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SCIENTIFIC PROGRAM



INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE



JUPITER LISBOA HOTEL, LISBON, PORTUGAL
NOVEMBER 14-15, 2025



ICTAM-2025

November 14-15

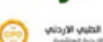
ISBN: 978-1-917892-29-2



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INTERNATIONAL CONFERENCE ON TRADITIONAL AND
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DAY-1 (NOVEMBER 14)

REGISTRATIONS & OPENING REMARKS (08:00 - 09:00)

SESSION CHAIR: DR. MARISA FREITAS

TECHNICAL SESSION-I (09:00-10:55)

09:00-09:40	The true causes of the cancer diseases Dr. Rolf Dittli, HVS - Swiss Homeopathy Association, Switzerland
09:40-10:05	Overcoming Challenges in the Development of mRNA Therapeutics Dr. Andreas M Papas, East Tennessee State University, Antares Health Products, United States
10:05-10:30	Artichoke - source and availability of bioactive compounds. Clinical uses of artichoke leaf extract Prof. Andrzej Salata, University of Life Sciences in Lublin, Poland
10:30-10:55	Antiemetics sparring modality based on Adequacy of Anaesthesia guidance combined with different pre-analgesia techniques for head and neck surgeries - summary from four most recent studies Dr. Michal J Stasiowski, Medical University of Silesia, Poland

GROUP PHOTO & REFRESHMENT BREAK (10:55-11:10)

TECHNICAL SESSION-II (11:10-12:50)

11:10-11:35	Parabens and the Modulation of Inflammatory Mediators: Insights from Liver and Immune Cells Dr. Marisa Freitas, University of Porto, Portugal
11:35-12:00	Why CEOs need advanced education and training for optimizing decisions in the development of innovative medicinal products? Justification and recommendation Dr. Peter Jurgen Kramer, Technical University Darmstadt, Germany
12:00-12:25	Challenges and Strategies in the Formulation of Natural Bioactives from Plant Sources Dr. Ghania Degobert, Claude Bernard University Lyon 1, France
12:25-12:50	Knowledge, Attitudes, and Perceptions of Chronic Patients in Saudi Arabia Regarding the Use of Artificial Intelligence to Improve Medication Adherence Dr. Safaa Mohammed M Alsanosi, Umm Al Qura University, Saudi Arabia

LUNCH @ RESTAURANT (12:50-13:50)

INTERNATIONAL CONFERENCE ON TRADITIONAL AND
ALTERNATIVE MEDICINE

TECHNICAL SESSION-III (13:50-17:55)

- 13:50-14:15** Integrating advanced molecular dynamics simulations and AI to investigate and modulate ABC transporters involved in cancer multidrug resistance
Dr. Ahmad Elbahnsi, University Paris Cité, France
-
- 14:15-14:40** Research progress in analytical methods and devices for some groups of pharmaceutical, food and environmental analytes
Prof. Jan Labuda D.Sc, Comenius University in Bratislava, Slovakia
-
- 14:40-15:05** The Skin as a Reflection of Our Lifestyle
Dr. Juergen Lademann, Charite Berlin, Germany
-
- 15:05-15:30** KDM6A/B Mediated Epigenetic Regulation of Constitutive Androgen Receptor Expression in Prostate Cancer
Dr. Gokce Yildirim Buharalioglu, Ege University, Turkey

REFRESHMENT BREAK (15:30-15:50)

- 15:50-16:15** Neurosyphilis: A Rare Cause of Encephalitis in a Young Male
Dr. William Cunningham, NHS Greater Glasgow and Clyde, United Kingdom
-
- 16:15-16:40** The Dual-active G9a inhibitor and Histamine H3 Receptor Antagonist A-366 Ameliorates Autism-Like Phenotypes, Neuroinflammation and Oxidative Stress in BTBR T+tf/j Mice
Prof. Bassem Shaban Sadek, United Arab Emirates University, UAE
-
- 16:40-17:05** A self-adjuvanted protein nanoparticle that stimulates Ultra-High affinity antibodies
Dr. Ming-Chung Kan, VAXSIA Biomedical Inc., Taiwan
-
- 17:05-17:30** The Therapeutic Role of Seaweeds in Disease Prevention and Health Promotion
Dr. Ana Marta M. Gonçalves, University of Coimbra, Portugal
-
- 17:30-17:55** Plant and Marine Algae Extracts Against Hypercholesterolemia: Advances in Traditional Knowledge
Prof. Rita Isabel Dias Pacheco, University of Lisbon, Portugal
-
- 17:55-18:20** Early Recognition and Management of Cercarial Dermatitis in Public Health
Dr. Maria Teresa Bispo, Global Health and Tropical Medicine (IHMT/UNL), Portugal

PANNEL DISCUSSIONS

END OF DAY-01

INTERNATIONAL CONFERENCE ON TRADITIONAL AND
ALTERNATIVE MEDICINE

DAY-2 (NOVEMBER 15)

09:00-09:25	Twinning and Individuation: An Appraisal of the Current Model and Ethical Implications Dr. Francis J. O'Keeffe, The University of Notre Dame Australia, Australia
09:25-09:50	Emerging Strategies for Cancer and Fibrosis Therapy that Exploit Fibroblast Activation Protein (FAP) Protease Dr. Mark Douglas Gorrell, The University of Sydney, Australia
09:50-10:15	The application of cannabidiol brings new hope for treating Alzheimer's disease and delaying aging Prof. Yanying Liu, Qingdao Huanghai University, China
10:15-10:40	Homeopathy in Cancer Palliation: The Role of Nature's Healing Dr. Avi Sharma, Nehru Homoeopathic Medical College and Hospital, India
10:40-11:05	Repositioning of FDA-Approved Pharmaceuticals against Epstein-Barr Virus Nuclear Antigen 1 (EBNA1): A Molecular Docking and Molecular Dynamics Study Dr. Fatemeh karimzadeh, Shahrekord University of Medical Science, Iran
11:05-11:30	Reviving Nature's Rhythm: A Homoeopathic Perspective on Infertility through the Law of Similars Dr. Kanchan Upreti, Nehru Homoeopathic Medical College and Hospital, India
11:30-11:55	Pharmacological and toxicological perspectives in sperm cryobiology: Antioxidant strategies, cryoprotectants, and molecular biomarkers Dr. Cumali Kaya, Ondokuz Mayıs University, Turkey
11:55-12:20	Embracing the Curative Power of Nature: A Holistic Approach to Healing through Homoeopathy and the Doctrine of Signature Dr. Harshita Bansal, Nehru Homoeopathic Medical College and Hospital, India
12:20-12:45	In Cardiogenic Shock, Overweight and Obesity Have the Lowest, Whereas Cachexia Has the Highest Mortality Dr. Zahra Sadin, Guilan University of Medical Sciences, Iran
12:45-13:10	The Law of Similars: Nature's Own Physician Dr. Sneha Kumari, Nehru Homoeopathic Medical College and Hospital, India
13:10-13:35	Nanocellulose-collagen composites as advanced biomaterials for 3D in-vitro neuronal model systems Dr. Torresan Veronica, University of Padova, Italy
13:35-14:00	Optimizing the Routine Use of Clinical Guidelines by Addition of Supplements (Probiotics and/or Bismuth) to Helicobacter pylori Eradication Protocols in a Clarithromycin Resistant and Tetracycline/Bismuth Naive Area: A Real-World Data Retrospective Analysis of 402 Cases (2016-24) in a Single Gastroenterology Unit Dr. Ibolya Czegle, Semmelweis University, Hungary

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

14:00-14:25	Parent-Focused Psychological Counselling to Improve Sleep in School-Age Children (6-12 years): Evidence-informed Model for Paediatric Sleep Dr. Yugal kumar, Nehru Homoeopathic Medical College and Hospital, India
14:25-14:50	Healing Through Sound: Ancient Wisdom and Scientific Frontiers Dr. Elsa Ramos Elías, Ayurvedic Practitioner, Herbalist, Spain
14:50-15:15	Evolving Pharmacological Strategies in Feline Arterial Thromboembolism: From Antiplatelet Therapy to Novel Anticoagulants Dr. Cagatay Esin, Ondokuz Mayıs University, Turkey
15-15:15:40	A Next-Generation Magnetic Bead-Based Electrochemical Biosensor for Rapid and Ultra-Sensitive Cocaine Detection in Biological Fluids Dr. Mohamed Zouari, University of Tunis El Manar, Tunisia
15:40-16-05	Suzetrigine: a Non-Opioid NaV 1.8 Inhibitor for the Treatment of Moderate-to-Severe Acute Pain Dr. Scott G. Weiner, Brigham and Women's Hospital, United States
16:05-16:30	Implementation of a population health-based goal directed medical therapy program- Cardiac Kidney Metabolic Compass Dr. Mallika L Mendu, Mass General Brigham, United States
16:30-16:55	Design of novel therapeutic vaccines for antigen-specific immunotherapy of autoimmune diseases Dr. David Cameron Wraith, University Of Birmingham, United Kingdom
16:55-17:35	A Dynamic, Self-Assembling Antiviral Drug for Broad-Spectrum Viral Infections Dr. Boris Farber, TRIZ Biopharma Innovations LLC, USA
17:35-18:00	Strengthening Next Generation Risk Decision-Making Dr. Yadvinder Bhuller, Health Canada, Canada
18:00-18:25	Phytochemicals from selected ethno-medicinal plants interact with receptor-binding domains of SARS-CoV-2 spike protein Dr. Trizah K. Milugo, The Technical University of Kenya, Gambia
18:25-18:50	Early postnatal infections, genetic susceptibility, and autism: molecular targets for intervention Dr. Manuel F. López-Aranda, University of Málaga, Spain

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal



Rolf Dittli

HVS - Homeopathy Association of Switzerland,
Switzerland

The True causes of the Cancer Diseases

Cancer is one of the leading diseases. It is nowadays overtaking the cardiovascular causes in mortality all over the world. Over the years, the treatment of cancer didn't develop and improve fundamentally and the understanding of the deeper processes behind the disease is missing in the medical world. Only a few authors dare to approach the cancer sickness from a completely different side: from the point of the mental side. Every interested therapist – every medical doctor, oncologist or natural healer who looks deeper into the history, the conflicts and the personality of an affected person, is able to see similarities in cancer cases.

As most of the natural healers admit, diseases are not randomly. The sickness itself, the affected organs and even the individual symptoms give information about the mental stage or conflict of a patient. Why not in cancer?

I observed cancer patients over the time of 30 years, studied their life's, the circumstances and the background as well as the pathological and organic view of the sickness. The similarity of life stories, of childhood experiences and mental blockages of that patients were striking. This awareness leads me to further studies and finally to a full summary in my book: "Cancer – cry of the soul" – which was published 2023 in Germany.

The main topic over all in cancer cases is: Suppression. We will find it on every level: body – mind and spirit. There are thousands of ways to suppress body processes. The more we intervene into the natural work of our cells and organs, the more we put pressure on it.

On the mental side, we can see the suppression of emotions as well as the non-living of personal requirements. The person restrains his personal belongings on behalf of a super idea of peace, freedom and harmony or a certain kind of life task. As a consequence, he/she avoids conflicts, hates disharmonic moods and is rather fulfilling the needs of others or a job than the owns.

On the top of the main themes there is the possibility to individualize the topic via the affected organs and the processes of the sickness itself.

In my speech I will highlight the main mental and physical causes for the occurrence of cancer, one examples of an organ specific theme, and one accurate case.

Biography

Rolf Dittli, born in 1961 in Switzerland, is an experienced naturopath and classical homeopath with nearly 30 years of clinical practice. After beginning his career in education, he completed professional qualifications in Naturopathy (1989) and Classical Homeopathy (1997), followed by the Swiss federal certificate as a Naturopath in Classical Homeopathy in 2018. Since 1996, he has operated an independent practice, integrating deep therapeutic insight with long-standing clinical expertise.

A committed contributor to the homeopathic community, Rolf has been a member of the Swiss Homeopathy Association (HVS) since 1997 and served as its Co-President from 1999 to 2004. He also played a national role in the federal recognition process for naturopathic professions (2000–2006).

12

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal

In addition to his clinical work, Rolf has been active in education and public engagement, presenting and organizing lectures and courses in classical homeopathy and the deeper meaning of diseases since 1998. In 2023, he authored the book “Krebs, Aufschrei der Seele” (Cancer – Cry of the Soul), offering a reflective perspective on the emotional dimensions of illness. Rolf Dittli is widely respected for his dedication to advancing classical homeopathy, his leadership within the HVS, and his ongoing commitment to holistic healing.

INTERNATIONAL CONFERENCE ON TRADITIONAL AND
ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal

**Andrzej Sałata**University of Life Sciences in Lublin, Department of
Vegetable and Medicinal Plants, Lublin, Poland**Artichoke - source and availability of bioactive compounds. Clinical uses of artichoke leaf extract**

Globe artichoke is a perennial, rosette plant, widely cultivated for the large fleshy head or capitula (immature flowers). The pharmaceutical raw material is dried leaves (*Cynarae folium*) or herb (*Cynarae scolymi herba*). The high content of bioactive compounds, such as phenolic acids, flavonoids, anthocyanins, vitamins, inulin and pectins, provide artichoke beneficial effects against a variety of diseases. Polyphenolic compounds found in artichoke plants, especially mono- and di-caffeoylquinic acids and flavonoids, decides their health-enhancing and antioxidant properties. The dominant compound was chlorogenic acid, known to have strong antioxidant activity, is vital in cancer chemoprevention. It also protects liver cells, is anti-inflammatory and choleric, and inhibits γ -aminobutyric acid (GABA) metabolism in the central nervous system. Similarly like chlorogenic acid the most cynarin was found in leaves in vegetative stage. Pharmacological properties of cynarin: it is mainly an anti-atherosclerotic agent and prevents ischemic heart diseases, stimulates the secretion of digestive juices, especially bile. It inhibits the biosynthesis of cholesterol by 60%, lipoproteins by 24%, protects liver cells. Polyphenols have been shown to inhibit platelet aggregation, preventing thrombus formation and reducing the risk of cerebral ischemia. Cynarin present in artichoke could be beneficial against neurodegenerative diseases. Accumulation of luteolin and apigenin depended to great degree on the plant development stage. Luteolin was found in substantial among in artichoke leaves, especially those harvested during vegetative stage. Apigenin was found in small quantities. Its presence was noted only in the generative stage, in young and immature globe artichoke heads. Apigenin aglycones, the abundant source of which is cardoon leaves, play an important role in the chemoprevention of lung, thyroid cancer and intestinal cancer. Flavonoids also play an important role in prevent cancer colon, pancreas, breasts.

Keywords

Cynara, polyphenols, flavonoids, cynarin, protective effect, pharmaceutical raw material

Biography

His research work deals with issues related to agricultural practices of vegetables and herbal plants in field cultivation. Areas of interest include issues related to the content of nutrients and biologically active ingredients with pro-health effects. He is currently involved in the biology and yielding of artichoke and assessing the usefulness of leaves as a pharmaceutical raw material. Research interest: cultivation of vegetable and herbal plants; research on the content of secondary metabolites-irrigation of horticultural plants; plant mulches-ecological agriculture; biofortification with sulfur and selenium; analyzing selected physiological and biochemical parameters; edible and medicinal mushrooms.

12



INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal



Rita Pacheco^{1,2*}, Rebeca André^{1,3}, Laura Teixeira^{1,2,4,5},
Catarina Reis^{4,5}

¹Centro de Química Estrutural, Institute of Molecular Sciences, Faculdade de Ciências da Universidade de Lisboa, Portugal.

²Departamento de Engenharia Química, Instituto Superior de Engenharia de Lisboa, Portugal.

³CBIOS- Universidade Lusófona's Research Center for Biosciences & Health Technologies, Lisboa, Portugal.

⁴Research Institute for Medicines (iMed.Ulisboa), Faculdade de Farmácia da Universidade de Lisboa, Portugal.

⁵Instituto de Biofísica e Engenharia Biomédica (IBEB), Faculdade de Ciências da Universidade de Lisboa, Portugal

Plant and Marine Algae Extracts Against Hypercholesterolemia: Advances in Traditional Knowledge

Hypercholesterolemia and associated cardiovascular diseases pose a significant global health challenge. While conventional cholesterol-lowering drugs are effective, limitations regarding tolerability, side effects, and patient adherence highlight the need of alternative or complementary strategies. Traditional medicine has long utilized natural products from plants and marine algae for their health-promoting properties, however, scientific validation and mechanistic understanding of most of these cases remains limited. The research conducted in our laboratory aims to bridge this gap by integrating traditional knowledge with modern scientific methodologies. Our work focuses on the identification, characterization, and optimization of natural extracts from plants, agricultural residues, and marine algae for the management of hypercholesterolemia and the promotion of cardiovascular health. We apply advanced chemical and biochemical analyses to evaluate bioactive profiles, employ in vitro and in vivo models to assess safety and efficacy, and use omic approaches, including proteomics, transcriptomics, and metabolomics, to elucidate the molecular mechanisms underlying their biological effects. In parallel, we develop and evaluate innovative nanoformulations designed to enhance the oral delivery, stability, and bioavailability of bioactive compounds. Our findings demonstrate that natural product extracts can effectively modulate cholesterol absorption, improve lipid profiles, and exert cardioprotective actions. The research to be presented provides scientific evidence for traditional uses and underlines the significant potential of natural products in the development of safe, effective, and sustainable interventions for chronic health conditions such as hypercholesterolemia.

12

Biography

Adjunct Professor at Instituto Superior de Engenharia de Lisboa (ISEL/IPL), with a PhD in Biochemistry from the Faculty of Sciences at the University of Lisbon (FCUL). Over 25 years of experience in biochemical and biotechnological research, focusing on structural and functional characterization of bioactive molecules using analytical, and cellular approaches. Integrated member of the Centro de Química Estrutural at FCUL, head of the Laboratory of Metabolism of Bioactive Molecules and the Cell Culture Facility. Author of numerous articles in international journals and coordinated or participated in R&D projects spanning biochemistry, biotechnology, and interdisciplinary knowledge transfer.

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal



Elsa Ramos Elías

Ayurvedic Practitioner, Herbalist, Spain

Healing Through Sound: Ancient Wisdom and Scientific Frontiers

Sound has long been revered across civilizations as a vehicle of transformation, from the Vedic concept of Nāda Brahman—sound as the fundamental substratum of creation—to the healing chants of indigenous medicine women, to the resonant frequencies embedded in sacred architecture. Across traditions, the voice was not simply a means of communication, but a vibrational instrument for aligning body, mind, and soul with cosmic harmony.

Today, modern science is beginning to catch up with what the ancients always knew: that sound is medicine. Emerging research in biophysics, neuroscience, and vocal biomarkers reveals that vibrational input affects physiology, cellular behavior, and emotional regulation in measurable ways. Acoustic fields can modulate immune function, voice features can diagnose disease, and rhythmic tones can synchronize brainwaves.

This presentation explores the convergence between ancestral sound practices and contemporary science, offering a fresh framework for understanding how sound heals—spiritually, emotionally, and biologically.

We'll journey through:

Sacred sound traditions: including mantras, bija syllables, and the "Word" (Logos) as understood in Vedic, Tantric, and Western esoteric traditions.

Scientific studies validating the role of vocal frequencies in identifying illnesses like depression, Parkinson's, heart failure, and neurodegenerative disorders—using pitch irregularities, jitter, shimmer, and formant shifts as diagnostic clues.

The concept of the human voice as a vibrational fingerprint, and how training, trauma, and illness alter our vocal access to certain notes and resonance fields.

We'll also review promising therapeutic frontiers, including:

Vocal Biomarkers: Early diagnosis of illness through vocal analysis—non-invasive, scalable, and potentially life-saving.

Sound-Induced Neuroplasticity: The use of binaural beats, harmonic chanting, and rhythmic drumming to entrain brainwaves, reduce anxiety, and enhance focus.

Cymatics and Resonance Therapy: Visualizing sound's impact on matter and its application in therapies that restructure cellular behavior.

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal

Crucially, we'll explore the role of the sacred voice—not as a performance tool, but as a healer, initiator, and activator of inner truth. In ancient traditions, to find one's voice was to find one's medicine. Reconnecting with our authentic sound, whether through humming, chanting, or silent vibration, becomes a portal back to wholeness.

As modern medicine becomes more integrative, sound healing stands at the threshold of a new paradigm: one that honors both measurable outcomes and the intangible mystery of resonance. This talk is a call to reclaim ancient knowing while embracing innovation—to become conscious stewards of our own frequency, and to rediscover the sacred language of healing that lives within our bones and breath.

Biography

Elsa Ramos Elías is an Ayurveda Health Consultant trained in Siddha Veda under Dr. Smita Naram, with advanced Panchakarma studies at Ayurvedguru Hospital (Karnal, India). She is recognized as a Doctor of Traditional Medicine by the Zenú Indigenous Council of Colombia. In addition, she has studied Western herbalism, traditional alchemy, and is a certified Usui Reiki Master.

Her integrative approach bridges classical Ayurvedic protocols with ancestral and energetic healing.

With a focus on the emotional and spiritual roots of disease, Elsa guides her clients through personalized detox and rejuvenation therapies that awaken the body and restore connection to the soul.

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal



¹Dr. Avi Sharma-Ph.D., M.D.(Hom.), B.H.M.S., ²Dr. Tegsharan Kaur- M.D.(Hom), B.H.M.S.

¹Faculty- Dept. Of Repertory-Homoeopathic Medical College and Hospital, Sector 26, Panjab University, Chandigarh, India

Guest Faculty- Dept. Of Anatomy- Nehru Homoeopathic Medical College and Hospital, Defence colony, Delhi University, New Delhi

²Faculty- Dept. Of Physiology- Singh Sahab Homoeopathic Medical College and Hospital, Amroha, U.P., India

Senior Homoeopathic Consultant- Hahnemann Homoeo Clinics, Shalimar garden Extension 2, Sahibabad, Ghaziabad-201005

Homeopathy in Cancer Palliation: The Role of Nature's Healing

Homeopathy is a system of individualized medicine founded on the principle of *similia similibus curentur* (like cures like), employing inert medicinal substances which are given medicinal power by process of potentization to stimulate the body's innate response. In the present world of integrative oncology, In cases of advanced malignant conditions, the primary contemporary role of homeopathy is not curative but supportive, focusing on the essential domain of palliative care for cancer patients. This approach specifically targets the palliation of challenging symptoms—such as chemotherapy-induced nausea, fatigue, pain, anxiety, and general decline in well-being—that often severely diminish the patient's quality of life. This individualized therapeutic strategy inherently aligns with the fundamental philosophical tenet that "Nature is its best physician." By administering gentle, specific stimuli, homeopathy aims to awaken and facilitate the vital force—the self-regulatory and inherent healing capacity of the human organism—allowing the body to actively engage in symptom management and re-establishing equilibrium. Consequently, homeopathy is increasingly viewed as a valuable, non-toxic, and complementary modality within modern cancer care, working alongside conventional treatments to enhance patient comfort and dignity by leveraging the subtle, self-healing wisdom of nature.

Keywords

Homoeopathy, law of similars, body's own energy i.e. vital force, homoeopathy in cancer, palliation of cancer, relief from cancer.

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal

Biography

Ph. D. (Homoeopathy), M.D.(Hom.), B.H.M.S.

Chief Homoeopathic Consultant at Hahnemann Homoeo Clinics

Faculty - Dept. of Repertory, Homoeopathic Medical College and Hospital, Sector 26, Chandigarh (Punjab University)

Guest Faculty - Dept. Of Anatomy, Nehru Homoeopathic Medical College and Hospital, University of Delhi, New Delhi.

A 4th generation classical homoeopath who wants to show the world the true might of Homoeopathy. A Researcher, teacher, practitioner and upcoming author who's mission is to improve the Homoeopathic practise and also prepare future Homoeopaths who are ready to face the world with the fine art of Homoeopathy.

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal



Dr. Kanchan Upreti, BHMS

Nehru Homoeopathic Medical College and Hospital,
University of Delhi, New Delhi

Reviving Nature's Rhythm: A Homoeopathic Perspective on Infertility through the Law of Similars

Infertility, one of the most sensitive and increasing global health challenges, often symbolizes a deeper separation from the natural rhythm that governs life. Traditional healing systems have long regarded fertility not merely as a physical capacity but as an outcome of harmony between the body, mind, and environment. The homoeopathic approach, grounded in the eternal law of Similia Similibus Curentur ("like cures like"), embodies the profound truth that nature itself is the best physician. Homoeopathy interprets every manifestation of infertility whether endocrine, emotional, or lifestyle-related as a reflection of an internal disharmony in the vital force. Instead of imposing external control, it works in resonance with nature's intelligence, gently stimulating the organism's innate power of regulation and repair. This dynamic principle mirrors natural ecological restoration, where balance returns through adaptation rather than suppression. Integrating classical homoeopathic philosophy with modern insights from psych neuroendocrinology, stress biology, and lifestyle medicine offers a renewed understanding of reproductive wellness. Such an integrative outlook emphasizes individuality, mental calm, circadian balance, and ecological living as essential companions to the healing journey. Thus, the restoration of fertility through homoeopathy represents far more than the achievement of conception it signifies the re-awakening of vitality and reconnection with the self and with nature's creative rhythm. In this harmony between traditional wisdom and modern science lies the continuing relevance of homoeopathy: a gentle art and precise science that allows the physician within nature to heal once more.

Keywords

Infertility, Homoeopathy, Law of Similars, Vital Force, Natural Healing, Mind-Body Harmony, Traditional Medicine

Biography

Dr. Kanchan Upreti, Gold Medallist from Nehru Homoeopathic Medical College and Hospital, Delhi, is a young and visionary homoeopathic physician actively involved in clinical practice and research. She practices classical homeopathy with a holistic, patient-centered approach and is passionate about motivating the youth and promoting homoeopathy as a modern, science-driven practice. She has delivered presentations at prestigious internationally sponsored conferences in Sweden, Austria, Switzerland, and India.

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal



Dr. Yugal kumar

M.D (SCH.) GDMHMCH ,India

B.H.M.S (Nehru Homoeopathic Medical College and
Hospital New Delhi, India)

Parent-Focused Psychological Counselling to Improve Sleep in School-Age Children (6-12 years): Evidence-informed Model for Paediatric Sleep

Sleep disturbances among school-age children (6-12 years) including bedtime resistance, delayed sleep onset, and night awakenings are increasingly linked to disrupted family routines, anxiety, and inconsistent parenting practices. This presentation introduces an evidence-informed, parent-focused psychological counselling model that positions parents as the primary agents of change. The framework integrates psychoeducation, behavioural parent training, and cognitive counselling within a brief 3-5 session module adaptable for in-person or telehealth delivery. A rapid review of meta-analyses, RCTs, and pilot studies indicates that targeting parental beliefs and behaviours significantly improves child sleep outcomes, reduces parental fatigue, and enhances emotional wellbeing. Telehealth-based interventions have demonstrated comparable efficacy, ensuring accessibility across diverse settings. By addressing both behavioural and cognitive dimensions, the model bridges the gap between child sleep management and parental mental health. Parents adopting consistent routines and constructive cognitions report faster and more durable improvements in children's sleep and family functioning. Complementing this psychological framework, a classical homoeopathic approach offers an individualized, holistic pathway for managing underlying emotional, behavioural, and constitutional factors contributing to paediatric sleep disturbances. Remedies are selected on the basis of totality of symptoms can effectively restore balance, reduce sleep-related anxiety, and promote natural, restorative sleep without dependency or adverse effects. This integrative, family centered approach represents a scalable, sustainable strategy for promoting paediatric sleep health in modern high-stress, digitally influenced lifestyles.

Keywords

Parent-focused counselling, Child sleep problems, Behavioural parent training, Psychoeducation, Cognitive restructuring, Parental beliefs, Sleep interventions, Family routines, Parental burnout, Evidence-informed model, Paediatric sleep health

Biography

I am a dedicated Classical Homoeopathic Physician, researcher, and lifelong learner committed to bridging the gap between evidence-based medicine and the holistic healing principles of homoeopathy. My clinical practice focuses primarily on paediatric and rheumatological cases, where I strive to combine individualized care with scientific rigor to achieve deep and lasting results. Passionate about advancing the global recognition of homoeopathy, My work focuses on developing integrative approaches that uphold its classical foundation while aligning with modern research standards.

12

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal



Harshita Bansal, Dr. Avi Sharma, Ph.D. (Homoeopathy),
M.D.(Hom.), B.H.M.S.

4th prof year, B.H.M.S. Nehru Homoeopathic Medical
College and Hospital, University of Delhi, New Delhi,
India

Embracing the Curative Power of Nature: A Holistic Approach to Healing through Homoeopathy and the Doctrine of Signature

The idea of using nature's healing power has been essential to homeopathic medicine for centuries. By exploring the connections between natural remedies, homeopathic principles, and the doctrine of signature, we can find a complete approach to healing that aligns with the natural world. Homeopathy is a system that treats the whole person—mind, body, and spirit—as a connected entity. Based on the principle of “let like be cured by like” (Similia Similibus Curentur), homeopathy uses natural substances to trigger the body's natural healing processes, promoting balance and well-being at all levels. This approach takes into account the individual's unique symptoms, temperament, and constitution, ensuring care that is both personal and effective. This research aims to examine the Doctrine of Signature, an ancient idea that suggests nature offers visual hints or signatures that point to the healing qualities of plants and substances. These signatures can be seen in the look, shape, color, and other features of the remedies. The study will also consider how much a crude substance should be potentised to make it therapeutically active and less harmful product. Studies have shown that crude substances, when taken without potentiation (Happy-go-lucky operations), can be very dangerous. Therefore, every medicine needs to be potentiated. In due course, this study will also explore “Nature's Law of Cure” and the benefits of a holistic approach to healing. Moreover, this paper will shed some light upon the philosophy with clinical evidence and how the well selected homoeopathic remedy cures the case, has been well elicited in this paper. Hence, by embracing nature's healing power along with the principles of homeopathy and the doctrine of signature, we can develop a better understanding of the complex relationships between humans, nature, and the healing process. This holistic method can open up new opportunities for healing and wellness, leading to a more balanced and harmonious life.

Keywords

Doctrine of signature; Homoeopathy; Nature's law; Potentisation

Biography

I am a fourth professional year B.H.M.S Student at Nehru Homoeopathic Medical College and Hospital, Delhi University, New Delhi. Alongside my academics, I've worked on many case studies under the guidance of my professor, Dr. Avi Sharma. I've been serving as one of the chief organizers of an upcoming international medical seminar entitled -“Paediatric sleep disorder,” involving India, Germany and Brazil. As a future physician, I would like to take Homoeopathy beyond borders.

12

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November 14-15, 2025 | Lisbon, Portugal



Ghania-HAMDI-DEGOBERT^{1, 2}

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Challenges and Strategies in the Formulation of Natural Bioactives from Plant Sources

The development of formulations based on bioactive compounds derived from plant extracts or powders of leaves, bark, or roots is increasingly employed to enhance the value of natural products. These bioactives, including polyphenols, flavonoids, terpenes, alkaloids, and saponins, exhibit a wide range of antioxidant, anti-inflammatory, and antimicrobial activities, but often present challenges such as poor solubility, instability, and low bioavailability. Depending on their physicochemical properties, stability, and intended route of administration, various dosage forms can be designed to preserve their functionality and optimize therapeutic efficacy. This presentation outlines the main formulation strategies adopted to overcome these limitations, with an emphasis on the selection of excipients, stabilization approaches, and delivery systems aimed at improving the performance and reproducibility of plant-derived bioactive formulations.

Keywords

nanoparticles, liposomes, Hard capsules, soft capsules, creams, gels

Biography

Dr. G. Degobert is an Associate Professor in Pharmaceutical Technology at the University of Lyon 1. She earned her Ph.D. in Pharmaceutical Technology from the University of Paris XI. Her research focuses on the design and development of innovative particulate delivery systems based on biodegradable polymers and native or modified cyclodextrins for drug delivery applications. She is also an expert in formulation and stabilization of advanced drug delivery systems, particularly through drying technologies such as freeze-drying and spray-drying. With over 20 years of experience in lyophilization processes, she has been continuously involved in collaborative projects with pharmaceutical companies, contributing her expertise to the development and optimization of novel formulation strategies.



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November 14-15, 2025 | Lisbon, Portugal



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The Law of Similars: Nature's Own Physician

In the realm of medicine, nature remains the most skillful physician, operating through immutable laws that govern health and disease. Homoeopathy draws its strength from these very principles, recognizing disease as a dynamic disturbance of the body's own energy i.e. vital force rather than a mere structural change. Central to its therapeutic action is the law of similars: a stronger dynamic affection, produced by a well-chosen remedy, can remove a weaker one when both express similar manifestations. This curative process does not suppress pathology but awakens the organism's self-healing capacity, leading to restoration of harmony.

This paper explores the law of cure in practice through a case of chronic psoriasis. The patient, unresponsive to conventional therapies, presented with extensive lesions and severe itching, alongside characteristic mental-emotional traits. A remedy, selected on the basis of totality, mirrored both the somatic and psychological expressions of the disorder. The response was remarkable: progressive reduction of lesions, easing of discomfort, and improvement in general well-being. This clinical outcome underscores how the application of nature's therapeutic law, when faithfully followed in homoeopathy, can achieve what suppression cannot—true cure.

By integrating philosophy with clinical evidence, the paper highlights that the homoeopathic physician is not imposing cure but cooperating with nature, allowing it to act as its own best healer.

Keywords

Homoeopathy, law of similars, body's own energy i.e. vital force, homoeopathic natural approach to cure chronic diseases as well as acute

Biography

I am a fourth professional year BHMS student at Nehru Homoeopathic Medical College and Hospital, Delhi University, New Delhi. Alongside my academics, I've worked on many case studies under the guidance of my professor and I'm serving as one of the chief organizers of an upcoming international medical seminar involving India, Germany and Brazil. 2 of my abstracts have been selected at international conferences, including my current participation in one to be held in the United States and another one in India. Deeply inclined toward research, I aspire to engage in global conferences that foster exchange of ideas with researchers and mentors. As a future physician, my goal is to serve the goodwill of people through holistic care while advancing innovative work that strengthens homoeopathy's standing in modern medicine.

12

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal



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Comparative phytochemical study and bio-activity activities of pure and nano-encapsulated essential oil in liposome from Djiboutian *Cymbopogon commutatus* and three commercial *Cymbopogon*

In our previous research, we discovered that essential oils (EOs) from the *Cymbopogon* genus, known locally as Caws Dameer or Dambahu, have significant anti-cancer properties. We analyzed EOs from four *Cymbopogon* species using GC-MS and found a significant variation in their phytochemical composition. Oxygenated monoterpenes were the dominant components in all species, with (+)-(R)-Limonene, geraniol, and alpha- and gamma-elemene being the most common compounds across the species.

However, the primary terpene components of these essential oils are delicate and have low water solubility, which limits their effectiveness. To overcome this, we developed a method to encapsulate these compounds using naturally derived polymeric matrices, specifically soybean lecithin. This approach aims to improve the preservation and bioavailability of these essential oils.

The resulting nano-emulsions have demonstrated enhanced biological activity, decreased toxicity, and improved homogenization in aqueous mediums. However, their stability under normal conditions needs to be improved.

Biography

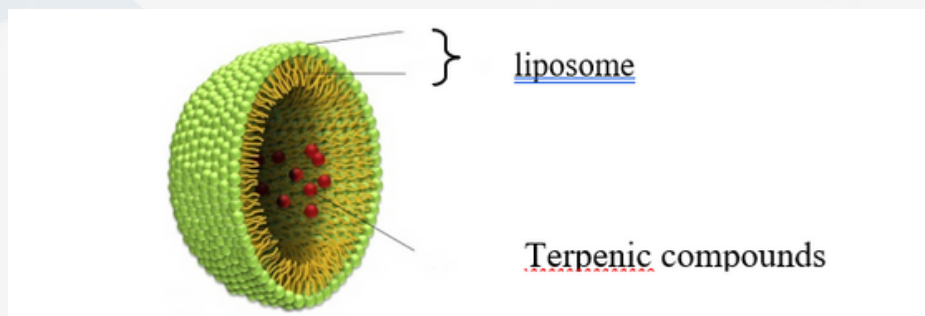
Elsa Ramos Elías is an Ayurveda Health Consultant trained in Siddha Veda under Dr. Smita Naram, with advanced Panchakarma studies at Ayurvedguru Hospital (Karnal, India). She is recognized as a Doctor of Traditional Medicine by the Zenú Indigenous Council of Colombia. In addition, she has studied Western herbalism, traditional alchemy, and is a certified Usui Reiki Master.

Her integrative approach bridges classical Ayurvedic protocols with ancestral and energetic healing.

With a focus on the emotional and spiritual roots of disease, Elsa guides her clients through personalized detox and rejuvenation therapies that awaken the body and restore connection to the soul.

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal



Nanoemulsion system, Afornali et al. 2016/ modified

Keywords

Cymbopogon commutatus, essential oil, encapsulation, bio-activity and nano-emulsion.

Biography

Abdirahman Elmi is a dedicated researcher at the Medicinal Research Institute (IRM-CERD), part of the Centre d'Études et de Recherche de Djibouti, where he contributes to advancing biomedical and medicinal research in the Horn of Africa. His work supports national and regional scientific priorities, focusing on the study of medicinal plants, traditional healing knowledge, and the identification of bioactive compounds with therapeutic potential. He is actively involved in laboratory and field-based investigations aimed at improving understanding of locally significant diseases, developing evidence-based herbal remedies, and strengthening Djibouti's research capacity in public health and natural product chemistry.

In addition to his research activities, Abdirahman participates in collaborative projects with regional and international partners, promoting scientific exchange and innovation. His efforts contribute to the institute's mission of fostering sustainable healthcare solutions tailored to Djibouti's environmental resources and cultural practices. Through his commitment to advancing medicinal research, he plays an important role in bridging traditional knowledge and modern scientific exploration.

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal



Vela M, Lamula S, Buwa-Komoreng, Maroyi A

Infectious Diseases and Medicinal Plants, Department of Biotechnology and Biological Sciences,; Faculty of Science and Agriculture; University of Fort Hare; Alice, 5700, South Africa

The phytochemical and pharmacological properties of *Cussonia spicata* species

Cussonia spicata, known as umsenge, belongs to the Araliaceae or ginseng family, and species of this family have been associated with numerous pharmacological properties, which include anti-aging, antiapoptotic, anticancer, antidiabetic, anti-inflammatory, antiobesity, antioxidant, antiviral, immunomodulatory, immunostimulant, and neuroprotective. This study aims to investigate the phytochemical constituents and pharmacological properties of *C. spicata* to support its traditional applications. Phytochemical screening, FTIR, antioxidants, and antimicrobial assays, were conducted using standard assays. Whereas the anti-inflammatory and anticancer activity were conducted using MTT assay. The phytochemical analysis showed the presence of flavonoids, terpenoids, steroids, and alkaloids. The FTIR reveals the presence of OH, C-C, PO₃, and C-CL bonds. The methanol extract demonstrated significant antioxidant, antimicrobial, anti-inflammatory, and anticancer activities, followed by ethanol and aqueous extract. All the extracts demonstrated a dose-dependent antioxidant, anti-inflammatory and anticancer activity. These findings suggest that *Cussonia spicata* possesses significant antimicrobial, antioxidant, anti-inflammatory, and analgesic properties, supporting its potential use as a source of natural bioactive compounds for developing therapeutic agents.

Keywords

Cussonia spicata; Pharmacological properties, phytochemical properties; Antioxidant; Antimicrobial; Anti-inflammatory

Biography

Mzuyanda Vela is an experienced Research Outputs Manager at the University of Fort Hare with over five years of expertise in research administration, currently pursuing a PhD. Skilled in managing scholarly publications, research data, and institutional outputs, Mzuyanda has contributed to developing systems that support accurate reporting, compliance, and strategic decision-making. Passionate about research excellence and innovation, he collaborates with academics, stakeholders, and policymakers to strengthen accurate research outputs reporting. With a strong background in research management, he is committed to advancing the number of research outputs produced

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal



Abdel Karimou Ngamsou*, William Armand Mala', Pierre Marie Chimi² Forbi Preasious Funwi", Constantin Engoulou', Joseph Achille Messi Effa⁵, Michele Elodie Kouoguem Kaïndem⁶, Fabrice Nzoyeuem Djonko⁷, Urich Landry Fokoua⁸, Samuel Brice Adounga⁹, Marie Marguerite Mbolo¹⁰

Department of Plant Biology- Research Unit in Forest Ecology, University of Yaoundé I, Cameroon

Ethnobotanical study and vulnerability of medicinal plants used against the symptoms of COVID-19 in the Lomié subdivision, East Region of Cameroon

Science has advanced to the point that traditional medicine is now a useful instrument for treating a wide range of human ailments. Indigenous peoples and local communities (IPLCs) do not, however, have access to the contemporary healthcare system. As a result, they turn to biological resources, which are the only readily available and accessible means of treating diseases like COVID-19 and flu outbreaks. In response to worldwide illnesses, this study aligns with the perspectives of traditional knowledge of biological resources, particularly therapeutic plants. Therefore, this study was aimed to document the use of the potential of medicinal plants by IPLCs in the Lomié subdivision to manage COVID-19 symptoms. In four villages in the Lomié subdivision Ekom, Payo, Eschiambor, and Kongo, ethnobotanical surveys, including semi-structured interviews on traditional usage of plants against Covid-19 symptoms, were carried out with 80 participants in order to meet all of the study specific objectives. To analyze the data, both descriptive and inferential statistics were applied. The findings show that the respondents are well aware of the symptoms of the COVID-19 and that gave them the ability to provide timely and efficient responses. The survey identified 43 species from 39 genera grouped in 28 families were used to treat COVID-19 symptoms, with bark being the most commonly used plant part (43.8%). Decoction was the most frequently used method of preparation (50%), and oral administration was the main route of administration (56.3%). A total of 30 species were recorded to be vulnerable, with *Entandrophragma cylindricum* (Sprague) Sprague, *Milicia excelsa* (Welw.) Benth, *Myrianthus arboreus* P.Beauv., and *Trichoscypha aborea* (A. Chev.) A. Chev being the most vulnerable, with vulnerability index of 2.4. Most of the plant species were harvested from secondary forests (44.2%), of which trees formed 48.8%. It can also be very beneficial in the development of new medications for a variety of illnesses.

Keywords

COVID-19, Ethno-medicine, Indigenous knowledge, local communities, Medicinal plants, Vulnerability

Biography

My name is Karimou Ngamsou Abdel, I am Ph.D. student at department in Plant Biology, Option Botany-Ecology, at University of Yaoundé I in Cameroon. The aim of my research is the valorization of traditional knowledge, in particular medicinal plants. My thesis project concerns the ethnobotanical study and quality control of the preparation of recipes based on medicinal plants used in the treatment of malaria in Cameroon.

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal



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*Department of Biochemistry, National Open University of Nigeria, Abuja.

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Nutritional and chemical composition of *Moringa oleifera* flowers and its potential to alleviate malnutrition and covid-19 symptoms

A balanced diet may play an essential role in maintaining general well-being by controlling chronic infectious diseases. Balanced diets including vitamins and micronutrients may also be beneficial in preventing or managing various infectious diseases. This study evaluated the nutritional composition, vitamins, minerals, and anti-nutrients content of *Moringa oleifera* flowers using ALASA methods and ICP-OES technique. Proximate analysis revealed that total ash was 8.82%, fat 3.48%, protein 23.52%, moisture 8.915%, dry matter 91.09%, crude fibre 12.828% and carbohydrates 42.44%. High acid detergent fibre (ADF), vitamins (A, C, and E), neutral detergent fibre (NDF), and minerals were also observed the in *Moringa oleifera* flowers. Saponin was the highest anti-nutrient ($20.66 \pm 11.54\%$), followed by oxalate ($18.53 \pm 1.944\%$) and alkaloids ($10.85 \pm 3.77\%$) with phytic acid ($2.89 \pm 0.67\%$) the least. High contents of potassium (2975 ± 63.09), manganese (3.5 ± 0), copper (0.9 ± 0), and zinc (4.8 ± 0) necessary for fighting infections were present. This study shows that *Moringa oleifera* flowers are immensely rich in vital nutrients that are of great importance to health and metabolism and have the potential to prevent malnutrition and boost immunity to prevent infectious diseases like COVID-19.

Keywords

vitamins, nutrients, proximate, *Moringa oleifera* flowers, malnutrition

Biography

Dr. Sandisiwe Maposa is a dynamic young scientist and entrepreneur hailing from Ngqamakwe in the Eastern Cape, South Africa. A proud alumna of the University of Fort Hare, she holds a Doctor of Philosophy (PhD) in Botany, with a research focus on plant biochemistry, particularly the medicinal properties of plants and their role in economic development.

Her academic journey began at Executive Primary School and later Mida Christian School in iDutywa, where her passion for science was nurtured. She matriculated in 2013 with a Bachelor's degree admission and soon after joined the University of Fort Hare, renowned as the cradle of black intellectual leadership in South Africa. She majored in Microbiology and Botany, completing her undergraduate degree in record time, followed by Honours, Master's, and PhD degrees.

Driven by a vision to bridge scientific knowledge and practical application, Dr. Maposa launched SandyMaps Personal Care, a brand inspired by her research. The brand offers eco-friendly hair and body care products made with essential oils and plant extracts, many derived from indigenous medicinal plants. Through her business, she champions the value of traditional knowledge, biodiversity, and natural beauty solutions while contributing to local economic development.

Her work has earned her invitations to present her findings across several African countries, positioning her as a rising voice in the fields of plant science, sustainable entrepreneurship, and indigenous innovation

INTERNATIONAL CONFERENCE ON TRADITIONAL AND ALTERNATIVE MEDICINE

November 14-15, 2025 | Lisbon, Portugal



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Obesity Anthropometric and Body Composition Measurements and Indices as a Predictor of siMetS Score among Jordanian Females

Background

The dramatic increase in metabolic syndrome (MetS) prevalence has prompted numerous studies to explore noninvasive methods for predicting its severity, offering a promising avenue for future research.

Objectives

To investigate the ability of obesity anthropometric and body composition measurements and indices to predict the MetS severity (reflected by the continuous MetS score (siMets score)).

Methods

A cross-sectional study included 621 adult females. Anthropometric and body composition measurements were taken (weight, height, waist circumference (WC), hip circumference (HC), percentage body fat, percentage muscle mass). Biochemical data were collected. The siMetS score, waist-to-hip ratio (WHR), body mass index (BMI), and fat mass index (FMI) were calculated and categorized.

Results

Based on the siMetS score quartiles, age, weight, WC, and HC increased as we moved from the lower quartile (Q1) to the higher one (Q4). All anthropometric and body composition measurements and indices increased significantly from Q1 to Q4 in the siMetS score ($p < 0.05$). The percentage of obese participants among siMetS score quartiles increased significantly from Q1 to Q4, regardless of the anthropometric measurements and body composition indices used. WHR was the highest categorical obesity index, which explains the 23% change in siMetS score severity, followed by BMI (22%), FMI (19%), and body fat percentage (15%).

Conclusion

This study's findings demonstrate the potential use of obesity anthropometric indices and body composition measurements as noninvasive, alternative approaches to predict MetS severity. These methods could replace invasive methods requiring biochemical measurements, offering a more accessible and cost-effective means of assessing MetS severity.

Keywords

body composition; metabolic syndrome; severity; fat mass index; body mass index; prediction.

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November 14-15, 2025 | Lisbon, Portugal

Biography

Alkhatib had graduated from the University of Jordan with a PhD. Degree in Clinical Nutrition and Dietetics. She has expertise in teaching and research in nutritional epidemiology, with a focus on obesity and metabolic syndrome. She has published over 30 original articles on nutritional epidemiology and the consequences of obesity. Additionally, she has served as an Assistant Professor in the Department of Clinical Nutrition and Dietetics at the Hashemite University in Jordan since 2022. Currently, she is preparing for her associate degree and has supervised many master's students.

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