



中西整合醫學會

Taiwan Society for Integration of Chinese and Western Medicine

會訊

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◎ 中西整合癌症醫學會理事長：高尚德

【中西消化醫學疾病治療新進展】活動紀錄

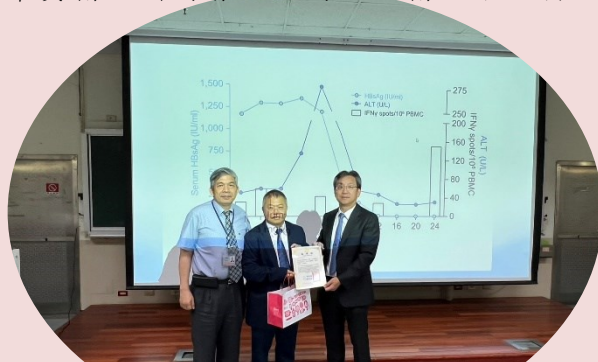
中西整合消化醫學會於8/13假中國醫藥大學舉辦「中西消化醫學疾病治療新進展」，期望藉由本次的演講推動中、西醫對肝膽腸胃疾病治療之交流探討並促進中西醫學發展與應用。針對肝臟疾病的用藥，不管中藥或西藥，都必須清楚了解藥物的作用及其效益與風險。希冀藉由研討會的探討，能藉由中西醫結合治療的優點，增進病患生活品質。



澄清醫院中港分院
黃仁杰 副院長



中國醫藥大學附設醫院中醫部
高尚德 副院長



賴學洲理事長(左)、台中慈濟醫院廖光福主任



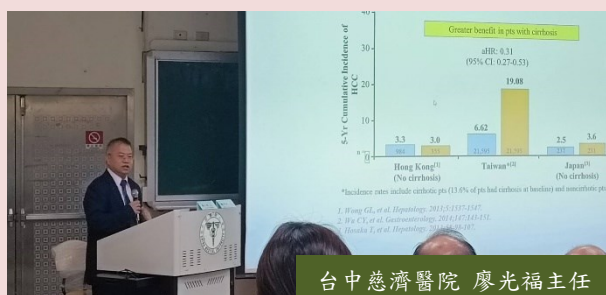
中國醫藥大學附設醫院蕭望德醫師(左)、廖元敬醫師、
醫林勤美中西醫聯合診所林宏任院長



中國醫藥大學附設醫院黃柏儒醫師(中)、
周仁偉主任



陳聰波診所何明印副院長(中)



台中慈濟醫院 廖光福主任



中國醫藥大學附設醫院 蕭望德醫師



中國醫藥大學附設醫院 黃柏儒醫師



中國醫藥大學附設醫院 廖元敬醫師





臺灣中西整合消化醫學會 第五屆第二次理監事聯席會議紀錄

時間：112年8月13日（星期日）上午12：00

地點：中國醫藥大學立夫教學大樓103教室

主 席：賴學洲理事長

出席人員(常務理事)：何明印、周仁偉、林宏任、黃進明

(理 事)：林慶鐘、洪才力、高尚德、張宏州、陳光偉、楊士樑、廖光福、鄭庚申

(監 事)：葉欣榮、賴東淵

(候補理事)：陳宏彰

請假人員(常務理事)：黃仁杰

(理 事)：陳雅吟

(常務監事)：余承儒

(監 事)：柯道維

(候補監事)：趙翰林

列席者：(秘書長)：蕭望德

紀 錄：陳映儀

一、主席致詞

二、報告事項

如附件報告檔案

三、會議議程

提案一、追認新入會會員：

說明：蕭望德醫師及廖元敬醫師已填寫入會表格、符合資格並已繳交會費。

決議：通過追認

提案二、討論新會員招收的困難與解決辦法：

說明：提請討論增加本會會員之相關建議。

決議：敬請各位理監事宣傳及邀請年輕醫師入會。

提案三、討論今年12月學術討論會舉辦日期及相關細節。

說明：

1. 中西整合醫學會今年要改選，年會訂於12/17(週日)，場地訂於台中福華(12/16下午有年會之會前會，場地訂於林酒店)

2. 12/16消化醫學會年會衝堂，是否要與中西整合醫學會合辦或另選時間？

3. 其他相關細節提請討論。

決議：年會將訂於113年1月份，地點以中國醫藥大學優先考量。

四、臨時動議：無

五、散會：13:00





Traditional medicine has a long history of contributing to conventional medicine and continues to hold promise

Reference: <https://www.who.int/initiatives/who-global-centre-for-traditional-medicine>

10 August 2023

For centuries across countries, people have turned to traditional healers, home remedies and ancient medicinal knowledge to address their health and well-being needs. According to the WHO Global Report on Traditional and Complementary Medicine (2019), various systems of traditional medicine being used around the world include acupuncture, herbal medicines, indigenous traditional medicine, homeopathy, traditional Chinese medicine, naturopathy, chiropractic, osteopathy, ayurvedic and Unani medicine. And one hundred and seventy WHO Member States have reported on the use of traditional medicine by their populations.

Traditional medicine is sometimes seen as pre-scientific, its practices and treatments to be replaced by modern, better, more efficient science-based medicine. What is less known, however, is its contribution to modern science and medicine, and a long history of traditional products and practices being translated into effective treatments for health conditions.

Around 40% of pharmaceutical products today draw from nature and traditional knowledge, including landmark drugs: aspirin, artemisinin, and childhood cancer treatments. A closer look at these drugs reveals that the scientists behind them built off traditional knowledge to achieve their breakthrough discoveries.

Tapping nature and indigenous knowledge to advance modern medicine

After testing – unsuccessfully -- over 240 000 compounds for use in antimalarials, Chinese scientist Tu Youyou, head of the Project 523 to discover a cure for chloroquine-resistant malaria, turned to traditional Chinese medical literature for clues. There, she and her team found a reference to sweet wormwood to treat intermittent fevers. In 1971, Tu Youyou's team isolated artemisinin, an active compound in sweet wormwood that was particularly effective in treating malaria. Artemisinin is now recommended by the World Health Organization as the first and second line of treatment for malaria. In 2015, Tu Youyou was awarded the Nobel Prize in Physiology or Medicine for her work on malaria, which has saved millions of lives.

Willow bark as the basis of aspirin is another example of how nature and traditional knowledge have contributed to modern medicine. Over 3 500 years ago, bark from the willow tree was used as a pain reliever and an anti-inflammatory, by Sumerians and Egyptians. In later years, it was used to ease the pain of childbirth in ancient Greece and cure fevers. In the 1897, Bayer chemist Felix Hoffmann synthesized aspirin and the drug has gone on to improve, and save, the lives of millions of people every day – with multiple benefits including preventing heart attack or stroke, improving blood pressure, and relieving pain and swelling. Aspirin is now one of the most used drugs in the world.

Aside from sweet wormwood and willow bark, the Madagascar periwinkle, hawthorn, foxglove, star anise and wild Mexican yam have contributed to medical breakthroughs including childhood cancer medicines and contraceptive pills. The Madagascar periwinkle, which is now the source of childhood cancer drugs vinblastine and vincristine has an exceptionally long history of being used as a medicinal plant and finds mention in Mesopotamian folklore, the Ayurveda system of traditional Indian medicine as well as traditional Chinese medicine. Medicinal plants like hawthorn and foxglove have been used to treat cardiovascular disease and hypertension. Other examples include: shikimic acid that is drawn from star anise and used in the manufacture of Tamiflu, antiviral medication that blocks the actions of influenza virus types A and B in the body; and norethindrone, derived from the wild Mexican yam, that is one of the first active ingredients in contraceptive pills.

Modern medicine has built on what nature has to offer and has drawn upon traditional systems of knowledge of how these medicinal plants, herbs, roots, and bark were wielded to cure diseases across civilizations.



Traditional medicine has a long history of contributing to conventional medicine and continues to hold promise - cont'd

Leveraging ancient practices to eradicate global diseases

In addition to learning from how ancient cultures tapped natural resources for health, we have also looked to traditional community-based health practices for answers to modern diseases. The development of the smallpox vaccine in this global health success story is one such example.

One of the deadliest diseases known to humans, smallpox remains the only human disease to have been eradicated. Over thousands of years, smallpox killed hundreds of millions of people around the world. Today's vaccine for smallpox draws from the principle used in the ancient practice of variolation, where material from smallpox sores were transferred to healthy people, resulting in milder forms of illness. Ancient practices of variolation date back to as early as 200 BCE, with records of it being widely used in Asia and some parts of Africa.

In 1721, Lady Mary Wortley Montagu observed the Turkish folk practice of inoculation among Greek and Armenian women, and successfully inoculated her own child against smallpox. This practice was also used in Persia, China, India and other countries. Similar accounts of enslaved West Africans in American colonies inoculating themselves against smallpox brought much needed attention to this ancient practice. Over time, through extensive testing, the traditional practice of inoculation was shown to effectively protect against smallpox—resulting in a widely used smallpox vaccine and ultimate eradication of this disease.

Yoga and acupuncture are also examples of traditional healing practices that have been successfully used to address chronic health issues. Dr Susan Wieland, co-chair of the WHO Traditional Medicine External Advisory Group and Director of Cochrane Complementary Medicine, notes how “evidence from over 20 clinical trials indicates that yoga is effective in improving pain and back-related function in chronic non-specific lower back pain. The same holds true for acupuncture when it comes to pain relief.” Thus, research data underscores the value of these ancient practices that have gained popularity around the world, in modern times.

In another example, Dr Wieland talks about how exposing babies with jaundice to sunlight—a timeless ayurvedic practice—corresponds to the modern medical treatment of phototherapy: “we now understand the mechanism of why this (exposure to sunlight) is effective, how it converts bilirubin into an unconjugated form that can be excreted — so, we now have a different understanding of why it works. But traditional medicine understood that it did work.”

Expanding knowledge through new technologies

Where else can traditional and Indigenous knowledge of the world around us guide the discovery for the health and well-being of the people and the planet?

With remarkable and rapid modernization of the ways traditional medicine is being studied, new technologies and technological innovation could show the way and provide a deeper understanding of the tangible benefits of traditional medicine.

Artificial intelligence (AI) is emerging as a game-changer, revolutionizing the study and practice of traditional healing systems. AI's advanced algorithms and machine learning capabilities allow researchers to explore extensive traditional medical knowledge, mapping evidence and identifying once elusive patterns and trends.

Functional magnetic resonance imaging (fMRI) has enabled the study of brain activity and measuring of relaxation responses of individuals engaged in traditional practices of yoga and meditation, which people around the world increasingly use for their mental health, stress management and overall well-being. Taking clues from traditional uses, new clinically effective drugs can be identified through research methods such as ethnopharmacology and reverse pharmacology.

It is an exciting time in research about traditional medicine products and practices, which are increasingly used by people around the world. With increased use comes more research and more evidence to establish what works and what doesn't. And the research looks really promising.



Acupuncture with Gold Thread for Osteoarthritis of the Knee

Han-Gyul Yoo, B.S. (University of Rhode Island, Kingston, RI), and
Wan-Hee Yoo, M.D. (Chonbuk National University, Jeonju, South Korea)

<https://www.nejm.org/doi/full/10.1056/NEJMicm1202540>



A 65-year-old woman presented with pain in both knees. She had received a diagnosis of osteoarthritis of the knee previously and had been treated with analgesic agents and nonsteroidal anti-inflammatory drugs. In addition, she was treated intermittently with intraarticular injection of a glucocorticoid. In spite of these therapies, the arthralgia in the knees did not abate. Gastrointestinal discomfort caused by the medications necessitated their discontinuation. Therefore, she underwent acupuncture with gold threads as an adjunctive therapy once per week and more frequently when severe pain was present. Radiography of the left knee revealed moderate subchondral sclerosis of the medial portion of the tibia, osteophytosis of the medial portions of the tibia and femur with possible narrowing of the joint space, and numerous radiodense threads around the left knee joint (Panel A shows the anteroposterior view, and Panel B the lateral view). Complementary medicine and alternative medicine are often pursued in the treatment of osteoarthritis. Acupuncture is widely used as a treatment for painful joints. It has been hypothesized that gold thread implanted at the acupuncture points acts as a continuous acupuncture stimulation. The insertion of small pieces of sterile gold thread around the joint by means of acupuncture needles has been used commonly in the treatment of osteoarthritis and rheumatoid arthritis in Asian countries. Gold threads may complicate radiographic assessment, as seen here.