



AFRICAN TRADITIONAL MEDICINE Taking Its Rightful Place

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INTRODUCTION:

This treatise is in celebration of the 2024 African Traditional Medicine Day. The recognition of African Traditional Medicine by the federal government of Nigeria is not only a welcome development, but it is bound to boost effective healthcare delivery. As we gather this year to celebrate this day, it is hoped that the government of the federation will not stop at celebrations but should do the necessary things to put African medicine on the same pedestal with Traditional Medicines of other continents. Therefore the dedication of the maiden edition of this magazine is worthwhile because the chicken has come home to roost.

BACKGROUND: It is indeed an irony that the children of scholars who came to learn medicine in Africa are now calling themselves teachers in a field that was dominated by Africans from the ancient times up to the Renaissance period. It was the glory, efficiency and profundity of the medicine practiced by Africans that made scholars of medicine from Medieval Europe migrate to Egypt the bastion of ancient civilization to learn the art and science of healing. It is on record that Inhotep a renowned physician and the father of African Medicine popularized healing techniques before Hippocrates widely known as the father of modern medicine. If there was nothing good and something to learn, the wave of migration for the purpose of seeking knowledge could not have happened. Therefore, it is apt to state that assessment of the current state of African Medicine will not be complete but prejudiced without recourse to its glorious past and how it has struggled to remain relevant in the face of competition from other types of medicines like Allopathy, Ayurveda, Unani, Sidha, Traditional

Chinese Medicine, etc.

Africans have always practiced medicine like people from other parts of the world. To Africans, using other continent's method of treating diseases is seeking alternative method of treatment. This applies to people from other parts of the world who might compliment their medicine with other people's approach to healing. That is why the modern concept of complimentary, alternative, traditional and integrative approach is not only holistic and all-embracing but it has inherent capabilities to enhance healthcare delivery across the globe and thus engender wellness in the global community. It is in view of this that I advocate for the preservation of knowledge of African Medicines (herbal, spiritual and divining) and deepen research in it as a way of propagating its patronage and popularity as long as it is tailored towards physical, spiritual, mental, emotional and psychological health needs.

HOW DID WE LOSE IT: In the first instance, the pre-colonial Africans did not have much contact with the West in spite of the fact that the art and science of healing had long been practiced in the Middle and Far East for over five thousand years. This was mainly responsible for the absence of cross-fertilization of ideas about the practice of medical sciences and pharmacopoeia generally. Secondly the frequent wars which forced movement of the population from Southern and Eastern parts of Egypt to the Nile Valley led to destruction of recorded history of not only medicine but also on arts and sciences as a whole. Another inhibiting factor is the nature of African Traditional Medicine which is largely shrouded in mystery particularly incantations which is mainly spiritual. The fourth aspect is the



collision of ATM and Prophetic and Islamic Medicine. Even though the introduction of Islamic culture of healing into Africa has done more good than harm, the tendency is for some overzealous practitioners of the Prophetic and Islamic Medicine to demonize certain aspects of Traditional medicine particularly as it relates to incantations and enchantments irrespective of the fact that it is considered as prayers also. The fifth inhibitive factor is lack of respect for ATM by Europeans who do not only denigrate her people and products but cunningly campaigned against TM with a view to pave way for the thriving of their own pharmaceutical industries back home. Unfortunately, Africans fell for this.

WAY FORWARD: This is the age of information technology. An age of artificial intelligent that virtually any search on most topical subjects will produce the desired results automatically. Fortunately, the World Health Organization (WHO) has stated that 80% of the people of Africa depend on ATM for their health care needs. This is the impetus needed to propel African governments to step in fully by officially recognizing and integrating African Medicines at all levels of their national health care delivery systems. They need to provide basic prerequisites in terms of official support, systemic design of methodologies for application of medicines, basic human and material infrastructures, building of sustainable ATM-based institutions of learning with pedagogical strategies to validate knowledge and enhance efficient healthcare delivery in this age. Establishment of a Federal University for Complementary and Alternative Medicine at Enugu with campuses at Abuja, Lagos and Kaduna by the Federal Government of Nigeria is to boost research in ATM with a view to train manpower and personnel that will be the vanguard for development of Traditional, Complementary, Alternative and Integrative Medicine. One of the opportunities provided by the establishment for integrative medical sciences is to particularly explore the use of scientific/evidenced-based research with data-driven decision making like the allopathy. If ATM must take its rightful place as a safe, reliable and dependable system of healthcare delivery, quackery should not be allowed. The situation where unlicensed people are allowed to

hawk medicine is injurious to people's health and this is unacceptable in Nigeria and other African countries in the 21st century. Standardization and regulation is very key to attain good results by individuals and corporate bodies. It is a fact that African healing practices are mostly passed down from generation to generation but it is through institutionalizing and standardization that such practices can be integrated with other systems and yet maintain its originality and cultural identity.



Energy Therapy As Essential Component Of Complimentary And Alternative Medicine Practice In Africa.

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INTRODUCTION:

Energy therapy is an essential component of complementary and alternative medicine (CAM) practice in Africa, where traditional healing practices often incorporate energy-based modalities. Although now promoted as a Western Health Modality with many founders of various modalities and protocols being of American origin, essentially, it has its roots in Eastern Oriental Medicine where a large part of its essence were documented.

Our practice of Energy Medicine was not documented for reference, hence the appearance of its discussion and presentation as a new knowledge. Yes, in the way it is done now, it can pass as new body of knowledge which needs to be studied for professional application in the areas of physiological, mental, emotional and spiritual health and wellbeing...

ROLE OF ENERGY THERAPY IN CAM PRACTICE IN AFRICA:

Exploring the role of energy therapy in CAM practice in Africa, we note the following areas that have long been recorded:

1. Traditional roots: Energy therapy is deeply rooted in traditional African healing practices, which often involves spiritual and energetic components. Mothers' did energy therapy on their children when they patted them on the back to calm their crying nerves and get them to sleep. That was the transfer of energy to stimulate relaxation.
2. Holistic approach: Energy therapy aligns with the holistic approach of CAM, addressing physical, emotional, and spiritual well-being.
3. Diverse modalities: Various energy therapy modalities are used in Africa, including Reiki,

Qigong, Therapeutic Touch, and traditional practices like Yoruba Ifá and Zulu Sangoma Invocations and meditations etc. Though not documented as energy therapy, the medium of healing through these approaches was basically energy.

4. Integration with conventional medicine*: Energy therapy is increasingly being integrated into conventional healthcare settings in Africa, offering a complementary approach to patient care. This approach is slow, but it is taking shape borrowing from what is already happening in the Western world where Energy Healing is prominent in stress management and trauma resolution in some known hospitals.

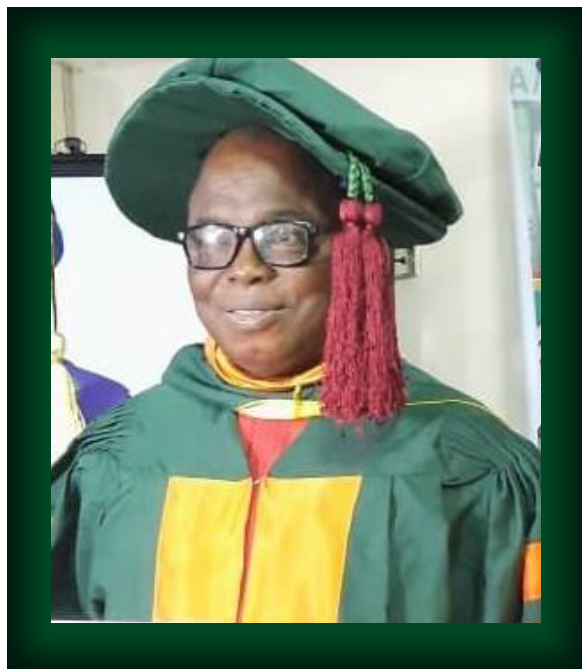
5. Addressing chronic diseases: Energy therapy is used to manage chronic diseases like Pains, Emotional Trauma induced challenges, behavioural issues, diabetes, and hypertension, which are prevalent in Africa.

6. Mental health: Energy therapy is also used to address mental health concerns, such as anxiety, depression, and trauma. Challenges such as fears, phobias, and negative feelings are also dealt with using the process.

7. Community based: Energy therapy is often practiced in community settings, making it accessible and affordable for marginalized populations. I run Community Energy Health Project as a medium for reaching communities with the knowledge and skill of energy therapy for deployment as Emotional Trauma First Aid support tool.

8. Cultural significance: Energy therapy is deeply rooted in African culture and spirituality, making it an essential component of CAM practice in Africa.

9. Research and regulation: This is the area where African Omstitutions and CAM Professionals need to rise to ensure action. Now, we are doing justice to this area of lack through



our documentation of healing actions and outcomes through the development of psychometric instruments that measure pre - and post energy therapy administrations. There is a growing need for research and regulation to ensure the safe and effective practice of energy therapy in Africa.

10. Collaboration and education: Collaboration between energy therapists, conventional healthcare providers, and other arms of traditional healers is essential for promoting education, research, and integration of energy therapy into CAM practice in Africa.

Energy therapy is a vital component of CAM practice in Africa, offering a holistic and culturally relevant approach to healthcare. Its integration into conventional healthcare settings and community-based practices has the potential to address various health concerns and promote overall well-being.

For example, Energy blocks along the spine could be responsible for back aches and pains that refuse to go. This can be helped with an Energy process called Cerebrospinal flush. Everyone who experiences this process will always tell the difference.

Adverse Childhood Experiences, Post Traumatic Stress Disorder, and Noral Injury are key areas that Energy Therapy can be applied in securing individual and collective emotional freedom.

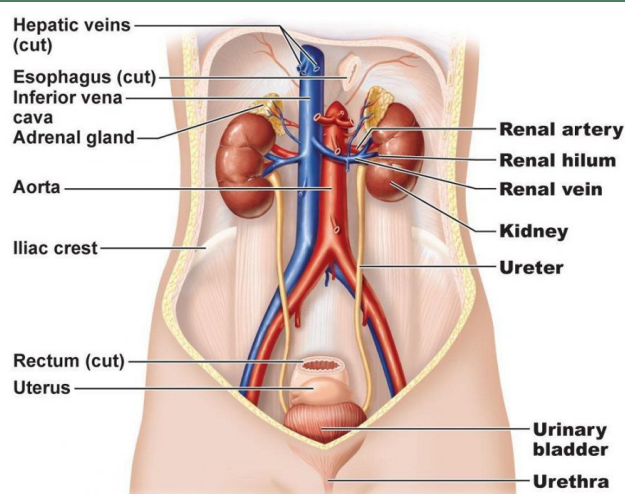
Behavioural transformation, human capacity enhancement, amd confidence rebuilding which are the hallmarks of Human Capital

developmental needs for Organuzations, are area that do benefit from Energy Therapy because the process eliminates or resolves the inherent limiters in human capacity expressions associated with trauma and stress.

Energy Therapy Awareness is important now. More on this can be sources direct from Dr Iwowarri Berian James, the founding Director of GoldenRays Integrated Energy Therapy Institute, Nigeria.

Dr. Iwowarri Berian James is an esteemed USA-trained and Certified Energy Health Practitioner specialized in Energy Psychology and Energy Medicine. He has been at the forefront of addressing physical and emotional health challenges, emotional trauma, and negative Behavioural transformation and physiological health challenges with Energy Therapy, which he is also promoting in Nigeria and Africa.

Dr. James is passionate about promoting energy therapy and directs his speakership on this in the areas including the critical causes of trauma among Nigerian citizens such as mobility insecurity, spousal violence and homicide, kidnapping, and economic hardship. As an expert in Emotional Trauma Resolution, he is an internationally recognized Energy Healer and Certified Management Consultant, very active in therapeutic practices and energy health consultations both locally and internationally. He is also a Certified



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Modern Day Herbal Medicine.

Medicine has been defined as the science and practice of diagnosing, treating, and preventing diseases and injuries. It encompasses a wide range of practices and disciplines, such as

1. **Clinical Medicine:** The direct care of patients through examination, diagnosis, treatment, and management of illnesses and conditions.
2. **Preventive Medicine:** Focused on preventing diseases and maintaining health through practices like vaccinations, screenings, and lifestyle modifications.
3. **Pharmacology:** The study of drugs and their effects on the human body, including the development and use of medications.
4. **Surgical Medicine:** Involves surgical procedures to treat or manage conditions.
5. **Diagnostic Medicine:** Includes various methods and technologies used to identify diseases and conditions.
6. **Public Health Medicine:** Concentrates on health at the population level, including policies, health education, and disease prevention programs.

Overall, medicine aims to improve health outcomes and quality of life through a

combination of scientific knowledge, clinical skills, and compassionate care. Herbal medicine, which complementary form of medicine goes by many other names like herbalism, phytotherapy, botanical or phytomedicine medicine is a form of medicine. It involves the use of plants and plant extracts for therapeutic purposes. As a form of traditional medicine. that uses plants, plant extracts, or plant-derived compounds to prevent, diagnose, and treat various health conditions; it involves the use of herbs, roots, leaves, flowers, seeds, or other plant materials to create medicinal products.

This practice dates back thousands of years and spans many cultures and traditions and was practiced even in Bible times. Plants for medicinal purposes were mentioned throughout the Bible, and many biblical references describe the use of herbs, spices, and other plant materials for healing and health.

HERBAL MEDICINE PACKAGING IN THE PAST:

In days gone by, herbal medicine was packaged in various forms, including:

1. Dried herbs Stored in cloth bags, wooden containers, or clay pots.
2. Infused oils Stored in clay vessels, wooden containers, or animal horn containers.
3. Tinctures Stored in glass vials, wooden containers, or leather flasks.
4. Poultices Applied directly to the skin or stored



in cloth wraps.

5. Salves Stored in wooden containers, clay pots, or leather pouches.

6. Teas Stored in dried form in cloth bags or wooden containers.

7. Decoctions Stored in wooden containers or clay pots.

8. Electuaries Mixtures of herbs and honey stored in wooden containers or clay pots.

9. Plasters Applied directly to the skin or stored in cloth wraps.

10. Unguents Ointments stored in wooden containers, clay pots, or leather pouches.

These forms were often packaged in materials available at the time, such as:

Animal products (horns, skins, bones), Plant materials (wood, bamboo, cloth)

Natural materials (clay, stone, shells), Recycled materials (old cloth, wooden containers)

The packaging was often simple, practical, and designed for storage and transportation. The herbal remedies were frequently prepared fresh or in small batches, and the packaging reflected the local resources and craftsmanship of the time.

MODERN DAY HERBAL MEDICINE PACKAGING:

Today, herbal medicine is packaged in various forms , including :

1. Capsules: Gelatin or vegetarian capsules filled

with dried herbs or extracts .

2. Tablets: Pressed tablets made from dried herbs or extracts .

3. Tea bags: Paper or cloth bags containing dried herbs for infusion .

4. Tinctures: Liquid extracts in glass bottles with dropper lids .

5. Salves: Topical blends in glass jars or tin containers .

6. Essential oils: Concentrated plant oils in dark glass bottles with dropper lids .

7. Powdered extracts: Dried herbal powders in sachets or bulk containers .

8. Softgels: Gelatin capsules filled with liquid herbal extracts .

9. Gels: Topical gels in tubes or pumps for skin application .

10. Lozenges: Tablets or troches that dissolve in the mouth for soothing effects .

Modern packaging features :

1. Tamper-evident or child-resistant packaging

2. Moisture-resistant materials

3. UV-resistant packaging to protect light-sensitive herbs

4. Clear labeling with ingredient lists, instructions, and warnings

5. Expiration dates or "best by" dates

6. Batch numbering for quality control

7. Eco-friendly or biodegradable packaging





o p t i o n s
8. Convenient packaging for on-the-go use (e.g.,
single-serve packets)
Manufacturers may also use advanced packaging
technologies like:

1. Blister packaging
2. Modified atmosphere packaging (MAP)
3. Vacuum-sealing
4. Nitrogen flushing
5. Desiccant packets to control moisture

The modern packaging methods help preserve the quality and potency of herbal medicines, ensure consumer safety, and provide convenience and ease of use. **CRITICISMS AGAINST HERBAL MEDICINE:**

Many have been the concerns raised against herbal medicine in the past including:

1. Safety concerns: Some people may worry about the potential side effects, interactions, or allergic reactions associated with herbal remedies.
2. Lack of regulation: Critics argue that the herbal industry is not adequately regulated, leading to inconsistent quality, purity, and potency of products.
3. Scientific skepticism: Some individuals may be skeptical about the efficacy of herbal medicine due to limited scientific evidence or conflicting research findings.
4. Pharmaceutical industry influence: A few people might believe that the pharmaceutical industry is opposed to herbal medicine because it threatens their profits.
5. Misinformation and misconceptions: Some citizens may have misconceptions about herbal medicine due to misinformation or lack of education on the subject.
6. Concerns about interactions with conventional medications: Some individuals may worry that herbal remedies could interact with their prescription medications or exacerbate underlying health conditions.
7. Quality control issues: Critics may point out that some herbal products are contaminated, adulterated, or mislabeled.
8. Over-reliance on herbal remedies: Some people might be concerned that individuals are relying too heavily on herbal medicine and neglecting conventional medical care.
9. Cultural or personal biases: Unfortunately, some individuals may hold biases against herbal medicine due to cultural or personal beliefs.
10. Lack of standardization: Critics argue that herbal products are not standardized, making it difficult to ensure consistency and efficacy.

Some of these concerns may have held true in the past, however things have changed tremendously in this 21st century through education, research, and increasing government interest and regulation of the herbal medicine industry and healthcare system. Especially should government and other influencers in the industry give needed attention to current trends:

CURRENT TRENDS IN HERBAL MEDICINE: An enormous amount of changes and improvements are taking place in the field of herbal medicine, which includes:

1. Evidence-Based Research: Modern herbal medicine increasingly relies on scientific research to validate the efficacy and safety of herbs. Clinical trials, pharmacological studies, and systematic reviews help determine which herbal remedies are effective and safe.
2. Quality Control: There is a growing emphasis on the standardization and quality control of herbal products. Reputable manufacturers adhere to good manufacturing practices (GMP) to ensure that herbal supplements are free from contaminants and contain the correct ingredients in accurate amounts.
3. Integration with Conventional Medicine: Herbal medicine is often used alongside conventional treatments in integrative medicine practices. This approach seeks to combine the best of both worlds to optimize patient outcomes.
4. Personalization: Modern herbal medicine often involves personalized treatment plans. Practitioners may tailor herbal remedies to individual needs, taking into account personal health history, lifestyle, and other factors.
5. Regulatory Frameworks: Many countries have established regulatory frameworks for herbal products to ensure their safety and efficacy. In the U.S., for example, the Food and Drug Administration (FDA) oversees dietary supplements, including herbal remedies, though the regulations are less stringent than those for pharmaceuticals.
6. Education and Training: There is increased access to formal education and training for practitioners in herbal medicine. This includes courses and certification programs that cover both traditional knowledge and modern scientific principles.

CHALLENGES AND CONSIDERATIONS



FOR HERBAL MEDICINE: Many hurdles have been crossed so far in modern herbal medicine; yet some challenges still exist, such as:

1. **Interaction with Medications:** Herbal remedies can interact with prescription medications, sometimes leading to adverse effects. It is important for patients to consult with healthcare providers before starting any new herbal treatments.
2. **Variable Efficacy:** The effectiveness of herbal remedies can vary based on factors like preparation methods, dosage, and individual response.
3. **Ethical and Sustainability Issues:** The cultivation and harvesting of medicinal plants can have environmental and ethical implications. Sustainable practices are important for preserving both the environment and traditional knowledge.
4. **Public Awareness:** There is a need for ongoing education for both practitioners and the public about the benefits, risks, and proper use of herbal medicines.

Overall, modern herbal medicine continues to evolve, combining time-honored traditions with contemporary scientific understanding to provide holistic care options.

INTEGRATIVE MEDICINE APPROACH THE MODERN WAY FORWARD:

The 1960s and 1970s saw a renewed interest in herbal medicine, driven by the counterculture movement and concerns about conventional medicine. Integration with conventional medicine is the way to go. Herbal medicine is increasingly recognized as a complementary therapy, with some hospitals and medical schools incorporating herbal courses. Regulation and standardization Efforts to regulate and standardize herbal products have increased, ensuring quality and safety. Throughout history, herbal medicine has faced varying levels of acceptance and gaining wider acceptance today. Though It has moved from reverence to marginalization; today, it is recognized as a valuable complement to conventional medicine, with ongoing research and integration into modern healthcare practices. This facts need be clearly highlighted:

1. **Complementary and Integrative Medicine:** Herbal medicine is often considered a complementary therapy that works alongside conventional

treatments. It is sometimes integrated into broader treatment plans in integrative medicine settings.

2. **Regulation and Safety:** The regulation of herbal medicines varies by country. In some places, they are regulated similarly to pharmaceuticals, while in others, they may be less strictly controlled. Quality, safety, and efficacy can vary, so it's important for practitioners and patients to use products from reputable sources.
3. **Evidence-Based Practice** shown some herbal remedies have a solid evidence base supporting their use while others may lack rigorous scientific validation. Research should continue to explore the effectiveness and safety of various herbs.
4. **Patient Preference and Access:** Many people turn to herbal medicine as a first line of treatment or as a complement to conventional therapies due to personal beliefs, cultural practices, or dissatisfaction with standard treatments.
5. **Education and Training:** Healthcare practitioners who incorporate herbal medicine into their practice often have specialized training in this area. It's important for them to stay informed about interactions with conventional medications and to provide evidence-based recommendations.

Herbal medicine holds a significant place in the healthcare system, particularly in integrative and complementary contexts. Its role continues to develop as more research is conducted and as patients seek diverse approaches to health and wellness.

Modern-day herbal medicine blends traditional practices with contemporary scientific research, offering a nuanced approach to health and wellness. Here's how it is practiced can be integrated into today's healthcare landscape adopting a step by step approach:

1. **Research and Development:** Conduct rigorous scientific studies to validate herbal remedies' safety and efficacy.
2. **Standardization and Quality Control:** Establish standardized manufacturing processes and quality control measures for herbal products.
3. **Regulation:** Develop and enforce regulations



to ensure herbal products meet safety and efficacy standards.

4. Education and Training: Provide healthcare professionals with education and training on herbal medicine.

5. Integration with Conventional Medicine: Encourage collaboration between herbal practitioners and conventional healthcare providers.

6. Clinical Trials: Conduct clinical trials to test herbal remedies' effectiveness in various health conditions.

7. Pharmacovigilance: Establish systems to monitor herbal products' safety and adverse effects.

8. Public Awareness: Educate the public about the benefits and risks of herbal medicine.

9. Inclusion in Healthcare Policies: Incorporate herbal medicine into healthcare policies and reimbursement systems.

10. International Collaboration: Foster global cooperation to share knowledge, research, and best practices.

11. Development of Herbal Medicine Guidelines: Create guidelines for herbal medicine use, safety, and interactions.

12. Encouraging Evidence-Based Practice: Promote evidence-based herbal medicine practices.

By following these steps, modern herbal medicine can be safely and effectively integrated into the mainstream health system, providing patients with more treatment options and enhancing overall healthcare.

Several benefits of integrating herbal medicine into the mainstream health system can be harvested. It will include but not limited to these:

1. Increased treatment options: Patients will have access to a broader range of therapies.

2. Improved patient outcomes: Herbal medicine can be used in conjunction with conventional treatments to enhance effectiveness.

3. Reduced healthcare costs: Herbal remedies can be cost-effective alternatives or complements to conventional treatments.

4. Enhanced patient choice: Patients will have more autonomy in their healthcare decisions.

5. Increased focus on prevention: Herbal medicine emphasizes prevention and wellness.

6. Integration of traditional knowledge: Valuable traditional knowledge will be incorporated into modern healthcare.

7. Advancements in pharmacology: Research on

herbal medicine can lead to new drug discoveries.

8. Improved safety: Regulation and monitoring will reduce adverse effects and interactions.

9. Enhanced collaboration: Healthcare providers will work together, sharing knowledge and expertise.

10. Global health benefits: Integration can lead to improved health outcomes worldwide.

11. Increased accessibility: Herbal medicine can reach underserved populations.

12. Holistic approach: Herbal medicine considers physical, mental, and spiritual well-being.

13. Environmental benefits: Sustainable herbal medicine practices can promote environmental conservation.

14. Cultural preservation: Traditional herbal knowledge and practices will be preserved.

15. Economic benefits: The herbal medicine industry can contribute to local economies.

Modern day herbal medicine when integrated into the mainstream health system, can create a more comprehensive, inclusive, and effective healthcare approach fitting for today's Modern day science and technologically supported health care systems and practices with benefits for Government, Practitioners and Patients.

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THE SYNERGY IN INTEGRATIVE HEALTHCARE



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OVERVIEW

WHAT IS ALLOPATHIC MEDICINE?

Allopathic medicine is a term used for modern or mainstream medicine, it can also be known as;

- ▶ Conventional medicine
- ▶ Mainstream medicine
- ▶ Western medicine
- ▶ Orthodox medicine

Allopathic Medicine is called Allopathy. It is a health system in which medical doctors, nurses, pharmacists, laboratory scientists and other healthcare professionals are licensed to diagnose symptoms and treat diseases.

Natural Medicine is any form of health care modalities which “*allegedly*” enhances the

body's natural healing powers. Natural Medicine is a non invasive drugless approach to health.

Natural Medicine which can be term also as TCAM is a system that uses natural remedies to help the body heal itself.

It embraces many therapies including herbs, massage, acupuncture, homeopathy exercise, nutritional counseling etc.

The very first known method of healing practiced by humans is Herbal Medicine which is part of Natural Medicine.

As civilizations and technological advancement spread around the world, there was a shift from Natural approach to a more “*science-base approach*”, which brought in, its train the Allopathic or Orthodox Medicine. The reason for



this shift was the so called lack of science-based evidence inspite of results with the Natural Medicine Practitioners.

But in the past fifty years, there has been a subtle, but gradual coming back to Natural Medicine.

WHY THERE HAS BEEN SHIFT FROM ALLOPATHIC TO NATURAL MEDICINE

These are some of the key reason the shift has become evident;

1. Serious long term side effects
2. Chemical reactions from drugs
3. Drug resistance

THE GAP

There is a wide gap between the available professional health care providers and the population. Currently, in some African countries like Nigeria, the ratio is between one doctor to five thousand persons (**1:5,000**). The Standard equation is represented as a doctor to six hundred (**1:600**).

The “Japa” syndrome is fast widening this gap and this is quite devastating for us as a people and a nation; it is like our nation losing her military might when the war against sickness and disease is on the increase.

WHAT CAN NATURAL MEDICINE DO ?

The marriage between nature and science is Synergistic

WHAT IS NATURAL MEDICINE

This is all forms of modalities of health care practices or healing that are based on their pristine or unchanged states i.e. as they occur in nature E.g. Water Therapy, Herbology, Massage, Aromatherapy, Crystal healing etc.

DIFFERENT MODALITIES OF HEALING ASSOCIATED WITH NATURAL MEDICINE

TRADITIONAL MEDICINE

It is the sum total of the knowledge, skill, and practices based on the theories, beliefs, customs, traditions and experiences indigenous to different cultures, whether explicable or inexplicable, used in the maintenances of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness. E.g. Acupuncture is part of the Traditional Chinese Medicine, just as Crystals and Aura healing are traditional to India, thus are part of the Indian Ayurvedic Medicine.

ALTERNATIVE MEDICINE:

All form of health care practices that are indigenous to a people, but already adopted into

their health care system. E.g. Acupuncture is a form of Alternative Medicine in India, even though it originated in China, where it remains a main part of the Traditional Chinese Medicine system.

COMPLEMENTARY MEDICINE:

This refers to a broad set of health care practices that are not part of that country's own traditional or conventional medicine and are not fully integrated into the dominant health-care system, but are used in synergy with the Traditional or Conventional/Orthodox Medicine practice of the country. They complement the Traditonal/Orthodox Medicine.

Herbal Medicine

This include herbs, herbal materials, herbal preparations and finished herbal products, that contain as active ingredients parts of plants, or other plant materials, or combinations therefore used for diagnosis, treatment and prevention of diseases. It is an essential part of all form of Medicine.

Naturopathy or Naturopathic Medicine:

A system of Alternative Medicine based on the theory that diseases can be successfully treated or prevented without the use of drugs, by techniques such as control of diet, exercise, and massage.

Some common examples of naturopathy include chiropractic adjustment, herbalism, traditional Chinese medicine, Ayurveda, meditation, yoga, biofeedback, homeopathy, acupuncture, diet-based therapies, etc.

FUNCTIONAL MEDICINE:

It seeks to identify and treat the underlying cause of your condition. It centres on the idea that one condition may have many causes or one cause can have many conditions. Most Naturopathic doctors practice Functional Medicine

INTEGRATIVE MEDICINE:

It uses a combination of therapeutic skills derived from Orthodox medicine (OM), knowledge and skills derived from Traditional Medicine (TM), and modalities derived from Complementary & Alternative Medicine (CAM), to diagnose, treat and heal the whole person (holistically).

HEALING MODALITIES

World Health Organization (WHO) classifies all healing modalities under three (3) main categories;

- Orthodox Medicine (OM)
- Traditional Medicine (TM)
- Complementary & Alternative Medicine



(CAM)

It is therefore safe to summarize thus;

- Natural Medicine = TM + CAM = TCAM
- Integrative Medicine = OM + TM + CAM

Among the Alternative Therapies now available are Acupuncture, Aromatherapy, Herbology, Ayurveda (India Medicine), Traditional Chinese Medicine, Chiropractic, Homeopathy, Massage, Yoga/Pilate/Reiki, Meditation, Crystal Healing and Energy Healing.

All these in addition to the conventional medical and surgical techniques that are available in clinics and hospitals (Orthodox Medicine) are brought together under one roof in most advanced countries.

Some people choose just one healing method and stick to it. Others start with one approach, but if that doesn't work well enough after a while, they switch to another. Some combine two or more approaches at the same time.

Every man is free to choose for him/herself how best he/she decides to be in optimum health. It has therefore become imperative that there should be levels of interplay cooperation, or synergy between Allopathic and Natural Medicine modalities

IRREGULARITIES OF ANCIENT NATURAL MEDICINE PRACTICES.

1. Unhygienic preparation
2. Lack of correct dosing methods
3. Combining fetish practices with healing
4. Lack of knowledge about how the human body works (human physiology) and its structures (human anatomy)
5. Lack of standardized diagnostic means.

HISTORICAL REVIEW

The first Mission Hospital in Nigeria was established about 120 years back in Abeokuta, Ogun State which was a relief when the missionaries brought to us the western medicine we know today and since then more lives have been saved, than in past century prior to its establishment.

Apart from the problems previously highlighted about our Traditional Healing practices, the factor responsible for its waning off is its lack of documentation.

The Ayurveda of India and the Traditional Chinese medicine were well documented. That is why the advent/spread of Western Medicine as Western civilization spread to these people could not overthrow their well documented Traditional systems. As a matter of fact the

Western medicine had no option than to work hand in hand with the Traditional medicine of these people.

Coming back to our own Traditional Medicines in Nigeria, in the past 25 to 30 years, the children and grandchildren of Traditional healers or Native Doctors, who had gotten Western education, especially the Medical Sciences started using their acquired knowledge to understand and upgrade what they inherited from their parents and gradually, a new breed of Traditional Healers started surfacing. This new breeds did away with fetishism, started using their knowledge about Biochemistry, Human Anatomy and Physiology to interpret what their fathers, grand fathers and great grand fathers taught them about the working and compounding of Herbal Remedies used in Traditional Healing.

Some of them deliberately go further to acquiring knowledge about the Ayurveda (Traditional India Medicine) and the Traditional Chinese Medicine. These ones now present a formidable front in the re-emergence of INTEGRATIVE MEDICINE PRACTITIONERS.

The Western Medicine in deed had all the opportunities it needed to be well documented and wax stronger. For example, it was easy for the forerunners in the field to use human bodies (both living and dead) in their many experiments.

The knowledge of the well mapped out Nervous System, Cardiovascular System and all other Systems in the Human body came at certain process. Slaves were dissected without anesthesia, and used as living "Guinea Pigs".

Up till today, dead bodies are still being dissected by Medical Students as part of their training. The dead bodies are referred to as **Cadavers** and the course is called **GROSS OR MORBID ANATOMY**

SYNERGY BETWEEN WESTERN MEDICINE AND TRADITIONAL MEDICINE

Majority may assume that conventional medicine may work better or quicker than traditional medicine, but the issue of the side effects associated with conventional medicine makes it imperative to also consider the traditional medicine.

Traditional Medicine relies more on natural substances, mostly our food and herbs. Therefore, there are less incidences of side effects. One may work quicker than the other,



depending on the illness being addressed and the choice of the medicine, but one fact that is certain is that combining the best of both Conventional and Traditional Medicine will ensure best results. This is what leads to the concept INTEGRATIVE MEDICINE

EXPERTS IN BOTH CONVENTIONAL AND TRADITIONAL HEALING PRACTICES QUOTES

Prof. Oladapo Ashiru,

(Professor of Anatomy/Reproductive Endocrinologist) wrote this in a National Newspaper:

“Through the centuries, natural therapies have been available and were used by emperors and kings alike to combat all manners of diseases, including cancer. Unfortunately, the use of such therapies has been suppressed in the past century in the favour of western medicine.....

The use of non-toxic natural therapies has been quite successful over the past few decades.....

For 50 years, conventional treatments of surgery, radiation and chemotherapy have been the cornerstone of cancer treatment. Today, the clinical success of these procedures has reached a plateau and there is an urgent need to break through it with new ideas.”

Andrew T. Weil M.D., Director of the program in Integrative Medicine at the University of Arizona College of Medicine in Tucson wrote:

“If I'm involved in a serious auto accident, I want the ambulance to take me to the nearest high-tech trauma center. Mainstream medicine is definitely the way to go for serious injuries. But let's say I developed chronic pain as a result of the accident. Beyond narcotics, mainstream medicine doesn't have much to offer. But several complementary therapies can help. I might try chiropractic, acupuncture, yoga, massage, or visualization therapy.”

Joseph Pizorno Jr., N. D., President of Bastyr University in Kenmore, Washington, which is the USA's only accredited medical school that focuses on Alternative Therapies, wrote:

“I'm not totally opposed to pharmaceutical drugs or technological medicine. When the body's self-healing systems have been overwhelmed by injury or infection, conventional approaches save lives. But in my opinion, pharmaceuticals are over prescribed. Their power is impressive in life- or- death situations. For everyday ailments, I prefer non-

pharmaceutical therapies that support the body's self-healing mechanism. These therapies are gentler. They often work just as well. And they don't breed resistance like antibiotics do.”

Dr. Brauer, an Orthodox medical expert wrote; *“Complementary says that these therapies do not replace mainstream medicine, rather they complete it, expanding it to include areas it has undervalued or overlooked- diet, exercise, traditional healing arts, and mind-body therapies.”*

Many Orthodox Medicine physicians are still leery of alternative therapies, some even still call them worthless! But many more have come to realize that their brand of medicine doesn't have a monopoly on healing and that alternative approaches often are quite valuable. In fact, many are gradually dropping the term **“Alternative Medicine”** to a more suitable term **“Complementary Medicine”**

CONCLUSION

Some perfect example of synergies between Orthodox and Natural Medicine:

In cancer treatment, Orthodox Medicine relies on surgery, chemotherapy and radiation therapy; the later two modes are often associated with life-threatening side effects.

But when either chemotherapy or radiotherapy (or both) is accompanied with certain Herbs like Turmeric, Graviola, Lemon, etc, the healing is hastened and the side effects are ameliorated.

Another example is in the treatment of a common mental health issue: Depression.

Now, some Orthodox Medicine practitioners are encouraging their patients to include, Acupuncture, Aromatherapy, Crystal Healing, Color Therapy, Music Therapy, and Herbs in their treatment program.

Lastly, when considering issues of psychic attacks (also called spiritual attack). Orthodox medicine has no tool to successfully tackle this, so obviously, Natural medicine stands as the best option. But both are still applicable, in that a person afflicted with psychic attack may become restless and agitated. An Orthodox medical expert may be needed to use sedating injections to calm the patient, so that the Natural medicine practitioner may apply other forms of treatment already mentioned above.

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"The Enduring Rise of Natural and Integrative Medicine"

A Comprehensive Journal by Prof. Sandra Winberg Asemota

Introduction

The paradigm of healthcare is undergoing a profound shift. While conventional medicine has undoubtedly saved countless lives, its limitations in addressing chronic diseases, mental health, and overall well-being have become increasingly evident. In response, Natural and Integrative Medicine (NIM) has emerged as a compelling alternative, offering a holistic approach that prioritizes prevention, patient empowerment, and the interconnectedness of mind, body, and spirit. This journal delves into the compelling reasons why Natural and Integrative Medicine (NIM) has become an integral part of the healthcare landscape.

The Essence of collaboration with Conventional Medicine

The convergence of Conventional and Complementary and Alternative Medicine (CAM) offers a promising avenue for enhanced

patient care. This collaborative approach recognizes the multifaceted nature of health and the potential benefits of combining evidence-based practices from both realms.

The Holistic Philosophy of Natural and Integrative Medicine

NIM embraces a holistic perspective, recognizing that health is influenced by multiple factors, including physical, emotional, mental, and spiritual well-being. It emphasizes:

- * **Individualized care:** Tailoring treatment plans to each patient's unique needs and circumstances.
- * **Root cause identification:** Addressing the underlying factors contributing to illness rather than merely treating symptoms.
- * **Prevention:** Promoting healthy lifestyles and preventive measures to reduce the risk of diseases.

- * **Mind-body connection:** Recognizing the



interplay between psychological and physiological factors in health.

* **Patient empowerment:** Encouraging patients to take an active role in their healthcare.

The Growing Body of Evidence

While Natural and Integrative Medicine (NIM) has been practiced for centuries, it is now supported by a growing body of scientific research. Studies have demonstrated the efficacy of various NIM modalities in managing chronic conditions, improving quality of life, and reducing reliance on pharmaceuticals. For example, acupuncture, meditation, and herbal medicine have shown promise in treating pain, anxiety, and depression.

Addressing the Global Burden of Disease

Natural and Integrative Medicine (NIM) offers a sustainable and cost-effective approach to addressing the escalating burden of chronic diseases. By focusing on prevention and lifestyle modifications, NIM can help reduce healthcare expenditures and improve population health outcomes. Additionally, NIM can complement conventional medicine, enhancing treatment efficacy and reducing adverse effects.

The Role of Technology and Innovation

Technological advancements are facilitating the integration of NIM into mainstream healthcare. Telemedicine, wearable devices, and digital health platforms enable remote consultations, patient monitoring, and personalized treatment plans. Furthermore, research and development in natural products and botanical medicine are leading to the discovery of novel therapeutic agents.

Challenges and Opportunities

Despite its growing acceptance, NIM faces challenges, including regulatory hurdles, limited insurance coverage, and a shortage of trained practitioners. However, these challenges also present opportunities for innovation and collaboration between conventional and complementary medicine providers.

A Proposed Focus

The integration of Natural and Integrative medicine (NIM) into mainstream healthcare system is a critical area for exploration. This journal offers a rich opportunity to examine the challenges, benefits, and strategies involved in bridging the gap between conventional and complementary medicine. We must acknowledge the following key points:

1. Policy and Regulation

- * Analyzing of existing policies and regulations governing NIM practices
- * Case studies of successful NIM integration models

* Recommendations for policy changes to facilitate broader integration

* The role of government and healthcare payers in promoting NIM

2. Clinical Integration

* Putting in place evidence-based protocols for integrating NIM into primary care and

specialty care

* Collaborative models between conventional and complementary practitioners

* Overcoming barriers to clinical integration

* Patient-centered care models incorporating NIM

3. Education and Training

* Curriculum development for healthcare professionals in NIM

* Interprofessional education initiatives

* Continuing education opportunities for practitioners

* Public education and awareness campaigns

4. Research and Innovation

* Research methodologies for studying NIM interventions

* Funding opportunities for NIM research

* Innovative approaches to NIM delivery

* Technology's role in integrating NIM into healthcare

5. Economic Impact

A systematic review of the economic impact of integrating NIM into primary healthcare has shown that we must understand:

* Cost-effectiveness studies of NIM interventions

* The economic potential of the NIM industry

* Impact of NIM integration on healthcare expenditures

* Return on investment for integrating NIM

* Developing a standardized curriculum for NIM education in medical schools.

* Overcoming regulatory barriers to the practice of herbal medicine.

* Case studies of successful patient-centered medical homes incorporating NIM.

* The role of telehealth in expanding access to NIM services.

By focusing on the integration of NIM into healthcare systems, this journal can contribute to the advancement of patient care, improve healthcare outcomes, and shape the future of medicine.

Finally

The Enduring rise of Natural and Integrative medicine is a testament to the growing demand for patient-centered, holistic healthcare. By addressing the limitations of conventional



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medicine, NIM offers a promising path to improved health and well-being for individuals and communities worldwide. As research continues to solidify the evidence base and as healthcare systems become more open to integration, NIM is poised to play an increasingly vital role in shaping the future of medicine

INDUCTION AND CONVOCATION
Ceremony