Summer course at the Institute of Traditional Medicine  
National Yang-Ming University 2017

General introduction of acupuncture and traditional Chinese medicine

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| Outline   | The course includes lectures, clinical observation, field trips and group discussion:  
1. Theory of Traditional Chinese Medicine (yin-yang, five elements, viscera and bowels, diagnosis/treatment of the pattern/syndrome, Chinese herbal remedies)  
2. Basic knowledge of acupuncture  
3. Clinical Chinese medicine practice & theory  
4. Group visits to Chinese medicine hospital, herbal garden, herbal museum, herbal pharmaceutical factory, and local herb stores |

| Schedule   | Two weeks (11 days, 88 hours, 4 credits)  
9:00~12:00: lecture; 13:30~16:30: clinical observation or field trip; 16:30~17:30: discussion |

| Prospective students | Biomedical students who are interested in traditional Chinese medicine are all welcome |
| Language | English |
| Grading | Exam/discussion |

### 2017.08.07 – 2017.08.11

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<th>8/7 Mon</th>
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<td>General introduction of TCM NYMU</td>
<td>Acupuncture I NYMU</td>
<td>Acupuncture II NYMU</td>
<td>Basic concepts of TCM NYMU</td>
<td>Field trip Sun Ten herbal factory</td>
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<td>13:30-16:30</td>
<td>Herbal museum National Institute of Chinese Medicine</td>
<td>Acupuncture I clinical observation TVGH</td>
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### 2017.08.14 – 2017.08.19

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<td>Field trip herb alley, Wanhua, Taipei</td>
<td>Chinese herbal remedies Rm118</td>
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<td>13:30-16:30</td>
<td>Clinical Chinese Medicine Practice Taipei City Hospital</td>
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<td>Experimental acupuncture NYMU</td>
<td>Field trip herbal stores, Dadaocheng, Taipei</td>
<td>Closing remarks Exam/Discussion Rm118</td>
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Locations:  
• Rm 118, Nursing building, National Yang-Ming University (NYMU)  
• Taipei City Hospital (Chinese medicine branch)  
• Center for Traditional Medicine, Taipei Veterans General Hospital (TVGH)  

Handouts:  
• Trilingual handbook of introduction to traditional Chinese Medicine for international students and health care workers  
• Introduction to the basic knowledge of acupuncture for international students and health care workers

Faculty:  
• Jen-Hwey Chiu M.D., Ph.D.  
  Professor, Institute of Traditional Medicine, National Yang-Ming University  
  Surgeon, Division of General Surgery, Taipei Veteran General Hospital  
  Organizer of Integrative medicine in YM-VGH campus  
• Chung-Hua Hsu, M.D., Ph.D.  
  Professor, Institute of Traditional Medicine, National Yang-Ming University  
  Superintendent of Chinese medicine Linsen and Kunming branch of Taipei City Hospital  
• Fang-Pey Chen, M.D.  
  Associate Professor, Institute of Traditional Medicine, National Yang-Ming University  
  Director, Center for Traditional Medicine, Taipei Veteran General Hospital
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   Professor, Institute of Traditional Medicine, National Yang-Ming University
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   [http://www.ym.edu.tw/tra/Chung-Hua%20Hsu-e.htm](http://www.ym.edu.tw/tra/Chung-Hua%20Hsu-e.htm)

3. **Fang-Pey Chen, M.D.**
   Associate Professor, Institute of Traditional Medicine, National Yang-Ming University
   Director, Center for Traditional Medicine, Taipei Veteran General Hospital
   [http://www.ym.edu.tw/tra/Fang-Pey%20Chen-e.htm](http://www.ym.edu.tw/tra/Fang-Pey%20Chen-e.htm)

Teaching assistants:

1. **Anthony Venuti** (Ph.D. student from USA)
2. **陳玉紅艷** (M.S. student from Vietnam)

Homepage


Accommodation

University dorms are available for summer students and visiting scholars
Locations:

1. Rm 118, Nursing building, National Yang-Ming University (NYMU)

2. Taipei City Hospital (Chinese medicine branch)
   https://wd.vghtpe.gov.tw/ctm/Index.action

3. Center for Traditional Medicine, Taipei Veterans General Hospital (TVGH)
Introduction

Sun Ten Pharmaceutical Co., Ltd. is a renowned GMP manufacturer of concentrated herbal extracts conforming to international standards. In 1975 Sun Ten began exporting into Japan, and is the first TCM manufacturer in Taiwan to qualify for the reimbursable prescription by Japanese Health Insurance Plan. In 1996, Malaysia DCA (Drug Control Administration) approved Sun Ten products with import drug license, with establishment of Sun Ten Pharmaceutical MFG SDN BHD in Malaysia, Sun Ten began to march toward Malaysia and Singapore markets. In 2013, Sun Ten received the highest-ranking A1 TGA PIC/S GMP certification from Australian Therapeutic Goods Administration, the same world-class manufacturing standard comparable to Western Pharmaceutical manufactures.

Research and Development

Research & Development Facility
Sun Ten has a separate facility for R & D Department. R & D is responsible for all the new product development, reformulation, new dosage form assessment, analytical methods development, manufacturing processes improvement to increase products efficiency, production yield, and product quality. R & D provides manufacturing support, technology transfers to our production team.

Laboratory Scale Manufacturing Equipment
The facility is fully equipped with laboratory scale manufacturing equipment for pilot scale manufacturing to develop new products and assess the most efficient manufacturing processes for new products. The pilot scale study allowed us to optimize the process for a smooth transfer to full scale production and increase speed to bring new products to the market.

Partnership with Brion Research Institute
Our R&D efforts are greatly synergized by our partnership with Brion Research Institute. Combination of our dedication to the research and the modernization of Chinese herbal extracts and Brion’s well-defined TCM clinical database containing over 2,000 herbal specimens, Sun Ten’s R&D department has consistently been recognized as the industry leader in the development of herbal extract segment.
Introduction

In 1970, Sun Ten Pharmaceutical Co. Ltd. was founded by Dr. Hsu. He built the herb garden which is located at the Yang Ming Mountain, Taipei City, Taiwan.

The plant species in this herb park include Chinese medicinal plants and Taiwanese herbal plants such as *Astragalus membranaceus*, *Salvia miltiorrhiza*, *Lycium barbarum*, *Schizonepeta tenuifolia*, *Leonurus sibiricus albilora*.
Center for Traditional Medicine, Taipei Veterans General Hospital

The Acupuncture Research Committee was founded in 1971, renamed the Center for Traditional Medicine in 2007, for the purpose of providing acupuncture services, developing traditional Chinese medicine and integrating Chinese and Western medicine. In 2002, we offered Chinese herbal medicine service. In 2005, we outsourced the Chinese herbal dispensing. The Center set up two divisions in 2013: Chinese Medicine Division and Integrative Medicine Division.

The Department experienced four stages of development:

• Classical period: In this period we read classical Chinese medicine archives, established education courses and identified certain acupuncture points with special effects.
• Combination with modern medicine period: We explained the meridian system in neuro-humoral view, developed A-Shi point application with myofascial pain syndrome, invented sterilized disposable needles in 1982, which won the Silver Medal at World Invention.
• Bioenergy period: Our idea of bioenergy came out in 1986 trying to study chi phenomena by measurement of skin electric resistance. Some alien alternative medicine, such as Kirlian photography and homeopathy, was introduced into Taiwan.
• History investigation period: We lent the Occidental history of philosophy, science and archaeological development to the textual research of the ancient Chinese philosophy about Nature to expound the origin of acupuncture and the theory of Ying-yang Wu xing. We also discovered that acupuncture is for therapy of limb joint pain or neurological symptoms while the Chinese herbal medicine is for recuperation of illness of internal organs.

Introduction

Papers published in previous are mainly on clinical studies, such as the exploration of syncope during acupuncture, brain MRI images after acupuncture, and the use of the National Health Insurance Database to explore the popular pattern of acupuncture and Chinese medicine in Taiwan.

Research
Taipei City Hospital is a full-service, total care medical institution that is prepared to meet the comprehensive healthcare needs of Taipei’s 2.6 million residents. The merger of ten municipal hospitals into one unit has made the Taipei City Hospital the largest healthcare organization in Northern Taiwan. Each hospital is referred to as the respective branch of the central organization; for example, Taipei City Hospital – Linsen Chinese Medicine and Kunming Branch – has a Department of Chinese Medicine including Division of Internal Chinese Medicine, Division of Acupuncture, Division of Traumatology in Chinese Medicine and Division of Integrative Medicine. Multiple clinical trials on TCM are on-going by physician scientists in this hospital.

Introduction

• Acupuncture point stimulating with herbal plaster for Asthma
  [Method]
  (1) Choosing the correct herbal medicine with the right characteristics.
  (2) Prescribing the herbal medicine.
  (3) Compounding a plaster formed from herbal medicines.
  (4) Placing the plaster on acupuncture points at certain periods during the year.
  (5) Evaluating the effectiveness of these plasters for the treatment of asthma.

• The promotion of health and natural beauty using TCM methods including
  (1) Herbal plasters
  (2) Acupuncture
  (3) Qi-gong
  (4) Herbal teas
  (5) Chinese medicinal diets
The collection of medicinal plants in HNRICM was started in 1963. This collection include mainly medicinal plants found in Taiwan, China and other country with the mission of research and education of Chinese medicine. The subjects displayed are medicinal plants, medicinal animals, medicinal minerals, and preserved specimens collected for scientific research. For public education and services, HNRICM holds exhibition and museum tours for students, teachers, and other public civic organizations by advanced reservation.

Today, over 5,000 determined specimens have been numbered. HNRICM continues to carry out medicinal plants collection in the world. Specimens are made with the professional care, and each specimen label contains a complete set of information.

Collection:
- Specimen of Chinese medicine (collects from Taiwan, China and other country)
  Special collections include medicinal plants, medicinal animals, medicinal minerals and medicinal resin.
- Plants Specimen (collects of plants and medicine plants)
  Special collections include Pteridophyta plants, Gymnospermae plants, Monocotyledon plants and Dicotyledon plants.
**Herbal stores**

**Introduction of Dadaocheng**

In 1851, Lan-tian Lin and his family settled down in Today's Dadaocheng. They built three houses in the Southern Min style. In 1859, Xia-hai City-God Temple in Taipei was completed. In 1869, John Dodd, an English merchant, set up tea processing factories in the area and started to sell Formosa tea to the world. Because of the tea business, this area flourished and many foreigners decided to establish their companies and consulates here.

Dihua Street was the major trading center for Chinese herbs and medicines, dried goods, fabrics, as well as teas since it is near the Dadaocheng port. The street has became a market place for Chinese New Year's groceries since 1996; there are various stalls selling bamboo or wooden crafts, candies from Asia, Chinese medicines and herbs, Chinese and Japanese snacks, crops, dried foods, fabrics, incenses, New Year decorations, spices, and teas.


**Introduction of herb alley**

Next to the Long Shan Temple in Wanhua, Taipei, there is a small alley with a length of less than 50 meters. This alley is full of door to door herbal shops. Each store is full with sacks of dried herbes, or filled with baskets of fresh green Herbs, or hung with aloe and cactus...etc. We recognize these plants but we did not know they have medical functions. The piled-up medical herbs contain 300 to 400 different kinds of spices. This alley is known as the “Herb Alley”

In the early year of Taiwan, the western medicine was not popular, and the Chinese medicine doctors were hardly found. When people felt ill or painful, they most likely relied on the word-of-mouth herbal recipes or went to the temple to ask for medical swab. They pick up then boil the herbs based on the swab they received. At the beginning, rickshaws were used to carry herbs and gathered around the Long Shan temple. Later they established the stores, and then become the Herb Market. The medical swabs in Long Shan temple were very efficacious. Lots of believers came and packed the Herb Market. The lively custom has lasted for one to two hundred years. Until 1981, the government medicine unit banned the swab from the temples; the lively market gradually faded. With abundant supplies here, no matter whether you need the herbal medicine to reduce heat, to keep warm, or to keep healthy, you can find them all. “Herb Alley” not only represents the local culture, but also the wisdom of the ancestors.