

3rd International Conference and Exhibition on **Traditional & Alternative Medicine**

August 03-05, 2015 Birmingham, UK

Introduction to KOSA (Korean Orthodox Saahm Acupuncture)

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KOSA is an acronym of Korean Orthodox Saahm Acupuncture, which was invented by a Korean Ascetic Saahm 400 years ago and is the origin of five element acupuncture in the world. KOSA is the only acupuncture purely based on Yin, Yang and Five Element theory. KOSA was buried in the grave yard until early 1950s Master Rhee rediscovered his two books. Byoung Soon's father, Master Kim learned it in 1962 and he clarified how to manipulate needles to foster or subdue an acupuncture point with 10 years' practice, which made the best acupuncture in the world. Master Kim also treated various challenging diseases of cancers, stroke and etc. and taught 800+ students. One of his students, Dr. Woohyun Park (the Superintendent of the hospitals in Germany and Austria) learned KOSA in 2003 and taught his physicians KOSA. Their practices showed better than 90% of success rate over 80,000 patients in 2004.

KOSA has following characteristics:

- Easy and quick to teach or learn – simple yet clear terms
- Rigid logical diagnosis and treatment – no guess work
- Immediate powerful effects
- Multi-tasking – treats tens of symptoms at once
- Very high success rate on any conditions

KOSA's mission is to provide KOSA treatment to the people in poverty all over the world for free.

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A clinical study on management of Fibroadenosis of breast with Kanchanara Guggulu and Varuna Kwatha

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Fibroadenosis is the most common benign breast disease which is painful and estrogen dependent condition. In modern medicine conservative management is prescribed if fibroadenosis is not increasing in size, no nipple discharge specially blood or if there is no psychological effect. If epitheliosis suggested by FNAC, very painful or hard lump about which the patient is worried and anxious must do excision of the cyst or localized excision of the diseased tissues can be done by surgery. The goals of drug administration are to stop progression, to relieve pain, to reverse changes and to soften breast tissues. The drug of choice must be taken 4-6 months is costly. The 2nd drug of choice has side effects: acne, hirsutism, weight gain and amenorrhoea. Surgery will not be effective as fibroadenosis having recurrence associated with menstruation and due to side effects of drugs; practically none of the treatment is satisfactory. The disease arising due to excessive, uncommon or peculiar and improper growth of cells called Granthi. They develop due to tortuousness or abnormal vitiation of *Dosha* and *Dushya*. Granthi can be equated with all types of small in size glandular or nodular swelling developing mostly due to benign tumors and cysts. There is no direct reference for Stana Granthi in *Ayurveda*. But Mamsaja Granthi occurs in Stana (breast) is having close resemblance with fibroadenosis of breast. Kanchanara Guggulu and Varuna Kwatha have been taken for the study and they have Granthihara, Lekhana, Bhedi and Mutrala properties. From three months clinical study, got significant effect on management of fibroadenosis of breast. For reduction of pain of mass, duration of pain of mass and tenderness of mass, for reduction of size of mass and pain relief relation to menstrual cycle had significant effect. These two trial drugs had reported minimum side effects.

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