



學院與民同行 攜手對抗疫症  
SCM reaches out to the community in fight against COVID-19





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# 學院與民同行 攜手對抗疫症

SCM reaches out to the community  
in fight against COVID-19



浸大中醫藥學院調配「防感方」，助市民提升免疫力。

SCM developed a formula to help the public boost immunity against viral infection.

**新** 型冠狀病毒蔓延全球，香港累計確診個案突破 1,000 宗，當中大部分為輸入個案。經歷 2003 年非典型肺炎一役，本港市民對預防疾病的意識顯著提高，然而數月下來，各地疫情仍然存在眾多未知之數，本港各界均嚴陣以待，不敢鬆懈。

香港浸會大學中醫藥學院亦絕不怠慢，竭力採取有效措施以減低學生、求診者和員工的感染風險。學院借助自身的專業知識和經驗，推出一系列抗疫項目，與大學社群以至整個社會共渡難關。學院更有幸獲得大學的支持者和好友傾力資助，慷慨捐款及捐贈防疫物資，讓學院得以為社會有需要的人士提供援助。

As the novel coronavirus swept the globe, Hong Kong has reported over 1,000 confirmed cases of infection, of which the majority are imported cases. It was evident that Hong Kong people had drawn lessons from the SARS outbreak in 2003 and become a lot more aware of the importance of disease prevention. A few months into the pandemic, while the world continues to be plagued by uncertainties, people in every sector of the Hong Kong society are still on their toes, refusing to let their guard down.

Here at Hong Kong Baptist University (HKBU), the School of Chinese Medicine (SCM) has wasted no time, nor spared any effort in implementing effective measures to reduce the risk of infection for students, patients and staff. By drawing upon its expertise and experience, the School has launched an array of initiatives to navigate these challenging times with the HKBU community and the community at large. Thanks to the staunch support from patrons and friends of the University, who were not only generous with financial contributions but also anti-epidemic supplies, the School was able to extend its reach to members of the community in need of support.





### 靈活教學安排 嚴謹求診流程

因應大學停課安排，學院教學科研部與持續及專業教育部即時安排網上教學，提供實時的互動課堂和豐富的網上學習資源，支援並鼓勵學生在家自主學習。

另一方面，臨床部早於2月初便針對學院轄下診所制定嚴謹的防控流程，以保障求診者和職員的安全。主要措施包括要求求診者填寫健康申報表、量度體溫和配戴口罩，診所各個範圍亦定期清潔並加強消毒。

### 各界義不容辭 踴躍捐款捐資

面對疫症，幸得一眾善長和機構襄助，學院在短短數月間已獲近20項捐助，總金額超過200萬港元，用以推行大學的抗疫項目。

除捐款外，大學和學院亦獲捐贈物資以推動防疫計劃。年初，全港口罩供應緊張，獅子會與香港浸會大學中醫藥慈善基金、尖沙咀街坊福利會及多名熱心人士向學院捐出合共26,000個口罩，部分轉贈予地區長者，部分則供學院轄下診所使用。

### Flexible teaching arrangements and rigorous infection control at HKBU clinics

Amid the suspension of on-campus classes by the University, the Teaching and Research Division (CMTR) and the Division of Continuing and Professional Education (DCPE) of SCM were quick to adapt to web-based instruction. Apart from delivering real-time interactive lectures, the faculty has also provided students with plenty of online learning resources to support and encourage self-directed learning at home.

Meanwhile, the Clinical Division (CLNC) has put in place rigorous infection prevention and control procedures for staff and patients attending the HKBU clinics operated by the Division since early February. The prevailing measures include, among others, requiring patients to fill out health declaration forms, go through temperature check and wear masks; as well as performing regular and thorough cleaning and disinfection of all areas within the premises of the clinics.

### Overwhelming support and generous donations from all sectors

Many individuals and organisations have joined the chorus of support for the University's efforts to combat COVID-19 with the community. In just a few months, SCM has received close to 20 donations totalling over two million Hong Kong dollars.

Contributions in support of the University and the School's anti-epidemic initiatives did not only come in cash but also in kind. In the light of the shortage of surgical masks in town early this year, Lions & Hong Kong Baptist University Chinese Medicine Charity Foundation, Tsim Sha Tsui District Kai Fong Welfare Association and several donors donated 26,000 masks in total to the School for distribution to elderly across the territory and clinical staff at SCM.





### 創中藥防感方 惠澤醫護社群

為助市民益氣扶正，提升個人免疫力，學院嚴選不含農藥、重金屬等有害物質的草藥製成「浸大防感方」（成分詳見下表）。臨床部主任暨曾肇添中醫藥臨床研究講座教授卞兆祥教授指出，「防感方」以中醫固本培元為基礎，能有效提升人體自身免疫力以達到抗疫目的。

「浸大防感方」成分		
黨參	西洋參	金銀花
連翹	雞內金	荊芥
薄荷	桑白皮	佩蘭
茯苓	板藍根	甘草

自藥方於 2 月問世，學院聯同獅子會與香港浸會大學中醫藥慈善基金、香港賽馬會慈善信託基金、方潤華基金、方樹福堂基金等機構和人士，經學院轄下診所及非牟利團體（樂善堂、香港基督教青年會、仁愛堂、保良局等）的網絡，向 65 歲或以上長者、長期病患者、安老院舍長者、綜援家庭及其他有需要人士免費派發「防感方」，至今已有逾 20,000 人受惠。黃乾亨基金和陳守仁基金會亦有捐資支持，送出超過 5,000 份「防感方」予醫院管理局的前線員工，感謝他們奮力應對這場艱辛而漫長的抗疫之戰。

### Formulating herbal remedy to benefit the community and healthcare workers

For the purpose of strengthening the public's immunity against viral infection, SCM has developed the "HKBU Chinese Medicine Immunity Enhancement Remedy", using herbal medicinal ingredients free of any contaminants such as pesticides and heavy metals (full ingredients are set out below). Professor Bian Zhaoxiang, Director of CLNC and Tsang Shiu Tim Endowed Chair of Chinese Medicine Clinical Studies, pointed out that the remedy was formulated based upon the Chinese medicine concept of reinforcing body's vital essence to boost immunity and in turn protect the human body from infection.

Ingredients of "HKBU Chinese Medicine Immunity Enhancement Remedy"		
Pilose asiabell root	American ginseng	Honeysuckle flower
Weeping forsythia capsule	Chicken gizzard skin	Fineleaf schizonepeta herb
Mild mint herb	White mulberry root-bark	Fortune eupatorium herb
Indian bread	Dyer's woad root	Liquorice root

Since introducing the prescription to the public in February, SCM has collaborated with the Lions & HKBU Chinese Medicine Charity Foundation, The Hong Kong Jockey Club Charities Trust, Fong's Family Foundation, Fong Shu Fook Tong Foundation as well as other institutions and donors to distribute the herbal remedy to elders aged 65 or above, patients with chronic illnesses, residents of elderly care homes, families receiving Comprehensive Social Security Assistance and other people in need of help. More than 20,000 beneficiaries have received the remedy through the HKBU clinics and the networks of non-profit organisations including the Lok Sin Tong Benevolent Society, Chinese YMCA of Hong Kong, Yan Oi Tong and Po Leung Kuk among others. With generous support from the Philip K.H. Wong Foundation and the Tan Siu Lin Foundation, the School has also offered over 5,000 sets of the remedy for free to frontline healthcare workers of the Hospital Authority in appreciation of their heroic efforts in this arduous and prolonged battle against the infectious disease.





### 網上健康諮詢 安坐家中防疫

在疫情陰霾下，不少市民響應政府呼籲留家防疫。有見及此，學院推出一系列網上支援項目，為公眾提供專業的中醫保健養生資訊。其中，香港浸會大學一賽馬會中醫疾病預防與健康管理中心特意加強「大夫信箱」網上服務，讓所有登記會員免費提問，並由專家解答疑難雜症。此外，中心推出免費視像中醫藥實時健康諮詢服務，公眾經預約後便可透過網上會議軟件與中醫師對話。

由中心設立的賽馬會「擁抱健康」中醫計劃亦在相關網站增設「中醫預防·新冠肺炎」專欄，匯集實用文章和影片，為市民提供中醫防疫貼士。

### 全城同舟共濟 攜手跨越難關

這場世紀疫症無疑為各界帶來史無前例的挑戰。學院同時涉足醫療和教育領域，當前的公共衛生危機不僅是沉重的一課，也開拓了很多迫切的教研課題。放眼未來，學院將竭力支援疫症的善後工作，為社會重回正軌作出貢獻。/

### Giving the public access to healthcare professionals from the comfort and safety of their homes

While citizens were encouraged to stay home amid the threat of the epidemic, SCM rolled out a series of online initiatives which aim at giving the general public expert advice and information on health maintenance in Chinese medicine. Apart from extending the free and enhanced “Doctor’s mailbox” online question-and-answer service to all registered members, the Hong Kong Baptist University–Jockey Club Chinese Medicine Disease Prevention and Health Management Centre is now offering real-time health enquiry service over an online video conferencing application to the public by appointment for free.

In addition, the website of the Jockey Club “Embrace Health” Chinese Medicine Programme set up by the Centre has introduced a new column titled “BUCM – The novel coronavirus pneumonia”, in which visitors can find useful articles and videos on tips about infection prevention from the perspective of Chinese medicine.

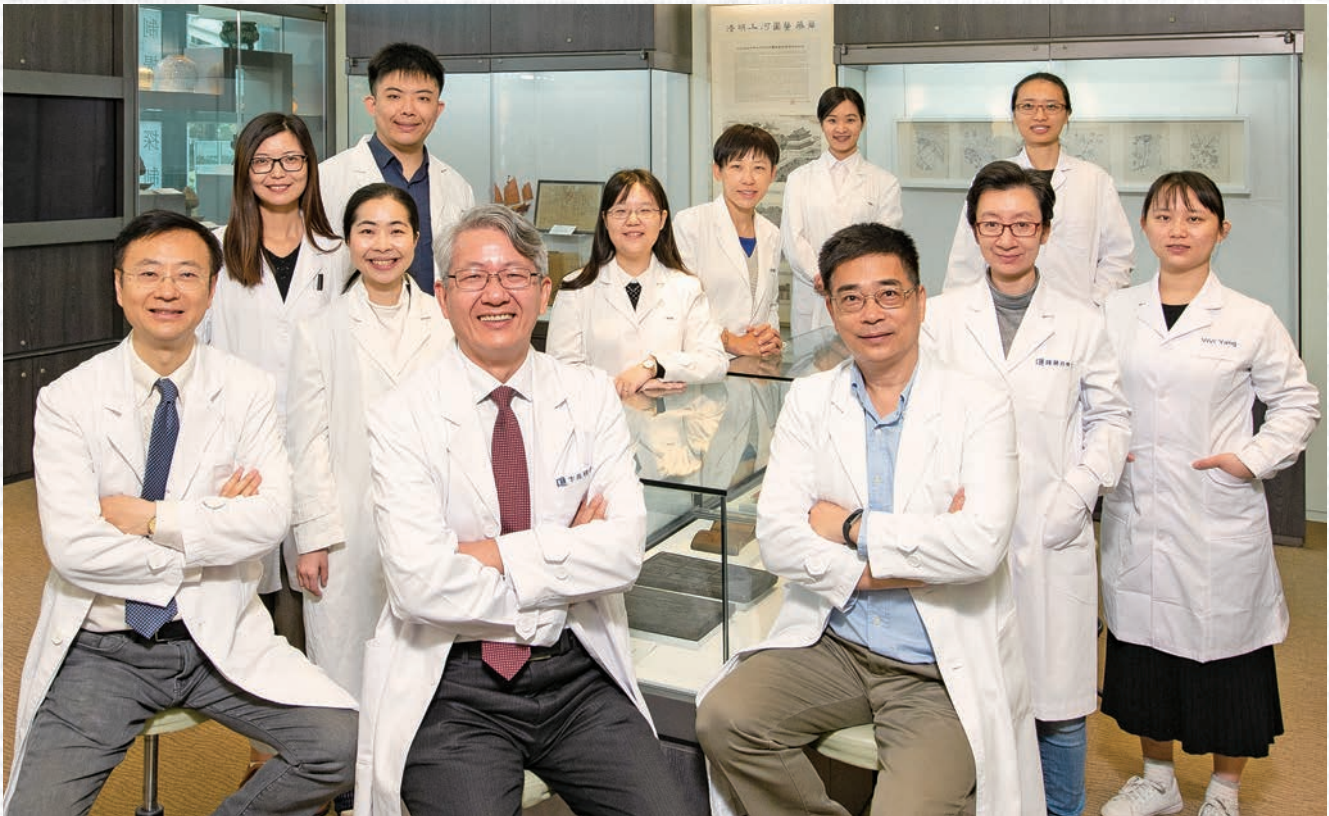
### Sailing through the storm of COVID-19

The challenges posed by the pandemic are without a doubt unprecedented. There are poignant yet crucial lessons to learn and to teach from this public health crisis for the School in its special position as both a health care and education provider. For the years to come, it will remain a major priority of the School to contribute to the community’s recovery from the shock of the pandemic and its repercussions./



## 學院科研成果卓著 榮登知名學術期刊

SCM's trailblazing research published in esteemed academic journals



卞兆祥教授（前排中）、賈偉教授（前排左）、蔡宗葦教授（前排右）及團隊成員

Professor Bian Zhaoxiang (centre, front row), Professor Jia Wei (left, front row), Professor Cai Zongwei (right, front row) and other members of the research team

**學**院竭力應對現今世界的種種健康難題，從臨床和科研角度深入探索人類疾病的機制，從而推動精準醫藥的發展並創立嶄新的治療方案。

學院處於醫學領域的前沿，研究團隊出類拔萃，屢於極具影響力的科學和醫學期刊發表科研成果。以下介紹三項學院頂尖學者近期發布的研究項目：

The research initiatives of SCM are driven by its strong desire to tackle real-world health challenges, whilst contributing to a better understanding of the mechanisms of human diseases from a clinical and research perspective, thereby advancing precision medicine and devising innovative therapeutic solutions.

The School is at the cutting edge of medical science and the works of its high-calibre researchers were published in some of the most influential scientific and medical journals. Introduced below are three recent projects conducted by SCM's leading scholars:



### 卞兆祥教授團隊揭示腹瀉型腸易激綜合症患者膽汁酸排泄增加的腸道菌群介導機制

腸易激綜合症（IBS）是全球常見的功能性胃腸道疾病，主要症狀包括不規律排便和腹痛。由於尚未充分了解此病症的發病機理，因而大大窒礙了有效且精準的藥物研發。

由兼任臨床部及香港中醫藥臨床研究中心主任的曾肇添中醫藥臨床研究講座教授卞兆祥教授領導的研究團隊最近成功發現了腸道菌群轉變誘發腹瀉型 IBS（IBS-D）膽汁酸過度合成和排泄的機制。有關研究結果近日在國際知名的學術期刊《臨床研究雜誌》上發表。

醫學界一直認為過量的糞便膽汁酸排泄是 IBS-D 的發病原因之一，但對其成因卻所知甚少。團隊重點研究患有膽汁酸腹瀉的 IBS 病人，從中辨識富集的梭菌與糞便膽汁酸排泄水平、血清中膽汁酸合成水平和負反饋標誌物水平的特定聯繫。團隊通過一系列的基礎實驗，發現梭菌屬產生的次級膽汁酸可經靶向法尼素 X 受體信號轉導來抑制腸道膽汁酸的反饋調節。這項研究有助準確掌握 IBS-D 的病理機制和症狀管理。此外，團隊將腸道菌群分析與代謝特徵相結合的研究策略，可加深生理學、病理生理學和治療學方面對微生物群相關狀況的了解，而且不僅適用於 IBS，更涵蓋所有與腸道菌群有關的疾病。更重要的是，考慮到腸道菌群在草藥代謝和藥理學中的重要性，這項研究為 IBS 和其他腸道菌群相關疾病的中藥研發奠定基礎。

學院院長呂愛平教授、中醫系統生物學講座教授賈偉教授，以及化學系的郭一葦環境與生物分析講座教授蔡宗葦教授亦有參與此項研究，團隊並同時獲廣州中醫藥大學第二附屬醫院方曉東博士帶領的生信分析研究小組和香港大學生物科學學院 Hani El-Nezami 教授提供支援。

### Research led by Professor Bian Zhaoxiang discloses novel gut microbiota-mediated mechanism underlying increased excretion of bile acids in patients with IBS-D

Irritable bowel syndrome (IBS) characterised by irregular defecation and abdominal pain is one of the most prevalent functional gastrointestinal disorders worldwide. However, the incomplete pathogenic understanding largely limits the development of effective and precise medication for IBS.

A team of researchers led by Professor Bian Zhaoxiang, Tsang Shiu Tim Endowed Chair of Chinese Medicine Clinical Studies and Director of CLNC and Hong Kong Chinese Medicine Clinical Study Centre, has discovered the mechanism by which altered gut microbiota could induce excessive bile acid (BA) synthesis and excretion in diarrhoea-predominant IBS (IBS-D). Their research findings were recently published in the internationally renowned academic journal *The Journal of Clinical Investigation*.

An excess of faecal BAs is thought to be one of the peripheral mechanisms for IBS-D but the factors causing excessive BA excretion remain insufficiently studied. The team focused its investigation on the population of IBS-D with bile acid diarrhoea and identified a specific association of Clostridia bacteria enrichment with the levels of faecal BAs and serum BA synthetic and feedback markers. Through a series of basic experiments, they found that Clostridia-produced secondary BAs can suppress intestinal BA feedback regulation via targeting farnesoid X receptor signalling. This study enables a more precise pathogenic understanding and symptom management of IBS-D. Besides, the research strategy of integrating the profiling of gut microbiota with metabolic features will enable a deep understanding of the microbiota-associated conditions, from physiological, pathophysiological to therapeutic aspects, not just for IBS, but all gut microbiota-related diseases. More importantly, given the importance of gut microbiota in the metabolism and pharmacology of herbal medicine, this study will also provide the basis for the development of Chinese medicines for IBS and other gut microbiota-associated disorders.

The project is a collaboration with Professor Lyu Aiping, Dean of Chinese Medicine, and Professor Jia Wei, Chair Professor in Chinese Medicine and Systems Biology, as well as Professor Cai Zongwei, Kwok Yat Wai Endowed Chair of Environmental and Biological Analysis from the Department of Chemistry. A bioinformatic team led by Dr. Fang Xiaodong from Second Affiliated Hospital of Guangzhou University of Chinese Medicine and Professor Hani El-Nezami from School of Biological Sciences, The University of Hong Kong, have also lent their support to this project.





賈偉教授  
Professor Jia Wei

### 賈偉教授團隊拆解普洱茶降低膽固醇和脂質的分子機制

不少人也聽過餐後飲普洱茶能消滯解膩，幫助消化。中醫系統生物學講座教授兼張安德中醫藥教授賈偉教授及其團隊在知名科學期刊《自然—通訊》發表的最新研究證實普洱茶具降低膽固醇和脂質的功效，並且發現普洱茶中含量最豐富的茶褐素可調節腸道菌群，達至改善血脂和肝脂穩態的作用。是項研究首度將普洱茶與腸道菌群和膽汁酸代謝聯繫起來，闡明茶褐素是普洱茶中降低膽固醇和甘油三酸酯的主要活性成分，為高膽固醇血症和高脂血症提供嶄新治療方案。

賈教授的團隊早於 10 年前便開始研究普洱茶，對普洱茶的植物化學成分及貯藏不同年份後成分有何變化進行系統研究。團隊亦全面分析飲用普洱茶後其成分在人體中吸收、分布、轉化的動態變化過程，以及對人體代謝網絡的影響。當中發現普洱茶進入人體後能引發特徵性代謝變化，尤以腸道菌群產生一系列代謝物變化最為突出，揭示飲用普洱茶或可改變腸道菌群的結構。

賈教授表示高脂血症、糖尿病等慢性疾病需要日久天長的管理，而飲用普洱茶是個好選擇。

參與是項研究的學者還包括上海交通大學附屬第六人民醫院的黃鳳傑博士和趙愛華博士，以及上海中醫藥大學的李後開教授。

### Professor Jia Wei's team discovers molecular mechanisms for cholesterol and lipid lowering effects of Pu-erh tea

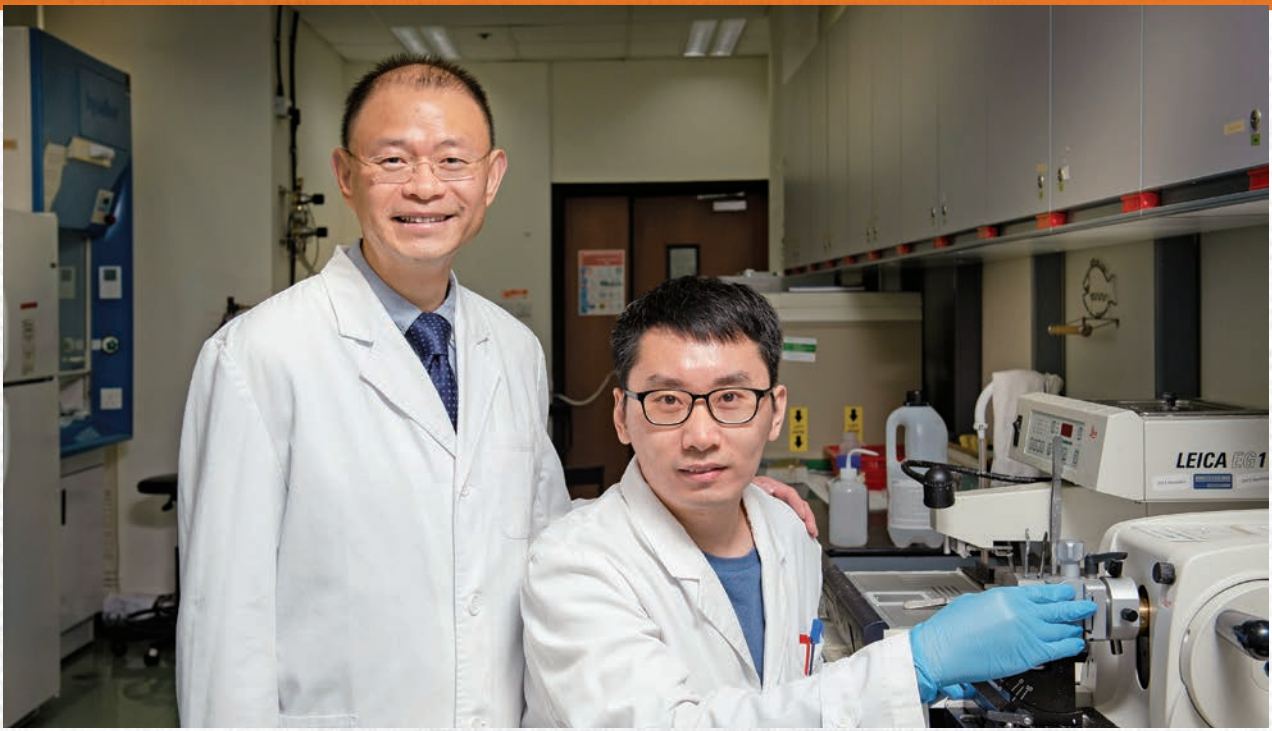
It is well-known that drinking Pu-erh tea after a heavy and greasy meal could help digestion. A recent study which was published by Professor Jia Wei, Chair Professor in Chinese Medicine and Systems Biology and Cheung On Tak Endowed Professor in Chinese Medicine, and his team in the prestigious scientific journal *Nature Communications* validated the cholesterol and lipid reducing effects of Pu-erh tea, and discovered that it was the most abundant pigment in Pu-erh tea, theabrownin, that improved the blood lipid profile and restored the homeostasis of lipid metabolism through gut microbiota modulation. This research linked Pu-erh tea to gut microbiota and bile acids metabolism for the first time to reveal the mechanistic role of theabrownin as the main active component of Pu-erh tea for reducing cholesterols and triglycerides, thus, providing a novel strategy for the treatment of hypercholesterolemia and hyperlipidaemia.

The research on Pu-erh tea was initiated by Professor Jia Wei's team 10 years ago. Systematic research was carried out on the phytochemical components of Pu-erh tea and their changes after storage for different years. The team also conducted comprehensive analysis of the dynamic changes of absorption, distribution and biotransformation of the tea components in human body after consumption, and the influence on human metabolic network. Characteristic metabolic changes in response to Pu-erh tea were identified, the most prominent of which were a series of metabolite changes derived from intestinal microbiota, suggesting that drinking Pu-erh tea is likely to alter the structure of intestinal microbiota.

Professor Jia stated that chronic diseases like hyperlipidemia and diabetes require long-term lifestyle management and drinking Pu-erh tea is a good option.

Other researchers who participated in the project include Dr. Huang Fengjie and Dr. Zhao Aihua from Shanghai Jiao Tong University Affiliated Sixth People's Hospital and Dr. Li Houkai from Shanghai University of Traditional Chinese Medicine.





張戈教授（左）及其團隊成員梁超博士  
Professor Zhang Ge (left) and his team member Dr. Liang Chao

### 呂愛平教授和張戈教授帶領團隊研發以精準醫學為本的類風濕性關節炎治療策略

由黃英豪博士中醫藥講座教授呂愛平院長和研究開發部主任張戈教授率領的研究團隊發現，結合來氟米特與缺氧誘導因子  $1\alpha$  (HIF1 $\alpha$ ) 抑制劑可減輕 C 反應蛋白 (CRP) 異常類風濕性關節炎的骨骼侵蝕。相關研究成果最近於《自然—通訊》期刊發布。

來氟米特是減輕類風濕性關節炎骨骼侵蝕的一線用藥。它為人所知的機制是通過靶向淋巴細胞進行免疫調節。然而，僅 40-50% 的類風濕性關節炎病人對來氟米特呈良好反應。

來氟米特除有免疫調節之用，還可激發芳香烴受體 (AHR) 抑制 CRP，從而減輕骨骼侵蝕。不過，來氟米特-AHR-CRP 通路在血清 CRP 水平較高的病人身上產生紊亂，局限了人體對來氟米特的反應。這是因為高度 CRP 可上調 HIF1 $\alpha$ ，而 HIF1 $\alpha$  會與 AHR 競爭 AHR 核轉位 (ARNT) 的結合。

是項研究證實結合來氟米特和 HIF1 $\alpha$  抑制劑可減輕 CRP 異常類風濕性關節炎的骨骼侵蝕，為類風濕性關節炎帶來精準的藥物治療策略。團隊未來會探索傳統中醫藥的天然產物和草藥與類風濕性關節炎一線用藥的聯合療法，藉以推動傳統中醫藥的國際化。/

### Team headed by Professor Lyu Aiping and Professor Zhang Ge develops precision medicine-based therapeutic strategy for rheumatoid arthritis

A study conducted by a group of researchers led by Professor Lyu Aiping, Dean of Chinese Medicine and Dr. Kennedy Y.H. Wong Endowed Chair of Chinese Medicine, and Professor Zhang Ge, Director of the Technology Development Division, has demonstrated that Leflunomide in combination with hypoxia-inducible factor  $1\alpha$  (HIF1 $\alpha$ ) inhibition could attenuate bone erosion in C-reactive protein (CRP)-aberrant rheumatoid arthritis (RA). Their work was recently published in *Nature Communications*.

Leflunomide is one of the first-line drugs used for attenuating bone erosion in RA. The well-known mechanism of Leflunomide is immunomodulation through targeting lymphocytes. However, only 40-50% RA patients show good response to Leflunomide.

In addition to immunomodulatory action, Leflunomide can also activate aryl hydrocarbon receptor (AHR) to inhibit CRP and attenuate bone erosion. Yet, the Leflunomide-AHR-CRP signaling was dysfunctional in RA individuals with higher serum CRP level, leading to the limited response to Leflunomide. High CRP expression upregulates HIF1 $\alpha$ , which competes with AHR for AHR nuclear translocator (ARNT) association, and in turn limits the efficacy of Leflunomide.

This study presents a precision medicine-based therapeutic strategy for RA, which is the combined use of Leflunomide and a HIF1 $\alpha$  inhibitor to attenuate bone erosion in CRP-aberrant RA. In the future, the team will explore the combination therapy of natural products and herbal drugs from traditional Chinese medicine with first-line RA drugs to spur the internationalisation of traditional Chinese medicine./



# 學院研究團隊發明 冬蟲夏草的化學鑒定新方法

SCM scientists invent new chemical method for  
*Cordyceps sinensis* authentication



韓全斌博士帶領團隊研發的多糖標誌物鑒定方法，可鑒定冬蟲夏草的質和量。

A research team led by Dr. Han Quanbin has developed a polysaccharide marker authentication method for the qualitative and quantitative analysis of *Cordyceps sinensis*.

學院的研究團隊從冬蟲夏草的蟲體部分，發現一種獨特的多糖標誌物，並成功應用於這種名貴中藥成分的質量鑒定。這個創新方法能在一小時內鑒定冬蟲夏草的真偽，且成本低廉。

## 傳統鑒別方法成本高昂

冬蟲夏草為麥角菌科真菌，寄生在蝙蝠蛾科昆蟲幼蟲上的子座，是幼蟲屍體的乾燥複合體。這種珍貴中藥含有豐富的化學成分，可用作預防疾病、治療癌症、預防衰老及增強免疫力。

A research team at SCM has identified a unique polysaccharide marker from the caterpillar part of *Cordyceps sinensis*, and successfully applied it to the qualitative and quantitative authentication of this valuable Chinese herbal medicine. This novel, low-cost method can authenticate *Cordyceps sinensis* in an hour.

## Traditional authentication methods incur high costs

*Cordyceps sinensis*, commonly known as “caterpillar fungus”, belongs to Clavicipitaceae, a family of fungi. It grows inside the larvae of ghost moths and is the dry insect-fungi complex of the larval carcass. As a precious Chinese herbal medicine, *Cordyceps sinensis* is rich in chemical ingredients which can be used in disease prevention, cancer treatment, and as an anti-ageing agent and booster for the immune system.



冬蟲夏草的偽冒品充斥市面。傳統上冬蟲夏草的鑒別主要依賴專家觀察其外形和色澤，此外亦有使用基因鑒定和顯微鑒別等方法。然而基因鑒定成本高昂，顯微鑒別則要求嚴格的專業訓練。一些化學鑒別方法則未能有效區分冬蟲夏草及其偽冒品。

### 多糖標誌物鑒定樣本真偽

由教學科研部吳文政中醫藥副教授韓全斌博士帶領的研究團隊，比較冬蟲夏草和偽冒品所含的多糖，並在冬蟲夏草的蟲體部分發現一種屬於 1,4- $\alpha$ - 葡聚糖的獨特多糖標誌物，而該標誌物並未有在偽冒品樣本中找到。

研究團隊發現該多糖標誌物後，進一步把它應用於一種以常用的高效凝膠色譜儀器為基礎的快速測試。這個新方法能確定冬蟲夏草中多糖標誌物的數量，而數量多寡又與冬蟲夏草樣本的品質等級息息相關。

### 明顯減低鑒定成本和時間

在測試多於五個冬蟲夏草樣本時，每個樣本的平均測試時間可縮減至少於一小時，而測試樣本愈多，平均測試時間便愈短。測試過程毋須使用試劑，而每次測試所需的樣本份量可低至約 10 毫克。與其他鑒定方法比較，此創新方法成本明顯較低。

研究團隊亦曾以傳統的基因鑒定技術，驗證這種創新的多糖標誌物鑒定方法的成效。在共 300 個的測試樣本中，42 個沒有發現該多糖標誌物，而該等樣本經基因分析後確定為偽冒品；其餘含有該多糖標誌物的測試樣本，經基因分析確認全部均為真正的冬蟲夏草。這個結果證明以有關多糖標誌物作鑒別的準確度，可與基因鑒定方法媲美。

這個由學院研發的多糖標誌物鑒定方法，在去年 7 月取得美國專利。一所本地科技初創公司已獲得授權，把這種鑒定方法轉作為商業應用。/

Adulteration of *Cordyceps sinensis* is common in the market. Traditional authenticity checks of *Cordyceps sinensis* mainly rely on experts to identify its shape and colour. Genetic and microscopic identification techniques can also be used. However, the former is expensive, whereas the latter requires strict professional training. Furthermore, some chemical methods cannot effectively distinguish *Cordyceps sinensis* from its adulterants.

### Polysaccharide marker identified for sample authentication

A research team led by Dr. Han Quanbin, Vincent V.C. Woo Endowed Associate Professor in Chinese Medicine from CMTR, conducted a study to compare the polysaccharides that exist in *Cordyceps sinensis* with those found in its adulterants. A unique polysaccharide marker, which is classified as 1,4- $\alpha$ -glucan, was found only in the caterpillar part of *Cordyceps sinensis*, but not in the samples of the adulterants.

Having identified the polysaccharide marker, the team used it to develop a novel rapid testing method based on the commonly used HPLC (High Performance Liquid Chromatography) instrument. The new method can identify the quantity of the unique polysaccharide marker in *Cordyceps sinensis*, which is associated with the quality grade of *Cordyceps* samples.

### Costs and time for authentication significantly reduced

The average testing time for each *Cordyceps sinensis* sample could be shortened to less than one hour when testing more than five samples, and additional samples could further reduce the average testing time. No special reagent is needed, and the amount of sample used for the test could be as little as 10 mg. Compared to other means of authentication, this novel method shows a significant cost advantage.

The team also used traditional genetic identification techniques to verify the results of this novel polysaccharide marker authentication method. A total of 300 samples were tested. Among them, 42 failed to show the polysaccharide marker, and they were also identified as fake samples by the DNA test. The other samples which contained the polysaccharide were all identified as authentic by the DNA test. The results demonstrate that the accuracy of the polysaccharide marker authentication method is comparable to the traditional genetic identification method.

The polysaccharide marker authentication method developed by SCM researchers was granted a US patent in July 2019. It has been licensed to a local technology-based start-up company for commercial application./



# 賽馬會「擁抱健康」中醫計劃 展開免費大型體質研究

Jockey Club "Embrace Health" Chinese Medicine Programme  
launches free large-scale body constitution study



卞兆祥教授（左四）、香港賽馬會慈善事務經理廖錦霞小姐（右四）及學院研究團隊

Professor Bian Zhaoxiang (4<sup>th</sup> from left), Miss Kitty Liu (4<sup>th</sup> from right), Senior Charities Manager of The Hong Kong Jockey Club, and members of the SCM research team

學院於2016年獲香港賽馬會慈善信託基金捐助，推行賽馬會「擁抱健康」中醫計劃。為了解香港老齡人口的體質分布，計劃現正展開一項全港性中醫體質研究。

這研究招募5,300名65歲或以上長者，並藉此分析飲食、生活習慣等與各種體質的關係，從而訂定改善體質的策略。

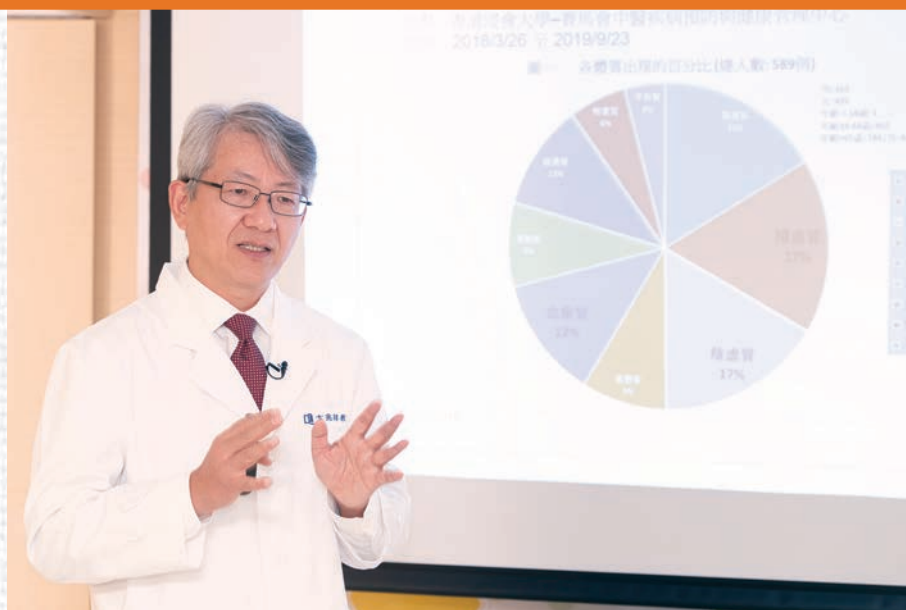
## 體質或與生活習慣有關

中醫學把人分為九種體質：氣虛質、陽虛質、陰虛質、痰濕質、濕熱質、氣鬱質、血瘀質、特稟質、平和質。

學院轄下的香港浸會大學一賽馬會中醫疾病預防與健康管理中心在2018年3月至2019年9月進行體質分布的前期調查，收集589名求

診市民的體質資料，當中女性和男性分別有426人及163人。結果顯示，屬陰虛質或陽虛質的求診者各佔17%。部分體質類型男女比例差別較大，例如12%男性屬濕熱質，女性僅7%；14%女性屬血瘀質，男性僅8%，這些差別或與生活習慣有關，例如男性進食煎炸、肥膩食物或飲酒較多，而女性相對較少運動。





卞教授指，中醫學可透過分析和改善人體體質來治未病。

Professor Bian says the goals of preventing disease and speeding up recovery from minor illnesses can be achieved by analysing and improving body constitutions.

## 了解本港長者體質

為進一步了解及改善長者體質，預防他們患上慢性疾病，學院隨機致函 18 區住戶，招募沒有嚴重病患或病情控制良好的 65 歲或以上長者，參加計劃中的香港老年人中醫體質調查研究，以收集有關數據作進一步分析。

有興趣的長者可於 7 月 31 日前用手機掃描以下二維條碼，直接填寫網上問卷。參加研究費用全免。如有查詢，請致電 3411 2691。/

The Hong Kong Jockey Club Charities Trust funded SCM to launch the Jockey Club “Embrace Health” Chinese Medicine Programme in 2016. Under this Programme, a territory-wide Chinese medicine study has been launched to find out the distribution of body constitutions among the elderly population in Hong Kong.

The study, which intends to recruit 5,300 people aged 65 and above, will also explore the relationship between body constitutions and dietary habits, lifestyles, etc. in order to formulate strategies to improve the body constitutions of the participants.

## Body constitutions may be attributed to different lifestyles

Chinese medicine divides people into nine types of body constitution, namely “qi-deficient”, “yang-deficient”, “yin-deficient”, “phlegm-dampness”, “damp-heat”, “stagnant qi”, “stagnant blood”, “inherited special” and “balanced” constitutions.

The HKBU-Jockey Club Chinese Medicine Disease Prevention and Health Management Centre operated by SCM conducted a preliminary survey on the distribution of body constitutions from March 2018 to September 2019. Of the 589 participants who attended the HKBU Chinese medicine clinics, 426 were

female and 163 were male. The survey results show that those with “yin-deficient” or “yang-deficient” body constitutions both make up 17% of the total number of respondents. Some body constitutions show bigger gender differences. For example, 12% of males have a “damp-heat” body constitution, compared to only 7% of females. Meanwhile, 14% of females belong to the “stagnant blood” category, while only 8% of males have this body constitution. The differences may be attributed to various lifestyles, such as a higher intake of fried, high-fat food and alcohol by males, and lower rates of physical activity in females.

## Understanding the body constitutions of elderly in Hong Kong

To further understand and improve the body constitutions of the elderly in Hong Kong, and help prevent them from contracting chronic diseases, SCM will randomly sample households in all 18 districts to recruit seniors to participate in a study of the distribution of body constitutions. Participants must be aged 65 and above with no serious illnesses, or be in a stable medical condition. Relevant data will be collected for further analysis.

Interested seniors can scan the QR code on the left with their mobile phones and complete the online questionnaire before 31 July. Participation in the study is free of charge. For inquiries, please call 3411 2691. /





# 臨床觀察顯示中藥複方 助近九成病人消減哮喘症狀

Clinical observation finds Chinese medicine formula effectively eliminates or relieves symptoms for nearly 90% of asthma patients



彭波博士指，中藥複方有效消除和減輕哮喘病人的症狀。

Dr. Peng Bo says the Chinese medicine formula effectively eliminates and relieves symptoms for asthma patients.

學院一項臨床研究就「通陽順氣」中藥複方治療冷哮喘證的成效作出評估，結果顯示近九成病人連續用藥六星期後，症狀得以消減，當中逾半病人的哮喘證狀消失，三成半病人的哮喘症狀減輕或明顯減輕。

## 全港近七萬人患哮喘

哮喘，中醫名為哮病，是一種發作性的痰鳴氣喘疾患，分為冷哮喘證和熱哮喘證

兩種。冷哮喘證遇寒而發，患者痰白而黏；熱哮喘證遇熱而發，患者痰黃稠黏。哮喘患者先天稟賦異常、痰濁內伏，通常由外感、飲食、情志、勞倦等因素引發。患者病發時喉中有哮鳴聲，出現氣促、呼吸困難，嚴重時喘息不能平臥。

據政府統計處 2014 年的調查，香港約有 6.8 萬人確診哮喘。衛生署數字顯

示，2018 年在公立及私家醫院涉及哮喘發作的住院病人，出院及死亡人次共 7,220。

## 複方助逾半病人消除症狀

負責是項臨床研究的臨床部中醫臨床助理教授彭波博士，記錄和分析了在 2015 至 2019 年期間，60 名浸大中醫藥診所冷哮喘證病人的臨床數據。男女病人約各佔一半，65% 患有中度哮喘，35% 屬輕度哮喘。該批病人主要為成年人，30% 患哮喘 30 年以上，55% 患哮喘 11 至 30 年，15% 患哮喘少於 10 年。

病人連續六星期服用以古方「陽和湯」和「三拗湯」為基礎的「通陽順氣」方。該複方成分包括熟地黃、鹿角膠、肉桂、炮薑、麻黃等中藥材。病人服用「通陽順氣」方的總有效率為 88%，當中 32 人（53%）服藥後哮喘症狀消失，16 人（27%）症狀明顯減輕，五人（8%）症狀減輕，餘下七人症狀未見改善。至於服藥後哮喘症狀消失的 32 名病人，喘息症狀平均在治療後四天內消失，咳嗽症狀平均在治療後六天內消失。

該 60 名病人在治療後的半年內，平均僅出現少於一次的急性哮喘發作。此外，九名在治療前須使用支氣管舒張劑及抗生素的病人，在治療後的半年



內毋須使用相關藥物。

### 中醫扶正祛邪治哮喘

彭博士表示：「中醫用扶正祛邪的方法治病，除了治療病徵，還講究提高人體的正氣和機體的抵抗力，以加快康復。」

彭博士建議哮喘病人注意居室空氣流通；保持溫度和濕度適宜；避免接觸灰塵、花粉和寒冷空氣；飲食宜清淡，避免進食海鮮和辛辣食物；並要預防感冒。/

According to a clinical study conducted by SCM, nearly 90% of the patients who took a six-week course of Chinese medicine formula for the treatment of “cold type” asthma had their asthma symptoms eliminated or relieved. Among this group of patients, over half had their symptoms eliminated, while 35% had their symptoms relieved or significantly relieved.

### Nearly 70,000 asthma patients in Hong Kong

From the perspective of Chinese medicine, asthma is characterised by the episodic rumbling of sputum in the throat and wheezing of the breath. It can be divided into “cold type” and “heat type”. Patients with cold type asthma have white and sticky sputum and their flare-ups are triggered by cold, while patients with heat type asthma have yellow and

thick sputum which is triggered by heat.

Asthma is caused by inherited abnormalities and purulent sputum. It can be induced by factors such as exogenous disease, diet, emotion and fatigue. During an asthma attack, patients breathe with an audible wheezing sound and feel short of breath. In severe situations, they cannot even lie down while they pant for breath.

According to data released by the Census and Statistics Department in 2014, around 68,000 people were diagnosed with asthma in Hong Kong. Figures released by the Department of Health show that in 2018, a total of 7,220 patients were either discharged or died from asthma in public and private hospitals.

### Chinese medicine formula eliminates symptoms for over half of patients

Dr. Peng Bo, Assistant Professor of Practice in CLNC, recorded and analysed the clinical data of 60 asthma patients who attended the HKBU Chinese medicine clinics between 2015 and 2019. The number of male and female patients was about the same, and 65% of them had moderate asthma, while 35% had mild asthma. Most of the patients were adults, and 30%, 55% and 15% of them had suffered from asthma for more than 30 years, 11 to 30 years, and less than 10 years respectively.

The six-week course of Chinese medicine formula taken by the patients

was prescribed based on two traditional formulas. The ingredients include cooked rehmannia root, deerhorn gelatin, cinnamon, prepared dried ginger and ephedra. The formula worked effectively in 88% of the patients. Among them, 32 patients (53%) had their asthma symptoms eliminated, 16 (27%) had their symptoms significantly relieved, and five (8%) had their symptoms relieved. The remaining seven patients showed no improvement. In the 32 patients with eliminated symptoms, shortness of breath disappeared in four days on average, and coughing disappeared in six days on average.

During the six months after treatment, the 60 patients experienced less than one acute asthma attack on average. In addition, for the nine patients who had to use bronchodilators and antibiotics before, there was no need for them to use those medicines again during the six months after treatment.

### Chinese medicine boosts “healthy qi”

“In addition to relieving symptoms, Chinese medicine treatments emphasise boosting one’s healthy *qi* and enhancing body immunity in order to speed up recovery,” said Dr. Peng.

Dr. Peng recommends that asthma patients keep their homes well ventilated, maintain appropriate temperature and humidity, and avoid contact with dust, pollen and cold air. They should also keep a bland diet, abstaining from seafood and spicy food; and try not to catch a cold. /



## 呂愛平教授和卞兆祥教授榮獲國家科學獎

Professor Lyu Aiping and Professor Bian Zhaoxiang receive national science awards



中華中醫藥學會向七支科研團隊頒授 2019 年度科學技術獎一等獎，當中包括院長呂愛平教授（左）及臨床部主任卞兆祥教授所屬的團隊。呂院長與中國中醫科學院廣安門醫院主任醫師姜泉教授合作的得獎項目名為「病證結合治療活動性類風濕關節炎的臨床與基礎研究」，而卞教授與中國中醫科學院西苑醫院院長唐旭東教授則憑「中藥復方治療腸易激綜合徵的創新研究模式建立及其應用」為題的合作項目獲獎。同月，呂院長再獲殊榮，他與上海中醫藥大學副校長季光教授共同率領的「疾病中醫證候分類新方法及其應用」項目獲國家教育

部頒發 2019 年度高等學校科學研究優秀成果獎科學技術進步獎一等獎。

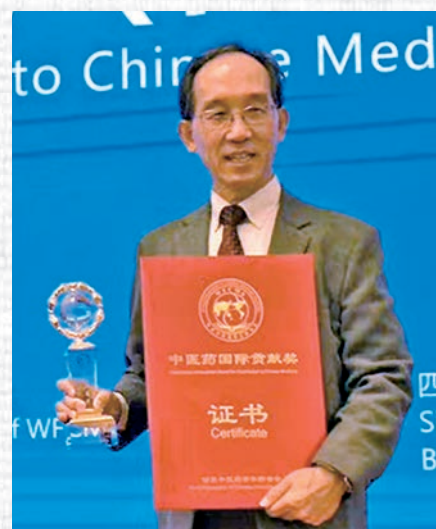
Professor Lyu Aiping (left), Dean of SCM, and Professor Bian Zhaoxiang, Director of CLNC, were among two of the seven teams to take home the top prize of China Association of Chinese Medicine (CACM)'s 2019 Science and Technology Awards. Professor Lyu's winning project titled "Clinical and basic research on disease-syndrome combination in the treatment of active rheumatoid arthritis" was a collaboration with Professor Jiang Quan, Chief Physician at the Guang'anmen Hospital of China Academy of Chinese Medical Sciences (CACMS). Professor Bian's "Construction and application of a novel model for research into the treatment of irritable bowel syndrome with Chinese medicine formula" was a joint effort with Xiyuan Hospital's President Professor Tang Xudong, another leading researcher from CACMS. Professor Lyu added another national honour to his laurels in the same month when the team he led with Professor Ji Guang, Vice-President of Shanghai University of Traditional Chinese Medicine, received the First Class Award in Scientific and Technological Advancement from the Ministry of Education of PRC in the 2019 Higher Education Outstanding Scientific Research Output Awards. Their winning project was titled "A novel way to classify syndromes and its application in Chinese medicine". /

## 趙中振教授研究團隊獲頒 中藥鑒定創新獎項

Professor Zhao Zhongzhen's research team wins award  
for innovations in Chinese medicine authentication

由教學科研部講座教授趙中振教授率領的研究團隊，於去年 12 月獲世界中醫藥學會聯合會頒發中醫藥國際貢獻獎——科技進步獎二等獎。趙教授及其團隊以原植物鑒別、性狀鑒別、顯微鑒別和本草學四個傳統中藥鑒定範疇為基礎，致力開創嶄新的鑒別技術。團隊深入探索傳統顯微鑒別方法和現代分析化學技術的結合，從而對中藥組織與特定細胞內的微量成分進行定性和定量分析，成果卓著。

A research team led by Professor Zhao Zhongzhen, Chair Professor of CMTR, received the second prize of the International Award for Contribution to Chinese Medicine – Achievement Award in Medical Science from the World Federation of Chinese Medicine Societies last December. Professor Zhao and his team are committed to the innovation of authentication technology for Chinese medicines within the framework of traditional authentication, which consists of four aspects including identification of the original plant, macroscopic identification, microscopic identification, and herbalism. One of the many laudable achievements of the team is its in-depth studies of the integration of the traditional method of microscopic identification with modern analytical chemistry to conduct tissue-based and cell-type-specific qualitative and quantitative analysis of the micro-components in Chinese medicines. /





## 卞兆祥教授團隊獲逾千萬國家研究經費

Professor Bian Zhaoxiang's team awarded over 10 million of national research funds



卞兆祥教授的科研團隊於去年 12 月獲國家重點研發計劃撥款約 1,200 萬人民幣，用以開展有關中醫藥現代化的國家專項研究。卞教授將帶領小組剖析電腦輔助診斷的臨床應用，並按療效評估辨證論治的準確程度。該項目旨在利用大數據技術提升中醫臨床診療的客觀性和可靠性。

Professor Bian Zhaoxiang and his team won a grant of nearly 12 million RMB from the National Key R&D Programmes last December to carry out research in one of the state-defined areas of focus, modernisation of traditional Chinese medicine. Professor Bian will lead a sub-team to look into the application of computer-aided diagnosis in clinical practice and assess its accuracy in syndrome differentiation based on the effectiveness of the treatment. The project as a whole aims to enhance the objectivity and reliability of clinical examination and treatment by Chinese medicine practitioners with the use of big data technologies. /

## 韓全斌博士的科研項目獲中華中醫藥學會納入《2019 年中醫藥優秀青年學者科技成果彙編》

Project led by Dr. Han Quanbin makes it into CACM's compilation of outstanding research achievements in 2019

由教學科研部副教授韓全斌博士主導的中藥多糖定性和定量分析研究，獲中華中醫藥學會納入《2019 年中醫藥優秀青年學者科技成果彙編》。各入選項目均經業界專家依據其科學性、應用前景和創新性等原則進行評審。韓博士的研究迄今已取得七項專利，包括四項美國專利，以及中國、香港和澳門各一項專利；更先後榮獲 2017 年「第七屆香港創新科技成就大獎—香港創新發明獎」銀獎和 2018 年「第一屆亞洲發明展覽會—香港」金獎。

The research work of Dr. Han Quanbin, Associate Professor of CMTR, on the qualitative and quantitative analysis of polysaccharides in Chinese medicines was chosen by CACM for inclusion in its 2019 *Compilation of Outstanding Research Achievements by Young Scholars of Chinese Medicine*. The works featured in the publication were selected by a panel of esteemed experts in the field based on their scientificity, applicability and originality. Dr. Han's project has thus far been granted seven patents including four in the US and three others in mainland China, Hong Kong and Macao. It also won the silver medal of the Hong Kong Innovative Invention Award presented by the Hong Kong Federation of Innovative Technologies and Manufacturing Industries in 2017, and a gold medal at the First Asia Exhibition of Inventions Hong Kong in 2018. /





## 趙中振教授主講首場世界中聯全球網上互動講座

Professor Zhao Zhongzhen delivers the first seminar in WFCMS' global webinar series

世界中醫藥學會聯合會（世界中聯）於5月22日透過網上平台舉辦首場「中醫中藥世界行一名家系列全球互動講座」。教學科研部講座教授趙中振教授擔任首位主講嘉賓，以「本草的世界與世界的本草—迎接李時珍502周年紀念日」為題發表演說。院長呂愛平教授亦在活動上與世界各地的參加者分享他對中醫藥文化的傳播與標準化建設的獨到見解。是次活動廣邀來自20多國國家和地區超過200名的中醫藥學會、機構及企業的負責人參與互動，並吸引近19,000名業界人士和同好觀看直播。



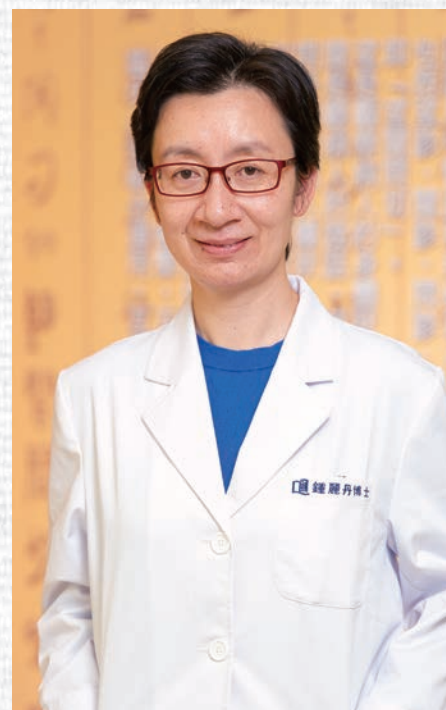
As part of its worldwide campaign to promote Chinese medicine, WFCMS has launched a live-streamed webinar series with a lineup of esteemed guest speakers. The first webinar was given by Professor Zhao Zhongzhen, Chair Professor of CMTR, on the topic of "The world of bencao, the bencao of the world — in commemoration of the 502<sup>nd</sup> anniversary of the birth of Li Shizhen" on 22 May. He was joined by Professor Lyu Aiping, Dean of SCM, who took the opportunity to share with the global audience his insights into the promotion and standardisation of Chinese medicine. More than 200 leaders of relevant professional bodies, institutions and enterprises from over 20 countries and regions joined the discussions at the webinar, attracting close to 19,000 viewers during the live broadcast. /

## 鍾麗丹博士參與國際結合醫學研究

Dr. Linda Zhong joins international integrative medicine study

教學科研部助理教授鍾麗丹博士入選國際補充及結合醫學研究領袖計劃，充分肯定她在中醫及中西醫結合治療臨床研究的傑出成就。該計劃由悉尼科技大學轄下的澳洲補充及結合醫學中心設立。在40多名申請者中，只有不足10人入選該計劃，而鍾博士是唯一一名來自香港的入選者。該計劃為補充及結合醫學範疇的新晉研究人員提供難得的機會，在未來五年與從事同一領域研究的同儕一起，探討補充及結合醫學研究的宏觀狀況，並就該領域在國家和國際層面上所面臨的挑戰出謀獻策。

Dr. Linda Zhong, Assistant Professor of CMTR, has been admitted as a Fellow of the International Complementary and Integrative Medicine (CIM) Research Leadership Program in recognition of her excellence in the clinical study of Chinese medicine and integrative medicine. The programme was launched by the Australian Research Centre in Complementary and Integrative Medicine, which is part of the Faculty of Health at the University of Technology Sydney. Among the 40 applicants, less than 10 were admitted to the programme and Dr. Zhong is the only candidate from Hong Kong. The programme provides emerging CIM researchers with a unique opportunity to mix with other researchers from the discipline over the next five years. It also presents a chance to reflect and think about the bigger picture of CIM research and the challenges the discipline faces at the national and international level. /



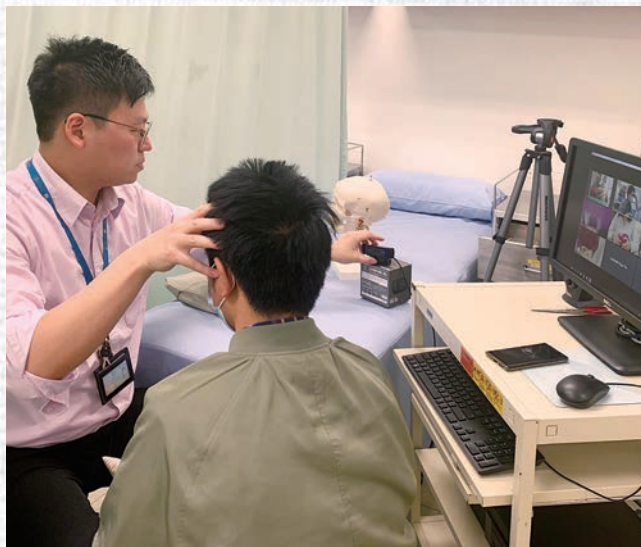


## 學院在疫症期間全面推行網上教學

### SCM switches to online teaching amid coronavirus outbreak

大學於1月下旬宣布暫停面授課堂後，學院迅速應變安排網上教學。有見社會大眾連月保持社交距離，學院的當務之急便是支援學生繼續在家學習並與學生保持聯繫。為此，一眾教職員緊隨教務處制定的教學時間表，提供直播課堂。針對以實驗和技能培訓為主的課程，導師亦特意在電子學習平台上與學生分享錄影片段，詳細示範各種實驗和治療手法的步驟。學院上下充分利用大學提供的網上資源，以減輕疫情對學生的負面影響。

The School was quick to transition to online teaching after the University's announcement of the suspension of on-campus classes in late January. It remained the top priorities of the School during the prolonged period of social distancing to support students' continued learning from home and stay connected with them. To these ends, members of the faculty have closely followed the teaching timetable drawn up by the Academic Registry to conduct live-stream classes. For lab-based courses and practical skills training, the instructors have made special efforts to videotape step-by-step demonstrations of experiments and therapeutic techniques and share them with students on e-learning platforms. The ultimate goal of the School is to make the best use of the online resources available at the University to mitigate the negative impacts of the outbreak on students' education. /



## 持續及專業教育部 成功開展網上教學

### DCPE makes successful start to online teaching and learning

持續及專業教育部於2月13和21日為副學位課程籌辦首兩場網上研討會，以助學生安坐家中繼續學習，並熟習虛擬教室的上課模式。研討會的主題為「醫學的預防思想—經典和現實」和「安全、有效、合理用藥與藥事管理」，兩項活動分別吸引近150和200名學生參加，反應熱烈。

In order to provide students with continued learning opportunities from home and familiarise them with learning in a virtual classroom, DCPE organised its first two webinars for sub-degree programmes on 13 and 21 February. The topics of the webinars were "Disease prevention in Chinese medicine: classic and reality" and "Safe and effective use of Chinese medicines and pharmaceutical administration". Both events were met with overwhelming response with a respective turnout of around 150 and 200 students. /

## 持續及專業教育部 在網上召開年度師生諮詢會

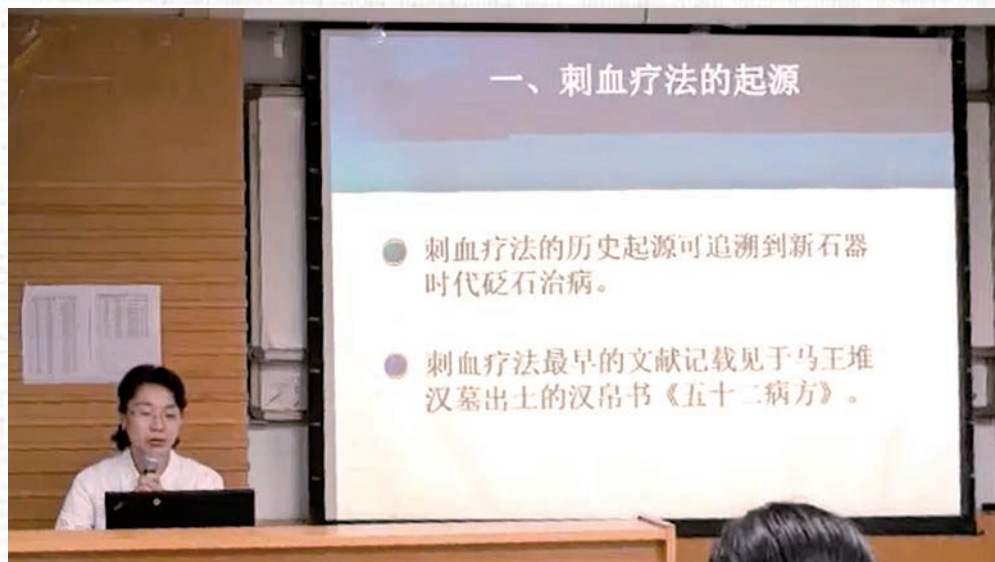
### DCPE moves annual student-staff consultation meeting online

持續及專業教育部每年舉辦師生諮詢大會，收集學生意見，藉以持續監察學生對修課式研究生和副學位課程的滿意程度，從而提高課程質素。本年度的會議於3月21日在視像會議平台上舉行。各教師和班代表就如何提升教學效果交換意見，集思廣益。

In an effort to continuously monitor students' satisfaction with and improve the quality of the taught postgraduate and sub-degree programmes, DCPE organises a Student-staff Consultation Meeting annually to collect student feedback. This year, the meeting was held over a video conferencing platform on 21 March. The teachers and class representatives had a fruitful exchange of views on ways to enhance teaching and learning effectiveness. /



## 教學科研部為本科生舉辦聯校中醫網上講座 CMTR offers joint university webinar series for undergraduate students



學院自2月起與香港中文大學中醫學院和香港大學中醫藥學院聯手籌辦一系列的網上講座，讓學生得以在暫停面授課堂及實習期間持續增長知識。三所院校的學生可藉此難得機會向不同領域的醫科專家學習，並互相切磋學問。講座題材廣泛，涵蓋中醫對各種疾病的處理方法和見解，當中包括新型冠狀病毒、宮頸源性頭痛和頭暈、癌症、風濕病、肺病、不育症、眼疾和骨關節疾病。因應疫情嚴峻，校方緊急暫停

中醫學學士及生物醫學理學士（榮譽）學位課程的實習計劃，但依然積極協助學生備戰中醫執業資格試。除網上講座外，廣東省中醫院和佛山市中醫院的實習導師為五、六年級生預先錄製多場視像講課，讓學生溫故知新，鞏固臨床知識。

To keep students learning during the suspension of on-campus classes and internships, the School has joined hands with the School of Chinese Medicine of The Chinese University of Hong Kong and that of The University of Hong Kong to run a series of webinars beginning in February. The collaboration presented students of the three Schools with a valuable opportunity to learn from a wider variety of medical specialists, and also an academic platform for cross-institutional exchange. The well-thought-out series covered the Chinese medicine approaches to and understanding of a diversity of medical conditions, ranging from COVID-19, cervicogenic headache and dizziness, cancer, rheumatism, pulmonary disorders, infertility, eye conditions to bone and joint diseases. Although the internships of the Bachelor of Chinese Medicine and Bachelor of Science (Hons) in Biomedical Science (BCM) programme were brought to an abrupt halt by the pandemic, preparation for the Chinese Medicine Practitioners Licensing Examination continued. In addition to the webinars, an array of pre-recorded video lectures from the internship instructors at Guangdong Provincial Hospital of Traditional Chinese Medicine and Foshan Hospital of Traditional Chinese Medicine were made available to the Year 5 and 6 students to refresh and enrich their clinical knowledge. /

## 碩士課程獲教資會獎學金名額 冀廣納本地人才

### MHM to admit more meritorious local students under UGC's new fellowship scheme

中醫健康管理學碩士學位課程於2020-21學年獲大學教育資助委員會的「指定研究院修課課程獎學金計劃」分配10個獎學金名額。學院期望藉此先導計劃，吸引更多銳意在醫護界取得長足發展的本地人才報讀課程。

The University Grants Committee (UGC) has allotted 10 fellowship places to SCM's Master of Science in Personal Health Management (Chinese Medicine) (MHM) programme in AY2020-21 under its Targeted Postgraduate Programmes Fellowships Scheme. With the support of this pilot scheme, the School hopes to attract the best and brightest local students who aspire to a successful and long-term career in the healthcare industry to apply to the programme. /



## 中醫藥發展基金資助學院推廣中醫藥

### SCM receives grants from Chinese Medicine Development Fund to promote Chinese medicine

學院獲政府推出的中醫藥發展基金資助開展兩個全港性項目。教學科研部副教授余堅文博士及其團隊計劃運用撥款為本地學童策劃更多課程，進一步在各中小學拓展中醫藥的教育工作。另一資助項目由臨床部中醫臨床助理教授彭波博士領導，他將聯同多名研究和臨床人員展開調查，探討香港市民對中藥預防和治療流感的認知，從而制定有效的防治方案。

SCM has received financial support from the HKSAR Government's Chinese Medicine Development Fund to carry out two territory-wide projects. In his continued effort to extend the learning of Chinese medicine into primary and secondary schools, Dr. Kevin Yue, Associate Professor of CMTR, and his team will make use of the grant to develop educational programmes for local students. The other funded campaign was proposed by Dr. Peng Bo, Assistant Professor of Practice at CLNC. He will lead a team of researchers and clinical staff to conduct a survey on Hong Kong people's understanding of flu prevention and treatment in Chinese medicine for the purpose of formulating effective plans to ward off the disease. /



## 學院續於中學開展中醫藥推廣活動

### SCM continues campaign to promote Chinese medicine in secondary schools

學院在本學年繼續積極向中學生介紹中醫藥學科和文化。學院教職員除了為拔萃女書院和基督教香港信義會元朗信義中學的學生提供基礎課程外，更於去年9月特別為聖保祿學校（中學部）編排合共22節課程，內容涵蓋傳統中醫藥的歷史和發展、中醫學和中藥學的基礎概念、經絡和穴位的基本知識以及中醫藥的日常應用。



The School has carried on its efforts to introduce secondary school students to the discipline and culture of Chinese medicine in this academic year. Apart from offering fundamental courses to students at Diocesan Girls' School and the ELCHK Yuen Long Lutheran Secondary School, the School launched a tailor-made programme consisting of 22 sessions for St. Paul's Convent School (Secondary Section) last September. The topics covered include the history and development of traditional Chinese medicine, general concepts of Chinese medicine and pharmacy in Chinese medicine, basics of meridians and acupoints as well as everyday use of Chinese medicines. /



## 學院與中學校長和教師聯繫

SCM connects with  
secondary school educators



學院於 1 月 15 日的浸大中學校長日舉辦座談會，近 20 名本地中學校長和教師撥冗出席。座談會以「香港浸會大學創建中醫藥教學的綠洲」為題，向參加者概述學院課程的特色和收生要求。一眾來賓亦獲安排參觀學院大樓內的教學實驗室、圖書館、診所和博物館，並由學院職員示範針灸和推拿療法，以及鑒別藥用植物的方式。

Around 20 principals and teachers from various local secondary schools attended the seminar held by SCM on the HKBU Secondary School Principals' Day on 15 January. Titled "Building a Chinese medicine education oasis at HKBU", the seminar gave the audience an overview of the unique features and admission requirements of the programmes offered by SCM. The visitors also went on guided tours of the teaching laboratories, library, clinic and museum housed in the SCM Building, and enjoyed demonstrations of acupuncture and *tui na* therapies as well as authentication of medicinal plants by SCM staff. /

## 浸大中醫日惠澤過千市民

Chinese Medicine Community Day  
benefits over 1,000 people

學院於 5 月 1 日在轄下八家診所舉辦一年一度的浸大中醫日，吸引逾千市民參加。在場人士除可接受免費健康諮詢，更獲贈處方藥劑和防感香囊。到訪雷生春堂和香港浸會大學—賽馬會中醫疾病預防及健康管理中心的市民更可一嚐診所職員準備的草本健康飲品。

SCM hosted its annual Chinese Medicine Community Day at eight of its clinics on 1 May, attracting more than a thousand members of the public. In addition to receiving free health consultations, complimentary prescribed Chinese medicines and herbal sachets, participants also got a chance to sample herbal drinks at Lui Seng Chun and the HKBU-Jockey Club Chinese Medicine Disease Prevention and Health Management Centre. /



## 獅子會與香港浸會大學中醫藥慈善基金 獲捐款支持長者中醫服務

Lions & HKBU Chinese Medicine Charity Foundation  
receives donation for Chinese medicine services  
for the elderly

獅子會與香港浸會大學中醫藥慈善基金最近獲馬車會所慈善基金捐贈港幣 30 萬元，用以支持「長者愛心診症咭計劃」，資助長者接受浸大中醫藥診所提供的醫療服務。

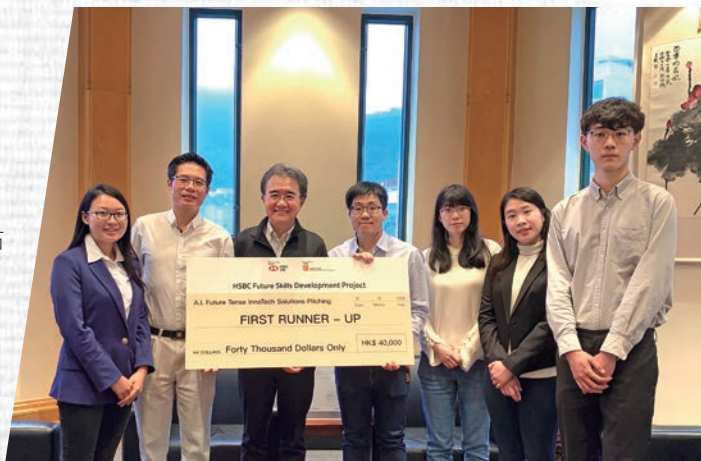
The Lions & HKBU Chinese Medicine Charity Foundation recently received a donation of HK\$300,000 from Chariot Club Charitable Foundation Limited for its Privilege Scheme of Chinese Medicine Service for the Elderly, which was set up to provide subsidies for elderly people to receive healthcare services at HKBU Chinese medicine clinics. /



## 學生憑食物應用程式奪創科提案獎

### Student food app wins technology solution prize

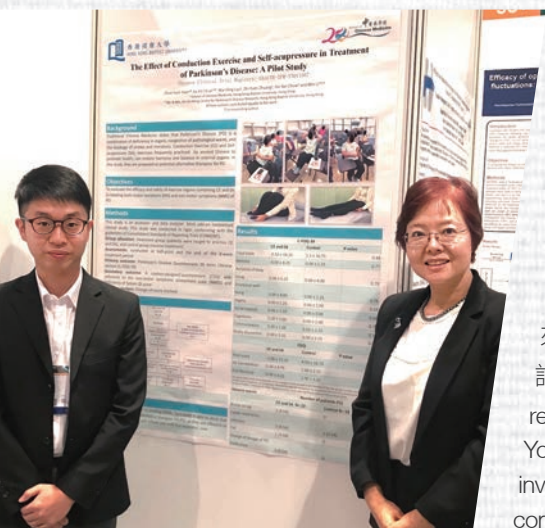
在教學科研部副教授張世平博士的指導下，由博士生王之純（右三）、中醫學三年級本科生楊子晴（左）和其他浸大學生組成的初創團隊，於香港青年協會主辦的「人工智能未來式」提案比賽中，憑運用人工智能提供個人化食物建議的應用程式「Foodi」榮獲亞軍。A startup team comprising PhD student Wang Zhichun (3<sup>rd</sup> from right) and BCM Year 3 student Yeung Tsz-ching (left) and other HKBU students won the first runner-up prize at the A.I. Future Tense InnoTech Solutions pitching competition organised by The Hong Kong Federation of Youth Groups. Their winning project is an app named Foodi, which was developed under the supervision of Dr. Zhang Shi-ping, Associate Professor of CMTR, to make personalised food recommendations using artificial intelligence. /



## 哲學碩士生阮俊森獲頒 尤德爵士紀念基金研究生獎學金

### MPhil student Sam Yuen wins Sir Edward Youde Memorial Fellowship

學院哲學碩士生阮俊森（左）獲頒 2019-20 年度「尤德爵士紀念基金研究生獎學金」，是香港八所資助大學的三名得獎者之一。他將獲港幣 50,000 元資助進行學術研究，未來會著手研究結合中醫藥學與傳統西醫治療的帕金森症綜合療法，希望透過臨床實驗探討有關療法的功效和可行性。MPhil student Sam Yuen (left) was among the three postgraduate research students from the eight UGC-funded universities to be awarded the 2019-20 Sir Edward Youde Memorial Fellowship. He will receive a grant of HK\$50,000 in support of his research to investigate the efficacy and feasibility of an integrated care model combining Chinese medicine and conventional treatments for curing Parkinson's disease through clinical trials. /



## 中醫本科生透過跨校服務學習 活動研究長者飲食習慣

### BCM students investigate eating habits of elderly in cross-institutional service- learning activity

學院在本學年初與浸大創新服務學習中心以及嶺南大學中文系和服務研習處合辦兩個專為本科生而設的跨學科活動。一群嶺大學生先於去年 9 月到訪學院，期間由中醫學學士學位課程四年級生擔任導賞員介紹學院大樓，出席者亦獲安排參加題為「中醫藥與生活」的講座。翌月，學院本科生回訪嶺大，並在該校學生的協助下於校園內進行調查，以了解老年人的飲食習慣和健康訣竅。他們更學以致用，為長者設計和建議合適食療。The School organised two cross-disciplinary activities for undergraduate students in collaboration with the Centre for Innovative Service-Learning at HKBU, the Department of Chinese and Office of Service-learning at Lingnan University (LU) at the beginning of the academic year. In September, a group of students from LU paid a visit to SCM during which they received a guided tour of the school building from year 4 students of the BCM programme and attended a lecture on "Chinese medicine in everyday life". The BCM students reciprocated the visit in the next month and conducted a survey with the help of the LU students on their campus to find out the dietary habits and wellness tips of the elderly participants. The BCM students were able to apply what they had learnt in class to design and recommend dietary regimens for the elders. /







## 中醫本科生研發應用程式宣揚健康飲食

### BCM students develop app to promote healthy eating

中醫學四年級生李曉殷（後）、譚凱瑩、黃子倩和陳康琦（前排左起）對中醫食療抱有濃厚興趣，為進一步推廣其益處，她們遂於 2018 年底組成團隊，著手研發名為 Foodmula 的健康膳食應用程式。團隊除兩度獲大學頒發夢想實驗室獎項外，更贏得黃雅忠先生社會創新獎，並獲田家炳基金會資助的「4E 全人服務領袖計劃」贊助，成功將創作理念付諸實行。Foodmula 現可於 Android 和 iOS 平台免費下載。程式會依據用戶的體質，推薦個人化的食療方案，並提供簡易食譜以及各種

食材功效的說明。Driven by their shared interest in Chinese medicine food therapy and desire to introduce more people to its benefits, BCM Year 4 students Jennifer Lee Hiu-yan (back), Tam Hoi-ying, Wong Tsz-sin and Chan Hong-kei (from left, front row) came together in late 2018 and set themselves to develop a healthy meal planning app named Foodmula. Apart from receiving the Dreamer Lab Award (twice) and Mr. Wong Nga Chung Social Innovation Award from the University, the team has also won financial support from the "4E Whole Person Servant Leadership Programme" funded by Tin Ka Ping Foundation to bring their creative idea to fruition. Foodmula is now available for free download on Android and iOS platforms. It recommends customised food options to users based on their body constitutions with easy-to-follow recipes and details about the medicinal properties of the ingredients. /

## 中藥本科生赴南京中國藥科大學考察

### BPharm students go on study tour to China Pharmaceutical University in Nanjing

由教學科研部首席講師張清苓博士於 1 月帶領 10 名中藥學本科生前往南京的中國藥科大學進行為期九日的學術訪問。各人除了出席該校教授主講的課堂，更先後參觀大學校園、當地製藥公司及草藥園，獲益良多。Dr. Zhang Qing Ling, Principal Lecturer of CMTR, and a group of 10 students from the Bachelor of Pharmacy (Hons) in Chinese Medicine (BPharm) programme went on an academic tour to China Pharmaceutical University (CPU) in Nanjing in January. Apart from attending lectures by professors at CPU, they also toured the CPU campus, local pharmaceutical companies and medicinal herbal gardens during their nine-day visit. /



## 中醫藥學會舉辦第十八屆全港中學中醫藥常識問答比賽

### Chinese Medicine Society organises 18<sup>th</sup> Secondary School Chinese Medicine Competition

由中醫藥學會舉辦的第十八屆全港中學中醫藥常識問答比賽於 2 月圓滿結束。共 15 支參賽隊伍通過筆試、影片製作、問答比賽等環節，全面展示他們的中醫藥常識、創意和表達技巧。學會藉此一年一度的盛事，提升年輕人對中醫藥的興趣，並鼓勵他們報讀中醫課程。The 18<sup>th</sup> Secondary

School Chinese Medicine Competition organised by the Chinese Medicine Society came to a successful close in February. The 15 competing teams were tested on their knowledge of Chinese medicine, creativity and presentation skills in a series of contests including a written test, a video production competition and a quiz competition. This annual activity is one of the Society's initiatives to pique young students' interest in Chinese medicine and inspire them to pursue formal education in Chinese medicine. /

## 中醫藥學會推出杏苗計劃

### Chinese Medicine Society launches alumni mentorship scheme

中醫藥學會於去年 11 月推出杏苗計劃，利用學院強大而活躍的校友網絡為會員提供信實、可靠的支援。參加計劃的學生可透過工作坊、講座等活動，以及社交媒體獲得舊生的學術和就業指導，裨益良多。With a view to establishing a strong and reliable support system for its members, the Chinese Medicine Society rolled out an alumni mentorship scheme in November. Through this scheme, members will enjoy a wealth of opportunities to benefit from academic and career advice from a robust and growing network of alumni in workshops, lectures and other activities, and on social media. /







## 《800 種中草藥彩色圖鑑(精選版)》

主編：陳虎彪（與楊全）

本書精選 800 餘種常見、常用的中草藥，細分不同欄目列述中草藥的識別方法和日常應用。其中，「功效主治」和「實用驗方」部分從實際用途出發。「功效主治」羅列藥物的性味、功效和宜忌，尤其對多部位入藥的植物進行拆分講解；「實用驗方」以常用方、常見病、操作簡單為原則，對方劑擇優選錄。至於「形態特徵」、「生境」、「分布」部分則以識別中草藥為主，詳細介紹各藥的形態特徵，輔以「生境」與「分布」供讀者綜合判斷。



## 《應對化療副作用》

作者：劉宇龍

本書概述化學治療以及嘔吐、腹瀉、便秘、血細胞減少、血小板減少、貧血、口腔炎、口腔潰瘍、心臟毒性、肝臟毒性、腎臟毒性、周圍神經毒性、脫髮等常見化療毒副反應的中醫藥調養。



## 《浸大醫學速遞二》

作者：趙春玲、馬劍穎、陶志廣、張紅霞、勵莉、周忠亮、周婧琳、鄭頌華、錢穎儀、王珮君

本書收錄多位中醫師的診療心得，內容涵蓋小兒疾病、腸胃病、癌症、心臟病，以及針灸治療、穴位保健等。





2020年

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