



Good Practice in Traditional Chinese Medicine Research Association 中医药规范研究学会



July-August 2023 Newsletter

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The 11th Annual Meeting of GP-TCM RA



Dear All,

Following our previous email sent on 23 July, please be reminded that the 11th Annual Meeting of GP-TCM RA will be held on **18-20 September 2023** in Leiden, The Netherlands, which is in fact the founding place of our Association back in 2012. I would like to sincerely invite you all to join this 2.5-days Meeting and to take this opportunity to meet old and new friends. Please see attached the meeting flyer and the tentative program for more details.

The registration for this Meeting is still open. Please use the below link for registration:

<https://form.jotform.com/231291829987371>

If the link does not work, please use the QR code in the attached flyer for registration.

I would like to sincerely welcome you all in the coming 11th Annual Meeting of GP-TCM RA in the beautiful city Leiden in September. Your active participation and continuous support will certainly make a successful and memorable Meeting.

Thank you for your attention.



Clara Lau

President of GP-TCM RA



The 11th Annual Meeting of Good Practice in Traditional Chinese Medicine Research Association (GP-TCM RA)

All are welcome!

18-20 September 2023

Leiden, The Netherlands




Meeting venue: Fletcher Wellness Hotel Leiden

For more details, please refer to GP-TCM RA website: www.gp-tcm.org

Please use below link for registration:
<https://form.jotform.com/231291829987371>

Please scan this QR code
if the link does not work





Tentative Programme



The 11th Annual Meeting of The Good Practice in Traditional Chinese Medicine Research Association

Date: 18-20 September 2023

Venue: Fletcher Wellness Hotel Leiden, The Netherlands

Program (tentative)

18 September (Monday)

8.30 am Registration

Moderator: **Prof. Simon Ming-Yuen Lee**, Secretary-General of GP-TCM RA

9.00 am – 9.35 am **Opening ceremony**

- Welcome speech by **Prof. Clara Bik-San Lau**, President of GP-TCM RA
- Welcome remarks by **Dr. Mei Wang**, host of the meeting
- Group photo

Chairperson of Keynote Session 1: **Dr. Tai-Ping Fan**, Treasurer of GP-TCM RA

9.40 am – 10.10 am **Keynote lecture**

Prof. Jürg Gertsch, University of Bern, Switzerland

“Connecting the Dots: How Understanding Mechanisms of Action Shapes the Clinical Future of Botanical Drugs, Illustrated by Cannabis”

10.10 am – 10.40 am **Keynote lecture**

Prof. Hongxi Xu, Shanghai University of Traditional Chinese Medicine, China

“Phytochemical analysis, bioassays and the identification of drug lead compounds from medicinal plants”

10.40 am – 11.00 am Tea/coffee break & poster viewing session (presenting authors please stand by your posters)

11.00 am – 12.30 pm **Interest Group – Quality Control**

Chairpersons: **Prof. Rudolf Bauer** and **Prof. Monique Simmonds**

Theme: Single marker compounds versus holistic type of fingerprint analysis in the quality control of herbal drugs

Speakers (20 min each):

Prof. Monique Simmonds, Royal Botanic Gardens, Kew, UK

“LC-MS-analysis and chemometric analysis for holistic quality control”

Prof. Wenlong Li, Tianjin University of Traditional Chinese Medicine, China

“Holistic quality control methods of herbal products based on near infrared spectroscopy and related chemometrics algorithms”

Prof. Rudolf Bauer, University of Graz, Austria

“Comparison of HPTLC fingerprint analysis, LC-MS, HPLC-DAD, and NMR metabolomics for quality control of herbal products”

Discussion (30 min.)

12.30 pm – 1.40 pm Lunch



Tentative Programme

- 1.40 pm – 3.10 pm **Interest Group – Pharmacology & Toxicology**
 Chairpersons: **Prof. Lie-Fen Shyur** and **Dr. Qihe Xu**
Theme: State of the Art and Good Practice in Omics-based Pharmacology & Toxicology
 Speakers (20 min. each, followed by Q&A):
Dr. Qihe Xu, King's College London, UK
 “Proteomics enables a systems view on fibrogenesis and the pharmacology & toxicology of herbal antifibrotics”
Prof. Lie-Fen Shyur, Academia Sinica, Taiwan
 “Polypharmacology of plant-based therapeutics for cancer diseases”
Dr. Mona Dawood, Johannes Gutenberg University, Germany
 “Network pharmacology of epigenetic cancer drugs inspired by nature”
Prof. Yuanjia Hu, University of Macau, Macau SAR, China
 “Mechanism of Yuanhu Zhitong oral liquid in the treatment of primary dysmenorrhea based on network pharmacology”
- 3.10 pm – 3.30 pm Tea/coffee break & poster viewing session (presenting authors please stand by your posters)
- 3.30 pm – 5.00 pm **Interest Group – Regulatory Aspects**
 Chairpersons: **Dr. Mei Wang** and **Dr. Liping Qu**
Theme: Herbal medicinal products in EU and China
 Speakers:
Prof. Jianyuan Tang, Chengdu University of Traditional Chinese Medicine, China
 “Regulatory practice and thinking of TCM products in China” (20 min.)
Prof. Anna Rita Bilia, University of Florence, Italy
 “Herbal (medicinal) products in EU” (20 min.)
Dr. Liping Qu, Chengdu University of Traditional Chinese Medicine, China
 “Multi-herbal TCM product registration in EU (10 min.)
Representative from Guangdong Yifang Pharmaceutical Co. Ltd., China
 “TCM granules: A new application form” (15 min.)
Dr. Suzie Noten, NEN, The Netherlands
 “TCM ISO standardization and the role of NEN in ISO TC 249” (10 min.)
Discussion on “TCM granules in China and EU” (30 min.)
- 5.00 pm End of Day 1 session
- 5.30 pm – 7.30 pm **Welcome Reception** at Freddy's Gastrobar Leiden

19 September (Tuesday)

- 9.00 am – 10.30 am **Interest Group – Clinical Studies**
 Chairperson: **Prof. Linda Zhong**
Theme: Prospectives of herbal clinical trials in different countries
 Speakers (25 min. + 5 min. Q & A):
Prof. Chi Zhang, Dongzhimen Hospital, Beijing University of Chinese Medicine, China
 “Efficacy and effectiveness of Traditional Chinese Medicine: TCM-E2 initiative”
Prof. Linda Zhong, Nanyang Technological University, Singapore
 “A multi-center, randomized, double-blind, placebo-controlled parallel group clinical trial of Zhizhu Kuanzhong capsule in treating patients with postprandial distress syndrome of functional dyspepsia”
Dr. Merlin Willcox, University of Southampton, UK
 “An overview of herbal trials at Southampton, UK”



Tentative Programme

- 10.30 am – 10.50 am Tea/coffee break & poster viewing session (presenting authors please stand by your posters)
- 10.50 am – 12.20 pm **Interest Group – Good Clinical Practice Guidelines**
 Chairperson: **Dr. Chris Kam-Wa Chan**
 Theme: *Review of evidence for CPG*
 Speakers (25 min. each):
Prof. Linda Zhong, Nanyang Technological University, Singapore
 “Evidence-based Integrated Medicine CPG on constipation”
Dr. William Cho, Queen Elizabeth Hospital, Hong Kong SAR, China
 “Prospects of evidence-based anticancer Chinese medicine for integrative medicine”
Dr. Chris Kam-Wa Chan, Hong Kong Baptist University, Hong Kong SAR, China
 “An evaluation of CPG of diabetic kidney disease”
Panel discussion (15 min.)
- 12.20 pm – 1.40 pm Lunch
- 1.40 pm – 3.10 pm **GP-TCM RA AGM 2023**
- 3.10 pm – 3.30 pm Tea/coffee break & poster viewing session (presenting authors please stand by your posters)
- 3.30 pm – 5.00 pm **Interest Group – Acupuncture - Moxibustion and Meridians**
 Chairpersons: **Prof. Nicola Robinson** and **Prof. Jianping Liu**
 Theme: *Barriers to synthesising, disseminating and implementing evidence from acupuncture trials*
 Speakers:
Prof. Nicola Robinson, London South Bank University, UK
 “Best evidence for best care” (10 min.)
Prof. Jianping Liu, Centre for Evidence-Based Chinese Medicine, Beijing University of Chinese Medicine, China (20 min.)
 “Publication bias in acupuncture trials”
Dr. Chris Kam-Wa Chan, Hong Kong Baptist University, Hong Kong SAR, China
 “What kind of trials provide the best evidence?” (20 min.)
Dr. Stephen Birch, School of Health Sciences, Kristiania University College, Norway
 “Use of evidence in clinical guidelines” (20 min.)
Panel discussion (20 min.)
- 5.00 pm End of Day 2 session
- 6.00 pm – 10.00 pm **Conference dinner at Leiden Botanical Gardens (Hortus botanicus Leiden)**
 (only for participants who have paid for the conference dinner)
- 6.00 pm – 7.00 pm - Welcome speech by Prof. Paul Keßler, director of the Hortus botanicus Leiden
 - Guided tour around the gardens
- 7.00 pm – 9.30 pm - Buffet dinner

20 September (Wednesday)

Moderator: **Prof. Xuanbin Wang**, BoD member of GP-TCM RA

- 9.00 am – 9.30 am **2-minute flash poster presentations**
 Chairpersons: **Prof. Pierre Duez** and **Prof. Yuan Shiun Chang**
- 9.30 am – 11.00 am **Interest Group - Publication**
 Chairperson: **Prof. Rob Verpoorte**



Tentative Programme

Theme: ChatGPT and AI, their role in the network of scientific communication

Speakers:

Dr. H.G.J. van Mil, Mathematical Institute, Leiden University, The Netherlands

“AI as potential tool in science”

Dr. W. Jesper, LACDR, Leiden University, The Netherlands

“Applications of AI and ChatGPT”

Representatives of Publishers

“Applications of ChatGPT and AI in good publishing practices”

Panel discussion

11.00 am – 11.20 am Tea/Coffee break & poster viewing session (presenting authors please stand by your posters)

Chairperson of Keynote Session 2: **Dr. Mei Wang**, President-Elect of GP-TCM RA

11.20 am – 11.50 am **Keynote lecture**

Prof. Tjalling Erkelens, Bedrocan, The Netherlands

“Cultivation of *Cannabis sativa* L. and production of standardized cannabis flos as pharmaceutical raw material in a controlled environment”

11.50 am – 12.20 pm **Keynote lecture**

Prof. Clara Bik-San Lau, The Chinese University of Hong Kong, Hong Kong SAR, China

“Modernization of traditional Chinese medicines - from a pharmacognosy perspective”

12.20 pm – 12.30 pm **Awards presentation**

Chairpersons: **Dr. Tai-Ping Fan** and **Dr. Qihe Xu**

12.30 pm – 12.40 pm **Closing ceremony**

- Closing remarks by **Prof. Clara Bik-San Lau**, President of GP-TCM RA

12.40 pm – 2.00 pm Lunch



Dear GP-TCM RA members,

This is to inform you that the 2023 Annual General Meeting (AGM) will be held on **19 September 2023 (Tuesday)**, during our 11th Annual Meeting at Fletcher Wellness Hotel Leiden, The Netherlands. Please see attached the meeting agenda. You are most welcome to join the AGM in person, as well as our Annual Meeting. Please visit our website for details:

<https://www.gp-tcm.org/index.php/event/the-11th-gp-tcm-ra-annual-meeting/>

Thank you!

Best regards,



Clara Bik-San Lau (President of GP-TCM RA)

Simon Ming-Yuen Lee (Secretary-General of GP-TCM RA)

Good Practice in Traditional Chinese Medicine Research Association



**2023 Annual General Meeting
19 September 2023 (Tuesday)
Fletcher Wellness Hotel Leiden, The Netherlands
1.40 pm – 3.10 pm (local time)**

Agenda

1. AGM 2022 meeting minutes approval
2. President's report by Clara Lau
3. Secretary-General's report by Simon Lee
4. Treasurer's report by Tai-Ping Fan
5. Discussion on future meetings/activities
- First announcement of the 12th Annual meeting
6. Any other business



New members of GP-TCM RA (July-August 2023)

Ordinary Members

Rania Aro	University of Mons, Belgium
Meng-Ting Chang	National Taiwan University, Taiwan
Amit Kar	Ministry of Science and Technology, Government of India, India
Chi-Him David Sum	The Chinese University of Hong Kong, Hong Kong SAR

Student Members

Jason Fauquet	University of Mons, Belgium
Wenping Huang	KU Leuven, Belgium
Dian Jiang	University of Mons, Belgium





<p>China Medical University, Taichung, Taiwan (Department of Chinese Pharmaceutical Sciences and Chinese Medicine Resources)</p>	
<p>Dalian Fusheng Natural Medicine Development Co. Ltd., China</p>	
<p>Guangdong Provincial Hospital of Chinese Medicine, China</p>	
<p>Heilongjiang University of Chinese Medicine, China</p>	
<p>Hong Kong Baptist University, Hong Kong SAR, China (School of Chinese Medicine)</p>	
<p>Hutchison Whampoa Guangzhou Baiyunshan Chinese Medicine Co. Ltd., China</p>	
<p>Infinitus (China) Company Ltd., China</p>	
<p>Institute of Chinese Medicine, The Chinese University of Hong Kong, Hong Kong SAR, China</p>	
<p>PuraPharm International (H.K.) Ltd., Hong Kong SAR, China</p>	
<p>Shanghai Hutchison Pharmaceuticals, China</p>	
<p>Shanghai University of Traditional Chinese Medicine, China (School of Pharmacy)</p>	
<p>Zhejiang Chinese Medical University, China (School of Pharmaceutical Sciences)</p>	
<p>Zhengzhou University of Industrial Technology, China</p>	





Special Report

Chinese Medicine Culture in School Campus and the Song of Materia Medica at Hong Kong 中医文化进校园，本草之歌起香江



A warm atmosphere surrounded the distinguished guests and full audience

- On July 22, a grand launching ceremony was held for the newly published work, *Zhongzhen Discussing the Compendium of Materia Medica* (traditional Chinese version) at the 33rd Hong Kong Book Fair. The first announcement for a project for Chinese Medicine Culture in School Campus was unveiled, and the 20th session of the Society of Materia Medica Study was held at the same time.



*Masters of Ceremony:
Dr. AU Ching Tung, Dawn (left), Dr. GUO Ping*



Dr. LEE Ka Kui, Elvin, vice president of the Sino United Publishing (Holdings) Limited and chairman of the Wan Li Book Company Limited, delivered a speech



Special Report

Chinese Medicine Culture in School Campus and the Song of Materia Medica at Hong Kong 中医文化进校园，本草之歌起香江

- *Zhongzhen Discussing the Compendium of Materia Medica – Searching for Materia Medica Beyond the Library* (a set of four volumes) was written by Prof. ZHAO Zhongzhen, an emeritus professor of the School of Chinese Medicine at Hong Kong Baptist University and the founding director of the Compendium of Materia Medica Research Institute at Beijing University of Chinese Medicine. This masterpiece represents a distillation of forty years of his painstaking research.



Prof. ZHAO Zhongzhen (left) in an exchange with Ms. CHOW Chi I, Amily, the editor-in-charge

- Integrating Prof. ZHAO Zhongzhen's experiences in investigating medicinal material production areas across more than 30 provinces and regions in China, along with field investigations conducted in seven continents overseas, this text systematically approaches the Compendium of Materia Medica from a perspective based on natural history and ethnopharmacology. The entire text references the sixteen volumes of the Compendium of Materia Medica, integrated by vivid pictures with text and audio links, making this profound work convenient and accessible.
- At the launching ceremony, Prof. ZHAO Zhongzhen and editor-in-charge Ms. CHOW Chi I, Amily, served as guides to the Compendium of Materia Medica in a dialogue format. The rich interaction brought everyone deep into the kingdom of Chinese medicinals and the world of Materia Medica.
- The venue was a full house with over 200 seats filled by guests and participants, and the mood from the guides was light and engaging. Starting from the common grains, vegetables and fruits encountered in daily life, the journey continued to discuss aromatics, tea, and dye plants, starting from China and expanding to the world. The venue was full of laughter and the audience enjoyed the traditional Chinese medicine culture feast.

Special Report

Chinese Medicine Culture in School Campus and the Song of Materia Medica at Hong Kong 中医文化进校园，本草之歌起香江



Tree of Chinese Medicine Culture (Created by Prof. ZHAO Zhongzhen)



Lyrics of the Song of Materia Medica

- In the end, Prof. ZHAO Zhongzhen gave a passionate recital of his Song of Materia Medica, bringing the atmosphere to a memorable climax.
- Adolescents are the hope and the future of Chinese medicine. Planting the seeds of traditional Chinese medicine in the hearts of young people improves cultural confidence; it is a long-term plan that benefits the country and the people, and it is an effective way to promote the inheritance and dissemination of traditional Chinese medicine culture. *Zhongzhen Discussing the Compendium of Materia Medica* has made a successful attempt to create a work that is showing how Chinese medicine could be easily understood, easily remembered, and useful. Both professionals and non-professionals of Chinese medicine alike can gain a wealth of knowledge by reading it. For middle school students, this set of books serves as a reference for understanding Chinese medicine and natural history.
- The project executive Dr. AU Ching Tung, Dawn, serves as the director of the Chinese Medicine and Culture Research Center of the Technological and Higher Education Institute of Hong Kong. She noted that a wide range of people in the community came together to support the Chinese Medicine Culture in School Campus project, which was initiated by the School of Chinese Medicine at Hong Kong Baptist University. It has received an enthusiastic response and support from insightful members of society and influential foundations.



Today's apricot seedling is fresh and green, tomorrow it will become a forest



Dr. AU Ching Tung, Dawn, the project executive



Special Report

Chinese Medicine Culture in School Campus and the Song of Materia Medica at Hong Kong 中医文化进校园，本草之歌起香江



Mr. LEE Chun Hung, a renowned expert in the field of traditional Chinese medicine, came to show his support



Dr. LUO Dinghui, an early pioneer traditional Chinese medicine practitioner in the 1980s in the United Kingdom, attended the book launching ceremony

- Sponsored by Ms. LEUNG Nisa, Elementary Charitable Foundation, and Chinese Culture Educational Foundation Limited, the Chinese Medicine Culture in School Campus project will donate books to all secondary schools in Hong Kong. Furthermore, the project will also recruit secondary school students to participate in lectures on Chinese medicine culture, workshops (featuring topics such as herbal insect repellants, herbal incenses, and dietary therapy), and reading competitions. A series of activities will allow students to have a deeper understanding of Chinese medicine and will promote the popularity and integration of Chinese medicine culture. At the same time, it will also inspire new developments in Chinese medicine.



The author was providing autographs for the audience on-site and had no time for socializing

- The book fair was crowded with people, visitor had to queue for over an hour for purchasing tickets and admission. The number of visitors of this year's Hong Kong Book Fair is expected to reach 1 million after the epidemic.



Crowds jostled each other at the book fair



Special Report

Chinese Medicine Culture in School Campus and the Song of Materia Medica at Hong Kong 中医文化进校园，本草之歌起香江

- The book series “*Zhongzhen Discussing the Compendium of Materia Medica*” (simplified Chinese version) was published by the China Population Publishing House on Li Shizhen's anniversary day in May 2023. Relevant efforts are stepping up to make the Japanese and English versions available in the future.



(From left to right) Dr. CHIU Pui Yin, Amy, Prof. ZHAO Zhongzhen, Prof. WANG Yitao, Dr. KO Wing Man, Mr. LI Ying Sang, Tommy, Mr. WONG Kwun Ming



(From left to right) Prof. CHEN Lixin, Prof. BAUER Rudolf, Prof. ZHAO Zhongzhen, Prof. CHANG Yuan Shiun, Prof. MEI Quanxi

Officiating guests:

Mr. TSANG Yok Sing, Jasper, former president of the Legislative Council of the Hong Kong Special Administrative Region, Grand Bauhinia Medal, GBS, JP

Dr. KO Wing Man, member of the Standing Committee of the National Committee of the Chinese People's Political Consultative Conference and member of the Executive Council of the Government of the Hong Kong Special Administrative Region

Dr. CHIU Pui Yin, Amy, controller, Regulatory Affairs, Department of Health, the Government of the Hong Kong Special Administrative Region

Prof. CHEN Lixin, deputy secretary-general of the World Federation of Chinese Medicine Societies

Ms. Li Ling, delegate of the Coordination Department of the Liaison Office of the Central People's Government in the Hong Kong Special Administrative Region

cont.



Special Report

Chinese Medicine Culture in School Campus and the Song of Materia Medica at Hong Kong 中医文化进校园，本草之歌起香江

Officiating guests:

Prof. BAUER Rudolf, former president of the International Society of Ethnopharmacology

Prof. CHAN Sun Chi, Albert, academician of the Chinese Academy of Sciences and founding academician of the Hong Kong Academy of Sciences

Mr. LI Ying Sang, Tommy, deputy to the 14th National People's Congress of the People's Republic of China and chairman of the Federation of the Hong Kong Chinese Medicine

Prof. CHANG Yuan Shiun, China Medical University (Taiwan)

Prof. WANG Yitao, founding director of the Institute of Chinese Medical Sciences, University of Macau

Prof. ZUO Zhong, Joan, director of the School of Pharmacy, The Chinese University of Hong Kong

Dr. CHEN Jianping, School of Chinese Medicine, The University of Hong Kong

Prof. MEI Quanxi, president of the Li Shizhen Research Branch Society, China Information Association of Traditional Chinese Medicine

Dr. TAM Tin Lok, Timothy, delegate of Chinese Culture Educational Foundation Limited

Prof. LI Min, Associate Dean, School of Chinese Medicine, Hong Kong Baptist University

Prof. PUN Kwok Leung, dean of Faculty of Science and Technology, Technological and Higher Education Institute of Hong Kong

Dr. LEE Ka Kui, Elvin, vice president of the Sino United Publishing (Holdings) Limited and chairman of the Wan Li Book Company Limited

Professor ZHAO Zhongzhen, author of *Zhongzhen Discussing the Compendium of Materia Medica* (traditional Chinese version), emeritus professor of the School of Chinese Medicine, Hong Kong Baptist University, founding director of the Compendium of Materia Medica Research Institute at Beijing University of Chinese Medicine

Adopted from <https://mp.weixin.qq.com/s/IXMpBAQDbyRQApCjQvxRew>

Chinese version is available via the link <https://mp.weixin.qq.com/s/IXMpBAQDbyRQApCjQvxRew>



English translation: Dr. BRAND Eric (Edited by Dr. GUO Ping @ SCM HKBU August 18, 2023)

i TCM chemistry and TCM resources innovation development conference held in Nanjing on 30 June to 2 July, 2023.

中草药杂志社参加中药资源化学与中药资源循环利用创新发展大会

中草药杂志社 2023-07-05 11:35 发表于天津



2023年6月30日—7月2日，中药资源化学与中药资源循环利用创新发展大会暨2023年中国中药协会中药资源循环利用专业委员会、CSNR 中药及天然药物资源研究专业委员会产学研论坛在江苏南京隆重召开。天津中草药杂志社总经理兼总编辑陈常青、总编辑助理潘明佳、中草药英文版编辑部王文倩、丹阳、姚霞参加会议。

News and photo adapted from link below:

<https://mp.weixin.qq.com/s/kRFgMXNIGMOSfyp-9nucOw>

ii Novel Chinese medicine for constipation developed by HKBU authorised by U.S. FDA for clinical trial

 香港浸會大學
HONG KONG BAPTIST UNIVERSITY

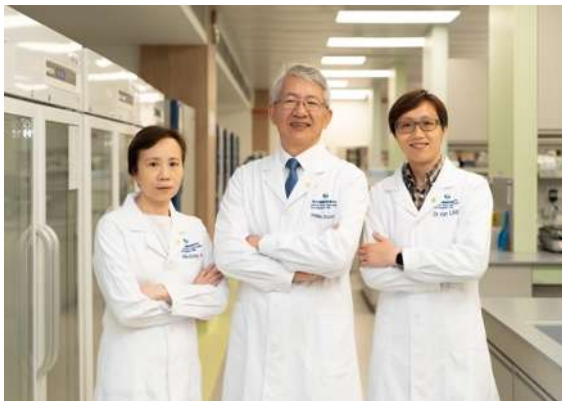
Novel Chinese medicine for constipation developed by HKBU authorised by U.S. FDA for clinical trial

Tuesday, 25 July 2023

The Centre for Chinese Herbal Medicine Drug Development (CDD) of Hong Kong Baptist University (HKBU) has made significant progress in developing novel Chinese medicine for treating chronic constipation. With its success in the Investigational New Drug Application to the U.S. Food and Drug Administration (FDA), CDD has been authorised to conduct a phase I clinical trial of the new drug. This is the first time that a new botanical drug developed in Hong Kong was authorised to conduct a clinical trial in the US.

The clinical trial will be launched later this year to evaluate the safety, tolerability, and pharmacokinetics profile of the new drug on healthy individuals.

Research based on traditional Chinese herbal formulation



Chronic constipation is a common gastrointestinal disorder affecting approximately 14% of the global population. Currently, many patients with chronic constipation are not completely satisfied with their current treatments due to side effects and/or limited efficacy. In response to the patients' needs for better therapeutics, CDD has been eyeing the international market and has developed a new drug called CDD-2101, which is based on previous pilot clinical studies and basic research on the traditional Chinese herbal formulation "MaZiRenWan".

News and photo adapted from link below:

<https://www.hkbu.edu.hk/en/whats-new/press-release/2023/20230725-NovelChinese-medicine-for-constipation-developed-byHKBUauthorised-byUSFDAfor-clinical-trial.html>

iii Research team led by HKBU Dr. Zhang Shiping surveys on traditional Chinese medicine treatment for COVID-19

香港浸會大學
HONG KONG BAPTIST UNIVERSITY

中醫藥學院
School of
Chinese Medicine

NEWS

Research team led by Dr. Zhang Shiping surveys on traditional Chinese medicine treatment for COVID-19

28 July 2023



Dr. Shiping Zhang, Associate Professor, School of Chinese Medicine

A research team led by Dr. Zhang Shiping of the Teaching and Research Division interviewed over 6,000 Hong Kong residents who were infected with COVID-19. The team found that approximately 70% of the respondents had received treatment with traditional Chinese medicine. Those who used only traditional Chinese medicine had an average of 6.63 days of positivity. This study provides valuable insights into the successful implementation and acceptance of traditional Chinese medicine in the fight against the COVID-19 pandemic.



News and photo adapted from link below:

<https://scm.hkbu.edu.hk/en/news-and-events/news/2023/0728-drzhangshiping.html>

iv SCM's remarkable success in securing GRF and ECS grants advances Chinese medicine research by HKBU

香港浸會大學
HONG KONG BAPTIST UNIVERSITY

中醫藥學院
School of
Chinese Medicine

NEWS

SCM's remarkable success in securing GRF and ECS grants advances Chinese medicine research

13 Jul 2023

SCM has achieved another year of strong performance in competitive research grants. In the latest round of the Research Grants Council's funding schemes, the School won five General Research Fund (GRF) and three Early Career Scheme (ECS) grants, maintaining its leadership among peer institutions.



News and photo adapted from link below:

<https://scm.hkbu.edu.hk/en/news-and-events/news/2023/0713-CM-s-remarkable-success-in-securing-GRF-and-ECS-grants-advances-Chinese-medicine-research.html>

V New book by Prof. Zhongzhen Zhao, HKBU

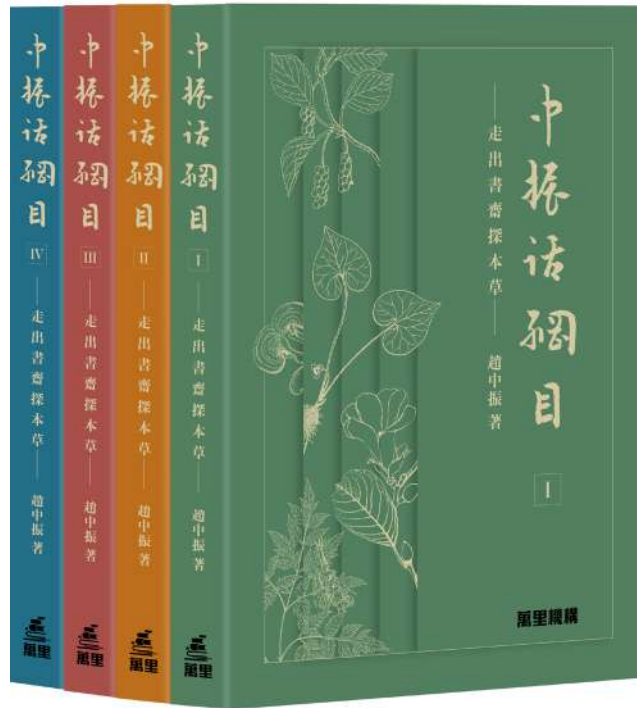
 香港浸會大學
HONG KONG BAPTIST UNIVERSITY

 中醫藥學院
School of
Chinese Medicine

NEWS

New book by Prof. Zhongzhen Zhao, HKBU

24 July 2023


《中振話綱目——走出書齋探本草》

Editor: Professor Zhao Zhongzhen, Professor Emeritus of the School of Chinese Medicine

ISBN:9789621474766

《中振話綱目——走出書齋探本草》（一套四冊）以編者在國內超過三十個藥材主產區的考察和海外七大洲的實地調查為基礎，從博物學和世界傳統藥物學的角度對《本草綱目》進行了深度和系統的解讀。

本書參照《本草綱目》的結構，逐一解析中藥。內容涉及植物、動物、礦物，介紹了它們在大自然中的形態、生存環境等科學知識，以及所承載的醫藥飲食、民俗掌故、中外交流等方面的歷史文化知識。該書適合中醫文化愛好者閱讀，也是向中學生普及中醫藥知識的重要參考。



News and photo adapted from link below:

<https://scm.hkbu.edu.hk/en/news-and-events/news/2023/0724-Newbooksbystaff.html>

vi College of Chinese Medicine, China Medical University hired Rudolf Bauer from the University of Graz, Austria, as a visiting professor to continue to strengthen international academic exchanges in the field of traditional Chinese medicine in Taiwan



中國醫藥大學聘請奧地利格拉茨大學 Rudolf Bauer 為客座教授，持續加強臺灣中醫藥領域之國際學術交流



News and photo adapted from link below:
<https://cchimed.cmu.edu.tw/news/269>



vii Three Chinese national medical societies jointly published 52 guidelines on diagnosis and management of diseases in integrative medicine contexts.

中国中西医结合学会、中华中医药学会、中华医学会关于联合发布52个中西医结合诊疗方案的公告

信息来源：

发布日期：2023-05-31 16:49:31

中西会发〔2023〕93号

**中国中西医结合学会、中华中医药学会、中华医学会
关于联合发布52个中西医结合诊疗方案的公告**

为贯彻落实《中共中央 国务院关于促进中医药传承创新发展的意见》，中国中西医结合学会联合中华中医药学会、中华医学会共同开展中西医结合诊疗方案制订工作，经过梳理汇总中西医结合诊疗方案、统一体例格式并修改完善、组织遴选、征求意见并公示，现三个学会正式联合发布52个中西医结合诊疗方案，特予公告。

中国中西医结合学会

中华中医药学会

中华医学会

2023年5月31日



News and photo adapted from link below: http://www.caim.org.cn/info_content.jsp?id=10322



i International Conference on Natural Products and the Third Wudang International Traditional Chinese Medicine Forum was held in Wudang, Hubei, China



2

2. The ribbon-cutting ceremony of Toxicology of Chinese Medicines was officiated by the editors-in chief, Prof. Hongxi XU (SHUTCM), Prof. Yibin FENG (The University of Hong Kong, HKU) and Prof. Xuanbin WANG (Renmin Hospital of HBMU), and Honored guests, Mr. Junfeng CHEN (vice-secretary of CACM), Prof. Aiping LYU (Hong Kong Baptist University, HKBU), Prof. Li PENG (SYHC), and Dr. Guojin YANG, the BoD member of HKBU.



3



4



5



6

3. Opening ceremony addressed by Mr. Junfeng CHEN, vice-secretary of CACM. 4. Opening ceremony addressed by Prof. Hongxi XU, chairman of the conference and the Distinguished Professor of SHUTCM. 5. Welcome speech by Prof. Yunfu WANG, President of HBMU. 6. Opening ceremony addressed by Prof. Li PENG, secretary of CPC and Director of SYHC.



7

7. Prof. Thomas EFFERTH gave a recorded talk.



8

8. Prof. Clara Bik-San LAU gave a recorded talk.



9

9. Mr. Ziheng DING (China Academy of Chinese Medicine Sciences) and Mr. Muyang HUANG (University of Macau) won the first prize award in the Young Scientist Contest Session.



10

10. Six students won the second prize award.



The 19th Meeting of The Consortium for Globalization of Chinese Medicine (CGCM)



Written by Prof. Clara Bik-San Lau, Acting Secretary General and Council Member of CGCM

Associate Director of the Institute of Chinese Medicine and State Key Laboratory of Research on Bioactivities and Clinical Applications of Medicinal Plants, The Chinese University of Hong Kong

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Due to the global Covid-19 pandemic, the annual CGCM meeting has been suspended since the last meeting held in August 2019 in Shanghai. The 19th Meeting of CGCM, which has been kept on postponing, has finally been held in August 2023. This year, the Meeting was hosted by Chengdu University of Traditional Chinese Medicine, and the 3-days (22-24 August) Meeting took place at Felton Grand Hotel, Chengdu. Over 320 participants, including 58 travel grant awardees, from different parts of the world (Beijing, Braga, Graz, Guangzhou, Hong Kong, Hubei, Hunan, Kunming, Leiden, Macau, Malaysia, Maryland, New Haven, New York, Shanghai, Shenyang, Shenzhen, Sichuan, Taichung, Taipei, Taoyuan, Thailand, Tianjin, Wuhan, Xinjiang, etc.) all joined the Meeting. The Meeting started with the official Opening Ceremony, chaired by Prof. Shuguang YU, President of Chengdu University of Traditional Chinese Medicine, and Academician Prof. Kaixian CHEN, Vice Chairman of CGCM. Due to recent health issue, Prof. Yung Chi CHENG, the chairman of CGCM unfortunately could not attend the Meeting.



From left to right: Prof. Shuguang YU, President of Chengdu University of Traditional Chinese Medicine; Prof. Dianxing YANG, Vice President of China Association of Chinese Medicine and President of Sichuan Institute of Chinese Medicine; Academician Prof. Kaixian CHEN, Vice Chairman of CGCM; and Mr. Peikwen CHENG, on behalf of Prof. Yung-Chi CHENG of Yale University, the chairman of CGCM, all gave opening remarks at the Opening Ceremony.

Straight after the Opening Ceremony, a special session was scheduled for the host (Prof. Cheng PENG, Vice President of Chengdu University of Traditional Chinese Medicine) to give a presentation on "Introduction of Traditional Chinese Medicine Program in Chengdu and Sichuan". While the 8 Regional Reports were followed and presented by various regional coordinators before lunch.

Starting from the afternoon on Day 1 to the morning of Day 3, same as previous meetings, different topics running in either 2 or 3 parallel sessions were scheduled. This year, we have a total of 13 sessions, with topics including Bioinformatics and AI Applications in TCM; TCM Diagnosis, Preventive Medicine & Healthcare; Regulation and Interregional Collaborations in Academia, Government and Industry; Natural Products I (Cancer, Virus and Immunoregulation); Natural Products II (Identification, Biotransformation, Metabolism & other Biological Activities); Natural Products III (Biosynthesis, Modification, Chemical Library and Novel New Usage); Polychemical Activities and Mechanism Study I (Cancer, Immunomodulation, Inflammation); Polychemical Activities and Mechanism Study II (Neurological, Metabolic, Renal, and Cardiovascular Diseases); Polychemical Activities and Mechanism Study III (Systems Biology, Microbiota, Exosome, Tissue Action Specificity); Acupuncture, Massage, Exercise, Mind & Body; Herbal Resources (Cultivation, Quality Control and Manufacturing); Clinical Investigation (Internationally Recognized Criteria for Clinical Trials and their Challenges); TCM Quality Control and Herbgenomics. Among these topics, there were more than 530 submitted abstracts for poster presentations (a record high number among all our previous CGCM meetings), and many of them have been selected by the chairpersons for brief oral presentations and discussion in their corresponding sessions.



Posters at the conference venue



Some of the GP-TCM RA BoD members and members attended the Meeting in Chengdu

As our general practice, the Council lunch meeting, chaired by Prof. Paul TAM (on behalf of Prof. Yung Chi CHENG) was scheduled on Day 1, and continued on Day 2, during which various issues regarding the Consortium (including the financial position of the Foundation, membership updates and new membership applications and approval, the potential host of CGCM 2024 meeting, etc.) have been thoroughly discussed among the council members.



The CGCM banquet is always one of the highlights of the Meeting, not only with delicious local food and wine, but also high standard musical/dance performances by the local students. This year, the host has also arranged the special face-changing (bian lian) performance, part of Sichuan opera's historical art, considered as one of China's national treasures.

It is important to mention that this year 2023 marks the 20th Anniversary of CGCM. Hence, there was a cake cutting ceremony to celebrate this happy moment with the members and friends, particularly in the presence of some of our founding members.



Photos taken at the CGCM banquet



On the afternoon of Day 3, the important issues and discussion highlights of the Meeting were summarized during the Summary Reports of Discussion Sessions chaired by the Acting Secretary-General, Prof. Clara Lau. The Meeting concluded with the Closed Door Session during which the potential host of the next CGCM Meeting have been announced.

Some of the participants stayed on to visit the campus of the Chengdu University of TCM, including the museum of Chengdu University of TCM, State Key Laboratory of Southwestern Chinese Medicine Resources, and TCM Health Industrial Technology Institute.



Visit to the Museum of Chengdu University of TCM



Visit to the TCM Health Industrial Technology Institute



Visit to the State Key Laboratory of Southwestern Chinese Medicine Resources



Some of the GP-TCM RA members stayed behind after the Meeting in Chengdu for the sightseeing and the Sichuan hot pot!

For more details, please kindly refer to the CGCM 2023 website: www.cgcm2023.com



The highlights of International Conference of the Modernization of Chinese Medicine & Health Products 2023

Written by Clara Bik-San Lau, Council member of Modernized Chinese Medicine International Association (MCMIA)

The International Conference of the Modernization of Chinese Medicine & Health Products 2023, organized by MCMIA and HKTDC (Hong Kong Trade Development Council), was successfully held in the Hong Kong Convention Centre on 17-18 August 2023, with both onsite and online participants. The theme of this year conference was “The Inheritance and Innovation of Traditional Chinese Medicine”. There were a total of 1958 participants attended the conference, coming from different parts of the world, including 20 countries and regions.



ICMCM 2023 Opening Ceremony – ribbon cutting

The two-days conference was officially commenced with an opening ceremony, with Prof. Luqi Huang, Vice-Commissioner of the National Administration of Traditional Chinese Medicine, Academician of Chinese Academy of Engineering, and Dr. Ha-Yun Lee, Under Secretary for Health, HKSAR, as the officiating guests of honour. Mr. Lawrence Lo, the President of MCMIA, also gave a welcome speech.



Prof. Luqi Huang (left), Dr. Ha-Yun Lee (middle), and Mr. Lawrence Lo (right) delivered speeches at the opening ceremony

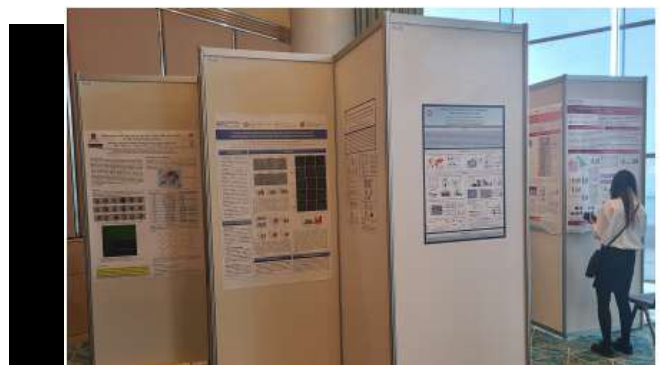
The morning section then started with 3 keynote speakers: Prof. Luqi Huang of China Academy of Chinese Medical Sciences, Academician of Chinese Academy of Engineering, Prof. Aiping Lyu of Hong Kong Baptist University, and Prof. Hongxi Xu of Shanghai University of Traditional Chinese Medicine.

In the afternoon, renowned scholars and experts from Hong Kong, Singapore, Mainland China, Japan and United Kingdom shared their research experiences on Chinese Medicines.



From left to right: Prof. Aiping Lyu, Prof. Hongxi Xu, Prof. Clara Lau, Prof. Linda Zhong and Prof. Xuanbin Wang gave talks on the 1st day of conference.

It is important to note that a new poster presentation session has been included in this year conference program in order to also provide opportunities for any researchers (other than postgraduate students) to present their research work. A total of 17 abstracts have been received and were presented as poster presentations throughout the entire period of the conference.





The highlights of International Conference of the Modernization of Chinese Medicine & Health Products 2023 (continued)

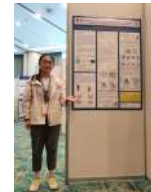
It has always been the tradition for MCMIA to host the conference banquet in the evening of Day 1. Since the Covid pandemic during the past few years, the conference banquet had been unfortunately suspended. Hence, this year, MCMIA council and executive committee members were excited to meet all old and new friends again during the banquet.



Photo of Council & Executive Committee members and friends of MCMIA taken during the ICMCM conference banquet

On Day 2, the conference program started with Directors and Executives of various pharmaceutical companies (Korean Ginseng Corp., LKK Health Products Group, Integrated Chinese Medicine Holdings and Windsor Health Products Ltd., and East Medicine Ltd.,) who shared their experiences in product commercialization and successful cases. Experts from China Medical University (Taiwan), University Medical Center Ho Chi Minh City and Hong Kong University of Science and Technology also demonstrated the successful development of herbal products.

The conference would not have been considered completed without the Day 2 afternoon program which is always popularly attended: The 19th International Postgraduates Symposium on Chinese Medicine, organized by the postgraduates of The Chinese University of Hong Kong this year, together with six other universities. A total of 160 abstracts have been received, with some of them being selected for oral presentations and poster presentations.



In memory of Dr. Albert Wong, one of the founding members of MCMIA, the Vincent & Lily Woo Fellowship in memory of Dr Albert Wong (endowed by Vincent & Lily Woo Foundation) has been established since August 2022. During this year postgraduates symposium, the first 2 fellowships have been awarded to Qing Lin of Jinan University and Jiahui Wu of The Hong Kong University of Science and Technology.

The conference was successfully completed with Prof. Vivian Taam Wong, Vice President of MCMIA, giving the Closing Remarks for the conference.



Members of MCMIA Foundation and the 2 recipients of the Vincent & Lily Woo Fellowship in memory of Dr Albert Wong



China tops Nature Index: what a new milestone means for science.

nature

NATURE INDEX | 09 August 2023

What China's leading position in natural sciences means for global research

Its rise to the top has been long forecast, but what next for Chinese science in the post-pandemic era?

Chris Woolston

Position reflects strengthening expertise across a range of disciplines. **By Chris Woolston**

Following an upward trajectory of scientific productivity that has been gathering steam for decades, China has reached a new milestone. In 2022, for the first time, the country had the highest Share score in the Nature Index for the natural sciences, surpassing the United States.

This has been on the cards since Nature Index was launched in 2014. China's Share, which measures a country or institution's contribution to publications in 82 high-quality natural-science journals, has rapidly grown since.

Back in 2015, its adjusted Share, which takes account of yearly variations in article volume, was 8,430, almost one-third of the United States' score. But year-on-year rises of between 8% and 21% (apart from 2020, the first year of the pandemic, when growth stalled) have seen it reach the top spot.

This is not the first time that China has been assessed as the leader on measures of scientific productivity. In 2017, it overtook the United States for the total number of scientific publications, according to the US National Science Foundation (NSF). And in 2022, Japan's National Institute of Science and Technology Policy reported that China had surpassed the United States in a key metric that aims to estimate performance in high-quality science: the contribution to papers that rank in the top 1% most-cited publications.

Such results are significant for Chinese universities and policymakers, says Fei Shu, who studies bibliometrics and researcher assessment at the University of Montreal in Canada and at Hangzhou Dianzi University in China. "China is really rankings driven," he says.

World-class science

The shift in country rankings in the Nature Index seemed inevitable given the data trend of the past few years, but the achievement is still noteworthy, says Caroline Wagner, a science policy and innovation researcher at Ohio State

University in Columbus. "The Chinese have done something truly astonishing" in building a world-class science system in just four and a half decades, she says. China announced its 'reform and opening-up' policy in 1978, laying foundations for its higher-education and scientific system.

Hamish Coates, a higher-education researcher at Tsinghua University in Beijing, says the past seven years of China's journey towards becoming a scientific superpower have highlighted the "strength of its innovation ecosystem".

China has developed a reputation for relying on imitation to produce such large numbers of papers, says Wagner, but contrary to this common belief, the papers coming out of the country often show high levels of innovation. Wagner co-authored a 2020 study¹ that tracked the percentage of papers that included references to journals in other disciplines, a sign of more creative research that is attempting to cross disciplinary boundaries. The analysis found that papers with at least one China-based co-author were more likely than others to stretch these boundaries. "Not only were they doing good quality work, they were also doing novel work," says Wagner.

Chinese research remains under-valued, says Coates. In Western universities, "there are plenty of people who have had passing or superficial engagements with higher education in China, or Asia more generally, and have yet to grasp the transformations in play".

Coates's home institution – which he says benefits from abundant resources, a concentration of talent and encouragement from academic leadership to publish in top academic journals – is one of many Chinese universities driving the surge in publications. The adjusted Share for Tsinghua University increased by 35.5% from 2020 to 2022, putting it in the top 10 rising Chinese institutions in that period. Others saw even bigger gains in adjusted

SI CHUAN/FEATURE CHINA/FUTURE PUBLISHING VIA GETTY IMAGES

Nature | Vol 620 | 10 August 2023 | **S3**

Nature 620, S2-S5 (2023) <https://www.nature.com/articles/d41586-023-02159-7>
DOI: <https://doi.org/10.1038/d41586-023-02159-7>



Mapping China's shifting research collaboration

nature

NATURE INDEX | 09 August 2023

Mapping China's shifting research collaboration

Changing patterns are emerging among the country's international partnerships.

China's rapid rise in global science was an established trend, but the past few years — especially since the COVID-19 pandemic hit in 2020 — have seen new patterns emerging. International collaboration has fallen with some nations and research strengths are being spread among more Chinese institutions.

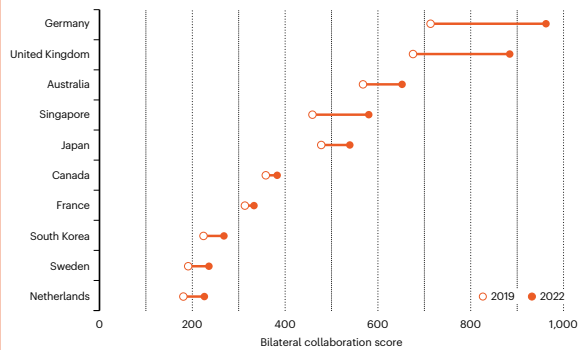
China index

Tectonic shift

China's rapid rise in global science was an established trend, but the past few years — especially since the COVID-19 pandemic hit in 2020 — have seen new patterns emerging. International collaboration has fallen with some nations and research strengths are being spread among more Chinese institutions. **Data analysis by Bo Wu. Infographic by Simon Baker, Bec Crew and Tanner Maxwell.**

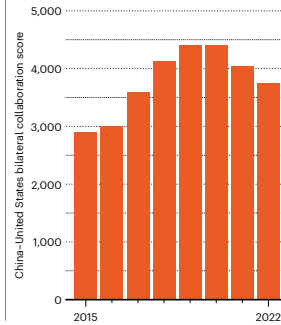
CLOSE PARTNERS

China's strongest partners after the United States (see 'Out of favour') all increased their collaborative output with China between 2019 and 2022, but some recorded a dip in 2021. Singapore replaced Japan in 2021 as China's fifth strongest collaborative partner.



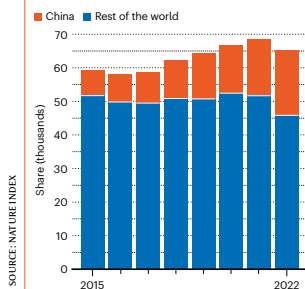
OUT OF FAVOUR

The United States' most productive partnership is with China, however their collaborative output has dropped by 15% since 2020. A similar trend is seen for Canada, China's seventh largest collaborative partner, with a 13% drop since its 2020 peak.



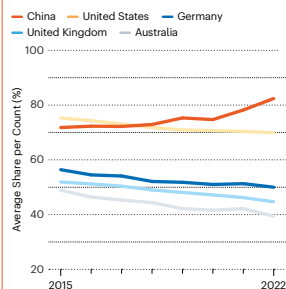
LION'S SHARE

From 2015 to 2021, China's growing Share in the Nature Index seems to have added to total global Share. In 2022, however, there was a significant drop in Share from the rest of the world, meaning that China's research is taking up a higher proportion of total global Share.



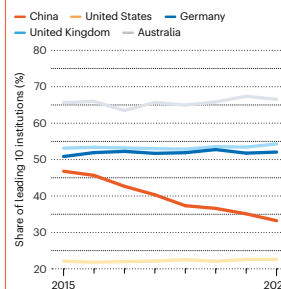
LOCAL TALENT

China's Share per Count, which measures the ratio of China-affiliated authors to each publication, increased significantly between 2020 and 2022 — a sign that the country's high-quality research is becoming more hometown. COVID-19 restrictions on cross-border collaborations are likely to have been a factor.



QUALITY CLUSTERS

The 10 leading Chinese institutions in 2022 accounted for one third of China's Share in the Nature Index, down from the 46% contribution made by the same institutions in 2015. In other nations, research concentration among the leading institutions in 2022 has stayed broadly the same.



Nature | Vol 620 | 10 August 2023 | S9

Nature 620, S9 (2023) <https://www.nature.com/articles/d41586-023-02161-z>

DOI: <https://doi.org/10.1038/d41586-023-02161-z>

iii

The latest Nature Index highlights on China:

nature

NATURE INDEX | 09 August 2023

China

Changing patterns are emerging among the country's international partnerships.

China has surpassed the United States to become the leading nation in the Nature Index. This supplement highlights the research achievements of a country on the rise, which is broadening and deepening its capacity in areas such as environmental science and life sciences. But as the world emerges from the fog of the pandemic, will China stay centre-stage for international research collaboration?

Please refer to the link below for more details:

https://www.nature.com/collections/hijfcadhgd?WT.ec_id=NATURE-20230810&utm



iv

**A selection of recently published papers
in Frontiers in Pharmacology** **Journal: *Frontiers in Pharmacology*****Economic evaluation of bailing capsules for patients with diabetic nephropathy in China**

Detail: <https://www.frontiersin.org/articles/10.3389/fphar.2023.1175310/full>

Herbal medicine as adjunctive therapy with antidepressants for post-stroke depression: a systematic review and network meta-analysis of randomized controlled trials

Detail: <https://www.frontiersin.org/articles/10.3389/fphar.2023.1180071/full>

Global ginseng trade networks: structural characteristics and influencing factors

Detail: <https://www.frontiersin.org/articles/10.3389/fphar.2023.1119183/full>

The efficacy and safety of Niaoduqing granules in the treatment of diabetic kidney disease: a systematic review and meta-analysis

Detail: <https://www.frontiersin.org/articles/10.3389/fphar.2023.1180751/full>



Add-on Rehmannia-6–Based Chinese Medicine in Type 2 Diabetes and CKD - A Multicenter Randomized Controlled Trial

Clinical Journal of the American Society of Nephrology ():

10.2215/CJN.000000000000199, June 12, 2023.

Details: <https://doi.org/10.2215/CJN.000000000000199>

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Original Article

Add-on Rehmannia-6–Based Chinese Medicine in Type 2 Diabetes and CKD A Multicenter Randomized Controlled Trial

Kam Wa Chan¹, Alfred Siu Kei Kwong², Kathryn Choon Beng Tan³, Sing Leung Lui⁴, Gary C.W. Chan,⁵ Tai Pang Ip⁶, Wai Han Yiu⁷, Benjamin John Cowling⁸, Vivian Taam Wong,⁷ Liang Lao^{9,8}, Yibin Feng¹⁰, Kar Neng Lai,¹ and Sydney C.W. Tang¹¹

Abstract

Background Diabetes is the leading cause of CKD and kidney failure. We assessed the real-world effectiveness of Rehmannia-6–based Chinese medicine treatment, the most used Chinese medicine formulation, on the change in eGFR and albuminuria in patients with diabetes and CKD with severely increased albuminuria.

Methods In this randomized, assessor-blind, standard care–controlled, parallel, multicenter trial, 148 adult patients from outpatient clinics with type 2 diabetes, an eGFR of 30–90 ml/min per 1.73 m², and a urine albumin-to-creatinine ratio (UACR) of 300–5000 mg/g were randomized 1:1 to a 48-week add-on protocolized Chinese medicine treatment program (using Rehmannia-6–based formulations in the granule form taken orally) or standard care alone. Primary outcomes were the slope of change in eGFR and UACR between baseline and end point (48 weeks after randomization) in the intention-to-treat population. Secondary outcomes included safety and the change in biochemistry, biomarkers, and concomitant drug use.

Results The mean age, eGFR, and UACR were 65 years, 56.7 ml/min per 1.73 m², and 753 mg/g, respectively. Ninety-five percent (*n* = 141) of end point primary outcome measures were retrievable. For eGFR, the estimated slope of change was –2.0 (95% confidence interval [CI], –0.1 to –3.9) and –4.7 (95% CI, –2.9 to –6.5) ml/min per 1.73 m² in participants treated with add-on Chinese medicine or standard care alone, resulting in a 2.7 ml/min per 1.73 m² per year (95% CI, 0.1 to 5.3; *P* = 0.04) less decline with Chinese medicine. For UACR, the estimated proportion in the slope of change was 0.88 (95% CI, 0.75 to 1.02) and 0.99 (95% CI, 0.85 to 1.14) in participants treated with add-on Chinese medicine or standard care alone, respectively. The intergroup proportional difference (0.89, 11% slower increment in add-on Chinese medicine, 95% CI, 0.72 to 1.10; *P* = 0.28) did not reach statistical significance. Eighty-five adverse events were recorded from 50 participants (add-on Chinese medicine versus control: 22 [31%] versus 28 [36%]).

Conclusions Rehmannia-6–based Chinese medicine treatment stabilized eGFR on top of standard care alone after 48 weeks in patients with type 2 diabetes, stage 2–3 CKD, and severely increased albuminuria.

Clinical Trial Registry Semi-individualized Chinese Medicine Treatment as an Adjuvant Management for Diabetic Nephropathy (SCHEMATIC), NCT02488252.

CJASN ■ 1–12, 2023. doi: <https://doi.org/10.2215/CJN.000000000000199>

Introduction

Diabetes and CKD are top ten contributors of disability-adjusted life-years.¹ Long-term diabetes causes CKD via oxidative stress, inflammation, fibrosis, and immune responses.² Although sodium-glucose cotransporter-2 inhibitors (SGLT2i), dipeptidyl peptidase-4 inhibitors (DPP-4i), and glucagon-like peptide-1 receptor agonists confer renoprotective and antiproteinuric effect beyond renin-angiotensin-aldosterone system blockade, the residual risk of progressive kidney function decline persists in kidney failure.³

Chinese medicine was associated with reduced risk of kidney failure and mortality in Taiwan patients with

CKD.^{4,5} Despite the increasing use globally,^{6–8} current evidence in diabetic CKD is limited by nonrepresentative cohorts with short follow-up (median: 24 weeks) and high attrition.^{9–10} Previously, a diabetic CKD treatment protocol on the basis of a classical Chinese medicine formulation named Rehmannia-6 (also known as Liu-wei-di-huang-wan: *Radix-Rehmannia*, *Fructus-Corni*, *Rhizoma-Dioscoreae*, *Poria*, *Cortex-Moutan*, and *Rhizoma-Alismatis*)¹¹ was developed from expert consensus and literature review.¹² Rehmannia-6 is the most prescribed Chinese medicine formulation for diabetes and CKD through replenishing kidney according to traditional theory.¹¹ Meta-analyses⁹ and multiple cohorts

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³Division of Endocrinology & Metabolism, Department of Medicine, The University of Hong Kong, Hong Kong SAR, China

⁴Department of Medicine, Tung Wah Hospital, Hong Kong SAR, China

⁵Department of Medicine, Queen Mary Hospital, Hong Kong SAR, China

⁶Division of Epidemiology and Biostatistics, School of Public Health, The University of Hong Kong, Hong Kong SAR, China

⁷School of Chinese Medicine, The University of Hong Kong, Hong Kong SAR, China

⁸Virginia University of Integrative Medicine, Fairfax, Virginia

Correspondence: Prof. Sydney C.W. Tang, Department of Medicine, 4/F Professional Block, 102 Pokfulam Road, Hong Kong, China. Email: scvtang@hku.hk.



Recommended: An RCT just published by our GP-TCM RA IG Co-Chair Dr Chris Chan, Board member Vivian Wong, and their colleagues.



More information below:

https://journals.lww.com/cjasn/abstract/9900/add_on_rehmannia_6_based_chinese_medicine_in_type.168.aspx



vi

WHO's first traditional medicine summit splits opinions

nature

NATURE INDEX | 18 August 2023

WHO's first traditional medicine summit splits opinions

The World Health Organization says the world-first summit will take an evidence-based approach — some are sceptical that much progress will be made.

Gayathri Vaidyanathan



Traditional medicines such as Ayurvedic therapy are being considered at the WHO summit in Gandhinagar, India. Credit: Sam Panthaky/AFP via Getty

The World Health Organization (WHO) has convened its first summit dedicated to traditional medicine. The two-day meeting, co-hosted by the Indian government, began on 17 August in Gandhinagar, India. It comes after the WHO last year set up a Global Centre for Traditional Medicine in Jamnagar with US\$250 million in funding from India, and in 2019 included some traditional medicines in its International Classification of Diseases-11, an influential compendium used by doctors to diagnose medical conditions.

Please refer to the link below for more details:

https://www.nature.com/articles/d41586-023-02636-z?WT.ec_id

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Revealing the hidden roots of modern China

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Perspectives

Exhibition

Revealing the hidden roots of modern China

Think of 19th-century China, and what comes to mind? Probably the mid-century opium wars between China and Europe and the cession of Hong Kong to the UK; maybe the Boxer Rebellion of 1899 against foreign imperialism; and perhaps the Dowager Empress Cixi, who ruthlessly controlled the Chinese imperial government for almost 50 years. Yet many other fresh perspectives can be found in the British Museum's *China's Hidden Century* exhibition. A global first, it arises from a 4-year research project involving more than 100 scholars from China and 19 other countries.

The exhibition ranges from the 1796 accession of the sixth emperor of the Qing (Manchu) dynasty, Jiaqing, to the 1912 abdication of the dynasty's eleventh and final Chinese emperor, Xuantong (also known as Puyi) after the 1911 Xinhai Revolution, and the foundation of the Republic of China by Sun Yat-sen in 1912. Multiple objects on display include: two gigantic, dragon-decorated, cloisonné vases from Buckingham Palace, presented by Puyi to King George V and Queen Mary of England for their 1911 coronation; ornately embroidered silk textiles worn by emperors and courtiers; an astonishing palm-and-rice-fibre raincoat and bamboo hat worn by fishermen and farmers; military weapons such as swords and muskets; and a well-used mahjong set missing four tiles. Such objects, combined with landscape paintings, calligraphic manuscripts, and enigmatic human portraits, describe many parts of Chinese society, rich and poor—including medicine. Bilingual audio commentaries dramatise lives from emperor to ordinary citizen, such as Cixi's comment on Queen Victoria of Britain: "I have often thought that I am the cleverest woman that ever lived...I have heard much about Queen Victoria...her life was not half as

eventful as mine". The overall aim is to reveal this unfamiliar period to museum visitors, including those from China.

"The full complexity of the influences on medicine in 19th-century China is probably best understood via the opium wars, in which economics, politics, and religion—both global and national—were fiendishly entwined."

The hitherto-hidden connections between 19th-century and present-day China suggested by the exhibition are openly discussed in the fascinating, lavishly illustrated, exhibition book, *China's Hidden Century: 1796–1912*, edited by Jessica Harrison-Hall, head of the museum's China Section, and Julia Lovell, Professor of Modern Chinese History and Literature at Birkbeck College, University of London, UK. As Lovell explains: "Many of the experiences and outcomes of China's 'long 19th century' have defined the country's preoccupations since: how to combine the values of the deep Chinese past with the powerful technologies, politics and cultures of rival states; how to design a legitimate, constitutional state able to draw on the country's resources to respond to domestic and international threats; and how to bridge tensions between nationalism and ethnic diversity, between centre and provinces, and between women and patriarchal norms. For much of this period, China's destination was in doubt, but the journey that it undertook was remarkable."

Objects relating to health and medicine illuminate those preoccupations. For example, an 1890s photograph introduces Ida Kahn, the first Chinese woman to become a doctor trained in western medicine in the USA (at the University of Michigan) and in the UK (at the London School

of Hygiene & Tropical Medicine). Born Kang Cheng in the treaty port of Jiujiang in 1873 and the sixth girl in her family, she was given up for adoption by her parents. Her father's employer, Gertrude Howe, an American board member of the Women's Foreign Missionary Society of the Methodist Episcopal Church, adopted and renamed the baby. From a young age, Kahn learned English; worked as a translator for foreign doctors; became a Christian; and left China to obtain a medical degree from the University of Michigan. Returning to China in 1896, she opened a dispensary and treated patients from all ranks of society. But during the Boxer Rebellion Chinese Christians were persecuted, and Kahn took refuge in Japan. After she returned to China, the government asked her to establish a hospital in Nanchang, provided it was not Christian. She refused and instead raised money from American friends and her church to found the Nanchang Women and Children's Hospital—later renamed the Ida Kahn Hospital.

Kahn did not, however, oppose Chinese medicine. Two intriguing objects accompany her photograph. There is an exquisite Chinese



China's Hidden Century
British Museum, London, UK,
until Oct 8, 2023
<https://www.britishmuseum.org/exhibitions/chinas-hidden-century>



Ida Kahn (1873–1931)

www.thelancet.com Vol 402 August 19, 2023

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We may disagree with the authors of this Lancet perspectives paper in some aspects. However, reflecting on the progress China has made in the past 100 years, we must agree that the journey has been really remarkable.

More information below:

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(23\)01677-X/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(23)01677-X/fulltext)

WHO's new vision for traditional medicine

DOI: [https://doi.org/10.1016/S0140-6736\(23\)01841-X](https://doi.org/10.1016/S0140-6736(23)01841-X)

THE LANCET

WORLD REPORT | VOLUME 402, ISSUE 10404, P763-764, SEPTEMBER 02, 2023 [Download Full Issue](#)

WHO's new vision for traditional medicine

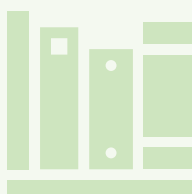
[Talha Burki](#)

Published: September 02, 2023 • DOI: [https://doi.org/10.1016/S0140-6736\(23\)01841-X](https://doi.org/10.1016/S0140-6736(23)01841-X) • [Check for updates](#)

Evidence-based integration is the goal of a new WHO global centre and the first global summit on traditional medicine. Talha Burki reports.

Please refer to the link below for more details:

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(23\)01841-X/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(23)01841-X/fulltext)





2023
Sept.
18-20

The 11th Annual Meeting of GP-TCM RA



Date: 18-20/09/2023

Location: Leiden, The Netherlands

The 11th Annual Meeting of Good Practice in Traditional Chinese Medicine Research Association (GP-TCM RA)



All are welcome!

18-20 September 2023

Leiden, The Netherlands



Meeting venue: Fletcher Wellness Hotel Leiden


For more details, please refer to GP-TCM RA website: www.gp-tcm.org

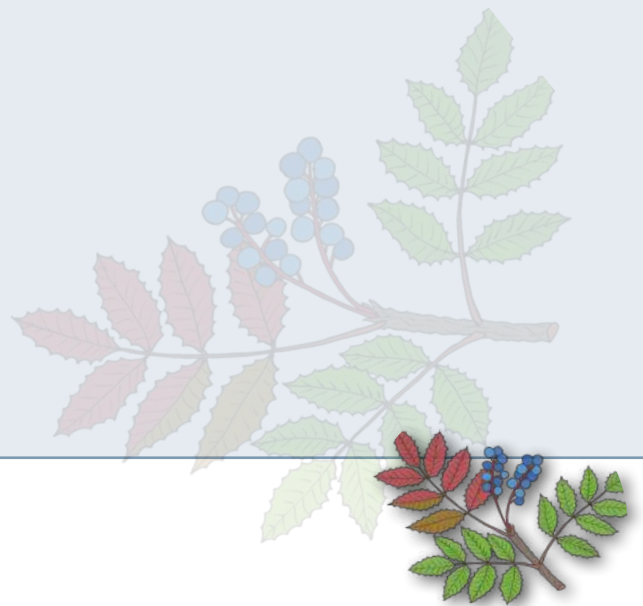
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if the link does not work




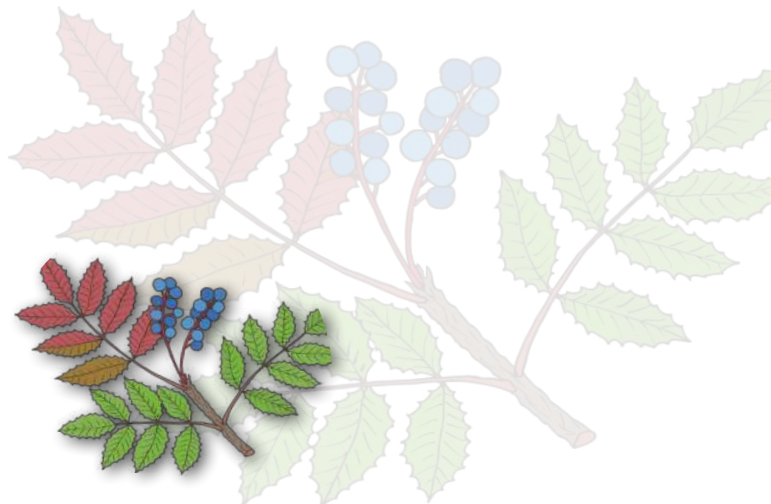
Topic	Women in Ethnopharmacology: 2023
Deadline	19 November 2023(Manuscript)
Details	https://www.frontiersin.org/research-topics/55735/women-in-ethnopharmacology-2023
 Editor(s)	<p>Valentina Echeverria Moran Bay Pines VA Healthcare System, Veterans Health Administration, United States</p> <p>Marilena Gilca Carol Davila University of Medicine and Pharmacy, Bucharest, Romania</p> <p>Irene Villasenor University of the Philippines Diliman, Quezon City, Philippines</p> <p>Pollyanna Francielli de Oliveira Federal University of Alfenas Alfenas, Brazil</p> <p>Shan-Yu Su China Medical University (Taiwan), Taichung, Taiwan</p>



Topic	Developing Traditional Medicines Mechanisms – Opportunities Offered Based on Microfluidic Technology, Organoids, Artificial Intelligence, and 3D Printing
Deadline	28 October 2023
Details	https://www.frontiersin.org/research-topics/56014/developing-traditional-medicines-mechanisms---opportunities-offered-based-on-microfluidic-technology-organoids-artificial-intelligence-and-3d-printing
Editor(s)	<p>Fan Xu Anhui University of Chinese Medicine, China</p> <p>Dayue Darrel Darrel Duan University of Nevada, United States</p> <p>Yue Liu Cardiovascular Diseases Center, Xiyuan Hospital, China</p> <p>Yuanjia Hu University of Macau, China</p> <p>Hongyue Ma Nanjing University of Chinese Medicine, China</p>

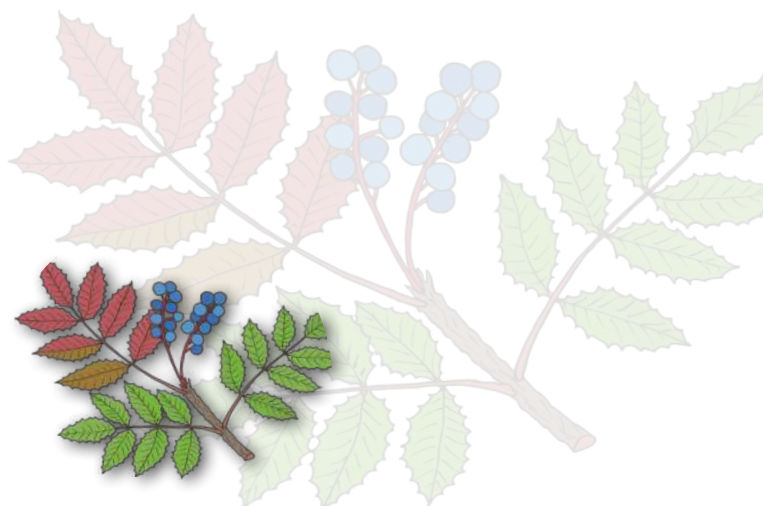


Topic	Spotlight on the Traditional Medicine in Prevention and Treatment of Diabetes in the Aging Population
Deadline	16 July 2023 (Abstract), 16 November 2023(Manuscript)
Details	https://www.frontiersin.org/research-topics/55754/spotlight-on-the-traditional-medicine-in-prevention-and-treatment-of-diabetes-in-the-aging-population
Editor(s) 	<p>Guanhu Yang Ohio University, United States</p> <p>Jiangang Shen The University of Hong Kong, China</p> <p>Shenbin Liu Fudan University, China</p>





Topic	The Role of Ferroptosis in Traditional Medicines Treatment of Cancer
Deadline	12 September 2023
Details	https://www.frontiersin.org/research-topics/55628/the-role-of-ferroptosis-in-traditional-medicines-treatment-of-cancer
Editor(s) 	<p>Xiao Zhang Shanghai Chest Hospital, Shanghai Jiao Tong University, China</p> <p>Lifang Ma Shanghai Chest Hospital, Shanghai Jiao Tong University, China</p> <p>Junhao Mao University of Massachusetts Medical School, United States</p>






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Full/Associate/Assistant Professor in Chinese Medicine,
Institute of Chinese Medical Sciences. University of Macau, China

i

 Details: https://career.admo.um.edu.mo/icms_cm_faa_07_2022/



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The Chinese University of Hong Kong


Research Assistant(s), Institute of Chinese Medicine,
The Chinese University of Hong Kong

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 Details: https://cuhk.taleo.net/careersection/cu_career_non_teach/jobdetail.ftl?job=210002PD&tz=GMT%2B08%3A00&tzname=Asia%2FMacau

Postdoctoral Fellow(s), Institute of Chinese Medicine,
The Chinese University of Hong Kong

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 Details: https://cuhk.taleo.net/careersection/cu_career_non_teach/jobdetail.ftl?job=210002PE&tz=GMT%2B08%3A00&tzname=Asia%2FMacau



香港浸會大學
HONG KONG BAPTIST UNIVERSITY

Post-Doctoral Research Fellow,
Centre for Chinese Herbal Medicine Drug Development,
School of Chinese Medicine, Hong Kong Baptist University

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 Details: https://hro.hkbu.edu.hk/index.php?page_id=6&job_id=6742&f=job_details



Student's Corner

Postgraduate Opportunities

Opportunities in Europe

Germany



https://academicpositions.com/ad/cologne-graduate-school-ageing-research-cga/2022/12-fully-funded-phd-positions/181690?utm_source=facebook&utm_medium=cpc&utm_campaign=scm-cga-092022+med-hi



<https://www.humboldt-foundation.de/en/apply/sponsorship-programmes/humboldt-research-fellowship>



<https://www.daad.de/en/study-and-research-in-germany/>



Postgraduate Opportunities

Opportunities around the world

Gratz - Austria



<https://agristok.net/2022/09/03/phd-fully-funded-position-in-plant-molecular-biology-at-university-of-graz-in-austria/>

International



https://jobs.msd.com/gb/en/job/R197090/Scientist-Medicinal-Chemistry/?utm_source=linkedin&utm_campaign=job-share&utm_medium=social-share

Denmark



<https://www.dtu.dk/om-dtu/job-og-karriere/ledige-stillinger/job?id=d2e2591d-1d14-43ff-8557-6e6ce0fc3a58>



Postgraduate Opportunities

Opportunities around the world

Australia



University of Melbourne

<https://lnkd.in/dxjXv-JJ8>



Ireland



Irish Research Council

<https://research.ie/funding/>

Singapore



<https://lnkd.in/dra7MV8>



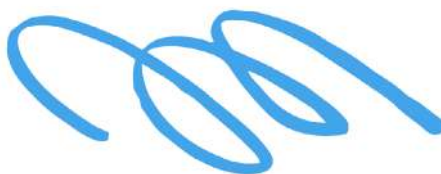
Scientists wanting to go into business – fully Undergraduate/ Postgraduate/ PhD graduate degrees in Management – Basic degree multi centre with significant funding

- VERY INTERESTING PROGRAMME

<https://www.spjain.ae>

UK: register for job alerts

<https://charnwoodmolecular.livevacancies.co.uk/#/>





Freely Accessible Learning Material

Interesting articles

Studying abroad



https://www.science.org/content/article/doing-research-abroad-felt-lonely-heres-how-i-made-friends?utm_campaign=SciMag&utm_source=Social&utm_medium=LinkedIn

Intellectual property



https://micheonip.com/intellectual-property-non-disclosure-agreement/?utm_campaign=Michelson&20Institute%20for%20intellectual%20Property&utm_content=212335938&utm_medium=social&utm_source=linkedin&hss_channel=lcp-42772499

like

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Online learning Platforms



Fantastic resource. Courses from all disciplines. Free to study. Accreditation available at a cost.

Well worth exploring

- <https://www.edx.org/>
- <https://englishforuniversity.com/resources/>
- <https://owl.purdue.edu/>



Webinar- How To Avoid Plagiarism?

Webinar to give information re plagiarism

- <https://www.youtube.com/watch?v=sHhGY4c61v4>
- <https://www.youtube.com/watch?v=33R43YF9DzI>



Freely Accessible Learning Material

Free Lecture series

Integrative Medicine Research Lecture Series

Information and resources from the National Center for Complementary and Integrative Health, U.S. National Institutes of Health (NIH).

- www.nccih.gov

GREAT SELECTION OF WEBINARS

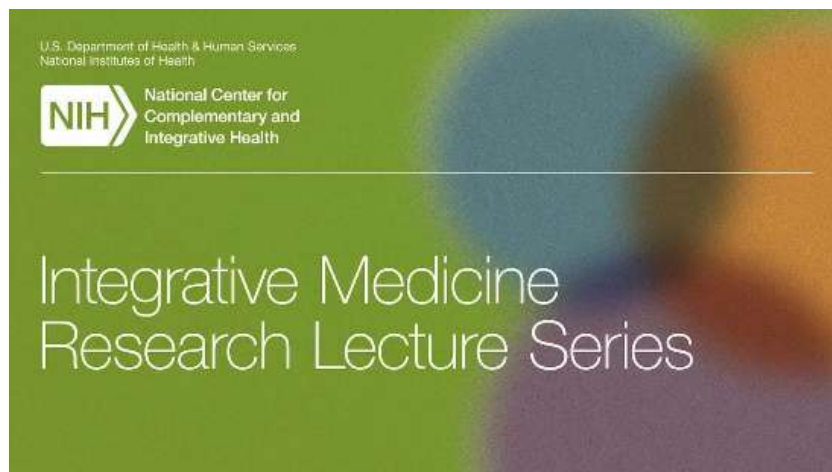
- <https://www.herbalgram.org/news/webinar-page/>



KEEP AN EYE ON

<https://www.pharmacognosy.us/>

<https://www.herbalgram.org>



<https://www.nccih.nih.gov/news/events/imlectures?nav=li>

Great Selection of Webinars - From the Sustainable Herbs Programme

Botanical Supply Sustainability in the Time of COVID

- <https://vimeo.com/457513678>

Plants, People & Culture: The Science of Ethnobotany

- <https://vimeo.com/460565477>



The Business Case for Sustainability

- <https://vimeo.com/465447452>

Cross-cultural Understanding of Local Herbal Knowledge and Chinese traditional Daodi Materia Medica

- <https://vimeo.com/668389245>

Sourcing Botanicals and Quality Control: A Conversation with Michael Heinrich and Anthony Booker

- <https://vimeo.com/642467580>

Introducing the WildCheck Report: Assessing Risk & Opportunities of Trade in Wild Plant Ingredients

- <https://vimeo.com/704246800>

Certifications as a Path to Sustainability? A Conversation about the Opportunities and Limits of Certification

- <https://vimeo.com/540314958>



AND MANY MORE

<https://vimeo.com/457513678>



Buchi Mini series of webinars – covering Drug Discovery Using Natural Resources



 The speaker: Prof. Dr. Elfahmi

There is a separate registration requirement for each webinar.

https://cloud.infohub.buchi.com/drug-discovery/with-prof-elfahmi?utm_source=email&utm_medium=email&utm_campaign=gl-2022-webinars-mini-webinars-with-prof-elfahmi&utm_content=34316261&utm_term=mc=34316261&utm_campaign=gl-2022-webinars-mini-webinars-with-prof-elfahmi&cloudpage_id=4865&cloudpage_id2=&cloudpage_id3=



● Episode 1: Drug Discovery and Development Workflow

Discover four essential steps in drug discovery and development: literature review & preliminary screening, biology development, physiochemical & pharmaceutical development. Gain a process overview for the isolation of active compounds from plants using bioactivity-guided fractionation.



● Episode 2: Concentration of Natural Products

Explore the workflow for processing of natural compounds: sampling & crushing, extraction & concentration; fractionation & purification; structure identification and product packaging. Learn about extract/fraction concentration through solvent removal by rotary evaporation. Find challenges and solutions to efficiency, foaming, bumping, plus optimization tips for temperature difference, pressure values, flask size, rotation speed and condenser loading.



● Episode 3: Purification Techniques for Natural Products

Learn fundamentals and protocols for relevant methods, including liquid-liquid fractionation (phase separation), winterization, microporous resin chromatography, flash and vacuum liquid chromatography, radial chromatography, crystallization, preparative column chromatography. See it in action with a case study on the purification of asiaticoside & madecassoside from *Centella asiatica*.



● Episode 4: Past, Present and Future of Herbal Medicines

Gain a comprehensive overview of the history of plant use in drugs and pharmacy, including milestones in the development of herbal medicines. See current global use, benefits and challenges facing alternative or traditional medicine. Look into the future of herbal medicine development with predictions on how this branch will develop.





International Conferences

Conference information

 Lots of interesting and relevant conferences to be found at these links.



Traditional medicine Conferences in 2023

- <https://waset.org/traditional-medicine-conferences-in-2023>

Phytochemistry Conferences

- <https://waset.org/phytochemistry-conferences>






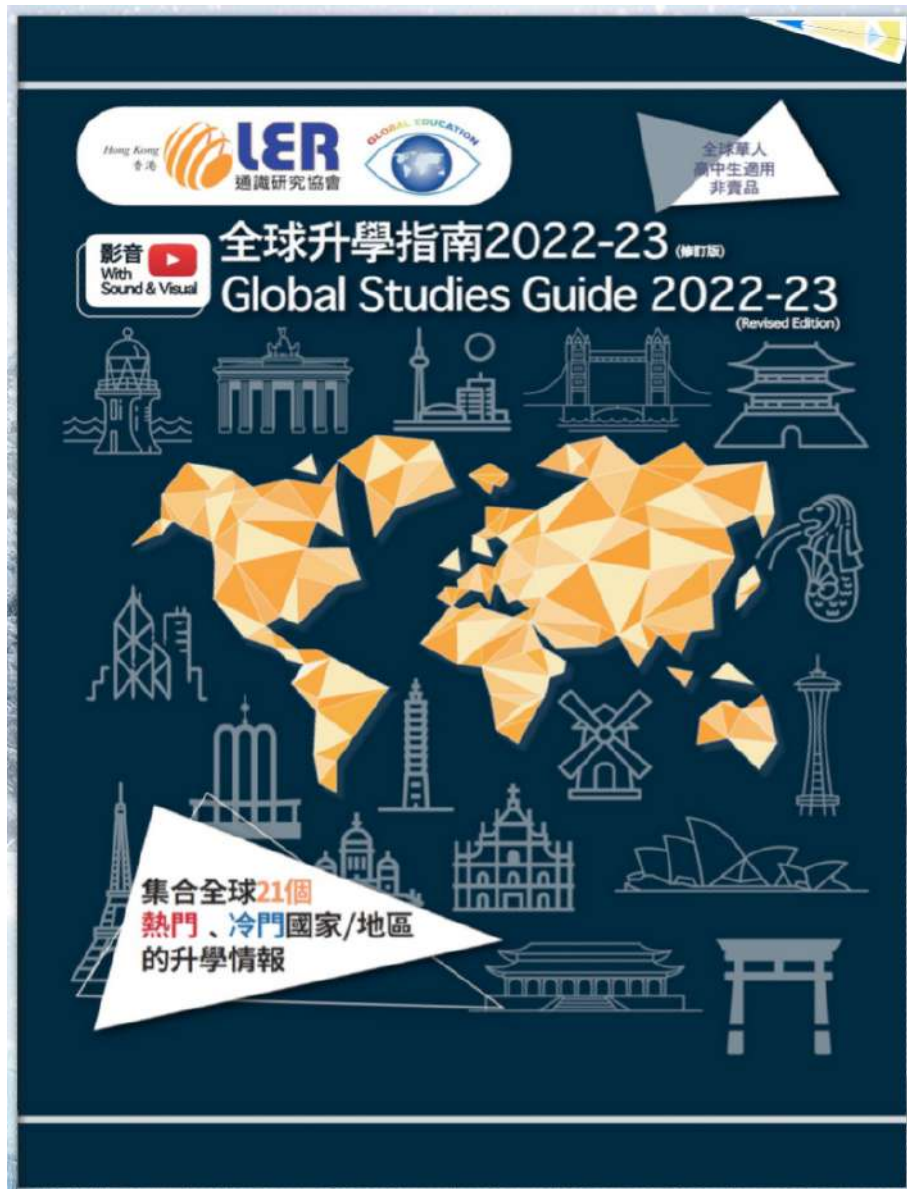
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Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

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China Scholarship Council (CSC) – Trinity College Dublin Joint Scholarship Programme

 Details: <https://www.tcd.ie/study/international/scholarships/Postgraduate/csc.php>



i Global Studies Guide 2022-23

Details: <https://online.fliphtml5.com/pwsrn/pjso/>



香港中文大學中醫學院

School of Chinese Medicine
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PhD in Chinese Medicine
School of Chinese Medicine,
The Chinese University of Hong Kong



Details: <http://www.scm.cuhk.edu.hk/en-gb/programs/research-master-doctoral-program/phd-in-chinese-medicine>



香港浸會大學

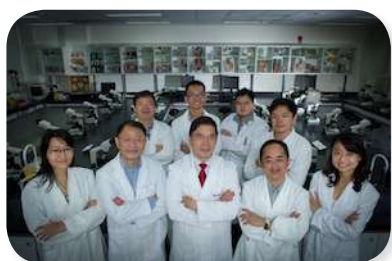
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Doctor of Philosophy (PhD) in Biomedical Sciences/
Chinese Medicine/
Translational Medicine/
Pharmacy in Chinese Medicine
School of Chinese Medicine, Hong Kong Baptist University



Details: https://scm.hkbu.edu.hk/en/education/research_postgraduate_programmes/index.html#list/0



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Details: <https://scm.hku.hk/Views/Programme/English-MPhilPhD.html>



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中藥質量研究國家重點實驗室 (澳門大學)
Laboratório de Referência do Estado para Investigação de
Qualidade em Medicina Chinesa (Universidade de Macau)
State Key Laboratory of Quality Research in Chinese Medicine
(University of Macau)

中華醫藥研究院
Instituto de Ciências Médicas Chinesas
Institute of Chinese Medical Sciences

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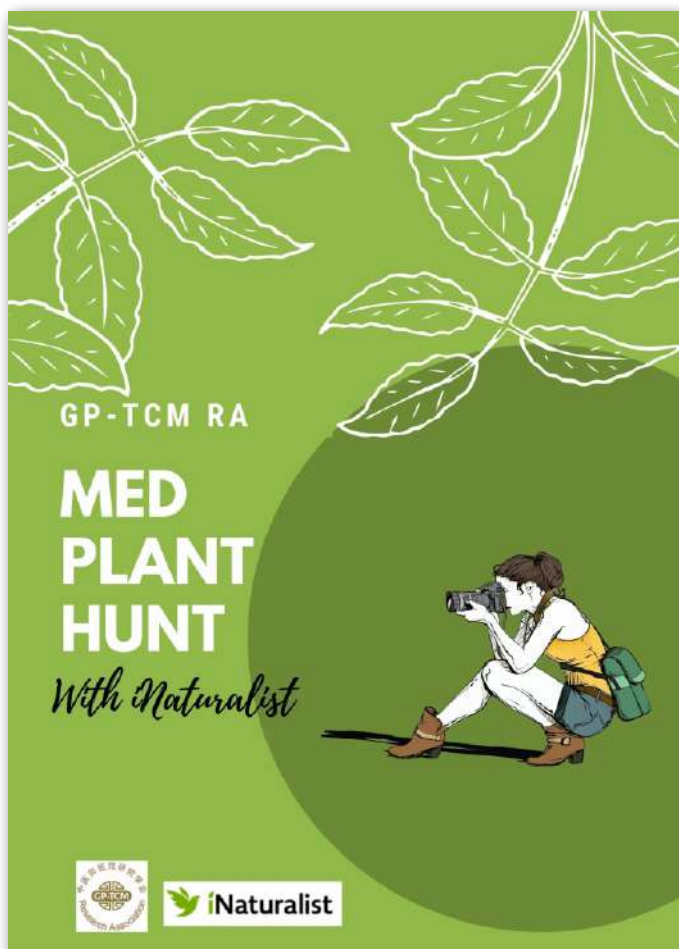
Doctoral Degree in Biomedical Science
Institute of Chinese Medical Sciences, University of Macau



Details: <https://sklqrcm.um.edu.mo/doctoral-degree-in-biomedical-science/>

Med Plant Hunt with iNaturalist

i



In order to promote conservation of wildlife, especially wild medicinal plant and TCM herbs, and their environment, a challenge on **“Med Plant Hunt”** is launched.

The aim of challenge is to encourage our members to identify and recognize the morphological features of living wild medicinal plant in nature.

Eligibility:

Med Plant Hunt is free and open to all GP-TCM RA members.

Entries must abide by the guidelines below.

Rules & Guidelines:

iNaturalist is a nature app to help you identify the animals and plants around you and provide a platform to connect you and experts to share about nature. Users can record and share their observations and the findings can enrich scientific data repositories like the Global Biodiversity Information Facility.

Create your own account and share your wild medicinal plant observation to mobile iNaturalist app or iNaturalist website.

How to enter:

1. Complete the registration form with iNaturalist user ID.
2. Make the observation of living wild medicinal plant around you with iNaturalist app/website.
3. With the submitted iNaturalist ID, your observation for entry will be automatically recorded and results will be announced in the coming issue of the newsletter.



How to join



For inquiries about Med Plant Hunt, please send email to
gptcm_medplanthunt@outlook.com



Registration form



How to upload



Med Plant Hunt with iNaturalist

i



Prizes:

- **Adventurous Observer: The highest number of observed species**
- **TCM Photographer: Best photo shoot**
- **Lucky Observer: Observe rare species**



The selected entries will be published on the next issue of the newsletter. An electronic certificate and a **complementary gift** (e.g. water bottle ideal for outdoor activities, sponsored by Macau Pharmacology Association) will be given.



澳門藥理協會

MED PLANT HUNT

With iNaturalist

Med Plant Hunt Registration Form

Name:

Email:

Affiliation:

Country or region:

iNaturalist account information

User name:

User email:

(Please send the form to gptcm_medplanthunt@outlook.com for registration)



Online registration



How to join



Registration form



How to upload



Ladybells (*Adenophora stricta*, Campanulaceae, 沙参 / 南沙参, left) and beach silvertop (*Glehnia littoralis*, Apiaceae, 珊瑚菜 / 北沙参, right)



The dried roots of *Adenophora stricta* (and *Adenophora tetraphylla*) (*adenophorae radix*, *nanshashen*) and *Glehnia littoralis* (*glehniae radix*, *beishashen*) are common Chinese medicinals official in current Chinese Pharmacopeia. *Nanshashen*, which can be literally translated as southern sand root, was first appeared in the text of *Divine Husbandman's Classic of Materia Medica* (*Shen Nong Ben Cao Jin*) of the Eastern Han Dynasty (25~220). *Beishashen*, which can be literally translated as northern sand root, was first recorded in the text of *Treasury of Words on the Materia Medica* (*Ben Cao Hui Yan*) of the Ming Dynasty (1368~1644). These 2 Chinese medicinals have similar functions. They nourish the lung yin, clear the lung heat, benefit the stomach, clear the stomach heat, and promote the production of body fluids. They are indicated for syndromes of lung yin deficiency and stomach yin deficiency. However, *nanshashen* also gently augments the spleen and lung qi, and dispels phlegm. It is thus more suitable for lung yin deficiency or stomach yin deficiency complicated with qi deficiency.

Because of the heavier weight and firmer texture, the function of *beishashen* in nourishing yin is thought to be slightly stronger than that of *nanshashen*. Apparently this explanation is influenced by the beliefs of the Doctrine of Signatures. It is an example of that the Doctrine of Signatures is a useful mnemonic aid that facilitates the transmission of Chinese *Materia Medica* knowledge.

沙参 / 南沙参

早知典载出南方
齿叶蓝花为药良
时见身轻投入水
肺清咳止用平常

珊瑚菜 / 北沙参

源于沿海用时勤
羽叶素花披幼身
后载经书君莫怪
只为益胃又生津

The above colour photographs, English texts and Chinese poems are contributed by Prof **Hubiao Chen** (Hong Kong), Dr **Ping Guo** (Hong Kong) and Prof **Jiqing Liu** (Shenzhen), respectively. This column is advised by Prof **Zhongzhen Zhao** (Hong Kong).



Just click here to enjoy the video:

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Ladybells (*Adenophora stricta*, Campanulaceae, 沙参 / 南沙参, left) and beach silvertop (*Glehnia littoralis*, Apiaceae, 珊瑚菜 / 北沙参, right)



The July-August 2023 Newsletter of GP-TCM Research Association



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