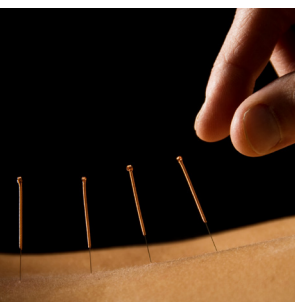


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Psychometric properties of the Persian version of the brief illness perception questionnaire (BIPQ) in patients with non-specific chronic neck pain

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Neck pain is one of the most prevalent musculoskeletal problems which, especially at chronic stage, affect the physical and mental health, quality of life, socioeconomic status of the affected people and their families in a negative way.

While classical medical interventions usually tend to approach this problem in a more biological way (e.g. Pathoanatomical approach, Kinesiopathological approach or Mechanical approach), the role of psychosocial parameters in both symptom intensity and treatment efficacy cannot be neglected. In other words, in order to get the best treatment efficacy, we need to consider psychological factors such as self-efficacy, social support, mood, coping strategies, and illness perception as influential factors in addition to other related factors like pain intensity and physical factors.

In 2006, Broadbent et al. designed the Brief Illness Perception Questionnaire (BIPQ) which measures the following eight components of illness perception:

consequences, timeline, personal control, treatment control, identity, concern, coherence, and emotional responses.

It has been proven that illness perception is highly correlated with adherence to treatment and also the quality of life. Since the perception of illness is from different cultural and social conditions can be different, and also it has a significant role in adopting coping strategies and chronicity of pain, the study of the illness perception is necessary for obtaining good assessment and treatment results.

Biography

Mohammadali Shakoorianfard is an MSc student in the field of Physical Therapy in Iran University of Medical Sciences (IUMS). Although his main line of research is Diabetic Foot/Diabetic Ulcer, he also has authorship of 3 books about gait analysis, the role of hydration in military personnel and Ultrasound in Physical Therapy as well as co-authorship of 2 publications regarding psychological aspects of chronic pain.

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Self-experimentations in the development of dynamic homopharmaceuticals: Advancing in unveiling the evidences

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Introduction: Provided the condition of the organism and its healthy state depend on the state of life that animates it, as a dynamic condition, its altered state – we term it ‘disease’ – expresses itself by altered sensations and functions that come into perception as an aggregate of cognisable symptoms. Cure of diseases occur virtually and dynamically by medicines. In harmony to the Similarity Principle, in which where something has its origin, there also has its end, the dynamic power of a substance is the same, whether transforming natural illnesses into former state of health, or acutely altering the health of an experimenter. This last one, a kind of artificial disease in one’s health, is the strongest of both and offers sufficient knowledge of dynamic changes and certain morbid symptoms. Therefore, it is the must trustworthy information concerning morbid states that can be most certainly cured by means of each particular medicine, namely, by proof in health, by self-experimentation of a substance. In order to cure, recognition (that so on succeeds cognition) guides the prescription of a dynamic similar remedy, in a sufficient power that annihilates the weaker one (the natural disease) from the sensation of Vital Force.

Objectives: Aiming to contribute to the reinvigoration of the culture of self-experimentation of simple substances in one’s own health for the production of sufficient knowledge of the simile, essential to the healing art of cure, we report an experience of homeopathic self-experimentation.

Methodological description: we performed a descriptive analysis by participative observation of self-experimentation and instrumentation of a particular substance in conduction of a medical case.

Results and discussion: We voluntarily made our own waking and sleeping psyche available, including observations of circumstances, with suspension of judgment, in favor of *Nasturtium officinale* in the thirtieth centesimal Hahnemannian, sniffed gently once. We constituted a written record and found an individual pattern of sense perception, and then, reunited beyond a group of an average of fifteen moderate, sensitive, fraternal, truth loving people, as if in a conversation circle. So, we elaborated a primary and secondary materia medica based on experimental memory of inconclusive sufferings, agreeing with idea of closing, finishing, terminating or achieving something, yet matching with guarding, protecting, accumulating, even covering something, with feeling of tension.

We accepted a case of a woman who asked if her Italian accent has come into note, which she was yet trying to adapt to Brazil, since she arrived 9 years ago. That her sickness had started with some chills and cold provided by staying in open places, then with a cough that has prolonged for more than 2 months. A medical investigation conducted to the diagnosis of bronchitis, with bronchiectasis, with a prescription full of allopathic medicines. The doctor told something about “closed alveoli”. She had made a relationship between this malady and sufferings she had kept inside, without putting out or sharing, and, since then, with some difficulties in expressing herself. In her community, she was in charge of taking care of the newer ones, of being responsible for rapid resolutions, which accompanied constantly a state of tension.

With the homeopathic therapeutic proposal regarding this experimental memory of *Nasturtium officinale*, with a kind of amazement and laughing, followed by recording and

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thinking about some situations related to the process of illness.

She returned 2 months after, coming from an assembly, a community meeting. In this mean time, got to the pulmonologist, with agreement of a better situation, a tomography showing a closure of the bronchiectasis, and fibrosis progressing to areas of normal lungs, with consequent demedicalization. Felt better, expressing herself in a better way, including talking about things she did not agree, with relief of sensation of accumulation or weight. She was previously resentful of not being able to go to her mother's funeral, but now she was more positive about that, and as soon as possible, she would travel to Italy to see her sisters. Emotional, being at the same time more of herself, being more able to take care of the others, discovering herself.

Previous Knowledge of what is worthy of being healed by self-experience favored case recognition – a groupment of symptoms that covers in a peculiar discourse the essential totality, with its management consequently being a source of relieving weights, in accordance to the Principle of Similarity.

Movements of dissolution of the protective calluses of health, in this case, also accompanied the dynamic movements to a better disposition of health, this last ones of which are covered by regularity in the art of healing, expressed by revitalization, resignification, reduction in drugs, and annihilation of sensation of disease.

Final considerations: The pure homeopathic method unveils the necessary evidence and ensure sufficient certainty for professional therapeutic performances by mean of cure of dynamic diseases with peculiar homeopathic remedies. Pure self-experimentation in health produces dynamic homeopathic resources that, while enabling the process of therapeutic recognition, also include the physician in the dynamics of care, in a participatory activity of negligible cost, which greatly contributes to equalization in life.

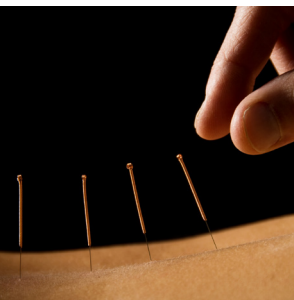
Biography

Rodrigo Leonardo Goulart Gonçalves is from Brazil. He is currently doing well in Instituto Mineiro de Homeopatia/Minas Gerais – Brazil.

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Accepted Abstract

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Herbal Medicines - The Evidence Base

Osamah Otoom

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The use of herbal medicines expanded globally during the last decade in national health care systems in developing and developed countries. A survey conducted by Eisenberg et al, in 1998 involving 1,539 adults showed that 34% used at least one unconventional therapy in the past year and a third of these saw providers for unconventional therapy. Greatest use was among patients 25-49 year olds, with higher education and higher income. Patients used herbs for chronic and life threatening problems. Of those who used unconventional care for life threatening conditions, 83% also consulted a medical doctor. 72% of the unconventional medicine users did not advise their medical doctor. One third of them had adverse effects ranged from mild to severe. Studies indicated that the

majority of herbal medicines are subjected to limited efficacy and safety testing. The quality of these products is also of a concern. A study published in JAMA (2004) showed that 20% of the herbal medicine products from south Asia contained potentially harmful levels of lead, mercury and/or arsenic as measured by X-ray fluorescence spectroscopy. Most physicians do not receive formal education on herbal medicine therapies, which necessitates the developing of appropriate training programs. This presentation summarizes an evidence-based approach to understand the safety, efficacy and quality of herbal medicines in clinical practice.

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Post COVID-19 rehabilitation and immunity through yoga and ayurveda

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The COVID-19 pandemic has created a worldwide health crisis. Many People who have survived this disease suffer their physical and mental health. Rehabilitation of these Patients is an immense need. A holistic and multi-disciplinary rehabilitation is needed to boost the immunity and to restore the health status of these patients. The governments of India, China and many other countries are actively promoting traditional treatments for post Covid-19 rehabilitation. WHO also supports for Rehabilitation Self-Management after COVID-19- Related Illness.

Ayurveda and Yoga can certainly play a pivotal role in the rehabilitation to boost the immunity. Regular Yoga practice revives the exhausted body, soothes the troubled mind, and brings back confidence and positivity in life. It is well accepted that COVID rehabilitation must focus on breathing exercises. Yogic techniques such as the Asanas

(body positions) and Pranayama (controlled breathing) facilitate body stretching and help to boost the immunity and strengthen the lungs. Regular meditation relaxes the troubled mind in a highly effective manner, by bringing back confidence and positivity.

According to Ayurveda concepts, there will be Agnimandya (improper digestion) and DhatuKshaya (depletion of body tissues) in post COVID 19 infection. Diet has a very important role in the management of Post COVID-19 and it should be for all six tastes and may include ginger, turmeric, pepper, cinnamon and mint in their diet, to boost the digestion. Various herbs and herbo mineral drugs, including Rasayana drugs play a vital role to improve the body tissues and boost the immunity in post COVID-19.

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Impact of gum muscles training and effect of periodontal thickness in oral cavity

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Previous research on periodontal structure and function has shown a significant relationship between periodontal tissue and teeth. This study assessed dentist's beliefs about the relative efficacy of the health of periodontal tissue. A total of 505 patients in general practice were asked to respond to a list of 25 obligatory nourishment for a child while going to have the first teeth, for its effectiveness in dealing with patient's periodontal health especially include chewing hard food. They were also asked to select the three most effective nutrition for periodontal

tissue. The indices of patient perceived importance of the periodontal health were derived and each compared with actual effectiveness as determined from a sample of 250 patients. Although the majority of patient's rated 18 of 25 nutrition as being very effective, there was no significant association between patient perceived nourishment effectiveness and actual effectiveness. The implications for patient training are discussed. This study supported by only me and my supervisor Alla grigorivna demitrova.

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‘Ayurvedic management of pregnant woman infected with SARS-CoV-2 – A case report’

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Introduction: Global spread of the severe acute respiratory syndrome Corona virus 2 (SARSCov-2) was witnessed and it is the most threatening health crisis of our life time. In the scenario pregnant woman represent a frail category of patients, they are systematically excluded from trials and thus a candidate of focused evidence based care.

Diagnosis and Outcome: In this paper, a case of Ayurvedic management of second trimester pregnant woman having diagnosed with COVID-19 is reported. The serologically confirmed COVID 19 pregnant woman was symptomatic

and managed with Ayurvedic interventions. The patient became asymptomatic on 5th day of treatment and then on the 7th day of treatment, nasopharyngeal swab was taken for RTPCR, which was negative.

Conclusion: The findings of this case report are useful for understanding the possible clinical pathology of COVID-19 infection in pregnant women and the holistic care protocol for the management. Key words: pregnancy; COVID 19; corona virus; ayurveda.

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Acute effects on heart rate variability during slow deep breathing

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Slow deep breathing is known to modulate cardiovascular control and is used in many ancient breath control practices like pranayama. The changes in Heart Rate Variability (HRV) during a less known form of Slow Deep Breathing (SDB) of 0.1Hz with equal counts of inhalation, holding and exhalation are not well documented. The study was done at AIIMS, Bhopal on 30 regular Kriya yogi volunteers who are practicing for last 10-20 years. SDB involves slow and deep inhalation through the nose, usually to a count of 15, holding for an equal count of 15, followed by slow and complete exhalation for a similar count of 15. The process was repeated for five minutes. The recording ECG for HRV analysis was taken by Heart rate Variability (Dinamika HRV - Advanced Heart Rate Variability Test System, Moscow, Russia). The resting and during readings of Heart rate Variability parameters were compared and analysed using a paired t-test. SDNN and RMSSD were increased at a high

level of statistical significance during the manoeuvre. LF, HF, LF/HF ratio increased significantly. Parasympathetic activity is represented by LF when respiration rate is lower than 7 breaths per minute or during taking a deep breath. Thus, when the subject is in the state of relaxation with a slow and even breathing, the LF values can be very high indicating an increase in parasympathetic activity rather than an increase in sympathetic regulation. Practice of pranayama naturally slows the breathing, which in turn makes the heart calmer and calmer as demonstrated by a statistically significant decrease in heart rate after five minutes of SDB. Slow yogic breathing (pranayama) may serve as a physiologic method to draw upon cardio-vagal reserve and regular practice of these manoeuvre may beneficially affect cardiovascular autonomic regulation in health and in various cardiovascular diseases.

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