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Dermatomes and Huatojiaji Points

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The Huatojiaji points are very common acupuncture points used to treat musculoskeletal or nerve pain in the body. They are not located on an acupuncture meridian, so are referred to as “extra points”. There are 34 Huatojiaji points, which are located on either side of the spine just to the side of the space between the bony spinous process of each vertebrae.

The huatojiaji points are used to stimulate the function of the spinal nerve that exits the spine at that level and thereby activate an entire dermatome.

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Overview on the status of traditional medicine in Ethiopia and prospects for its development

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Ethiopia is one of the oldest nations of the world and has a rich history of traditional medicine and indigenous knowledge practices. Traditional remedies originated from locally grown plants, animal products and minerals. Other traditional treatments also include a variety of medical practices such as purging, bleeding and cupping, steam baths and immersion in hot, often thermal, water, and counter-irritation. The knowledge on traditional medicine were mainly orally based, the information on healing practice were passed down by practicing healers from generation to generation, often with considerable secrecy. The earliest known Ethiopian medico religious texts written in Gêez, “MeshafaFaws” of mid-17th century and “Mashafa Medhanit” of the early 18th century. In Ethiopian traditional health care system, traditional health practitioners are categorized as herbalist-healers, spiritual or faith based healers bone settlers. In addition to this other groups of healers are those that perform surgical operations such as cauterization, bleeding, cupping, circumcision, cutting. Traditional medicine has significant role in the primary health care delivery in Ethiopia where 80% of human and 90% of livestock population depend on indigenous medicine similar to many developing countries particularly that of Sub-Saharan African countries. Ethiopia has policies and strategies that support the development and utilization of medicinal and other useful natural resources in a sustainable manner. The policies are reflected under various sectors, viz., health, agriculture, biodiversity, environment, science & technology. The policy encourages and promotes appropriate use and protections of traditional medicine knowledge taking into account the need of the traditional medicinal knowledge holders and the communities who benefit from the use of the knowledge. The recognition and actual potential significance of traditional medicine in Ethiopia was not limited to issuance of appropriate policy frame works. Organizational measure with respect to the development of traditional medicine on a scientific basis, regulatory aspects, protection of intellectual property right and conservation and sustainable utilization of medicinal plants has also been taken, through organizing various institutions. Tremendous effort has been so far undertaken over the years pertaining the promotion of traditional medicine. Integrated efforts in research and development of traditional medicine are in progress to validate the safety, efficacy and quality for the production of standardized traditional medicine. Validated and standardized medicinal plants products originated from untapped indigenous knowledge and resources of traditional medicine will have profound advantages for the contribution and strengthening the health care system, besides contributing for the sustainable development and environmental conservation.

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