

Complementary and Integrative Medicine in German Universities

Universität Witten-Herdecke:

- Lehrstuhl für Medizinteorie, Integrative und Anthroposophische Medizin:
Prof. Dr. P. Heusser

Universität Duisburg-Essen:

- Stiftungsprofessur für Naturheilkunde und Traditionelle Chin. Medizin:
Prof. Dr. G. Dobos

TU München:

- Stiftungsprofessur für Naturheilkunde und Komplementärmedizin,
Prof. Dr. D. Melchart



Universität Rostock:

- Stiftungsprofessur für Naturheilkunde
Prof. Dr. K. Kraft

Charité – Universitätsmedizin Berlin

- Kneipp-Professur Naturheilkunde
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WHO: Promoting Traditional Medicine

Individualized and personalized Medicine

Traditional European Medicine (TEM)

- Fasting
- Leeches
- Cupping
- Cantharidin
- Bloodletting
- Hydrotherapy
- Thermo, Cryotherapy
 - Diet
- Balneotherapy
 - Massage
- Herbal Medicine

Traditional Chinese Medicine (TCM)

- Akupuncture
- Moxibustion
- Herbal Medicine
 - Cupping
 - Diet
 - Gua sha
 - Tuina
- Acupressure
 - Taichi
 - Qigong

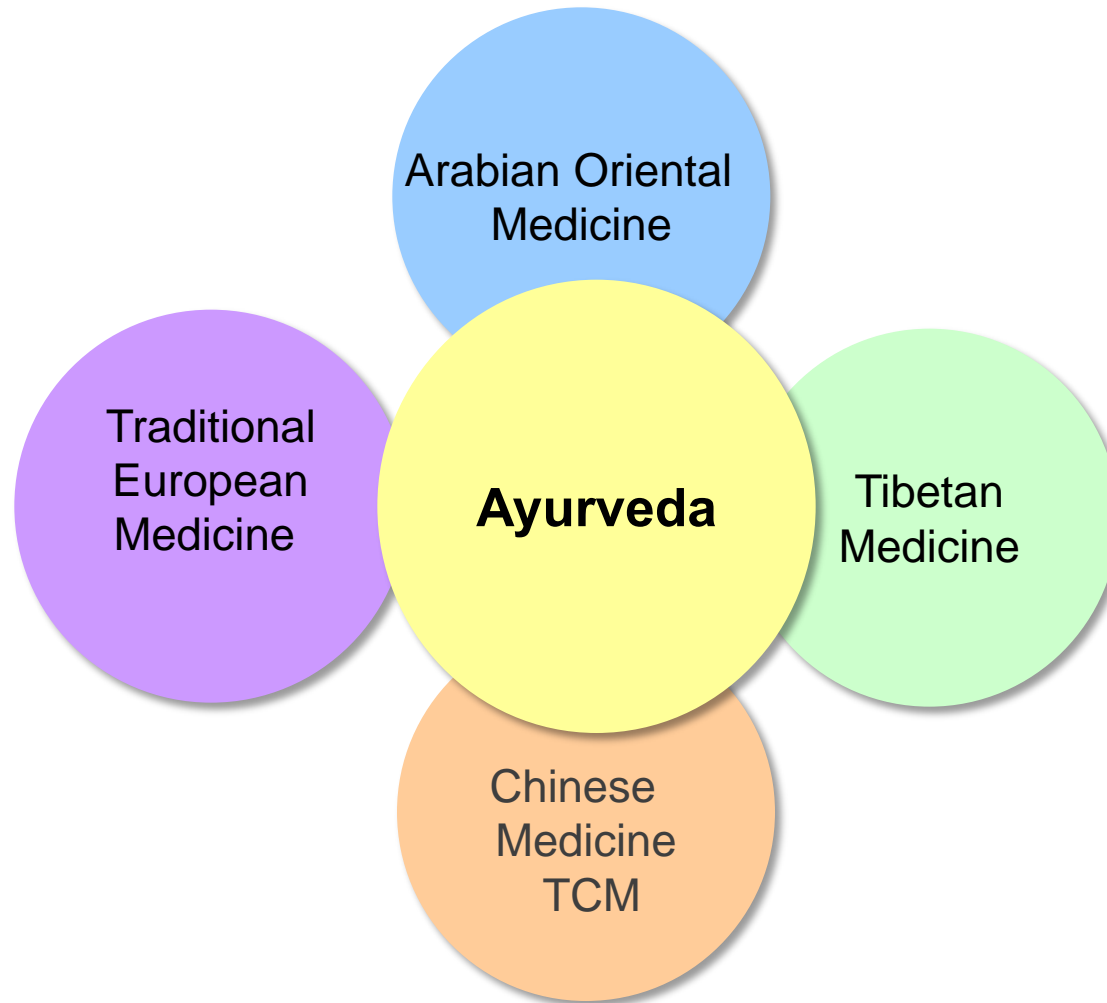
Traditional Indian Medicine Ayurveda (TIM)

- Herbal Medicine
 - Massage
- Manual Therapy
 - Diet
 - Yoga
- Psychotherapy
 - Meditation
 - Leeches
- Bloodletting
- Panchakarma

Ayurveda Medicine and Chinese Medicine



Ayurveda in the frame of the most significant traditional medical systems



Evaluation of Evidence for Traditional Treatments: Examples of Research

Leech therapy reduces pain and improves function in knee osteoarthritis, hand osteoarthritis and Epicondylitis lateralis
(*Ann Intern Med* 2003, *Ann Rheum Dis* 2002, *Pain* 2008, *Clin J Pain* 2010)

Cupping reduces pain and improves function in brachialgia and carpal tunnel syndrome (*J Pain* 2009)

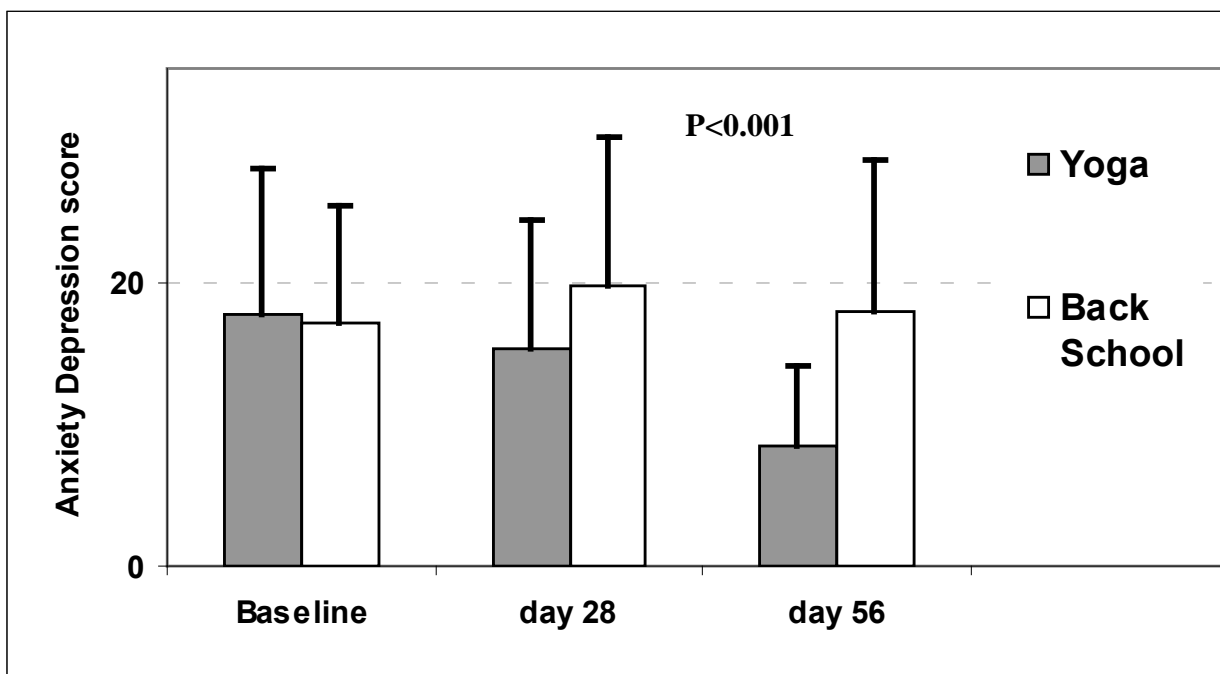
Gua Sha reduces pain in neck pain and back pain (*Clin J Pain* 2009)

Kantharidin plasters reduce pain in spinal stenosis
(*Forsch Kompl Med* 2009)

Bloodletting decreases blood pressure and improves diabetic control in patients with metabolic syndrome (BMC Medicine 2012)

Yoga decreases perceived stress, back pain and headache
(*Medical Science Monitor* 2006, *Am Heart J* 2006, *Evi Based CAM* 2012)

Anxiety and depression in patients with chronic pain after 8 weeks of yoga vs physiotherapy: Pleiotropic effects



Michalsen A, Traitteur H et al
J PAIN 2011

Yoga in breast cancer – metaanalysis

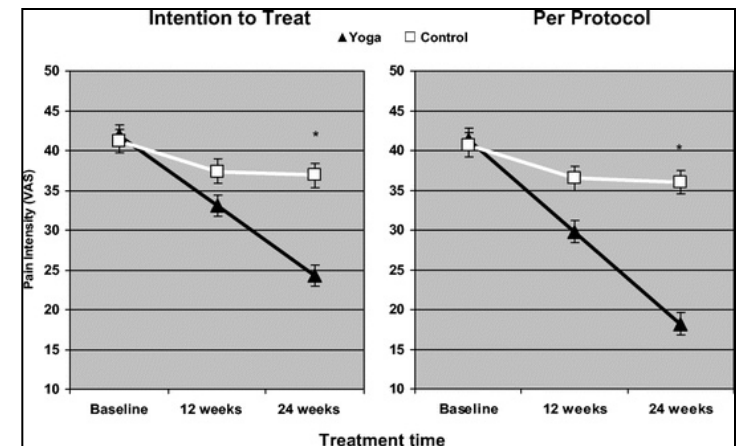
Strong effects on QOL and psychological well-being

Outcome	No. of studies	No. of patients (yoga)	No. of patients (control)	Standardised mean difference (95% confidence interval)	P (overall effect)	Heterogeneity I ²
Anxiety	5	216	165	-1.51 (-2.47;-0.55)	<0.01	94%
Depression	6	161	150	-1.59 (-2.68;-0.51)	<0.01	94%
Subjektiver Stress	3	93	71	-1.14 (-2.16;-0.12)	0.03	88%
Psychische Belastung	6	216	183	-0.86 (-1.50;-0.22)	<0.01	88%

Yoga (Hatha/ Pranayama) - Evidence

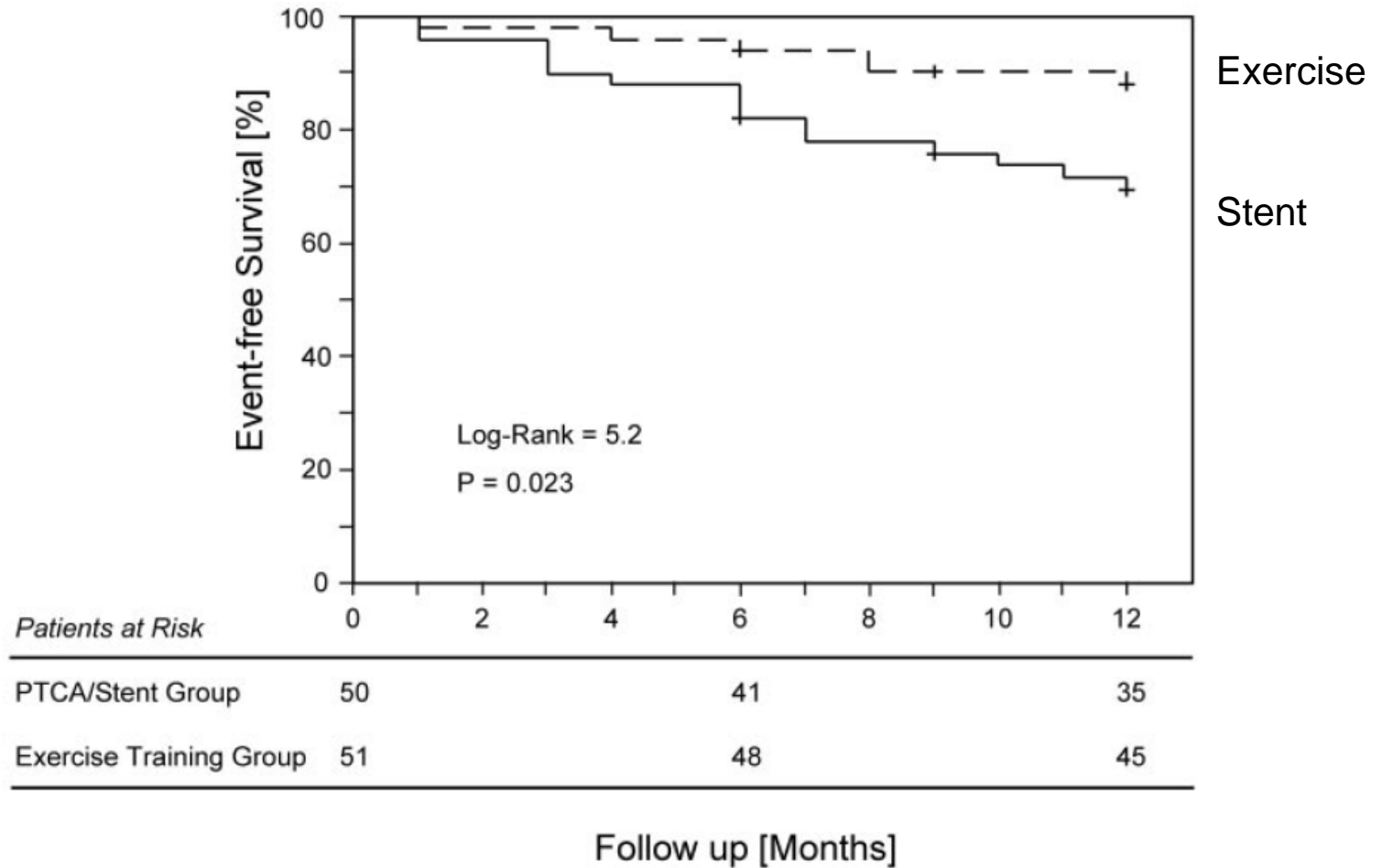
- ◆ Low back pain - better than exercise (Pain 2005; Ann Intern Med 2007) Spine 2009)
- ◆ General: Pain Syndromes (J Pain)
- ◆ Headache (Cephalalgia 2008)
- ◆ Breast Cancer (J Clin Oncol 2008)
- ◆ Hypertension (Complem Ther 2007)
- ◆ Depression / Anxiety (Alt Ther Health Med 2007)
- ◆ Carpal tunnel syndrome (Arch Intern Med 1998)
- ◆ Stress (Evid Based CAM 2012)
- ◆ Coronary artery disease (Am J Cardiol 2008; Eur Heart J 2006)

YOGA and BACK PAIN



Williams et al 2009

Exercise versus Coronary intervention: Exercise is better



Hambrecht et al. Percutaneous coronary angioplasty compared with exercise training in patients with stable coronary artery disease: a randomized trial. *Circulation* 2004, 109: 1371-1378.

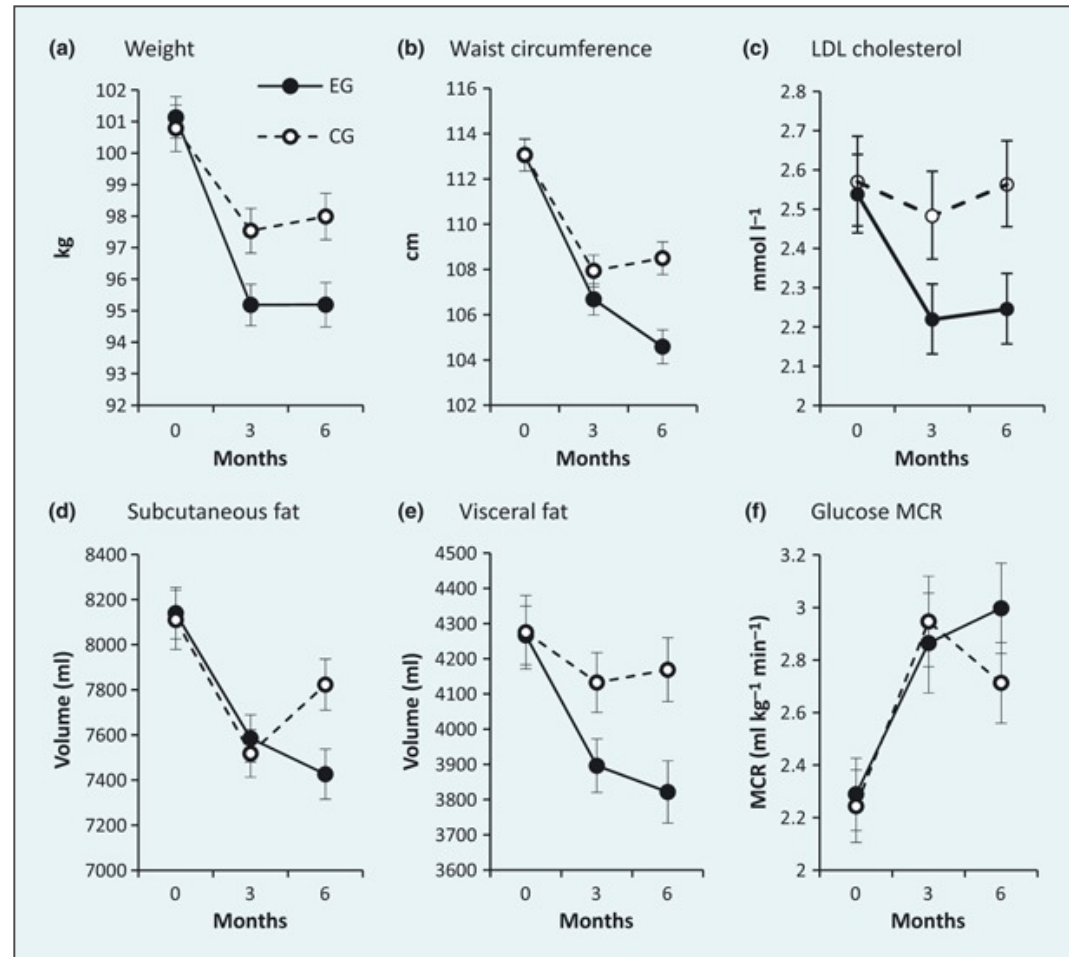
Vegetarian diet improves insulin resistance, metabolism and oxidative stress

Kahleova et al. Diabetes Med 2011; 28: 549-59

74 Patients

Group 1:
Diabetes diet acc. Eur Ass Study
Diab) 50%CH 20%Protein

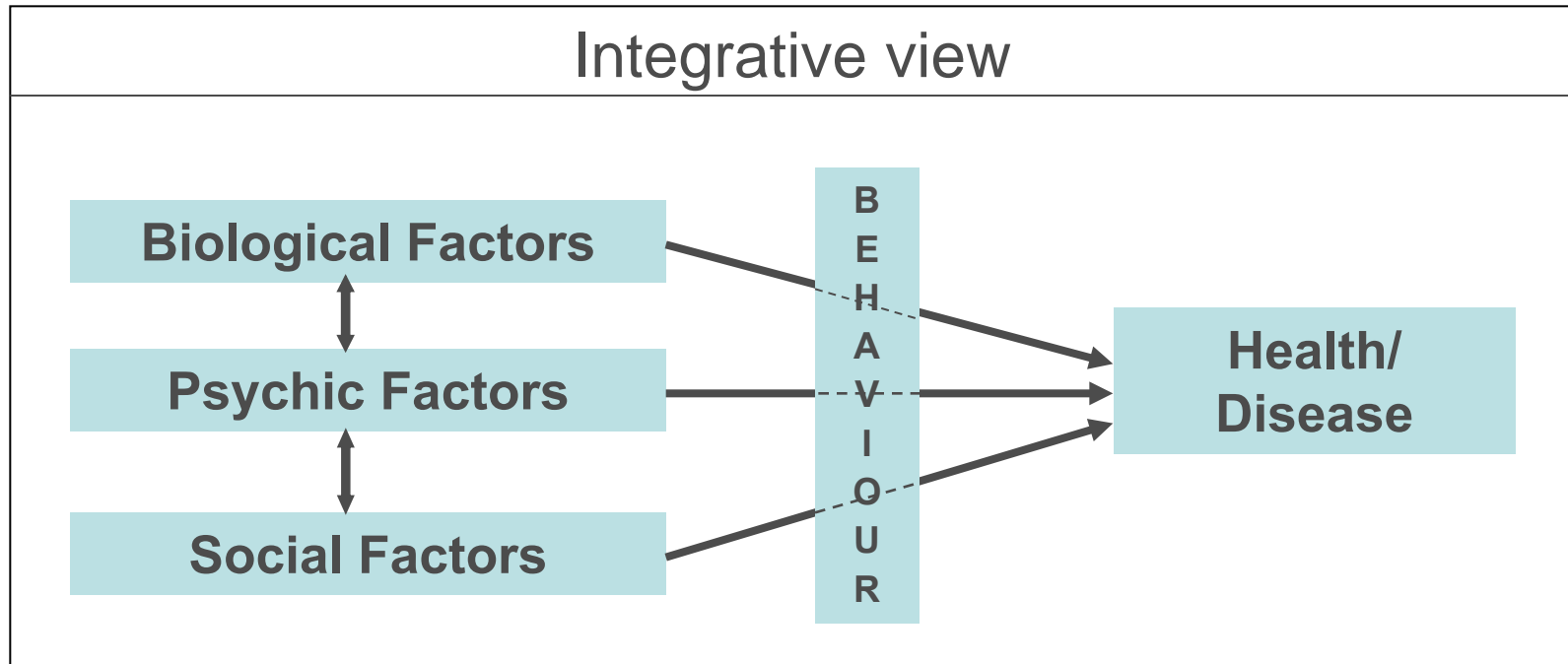
Group 2:
caloric restrictive vegetarian diet
60% CH 15% Protein



The need for better treatment of Chronic disease - and the approach of Ayurveda

- Healthy plant-based diet with good adherence
- Bioactive compounds
- Caloric Restriction
- Intestinal microbiota
- Soft tissue and fascia treatments
- Exercise
- Multi-target pharmaceutical approach
- Spirituality
- Individualized treatment approach
- Mostly vegetarian ayurvedic diet
- Plentitude of vegetables, spices, fruit
- Low-dense-energy composition
- Massage and Manual therapy
- Yoga and Lifestyle advice
- Herbal Medicine
- Spirituality as essential part
- Constitution analysis and taylored therapy

Paradigmatic Change



Scientific Program and Platform for Evaluation of Ayurveda at Charite Universitätsmedizin Berlin

- Randomised Controlled trial of Ayurveda in symptomatic osteoarthritis (gonarthrosis) (CARAKA Trial)
- Ayurveda in Fibromyalgia-Syndrome (KAFA)
- Ayurveda in Burn-out (VEDA)
- Diagnostic Studies (PARIKSA)
- Systematic reviews
- „Best-Practice“ outpatient center for Ayurvedic Medicine
- Foundation of German Physician´s Society of Ayurveda (DÄGAM)
- Cooperation and networking with Rosenberg Academy Birstein

Challenges and barriers

Herbal Medicine:

„Treasure“

Inhomogenous Quality

Herbal Medicine:

Overregulation (BFARM/ EMA) and
non-availability of promising therapies

Medical Education:

Quality of Training
Licensing for MDs

Clinical Research in Ayurveda – 2014 and future

Specialized
Research Units

Research Designs

- RCTs
- Controlled trials
- Observational studies

Indications

- Chronic Pain Syndroms
- Metabolic Syndrome
- Heart disease
- Oncology
- Neurologic disease
- Depression
- Rheumatic Disease

Summary and Perspectives

- Clinical research should increasingly evaluate the potential of Ayurveda in modern Disease and the sequelae of „Western Lifestyle“
- The multimodal individualized and holistic approach of Ayurveda makes it a candidate for „best integrative Medicine“ in the future