

Regulating Complementary Medicine in South Africa

Allied Health Professions Council

World Health Organization

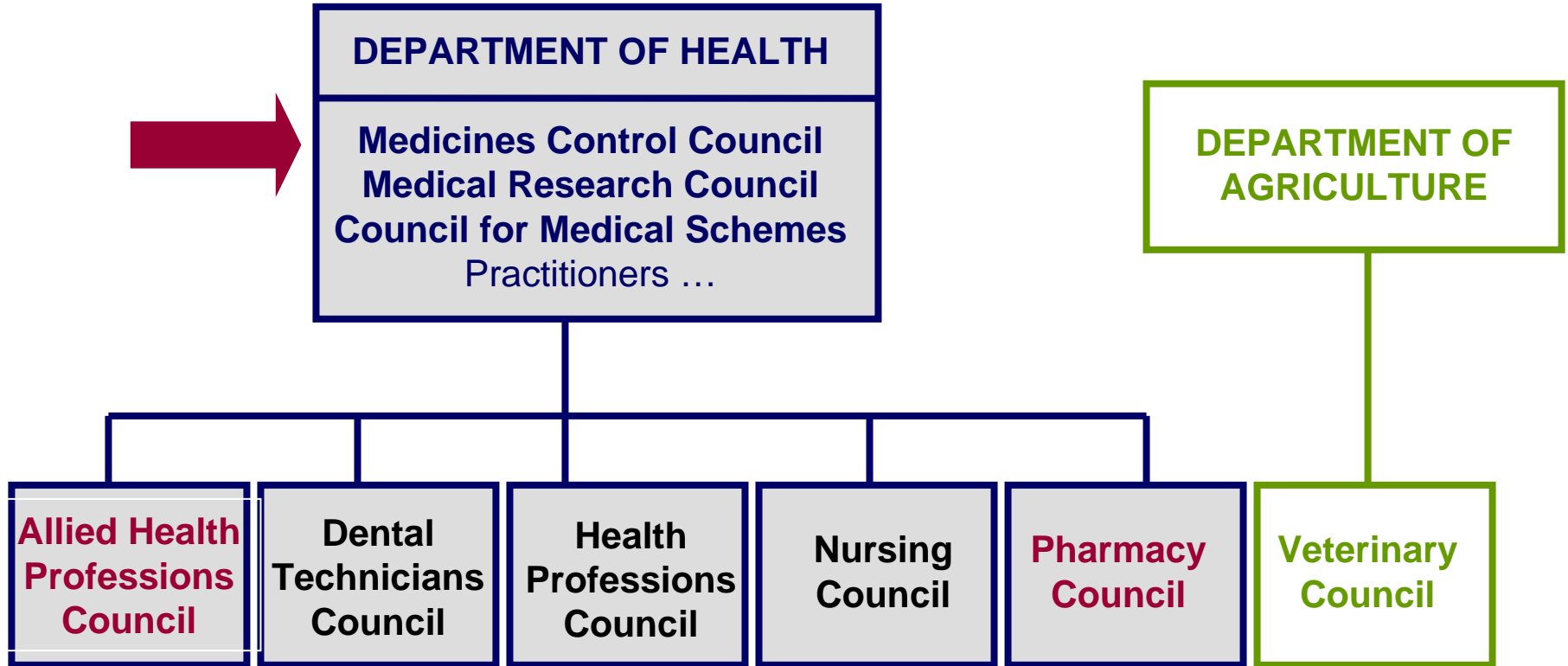
WHO estimates that: “65-80% of world’s population use Complementary and Traditional Medicine as their primary form of healthcare”

Drew & Myers, 1997

Regulation in South Africa

1. Recognising the CAM specialities as different from the Pharmaceutical paradigm
2. Developing specific regulations for CAM
3. Making provision in the Medicines and Related Substances Act (i.e. Category D)
4. Not restricting their sale by irrational or inappropriate legislation

An overview of the Statutory Councils in South Africa



Medicines Control Council

Falls directly under the auspices of the Dept. of Health. Comprises of a mixture of elected and appointed members.

Has a number of expert committees, including the **Complementary Medicines Committee** (CMC).

Medicines and Related Substances

Category D: CAMS Sub-Categories

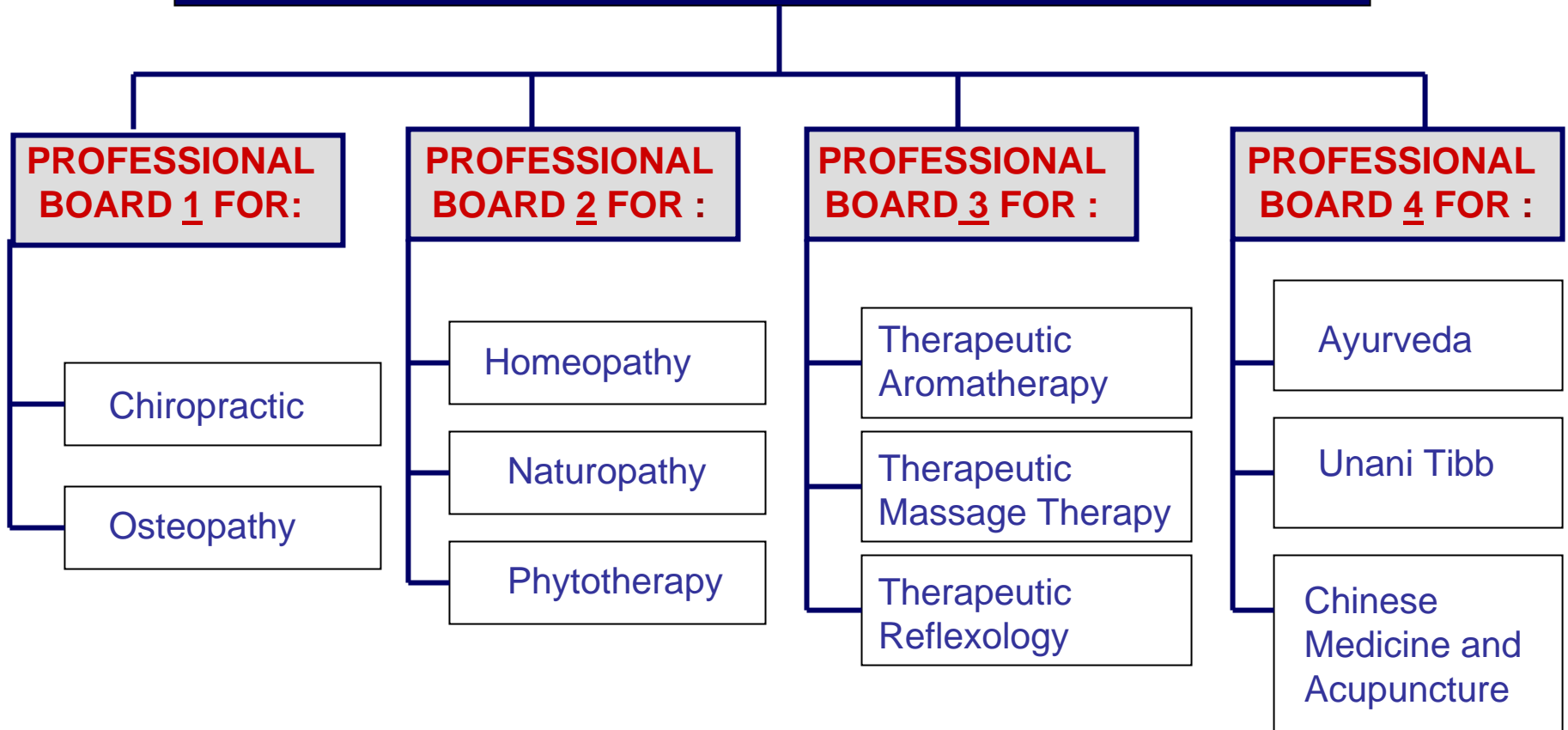
1. Herbal Medicine (Phytotherapy)
2. “Traditional” Systems
3. Aromatherapeutic Essential oils
4. Nutraceuticals
5. Homeotherapeutic Medicines
6. Flower and Gem Essences
7. Combination Medicines and Products

The 11 “Allied Health Professions”

- Chiropractic
- Osteopathy
- Homeopathy
- Naturopathy
- Phytotherapy
- Therapeutic Aromatherapy
- Therapeutic Massage
- Therapeutic Reflexology
- Ayurveda
- Chinese Medicine/ Acupuncture
- Unani Tibb

The Professional Boards of the Allied Health Professions Council

ALLIED HEALTH PROFESSIONS COUNCIL





The Traditional Indian System of Medicine

Pramilla Vassen



The Traditional Wisdom of Ayurveda

Ayurveda literally meaning “the science of life”, is the traditional medicine system of India. It’s natural healing modality is in existence for about 5000 years. Ayurveda is widely acknowledged to be the world’s oldest system of healthcare. The WHO regards it as “the world’s most ancient, scientific, holistic, complete, natural system of healthcare and is the forerunner of all other great systems practiced today.





The art of preventing, restoring and preserving wholeness is central to Ayurvedic Medicine. It encompasses the broadest number of healing modalities. It's practical wisdom includes herbal medicine, surgery, psychology, acupressure, detoxification, rejuvenation, lifestyle counselling, dietetics, yoga, spirituality, meditation, breathing, relaxation, sound therapy, aromatherapy, climatology, astrology, gem and colour therapy.






THE PRINCIPLE THEORY OF AYURVEDA

- Life is an evolutionary process that begins with the union of the spiritual and physical. The evolution of matter in the universe takes place in a cyclic manner and involves 24 principal elements

MACROCOSM & MICROCOSM

- The creative intelligence (spiritual) and the primordial energy (physical) coexist & have an affinity for one another. In their desire to merge together they jointly produce an impulse of energy:

COSMIC INTELLIGENCE

- Satva -Principle of light and radiance
 - Rajas – Principle of movement
 - Tamas – Principle of cohesion
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INDIVIDUAL EGO

- Ego of Satva – creates the mind, 5 sense organs & 5 motor organs
- Ego of Rajas – creates the 5 subtle elements
- Ego of Tamas – creates the 5 primordial elements

THE 5 GREAT PRIMORDIAL ELEMENTS

- Are responsible for orchestrating nature as well as the physiological processes. The elements form the fundamental building blocks in nature, and their coordinated interaction controls all functions in creation.



- **Space**

all pervading, light, subtle, expansion
(hear)

- **Air**

dry, light, clear, mobile, active
(touch)

- **Fire**

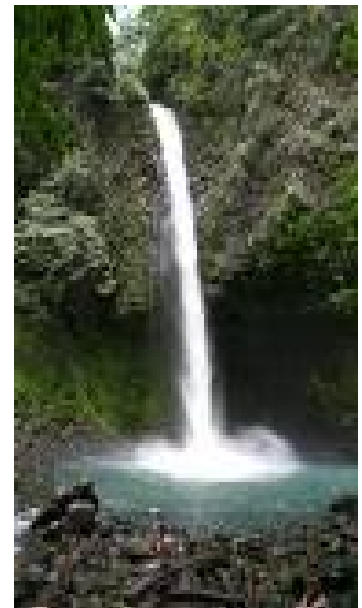
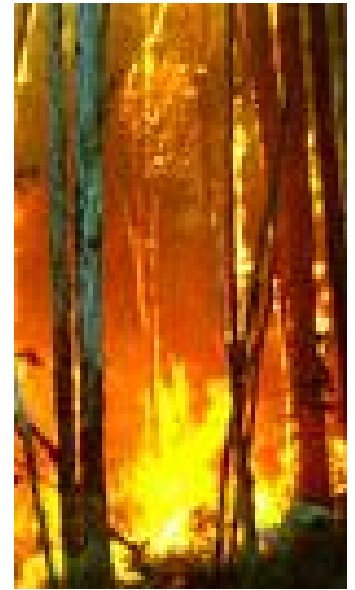
dry, sharp, penetrating, luminous, moves upwards
(vision)

- **Water**

liquid, fluid, heavy, remain horizontal, binding
(taste)

- **Earth**

heavy, hard, rough, firm, slow, stable, stamina
(smell)





TRIDOSHA – THE 3 BIOLOGICAL HUMORS (ENERGIES)

- When the elements manifest in the body they are called doshas. A dosha is a functional intelligence that commands the tissue of the body and gives the body its vast functional capabilities. Doshas orchestrate an estimated 1 billion physiological processes occurring per sec in the body.
- Excess or deficiency causes pathological changes in the body.
- Doshas form the structural compositions of organisms and have functional aspects which are quite profound. With the powerful conceptual tool of Tridosha, the Ayurvedic physician can detect & treat patients at the earliest stages of disease process. The physician can locate the seeds of disease long before clear clinical symptoms appear.





AYRUVEDIC ANATOMY

The Trinity of **V P K** - the 3 protected barriers

Psychological

Physiological

Psycho Physiological

- **VATA**: biological combination of space & air
- **PITTA**: biological combination of fire & water
- **KAPHA**: biological combination of water & earth





BODY CONSTITUTION - PRAKRUTI

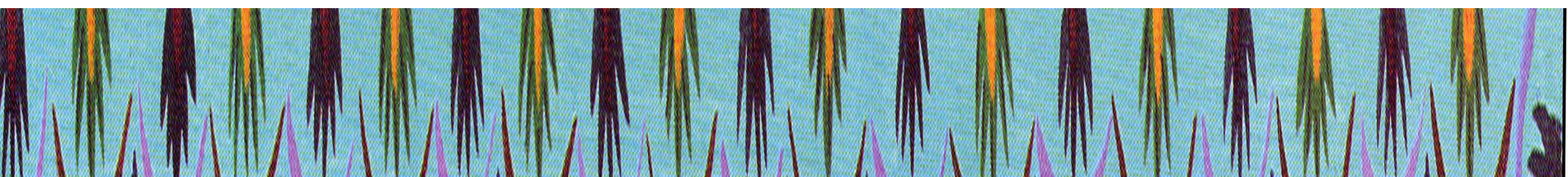
- Every individual has different permutations & combinations of VPK.
- Prakruti the biological individuality, is determined from conception and is the unique phenomenon in Ayurveda. The central tenet of Ayurvedic science is that each human being is unique and has a distinct individual constitution, generic inheritance and predisposition to certain diseases. It recognises that no two persons are exactly the same. Prakruti is responsible for the physical, mental & emotional difference among people. How to read every individual as a living book, is an ART mastered by Ayurvedic physicians.





EFFECTS OF SEASONS

- **VATA** season is cold, windy, dry – **AUTUMN/SPRING**
 - **PITTA** season is hot and damp – **SUMMER**
 - **KAPTHA** season is cold, wet, rainy, snow, damp – **WINTER**

 - Internal environment permutated by VPK and the
 - External environment permutated governed by the forces of the seasons
 - These are constantly reacting in order to protect the inner tissues
 - Eg In order to face cold weather either V & K advances
 - The principle of “like increases like” is activated.
 - Kapha which produces congestion, is increased and thus protects the decaying of the cellular tissues. The external cold instead of affecting the tissues, increases either V or K and in this way act as protective barriers.
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TRIDOSHA - ATTRIBUTES & ACTIONS

- When the elements manifest in the body they are called doshas. A dosha is a functional intelligence that commands the tissue of the body and gives the body its vast functional capabilities. Doshas orchestrate an estimated 1 billion physiological processes occurring per sec in the body.
- Excess or deficiency causes pathological changes in the body.

VATA the biological union of space & air

- Vata is the root of all humors. Vata determines the quality & care of our life force, and is the primary factor in both health & disease.
- In its natural state Vata sustains effort, respiration, circulation, ingestion, ejection, elimination, discharge of impulses, equilibrium of tissues, coordination of senses, lightness, happiness, freshness.
- It promotes adaptability & comprehension, mental balance & orientation





Qualities of Vata

- Dry - skin, lips, faeces, constipation
- Moving- blinking of eyelid, skeletal muscles, internal impulses, agitated
- Clear- clarity of perception, understanding, comprehension
- Cold - hands & feet, circulation
- Subtle - feelings & emotions, fear, anxiety, insecurity,
- Dispersing - qualities of mind are restlessness, ungroundedness, unstable,
- Positive emotion - activeness, freshness, creativeness
- Negative emotion – insecurity, fear, anxiety, restlessness, unstableness
- Locality - colon, thighs, pelvis, ears, nose, lungs, bones & organs of touch

Aggregation of Vata

- causes hyper peristaltic action, constipation, debility, panic, weakness, insomnia, palpitations, breathlessness, liking of warmth, tremors, constipation, insomnia, sensory disorientation, incoherent speech, dizziness, confusion, depression, wasting of vital fluids & body, difficult to calm down.



PITTA the biological union of fire & water

- Pitta is responsible for metabolism & transformation, heat, gastric fire, digestion, visual perception, moisture, hunger, thirst, lustre, complexion, understanding, intelligence, recognition, courage, vision, capacity to perceive reality, softness. Pitta takes the external organic food, metabolises it & transforms it into biological organic substances.
- Hot – body temperature, digestion, absorption, assimilation,
- Light – body frame is light, susceptible to bright light
- Oily – skin, nails, soft oily hair
- Sour – saliva, stomach, acidic ph, acidic indigestion, strong body odour
- Positive emotions – understanding, comprehension, appreciation, recognition, identification, justification, evaluation, notification
- Negative emotions – criticism, judgement, comparison, anger, envy, hate
- Locality – small intestines, stomach, liver, gall bladder, sweat, sebaceous glands, blood lymph, organ of vision.

Aggrevation of Pitta

- hyperacidity, over hunger, acid indigestion, yellow eyes, faeces, urine & skin, thirst, burning sensations, sleeping disorder, fever, all inflammatory diseases, infections, burnout, profuse perspiration, rash, urticaria, acne, conjunctivitis.

KAPTHA the biological union of water & earth

- Kaptha is the cementing material of body, the lubricating material in the joints, also found in the Cerebral Spinal fluid. In the brain it is the white matter. It gives emotional support, strength, stamina, stability & longevity
- Heavy – body frame & muscles, increased body weight,
- Cold- hands & feet, Oily – hands & hair, joints
- Sticky – phlegm, gastric mucous secretion, saliva in the mouth
- Dense – muscle & tissue, chubby body frame
- Thick – muscle & tissue development, fluid in the joints
- Dull – slow sluggish in movement, mind & thought, cloudy perception
- Positive emotion – peace, love, care, compassion, modesty, patience, forgiveness
- Negative emotion – attachment, possessiveness, greed, lust
- Locality-chest, throat, head, pancreas, stomach, lymph, fat, nose, tongue

Aggrevation of Kaptha

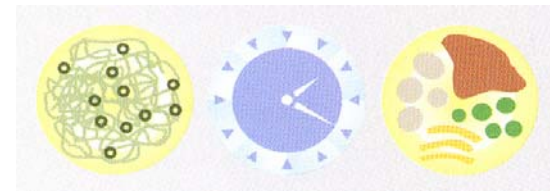
causes slow digestion, nausea, lethargy, heaviness, chills, weight gain, loose limbs, cough, difficult breathing, excess sleep, obesity, sinus & bronchial congestion, water retention

TRIDOSHAS AND STAGES OF LIFE

- **AGE OF KAPTHA** child age from birth to puberty (16years)
Characterised by growth, accumulation of body mass, greater fatty tissue
During the early years, kaptha disorders such as colds, sinus congestion, allergies, ear & respiratory infections occur within the kaptha zones.
Children have more salivary secretion, congestion & they sleep a lot.
- **AGE OF PITTA** adult age from puberty to middle age
The body's growth potential is converted into reproductive potential. Sexual characteristics & reproductive tissue become active. The increased "fire" gives ambition, courage, energy, motivation, goal orientation, Behaviour becomes aggressive, competitive, fiery
Pitta disorders are digestive, hyperacidity & inflammatory conditions.
- **AGE OF VATA** from middle age onwards
Characterised by the drying, separating & immobilising aspects of vata.
Skin dries & wrinkles, body is frail & weak, loss of muscle tone & flexibility, hair thins & greys, strength decreases, sensory depletion
Vata disorders are insomnia, memory loss, anxiety, degenerative & neurological problems, tremors, cracking & popping of joints


DOSHAS & TIME

- Biological time is the body's rhythmic & organic time of movement
- Psychological time is movement of emotions, thought & memory
- Chronological time is the movement of the earth, sunrise & sunset
- Each element dominates a time of day and this cycle is repeated twice in every 24hrs period, beginning at sunrise.
- Doshas are aggravated during their dominant times
- 6.00am to 10.00am **Kaptha** The water element elevates- more secretions Flow from the tissues to the GI tract
- 10.00am to 2.00pm **Pitta** Pitta secretions increase in the GI tract as Hunger & thirst
- 2.00pm to 6.00pm **Vata** Greater movement, elimination is active





THE 6 STAGES OF DISEASE

- **Accumulation:** toxins in the GI tract
 - **Aggravation:** provokes the sites in GI
 - **Migration:** toxins overflow & are transported to other sites
 - **Localisation:** toxins are lodged & localised in a weak, defective area
 - **Manifestation:** symptoms appear, structural damage & dysfunction
 - **Complications:** severe impairment, disease is irreversible
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EIGHTFOLD PATIENT DIAGNOSIS

- Pulse
- Tongue
- Voice
- Skin
- Vision
- General appearance
- Urine
- Stool





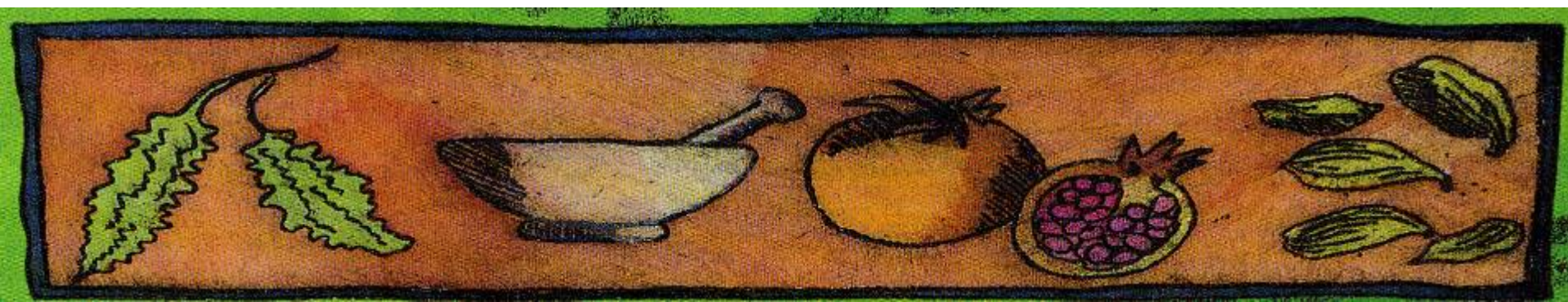
6 Tastes

Properties

element


emotions

- | | | | |
|--------------|---------------------------------------|-------|--------|
| • Sweet | development of tissues growth | E & W | love |
| • Salty | mineral balance & holding water | W & F | greed |
| • Sour | acidity & countering thirst | E & F | envy |
| • Pungent | metabolism, appetite, digestion | F & A | hatred |
| • Bitter | detoxification, but is also depleting | A & S | grief |
| • Astringent | firmness of tissues | E & A | fear |







COMPARISONS ALLOPATHIC & TCAMS


- The basic principles of Ayurveda are **unchanging** because they derive from the eternal truths of the universal laws of nature.
 - By contrast, the modern scientific paradigm is continually **changing**. New theories often render previous findings obsolete.
 - Ayurvedic medicine views the individual as a unique complex whole, **integrating** mind, body & spirit which is intimately connected to the cosmic forces and the environment.
 - Modern Western medicine proceeds from a notion that the mind & body are **separate** entities:
 - The body is the appropriate arena for medical treatment
 - Whilst the mind is the appropriate arena for psychological therapies.
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- Ayurveda adopts an **integrated** approach which incorporates daily routines of diet, nutrition, massage yoga, meditation, herbs, acupressure, seasonal detoxification & rejuvenation interventions.



- **Let food be your medicine not medicine your food!**
- Modern medicine adopts a **symptomatic** diagnosis, identifies individual categories of disease, seeks to find the agents responsible for the disease & attempts to change or destroy the localised agent. The frame of reference is narrowed from a whole person to a localised disease.
- Because modern medicine does not have an accurate or complete understanding of the origin of the disorder, its treatments often aim at suppressing or eliminating symptoms without removing their underlying causes. Even when symptomatic palliation is successful, sooner or later the specific disease process will recur or find another avenue to manifest in the body.

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- Western cultures are in pursuit of the external world for **information** on questions of existence, whilst the Eastern cultures have always searched within, not for practical information, but for **transformation**.
 - **Western** education is based on **rational material** philosophy & progress
 - **Eastern** education is based on **rational spiritual** philosophy & progress
 - A rapidly growing number of world citizens are becoming **disillusioned** with orthodox medicines and recognise its' limitations. They have awakened and embraced the exciting multifaceted, holistic approach of TCAMS, which is more relevant in today's medical challenges. It has popularised because it complements orthodox Western medicine and it understands how and why people become ill. It offers effective treatment for many conditions which conventional medicine has not accomplished.
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- Our SA Constitution and the Bill of Rights make provision for the **right** to healthcare. Let us honour our humble citizens and make available to them their democratic right to **choices** in the healthcare services. Without adequate wellness for employees our human resources will become our biggest liability.
 - Let us merge our collateral in the healthcare industry and forge **mergers** with orthodox and TCAMS.
 - Let our **human capital** flourish!

The responsibility of healthcare lies not only in the healing hands of medical practitioners but also in those who shape and map the hands of our future global economy & continents. When we **accelerate** to this level of responsibility, we shall rise to our **healthiest, highest and best.**

