

Ayurveda 2014 in Germany Role model for Global Integrative Medicine?

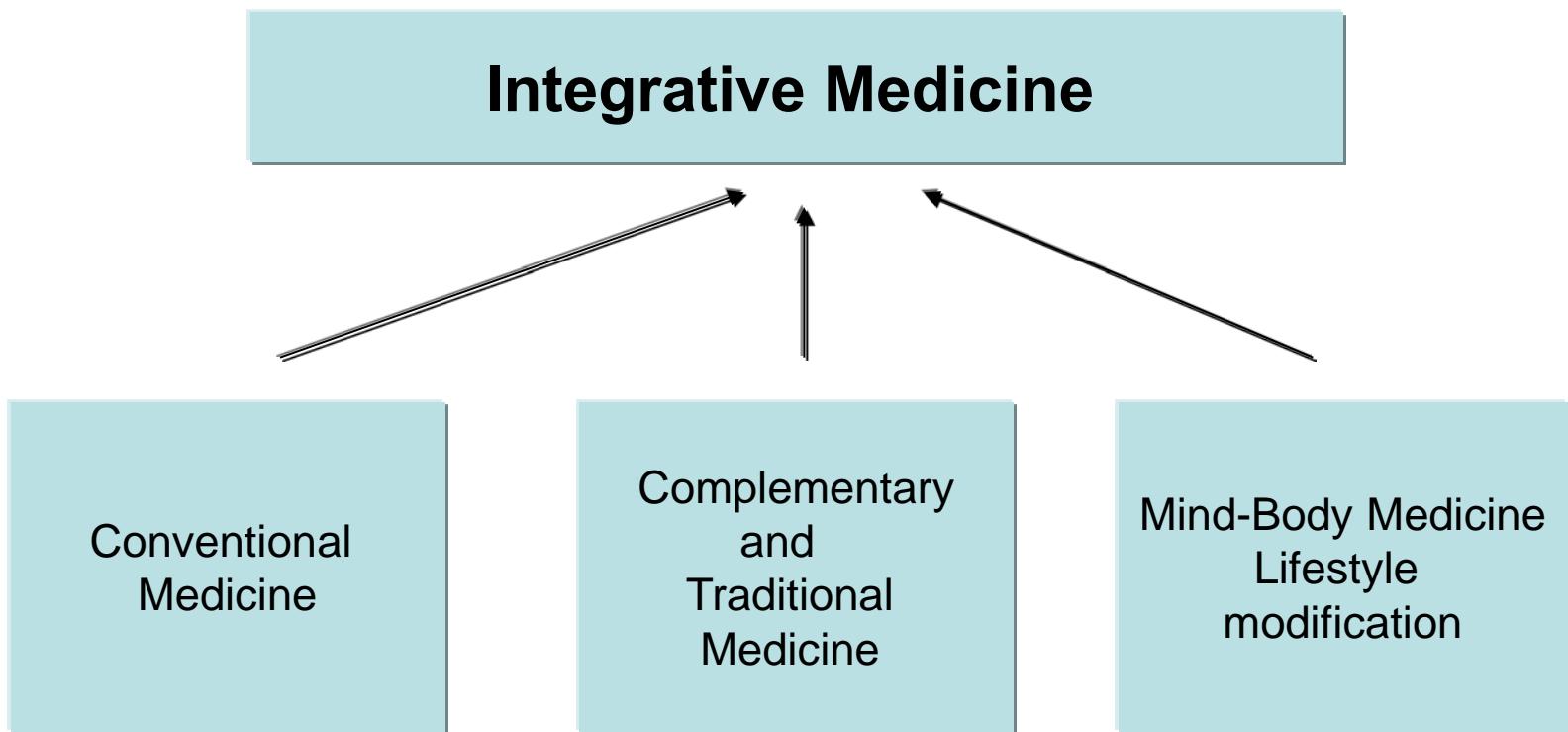
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Charité – Universitätsmedizin Berlin

Integrative Medicine

Integrative Medicine is the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing.

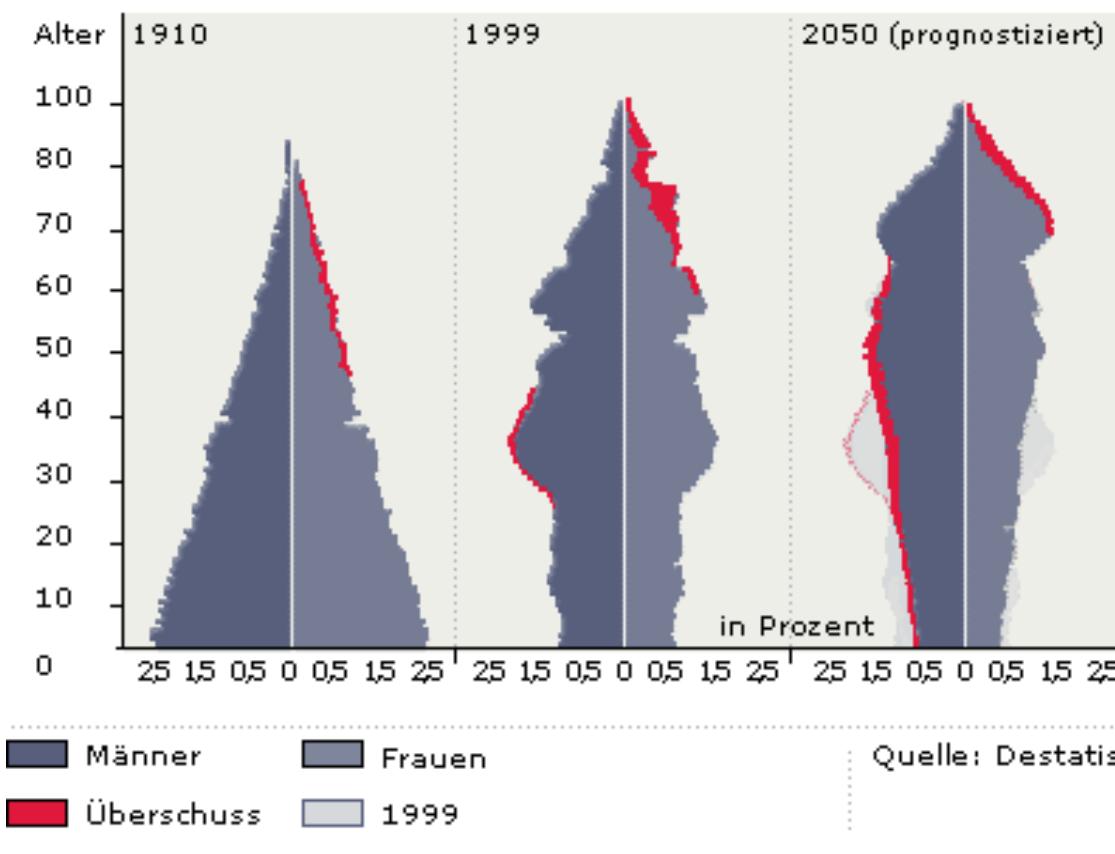
Developed and Adopted by The Consortium of Academic Health Center for Integrative Medicine, May 2004
(<http://www.ahc.umn.edu/cahcim/about/home.html>)

Treatment concept



Demographic Trend in Germany

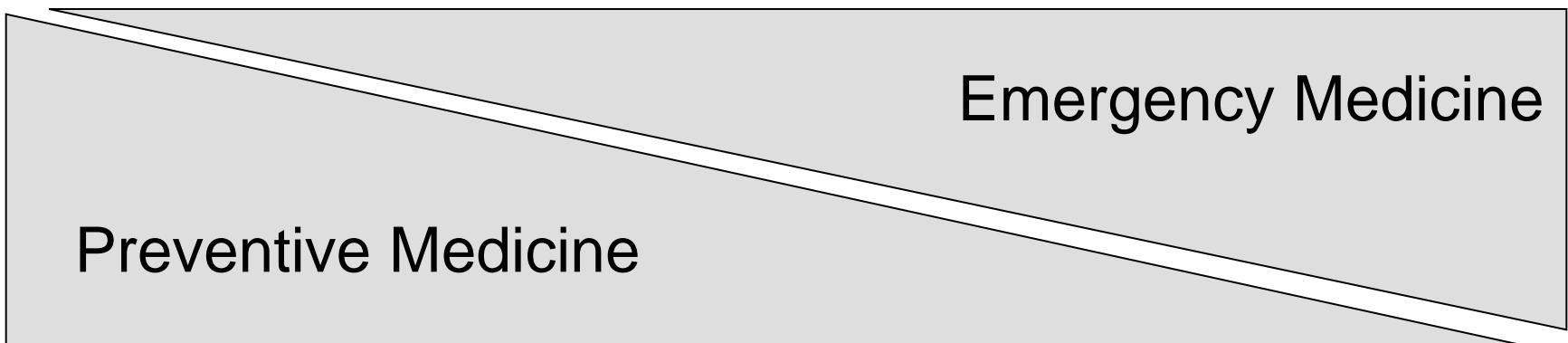
Altersaufbau der Bevölkerung in Deutschland



→ More chronic and age-related diseases

Balance of Emergency Medicine and Prevention/Treatment of Chronic Disease

| | Kos | Rom | Berlin | Germany |
|------|------|-----|--------|---------|
| Year | -400 | 100 | 1710 | 2014 |



Complementary and Integrative Medicine in German Universities

Universität Witten-Herdecke:

- Lehrstuhl für Medizintheorie, Integrative und Anthroposophische Medizin:

Prof. Dr. P. Heusser

Universität Duisburg-Essen:

- Stiftungsprofessur für Naturheilkunde und Traditionelle Chin. Medizin:

Prof. Dr. G. Dobos

TU München:

- Stiftungsprofessur für Naturheilkunde und Komplementärmedizin,

Prof. Dr. D. Melchart



Universität Rostock:

- Stiftungsprofessur für Naturheilkunde

Prof. Dr. K. Kraft

Charité – Universitäts-medizin Berlin

Kneipp-Professur
Naturheilkunde

- Prof. Dr. B. Brinkhaus**
Klinische Naturheilkunde und Integrative Medizin

Prof. Dr. A. Michalsen

Universitätsambulanzen der Universitätsklinik Heidelberg und Universitätsklinik Freiburg

WHO: Promoting Traditional Medicine Individualized and personalized Medicine

Traditional European Medicine (TEM)

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

Traditional Chinese Medicine (TCM)

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

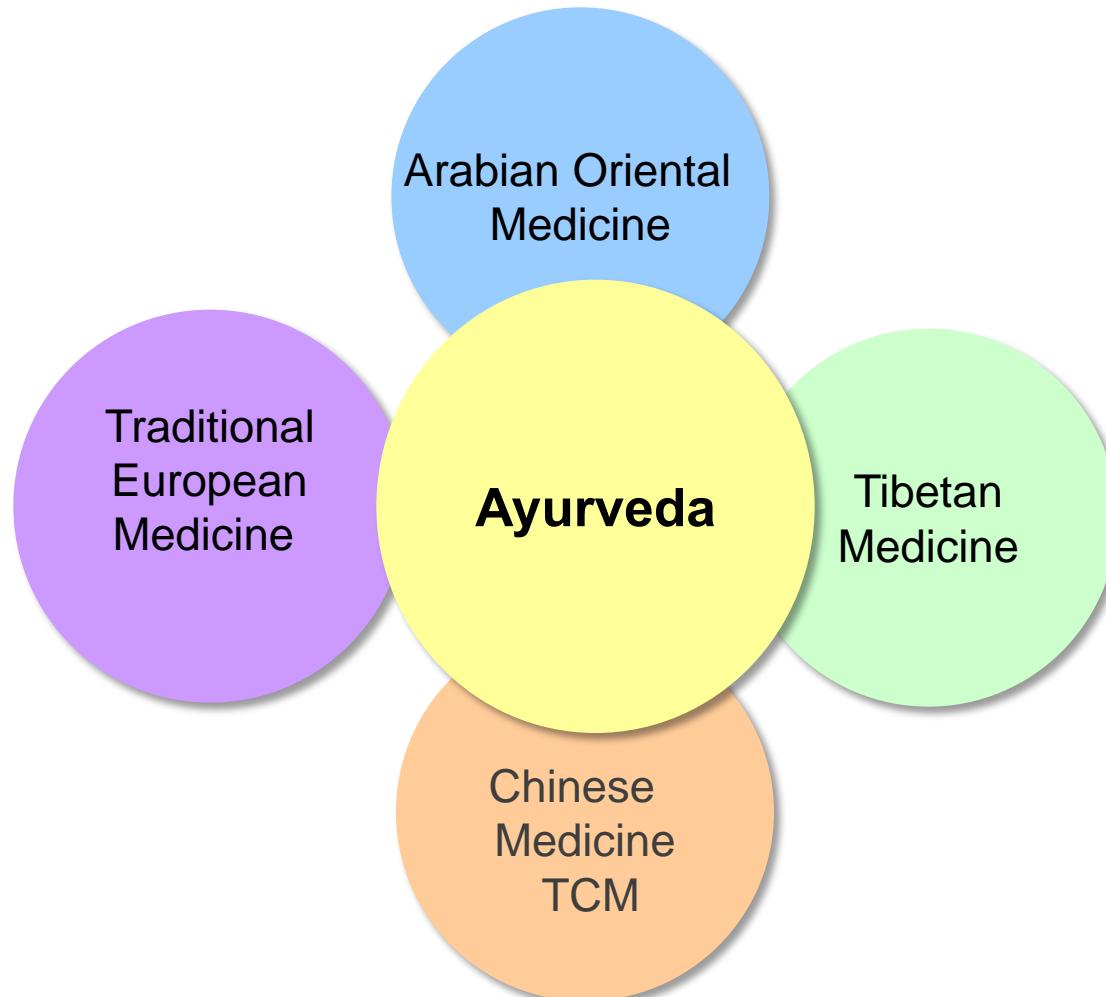
Traditional Indian Medicine Ayurveda (TIM)

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

Ayurveda Medicine and Chinese Medicine



Ayurveda in the frame of the most significant traditional medical systems



Evaluation of Evidence for Traditional Treatments: Examples of Research

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

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

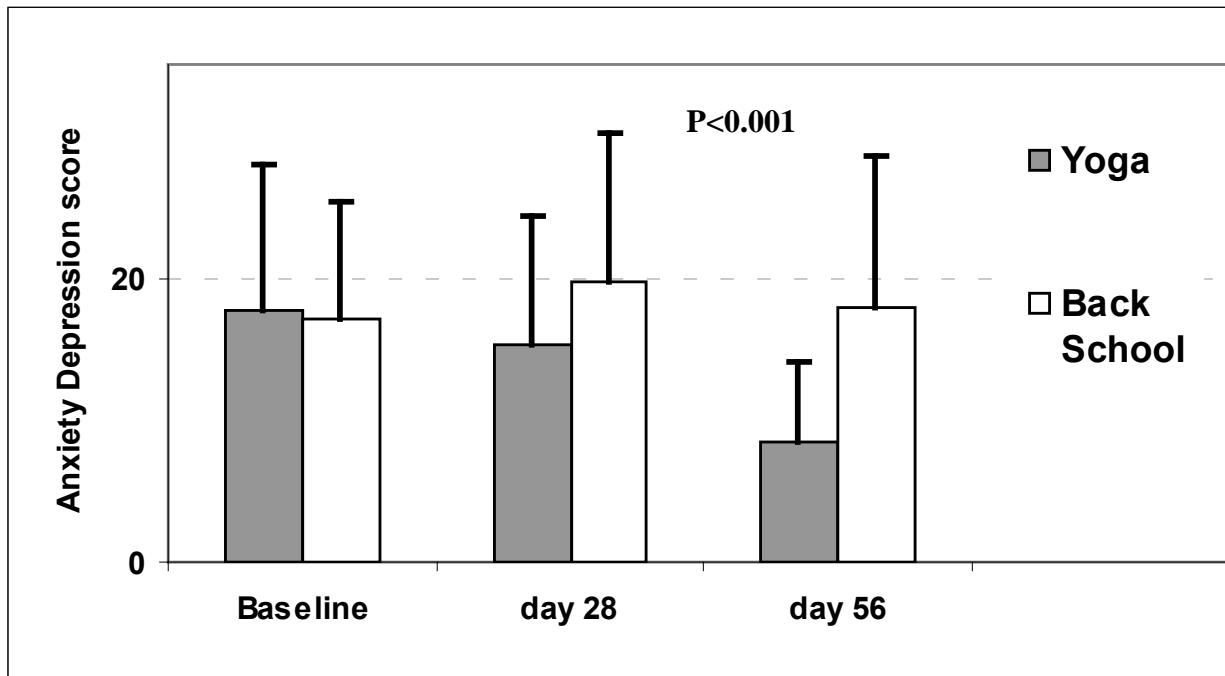
Gua Sha reduces pain in neck pain and back pain (*Clin J Pain* 2009)

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

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

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

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



Michalsen A, Traitteur H et al
J PAIN 2011

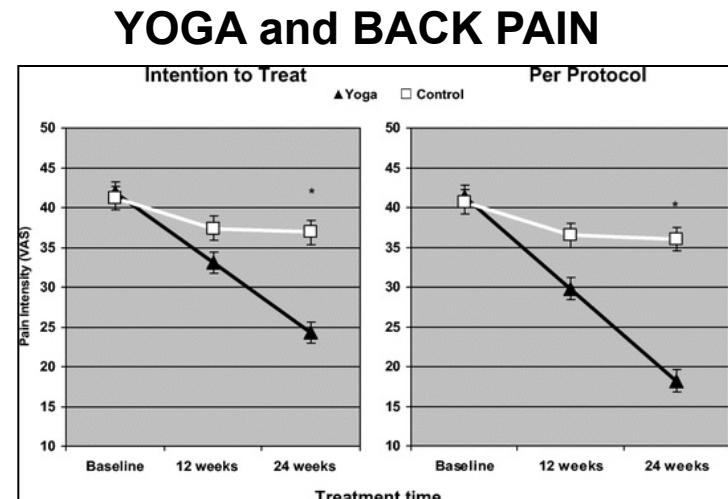
Yoga in breast cancer – metaanalysis

Strong effects on QOL and psychological well-being

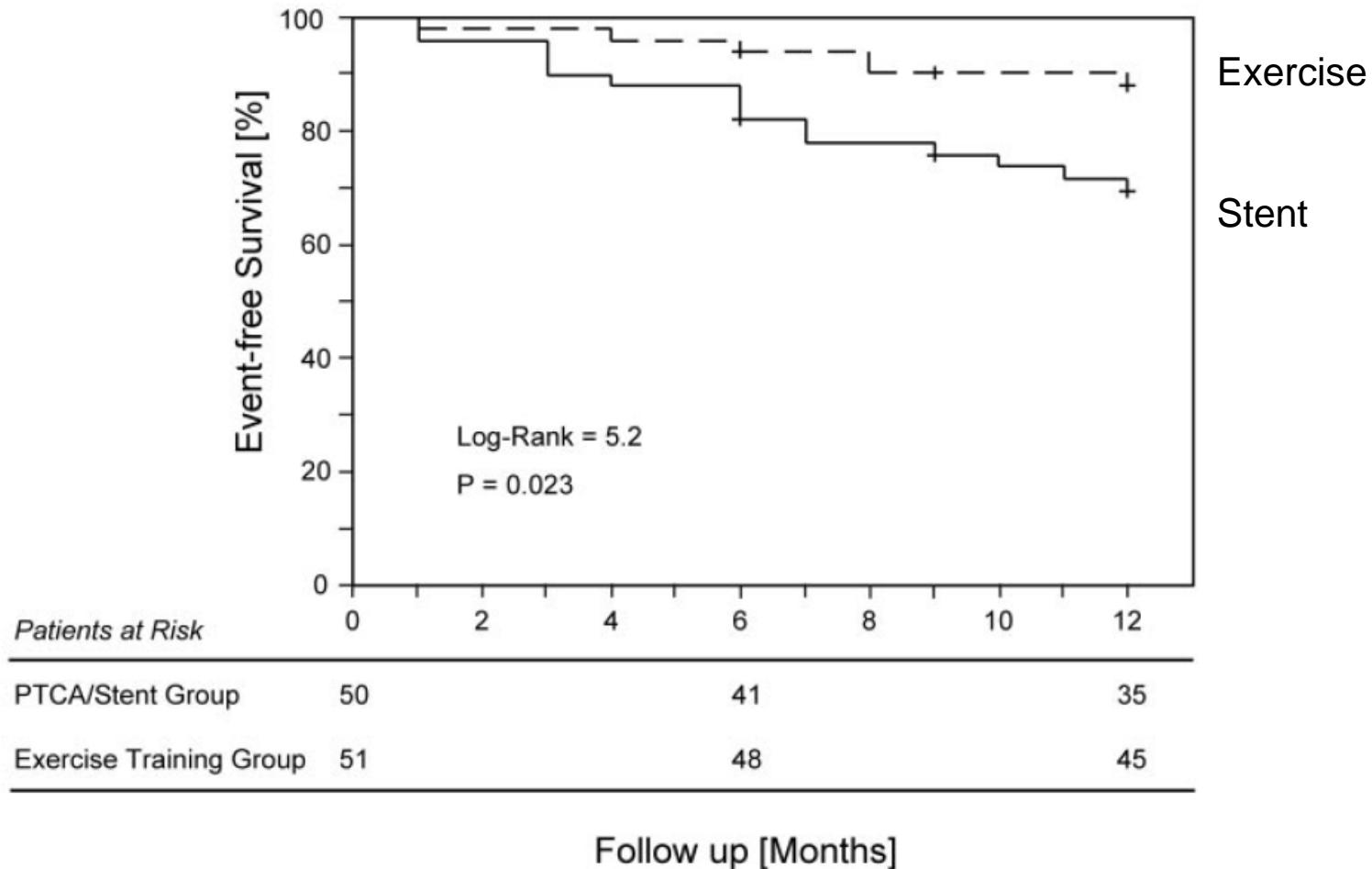
| Outcome | No. of studies | No. of patients (yoga) | No. of patients (control) | Standardised mean difference (95% confidence interval) | P (overall effect) | Heterogeneity I ² |
|----------------------|----------------|------------------------|---------------------------|--|--------------------|------------------------------|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

Yoga (Hatha/ Pranayama) - Evidence

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



Exercise versus Coronary intervention: Exercise is better



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

Vegetarian diet improves insulin resistance, metabolism and oxidative stress

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

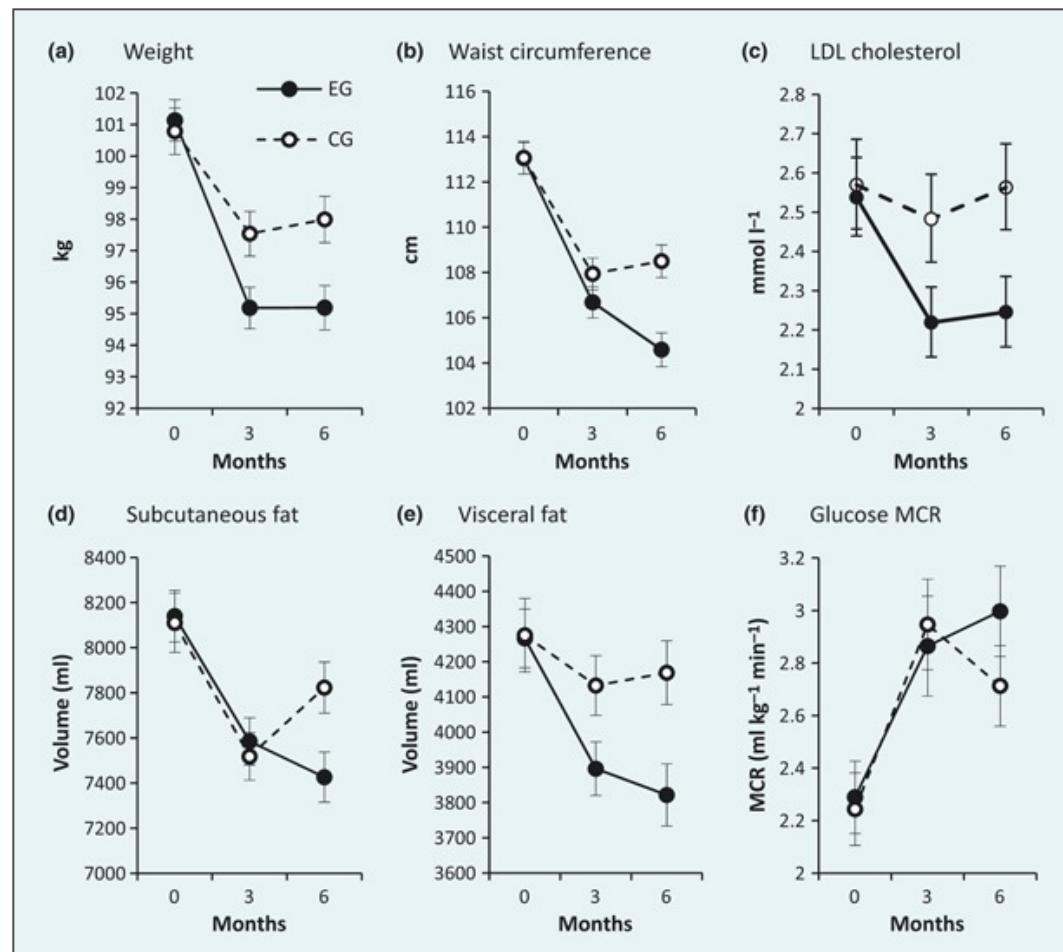
74 Patients

Group 1:

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

Group 2:

kaloric restrictive vegetarian diet
60% CH 15% Protein

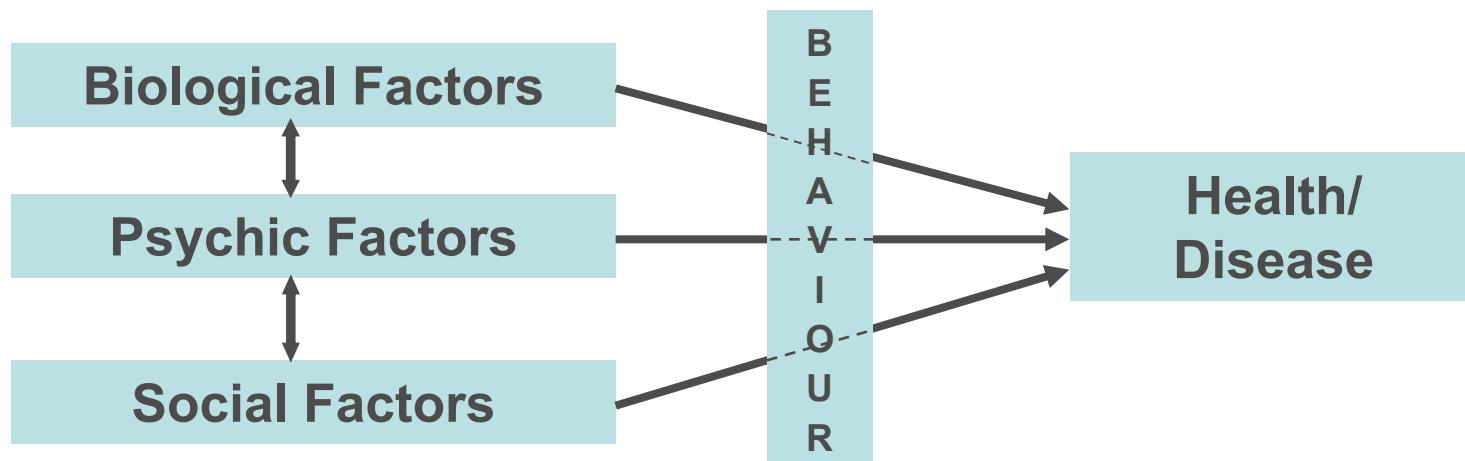


The need for better treatment of Chronic disease - and the approach of Ayurveda

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

Paradigmatic Change

Integrative view



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

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

Challenges and barriers

Herbal Medicine:

„Treasure“
Inhomogenous Quality

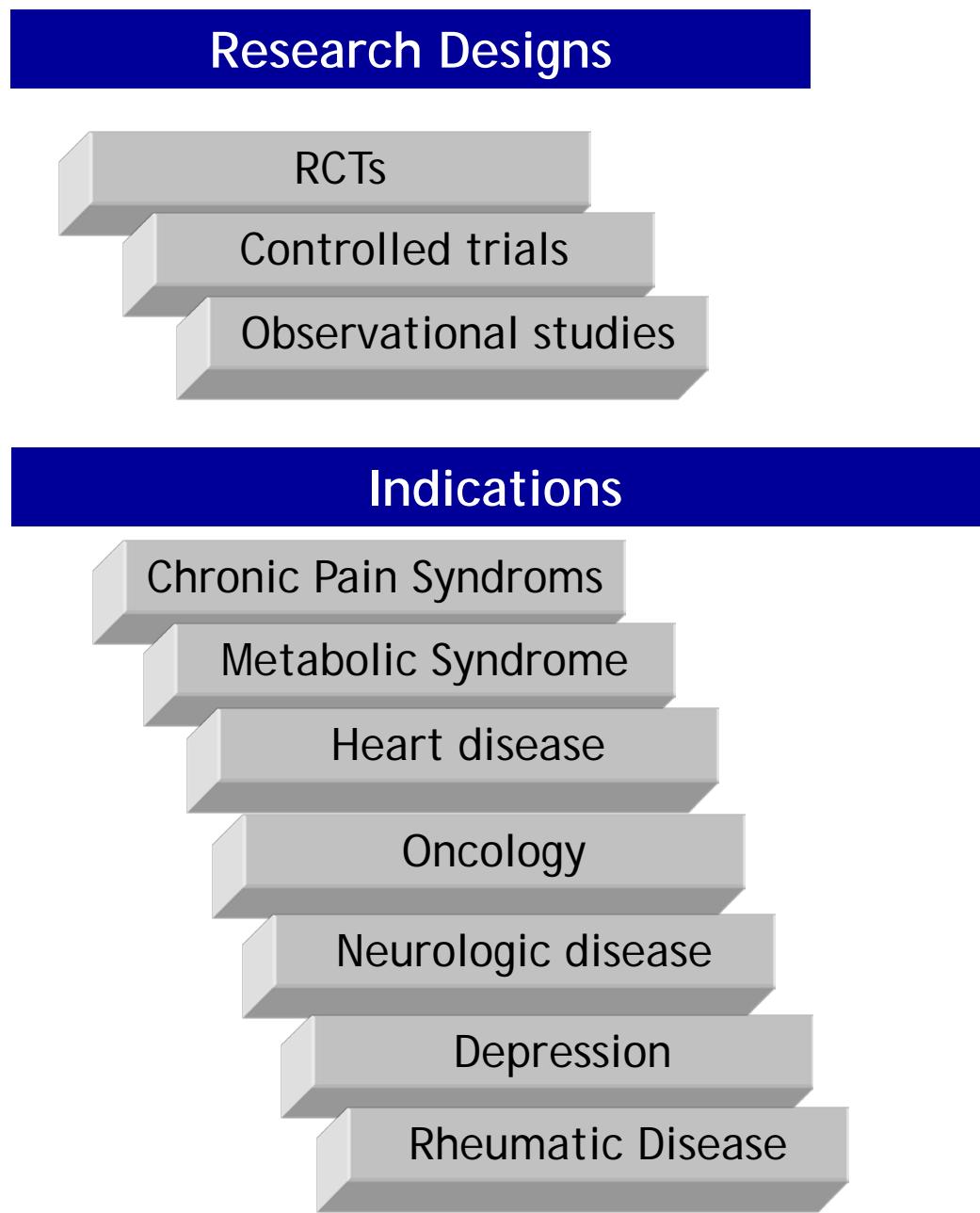
Herbal Medicine:

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

Medical Education:

Quality of Training
Licensing for MDs

Clinical Research in Ayurveda – 2014 and future



Summary and Perspectives

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