

**The January 2020 Newsletter of  
The GP-TCM Research Association  
The Chinese New Year Special Edition**



**Dear GP-TCM RA Members and Friends,**

**We wish you a happy Chinese New Year and a prosperous Year of the Rat!**

**Highlights of the GP-TCM RA Newsletter January 2020:**

- TCM Progress in 2019
- Protecting Chinese doctors
- The Top Retractions of 2019
- *BMJ* reports on workaholic academics
- Method to watch: Tools for metabolomics
- Latest developments from EMA and FDA
- Deficiency and excess syndromes in TCM
- Method to watch: Informatics for genomics
- China's Top-10 Life Science Advances in 2019
- A Brief History of *The GP-TCM RA Newsletters*
- TCM diagnosis and treatment of chronic nephritis
- Method of the Year 2019: Single-cell multimodal omics
- TCM treatment must strive to restore Yin-Yang balance
- Technology Feature: Boost that metabolomic confidence
- Ginkgo's Extreme Longevity Credited to Immune System
- Advocating and Promoting Chinese Medicine to the World
- Violence against health care workers in China, 2013–2016
- Protecting health research in the UK: culture and collaboration
- China Sentences Gene-Editing Scientist to Three Years in Jail
- Monthly Chinese Materia Medica Highlights: (人參) and (西洋參)
- China adopts new law to promote basic medical and health care
- A tribute to Zhang Zhongjing on the 1800th anniversary of his death
- Top-10 scientific breakthroughs according to Chinese academicians
- How is China able to provide enough food to its over 1 billion people?
- Six TCM projects awarded Prizes of China's National S&T Advances 2019
- Lancet call for papers: Evaluating the progress of health research in China
- Wakley-Wu Lien Teh Prize Essay 2019: two generations of Chinese doctors
- TCM-related meetings in Wuhan, Hong Kong, Lithuania, Greece and the UK
- WJTCM: The latest issue and publications of clinical importance highlighted
- 2019 Report and 2020 Outlook on China's Domestic TCM Medicinal Industry
- Clinical Evidence for Acupuncture and Acupressure Treatment of Cancer Pain
- *Nature* special feature highlights the 4th Chinese Materia Medica Resources Survey
- China's FDA publishes guidelines on Using Real-World Evidence to support R&D of Drugs

**Acknowledgements:** We thank Prof **Hubiao Chen** (Hong Kong), Dr **Ping Guo** (Hong Kong), Prof **Jiqing Liu** (Shenzhen), Dr **Elizabeth Qi** (Hong Kong), Prpf **Jiangang Shen** (Hong Kong), Prof **Xuanbin Wang** (Shiyan), Dr **Qihe Xu** (London), Prof **Zhongzhen Zhao** (Hong Kong) and the **WJTCM Editorial Office** (Beijing) for their invaluable contributions. Images of symbolic Chinese culture and Chinese New Year couplets highlighting Mr. Qi Gong's calligraphy are gratefully borrowed from here: [https://mp.weixin.qq.com/s/rleearw\\_aSziR7s48hjHwg](https://mp.weixin.qq.com/s/rleearw_aSziR7s48hjHwg) (中文)  
<https://ishare.ifeng.com/c/s/v004yU7gal--c5Z53u0EAxxnZfVAIDSX3JXWdmS51VOr9aDY> (中文)  
<https://mp.weixin.qq.com/s/nlFYsFD-kEAE1tNAPnJnbw> (中文)

Best wishes,

Qihe Xu, London; Pierre Duez, Mons; Yuan-Shiun Chang, Taichung; Xuanbin Wang, Shiyan

# The January 2020 Newsletter of The GP-TCM Research Association The Chinese New Year Special Edition



**NEW** Editorial

## A Brief History of *The GP-TCM RA Newsletters* —It all began with the 23 humble “oldsletters”!



### Dr Qihe Xu

BoD Member and Newsletter Editor-in-chief  
The GP-TCM Research Association  
Director, King’s Centre for Integrative Chinese Medicine  
King’s College London, UK  
E-mail: [qihe.xu@kcl.ac.uk](mailto:qihe.xu@kcl.ac.uk)

The GP-TCM RA Newsletter was born as *The GP-TCM Newsletter*.

More than 12 years ago, the newsletter was launched, three weeks after the submission of a bid for EU funding by the GP-TCM consortium and it was circulated among consortium members at intervals of 1-2 weeks to re-educate and prepare them for future collaborations. By June 2008, they had already published 23 issues, which were combined into a single volume and archived as part of the history. Edited by me, the coordinator of the FP7 GP-TCM consortium, it tells us the earlier stories of the GP-TCM community, in a simple, relaxing and casual way.

<http://www.gp-tcm.org/wp-content/uploads/2010/02/GP-TCM-Newsletters-October-2007-June-2008.pdf>

In this earliest volume, **3 milestones** are worth mentioning.

**The very first** is the founding issue published on 10th October 2007 — officially the earliest documentation of “GP-TCM” that is still retrievable in the public domain.

#### GP-TCM Newsletter, 10<sup>th</sup> October 2007

Dear all GP-TCM Consortium Members:

Three weeks have passed since we submitted our FP7 proposal. Here is something interesting that has happened in the recent days.

**The second** is the Valentine’s Day 2008 special edition, announcing that our bid was successful, which was confirmed

in an official letter coming with the newsletter published six weeks later (27/03/2008). This issue remains the most romantic in all issues ever published!

**The 3<sup>rd</sup> milestone** appeared in the last issue of this volume published on 5<sup>th</sup> June 2008, when **Dr Tai-Ping Fan** was appointed the Editor-in-chief, a job he took with pride and delivered in brilliance for many years to come.

Starting from these humble “oldsletters”, the GP-TCM Newsletters have documented the history of the FP7 GP-TCM Project, starting from a report on the Sino-EU TCM Workshop in January 2009 in Beijing, which



also served as the kick-off meeting of the FP7 project, to many exciting appointments, meetings, and reports on consortium and work-package activities.

Under the leadership of Tai-Ping, three GP-TCM and GP-TCM RA Joint Newsletters were published in 2012, leading to the first issue of the GP-TCM RA Newsletter published on the Christmas Eve of the year. The joint newsletters played important roles to facilitate willing GP-TCM consortium members to convert their memberships

#### GP-TCM Newsletter (Valentine’s Day Edition)



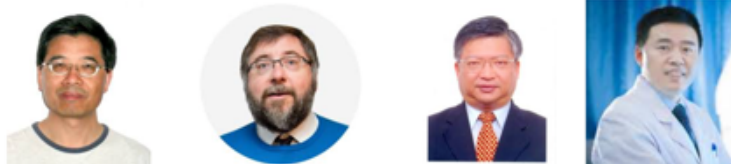
1. **Rose and a successful FP7 grant: Valentine’s present couldn’t be better.** Our bid for the FP7 Coordination grant has achieved the highest score and will be funded soon (Please keep this information confidential before we receive the official letter within 10 days)! I sincerely thank you all for all the support that you have generously offered in the past 6 months and I am looking forward to work more closely with you in the coming two years. In the weeks to come we will discuss with EC about more details. In the meantime, I would like to suggest you to read our proposal again and tell me your thoughts about our next steps including any necessary revisions. If you would like to suggest any HIGHLY QUALIFIED external experts to join us as GP-TCM Newsletter contributors and recipients, please advise. The above Valentine’s present was provided by **Dr. Iiro Eerola**, European Commission. Let’s welcome Dr Eerola to join us as a GP-TCM recipient! **Happy Valentine’s Day!**  
[http://www.123greetings.com/events/valentines\\_day/happy/valentine73.html](http://www.123greetings.com/events/valentines_day/happy/valentine73.html)

# The January 2020 Newsletter of The GP-TCM Research Association The Chinese New Year Special Edition



to GP-TCM RA seamlessly. Since then, Tai-Ping continuously led the publication of 50 colourful and highly informative issues, including a few special issues and those co-edited with me since Tai-Ping became President-Elect in 2015.

Since Tai-Ping's Presidency in 2017, I started to lead the editorial board, with the excellent assistance from my deputies **Prof Pierre Duez**, **Prof Yuan-Shiun Chang** and **Prof Xuanbin Wang**. Together, they have led the publication of 38 issues since March 2017.



Dr Qihe Xu, Editor-in-chief, GP-TCM RA Newsletters, London  
Prof Pierre Duez, Deputy Editor-in-chief, GP-TCM RA Newsletters, Mons  
Prof Yuan-Shiun Chang, Deputy Editor-in-chief, GP-TCM RA Newsletters, Taichung  
Prof Xuanbin Wang, Deputy Editor-in-chief, GP-TCM RA Newsletters, Shiyao

In the past ~120 issues in 12 years, our Newsletters have dedicated ourselves to European-Chinese collaborations in the international R&D of TCM, serving as a forum for new ideas and exchanges, a platform for disseminating state of the art and a force to promote good practices.

In a sense, the Newsletters have become an integral part of GP-TCM RA. It must continue and it must continue in a sustainable way. This is part of the “good practice” that we are striving for.

To move forward we must first ensure that the leadership of the editorial board is sustainable. After serving our newsletters for more than 12 years, I shall commit to continuing serving the Newsletters in gradually changing roles, for example, from Editor-in-chief to Co-Editor, and to Consulting Editor, until the end of 2020. To ensure that we have a strong, sustainable leadership in the long term, however, it might be wise to prepare for a change sooner rather than later.

At the last Board meeting in December 2019, my above suggestion was accepted. To initiate a restructuring process, this issue will be the last Pierre, Yuan-Shiun, Xuanbin and I will edit as the core leaders. Moving forward, an encouraging new structure and some new blood are emerging. At the next Board meeting in February 2020, restructuring of the editorial board leadership will be discussed. **You can expect a more streamlined and more sustainable model.**



As the founder and current Editor-in-chief of this newsletter, **I'd like to sincerely thank Tai-Ping for his comradeship, brotherhood and mentorship.** Without him, the GP-TCM RA Newsletter would not have been so successful.

**I'd like to cordially thank Pierre, Yuan-Shiun and Xuanbin** for helping cover developments in EU, Taiwan and mainland China, and for their excellent contributions of editorials and other great inputs. Thank you so much for your excellent team work and great cooperation.

On behalf of Pierre, Yuan-Shiun, Xuanbin and myself, I'd like to thank all our contributors and readers. **Thank you for your encouragement and support**, which have meant a lot!

With the 2020 lunar New Year approaching fast, we sincerely hope you **FUN READING**. Wherever you are, we wish you:

**Happy Chinese New Year and  
a Very Prosperous Year of the Rat!**



# The January 2020 Newsletter of The GP-TCM Research Association The Chinese New Year Special Edition



## Special Features

**1. Advocating and Promoting Chinese Medicine to the World.** (An invited correspondence by Dr Elizabeth Ren Qi). On December 26<sup>th</sup> 2019, the 33<sup>rd</sup> Annual Food and Medicinal Popular Science Lectures in Guangzhou was organized by the Guangdong Drug Administration. Professor Zhao Zhongzhen, an expert of traditional Chinese medicinals, was invited to present a special lecture "Compendium of Materia Medica – A Practical Book Li Shizhen Wrote for the Commonfolk".

In this lecture, Prof Zhongzhen Zhao shares his thoughts after years of studying the "Compendium of Material Medica". Combining his field explorations on five continents with traditional textual research, he takes the audience back more than 400 years ago. The scene of Li Shizhen researching for the "Compendium of Material Medica" is set with professional, vivid yet humorous imagery. Prof Zhao uses various medicinals as examples to explain the art of processing as well as the clinical considerations of prescriptions and contraindications. He touches upon *jun chen zuo shi* (a system of differentiating the levels of clinical application of medicinals in a prescription), the identification of medicinals, good practice regulated production, and safe usage. Prof Zhao also explains the international scope of TCM.



Prof Zhao believes that the "Compendium of Materia Medica" can guide modern Chinese medical researchers. The "Compendium of Materia Medica" is not only representative of Chinese culture but also embodies the knowledge of Li Shizhen's era. This compilation is a naturalistic work that can lead into endless research topics and is worth further exploration.

The Food and Medicinal Popular Science Lecture is a popular platform hosted by the Guangdong Drug Administration with an average of more than 100,000 hits per webcast.

Online Broadcast:

[http://economy.southcn.com/node\\_399656.htm](http://economy.southcn.com/node_399656.htm)



# The January 2020 Newsletter of The GP-TCM Research Association The Chinese New Year Special Edition



## European Reports

**1. The Lancet. Protecting health research in the UK: culture and collaboration.** *Lancet* 2019;394:1693–95.

- According to a new report from the Academy of Medical Sciences, a misalignment of incentives has arisen in the UK, as academia focuses on achieving targets in the Research Excellence Framework, whereas the NHS is increasingly working towards operational and financial targets.
- Results from the largest survey into research culture, published by Wellcome this week, reveal that less than a third of scientists feel secure pursuing a research career. Participants described growing pressure in research, which is decreasing collaboration and creating conditions for aggressive behaviour, including bullying and harassment. Participants cited many factors, such as a proliferation of metrics and their prioritisation above research quality, lack of diversity, and increasing commercialisation of higher education.
- Both reports call for a rethink of incentives within research and promotion of best practice. A focus on shortterm results, operational goals, and proxy measures in both academia and the NHS risks the creation of two divergent systems and erosion of the collaboration required for good research.

**The Academy of Medical Sciences report:** <https://acmedsci.ac.uk/more/news/futurepatientcare-at-riskunleshealthresearchprotectedandboosted>

**Wellcome report:** <https://wellcome.ac.uk/reports/what-researchers-think-about-research-culture>

**Lancet Editorial:** <https://www.thelancet.com/action/showPdf?pii=S0140-6736%2820%2930099-4>

**2. Getting involved with EMA.**

<https://www.ema.europa.eu/en/partners-networks/patients-consumers/getting-involved>

**3. EMA's patients and consumers working party.**

<https://www.ema.europa.eu/en/committees/working-parties-other-groups/chmp/patients-consumers-working-party>

## Reports on China and China's International Cooperation

**1. Makowski E. China Sentences Gene-Editing Scientist to Three Years in Jail.** The Scientist Dec 30, 2019. He Jiankui, a former researcher at Southern University of Science and Technology in Shenzhen, China, who claimed to have created the world's first gene-edited babies, was sentenced to three years in prison today (December 30) by a Chinese court for illegally practicing medicine. He was also fined 3 million yuan (\$430,000 US). Two scientists who collaborated with He on the research, Zhang Renli and Qin Jinzhou, were given lesser sentences. All three pleaded guilty to the charges, reports *The Associated Press*.

<https://www.the-scientist.com/news-opinion/china-sentences-gene-editing-scientist-to-three-years-in-jail-66881?utm>

<https://science.sciencemag.org/content/367/6474/130?utm>

**2. China adopts new law to promote basic medical and health care.** Xinhua|2019-12-28. As the country's first fundamental and comprehensive law on basic medical and health care, the law will take effect from June 1, 2020.

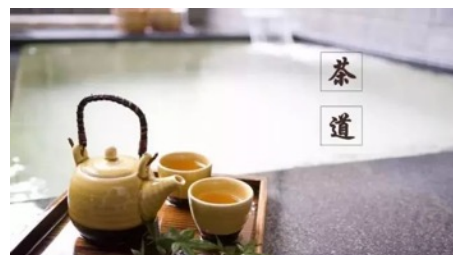
[http://www.xinhuanet.com/english/2019-12/28/c\\_138663437.htm](http://www.xinhuanet.com/english/2019-12/28/c_138663437.htm)

<https://mp.weixin.qq.com/s/EDhpOAKs2zZEVQkjVaIBhQ> (中文)

**3. China's Top-10 Life Science Advances in 2019 were announced on 10<sup>th</sup> Jan. 2020**

<https://mp.weixin.qq.com/s/J8dgpwkM3y43DWTU60Um5A>

(中文)





# The January 2020 Newsletter of The GP-TCM Research Association The Chinese New Year Special Edition



**4. Janus Dongye Qimeng. How is China able to provide enough food to feed its population of over 1 billion people? Do they import food or are they self-sustainable?** *Quora.com* Updated Dec 14, 2019. <https://www.quora.com/How-is-China-able-to-provide-enough-food-to-feed-its-population-of-over-1-billion-people-Do-they-import-food-or-are-they-self-sustainable> (English)  
<https://mp.weixin.qq.com/s/JITxDTtoxmuKZFt5fhvyig> (中文)

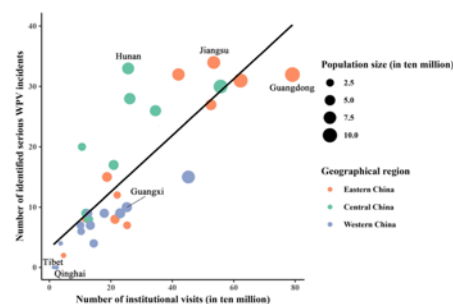
**5. Cohen C. Chinese researchers reveal draft genome of virus implicated in Wuhan pneumonia outbreak.** *Science* 2020; Jan. 11, 2020, 3:00 PM; doi:10.1126/science.aba8829  
<https://www.sciencemag.org/news/2020/01/chinese-researchers-reveal-draft-genome-virus-implicated-wuhan-pneumonia-outbreak>

**6. Fellows of China's Academies of Sciences and Engineering voted the top-10 scientific breakthroughs in China and worldwide.** *Wechat china\_sci* 10/01/2020.  
<https://mp.weixin.qq.com/s/v1R4eUuq7oybDe1p9hix6g> (中文)

**7. The Lancet. Protecting Chinese doctors.** *Lancet* 2020;395:90. The doctor-patient relationship in China seemed to hit rock bottom when Wen Yang—an emergency physician in Beijing Civil Aviation General Hospital—was fatally stabbed by a patient's son on Dec 24. The killing was condemned by the Chinese Medical Doctor Association and triggered an outpouring of anger among the public. On Dec 28, China's top legislator approved the first fundamental and comprehensive law for protecting health workers, which will take effect on June 1 this year. The law bans any organisation or individual from threatening or harming the personal safety or dignity of health workers. Although laudable, a legal approach alone is unlikely to address adequately this complex problem...

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30003-9/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30003-9/fulltext)

<https://mp.weixin.qq.com/s/Z-wBPHjv6FuhR3pmKDC2pg> (中文)



**8. Cai R et al. Violence against health care workers in China, 2013–2016: evidence from the national judgment documents.** *Hum Resour Health* 2019;17:103. doi:10.1186/s12960-019-0440-y. Serious workplace violence against providers varies across regions and types of health care institutions in China. Perception of low-quality care is the most reported reason for violence. Efforts should be made to improve quality of care in the low-level health institutions and strengthen the doctor-patient communication during the whole course of service...

<https://human-resources-health.biomedcentral.com/articles/10.1186/s12960-019-0440-y>

**9. China's National Medical Products Administration publishes guidelines on Using Real-World Evidence to support R&D of Drugs.**

<https://mp.weixin.qq.com/s/dDButJ58YVtdGonwHhRgZg> (中文)



**10. Nature special feature highlights the 4<sup>th</sup> Chinese Materia Medica Resources Survey.**

- A decade of data (2011—2020)
- 34 provinces
- 2,800 counties
- 50,000 participants
- 20 million records
- 13,000 species and their natural distribution
- 3,150 endemic species
- 79 newly-found species and 60% with medicinal value

<https://www.nature.com/articles/d42473-020-00001-6>

<https://mp.weixin.qq.com/s/NRdcFEeVqdnWpTpuICHs7Q> (中文)

The January 2020 Newsletter of  
The GP-TCM Research Association  
The Chinese New Year Special Edition



**Acupuncture, TCM and Other Traditional Medicine**

**Now** 1. He Y, et al. **Clinical Evidence for Association of Acupuncture and Acupressure With Improved Cancer Pain: A Systematic Review and Meta-Analysis.** *JAMA Oncol.* Published online Dec. 19, 2019. doi:<https://doi.org/10.1001/jamaoncol.2019.5233>

**Question:** Is the use of acupuncture and acupressure associated with improved cancer pain management compared with sham intervention and/or analgesic therapy alone? **Findings:** In this systematic review of 17 randomized clinical trials and meta-analysis of 14 trials in the current English-language and Chinese-language literature, a significant association was found between real (compared with sham) acupuncture and reduced pain, and acupuncture combined with analgesic therapy was associated with decreased analgesic use. However, heterogeneity lowered the level of certainty of the evidence. **Meaning:** This study found a moderate level of evidence that acupuncture and/or acupressure was significantly associated with lower pain intensity in patients with cancer compared with a sham control, which suggests a potential for a combination of acupuncture and acupressure to help reduce opioid doses in patients with cancer.

<https://jamanetwork.com/journals/jamaoncology/fullarticle/2757396>

**Now** 2. Liao J. **A tribute to Zhang Zhongjing on the 1800<sup>th</sup> anniversary of his death.** NYSZP.com. 30<sup>th</sup> Dec. 2019. <http://www.nyszp.com/news/2019123021871.html> (中文)

**Now** 3. **YZD2017.com, a new website for information on medicinal materials used in TCM**  
<http://www.yzd2017.com/Main/Lib/Source?BaseTypeId=e70b4f1a-2a99-49a4-bfa3-3d1ff159992a> (中文)

**Now** 4. Chen H et al. **Glycyrrhizin Prevents Hemorrhagic Transformation and Improves Neurological Outcome in Ischemic Stroke with Delayed Thrombolysis Through Targeting Peroxynitrite-Mediated HMGB1 Signaling.** *Transl Stroke Res.* 2019 Dec 24. doi: 10.1007/s12975-019-00772-1. Glycyrrhizin is the chief sweet-tasting constituent of *Glycyrrhiza glabra* root, 甘草, a herb commonly used in TCM. This study found that glycyrrhizin could be a potential adjuvant therapy to attenuate hemorrhagic transformation, by inhibiting the ONOO<sup>-</sup>/HMGB1/TLR2 signaling.



<https://www.ncbi.nlm.nih.gov/pubmed/31872339/>

**Now** 5. **Xinhua News: TCM Progress in 2019**  
<https://mp.weixin.qq.com/s/OHfM5dqAIMC8oBCJNESBtw> (中文)

**Now** 6. **TCM diagnosis and treatment of chronic nephritis.** *WeChat yidaoliufang.* 11/01/2020.  
<https://mp.weixin.qq.com/s/2JxhpKyeOjYKrfpot1nUXQ> (中文)

**Now** 7. **Six TCM projects awarded 1st and 2nd Prizes of China's National S&T Advances 2019**  
<https://mp.weixin.qq.com/s/nDf98g4EXSbGTuSXVXm14w> (中文)

**Now** 8. Guo R et al. **Omics strategies decipher therapeutic discoveries of traditional Chinese medicine against different diseases at multiple layers molecular-level.** *Pharmacological Research* 2020;152:104627 ...

[https://ars.els-cdn.com/content/image/1-s2.0-S1043661819328737-ga1\\_lrg.jpg](https://ars.els-cdn.com/content/image/1-s2.0-S1043661819328737-ga1_lrg.jpg)

<https://mp.weixin.qq.com/s/wUuVMYG3si5gFKVaykHV-w> (中文)

**Now** 9. **Materials for use as both Medicines and Food in China updated on 6<sup>th</sup> Jan. 2020**  
<https://mp.weixin.qq.com/s/ZEh0eakJUvto0viktAFisw> (中文)



**The January 2020 Newsletter of  
The GP-TCM Research Association  
The Chinese New Year Special Edition**



- NEW** 10. Jia H. **2019 Report and 2020 Outlook on China's Domestic TCM Medicinal Industry.** *Modern Chinese Medicine* online published 2020-01-15 17:10:17  
<http://kns.cnki.net/kcms/detail/11.5442.R.20200115.1059.004.html> (中文)  
<https://mp.weixin.qq.com/s/7JMRXLMh2RI6lecBUXVGpQ> (中文)
- NEW** 11. **Deficiency and excess syndromes in TCM.** *WeChat yidaoliufang*, 14th Jan. 2020.  
<https://mp.weixin.qq.com/s/GyszXcxS-lmcHTUVh05yZA> (中文)
- NEW** 12. Jiao S. **TCM treatment must strive to restore Yin-Yang balance.** *WeChat yidaoliufang*, 16th Jan. 2020. <https://mp.weixin.qq.com/s/XfSFxyWhUbZ3RsjQnTHTMA> (中文)

### Omics in Progress

- NEW** 1. Winter L. **Ginkgo's Extreme Longevity Credited to Immune System.** *The Scientist* 15th Jan. 2020. *Ginkgo biloba* trees that first sprouted as the Black Death ravaged Europe in the 1300s—and are still thriving—appear to have immune systems just as active as in trees only a couple of decades old. A new study, published on January 13, 2020 in *PNAS*, details how having an enduring defense system contributes to the tree's seemingly ageless life...  
<https://www.the-scientist.com/news-opinion/ginkgos-extreme-longevity-credited-to-immune-system-66965?utm>  
<https://www.pnas.org/content/early/2020/01/07/1916548117>  
<https://www.sciencemag.org/news/2020/01/how-ginkgo-biloba-achieves-near-immortality>
- NEW** 2. **Nature Methods** paper series on **Method of the Year 2019: Single-cell multimodal omics.** *Nat Methods* 2020;17:1. Multimodal omics measurement offers opportunities for gaining holistic views of cells one by one... <https://www.nature.com/articles/s41592-019-0703-5>
- Eisenstein M. **The secret life of cells.** *Nat Methods* 2020;17:7-10. Armed with a rapidly maturing toolbox for single-cell analysis, scientists are threading together multiple layers of omic data to assemble rich portraits of cellular identity and function...  
<https://www.nature.com/articles/s41592-019-0698-y>
  - Zhu C, Preissl S & Ren B. **Single-cell multimodal omics: the power of many.** *Nat Methods* 2020;17:11-14. Advances in single-cell genomics technologies have enabled investigation of the gene regulation programs of multicellular organisms at unprecedented resolution and scale. Development of single-cell multimodal omics tools is another major step toward understanding the inner workings of biological systems. <https://www.nature.com/articles/s41592-019-0691-5>
  - Efremova M, Teichmann SA. **Computational methods for single-cell omics across modalities.** *Nat Methods* 2020;17:14-17: <https://www.nature.com/articles/s41592-019-0692-4>
  - Schier AF. **Single-cell biology: beyond the sum of its parts.** *Nat Methods* 2020;17:17-20  
<https://www.nature.com/articles/s41592-019-0693-3>
- NEW** 3. Tang L. **Method to watch: Informatics for genomics.** *Nat Methods* 2020;17:23.  
<https://www.nature.com/articles/s41592-019-0709-z>
- NEW** 4. Singh A. **Method to watch: Tools for metabolomics.** *Nat Methods* 2020;17:24.  
<https://www.nature.com/articles/s41592-019-0710-6>
- NEW** 5. Marx V. Technology Feature: **Boost that metabolomic confidence.** *Nat Methods* 2020;17:33-36: <https://www.nature.com/articles/s41592-019-0694-2>





**The January 2020 Newsletter of  
The GP-TCM Research Association  
The Chinese New Year Special Edition**



**Other Recommended Readings**

- Now** 1. Levey AS et al. **Change in Albuminuria and GFR as End Points for Clinical Trials in Early Stages of Chronic Kidney Disease: A Scientific Workshop Sponsored by the National Kidney Foundation in Collaboration With the US Food and Drug Administration and European Medicines Agency.** *Am J Kidney Dis.* 2020;75: 84-104. It is concluded that both early change in albuminuria and GFR slope fulfill criteria for surrogacy for use as end points in clinical trials for chronic kidney disease progression under certain conditions, with stronger support for change in GFR than albuminuria. Implementation requires understanding conditions under which each surrogate is likely to perform well and restricting its use to those settings. [https://www.ajkd.org/article/S0272-6386\(19\)30883-2/pdf](https://www.ajkd.org/article/S0272-6386(19)30883-2/pdf)
- **Editorial by FDA staff:** [https://www.ajkd.org/article/S0272-6386\(19\)30946-1/fulltext](https://www.ajkd.org/article/S0272-6386(19)30946-1/fulltext)
- **Editorial by European Regulators:** [https://www.ajkd.org/article/S0272-6386\(19\)30949-7/pdf](https://www.ajkd.org/article/S0272-6386(19)30949-7/pdf)
- **Editorial by CKD patients:** [https://www.ajkd.org/article/S0272-6386\(19\)30947-3/fulltext](https://www.ajkd.org/article/S0272-6386(19)30947-3/fulltext)
- Now** 2. Francis G. **Medicine: art or science?** *Lancet* 2020;395:24-25. ... As to the role of the doctor, I suspected it hasn't changed much in millennia, even accepting all the benefits of modernity. No matter how much technology there is, when you're ill, you're still going to have to find someone you can trust... If the aim of medicine is to offer the hope of alleviating suffering, to invoke and influence human change, it needs more than science and technology. In a text called simply *The Art*, one of the Hippocratic authors states "there is nothing that cannot be put to use by good physicians, and by the art of medicine"...
- [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(19\)33145-9/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(19)33145-9/fulltext)
- Now** 3. de Cabo R, Mattson MP. **Effects of Intermittent Fasting on Health, Aging, and Disease.** *N Engl J Med.* 2019;381:2541-2551. Evidence is accumulating that eating in a 6-hour period and fasting for 18 hours can trigger a metabolic switch from glucose-based to ketone-based energy, with increased stress resistance, increased longevity, and a decreased incidence of diseases, including cancer and obesity... Intermittent fasting, which is similar to bigu, what Ge Hong used in his his TCM practice. <https://www.ncbi.nlm.nih.gov/pubmed/31881139>  
<https://mp.weixin.qq.com/s/UgUIRh678LGJzi0a1mB5Fw> (中文)
- Now** 4. Barnett A et al. **Working 9 to 5, not the way to make an academic living: observational analysis of manuscript and peer review submissions over time.** *BMJ* 2019;367:l6460. The analyses included more than 49 000 manuscript submissions and 76 000 peer reviews. It is concluded that the differences between countries that are persistent over time show that a "culture of overwork" is a literal thing, not just a figure of speech.  
<https://doi.org/10.1136/bmj.l6460>  
<https://mp.weixin.qq.com/s/4r0q0ad1laHoBdsJT-1ktg> (中文)
- Now** 5. Hua P. **The 48 drugs approved by FDA in 2019.** WeChat ouryaoinfo December 2019.  
<https://mp.weixin.qq.com/s/foVzGoK0frUZpqs6F1OdQw> (中文)
- Now** 6. Lau E, Wang HH, Horton R. **Wakley-Wu Lien Teh Prize Essay 2019: two generations of Chinese doctors.** *Lancet.* 2019 Dec 23. pii: S0140-6736(19)33179-4.  
[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(19\)33179-4/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(19)33179-4/fulltext)  
<https://mp.weixin.qq.com/s/JrAc3Y3ST699slvWgRENfg> (中文)
- Now** 7. Retraction Watch. **The Top Retractions of 2019.** *The Scientist* Dec 16, 2019. Another year, another 1,433 (and counting) retractions. The tenth year of Retraction Watch's existence included—as is often the case—a new record, some impressive numbers, and some bizarre stories. But it also included some exemplary behavior. Here are some of the year's top retraction stories, in no particular order:... <https://www.the-scientist.com/news-opinion/the-top-retractions-of-2019-66852?utm>



**The January 2020 Newsletter of  
The GP-TCM Research Association  
The Chinese New Year Special Edition**



**NEW** 8. Mavris M, Helms AF, Bere N. **Engaging patients in medicines regulation: a tale of two agencies.** The **European Medicines Agency** and the **US Food and Drug Administration** have committed to engaging patients in their regulatory processes to promote patient-focused medicinal product development, as well as improve transparency and trust in the regulatory system. Here, we highlight exchanges of experience between the agencies and some impacts on patient engagement... <https://www.nature.com/articles/d41573-019-00164-y>

**Invitation from Future Meetings**

1. **The 8<sup>th</sup> GP-TCM RA Annual Meeting will be held in Vytautas Magnus University, Kaunas, Lithuania, on 8<sup>th</sup>-9<sup>th</sup> July 2020.**

<http://www.gp-tcm.org/event/the-8th-annual-meeting-of-the-good-practice-in-traditional-chinese-medicine-research-association-gp-tcm-ra/>

<https://www.vdu.lt/en/vmu-will-host-the-annual-meeting-of-traditional-chinese-medicine/>

**NEW** 2. **The First Annual Conference of Chinese Medicine Branch of Hubei Pharmacological Society will be held on 10<sup>th</sup> April 2020.** The First Annual Conference of Chinese Medicine Branch of Hubei Pharmacological Society (CMHBPS) will be held in Wuhan, Hubei Province on April 10, 2020. As the legend of ancient Chinese history, the first user of Chinese medicine was Shennong, who “had been tasted all the herbs and almost been poisoned 70 times a day in Shennongjia, Hubei”. Shenzhen Li, was another famous Chinese medicine practitioner in Hubei in Ming Dynasty. Now there are amount of Chinese medicine source including some giant Chinese medicine manufacturing and supplying companies in Hubei. However, there was no Chinese Medicine Branch of Hubei Pharmacological Society still in 2019. At the end of 2019, Prof Xuanbin Wang (Hubei University of Medicine), Prof Hua Li (Huazhong University of Science & Technology), Prof. Qing Min (Hubei University of Science & Technology), Prof. Hongtao Liu (Hubei University of TCM) and Prof. Dong Liu (Tongji Hospital, Huazhong University of Science & Technology) led to found CMHBPS. They decided to hold The First Annual Conference in Wuhan on April 10, 2020. The meeting will be hosted by CMHBPS and be co-sponsored by School of Pharmacy, Huazhong University of Science and Technology, and Hubei Provincial Laboratory of Wudang Local Chinese Medicine Research (Hubei University of Medicine). They believe that the establishment of CMHBPS would improve the research and development of Chinese medicine pharmacology as well as the industry.



**L to R: Prof Xuanbin Wang, Prof Hua Li, Prof. Qing Min, Prof Hongtao Liu, and Prof Dong Liu**

3. **The 20<sup>th</sup> International Congress of the International Society for Ethnopharmacology will be held in Capsis Hotel, Thessaloniki, Greece, 27<sup>th</sup>-29<sup>th</sup> April 2020.**

[www.ethnopharmacology2020.org](http://www.ethnopharmacology2020.org)

4. **The 6<sup>th</sup> World TCM Summer Summit will be hosted by Hong Kong Registered Chinese Medicine Practitioners Association (HKRCMP).** For an introduction of HKRCMP and TCM in Hong Kong, please watch the film below.

[https://drive.google.com/file/d/1KbPcYUMwS88YepXulryvfD\\_RPmPkyx7i/view](https://drive.google.com/file/d/1KbPcYUMwS88YepXulryvfD_RPmPkyx7i/view)

5. **13<sup>th</sup> European Congress of Integrative Medicine announces 2020 will be held in London, UK, 11-13 September 2020.** The congress will be held at the prestigious Queen Elizabeth II Centre

# The January 2020 Newsletter of The GP-TCM Research Association The Chinese New Year Special Edition



in London, the largest dedicated conference, events and exhibition space in central London. Located less than five minutes' walk from the Houses of Parliament, the venue is perfectly positioned to house delegates from across Europe and the rest of the world. The following video gives you a good taste of the prime location [www.ecimcongress.com/video](http://www.ecimcongress.com/video)

Organised on behalf of The European Society for Integrative Medicine and in association with the National Centre for Integrative Medicine (NCIM), The College of Medicine, the University of Southampton and the Academy of Integrative Health & Medicine (AIHM). Featuring world-class experts presenting the latest research and success stories in clinical care, alongside poster sessions and an international exhibition, the congress aims to bring together medical practitioners, healthcare professionals, scientists, researchers, therapists and healthcare politicians from across the globe. All interested parties are invited to register their interest via the website [www.ecimcongress.com](http://www.ecimcongress.com) or by emailing the organisers at [info@ecimcongress.com](mailto:info@ecimcongress.com). For more information, please visit: [www.ecimcongress.com](http://www.ecimcongress.com)

## Invitation from Journals

**1. World Journal of Traditional Chinese Medicine: Sincere invitation for submissions.** World Journal of Traditional Chinese Medicine (ISSN 2311-8571, CN10-1395/R) is sponsored by WFCMS, and is the official journal of GP-TCM RA. WJTCM dedicates to report the research progress in clinical efficacy and action mechanism of TCM, Chinese materia medica, acupuncture and moxibustion to doctors and biomedical researchers around the world, so as to provide new thoughts and methods for solving complex diseases and knotty diseases. To submit your manuscripts, or to read articles in the past issues, please visit: <http://www.wjtcn.net>



**The 4<sup>th</sup> issue of volume 5, 2019 has now been published.** All WJTCM articles are published online in WJTCM website: <http://www.wjtcn.net/currentissue.asp?sabs=n>

## Sixteen WJTCM publications of clinical importance:

Papers	Webpage
1. <b>New Insights into the Molecular Basis of Kidney Governing Bone Theory.</b> Zhao DF, et al. <i>WJTCM</i> 2015;3:40-46.	<a href="http://www.wjtcn.org/ch/reader/view_abstract.aspx?file_no=20150011&amp;flag=1">http://www.wjtcn.org/ch/reader/view_abstract.aspx?file_no=20150011&amp;flag=1</a>
2. <b>Herbal Medicines for Acute Kidney Injury: Evidence, Gaps and Frontiers.</b> Bunel V, et al. <i>WJTCM</i> 2015;3:47-66.	<a href="http://www.wjtcn.org/ch/reader/view_abstract.aspx?file_no=20150019&amp;flag=1">http://www.wjtcn.org/ch/reader/view_abstract.aspx?file_no=20150019&amp;flag=1</a>
3. <b>Interventional Effect of Jianpi Bushen Granule Combined with Western Medicine on the Level of Serum Acetylcholine Receptor Antibodies in Myasthenia Gravis Patients.</b> Jiang C, et al. <i>WJTCM</i> 2015;4:42-47.	<a href="http://www.wjtcn.org/ch/reader/view_abstract.aspx?file_no=20150012&amp;flag=1">http://www.wjtcn.org/ch/reader/view_abstract.aspx?file_no=20150012&amp;flag=1</a>
4. <b>Progress of Research on Organ Fibrosis with TCM.</b> Wang QL, et al. <i>WJTCM</i> 2016;2:53-59.	<a href="http://www.wjtcn.org/ch/reader/view_abstract.aspx?file_no=20150038&amp;flag=1">http://www.wjtcn.org/ch/reader/view_abstract.aspx?file_no=20150038&amp;flag=1</a>
5. <b>Tonifying Shen-Yin and Gou-Yang principles in treating osteoporosis: All roads lead to Rome.</b> Gou W, et al. <i>WJTCM</i> 2016;4:38-48.	<a href="http://www.wjtcn.org/ch/reader/view_abstract.aspx?file_no=20160031&amp;flag=1">http://www.wjtcn.org/ch/reader/view_abstract.aspx?file_no=20160031&amp;flag=1</a>
6. <b>Evaluation of the Pharmacokinetics and Renal Excretion of Ma-Zi-Ren-Wan in Health Subjects.</b> Hu DD, et al. <i>WJTCM</i> 2017;2:08-15.	<a href="http://www.wjtcn.org/ch/reader/view_abstract.aspx?file_no=20160050&amp;flag=1">http://www.wjtcn.org/ch/reader/view_abstract.aspx?file_no=20160050&amp;flag=1</a>
7. <b>The Protective Effect of Gan Shen Fu Fang on Liver Endothelial Cells in Common Bile Duct-ligated Rats.</b> Du QH, et al. <i>WJTCM</i> 2017;4:21-25.	<a href="http://www.wjtcn.net/article.asp?issn=2311-8571;year=2017;volume=3;issue=4;spage=21;epage=25;aulast=Du">http://www.wjtcn.net/article.asp?issn=2311-8571;year=2017;volume=3;issue=4;spage=21;epage=25;aulast=Du</a>
8. <b>Compound-Target-Pathway Network Analysis and Effective Mechanisms Prediction of Bu-Shen-Jian-Pi Formula.</b> Li XY, et al. <i>WJTCM</i> 2018;4:170-175.	<a href="http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2018;volume=4;issue=4;spage=170;epage=175;aulast=Li">http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2018;volume=4;issue=4;spage=170;epage=175;aulast=Li</a>
9. <b>TCM Based on Zheng Differentiation versus Angiotensin Receptor Blocker / Angiotensin-converting Enzyme Antagonist in Efficacy of Treating Diabetic Kidney Disease: A Meta-analysis of Randomized Clinical Trials.</b> Huang WJ, et al. <i>WJTCM</i> 2019;1:18-28.	<a href="http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=1;spage=18;epage=28;aulast=Huang">http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=1;spage=18;epage=28;aulast=Huang</a>
10. <b>Disease-based toxicology on safety assessment strategy and application for herbal and traditional medicines.</b> Wang JB, Shi Z, Xiao XH. <i>WJTCM</i> 2019;3:139-144.	<a href="http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=3;spage=139;epage=144;aulast=Wang">http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=3;spage=139;epage=144;aulast=Wang</a>
11. <b>Discussions on toxic traditional Chinese medicine and new perspectives.</b> Liu H, Zhou W, Gao Y. <i>WJTCM</i> 2019;3:145-150.	<a href="http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=3;spage=145;epage=150;aulast=Liu">http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=3;spage=145;epage=150;aulast=Liu</a>



**The January 2020 Newsletter of  
The GP-TCM Research Association  
The Chinese New Year Special Edition**



12. <b>Taming the fire of nephrotoxic botanicals.</b> Holden F, et al. <i>WJTCM</i> 2019;3:151-163.	<a href="http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=3;spage=151;epage=163;aulast=Holden">http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=3;spage=151;epage=163;aulast=Holden</a>
13. <b>Screening and identifying hepatotoxic components in Polygoni multiflori Radix and Polygoni multiflori Radix Praeparata.</b> Zhang GP, et al. <i>WJTCM</i> 2019;3:164-170.	<a href="http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=3;spage=173;epage=179;aulast=Zhang">http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=3;spage=173;epage=179;aulast=Zhang</a>
14. <b>Advances in the safety evaluation of mineral medicines - Cinnabar and realgar.</b> Tian J, et al. <i>WJTCM</i> 2019;3:171-179.	<a href="http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=3;spage=164;epage=172;aulast=Tian">http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=3;spage=164;epage=172;aulast=Tian</a>
15. <b>Meta-analysis of niaoduqing granules combined with RAAS system blocker in the treatment of diabetic nephropathy.</b> Zhang J, et al. <i>WJTCM</i> 2019;5:193-201.	<a href="http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=4;spage=193;epage=201;aulast=Zhang">http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=4;spage=193;epage=201;aulast=Zhang</a>
16. <b>Tonifying kidney, lung, and spleen combined with Western medicine for stable chronic obstructive pulmonary disease: A systematic review.</b> Liu YY, Gao Z. <i>WJTCM</i> 2019;5:202-13.	<a href="http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=4;spage=202;epage=213;aulast=Liu">http://www.wjtcn.net/showcaptcha.asp?RedirectUrl=article&amp;issn=2311-8571;year=2019;volume=5;issue=4;spage=202;epage=213;aulast=Liu</a>

WJTCM is cited by Scopus, DOAJ, Scimago Journal Ranking, CNKI, Wanfang Data, Google Scholar, EBSCO Publishing's Electronic Databases, Exlibris-Primo Central, Hinari, Infotrieve, ProQuest and TdNets, and has been a core S&T journal of China since 2018.

A report on the progress made in 2019 at WJTCM can be found here:

[https://mp.weixin.qq.com/s/5JnW9redKT\\_knRFK4ALELg](https://mp.weixin.qq.com/s/5JnW9redKT_knRFK4ALELg) (中文)

To submit to WJTCM, please visit: <http://www.wjtcn.net/submitarticle.asp>

2. Wang HH, Horton R. **Lancet call for papers: Evaluating the progress of health research in China.** *Lancet* 2019; 394:2135. The editors wrote: "In 2020, The Lancet will dedicate a weekly issue to document and evaluate the progress of health research in China. While we welcome submissions from China throughout the year and across all Lancet journals, we specifically invite submissions of high-quality research from China—or from research teams working on health in China—for this issue. Submissions are invited from all aspects of health science including, but not limited to, clinical medicine, public health, global health, and health policy."

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(19\)32957-5/fulltext?](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(19)32957-5/fulltext?)

### Sounding Board:

1. This column is reserved for comments, personal views, proposals for collaborations or any other features from our readers across the world. We look forward to hearing from you! Please get in touch with your editors: Dr Qihe Xu ([qihe.xu@kcl.ac.uk](mailto:qihe.xu@kcl.ac.uk)), Prof Pierre Duez ([pierre.duez@umons.ac.be](mailto:pierre.duez@umons.ac.be)), Prof Yuan Shiun Chang ([yschang0404@gmail.com](mailto:yschang0404@gmail.com)) and Prof Xuanbin Wang ([459560483@qq.com](mailto:459560483@qq.com)).

2. Advised by Prof Zhongzhen Zhao, an Editorial Board member of our Newsletter, we have decided to highlight a couple of medicinal plants used in TCM in a new column, starting from October 2019. It will feature beautiful photos of the plants by Prof Hubiao Chen, an English introduction to the plants and its medicinal use in TCM by Prof Ping Guo, as well as Chinese poems on the plants by Prof Jiqing Liu. **Please read on. The last page will be the best yet to come...**

## Happy Chinese New Year !

from the GP-TCM RA: We Wish You a Fabulous Year of the Rat !



The January 2020 Newsletter of  
The GP-TCM Research Association  
The Chinese New Year Special Edition



### Monthly Chinese Materia Medica Highlights

Asian ginseng (*Panax ginseng*, Araliaceae, 人參, left) and  
American ginseng (*Panax quinquefolius*, Araliaceae, 西洋參, right)



The dried root and rhizome of both plants are the most esteemed Chinese medicinals. Asian ginseng has been used medicinally since the Eastern Han Dynasty (25~220). It powerfully tonifies vital *qi* and the *qi* of all the organs, engenders fluids, stops thirst, calms the spirit, and benefits the mind. American ginseng has been incorporated into Chinese *materia medica* since the Qing Dynasty (1644~1911). Cool in property, it tonifies *qi*, nourishes *yin*, clears heat, and engenders fluids. American ginseng has been serving as a perfect substitute whenever the warmth of Asian ginseng is not applicable according to syndrome differentiation in traditional Chinese medicine.

Although these two plants are different in appearance (the stalk of inflorescence of Asian ginseng is obviously longer), they share a same common name of “ginseng” in commerce. C A Meyer (1795~1855, Russian botanist) and C Linnaeus (1707~1778, Swedish botanist) got rid of the confusion taxonomically by establishing the scientific identity of Asian ginseng (*Panax ginseng*) in 1842 and that of American ginseng (*Panax quinquefolius*) in 1753, respectively.

#### 人參

天高地迥野茫茫  
本草千年源远流长  
邀月约星晨饮露  
坐看天下谁为王

#### 西洋參

山中草本在西洋  
静水深流性却凉  
与海相隔遥万里  
风帆两处正行航

The above photographs, texts and poems are contributed by Prof **Hubiao Chen** (Hong Kong), Dr **Ping Guo** (Hong Kong) and Prof **Jiqing Liu** (Shenzhen), respectively. We thank Prof **Zhongzhen Zhao** (Hong Kong) for advising this column and thank Dr **Qihe Xu** (London) for help with editing.