



WORLD HEALTH CONGRESS 2021 PRAGUE

Proceedings

Prague 10th – 12th September 2021

Held under the auspices of the Capital City of Prague



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WORLD HEALTH CONGRESS 2021 PRAGUE

Proceedings
Prague 10th – 12th September 2021

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WORLD HEALTH CONGRESS 2021 PRAGUE
held on 10th – 12th September 2021 under the auspices of the Capital City
of Prague, with the motto “Health knows no boundaries – Let’s seek what
unites us”

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partners, and last but not least visitors of the Congress – you all made the
event as well as this publication possible.

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FOREWORD

Traditional, Complementary, and Integrative Medicine (TCIM) has proven as a highly promising area for improvement of the efficacy, costs, and sustainability of healthcare systems. However, there are still significant gaps in mutual understanding of stakeholders in the area of TCIM and conventional medical healthcare.

Further development of individual TCIM fields, including easier integration into healthcare systems, calls for unifying projects that would help enhance credibility of TCIM area as a whole, and facilitate dialogue and mutual cooperation of TCIM with Evidence-Based Medicine (EBM), so that verified, efficacious and cost-effective TCIM treatments could be offered more widely to the patients, thus helping to open up significant resources also for further development of EBM.

The Platform 2020 Prague aims to become a milestone in unification and mutual support of all TCIM fields, via creating a common information space for communication across all fields of healthcare systems, including EBM, in order to use all options available in healthcare to the patients' maximum benefit.

The World Health Congress 2021 Prague made an important contribution in the search for a pathway to sustainable future of healthcare systems. World-renowned scientists and professors from leading universities, policymakers, representatives of major international health institutions and TCIM organizations, medical doctors, TCIM practitioners, and other stakeholders, over 50 experts from 16 countries in Europe, Asia, and the Americas gathered together with their ideas and presentations at the occasion of inauguration of the Platform 2020 Prague.

Session – Global Situation of TCIM (CAM), and Platform 2020 Prague



Tomáš Pfeiffer – Czech Republic

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

Platform 2020 Prague (edited summary of the contribution)

The need for TCIM/CAM in health care

We are currently observing a change in policies of world organizations that recommend studying and incorporating TCIM and CAM methods into national health systems. There is an increase in the number of published studies and departments researching TCIM and CAM, in the number of departments actively using these methods and last but not least, in the public interest. In developed countries, between 30 and 70 percent of the population uses one of these methods; in Europe, this means more than 100 million people. Modern medicine is based on procedures that are of great benefit to human health, yet there is a growing number of diseases where medicine does not provide complete answers. Other perspectives on these problems need to be sought. The World Health Congress 2021 Prague aims to improve awareness among the lay and professional public, to help in formulating policies for TCIM and CAM, and to provide access to rational holistic treatment for all citizens.

Platform 2020 Prague

One of the main points of the Congress was the launch of a global information database called Platform 2020 Prague. It will enable the mutual communication of all TCIM/CAM disciplines. The created safe space is a

place for meeting with EBM (Evidence-Based Medicine), a place for mutual support of the platform members in their joint efforts and public relations, as well as a place of many other activities going far beyond the existing databases.

Global information sharing

The uniqueness of the Congress lies not only in the online 3D graphic format, in the breadth of topics and disciplines represented (some of them are presented in this way for the first time), but also in the representation of almost the entire planet.



Ing. Miloš Růžička – Czech Republic

Chairman of Health, Sports and Leisure activities Committee of the Prague City Assembly, Member of the Housing Committee of the Prague City Assembly, Mayor of the Municipal District Praha 8 – Ďáblice, STAN – Mayors and Independents Movement, founder and vice-chairman of the regional committee (Prague region)

Why Health Congress Prague? Why Platform? Several Questions and Answers from the Central European's Perspective (edited summary of the contribution)

Thanks to Platform 2020, existing and new paradigms in health and healthcare can be better compared. We are gaining new knowledge and skills in prevention, treatment, disease research, as well as in the philosophy of life, ethics, and spiritual development. Only the balance, the mutual synergy of all these areas is a prerequisite for a good, promising, and safe healing and medical practice for the patient. Seeing in context and finding subtle non-invasive practices that bring long-term or even permanent changes and balanced states are needed in all areas of human endeavor and of course are much needed in medicine and health care, in the healing process. It is safe and beneficial to help ourselves with CAM and TCIM therapies in times of health problems or specific illness.

A new form of health care

The current system often leads us to voluntarily hand over our life, health and the resulting freedom to others to take care of it. But it is important to prevent illnesses and, if we do become ill, to understand the causes and know what to change for our benefit. That is why it is also necessary, in cases where it makes sense, to provide an alternative to patients as a freer, safer and gentler approach to many diseases. The World Health Congress is an ongoing forum for providers and users of new forms of healthcare.



Dr. Geetha Gopalakrishna BAMS, MD
– Switzerland

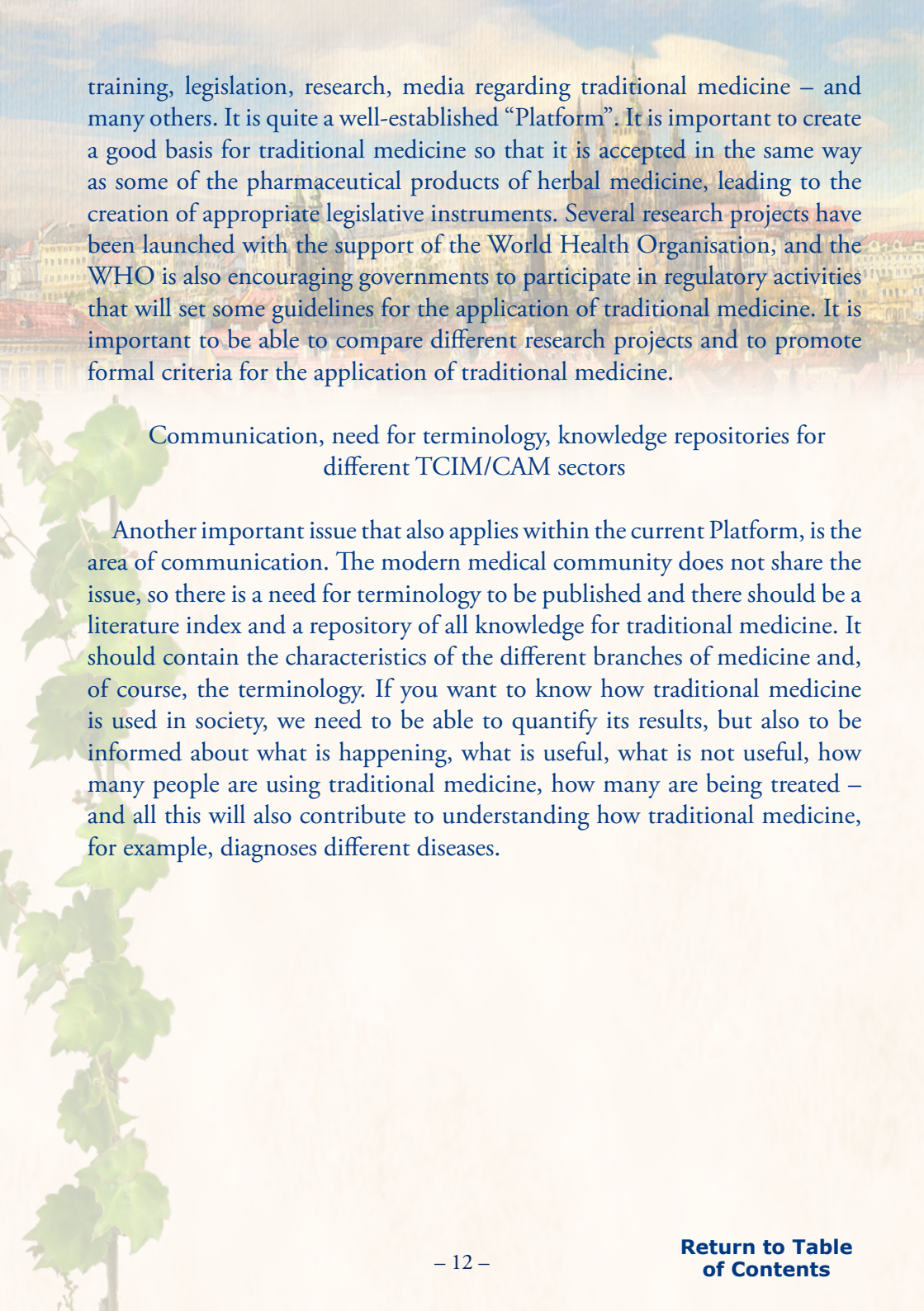
Technical Officer, Traditional, Complementary and Integrative Medicine (TCIM) Unit, WHO, Geneva, Switzerland

Evaluation of TCIM in the World (edited summary of the contribution)

We appeal to governments, to those in charge, to look at all the resources that are in traditional medicine that can be used for the benefit of the world. There is currently a 10-year strategy in traditional medicine at WHO, where there are three main objectives. One of these objectives is to develop national policies and set strategic goals that would use TCIM and CAM and also to develop administrative measures for this purpose. We cover several things also included in the Platform 2020 Prague, and that is why this meeting is so important.

WHO strategic objectives, regulatory instruments, and Platform 2020
Prague

A virtual library exists, which includes different verticals, such as education,



training, legislation, research, media regarding traditional medicine – and many others. It is quite a well-established “Platform”. It is important to create a good basis for traditional medicine so that it is accepted in the same way as some of the pharmaceutical products of herbal medicine, leading to the creation of appropriate legislative instruments. Several research projects have been launched with the support of the World Health Organisation, and the WHO is also encouraging governments to participate in regulatory activities that will set some guidelines for the application of traditional medicine. It is important to be able to compare different research projects and to promote formal criteria for the application of traditional medicine.

Communication, need for terminology, knowledge repositories for different TCIM/CAM sectors

Another important issue that also applies within the current Platform, is the area of communication. The modern medical community does not share the issue, so there is a need for terminology to be published and there should be a literature index and a repository of all knowledge for traditional medicine. It should contain the characteristics of the different branches of medicine and, of course, the terminology. If you want to know how traditional medicine is used in society, we need to be able to quantify its results, but also to be informed about what is happening, what is useful, what is not useful, how many people are using traditional medicine, how many are being treated – and all this will also contribute to understanding how traditional medicine, for example, diagnoses different diseases.



**Assoc Prof Nandu Goswami, MD, PhD, MME
– Austria**

Acting Head, Division of Physiology, Medical
University of Graz, Austria

Challenges, Perceptions and the way forward in Integrative Medical Research and Education

(abstract)

The WHO was created in 1948. It laid an emphasis on treatment and cure of diseases. However – it was not until the Alma Ata declaration in 1978 that a health promotion and disease prevention narrative and primary health care were emphasized. The recently concluded Global Conference on Primary Health Care in Astana – Kazakhstan (25–26 October) saw a coming together of health leaders from around the world to celebrate the 40th anniversary of the declaration and to renew a commitment to primary health care and to achieve universal health coverage and the Sustainable Development Goals. The Alma Ata declaration is particularly significant for the future of global healthcare at a time when attempts to contain chronic diseases of epidemic proportions are failing. Many of these conditions are preventable. For instance – up to 70% of cardiovascular diseases and similar proportions of food – diet and lifestyle related conditions are preventable. The talk will provide a platform to enlighten the scientific community – health practitioners and policy makers about the need for incorporate preventive medicine. By presenting in depth and critical analyses and also incorporating an evidenced-based perspective (using randomized cross over clinical trials – where available) the beneficial effects of integrative medicine will be objectively considered. Finally – this talk also underlines the need for a shift in the educational paradigm of medical training so that aspects related to prevention of disease and promotion of a healthy life style are included in the curriculum. This need was echoed recently by Harvard Medical School – which since September 2018 – is re-assessing it's mission statement away from a purely disease focus towards improving health and wellness for

everyone: “To create and nurture a diverse community dedicated to teaching and learning – discovery and scholarship – service and leadership to improve health and wellness for everyone.” – <https://todayspractitioner.com/john-weeks/paradigm-shift-harvard-medical-school-considering-mission-reframe-from-sickness-model-to-health/#.W83zNlJRdsM>). This talk will provide concrete examples of how the preventative care dimension of – for example – Ayurveda – Yoga – and meditation can be integrated into western medical school’s curriculum and also how research should be carried out in a typical western medical school setting regarding preventative care and healthy living.



Isabelle Wachsmuth, MSc, MPH – Switzerland

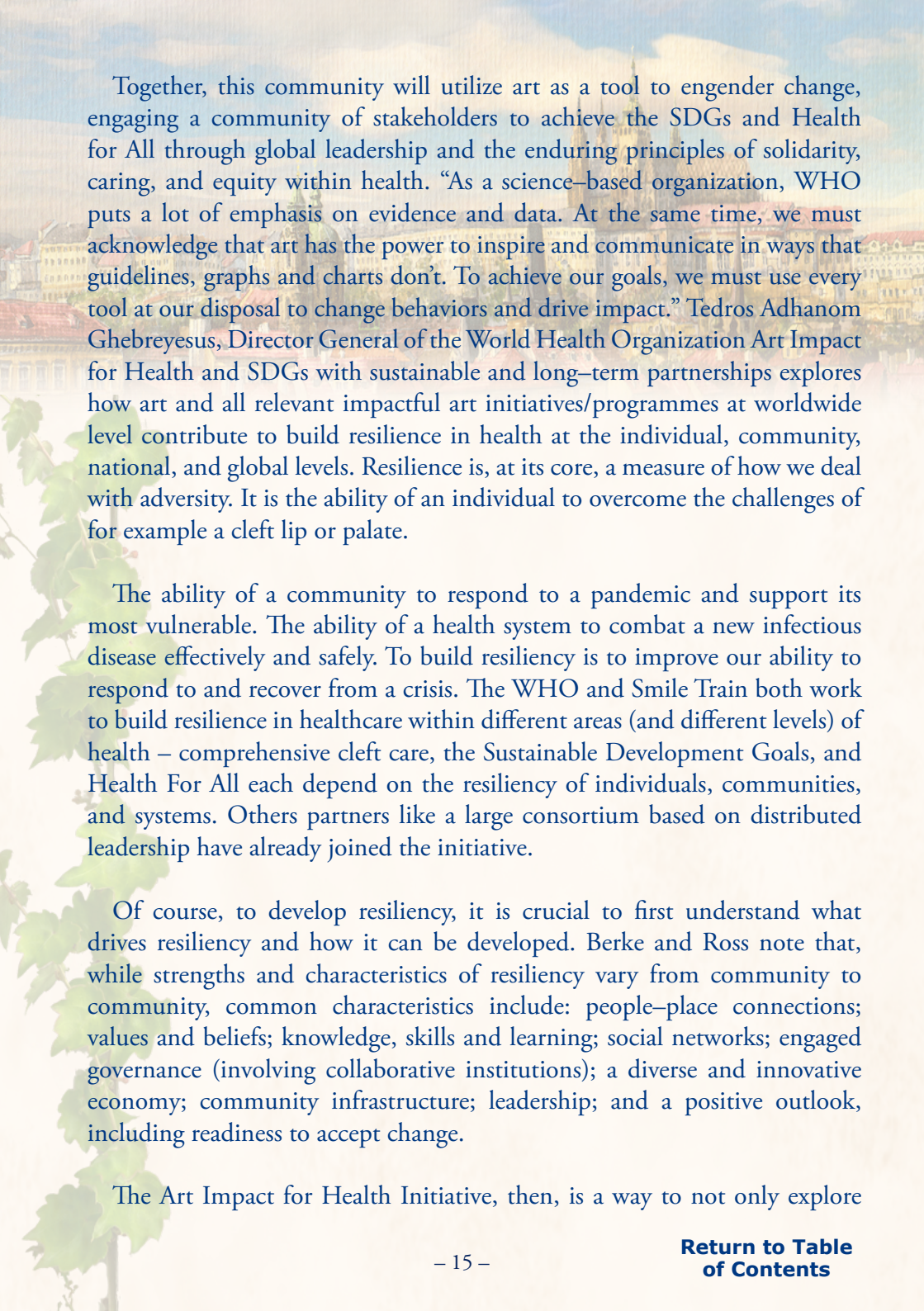
Project Manager, World Health Organization.
World Headquarters, Geneva, Switzerland

ART IMPACT FOR HEALTH AND SDGs

(abstract)

Within the health sector, science and art are complementary forces. Together, they can create a dialogue between people, allowing for mutual understanding, empathy, and connection. After all, health professionals and artists are not so different – they are linked by a desire to understand the world and life itself. Through artistic exploration, we can work to build resilience in health for individuals, communities, and global systems.

The mission of the Art Impact for Health and SDGs initiative is to grow art and culture within the medical environment as an innovative strategy to build resilient individuals, communities, and health systems, creating a global creative and organic community movement that advances the Sustainable Development Goals (SDGs) and Health for All.



Together, this community will utilize art as a tool to engender change, engaging a community of stakeholders to achieve the SDGs and Health for All through global leadership and the enduring principles of solidarity, caring, and equity within health. “As a science-based organization, WHO puts a lot of emphasis on evidence and data. At the same time, we must acknowledge that art has the power to inspire and communicate in ways that guidelines, graphs and charts don’t. To achieve our goals, we must use every tool at our disposal to change behaviors and drive impact.” Tedros Adhanom Ghebreyesus, Director General of the World Health Organization Art Impact for Health and SDGs with sustainable and long-term partnerships explores how art and all relevant impactful art initiatives/programmes at worldwide level contribute to build resilience in health at the individual, community, national, and global levels. Resilience is, at its core, a measure of how we deal with adversity. It is the ability of an individual to overcome the challenges of for example a cleft lip or palate.

The ability of a community to respond to a pandemic and support its most vulnerable. The ability of a health system to combat a new infectious disease effectively and safely. To build resiliency is to improve our ability to respond to and recover from a crisis. The WHO and Smile Train both work to build resilience in healthcare within different areas (and different levels) of health – comprehensive cleft care, the Sustainable Development Goals, and Health For All each depend on the resiliency of individuals, communities, and systems. Others partners like a large consortium based on distributed leadership have already joined the initiative.

Of course, to develop resiliency, it is crucial to first understand what drives resiliency and how it can be developed. Berke and Ross note that, while strengths and characteristics of resiliency vary from community to community, common characteristics include: people-place connections; values and beliefs; knowledge, skills and learning; social networks; engaged governance (involving collaborative institutions); a diverse and innovative economy; community infrastructure; leadership; and a positive outlook, including readiness to accept change.

The Art Impact for Health Initiative, then, is a way to not only explore

and identify these aspects of resilience within a global community, but also to simultaneously develop them through the artistic process itself. United by artistic exploration, artists, policy makers, medical professionals, patients, and families would come together to explore values and beliefs, gain skills and learning, build long-term social networks, engage and raise awareness at the government level, build a community of stakeholders, and focus on a positive outlook and opening themselves to change through self-reflection. Arts and cultural expressions and practices are a vehicle through which individuals and communities form culture. Cultural practices help build the social connections that make communities vibrant and resilient and can support catharsis and healing.



Dr. Peter Kath – Germany

President of EUAA – European Ayurveda Association, Frankfurt, Germany

Music as a part of an evidence-based health system
(edited summary of the contribution)

Can music have a positive effect on health in a holistic sense? Is there empirical data or scientific evidence on the effectiveness of music as part of a health system? What is the philosophy behind a holistic understanding of health and what conclusions can we draw from it?

Music as a way into our innermost being

Scientific research has been done and it has been proven that the use of special music can have an effect on blood pressure and can also be used to rehabilitate people who have been injured. However, music can go much further – it is about communicating with ourselves, communicating with

each of us, and being able to stir up the energy that we have within us. What is the conclusion from this? Of course, there are several questions, but we can say that music can be used in general. It can serve the complete physical, mental, and social health – which truly meets the World Health Organization’s definition of health.



Jesper Odde Madsen – Denmark

Science journalist and communication professional,
Jesper Madsen Kommunikation, Hjortshøj,
Denmark

The path to the future – with the past in mind

(abstract)

The big picture, seen from a communications perspective

The increasing use of Complementary and Alternative Medicine points to the crucial issue of combining Western science with the health approach of CAM/TCIM.

Acupuncture, healing, ayurveda, homeopathy... Millions of people all over the world make use of “alternative” practitioners – and in many cases they go to a medical doctor in parallel. But the people of the world do not have the opportunity at all to exploit the potentials that actually exist.

We are facing quite a few challenges. The international co-operation on research and development is limited, the funding is poor, in many countries the governmental lack of recognition is a crucial obstacle, and we are facing strong resistance from conventional science. And then there is communication.

CAMbrella

My influence on the first four issues above is limited. Thus my focus will be on how to communicate, how to network and how to put CAM/

TCIM on the agenda. And in this context, proper communication, just like in business and politics, is essential to be able to exchange data, ideas and insights effectively.

What is exactly the role of communication in the area of research & development? Where are the pitfalls? We are facing other challenges than e.g. in business life.

I will take CAMbrella as my concrete starting point. I was the (only) communication professional in the project, running from 2010 to 2012. I will talk about the Co-operation in CAMbrella and my experience with communication in this setup, but not about the research as such, as this is not my field.

How did we work in CAMbrella, who was involved, and which were the lessons learned? The CAM stakeholders, who are they, and how do they interact?

15 universities from 12 countries participated in CAMbrella. 1)

The future

We need much more co-operation. Which forums, organizations and groups could be relevant to future networking? We also should be aware of opportunities and threats, and of differences with respect to tradition, economy and legislation.

A vision of enhanced communication and networking could be a fruitful cocktail of online meetings & webinars, permanent online communication facilities and events with face-to-face communication.

There are many stakeholders in this area, and without science we cannot do much. But the role of communication in the area of academic research is not an easy task. There are many pitfalls, and a widespread lack of understanding of the fact that communication is much more than press coverage and dissemination via digital media. My profession is indeed facing other challenges than e.g. in business life.

The wall

Good science and strong communication doesn't make it alone. We have to take down "the wall", a wall which is built on the materialistic world view of natural science.

There is a lot of resistance and ignorance among MD's, scientists and

policy makers. Therefore I will propose a co-operation with likeminded people outside the CAM/TCIM community.

Habitual thinking and financial interests are at stake, but I am sure that the new paradigm will grow stronger – we just have to keep up the good work and the spirit – and to be patient.

This fundamental change in our world view and science will not be finished within a few decades. But the process is running.

1)

- *Abteilung für Naturheilkunde, Universitätsspital Zürich, Switzerland*
- *Agenzia Sanitaria e Sociale Regionale Regione Emilia–Romagna, Bologna, Italy*
- *BayFOR – Bayerische Forschungsallianz, gemeinnützige GmbH, Germany*
- *Charité University Medical Center Berlin, Germany*
- *Centre for Cross–disciplinary Evaluation Studies of CAM, University of Southern Denmark*
- *Chair for Complementary and Alternative Medicine, University of Pecs, Hungary*
- *Comitato Permanente di Consenso e Coordinamento per le Medicine Non Convenzionali in Italia, Bologna, Italy*
- *Department of Primary Care, University of Southampton, United Kingdom*
- *Gamed – Wiener Internationale Akademie für Ganzheitsmedizin, Austria*
- *Institute of Public Health, Université Paris 13, France*
- *Karolinska Institutet, Unit on Integrative Care, Huddinge, Sweden*
- *Kollegiale Instanz für Komplementärmedizin, Universität Bern, Switzerland*
- *NAFKAM – University of Tromsø, Norway*
- *Pain Treatment Unit, Servicio Andaluz De Salud, Dos Hermanas, Spain*
- *Universitatea de Medicina si Farmace, Victor Babes Timisoara, Romania*
- *Zentrum für Naturheilkundliche Forschung, Technische Universität München, Germany*



Bhaswati Bhattacharya, MPH, MD, PhD – USA

Clinical Assistant Professor at Cornell University, Fulbright Specialist in Global Public Health specializing in Integrative Medicine. Weill Cornell Medical College, New York, USA

Public Servants, Mental Gaps, and Pink Elephants:

Helping the Patient to See

(abstract)

The gap has widened between the patient's understanding about health care and the realities that determine what actual care is given. Ancient human wisdom about disease care – patient rights – wellness – public health and medical ethics can be found in the medical texts of Ayurveda. The texts provide a comprehensive approach to maintaining health and treating illness in society. In modern times – however – not only are there vast disparities between the care given to diverse patients – but there is largely an assumption that the only care a government should finance is biomedical–pharmaceutical–based medicine. The basis of this decision is not based on clinical efficacy – scientific evidence – or patient–centered care policy. The decisions about healthcare finance are largely dominated by the agendas of the main moneymakers using healthcare as their vehicle. These are the biotechnology companies – biological product companies – medical suppliers of plastics and protective equipment – hospital–based care facilities – health insurance companies – and pharmaceutical makers. In fact – they are not public servants caring for the optimal welfare of the People. They are merchants – industrialists and business tycoons. The pink elephant in the room is the price–gouging providers of health care that have no ethical – legal or financial obligations to provide medicine that Does No Harm. How do we shift the People to demanding access to medicines that work – with removal of products and procedures that provide marginal benefits at huge costs – or price–caps enforced by governments? How do we shift patients toward demanding government investments into health maintenance – health promotion – and wellness – as part of their obligatory duties in their

rubric of Health and of Care using our tax monies? How do we rebalance the human right to access health care that heals at all levels?



Prof. Valdis Pirags, MD – Latvia

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

Current status and future vision on Integrative Medicine in Latvia (abstract)

There is an increasing demand in holistic and integrative treatment of chronic diseases both in Europe and globally. Several epidemiological studies reported additional health benefit by adding complementary and alternative methods of treatment like Ayurveda, Yoga or Acupuncture to the mainstream treatment with synthetic medicines and devices. However, clinical studies that would satisfy the criteria of the World Health Organization and peer reviewed journals have been alarmingly few from India, in spite of patients crowding in Ayurvedic hospitals. A document prepared by the U.S. National Institutes for Health states, that most clinical trials of Ayurvedic interventions have been small, had problems with research designs, lacked appropriate control groups, or had other issues that affected how meaningful the results were. (<http://nccam.nih.gov/health/Ayurveda/>)

In order to bridge the gap between the existing situation and increasing demand for proper academic education in Europe and evidence based clinical trials, we have signed the Memorandum of Understanding with the Arya Vaidya Chikitsalayam and Research Institute (AVCRI), the leading Ayurveda institution in Coimbatore, TN. In 2013, the first retrospective clinical survey on efficacy of individualized Ayurvedic treatment of type two diabetes was conducted in Coimbatore. In 2014, the four month study programme on Basics of Ayurveda for medical professionals was accredited by the Ministry

of Education & Science and Ministry of Health of Latvia. In 2015, the first batch of students completed the study programme at the University of Latvia and one month of practice at the AVCRI in Coimbatore, India. The first International Yoga Day was celebrated in Riga. In 2016, Sh. Shripad Naik, Minister of State for AYUSH visited the University of Latvia (LU), and we signed the MoU between the Central Council for Research in Ayurvedic Sciences (CCRAS) at the Ministry of AYUSH in New Delhi for creation of the position of the Ayurveda chair at the University of Latvia. The funding for designing and conducting of large scale prospective placebo controlled clinical study on diabetes was allocated. Memorandum of Understanding on education and research was signed with the Swami Vivekananda University (S-VYASA) of Bangalore. In 2017, Mr. M. J. Akbar, the Minister of State for Foreign Affairs opened the Yoga Corner at the LU Botanical Garden, opening of the AYUSH Information centre at the University of Latvia was postponed despite of the previous agreement. The section on Integrative Medicine and Ayurveda was organised during the International Scientific Conference of the University of Latvia with many speakers and participants from India, China, Lithuania, Netherlands, Germany, and United Kingdom. P. N. Ranjit Kumar, Joint Secretary of the AYUSH ministry delivered a key note lecture during the opening ceremony of the 75th Annual Scientific Conference of the University of Latvia.

The Latvian translation of the classical Ayurveda book Ashtanga Hridaya Sutrasthan with original Sanskrit text and contemporary scientific comments and amendments was published. Creating of the explanatory dictionary of 1000 basic Sanskrit terms in Ayurveda, Yoga and Classic Music was completed in 2019.

The future plans consist of several parallel activities on three levels:

1. Education level:

- Conducting of the comprehensive study programme on Ayurveda at the University of Latvia
- Opening of the new study programme on Yoga Therapy
- Development of the unique study programme in Integrative Medicine both for Ayurveda graduates from the Indian Universities as well as for

the Western Medicine graduates from the European Universities.

2. Research level:

- Completing of the preclinical study on diabetic wound healing,
- Designing and conducting of the large scale multicentre prospective placebo controlled clinical study on Ayurvedic treatment of diabetes,
- Designing and conducting of the large scale multicentre prospective parallel group clinical study on Yoga treatment of diabetes, funded by the European Research Funds

3. Organisational level:

- Opening of the teaching clinic for Ayurveda, Yoga therapy and Integrative Medicine in Riga.
- Changing the legal status of the Integrative Medicine practitioners in Latvia and in the whole European Union.



Prof. Dr. Madan Thangavelu – United Kingdom

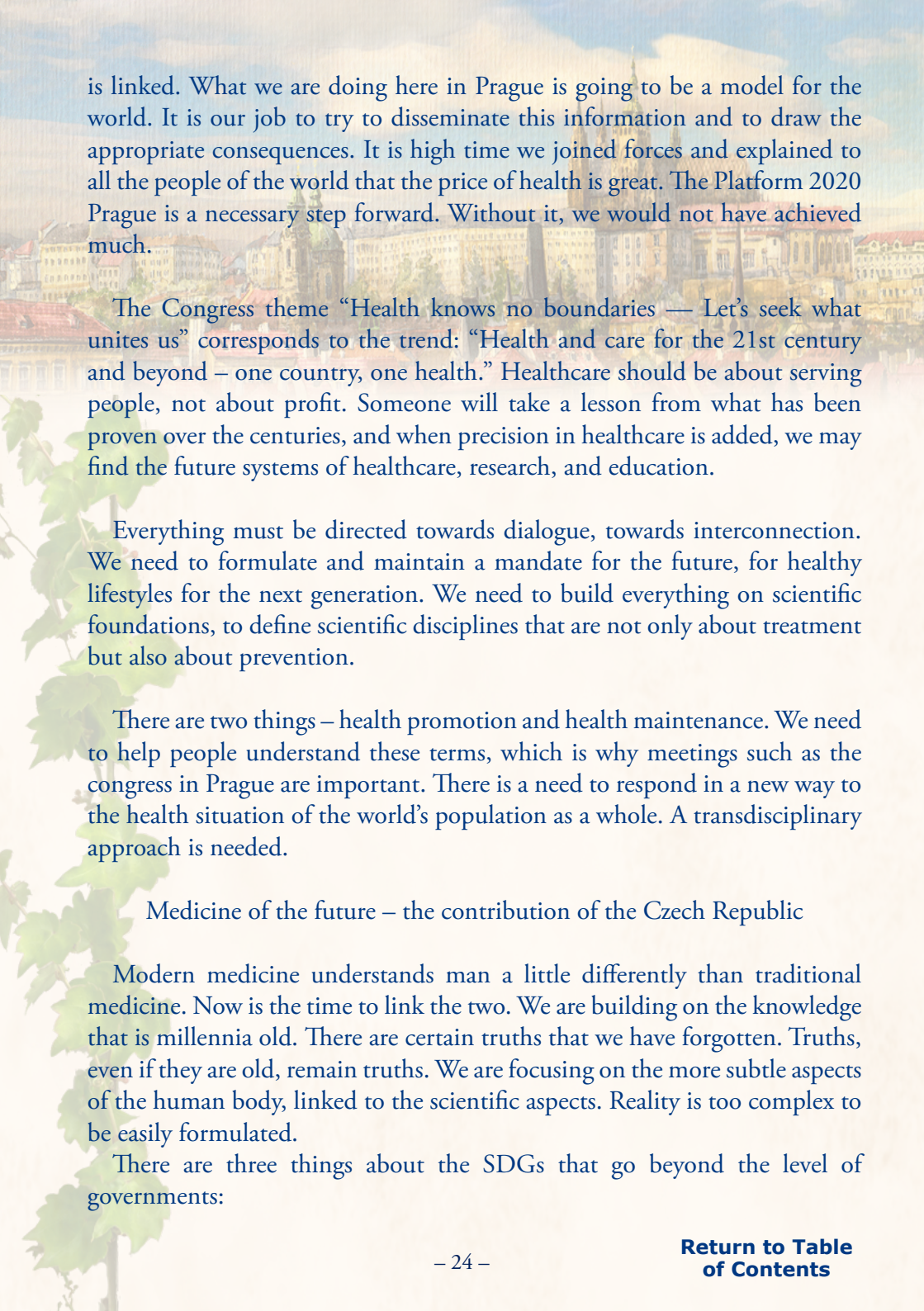
Genome Biologist at Cambridge University, United Kingdom. General Secretary and Research Director of the European Ayurveda Association, Germany. Honorary Adjunct Professor at the TransDisciplinary University, Bangalore, India. International President of Ayush Valley Foundation, Kerala, India.

One Earth, One Health: increasing climate change awareness & resilience through engagement with nature and localised, traditional knowledge

(edited summary of the contribution)

Platform 2020 Prague – a significant step forward

Establishing the Platform 2020 Prague is very important for providing a new direction on where we should be going with healthcare, and where we should be going with health and well-being, not only for Europe, but for all the world. The second thing hanging over us is climate change. Everything



is linked. What we are doing here in Prague is going to be a model for the world. It is our job to try to disseminate this information and to draw the appropriate consequences. It is high time we joined forces and explained to all the people of the world that the price of health is great. The Platform 2020 Prague is a necessary step forward. Without it, we would not have achieved much.

The Congress theme “Health knows no boundaries — Let’s seek what unites us” corresponds to the trend: “Health and care for the 21st century and beyond – one country, one health.” Healthcare should be about serving people, not about profit. Someone will take a lesson from what has been proven over the centuries, and when precision in healthcare is added, we may find the future systems of healthcare, research, and education.

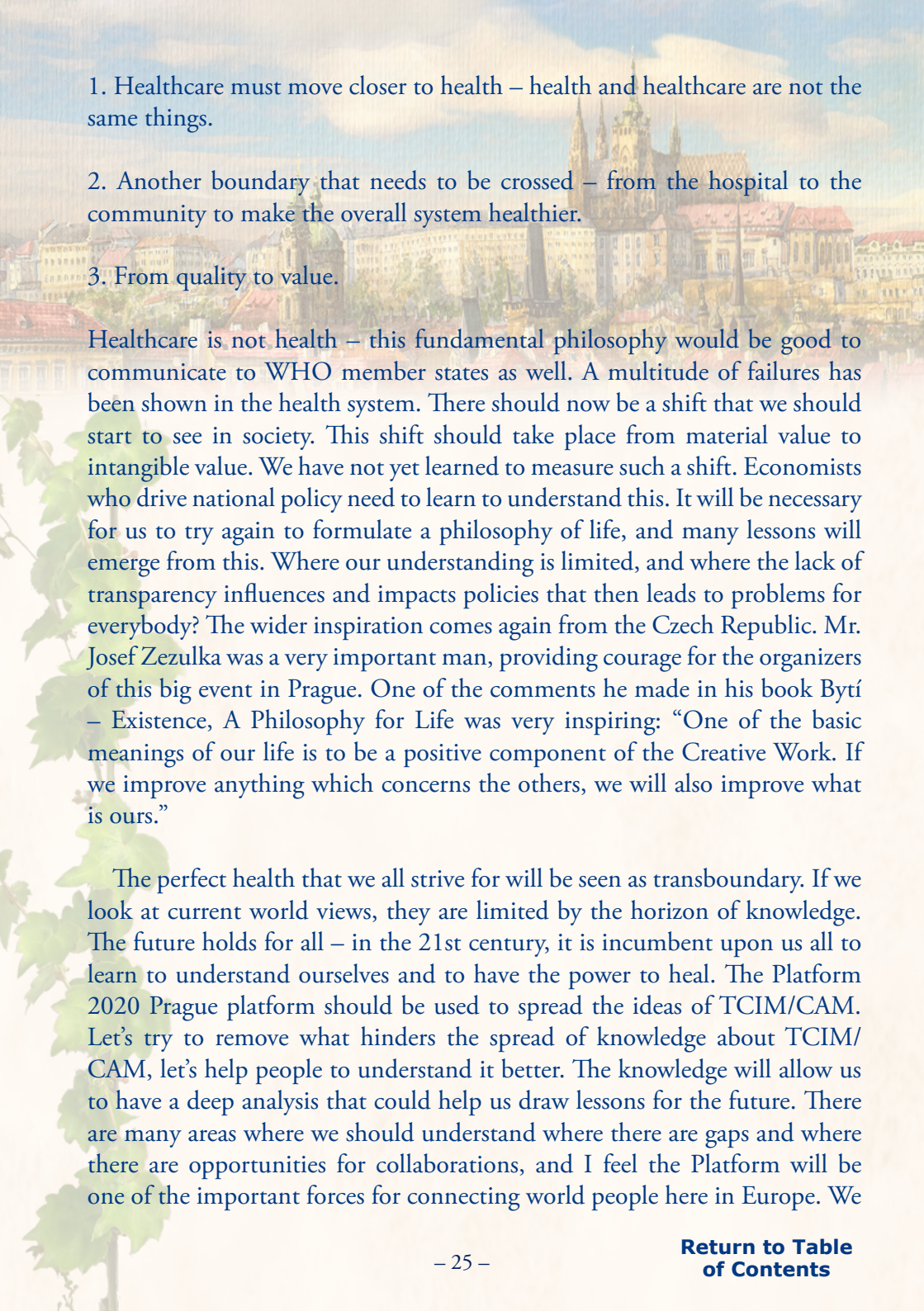
Everything must be directed towards dialogue, towards interconnection. We need to formulate and maintain a mandate for the future, for healthy lifestyles for the next generation. We need to build everything on scientific foundations, to define scientific disciplines that are not only about treatment but also about prevention.

There are two things – health promotion and health maintenance. We need to help people understand these terms, which is why meetings such as the congress in Prague are important. There is a need to respond in a new way to the health situation of the world’s population as a whole. A transdisciplinary approach is needed.

Medicine of the future – the contribution of the Czech Republic

Modern medicine understands man a little differently than traditional medicine. Now is the time to link the two. We are building on the knowledge that is millennia old. There are certain truths that we have forgotten. Truths, even if they are old, remain truths. We are focusing on the more subtle aspects of the human body, linked to the scientific aspects. Reality is too complex to be easily formulated.

There are three things about the SDGs that go beyond the level of governments:

- 
1. Healthcare must move closer to health – health and healthcare are not the same things.
 2. Another boundary that needs to be crossed – from the hospital to the community to make the overall system healthier.
 3. From quality to value.

Healthcare is not health – this fundamental philosophy would be good to communicate to WHO member states as well. A multitude of failures has been shown in the health system. There should now be a shift that we should start to see in society. This shift should take place from material value to intangible value. We have not yet learned to measure such a shift. Economists who drive national policy need to learn to understand this. It will be necessary for us to try again to formulate a philosophy of life, and many lessons will emerge from this. Where our understanding is limited, and where the lack of transparency influences and impacts policies that then leads to problems for everybody? The wider inspiration comes again from the Czech Republic. Mr. Josef Zezulka was a very important man, providing courage for the organizers of this big event in Prague. One of the comments he made in his book *Bytí – Existence, A Philosophy for Life* was very inspiring: “One of the basic meanings of our life is to be a positive component of the Creative Work. If we improve anything which concerns the others, we will also improve what is ours.”

The perfect health that we all strive for will be seen as transboundary. If we look at current world views, they are limited by the horizon of knowledge. The future holds for all – in the 21st century, it is incumbent upon us all to learn to understand ourselves and to have the power to heal. The Platform 2020 Prague platform should be used to spread the ideas of TCIM/CAM. Let’s try to remove what hinders the spread of knowledge about TCIM/CAM, let’s help people to understand it better. The knowledge will allow us to have a deep analysis that could help us draw lessons for the future. There are many areas where we should understand where there are gaps and where there are opportunities for collaborations, and I feel the Platform will be one of the important forces for connecting world people here in Europe. We

look forward to extending this Platform, and drawing as many nations from around the world and as many places as possible to grow this further, so that we become a very important force not only in Europe but across the world.

Session – Science and TCIM (CAM) in Healthcare



Amarjeet S Bhamra – United Kingdom

Representing British Ayurvedic Medical Council,
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India–United Kingdom tie–up to explore Indian medicine for long covid relief

(edited summary of the contribution)

In November 2009, in response to the activities of the European Union, a meeting was held in the British Parliament to examine the European Union’s relationship with traditional medicine. At the very first meeting, a campaign was launched to redress herbal medicine. Within 2 years over a million signatures were collected and submitted to the government. The aim was, among other things, to show how important freedom of choice is. The campaign was very successful, with 30 organizations from all over the world joining the call. In the UK, a cross–party parliamentary group has been set up to look at traditional medicine and traditional sciences – organizing Ayurveda, Yoga, Jyotish, Yunani medicine, and other programs within the British Parliament. This group includes people representing the entire political spectrum of both Houses, intending to bring traditional medicine information to politicians and give them a global perspective. The parliamentary community has had the opportunity to educate the public about traditional sciences that could become part of the healthcare system in Britain, which would also be beneficial in terms of government savings, and

especially in terms of prevention because prevention is better than cure.

Ayurveda for covid treatment

In the current world of the Covid-19 pandemic, it has been possible to contact the ministry in India that deals with traditional medicines, and other Indian government and British officials, to get an agreement signed on a joint approach to the use of Ayurveda for the treatment of long Covid-19. This is an initiative outside the UK and India also involving eminent institutions such as universities, research institutes, scientists, etc engaged in this research. It is a long-term study involving a large number of patients. It will mainly focus on the structure of the national health system.

All-Party Parliamentary Group on Indian Traditional Sciences

The group is working very hard to reach out to all Members of the British Parliament. Tomáš Pfeiffer is considering a similar concept in the Czech Republic. It is possible to modulate a similar program to the UK for the Czech Republic. The World Health Congress 2021 Prague deserves every success, it will be a further advance in the expansion of traditional medicine in Europe and it will be supported in all efforts.



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(2) The NURMI Study: <https://www.nurmi-study.com/en>

(3) From Science 2 School: Sustainably healthy – active & veggy:
<https://www.science2.school/en>

(4) Sustainably healthy – From Science 2 Highschool & University:
<https://uni.science2.school/en/>

Vegan Diet in Health and Sports: Benefits and Advantages to Young People and Athletes – Lessons to be learned from a Dual Approach to improve the Health of Nations

(abstract)

Health, above all, is the most basic prerequisite in leading a fulfilled life, being a healthy human and becoming a successful athlete. Since food and sport are considered ‘medicines’, especially during the ongoing COVID–19 times of crisis, their continuous interrelated application is a highly effective but simple tool for improving health.

According to the latest 2021 Study analyzing nearly 2 billion Facebook–Posings, the plant–based movement is forecasted to keep on growing with the younger generations as the key drivers of a global shift towards healthier and more sustainable diets and lifestyles. Vegan diets are booming in the mainstream and sport as these are appropriate from childhood to old age, and athletes, too. In ancient times, prominent philosophers and gladiators already knew that plant–based diets lead to greater health and exercise performance.

From current scientific data, it is evident that vegan diets contribute most beneficially to ones’ health. From the sporting success of victories up to professional levels and breaking records, it is also evident that veganism is compatible with peak performance. However, despite the sound health benefits, vegans, but vegan athletes particularly, are still frequently faced with prejudice on unsubstantiated grounds.

Therefore, this keynote sheds light on a highly underestimated body of evidence still mostly neglected. The knowledge about vegan diets has the potential to encourage patients of all ages, experts in health, nutrition and

sports, and decision-makers in governmental, community and educational settings to be more open-minded considering vegan diets; in addition to health this is also beneficial for the environment, the climate as well as animal welfare. To support healthy lifestyles, it provides a basic but dual approach as a potential 'super formula' to better individual health as a minimum recommendation from childhood into old age to achieve and maintain sustainable and lifelong health.

Key Words: health; vegan; plant-based; child; adolescent; athlete; sport; physical, activity; physical exercise



Nora Laubstein – Germany

President of ANME e.V., Schönebeck, Germany

Co-Authors: Renate Köchling-Dietrich, Susanne Löhner-Jokisch

Results of the european-wide ANME-survey (edited summary of the contribution)

The questionnaire of the pan-European ANME survey was developed with the idea to find out how active practitioners – producers – entrepreneurs – associations and federations define themselves and where they rank. The evaluation has not yet been finalized. For example, we received 2,620 responses from 489 practitioners to the question – what methods do they use. In doing so, not only methods but also healing systems were named. A comparable differentiation of responses can be found for the question to which terms used in policy (CAM – NCM – T&CM or none of the terms) allocation is possible. There were 363 detailed explanations, which included other highly differentiated information. The high variation in the qualitative statements seems to indicate that the different areas of activity (represented in the questionnaire by persons, entrepreneurs/producers, and also associations/associations) are given a completely individual emphasis through references to

their respective peculiarities. Individuality is emphasized by the specification: Solution orientation, origin, practical relevance, process orientation, the particularity of the individual, or their defined areas of activity. The great precision of the expression clearly shows in which diverse and often contradictory areas of tension the participants are currently operating.

Original abstract in German is available at
<https://www.whc2021prague.com/de/nora-laubstein>



Dr. Geethu Balakrishnan – India

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Co-Authors: Dr. Dinesh.K.S (Prof. & HOD, Dept. of Kaumarabhritya, Vaidyaratnam P.S. Varrier Ayurveda College, Kottakkal)

AN OPEN LABELLED RANDOMIZED CONTROL TRIAL TO ASSESS THE EFFECT OF A GUT THERAPY PROTOCOL FOR MANAGING DYSBIOSIS IN CHILDREN WITH AUTISM

(abstract)

BACKGROUND: Autism Spectrum Disorder (ASD) – a neuro-behavioural disorder with skyrocketed numbers of reports with an incremental surge in its prevalence getting multiplied by four in the last few decades appears to be a global concern with about one in 160 children being identified with ASD according to estimates from the World Health Organization [1][2]. Parallel and complex interactions of gut and brain are driving researchers universally to probe links between gut microbes and autism symptoms under the rubric of ‘Brain-gut microbiome axis’. In spite of multiple health-care facilities – dissatisfaction among the parents has led to the adoption of Complementary and Alternative Medicine (CAM) in ASD management [4] as in India – people prefer Ayurveda over other alternative systems of medicine – especially in chronic and debilitating conditions [5][6].

METHODS: A randomised control trial was conducted in the setting of Vaidyaratnam P.S.Warrier Ayurveda College – Kottakal for assessing the effectiveness of a Ayurveda gut therapy protocol comprising poly-herbal Ayurveda medications along with lifestyle and diet modifications and other interdisciplinary interventions for managing dysbiosis in children with ASD.

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

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

CONCLUSION: Our multifactorial – non linear – holistic – complex and dynamic approach thus opens up new vistas refining the existing methods in managing dysbiosis and thereby autism.

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Dr Venkata n Joshi – United Kingdom

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Ayurveda food as medicine in long Covid health care

(abstract)

Ayurveda diet and lifestyle becomes priority for such care during and after pandemic episodes. Individualised or personalised medicine is a new approach based on epigenetic and precision of constitutional configuration. Considering the value from gut brain axis – much of immune strength is depending on returning right form of nutrients from natural resources. Advanced lifestyle disorders from stress and altered lifestyle is precipitating such chronicity and suffering. This is the right time for applying natural courses for health care through prevention – health promotion which minimise therapeutic interventions for negligible adversities if any from herbal remedies. At length is discussed the value for taste induced mind sensory modulation from foods to correct gut dysfunction.



Anuroopa G Nadh – India

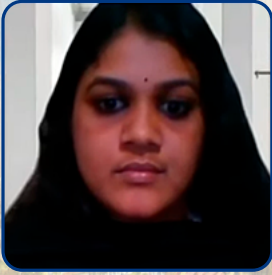
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Co-Authors: Achuthsankar S Nair (Professor)

Identification of high affinity herbal compounds for the treatment of Alzheimer's disease – An insilico approach

(abstract)

Investigations on molecular mechanisms show that inhibition of BACE1 protein provides ideal therapeutic option for the treatment Alzheimer's disease. Affinity – toxicity and BBB crossing potential of ligands are the big impediments in clinical research in this area. Owing to the reported side effects and lack of affinity of established inhibitors – the present study aims to identify high affinity herbal inhibitors targeting BACE1 protein to treat AD. Phytochemicals of the selected medicinal herbs were allowed to dock against target using Discovey studio suite in order to retrieve high affinity compounds. Compounds with pubchem ids – 573663 & 11117528 showed high affinity for the target and showed optimal ADMET properties and pharmacophore features. From this investigation – based on the docking scores and pharmacological features – we suggest these compounds should be proposed for further clinical studies for the treatment of AD.



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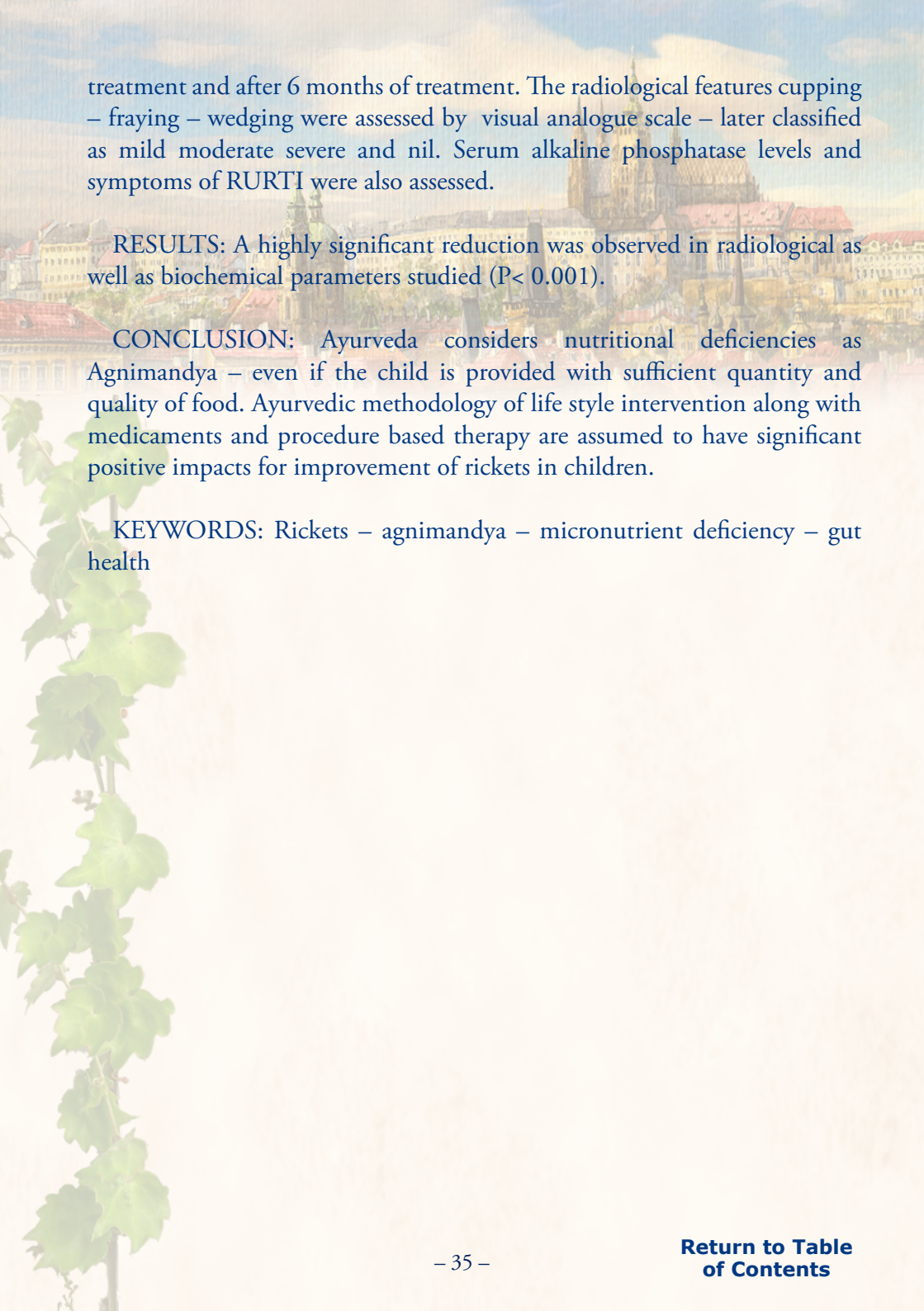
EFFECT OF AYURVEDIC LIFESTYLE AND THERAPEUTIC INTERVENTIONS IN MANAGEMENT OF RICKETS– A RETROSPECTIVE CASE SERIES ANALYSIS

(abstract)

INTRODUCTION: Micronutrient deficiency remains in epidemic proportions all over the Indian subcontinent with a prevalence of 70% to 100% in general population. Biomedical sciences view rickets as a deficiency without enquiring the exact reason for it – even in children with sufficient nutritional intake. Ayurveda views this deficiency as an error in the agni (digestive fire) either at the level of koshta (gut health) or in dhatu by errant life style – environmental and other reasons. Rickets are now a days a common case in usual OPD of Ayurvedic practioners. This study is a retrospective analysis of the impact of Ayurvedic intervention consisting of medicines – procedure based therapies – and life style modifications – in 32 children attended in OPD and IPD of VPSV Ayurveda college – Kottakkal during the period of 2014–2016.

OBJECTIVES: The primary objective of the study was to analyse the effect of Ayurvedic lifestyle and therapeutic interventions in the management of 32 children diagnosed with the rickets who consulted in OPD and IPD of VPSV Ayurveda college – Kottakkal during the period of 2014–2016.

METHODS: Diagnosis of rickets were made on the basis of clinical – biochemical & radiological parameters. shamana treatments either in form of internal medications or procedure based therapies in hospitals were continuously made for 6 months. Assessments were made before starting



treatment and after 6 months of treatment. The radiological features cupping – fraying – wedging were assessed by visual analogue scale – later classified as mild moderate severe and nil. Serum alkaline phosphatase levels and symptoms of RURTI were also assessed.

RESULTS: A highly significant reduction was observed in radiological as well as biochemical parameters studied ($P < 0.001$).

CONCLUSION: Ayurveda considers nutritional deficiencies as Agnimandya – even if the child is provided with sufficient quantity and quality of food. Ayurvedic methodology of life style intervention along with medicaments and procedure based therapy are assumed to have significant positive impacts for improvement of rickets in children.

KEYWORDS: Rickets – agnimandya – micronutrient deficiency – gut health

Session – Health in Mind



Sister Jayanti Kirpalani – United Kingdom

Additional Administrative Head, Brahma Kumaris,
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Raja Yoga meditation and its impact on health and wellbeing (abstract)

Holistic health looks at the subject of body – mind and spirit. The impact of the mind and consciousness on the physiology of the body would be put at between 75% and 95% of the condition. Raja Yoga meditation deals with the subject of mind and spirit. In fact – we see mind as being part of the soul and perhaps soul can equate to what is described as spirit. In terms of the physiology – obviously the immune system plays a huge part. There has been a huge amount of research that leads us to the conviction that where there is fear and loss of hope the capacity of the immune system decreases. And where there is hope and enthusiasm for life – the immune system is definitely advanced. There have been experiments in several countries that give us the detailed description of thoughts – moods – feelings and consciousness in terms of either wellbeing or ill health. Raja Yoga explores the possibility of creating a stable constant state of pure – elevated thoughts not only during meditation but through the whole day and in all the activities we engage in – in fact our entire life.



Tomáš Pfeiffer – Czech Republic

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

Biotronics – Hope in Sickness for the 21st Century

(edited summary of the contribution)

“The only possible medical art is to cure the patient, no matter how it is done.” This was said by none less than Hippocrates, whose oath is honoured by every doctor nowadays.

Oncological diseases from the perspective of Biotronics

Currently, there is a sharp increase in cancer cases across the world. This proves that the cause of this disease has not been found yet, therefore we are unable to significantly influence this cause, despite undeniable successes in trying to prolong the life of a patient. Biotronics originated in Prague after year 1945, its principles were formulated by Mr. Josef Zezulka. Biotronics belongs to the field of energy or spiritual healing. It is based on the existence of biological forces that accompany every living matter, and by the appropriate application of these forces, the functions of organs, cells and the body as a whole can be influenced. Mr. Zezulka created the comprehensive system of biological forces description, biotronic pathology and the educational system for future biotronicists. His therapeutic results prove the effectiveness of the field he created – these were tumors, multiple sclerosis, Crohn’s disease and many other diagnoses with a predominant cause in vital–force deficiency.

Successful case studies

In the spirit of the congress motto “**Health knows no boundaries – let’s seek what unites us**”, these important case studies are presented: Mr. Stanislav, a patient hospitalized in the inpatient ward of the hospital in Vimperk with

the diagnosis of carcinoma ventriculi and colostomy, in the terminal stage of the disease, unable to get out of bed, not taking food. He was treated biotronically by Josef Zezulka for fourteen days. Full revitalisation occurred. The patient got out of bed, started to take food and rapid epithelialisation occurred at the colostomy outlet which closed spontaneously without the intervention of a surgeon. The intestine reconnected so that the stool passes through the rectum again – as indicated in the medical report. The year was 1982.

Healing of multiple sclerosis

Biotronics was also very successful in the case of a nineteen-year-old girl who contracted multiple sclerosis. Resigned in the hospital, the patient's health deteriorated so much that she was unable to walk. Thanks to the therapeutic intervention of Josef Zezulka, the healing process took place and the girl also started to walk again without further relapse.

Successful tumour treatment

Another documented story of a woman in a video confirms that without any medical intervention, a brain tumor disappeared after ten biotronic treatments. Her father-in-law also had the same experience with a malignant brain tumor – he was successfully treated biotronically by Mr. Zezulka. Their own experience changed their approach to life and to other people.

Extensive adenocarcinoma of the stomach

Mrs. Marie, inoperable adenocarcinoma of the stomach, operated in April 1991, she was found to have a large adenocarcinoma. A palliative procedure, stoma, was performed during surgery. Any further oncological treatment was abandoned due to the extent of the tumour and poor health with a prognosis of a maximum of two months survival. Biotronic treatment since 6th May 1991. A gradual improvement followed to a completely normal state where she was declared fit for work. She survived the disease by twenty-three years.

Help of the Biotronics after termination of oncological treatment for permanent progression of the lesion

Mr. Josef. In May 2004 radical surgery of melanoblastoma and sentinel nodes, oncological treatment terminated due to permanent progression. Biotronic treatment from 2007 to 2010. Year 2010, PET scan without pathological findings. Patient lives until now, seventeen years after diagnosis.

The last video shows malignant tumor on the lungs that started to manifest itself by blood spurting. After the eighth chemotherapy, the white blood cells were destroyed. After one week of biotronic treatment, the blood cells were fine, then following biotronic treatment was performed until the recovery of the patient.

If we observed even one case of such a successful change in the tumor process, it would be worthy of interest. After all, none of us, especially nowadays, knows if we will not need similar help. Statistics, when evaluating evidence, is the queen of scientific work along with references. A study itself does not create reality; it only describes it. So, reality itself is independent of the study, unlike human knowledge. Scepticism protects us against error but in its unhealthy form it is the greatest obstacle on the path of knowledge. All documented cases show treatment options that are not common.



Professor Dr. Suresh Swarnapuri M.D.
– United Kingdom

Europe Ayurveda Academy, Cork–Ireland

Promotion of Cerebral Nutrition–Medhya Rasayanas
(abstract)

A vertical search through the Ayurveda literature reveals a comprehensive description of a class of drugs called Medhya drugs used in the management of psychological and psychosomatic disorders. Basically medhya drugs promote intellectual faculty and hence promote mental health. However they have a pronounced potency in treating a variety of psychological disorders. Caraka Samhita describes four drugs which have specific role in promoting higher mental functions and a term Medhyarasayana was coined by Carak.



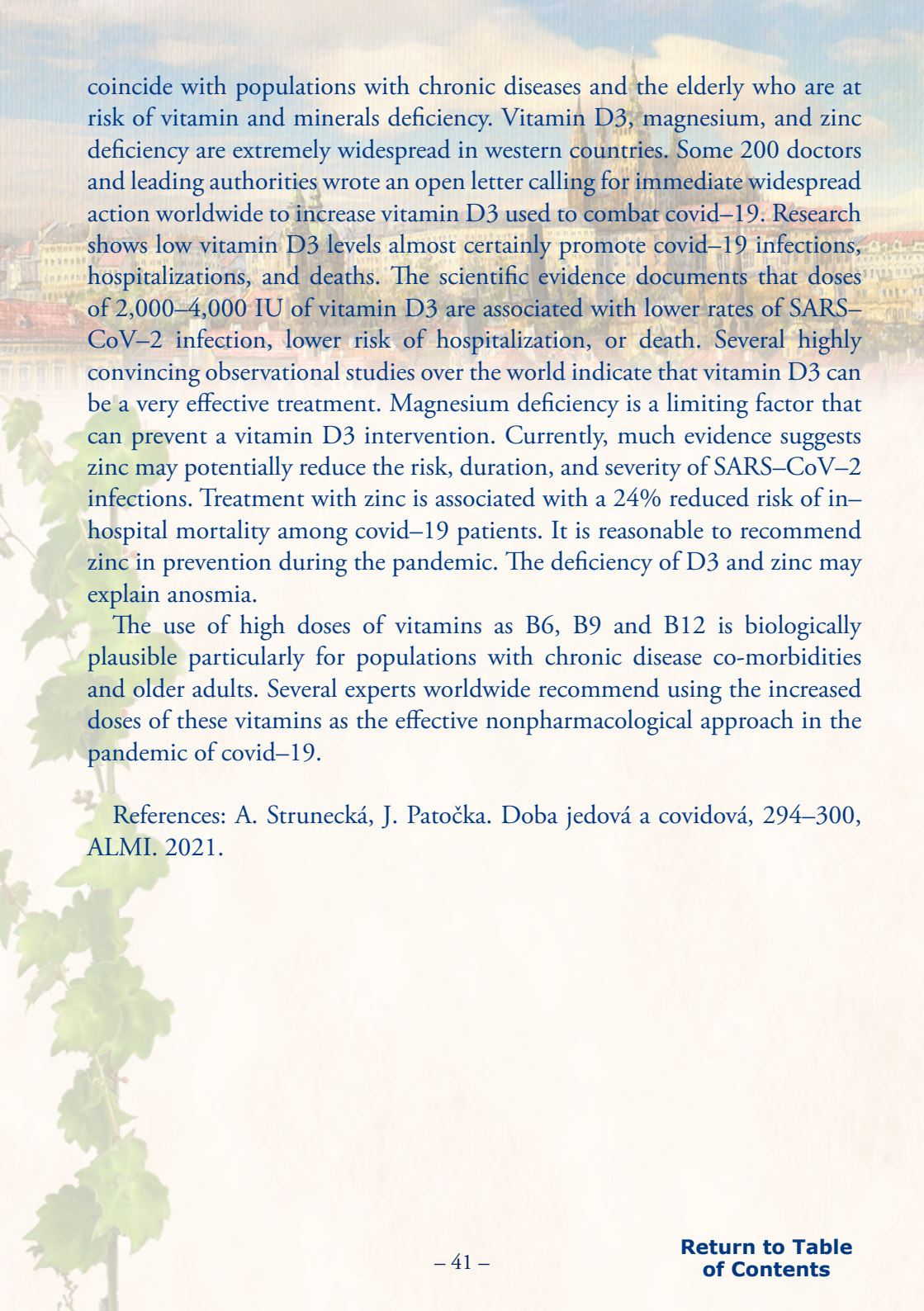
Prof. RNDr. Anna Strunecká, DrSc.
– Czech Republic

Educationalist, Researcher, Publicist, and Author,
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Vitamins and minerals in prevention and intervention of chronic diseases and covid–19

(abstract)

Several laboratory and clinical studies document the biological roles of vitamins and minerals in detail. Nevertheless, vitamins nor minerals are not recommended in prevention and recovery from covid–19. The covid–19 pandemic has shown that a higher risk of infection and adverse outcomes



coincide with populations with chronic diseases and the elderly who are at risk of vitamin and minerals deficiency. Vitamin D3, magnesium, and zinc deficiency are extremely widespread in western countries. Some 200 doctors and leading authorities wrote an open letter calling for immediate widespread action worldwide to increase vitamin D3 used to combat covid-19. Research shows low vitamin D3 levels almost certainly promote covid-19 infections, hospitalizations, and deaths. The scientific evidence documents that doses of 2,000–4,000 IU of vitamin D3 are associated with lower rates of SARS–CoV–2 infection, lower risk of hospitalization, or death. Several highly convincing observational studies over the world indicate that vitamin D3 can be a very effective treatment. Magnesium deficiency is a limiting factor that can prevent a vitamin D3 intervention. Currently, much evidence suggests zinc may potentially reduce the risk, duration, and severity of SARS–CoV–2 infections. Treatment with zinc is associated with a 24% reduced risk of in-hospital mortality among covid-19 patients. It is reasonable to recommend zinc in prevention during the pandemic. The deficiency of D3 and zinc may explain anosmia.

The use of high doses of vitamins as B6, B9 and B12 is biologically plausible particularly for populations with chronic disease co-morbidities and older adults. Several experts worldwide recommend using the increased doses of these vitamins as the effective nonpharmacological approach in the pandemic of covid-19.

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Stephan Hein – United Kingdom

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Yoga Nidra – the creative Medicine (abstract)

Introduction: Yoga Nidra (YN) or “Yogic Sleep” is an ancient Indian mindfulness practice. It induces a state of deep rest for the physical body and conscious mind – whilst connecting to heightened states of awareness on deeper layers of consciousness. Set in a London-based charity this study offers evidence of how YN supports individuals affected by HIV/AIDS in the long-term management of their illness. It started in February 2018 and continues.

Methods: YN enables high suggestibility – unlocking the creative part of the mind. Each session lasts 2 hours – consisting of: 1) a restorative Yoga practice – to balance the autonomic nervous system 2) Yoga Nidra for 20 – 40 minutes and 3) integration through sharing for 20 minutes. Participants lie down for this “journey” – covered in warming blankets for comfort and safety.

Results: YN diminishes symptoms and enhances integrated well-being. Clients feel empowered to deal more effectively with life’s challenges. In this quality assessment participants additionally broke through feelings of social isolation – connecting and bonding with others. Up to 90% commented positively with: “Not feeling alone” – “I reconnected with myself” – “I enjoyed learning about different states of consciousness” – “To relax myself more” – “Wonderful class”.

Conclusions: Whilst pharmaceuticals are successful in suppressing virus load – living with HIV continues to require skills of self-management for

health challenges caused by viral impact and drug side effects. This situation lends itself well to explore the broader therapeutic value of YN that could also prove very cost-effective. Further research could benefit conditions like fatigue – burn-out – insomnia – stress – fear & anxiety – depression – PTSD – trauma – chronic pain and disease and strengthen innate immune response. Clients are guided to the empowering realisation that healing is never more than a thought away.

Keywords: HIV – lifestyle medicine – social prescribing – mental health – self-management – patient activation.



Jen YF Low – Thailand

Bang Pa-in, Phra Nakorn Si Ayutthaya, Thailand

Insight Meditation: A Mental Health Panacea or Shield?

(abstract)

“The Mind is a Forerunner of All Our Realities” and it is for this reason that people generally accept meditation as a TCIM treatment for mental health issues. However – is it really a panacea or shield? This presentation presents the benefits of insight meditation in relation to mental health issues and the sixth extraordinary benefit in terms of mental wellness. The practice itself is based on a mental workout from four perspectives and noting of mental or emotional states of being. The uniquely experiential experience of this inward journey is akin to moment to moment process of mindfulness. This journey is fraught with mindful detours which could detract from the wisdom goal of insight meditation. Ultimately – the choice in discerning between pain – suffering or release is a healthy option only we ourselves can answer.



Mgr. Jiří Čehovský – Czech Republic

Homeopath, founder of Autopathy, Homeopathic society, Czech Republic

Autopathy – a Spiritual Journey to Harmony Based on Homeopathic Principle (abstract)

Autopathy is a relatively new method of holistic healing stemming from the principles and practice of classical homeopathy. While homeopathy uses information from nature, autopathy takes healing information from the physical or chakra system of the person to be healed. Most often from the breath, saliva or the 7th chakra, refining it in a special process so that it can resonate with the immaterial vital force (prana) of the treated person. The author of this paper has been developing the method for almost twenty years in his healing practice and described it in his three books, which were published also in English and German. The method is suitable for professional counselling as well as self-care. Its practical results were shared by many people in 13 annual conferences. Case studies and other factual materials can be found on the website Autopathy.com (Autopatie.cz). The basic principles of autopathy include individual approach, holistic concept, highly diluted information, home preparation of the autopathic dilution. The published experiences of a large number of people show its possibilities especially in connection with chronic conditions of the body and the mind. The redundancy of the search for similimum makes the work of an autopathy consultant simpler compared to that of a homeopath. The new paradigm refers to the noosphere and is characterized by the wholeness of spirit and body – this is where autopathy belongs.



Nora Laubstein – Germany

President of ANME e.V., Schönebeck, Germany

Nosodes—wanted by patients, needed by practitioners
(abstract)

Why has the number of therapeutic nosodes been reduced so drastically? While nosode use has not been officially banned – production and market approval that meets all regulations is increasingly unaffordable for manufacturers. One might presume that in addition to safety concerns as the reason for this rigidity – there is a lack of desire to have these products readily available as homeopathic medicines. How do the manufacturers in Germany or in other EU countries react? Due to financial concerns – manufacturers can no longer meet the increasing requirements of the authorities. Therefore – companies have to either reduce or discontinue their range and distribution of nosodes. All that remains are the nosodes whose sales figures are high enough to offset the cost of production and quality assurance testing. Should nosodes treatment also to be viewed as an application of an intangible cultural heritage (ICH)? Like most natural treatment systems and methods – classic single-remedy homeopathy with all its medicinal products is a cultural heritage as defined by UNSECO. The use of nosodes has become a valuable treasure for the treatment of patients all over the world and should continue to be accessible and utilized in the future. What are the prospects for the use of nosodes? Nosodes are invaluable as important components of single-remedy homeopathy in the case of treating chronic disease. Non-communicable diseases are also better treated when nosodes are included as a therapeutic tool. Additionally – increasing resistance to antibiotics/antimicrobial resistance (AMR) and the presence of new germs and diseases means that there is an important need to combat and curtail effect and proliferation. Nosodes are an important aid in the health-promoting treatment of patients. The official requirements should therefore be urgently reviewed and reformulated in

order to positively promote expansion— rather than decrease—the ability to offer and utilize nosodes.



Mgr. Miloslava Rutová – Czech Republic

Facilitator and Therapist in One Brain Kinesiology Method, Member of the Czech Parliament, Czech Republic

Kinesiology – the endless possibilities (edited summary of the contribution)

A common feature of Alternative and Complementary Medicine is that the methods are not tested for activity in the usual way in conventional medicine. The WHO, which is a major authority on public health, has been involved in TCIM/CAM for a long time – for example, it provides information on the status of alternatives in 123 countries. Unfortunately, the Czech Republic is among the countries from which reliable information could not be obtained. The approach of the European Parliament is favorable, and the need for quality research, safety and effectiveness of individual alternative methods, their subsequent recognition and legislative anchoring, and the integration of CAM into the healthcare system has always been emphasized. The European Parliament has a CAM interest group, as do the other EU Member States. It is a mistake and a handicap that the Czech Parliament does not have such a group. However, the interest of citizens in alternative medicine is enormous. A petition with more than 40 000 signatures requesting official recognition of non-traditional medicine has been submitted to Parliament’s Petitions Committee. Currently, a group of MPs is trying to obtain information from countries that have such groups, to establish a similar group in this country. The WHO Director-General Margaret Chan says: “The two systems of alternative and Western medicine need not conflict; in the context of primary healthcare they can intermingle in a beneficial harmony, drawing on the best

features of both systems and balancing some of the shortcomings of each. However, all this does not happen by itself. Targeted policy decisions have to be made. But it is possible to achieve this decision with success.” The World Health Congress, where everyone is welcome, also serves to make the Director General’s words come true. The Europe-wide and global database Platform 2020 Prague is launched. It aims to enable all those who practice traditional and alternative medicine to meet, share information, and so on. The platform covers all TCIM/CAM disciplines so that both the professional and the layperson can obtain and use information in the field of non-medical operations and holistic treatments. The idea is to provide everyone with convenient and free collaboration, mutual friendly support without any censorship for the benefit of the needy and sick people.

Kinesiology – unlimited possibilities

The aim of Kinesiology is to improve the quality of human life. It supports the inner transformation – via various techniques Kinesiology is able to heal the traumas that people can get during their childhoods, adolescence ages or adulthoods and that are manifested as mental of physical problems.



Maria Georgopoulou, ND – Greece

Hellenic Association of Flower Essences, Greece

Flower essences in the current crisis of covid (edited summary of the contribution)

The effect of the flower essences consists in increasing our vibrations and opening our channels in order to accept our spiritual “I”. They suffuse our naturalness with a certain virtue that we need and wash away disorders which

are harmful for us. The real healing happens after changing the point of view, calmness of mind and inner happiness. The origins of the majority of illnesses of modern mankind are on the emotional level, the level of unconscious emotions and subjective reactions, which are either blocked or overstimulated. This leads to a distortion of energetic waves and thus to negative conditions such as fear, hatred, jealousy, impatience, worries etc., first effecting the nervous system of a human body on the ethereal level and subsequently effecting other organs. The presentation mentions how to strengthen our mind, body and soul against the panic fear and obsessive thoughts, desperation etc. which were in the human society stirred up by the Covid pandemics.



Carol Ann Hontz, B.S., M.Ed. – USA

Author, Teacher and Public Speaker on Specialized Kinesiology. Certification in Montessori Education, The Goulding Process for Sleep Talk for Children, IACT (International Association for Counselors and Therapists), New Jersey, USA

Know Your Truth

(abstract)

Introduction

Recent global events have resulted in a great increase of fear and anxiety for many. How can we cope with this and where can we turn for the true answers? Do the answers lie within each one of us? This situation has caused many of us to look deeply within our lives. Are we looking into the field of our infinite potential or are we blocked by our own mis-perceptions and the lies we have believed, which limit us from getting in touch with our infinite potential? The big questions that may arise are: Who-am I? What am I doing with my life? and do I have a greater purpose? What are we manifesting in our lives privately and collectively/globally during this special

challenging time? We are born to be creative beings. What are we responsible for personally and globally?

John Keats put it so aptly in “Ode on a Grecian Urn” “Beauty is Truth, Truth Beauty,—that is all. Ye know on earth and all ye need to know.”

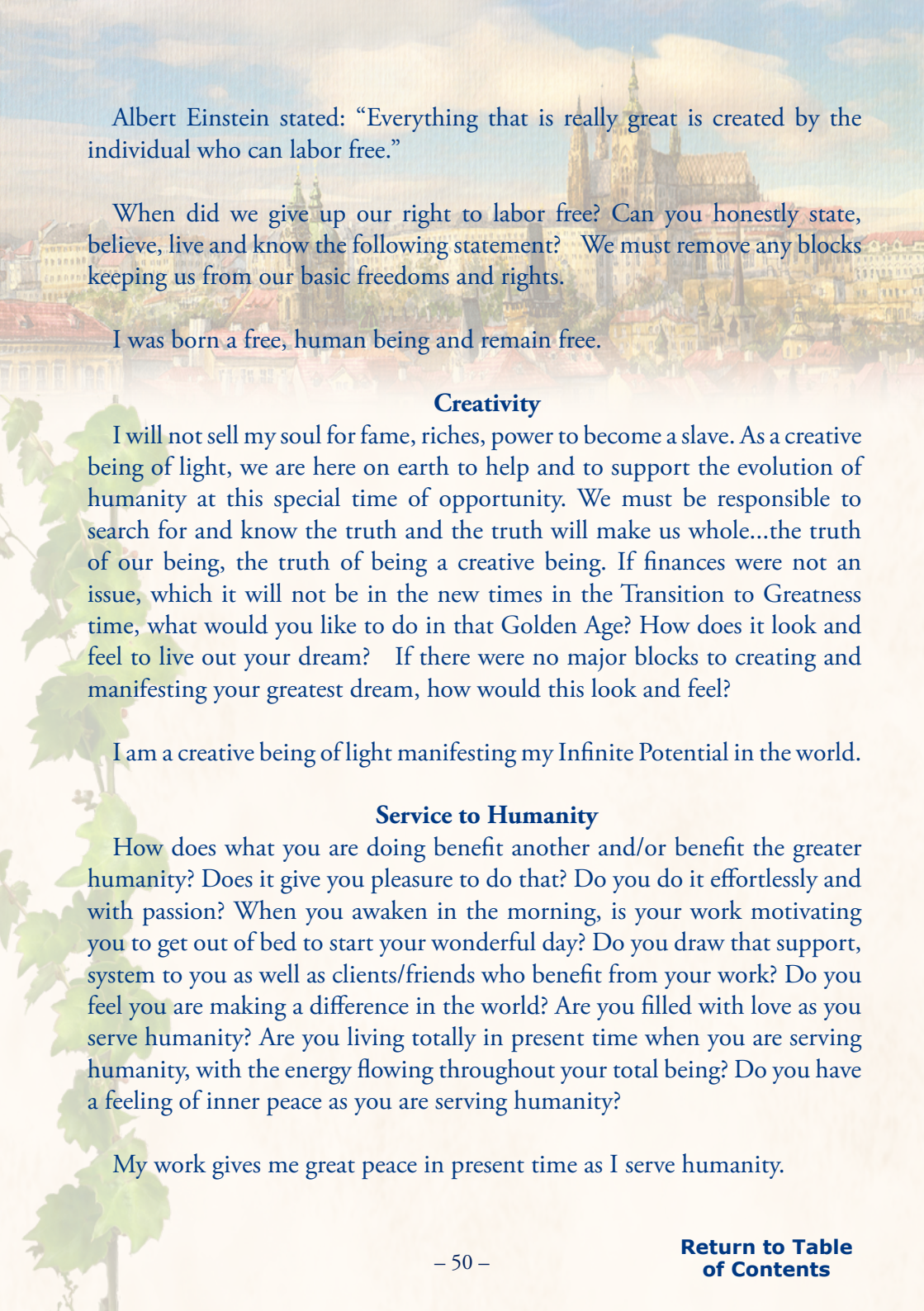
I have spent my major working time in the past year and one half researching the truth about our situation and also researching who have been major players in this situation controlling humanity for generations, for millennium. According to my research I have found that some of these organizations may have been involved in the very foundation of planning and carrying out the pain and suffering in the world for a very long time, not just the past year and one half. I am sure there are very good people in these organizations who are well meaning, but do not know the underlying truth. Some of these organizations may promise us “the keys to the kingdom” of fame, riches, power if we will submit to their dictates of control; giving up our souls.

Through Specialized kinesiology, we can research through muscle testing when in our lives we decided to give up our power and submit to an authority to control us. When did we lose our inner knowing? There is a little still, small voice within each one of us that is our guiding system, our moral compass. In our sessions we go back to that first, exact time and release the blockage, very easily and non-invasively.

My inner knowing leads me to the truth.

Freedom

As creative, free human beings, we are born with the following natural rights: we have the inalienable rights of life, liberty and the pursuit of happiness. These are included in the first ten amendments to the United States constitution which are based on universal laws. They include freedom of speech, press, religion, assembly, right to partition the government, no cruel and unusual punishment, no infringement upon another’s rights and many more. If these rights are taken away from us, we are left as empty shells. We would become slaves answering to the dictates of a few masters at the top.



Albert Einstein stated: “Everything that is really great is created by the individual who can labor free.”

When did we give up our right to labor free? Can you honestly state, believe, live and know the following statement? We must remove any blocks keeping us from our basic freedoms and rights.

I was born a free, human being and remain free.

Creativity

I will not sell my soul for fame, riches, power to become a slave. As a creative being of light, we are here on earth to help and to support the evolution of humanity at this special time of opportunity. We must be responsible to search for and know the truth and the truth will make us whole...the truth of our being, the truth of being a creative being. If finances were not an issue, which it will not be in the new times in the Transition to Greatness time, what would you like to do in that Golden Age? How does it look and feel to live out your dream? If there were no major blocks to creating and manifesting your greatest dream, how would this look and feel?

I am a creative being of light manifesting my Infinite Potential in the world.

Service to Humanity

How does what you are doing benefit another and/or benefit the greater humanity? Does it give you pleasure to do that? Do you do it effortlessly and with passion? When you awaken in the morning, is your work motivating you to get out of bed to start your wonderful day? Do you draw that support, system to you as well as clients/friends who benefit from your work? Do you feel you are making a difference in the world? Are you filled with love as you serve humanity? Are you living totally in present time when you are serving humanity, with the energy flowing throughout your total being? Do you have a feeling of inner peace as you are serving humanity?

My work gives me great peace in present time as I serve humanity.



**Dr. rer. nat., Dipl.–Biochem. HP
Karin Lenger Dr. – Germany**

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Homeopathic efficiency according to the physical resonance principle (abstract)

Homeopathy is seen as a humbug. Highly diluted and potentized homeopathic remedies contain no molecule. Karin Lenger discovered magnetic photons – never known before – in high homeopathic potencies by two scientific resonance methods. Using Tesla-flat-coils and Delayed Luminescence the levels of high homeopathic potencies and frequency spectra could be measured.

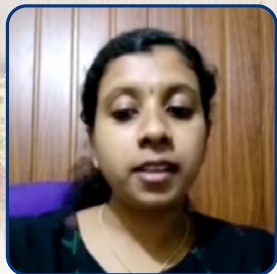
1. A quantumphysical model of health and sickness was developed by the quantum physicist Popp based by the Nobel laureates Einstein and Fröhlich that all matter consists of an electromagnetic wave package: a healthy organism contains a specific spectrum of frequencies. A sick organisms has taken up or emitted too many photons. The frequency pattern changes: some of the biochemical pathways are converted into pathological states.
2. The magnetic photons of the similar homeopathic remedies can restore the healthy frequency pattern by applying the physical resonance mechanism. The remedies must have the same frequencies as the sick person. Then the regulation to a normal biochemical pathway will happen.
3. The homeopath makes an anamnesis – collects the psychological and body symptoms of the patient and looks onto his laboratory values. By repertorisation the similar remedies are found.
4. Hahnemann (1755–1843) intoxicated healthy volunteers – noted down the toxicological symptoms which resulted in the symptom picture. During this

contamination normal biochemical pathways converted to some pathological ones in dependence on the constitution of the volunteer. Vice-versa the high potency of the toxins healed the symptoms. The highly potentized substrates – inhibitors and enzymes of the ill biochemical pathways can heal all.

5. The volunteer develops by intoxication frequencies I–V The patient with symptoms of the volunteer's symptoms has frequencies I–V The homeopathic frequencies of the similar remedies are I–V. In this case the resonance principle can be applied.

6. Conclusion: homeopathy can be applied according to biochemical laws and to the physical principle of resonance.

Session – Contribution in Covid-19 Pandemic



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EFFECT OF AYURVEDA MEDICAL PROTOCOL IN THE MANAGEMENT OF RECURRENT UPPER RESPIRATORY TRACT INFECTION AS PART OF A GOVERNMENT PUBLIC HEALTH INITIATIVE PROGRAM IN MALAPPURAM DISTRICT OF KERALA

(abstract)

BACKGROUND: The term immunity has become the major topic of discussion after the COVID- 19 outbreak. COVID –19 has introduced the terminology of immunity even to common public. Recurrent Upper Respiratory Tract Infection [RURTI] can be considered as a standard clinical tool for immunodeficiency assessment in children which levies burden of high healthcare cost and school absenteeism. The curing and management of RURTI includes proper establishment of immunity. A scheme was formulated by the Ministry of AYUSH under the Government of India as part of a Public Health Initiative (PHI) Program in Vengara block Panchayath – Kerala – has several multipronged programs to cure RURTI. This paper unveils assessment of effective changes in children with RURTI as result of medical intervention.

AIMS AND OBJECTIVES: Primary objective: complete cure of RURTI by achieving adequate immunity with respect to clinical parameters among selected school children

METHODOLOGY: All 7 Panchayaths under Vengara Block Panchayath were selected for study. 16 schools were selected as clusters through lottery method. Primary screening was done for all students under the age group 3–10 years. Later medical camps were conducted in each school & enlisted students were consulted by medical team of project. Selected Beneficiaries were clinically diagnosed with RURTI and medicines were distributed as per the epistemology of Ayurveda. In frequent intervals medicine distribution was continued for six months and assessments were done in each month through structured questionnaire.

RESULTS: At the end of the sixth month – fever – rhinitis – sneezing and itching in throat – nose and eyes got relieved by 99.45%. Head ache – cough – & hoarseness of voice got 100% relief and dyspnoea got reduced to zero from an initial rate of 21.66%.

CONCLUSION: Ayurveda treatment protocols as part of PHI program is effective RURTI management among selected school going children from Vengara Block Panchayath of Malappuram district – Kerala.



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“HOST” RESISTANCE TO THE MORBID “ENVIRONMENT” IN THE ERA OF UNPRECEDENTED PANDEMICS–EXPLORING THE CONCEPTS OF THE SCIENCE OF LIFE

(abstract)

Agent – host and environment –the interaction between these three elements is indispensable for the occurrence of an epidemic. In the present era of pandemics – the agent always exists in this morbid environment to attack the host (here – humans).Hence the only way to get out of the peril is to prevent their interaction by making the host resistant to infections – aliter – enhancing the immunity. If the contemporary Science considers Immunity as an interplay between – antigens and antibodies – the Science of life – Ayurveda views it in a different angle. As per the Ayurvedic perspectives – Immunity is not just confined to the defensive capacity of the body against disease causing agents but symbolizes the robust state of health – ie – Samavasta (normal state) of Doshas – (body humors) Dhatus (body tissues) – Malas (waste materials) – proper functioning of Srotas (channels of circulation) – and powerful Agni (digestive fire).Samyak Ahara (proper food) – Vihara (proper regimen) and Vichara (good thoughts) prevent the attack of diseases. Ayurveda has potentials in framing a healthy body right from the designation – a “foetus” thus vacillating through the various stages of life. The pre–conceptional and conceptional care – administration of special medicinal preparations termed as prakara yogas during the childhood phase(which can be considered as the counterparts of the vaccines) – Dinacharya(daily

regimen) – Ritucharya (seasonal regimen) – Sadvritta (code of conduct) and Rasayana (rejuvenatory practices) to be followed during the adulthood are the Ayurvedic ways behind the generation of healthy humanity. Proper adherence to the Ayurvedic mode of living right from the budding period of life – can certainly create a healthy human body which won't even be a haven for the microbial diseases. Practicing Ayurvedic mode of lifestyle along with conservation of mother nature can keep the microbial “tragedies” at bay.



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**BIRD'S VIEW ON CONVALESCENCE CARE IN COVID 19;
AN AYURVEDA INTROCEPTION**

(abstract)

The world is fighting COVID 19 pandemic since its inception in China in Dec 2020. Apart from alleged morbidity and mortality – the chance of resurgence poses considerable threat especially owing to the naïve viral exposure. The health restorative and promoter methods elicited in Ayurveda for convalescent tenure can hence be explored since there is a compelling pressure on all sectors especially health system to spring up ideas – concepts and methods to strengthen the body defence mechanism . The objective is to explore and draft a concept of convalescent care in COVID 19 based on basic Ayurvedic principles. The material collection included review on the concept of parihara kala (convalescence) and jwara (a web of febrile conditions) in classical Ayurveda texts of Charaka – Susruta and Astanga hrudaya. Followed by Pub med search using the key words: COVID–19 – SARS – convalescence – immunity – nutrition – health promotion –

vyadhikshmatva – bala – ojas – dinacharya – jwara – samsarjana and yoga. A scheme comprising of compilation – in depth study – contemplation of the relevant literature in related articles and books was undertaken to form conceptual framework. Along with a vivid description of COVID – 19 – allied topics – characteristics – a deliberate effort has been invested to project features – benefits of convalescent care The compiled influential factors in convalescence are agni – srotas – amapachana – vyadhikshmatva – bala – ojas – jwara chikitsa – punaravartaka jwara – – samsarjana and allied tactics of ritu sandhi – ksutvegadharana chikitsa and padamsa abhyasa. The implementable methods include diet – procedures – psychological back up – yogic modalities – behavioural regimen – accessories and rasayana. The emergent Ayurvedic convalescent care in COVID-19 – needs to be studied through observational and experimental studies.

Key words: COVID-19 – convalescence – vyadhikshmatva – bala – rasayana – jwara



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COVID 19 related stigma among Ayurveda Physicians – A Cross sectional study

(abstract)

Stigma can be defined as a mark of disgrace associated with a particular circumstance – quality or person. It can deteriorate the social – economical – psychological and physical domains of public health. Public health emergencies like Covid 19 are mostly stressful situations which create stigma among people and communities. When Covid 19 took its toll and number of

patients rose rapidly – it was not only the patients – but also their caregivers and health care workers who became victims of stigmatisation. Cross sectional studies that assess the prevalence of stigma in Health care workers are adequate – but no studies are available on Ayurveda Physicians. This study aims to explore the COVID 19 related stigma in Ayurveda Physicians during the COVID 19 pandemic.

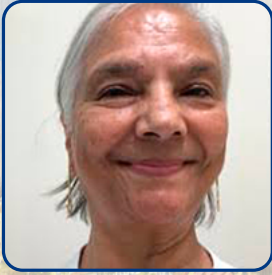
Objective: To assess coronavirus disease 2019 (COVID 19) stigma among Ayurveda physicians

Methodology: A Cross sectional study using a questionnaire for stigma among health care workers was carried out through Online platform – ie. Google Form in 100 Ayurveda Physicians working in both government and private hospitals. Responses were collected and were statistically analysed.

Results: Even though Ayurveda physicians were not allowed to directly involve in cases with COVID 19 – 17 % suffered from severe level of stigma.

Conclusion: A comprehensive and wide reaching understanding of Covid 19 related stigma among physicians will help to develop effective strategies to target stigma in health facilities.

Keywords: Stigma – Covid 19 related stigma – Healthcare workers – Ayurveda Physicians



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Managing Long Covid through Ayurveda (abstract)

During lockdown we focused on 45 patients who came to us from both friends – family and patients who had Covid19 – enabling them to manage during & post Covid–19 recovery from fatigue – lack of hunger – tiredness – poor sleep – chest pains – unable to breathe – loss of taste – hearing and many other issues. Our aim was to use Ayurvedic regimen and especially using Rasayana therapies for ‘long Covid.’ By using ayurvedic regimens – in particular Rasayana therapies to regain balance and longevity of life. By combining meditation – reflection – as a starting point to improve sleep patterns – positive outlook – as well as dietary methods with certain gentle ayurvedic teas – using ayurvedic medicated herbal oils for healing massages – yoga practices and yoga asanas we were able to improve the quality of recovery and a positive mindset. Combining other Ayurvedic remedies – we further made it possible for many patients to reduce a multitude of illnesses – bringing harmony – balance – wellbeing – and self respect. Each patient’s recovery was different. Some recovered within 6 weeks whilst others were several months – still others are on recovery to date. The main issues that we are still dealing with in 4 to 5 patients are fatigue – tiredness – unable to exercise and a change in eating habits. They are on a road to recovering.



Yehuda Tagar – Slovakia

Psychophonetics Institute International,
Bernolákovo, Slovakia

SURVIVING AND GROWING FROM THE PANDEMIC LOCKDOWN

(abstract)

The present pandemic that effect every country in the world effects every community – workplace – household – family – and individual everywhere. We are forced to lockdown with constantly changing regulations everywhere. It changes everything. It brings up the worst and the best in everyone and in every relationship. To the question how to survive it – everyone had to find an answer already – but it can improve. To the question how to use it – to grow from it – to transform it into strength – we wish to make a contribution in this seminar. The front line of the prevention and struggle with this pandemic is the strength of the personal immune system. To that each one of us can make a direct contribution. The fact that ‘Stress Weakens the Immune System’ as the American Psychological Association states is scientifically established. Humanity is stressed out of its mind – with 80% to 86% of workers are chronically stressed in the workplace. With Psychophonetics we discovered the major treatable stress factors which can be overcome with skilful process: fear – anxiety – panic – anger – resentment – negativity towards oneself and others – conflicts – overwork – self–neglect – self–criticism – hopelessness – depression. These factors depress our immunity and – potentially – are in our control. On the basis of the positive dynamic of enhancing one’s own immunity – people’s creativity can start to make use of the new life–style imposed by the lockdown to innovate new ways of transforming – improving and innovating professional – family and personal life. Psychophonetics is a method of self–awareness and self–control which enables people to identify and transform the psychological stress–factors that weaken their immunity.

It enable people to become their own stress-managers – self-healers and creative innovators.



Prof. Bruno Renzi – Italy

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– Codirector Maharishi College for Perfect health
Vlodrop Holland, Maharishi College for Perfect
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**Maharishi Ayurveda Integrated Medicine – A preventive Integrated
Approach to Covid 19**

(abstract)

Health is the result a delicate balance that concern spiritual – psychic – physical and social dimension. On this delicate balance various genetic – environmental – behavioral – life style – prevention program and quality of health services factors intervene. Traditional medicine and CAM are becoming more and more introduced in prevention programs and in all Health Sanitary national Plane . The author present an ayurvedic integrated medicine approach to management of stress and mild anxiety in covid 19 pandemic.

Session – Traditional and Modern Therapeutic Approaches



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ROLE OF AYURVEDA POLYHERBAL DRUGS IN THE MANAGEMENT OF DYSBIOSIS IN CHILDREN WITH AUTISM SPECTRUM DISORDERS(ASD)

(abstract)

Background: Autism spectrum disorder (ASD) is a genetically determined neurodevelopmental brain disorder presenting with restricted – repetitive patterns of behaviors – interests – and activities – or persistent deficits in social communication and social interaction. ASD is characterized by many different clinical endophenotypes and is potentially linked with certain comorbidities. Children with ASD are at a greater risk of gastrointestinal (GI) disorders. The causes of gastrointestinal problems are obscure – however dysbiosis is considered as one

Aims and objectives: To assess the efficacy of poly-herbal Ayurveda medications and life style guidelines in the management of gastro intestinal problems in ASD children.

Methodology: 60 children with ASD were randomized to two groups. The intervention prolonged 30 days in total – with three rounds of assessment:

baseline (0th day) – interim (30th day) – and final (60th day). Both the test and control groups received multidisciplinary therapies and additionally – the test group was given Ayurveda poly-herbal formulations and food and lifestyle instructions for 30 days. The result was made through GI severity index measurement and 16S rRNA sequencing.

Results: Significant changes in mean value of GI severity index in the test group compared to control group was noticed. The mean difference occurred between baseline and final phase in control group was 1.069 whereas in test group – it was 2.857. A significant change observed in the abundance of microbiota in test group as well.

Discussion: A composite score designed GI severity index was used with a 9 item variables based rating scale including constipation – diarrhoea – average stool consistency – stool smell – flatulence – abdominal pain – unexplained day time irritability – night time awakening and abdominal tenderness.² Large bodies of literature supports the influence of gut dysbiosis in the severity of autism.³ Microbiota being the prime members of gut flora plays a big role in many symptoms observed in the ASD children.



Gordon Brennan – United Kingdom

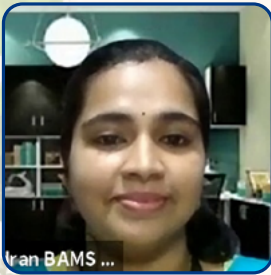
BAVA, British Association for Vedic Astrology,
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Jyotish and Pandemics

(abstract)

Known as the eyes of the Veda – Jyotish – the ancient astrology of India – can also give insight into health and disease. When planets in an astrology chart are in negative conditions then ill health may be indicated. Sun is the

main planet responsible for health. Jupiter – called Jiva – represents life itself and Moon can represent the body and freedom from disease. So – when any of these planets are threatened there is a danger to health. There is a chart used every year by astrologers – with which it is possible to examine such dangers for the whole world. It shows the situation with respect to each country. It is called the Chaitra Shukla chart and it takes place at the new moon in Pisces each springtime. This information was traditionally given to monarchs to help them to plan their coming year – so it was usually a secret matter. These days it is available from some astrologers on the internet – but you usually only find the discussion of the current or the next year. China has been the principal source of pandemics in the last century. I will present my research on five instances from 1956 to 2019 – when the current pandemic began – to show how similar astrological factors recur in the charts.



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Effective Management Of Otomycosis With Nirgundyadi Tailam Karnapooranam (abstract)

Fungal infection of the external auditory canal is known as Otomycosis. Prevalence of otomycosis is 5.2% in the world and 9% in India. Common fungi include Aspergillus and Candida which is more common in southern parts of India. Standard care is local debriment, local and systemic antifungal. Long-term use of anti-fungal agents leads to antibiotic resistance and itself will be a predisposing factor. Hence, this study was conducted to find a better alternative to standard care.

30 patients between 18–50 years of both sex with the symptoms of ear ache,

ear blockage, pruritis, itching, presence of whitish or blackish fungus in ear are selected. Before and after fungal swab was collected and cultured for the presence and absence of fungal colonies and was confirmed with endoscopic examination. Otomycosis can be compared with Pootikarna for its aetiology, pathology, and symptoms. The treatment undertaken was Nirgundyadi taila Karnapoorana with internal and external medications.

Objective:

To assess the effect of Nirgundyadi taila Karnapooranam in the management of Otomycosis wsr to Pootikarna

Intervention:

- Day 1: Sadyo Sneha with Go grita
- Day 2: Sadyo virechana with Avipathichoorna
- Day 3– Day 7: Pratimarsa nasya with Anutailam
- Ear mopping with Aragwadhadi Kashaya
- Karnadhoopana with Guggulu karna dhooopana varti
- Pramarjana with Madhu
- Day 8– Day 15: Karnapoorana with Nirgundi taila

Internally, Aragwadhadi kashayam 20 ml twice a day before food with water, Aragwadhadi vati 1 tablet twice a day with kashayam

Outcome: Marked reduction was observed in ear ache, ear blockage, pruritis and itching. After treatment, fungal culture from the ear canal showed no growth of fungal colonies.

Lessons learnt: Nirgundyadi taila Karnapoorana in Otomycosis is safe, effective and proved to have better patient's tolerance

KEYWORDS: Otomycosis, Pootikarna, Fungal otitis external



Prof. Dr. Bishnu Prasad Sarma – India

Professor and Dean, Faculty of Ayurvedic Medicine,
Govt. Ayurvedic College, Chenikuthi, Assam, India

A case study on Transverse myelitis management through traditional medicine (Ayurveda)

(abstract)

Background: Transverse myelitis is a disorder caused by inflammation of spinal cord. It is characterized by symptoms and signs of neurologic dysfunction in motor and sensory tracts on both sides of spinal cord. It interrupts the messages that the spinal cord nerves send throughout the body. This can cause pain – muscle weakness – paralysis – sensory problems or bladder and bowel dysfunction. It has a conservatively estimated incidence of between 1 and 8 new cases per million per year. A treatment approach with a case of Transverse myelitis was carried out with traditional Ayurveda principles in Guwahati – Assam – India.

Method: A single case of transverse myelitis was managed with traditional Ayurveda medicines and panchakarma therapy. The management protocol included oral poly–herbomineral compound and Panchkarma therapy like Snehana – Swedana and Vasti .The patient was treated for approximately 45 days. The pre–treatment and post treatment base line sign and symptoms were recorded. Subjective assessments as well as objective outcomes were noted after the duration of treatment.

Aim & objectives: To assess the effect of Ayurveda medicines and panchakarma therapy on Transverse myelitis.

Conclusion: The patient outcome was very satisfactory after treatment and significant clinical improvement was seen in the sign and symptoms. The outcome of this case study needs further research in a large sample size to validate the effectiveness of Ayurvedic management of Transverse myelitis.



Dr Suryanarayana Mudadla – India

SJG Ayurvedic medical college, Gavimath campus,
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India

Ayurvedic management of ITP– A case study (abstract)

Idiopathic thrombocytopenic purpura (ITP) /immune thrombocytopenic is the commonest bleeding disorder presenting in children. The illness usually present between 1 and 7 year of age with Incidence of 3–8% in 1 – 00 – 000. It is a disorder that can lead to easy or excessive bruising and bleeding – that causes more bothersome to parents .The bleeding results from unusually low levels of platelets — the cells that help blood clot. ITP can cause purple bruises – as well as tiny reddish–purple dots that look like a rash and children also will have other recurrent infections like respiratory infections and fever Treatment is platelet transfusion – IVIG – IV anti-D therapy – and corticosteroids and immunosuppressive lastly splenectomy.

It can be correlate with Raktapitta (Bleeding disorder) in Ayurveda. It is one among Raktavaha sroto dusti – and symptoms like–bright red to black color – sticky little bleed occurs from mouth – nose – eyes & ears – anus – penis – vagina – hairfollicles.Ayurvedic treatment approach will be to treat dearranged dosha by eliminating / pacifying depends on the severity of the diseases – with the same basic understanding a case of ITP has been treated successfully A 4year 6 month old Harshavardhana was brought by their parents from kukunoor (Karnataka) India as they are bothering about that their child is getting red pigmented and purple dots often on the lower legs since 1 & ½ year and associated with recurrent cold and cough – As the child was undergone for allopathic treatment (steroids – immune suppressants) but was no relief so finally came to us .

This condition was understood in Ayurveda based on doshik involvement

(biological humors) and planned treatment like mild Purgation ((virechana) and pitta – Raktha pacifieng drugs and child was recovered fully from symptoms and also no recurrence was found. In detail case presentation will be done in the full paper.



Dr Arshath Jyothi – India

Post Graduate scholar, All India Institute of Ayurveda NEW Delhi, India

Co-Authors: Dr.RamaKant Yadava (Associate professor All India Institute of Ayurveda)

**EVALUATE THE EFFICACY OF DARVYADI LAUHA IN THE
MANAGEMENT OF HEPATOCELLULAR JAUNDICE (KAMALA)
AND HEPATOPROTECTIVE ACTIVITY IN PARACETAMOL
INDUCED HEPATOTOXICITY– A RANDOMISED CONTROLLED
CLINICAL**

(abstract)

Introduction: Liver diseases cause significant mortality and morbidity not only in Indian population but also in world. Due to the changing lifestyle the liver is affected even in early adolescence itself – so an excellent Yakrut uthejaka dravyas (hepato–protective drugs) are need of the hour. It was observed in some cases that the liver injury even with herbal preparations. 2017 world journal of hepatology had published Ayurveda drug induced liver injury. The title of the study is to ‘Evaluate the efficacy of Darvyadi lauha in the management of hepatocellular jaundice (Kamala) and hepatoprotective activity in paracetamol induced hepatotoxicity– a randomised controlled clinical.

Methodology: A combination of experimental and clinical study. In primary study efficacy of Darvyadi lauha as a hepatoprotective drug explored in the paracetamol induced Wistar rats. 30 rats were classified under five groups.

After assessment liver parameters – antioxidant potential and hepatocyte structures found significant changes in Darvyadi lauha treated group. Clinical study conducted in hepato– cellular jaundice patients.

Results: Darvyadi lauha at 400mg/kg body weight have shown promising results hepatoprotective activity against Paracetamol induced hepatic damage. The drug is having significant antioxidant potential. 400mg/kg body weight drug group almost resolved paracetamol induced hepatic damage.



Dr. Vishal Solanki – India

SSAC Kalol Ayurvedic College, Shiv vidhyalaya
ghaatlodia, Ahmedabad

**Case study: Management of switra through ayurvedic treatment and
Lekhan Therapy w.s.r to vitiligo**
(abstract)

According to ayurved switra is a diseases in which its affect – the skin by color – sensation and by the body hair. It also affect the mental status of effected person. The main reason of switra is unwholesome food article & stressful mind. In Ayurved Majority of all skin diseases comes under kustha. Switra is mention in Kushta Roga Chikitsa where white patches appear on the whole body or a local region. In modern science it comes under vitiligo. Here is all attempt to understand the treatment of switra through ayurved concept. Here present a case a 34 year old male who came to kayachikitsa opd with c\o white patch on left arm below the cubital fossa slightly back of forearm since 1year.internal medication and lekhan was done at the site of patch.

Keywords: switra – vitiligo – kustha Roga – Lekhan



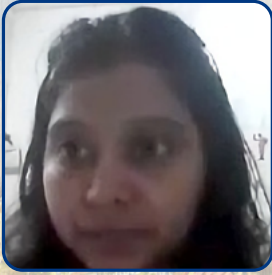
Peter Jones – United Kingdom

Community Mental Health Nurse and Researcher,
NHS, Ashton-in-Makerfield, Wigan, Lancashire,
UK

Hodges’ model: A generic framework for personal and world health (abstract)

This presentation will introduce a generic conceptual framework (or model) that has relevance and application across all health – social care and education. Developed in nurse education this framework can be derived by the audience through a Socratic dialogue. The framework was created in the mid-1980s to facilitate person-centred care – reflection and demonstrated reflective practice – holistic care – that is – physical and mental health and in addition a tool to help bridge the theory–practice gap. In the 21st century the model is significant given the need for integrated care – demographic trends that demand attention to health and other literacies to improve self-care.

The subjects of health now span the individual and planetary health. The ‘politics of health’ and ‘health in politics’ have been crystalised by the COVID pandemic. This is a further force for change if the sustainable development goals are to be achieved. The submission will reflect the conferences themes and sign-post resources. These include a blog with a bibliography – a template file A4 page double-sided and numerous posts that illustrate and demonstrate the model’s conceptual scope. Theory that can underpin the model in health – education and the sciences will be discussed with other conference experiences. Practice considerations for ongoing studies will also be highlighted including the prospect of publication – research pilots and a new website. This model is provided as an open access resource. The model is situated and can be used in any context. Limitations rest with the potential user of the model. It is not yet clear what the minimal age. The model spans assessment – planning – intervention and evaluation activities – be this with patients – carers – or students for example. The author is keen to seek critique and possible collaboration. Thank you.



Dr Litty V Raju – India

2nd year PG Scholar, Swasthavritta Department,
VPSV Ayurveda College, Kottakkal, Kerala

Co-Authors: Dr MC Shobhana, Professor & HOD,
Dept of Swasthavritta

PUBLIC HEALTH GENOMICS

(abstract)

Genomics is the branch of molecular biology concerned with the structure – function – evolution – and mapping of genomes. The national effort to use genomic knowledge to save lives is gaining public importance. The increasing demand of genomics in public health is reflected in the inclusion of genomics in key public health initiatives. Public health genomics has progressed to responsibly integrate advancements in genomics into the fields of personalized medicine and public health. Public health has an important and decisive leadership role in addressing the promise and hazards of human genomics for population health. Such efforts are needed to implement what is known in genomics to improve health – to reduce potential harm and create the infrastructure needed to derive health benefits in the future. There are many controversies about the role of genomics in public health practice and debates has been ongoing for quite some time. In spite of accelerating human genome discoveries in a wide variety of diseases of public health significance – the promise of personalized health care and disease prevention based on genomics has lagged behind. So appropriate – effective and sustainable integration of genomics into healthcare requires an organized approach. Three priority areas are discussed here for the integration of genomics into public health practice i.e. – human genomics – genetic engineering and pathogen genomics with special emphasize on human genomics. This paper outlines the importance of genomics in public health along with its evolution and future scope in personalized health care and disease prevention.

Keywords: Personalized medicine – Human genomics – Genetic engineering – Pathogen genomics



DEBASISH SAHOO – India

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Phytochemical, Invitro studies of hydro–alcoholic extract from fruit sample (epicarp & endocarp) and esterified extract from endophytic fungus associated with leaves of *Elaeocarpus ganitrus* (Rudraksha) and green synthesis of Silver nanoparticles from the extracts with bioactivity study.

(abstract)

The Qualitative analysis of phytochemicals for hydro–alcoholic extract of Epicarp and Endocarp of Rudraksha contained Alkaloids – Flavonoids – Phenols – Tannins – Terpenoids – Saponins – Steroids – Glycosides – Carbohydrates and fixed oil. Proteins and amino acids were absent. The esterified extract of endophytic fungus isolated from Rudraksha plant contain Flavonoids – Phenols – Tannins – Saponins – Steroids – Carbohydrates – Glycosides and Amino acids. Quantitative estimation for Total Flavonoid content (μg Quercetin QE/mg extract) – Total Phenolic content (μg Gallic acid GA/mg extract) and Total Tannin content (μg Tannic acid TA/mg extract) for hydro–alcoholic extract of Epicarp – hydro–alcoholic extract of Endocarp and esterified extract of endophytic fungus were found to be $17.166\pm 0.005\mu\text{gQE/mg}$ extract – $23.344\pm 0.023\mu\text{gQE/mg}$ extract and $9.045\pm 0.013\mu\text{gQE/mg}$ extract respectively; $12.726\pm 0.018\mu\text{gGA/mg}$ extract – $7.087\pm 0.023\mu\text{gGA/mg}$ extract and $3.043\pm 0.008\mu\text{gGA/mg}$ extract respectively; $3.097\pm 0.027\mu\text{gTA/mg}$ extract – $1.192\pm 0.077\mu\text{gTA/mg}$ extract

and $0.679 \pm 0.087 \mu\text{gTA}/\text{mg}$ extract. The concentration of standard and test was calibrated to $0.1 \text{ mg}/\text{ml}$ for antioxidant assay – anti-inflammatory assay. Antioxidant assay was carried out using DPPH reagent – calculating the percentage of inhibition by reduction in absorbance of test sample and Ascorbic acid as standard. The percentage of inhibition for standard ascorbic acid was $89.65 \pm 0.07\%$ whereas percentage of inhibition for hydro-alcoholic extract of Epicarp – hydro-alcoholic extract of Endocarp and esterified extract of endophytic fungus found $63.07\% \pm 0.07\%$ – $41.45\% \pm 0.06\%$ and $52.77\% \pm 0.11\%$ respectively. Anti-inflammatory activity was studied using Indomethacin as standard. The anti-inflammatory activity for standard was $71.76\% \pm 0.25\%$. The anti-inflammatory activity for hydro-alcoholic extract of Epicarp – hydro-alcoholic extract of Endocarp and esterified extract of endophytic fungus were found to be $33.29\% \pm 0.06\%$ – $48.65\% \pm 0.25\%$ and $28.75 \pm 0.75\%$ respectively. The plant extract had the capacity for green synthesis of nontoxic silver nanoparticles (Ag-NP) from Silver nitrate (toxic Ag⁺) which has been through the catalytic effect of the metabolites or enzymes present in the extract. The green synthesis was analysed by change in color of the solution (Extract + AgNO₃) from light yellow (T₀) to brownish to reddish brown color (T_{36hrs}) at room temperature. The Ag-NP was purified by continuous centrifugation – collecting and washing pellet that contained Ag-NP. The Absorbance Peaks were observed in the spectral analysis between 420nm–450nm that corresponds to the formation of Silver nanoparticles. Electron microscopy (TEM) revealed the size of the Ag-NP varying between 10-70nm. Studies for Extract+Ag-NP also revealed increase in antimicrobial activity E.coli – Pseudomonas – Salmonella – A.niger and A.Flavus and gain of antimicrobial activity against Staphylococcus sp. and Candida albicans. Anti-oxidant activity of Extract+Ag-NP has increased by 2.25 folds (approx..) whereas the anti-inflammatory activity of Extract+Ag-NP increased by 1.5 folds (Approx.) as compared to the activity studies of the plant extract alone. This gives new possibilities for development of safer drug with higher efficacy – more absorption – easy metabolized and lower toxicity therapeutic system.



Mgr. Jarmila Podhorná – Czech Republic

Naděje (Hope Society), Brodek u Konice,
Czech Republic

Herbs in the prevention of lifestyle diseases – Gemmotherapy
(edited summary of the contribution)

The presentation indicates the means for human organism health improvement in a natural way through herbal treatment – infusions of the germinal parts of plants. The name of the discipline is gemmotherapy and the individual procedures offer complex concentration on specific health problems e.g. following the Covid and vaccination after-effects, digestive, nervous or musculoskeletal system disorders, they can be also helpful by respiratory and other disorders, as a prevention of lifestyle diseases – bacterial, virus and also oncological, or to improve vascular, locomotory or nervous system diseases.



Prof. Juan Carlos Crespo de la Rosa – Spain

Instituto de Revitalización Médica Integrativa,
Sevilla

**Progress and Dynamization of the Field of Integrative and Regenerative
Medicine**

(edited summary of the contribution)

Importance of integrative and regenerative medicine – development of

dynamics and techniques in organ regeneration and R. M. I. methodology.

The presentation mentions the journey to a disease, present conditions of adaptive health and contamination, necessary conditions in medicine – traditional medicine and complementation, development of medical technologies, integrative medicine methodology, interventions in organ revitalization and regenerative medicine, and finally the conception of a school supporting health. There is a certain journey from health to a disease or death, and the disease always has to pass through four stages. The revitalization leads us to a health sustaining concept which is governed by a simple way of life – to live and smile more, strive for a greater consciousness, meditation practices, natural medicine, good life rhythm, quality relaxation and regenerative active cellular life, not forgetting the importance of nutrition.



Stephan Hein – United Kingdom

Holistic Health and Well-being Practitioner, The
Genius Lounge, LONDON/UK

Inspiration as a Force of Healing (abstract)

A provisional Paper of “Lessons from the Field”:

Problem: The impact of the current pandemic highlights the limits and unsustainable situation of many of today’s structures in mainstream culture. It uncovers in greater clarity the crisis that threaten mankind’s future – including climate change – environmental destruction – the greed of capitalism – to name a few. Uncertainty about the future and “life lived out of balance with nature” has resulted in depression – anxiety and a steep rise of chronic physical and mental health issues for many. Whilst mainstream

culture tries “to fix” these problems with the very mindset that created them in the past I feel a more holistic conversation is needed that looks into the deeper causation from an expanded vantage point; through the lens that is found in the inter-play of mind – body and spiritual layers of human experience.

Approach: In my CAM health and well-being practice called “The medicine of creative consciousness” I invite clients to be curious about their situation – starting a process of opening up awareness and “widen the field” of perception for deeper cognitive understanding. I speak to their inner creative connection especially through yogic relaxation practices. I also endorse self-activation through various CAM techniques supporting changes to behaviour patterns – attitudes and lifestyle routines (regulation of unhealthy habits – healthy nutrition – sleep patterns – use of energy – social & environmental factors and others). These activities result in reconnection to feelings of inspiration and a sense of self-discovery and wonder that not only fosters long-term management capacity of challenges but also makes people more pro-active and positive co-creators of their lives. This work has culminated into 4 areas:

- speaking in medical student environments (UCL medical school London)
- teaching Qi Gong and Yoga Nidra (“Yoga Nidra – the creative Medicine”)
- intervention through music and the creative arts (Nada Yoga – Mantras)
- addressing personal leadership challenges (Higher Ground Leadership)

This combination has resulted in creative cross-fertilisation – culminating in inner alchemy of creative process rising from the depth of the mind. Here new and often surprising answers for better health– and wellbeing in mind – body and soul arise. It is in this space where clients and students are guided to the empowering realisation that healing is never more than a thought away.

Methods and local setting: I want to exemplify this approach through a study I conduct in a London/UK based charity that supports individuals affected by HIV/AIDS in the long-term management of their illness. For this I utilise the ancient Indian mindfulness practice called Yoga Nidra (YN) or “Yogic Sleep”.

Results: The study shows that YN diminishes symptoms and enhances integrated well-being. Participants in this quality assessment reported feeling empowered and inspired to deal more effectively with life's challenges. A detailed description can be found in the accompanying abstract "Yoga Nidra – the creative Medicine". In March 2021 the study was expanded to the "College of Medicine" – that works for the integration of multi-disciplinary approaches into conventional medicine in the UK.

Discussion and perspectives: The "medicine of creative consciousness" inspires behavioural change by connecting clients to their inherent qualities of curiosity and a sense of wonder about life. Research shows that self-care practices and holistic interventions based on the mind/body/soul connection – create feelings of inspiration – self-activation – resilience and empowerment. This may include discovery of deeper life purpose that not only enhances the life of the individual but also encourages positive social relationships and cohesion in communities. It wards off feelings of social isolation and loneliness. Collecting more data and scientific evidence that include the physical – emotional – mental and spiritual layers of life are needed to deepen this enquiry – establishing a truly holistic understanding of healing and well-being. We are in the midst of collective cultural change – and each individual is part of it – with every choice we take. Global institutions incl. UN and WHO are increasing efforts to expand this enquiry (incl. social prescribing and patient activation) – but each person is called to step out and to be more pro-active in well-being choices that harness the supportive forces of life in truly holistic ways.

Keywords: education – lifestyle medicine – social prescribing – mental health – creativity – HIV – self-management – patient activation & empowerment.

Best Poster Award

The prize of 500 EUR for the best poster was awarded to:

Dr. rer. nat. Katharina C. Wirnitzer^{1,2,3,4} – Austria

Sports scientist and senior lecturer for sports science and sports didactics

Co-authors: Derrick R Tanous¹

- (1) Department of Sport Science, University of Innsbruck, Innsbruck, Austria
- (2) Department of Research and Development in Teacher Education, University College of Teacher Education Tyrol, Innsbruck, Austria
- (3) Health and Life Science Cluster Tyrol, Cluster Health/Medicine/Psychology, Tyrolean University Conference, Verbund West, Innsbruck, Austria
- (4) Research Centre Medical Humanities, University of Innsbruck, Innsbruck, Austria

From Science 2 School: Sustainably Healthy – Active & Veggy First Results from the survey of the prevalence of vegetarian & vegan diets linked to sports & PA among Austrian pupils of secondary levels I and II

(abstract)

Introduction: Health is a major topic for the future in education, pairing the UN SDGs No. 3 “Good Health and Well-Being” and No. 4 “Quality Education”. Physical inactivity and overweight/obesity are two of the world’s most powerful influencers of preventable disease risk. In Austria, 30 % of children are overweight, and 85 % fail to meet the recommended 60 min/day of physical activity. However, there is no information about plant-based diet trends of pupils and teachers. An active lifestyle coupled with a healthy plant-based diet could provide the individual with the most impactful health behaviors for preventing chronic, noncommunicable disease.

Objective: Therefore, this study aims to assess various health behaviors, including PA, sports, and exercise, linked with the prevalence of omnivorous, vegetarian, and vegan diets among Austrian pupils and teachers/principals of secondary education levels I and II.

Methods: The study was supported by the Federal Ministry of Education, Science, and Research, and approved by all the 9 federal educational authorities. 860,748 Austrians at secondary schools were invited to participate. The short standardized online survey was provided in German. Data was collected Oct 2019– May 2020.

Results: 1.1% (8,845 pupils) of total Austrian sample completed the survey. Pupils active in leisure (82.4%) sports and club sports (42.5%) show a significantly higher prevalence of healthy behaviors (daily fruit, > 2-liter fluid intake, abstinence from smoking) compared to inactive pupils. Vegan diet prevalence (7.2%) is associated with significantly higher leisure sports (86.4%, and 3.2 ± 2.1 days/week; $p < 0.01$) compared to non-vegan pupils.

Conclusion: Health behaviors track into adulthood; the leading opportunity for learning healthy behavior is as early as possible. This study will provide a major contribution to overcome the lack of information about vegetarian diets at Austrian secondary schools, and aid to transfer the results to healthy actions in the school setting.

Key Words: health; vegetarian, vegan; sport; physical activity; physical exercise; pupil; child; adolescent adulthood



First Results from the survey of the prevalence of vegetarian & vegan diets linked to sports & PA among Austrian pupils of secondary levels I and II

Background & Objective

Health is a major topic for the future in education, joining the UN Sustainable Development Goals (3 "Good Health and Well-Being" and 4 "Quality Education"). Physical inactivity and overweight/obesity are two of the most powerful influencers of preventable chronic diseases (5, 6). In Austria, currently, 14% of the population are vegetarians and 1% are vegans (7). However, there is no information about the plant-based diet trends of Austrian pupils and teachers, an active lifestyle coupled with a healthy plant-based diet as a dual approach could provide the individual with the most impactful health benefits for preventing chronic, non-communicable diseases.

Objective: Therefore, from Science 2 School is the first study that aims to assess plant-based diets in connection with PA, sports, and exercise at Austrian schools of secondary levels I and II, along with multigrains and decision makers.

Methods

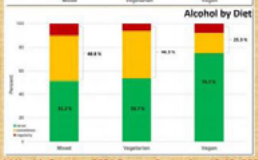
Granted by the TiWiF (Tiroler Wissenschaftsförderung) and supported by the Federal Ministry of Education, Science and Research (BMBWF), and approved by all 9 Austrian Federal Education Authorities in Austria, this study was conducted in the school year 2019/2020 with a basic sample size of 860,748 Austrians, including 771,529 pupils & 89,219 teachers/parents, invited to participate, according to the following details:

- Approach: Interdisciplinary, cross-sectional, representative, Austria nation-wide
- Methodology: approved by 9 Federal educational authorities (9/18/2019)
- Participants: at 2,488 schools
- Data Collection: 25 October 2019 - 10 July 2020
- Survey: Short standardized online survey in German (2 different versions for pupils and adults) consists of 9 parts with questions (including control questions) about (1) persons, (2) sports, (3) nutrition, (4) health, and (5) miscellaneous
- Target information: quantitative records and consequent qualitative data (potential associations between their variables and age, sex, diet types, PA level, etc.) across 2 study populations
- Statistical Analysis: descriptive methods, hypothesis testing, ANOVA, MANOVA regression analysis, etc., considering sex, age, BMI/BMI, school level, diet, sports, urban vs. rural, etc.

Results

A total of 8,845 pupils (1.1 % response rate of the total Austrian pupil sample) completed the survey. Vegan diet (7.2%) compared to vegetarian (8.3%) and omnivorous diet (84.3%) prevalence in pupils is associated with significantly:

- (1) higher days with sports (3.2 vs. 2.8 days/week, $p=0.01$)
- (2) higher leisure sports (18.4% vs. 15.6% vs. 15.2%, $p<0.001$)
- (3) more vegans never drink alcohol (74.7% vs. 53.7 vs. 51.2%, $p<0.001$)



Conclusions

From Science 2 School is the first nationwide school study to survey the current prevalence of omnivorous, vegetarian, and vegan diets in connection with physical activity levels in Austrian secondary schools among pupils, teachers, and principals. This study will provide a major contribution to:

- (1) assess the lack of information about vegetarian diets at Austrian secondary school to justify the dual approach for decision-makers as highly effective for pupil health but also safe and low-cost.
- (2) aid in transferring the results to healthy actions in the school setting, such as cafeteria or canteen, interdisciplinary events, and study.
- (3) develop sustainable action readiness and health-oriented action competence to put the power of good health in the pupils' hands for a long term, sustainable, and healthy future.

Take home message: This basic approach to healthy living includes behaviors that occur everyday naturally, and by putting together the healthy behaviors early in life, a healthy lifestyle will follow.

[plant-based diet] + [daily sports & exercise] = "super" medicine

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World Health Congress 2021 Prague, September 10-12, 2021

„The main criterion for this decision was the extent, but also the targeting on young generation, because the young generation will certainly spread the health benefits further in the future. Although there were many other presentations that would deserve the award, it was this vision of the future that decided. Prevention targeting the future is the most effective treatment.”

Tomáš Pfeiffer, Chair of the Organizing Committee

This and all other posters presented at the World Health Congress 2021 Prague are available free of charge in full resolution at <https://www.whc2021prague.com/posters>

Poster Session

Best Poster Award

From Science 2 School: Sustainably Healthy – Active & Veggy, First Results from the survey of the prevalence of vegetarian & vegan diets linked to sports & PA among Austrian pupils of secondary levels I and II, Dr. rer. nat. Katharina C. Wirnitzer

Pancreatic cancer and diabetes – a two–way street? An integrative treatment using natural products and nutritional intervention, MSc Iveta Mikolaskova

Guillain–Barré Syndrome – Ayurvedic Management, Dr Radhika Injamuri

Presentation of our NGO to the jubilee of cold water therapy based on Vincenz Prießnitz, Mrs. Tatjana Ford

An Open Labelled Randomized Control Trial to Assess the Effect of a Gut Therapy Protocol for Managing Dysbiosis in Children with Austim, Dr. Geethu Balakrishnan

Sustainably healthy – From Science 2 High–school & University, Survey of the prevalence of sports & physical exercise linked to different kinds of diets among Austrian colleges and universities, Dr. rer. nat. Katharina C. Wirnitzer

Bio–Therapeutical study of Herbal dietary supplement composed of Mangosteen, Siberian Ginseng, Maca root, Elderberry, Sourcherry, Ganoderma, Elderberry and Moringa, Debasish Sahoo

Psychosomatic Conditions – Understanding & Healing with Psychophonetics, Yehuda Tagar

A New Model for Patients Waiting Time Reduction for Treatment at Hospitals, Ganesha K S

Weight and health among children and adolescents attending schools in Moncton, Kanada, Prof Slimane Belbraouet

[TCM from the view of users – Results of a sociological survey among clients of TCM in 2018 in Czech Republic, MD Ludmila Bendová](#)

[TCIM Intervention of Autism Spectrum Disorders, Prof. RNDr. Anna Strunecká, DrSc.](#)

[Kinesiology – The Endless Possibilities, Mgr. Miloslava Rutová](#)

[Platform 2020 Prague, Tomáš Pfeiffer](#)

[Alternative Medicine \(CAM\) in the World, Tomáš Pfeiffer](#)

[Biotronics – Hope in Disease for the 21st Century – People’s Experience with Biotronics, Tomáš Pfeiffer](#)

[Biotronics – Hope in Disease for the 21st Century – Case Studies, Tomáš Pfeiffer](#)

[Point Exercise Method of MUDr. Kleplová – Original Reflexive Technique, MUDr. Věra Kleplová \(only in Czech\)](#)

Thank you to all participants, and we look forward to meeting you at the next World Health Congress 2023 Prague!

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PARTICIPANTS' FEEDBACK

„Congratulations for this wonderful event! So much work - my respects to all of you for all the work. Looking forward with great excitement to shaping further “The Prague Platform” and growing this bolder and stronger for the future of all of humanity.“

Prof. Dr. Madan Thangavelu, Cambridge University – United Kingdom

„Thank you for inviting me to this wonderful conference, which is very important during the time, the World Health Congress 2021 Prague. I would specifically like to thank Tomas Pfeiffer for having met me several times during the course of past 3 years in different parts of Europe as well as in Geneva, and having discussed with me thoroughly many of the programs which he has implemented in the past one year.“

Dr. Geetha Gopalakrishna, BAMS, MD - TCIM Unit, WHO

„Thank you for the great opportunity to serve the World Health Congress. Of course, I enjoyed the entire program on Friday 10 September, and also as audience on 11 September. The presentations had very useful information, and was generally well-presented.“

*Bhaswati Bhattacharya, MPH, MD, PhD – USA,
Clinical Assistant Professor at Cornell University*

„It was a big honour to me to be part of this renowned line-up and of this inspiring Congress. I feel deeply, deeply connected to the spirit of this Congress because it was such a warm and on the other hand so high-qualitative presentation and contributions. Congrats to a very successful congress, and a wonderful closing talk!“

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

„Thank you for your kind email and the Certificate of Participation but most of all thank you for the opportunity of presenting at the World Health Congress 2021. The Congress and the whole 3D virtual interface was extremely well organised and I'm sure was well received by a large number and a wide variety of people. Congratulations to you and the whole team who I know have put a huge amount of thought and work into making it a success.“

*Sister Jayanti Kirpalani
Additional Administrative Head, Brahma Kumaris London, United Kingdom*

„I come to congratulate you, and your team, for the excellent Congress that you carried out this weekend. For the perfection of the entire presentation, I calculate the work you have given... CONGRATULATIONS!!!“

*Amandio Figueiredo,
Director of the Department of Ayurveda and Yogatherapy at FPY – UP*