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Abstract (for proceeding)

A Practical Comprehensive Approaches to Chinese Medicine Research

While modern medicine has developed a very well established system of clinical research which insists on evidence based methodology relying heavily on biostatistics, traditional medicine has not, in spite of the long years of existence and unreceding popularity, developed its own system of research. Since there are yet many problem areas in modern medicine, which are yet devoid of solution, and traditional medicine possessed good records of efficacy in those areas; it is natural that experts in both areas should join hands in a proper exploration to put traditional medicine into popular utilization. One way of achieving this joint effort is to stick to requirements of modern clinical trials as much as possible. Obvious obstacles include the common lack of uniformity: among the supply of herbs, consistency of their quality. Manufacturing of convenient products (which is improving nowadays) and methodology for clinical trials.

One practical way of pursuing this joint venture is to apply the Efficacy driven approach which implies the following: -

- i) Getting a simple herbal formula to try solving one difficult clinical problem and start an evidence-based clinical trial using methodology acceptable to standard clinical trials i.e. randomized, placebo-controlled;
- ii) Organizing parallel laboratory experiments to understand the mode of action;
- iii) Making sure that the quality of herbs or their extracts are of the best standard and
- iv) Once proven efficacious in the clinical trial, optimization of the formula will give an up-graded product.