

Traditional Chinese Medicine: Quality of individual prescriptions

April 4th 2009 in BREUKELEN (NL)

10.00-17.30

[\(In Pagode next to railway station, Stationsweg 91\)](#)

A joint conference of the
Netherlands Association for Phytotherapy (NVF)
Netherlands Medical Association for Acupuncture (NAAV)
Netherlands Association for Acupuncture (NVA)



Accreditatie is aangevraagd bij ABNG, KNMP, NAAV, NVA, NWP.
Dit congres wordt mede mogelijk gemaakt door de NatuurApotheek in Pijnacker

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INTRODUCTION

From a western scientific point of view the most intriguing and challenging part of Traditional Chinese Medicine (TCM) is the individualised diagnosis of the patient. The TCM expert interprets the disease symptoms of the patient in terms of specific syndromes, referring to an energetic disbalance. This diagnosis leads to personalised treatments with acupuncture and patient-specific medicine prescriptions.

Certainly the patients are satisfied with this procedure; but can science show that all this extra work has benefits for patients, or explain why this is so? And what scientific input can improve the quality of work of the traditional Chinese practitioners?

The quality of the work of the TCM practitioner prescribing TCM medicines depends on two factors:

- the choice of the suitable medicine(s) and the appliance of the correct dosage(s) - which in fact is a result of the quality of the education of the prescriber - and
- the quality of the medicine itself, which is controlled by the dispensing pharmacist and his suppliers.

Safety and efficacy, the two things patients rightfully demand from treatments they pay for, are built on the two qualities mentioned above.

The involvement of science in both of these topics has moved forward during the last years. At this conference exciting recent results will be discussed between scientists and clinicians.

Science has contributed successfully to safe and effective prescribing in the past years. Important issues are the methods for good agricultural and manufacturing practises, authentication procedures, identification of active compounds, standardisation, pharmacological proof of efficacy of remedies, advanced knowledge of dosages and possible interactions. Equally important and perhaps more exciting are new scientific contributions to the core of individual subscribing from informatics and systems biology.

It's important to connect parties working on both ends: the scientific researchers and the clinicians. NVF has always promoted this and will continue to do so.

Ten years ago NVF organised a TCM conference that has led to a clinical pilot study that was published in 2007 in the peer reviewed journal *Maturitas*.

We hope that this conference will once more serve two purposes: inform each other - in an enjoyable atmosphere - of the new developments in science that are related to traditional medicine; and give rise to new fruitful cooperation between scientists and clinicians.

Tedje van Asseldonk, coordinator
Kees Beukelman, NVF
Harm Elsinga, NVA
Chun Lee Oei Tan, NAAV
Charles Wauters, conference chairman

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PROGRAM

Saturday April 4 2009, Breukelen

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| 9.00 - 10.00 | Meeting for members of the NVF (Netherlands Association for Phytotherapy) |
| 10.00 – 10.30 | Conference registration and coffee/tea |
| 10.30 – 11.00 | Opening en welcome by Dr. Kees Beukelman, Chairman NVF Dr. Chun Lee Oei Tan, Chairperson NAAV Harm Elsinga, Chairman NVA Drs. Charles. Wauters, pharmacist, NVF, chairman of the conference. |
| 11.00 – 11.30 | Dr. Mei Wang, TNO/SU biomedicine, Leiden University <i>TCM and systems biology: towards better care for the individual patient's health</i> |
| 11.30 – 12.00 | Drs. Jan Schroën, International Lectures <i>Individual diagnoses correlate with biochemical findings</i> |
| 12.00 – 12.15 | Discussion |
| 12.15 – 13.30 | Lunch break |
| 13.30 – 14.00 | Dr. H.H. (Aitje) Tan, physician and TCM expert <i>How to modify TCM recipes for the application in individual patients</i> |
| 14.00 – 14.30 | Prof. Dr. Peter Hylands, King's College London <i>Phytochemical informatics of TCM and therapeutic relevance: Syndromes, remedies and their compounds related</i> |
| 14.30 - 15.00 | Prof. Dr. K. Chan, University of Wolverhampton <i>Interactions between TCMs and conventional drugs</i> |
| 15.00 – 15.30 | Prof. Dr. Peter Houghton, King's College London <i>Polyvalence in Chinese materia medica used to treat cognitive decline associated with old age</i> |
| 15.30 – 16.00 | Coffee/tea break |
| 16.00 – 16.30 | Dr. You Ping Zhu, <i>Plant chemistry and safe use of Chinese herbal medicine</i> |
| 16.30 – 17.00 | Yifan Yang, <i>Dynamic characteristics of herbs and dosage management in the practice</i> |
| 17.00 – 17.15 | Discussion |
| 17.15 – 17.30 | Closing remarks by the chairman |
| 17.30 – 19.00 | Drinks and dinner |

Conference fee ex BTW (VAT)

Members of participating organisations: € 85,- (€ 120,- including dinner)

Others: € 150,- (€ 190,- including dinner)

Students € 30,- (only full time students from (professional) universities in medicine / pharmacy / biology / food science / natural products and related)

Registration:

NVF-bureau nvf@fyto.nl TEL 024-6844301 / FAX 024-6843939

Rijksstraatweg 158, 6573 DG Beek-Ubbergen, NL.

Use registration form attached or from the website www.fyto.nl

LECTURERS

Drs. Charles. Wauters, pharmacist

As a graduate pharmacy of Amsterdam University in 1975 he specialised in Eastern and Western phytotherapy. In 1981 he founded a specialised department for herbal prescriptions in a public pharmacy that from 1991 onwards was registered as an independent pharmacy. From 1990 to 2008 he was member of the NVF-board. He initiated the RCT "The effect of Chinese Herbal Medicine on menopausal symptoms compared tot hormone replacement therapy and placebo" (Maturitas 2007)

Dr. Mei Wang, TNO/SU biomedicine

Reaching a top 50 position in the Chinese national contest for obtaining a study grant abroad, she was awarded a PhD study position at the Cell Biology and Genetics Department of Leiden University in 1983. Since 1990 she is with TNO in a senior scientist position. Currently she is the head of Plant Systems Biology at TNO and associated professor at Leiden University. She is co director (with professor van der Greef) of SU BioMedicine, a TNO spin off company.

Drs. Jan Schroën, TCM-expert

Studied biochemistry and graduated in natural health care therapies and TCM. A MSc in TCM was added in China. He owns a private TCM clinic and lectures at several TCM schools in Europe and China. As TCM expert he is part of the scientific board of the Sino-Dutch Center for preventive and Personalized Medicine.

Dr. H.H. (Aitje) Tan, physician and TCM expert

Studied medicine in Amsterdam (VU) and TCM at the Capital Inst. Med. in Beijing and completed the NAAV course. Works as a physician in the Centre for Allergies in Amsterdam, as an acupuncturist/herbalist in his private clinic in The Hague and as a TCM teacher for physicians. Participated in the study "The effect of Chinese Herbal Medicine on menopausal symptoms compared tot hormone replacement therapy and placebo" (Maturitas 2007).

Prof. Dr. Peter Hylands, King's College, London

Head of the Pharmacy Department. Many years experience in natural product research and development, with an emphasis on the isolation and structural determination of novel bioactive compounds, both in academia and industry. Has led multidisciplinary research programmes in Europe, the Americas and various Asian countries. Present research: innovative chemometric metabonomic approaches to natural

product research, notably the standardisation of plant extracts. Many publications on Chinese herbs.

Prof. Dr. Kelvin Chan, University of Wolverhampton

Was appointed as Professor of Pharmacy and Pharmacology at Wolverhampton in 2005.

Formerly he worked at Liverpool John Moores University (1992-1997) and in Abu Dhabi UAE and Baptist University in Hong Kong (1997-2005). He has several Visiting Professorships at Universities in China and in several European countries, wan several awards and has over 480 publications, including the co-authorship and editorship of three drug monographs and three specialist books in Chinese Medicine.

Prof. Dr. Peter Houghton, King's College, London

Pharmacognosist, specialised in compounds of pharmaceutical interest from natural sources, especially from flowering plants used in traditional medicine. Published numerous ethnopharmacological and in vitro studies. Major interests in activities relevant to the treatment of neurodegenerative disease, particularly Alzheimer's disease, diabetes, cancer, fungal and bacterial infections and wound-healing.

Dr. You Ping Zhu, pharmacognosist

A graduate of pharmaceutical sciences (B.Sc., 1982) and pharmacognosy (PhD, 1989) of SMMU University, Shanghai, China, Dr. Zhu is quality control and regulatory affairs manager at CMC Tasly Group, Amsterdam and director of Hwa To Centre for Chinese Medicine located at the University Medical Centre Groningen, Groningen, The Netherlands. He is the author of "Chinese Materia Medica: Chemistry, Pharmacology and Applications" (Harwood Academic Publishers, 1998).

Yifan Yang, TCM-expert, author

Studied traditional Chinese medicine and western medicine in Beijing Universities of Traditional Chinese Medicine from 1977 to 1982. After graduation, she worked there as a doctor and a teacher. Since 1991, she works as a TCM practitioner in Chinese herbal medicine in the Netherlands and teaches Chinese herbal medicine in several European countries. She is author of Chinese Herbal Medicine -- Comparisons and Characteristics (Elsevier 2001) and Chinese Herbal Formulas -- Treatment Principles and Composition Strategies (Elsevier 2009) and co-author of several other books.