

EDUCATIONAL FORUM

National workshop on Scope of Integrative Medical Treatment in Clinical practice (SIMTI-2020): A brief report

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ABSTRACT

Integrative medicine is an approach to integrated health care that focuses mainly on the patient with the range of physical, mental, emotional, social, and spiritual health of the person, which can help people with cancer, persistent pain, chronic fatigue, fibromyalgia, and many other conditions better manage their symptoms and improve their quality of life by reducing fatigue, pain, and anxiety. It is also a personal strategy that adheres to the uniqueness of the person, their need and their circumstances. Siddha medicine is claimed to revitalize and rejuvenate dysfunctional organs that cause the disease. Kayakarpam, a special combination of medicine and lifestyle, Varmam therapy, Vaasi (Pranayamam), and Muppu the universal salt are the specialties of Siddha system of medicine. Thus, this system connects both spiritual and physical and treats the person, i.e., it concentrates the physical, psychological, social, and spiritual well-being of an individual, also reveals the same hypothesis to the medical systems. Implementation of the integration of both Western and AYUSH can probably be a comprehensive treatment for the global challengeable diseases. The integrative medicine (IM) approach recently reemerged with the hope of providing an affordable and practical solution to the global healthcare crisis. To propagate integration in treatment strategies, a workshop was organized by Siddha Clinical Research Unit, Tirupati, and the events and the feedback are narrated briefly in this article.

Key words: Integrative Medicine; Siddha Clinical Research Unit; Siddha Medicine; AYUSH


WORKSHOP TITLE

This national workshop was themed with the scope of integrative medical treatment in clinical practice (SIMTI), integration is mainly focused on AYUSH medical system with western medical system. The acronym SIMTI is a word from Romanian language which means "Experience".^[1] The acronym fits well to the workshop title as it too focuses on the experience of clinical practice, the growing trend of

integration. Siddha day is an auspicious occasion celebrated on the star birthday of Siddha Agathiyar, the father of Siddha Medicine and this year, the third Siddha day falls on January 13, 2020.^[2] It was proposed by the Central Council for Research in Siddha (CCRS) to conduct pre-Siddha day events in peripheral Siddha Clinical Research Units, Siddha Medical Colleges and Hospitals. A National workshop on SIMTI was organized by Siddha Clinical Research Unit, Tirupati, and CCRS in association with Sri Venkateswara Institute of Medical Sciences (SVIMS) on January 03, 2020 in connection with at Sri Padmavathi Auditorium, SVIMS. The workshop commenced around 8.30 am with registration.

REGISTRATION AND REFRESHMENT

The registration form to participate in the workshop was created using Google form and circulated through social media. The

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registration process was carried out through the link <https://forms.gle/UAJJUhWPacaeG819>. Registration fee for students and practitioner/faculty/researchers/industrialist was Rs. 100 and Rs. 200, respectively. The work related to registration was executed by Dr. S. Rajalakshmi, Research Associate and team members. Refreshment for the participants was arranged in the refreshment hall by Dr. K. Arunachalam, Research Associate and his team. A total of 150 students/faculties were registered and 140 participants were participated in the workshop.

INAUGURATION

The inauguration ceremony started around 10.00 am. Welcome speech was delivered by Dr. K. Samraj Research officer i/c of Siddha Clinical Research Unit, Tirupati, that was followed by lightning of lamp. The Director General of Central Council for Research in Siddha, Prof. Dr. K. Kanakavalli gave the inaugural address. The Director General quoted that integration is a way of practicing medicine in a way that selectively incorporates elements of complementary and alternative medicine into comprehensive treatment plans alongside solidly orthodox methods of diagnosis and is not usually taught in medical schools. Furthermore, she narrated the importance of integrative medicines (IMs) that it helps to raise the prognosis profile of patients, also designs a plan to help us build healthy behavior and skills. She also highlighted that familiarization with complementary therapies is needed to be started in medical schools and other institutes of higher education through awareness programs so that it will create fundamental changes in the way, physicians are trained because integrated medicine is not just about teaching doctors to use herbs instead of drugs.

Honorable Director cum Vice chancellor of SVIMS Prof. Dr. B. Vengamma was the guest of honor who, in her speech, elaborated the need of integration and appreciated the efforts of SCRUI, Tirupati, toward integration. Furthermore, in her speech, she mentioned about the basic elements of Siddha, prevention, the core concept of Siddha medicine, and the necessity to propagate integration. The Vice Chancellor in her speech pointed out the need for Siddha day celebration saying that it is to sensitize the public about holistic approach in health-care system and to equip students, faculty members, and practitioners of Siddha for providing standard care.

The special invitee Prof. Dr. S. P. Thiyagarajan Professor of eminence and Dean, Sri Ramachandra Medical University, Chennai, made a note on importance of preclinical studies in integration of medicine. In his speech, he mentioned about out numbering chronic illness, the writing cost of medicines, and diagnostic algorithm at present. He also made a note in the changing trend of general public toward holistic health. He added that to have a great success the evidence-based medicine must not be restrictively protocol based. He also made clear to the students the difference between complementary medicine and alternative medicine.

BOOK LAUNCHING PROGRAM

A book titled “An Anthology of Research Reviews on Siddha Integrative Treatment,” a compilation work of integrative studies done by various authors was published on the occasion.^[3] Honorable Vice Chancellor of SVIMS released the book and the first copy was received by the Director General Prof. Dr. K. Kanakavalli, CCRS, Chennai. The chief editor is Prof. Dr. K. Kanakavalli, Director General and the editors are Dr. K. Samraj Research Officer i/c, Dr. K. Nandhagopal, Dr. S. Radha, Dr. K. Arunachalam, and Dr. S. Rajalakshmi. The book contains research articles including literature review and preclinical and clinical trials in an integrative way to enlighten the researchers on integrative research. It explains literature evidence of integration in Siddha system of medicine, challenges in integrative research. It also includes interesting articles on pragmatic trials, self-controlled studies, and crossover studies. The National Health Policy regarding integration is also explained briefly in the text.

The program was felicitated by Dr. M. Hanumantha Rao Dean and Sr. Prof. of Anaesthesiology, SPMC, Dr. K. V. SreedharBabu, Registrar, SVIMS, Dr. UmaMaheswara Rao, Head of Dept. of Pharmacology and In-charge of Controller of Examinations, and Dr. R. V. R. Prasad Research Officer and i/c, Clinical Research Unit – Homeopathy (Under Central Council for Research in Homeopathy (CCRH), Ministry of AYUSH, Govt. of India), Tirupati.

SCIENTIFIC SESSIONS

Three thematic sessions were conducted in the workshop as per the schedule.

1. Thematic session I: Introduction of IM and medical procedures
 - Prof. Dr. S. P. Thiyagarajan Professor of eminence and Dean, Sri Ramachandra Medical University.
2. Thematic session II: IM in public health:
 - International and national level policies to promote integration of modern medicine and evidence-based medicine by Dr. P. Sathyarajeswaran, Director i/c, Siddha Central Research Institute, Chennai
 - Role of health-care communication in the development of IM by Dr. Pranabandhu Das, Associate Professor, Dept. of Radiation Oncology, SVIMS, Tirupati.
3. Thematic session III: Preclinical and clinical efficacy in IM:

It was conducted as post-lunch session around 2.45 pm, shared by three key speakers

 - Efficacy of integrated medicine in preclinical aspect by Dr. K. R. Subash, Associate Professor, Dept. of Pharmacology, SVIMS, SPMC (W), Tirupati
 - Integration of yoga and meditation in cardiovascular diseases (CVDs) by Prof. Dr. V. Vanajakshamma, Department of Cardiology, SVIMS, Tirupati

- IM in the management of Pain by Dr. C. Anbarasi, Research Officer (Siddha), Siddha Central Research Institute, Chennai.

Introduction of IM and Medical Procedures

International and national level policies to promote integration of modern medicine and evidence-based medicine (EBM)

Prof. Dr. S. P. Thiyagarajan explained what it really means effective integration and about National Health Policy (NHP) 2017 that had strongly advocated mainstreaming the potential of AYUSH within a pluralistic system of integrative health care and reemphasizes the need for integrating AYUSH in the National Health Mission, research, and education. He said that it is the most powerful policy expression of integrative health care since independence that highlights strategies to meet national health goals through protocol-driven integrative practices.

Role of health-care communication in the development of IM

The view on role of communication in the development of IM was explained by Dr. Prabhbandhu Das. He narrated the importance of communication in patient-physician relationship, particularly in integrative approach, and transparency of information for patients choosing health plans, hospitals, clinical practices, or alternative treatments.

Efficacy of integrated medicine in preclinical aspect

Dr. K. R. Subash in his speech explained about reverse pharmacology, the stages in new drug discovery, WIN situation. He also added the importance of preclinical studies in IM.

Integration of yoga and meditation in cardiovascular diseases (CVDs)

Prof. Dr. V. Vanajakshamma concentrated toward the leading non-communicable disease with higher incidence of morbidity the cardiovascular diseases. She emphasized the importance of yoga in preventing CVD, stating that yoga is useful in primordial, primary, and secondary prevention of CVD by contributing either primary/complementary role. She also taught a short session of relaxing and meditation to be stress free, which was really soothing and made everyone feel fresh.

IM in the management of pain

Management of pain in an integrated way was explained by Dr. C. Anbarasi, Research Officer Siddha as the last topic of the session. In her speech, she explained in detail about pain, types of pain, and manipulation of Varmam in pain. Varmam is the therapeutic stimulation of specific points, in which energy is found concentrated. It is very effective for

the management of various diseases such as neurological disease, neuromuscular problems, migraine headaches, convulsions, arthritis, and spinal problems. The speech was too impressive, as she explained the clinical efficacy of integration through various case studies.

The details of the event were summarized by Dr. S. Radha, by 4.30 pm. The event ended successfully with valedictory function, followed by vote of thanks by the Research Officer i/c Dr. K. Samraj. In his speech, he appreciated the participants and thanked everyone for their tireless support that was rendered to make the event successful. The program was helpful for the participants in creating awareness about integrative clinical treatment approach, a better solution to face the growing morbidity across the globe.

FEEDBACK ANALYSIS

At the end of the conference, a feedback form was circulated to the participants to fill up and collected back, the response was fed in Google form and the data were tabulated. The questions are as follows:

Hall Amenities

The feedback on amenities in the workshop hall is obtained as rating and the response is tabulated. Feedback on the hall amenities on the asked 4 pointers includes visual, acoustic, meeting space, and program overall and it was validated by excellent, very good, good, fair, and poor types of values. All the pointers were almost on the good to excellent side. Visuals scoring high with 31.7% on the excelled scale compared to other pointers. Acoustic arrangement scoring with 43% on the very good scale. Meeting space score is about 38.6% in good scale [Figure 1].

On Workshop

The feedback questions are about the workshop content, sessions, related to attendees job, recommend this workshop to others, time allocation and follow-up program organizing.

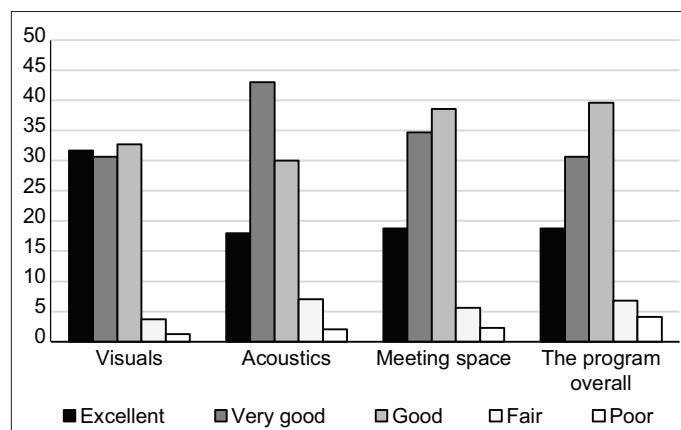


Figure 1: Hall amenities

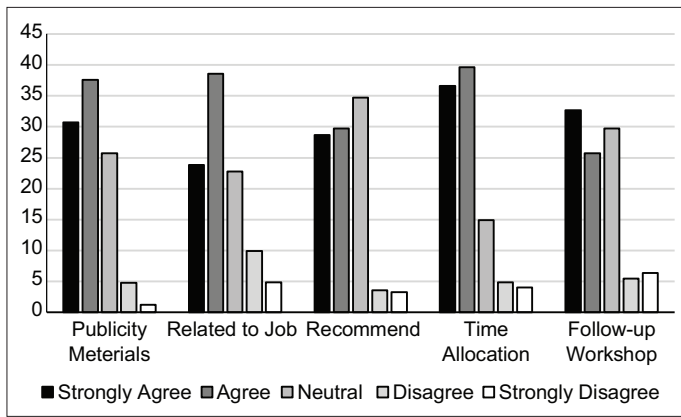


Figure 2: Workshop-related questions

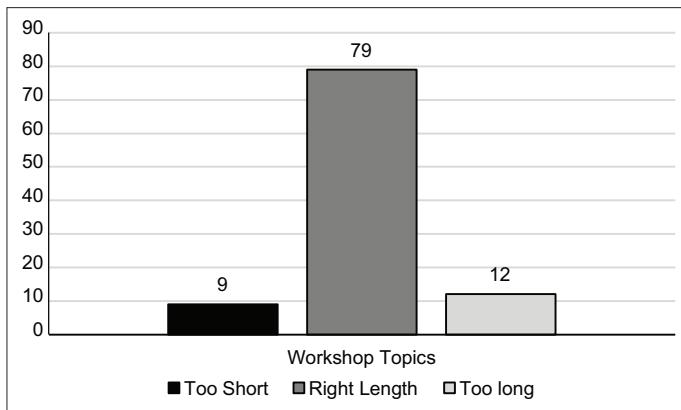


Figure 3: Workshop topic related questions

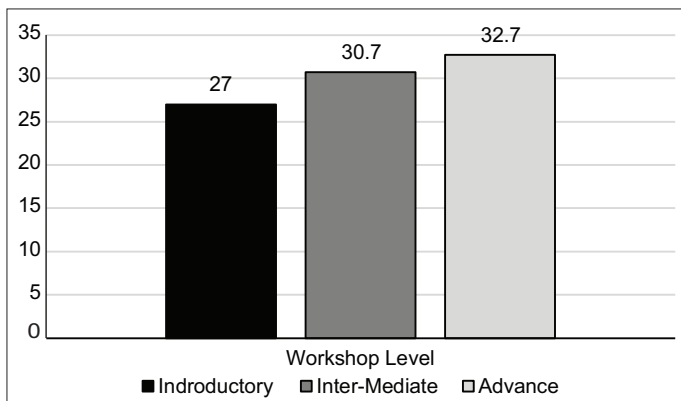


Figure 4: Level of the workshop

Most participants were inclined toward the positive side agreeing to good content and relevance. Yet, there were a substantial number on the neutral side. The top score was on the follow-up of the workshop, followed by the time management. About 32.7% of the participants were explored this workshop as advanced one [Figures 2-5].

About Instructor

The feedback on the instructors validated with their communication skill and topic relevant knowledge. They were good with three-fourth of the participants being satisfied with quality of the content and communication of the instructor [Figure 6].

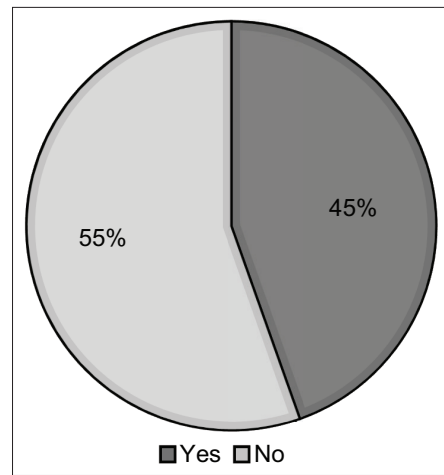


Figure 5: About the SCRU, Tirupati

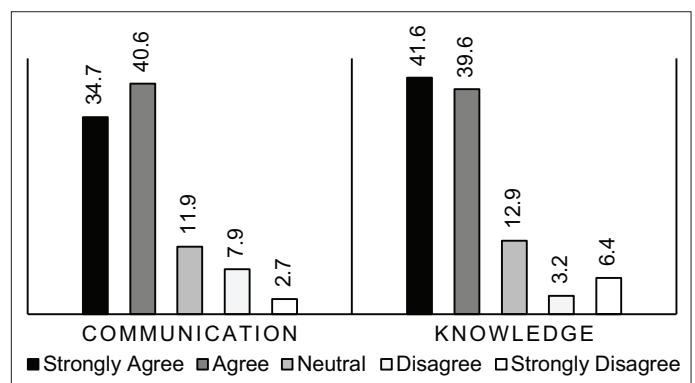


Figure 6: About instructor

CONCLUSION

The National workshop on SIMTI-2020 had a significant impact on the students who were interested in IM, AYUSH practitioners, and IM researchers. This workshop is the one of the milestones in IM practice as well as Siddha system of medicine. Most of the participants gave good feedback about the hall amenities, workshop content, and instructors and have also suggested for the conduction of the next level of this workshop. These above-mentioned suggestions express and insist the importance of the IM and its practice.

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