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Museo di Etnomedicina A. Scarpa



Escola Superior
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Politécnico de Coimbra



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Investigação Aplicada
Politécnico de Coimbra

CATTEDRA UNESCO ANTROPOLOGIA DELLA SALUTE – BIOSFERA E SISTEMI DI CURA

XXIX Congresso Internacional INFAD
"CONFIANÇA EM TEMPOS DE CRISE"
COIMBRA, 6,7, Y 8 MAIO 2021

La respuesta de la Psicología ante del Covid – La Psicología Integrada

TANIA RE

Clinical Psychologist - Psychoterapist
Medical Anthropologist

Unesco Chair "Anthropology of Health, Biosphere and Healing Systems"
University of Genoa (IT)

6 May 2021

Unesco Chair “Anthropology of Health, Biosphere and Healing Systems” - University of Genoa (IT)



Ethnomedicine

Evolving from an original historic – ethnographic interest towards lab research, the discipline involves biomedicine and pharmacology, thanks to World Health Organization.

WHO's Traditional Medicine Program
Is created as an answer to renewed interest towards traditional therapies and their interaction within the national health service.

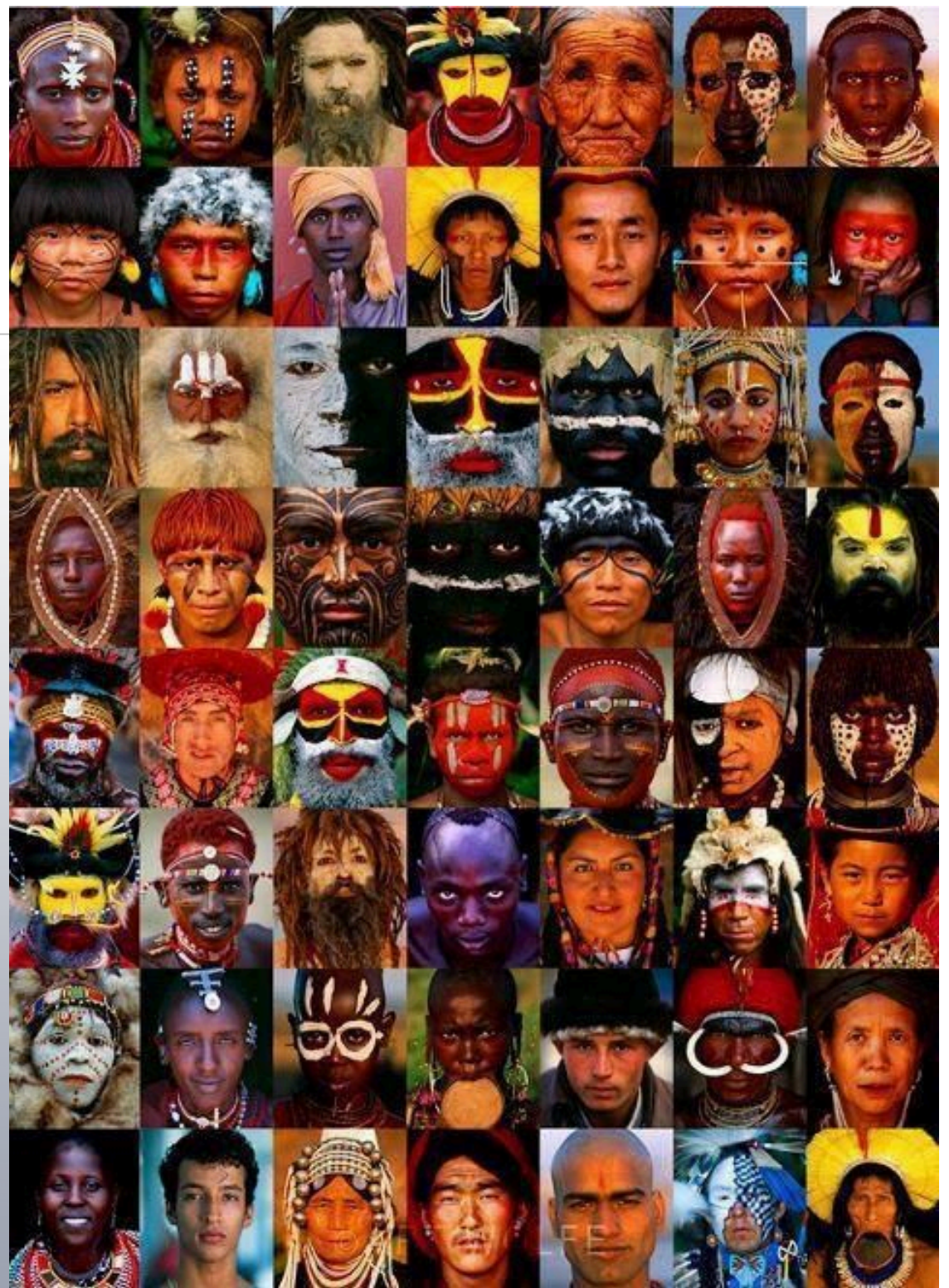
(Alma Ata, 1978)



Different People



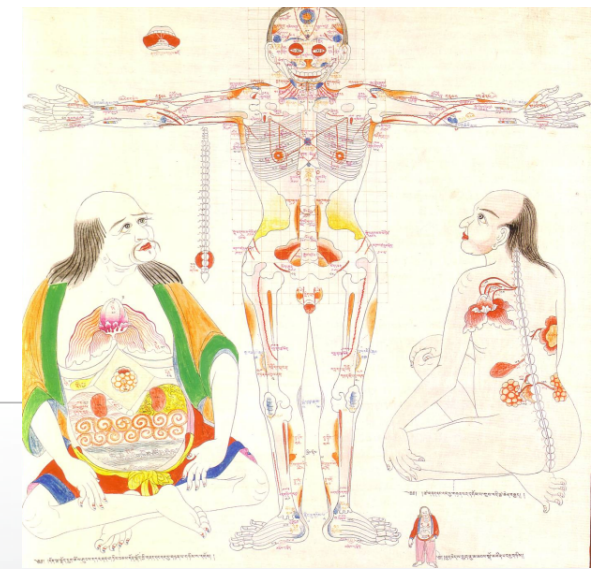
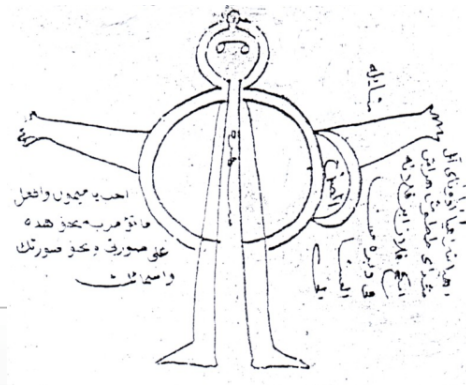
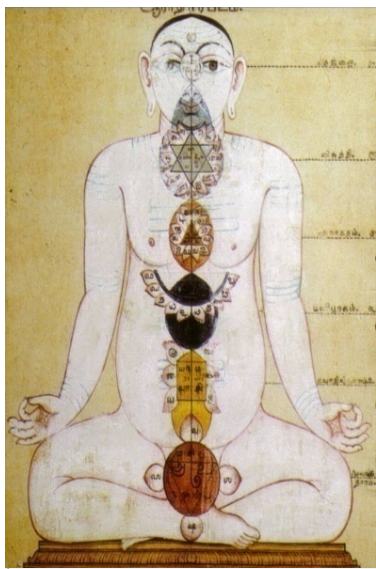
Different Cultures



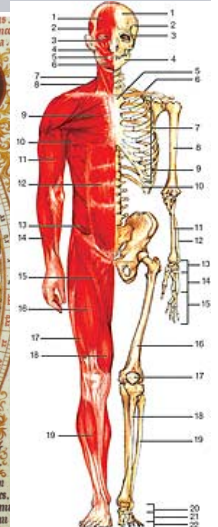
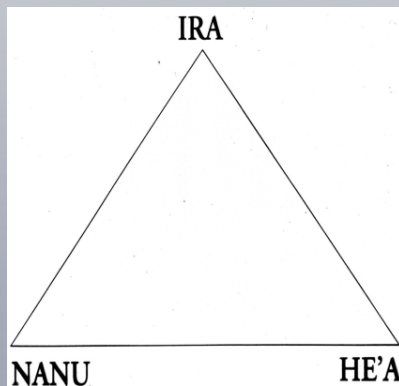
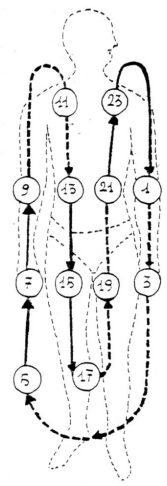


Different Cosmologies





Different Body representations




Declaracion OMS

1978	The Declaration of Alma Ata builds the historical foundations for the MT Program official policy.
1987	The 40th World Assembly urges Member States to promote integrated programs on medicinal plants
1988	Chiang Mai Declaration: Saving lives by saving trees, recognizing traditional medicines as essential treatment
1989	It is encouraged inventory of traditional practices in different countries. Enunciation of the "Doctrine of reasonable assurance"
1990 1991	Enunciation of the "Doctrine of reasonable assurance" <u>Promotion of cooperation between traditional and modern health care medicine.</u>WHO consultation on research methodologies and evaluation concerning traditional medicine
2000 2003	WHO consultation on research methodologies and evaluation concerning traditional medicine <u>The role of traditional medicine for primary health services. Protection of traditional medical knowledge and fitoterapeutiche resources for sustainable development.</u>

Traditional Medicine

1. In some Asian and African countries, 80% of the population depend on traditional medicine for primary health care.
2. Herbal medicines are the most lucrative form of traditional medicine, generating billions of dollars in revenue.
3. Traditional medicine can treat various infectious and chronic conditions: new antimalarial drugs were developed from the discovery and isolation of artemisinin from *Artemisia annua* L., a plant used in China for almost 2000 years.
4. More than 100 countries have regulations for herbal medicines.

Traditional medicine is the sum total of knowledge, skills and practices based on the theories, beliefs and experiences indigenous to different cultures that are used to maintain health, as well as to prevent, diagnose, improve or treat physical and mental illnesses.

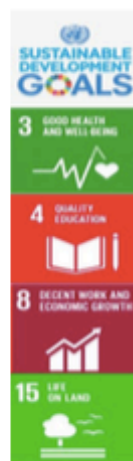
A high-angle photograph of a person kneeling on a dense bed of green palm fronds. The person is wearing a dark, patterned garment and a headpiece with a white flower. Two yellow bowls are placed on the fronds, one to the left and one to the right of the person. The scene is lit with warm, golden light, creating strong shadows.

The food – medicine relationship
between humans and plants is ancestral
and holds valuable knowledge to
contemporary medicinal challenges

Photo © Archivo H. Plenge



University of Salerno UNESCO Chair *Plants for Health in the Mediterranean Traditions*



Location: Department of Pharmacy, University of Salerno, Italy. Building F1, Via Giovanni Paolo II, 84084- Fisciano (SA)

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Project leader: Rita P. Aquino, Full Professor Pharmaceutical Technology and Law, Salerno University, Italy

Founding members

Unisa: Rita P. Aquino

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Alain Touwaide (P.I.), Emanuela Appetiti

Schola Medica Salernitana Study Center:

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Minerva Garden:

Luciano Mauro

UNESCO Chair Genova:

Tania Re

Disciplines: Documentary sciences, Philology, Historical and Social sciences, Environmental & Life sciences, Medical and Pharmaceutical Sciences, Natural Medicine

Keywords: Plants of the Mediterranean area, Traditional medicine, Phytotherapy, Phytocosmetics, Ancient manuscripts, Sustainability, Biodiversity.

THREE VIRTUAL TALKS



PLANTS AND THE FOUR HUMORS THEORY IN THE MEDITERRANEAN WORLD

Understanding Medicinal Plants through the Centuries

Moderator: Tania Re - UNESCO Chair Genova *Anthropology of health – Biosphere and Healing systems* and UNESCO Chair Salerno *Plantae Medicinales Mediterraneae*

Covid Syndrome: depression, anxiety, psychosomatic disorders



Albrecht Dürer , *Melancholia I*
(particolare)



Edward Munch
(1863-1944), *L'urlo*



PSICOTERAPEUTA OLISTICO

ANEMOS

Fondazione PsicOlistica




SAFFRON=AZAFRAN



Psychology Research and Behavior Management

Dovepress

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ORIGINAL RESEARCH

The efficacy of *Crocus sativus* (Saffron) versus placebo and Fluoxetine in treating depression: a systematic review and meta-analysis

This article was published in the following Dove Press journal:
Psychology Research and Behavior Management

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Masoud Behzadifar¹
Meysam Behzadifar^{3,4}
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Background: Depression represents a serious public health concern, imposing a high burden, both in epidemiological and clinical terms. *Crocus sativus* (Saffron) is a herbal remedy that has anti-cancer, anti-oxidant, anti-inflammatory and anti-platelet properties. However, the exact mechanisms of Saffron in treating depression are not yet clear. This study was conducted to evaluate the effectiveness of Saffron versus placebo and Fluoxetine in the treatment of depressed patients.

Methods: Different bibliographic thesauri, namely the Cochrane Library, Scopus, PubMed/MEDLINE, Centre for Reviews and Dissemination (CRD), EMBASE, and ISI/Web of Science (WoS) were searched up to May 2018. Effect sizes were computed as Standardized Mean Differences (SMD) with their 95% confidence interval (CI). To evaluate the heterogeneity among the studies, I^2 test was carried out.

Results: Eight studies were included. The SMD was -0.86 (95% CI: -1.73 to 0.00) concerning the comparison of Saffron with placebo. The SMD was found to be 0.11 (95% CI: -0.20 to 0.43) concerning the comparison of Saffron with Fluoxetine. In both sensitivity analyses, the results did not statistically change, confirming the stability of the findings.



THEANINE – Te' Verde



RHODIOLA ROSEA - Ginseng siberiano

> Evid Based Complement Alternat Med. 2018 Jan 17;2018:1709182. doi: 10.1155/2018/1709182.
eCollection 2018.

Cannabis Essential Oil: A Preliminary Study for the Evaluation of the Brain Effects

Nadia Gulluni ¹, Tania Re ^{1 2}, Idalba Loiacono ¹, Giovanni Lanzo ³, Luigi Gori ^{1 4},
Claudio Macchi ⁵, Francesco Epifani ⁶, Nicola Bragazzi ², Fabio Firenzuoli ^{1 3}

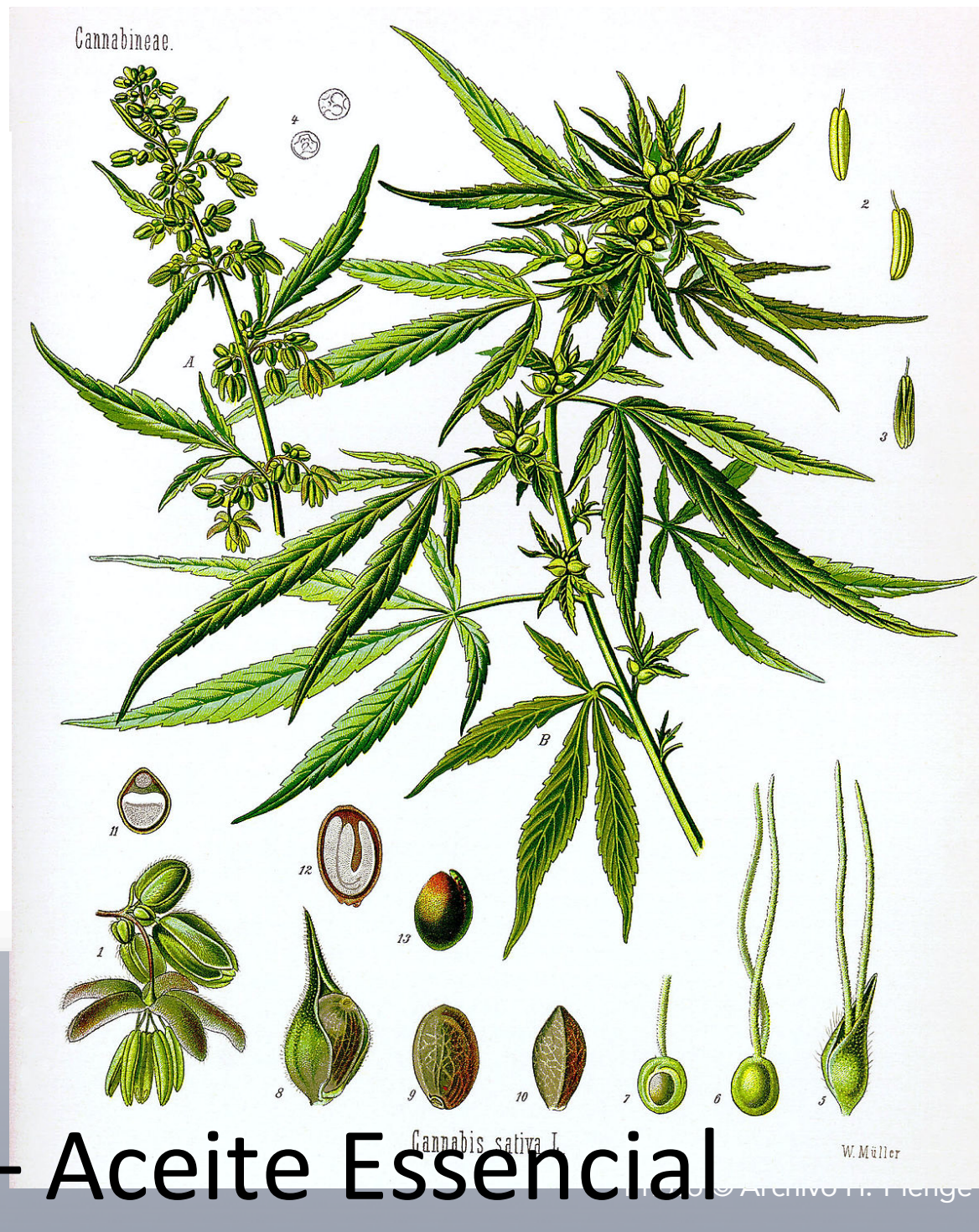
Affiliations + expand

PMID: 29576792 PMCID: [PMC5822802](#) DOI: [10.1155/2018/1709182](#)

[Free PMC article](#)

Abstract

We examined the effects of essential oil from legal (THC <0.2% w/v) hemp variety on the nervous system in 5 healthy volunteers. GC/EIMS and GC/FID analysis of the EO showed that the main components were myrcene and β -caryophyllene. The experiment consisted of measuring autonomic nervous system (ANS) parameters; evaluations of the mood state; and electroencephalography (EEG) recording before treatment, during treatment, and after hemp inhalation periods as compared with control conditions. The results revealed decreased diastolic blood pressure, increased heart rate, and significant increased skin temperature. The subjects described themselves as more energetic, relaxed, and calm. The analysis EEG showed a significant increase in the mean frequency of alpha (8-13 Hz) and significant decreased mean frequency and relative power of beta 2 (18,5-30 Hz) waves. Moreover, an increased power, relative power, and amplitude of theta (4-8 Hz) and alpha brain waves activities and an increment in the delta wave (0,5-4 Hz) power and relative power was recorded in the posterior region of the brain. These results suggest that the brain wave activity and ANS are affected by the inhalation of the EO of *Cannabis sativa* suggesting a neuromodular activity in cases of stress, depression, and anxiety.



Canapa Sativa – Aceite Essencial

Forest Therapy



Il nostro Centro

Ecco il nostro gruppo, le professionalità, i contatti diretti.



Fabio Firenzuoli

Direttore del CORFIT

Medico, esperto di Fitoterapia clinica e fitovigilanza. Professore aggregato nei Corsi di Studio in Medicina e Chirurgia e in Scienze dell'Alimentazione presso la Scuola di Scienze della Salute Umana dell'Università degli Studi di Firenze; responsabile scientifico dell'indirizzo Fitoterapia clinica, insegna Fitoterapia clinica e Fitovigilanza nel Master in Medicina Integrativa. Fondatore dell'Associazione Nazionale Medici Fitoterapeuti, è autore e promotore di numerose pubblicazioni, DVD e libri, convegni e altre iniziative di comunicazione, di carattere scientifico e divulgativo, sulle piante medicinali, la fitoterapia e le interazioni tra erbe e farmaci.

Benvenuti!

In queste pagine potrai seguire i nostri eventi formativi, l'attività di ricerca e le novità sul contesto assistenziale.

CONTATTACI



Luigi Gori

Medico

Medico, esperto in agopuntura, medicina manuale e fitoterapia.



Valeria Severi

Biologo Nutrizionista

naturalista, biologa nutrizionista, esperta in Educazione Alimentare adulta e pediatrica



Tania Re

Antropologa

Antropologa, esperta in etnomedicina.



Eugenia Gallo

Biologa

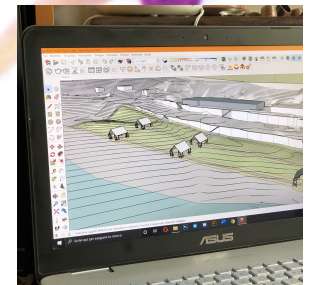
Biologa, esperta in fitovigilanza, Tutor del master.

MEDICINALGARDENS

**MINERVA GARDENS in
SALERNO – SOUTH ITALY**



PHOTO JOSÉ BASTANTE



**MEDICINAL GARDEN
PLANT RESEARCH CENTER
AT MACHU PICCHU**



United Nations
Educational, Scientific and
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Cattedra UNESCO "Antropologia della Salute - Biosfera e Sistemi di Cura"
Università degli Studi di Genova
Museo di Etnomedicina A. Scarpa

Conclusions and Further research:

- Integrated Higher Education Systems
- For Psychologists and Psychoterapists
- Medicinal gardens
- Forest Therapy treatment and Studies with people affected by anxiety, depression and covid correlated syndrome

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THANK
YOU



Photo © Archivo H. Plenge

