



Integrating Indigenous Medicine into MAT

Speaker: Katya Adachi Serrano, MD

Family and Integrative Medicine

Medical Director, Santa Ynez Tribal Health Clinic

Ho-Chunk

Tribal MAT ECHO™ Staff: Gloria Miele, PhD, Daniel Dickerson, DO, MPH, Katie Bell, MSN,
Thomas E. Freese, PhD, and Beth Rutkowski, MPH

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Indigenous Land Acknowledgement

- ▶ We respectfully acknowledge that we are on territories where Indigenous nations and Tribal groups are traditional stewards of the land.
- ▶ Please join us in supporting efforts to affirm Tribal sovereignty and in displaying respect and gratitude of our Indigenous neighbors.



The use of affirming language inspires hope and advances recovery.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.



ATTC Addiction Technology Transfer Center Network
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Disclosures

There are no relevant financial relationships with ACCME-defined commercial interests for anyone who was in control of the content of this activity.



Objectives

- Identify two ways Indigenous practices can be included in integrative medicine strategies.
- Be familiar with how the origin of osteopathy has roots in Indigenous practices.
- State three types of herbal medicine that can be used to augment treatment for substance use disorder.

Integrative Medicine at SYTHC

- Osteopathic Manipulative Therapy/Treatment
- Herbal Medicine



Indigenous Origins of OMT

- ▶ Bodywork has existed since humans have had bodies that needed work
- ▶ Andrew Taylor Still, the “Father of Osteopathy”
 - ▶ Studied under his father as an apprentice medical doctor and practiced on Shawnee reservation
 - ▶ Attended medical school but didn't complete
 - ▶ Rejected current medical practices of blood-letting, mercury, blistering, etc.
 - ▶ Studied magnetic healing, spiritualism, bone-setting
 - ▶ Had an epiphany from a vision that revealed osteopathy to him
 - ▶ Favored treating the whole person and the healing power of nature
 - ▶ Viewed as a medical heretic
 - ▶ Opened first osteopathic medical school the American School of Osteopathy, in Kirksville, Missouri



Paulus, S. Andrew Taylor Still (1828-1917) A Life Chronology of the First Osteopath.
<http://osteopathichistory.com/pagesside2/LifeChronology.html>

Vision or Indian Tradition? Or Both?



“Discussion exists among Native American scholars as to whether A.T. Still, the father of American osteopathic medicine, who was also the physician for the Shawnee Nation for more than 20 years, lifted much of what became osteopathic medicine or chiropractic from Shawnee healing practices. The Shawnee were originally native to northern Kentucky and southern Ohio...According to this theory, Still took the techniques of Shawnee bodywork and rendered them mechanical as fitted the European paradigm of the day (Shawnee concepts were decidedly more energetic and spiritual). He marketed these techniques and developed the first colleges of osteopathy in the United States.”

—Lewis Mehl-Madrona, MD

Core Tenets of Osteopathy (1)

- The body is a unit
 - Fascia love
 - Importance of fluid
- The body is self-regulative and self-healing
 - “The body has within itself all those things necessary for the maintenance of health and recovery from disease”¹
 - The role of the physician is to enhance this intrinsic capacity and help create an optimal setting for healing to occur

1. Greenman, PE. Principles of Manual Medicine. 3rd Ed. Philadelphia, PA: Lippincott Williams & Wilkins: 2003.
2. Still, AT. Osteopathy Research and Practice, 1910, Kirksville, MO, Eastland Press, reprinted 1992: 9

Core Tenets of Osteopathy (2)

- ▶ Structure and function are reciprocally related
 - ▶ Structure governs function and function influences structure
 - ▶ Thus, if motion is impaired, tissue will not function as intended
 - ▶ “Disease is the result of anatomical abnormalities followed by physiologic discord.”²
- ▶ Rational treatment is based on this philosophy and these principles
 - ▶ With a sound knowledge of anatomy and physiology

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Key Concepts: Somatic Dysfunction

- Impaired or altered function of related components of the somatic (body framework) system:
 - skeletal, arthrodial and myofascial structures, and their related vascular, lymphatic, and neural elements
- The positional and motion aspects of somatic dysfunction are best described using at least one of three parameters:
 - 1) The position of a body part as determined by palpation and referenced to its adjacent defined structure
 - 2) The directions in which motion is freer
 - 3) The directions in which motion is restricted
- Somatic dysfunction is treatable using osteopathic manipulative treatment

Herbal Medicine in OUD: Valerian

Valeriana officinalis

- Constituents:
 - Valepotriate Iridoids: Psychoactive sedative
 - Valerinic acid: antispasmodic
- Dried root 0.5-2g
 - Simmer 2 teaspoon of root in water for 10-20min, drink every 4-8h as needed or 30min before bed
 - Typical standardized dose has 2-5% valerinic acid
 - Tincture 2-4ml 2-3 times a day
 - 400-1200mg up to 2hrs before bed; best when used over 1mo period (vs. prn)
 - Vitacost Valerian Root 530mg Capsule
 - Can use as bath for nervous exhaustion
- Additive effects w/other CNS depressions—caution w/driving; can help w/sleep
- 1/5 people will have paradoxical reaction and experience as a stimulant
- At high doses (1000mg/day) can inhibit CYP 3A4: may interact with lovastatin, azoles,
allegra



Herbal Medicine in OUD: Skullcap

- ***Scutellaria lateriflora***

- Constituents

- Flavonoids bind Serotonin receptor 5-HT(7), ?GABA receptor
 - Smooth muscle relaxation, sleep, mood regulation

- 1 tsp dried in 8oz water, steep x30min, 2-4x/d

- 100-350mg dose PRN Anxiety

- Additive effects w/other CNS depressions—caution w/driving; can help w/sleep

Herbal Medicine in OUD: Ashwagandha

- ▶ ***Withania somnifera***
- ▶ Constituents
 - ▶ Alkaloids
 - ▶ Steroidal lactones
 - ▶ Saponins
 - ▶ Withanolides: Antioxidant, anti-inflammatory, and cytoprotective
- ▶ Adaptogen: Stress adaptation
 - ▶ Root extracts 240-300 mg 1-2x/day x 60 days reduces perceived stress levels by 30% to 44% and decreases cortisol levels by 22% to 28% when compared with baseline
 - ▶ Ashwagandha extract standardized to $\geq 1.5\%$ withanolide content
 - ▶ Simmer 2 teaspoon of root in water for 10-20min, take 2x/day
- ▶ Can boost thyroid, lower blood sugar, lower blood pressure, stimulate immune system