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## Traumatic brain injury as a precipitator of neuropsychopathology

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The neuropsychological behavioral characteristics of any one individual are frequently perceived to be the results of environmental influences. The debate over “nature and nurture” pits our genome against the influences of our environment in that, we are who we are based upon the company we keep or is it the genes we express? Neuroplasticity under the control of genes and regulated by the hormones that bathe our cerebral lobes appears to have both genomic and epigenomic influences on how we respond to a variety of environmental challenges. Whether-or-not it is nurture or nature. The neuropsychopharmacology of hormones is an expanding field showing us that the regulation of reactive emotions from the limbic system is due in part to changes in the gated-ion channels of neurons and their receptors, thereby influencing our intelligence and emotional presence. It is through the modulation of receptors such as GABAA, GABAB, NMDA, Sigma-1, and AMPA that a group of hormones produced in the brain and referred to as Neurosteroids influence who and what we are perceived to be and are in the moment. The most influential neurosteroids are those that not only regulate receptors, but also the health and regeneration of neurons. Representatives of this classification are progesterone, allopregnanolone, estradiol, testosterone, dihydrotestosterone, pregnenolone and their active sulfated forms all manufactured de novo in the brain. It is the absolute or relative loss of these neurosteroids or a sudden and precipitous change in their relative balances that can lead to alterations in how we react and how we manage our mental well-being. This presentation will walk the audience through a number of published peer-reviewed articles that provides the science behind a cost-effective, alternative approach to the treatment of TBI and PTSD.

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## Significance of the vedic rituals in controlling and recovering diseases

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**Introduction:** Life is bounded by mortality, depending upon the good and bad virtues of our previous births. The life span in present birth is predetermined by natural laws. Our life has been divided into three stages; from birth to 25 years is youth age, 25 to 50 years is adult age and 50 years onwards is old age. The physical well-being gradually deteriorates in old age due to various traumas, sickness and illness of different organs of the body. To overcome these ailments our ancestors have mentioned different kinds of *Shanti* (a special spiritual ritual) which are to be performed after completion of 50 years of life span, with a repeated interval of 5 years. Depending upon the various stages of life mentioned above, according to your running age performed the respective *Shanti*. If possible, this *Shanti* should be performed on the auspicious day of our birthday. If not possible then it should be carried by referring an almanac.

**Objectives of Research Paper:** The objectives of this study are to: 1) Discuss the use of various *Mantra* and spiritual rituals for longevity; 2) According to Veda, to perform some spiritual rites to protect body from diseases; and 3) Observe the effects of various spiritual rituals in curing diseases.

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