TRADITIONAL CHINESE MEDICINE WEEK

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10.00am-6.00pm

Sponsored by
State Administration of Traditional Chinese Medicine, PRC
Chinese Embassy in UK
The Prince’s Charities Foundation (China)

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EXHIBITION GUIDE MAP
PREFACE

Traditional Chinese Medicine, called TCM for short, created by the Chinese nation through thousands of years, is treasury of the Chinese culture and crystallization of the Chinese civilization. TCM made then indelible contribution to the prosperity and development of the Chinese nation. TCM is also a unique and great invention of medical science in this world, benefiting not only the human health but also the human civilization.

The Chinese government pays great importance as always on the development of TCM undertaking. “To develop both modern and traditional medicines” is written in the Chinese Constitution. The Chinese State Council (the Central Government of China) issued the Regulations of People’s Republic of China on Traditional Chinese Medicine in 2003. The State protects, supports and develops the TCM undertaking. Especially, it is a consistent health policy to pay equal attention to Western and traditional Chinese medicines. The Chinese government promotes the all-around development of TCM including medical service, health keeping, education, science & technology, industry and culture aspects. At the same time, the Chinese government also encourages and accelerates the international dissemination of TCM, aiming to make TCM contribute more to the prosperity of medical sciences and the improvement of health undertaking for all people in the world.

TCM Week is to exhibit the TCM health culture and achievements made nowadays, as well as to strengthen the cooperation between our two countries in the field of traditional medicine, and make efforts to provide better health services for the peoples of UK, China and other countries all over the world.
TCM History

ORIGINATION

During Xia (21st Century BC - 17th Century BC), Shang (17th Century BC - 11th Century BC) and Zhou (11th Century BC - 256 BC) dynasties, ancient Chinese people found that the pathogenesis of disease was related to living environment, living habits and climatic changes, while the holistic conception and characteristics of TCM was realized. At that time, the book named Classic of Mountain and Sea (Shan Hai Jing) had recorded more than one hundred kinds of drugs, including plants, animals and minerals. In Zhou Dynasty (11th Century BC - 256 BC), clinical medicine has already been divided into different subjects, including nutritional, internal, surgical and veterinary medicines.

During 475 BC to 265 AD, TCM has made rapid progress as the Chinese society developed, and basic TCM theory formed. The famous classic TCM theory work: the Internal Canon of Yellow Emperor (Huang Di Nei Jing) and the first pharmacopoeia Shennong’s Cannon of Herbs (Shen Nong Ben Cao Jing) came out. The great TCM masters, such as Bianque, Zhang Zhongjing, Hua Tuo appeared in this period. Bianque was skilled with pulse taking and wrote the book Classic of Medical Problems (Ba Shi Yi Nan Jing); Zhang Zhongjing was good at syndrome differentiation, and wrote the book Treatise on Febrile Disease (Shang Han Lun) and Synopsis of Golden Chamber (Jin Gui Yao Lue); Hua Tuo was specialized in surgery and wrote the book Treasured Classic (Zheng Zang Jing), and invented medical anesthesia.

DISCOVERY ON THE NATURE OF LIFE AND DISEASE

In TCM theory, Yin-Yang theory and five elements theory were applied to explain connections between human body and nature, among each part of the body, and pathogenesis of disease. The theories of visceral manifestation, essence and spirit, qi and blood, meridians and collaterals were established to recognize body structure, physiology and pathology. The theory of etiology and pathogenesis was formed to explain the onset, progress and prognosis of diseases.
TECHNIQUES OF DIAGNOSIS & TREATMENT

TCM has formed its own special methods of diagnosis and treatment. Clinical information is collected through inspection, auscultation-olfaction, inquiry and pulse-taking. Then according to the syndrome differentiation, TCM formulated herbal decoction, acupuncture, moxibustion, cupping, massage, nutritional, physical or sports therapies will be applied.

HERBALISM

Herbalism originated in the primitive society (about 3000 BC). The monograph of herbs, Canon of Shennong's Herbs (Shen Nong Ben Cao Jing), was completed in Han Dynasty (206BC - 220AD).

The processing of TCM herbs is the technique and traditional method of turning the Chinese herbal material into herbal pieces prepared for decoction. The special processing can improve the effects, reduce the side effects, change the nature and enlarge the usage of the Chinese herbs. The processing monograph Lei Gong Pao Zhun written by Lei Xiao in the South and North Dynasties Period (420AD - 581AD) recorded about 300 kinds of processing methods for herbs. The classic Compendium of Materia Medica (Ben Cao Gang Mu) written by Li Shizhen in Ming dynasty (1368AD - 1644AD) had a special chapter for processing methods. The processing methods contain fying, broiling, calcining, steaming, boiling, braising, roasting, powder-refining with water etc.

HEALTH PRESERVATION

Based on basic TCM theory, combined with the essence from Taoism, Confucianism, Buddhism and other scholars of specialty of health preservation, the broad and profound health-preserving system was formed. There had been certain descriptions on health preservation in the books Lao Tze and Zhuang Tze in the Spring and Autumn period (770BC - 476BC). In the classic literature Internal Medicine of Yellow Emperor (Huang Di Nei Jing), it abstracted and summarized all achievements about health preservation before Han dynasty (206BC - 220AD), and formed its own system of health preservation, which paid importance to the essence and spirit, emotion, diet, life, Daoism, physical therapy, circadian rhythms, environment, acupuncture and medication, and formed many thoughts and methods, benefitting both mental and physical conditions of human body.
ADMINISTRATION

State Administration of Traditional Chinese Medicine (SATCM), People’s Republic of China, has been established by the Chinese government to supervise the whole TCM undertaking with focuses on both safety and effectiveness for the public. The local TCM administrations have also been set up in each province, municipal and autonomous region.

Based on Chinese laws and regulations, the SATCM makes guidelines, policies and strategies on the development of TCM. Integrated TCM and Western Medicine and Chinese Ethnic Medicines; draws up and implement relative laws and regulations in TCM.

Academic organizations have been established, such as China Association of Traditional Chinese Medicine, Chinese Association of Integrated TCM and Western Medicine.

Establishment of TCM Regulations and Standards

In 2003, the State Council of PRC issued the Regulations of People’s Republic of China on Traditional Chinese Medicine. At present, the standardization of TCM basic theory, techniques and management has been being launched. Scores of standards, including those on Acupoints Location, TCM Diagnosis Evaluation and Meridians Location, have already been set up.

MEDICAL CARE

The complete TCM medical care system has been established in China. Until 2006, there had been 3,072 TCM hospitals with 333,000 beds; more than 90% of poly hospitals contained TCM departments; about 24,000 licensed TCM doctors provide medical services.

PRODUCTION

Since the reform and opening policy carried out in China, TCM industry has rapidly grown up. The system of Chinese production and circulation, featured with the Chinese herbal material production as the basement, Chinese pharmaceutical industry as the major body and TCM commerce as the bridge, has been formed. There are more than 1,000 big-or-middle-sized Chinese herbal pharmaceutical enterprises in China now.
SCIENTIFIC RESEARCH

China established a multi-level, multi-discipline and multi-sector participated system of TCM scientific research. The institutes and teams of TCM research have got a rapid development.

| Institutes of TCM scientific research | 180 |
| TCM scientific research scholars     | 30,000 |
| TCM Journals                         | 124 |

CLINICAL APPLICATION RESEARCH

TCM treatment against serious diseases

The third generation of artemisinin-based combination (Artekin) demonstrated the advantages of other anti-malaria drugs and has drawn the attention of the World Health Organization. With the evaluation, WHO considered the 7-day treatment with ACTs, prepared by Tropical Medicine Institute in Guangzhou University of TCM, as the criteria for treatment of malaria, and recommended them to the other part of the world. Currently more than 1,900,000 patients have accessed the treatment with Artekin.

TCM Education

- TCM universities & colleges: 32
- Comprehensive universities with TCM majors: 32
- Students in campus at present: 270,000

Clinical TCM Techniques

Clinical TCM techniques include acupuncture & moxibustion (body acupuncture, moxibustion, electro-acupuncture, ocular acupuncture etc.), massage, cupping, blood letting, micro-wave radiation on acupoints, etc. Those are applied to treat internal, surgical, gynecological, pediatric and orthopedic diseases.
TCM Resources, Products and Quality Control
中醫資源，產品與質量保證體系

CHINESE HERBAL MEDICINE PROCESSING

With combination of both traditional processing techniques and modern biological technology, the processing is developing towards standardization, so as to make production of Chinese herbs approach a scaled production with scientific style and standardization.

- Production bases of Chinese herbs: 600
- Farms for planting herbs: 13,000
- Households specialized in herbs production: 340,000
- Herbs planting area: 1,000,000 acres
- Production of Chinese herbs: 350,000 tons annually
- Production value of Chinese herbs: 16 billion RMB

PRODUCTION SYSTEM OF CHINESE HERBS

Certain rare endangered medicinal materials have been replaced by artificial breeding products and substitute resources, which can benefit both environmental protection and medical care.

PREPARATION TECHNIQUES

The techniques of Chinese pharmaceuticals preparation have made significant progress which includes the further processing of traditional forms (decoction, pills and plaster) and the developed modern forms (effervescent tablets, dispersible tablets, oral liquid, capsule, dropping pills, injection, suppositories, aerosols, film agents and cataplasm). Some modern techniques such as targeting drug delivery, slow controlled release, liposome and microemulsions have also been applied into Chinese herbs preparation to improve the effectiveness.
QUALITY CONTROL SYSTEM OF CHINESE PATENT MEDICINE PRODUCTION

Certification from Good Manufacture Practice for Drugs, which is carried out by State Food and Drug Administration, has quickened the modernization of the Chinese herbs enterprises and improved the equipments, technology and processing of Chinese herbs production, quality detection methods and quality control technology. All these have formed a solid foundation for technology transformation from the traditional to the modern and provided the safeguard for the quality of Chinese patent medicine.

ESTABLISHMENT OF THE MONITORING SYSTEM FOR CHINESE HERBS SIDE EFFECTS

Establishment of national monitoring network for side effects (provided by SFDA)
http://www.adr.com.cn

GOVERNMENT PAYS IMPORTANCE TO THE SAFETY OF CHINESE HERBS

The Chinese government puts high emphasis on research of the safety of Chinese herbs, and establishes 3 assessment centers and 4 TCM clinical trial units for it.
CHINESE ETHNIC MEDICINES

China is a country with many nationalities, among which many minorities have developed their own traditional medicines. With the emphasis from the Chinese government, the Chinese ethnic medicines are well arranged, inherited and developed.

The experts on Chinese ethnic medicines have made great achievements on discovering relevant documents, developing the research, improving the development and protection, and promoting its clinical application.

Medical Care System
- Classic ethnic medicine hospitals 195
- Physicians of Chinese ethnic medicine 5,300

Education System
- Universities of Chinese ethnic medicine 5
- Educational Institutes with specialties of Chinese ethnic medicine 14
- University students of Chinese ethnic medicine 17,000

The picture of development of Tibetan medicine

The picture of diagnosis system of Tibetan medicine

Classic of Tibetan medicine

Vascular manifestation

Meridians and collaterals

Meridians and collaterals

Meridians and collaterals
EXPLORATION AND ARRANGEMENT OF CHINESE ETHNIC MEDICINE LITERATURE

The study of Chinese ethnic medicine literature has been developed, which manifests as publication of more than 100 professional works such as Book of Chinese Ethnic Medicine, Korean Medicine, Chinese Yao Medicine, Chinese Chuang Pharmacopoeia etc.

SCIENTIFIC ACHIEVEMENTS OF CHINESE ETHNIC MEDICINE

The Chinese government has edited and published a series of criteria for the standardization of Chinese ethnic medicine.

SPECIAL TRCHNIQUES OF CHINESE ETHNIC MEDICINE

DEVELOPMENT AND PROTECTION OF CHINESE ETHNIC MEDICINE

There are more than 150 Chinese ethnic medicine enterprises. For instance, up to 2005, the production of Tibetan drugs has reached more than 1,100 tons with the value of 600 million RMB.
International Cooperation and Exchange

TCM has been recognized and accepted by more and more countries in the world, and its service range is extended gradually. Many countries have been adjusted their laws and regulations to promote healthier local development of TCM.

Currently, there have been more than 90 health cooperation protocols between China and other countries involving traditional medicine contents, and 46 of them are special for traditional medicine cooperation. In the future, Chinese government will go on cooperating with more countries in the field of traditional medicine.

UK-China Exchange on TCM

The classic literatures and theories of traditional Chinese medicine had been introduced to Europe since over 1,000 years ago. After the Song Dynasty (960AD - 1279AD) and Yuan Dynasty (1271AD - 1368AD), with the increasing communication between China and European countries, Avicenna introduced Chinese medical theories in his “Canon of medicine” which is always regarded as a western medical classic. For the past twenty years, the contact and communication between UK and China has been remarkably increased, and there are more and more cooperation in the practice, education, and research areas of traditional Chinese medicine.

Academic exchange of TCM

The key person in the exchange of Chinese Medicine, Dr. Joseph Needham (1900-1995), writer and editor of the History of Science and Civilization in China, was a great supporter and disseminator of Chinese medicine. Dr. Needham pointed out that Chinese medicine is a unique, sophisticated, integrated and systematical science, and the goal of Chinese medicine therapies is to enhance one’s own strength to resist diseases and extend life length. He also predicted that the future medicine will certainly be a combination of the Chinese medicine and Western medicine. Dr. Joseph Needham is always regarded as a leader of the world scientific history and a great man of the cultural exchange between UK and China.
YU SHENG TANG Museum of Traditional Chinese Medicine

About Yu Sheng Tang (YST)

Yu Sheng Tang was an herbal drugstore with a history of nearly 400 years, and it was founded by the Bai Family in Yuci, Shanxi Province, in Wanli 36th year of the Ming Dynasty (1608). Its former address was at Dongmennei, Yuci County, Shanxi Province, and it was later shifted to Hebei and Beijing. It was originally "The Bai's herbal medicine shop".

![Horizontal inscribed board of "Yu Sheng Tang" handwritten by Qianlong, Emperor of Qing Dynasty.](image)

YST's contribution to the Chinese society was well recognized and had earned the horizontal inscribed board of "Yu Sheng Tang" hand written by Emperor Qianlong of Qing Dynasty. During its prosperity, Yu Sheng Tang had many branches across China, but as the warlords engaged in tangled warfare, it began to decline.

![Old Yu Sheng Tang (YST) drugstore after renovation](image)

![Yu Sheng Tang has a complete collection of precious cultural relics of traditional Chinese medicine.](image)
About Yu Sheng Tang Museum

In 1999, the descendants of the Bai Family founded the Beijing Yu Sheng Tang Herbal Medicine Museum, which provided a place to exhibit the medical instruments, medical books and medical samples of Yu Sheng Tang.

Yu Sheng Tang has a collection of tens of thousands of ceramic toys in ancient times.

Yu Sheng Tang Museum is the largest and most complete museum in the field of traditional Chinese Medical in China. The museum houses over 3,000 pieces of priceless historical relics collected over hundreds of years, among which include a statue of Shennong in Ming Dynasty, statue of the medical king on an old-style medicine-chest, and wooden medicine boxes on counters.

Yu Sheng Tang has conserved a number of medical books and magazines of different nations since its foundation. Besides, Yu Sheng Tang has also collected herbal medicine pots of different dynasties.

Yu Sheng Tang has a collection of precious data of advertisements through all ages of Chinese history.

The museum consists of several areas:

- The outlook of Yu Sheng Tang Drug Store in the Qing Dynasty.
- Traditional Chinese medicinal instruments of different dynasties.
- Samples of herbal Chinese medicine in ancient time.
- Packages of ancient herbal Chinese medicine.
- Medical books and magazines of different dynasties.
- Contemporary medical prescriptions and medical cases.
- Old advertisements throughout history.

In addition, Yu Sheng Tang also displays more than 10,000 ceramic toys in ancient China and more than 2,000 old advertisements through Chinese all previous dynasties.

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The Association of Traditional Chinese Medicine (UK)

The Association of Traditional Chinese Medicine (UK) [ATCM], the largest professional organisation of Traditional Chinese Medicine (TCM) practitioners in the UK, was founded in 1994. All its over 700 members are qualified TCM practitioners with majority possessing degree level of qualification. Members are bound by our Code of Practice and Code of Professional Conduct, and they have much to contribute to the public healthcare. ATCM maintains high standards of education, ethics and practice to ensure the health and safety of the public at all times.

Federation of Traditional Chinese Medicine in the UK

Federation of Traditional Chinese Medicine in the UK [FTCM] is the largest united organization of the Chinese medical sector in the UK. There are three parts: TCM practitioners, wholesale companies of Chinese medicines and TCM clinical companies united for many years. The aims of FTCM are promoting the safety and quality of TCM; improving the image of Chinese medicine and its service to the British public; unifying and harmonizing with other organizations; safeguarding the legal and equitable rights and interests of TCM. FTCM has initiated many achievements and it continuing to strive for the optimum status for the profession of TCM in the UK.

Chinese Medical Institute & Register, London

The Chinese Medical Institute and Register [CMIR], collaborating with Beijing University of Chinese Medicine, is dedicated to the modernisation of Chinese medicine, and its proper integration into conventional mainstream medical practice. Focusing on educational programmes of a high standard to western medical practitioners, the Institute enjoys the backing of the top educational institution in China. In order for Chinese medicine to gain legal status in the UK and European communities, the CMIR plays an active role in the Chinese Medicine Council [CMC], in the regulatory process with the UK government and the European Agencies. As the key member of the Parliamentary Group for Integrated and Complementary Healthcare, CMIR is now becoming an influential and reputable organisation representing the Chinese medicine profession in the UK and Europe.

Association of Chinese Medicine Practitioners

Association of Chinese Medicine Practitioners [ACMP], formally established on 21st November 2002, is one of the most important Chinese Medicine associations in the UK, with about 300 members, and more than 90% of ACMP members come from China with medicine university degree or above. As a Chinese Medicine association in the UK, ACMP does its best to protect the benefits of Chinese medicine profession as a whole, to protect its members legal right to enter the statutory registration in the future, at the same time. ACMP does its best to perfect its rules and regulations to fit the basic requirements in the UK.

London South Bank University

London South Bank University is proud to be developing the first Confucius Institute for Traditional Chinese Medicine in the world, in collaboration with the same universities in China. LSU has established the Confucius Institute of Traditional Chinese Medicine. We are currently working with the British Acupuncture Accreditation Board (BAAB) and the Health Professions Council to ensure that our degree in Traditional Chinese Medicine majoring in Acupuncture is accredited by them and carries the recognition it deserves. The Confucius Institute of Traditional Chinese Medicine will also be offering exciting courses in Chinese language and culture.
The global society has been aware of the possibility of a new pattern of health care system which will be a combination of Modern Medicine and Traditional Medicine including the Chinese one. WHO declared that traditional medicine plays an important role in achieving the goal “Health for all”, and WHO would be dedicated to promote the involvement of traditional medicine into each member state’s health care system.

Chinese government is willing to enhance the collaboration and exchange with UK and other countries to share this cultural treasury of TCM, to promote the development of traditional medicine together, and to make greater contributions to health of all people in the world.

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