

Church

教堂会场 · Parallel Session Programme

Thursday 13 – Friday 14 August 2026 · Bad Zurzach, Switzerland

» THU 13 AUG · 星期四

TIME 时间	PRESENTER 主讲人	TOPIC 主题
14:00–14:40	Mazin Al-Khafaji	Dermatology in Chinese Medicine: Ancient Origins to Clinical Practice
14:40–15:00	Aimee Centivaney	Assessing Patient Outcomes: The Eye System (mu xi 目系) in Clinical Practice
15:00–15:20	Weidong Yu	Wellspring Vision Improvement Program for Retinitis Pigmentosa: 137 Cases
15:20–15:40 Coffee Break 咖啡休憩		
15:40–16:00	Catherine Toloioe	TCM & Biomedical Interventions for Melasma and Future Directions — A Scoping Study
16:00–16:20	Alissa de Jongh	Skin Signals: TCM Dermatology in Supporting Cancer Patients Across Diagnosis, Treatment, and Recovery
16:20–16:40	Samson Cheung	A Model to Visualize Open-Pivot-Close in Traditional Chinese Medicine and Its Applications
16:40–17:00	Michael Hammes	Placebo in Acupuncture Research: Considerations, Critical Appraisal & a Summary of the Past Decade
17:00–17:20	Xinhao Wan	Anti-Aging Mechanisms of Health Qigong vs Functional Strength Training: A Dual-Lens Perspective
17:20–17:40	Saroj Pradhan	A Comparative Review of Biological Rhythms in TCM and Western Medicine
17:40–18:00	Jasmin Walton	Understanding the Chemistry of Herbal Formulas

» FRI 14 AUG · 星期五

TIME 时间	PRESENTER 主讲人	TOPIC 主题
08:00–08:40	Thomas Friedemann	Management of Treatment-Related Side Effects in Oncology Using Traditional Chinese Medicine
08:40–09:00	Mei Xing	Appropriate Outcome Measures for TCM: RCT of Acupuncture for Painful Diabetic Neuropathy
09:00–09:20	Hamdy Shaban	Acupressure Treatment in Refugee Camps
09:20–09:40	Huanhsuan Hsu	Effects of Topical Herbal Medicine on Rosacea: A Systematic Review and Meta-Analysis
09:40–10:00	Xi Ran	Objectifying the 'Fenjing Houmai' in Emei Medicine using Perfusion Index
10:00–10:20 Coffee Break 咖啡休憩		
10:40–11:00	Liaojun Luo	Modified Buyang Huanwu Decoction + Yang-Supporting Acupuncture in Post-Stroke Rehab
11:00–11:20	Jhuh-Yun Wu	Meridian Energy Analysis of Vaccine Reactions: The COVID-19 Vaccine as an Example
11:40–12:00	Boxuan Li	Neuroimaging Mechanism of Acupuncture in Treating Post-Stroke Aphasia
12:00–12:20	Zhi-Ping Ren	Clinical Observation of Acupuncture for Third Lumbar Transverse Process Sprain
12:20–13:45 Lunch Break 午餐		
13:45–15:00	Poster Session 海报展示	

TIME 时间	PRESENTER 主讲人	TOPIC 主题
15:00–15:20	Ming-Cheng Huang	Acupuncture Reduces Dementia Risk in Patients with Rheumatoid Arthritis: Real-World Evidence
15:20–15:40	Yingxian Lu	Systematic Characterization Reveals Low Impedance & Dynamic Electrical Plasticity of Acupoints
15:40–15:55	Session Closing Ceremony	4th Scientific TCM Congress - S

ABSTRACTS 摘要

Church · 4th RCO — in programme order

14:40–15:00 · Aimée Centivany-Aurousseau

Assessing Patient Outcomes: The Eye System (mu xi 目系) in Clinical Practice

Acupuncture Oculaire, Acupuncture traditionnelle des cinq éléments

Given the significant impact that vision loss has on a person's quality of life, Aimée specializes in the treatment of eye diseases and vision disorders within the field of Chinese medicine. She has established an evidence-based clinical practice by collaborating closely with Western-trained vision specialists, known as orthoptists, to evaluate her patients' clinical outcomes. This collaboration enables her to assess the efficacy of acupuncture treatment in slowing disease progression and improving visual perception, while allowing her to further refine elements of the Eye System theory in clinical practice. Aimée presents several case studies that detail the assessment process and highlight the effectiveness of acupuncture in treating chronic vision disorders, including conditions such as macular degeneration and genetic eye diseases like Stargardt disease and retinitis pigmentosa.

KEYWORDS Eye System (mu xi 目系), Acupuncture, Macular degeneration

15:00–15:20 · Dr WEIDONG YU

Wellspring Vision Improvement Program for the Treatment of Retinitis Pigmentosa in 137 Cases

Wellspring Traditional Chinese Medicine Research Institute, Vancouver, Canada · Shenzhen Guangming District Institute of TCM Inheritance and Development

Retinitis pigmentosa (RP) is a progressive, hereditary, dystrophic degenerative disease. A related retrospective clinical report using the Wellspring vision improvement program has already been published in 126 cases (Yu et al., 2025). A total of 137 patients with retinitis pigmentosa were selected for treatment at Shenzhen Guangzhao Hospital of Combined Traditional Chinese and Western Medicine in 2024 by Dr. Weidong Yu, an international TCM expert introduced by the Shenzhen Institute of Traditional Chinese Medicine Inheritance and Development.

After 10 days of treatment, the total effective rate of visual acuity was 72.26%, the total effective rate of visual field was 78.11%, and the comprehensive effective rate was 97.08%.

Conclusion: The Wellspring vision improvement program is effective in the treatment of RP and is worthy of clinical promotion.

KEYWORDS Retinitis pigmentosa; Wellspring vision improvement program; Clinical research

15:40–16:00 · Dr CATHERINE TOLOOIE

TCM and Biomedical Interventions for Melasma and Future Directions — A Scoping Study

Committee: Dr. Robyn Soddors, Dr. Mark Soddors, Dr. Rick Grieve

Melasma is one of the world's most common hyperpigmentation disorders, characterised by patches of brown discoloration on sun-exposed areas of the face — the forehead, cheeks, and upper lip. A limited understanding of the condition often leads to poor therapeutic outcomes, frequent recurrence, and reduced quality of life. Despite having no clear cause or cure in modern medicine, numerous variables correlated with the disorder offer clues for further investigation. This scoping study consolidates current melasma treatment protocols, challenges, and limitations, identifies gaps in the literature, and discusses future directions using an integrative TCM–biomedicine approach.

Method: PubMed, Google Scholar, and Cochrane were searched for 1,030 journal articles (1900–2026) using the keywords "melasma," "chloasma," "acupuncture," "Traditional Chinese Medicine," and "TCM." Non-English studies, animal studies, duplicates, unrelated studies, and paywalled articles were excluded. STRICTA guidelines were used to evaluate the quality of the acupuncture studies obtained.

Results: In biomedicine, common treatments include topical applications, lasers, and peels, with adverse effects such as skin sensitivity, irritation, worsening hyperpigmentation, and ochronosis, and a high recurrence rate. TCM protocols include manual needling, microneedling, and herbal medicine addressing root cause and symptoms. A combined TCM–biomedicine approach is hypothesised to offer optimal outcomes.

Discussion/Conclusion: Combining effective treatments from both systems aims to improve treatment efficacy, guide future research, and identify preventative measures for this common, worldwide pigmentation disorder.

KEYWORDS *Melasma; chloasma; acupuncture; Traditional Chinese Medicine; integrative medicine*

16:00–16:20 · Dr ALISSA DE JONGH

Skin Signals: TCM Dermatology in Supporting Cancer Patients Across Diagnosis, Treatment, and Recovery

Five Branches University

Dermatologic toxicities are common adverse effects of chemotherapy, radiotherapy, targeted therapies, and immunotherapies that can impair quality of life and treatment adherence. Traditional Chinese Medicine (TCM), including acupuncture and herbal medicine, has gained attention as a complementary approach for managing these toxicities. This presentation synthesises findings from two doctoral integrative scoping reviews evaluating the clinical evidence for TCM interventions in supportive oncology.

Method: Two integrative scoping reviews examined peer-reviewed randomised controlled trials, systematic reviews, meta-analyses, and clinical studies investigating acupuncture and TCM herbal medicine for cancer treatment-induced dermatologic toxicities, including radiation dermatitis, pruritus, xerosis, and hand-foot syndrome.

Results: Both reviews found evidence suggesting that acupuncture and TCM herbal medicine may reduce pruritus, erythema, pain, xerosis, inflammatory skin reactions, and treatment-related dermatitis while improving patient-reported quality of life. These interventions were generally well tolerated, though heterogeneous study designs and small sample sizes limit definitive conclusions.

Conclusion: Current evidence supports the potential role of acupuncture and TCM herbal medicine as complementary therapies for cancer treatment-induced dermatologic toxicities, supporting their integration into multidisciplinary supportive oncology care.

KEYWORDS *Integrative Oncology; Traditional Chinese Medicine; Acupuncture; Chinese Herbal Medicine; Dermatologic Toxicity; Supportive Cancer Care*

16:20–16:40 · Prof SAMSON CHEUNG

A Model to Visualize Open-Pivot-Close in Traditional Chinese Medicine and Its Applications

Five Branches University, San Jose, California, USA

The concept of Open-Pivot-Close (OPC) was first introduced in Chapter 6 of Su Wen (陰陽離合論) in the Huang Di Nei Jing (黃帝內經), and later applied to explain pathogen progression in the Shang Han Lun. Over the centuries this concept has become increasingly abstract and difficult to apply clinically. Using large language models for TCM knowledge management, this project reviews how medical experts across past dynasties have defined OPC, finding that each interpretation is abstract and difficult to reconcile — motivating a visual model of the concept.

Method: This project uses a Taiji (太極) figure outlined in the Qing Dynasty to explain Qi dynamics and foundational TCM principles, separating the figure into two connected circles according to whether channels process mostly Qi or Blood.

Results: The model shows that the "Open" channels lie on the Qi circle and the "Close" channels lie on the Blood circle, while the two "Pivot" channels sit one in each circle — allowing the OPC concept to be visualised directly.

Conclusion: Beyond visualising OPC, the model gives insight into how classical formulas can be understood through the GuiJing (歸經, Channel Entering) of herbs, offering a useful educational tool for TCM students studying the Shang Han Lun.

KEYWORDS *Open-Pivot-Close; Visualization; Qi Dynamics; Shang Han Lun; Education*

16:40–17:00 · PROF. DR. MED. MICHAEL G. HAMMES

Placebo in Acupuncture Research: General Considerations, Critical Appraisal, and a Summary of Relevant Research in the Past Decade

Swiss TCM University

In clinical acupuncture research, different concepts for building a control group are in common usage, and disagreement remains over whether a genuine acupuncture placebo can be realised in clinical studies.

Method: Analysis of recent publications on this topic.

Results: Existing placebo models are able to control for only one or more aspects of the acupuncture intervention, so only limited conclusions can be drawn from each form of control. Recent studies have identified the limitations of such placebo controls in complex

complementary-medicine interventions like acupuncture. The interpretability of these controls in clinical studies is examined in a critical appraisal that takes all influencing factors of the overall clinical effect into consideration, alongside appropriate study designs and consequences for future research.

Discussion/Conclusion: The common interpretations of controlled clinical trials of acupuncture need to be reconsidered carefully.

KEYWORDS *Controlled clinical trials; placebo controls; placebo effects; interpretation of studies; acupuncture*

17:00–17:20 · XINHAO WAN

Comparative Study on Anti-Aging Mechanisms of Health Qigong and Functional Strength Training: A Dual-Lens Perspective

Five Branches University, San Jose, California, USA

Functional ageing is one of the most clinically urgent challenges in contemporary preventive medicine. Two historically and geographically separate training traditions — the five classical Chinese health qigong systems (Ba Duan Jin, Wu Qin Xi, Yi Jin Jing, Qi Xing Gong, and Mawangdui Daoyin) and the bodyweight functional training methodology of the United States Navy SEALs — have, through independent pathways, converged on remarkably similar solutions. This study builds an evidence-based bridge between the two systems through a Dual-Lens Perspective of TCM meridian theory and modern exercise science, comparing shared anti-aging mechanisms and the unique clinical contributions of health qigong.

Method: A narrative review combined with biomechanical comparative analysis was conducted across PubMed, CNKI, and the Cochrane Library. Six biomechanical correspondence pairs were identified between core movements of the five qigong systems and five fundamental functional training exercises, with mechanistic analysis across exercise science/biomechanics, autonomic neurophysiology, and TCM meridian/acupoint theory.

Results: Both systems show highly aligned physiological foundations in deep stabiliser activation, spinal dynamic health, and long-term functional strength preservation. A breath-integrated qigong RCT (n = 160) showed significantly superior trunk stability and balance versus core stability training (p < 0.05). Long-term Tai Chi practitioners showed slower, deeper breathing and superior respiratory-postural coupling. Health qigong uniquely provides autonomic regulation through breath guidance, neuroplasticity utilisation through visualisation, and visceral regulation via meridian acupoint reflex pathways.

Conclusion: Health qigong's integrated Three Regulation system — body, breath, and spirit — aligns closely with modern functional training while offering additional integrative-medicine value, a convergence of Eastern and Western wisdom for managing functional ageing.

KEYWORDS *health qigong; functional ageing; deep stabiliser; autonomic nervous system; bone density*

17:20–17:40 · Dr SAROJ PRADHAN

A Comparative Review of Biological Rhythms in Traditional Chinese Medicine and Western Medicine

Swiss TCM University

Biological rhythms are fundamental to both Traditional Chinese Medicine (TCM) and modern biomedicine in maintaining physiological homeostasis. These internal, entrainable oscillations, synchronised with the earth's rotation, regulate metabolism, hormonal activity, immunity, sleep, and behaviour through central and peripheral clocks. Biomedicine focuses on rhythms driven by molecular clocks and the suprachiasmatic nucleus, whereas TCM offers a time-based physiological model balanced by the circulation of Qi and blood, the transformation of Yin and Yang, the flow of Ying Qi and Wei Qi, and organ-specific timing through the Zang-Fu organ clock.

Method: A narrative review was conducted applying SANRA guidelines. Literature from PubMed, China National Knowledge Infrastructure, Wanfang Data, and classical TCM sources was searched for publications on circadian rhythms, organ clocks, and lunar/seasonal cycles.

Results: The search identified 957 records, of which 33 articles met the inclusion criteria. Key findings were the conceptual parallels in time-based physiological regulation, particularly between the TCM organ clock and the circadian rhythm.

Conclusion: This review highlights parallels between TCM and biomedical chronobiology, underscoring the importance of biological rhythms for health promotion and disease prevention.

KEYWORDS *Integrative medicine; health; 24-hour rhythm; metabolic mechanism; human physiology*

17:20–17:40 · Dr Jasmin Walton

Understanding the Chemistry of Herbal Formulas: A Scoping Study on Characterization and Standardization

Swiss TCM University

Background: Herbal formulas are chemically complex preparations containing multiple bioactive constituents. Characterization provides a foundation for understanding their chemical composition and supporting approaches to quality, consistency, and standardization. However, a wide range of analytical and standardization methods has been reported across the literature.

Objective: This scoping review examined the prevailing methodologies and practices used to characterize and standardize herbal formulas and identified gaps and limitations within the existing literature.

Methods: Google Scholar and PubMed were searched for relevant literature published between 2007 and 2023. A total of 1,684 records were initially identified. Following title, abstract, and full-text screening, 108 articles were included in the review, comprising 36 review articles and 72 research studies. The included literature was evaluated to identify patterns in characterization techniques, standardization approaches, publication activity, and geographic distribution.

Results: Forty-seven characterization techniques and 48 standardization approaches were identified. Mass spectrometry, high-performance liquid chromatography, and liquid chromatography were among the most frequently reported characterization techniques. Standardization approaches included quality control, good manufacturing practices, chemical profiling, fingerprint analysis, chemical markers, standard operating procedures, pharmacopoeial standards, and metabolomics. The literature demonstrated broad international research activity and substantial methodological diversity. Key gaps included the absence of universally accepted protocols, limited understanding of synergistic effects among bioactive constituents, variability in analytical methods, underuse of advanced data-analysis approaches, and barriers related to instrumentation cost, access, and specialized training.

Conclusion: The literature demonstrates a technologically rich but methodologically diverse field in which multiple analytical and standardization strategies are used to study complex herbal formulas. The findings highlight the need for more integrated analytical workflows, improved reporting and reproducibility, and greater interdisciplinary collaboration. More consistent characterization may provide a stronger foundation for the continued development of reliable standardization frameworks and future research in herbal formula chemistry.

Keywords: *herbal formulas; characterization; standardization; analytical chemistry; scoping review; herbal medicine*

08:00–08:40 · DR. THOMAS FRIEDEMANN

Management of Treatment-Related Side Effects in Oncology Using Traditional Chinese Medicine

HanseMerkur Center for Traditional Chinese Medicine, University Medical Center Hamburg-Eppendorf

It is expected that cancer incidence and mortality will increase substantially in the coming decades. Chemotherapy, radiotherapy, and surgery are still associated with significant side effects, such as fatigue, nausea and vomiting, mucositis, diarrhea, pain, skin reactions, cognitive impairment, and chemotherapy-induced peripheral neuropathy. Traditional Chinese Medicine (TCM) could be used alongside conventional treatments to reduce toxicity and support recovery when applied within an evidence-based, interdisciplinary oncology setting.

Method: This presentation summarizes current concepts for the integrative use of TCM in oncology, focusing on herbal formulations and acupuncture, discussing evidence from systematic reviews on TCM for cancer-related fatigue and chemotherapy-induced peripheral neuropathy, together with clinical safety considerations including herb–drug interactions and pharmaceutical quality requirements. A randomized controlled trial (RCT) investigating press tack needle acupuncture for perioperative pain following open radical prostatectomy is also presented.

Results: Herbal TCM interventions have shown potential to alleviate fatigue, improve quality of life, attenuate peripheral neurotoxicity, and reduce pain during or after conventional cancer therapy. In the RCT, 126 patients undergoing open radical prostatectomy were randomized to standard analgesic care, verum press tack acupuncture, or sham acupressure. Compared with the sham and control groups, acupuncture significantly reduced postoperative pain without significant differences in analgesic consumption, time to first defecation, or general health status at discharge.

Discussion/Conclusion: TCM can be a clinically meaningful component of integrative oncology, particularly for supportive care and symptom management, though safe implementation requires expert knowledge, close oncology-team coordination, and pharmaceutical-grade herbal medicines.

KEYWORDS Integrative oncology; chemotherapy side effects; cancer-related fatigue; peripheral neuropathy; acupuncture; postoperative pain

08:40–09:00 · Dr MEI XING

Exploring Appropriate Outcome Measures for Traditional Chinese Medicine: Lessons from a Randomised Controlled Trial of Acupuncture for Painful Diabetic Neuropathy

Manchester Academy of Traditional Chinese Medicine

The selection of outcome measures remains a significant challenge in Traditional Chinese Medicine (TCM) research. This study explores the suitability of different outcome measures for evaluating acupuncture treatment through a secondary analysis of a randomised controlled trial (RCT) of acupuncture for Painful Diabetic Neuropathy (PDN).

Methods: Data were drawn from a single-blind, placebo-controlled RCT over a 10-week treatment period, using standardised acupuncture points on the lower limbs. The primary outcome measure was the Leeds Assessment of Neuropathic Symptoms and Signs (LANSS) scale. Secondary outcome measures included lower-limb pain intensity (VAS), the Sleep Problem Scale, the Measure Yourself Medical Outcome Profile (MYMOP), the SF-36 Health Survey, and resting blood pressure.

Results: Participants receiving active acupuncture demonstrated improvements in pain intensity, sleep quality, MYMOP scores, and resting diastolic blood pressure, whereas minimal changes were observed in the sham group. MYMOP showed the most substantial treatment effect, a statistically significant moderate improvement favouring active acupuncture (mean difference –0.66, 95% CI –0.96 to –0.35). The primary disease-specific measure (LANSS) and other conventional clinical measures detected only limited, non-significant changes.

Conclusions: The improvement detected by MYMOP suggests patient-centred measures may better capture the holistic benefits of acupuncture. Future TCM research should incorporate broader measures of wellbeing and patient-reported outcomes alongside conventional clinical indicators.

KEYWORDS Traditional Chinese Medicine; acupuncture; Painful Diabetic Neuropathy; outcome measures; MYMOP; quality of life

09:00–09:20 · Dr HAMDY SHABAN

Auricular Acupressure with Golden Pellets for Asylum Seekers

Swiss TCM University

Asylum seekers are frequently exposed to prolonged stress and traumatic experiences, which often manifest as sleep problems, psychogenic pain, and other psychosomatic complaints. Standard psychopharmacological treatment can be helpful, but does not always address the full range of stress-related symptoms seen in this population.

Method: This study examined whether auricular acupressure with gold beads placed on the Shen Men point and the five points of the NADA protocol could support conventional psychiatric care for asylum seekers living in six reception centers in the Canton of Solothurn, Switzerland. Participants continued usual psychiatric treatment and additionally received weekly auricular acupressure sessions, with supervised, voluntary application of gold-plated pellets to designated ear points. Sleep quality, self-reported pain, and psychosocial well-being were monitored using standardized assessment tools.

Results: Compared with baseline, participants reported better sleep, reduced psychogenic pain, and an overall improvement in well-being. Many described feeling calmer and more capable of managing daily stress. The intervention was easy to implement and well-received within the camp settings.

Discussion/Conclusion: Auricular acupressure at Shen Men and NADA protocol points may usefully complement standard psychiatric treatment for trauma-affected asylum seekers. Incorporating such low-cost, patient-oriented methods into refugee health services may help improve treatment outcomes and quality of life.

KEYWORDS Auricular Acupressure; NADA; Trauma; Psychosomatic; asylum seeker; Migration

09:20–09:40 · Dr HSU HUAN-HSUAN

Effects of Topical Herbal Medicine on Rosacea: A Systematic Review and Meta-Analysis

Keelung Chang Gung Memorial Hospital

Rosacea is a chronic inflammatory skin condition characterised by facial erythema, papules, pustules, and telangiectasia. Conventional treatments are often associated with adverse effects and high recurrence rates. This review evaluates the effectiveness and safety of topical herbal medicines for rosacea.

Method: A systematic review of randomised controlled trials (RCTs) was conducted, retrieved from PubMed, Embase, MEDLINE, the Cochrane Library, CEPES, CNKI, and ClinicalTrials.gov, from database inception to 1 September 2024. Risk of bias was assessed using the Cochrane risk-of-bias tool, with statistical analyses performed in Review Manager. The protocol was registered on PROSPERO (CRD42022383985).

Results: In total, 10 RCTs involving 833 participants were included. Meta-analysis showed topical herbal medicines achieved significantly greater efficacy in treating skin lesions (RR = 1.21; 95% CI = 1.09–1.34) and a significantly improved Investigator Global Assessment of Rosacea Severity Score (MD = -0.40; 95% CI = -0.50 to -0.30) versus control treatments. Adverse events, reported in eight studies, showed no significant difference between groups.

Discussion/Conclusion: Topical herbal medicines appear effective and safe for treating rosacea, and may be associated with fewer adverse effects than conventional treatments.

KEYWORDS rosacea; topical herbal medicine; Traditional Chinese Medicine

09:40–10:00 · Dr XI RAN

Objective Evaluation of "Meridian-Based Pulse Diagnosis" in Emei Medicine: A Pilot Proof-of-Concept Study Based on Perfusion Index

Chongqing University · Chongqing General Hospital · Chongqing Academy of Medical Science

"Meridian-Based Pulse diagnosis" (分经候诊) is a core diagnostic legacy of Emei Medicine, but its transmission is limited by the subjective nature of tactile experience. This proof-of-concept study investigated whether the photoplethysmography (PPG)-derived Perfusion Index (PI) can serve as an objective, digital proxy for expert palpation findings.

Method: A cross-sectional observational design was employed with a pilot cohort (N=6). Synchronized PI data and expert tactile ratings ("Strong/Presence" vs. "Weak/None") were collected at acupoints including Shenque, Xuli, and Taichong. Linear Mixed Models evaluated the predictive validity of diagnosis on PI, and unsupervised K-Means clustering analyzed alignment between machine classifications and clinical diagnosis.

Results: Clinical diagnosis exerted a highly significant predictive effect on PI at both Shenque (F = 20.088, p < 0.001) and Xuli (F = 29.701, p < 0.001), with a dramatic model-fit improvement at Xuli (AIC dropping from +82.4 to -105.0). At Taichong, K-means clustering and diagnosis showed non-significant agreement (Kappa = 0.008, p = 0.275), driven by 12 outlier points classified as high-perfusion but rated "Weak/none" clinically.

Discussion/Conclusion: PI serves as a robust digital indicator for validating Emei sector palpation at torso sites. The localized discrepancy at Taichong implies expert palpation operates on a multi-dimensional manifold beyond simple volumetric perfusion, informing future multi-sensor diagnostic fusion.

KEYWORDS Emei Medicine; Meridian-Based Pulse diagnosis; Perfusion Index; PPG; Linear Mixed Models; Proof-of-Concept

Clinical Observation on the Efficacy of Modified Buyang Huanwu Decoction Combined with Yang-Supporting Acupuncture in Post-Stroke Rehabilitation with Qi Deficiency and Blood Stasis Syndrome

Chongqing Liangjiang New Area Traditional Chinese Medicine Hospital, China

This study evaluates the clinical efficacy of a combined acupuncture and moxibustion therapy, based on Meridian Qi and Blood Regulation Theory, in patients with chronic distension pain.

Method: Sixty patients with chronic distension pain were enrolled between September 2024 and March 2025 and randomly divided into a treatment group (n=30) and a control group (n=30). The treatment group received acupuncture at Zusanli, Sanyinjiao, Neiguan, and Hegu, with moxibustion at Guanyuan and Zhongwan, for four weeks; the control group received routine symptomatic treatment. Primary outcomes were pain (VAS), abdominal bloating, and gastrointestinal motility; secondary outcomes included serum inflammatory cytokines, digestive enzymes, and blood circulation via thermography and Doppler ultrasound.

Results: The treatment group showed statistically significant improvement in pain relief, gastrointestinal motility, and digestive function versus control. VAS pain scores and abdominal bloating were significantly reduced ($P < 0.05$), serum inflammatory cytokine levels were lower, and digestive enzyme activity and peripheral circulation improved. No serious adverse effects were observed.

Discussion/Conclusion: Combined acupuncture and moxibustion based on Meridian Qi and Blood Regulation Theory is an effective, comprehensive treatment strategy for chronic distension pain and related digestive disorders in Traditional Chinese Medicine.

KEYWORDS chronic distension pain; acupuncture; moxibustion; meridian qi; blood regulation; gastrointestinal motility

Exploring the Meridian Energy Analysis of Vaccine Responses: An Example of COVID-19 Vaccines

Department of Traditional Chinese Medicine, Chang Gung Memorial Hospital

Emerging infectious diseases have been occurring with increasing frequency, and vaccines are among the principal means of prevention and control, though public concerns about safety and efficacy may influence willingness to vaccinate. This study assesses meridian energy before and after vaccination using a meridian energy analysis device, to provide scientific evidence for TCM practitioners treating vaccine side effects.

Method: Meridian energy data were retrospectively reviewed for healthy individuals who received the AstraZeneca (AZ) COVID-19 vaccine at Keelung Chang Gung Memorial Hospital between 27 May and 7 September 2021. Values recorded before and after vaccination were analysed for mean, standard deviation, and statistical significance.

Results: Mean total meridian energy after both the first and second doses was lower than before vaccination. After the first dose, significant decreases ($P < 0.05$) were observed in the kidney, liver, spleen, and pericardium meridians; after the second dose, in the kidney, liver, spleen, lung, heart, pericardium, gallbladder, and bladder meridians.

Discussion/Conclusion: Post-vaccination energy trends were consistent across meridians and aligned with TCM understandings of vaccine side effects. Meridian energy analysis may serve as a novel predictive tool, offering guidance for TCM practitioners treating vaccine side effects and anticipating adverse events.

KEYWORDS vaccine safety; vaccine adverse events; COVID-19 AZ vaccine; meridian energy analysis

Neuroimaging Mechanism of Acupuncture in Treating Post-Stroke Aphasia

First Teaching Hospital of Tianjin University of TCM · National Clinical Research Center for Chinese Medicine · Swiss TCM University

Aphasia is a common complication of stroke, and acupuncture is an effective treatment, but its therapeutic mechanism remains unclear. This study verifies the efficacy of acupuncture for post-stroke aphasia and explores its neuroimaging mechanism.

Method: In a prospective, single-blind, randomized controlled trial, patients with post-stroke aphasia were assigned 1:1 to experimental (acupuncture) and control (sham acupuncture) groups for a 4-week intervention. Outcomes included clinical scale scores and spontaneous neuronal activity via rs-fMRI.

Results: After 4 weeks, the experimental group had significantly higher WAB scale scores (AQ, spontaneous speech, auditory comprehension, repetition, naming), better BDAE grading, lower NIHSS scores, and higher SAQOL-39 scores than control. ALFF analysis showed statistically significant differences in the left cerebellar lobule VI and left medial superior frontal gyrus.

Discussion/Conclusion: Acupuncture improves language function, reduces language impairment and neurological deficits, and enhances quality of life in post-stroke aphasia, possibly via enhanced spontaneous neuronal activity in the left medial superior frontal gyrus.

KEYWORDS acupuncture; post-stroke aphasia; neural imaging; mechanism study

Clinical Observation of the Efficacy of Acupuncture in Treating Third Lumbar Transverse Process Sprain

Ren Acupuncture & Chinese Medicine Clinic

This study evaluates the clinical efficacy of acupuncture, with an emphasis on Pi needling, in treating third lumbar vertebral (L3) transverse process sprain.

Method: Clinical data were collected from 63 patients diagnosed with L3 transverse process sprain treated between February 3 and April 4, 2026. Pi acupuncture needling was the primary intervention, supplemented as needed with standard acupuncture, electroacupuncture, moxibustion, Fu needling, and Chinese herbal medicine. Outcomes were evaluated through pain assessment by palpation, functional testing, and lumbar mobility, with complete recovery defined as absence of pain, full functional ability, and restored lumbar flexibility.

Results: The study included 44 female and 19 male patients aged 29–89 years, across 122 clinical visits. All patients experienced at least 50% pain reduction, an overall effectiveness rate of 100%. Complete recovery after a single session was achieved in 34 patients (54%). Ten patients (16%) with referred pain in the leg, buttock, hip, groin, or sciatica — all originating from L3 transverse process injury — improved following targeted treatment.

Conclusion: Acupuncture using Pi needling demonstrates significant clinical efficacy in managing L3 transverse process sprain, and combined with standard acupuncture and electroacupuncture, offers rapid pain relief and functional recovery.

KEYWORDS *clinical observation; efficacy; acupuncture; third lumbar transverse process sprain*

Acupuncture Reduces Dementia Risk in Rheumatoid Arthritis Patients

Department of Chinese Medicine, Taichung Municipal Geriatric Rehabilitation General Hospital and China Medical University

Rheumatoid arthritis (RA) is associated with an increased risk of cognitive decline and dementia. While conventional treatments focus on joint inflammation, the potential of acupuncture in neuroprotection remains under-explored. This study evaluates whether acupuncture therapy reduces dementia risk among RA patients using large-scale real-world data.

Method: A nationwide cohort study used the Taiwan National Health Insurance Research Database (2000–2010). After 1:1 propensity-score matching, 18,436 RA patients were analyzed (9,218 in both acupuncture and non-acupuncture groups). Cox proportional hazards regression calculated hazard ratios, adjusting for age, sex, comorbidities, and medication use, with follow-up to 2011.

Results: Acupuncture therapy was associated with a 45% lower risk of dementia versus non-users (adjusted HR: 0.55; 95% CI: 0.46–0.66), with significantly lower cumulative dementia incidence (log-rank $p < 0.001$). Patients receiving integrated care (conventional drugs plus acupuncture) showed superior risk reduction (adjusted HR: 0.64) versus conventional pharmacotherapy alone.

Systematic Characterization Reveals Low Impedance and Dynamic Electrical Plasticity of Acupoints

Westlake Laboratory of Life Sciences and Biomedicine · Westlake University

Electroacupuncture demonstrates frequency-dependent therapeutic effects, yet underlying mechanisms remain poorly understood, and previous investigations of acupoint electrical properties yielded inconsistent results. This study aimed to provide comprehensive biophysical evidence for unique electrical signatures of acupoints through systematic impedance analysis across multiple frequency domains.

Method: A large-scale investigation involving 504 healthy volunteers measured electrical impedance between acupoint pairs and adjacent reference points on three meridians (spleen, small intestine, bladder), using frequencies from 20 Hz to 30 MHz. Continuous temporal measurements up to 70 minutes characterized dynamic responses under sustained electrical stimulation.

Results: Closely-spaced acupoint pairs exhibited significantly lower impedance than adjacent non-acupoint tissues, most pronounced at 20–1000 Hz with maximum differences at 20 Hz (27–43% impedance reduction, $p < 0.01$); distant pairs showed no such reduction. Acupoints also demonstrated dynamic electrical plasticity under continuous stimulation, with progressive impedance reduction significantly greater than reference sites, following a biphasic pattern — for example, SP6-SP9 showed 28% impedance reduction versus 17% and 10% for reference pairs.

Discussion/Conclusion: This work resolves decades of conflicting research by demonstrating that impedance exhibits complex temporal dynamics rather than being static, providing first quantitative evidence for electrical plasticity at acupoints and a foundation for standardized diagnostic tools and personalized treatment monitoring.

KEYWORDS acupuncture; electrical impedance; dynamic response; frequency dependency