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The art of healing in Ayurveda compared with the traditional healing methods of the Maori from NLZ

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Ayurveda is normally known as a set of text-books displaying the approach to diagnosis and treatment of the ancient Indian civilization. But the origin and the heart of Ayurveda is not found in books. It is the inner connection with the field of healing, the field of pure energy. This universal field of healing unfolds itself in terms of five elements these elements can be considered as threshold forces which connect the realm of energy with the expressed world. We have to assume that the founding fathers of Ayurveda, living as Rishis (recluse) in the depths of the forests, experienced the elements as animated. In this way, they could contact the elemental forces for the purpose of healing. Evidence for this idea is found in the Veda. Many hymns of the Veda are invocations of elemental forces. Interestingly enough, we find a similar approach in the tradition of indigenous people who practice the connection with the forces of nature to the present day. Against this background it is interesting to see, that Ayurveda in its essence has a similar basis as the traditional healing methods of the Maori.

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Medicinal Cannabis/Ganja for prevention & treatment: A case for pain management

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The availability of cannabinoids represents a relatively new nutraceutical/pharmacological option which may form part of a multimodal treatment plan for acute and chronic pain. With increasing knowledge of the endocannabinoid system and compelling preclinical work supporting that cannabinoid agonists are analgesic, there is increasing attention on their potential role in pain management. A wide array of drugs ranging from analgesics (e.g., aspirin, acetaminophen and ibuprofen) to anti-migraine drugs to narcotics (opioids, e.g., codeine and morphine) aim to lessen or in some cases stop pain. Undoubtedly, with the continued high incidences of pain, the efficacy of these drugs is challenged. It also raises concerns regarding long term substance abuse and dependence. Cannabinoids, as a medicinal alleviant for pain, has two-fold benefits in that it can provide relief and it can minimize the side effects of pain experienced as these may be less than those experienced with an analgesic drug or opioid. This paper is an exploration of Medicanja's clinical research program and findings to date, that complements current studies and adds a regional perspective to the efficacy of cannabinoid extracts in the treatment and management of pain as a viable alternative to current treatment options.

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