evaluated inter-rater and intra-rater reliability of PPT measurement with algometer on epigastric area, and assessed validity (sensitivity and specificity) via ROC curve and optimal cut-off value.

Results: The results of inter-rater reliability test has shown very strong correlation with 0.82–0.91 in coefficient of correlation. The results of intra-rater reliability test also has shown more than average correlation with 0.58–0.70 of intraclass correlation coefficient. Optimal cut-off value of PPT on epigastric area has been calculated as 1.8 (kg/cm²) with 100% of sensitivity and 54.54% of specificity.

Conclusion: PPT measurement by algometer on epigastric area has shown high reliability and validity on AE of ED and EP, and may have its potential clinical utility as a new quantitative measurement in Korean medicine.

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P02.99
Qualitative Analyses from a Prospective Clinical Study of a Whole Systems Ayurvedic Intervention for Breast Cancer Survivorship

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Purpose: The transition from cancer patient to survivor can be difficult because patients experience less medical contact but still suffer physically and psychologically. We developed a Whole Systems Ayurvedic intervention to address this problem and are testing it in a clinical study. We performed qualitative analysis to capture emergent effects of the intervention, inform the link between the intervention and study outcomes, and explore mechanisms.

Methods: Female breast cancer patients who had undergone chemotherapy and had completed primary curative treatment 1–12 months earlier were eligible for the four month individualized intervention that included diet, lifestyle, yoga, and marma (similar to acupressure). Every other participant was selected for semi-structured interviews at baseline and completion. Two investigators coded the data independently using qualitative thematic analysis. Discrepancies were discussed and resolved by refining codes and themes.

Results: Nine out of nine who were selected completed both interviews. We identified four major themes: (1) Participants reported a sense of empowerment from discovering a new awareness of their body cues leading to a deeper understanding of how to implement personalized self-care using natural methods. (2) A greater integration of mind-body led to a sense of strength and resilience, which was attributed to the intervention. (3) Participants appreciated that the intervention was aligned with their health beliefs. (4) Participants reported some challenges in adhering to the intervention.

Conclusion: The Whole Systems Ayurvedic intervention appeared to lead to an enhanced awareness of the body’s innate healing mechanisms and a strong motivation to use them for self-care. The holistic nature of the intervention facilitated integration of mind-body resulting in a sense of increased vitality. These findings correlated with quantitative quality of life measurements indicating improved global health. We hypothesize that the empowerment and sense of wholeness and integration instilled by the Ayurvedic intervention are important mechanistic steps leading to improved health outcomes.

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P02.100
Comparative Effectiveness Research on Different Treatment Options for Rheumatoid Arthritis in Ayurveda

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Purpose: This study aims to compare the outcomes of systematic reviews, clinical trials and reports from actual point of care in real life situations with a view to identify the contradictions in
the findings from these varying sources with reference to Rheumatoid arthritis (RA). Additionally, it aims to identify implications of the results for research and clinical practice of Ayurveda.

Methods: Four systematic reviews including one Cochrane review on efficacy of Ayurvedic interventions in management of Rheumatoid arthritis were (RA) reviewed to compare the findings. Rigorous clinical trials evaluating Ayurvedic interventions in RA published in high impact journals that were not included in the systematic reviews were analyzed independently. Outcomes of Ayurvedic treatments in real life clinical practice (20 doctors) were also carefully documented for comparison.

Results: There is a discrepancy between the conclusions of systematic reviews, independent clinical trials and reports from actual point of care. Systematic reviews unanimously agree that there is no evidence indicating efficacy of Ayurvedic treatments in RA. On the other hand, the independent high quality clinical trials, one of which won an award for excellence in methodology contradict one another with respect to the reported clinical outcomes. The findings from real life clinical practice indicate not only strikingly different outcomes, but also treatment methods that have not been adequately studied before.

Conclusion: There is a gap between research and clinical practice in Ayurveda, which is clearly demonstrated by this study on Rheumatoid arthritis. An over reliance on reductionistic methods of research leads to piece meal evaluation of Ayurveda ignoring its complex whole system approach in actual clinical practice. Variations in traditional diagnosis, the choice of treatments and the methodology of research are responsible for the contradictions in the research findings. Best clinical practices at the point of actual care should be identified and studied using appropriate research methodologies.

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P02.102
Effects of Flower Essences in Individuals with Anxiety
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Purpose: Increasingly, anxiety comes in relation to psychosomatic diseases. The mechanisms of early identification and treatment for this behavior may be useful in the management of daily stress. Floral therapy is part of an emerging field of vibrational, non-invasive therapies. Floral essences, made from savage plants, flowers and field trees, treat personality disorders, instead of disorders in physical conditions. They intend to harmonize the ethereal, emotional and mental body. This study aimed to observe the effects of these flowers, Impatiens, Cherry Plum, White Chestnut and Beech in people with anxiety.

Methods: This was a randomized, triple blind study. Data were collected between May and August 2010 with 34 employees of the Center for Improvement in Health Sciences of the Zerbini Foundation, São Paulo - Brazil. Anxiety was assessed using the Inventory for Diagnosis of Anxiety Traits - performed on two different occasions, at the beginning and end of the intervention.

Results: As a result of this study it could be observed that in both groups, anxiety increased, but the difference between the initial and the final mean State-STAI score corresponded to 16.2 in the experimental group and 3.2 in the control group. To ascertain the statistical significance of this difference, the t-test was applied, which indicated a significant difference (p = 0.001).

Conclusion: After an intervention using floral essences and the analysis of the anxiety measurement instrument's results, a greater drop in anxiety scores was ascertained in the experimental group when compared with the control group, confirming that the Bach floral remedies chosen in this study positively affected the anxiety decrease. The statistical tests demonstrated a statistically significant difference between the two groups.

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