understand the nature of the problem, the cause of the disease, the needs of persons in the course of the disease and potential pathways to recover from illness and prevent the re-emergence of diseases.

Discussion

For most rare diseases there is no cure, but appropriate treatment or medical care can improve the quality and length of life of patients. Major difficulties in treatment are in search of a diagnosis, the reliability of information and guidance to qualified professionals.

Conclusion

Integrative medicine in clinical practice in the treatment of rare diseases has a significant role.

Keywords: integrative medicine; rare disease; treatment

51. Integrative system approach in the therapy of adenoid hypertrophy and glue ear in children.

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Introduction

Adenoid hypertrophy (AH) and chronic otitis media with effusion (COME) are common in pediatric practice. The conventional therapy (COM) is usually based on watchful waiting, nasal decongestants and surgical interventions. We introduce an integrative, non-invasive system approach (IM).

Methods

Its main elements are: 1) Local nasal preparations as extracts of *Cydonia fruct. glycerinum* and *Citrus lemon fruct.*, 2) Constitutional non-allopathic medication as *Berberis/Quarz Glob. WALA*, 3) Facilitation of pneumatization as: a) Passive techniques without pressure, b) Low pressure exercises (0-ca. 50 mmHg), c) Middle pressure exercises (ca. 50-100 mmHg), d) High pressure autoinsufflation exercises (ca. 100-150 mmHg), 4) External warmth (thermal) interventions (local and systemic), 5) Anti-allergic therapy and/or diet in case of allergy, 6) Parents and patient education with anatomical and physiological-functional illustrations, videos, brochures, feed-back sessions, detailed instructions on all interventional measures as well as on nasal hygiene, proper nose-blowing technique.

Results

This IM treatment involves a complex personalised system reducing the necessity of conventional surgical interventions, use of antibiotics and analgesics. The treatment is effective, safe and well tolerated.

Discussion

In our lecture we introduce some data of a GEP-conform prospective, non-randomized study based on the measurement of objective and subjective (scaled) parameter and different outcome variables.

Keywords: adenoid hypertrophy; chronic otitis media with effusion; integrative medicine

52. Legal Situation of Anthroposophic Medicine in Europe

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Introduction

Anthroposophic medicine (AM) integrates conventional medicine with the anthroposophic perception of the human being encompassing in addition to the biomedical level also psychological or mental and spiritual dimensions and the capacity for self-healing and ability for continuous development of the individual person.

The legal situation of AM can be assessed on three fields: (1) Recognition on the academic level as an evidence based integrative medical system of person-centered medicine, (2) Recognition on the political level by integration into public health services and health policies. (3) Recognition of Anthroposophic medicinal products (AMP) on the regulatory level.

Methods

Preliminary results are presented from questionnaires conducted by the International Federation of Anthroposophic Medical Associations (IVAA) in 2011 and updated in 2016.

Results

The data from 18 European countries (16 EU member states, Switzerland and Norway and 12 countries outside Europe) show: University chairs for AM are established in 8 countries (4 in Europe), some within the context of Integrative medicine (IM). AM is practiced in 24 hospitals in 5 European countries, of those 15 hospitals, all in Germany or Switzerland, serve within public health care. Regulation for AMPs is insufficient in most countries in and outside Europe with the exception of Germany and Switzerland.

Conclusion

The recognition and acceptance of AM is increasing in particular in the academic realm. In Germany and Switzerland AM is firmly integrated into public health care. The regulation for anthroposophic medicinal products is still insufficient.

Keywords: Anthroposophic medicine; research and university teaching; integration into public health systems; anthroposophic medicinal products

53. Malva sylvestris preventive effect on urinary toxicity of radiotherapy for prostate carcinoma.

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Introduction: Many patients receiving external beam radiation therapy (EBRT) after radical prostatectomy experience some degree of radiation-induced cystitis during or after EBRT. The aim of this study was to evaluate the effectiveness of one of the safe mucilaginous herbs (Malva) in preventing radiation-induced dysuria in patients who are undergoing EBRT for prostate cancer.

Methods: From April 2013 to August 2014, 68 patients were randomized into two groups using four block randomization, 34 to the drug (Malva) group and 34 to the placebo group. Of the 68 patients who began the study, 60 completed it. They were instructed to use the medication, i.e., Malva or the placebo, three times a day for six weeks. They were followed every two weeks for eight weeks, and urinary function was assessed in each visit by asking questions based on the Visual Prostate Symptom Score (VPSS) and a dysuria severity score.

Results: The median age of the 68 patients was 66. 22 of 27 patients in the control group (77.7%) suffered from dysuria, while dysuria was detected in 23 of 33 patients (69.6%) who received Malva (odds ratio=2.70 for dysuria). After two weeks, four weeks, and six weeks of treatment with Malva, dysuria due to EBRT was milder in the treatment group than in the control group, and the differences were statistically significant ($p = 0.005$, $p = 0.004$, $p = 0.001$, respectively).

Conclusion: The positive results of this study warrant further studies in the protective effect of Malva against urinary toxicity induced by EBRT.

Keywords: Malva; Radiotherapy; Dysuria; Traditional Persian Medicine

54. Meta-analyses of homeopathy and the philosophy of science: applying double standards because of plausibility bias?

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Introduction

When meta-analyses of the clinical of homeopathy show a traceable balance of study selection and meaningfulness of the results, they show a positive tendency for homeopathy. Nevertheless the authors strongly restrict their conclusions concerning the efficacy of potentised remedies. Do the data justify the deductions, or are there hidden prejudices that influence the scientific evaluation of homeopathy? If so, how could the underlying assumptions be explicated by the means of the philosophy of science?

Methods

The five global meta-analyses of homeopathy are analyzed in detail with reference to sample size, selection criteria and statistical methods. The results with their respective assessment by the authors are presented. In a second step the line of arguments concerning these appraisals is deconstructed with reference to epistemological considerations.

Results

Four out of five global meta-analyses of present positive results. The remaining work with a negative rating proves to be methodologically flawed. The reasoning that limits the implications of the respective researchers with regard to the efficacy of ultradiluted substances is strongly influenced by plausibility bias. Philosophy of science reveals reductionist materialism to be at the bottom of these prejudices.

Discussion/Conclusions

Homeopathy could be understood as a scientific anomaly: The current paradigms of medicine and the natural sciences only provide an insufficient theoretical framework to understand the associated phenomena. These paradigms block the way of investigation if researchers adhere to them in an unreflected manner. Research in homeopathy is an example of science that is beclouded by ideology.

Keywords: Homeopathy; meta-analyses; plausibility bias; philosophy of science

55. Microwave Resonance therapy - The Quantum Possibilities of the Acupuncture System Stimulation

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The usage of athermic, low-intensity electromagnetic waves of extremely high frequency microwave range (EM MW) is a biomedical novelty in quantum medicine.

Microwave resonance therapy (MRT) is based on the Russian-Ukrainian concept on quantum nature of acupuncture system, as a dynamic structure joined at the locations of the maximum of de Broglie's interferential three-dimensional standing waves. The changes in dielectric properties of tissues lead to a disease, deforming the structure of the EM MW standing waves and related acupuncture system. Microwave resonance therapy (of extremely high frequency 42-100 GHz, athermic energy 10-4eV and extremely low intensity 10-21 W/Hz cm²) resonantly normalizes frequencyresponses in excited acupuncture system and an organism biochemically overcomes a disease via physiological-neurohumoral MW and self-regulatory acupuncture mechanisms.

This paper shows biophysical basics of microwave resonance therapy, methodology, similarities, differences and novelties in current Russian and Ukrainian technologies, as well as results of microwave resonance therapy application in own practice, which confirm high effectiveness of this approach.

Keywords: microwave resonance therapy (MRT);acupuncture system; quantum medicine

56. Mulberry-Extract Reduces Total Blood Glucose Rises in Normoglycaemic Adults

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Introduction

High sugar and carbohydrate intake is associated with obesity and type 2 diabetes. Reducing poor quality carbohydrate intake is a public health priority. Reducose®, a proprietary mulberry leaf extract (ME) and functional food ingredient, may reduce blood glucose responses by reducing gastrointestinal glucose absorption.

Methods

A Phase 2 double-blind, randomised, repeat measure, 4-arm, crossover trial was used to determine the effect of three doses of ME versus placebo on blood glucose and insulin responses when co-administered with 50g maltodextrin, a high GI starch, in normoglycaemic healthy adults. We also determined the gastrointestinal tolerability of ME.

Results

The mean participant (SD) age and BMI were 29.4 (10.9) years and 23.0 (2.3) kg/m², respectively. Mean (95% CIs) for the difference in the positive Incremental Area Under the Curve (pIAUC) (glucose) for half, normal and double dose ME compared with placebo were -10.36 (-30.60, 9.88; p=0.316), -23.58 (-43.82, -3.35; p=0.022) and -37.01, (-57.25, -16.77; p<0.001). The difference in the pIAUC (insulin) for half, normal and double dose ME compared with placebo were -350.32 (-927.87, 227.23; p=0.234), -856.09 (-1433.64, 278.54; p=0.004) and -887.35 (-1464.90, 309.80; p=0.003). There were no differences between the groups in experiencing or severity of one or more adverse gastrointestinal symptoms.

Conclusions

ME significantly reduces total blood glucose and insulinaemic responses after ingestion of high GI starch. The pattern of effect demonstrates a classical dose response. This food

supplement may help safely modulate glucose absorption and consequent hyperglycaemia from dietary carbohydrates.

Keywords: glucose; mulberry; diabetes insulin

57. New method in integrative oncology: oncothermia

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Introduction

Motto: *“Never treat the cancer! Always treat the patient, who is suffering from cancer.”*

Malignancy is a systemic disease. The solid malignant tumor looks local but it is definitely systemic by invasion and dissemination of cancerous cells and form micro and/or macro metastases in the far distance. Our objective is to show a new method of the integrative treatment of solid malignancies.

Method

Oncothermia is a kind of hyperthermia in oncology. Its main advantage is the heterogenic, selective heating of malignant cells. It kills the malignant cells by a special kind of apoptosis, immunogenic cell-death (ICD) which is based on proper appearance of damage associated molecular pattern (DAMP) in place and time-sequences. Oncothermia completed with immune-stimulator guides tumor-specific immune action and has effective possibility creating abscopal effect.

Results

Abscopal effect of oncothermia is well proven in murine models. The effect is shown in clinical cases too, treating the primary tumor, and acting on the far distant metastases. The main advantages of the abscopal effect are the elongation of survival time and simultaneously improving the quality of life of the patients. This method could be applied in far-advanced cases, in high-line therapy protocols in cases when the conventional therapies fail.

Conclusion

Oncothermia is feasible to open new modality of integrative oncology. In addition to the case reports, a prospective clinical trial is in progress.

Keywords: oncothermia; ICD; immune-oncology; abscopal effect

58. New Possibilities for Acupuncture System Stimulation with Low-Intensity Electromagnetic Millimeter Waves: Microwave Resonance Therapy (MRT), Effects on Pain Conditions

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Introduction

The use of athermic, low-intensity electromagnetic waves of microwave range(EMW MW) of extremely high frequency(EHF) is a novelty in quantum medicine. MRT is based on Russian-Ukrainian concept of quantum dimensions of the acupuncture system(AS), as a dynamic structure, joined at peaks of de Broglie's interferential 3D standing waves. Changes in tissues' dielectric properties lead to a disease, by deforming structures of standing waves' EMWMW and AS. MRT resonantly normalizes: fresponses in excited AS and the organism biochemically overcomes a disease via physiological-neurohumoral MW and self-regulatory acupuncture mechanisms. The role of MRT in reduction and/or elimination of pain, most likely is realized through EM quantum receptors.

MRT properties: athermic intensity 10-21 W/Hz cm², EHF (42-100 GHz), energy 10⁻⁴ eV.

Methods

A brief overview of biophysical basis, integration of conventional diagnostics (CD) and MRT in treatment of pain conditions. Two-year study of MRT of pain conditions, in 63 patients (29 M and 34 F), average age 57 (27-103). Assessment of pain intensity was gained using a verbal pain score(VPS) and statistical data analyzed with a T- test.

Results

Patients had undergone CD with CTh in referential CD institutions before applying MRT. Persistent pain indicated involvement of MRT. Pain intensity was monitored: 1st - 10th day,

after 1.5 month and during next two years. Statistically significant high pain reduction was observed after a 10-day MRT application ($p < 0.01$).

Conclusion

Integrated approach reflected in CD and MRT. MRT is a non-invasive, highly effective and promising method of QM in eliminating painful conditions.

Keywords: Microwave resonance therapy; quantum medicine; acupuncture system; pain

59. A Different View on Acupuncture Applications to Back-Shu, Front-Mu and Huatuojiaji Points

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Introduction

I will speak about acupuncture applications for Back-Shu, Front-Mu and Huatuojiaji Points. I want to build a bridge between traditional acupuncture and present-day medicine.

Methods

Back-Shu, Front-Mu and Huatuo-Jiaji points, is especially effective for treating diseases of the visceral organs. Applying acupuncture on these points affects visceral organs, related meridian and local area. Acupuncture's effects can be explained as viscerocutaneous, cutaneo-visceral, cutaneo-muscular, and viscerocutaneous reflexes.

Results

Segmental dispersion of the sympathetic and parasympathetic systems is related to the location of these points.

Discussion

I want to build a bridge between past and present-day medicine. When these points have been palpated, if the person feels tenderness at the point, we think to indicate that there is a problem in point-related to internal organs and point-related to area of dermatome. When any of the visceral organs malfunction, positive reactions such as sensitivity or tenderness will be manifested at the corresponding points. Palpation of sensitive points can be a useful aid to diagnosis.

Conclusions

Stimulating techniques such as acupuncture, moxibustion, or massage may be applied to these points to relieve disorder of the corresponding organs.

Keywords: Acupuncture; Massage; Back-Shu; VisceralOrgans; Autonomoussystem

60. Optimizing cancer patients' follow-up care in general practices by integrating complementary and alternative medicine (CAM) methods – study protocol of the CAM-NAKOPA-Project

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Introduction

Due to an increasing number of oncology patients interested in using complementary and alternative medicines (CAMs) on a regular basis, further integration in follow-up care conducted by general practitioners (GPs) is needed. After completing initial treatment, oncology patients often experience the desire to address their holistic healthcare needs by consuming methods from classical and/or non-classical natural medicine (e.g. phototherapeutics, mind-body techniques, dietary changes etc.) and require appropriate guidance or counseling. The GP embodies a central guiding role, however, often feels uncertain of how best to advise patients on this complex healthcare topic.

The purpose of the current CAM-NAKOPA-Project is to develop a CAM counseling intervention for oncological healthcare services in general practice by considering the perspectives of GPs and their healthcare teams, oncology patients and CAM experts.

Methods

This research relies on a three-phased qualitative study design aiming to compose and test a CAM counseling intervention to address oncology patients' holistic healthcare needs within general practices. Three different units of qualitative analysis will be interwoven to develop the complex intervention: 1) analysis of the perspective of general practice teams, 2) gaining insight into the needs and perspectives of oncology patients after completion of initial treatment, 3) exploring views of CAM experts on how they value standardizing CAM

counseling in follow-up GP care. The data collection will be conducted in two main Metropolitan areas in Baden-Wuerttemberg, Germany, namely the cities Heidelberg and Tuebingen. Based on the qualitative data analysis, a CAM counseling intervention will be developed and piloted in approx. five general practices. After initial testing, the counseling experiences will be presented and discussed on a multiprofessional workshop. Afterwards, the intervention will be finalized, ready to be tested within a confirmatory study design.

Results

Recruitment of the study started in May 2016 and will last until 2017. Preliminary results will be presented at the conference.

Conclusion

This is the first study focusing on the guiding role of GPs with regards to CAM. This study will add to previous research by exploring how oncology patients' holistic healthcare needs can be sufficiently addressed by skilled, qualified, and motivated GPs. Further, the developed intervention will provide the foundation to continue implementing this holistic counseling concept within current and modern general practices.

Keywords: Integrative oncology; Complementary and Alternative Medicine; General Practice; follow-up treatment; tertiary prevention

61. Our Experience in Neonatal Acupressure and Acupuncture

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Introduction

Non pharmacological strategies are important for managing neonatal pain during routine follow-up visits and during neonatal intensive care unit stay. We want to share our experience about acupuncture and acupressure in newborns as a treatment modality.

Materials and Methods

We studied in which diseases and how we can use these treatment modalities in newborns. **Ecevit et al.** studied 10 preterm infants who required a heel prick for blood gas analysis. Needle acupuncture was performed at Yintang point before heel prick. Shorter crying duration and lower neonatal infant pain scores was found in the needle acupuncture group. **Abbasoglu et al.** found that applying acupressure at the BL60 and K3 points before heel lancing was safe and associated with shorter procedural time and shorter crying time in preterm infants. **Abbasoglu et al.** indicated that laser acupuncture (LA) with 1.125 microjoules of energy at the Yintang point two minutes prior to heel lancing is less effective than oral sucrose for reducing pain. **Tugcu et al** showed the impact of acupressure application on the Yintang point on neonatal skin perfusion, oxygen saturation and pulse rate. After acupressure application on the Yintang point, the pulse rate value was found in newborns decreased significantly.

Conclusion

We summarised our studies about acupuncture and acupressure effect for minor painful procedures and skin perfusion and thought that this could be a new treatment modality. Further research is needed to evaluate effective modes and doses for pain control in newborns.

Keywords: Pain; Newborn; Acupuncture; Acupressure

62. Physicochemical Investigations of Homeopathic Potencies: a Systematic Review of the Literature

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Introduction

In order to direct future research on homeopathic potencies, it is necessary to have a solid overview over previously used methods and experimental results. For this systematic review, we focussed on laboratory experiments that investigated physicochemical properties of homeopathic potencies and compared them to controls or between several potency levels.

Methods

Relevant publications were searched for in databases (SCOPUS, Embase, Web of Science, HomBRex, PubMed), article references, and personal collections of literature. Eligible documents were peer-reviewed articles, theses, books, book sections, and conference proceedings without language restrictions. Biological systems and mathematical models were excluded. All articles found were rated by two reviewers according to a manuscript information score (MIS). Articles could score between 0 and 10 points, as 0 to 2 points were given each for description of: experimental procedure, materials, measuring instruments, potentiation method, controls. Articles with an average MIS ≥ 5 were retained for further review.

Results

173 publications were submitted to information scoring. 57 publications were excluded due to low MIS, and 116 publications with an average MIS of 7.2 were included in the review. Among the physical and chemical methods used were: nuclear magnetic resonance; spectroscopy; (thermo)luminescence; fluorescence; conductivity; calorimetry; pH; atomic force microscopy, and transmission electron microscopy. High quality research was characterised by the use of several independent production series of the potencies, adequate controls, blinding and randomisation of the samples, and statistical analyses of the results.

Conclusions

A rigorous methodology is necessary to receive meaningful results in the physicochemical characterisation of homeopathic potencies.

Keywords: ultra-high dilution; physicochemical properties; systematic review

63. Polyphony of health discourse: heroes and villains of CAM narratives

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Introduction

A polyphony of arguments for and against CAM (Complementary and Alternative Medicine) reflects a current health discourse in Western societies. The purpose was to investigate health discourse by analysing CAM narratives of lay people and health professionals, with the aim to better understand the reasons for supporting or resisting CAM use.

Methods

Data comprises a set of CAM healing stories written by readers of a wellness magazine and a set of writings of medical professionals on CAM published in the mainstream media in Finland in spring-summer 2016. A semiotic theory of culture with the assumption that the stories follow a general narrative structure (AJ Greimas, V Propp) was used when implementing qualitative discourse analysis.

Results

A preliminary analysis of two selected stories - one of a patient and one of a physician - will be presented. The pro-CAM lay narrative interprets an active citizen as a hero, while the anti-CAM professional narrative refers to scientific evidence. Both of them talk about doctors' professional competence (lack or abundance) as a reason for patients to use/not use CAM. Two bipolar villains (threats) are poisonous drugs/unnecessary surgery vs. inefficient "belief healing". There are several discrepancies linked to both narratives e.g. role of placebo, use of medication and concept of curing disease vs. treating symptoms.

Discussion

A bipolarity of CAM discourse mirrors a mismatch between biomedical and holistic healing paradigms calling to reduce such an incompatibility i.e. to shorten the distance between evidence based medicine and patient experiences.

Keywords: discourse analysis; semiotics; cultural CAM studies; lay opinions; paradigm

64. Potential of *Bryophyllum pinnatum* as a detrusor relaxant: effects of a bufadienolide-enriched fraction in a porcine bladder model

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Introduction

Bryophyllum pinnatum (BP) is a herbal medication used in integrative medicine for various indications, e.g. for overactive bladder (OAB, syndrome characterized by urinary urgency with or without incontinence). Detrusor hyperactivity is a major problem in OAB and often treated with synthetic medications, but compliance of patients is low. Promising data were obtained in a BP vs. placebo OAB pilot clinical trial. Also, BP press juice (BPJ) and a flavonoid-enriched fraction could inhibit electrically stimulated detrusor contractions in vitro. We here investigated whether a bufadienolide-enriched fraction from BPJ (BF-BPJ) locally affects detrusor contractility.

Methods

A bufadienolide-enriched fraction was obtained from BP leaves. Porcine detrusor muscle strips were used for the experiments, whereby contractions were induced with KCl. Effects of a bufadienolide-enriched BP-fraction were investigated, and compared with those of a pure bufadienolide, bufalin.

Results

Treatment with the BF-BPJ led to a concentration dependent reduction of contraction force. At 0.1 and 1 mg/ml, the force corresponded to $65\pm 14.5\%$ and $8\pm 1.5\%$ of initial, respectively ($n=4$ each). Bufalin led to a decrease in contraction force (at 0.1 mg/ml, $9\pm 9.7\%$ of initial, $n=4$). Vehicle controls led to a moderate increase of contraction force (typically 120% of initial).

Conclusions

A BF-BPJ inhibits detrusor contractility in a concentration-dependent manner. These observations could provide an explanation for the results of the pilot study on the treatment of OAB with BP, but have to be interpreted with caution, given the low amounts of bufadienolides present in BP.

Keywords: Bryophyllum pinnatum; overactive bladder; bufadienolides; detrusor muscle strips

65. Pre-clinical and clinical data confirm the anticancer effect of Deuterium depletion

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The two stable isotopes of hydrogen, protium (1H) and deuterium (2H) differ in their physicochemical nature. Deuterium-depleted water (DDW) significantly inhibited the growth rate of different tumor cell lines in culture media and xenotransplanted MDA-MB-231, MCF-7 human breast adenocarcinomas and PC-3 human prostate tumors in vivo. The apoptosis-triggering effect of DDW was demonstrated both in vitro and in vivo. The anti-cancer effect of D-depletion was also confirmed in a double-blind, randomized, 4-month-long, human phase II clinical trial on prostate cancer. D-depletion, as an adjuvant therapy, caused 3-7 fold increase of median survival time (MST) in lung cancer, two-fold in advanced breast cancer and it also effectively prevented recurrences of early stage breast cancer. It is suggested that the cell cycle regulating system is sensitive the changes in the 2H/1H ratio. Two main events take place in the cell at the same time: the binding of a growth hormone to the receptor activates the H⁺-transport system, which preferentially eliminates H⁺, resulting an increased 2H/1H ratio, which is essential to start cell division; the properly working mitochondria, the terminal complex of mitochondrial electron transport chain reducing molecular oxygen to DDW, which reduce the 2H/1H ratio and inhibit the cell growth. The balance between the activated H⁺-transport system and the DDW-producing mitochondria which determine the 2H/1H ratio in the cells is proposed as the key mechanism for cell growth regulation.

Keywords: Deuterium depleted water; DDW; cell growth; clinical; cancer

66. Preparation and evaluation of vaginal cream containing extracts of *Linum usitatissimum*, *Foeniculum Vulgare* and *Salvia officinalis*

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Introduction

Vaginal atrophy is one of the bothering problems of postmenopausal women that is characterized by decreased epithelial thickness, reduced vaginal maturation index and increased vaginal pH. serious adverse effects of the long-term use of HRT (especially the increased risk of thromboembolic accidents, stroke and breast cancer) reported from large, prospective study, we choose phytoestrogens that amongst the alternative treatments for vaginal atrophy. The aim of this study was to evaluate the physicochemical properties and stability of vaginal cream containing well known phytoestrogen herbs: *Linum usitatissimum*, *Foeniculum Vulgare* seeds and *Salvia officinalis* aerial part extract.

Methods

Products assessments were divided into 4 main categories: Physical examination, stability and continuity, active ingredients's release, challenge test.

Results

Release study carried out according to the permeated amount total flavonoid which is determinate by using Aluminum chloride colorimetric method. Release test's result showed that release rate of extract from F2 and F3 was slower than F1. It can be attributed to the lower viscosity of F1 and also to the higher hydrophilic nature of F2 and F3. The PEG existed in the F2 and F3 may increase hydrophilicity of the formulation leading to higher tendency of hydrophilic flavonoid extracts to the base and decreasing the liberation of extract from formulation. The w/o nature of the formulations give them the potential of lubricating or moisturizing the vaginal epithelium, which can aid reducing vaginal atrophy symptoms.

Conclusion:

It may be suggested that F1 formulation is a proper alternative for the currently available treatments for vaginal atrophy.

Keywords: vaginal atrophy; complementary medicine; flax; sage; fennel

67. Preventing traffic traumatism in adolescents associated with alcohol abuse

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Introduction

Reduce injuries and deaths from traffic accidents related to alcohol abuse. The cause of mortality due to alcohol is most common in young people aged 15 to 24 years, especially among boys. Objective of the paper is to show connection of alcohol consumption in adolescents and increased damage due to a traffic traumatism.

Method

It applied a descriptive method of operation and the data were used by the Institute for Public Health - Skopje and the Statistical Office of the Republic of Macedonia. Period of research is 2009/2010 and 2013/2014.

Results

The study conducted in 2009/2010, young boys and girls in the country showed that students early start drinking alcoholic beverages. The survey showed a greater prevalence of alcohol consumption among students with better economic status, as well as significant differences in ethnicity. The most prevalent of Macedonian nationality 27% boys and 15% girls and 6% of Albanian. Also the study showed that drinking alcohol in the last 7 days. According to the National Security Council of the traffic, the number of deaths in traffic accidents in 2014 decreased by 37% or 74 persons less deaths in traffic accidents compared to 2013, following implementation of the project in five secondary schools in Macedonia warning young people about the dangers of alcohol while driving a motor vehicle.

Conclusion

Timely educating young people about the dangers of alcoholism and prevention of traffic injuries is the responsibility of complementary factors such as family, educational institutions and the community.

Keywords: traffic traumatism; alcoholism; adolescents

68. Reinforcement Method of the Resonance Sensitivity of Fingers for Bi-Digital O-Ring Test Beginners

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Introduction

"Indirect method" is commonly used by Bi-Digital O-ring test (BDORT). If we are sensitive (If our fingers are sensitive in BDORT), we can diagnose accurately and rapidly. But almost beginners are not sensitive in BDORT. Therefore, beginners feel difficulty about learning BDORT. We compared sensitive person and insensitive person, and researched their mechanism and difference. And we applied the mechanism for BDORT beginners.

Method

1. We diagnose the abnormalities of patients by using BDORT "Indirect method". One is sensitive third person and another is insensitive. 2. We checked the third person's fingers.

Result

As a result, we found out that "a special field" which resonates with neurotransmitters (Acetylcholine, Noradrenalin, Endorphin, Dopamine, GABA, Serotonin). The field is ball-shaped with a diameter of 1-2 cm. It generates from their wrist and move to the fingertip. The field was named "resonance ball". In the case of "insensitive third-person", it stopped at the middle of finger. Beginners contacted their fingers to the object as resonance ball contact the object. Their sensitivity became better.

Conclusion

These facts show that "resonance ball" connect with resonance sensitivity of BDORT. Therefore, beginner can become more sensitive with resonance ball.

Disclosure

Author of abstracts, with publication of this abstract, hereby that is not a plagiarism and that it is not related with any commercial or advertising purposes.

Keywords: Bi-Digital O-Ring Test; resonance sensitivity; resonance ball

69. Reliability of the Inner Correspondence and Harmony Questionnaire with Painting Therapy (ICPTh)

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Introduction

Art therapy is a common therapy in Anthroposophic Medicine (AM) and is practised in psychosomatic medicine and psychiatry. Although reviews report some evidence in the treatment of cancer or depression there is still a lack of sufficient evidence and conceptual framework for a psycho-physiological based rationality of art or painting therapy. Based on the ICPH scale, we tested a new instrument to measure the inner correspondence with painting and drawing therapy (ICPTh) in the context of a multimodal intervention treatment containing psycho-, sleep-education, eurythmy and painting therapy in breast cancer survivors (BC) suffering from chronic cancer-related fatigue (CRF).

Methods

In a comprehensive cohort design study BC who were randomized or allocated by preference to the multimodal treatment alone or in combination with aerobic training filled the ICPTh after ten weeks intervention (T1) and six months later (T2). Hereby we report reliability and principal component analyses.

Results

From 71 BC who finished the ten week intervention study, 68 filled the ICPTh at T1 and T2. The mean age was 58.2 (SD=8.7). The 22-items questionnaire yielded high reliability (Cronbach's alpha=0.97, item-total correlation=0.50–0.88, test-retest reliability=0.89). Factor

analysis pointed to a 4-factor solution explaining 78% of variance: 1) Therapy congruence and relaxation, 2) Inner development and mood, 3) Artistic skill, and 4) Congruence of duties.

Conclusion

In this study a new scale on the inner correspondence and harmony with painting therapy was developed with a high reliability. The conceptual impact of the new questionnaire has to be evaluated in further studies.

Keywords: art therapy; breast cancer; cancer-related fatigue; inner corresponding questionnaire

70. Renewing medicine integratively new line: what can Anthroposophy contribute?

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Integrative medicine needs comprehensive understanding of man's body, soul and spirit related to his natural and cosmic surroundings. Anthroposophic medicine may be seen as attempt to integrate the human body, soul and spirit in science based medicine.

The concept of Anthroposophy, introduced by the German philosopher Rudolf Steiner about 100 years ago, enables a scientific approach to handling the human organism as an entity having made way for new therapeutic methods and treatments, such as pharmaceutical processes, mistletoe therapy, curative eurythmy, art therapies, body therapies (e. g. external applications, rhythmic massage), biography work, mind-body-therapies (e.g. hygienic and curative meditation) and others.

The concepts of anthroposophic medicine can serve as an encouragement and an example for further developing integrative medicine - independent of philosophic or cultural orientation.

The lecture gives a synopsis of these concepts underlying anthroposophic medicine and a survey of the procedures based on them.

Keywords: anthroposophic medicine; integrative medicine; mistletoe; curative eurythmy; art therapy

71. Safety of treatment provided by homeopaths

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Introduction

Even though homeopathy is regarded by many as a harmless intervention, homeopathic practice, may not be entirely risk free. Homeopathic aggravation, a concept unique for homeopathy, may impose a particular risk as it allows the health status of the patients to deteriorate before there is an possible improvement. Risk in homeopathy can be divided into direct and indirect risk. Direct risk includes traditional adverse effects of an intervention and indirect risk is related to adverse effect of the treatment context, for example the practitioner. The aim of this research is to delineate how homeopaths assess patient safety in clinical practice and how they understand and distinguish homeopathic aggravation from adverse effects.

Methods

A qualitative approach was employed using focus group interviews with Norwegian medical and non-medical homeopaths.

Results

Available data suggest that the risk profile of homeopathic remedies is minor, however, there is a potential for indirect risk related to homeopathic practice. In that respect it is imperative to distinguish homeopathic aggravations from adverse effects. In a general risk evaluation of the homeopathic treatment it may be useful to assess the patients symptoms in accordance with the natural course of disease and evaluate any deviation from the normal curve as a possible adverse effect of the treatment.

Conclusion

It is imperative that during the education in homeopathy, more emphasis is placed on patient safety and that the students are trained to identify serious and red flag situations.

Keywords: Homeopathy; homeopathic aggravation; adverse effect; patient safety; risk assessment

72. Shared Communication between Evidence-based and Experience-based Clinical Care

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Introduction

A present paper is related to my doctoral thesis “Music and Autism – Prosodic Sign in Existential Semiotics” (2015). The aim of the study was to explore a musical origin of linguistic speech and musical semiosis in the human development on Autism Spectrum Disorder. A semiotic approach demonstrated an interactive role of music in between understanding speech and child’s innate communication readiness. The research material consisted of experience-based observation, goal-oriented music-therapy and analyzed musical signification in non-verbal dialogue with children on severe autism.

Method

The analysis and philosophic reasoning was based on Existential semiotics and psychoanalytic interpretation. The empiric musical data coordinated with the Italian complementary clinical practice called the “Globality of Languages” within the Arts. Due to autism the study was in addition affected by the neurobiological basis and evidence-based research of ASD.

Results

The dissertation indicated a new approach to study a communicative importance between music and autism. The proto –lingual musical signs were signified by a new prosodic theory developed in the mentioned musicological study.

Discussion

A child with severe autism benefits from experience-based clinical support before or simultaneously with the speech therapy. Music and the other arts appear as prosodic continuum for basis of developing linguistic communication. The speech problems caused by autism do not refer automatically to lack of human intelligence. An evidence-based autism

finds a core of speech understanding in experienced-based sense-making and material imagination.

Keywords: music; autism; interaction; non-verbal; communication

73. Study about the Influence on the Pain of Poppy Seed Oil Dropped in the Organ Representation Areas of Umbilicus

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Introduction

Poppy Seed Oil (PS Oil) has been used as an analgesic, sedative as herbal medicine. The therapeutic effect was researched by using Bi-Digital O- Ring Test (BDORT).

Methods

Subjects. Outpatients of Shimotsuura Clinic were subjected (23 male & 42 female; 35 pains, 19 cancers, and 13 other disease patients). Method of Injection. PS Oil was dropped into the umbilicus (1-2 times/day) and massages the navel to infiltrate the Oil.

The painful degree was measured by using BDORT, before and after treatment. As the Reference Control Substances, 8-OH-dG, Integrin alpha5beta1, Thromboxane B2 (TxB2), HSV1, Chlamydia pneumoniae (Ch.P), Substance P (Sub. P), Human Papilloma Virus (HPV), Borrelia burgdorferi (B.B), CEA were measured and evaluated to each 10-100g - 10-6g (BDORT Units).

Results

1) As the results of BDORT, Sub.P, 8-OH-dG, HSV1, Ch.P, and TxB2 was improved significantly ($P < 0.001$). Pain was improved in most cases. The Pain Scale was improved to 2.47 ± 1.73 from 7.47 ± 2.03 ($P < 0.001$). 2) The Pearson coefficient of the parameters associated with Sub.P were examined. Results were following; 8-OH-dG vs Sub.P 0.520 ($p=0.390$); HSV1 vs Sub.P 0.637 ($p= 0.166$); HPV vs Sub. P 0.612 ($p = 0.005$); BB vs Sub.P 0.577 ($p = 0.008$); Pain Scale vs Sub.P -0.153 ($p = 9.1 \times 10^{-37}$).

Conclusion

This study suggested that it was effective for sharp pain by using PS Oil dropped into the umbilicus area. This will be no side effect & cost-benefit method for the pain.

Keywords:

Bi-Digital O-Ring Test; Poppy Seed Oil; Pain; Reference Control Substance; BDORT Units

74. TCM treatment in melanomas of the horse

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Introduction

Melanomas occur in horses of over 6 years of age, in grey horses in which the coat turns grey or white; they are especially common in Lipizzaners, Arabians, Percherons and certain family lines have also been identified to be predisposed to the condition probably as a result of in-breeding. The perineum and the base of tail are the most common sites of development, but this neoplasia develops in any location: lips, neck, parotid area, shoulders, trunk, lymph node involvement. Medical treatment consist in the oral drug cimetidine, surgical excision is the mainstay of treatment and is often accompanied by cryosurgery (freezing); incomplete excision may increase the risk of aggressive re-growth or metastasis.

Method

The Acupuncture treatment was applied to 49 horses and it has been bought to usual therapies and over a period of 16 years. Diagnosis and treatment were conducted according to the criteria of TCM. Acupuncture therapy consisted of dry needles, hydroacupuncture, electroacupuncture, laserpuncture and TCM techniques (moxibustion, Chinese massage, Chinese diet), with good results in restraining the development of neoplasms and in improving the general horse wellbeing.

Results

The work shows that Acupuncture is a non-invasive medicine that allows long-time monitoring of the disease and to ensure the quality of life of horses and as a viable alternative to conventional therapies.

Conclusions

The work confirms the results of the scientific studies that show the mechanisms of acupuncture anti-cancer effects: inhibition of the metabolism of tumour cells; prevention of metastasis through improvement of the physical and chemical properties of blood.

Keywords: Veterinary Acupuncture; Oncology; Melanoma; Horse

75. The Effect of Applying Reflexology Massage on Nitroglycerin Induced Migraine Type Headache

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Introduction

Nitroglycerin(NTG) Induced Migraine Type Headache is one of the main complaints of patients whom admitted to hospitals. The aim of this study was to determine the effectiveness of reflexology massage on intravenous nitroglycerin induced headache in patients that admitted to the coronary care unite(CCU).

Methods

This is a randomized clinical trial. The Study samples were 75 patients that divided randomly into three groups; control group, intervention group and placebo group. Then intensity of baseline headache of patients who received NTG measured by 0-10 numeric pain scale. Patients in the intervention group received reflexology massage two times for 20 minutes (the second application was 3 hours after the first one.), which the upper part of the patient's toe that is a reflection point of the head, massaged in both feet. In the placebo group an unspecified point in the foot (heel) that is not related to head massaged. Patients in the control group were instructed to continue their routine health care. Data were obtained from the patient information form and 0-10 numeric pain scale that completed 3 times; just before the intervention and after two times intervention in all groups.

Results

No baseline differences existed between three groups for the mean of numeric pain scale ($P = 0.66$) before the study; but the difference between groups after the application was statistically high ($p = 0.000$).

Conclusions

Applying reflexology massage in nitroglycerin induced headache can relieve these patients pain. Additional research in other complementary and natural health care interventions also may be beneficial.

Keywords: Nitroglycerin induced migraine type headache; complementary and natural health care; coronary patient; reflexology massage

76. The Effect of Cotoneaster manna on Neonatal Jaundice: A PRISMA-Compliant Systematic Review

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Introduction

Neonatal jaundice is a common problem affecting approximately 60% of term infants and 80% of preterms. Therapeutic interventions such as phototherapy and exchange transfusion are considered in neonates with severe hyperbilirubinemia to prevent its complications. Although present interventions are effective, but reported adverse effects directed many research efforts on new pharmacological methods for treatment of neonatal jaundice. In the traditional Persian medicine, the manna of *Cotoneaster nummularia* (purgative manna) is commonly used in the treatment of neonatal jaundice, and multiple studies have investigated its efficacy. This study aimed to systematically review the efficacy of *Cotoneaster manna* on neonatal jaundice.

Methods

English databases including Medline, Scopus, Web of Science, Science Direct, Proquest, Google Scholar and Persian databases including Iranmedex, SID, Magiran were searched for clinical trials which studied the efficacy of *Cotoneaster manna* on neonatal jaundice. 668 studies were found, 22 of them were clinical studies, which 15 of them were excluded due to not meeting inclusion criteria. Jadad scale was used to assess methodological qualities. Seven

studies with Jadad score ≥ 3 points involving 804 participants: 410 cases versus 394 controls were included in the analysis.

Results

All participants in these seven studies were admitted in hospital and received phototherapy. Total Plasma Bilirubin in 0, 12, 24, 36, 48 hours and the duration of admission were checked and no adverse effect was reported.

Conclusions

In conclusion, although Cotoneaster manna showed positive effect on treatment of neonatal jaundice in these studies, but more studies with larger samples and in compare with phototherapy is needed with focus on mechanism of action of Cotoneaster manna.

Keywords: Cotoneaster manna; neonatal jaundice; Traditional Persian Medicine

77. The effect of Kaqun water on functions of elderly people

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Introduction

We studied the effects of water with high oxygen content on cardio-vascular and mental functions of elderly people in a randomized, double-blind, control group study.

Methods

The patients (average age 65 years) we divided into four groups. They drank 0,5; 1; 1,5 l/day Kaqun water, and control group drank 1 l tap water/day. We have examined the plethysmogram, the standard deviation of the pulse in relaxed state and under load with the tools of HRV analysis, the speed of vasodilation (flexibility), blood pressure (systolic and diastolic), oxygen saturation, SRT (reaction time) and CRT (cognitive time). The study lasted for a month.

Result

We experienced significant changes in the reduction of systolic blood pressure (10 Hgmm), reflex time (11%) and cognitive time (11-39%). Improvement of the well-being and physical

performance of patients was observed. In other parameters we observed lower degree of change.

Discussion

The improvement of elderly's circulatory and mental parameters are related to the special impact of Kaqun water.

Several mechanisms may be responsible for the effect of Kaqun water:

1. Creation of free radicals, which has a direct vasodilational activity and plays a signaling role; quickens the neurotransmission speed as a neurotransmitter (decrease of reflex time) and information processing on the nerve cells (improvement of memory time).
2. Improved energy processes due to the higher oxygen consumption of mitochondria

Based on these – among others – the Kaqun water may be is useful tools of preventive geriatric.

Keywords: high oxygen water; autonomic nervous system; SRT; CRT; vasodilatatio

78. The effect of leek (*Allium iranicum* (Wendelbo)) leaves extract cream on hemorrhoid patients: A double blind randomized controlled clinical trial

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Introduction

Considering the known pharmacological effects of *Allium iranicum* and the use of this herb in Traditional Persian Medicine (TPM) as an antihemorrhoid agent, we evaluated the efficacy of *A. iranicum* leaf extract cream for management of hemorrhoids in a double blind randomized placebo control trial.

Methods

Eighty patients with symptomatic hemorrhoids were randomly allocated to three groups to receive topical leek cream or placebo cream or routine cream for the management of hemorrhoids (antihemorrhoid) for a period of 3 weeks. Bleeding severity (primary), pain, defecation discomfort, anal itching severity, and overall subjective improvement (secondary) were assessed as outcomes of this study.

Results

A significant reduction was observed in the bleeding severity, anal pain, defecation discomfort and anal itching of all patients. The leek cream group had significantly less bleeding severity than standard antihemorrhoid and placebo groups at the end of the study (0.26, 0.83, 0.35, respectively $P= 0.04$). The number of patients with more than 50% subjective improvement was also significantly more in the leek cream group compared to other groups (12, 5, 6, respectively $P = 0.04$). The mean reductions in pain, defecation discomfort and anal itching showed no significant difference between the three groups ($P = 0.07, 0.39, 0.33$, respectively).

Conclusion

The current study showed significantly better outcomes for the leek group compared to the standard antihemorrhoid and placebo groups for bleeding severity and overall subjective improvement. However, there was no difference among topical use of leek, routine antihemorrhoid and placebo creams symptomatic relief of pain, defecation discomfort and itching.

Keywords: Allium iranicum; Leek; Hemorrhoids; Herbal medicine; Traditional Persian medicine

79. The Effect of Reflexology Massage on Hair Regrowth after Chemotherapy Induced Alopecia in Cancer Women

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Introduction

Alopecia is a common and devastating side effect of many antineoplastic agents. It is affecting approximately 65% of cancer patients. The impact of the potential loss is so

profound that some patients with cancer consider refusing therapy. The aim of this study was to determine the effectiveness of reflexology massage on hair regrowth after chemotherapy induced alopecia in cancer women.

Methods

This is a randomized clinical trial study and study samples were 60 women with stage I, II, or III cancer, that their chemotherapy or radiation therapy completed before and they had complete alopecia due to chemotherapy. They are divided randomly into two groups; control group and reflexology intervention group. Those in the intervention group received reflexology massage 15 minutes, 3 times (per 8 hours) every day for 3 months. Those in the control group were instructed to continue their routine health care. Data were obtained from the patient information form and hair measurement form. Coulisser vernier was used for hair regrowth measurement. Minimum and maximum hair lengths were measured in two groups every month after beginning of the intervention for 3 times in both groups.

Results

Controlling for baseline complete alopecia in two groups, those in the intervention group reported significantly improvement in regrowth of their hair as compared to control group ($p < 0.001$).

Discussion

Alopecia has a detrimental effect on body image among women undergoing chemotherapy and novel interventions are needed to assist women in coping with this consequence of treatment. For women with cancer, reflexology massage can improve their hair regrowth.

Keywords: cancer patients; chemotherapy induced alopecia; complementary and natural health care; reflexology massage

80. The effectiveness of wet cupping on diseases: a systematic review of randomized controlled

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Introduction

Wet cupping is one of the most practiced therapies of the unani system of medicine and has been used in various diseases in many countries though there has been no systematic review of clinical research on Wet Cupping on diseases. This review is to evaluate the therapeutic effects of wet cupping therapy using evidence-based approach on all available clinical studies.

Methods

We included randomized controlled trials on wet cupping therapy for various diseases. The search was done by key word of “wet cupping”, “hijama” and “clinical trial”. We searched pubmed, the Cochrane library, web of science, scopus, Google scholar and Persian scientific journal Databases (SID, Iranmedex, Magiran). All searches ended in February 2016. Two authors extracted data and assessed the trials quality independently. We included the articles with Jadad scale score 3 and more than of that. Eligible studies were randomized controlled trials (RCTs) that examined the therapeutic effect of cupping therapy on a disease. Studies on wet cupping therapy combined with other complementary therapy were excluded.

Results

Fourteen RCT involving various types of diseases were included. This study showed wet cupping was significantly better than medications alone on number of diseases in ten RCTs and was ineffective in four RCTs.

Conclusion

Wet cupping showed some potential benefits in treatment of different diseases without serious adverse effects in multiple clinical studies. However there were serious methodological issues in these studies, further large, rigorous designed trials are warranted to confirm previous researches.

Keywords: Wet cupping; Hijama; Traditional Persian Medicine; Presenter Dr. Fatemeh Tabatabaei

81. The effects of acupuncture on addictive behaviours.

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Introduction

Addiction is nowadays understood in a multifactorial etiological model, which includes psychological, neurobiological, social and environmental factors. Substance abuse, obesity, shopping, learning, gambling, use of internet, all may start as a pleasurable experience and become an addictive behavior. All these behaviors have something in common: a pain-stress avoidance. Addiction is a biological, pathological process that alters the way in which the pleasure center, as well as other parts of the brain, functions. These brain changes can be long lasting, and can lead to the harmful behaviors. In recent years significant progress has been made delineating the psychological components of pleasure, reward and their underlying neural mechanisms and also the psychological components of reward: liking, wanting, and learning. Most findings support that addictive behavior share the common property of enhancing the effect of midbrain DA function.

Methods

Acupuncture is being integrated into Western medicine for treatment of pain and other conditions. Acupuncture has been used in the treatment of addictions. The mechanism of acupuncture is associated with an increase in the level of neurobiologically active substances. There are also data indicating that acupuncture induces the release of norepinephrine, serotonin, and dopamine in the central nervous system and plasma.

Results

These research findings can explain the potential clinical application to disease states including addictive behaviors and the potential effects of acupuncture treatment for different addictive stages

Keywords: Addiction; behaviour; pain; acupuncture; dopamine

82. The Influence of Functional Diagnosis on the Safety of the Patient

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For conventional doctors, the diagnosis is based on, for example, questioning, physical examination, blood samples, X-Rays, Ultrasound, CT-scan and MRI-scan. For health care

providers who practice integrative medicine, an additional toolbox of diagnostic approaches is available, such as additional questioning (e.g., to identify patient type), pulse diagnosis, and specific examination techniques. A simple diagnostic tool consists of looking for pain points and trigger points in muscles and ligaments. Even conventional doctors could reassess their approach of patients with acute or chronic pain using this examination technique, and by doing so reduce the risks of the subsequent therapeutic approach. When there are signs of a muscular component such as pain, stiffness, muscular weakness and limited range of motion, one can look for muscular pain points or muscular trigger points and treat these. When there are signs of a ligamentous component such as pain after a traumatic event, one can look for ligamentous trigger points and treat these. For example, patients with pain in the leg who are diagnosed with a herniated disc on the MRI-scan, may be referred to surgery because the disc is accepted as the cause of the pain in the leg (conventional diagnosis). However, physical examination may reveal trigger points in the Gluteus Minimus muscle or trigger points in the Posterior Sacroiliac ligament (functional diagnosis). Local treatment of these trigger points (e.g., dry needling, injections) may lead to disappearance of the pain, without the costs and side effects of conventional approaches such as surgery.

Keywords: Functional Diagnosis; Conventional Diagnosis; Pain Points; Trigger Points; Risk Reduction

83. The relationship of Awareness Under Conscious Hypnosis (AUCH ©) method with Yamamoto New Scalp Acupuncture (YNSA) and Soliman's Hand Acupuncture

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Introduction

“Awareness Under Conscious Hypnosis (AUCH©) Method” can be used integratively with acupuncture in many different fields of medicine. In this workshop, this integrative approach will be illustrated by elaborating the correlations between AUCH© method and Soliman, TCM, Su-jok, and Yamamoto acupoints and meridians.

Methods

AUCH© is a state of consciousness created by specific induction techniques and suggestions; and it aims to make changes in attention, perception, memory, emotions and senses of the patient. To create these aimed changes in order to regulate, maintain and improve the patient's psychological, physiological and social wellbeing, AUCH© has a treatment protocol consisting of three steps: "1)MAYA© (Making Acceptance with Your Awareness), 2)Induction and 3)Autohypnosis"

Microsystems acupoints and meridians are inducted to increase the efficiency of the treatment with the active use of "hand passes, touchings and tapings" as an inherent part of AUCH© treatment.

Results

During AUCH© induction stage, various acupuncture points and meridians are stimulated on the entire body to reach the aimed therapeutic goals. Additionally, hand acupuncture points are utilized during autohypnosis since the hand gesture which is "covering the thumb with other four fingers like a fist" is used as the "autohypnotic key sign" in AUCH©.

Conclusions

TCM, Su-jok, Soliman, Yamamoto microsystem acupuncture can be utilized integratively and efficiently with AUCH© during induction and autohypnosis.

Keywords: Soliman; Yamamoto; AUCH©; Medical Hypnosis; Autohypnosis

84. The thermal effect of modulated electro-hyperthermia on tumor-cell membranes

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Introduction

Modulated electro-hyperthermia (mEHT, trade-name oncothermia) can target cancer due to its elevated permittivity without harming the surrounding normal tissues. In our earlier in vitro pilot study we tested the heat-related luciferase inactivation rate which may indicate intracellular temperature but there was no difference between mEHT and a conventional heating method. In this work we aimed to clarify the selective heating effect of mEHT at tumor cell membranes.

Method

To verify our idea of membrane-heating, we made in silico calculations. In earlier in vitro measurements we observed elevated lethal effect of mEHT in U937 histiocytic lymphoma cell line compared to water bath heating. The membrane-heating effect of mEHT was tested through calcium ion influx changes on A431 epidermal and HT29 colorectal carcinoma cell lines using fluorescent microscopy.

Results

The in silico calculations revealed several times higher energy-absorption on the transmembrane proteins than in their adjacent lipid bilayers. The thermal effect test showed the same tumor destruction efficiency at 3°C lower temperature when using mEHT then when using water-bath heating. The calcium ion influx was also significantly higher after mEHT supporting the hypothesis of the tumor cell membrane-selective mechanism of mEHT.

Discussion

Our results suggest that mEHT targets tumor cells via their membranes by inducing thermal hotspots and heat-shock on protein clusters (lipid rafts). This effect can result in ~3°C higher local temperature in cell membranes and more efficient tumor destruction than conventional transmission heating despite of the same average intra-tumoral temperature. Further studies are needed to clarify the exact mechanism of action of mEHT.

Keywords: electro-hyperthermia; membrane-heating; A431; HT29

85. The use of Extensible Markup Language (XML) to create a mobile homeopathic materia medica

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Introduction

Extensible Markup Language (XML) is one of the most popular web languages in the life science used for Semantic Data Analysis in various fields of clinical research. One of these fields is the processing of medical full texts. Due to their structured elements, Homeopathic materia medica are good prototypes to explore the possibilities of XML.

Methods

We present an application of XML together with linguistic algorithms in the processing of Phatak's homeopathic materia medica (M-Phatak). It consists of 419 different homeopathic remedies described in their symptoms in a Head-To-Toe Scheme. Our approach enables the user not only to search within the symptom descriptions but also offers special features like sequential search within the results or the comparison of homeopathic remedies.

Results

In ten published cases we were able to reproduce the repertirisation results with our prototype. A comparison with conventional repertory softwares "RADAR- easyRep" and the electronic version of the "Bönninghausen's Therapeutic pocketbook" also found promising results. A first evaluation by a focus group of homeopathic physicians and healing practitioners moreover revealed that all evaluators found sequential search to be the key feature and the innovative element of the M-Phatak which should be the subject of further investigations and implementations.

Discussion

User demands of day to day practice and current advances in information technology have both to be taken carefully into account to further develop this prototype.

Keywords: Mobile App; Phatak; Homeopathy; Evaluation; XML

86. Thermogenetic aspects of acupoints: Can we explain physiologically Coldness in Bone and Steaming Bone Syndrome? Is there a corollary significance for metastatic breast- and prostatic cancer?

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Introduction

We present thermogenetic aspects of acupoints, according to the manual of P.Deadman, as selection criterium of acupoints which could help in treatment of internal cold to the bone and steaming bone syndrome.

Method

To this aim we performed classical medical literature research about the connection between brown adipose tissue (BAT) and thermogenesis.

Results

We discover the presence of brown- and beige adipocytes in red bone marrow. This type of marrow adipose tissue is localized in proximal erythropoietic bone and is thermoregulatory.

Conclusion

As corollary, we discover a positive relation between adipocytes in breast and periprostatic basin and the development in situ of cancer cells and their dissemination. We discover a positive relation with the degree of inflammatory pyroptosis (programmed cell death) in hyperplastic adipose tissue in obesity and diabetes. Irreversible morbidity and mortality increase with metastatic osteolytic progression.

With the presence of BAT in red bone marrow, we found a physiological mechanism to explain coldness in bone and steaming bone syndrome. Future prospects in acupuncture research concerning cancer adjuvant therapy, could take into account thermogenetic aspects of acupoints.

Keywords: thermogenesis; brown adipose tissue; red bone marrow; cytopoptosis; breast- and prostate cancer

87. Tonsilotren in chronic tonsillitis: results of a randomised, international, controlled clinical trial

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Introduction

The complex homeopathic remedy Tonsilotren has been shown in earlier trials to be effective in the treatment of acute tonsillitis. In order to obtain systemic data on the therapeutic effectiveness of Tonsilotren in the treatment of chronic tonsillitis (CT), the current randomised, controlled clinical trial was conducted.

Methods

Combined treatment with Tonsilotren (Atropinum sulfuricum D5, Hepar sulfuris D3, Kalium bichromicum D4, Silicea D2, Mercurius bijodatus D8) and symptomatic medication (test) was compared to symptomatic medication alone (control) in patients aged 6-60 years with moderate CT. Thereby Tonsilotren was given during 3 treatment periods (TP) of 8 weeks each. Endpoints were the number of acute throat infections (ATI), the number of CT symptoms and the incidence of adverse events (AEs) during the trial.

Results

ITT population comprised 254 patients (86 patients <12 years, 51 patients from 12 to <18 years, 117 patients \geq 18 years) with a moderate CT. The number of patients without ATI during the whole trial was significantly higher in the test compared to the control group (Δ test-control 29.7%, 95%-CI: 17.81-41.57; $p < 0.0001$; Chi2 test).

From the end of the first TP until the end of the trial, patients in the test group had significantly less CT symptoms than patients in the control group ($p < 0.0001$; MWU test).

From the 225 AEs in the test group, 3 AEs (gastroenteritis, nausea and dysgeusia) were rated as related to Tonsilotren.

Conclusions

Trial results suggest that Tonsilotren may be a safe therapeutic option in the treatment of moderate CT.

Keywords: chronic tonsillitis; acute throat infections; chronic tonsillitis symptoms

88. Traditional and Integrative Medicine in Serbia

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Although the beginnings of the 21st century were characterized by two seemingly opposed kinds of medical sciences (the conventional medicine–CM and traditional medicine-TM), it is notable that CM, irrespective to its undoubtedly positive contribution, has had the tendency to look on the nature of illness only partially, thus ignoring the holistically oriented TM. However, numerous studies have shown that the majority of population surveyed had used some kind of TM.

In accordance with the WHO recommendations, as well as the Serbian 2005 Law on Health Care and the 2007 Regulations, the area of TM has been defined. The Committee for TM, within the Serbian Ministry of Health, discusses and decides on the key issues regarding TM in Serbia. The emphasis is on associations, in terms of their responsibility for the good knowledge of their own members and for the respect they have to pay to the ethical and principles of good practice. Educational programs have been aligned with the licensed programs from the countries of their origin. They are carried out by the licensed lecturers. Only the programs accredited by the Health Council of Serbia are run. Judging by the number of TM branches' school classes.

In addition, there is an increasing need for the postgraduate education within medical and pharmaceutical studies.

A big problem is the lack of the integration of the TM diagnosis and treatment into the CAM protocols, as well as the problem of health insurance policy on refunding TM treatment expenses .

Keywords: integrative medicine; traditional medicine; holistic orientation; law regulations; microwave resonance therapy (MRT)

89. Treating infertility with Homeopathy

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Introduction

Infertility causes problems to every seventh couple. Gynecologists talk about an infertility proportion of 20% in Hungary. The treatment of infertility is very expensive, however the homeopathic therapy is cost-effective. Infertility has several causes originating from both males and females. In case of women it is common that estrogen, progesterone, prolactin, testosterone, TSH, FSH as hormonal differences result in complications in getting pregnant. All these can be treated well with homeopathic remedies. The **PCOS** causes more medical and endocrinological deviations that can also be eliminated by using the appropriate homeopathic agents.

Method

Endometriosis is a hardly treatable clinical picture accompanied with severe pain and sterilization. However, with appropriate homeopathic agents affecting the estrogen production, the estrogen level can easily be balanced resulting in the halt of endometriosis and promoting earlier pregnancy. When infertility occurs without any organic or hormonal deviations, determination of the patient's **characteristic agent** is important, and affects both the proper operation of the immune system and the psychological status and help work up mental problems.

Results

Based on my practice on 73 cases, the combined, symptomatic and characteristic, homeopathic treatment showed significant results. Five times twins were born, and 61 times one child was conceived and born. In 31 cases, insemination and flask treatment was also carried out with simultaneous homeopathic treatment giving rise to successful conception, embedding, pregnancy.

Discussion

The treatment of infertility with homeopathy shows significant, cost-effective results.

Keywords: homeopathy; infertility; characteristic agents; hormonal difference; homeopathic therapy

91. Treatment of gastrointestinal and respiratory chronic inflammatory conditions associated with eosinophilia using natural remedies

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Introduction

The chronic inflammatory disorders of the gastrointestinal tract (GI) and the respiratory system (RS) that are associated with eosinophilia pose great diagnostic challenge. Often, the exact aetiology is obscured therefore it is difficult to find an adequate treatment. Consequently, both the symptoms and abnormal test results may be persistent for years.

Methods

In this retrospective study, the findings of laboratory (blood) tests, imaging (abdominal US and chest X-ray) and spirometry data of patients with GI (n=20) and RS (n=20) disorders were compared to measurements of the meridians using Electro-Acupuncture Voll (EAV) machine. These patients were treated solely by natural remedies. Data of the past 5 years were collected and analysed, prior and after treatments.

Results

In the group of respiratory disorders, serology tests proved to be the most useful in finding the correct aetiology. Several causative agents (i.e. *Legionella pneumophila*, *Mycoplasma pneumoniae*, *Chlamydia pneumoniae*, parasites etc.) were identified with blood tests. They were also essential in the follow up period during the combined, specific treatment of these conditions using natural remedies. EAV tests indicated parasitic infections in most cases of inflammatory conditions of the GI tract associated with eosinophilia, even though the standard tests (stool culture) were often negative. Based on the EAV measurements, specific natural remedies were individually selected and applied for treatment in combination. Within an average period of 4 months (+/- 2 months) both the eosinophilia and the other inflammatory parameters normalised and, simultaneously, the subjective/clinical symptoms disappeared in each patient.

Conclusions

Eosinophilia often indicates clinically obscured, chronic inflammatory conditions therefore it is an important diagnostic factor. These longstanding conditions can be treated safely and effectively by 2-4-6 month long cycles of natural remedies resulting in complete remission without side effects.

Keywords: eosinophilia;chronic inflammatory; atypical pneumonia;parasites; natural remedies

92. Two cases showing improvement in symptoms after removal of dental restorative metal (amalgam) based on assessments using the bi-digital o-ring test

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Introduction

Amalgam dental fillings can leak into the patient's body in the form of vapors or metallic ions and cause systemic contact dermatitis. We report two cases, one involving oral lichen planus and the other showing numbness in the lower limb, in which the symptoms improved after removal of amalgam fillings based on assessments using the Bi-Digital O-Ring Test (Omura, Y. 1977-2018; BDORT).

Methods

Case 1: A 67-year-old woman visited our clinic on October 5, 2012 with oral lichen planus in the right buccal mucosa. The Hg (mercury) level in the oral lichen planus lesion (BDORT units) was measured using reference control substances. Case 2: A 56-year-old woman who had been experiencing numbness in the right lower limb for 3-4 years visited our clinic on August 23, 2014. The association of the symptom with amalgam was assessed using the BDORT. The amalgam fillings were removed in the descending order of the degree of positivity in the BDORT.

Results

In case 1, the oral lichen planus disappeared soon after removal of the amalgam. The Hg level gradually decreased from 450 mg at treatment initiation to 1 µg or lower at the time of disappearance of the oral lichen planus. In case 2, the numbness disappeared after removal of the amalgam filling showing the greatest degree of positivity in the BDORT. Amalgam

residue was noted at the bottom of other metal fillings (silver-palladium alloy). Elution of Hg from the amalgam may have been facilitated by contact with the dissimilar metal. We restored the teeth after selecting a suitable restoration material based on BDORT assessments.

Conclusion

The BDORT was useful to identify the causes of illness and to guide the selection of suitable restoration metal in our cases.

Keywords: Bi-Digital O-Ring Test; amalgam; oral lichen planus; numbness

93. Unique role of endogenous formaldehyde and ozone in the biological activities of high dilutions of ingredients - dose-dependent endogenous bioequivalence

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Introduction

The basic elements of the time- and dose-dependent quadruple immune response of plants to pathogens in relation to the function and reactions of formaldehyde (HCHO) and its one reaction product, ozone (O₃) were demonstrated. This finding opens a new horizon in the field of disease resistance in plants and perhaps in general in biological world.

Methods

These results give a good basis and possibility for studying and understanding hormesis, resistance as well as the unique high-dilution phenomena (e.g. homeopathy) as well and at that time the promise the elimination of century contradictions in this field.

Results

From the latest achievements of the in vitro (BioArena) system came a key discovery: all antibiotic-like compounds act through HCHO and/or O₃, but the basic molecule doesn't participate directly in the antibiotic effect. It was possible to extend the in vitro BioArena results to in vivo conditions (e.g. greenhouse experiments). The latest major result in this field is the finding of the quadruple, bioequivalent, nonlinear specific immunostimulating response for chemical pretreatment in plants using decimal dilution of inducers.

Discussion

According to more recent observations there is a dose-dependent endogenous bioequivalence in plants and others, which plays a determining role in a given biological unit.

Keywords: BioArena; bioequivalence; formaldehyde; high-dilution; immunostimulating

94. Update on biological model and clinical research in Homeopathy

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Basic science I will review the role of nanoparticles including gas bubbles, silica and original substance nanoparticles in homeopathic dilutions. Methods used include low temperature luminescence, nuclear magnetic resonance, transmission electron microscopy, selected Area electron diffraction (SAED) and analysis of polycrystalline structures for local connected fractal dimensions (LCFD)

Biological models Cell models: including epigenetic models ,meta analysis of in vitro evidence for ultramolecular dilutions, highly diluted histamine, prothrombotic effect of ultramolecular aspirin.

Whole animal models: including effect of highly diluted thyroxine on amphibian metamorphosis, Gelsemium in mouse model of anxiety, anti-arthritic action of Rhus toxicodendron.

Clinical research 1118 clinical trials of homeopathy of which 298 are randomized controlled trials have been published. Four systematic review/meta-analyses of homeopathy for all conditions have been published. Of these, three have reached positive conclusions. Systematic reviews of randomized controlled trials of homeopathy in specific clinical situations have also yielded positive results. Meta-analyses which have yielded negative results are based on small and highly selected samples.

Comparative effectiveness research Comparative effectiveness research examines the effect of integrating homeopathy into medical practice. Studies include the EPI-3 study conducted in France which included over 6000 patients and the multinational IIPCOS studies. All such studies have shown benefit to integrating homeopathy into universal health coverage. In acute situations the benefit is usually in terms speeding resolution and in chronic situations by reducing drug requirements with similar outcomes. Reduction of the use of antibiotics is particularly important in the global problem of antimicrobial resistance (AMR).

Keywords: basic science; biological models; cell culture; animal models; randomized clinical trials

95. Use of Integrative Supportive Treatment in a Child with Acute Lymphoblastic Leukemia Parallel to the First Line Therapy

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Introduction

Acute lymphoblastic leukemia (ALL) is the most common hematological malignancy diagnosed in children. 5-year survival rate is over 85% for those younger than 15 years with conventional chemotherapy (CCh), but infectious complications and toxicity still remain the main causes of morbidity and mortality. Integrative medicine is frequently used by children with malignancies also in Hungary. It is chosen by the parents as supplementation of the conventional treatment. Nowadays more and more parents choose anthroposophic medicine (AM).

Method

We present the case of a 23 months old girl diagnosed with precursor B-cell line ALL. Her treatment was begun according to the ALL-IC-BFM-2009 protocol with a 4-drug induction chemotherapy (prednisone, vincristine, daunorubicin and asparaginase). During the first three months of therapy she had 4 times febrile neutropenic periods, when she needed parenteral antibiotics and there were altogether 15 days of delay in her CCh. Cultivation of her cellulitis proved *Pseudomonas aeruginosa*. Her central catheter should be replaced once due to infection. Her parents begun with AM during the consolidation phase: *Iscador pini*, *Hepatodoron* and *Primula Muskelnähröl* were used during the active CCh. During reinduction therapy she had neutropenia without fever, without any sign of infection and there was no delay in CCh. After finishing the parenteral CCh, she got oral maintenance therapy. It was supported next to the AM therapy with *Helleborus niger* and *Colchicum autumnale*, *Symphytum comp.*, *Ca phosphoricum* and *Calcium fluoratum*, additionally with corall calcium and *Kräuterblut* with Iron (*Floradix*). During the reinduction phase of ALL treatment children usually have febrile neutropenic periods, sometimes with life-threatening complications and almost all children have minimum one week delay of CCh.

Results

In our presentation we perform on a timeline the CCh and AM treatment elements with the clinical course of our patient. In here case there were no complication and delay during reinduction, which might suggest an effect of the supportive IM treatment. No relapse was detected in the following 2.5 years since the end of the CCh therapy.

Discussion

Further studies are warranted to prove the effectiveness of IM as a complex system approach in ALL treatment.

Keywords: acute lymphoblastic leukemia; integrative medicine; anthroposophic medicine; complications; relapse

96. Utilizing the Recent Homeopathic and Academic Medical Research Findings in Treating Early Age TIC

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Introduction

It is crucial in every aspect of science including homeopathy to rely on research results in the process of healing. Proving the PANDAS-Theory by clinical trials is underway at the moment in the academic medical field.

Method

The aim of this research field is to find ways to utilize the information that autoimmune neural and psychological disorders can be linked to the poststreptococcal state. This information can be utilized very effectively in the process of homeopathic healing.

Result

Homeopathic research has furthermore proved that the healing of neurological disease patterns in which the level of above mentioned neurotransmitters is increased or decreased is possible by using homeopathic diluted Serotonin and Dopamine.

Conclusion

I have utilized the findings of this research field in healing TIC. Repeatedly. successfully.

Keywords: TIC; Homeopathy; PANDAS-Theory; Serotonin; Dopamine

97. Well tolerated Triterpene-containing Mistletoe Extract Viscum TT reduces tumor volume in pediatric Sarcoma Xenografts

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Introduction

Aqueous *Viscum album* L. extracts, excluding lipophilic triterpene acids, are widely used in alternative cancer therapy. We recreated a total mistletoe extract (viscumTT) by combining an aqueous conventional extract (viscum) and a triterpene extract (TT). Based on promising in vitro data mistletoe extracts were tested with regard to tolerability and reduction of tumor volume on Ewing- and osteosarcoma xenografts.

Methods

For in vitro experiments Ewing sarcoma (TC-71) and osteosarcoma (Saos-2) cell lines were treated with mistletoe lectin-I and viscotoxins (viscum), solubilized triterpene acids (TT) and a combination thereof (viscumTT) and analyzed for inhibition of proliferation and apoptosis induction. Additionally, for in vivo experiments, these sarcoma cell lines and cells from Ewing sarcoma patient were subcutaneously injected in mice. Depending on experiment setting mice were treated intratumorally (i. t.) or intravenously (i. v.) with increasing concentrations of viscum, TT and viscumTT. Over the experiment duration the tolerability of mistletoe extracts were assessed and the tumor volumes determined. Ewing sarcoma patient derived xenograft (PDX) was additionally treated with high dose mistletoe extract.

Result

First, high dose of viscumTT were very well tolerated without significant loss of body weight and adverse side effects. Furthermore, the tumor volume was reduced by viscum and viscumTT compared to cyclodextrin control mice. The effectiveness of viscumTT-treatment

resulting in significant tumor weight reduction, comparable to the effect in doxorubicin-treated mice.

Conclusion

ViscumTT show well tolerability in mice and high anti-tumor effectiveness in vitro and in vivo. These results indicate a promising potential of viscumTT as an adjuvant therapy in pediatric sarcoma.

Keywords: mistletoe; sarcoma; oleanolic acid; Viscum album L

98. What benefits do patients with cystic fibrosis report from learning Tai Chi?

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Introduction

People with CF are recommended by health professionals to have a strict regime of physiotherapy and regular exercise in order to keep healthy. In a randomised feasibility study the reported physical and psychological benefits of including Tai chi (TC) alongside normal exercise was investigated.

Methods

Participants were asked as part of a structured questionnaire to comment at the end of each TC teaching session on any observed benefits or negative effects attributed to this intervention. More in depth questions were asked during interviews at the end of the study conducted by an independent member of the research team.

Results

Of the 40 participants recruited to the study, 23 had face-to-face TC lessons (group 1) and 17 TC lessons delivered over the internet(group 2).This qualitative data suggested that 58% reported improvements in their breathing (group 1=70%, group 2=30%). Benefits included being able to take bigger breaths and being able to breathe better at night. 45% reported being better able to get mucus up following physiotherapy exercises if they practised TC

beforehand, (group 1=44%, group 2=56%). 45% reported improvements in posture, (group 1=61%, group 2=39%). 90% reported that they felt calmer and less stressed when they did TC, (group 1=61%, group 2=39%). Many commented that they used it to relax when feeling stressed.

Conclusions

TC may be useful to reduce stress, improve breathing, posture and other issues associated with CF. Further research is required to verify subjective reports of benefits and future studies should consider how to improve outcomes using internet delivery.

Keywords: Tai Chi; Cystic Fibrosis; Stress; Posture; Respiration

99. Application of the Bi-Digital O-Ring Test on acupuncture and complementary (integrative) medicine (holitherapy method)

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Introduction

The Bi-Digital O-Ring Test (BDORT) discovered and developed in 1977 by .Omura,M.D., as a non-invasive diagnostic tool, can be very useful in various medical condition. Dr.Ozerkan has been working for 21 years in Integrative Medicine by using BDORT. BDORT can be used in Integrative Medicine ;

1- in order **to evaluate** the accuracy of indirect Bi-Digital O-Ring Test in determination of localization acupuncture points,

2- in order to compare the results obtained by BDORT showing various medical condition with some medical test

3-in order **to compare** the value of skin's electrical characteristics obtained by standart measurement device and by BDORT,

4- in order **to discuss** the benefit of the indirect BDORT method by comparing with standart method.

Keywords: Bi-Digital O-Ring Test; Holitherapy; Acupuncture; Complementary Medicine; Integrative Medicine

100. The Significance of Energy Blockages and the Priority of Removing them in Acupuncture Practice

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Introduction

In acupuncture practice it can often be experienced that there are energy blockages hidden behind the symptoms. Many energetic blockages are hard to detect through physical examination. In such cases it is difficult to diagnose, and the treatment of symptoms is practically associated with limited success. It's important to note that neither complementary therapies, nor European medical procedures are promising. (Even targeted antibiotic therapy becomes almost ineffective.) In order to screen various blockages, computer diagnosis can be a great help. If blockages are detected, the main target of the therapy should be removing the blockages and resetting the energy balance in the body.

Methodology

In this presentation will be reported instructive energy blockage cases, which have occurred during my practice since 2008 and were explored by computer diagnosis (Acugraph 4).

Results

In case of detected energy blockages, therapeutical interventions, which are normally applied in European medicine or in acupuncture practice, did not work, only the removal of primary blockages led to good therapeutical results. 13 cases will be discussed, in 11 of them with significant improvement which has been proved by Accugraph measurements.

Conclusion

The primary blockage elimination in case of energy blockages facilitated the flow of energy, allowed proper treatment of the affected organs and gave better results than treating the symptoms first. Significant improvement was only experienced after detecting the blockages by computer diagnosis and removing them by targeted treatments.

Keywords: acupuncture; energy blockage; exploration/elimination of primary blockages; computer diagnosis

101. Controlling traditionally fever and pain

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Introduction.

“Establishing Nyctanthes arbortristis pytochemical as PGE2-G Reductase inhibitors and an alternate febrifuge”

The field of Bio informatics is crucial for validating these potential drugs target and for determining which one are the most suitable for entering the drug development pipeline. Bio informatics also brings to line-light the biological activity of several natural compounds and their potentiality to serve as a drug for many disease. Here the chosen natural compounds was from Nyctanthes arbortristis which was used traditionally to control fever and pain.

Methods

Methodology: By using bio-informatic tools of Chems sketch, pass ,Homology modeling, ADME.

Materials: Materials used were target protein sequence, Swiss PDB viewer, lead identification, docking study.

Result

The compound β .sitosterol is the one that binds to the target most comfortably with least minimum energy compared to other natural compounds and commercially available drugs. Comparing the conformational energies of the compared in docking with “**PEG2-G Reductase β -sitosterol**” is found to be the “**most effective inhibitor**” compared to all natural Nyctanthes compounds and other commercially available drug molecules.

Result is very interesting to note that one of the Nyctantheses compounds, β .sitosterol stand in strong interaction with the target than any of the commercial drugs tried. Even the most popular pain killer such as paracetamol had 4 times less affinity than β -sitosterol. In other words, one would say that we have natural compound that is 4 times potent than commercially successful pain killer.

Discussion

It is very interesting to note that one of the Nyctanthes compound β -sitosterol stand strong interaction with the target than any of the commercial drugs tried. Even the most popular pain killer such as paracetamol had 4 times less affinity than β -sitosterol. In other words one would say that we have natural compound that is 4 times potent than commercially successful pain killer.

It is concluded here with full confidence that the one of the Siddha preparation has been successfully circulated for the pharmacodynamic action. Tiny area of the dark Siddha system has been illuminated with a rational bioinformatics approach.

102. Eating habits, health and lifestyle of organic consumers in Hungary

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Introduction

Organic food is getting more and more popular in Hungary in the last few years. In the same time popular diets are as well gaining more and more followers. The aim of our study was to investigate the eating habits of the organic consumers, the diet they follow, their health, and their lifestyle.

Methods

The data were collected on the organic market of Budapest, in Waldorf schools and in the offices of homeopathic or anthroposophic physicians. 530 participants filled in the questionnaire. Seven diets were compared: hungarian, mediterranean, vegetarian, vegan, whole food, whole food vegetarian, and paleolithic diet. We examined the dietary habits, lifestyle factors, and the state of health of the participants.

Results

The more organic products the participants ate, the healthier were their eating habits, their lifestyle, and the healthier were they themselves. The health of the participants consuming the

Hungarian kitchen were significantly the worst, and their eating habits and lifestyle was as well the less healthy. The vegan consumers had the healthiest eating habits, and their health was as well the best.

Conclusions

Our results suggest, that the amount of organic products in the food grows in parallel with the setting of healthier lifestyle and healthier eating habits.

Keywords: organic consumers; organic food; health; lifestyle

103. Effects of Neurodoron® in patients with nervous exhaustion – results from a randomized controlled clinical trial

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Introduction

Nervous exhaustion is characterized by persistent and distressing complaints of feelings of exhaustion, fatigue and/or bodily weakness, irritability and nervousness. Normal periods of rest do not result in recovery. A previous non-interventional study on Neurodoron® (containing Aurum 10X, Kalium phosphoricum 6X, Ferrum-Quartz 2X) showed symptomatic relief. This controlled study was conducted to evaluate the therapeutic effects of Neurodoron®.

Methods

Randomized, double-blind, placebo-controlled clinical trial. Treatment: 6 weeks with 3x1 tablets/day Neurodoron® or placebo. At baseline, after 2 and 4 weeks patients rated 12 characteristic symptoms, their subjectively perceived stress (Perceived Stress Questionnaire, PSQ) and their general health status (Short Form Health Survey, SF-36). Blood samples for safety laboratory were taken. Possible organic causes for nervous exhaustion had to be diagnostically excluded beforehand.

Results

154 patients were randomized and analyzed. In both groups, mean age was 53 years, 70% females. Regarding the a priori defined efficacy variables symptom-sumscore, PSQ and SF-36 no advantage in favor of Neurodoron® could be demonstrated overall. Post-hoc analysis of intra-individual differences after 6 weeks treatment revealed improvement in 10 out of 12 characteristic symptoms in the Neurodoron® group (placebo: 2 of 12). Irritability and nervousness improved significantly under verum ($p=0.026$ and 0.048 , Mann-Whitney-U-test), for PSQ and SF-36 there were favorable trends. In each group 6 adverse events classified as related were reported (mainly gastrointestinal). No abnormalities in the blood tests were observed.

Conclusions

The post-hoc analysis revealed positive effects of Neurodoron® treatment. Within an individual therapeutic concept, Neurodoron® could be used for alleviation of symptoms.

Keywords: Anthroposophic Medicine; nervous exhaustion; stress; individual therapy

104. Fetal development reprogramming [Garbh Sanskar]

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Introduction

The ultimate aim to give birth to a well cultured, virtuous, majestic, vigorous, healthy, beautiful and extremely intelligent child.

An excellent development reprogramming, Garbh Sanskars, is an astonishing way of teaching good things to the unborn baby in womb during pregnancy. Though it sounds surprising, it is a scientifically proven fact. The literal meaning of word garbh is womb and sanskar is teaching good or right things. Garbh Sanskars should be performed by mother during pregnancy.

Methods

- ❖ Ayurvedic Panchakarma therapy: Panchakarma therapy is both preventative for healthy people to maintain and improve excellent cellular function, and curative for

those experiencing disease. It is a highly complex and sophisticated science of purification of the body/mind channel systems.

- ❖ Formation of fetus body and garbha sanskar.
- ❖ How to communicate with baby.
- ❖ In womb baby programming.
- ❖ Pranayama and asanas for pregnant women.
- ❖ Meditation of the mother.
- ❖ Post natural care.

Results

Pregnancy should be by choice and not by chance. It should be carefully planned and managed as per the principles of Garbh Sanskar as we have a complete control during this development phase of fetus. Many couples are capable of bearing child but mere giving birth to a child should not be the only aim. The child has to be unique, unrivalled, noble, extremely talented and enriched with all the good human qualities.

105. DETECTION NON-IONISING ELECTROMAGNETIC FIELDS BY BI-DIGITAL O-RING TEST AND NOVEL POSSIBILITY FOR PROTECTION

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INTRODUCTION

Electromagnetic Fields (EMFs), coming from different sources, have signed with health effects on humans and experimental animals in experimental and epidemiological studies when exposed to EMFs. The scope of wavelength waves generated by these devices belongs to non-ionizing electromagnetic waves. However, this energy is sufficient to prevent normal physiological mechanisms of cell and tissue action and thus disturbs the health of the individual. Along with the increased use of devices that emit electromagnetic fields, the number of people suffering from chronic diseases such as diabetes, diseases of the thyroid gland (autoimmune thyroiditis), malignant diseases, allergies, autism in children, infertility in males and females has also increased.

METHODS

One of the great problems is how to determine whether the field intensity is safe and harmless, and where the line between the intensity of fields of significant biological effects and adverse ones is. Harmful EMFs are manifested by the decrease of strength of big and small body muscles. The changes of the strength of muscles can be diagnosed and measured using muscle strength evaluation tests - Bi-Digital O-ring Test (Y.Omura). The mechanism is based on the change in muscle strength, which changes due to changes in activity of the enzyme N-acetyl serotonin-transferase and the concentration of the neurotransmitter serotonin in the pineal gland.

RESULTS

The measurement discovered that when it comes to an electromagnetic field with a real power source, O-ring opens if the field is 10 V/m and more. This coincides with the claims of agencies that deal with non-ionizing radiation and confirms the fact that the O-ring test method is safe to detect a space of safe residence.

Novel scientific discoveries produces EMF protector which can minimise harmful effect on biological's object.

In this the paper shows how BDORT can be used to detect harmful EMFs and how to check whether protector works.

CONCLUSION

For scientifics most important are to develop safety and reduce harmful effects of electromagnetic fields around us.

Key words: harmful electromagnetic fields; BDORT; muscle test; biological effects; resonant diagnostics

106. Evaluation of the Effectiveness of Manual Therapy on the Cervical Spine

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Introduction

There is a paucity in objective evaluation of the effectiveness of manual therapy. Investigation has been performed to present three methods for the measurement the effect of combined manual therapy on the cervical spine.

Methods

- 40 patients (20 male and 20 female)
- mean age 38,6 years
- duration of their symptoms between 2-6 months (neck pain, movement restriction, without neurological deficit, segmental blockage between C 2-7)
- manual therapy (included PIR, mobilisation, manipulation) 2 times/2 weeks

Evaluation 1.: measurement of neck posture angles by digital photos with special computer software.

Evaluation 2.: measurement of neck muscle strength by means of strain gauged dynamometer.

Evaluation 3.: measurement of neck mobility by goniometer (inclinometer+compass).

Measurement of neck flexion+extension+ lateral flexion = total mobility

Results

All three methods for evaluation showed significant values proving the effectiveness of manual therapy on the cervical spine.

Conclusion

Effectiveness of manual therapy can be evaluated by measurement of neck mobility, neck posture angles and neck muscle strength.

Keywords: manual therapy; effectiveness; evaluation; cervical spine

Poster abstracts

1.A Study on 2040 Technology Forecasting using Delphi Survey in Korean Medicine

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Introduction

This is a study for technological forecasting, aiming to find out the promising future technologies in KM(Korean Medicine).

Methods

The first pool of 145 technological tasks related to KM were composed by reviewing the existing data related to technological forecasting. The steering committee for the research set 99 final technological tasks. With the deduced technological tasks, mini-Delphi(2-round) method was conducted and 6 research items were used—the importance, realization time, urgency, technological competitiveness, the main agent that will push forward the task, and obstacles.

Result

As a result on the time when the technology will be realized, 58 out of 99 technologies(59%) were predicted to be realized in the same year domestically and globally. The average of the importance of the 99 technological tasks was 72.9. Among them. As for the main agent to push forward the research and development of future technologies, ‘industry-academic cooperation’ took the highest portion at 58.7%, and regarding the obstacles to realize technological tasks, the lack of infrastructure (research funds) was the highest at 33.6%.

Conclusion

This study shows that the development of basic technologies in the technologies of Korean medicine is insufficient and it is believed that the development of basic technologies is urgent to promote the development of application technologies.

Keywords: Technology Forecasting, Delphi method, Expert survey, Korean medicine, Future technology

2. Acupuncture in the Multimodal Biopsychosocial Pain Management.

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Introduction

A multimodal bio- psychosocial management of pain has been proposed. For patients with chronic pain refractory to conservative treatment all factors involved with chronicity should be assessed.

The principles of traditional Chinese medicine link three major themes: nutrition and microbiome, neuroplasticity, and homeostasis while considering the side effects of medication. The improved biological, genetic and epigenetic knowledge has contributed to a better understanding of the mechanism of acupuncture. Neuroimaging demonstrates the brain regions activated by acupuncture and also illustrates the differences with sham or placebo. These brain areas are associated with a pain matrix

In the field of acupuncture research there is a need for a bidirectional approach to acupuncture research, where basic science studies and clinical trials each inform the other.

Methods

From the case reports on chronic refractory pain management, we highlight, diagnostic steps, reasoning of the traditional Chinese medicine that is integrated with the chronobiology and the epigenetics factors, thus allowing a strategy for acupuncture that addresses the chronicity and the modified parameters such as sleep, nutrition, reactive depression and the different vicious circles induced by chronic pain (peripheral and central sensitization).

Results

A strategy that integrates phamaco nutritionnal and acupuncture approach close to analgesics shows as described in literature a better response and tolerance of the treatment, a dose reduction and a significant improvement of the parameters involved in the chronification.

Conclusion

Acupuncture in this multidisciplinary is a multimodal pain regulator. The therapeutic and post effect are augmented by the cellular physiological rehabilitation.

Keywords: acupuncture; integrative; multimodal; biopsychosocial; pharmaco nutritional

3. “...that it is more than just warmth” - The perception of warmth and relaxation via warming compresses

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Introduction

While external applications such as warming compresses are an important part of anthroposophical medicine, practice and clinical application is mainly based on experience. There are little empirical data on their effect. Aim of this study was to investigate the effect of warming breast compresses

Methods

In a controlled study design, we compared the effect of ginger and mustard flour as warming ingredients in healthy adults. Physiological and psychometric data were collected and we conducted phenomenological interviews, which were analyzed according thematic analysis. Here we focus on reported sensations of warmth and relaxation.

Results

Participants described warmth with mustard flour as very intense sometimes even unpleasant or painful. With ginger they reported a comfortable warmth associated with well-being spreading through the body. In the resting period after ginger warmth was experienced as more diffuse and superficial, with mustard as more intense and concrete. A sense of relaxation was mainly reported in the resting period and was experienced continuous with ginger and starting abrupt with mustard. With ginger, even the period with the compress was experienced as relaxing while with mustard a sense of relaxation was not before the resting period. However, participants described relaxation after mustard as more relaxing, profound and faster.

Conclusion

While ginger is experienced with comfortable warmth and perseverative relaxation, mustard is experienced with strong warmth and fast and deep relaxation. In a subsequent study we will investigate the effect on patients with an indication for warming breast compresses.

Keywords: Anthroposophic Medicine; external application; warming compresses; phenomenological data

4. Bi-Digital O-ring Test plays an important role in detoxification procedures while treating patients with chronic diseases

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Bi-Digital O-Ring Test (BDORT) is non-invasive diagnostic method which plays an important role in diagnosis and treatment of numerous diseases caused by various factors (e.g., heavy metals-HMs, bacteria, viruses, parazites etc.). The test was established by professor Y. Omura, Columbia University, USA.

Aim of the paper is to point out the importance of BDORT use in detoxification procedures while treating the patients with chronic non-communicable diseases (CNDs).

HMs may enter the body by mercury amalgams in teeth, prescribed drugs, contaminated tap water, living near a landfill, smoking and/or inhaling second-hand smoke, eating foods that contain high levels of HMs, receiving vaccinations that contain thimerosal, cosmetic changes such are piercing and tattoos, etc. HMs may cause unspecified symptoms, such are lack of energy and chronic fatigue, excess weight, bloating, constipation, indigestion, headaches, mental confusion, allergies to food and other sources of allergens, etc. By applying BDORT, intoxication of human body with various HMs can be detected and, by using compatible metal chelating agents concomitantly with nutritionals and herbs in order to nourish the liver and kidneys, detoxification process can be done successfully. In this way, by applying BDORT one will eliminate HMs from the body which can be one of factors causing CNDs onset.

While treating patients with CNDs, health professionals are recommended to consider possible intoxication with HMs and to undertake detoxification programs in their patients. BDORT proved to be effective method in detoxification procedure.

Keywords: Bi-Digital O-Ring Test (BDORT); integrative medicine; heavy metals; detoxification

5. Bi-Digital O-ring Test should be used in integrative oncology complementary with standard medical procedures

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Bi-Digital O-Ring Test (BDORT) is non-invasive diagnostic method established by professor Yoshiaki Omura, USA. Integrative oncology encourages living a healthy lifestyle to help the body to enhance its' innate abilities to fight and prevent cancer.

The aim of the paper was to point out the importance of the use of integrative approach in treating the cancer patients with special focus on BDORT use.

24 year old female patient N.O. who was operated on lung and rib tumor of the same chest side, underwent standard chemotherapy procedure during 2012. After chemotherapy she reported lack of energy and chronic fatigue, weight loss, bloating, diarrhea/constipation, indigestion, headaches, mood changes, etc. Therefore, she sought for additional medical help and was examined by BDORT. By using BDORT, the presence of infection was noticed and the type of antibiotics that should have been used, was selected. Detoxification procedures by using metal chelating agents was done. Selective Drug Enhancement Method (SDEM), also, developed by doctor Omura was applied in order to enhance an uptake of administered drugs into target organs. At last, BDORT addressed which dietetic supplements should have been administered to her in order to increase innate immune system response. Afterwards, the patient felt much better and full of energy; MSCT of chest and belly, done in April 2013, showed no presence of active processes in observed body parts.

BDORT plays an important role in integrative oncology by helping to detect the cause of infection, heavy metal intoxication, etc. BDORT enables medical professionals to detoxify patient's body and administer proper drugs and supplements. These activities used complimentary with standard medical procedures give the best results in healing cancer patients.

Key words: integrative medicine; integrative oncology; Bi-Digital O-Ring Test; innate immune response

6. Change of the human energetic field emission before and after photostimulation of acupuncture points for Fibromyalgia Syndrome (FMS): case report

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Introduction

Measurements of human energetic emission were taken through Bio-Well GDV camera. Bioelectrography parameters of all fingers of both hands were measured with computerized complex Bio-Well GDV-camera, developed by Dr. Konstantin Korotkov, University of Saint-Petersburg, Russia. Bio-well GDV Camera is used for examining human psycho-emotional and physiological state, before and after specific treatments.

Methods

The patient, a woman 50 aged, affected by diagnosed Fibromyalgia Syndrome, was subjected to one photostimulation application (colourpuncture) per week on specific acupuncture and auricular points for a total of 5 weeks. The evaluation of the general energetic emission of selected parameters was performed before and after each treatment.

Results

After 5 photostimulation treatments the parameters of energetic emission showed a remarkable improvement. The values of the considered parameters changed in the period between the beginning and the real end of the treatments as follows: Emotional Pressure from 4,29 to 3,73 scale of 10 General Energetic Emission from 0,34 to 0,48 Joule Right/left side Symmetry from 71,61% to 98,03% Balance of Organs from 66,76% to 87,34% The analysis of Meridians highlights liver and gall-bladder emission whose values are very low before the treatments became normal after.

Conclusion

The measurement of changes in the human energy field is an interesting tool to assess changes in the biological system as a result of a photostimulation treatment.

Keywords: Bio-well; DGV camera; Photostimulaton; Colorpuncture; Fibromyalgia; Acupuncture points

eywords: Bio-well, Photostimulaton, Colorpuncture, Fibromyalgia, Acupuncture points.

7. Chemical and Natural Approach to Vaginal Atrophy

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Introduction

Vaginal atrophy is a current disease in postmenopausal women that is characterized by decreased epithelial thickness, reduced vaginal maturation index and increased vaginal pH. Recent Cochrane review reported that in healthy women over age 60 about 50% have symptoms related to vaginal atrophy. Use of hormone replacement therapy increas breast cancer risk. Complementary and alternative medicine is a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine. Complementary/alternative medicine has been described as ‘diagnosis, treatmentand/or prevention which complements mainstream medicine by contributing to a common whole, satisfying a demand not met by orthodoxy, or diversifying the conceptual frameworks of medicine.

Method

Peer-reviewed publications were identified through searches in Scopus, science direct, Cochrane, PubMed, and also google scholar by using the search terms “vaginal atrophy,” “breast cancer,”“menopause,” “HRT” “phytoestrogens,” “phytotherapy,” . The search was completed through 2014, and was limited to articles published in English. Relevant articles were identified based upon the expertise and clinical experience of the authors.

Results

We categorized our result in different categories including: Life style modifications, supporting cares (regulation of vaginal pH, Options of Moisturizers and Lubricants) and

treatments: synthetic (routine and newer options of Hormone replacement therapy and none hormonal) and natural Options (different Types of CAM including herbal medicines).

Conclusion

Evidence supporting the use of these nonprescription alternatives is limited. Women need to be given useful information and tools to help them understand the nature of scientific evidence proving or refuting the claims made about alternatives to conventional hormone replacement.

Keywords: CAM, Alternative medicine, Phytoestrogens, Vaginal atrophy, Phytotherapy

8. Chrono-nutrition program Dr Gifing® regulates both body weight and biochemical parameters in obese patients

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Introduction

Aim of the paper is to reveal at what extent Chrono-nutrition program Dr Gifing® (CNPDrG®) influences metabolic parameters (blood sugar, cholesterol, and triglycerides) in obese patients of both sexes.

Methods

Data was obtained from medical records. Each patient had blood analysis prior commencing CNPDrG® and one month after being on the program. CNPDrG® is personally tailored and means taking meals of certain food which body well tolerate at proper day-time. Each patient received personally tailored supplementation and nutrition plan, which was based on lab. analysis, current medical condition of the person, and results of food tolerance test done on MORA nova touch machine. Basic methods of descriptive statistics were applied, as well as, Student's t-test for paired samples.

Results

Of 265 examinees included in the study, 96 of them were males and 169 were females. After one month of CNPDrG®, cholesterol and triglycerides mean value were significantly reduced

– $p=0,000$ reaching physiological values within this period (cholesterol - $6,46\pm 1,08$ vs. $5,09\pm 0,83$ and triglycerides - $2,37\pm 1,9$ vs. $1,32\pm 0,62$). The same trend was seen in LDL level - $4,04\pm 0,94$ vs. $2,92\pm 0,75$ ($p=0,000$). Mean value of HDL showed trend of rise ($1,27\pm 0,35$ vs. $1,28\pm 0,33$), but it was not statistically significant – $p=0,771$. Further follow up of these patients should be done to clarify this issue. Blood sugar mean level showed decrease ($5,92\pm 1,00$ vs. $5,25\pm 0,76$), which was high statistically significant – $p=0,000$.

Conclusion

Beside reducing body mass in obese patients, CNPDrG® proved to be efficient approach in solving impaired metabolic parameters, thus preventing further development of various diseases.

Keywords: Chrono-nutrition program Dr Gifing®; obesity; metabolic disorders

9. Combined treatment of persistent skin rashes of 2 years duration using natural remedies only – case study of a 39 year old female patient with 4 years follow up

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Introduction

Case report of a 39 years old female, who was admitted in April, 2012 with a 2 year history of reddish, 1-10 cm wide, sometimes migrating papules with a burning-itching sensation, extending to 9 regions of the body. The lesions have previously been treated using steroids, anti-fungal and anti-allergic as well as antiseptic agents without any evidence of remission.

Methods

At the time of admission, measurements of the meridians using EAV equipment were performed completing with EAV tests for microbial and inorganic toxins. Based on the results I have prescribed a combination of natural remedies. During the follow up period, the above tests were repeated at every 2-3 months with simultaneously recording the changes of the skin lesions and the internal organs as well. Therapy was adjusted accordingly, following the doctrine of the 5 elements of Traditional Chinese Medicine (TCM).

Results

According to the EAV measurements and tests, this patient had significant levels of chemical and fungal toxins. The gradual detoxification was compounded by temporary increase of the skin symptoms, which was documented by the patient (see 12 pictures on poster). These “external” symptoms could be reduced and eliminated only after the targeted, sequential treatment of the respiratory, urogenital and gastrointestinal system, following the principles and guidelines of TCM.

Conclusions

Systemic, chemical and mycotic toxicosis was proven as the background aetiology of the extensive, persistent skin rashes. In this case, the prevalent treatment of the “colon – lung - skin” organ network, as prescribed by TCM was not sufficient. Only the systematic and targeted treatment of every affected organ networks (including the kidney-bladder, hepatobiliary and spleen-pancreas) could solve the skin lesions by December 2013. Since then, the patient has been being in remission giving birth to a healthy girl.

Keywords: skin rashes; chemical and mycotoxicosis; natural remedies; TCM

10. Contribution of thermoregulation and supplementation in treatment organic psychosyndrome - case report

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Organic psychosyndrome in recent years increasing.

Case report: patient age of 70 years due to forgetfulness, confusion, slurred speech, increased blood pressure and increased blood glucose, included in the follow up study of patients with Diabetes Mellitus. After recording the blood analyzer - non-invasive method was applied thermoregulation and supplementation preparations ,, Planet Health / 14, 36, 54, 80 /, obligations of the diet without animal protein, by methods of conventional medicine and therapy / laboratory analysis, Doppler sonography, finding of diabetologist, hypoglycemics, antihypertensive./

After three months, the control of an objective and subjective state recorded a significant improvement. The patient does not show signs of forgetfulness, confusion, speech is completely good, glycemia has a tendency to reference values and blood pressure as confirmed by the findings of diabetologists.

The contribution of thermoregulation and supplementation preparations „ Planet Health „ methods and therapy with conventional medicine, taking into account the magnetic and electromagnetic environmental influences, in our patient was significant in her recovery.

Keywords: thermoregulation; supplementation; psychosyndrome

11. Different salt products and public perceptions in the adult population of Hungary

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Introduction

The aim of our study was to determine the knowledge about the different type of functional salt products (salts which fortified with iodine, fluorine or low in sodium) in the adult population of Hungary.

Method

Our research was carried out between 2015-2016. We used a own-designed online survey, which was completed by 173 individuals (n=173). Every member in the adult Hungarian adult population was included above 18 years. There was not any exclusion criteria.

Result.

Our results were analyzed by IBM SPSS Statistics 20 program: mean, standard deviation, frequency calculations (descriptive statistics) and chi-square test were used. The participants knows the benefits of iodized salt products and it mainly used, but they had not got information about the fluorinated salt products.

Conclusion

The „post salting” was not typical in the majority of the participants (74%). We find significant differences between the age groups and the „post salting” frequency (p<0,05).

The „post salting” frequency showed higher level in the elderly age group. The participants who knew the „STOP Salt” program (in average) consumed significantly less salt per month ($p < 0,05$). The Educational level was positively correlated with the knowledge of the salt compositions ($p < 0,05$). The male participants was less "demanding" in terms of salt choosing, when the genders was compared ($p < 0,05$). In our sample the participants' high blood pressure was less commonly in the larger settlements than in smaller communities ($p < 0.05$). The WHO recommended daily intake of salt (5 gram) described properly only the half part of our sample. The results shows that the knowledge of the studied population is still inadequate. However, the knowledge of salt consumption –according to the results of previous studies – shows improving tendency.

Keywords: Salt; Iodized Salt Products; ,Post Salting

12. Effects of complex pain management on the quality of life

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Introduction

The aim of this prospective study was to evaluate the quality of life among pain clinic patients suffering from chronic pain by using the SF-36 questionnaire.

Method

Each patient of the inhomogeneous group was included in the study voluntarily. Before and an average of 35 days after starting complex pain management, patients filled in the questionnaire to assess the quality of life and health status.

Data obtained from 231 patients (100 men and 131 women) were used for analysis.

Results

During the follow-up period, each of the eight scaled scores of the SF-36 questionnaire showed significant improvement ($p = 0,0005$). Combined mean scores revealed significant

improvement both among male ($p=0,003$) and female ($p=0,002$) patients. According to the correlation coefficients, the rate of improvement was age independent.

Conclusion

Chronic pain eventually results in decreased quality of life in affected people. Although pain management is a symptomatic therapy, independently of age and curability of underlying diseases and comorbidities, complex pain management at pain clinics may result in significant change both in the mental and physical state of the patients. To assess change over time, the SF-36 questionnaire is suitable

Keywords: chronic pain; pain clinic; quality of life; SF-36 questionnaire; medical outcome

13. Herbal medicine to treat the side effects of chemotherapy in breast cancer patients :

Systematic review

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Introduction

Many patients with breast cancer who undergo chemotherapy treatments suffer adverse reactions which sometimes make it difficult to complete the treatments. Moreover, many cases reported that other symptoms appear while controlling chemotherapy-induced side effects, which leads to using rescue drugs unavoidably. However, there are some clinical trials which prove that these side effects can be managed by using medicinal herbs. The objective of this study is to assess the effectiveness and safety of medicinal herbs in alleviating symptoms after getting chemotherapy for breast cancer patients.

Methods

We had taken the data from 8 databases. In addition, there is no limit on the study design so observational study is included, but which had not undergone peer review are excluded. All

research studies are based on clinical trials which use comparison study method. Moreover, four authors independently extracted the data related to the main objective.

Results

We identified a total of 296 papers. As a result, this paper provides limited evidence about the effectiveness and safety of medicinal herbs in alleviating chemotherapy-induced side effects. Apparently, medicinal herbs may offer benefits to breast cancer patients in terms of expanding the life expectancy, bone marrow improvement, quality of life etc.

Conclusions

The evidence about the safety and efficacy of medicinal herbs in reducing chemotherapy-induced side effects is not clinically proven yet. Thus, much more clinical trials are required and should be gathered. We concluded that the combined treatment makes it possible to cure or treat various number of cases effectively.

Keywords: breast cancer; chemotherapy-induced side effect; herbal medicine

14. Electroacupuncture plus routine care for managing refractory functional dyspepsia: Protocol of a pragmatic randomized trial with economic evaluation

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Introduction

Functional dyspepsia (FD) patients who failed to improve adequately after H.pylori test-and-treat, prokinetics and proton pump inhibitors treatments are considered as refractory cases. In

routine care, rescue medication (Gastrocaine) is the only treatment. This study proposes to investigate the effectiveness, safety and cost-effectiveness of electroacupuncture (EA) plus routine care for refractory FD.

Methods

Parallel randomized trial comparing the outcomes of (1) EA plus routine care group, and (2) routine care only group. 132 subjects (66/arm) with Rome III criteria diagnosed, endoscopically confirmed, refractory FD will recruited. They will respectively be receiving (1) routine care plus 10 sessions of EA over 10 weeks; or (2) routine care and being nominated on to a waiting list for EA. Primary outcome will be the between group difference in proportion of patients achieving adequate relief of symptoms over 12 weeks. Secondary outcomes will include improvement on individual symptoms, Nepean Dyspepsia index, Patient Health Questionnaire (PHQ) 9, PHQ section for anxiety (GAD7), and nutrient drink test, assessed at baseline and 12th week. Quality-adjusted life-years (QALY) gained will be estimated using EQ-5D Adverse events will be assessed formally. A mixed model analysis of these outcomes will be performed, based on the intention-to-treat principle. Incremental cost per QALY gained by additional EA on top of routine care will be calculated.

Results

This will be the first trial investigating the usefulness of EA plus rescue medication for treating refractory FD

Keywords: Functional dyspepsia; Electroacupuncture; Randomized controlled trial; Economic evaluation

15. Exercise preferences in Cystic Fibrosis: potential of tai chi for long term health

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Introduction

Tai Chi (TC) is a standing exercise, normally practised in a group. However, it can effectively be practised seated, alone, or with friends or family. It is known for its potential to improve fitness, including breathing, posture, and relaxation. People with cystic fibrosis (CF) are often

confined to home or hospital and ill health may inhibit vigorous exercise. Exercise is a necessary part of healthcare for this condition.

Methods

Children and adults attending CF clinics were invited to participate in a randomised trial offering eight TC lessons either face to face (group 1) or over the internet (group 2). Recruitment data was collected about why people did not wish to join the study. Participants were asked about their regular TC practice after lessons and 20 participants were asked in interviews 2 months after the end of lessons.

Results

A total of 116 people were approached to participate: 65 people declined, 51 accepted and 40 completed all lessons. 43% of those who refused did not like the idea of TC. 36% were too busy. All participants practiced between lessons on average 3 times weekly for 13 minutes. At follow up 84% interviewed, still practised an average 2/3 times/week (group 1=62.5%). 79% of respondents said they intended to continue TC, (group 1=53%). Some participants asked about local classes. 32%, all children, included others in lessons. Two participants reported using TC whilst hospitalised.

Conclusions

TC could provide be an alternative exercise for people with CF that could be integrated into a weekly exercise regime

Keywords: Tai Chi; Cystic Fibrosis; Internet Learning; Relaxation; Breathing

16. Factors associated with utilization of Traditional Korean Medicine: Results from a panel analysis

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Introduction

Recently, due to the heightened interest in CAM(complementary and alternative medicine), many studies have been conducted in order to explain the "who, why and how" of using

CAM. The aim of this paper was to reveal what factors are associated with the use of TKM(traditional Korean medicine) to overcome the limitations of previous researches.

Methods - We analyzed 5 years of Korean Health Panel data (2008-2012), for which the sampling frame was 90% of the year 2005 Korean census data. We selected and analyzed persons (67, 895 observations) over 18 years of age. We conducted panel logistic analysis. Analysis was performed three times for pooled, fixed effects, and random effects. Three results were compared to find the most correct estimate.

Results

When participants used Western medicine, the probability of TKM use was higher (OR† = 2.08). The probability of TKM use was higher in the third (OR = 1.30) and fourth (OR = 1.33) quintiles of household annual income, in fair subjective health conditions (OR = 1.27) and in people with 1-2 chronic diseases (OR = 1.40). In contrast, the probability of TKM was lower in people with depression (OR = 0.82), high quality of life (OR = 0.15) and neoplasms (OR = 0.55).

Discussion/Conclusions

Our results found that TKM use is "complementary" rather than "alternative" to Western medicine. The results also show that participants used TKM less often in severe health state such as neoplasm, suggesting that people use TKM when their quality of life decreases due to mild chronic disease.

Keywords: Traditional Korean Medicine; Korean health panel; panel analysis; fixed effect; Andersen model

17. Hirudotherapy and correction of male erectile dysfunction

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Introduction

Presents the results of practical application of leech therapy in the correction of male erectile dysfunction in patients with different comorbidities.

Methods

For 2008-2014 we observed 34 men aged from 27 to 64 years, with various diseases (ischemic heart disease, arterial hypertension, chronic hepatitis, prostatitis and hemorrhoids; lumbosacral dorsopathy, diabetes mellitus, arthritis of the hip joint, etc.). All of these patients among the numerous complaints related to the underlying disease, noted varying degrees of severity of secondary erectile dysfunction. Clinically dominated psycho-, neuro - and arteriogram, hormonal, age-related and mixed impotence. For most patients, this problem was more socially important than the underlying disease.

Results

Treatment of these patients was performed according to the universal scheme of treatment of medical leeches (*Hirudo medicinalis*), including central and peripheral application of leeches. On average, a session 2-5 were used leeches to full satiety; the duration of treatment ranged from 1-8 months, the number of sessions completed 6-24. In the process of treatment of the underlying pathology clinically, it was found that most patients (91.2%) reported almost complete recovery of sexual function, usually coming in first 2-8 weeks of hirudotherapy. The said recovery was long and persistent.

Conclusions

Thus, we believe that hirudotherapy may be applied with success in treatment of erectile dysfunction in men with various comorbid conditions.

Keywords: hirudotherapy; medicinal leech therapy; leech therapy

18. In vitro study to evaluate the tolerance of Mesem-Cream using the Bovine-Udder Skin Model

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Introduction

Rational phytotherapy offers a broad variety of well known plants for dermatological applications. One of the rather unknown plant in dermatology is the Ice-plant (*Mesembryanthemum crystallinum* L). Observational studies of the Mesem cream (based on the extract of *Mesembryanthemum crystallinum* L.) found positive effects on skin hydration and smoothing of the skin. However some patients reported on unwanted irritations of the skin. The current study evaluated skin tolerability of Mesem-Cream compared to a placebo cream.

Methods

For topical application an isolated perfused bovine udder skin model was used for the assessment of skin penetration and irritation. Primary outcome parameters were MTT to assess cytotoxicity and cell viability and PGE₂ to assess irritation and inflammation. From both parameters a total score for cellular reaction was calculated.

Results

In the case of singular application significant differences between placebo and Mesem were found. While application of placebo only resulted in a low cytotoxicity in MTT (Score 0.7 = -8.4%) mesem application scored 2.7 (= -18,7%). In addition PGE₂ was also higher in mesem compared to placebo after one hour (Score 1.4 vs. 0.6 = 16,6% vs. 11,3%). Also two other experiments (Tape Stripped skin, repeated application) found significant differences between the two creams.

Conclusion

Apart from evaluating the effectiveness, safety and tolerability are important parameters for phytocosmetic products. Our results were able to confirm the investigations made in the observational studies. Further experiments with extracts of *Mesembryanthemum crystallinum* L and Mesem cream should be conducted to understand the underlying working principles.

Keywords: Ice-plant; Skin tolerability; in-vitro; Phytocosmetics

19. In-situ tumor-specific immune-action by oncothermia

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Introduction

Motto: “Instead of aggressive treatments, support the healing processes of the own system” In the modern hyperthermia applications the immune-effects start to have central role. The emphasis is on the “mild temperature” applications, because the immune-cell activity has an upper temperature limit, 39-40 °C. Our objective is to show oncothermia as a new tool for tumor-specific effects.

Method

Conventional 13.56MHz radiofrequency signal, modulated by time-fractal pattern is applied. The method selectively act on membrane rafts of malignant cells. Different murine tumor models were evaluated by various histomorphological and immunohistochemical methods.

Results

Oncothermia induced massive apoptotic cell death in the treated tumors in HT29 colorectal xenografts. Damage associated molecular pattern formation was observed, which is a prerequisite of the immunogenic cell-death process (ICD). In C3H/He model in conjunction with intratumoral dendritic cell injection, the distant untreated tumor was also significantly damaged. This abscopal effect was measured in the CT26 tumor too, while even the re-challenging of the tumor inoculation became impossible

Conclusion

Oncothermia treatment induces massive cell death leading to ICD process, which is the basis of tumor-vaccination.

Keywords: oncothermia; DAMP; ICD; modulation; HT29 xenografts

20. Influence of *Inonotus hispidus* on function of human immune cells

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Introduction

Inonotus hispidus is commonly used as a traditional medicine in many regions of China. The effects of *I. hispidus* extracts (IHE) and selected constituents of this mushroom were analyzed on different types of human immune cells as well as the potential of *I. hispidus* as a medicinal mushroom.

Methods

The influence of endotoxin-free IHE and selected compounds on activity and maturation of human T cells, purified NK cells and monocyte-derived dendritic cells were independently analyzed using flow cytometric-based surface marker expression. Cell division analysis of activated T cells was assessed by carboxyfluorescein diacetate succinimidyl ester (CFSE) and the function of purified NK cells was investigated by the degranulation-CD107a assay. Apoptosis induction was analyzed by phosphatidylserine staining and camptothecin and cyclosporine A were used individually as controls. Phytochemical analysis, using TLC chromatograms and HPLC analysis, was conducted to characterize the IHE.

Results

IHE increase the activation status and diminish the proliferation capacity of activated human T cells in the presence of apoptosis. Further experiments showed that NK cell activity and function was dose-dependently increased. Surface marker expression of monocyte-derived dendritic cells demonstrated that mushroom extracts have the power to induce maturation of these cells. TLC and HPLC analysis showed that the extracts contain hispidin and hispolon. Investigations using hispidin and hispolon demonstrate similar albeit non-congruent results with extracts on measured parameters.

Conclusions

The results indicate that extracts from *I. hispidus* and their constituents hispidin and hispolon have the capability to interfere with the function of immune cells at more than one site, thus providing a rationale for their potential as a medicinal mushroom.

Keywords: Medicinal mushrooms; *Inonotus hispidus*; Immunomodulation

21. Kingfisher Group: Bolk's companions

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Introduction

The Kingfisher Group researches and publishes about current biomedical topics demonstrating how their understanding can be broadened by the insights of inclusive thinking. Our aim is to retrieve living nature in biomedical texts in finding the coherence between organs, organisms, and living nature. The Group works at the Louis Bolk Institute where scientific research towards the development of sustainable agriculture, nutrition, and healthcare is conducted.

Methods

We use a 4-step approach, to recapture a coherent and comprehensive understanding of human nature and the environment. In the 4-step approach,

- the data known about the system are listed and categorized,
- followed by an evaluation, which serves to demonstrate typical process patterns in the system that is studied,
- then we may compare a typical system process with others within the organism or in living nature,
- this enables us to draw conclusions as to the role or meaning of the system process in the whole of its organization or organism and its relation to the processes in nature at large.

Results

The Bolk's Companions publications: Embryology, Biochemistry, Anatomy, Physiology, Immunology, Pharmacology, The Healing Process, Respiratory Disorders, Depressive Disorders, Wholeness in Science, Dementia and I. In preparation: Endocrinology, Intestinal diseases, Childhood developmental disorders, Neurophysiology.

Conclusions

The Companions are used in courses on Integrative Medicine at various universities and medical schools in the Netherlands and abroad. We dedicate this work to all students seeking a greater, more holistic, understanding of biomedical science.

Keywords: 4-step approach; study of medicine; retrieving living nature in biomedical texts

22. Maca (*Lepidium meyenii*) for improving semen quality parameters: a systematic review

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Introduction

The aim of this review was to assess the evidence for the effectiveness of maca (*Lepidium meyenii*) at improving semen quality parameters.

Methods

We searched 11 databases from their inception to March 2016 and included all clinical trials on the improvement of semen quality parameters in infertile and healthy men, regardless of the design or type of maca. The risk of bias for each study was assessed using the Cochrane criteria. The selection of studies, data extraction, and validation were performed independently by two authors. Discrepancies were resolved through discussion by the two authors.

Results

Five studies, including 3 randomized clinical trials (RCTs) and 2 uncontrolled observational studies (UOSs), met all of the inclusion criteria. One RCT found favorable effects of maca on sperm mobility in infertile men. Two other RCTs showed positive effects of maca on several semen quality parameters in healthy men. The remaining two UOSs also suggested favorable effects of maca on semen quality parameters.

Conclusion

The results of our systematic review provide suggestive evidence for the effectiveness of maca at improving semen quality parameters. However, the total number of trials, the total sample size, and the risk of bias of the included studies were too limited to draw firm conclusions. More rigorous studies are warranted.

Keywords: Maca; *Lepidium meyenii*; semen; infertility

23. Medicinal plants with renal side effect from the perspective of traditional persian medicine

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Introduction

Medicinal plants are used popularly in traditional systems of medicine. In Traditional Persian Medicine (TPM) pharmacopeia, beside their therapeutic effects of herbs, their adverse effects on different body organs and the way for minimizing these side effects, are discussed from the traditional perspective. The aim of this study was to review herbal drugs with renal side effect from the viewpoint of TPM.

Methods

The most comprehensive TPM pharmacopeia "Makhzan- al- Advyeh" were searched for herbal drugs with renal adverse effects¹. The characteristics of these herbs were reviewed and compared to find a common mechanism to rationalize their adverse effect on renal system. The way for minimizing these side effects was also classified.

Results

From 700 medicinal plants mentioned in "makhzan –o-Aladvyeh", 57 herbs are considered to have adverse effect on kidneys. Most of the herbs (75%) were classified as hot and dry temperament. The most important common point among these herbs was their diuretic effect. Adding Gum arabic and tragacanth to the formulations with nephrotoxic herbs was the most popular way of decreasing the side effects. Ten popular nephrotoxic herbs from TPM perspective and their characteristics are summarized in Table .

Conclusion

The survey introduced medicinal plants with potential nephrotoxic effect in TPM which can be more investigated in modern studies.

Keywords: Adverse effect; nephrotoxicity; kidney; Traditional Persian Medicine

24. NEA – a mobile application development and exercise program to improve public health

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Introduction

E-Health is a rather complex concept which involves a wide spectrum of different areas such as clinical information technology, telemedicine, physical rehabilitation, home monitoring systems and the innovative technologies that aim to improve patients' quality of life. In the next decades E-Health is going to serve as a key strategic field for the Hungarian society.

Methods

Our team aimed to develop a smart phone application which can help to improve the quality of life through an exercise program for the elderly or any user who wish to download the application. This app. is targeted at the most common diseases such as depression, high blood pressure, osteoporosis and obesity. Our team aims to help a high proportion of the population that suffer from these medical conditions. Hungarian society.

Results

The user will be able to follow a three month exercise program prepared by a physiotherapist.

Conclusion

The introduction of smart phones and mobile applications opened up new horizons in the the field of prevention. These tools will enable the user to increase physical activity levels which will lower their expenditure and decrease costs in the health care system.

Keywords: E-health; application; exercise program; public health diseases

25. New Topical Treatment of Symptomatic Internal Hemorrhoids in a General Practice Setting

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Introduction

Oral usage of flavonoid-based drugs can be successfully applied in the conservative treatment of internal hemorrhoids; however, its efficiency in a form of topical preparations has not been demonstrated yet. The aim of the present study was to determine the efficiency of ointment with propolis extract (containing minimally 115 mg/kg of flavonoid galangin) in relief and suppression of the symptomatic internal hemorrhoids grade 1 and 2 (bleeding, prolapse, pain, and itching).

Methods

This prospective cohort epidemiological study that included 46 participants of both genders, mean age 53.6 ± 14.3 years, was conducted in the general practice setting in Osijek, Croatia and lasted for three months. A specially designed questionnaire was used to collect demographic data and data concerning the hemorrhoid disease symptoms and to evaluate the intensity of the latter data according to the scale defined in the research protocol.

Results

The study showed statistically significant improvements in the intensity of all the symptoms connected with the internal hemorrhoids grade 1 and 2 ($p < 0.001$) during the follow up period, as well as statistically significant differences in proportions of participants with and without of the each of the analyzed symptoms before and after the therapy ($p < 0.001$). After three months of therapy with ointment containing propolis extract 82.7% patients (38/46) had none of the analyzed symptoms.

Conclusions

Ointment with propolis extract efficiently affected all the analyzed symptoms of the hemorrhoid disease thus having a very significant place within the conservative treatment of hemorrhoids.

Keywords: hemorrhoids; topical treatment; propolis; flavonoid; Croatia

26. Our experience regarding lactose intolerance and parameters of metabolic syndrome in obese patients

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Introduction

Aim of the paper was to reveal possible relationship between lactose intolerance (LI) and metabolic parameters such are blood glucose (BG) level, cholesterol (CH), HDL, LDL, and triglycerides (TR). Also, possible link between LI and gluten intolerance was tested.

Methods

Obese patients were subjected to Chrono-nutrition program Dr Gifing® (CNPDrG®) in order to reduce body weight and to balance impaired metabolic parameters. CNPDrG® is completely personally tailored nutrition and means taking meals of certain food which body well tolerate at proper day-time. Food tolerance test was done on MORA nova touch machine. Basic methods of descriptive statistics were applied, as well as, Chi-Square test.

Results

Of 164 examinees, there were 44 males (M) and 120 females (F). No statistically significant difference in mean values of age between these two groups was found. LI was found in 56 examinees (34,15%). LI was statistically significant related to increased level of CH ($p=0.03$) and decreased level of HDL ($p=0,001$) in whole group of subjects examined. This trend was the same when groups were analyzed separately - M ($p=0,000$), and F ($p=0,007$). LI was statistically significant related with high BG level in F ($p=0,047$), which was not true for M (may be explained by low number of examinees). At last, LI was found to be statistically highly significant related to gluten intolerance when both sexes are considered ($p=0,000$); this was also true when analysis was done for M ($p=0,02$) and F ($p=0,000$) separately. No significant link was found between LI and TR, and LI and LDL level.

Conclusion

Should patients have metabolic parameters changed, medical professionals are advised to consider LI as possible co-existing condition and to suggest proper nutrition to their patients (i.e. elimination of lactose).

Keywords: Lactose intolerance; metabolic parameters; obesity; chrono-nutrition Dr Gifing®

27. Pelvic-floor muscle exercises for the improvement of male sexual functions

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Introduction

Daoism emphasises the cultivation of sexual energy. Such techniques exist for thousands of years in Chinese culture. Premature ejaculation (PE) and erectile dysfunction (ED) are the most common sexual disorders among men regardless of nationality. The perineal muscles surrounding the penis are responsible for the control and maintenance of erection and ejaculation and have a tendency of losing strength. Pelvic-floor consists of striated muscles that are trainable according to adequate principles. One man suffering from PE attended an 8-week-long complex physiotherapy program that based on Qigong and western pelvic-floor muscle (PFM) exercises.

Methods

Questionnaires were used for measurement before and after the treatment. Sexual satisfaction (SAS), depression (BDI), quality of erection (IIEF-5) were assessed by standardised and validated surveys. Premature ejaculation diagnostic tool (PEDT) was used to identify the possibility and degree of premature ejaculation. The physiotherapy consisted of isotonic and isometric exercises alongside with pelvic-floor relaxation exercises. The patient also had to perform masturbation techniques to learn how to contract and relax his PFM during erection.

Results

After the complex physiotherapy PEDT values decreased (9 to 2), IIEF-5 (19 to 23) and SAS (15 to 16) values increased, BDI values were constant. The estimated intravaginal ejaculatory latency time (IELT) of the subject increased from 5 to 13-15 minutes during coitus.

Conclusions

In the case-report, pelvic-floor muscle training and masturbation exercises induced positive changes in the volunteer's quality of erection and ejaculation. In addition, the perception of the subject's sexual life changed for the better. Regular pelvic-floor exercises could improve male sexual performance.

Keywords: pelvic-floor muscle training; premature ejaculation; Qigong; perineal muscles; IELT

28. Positive “framing” as a powerful medication for pain: a meta-analysis of randomized trials

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Introduction

A growing body of evidence suggests that positive framing – inducing positive expectations about the outcome of treatments can reduce pain symptoms. However there is no pooled estimate of the effect size of positive framing for treating pain. Such an estimate is useful to understand the extent to which positive expectations can enhance usual care.

Methods

We extracted data from a recent systematic review of interventions that modified all “context factors” (including but not limited to) inducing positive expectations) in adults suffering from pain. The systematic review concluded that positive expectations were effective, but did not pool the results so no effect size was provided. Two authors independently extracted data from the studies and conducted the analysis. Our primary outcome was patient self-reported pain.

Results

10 randomized trials were eligible for meta-analysis. In the trials with continuous outcomes the standardized effect size was -0.39 (95% confidence interval -0.68 to -0.10 , $p = 0.009$, $I^2 = 79\%$), suggesting reduced pain on average in groups in which positive expectations were induced. The effect size was similar in magnitude but was not statistically significant when we excluded studies deemed to have a high risk of bias (standard effect size -0.31 , 95% CI -0.65 to 0.02 , $p = 0.07$, $I^2 = 77\%$).

Conclusion

The effect of inducing positive expectations is comparable to the effects of some pharmacological drugs. However many of the studies had a high risk of bias, and heterogeneity was significant. Future research is warranted including investigating ways to implement this evidence into patient care in an ethical way.

Keywords: positive expectations; positive framing; expectations; communication; pain; patient-practitioner communication; placebo

29. Prevalence and associated factors related to complementary and alternative medicine use among pediatric patients in a subspecialty clinic

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Introduction

The use of complementary and alternative medicine is a growing phenomenon, especially in the Middle East countries. This study aimed to evaluate the prevalence, types and associated factors of complementary and alternative medicine use in children with hepato-gastrointestinal diseases in Shiraz, Iran.

Method

In a cross-sectional study, 210 parents of children attending a pediatric gastroenterology and hepatology clinic of Shiraz University of Medical Sciences filled out a self-administered questionnaire including their history and associated factors of complementary and alternative medicine use.

Results

One hundred and three patients (49%) used complementary and alternative medicine in the course of their hepato-gastrointestinal disease. Seventy four patients (71.8%) of complementary and alternative medicine users used herbal remedies. The child's higher age, significantly but slightly, increased the complementary and alternative medicine use with odds ratio of 1.06 per year increase in age ($p=0.037$). Patients with previous positive experience on complementary and alternative medicine (62.1% vs. 40.2% of users and non-users, respectively, $p=.040$) and those who have received recommendation for complementary and alternative medicine use by health care providers (24.3% vs. 6.6% of users and non-users, respectively, $p=0.001$) were significantly more likely to use complementary and alternative medicine than others.

Conclusion

This survey demonstrated the high prevalence of complementary and alternative medicine use (especially herbal remedies) in pediatric patients with hepato-gastrointestinal diseases which was independently and significantly associated with previous positive experience, health care provider's recommendation and the child's increasing age.

Keywords: hepato-gastrointestinal diseases; Medicinal Herbs; Complementary and alternative medicine; Prevalence; Use

30. Prevention of epilepsy from the viewpoint of Traditional Persian Medicine

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Introduction

Epilepsy as one of the most prevalent neurological problems affects almost 50 million people worldwide¹. Side effects and chronic toxicity of anticonvulsant agents make alternative management highly. Traditional Persian Medicine (TPM) considers prevention of diseases rather than their treatment by keeping the balance of humors interfering people's life style². Prevention of epilepsy has been discussed by TPM philosophers. The aim of this study is to introduce the viewpoint of TPM scholars for the prevention of epilepsy.

Methods

TPM manuscripts like Canon of were investigated for epilepsy and its prevention.

Results

Since the overload of phlegm humor has been mentioned as the most common cause of epilepsy, it seems that returning to the balance by modification of patients' lifestyle can play an important role in the prevention of future attacks of epilepsy. These include: avoiding drinks and foods with cold nature alike dairy products and inhibiting the stimulus like too much sex, long time awakening (insomnia) together with daily sleeping, long time facing cold or noisy environment, strong or unpleasant smell, strong and sudden emotions like sorrow and anger and fear. Too much or frequent consumption of Celery (*Apium graveolens* var. dulce), Garlic (*Allium Sativum*), Onion (*Allium cepa* L), Cabbage (*Brassica oleracea*), Pepper (*Piper nigrum*), Mustard, hardly digestible food like processed meat and mushroom are among TPM preventive options as well.

Conclusions

To prove the viewpoint of TPM sages for the prevention of epilepsy more researches are necessary to be performed on above mentioned factors³.

Keywords: Epilepsy; Traditional Persian Medicine; Prevention

31. Private Sector Investment in Integrative Health Care in Saudi Arabia: Implications on Future Health Care Planning

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Introduction

There is a growing demand on complementary & traditional medicine (C&TM) in Saudi Arabia, and there is a need to study the factors that can encourage private health sector to fill the gap between demand and availability of safe complementary practices in the Saudi Health care system.

Methods

First phase was survey study including 435 owners of private health care facilities. The second phase was a qualitative study conducted through in-depth interview with 13 health care officials and 7 main insurance companies in Saudi Arabia.

Results

(85%) of private health care owners (investor) had a future expanding strategy. Only (11%) had C&TM practices in their facilities, mainly massage (34%), nutritional therapy (21%), herbal and aromatic oil (10%) and manipulative therapy (10%).

(56%) of Investors believed that investment in C&TM is promising and had a future expansion planning. Absent of regulations (61%) and insurance coverage (56%) was the main obstacles against expansion.

Health care officials agreed that privatization of health care system in Saudi Arabia will be supported by encouraging private sector investment. Insurance companies agreed that inclusion of specific C&TM practices in the national health care insurance policy is the most important factor in expansion

Conclusion

Private investment in C&TM is limited. As the Saudi Government is planning to expand insurance coverage, encouraging private sector investment is an important factor in coping

with unmet demands. National integrative medicine regulations and the inclusion of the main C&TM practices in the national insurance coverage policy are need.

Keywords: Integrative health; Saudi Arabia; Health policy; Insurance

32. Proper nutrition and supplementation play an important role in integrative gynaecology - case report

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Introduction

Aim of the paper was to present case-report showing possible relationship between proper nutrition and female's fertility.

Methods

42,5 year old obese lady having no children, went to gynecological clinic to try in vitro fertilization. Gynecologist referred her to Center for preventive medicine and chrono-nutrition Dr Gifing®, Belgrade, Serbia in order to first reduce body mass. When her body mass is optimal, she was told that she would commence with in vitro fertilization. All of the biochemical parameters followed were disturbed – C-reactive protein - 7,1mg/l, blood sugar level - 18,5mmol/l, HbA1c - 10,2%, cholesterol - 8,1mmol/l, HDL – 1,6mmol/l, LDL – 5,36mmol/l, triglycerides – 2,5mmol/l, ALT – 57IU/l, AST – 30IU/l, gama-GT – 159IU/l, vitamin D – 12,7nmol/l, and antibodies towards thyroid gland were elevated. Her body mass was 111,5kg; excess of fat mass was 33,7kg. She was subjected to Chrono-nutrition program Dr Gifing® (CNPDrG®) in order to reduce body weight and to balance impaired metabolic parameters. CNPDrG® is completely personally tailored nutrition and means taking meals of certain food which body well tolerate at proper day-time; it is accompanied with supplementation. Food tolerance test was done on MORA nova touch machine. CNPDrG® started during August of 2014.

Results

After the first month of CNPDrG®, majority of her blood biochemical parameters were within physiological ranges. Following 4,5 months, her HbA1c was normal too. During whole

follow-up time she has been successfully losing her fat. Her gynecologist planned to start with in vitro during summer time of coming year (2015). However, she became pregnant naturally during April 2015 and gave a birth to daughter later.

Conclusion

This is an example how proper nutrition, accompanied with good supplementation, is important for restoring balance into human body.

Keywords: Infertility; metabolic parameters; obesity; chrono-nutrition program Dr Gifing®

33. Randomized placebo controlled study of homeopathy supplementation in pulmonary tuberculosis: Effect on treatment outcome

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Introduction

To investigate whether homeopathy supplementation increases the efficacy of anti-tuberculosis treatment with respect to clinical response and treatment outcome.

Methods

study was designed as double-blind, placebo-controlled trials, in which patients with newly diagnosed tuberculosis were divided into 2 groups. One group (n = 46) received individualized homeopathy daily for 6 months. The second group (n = 48) received a placebo. Both groups received the anti-tuberculosis treatment recommended by the World Health Organization. Clinical examinations, assessments of overall health status, and sputum culture were carried out before and after 2 and 6 months of anti-tuberculosis treatment.

Results

At baseline, there wasn't any significant difference between two groups. After anti-tuberculosis treatment, sputum conversion ($P < 0.001$) and resolution of X-ray lesion area ($P < 0.001$) occurred earlier in the homeopathy group. Overall health status with body weight improved in Homeopathy ($p=0.000$).

Conclusion:

Homeopathy supplementation improves the effect of anti-tuberculosis treatment and results in earlier sputum smear conversion with better health status.

Keywords: homeopathy; pulmonary tuberculosis

34. The effect of *Foeniculum vulgare* on dysmenorrhea; a systematic review

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Introduction

Dysmenorrhea is a common gynaecologic problem in menstruating women with about 50% prevalence¹. In the United States, work absence due to dysmenorrhea is about 600million work hours and accounts about 2 billion dollars annual loss². NSAIDs and contraceptives are common drugs used in dysmenorrhea with a vast side effect profile which caused research efforts on new therapeutic agents. Fennel (*Foeniculum vulgare*) is mentioned as a remedy for painful menstruation in traditional Persian medicine and is evaluated in multiple clinical studies for this purpose. This study aimed to systematically review the efficacy of fennel in patients with dysmenorrhea.

Method

English databases including PUBMED, Medline, Scopus, web of science, google scholar and Persian databases including Iranmedex, SID, and Magiran were searched for clinical trials which studied the efficacy of Fennel on dysmenorrhea. Twenty eight studies were found; ten of them were clinical studies and had inclusion criteria. Jadad scale was used to assess methodological qualities. Ten studies with Jadad score ≥ 3 points involving 821 participants: 410 cases versus 441 controls were included in the analysis. The control groups of selected studies received NSAIDs, vitamin E, placebo and no drug.

Result

In five articles that Fennel was compared with NSAIDs, similar efficacy was seen. In one study, it was compared with vitamin E and Fennel was more effective. In 3 other articles, it was compared with placebo and no drug and was more effective. One trial showed no superiority of Fennel to placebo.

Conclusion

Regarding the reviewed studies Fennel seems to be superior to placebo or vitamin E and as effective as NSAIDS.

Keywords: Foeniculum vulgare; dysmenorrhea; Traditional Persian Medicine

35. The influence of Raindrop aromatherapy massage technique versus free aromatherapy massage, on the stress of intense exercise

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Introduction

Aromatherapy has been practiced for more than 6,000 years. The term "aromatherapy" was invented by French chemist Rene Maurice Gattefosse, and today we can speak about a scientific aromatherapy, thanks to Franchomme, Jollois and Pénöel. Aromatic oils have many beneficial effects at the physical, mental and spiritual level and Raindrop massage technique is based on using essential aromatic oils. On the other hand, it is known that intense exercise can induce stress.

The objective of the study is to highlight the Raindrop aromatherapy massage technique (RAM) influence, versus free aromatherapy massage (FAM), on the stress of acute physical effort.

Methods

24 young, healthy volunteers men, were divided randomly into three groups: control, free of therapy (C) (8); FAM (8); RAM (8). Protocol: a) subjects with RAM and FAM followed 2 massage sessions / week, for one month; b) then, all subjects underwent a physical effort on a Monark Ergomedic 839E cycle ergometer The determined parameters were anxiety (A) and

salivary cortisol (SC), measured at 15 minutes before (T1), 15 minutes after (T2) and one hour (T3) after the stress. Statistical evaluation was made on the basis of Student test.

Results

A and C were significantly reduced: a) to RAM, compared to C, at T1, T2 and T3; b) to RAM, compared to FAM, at T1 and T2; c) to FAM, compared to C, at T1. RAM effect was more potent on A compared to SC.

Conclusions

1) RAM has acted effectively on A and SC, providing protection against stress. 2) RAM effect was more intense on A compared with CS. 3) RAM was more effective in modulating the stress of intense effort, compared to FAM. 4) We suggest the RAM using, before the periods of intense physical effort.

Keywords: aromatherapy massage; anxiety; salivary cortisol; intense exercise stress

37. Thermoregulation and supplementation with anti-diabetic therapy in the treatment of patients with diabetes mellitus type 1 and type 2

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Introduction

To demonstrate the positive therapeutic effects of synergism thermoregulation and supplements as a method of integrative medicine with the use of conventional medicine in patients with Diabetes Mellitus Type 1 and Type 2nd

Method

The sample in this study consisted of 40 patients diseased of type 1 DM (20 patients), and type 2 (20 patients), both sexes, aged between 18 do78 years, with a follow-up of three months. We applied with conventional therapy, and methods of integrative medicine - thermoregulation and supplements ,, ,, Planet Health. We emphasized the importance of

nutrition / food without animal protein /. We controlled laboratory parameters, biochemical and hematological, state organs and systems noninvasive blood count analyzer. In particular, we analyzed during the study: the level of blood glucose levels, insulin levels, blood flow (Doppler sonography), the existence of polyneuropathic disorders and the dose of oral antidiabetic, and compared the situation at the beginning and at the end of follow-up.

Results

With the application of adequate nutrition, thermoregulation and supplements, as well as the application of the methods of conventional medicine, we recorded significantly better therapeutic results in patients with DM type 1 and type 2, in stabilizing blood glucose glycemic -Level was gradually reduced from 30 to 50%. This allowed a reduction of oral antidiabetic therapy. Insulin requirements decreased by more than 50%, and three patients were taken off the insulin. Polyneuropathy visual disturbances are reduced. Supplies improve circulation and cardiovascular system. It is essential to improved physical condition of patients and thus the quality of life. Reduce the costs of treating patients with DM all patients.

Conclusion

In this study we demonstrated the positive effects of synergism thermoregulation and supplements by applying the methods of conventional medicine in patients with DM type 1 and type 2, in the stabilization of blood glucose, reduce the need for insulin, polineuropathic noise reduction, improving circulation and cardiovascular system as well as the psychological and physical condition patients.

Keywords: thermoregulation; supplementation; diabetes mellitus

38. Topical *Citrullus colocynthis* (bitter apple) extract oil in painful diabetic neuropathy: A double-blind randomized placebo-controlled clinical tria

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Introduction

The aim of the present study was to examine the safety and efficacy of a topical formulation of *Citrullus colocynthis* in patients with painful diabetic polyneuropathy (PDPN).

Methods

The study was designed as a two-arm double-blind randomized placebo-controlled clinical trial using a parallel design. Sixty patients with PDPN were randomly allocated to receive either a topical formulation of *C. colocynthis* or placebo (1:1 allocation ratio) for 3 months. Patients were evaluated before and after the intervention using the neuropathic pain scale, electrodiagnostic findings, World Health Organization Biomedical Research and Education Foundation (BREF) quality of life (WHOQOL-BREF) scores, and reported adverse events.

Results

There was a significantly greater decrease in mean pain score after 3 months in the *C. colocynthis* (-3.89 ; 95% confidence interval [CI] $-3.19, -4.60$) than placebo (-2.28 ; 95% CI $-1.66, -2.90$) group ($P < 0.001$). Mean changes in nerve conduction velocity of the tibial nerve, distal latency of the superficial peroneal nerve and sural nerve, and sensory amplitude of the sural nerve were significantly higher in the intervention than placebo group ($P < 0.001$) in favour of the intervention. In the different domains of WHOQOL-BREF, there was a significant improvement only for the mean score in the physical domain.

Conclusions

Application of a topical formulation of *C. colocynthis* fruit extract can decrease pain in patients with PDPN. It also may have some uncertain effects on nerve function and the physical domain of quality of life, which require further investigation in studies with larger sample sizes and of longer duration

Keywords: *Citrullus colocynthis*; diabetes mellitus; diabetic neuropathies; herbal medicine

39. Traditional Persian Medicine (TPM) Approach to Psoriasis Treatment

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Introduction

Psoriasis is a chronic inflammatory skin disease with a recurrent nature. Treatment of this disorder takes long due to patients' non-compliance and its severe side effects. Traditional Persian medicine (TPM) is an ancient medical system originating from Persian regions, the most important of which was Iran. This research is designated to determine the treatments and natural remedies that ancient Iranian scientists have used to treat lesions described with symptoms close to common modern psoriasis.

Methods

In this study, using TPM treatment books such as, Tebb-e- akbary, Exir-e-azam, Moalejat-e-Aghili and Alhawi, the symptoms of psoriasis were matched with diseases that were described with similar symptoms as psoriasis, such as Quba, Bahaq-ol-aswad, baras-ol- aswad . Search for herbal remedies was done using the keywords found in the main TPM manuscripts, especially in remedy (Mofradat) and treatment (Moalejat) books. Herbs mentioned for different TPM keywords were investigated for effects on psoriasis. Searches were performed in the digital libraries and databases with the keywords including "Psoriasis", "keratinocytes", "inflammation" and "Skin disorder" without time limit.

Results

We categorized lists of herbal remedies and combinations that used in TPM to treat lesions described with symptoms close to psoriasis.

Conclusions

Various herbal remedies have been used in TPM for the treatment of Quba. For some of these plants, there are several studies demonstrating their efficacy in psoriasis. These plants have shown their efficiency in psoriasis by different mechanisms of action including inhibiting the production of interleukins, anti-inflammatory activities, immunomodulatory properties, antioxidant activities, anti-angiogenesis and anti-proliferative activities.

Keywords: Bahaq; Psoriasis; Quba; Traditional Persian medicine

40. Treatment of breast cancer patients with mistletoe extracts of various host trees: a descriptive database study

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Introduction

Mistletoe extracts (ME) are often used as adjuvant therapy in breast cancer. ME of different host trees possess distinct compositions and in vitro cytotoxic effects of varying intensity. Little is known on physician's choice for a given ME with respect to HP, which is likely to be based on manufacturer's recommendation and previous experience. Our aim was to characterise ME prescription pattern with respect to the corresponding host trees at the Clinical Arlesheim.

Methods

Female patients diagnosed with breast cancer (ICD10: C50), treated with subcutaneous injections of Iscador® Malus (M, apple tree), Pinus (P, pine), Quercus (Qu, oak) or Abies (A, white fir), in the absence of intravenous ME applications, between 2008 and 2013 were included in the present analysis. Data were extracted from the international oncologic database QuaDoSta (Quality, Documentation and Statistics), anonymised and analysed using SPSS.

Results

Patients were 56.3 ± 11.28 (29-90) years old at admission (n=380). The most often prescribed ME upon admission were M, P or simultaneously M and P (180, 186 and 9, respectively). Patients receiving first M were more often pre-menopausal and younger than those receiving first P. Over the clinical course, approximately 1/3 of the patients received only M, 1/3 only P and 1/3 were treated with different ME; 73 patients received at some treatment point different ME simultaneously, mostly M and P.

Conclusions

In most cases, ME subcutaneous treatment followed manufacturer's recommendation with respect to hormone status. Unexpectedly, a considerable proportion of the patients received ME of different host trees in combination.

Keywords: breast cancer; mistletoe; host trees; Iscador

41. Treatment of chronic insomnia with Bryophyllum pinnatum – two case reports

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Introduction

Chronic insomniac disorders have a prevalence of 10% in western countries, psychophysiological insomnia 3%. This explains the excessive prescriptions of benzodiazepines and benzodiazepines-agonists (98 million daily-dosages in Germany, 2013). These hypnotics have a high number of side-effects and epidemiological data strongly suggest an association with increasing mortality. Beside standard sleep hygiene and restriction therapy (SE) effective phytotherapeutics are highly requested. Bryophyllum pinnatum is a widely used remedy in anthroposophic medicine with growing evidence indicating an improvement of sleep disturbances.

Methods

Two case reports present first experiences with Bryophyllum in chronic insomnia (eight months and 13 years). Our treatment started with a long-term intake of Bryophyllum 50% combined with SE. Patients documented their sleep rhythms in diaries at least four weeks with daily rating of sleep-quality (0 (very bad) to 10 (excellent)). Further questionnaires capturing state autonomic Regulation, sleep quality (Pittsburgh-Sleep-Quality-Index (PSQI)), fatigue (CFS-D), and inner coherence (ICS) were filled out by patient 2 after four months.

Results

Patient 1 improved from a pre-treatment value of 3,0 (mean of four days) to 5,14 (mean of seven days, after four weeks), patient 2 from 3,5 to 5,86 (mean of seven days, after four weeks) and 7,14 (mean of seven days, after 16 weeks). Patient 2 had clinical relevant improvements in all questionnaires.

Conclusion

In both patients we registered a sustainably improved sleep quality, wellbeing, and symptom burden under Bryophyllum and cognitive sleep behavioural therapy. The present results indicate that clinical studies investigating Bryophyllum pinnatum in chronic insomniac patients are required.

Keywords: anthroposophic medicine; autonomic regulation; Bryophyllum pinnatum; chronic insomnia; patient-reported outcome

42. Use of complementary and alternative medicine in patients with health complaints attributed to former dental amalgam fillings

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Introduction

Some patients experience health complaints which they attribute to dental amalgam. The symptom pattern is similar to medically unexplained physical symptoms (MUPS). The aim of this survey was to describe the prevalence and range of CAM use among people with health complaints attributed to dental amalgam. Specific attention was paid to (1) self-reported effects of CAM, (2) differences in CAM use dependent on self-reported health, and (3) gender.

Methods

A survey was distributed to all members of The Norwegian dental patient association (NDPA) (n = 999, response rate 36.4%). The anonymous questionnaire asked for socio-demographic data, health complaints, subjectively perceived health status, symptoms, and experience with therapeutic interventions.

Results

Most of the respondents (88.9%) had used CAM modality, more men than women ($p=0.015$). The most frequently used therapies were dietary supplements, recommended by a therapist (67%) followed by self-prescribed dietary supplements (59%), homeopathy (54%), acupuncture (49%) and special diets (48%). Use of CAM was similar for participants reporting normal to good health compared to participants reporting poor health. For most CAM modalities, the effect was better in the group reporting normal to good health compared to the group reporting poor health.

Conclusions

CAM was widely used by participants in our study, a finding similar to findings from studies of MUPS patients. To date, health problems associated with dental amalgam is not an accepted diagnosis within the public healthcare system. Consequently, lack of adequate treatment within conventional health care might have contributed to the high number of CAM users.

Keywords: Dental amalgam; CAM; MUPS

43. Users of Complementary Medicine Generally Maintain a Healthy Lifestyle

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Introduction

It is known that sociodemographic factors are related to the use of complementary medicine (CM). The aim of this study was to investigate the role of health behaviours in this context.

Methods

Data of the representative Swiss Health Survey 2012 (18'357 respondents aged 15 years or older) was obtained from the Swiss Federal Statistical Office. A CM user was defined as someone who had used at least one CM method (practitioner delivered not self-care) within 12 months before the survey. Logistic regression analysis was performed with CM use as the dependent variable and health behaviours as independent variables (adjusted for gender, age group, education).

Results

Non-smokers (odds ratio, OR, 1.191, 95% confidence interval, CI, 1.077-1.317), people not eating meat (OR 1.528, CI 1.152-2.027), people who had never received a flu shot (OR 1.186, CI 1.078-1.306), were physically active (OR 1.441, CI 1.216-1.707), or ate at least 5 portions of fruit/vegetables per day (OR 1.498, CI 1.338-1.677) were more likely to use CM than smokers, people eating meat, having received a flu shot, being physically inactive or eating 2 portions or less of fruit/vegetables, respectively. People who were adipose (OR 0.772, CI 0.656-0.909) or never consumed alcohol (OR 0.686, CI 0.585-0.805) were less likely to use CM than people with normal body mass index or who drank alcohol regularly.

Conclusions

CM users generally engaged in positive health behaviours (such as not smoking, being physically active, eating 5 portions of fruit/vegetables per day) and had fewer risk factors compared to non-users.

Keywords: usage; complementay medicine; survey; Switzerland; health behaviours

44. What is the role of dance in the stressmanagement?

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Introduction

Researches have shown that there is a close correlation between physical activity and health status, and morbidity respectively mortality. However the physical activity play a key role in the health care programs, the psychological health problems are even more important in public health challenges. Women have a central role in several areas in life, their social role is indisputable. However, in the course of carrying out their tasks, they encounter and develop internal stress issues, which require individual management strategies. One possibility of stress-management is the active exercise such as applying dance (SALSA) gymnastics.

Methods

In a quantitative cross-sectional survey 41 women (over 40 years) were regularly doing dancing exercise twice weekly for one month. The intervention comprised dance with focus

on enjoyment and in writing samples (graphology) were reported about their joy-experiences caused by gymnastics. We checked their psychological and physical state (SHR: Self Rated Health), their life-situations causing psychosomatic symptoms and their ways to respond.

Results

We found the positive effects of exercise on a regular basis on an individual's vision, the positive impact on the usage of health damaging drugs, the health harming effects of the stress sustainably exposed on the body is proven. One potential way to protect oneself against the chronic stress is the dancing gymnastics, which is enjoyable and has health care effects.

Conclusions

“Dance on prescription” has a potential to become an important method for promoting physical activity in a public health perspective, thus improving health and quality of life, and decreasing disease burden both for individuals as well as for the health care system. It can be suitable as conventional treatment in an ordinary primary health care setting to promote a more physically active lifestyle, especially between the middle-age woman. However, it is advisable to create a larger-scale survey in the future, which devises short-, medium-and long-term goals regarding health care and formulates specific explanations on the different ways of stress management.

Keywords: physical activity; mental health; dance; stressmanagement

45. Whole Body Electric Muscle Stimulation (WB EMS) – A new way to the functional fitness in seniors? Case Study

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Introduction

With the increase of average life expectancy the quality of life of elderly people becomes more and more emphasized. Whole body electric muscle stimulation (WB EMS) is a novel method, which can help in cases where the functional ability of the elderly is not sufficient to participate in conventional exercise programs.

Methods

A 72 year old woman with no experience in physical activity took part in the study. Anthropometric data, body composition, arterial stiffness and common lung function were measured before the training (2*25 min/week), and on the 5th and the 10th week. Static and dynamic balance and foot pressure parameters were determined. To assess functional fitness we used Senior Fitness Test (SFT) and sit to stand test.

Results

Already on the 5th week, we observed positive changes in the parameters. Changes were noted in SFT (2 min. step test from 69 to 126; 30 second chair test from 16 to 21; 8 foot up and go 6,5 to 4,5 sec), body composition (total body fat% from 40,9 to 39,2) waist circumference difference was 6 cm. The asymmetrical weight bearing was optimized (L31%-R69% / L48%-R52%), the postural stability was improved. Sit to stand test without support on the 5th week was completed during 9,15 sec.

Conclusions

The results of the case study indicate that a relative short session of WBEMS training may be a promising new approach to improve the functional ability in physically inactive seniors.

Keywords: functional fitness; elderly; whole body electric muscle stimulation; physiotherapy

46. Guidelines for Integrative treatment of Parkinson disease

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Introduction.

During the last decade, use of traditional medicine has expanded globally and has gained popularity. It has not only continued to be used for primary health care of the poor in developing countries, but has also been used in countries where conventional medicine is predominant in the national health care system. The purpose of our research is to represent one model, how to develop one guidelines access for effect of TM.

Methods

We choose one disease, where the AM are use in great percent worldwide. We have analyzed Parkinson disease (PD) because 56% of patients use some AM. The second step was to found the all methods of AM who are using for the treatment of symptoms. The third step was to found measurable instrument to evaluate effects of AM, and the last step, to see the discussion about effects from other studies published in last five years.

Results

We have founded that some scores and scale which are use in conventional medicine for assessment of PD have used in AM treatments. We are looking for physiological explanation of effects too.

Discussion

In consulting studies the model of science presentation of effects were similar. In Each study have been explaining the symptom and its impact on quality of life. Method of application, evaluation and scale for scoring, have analyzed too. Conclusion: Before we would like to support or reject some effect of AM, we must analyze it by conventional measurable instruments.

Keywords: integrative medicine; application; evaluation

47. Nutrition quality of nutrition preschool children in Republic of Macedonia

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Introduction

Adequate nutrition is a good prevention of nutritional problems in children such as obesity and weak bones, diabetes and cardiovascular diseases. Aim of the paper to show the quality of nutrition in children residing pre-school facilities.

Method

Used data from developed analytical methods and edible meals from food taken from pre-schools in the country. An descriptive analysis of data from the Institute for Public Health - Skopje from 2014.

Results

The average energy value daily meal with pre-school children in the country is 982 kcal, which is below the minimum and is not responsible for meeting 75% of physiological needs for that age (recommendation a value of 1200 kcal), with variations from 551 kcal to 1221 kcal). Particularly worrying is the situation in kindergartens where the energy value of the daily meal is less than 1000 kcal, and so is almost half of the regions covered by public health centers.

Conclusion

The diet of the test group of preschool children in the country in 2014 did not meet the recommendations for energy intake. Makronutriensite properly balanced, but in terms of their structure should improve the quality of the food used in the creation of macro nutrient intake. Regarding the intake mikronutriensi should increase the intake of calcium, vitamin C and iron, and to reduce the intake of sodium. Missing intake of whole grain products, fish, eggs and sufficient intake of fresh produce from vegetables and fruits.

Keywords: quality; nutrition; children; Macedonia

48. The Practice of Transcendental Meditation as Self-care Technique in Small Town

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Introduction

The study examines a complex, naturopathic health program. The patients who regularly visited phytoterapist for herbal medicine, vitamins, minerals, herbs had the opportunity to participate in Transcendental Meditation (TM) courses. The aim was to offer self-care technique to improve physical health. TM is seemed to be new and unique for the patients. As we offered it reduces stress and supports healing process. Motivation and attitudes of practicing TM for self-healing were measured in a period of twelve months.

Methods

The survey was self-reporting, used anonym questionnaires of TM practices with opened and multiple choices. The population was relatively small, but covered everybody who was trained by TM exercise. The results were processed on a statistical method.

Results

The results showed that the patients were not really motivated to practice TM. Comparing to their continuous consumption of vitamins probable it was the only belief to heal psychical health. The place of the survey was in a small town where people are unfamiliar with meditation practices. Most of the people refer the lack of time if they practice TM more often it would influence positively their health. Nonetheless, everybody would offer TM as stress-management technique to others. The strong personality of the TM trainer was determinative.

Conclusion

It needs further researches, how people could be interested promoting their health with TM. The conclusion is that patients believe more in biologically based herbal products than in meditation, which they could do themselves.

Keywords: Self-care; meditation practise; healing; motivation; belief

49. Symptom free RLS through diet A case-study

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Introduction

Restless legs syndrome (RLS) is a chronic neurological disorder which, in serious cases, has a substantial impact on sleep, daily activities and quality of life. The etiology of primary RLS is unknown; pregnancy, iron deficiency and genetic factors may play a role. In our case-study we show that severe RLS, existing for more than 20 years can become symptom free within a few weeks through dietary intervention.

Method

The patient radically changed her diet according to the recommendations for six weeks and become about 95% symptom free. During that time she was writing a food diary.

Results

Through the diet the RLS symptoms got better and almost absolutely disappeared. Symptoms only reappeared in a weak form as a result of physical or psychic stress, and when the patient allowed herself some other food. The quality of life had greatly improved as the sleeping time became longer and the daytime tiredness disappeared. She has been practising the diet for more than 3 years now.

Conclusions

In our case it was possible to achieve an almost completely symptom free life through dietary intervention. A further study is ongoing to investigate how effective the diet is for other RLS patients.

50. Treatment of pain in fibromyalgia with acupuncture

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Introduction

Fibromyalgia is a chronic painful syndrome that affects up to 6% of the world population. It is associated with sleep and mood disorders, fatigue and functional disability. Its pathogenesis involves a disorder of the central modulation of pain, impairment of the descending inhibitory system and hyperactivity of substance P. Because of the extensive spectre of symptoms of fibromyalgia and its multifactorial pathogenesis, its ideal treatment requires an integrated approach combining therapies aimed to correcting structural changes caused by the syndrome, to restore the altered of these patients, influencing the behaviour towards healthy and active lifestyle. Therapy must cover all three levels in which this syndrome is structured: organic, functional and psychological. The combination of antidepressants with electroacupuncture can be effective in the treatment of this disorder..

Method

A total of 21 patients (20 females and one male), mean age 47.57 ± 12.20 years, affected by primary fibromyalgia from a mean period of 91.38 ± 86.49 months, were treated with an integrated approach: two sessions of electroacupuncture in a week, a dose of amitriptyline varying from 10 to 30mg in the evening, a warm bath in the morning to counteract muscle rigidity, an hour a day of aerobic exercises with also stretching exercises, as well as intake of supplements with magnesium and antioxidants. A support by psychologist for fibromyalgic patients was provided once a week.

Results

The results show a significant decrease in pain, measured using the McGill Pain Questionnaire, which passes from the value of the total score of 34.76 ± 15.31 before the therapy to 14.19 ± 10.54 at the end of therapy. The pain relief lasted until the last measurement and was made 6 months after the treatment.

Conclusion

Fibromyalgia is a disease of the locomotor system of unknown cause. The known therapy is unfortunately not effective, therefore the new forms of treatment are looking for. Acupuncture is one of these possible new outlets with better effects.

Keywords: acupuncture; fibromyalgia; pain; antioxidants; physiotherapy

51. Regulatory and legislative issues for clinical implementation of integrative medicine in Serbia

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Introduction

Integrative Medicine, a new direction in medicine is based on scientifically proven facts, are increasingly being implemented in the clinical practice of health institutions, an increasing number of private clinics with the practice of integrative medicine. The Ministry of Health has established a commission to assess and give their opinion on the application of traditional methods and procedures (integrative) medicine.

Results

Health institutions can perform methods of integrative medicine if the conditions of the set have at least one health care worker who has a permit from the ministry of health to carry out integrative medicine. Health workers applying Commission with documents of university, specialization, membership in health care chamber, a certificate of training and qualifications to perform the procedures and methods of integrative medicine and proof of membership in

appropriate section of integrative medicine. Based on the opinion of the ministry has given permission for the work to health care professionals and health care facilities for the approval of clinical practice integrative medicine.

Discussion

The Ordinance on the conditions, manner and procedure for carrying out the methods and procedures of integrated traditional medicine all methods is divided into two groups: methods of diagnosis and treatment (Ayurveda, Acupuncture, Quantum medicine, traditional Chinese medicine, macrobiotics, Applied Kinesiology, Reflexology, Sectional therapy , Sudok, traditional medicine, Tuina, Phytotherapy, Chiropractic, Homeopathy, Shiatsu) and methods of rehabilitation or improvement of health (apitherapy, Aromatherapy, detection of harmful radiation, spiritual energy medicine, energy therapies, yoga, family schedules, Reiki, Tai Chi Chuan , Qi gong)

Conclusion

Serbia is one of the first countries in Europe that brought the regulatory and legal rules of integrative medicine.

Keywords: Regulatory and legislative issues; clinical implementation