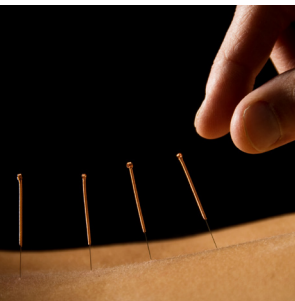

Scientific Tracks & Sessions

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To determine the effect of a 7-week hatha yoga practice on hamstring flexibility

Toni LaSala, Michael Figueroa

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Purpose: To determine the effect of a 7-week Hatha yoga intervention on hamstrings flexibility using a digital goniometer. It was hypothesized that hamstring flexibility will increase in a young healthy adult population.

Methods: Thirty-one college-aged males and females (21 ± 2.6 years) participated in a progressive yoga intervention consisting of 110 minutes twice per week for a 7-week. Pre and post-test measurements were taken to determine right and left hamstring flexibility using a digital goniometer.

Results: A paired samples t-test indicated a significant difference in the pre and post-test on hamstring flexibility ($p < .05$). Results for the right leg pre- and post-ROM tests ($t(30) = -6.64$, $p < 0.05$, 95% CI (-6.14, -3.25), $d = 0.77$, $p < 0.05$ as well as a significant difference in the left pre and post-ROM tests ($t(30) = -6.93$, $p < 0.05$, 95% CI (-2.97, -6.79), $d = 0.52$, $p < 0.05$ indicated an improvement after the intervention. The average range of motion increase was 4 degrees in both legs.

Conclusion: Hamstring flexibility can be improved over the course of 7 weeks through the practice of Hatha yoga. This modality can also be used to improve flexibility and function in activities of daily living as well and athletic performance.

Biography

Toni LaSala, PhD, is an Assistant Professor of Exercise Science at the Department of Kinesiology at William Paterson University, New Jersey, USA. She is also a certified Exercise Physiologist by the American College of Sports Medicine, Registered Kripalu Yoga Teacher, certified Strength and Conditioning Specialist (CSCS), by the National Strength and Conditioning Association, certified Group Fitness Instructor (ACE and AFAA), licensed Massage Therapist (LMT), and certified American Red Cross CPR/AED instructor. She has been teaching fitness and yoga classes since 1984 and specializes in exercise programs and therapeutic massage modalities for all populations. She is a member of the Arthritis Foundation, American College of Sports Medicine, the National Strength and Conditioning Association, The American Council on Exercise, the American Massage Therapy Association, The National Certification Board for Therapeutic Massage and Bodywork, Kripalu Yoga Teachers Association and the Yoga Alliance. Dr. LaSala enjoys traveling and spending time exercising outdoors.

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Michael A. Figueroa earned his Ed. D. from Teachers College, Columbia University in 2006. Since 2008 he has been a professor of Exercise Science at William Paterson University, New Jersey, USA. He has collaborated with faculty and students on a variety of research topics producing publications and presentations at the National and International level. Dr. Figueroa has been a life-long practitioner of the martial arts. For over 42 years, he has practiced various styles including Jujutsu, Judo, Tai Chi, Boxing and Karate. He continues to train with his teacher in Connecticut and Japan. Dr. Figueroa enjoys spending time with his wife and daughters, traveling, exercising, and living life to the fullest.

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Exploring indigenous mental health practices: lessons from Kerala

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A study conducted by Claudia Laung in 2014 in Kerala on indigenous healing practices quotes that "If a psychologist gives advice, the people will take only 70% of it. If a traditional healer says, the people will take 90%". As cited by different authors, supportive, non-threatening, engaging, and reassuring setting (R. Raguram, A. Venkateswaran, Jayashree Ramakrishna and Mitchell G. Weiss, 2002), stigma and fear attached with mental illness, lack of access to a medical care facility, and socioeconomic factors like education, income and religion affect psychiatric careseeking. (Kristine, Hartog; Kathryn, Gow M, 2007). This paper explores various indigenous healing practices in Kerala and how users and healers perceive mental illness. The research is also designed to comprehend the healing practices from both healers and users' point of view and finally an attempt to understand how indigenous healing contributes to community mental health and individual healing. The research was carried out in four districts of Kerala, the southernmost state in India, which possess the country's highest human development index (HDI). The research is primarily a case study method that explores various indigenous healing practices in Kerala, how users and healers articulate mental illness, and the contribution

of indigenous healing to individual and community mental health. A qualitative research design was used for collecting in-depth information on the topic. Data was collected from two different sources of participants. First was the users' who accessed the indigenous health facilities, and the second was the healers of the center. The theoretical perspective employed here is Klein man's explanatory model of illness and explains the plurality of alternative healing practices. This paper design a typology of the existing healing practices for indigenous healing practices in Kerala, India.

Biography

Ayshu Biju has completed her Masters in Social Work (Mental Health) from Tata Institute of Social Sciences. She worked as a research associate at Indian Institute of Management, Bengaluru and worked as a mental health practitioner at various NGOs in India. Ayshu is currently pursuing her MSc in Counselling Studies from University of Edinburgh, United Kingdom. Her research interests are interventions for people from vulnerable background, arts Based Therapy for Children with Special Needs, Indigenous Healing Practices for Mental Illness. Inclusive spaces for people with disability and relevance of mental health in workplace.

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Exploration on the secondary metabolite production potential of actinobacteria isolated from mangrove

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Mangroves are inter-tidal extreme environment with rich microbial communities contributing to cycling and transformations of nutrients, pollutant control, and biotechnological applications. Actinobacteria are well known for producing antibiotics. The search of novel actinobacteria and research of known actinobacteria for their useful secondary metabolites, especially antibiotics and bioactive compounds, from the microbial communities in such ecosystem could provide new sources of natural products. In this presentation, we will introduce an experiment combining genomic analysis and tandem mass spectrometry (MS/MS) screening to explore the secondary metabolites production potential of actinobacterial strains from a mangrove environment. Our work found that mangrove-derived actinobacteria

contained a higher number of biosynthesis gene clusters and had a greater potential to produce more bioactive compounds than those from terrestrial environments. The results can expand the current understanding of the secondary metabolite production ability of actinobacteria and provides possible bacterium resources for the development of natural products.

Biography

Dini Hu has completed her PhD in year of 2019 from University of Macau. She currently is a Post-doc at Beijing Forestry University. Her research interests are Medicinal microbial resources discovery, Drug discovery and Environmental microbiology. She has obtained 2 projects and published 7 SCI papers, and serving as an member of Chinese Society of Forestry.

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Digestion-specific acupuncture effect on feeding intolerance in critically ill post-operative oral and hypopharyngeal cancer patients: A single-blind randomized control trial

Eyal Ben-Arie, Tzu-Hsuan Wei, Hung-Chi Chen, Tsung-Chun Huang, Wen-Chao Ho, Chiu-Ming Change, Pei-Yu Kao and Yu-Chen Lee

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Critically ill oral and hypopharyngeal cancer patients after a composite resection and flap reconstruction often require enteral nutrition support in order to meet their nutritional needs and prevent malnutrition. Following the surgery, the postoperative feeding goal is to reach up to 100% of the patient's daily target energy expenditure by the 4th postoperative day. It is common for postoperative oral and hypopharyngeal cancer patients to reach their target energy expenditure after 7-10 days and even longer. Acupuncture had shown the potential to treat postoperative indigestion in previous reports. The study goal is to investigate the role of acupuncture in treating indigestion in the study population using a randomized control single-blind design. The study included an interventional group and a control group. Both groups received daily acupuncture intervention for a total of 3 treatments session in 3 days. The acupuncture points used in the intervention group were points that are indicated to treat indigestion-related conditions. The points used in the control group did not have any indication to treat indigestion. Apart from the intervention of acupuncture, both groups received routine ICU care. The main study outcome was the number of days

it takes a patient to reach the target energy expenditure. A total of 26 patients completed the intervention, 13 patients in each group. All included patients were males. There were no significant changes between the groups at baseline. After completing the intervention, the patients in the treatment group reached 80% of the target energy expenditure significantly earlier than the control group. In addition, the patients in the intervention group used significantly less Metoclopramide compared to the control group.

In conclusion, the addition of acupuncture (on indigestion points) to routine ICU care helped prevent postoperative feeding intolerance in critically ill oral and hypopharyngeal cancer patients.

Biography

Eyal Ben-Arie Ph.D. is a researcher in the field of acupuncture and Chinese medicine. He recently finished his Ph.D. studies at China medical university, Taiwan. In recent years his research was focused on the applications of acupuncture on critically ill patients.

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Medicinal use of mistletoes in Brazil (BRA): Focus on the Southwest of the Mato Grosso State (MT)

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Among several species of mistletoes occurring in the Mato Grosso State (MT), Brazil (BRA), some are used and applied, by folk medicine, as resources of alternative and integrated medicine. Studies revealed the species, purposes and forms of medicinal use. 1st - Researches carried out, in 2015, by the Flobio-CNPq/Unemat group, in the host cities of 21 municipalities (southwest of MT, BRA) consulted 63 healers about the species used for medicinal purposes. 2nd-Studies were carried out between 2015- 2021 on the diversity of species occurring as hemiparasites in trees in the urban environment in Caceres city (MT, BRA). 3rd -The bioactivity of extracts of plant material collected from these species was also evaluated. The main focuses of these laboratory studies were to verify cytotoxicity in the cell division/cycle of the *Allium cepa* bioassay, evaluating the efficacy and safety in the activities potentially therapeutic species. The 1st study suggested that in southwestern MT (BRA), the predominant medicinal use is of Loranthaceae family species, used for cancer therapy and for other diseases and, of these, more frequently, for the respiratory system diseases. The 2nd and study", so far, revealed the occurrence, in the urban environment of the city of Caceres, of six species of two families (Loranthaceae and Santalaceae), three genera (*Passovia*, *Psittacanthus*, *Phoradendron*) and, of six species (*Passovia pedunculata*;

Psittacanthus acinarius, *P. cordatus*; *Phoradendron piperoides*, *P. mucronatum*, *P. bathyoryctum*), some at risk of local exclusion, because they are considered predatory of native and cultivated plants in the urban environment. The 3rd study found significant bioactive effects of various parts (leaves, flowers, bark, etc.) and extracts evaluated (aqueous, methanolic, hexanic), with the exception of some combinations of evaluated treatments (parts, extracts, dosages, etc.). The results are encouraging regarding the bioactive potential of the evaluated species, suggesting the deepening of these studies with mistletoes species.

Biography

Rieder A has completed his PhD [Dr1° - doctorate and his Dr2°- doctorate, respectively, in 1999 in the area of Health and Environment (at the Federal University of Mato Grosso-UFMT) and in 2005 in the area of Science (at the Federal University of São Carlos-UFSscar). He is a professor at the Unemat University, Brazil. He has over 75 publications that have been cited over 100 times, and has been serving as an editorial board member of reputed Journals. Rorigues FAC has completed her PhD (Dr.) in Molecular Biology: Ecogenotoxicology of pesticides, University of Brasília-UnB, in 2006. She's a professor of Unemat University, Brazil. Silva OB is doing his PhD (Dr.) in the Postgraduate Program in Applied Botany, Department of Biology, Federal University of Lavras (MG, BRA).

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Parkinson disease treated with constitutional medicine and brain's organotherapics: A forty-one (41) patients report

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In constitutional homeopathy, the constitutional medicine (CM) produces mental, emotional, and physical symptoms when tested on healthy humans. Organotherapeutics (OT) are homeopathic medicines made from Organs healthy organs of sheep or pigs. They allow the reconstitution of the functions of these organs, in other seriously injured animal species, using pharmaceutical technology similar to that of MC. To assess the efficacy and safety of Sheep Healthy Brain Organotherapeutics (OTHB) along with constitutional medicine (CM) for Idiopathic Parkinson's disease (IPD), we conducted a prospective observational clinical trial with 41 patients aged 50 to 99 years, diagnosed with probable IPD. They were followed up monthly (40–500 days). Selection of IPD symptoms was standardized according to the Unified Parkinson's Disease Rating Scale, (UPDRS) and physical and mental/psychic symptoms were assessed.

Up to five hundred days, there were significant reductions in the six worst Parkinson's symptoms evaluated. Patients showed a mean rate of improvement in IPD symptoms of

91% [(95 percent CI) (60%-98%)] and a mean improvement in emotional/mental symptoms of 85% [(95 percent CI) (53%-96%)], but no suppression of symptoms was observed, as emotional symptoms showed significant improvement.

Biography

Isabel Horta completed her postgraduate studies in Homeopathy in 1992 at the Homeopathic Medical Association of Minas Gerais. He had 3 of his 4 books published this year, 4 articles published in homeopathy journals, an international one, participation as a speaker at least once a year for 20 years and presentation of works for most of these 20 years in homeopathy conferences and homeopathic meetings. Retired from the Hospital das Clinicas of the Federal University of Minas Gerais, she currently works only at the Clinica Veredas de Homeopatia. 1988-2021-Coordinator of the Center for Research Projects and Municipal Hall BH; Researcher at the NGO Ethica Institute of Projects and Research. Currently with a project under review by the Brazilian National Ethics Committee for funding by the Michael J. Fox Foundation of the project: Prospective observational study of the association of constitutional medicine and brain organotherapy in Parkinson's disease: a randomized, double-blind study.

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Ayurveda management of liver disorders

Shripathi Acharya G

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Liver disorders are becoming common in both Indian populations as well as in the whole world. Either due to altered lifestyle, faulty food habits, environment pollution or due to psychological stress liver diseases incidence has been raised. Chronic Alcoholism or administration of hepatotoxic drugs will ultimately end up with liver disease. Alcoholic liver disease, viral hepatitis, cirrhosis of the liver and hepatocellular carcinoma are the common disorders seen. Ayurveda physicians give disease specific Ayurveda medicines, diet therapy, pathyapathya prayoga, use of hepatoprotective drugs, moderate exercises, and practice of yoga and pranayama in the management of liver disorders. Ayurveda physicians use Phalatrikadi kashaya, guduchi kwatha, arogyavardhini vati, bhumyamalaki choorna, kumari asava, and katuki kashaya and pravala panchamrita rasa in these patients. Ayurveda drugs and formulations are containing ingredients with actions like dipana, pachana, hepatoprotective, hepatic stimulant, rasayana, immunomodulator, anti-infective, antibacterial, bactericidal, and jivaniya actions. Wholesome diet is milk, fat free food, easily digestible food items, watergaurd, and radish. Unwholesome food is fat containing food, spicy, and condiments and excessive salt. Ayurveda medicines are having positive role in the management of liver disorders.

Key words: Ayurveda, Rasayana, Hepatoprotective, liver disorders.

Biography

Shripathi Acharya G is working as Director Academic in Muniyal Institute of Ayurveda Medical Sciences Manipal India since 23 years. He had done Post graduation in Kayachikitsa from Institute of Medical Sciences, Banaras Hindu University, Varanasi and PhD from Sampurnananda Sanskrit University Varanasi. He had authored 14 books on Ayurveda including Researches in Ayurveda and Updated Ayurveda. He had guided 15 PG scholars and authored more than 150 research and review papers which have been published in national and international peer reviewed journals so far. He had presented research papers in Philadelphia USA, Glasgow, UK, Beijing China, Singapore, Milan Italy, Colombo, Sri Lanka, Dhaka, Bangladesh and Chiang Mai, Thailand. He had also done oral presentations in webinars hosted in various cities like Hong Kong, Amsterdam, Johannesburg, London, Paris, Zurich, Taipei, Bangkok, Koulalampur, Washington and Manchester. He had received prestigious awards like Research excellence award, Hyderabad, Eminent educationist award, Bangalore, Teaching excellence award, Mumbai, Best paper award, Belgaum, Best Ayurveda Nephrologist award, BHU, Dhanvantari award, USA, Aryabhata award Newdelhi, Global Shanthi Samman award 2021, Srinagar, and Rashtra Prerana award, Indore He was a member of ISPOR, New jersey, SFE, Kolkata, Vigyan Bharathi, New delhi, and SVAK, Bangalore.

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Short term escalating administration of large amount of cow's ghee does not increase blood lipids

Monica S Mulay

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Ayurveda has a special treatment modality i.e. Oleation or snehana (use of unctuous substance like ghee or oil). It is administered in various patterns to get various therapeutic effects in the body. Escalating pattern of using ghee or oil is classical Ayurvedic treatment in which escalating dose of oil or ghee is administered for precipitation and dilution of toxins (doshas) in body. Due to Oleation therapy (snehana) along with sudation therapy, doshas or toxins or non-assimilated substances or harmful substances get separated from body tissues or body elements (dhatus) and channelized towards alimentary canal, from where they can be easily and safely removed by appropriate cleansing therapy (shodhana) like emesis or purgation. Since this type of Oleation requires administration of large amount of ghee there is fear that patients may experience increase in harmful lipids. So the study examined the effect of escalating pattern of using ghee on relevant physical and physiological parameters in normal individuals before and after proper Oleation method and proper purification or cleansing therapy.

Study design and objective: Escalating pattern of using ghee is used in healthy individuals according to digestive capacity (Agni) to achieve symptoms of proper Oleation. We assessed parameters of Oleation therapy in all individuals including all symptoms of proper Oleation explained in Ayurvedic Classics, quantity of ghee consumed. Effect of Oleation on weight, abdominal circumference and lipid profile were measured before and after Oleation. Statistical significance of results was quantitated by paired t test.

Results: After proper Oleation, 16 out of 29 volunteers showed a significant weight loss of > 2kg ($p < 0.0001$). The remaining 13 volunteers showed less but significant

weight loss (< 0.0006). Notably, all 29 volunteers showed a significant reduction in abdominal circumference and weight after Oleation for short term. Although this type of use of cow's ghee did not significantly alter levels of total cholesterol, HDL, and LDL, it did cause a significant reduction in triglycerides ($p = 0.009$) and VLDL ($p = 0.005$) in all 29 volunteers.

Discussion and Conclusion: Short term escalating use of ghee is responsible for precipitation of toxin or non-assimilated substances (doshas) in body and does not cause nourishment of body tissues or body elements. Importantly, this treatment did not negatively affect health of any of the volunteers. Notably, this pattern of ghee use caused different degrees of statistically significant reduction in body weight, abdominal circumference, and levels of specific lipids (triglycerides and VLDL) in these 29 volunteers. These encouraging results could be due to the composition and metabolism of the pure cow's ghee used for Oleation treatment in this study.

Keywords: Oleation, escalating pattern of using ghee, cleansing or purification therapy, lipids.

Biography

Monica Mulay is an Ayurvedic physician working for almost 20 years in the field of Ayurveda. She is director of Prakruti Ayurvedic Clinic in Pune and teaching Ayurveda for last 20 years. She has completed her M.D. and Ph.D. in Ayurveda in the subject panchakarma. She has completed her Ph.D. in classical concept of snehapana i.e. Oleation and its efficacy including alterations in Lipid Profile. Recently she has published the paper on ghee (clarified butter) and its effect on lipid profile. She has published different papers in national and international seminars. She has been serving as a reviewer for peer reviewed international journals.

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A randomized controlled trial to assess the effect of an Ayurveda gut therapy protocol for managing dysbiosis in children with autism spectrum disorders

Geethu Balakrishnan

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Background: Autism Spectrum Disorder (ASD), a neurobehavioral disorder with skyrocketed numbers of reports marked 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 the observation from the World Health Organization. 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 micro biome 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 as in India, people prefer Ayurveda over other alternative systems of medicine, especially in long-term and debilitating conditions.

Methods: A randomized 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: Assessment of dysbiosis was done through 16S ribosomal RNA sequencing for each faecal samples. Autism features was assessed through Childhood Autism Rating Score (CARS) and gastro intestinal symptoms of dysbiosis through an Ayurveda gut health assessment questionnaire and GI severity index. Each of these was done in three phases as baseline period (0th day), interim period (30th day) and final phase (60th day).

Results: Relative abundance of microbes assessed through

alpha diversity calculated with methods of Chao 1 and Shannon matrices along with beta diversity plotted in the PCOA plot were found significant from the results of 16SrRNA sequencing. CARS scores obtained for the intervention group was MD= 5.7679, SE=0.38359 and control group was MD=2.1207, SE=0.31058 with P<0.05. In the GI severity index, the estimated marginal mean in control group showed a reduction of 1.06 points and intervention group of 2.9 points with P<0.0005.

Conclusion: Ayurveda intervention encompassing polyherbal compounds, lifestyle guidelines and dietary modifications was found effective for the management of dysbiosis in children suffering from ASD. Dysbiosis management through the Ayurveda methodology was effective in the management of neurobehavioral symptoms of ASD.

Biography

Geethu Balakrishnan, a post graduate in Ayurveda, finished her studies from Amrita School of Ayurveda managed by Amrita Vishwa Vidyapeetham -a globally renowned institution. She currently serves with an internationally reputed academic institute -Vaidyaratnam P. S. Varier Ayurveda College. She is in possession of her credit -7 publications that include peer reviewed and indexed journals, along with chapters in books and more than nine presentations both international and national. Since 2020, she serves as a Senior Research Fellow under the guidance of Dr. Dinesh. K. S for an Extra Mural Research Project funded by the Government of India under the Ministry of AYUSH Dr. Geethu's track record-both academic and presentation have won several accolades contributing towards numerous milestones. She is primarily interested in research and aspires to contribute in converting traditional Ayurveda knowledge to an evidence based platform with Trans and multi-disciplinary approaches.

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Natural products; health welfares for mankind

Khalid Aftab

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As per World Health Organization (WHO), it is observed that greater than seventy percent of the world population trusts Traditional Healers (Natural Products; mainly herbal sources) for the health care system. Fact says that the plants are the oldest friend of human beings. They not only provide food and shelter for a living but also served humanity to cure lots of diseases. Natural Products also sometimes called natural or herbal medicine exists in one way or the other in different cultures and many other civilizations, such as Arab, Babylonian, Chinese, Egyptians, Greco, Japanese (Kampo), Tibbi & Unani (subcontinent), and Western. At present, all Pharmacological classes of drugs including Natural Products prototype (Aspirin, Atropine, Artimesinin, Colchicine, Digoxin, Ephedrine, Morphine, Physostigmine, Pilocarpine, Quinine, Quinidine, Reserpine, Taxol, Tubocurarine, Vinblastine, and Vincristine), are a few examples of what Medicinal Plants have provided in the past (Aftab, 1995).

Keywords: Traditional Healers, prototype, Cultures, Civilizations, and Natural Products.

Biography

Khalid AFTAB, PhD male, Pharmacologist, graduated from department of Pharmacology, Faculty of Pharmacy, and University of Karachi, Pakistan in 1995. He worked for Pharmaceuticals industry as Quality Control & Quality Assurance professional and was actively involved in Research & Development of Pharmaceutical preparations. He has worked in few Medical & Dental Colleges & Universities as Assistant, Associate and became full Professor Pharmacology in 2006 and worked as visiting Professor in different Universities & research institutions. From 2009-2011, he has worked in Kingdom Saudi Arabia as a full Professor Pharmacology and currently working as Professor & HOD Pharmacology in SMC, University of Health Sciences. Only Pakistani Pharmacologist who has got membership of American College of Clinical Pharmacology. Now he has published more than 50 papers in scientific journals of international repute and presented many lectures & Poster presentations throughout the world, most awards to him was for the science and technology success. He was involved in drug discovery and the scientific evaluation of traditional remedies used in different disorders. His group has developed expertise in a wide range of activities and made valuable contributions on medicinal value of plants by providing pharmacological basis for their usefulness as antihypertensive, cardio-tonic, laxative, antispasmodic and anti-diarrheal. In recent year, he focused on the Biodiversity & Pharmacological activities of Marine organisms and got some important success.

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