

# **Traditional Chinese Medicine (TCM)**

## **Could Make 'Health for One' True**

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# Part 1 TCM: Philosophy and Advantages

## 1.1 Basic Principle



Medication Therapies

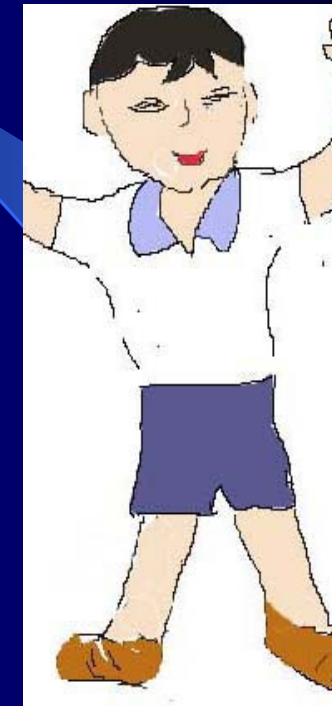


adjustment



Non-medication Therapies

(Acupuncture/moxibustion/  
massage/Qi-gong)



Unbalance



Balance

TCM is a harmonized medicine

# Part 1

# TCM: Philosophy and Advantages

Stomachache

(Unbalance)



Thirst, dry throat, dry stool,  
red tongue with yellowish fur,  
rapid pulse

(or)

Predilection for heat,  
aggravation pain by cold, loose  
stool, pale tongue with whitish  
fur, slow pulse

Therapies with Cold Property

(Medication/ Non-medication)



Hot **Syndrome**

adjustment

Balance

Cold **Syndrome**



Therapies with Hot Property

(Medication/Non-medication)



# **Part 1      TCM: Philosophy and Advantages**

## **1.2 Characters of TCM**

### **1.2.1 TCM is a holistic medicine**

- **Treat human body as a whole**
- **Regard human and nature as a whole**
- **Therapies are holistic**
  - o Combine drugs to increase and reinforce the effects or to decrease and correct the adverse effects
  - o Non-medication therapies like acupuncture are holistic treatments according to TCM syndrome

## **Part 1 TCM: Philosophy and Advantages**

### **1.2 Characters of TCM**

#### **1.2.2 TCM syndrome - based Treatment**

TCM syndrome, instead of disease, is core conception of TCM on which diagnosis and treatments of TCM are based.

Thereby, it is unsuitable for TCM to treat patients based on disease instead of TCM syndrome.

# **Part 1 TCM: Philosophy and Advantages**

## **1.2 Characters of TCM**

### **1.2.3 Chinese humanism and philosophy – based life science**

- **TCM is one sort of life sciences which integrates human body with nature, philosophy and humanism, and has penetrated every phase of prophylaxis, diagnosis and treatment of TCM.**
- **Therefore, it is necessary for candidate TCM practitioners to have profound understanding of traditional Chinese culture because TCM is often difficult to understand without such basis.**

## **Part 1      TCM: Philosophy and Advantages**

### **1.3 Advantages of TCM**

#### **1.3.1 Efficacy**

- **In addition to infectious diseases, certain chronic, senile, stubborn diseases and psychosomatic disorders can also be cured by TCM.**
- **The most exciting fact is that many new type diseases such as SARS and AIDS can be treated according to TCM theory.**

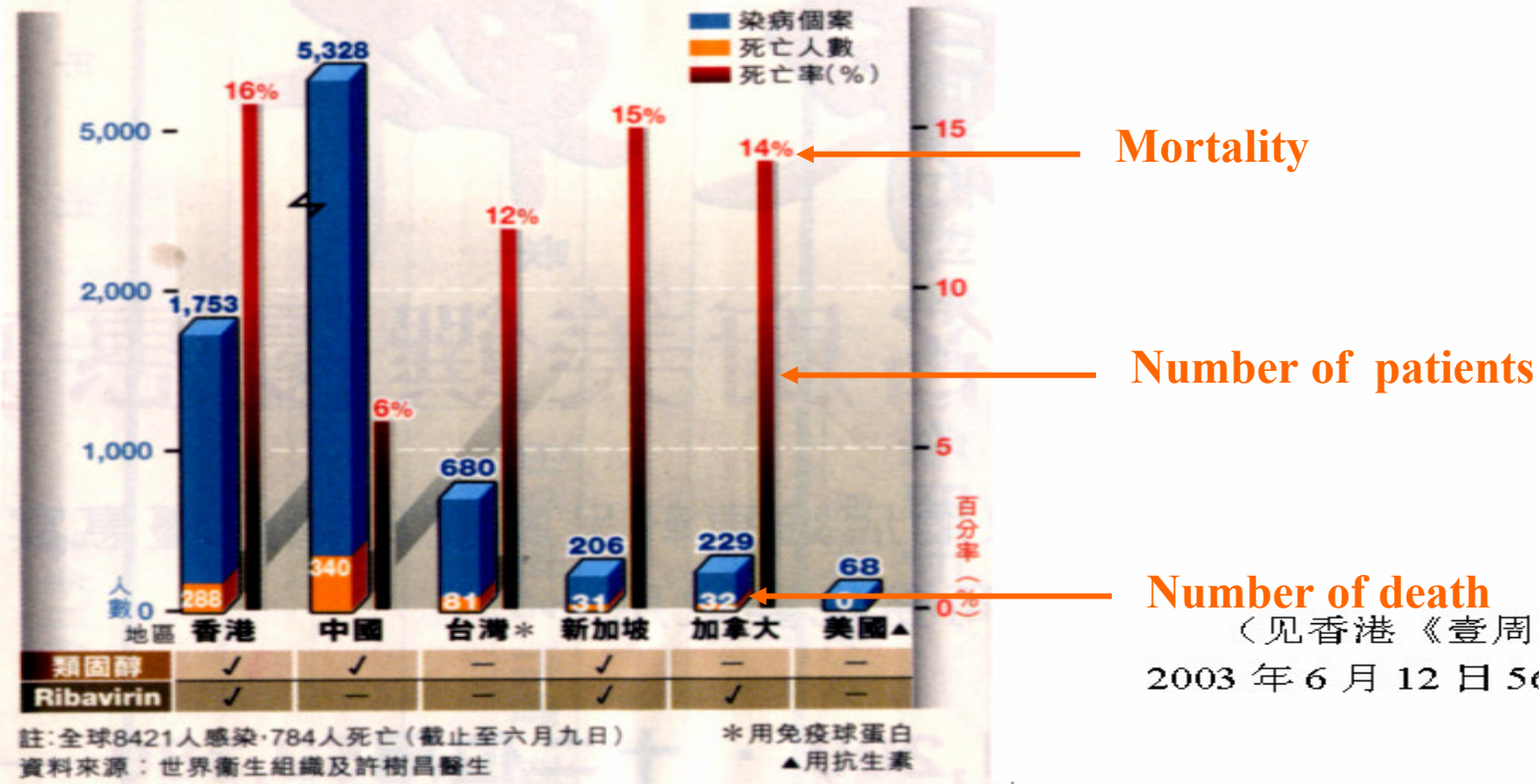
**Some indigenous TCM practitioners have found promising potential of treating AIDS by TCM in recent 5 years. Further clinic trials will be performed once the financial supports are accessible.**

# Part 1 TCM: Philosophy and Advantages

## 1.3 Advantages of TCM

### 1.3.1 Efficacy The World Situation of SARS by June 2003

#### 全球各施各法醫沙士



Mortality

Number of patients

Number of death

(见香港《壹周刊》  
 2003年6月12日56页)

Hong Kong China Taiwan Singapore Canada US

## **Part 1      TCM: Philosophy and Advantages**

### **1.3 Advantages of TCM**

#### **1.3.2 Affordable and accessible**

In 1970s, China has solved the medical and health care of its population (22% of the world population) with a comparatively small input (1% of world expenses), and its public health system achieved the coverage of cared population up to 85%.

One significant reason is that the rural cooperative medical care system, which employed both TCM and Western medicine, has played an important role with TCM therapies and practitioners as the dominant factors.

Now in China TCM accounts for around 40% of all health care delivered.

## **Part 1      TCM: Philosophy and Advantages**

### **1.3 Advantages of TCM**

#### **1.3.3 Simplicity and convenience**

TCM methods like Chinese medication, acupuncture, massage, Qi-gong and dietetic therapy are quite simple and effective.

TCM practitioners could employ these effective methods to treat patients before complex lab examinations so that TCM is a practical approach to ensure the health-care of 1.3 billion Chinese including the 900 million peasants.

## **Part 1      TCM: Philosophy and Advantages**

### **1.3 Advantages of TCM**

#### **1.3.4 Safety**

TCM used properly are believed to be safe because of special process of drugs and cooperation of compound prescription in which toxicity is limited and tolerance is hard to induced.

If used properly, even toxic herbs could maximize pharmaceutical efficacy and minimize their toxicity, e.g. using arsenic to treat leukemia.

Otherwise, non-toxic herbs could also result in serious toxicity like incident of Xiao Chaihu decoction happened in Japan.

- In a word, TCM is suitable for both the developing countries and the developed countries.

## **Part 2 The Innovation of TCM**

### **2.1 The possibility of developing new drugs from Chinese medications**

**It is considered a convenient way to develop low-cost, more affordable new drugs.**

- Chinese herbs resource is greatly developed because of various landforms and climates in China.**
- TCM has a good clinic basis and the safety of Chinese medications is quite stable because of years of practice.**
- Many classical TCM books are under protection and the details of medications have been described in detail.**
- Highly qualified personnel who master the theories and practice of TCM as well as the modern scientific and technical knowledge would meet the need for human resources.**

## Part 2 The Innovation of TCM

There are two kinds of new drugs from TCM, i.e. **new ZhongCheng drugs** and **new chemical drugs** according to innovative methods and applications of new drugs.

### 2.2 New Chemical Drugs (Two forms)

- One is an active ingredient that is always a monomer like Artemisinin derived from Qinghao (*Artemisia annua* L), a medicinal plant .
- The other kind is compound extract from herbs including active part such as Ginko Biloba Extract derived from Gingo.

## Part 2 The Innovation of TCM

### The methods of developing new chemical drugs from Chinese medications

- to find new active ingredients or effective parts in accordance with the information that one Chinese medication could treat some diseases or symptoms. It begins with a useful natural product and works backward to identify the active materials like the process of finding Artemisinin.
- to find the effective pharmacological ingredient known from the Chinese medication with correlative function, like the development of Hongqu (Red Yeast Rice), a new health care product that consists in the natural ingredient like Lovastatin.

## Part 2 The Innovation of TCM

### The defects of new chemical drugs derived from TCM

- New chemical drugs deal with diseases instead of TCM syndrome so that their toxicities and side effects are accordingly increased and drug resistance is considerably easy to induce.
- New chemical drugs has seldom improved clinical therapeutic effect comparing with traditional decoction. Sometimes the effect even decreased because of neglect of the holistic therapy.
- Some advantages of TCM, which are resulted from cooperation of various structures and herbs restrained or reinforced one another, have disappeared by simplifying and refining the herbs to some extent.

In a word, it would not be the only task and way that innovate new chemical drugs from TCM.

## Part 2 The Innovation of TCM

### 2.2 New ZhongCheng drugs

(TCM drug like pill, powder, paster that is prepared from an established prescription used against certain TCM syndromes. It is called Chinese patent medicine too)

- **Developing innovative new ZhongCheng drugs, which is instructed by the TCM theory system, would enhance the development of theory and practice of TCM especially during the course of meeting the current clinic needs such as AIDS.**
- **At present, about 5,000 kinds of ZhongCheng drugs are produced and about 673 new Chinese patent medicines were examined and allowed to produce from 1999 to 2002 since the implement of “*Measures for Examining and Approving New Drugs*”.**

## Part 2 The Innovation of TCM

### 2.2 New ZhongCheng drugs

#### Challenges

- New ZhongCheng drugs are derived from the chemical structure and function of ingredients of medicinal plants rather than from TCM theory and clinic practice, the direct and serious result is the decrease of efficacy in clinic.
- And many well-known classic prescriptions now face great difficulties in innovating as they are used against TCM syndromes which exist in many modern diseases.

## Part 2 The Innovation of TCM

### 2.2 New ZhongCheng drugs

#### Challenges

- Many indications of ZhongCheng drugs are described by modern medicine instead of TCM syndromes. Apart from the decrease of efficacy, more toxic effects happened like incident of Xiao Chaihu decoction that resulted in pneumonia and death in Japan.
- And it is serious that the research and development of ZhongCheng drugs are repeated poorly at low level now.

## **Part 3      Approaches to the Goal :**

### **TCM makes 'Health for one' true**

- **TCM deserves more attention and the government should integrate TCM more intensively into national health care systems and national insurance system in order to increase the accessibility for public health care with an emphasis on access by peasants.**
- **Authorities' understanding of TCM should be enhanced and their concept and attitude toward TCM should be transformed as the evaluation procedures and norms of TCM are almost as same as that of chemical drugs.**
- **Many effective, affordable and simple methods of TCM treatments should be employed again.**

## Part 3

## Approaches to the Goal :

### **TCM makes 'Health for one' true**

- **Legislation should be performed promptly to insure the legal right of TCM such as using TCM against infectious disease like AIDS, conserve the characters and develop on its own to keep its advantages and efficacy.**
- **More TCM practitioners should be trained in rural areas through itinerant group of TCM experts who master the simple and effective TCM treatments.**

## Part 3

## Approaches to the Goal :

### TCM makes 'Health for one' true

#### ➤ Develop standards for TCM

- **Diagnostic and therapeutical standards: integrate quantitative standards with qualitative standards (tacit knowledge embedded in TCM couldn't be quantified)**
- **Quality standard of TCM drugs: integrate traditional analytical identification with modern one (chemical composition is not the only indicator of the quality of TCM drugs)**

## Part 3

## Approaches to the Goal :

### **TCM makes 'Health for one' true**

- **Government should encourage innovations of TCM in order to protect the intellectual property as the initial traditional knowledge is hard to be protected now.**
- **National policies should be developed to encourage companies to invest in research on prevalent diseases and to innovate new drugs.**
- **“TCM knowledge repository” should be established. It is one of the effective methods such as developing digital data to preserve TCM including natural, documental and oral resources, especially the scattered data as well as to be the basis of innovating new durgs.**

## **Team members of the study**

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Thank you

