Evidence based Natural Medicine with specific Clinical Indications. Our Research and China’s New Directives

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Abstract

Natural Medicine could be interpreted as nutritional supplements – any food substance that is good for health, from dairy products to protein or fruit concentrates. Natural Medicine could be more specific with clear target groups and special claims. China is moving towards that direction. Its State FDA since 2015 has issued a series of guidelines for the development of “Nutritional Supplements with special medicinal purposes and contents”. Three areas are given immediate priorities, viz.: infants; lactating mothers; and elderlies. Proper procedures for clinical trials are recommended in the process of establishing efficacy evidence. The Institute of Chinese Medicine at The Chinese University of Hong Kong has serious engagements on the development of medicinal supplements since year 2000. It has followed the evidence based approach: from quality assurance, safety, bioactivity confirmations to proper clinical trials. Old classical popular complex herbal formulations have been modified into simple combinations to form effective, medicinal supplements to support allopathic treatment of specific conditions. The choice of medicinal herbs is based on the known pharmacological properties of the herbs against specific pathological processes involved in the clinical treatment. Examples of Medicinal Supplements developed for cancer and cardio vascular treatment will be given to illustrate the principle and procedures involved.

Biography

Professor LEUNG Ping Chung’s research areas including Orthopedics, Osteoporosis, Microsurgery, Public Health, Traditional Chinese Medicine and General Education. He is also the author of over 800 scientific manuscripts in journals and 27 books. Professor Leung has been appointed as editor of 11 International Journals since 1982. He is trying hard to develop a research methodology basing on modern clinical science requirements, to modernize Traditional Chinese medicine. Currently he is working on projects related to aging and neurodegeneration, which initiated his enthusiasm searching for wisdom from other well established traditional medicine regions in the Middle East and South Asia.

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