



RESEARCH CENTRE FOR CHINESE MEDICINE INNOVATION NEWSLETTER

May 2023, 2nd Issue

DIRECTOR'S MESSAGE

It has been a year and a half since the establishment of RCMI. In our short history we have funded 27 seed projects, organised and co-organised three conferences, a discussion forum, and three research seminars. We believe that constant exposure to knowledge exchange activities could orchestrate exchange between the best brains who are leading pathbreaking work.

While we researchers rely heavily on industry partners to translate and commercialise our ideas, policy action is also critical to creating a favourable research environment. Such interdependent and interrelated networks are the key to CM innovations. Therefore, in early March we have co-organised a discussion forum with PreCIT and MCMIA to engage key stakeholders for the better way out capitalize on the opportunities brought by the dynamic GBA consumer market and talent pool. To be sure, more ambitious projects are still under way. Please stay tuned for more updates.

Sincerely,
Prof. WONG Man-sau

RCMI'S INTERDISCIPLINARY RESEARCHES

RESEARCH DIRECTIONS	AREAS	RCMI FUNDING SCHEMES
Women's Health	<ul style="list-style-type: none"> Menopause-associated cognitive decline Insomnia in Peri-menopausal Women 	<p>Tier 1 : Interdisciplinary Collaborative Research (7 funded projects)</p> <p>Tier 2: Exploratory Research (20 funded projects)</p>
Metabolic Syndromes	<ul style="list-style-type: none"> Type 2 diabetes Non-alcoholic fatty liver disease 	
TCM practice and innovations	<ul style="list-style-type: none"> Acupoints stimulation <ul style="list-style-type: none"> Sleep disturbance in stroke survivors Exercise-induced muscle soreness in young athletes Mind-Body Exercises: Taichi and Qigong <ul style="list-style-type: none"> Sedentariness in middle-aged office workers Sleep disturbance in older adult Pain, Fatigue and sleep disturbance in breast cancer survivors Bioinformatic platform for understanding of TCM on ageing 	
TCM based ocular drug discovery	<ul style="list-style-type: none"> Glaucoma Dry Eye Disease (DED) Diabetic retinopathy (DR) 	
Long Covid Project: Using Traditional Chinese Medicine (TCM)-based rehabilitation for management of Long COVID symptoms	<ul style="list-style-type: none"> Treatment of insomnia, anxiety, depression and cognitive disturbances (brain fog) <ul style="list-style-type: none"> Jia-Wei Xiaoyao-San (JW-XYS) Treatment of cardio-related symptoms including: shortness of breath, tachycardia, cough <ul style="list-style-type: none"> Sheng-Mai Yin (SMY) 	

REPORT OF ACTIVITIES

INDUSTRY OUTREACH

UNIVERSITY-INDUSTRY COLLABORATION FOR CHINESE MEDICINE INNOVATION (MARCH 2023)

On 2 March 2023 (Thursday), RCMI, Policy Research Centre for Innovation and Technology (PreCIT), and The Modernized Chinese Medicine International Association (MCMIA) co-organised the “University-Industry Collaboration on Chinese Medicine Innovation Forum”, bringing together over a hundred academic and industry leaders from the Greater Bay Area (GBA) to share insights on how to promote the development of Chinese medicine under the latest national plan and policies.

The forum explored how stakeholders including governments and research institutions in Hong Kong, Macao, and Mainland China could deepen collaboration to promote Chinese medicine development and grasp the research and business opportunities in the GBA.



LAB VISIT WITH INCREASEPHARM (APRIL 2023)

On 26 April 2023 (Wednesday), Prof. ZHANG Baoxian, Director of Beijing Increasepharm Corporation Limited (Increasepharm) and his team made an official visit to the Hong Kong Polytechnic University (PolyU), which engaged the University Management and Core RCMI members for a detailed exchange on the research and development of innovative Chinese medicines and formulations, further deepening collaborations on orthopedics, ophthalmology and new Chinese compound medicines between the two sides.

It is the first formal communication since the outbreak of the COVID-19 pandemic. In June 2022, the parties established the PolyU-Increasepharm Joint Laboratory for New Drug Development with a view to developing CM-based new drugs for treatment and prevention of osteoporosis, sarcopenia, dementia, and ocular diseases.



KNOWLEDGE EXCHANGE ACTIVITIES

BOTANICAL SYMPOSIUM 2022

Co-hosted by the State Key Laboratory of Chinese Medicine and Molecular Pharmacology (Incubation) of The Hong Kong Polytechnic University (PolyU) and the State Key Laboratory of Research on Bioactivities and Clinical Applications of Medicinal Plants of The Chinese University of Hong Kong (CUHK), “Botanical Symposium 2022: Exploring Innovative Approaches in Chinese Medicine, from Bench to Bedside” held successfully on 1 December 2022 via hybrid mode after two years’ postponement due to pandemic situation.



The Symposium featured in-person and online keynotes as well as virtual poster presentations, which has brought scientists and researchers across different countries and regions to exchange views on a wide range of topics in herbal medicines including Chinese medicines, and natural products. It also explored the recent developments in the Greater Bay Area and the local institutes as well as regulatory approaches for safe and quality botanical preparations. The event was well attended with over one hundred participants and has stimulated insightful exchanges which has laid solid foundation for future collaborations.

RESEARCH SEMINAR SERIES

To foster knowledge transfer of TCM R&D results, RCMI co-organized its second and third Research Seminar Series with the State Key Laboratory of Chinese Medicine and Molecular Pharmacology (Incubation), Shenzhen (SKLTCM) on 2 December 2022 and 21 February 2023 respectively.



PAIR CONFERENCE 2023

Themed “Research Excellence for Societal Impacts”, The PAIR Conference 2023: RCMI Programme was held successfully on 9 May 2023 via hybrid mode, engaging distinguished TCM researchers and over eighty participants to deliberate on pertinent topics and give insights into the recent facets of TCM research and advances in local and global contexts.

The Programme has expanded international collaborations for evidence-based studies on the use of acupuncture and other TCM-based interventions for the treatment, prevention, and recovery of chronic diseases, explaining the clinically proven efficacies of TCM-based exercises and supplements to drive health and longevity. It has also highlighted how recent digital innovations could facilitate Chinese Medicine Practitioners' (CMPs) clinical practices.



KNOWLEDGE EXCHANGE ACTIVITIES

RS 45TH ANNIVERSARY RESEARCH SEMINAR



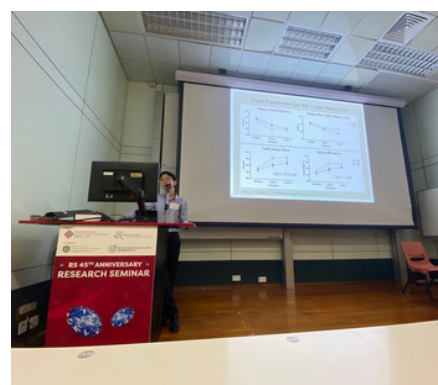
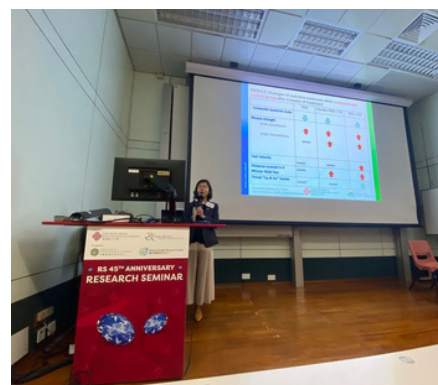
Celebrating the 45th Anniversary of the Department of Rehabilitation, the Research Seminar themed “Current trends in rehabilitation sciences research: interdisciplinary collaboration, outcome, and impact”, was held successfully on 27 May 2023 (Saturday) at PQ303. It was one of the signature celebratory events co-organized by the Department of Rehabilitation Sciences (RS) and two PAIR-led RCs -- Mental Health Research Centre (MHRC) and Research Centre for Chinese Medicine Innovation (RCMI).

The Research Seminar was graced by the presence of Prof. Christopher Chao, Vice President – Research and Innovation, PolyU; Prof. Qingyan Chen (Director of PolyU Academy for Interdisciplinary Research); Dr Cissy Choi (Assistant Commissioner for Primary Healthcare 1, Primary Healthcare Office, Food and Health Bureau, The Government of the HKSAR); and Prof. Hector Tsang (Chair Professor and Head of Department of Rehabilitation Sciences).

In addition to the three keynote lectures, the Seminar programme featured round table discussion, networking and three concurrent sessions led by RS, MHRC, and RCMI. For the concurrent session led by RCMI, 5 principal investigators of RCMI funded projects shared their updated research findings on a wide range of topics:

1. Prof. Shamay Ng, Associate Cutaneous Electrical Stimulation in Stroke Rehabilitation
2. Dr Sonata Yau, Translational Research on Antidepressant Effects of Physical Exercise Intervention
3. Dr Jerry Yeung, A Randomized Controlled Trial of Self-administered Acupressure for Insomnia Disorder
4. Dr Billy So, Acupuncture for Sports Performance and Recovery
5. Dr Erin Lu, Understanding psychological and neurobiological mechanisms of mind-body exercises to alleviate depressive symptoms

The programme serves as a catalyst for interdisciplinary collaborations and high-level innovation, enabling the government, education and research community to facilitate scientific interchange and showcase research endeavours. It has also expanded the Department's commitment to promoting Complementary and Integrative Health (CIH) in the East-West Context.



THE WAY FORWARD



PUBLICATION OF WHITE PAPER FOR OPTIMISING CM DEVELOPMENT

TCM and Integrative Medicine are towering presence in China and around the world. With its East-meet-West heritage, favorable geopolitical environment and ready-financing, Hong Kong has established its distinctive edge to become a global leader in the innovation of TCM. With the right policies in place to support scientists, medical, and industry professionals, Hong Kong has the best potential among top-tier cities to drive scientific breakthroughs of TCM with global significance.

By revealing scientists and industry experts' insights, we hope that the proposed White Paper could lead to effective strategies for policy makers to capitalize on the opportunities brought by the dynamic GBA consumer market and talent pool, translating TCM research into policy, practice and innovation that have profound impact on the health and wellbeing of the national and global population.

CONSTRUCTION OF CLASSICAL AND FAMOUS CM FORMULAE PLATFORM

In recent years, the mainland government promotes the re-development of classical and famous CM formulae. RCMI is committed to constructing a research platform for classical and famous CM formulae for elucidating the treatment of CM on animal by identify changes in endogenous metabolites after the treatment.

RESEARCH AREAS

更年期失眠 Insomnia

骨質疏鬆 Osteoporosis

代謝症候群
Metabolic Syndromes

眼疾
Eye diseases
失智症
Dementia

CLASSICAL CM FORMULAE

- 酸棗仁湯 Suan Zao Ren Tang
- 二仙湯 Er Xian Tang
- 當歸六黃湯 Danggui Liu Huang Tang

- 二至丸 Erzhi pills

- 桂枝茯苓丸 Gui Zhi Fu Ling Wan
- 葛根黃芩黃連湯 Gegen Huangqin Huanglian Tang
- 黃耆桂枝五物湯 Huangqi Guizhi Wuwu Tang
- 五苓散 Wu Ling San
- 黃連解毒湯 Huanglian Jiedu Tang

- 歸脾湯 Gui Pi Tang
- 黃耆桂枝五物湯 Huangqi Guizhi Wuwu Tang
- 三黃湯 San Huang Tang

