









DIRECTOR'S MESSAGE

Over the past year, we have been honoured to receive worldwide support and enthusiasm for our research initiatives and collaborations, which shows the growing recognition of Chinese Medicine's potential in modern healthcare. Since RCMI's inception in October 2021, we have navigated the complexities of cutting-edge research at the intersection of traditional medicine and contemporary science. We concluded our first three-year period with remarkable achievements:



Peer-reviewed articles

72



Patent applications

5



External grants

20M

As we renew our operations in October 2024, we are positioned to embark on another three years of focused research and strategic partnerships, accelerating the integration of Chinese medicine into mainstream healthcare and further developing innovative TCM-based products and interventions.

Research Focus for 2024-2027

In the coming three years, we will focus on three research themes:

1) Musculoskeletal Health

2) Metabolic Health

3) Neurological and Mental Health

These thematic areas align with the global pressing health challenges and present significant opportunities for the advancement of TCM. We aim to develop interdisciplinary research programmes that offer innovative solutions for improving the health and well-being of the global population.

Strategic Partnerships and Industry Collaboration

We are committed to strengthening our engagement with industrial partners and exploring collaboration opportunities across both the public and private sectors. This year, we established a joint laboratory with Amway China and signed a memorandum of understanding with Yaodu Yanxuan Health Industry Group (Anguo). We will continue to actively expand our network with new partners in Hong Kong, mainland China, and globally, advancing cutting-edge TCM research and further building the empirical evidence base for integrative approaches to health.

Botanical Symposium 2026

We are thrilled to share with you that Botanical Symposium 2026, Embracing the Complexity of TCM/herbal Medicine Using Innovative Approaches, will be held on 7-8 January 2026 at the Senate Room (M1603), 16/F, Li Ka Shing Tower (Core M), The Hong Kong Polytechnic University. Please stay tuned for our upcoming announcement for details of registration.

Sincerely,
Professor WONG Man-sau
Director
Research Centre for Chinese Medicine Innovation

Centre's Milestones (Oct 2024 - Jun 2025)

Nov 2024

 The 6th Guangzhou International Congress of Nutrition and Health & Lingnan Regional Nutrition Innovation Development Conference

Mar 2025

- MoU signing Ceremony with Amway China and establishment of Joint Laboratory for Phytonutrients and aging research
- The Frontier Forum on Cognitive Enhancement and Health Management
- MoU Signing Ceremony with
 Yaodu Yanxuan Health Industry
 Group (Anguo)

May 2025

- The 2nd Forum of The Guangdong– Hong Kong–Macau Joint Laboratory of Traditional Chinese Medicine Regulation of Brain-Peripheral Homeostasis and Comprehensive Health
- Hong Kong delegation for TCM study tour
- 2025 International Conference on Polysaccharides for Nutraceuticals and Future Foods
- Asia Summit on Global Health 2025

Oct 2024

Renewal of Centre

Feb 2025

 Public Talk 'RCMI Traditional Chinese Medicine Health Promotion Lecture'

Apr 2025

- Academic Trip to the University of California, Irvine
- Forum: Driving Scientific Innovation and Publication Excellence with the European Journal of Pharmacology and Elsevier

Jun 2025

- RCMI Retreat
- The 3rd International Advisory Board Meeting
- Visit to Baoding

Achievements

Our members are locally, nationally, and internationally recognized for their outstanding research excellence.

RESEARCH FUNDING



Prof. Jerry YEUNG
Associate Director
Research Centre for Chinese
Medicine Innovation



A Theory-based Sleep Hygiene Education for Insomnia Disorder - A Non-inferiority Randomized Controlled Trial with Mixed-method Process Evaluation and Costeffectiveness Analysis

General Research Fund Research Grants Council

Awarded Amount: HKD\$1,244,512

Effects of Sulforaphane Intervention on Nurse Insomnia: The Mediating Role of Gut Microbiota

Joint PhD Supervision Scheme with Chinese Mainland Universities,
UGC-PolyU

Awarded Amount: HKD\$250,080



An implementation Science Approach to Evaluate Selfadministered Acupressure for Knee Osteoarthritis in Older-Aged Adults in the Community

Health and Medical Research Fund - Health and Health Services (including HHSRF)

Health Bureau

Awarded Amount: HKD\$ \$1,499,989



A Course Development and Feasibility Study of Chinese Medicine Sleep Health Preservation for Insomnia 建構及先導試驗以中醫睡眠養生課程緩解失眠

Chinese Medicine Development Fund (CMDF) Hong Kong Special Administrative Region Government

Awarded Amount: HKD\$1,526,954

Achievements RESEARCH PROJECTS



Prof. DO Chi-waiAssociate Professor, member
Research Centre for Chinese
Medicine Innovation

Research and Development of Robust Refractive Error Detection Utilizing Machine Learning Models and Smartphone Videos

Innovation and Technology Fund
Innovation and Technology Support Programme (ITF-ITSP)

Awarded Amount: HKD\$999,925

RP 2.3S: Developing Next-Generation Therapeutic Agents for Glaucoma

Centre for Eye and Vision Research Limited (CEVR) InnoHK (Renewal)





Prof. NG Shamay Sheung-Mei Associate Director Research Centre for Chinese Medicine Innovation

Effect of combining transcutaneous vagus nerve stimulation with peripheral nerve stimulation on upper limb motor function in people with stroke: A singleblinded randomized controlled trial

General Research Fund (GRF) Research Grants Council

Awarded Amount: : HK\$ 1,396,764

Effects of Transcutaneous Electrical Nerve Stimulation (TENS) Combined with Qigong Exercises on Respiratory Function, Functional Capacity, Disability and Quality of Life in Patients with Pneumoconiosis: A Randomised Controlled Trial

Pneumoconiosis Compensation Board Research Fund The Pneumoconiosis Compensation Fund Board

Awarded Amount: : HK\$ 719,675





Medicine Innovation

Novel Nutraceuticals for Neurodegenerative Diseases

Research, Academic, and Industry Sectors One-plus (RAISe+) Scheme The Innovation and Technology Commission of the HKSAR Government

Awarded Amount: HKD\$36,744,000(Stage 1 funding, Stage 2- pending)

Prof. LEE Ming-yuen, SimonManagement Committee member
Research Centre for Chinese



RP 2.5: Development of Ocular Inserts and Aptamer-based Delivery Vehicles for Sustained Release of Ocular Therapeutics and TCM Products

Inno@HK CEVR (Renewal)

Awarded Amount: HKD\$1,000,000

Awarded Amount: CNY 500,000

Prof. WONG Man-sau
Director

Research Centre for Chinese Medicine Innovation

導痰湯合四苓散藥食同源方干預肥胖的內在機制研究

河北省重大科技支撐計劃國際科技合作 /港澳臺科技合作項目

CONSULTANCY PROJECTS

Hong Kong Chinese Materia Medica Standards Phase XII(B)

Chinese Medicine Regulatory Office, Department of Health, HKSAR Government

The Hong Kong Chinese Materia Medica Standards ("HKCMMS") project was first launched in 2002 to develop standards for commonly used Chinese Materia Medica ("CMM") in phases to ensure the safe use and the quality of CMM.

Awarded Amount: HKD\$3,000,000



Dr Daniel Kam Wah MOK Associate Director Research Centre for Chinese Medicine Innovation



Adenophorae Radix 南沙參



Oryzae Glutinosae Radix 糯稻根



Ephedrae Radix 麻黄根



Patriniae Herba 敗醬草

Achievements

DONATION

A Translational Research on the Development of Evidencebased Occupational Therapy Service in a Mental Hospital of the Mainland

Donor: LuxAcademy Hong Kong Investment Limited

Amount received: HKD\$4,000,000





Prof. Hector TSANG Wing-hongChair Professor of Rehabilitation Sciences, member

Research Centre for Chinese Medicine

Research Centre for Chinese Medicine Innovation

E-Breathing to Reduce Psychological Distress in Adolescents

Donor:

Dr Roy CHUNG Chi Ping, Bright Future Charitable Foundation

Amount received: HKD\$2,000,000

The app "E-Breathing" uses Ecological Momentary Assessment (EMA) to capture the psychological symptoms and support needs of adolescents and prompts users to engage in slow-paced breathing exercises when they score high on negative affect. The study will conduct a randomised controlled trial (RCT) with 148 participants and evaluate the app's effectiveness in improving users' mood.



The 6th Guangzhou International Congress of Nutrition and Health & Lingnan Regional Nutrition Innovation Development Conference (23-24 Nov 2024)





Professor Wong Man-sau, Director of the Research Centre of Chinese Medicine Innovation (RCMI), was invited to speak at the 6th Guangzhou International Congress of Nutrition and Health & Lingnan Regional Nutrition Innovation Development Conference, where she presented the insights and research breakthroughs on topic "Effects of Probiotics on Musculoskeletal Health and Vitamin D Metabolism."

Public Talk 'RCMI Traditional Chinese Medicine Health Promotion Lecture' (26 Feb 2025)

To raise awareness and support good mental health for PolyU staff and students, **Professor Jerry Yeung**, Associate Director of RCMI, delivered a lecture on 'RCMI Traditional Chinese Medicine Health Promotion' on February 26th.

In his presentation, Professor Yeung shared insights on how principles of Traditional Chinese Medicine (TCM) can be applied to improve sleep, mental health, and overall wellness. He also shared acupressure points and breathing techniques that help manage anxiety and insomnia.





Prof. Yeung shared acupressure points that improve mental health.

PolyU and Amway (China) establish Joint Laboratory for Phytonutrients and Aging Research (17 March 2025)



The Hong Kong Polytechnic University (PolyU) and Amway (China) signed a strategic cooperation memorandum on 17 March 2025 for the establishment of the Joint Laboratory for Phytonutrients and Ageing Research. Over the next three years, both parties will allocate dedicated research funding, co-train postdoctoral researchers, and establish a phytonutrient database alongside functional assessment models to support the advancement of the Greater Bay Area's health sector.

In his address, **Prof. WONG Wing-tak**, Deputy President and Provost of PolyU, highlighted the growing demand for phytonutrients products and emphasised the significant potential of this partnership, seizing research innovation and commercialisation opportunities in the field to bring forth new solutions that benefit human health, science and technology and economy. **Mr Johnson HAN**, General Manager of Innovation and Science of Amway (China), highlighted the company's decades of research and market experience in phytonutrients.





Opening address by Prof. WONG Wing-tak, Deputy President and Provost of PolyU



Inauguration Ceremony for the Joint Laboratory

The memorandum was signed by Prof. Christopher CHAO (Left), Vice President (Research and Innovation) of PolyU, and Mr Johnson HAN (Right), General Manager of Innovation and Science of Amway (China)

Under the witness of: Prof. WONG Wing-tak; Prof. CHEN Qingyan, Director of PolyU Academy for Interdisciplinary Research (PAIR); Dr Eric Du, Principal Scientist of the Research and Development Centre of Amway (China) and Dr Clark Chen, Senior Scientist of the Research and Development Centre of Amway (China).

The gift exchange between the two sides brought the ceremony to a fruitful close. Prof. CHEN Qingyan presented Amway (China) with a commemorative plaque, and in return, Dr DU Jun gifted the Nutrilite N90 Tree of Life, an artistic decor piece symbolising holistic health. Over 20 experts, including Prof. WONG Mansau, Director of Research Centre for Chinese Medicine Innovation (RCMI) and Prof. Lee Ming-yuen of Department of Food Science and Nutrition, joined this momentous occasion.



Prof. CHEN Qingyan (left) presented Amway (China) with a commemorative plaque

Frontier Forum on Cognitive Enhancement and Health Management (17 March 2025)









Following the MoU Signing Ceremony, Amway (China) participated in a series of professional exchange activities with the PolyU community on the afternoon of March 17. The RCMI Frontier Forum on Cognitive Enhancement and Health Management attracted over 100 participants.

Dr. Clark Chen, Prof. Raymond Chang from the School of Biomedical Sciences at The University of Hong Kong, and Dr. Fiona Chen from the College of Professional and Continuing Education at PolyU delivered keynote speeches on phytochemical mechanisms and interventions for neurodegenerative diseases.

Additionally, Dr. Eric Du conducted a lecture for PolyU food science students, detailing Amway's experiences in building a phytonutrient-centric prototype research and development model for the modern "big health" industry, sparking vibrant in-class discussions.

This partnership consolidates the strengths and resources of both parties to propel research development in phytonutrients, marking a significant step in promoting healthy aging.

MoU signing with Yaodu Yanxuan Health Industry Group (Anguo) (26 March 2025)





The Hong Kong Polytechnic University (PolyU) and Yaodu Yanxuan Health Industry Group (Anguo) Co., Ltd. signed a Memorandum of Understanding (MoU) on 26 March 2025, to jointly translate traditional Chinese medicine (TCM) research results into clinical applications and commercialisable products and to promote talent training in the field, to promote community health.

An MoU signing ceremony was held at PolyU on the same day. In his speech, Prof. WONG Kwok-yin, Vice President (Education) of PolyU, remarked that the two parties will collaborate in the research and development of products based on medicine and food homology, functional foods, external treatment methods and appropriate TCM technologies, transforming scientific and technological achievements into products that enhance public health, and will jointly design education programmes to promote talent training in the field.

The MoU was signed by Prof. WONG Man-sau, Director of the Research Centre for Chinese Medicine Innovation (RCMI), and Prof. GE Shaoqin, Director of Yaodu Yanxuan Health Industry Research Institute, under the witness of Prof. Wong Kwok-yin, Prof. CHEN Qingyan, Director of the PolyU Academy for Interdisciplinary Research (PAIR), Mr ZHANG Guowei, Director of the Baoding Traditional Chinese Medicine Administration Bureau, and Ms ZHANG Jing, Deputy Secretary of the Party Working Committee and Executive Deputy Director of the Management Committee of the Hebei Anguo Modern Traditional Chinese Medicine Industrial Park. After the ceremony, both parties visited the University Gallery and had a meeting for discussion on deepening long-term strategic cooperation with Baoding, a city known as the "Millennium Medicine Capital".





Professor Wong Man-sau, Director of the Research Centre for Chinese Medicine Innovation (RCMI), had the privilege of embarking on a highly productive trip to California, from April 1 to 6, during which she attended a series of teaching, academic and research events.

Guest Lecture at UC Irvine (2 April 2025)

Director, Research Centre for Chinese Medicine Innovation (RCMI)

Professor Wong was also honored to be invited by Dr. Simin Liu, Chair of the Department of Epidemiology and Biostatistics, University of California, Irvine to present a seminar on "Musculoskeletal Protective Agents Targeting Vitamin D Metabolism." This opportunity allowed for an exchange of ideas that could enhance our understanding of health disparities.

The SAR International Research Conference (3-6 April 2025)

As the organizer of the 2024 SAR International Research Conference, RCMI has maintained a long-standing collaboration with SAR in promoting TCM clinical research. This year's conference was held in Newport Beach, California, USA.

At the conference, Prof. Wong served as a speaker, presenting two sessions: "Potential Use of Herbal Medicine for Management of Estrogen Deficiency-related Symptoms" and "Multi-Methods Research to Strengthen the Evidence Base for Traditional Chinese Herbal Medicine in Oncology."

Prof. Wong also participated in the Global Herbal Oncology Thinktank Meeting, further facilitating discussions on collaborative research initiatives and highlighting the importance of integrative approaches in addressing health challenges among minority populations.

This engagement was particularly significant, reflecting RCMI's mission to advance health equity through research and international collaboration.





Multi-Methods Research to Increase Evidence-base for Traditional Chinese Herbal Medicine in Oncology



Forum "Driving Scientific Innovation and Publication Excellence with the European Journal of Pharmacology and Elsevier" (17 April 2025)







RCMI co-organized the forum "Driving Scientific Innovation and Publication Excellence with the European Journal of Pharmacology and Elsevier," in collaboration with the PolyU-BGI Joint Research Centre for Genomics and Synthetic Biology in Global Ocean Resources (RCOcean) on April 15.

The event convened experts and scholars to exchange insights on recent advances in pharmacology and scientific publishing.



The forum featured a keynote presentation by **Prof. Frank Redegeld** from Utrecht University's Faculty of Science on "Eosinophilic Esophagitis – An Emerging Disease: Novel Insights into the Local Immunological Events in Eosinophilic Esophagitis." Prof. Redegeld shared recent research findings on this condition, emphasizing underlying immunological mechanisms and their therapeutic implications.

Dr. Xu Liu, publisher for the European Journal of Pharmacology delivered a presentation on "Generative Artificial Intelligence (GenAI) in Scientific Writing and Scholarly Publishing." Dr. Liu discussed the evolving role of GenAI in enhancing scientific communication, improving writing quality, and increasing publication efficiency.



The forum underscored RCMI's ongoing commitment to fostering academic exchange and promoting innovation in pharmacological research and scholarly publishing.

The 2nd Forum of The Guangdong-Hong Kong-Macau Joint Laboratory of Traditional Chinese Medicine Regulation of Brain-Peripheral Homeostasis and Comprehensive Health (8 May 2025)

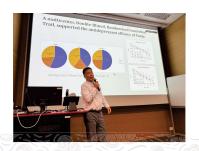


The Research Centre for Chinese Medicine Innovation (RCMI) organised the "2nd Forum of The Guangdong–Hong Kong–Macau Joint Laboratory of Traditional Chinese Medicine Regulation of Brain-Peripheral Homeostasis and Comprehensive Health" on 8 May 2025 on the PolyU campus.

Under the theme of "The Brain-Periphery-Immune Interactions", 13 esteemed speakers from across the globe presented their research on the human gut, bone, muscle, brain and more, elucidating their roles in contributing to comprehensive health.

The meeting brought together about online and real-life participants, providing an essential platform for knowledge exchange and further collaborations in health-related fields.

Established in 2022, the joint laboratory seeks to combine the unique research strengths and expertise of universities and industries in the Greater Bay Area (GBA) to develop traditional Chinese medicine (TCM) health products. It is jointly operated by The Hong Kong Polytechnic University (PolyU), Jinan University, Macau University of Science and Technology, and Guangzhou Baiyunshan Guanghua Pharmaceutical Co. Ltd.











RCMI scholars join Hong Kong delegation for TCM study tour (13-16 May 2025)



Prof. WONG Man-sau, Director of the Research Centre for Chinese Medicine Innovation (RCMI), together with Dr Christina POON, Member of RCMI, joined a delegation comprising top scholars and industry leaders from Hong Kong's traditional Chinese medicine (TCM) sector, for the "Hong Kong TCM Production, Education, and Research Study Tour (Hangzhou, Shanghai, Tiantai Mountain)" held 13–16 May 2025.

The study tour, jointly organised by the International Association of Modern Chinese Medicine, the International Pharmaceutical Association, and the "Belt and Road" TCM Development Alliance, aims to promote the deep integration of TCM in production, education and research, thereby supporting the high-quality development of TCM within the "Belt and Road" initiative.

The delegation was led by Mr YEUNG Kwok Chun, Chairman, Modernized Chinese Medicine International Association Foundation. The deputy delegation leaders were Prof. XU Hongxi, Chairman, The Belt and Road Alliance for Traditional Chinese Medicine (The Alliance), and Ms SUEN Leong, Chief Executive, Medicine Modernized Chinese International Association. The group visited various governmental bodies, universities and key industrial sites involved in the TCM sector in Zhejiang, Shanghai and Tiantai Mountain, and met with representatives for productive discussions on the TCM innovation and modernisation. Visited sites and institutions included: Dendrobium cultivation base **GMP** officinale and (good manufacturing practice)-approved pharmaceutical factory in Tiantai Mountain, Zhejiang Province, Medical University, Zhejiang Chinese Administration of Traditional Chinese Medicine in Hangzhou, Shanghai University of Traditional Chinese Medicine and Shanghai Municipal Health Commission.





During the tour, the delegation explored opportunities for potential collaborations with the parties and had fruitful dialogue on aspects including training and certification for practitioners and pharmacists, as well as research collaboration and industrial integration, highlighting the importance of developments and collaborations in these areas and the construction of TCM service systems in countries subscribed to the Belt and Road Initiative, for driving TCM modernisation and global health.

This visit provided an important platform for TCM leaders in Hong Kong and mainland China to engage in professional interflows, forging closer ties between Hong Kong and the Mainland in accelerating TCM standardisation and internationalization, thereby contributing Chinese wisdom to global public health endeavours

















Chair

RCMI co-organized the 2025 International Conference on Polysaccharides for Nutraceuticals and Future Foods, held from May 23-25, 2025.

This global event brought together leading scientists and professionals to share the latest innovations, research findings, and emerging trends in polysaccharides, with particular focus on their applications in health, nutrition, and sustainable food systems.

Through active engagement in presentations, panel discussions, and networking sessions, RCMI contributed to advancing knowledge and fostering collaborations aimed at promoting nutraceutical development and future foods for improved health and sustainability.









Prof. Wong and her research team members (from L to R): Dr XIAO Huihui, Dr POON Chui-wa Christina, Prof. WONG Man-sau, Dr ZHOU Liping, Dr WONG Ka Ying Kaya

During the summit, Professor Wong's research team participated in key sessions and networking events while exhibiting RCMI's innovative startup companies. Two RCMI spin-off companies, Wellness Phytoscience and AIM Pharmaceutical, were featured at the exhibition.

Wellness Phytoscience presented cutting-edge developments in botanical supplements and functional foods, emphasizing evidence-based approaches to wellness and preventive healthcare.

AIM Pharmaceutical highlighted novel drug discovery platforms and recent progress in developing therapeutic agents derived from traditional Chinese medicine.

This participation underscored RCMI's commitment to translating research into real-world applications and fostering industry collaborations, providing valuable opportunities for knowledge exchange, partnership building, and raising the international profile of our research and entrepreneurial achievements.

RCMI participated in the annual Asia Summit on Global Health (ASGH) 2025, held 26–27 May at the Hong Kong Convention and Exhibition Centre.





Dr Zhou briefed participants on the novel drug discovery platforms.



The Research Centre for Chinese Medicine Innovation (RCMI) organised its 2025 Retreat at Hotel ICON on 16 June 2025. The Retreat provided a valuable platform on which RCMI members shared their research findings and exchanged views on traditional Chinese medicine (TCM) development.

Prof. WONG Man-sau, Director of RCMI, presented an overview of the Centre's achievements in the past three years. This was followed by keynote presentations by Dr Vincent CHUNG Chi-ho, Commissioner for Chinese Medicine Development, Health Bureau, HKSAR, who shared insights on the landscape of TCM in Hong Kong, and Ms Amylia CHAN, Assistant Director of Knowledge Transfer and Entrepreneurship Office, PolyU, who highlighted PolyU's expertise in contributing to TCM advances. RCMI members also gave presentations on their funded projects, and the attendees had a group discussion focusing on boosting RCMI's international recognition and societal impact.

A heartfelt thank you to all participants for their valuable contributions and enthusiastic engagement, making the RCMI retreat a resounding success! We appreciate everyone who took part and played a role in its achievement.













On the next day (17 June 2025), the Centre held its third International Advisory Board (IAB) Meeting, during which IAB members recognized the center's achievements and gave valuable recommendations for RCMI's future development, particularly in strengthening collaborations and partnerships.









Seminar by IAB Member: "hurdles in drug development and regulatory issues of CM-derived medicines"

Following the meeting was a seminar delivered by Prof. Rudolf BAUER, Professor Emeritus at the Institute of Pharmaceutical Sciences, University of Graz, Austria, who expounded on the hurdles in drug development and regulatory issues of CM-derived medicines. This also provided an engaging platform for the guests to learn about the latest developments and challenges in CM-derived medicines.





Prof. WONG Man-sau, Director of the Research Centre for Chinese Medicine Innovation (RCMI) of The Hong Kong Polytechnic University (PolyU), led a six-member RCMI delegation on a strategic duty visit to Mainland China from June 24-28, aimed at expanding PolyU's partnerships in TCM education and research.

The group travelled to Northern China, visiting Baoding and Anguo in Hebei Province, and Beijing, engaging with key organizations across healthcare and industry sectors. The delegation visited Baoding Traditional Chinese Medicine Hospital, Jimon Group in Anguo, and Nestlé Research and Development Center in Beijing. Through dynamic discussions with organizational representatives, the team exchanged insights on TCM development, traditional medicine formulas and their effects, Hong Kong's strengths in research commercialization, hospital-made medicines, women's health, TCM education, and Chinese medicine-based food products.

RCMI and Baoding TCM Hospital agreed to further strengthen their collaboration in upgrading medicinal and food products, transforming hospital-made medicines, and exploring new models of TCM education, research, and industry collaboration, to achieve complementary advantages, resource sharing, coordinated development, and mutual benefit.



