

Herbals & Natural Remedies

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Cancer and alternative therapies in Africa

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Cancer is a leading cause of death worldwide. The spread of the disease impacts less developed countries that endure a large part of the burden. Infrastructures, human resources and affordable medicines are crucial needs to tackle the inevitability of death by cancer in Sub-Saharan populations. Herbal medicines and natural products remain alternative therapeutics. As a matter of fact, health professionals must explore these natural drugs with traditional healers' help to secure and control the self-medication. In the meantime, it's the best way to exploiting the traditional knowledge for new drugs discovery and to enhance the African capacities in drug screening. This scientific and sociologic approach will be presented.

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Looking at modern dietary principles in lights of Ayurveda

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Ayurvedic nutrition places great emphasis on good dietary principles both in disease management and health maintenance. In western dietetics, nutritionists have veered away from using grains and dairy, which are some of the mainstays of Ayurvedic Ahara or diet. This has led many Ayurvedic practitioners and physicians into difficulty when prescribing dietary interventions to their patients. This lecture will examine the possible causes of this situation and what can be done to help rectify this state of affairs. Bearing in mind that Charaka informed us in Samhita Vimansthan 8/14 that the Science of Ayurveda is a dynamic understanding of the creation and as such is able to inculcate modern theories and practices, this talk will seek to increase our understanding and therefore optimize the treatment of individuals in the realm of nutrition. With this in mind, there will be an examination of modern food production, cooking methods, farming practices and storage. This will help enable practitioners to enhance their treatments in the realm of dietetics.

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