

## Bioethical challenges of alternative medicine

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Globalization has increased the pace of cultural confrontation with respect to alternative medicine. Medical intervention to illness dates back to the origins of mankind. Human documentation of medical treatments dates back at least 5000 years to Chinese traditional medicine and Indian (Ayurvedic) medicine. In these cultures, as well as in current times, several forms of alternative medicines, such as homeopathy, center on selecting remedies that aim to harmonize the energy of the body, mind, and spirit. Despite the continuing use of alternative medicines by hundreds of millions of people around the globe, many health professionals and bioethicists cite its lack of scientifically proven mechanisms and evidenced-based clinical trials as ethically questionable. One critical problem in alternative medicine, such as homeopathy, is the difficulty in designing well-controlled clinical studies that demonstrate measurable efficacy. Because homeopathic remedies are often individualized to the symptoms of each patient, and not to a particular disease state, it is difficult to recruit individuals for large-scale clinical studies. In this presentation, a risk-benefit framework which implements case-based reasoning will be described to help resolve the ethical challenges intrinsic to alternative medicine. These challenges include finding ethical guidelines for physicians in terms of recommending, tolerating, and/or prescribing alternative medicines and determining an appropriate level of government-funded research and regulation of alternative medicine.

### Biography

John D. Loike completed his Ph.D. at Albert Einstein College of Medicine and postdoctoral studies from The Rockefeller University. He is the director of special programs at the Center for Bioethics at Columbia University College of Physicians and Surgeons and has published more than 100 papers in both scientific and bioethical journals.

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## Various ayurvedic dosage forms prescribed for the management of Diabetes mellitus

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Diabetes has become a leading killer disease in recent years and its prevalence is a "basic health indicator" for the members of World Health Organization. It is a group of metabolic disorders of fat, carbohydrate and protein, cause defect in insulin secretion, insulin action or both. It is well managed by insulin, oral hypoglycaemic, herbal medicine and herbomineral products. Ayurveda pharmaceutics describes about various technical procedures to convert different metals/minerals in to suitable dosage forms. Depending upon these pharmaceutical technology, plant materials are converted in to *swarasa (guduchi, dhatri, churna (madhumehari, amalki, haridra), kwatha (triphala, darvadi), hima (sarivadi, triphala), sneha kalpa (dadima ghrita, haridradi taila, dhanvantari ghrita), vati (shiva, chandraprabha), asvarista (lodhrasava, chandanasava, devdarvadirista), satva (guduchi) lepa (audambaradi)* and metal-minerals are converted in to *ayaskriti, bhasma (naga, vanga, swarnamakshik), pisti (praval), parpati, sindura (makardhwaja), rasa kalpa (vasant kushumakar, tarkeshwar) and lauha (gaganadi, vidangadi)* and these are known as various dosage forms. Each dosage form has its specific properties and used in the management of diabetes mellitus, depending upon severity of the disease as well as condition of patients.

### Biography

K. Rama Chandra Reddy has completed his Ph.D. from National Institute of Ayurveda, Rajasthan University, Jaipur. Further he also completed Research Fellow ship from Toyoma Medical & Pharmaceutical University, Japan and then He also completed HPA Ed from Rajasthan Ayurveda University, Jaipur. Presently, he is working as an Associate Professor in Department of Rasa Shastra, BHU. He has been in various administrative positions as Head, Department Of Rasa Shastra, Faculty of Ayurveda, IMS, BHU, Superintendent, Ayurvedic Pharmacy, IMS, BHU; Manager, Ayurvedic Pharmacy, National Institute of Ayurveda, Jaipur; Head, Department of Rasa Shastra & Bhaishajya Kalpana, SDM College of Ayurveda, Hassan; Head, Department of Rasa Shastra & Bhaishajya Kalpana, SDM College of Ayurveda, Bidar. He has been awarded with prestigious awards like Acarya Ratna by KAP.Ltd. for guiding best thesis work and prestigious Capt. Srinivasa Murthy Award for his excellent Academic performance. He has also worked as Co-Convenor for Syllabus framing committee for the Subject Rasa Shastra & Bhaishajya Kalpana of BAMS and M.D. in CCIM. He has also been nominated as Subject expert in TKDL, CSIR, New Delhi, which is an important work of Central Government related with patenting of Ayurvedic Medicines.

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