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Poster Presentations

Abstract Book for Attendees

海报展示 · 摘要汇编

Poster Session · Friday 14 August 2026 · 13:45 – 15:00

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01 Lukas Häne

Tai Chi Club Wil, Switzerland / Guangxi Nanning Deneng Sports Culture Co., Ltd., China

Introduction and Demonstration of Chen Tai Chi XR App — Practice with Your Virtual Tai Chi Master Whenever and Wherever You Are

陈氏太极XR应用介绍与演示——随时随地与虚拟太极大师练习

RESEARCHER(S)

Fu Nengbin & Lukas Häne

Introduction Learning complex Tai Chi movements can be challenging, especially for beginners. Traditional instruction relies heavily on in-person teaching, which limits access for those without nearby instructors. This project introduces an augmented reality (AR) application that allows users to practice Chen Style Taijiquan with a virtual master avatar in any environment, addressing barriers of time, location, and access to qualified teachers.

Method In 2025, Tai Chi Club Wil invited Master Fu Nengbin to Switzerland for 3D motion capture recording of the complete Chen Style Taijiquan system using Vicon technology at Quantum Stage Studio in Winterthur. Working with Tobias Baumann, the team developed a prototype AR application using Meta Quest 3 headsets. The app projects a virtual Tai Chi master avatar into the user's real-world environment; users can view the avatar from any angle, adjust playback speed, and follow movements in real time within their physical space.

Results The prototype successfully captures and reproduces Master Fu's complete Tai Chi form in an interactive AR format. Users can practice independently at home or anywhere without a physical instructor present, repeating complex sequences at adjustable speeds to facilitate movement internalization and skill development.

Discussion / Conclusion This innovation addresses a critical gap in Tai Chi education by providing accessible, self-paced learning support. While a real teacher remains essential for foundational instruction and health benefits, the XR app serves as a valuable supplementary tool for practice and repetition. The movement data obtained is also available for scientific research on Tai Chi physiology. The basic version of the app is free and available for conference attendees to try.

KEYWORDS

Tai Chi · augmented reality · XR · motion capture · Chen Style Taijiquan · virtual teaching · digital health

Utilizing the Five Spirits to Advance Five Element Theory

RESEARCHER(S)

Dr. Cong Thanh Nguyen, DAOM

Introduction Five element theory never evolved beyond a geocentric worldview and drifted away from an origin rooted in mysticism. If all phenomena are expressions of the five elements, identifying the principles symbolized by the five spirits becomes essential to understanding complex topics and bridging gaps in conceptual precision. Through deep exploration of the classical texts while keeping contextual limitations in mind, integrating spiritual wisdom with the observations of nature made by modern science becomes beneficially revelatory. With respect to the two existing models of the five elements, considerations were made to expand upon and reconfigure placements of the elements to better match the dynamic nature of the universe.

Method Consistency in commentary by experts of Classical Chinese medicine was relied upon to synthesize descriptions of the five spirits and create provisional identities of the principles. To guide innovation of a dynamic model of the five elements, priority was placed on upholding yin–yang relationships throughout. Borrowing the structure of the compass model, shen was placed at the centre as the sovereign, with hun, yi, po, and zhi at the outer positions. The new model was then extrapolated to check for strength in application and to assess new findings.

Results Similar to the four seasons represented in the earth-centred model, the fire-centred model revealed the four seasons of heaven. Furthermore, connections were made illuminating the four seasons of heaven as the four principles of yin–yang.

Discussion / Conclusion With renewed interest in theoretical advancement alongside the integration of mystical and scientific insights, new opportunities emerge in the evolution of medicine. For example, by extrapolating five-element principles, a framework was built that categorized various emotional expressions into five primary emotions and outlined the different functions and effects of each.

KEYWORDS

five elements · yin yang · theory · spirits · principles · emotions

03 Nagumo Mieko

Nagumo Acupuncture & Moxibustion Clinic, Sapporo, Hokkaido, Japan; Tune: Acupuncture and Moxibustion Total Body Conditioning, Sapporo, Hokkaido, Japan

Acupuncture and Bloodletting Therapy for Refractory Pruritus: A Case Report

针刺及刺络疗法治疗难治性瘙痒 1 例报告

RESEARCHER(S)

NAGUMO Mieko (corresponding author); TUNEMARU Yuka

Introduction Pruritus involves complex neuroimmune interactions, including histamine release and neuropeptide-mediated amplification. This study reports a case of long-standing refractory pruritus treated with acupuncture and related therapies. The patient was a 53-year-old female office worker presenting with pruritus and a history of atopic dermatitis since birth; her first visit was on 4 January of year X.

Method On examination (height 163 cm, weight 53 kg), generalised erythematous eruptions and dry skin were noted, with frequent urination, sore throat, abdominal bloating, loose stools, poor sleep, and shoulder/neck stiffness, alongside occupational stress related to computer use. Prior treatment included Kampo medicines (Ninjin'yoeito, Saikoseikanto, Hangekobokuto, Bakumondoto) and conventional therapy (Dermovate 0.05% ointment, oral prednisolone 5 mg as needed). Treatment comprised retained needling at Lieque (LU7); cupping with a three-edged needle at Jianyu (LI15); minimal bloodletting at the well points Shangyang (LI1), Shaochong (HT9), and Shaoze (SI1); retained needling at Fengchi (GB20), Jianwaishu (SI14), and Gaohuang (BL43) for shoulder stiffness; moxa-stick moxibustion at Shenshu (BL23) for diarrhoea; and pedestal moxibustion at Shimian (EX-LE) for insomnia.

Results A total of 22 treatments were performed between January of year X and June of year X+1. The Visual Analogue Scale (VAS) score for pruritus decreased from 10 to 6 (10 = maximum itch, 0 = no itch). Sleep quality improved and the use of steroid medication was reduced.

Discussion / Conclusion This case suggests that acupuncture combined with bloodletting therapy may be an effective therapeutic option for long-standing refractory pruritus, with a clinically meaningful reduction in symptoms achieved despite a disease duration of over 50 years.

KEYWORDS

pruritus · acupuncture · atopic dermatitis · bloodletting therapy · moxibustion

The Effect of Non-Invasive Microneedle Stimulation on the Rate of Force Development During Grip Strength Exertion

非侵入式微针刺激对握力运动中力量增长率（RFD）的影响

RESEARCHER(S)

H. Hoshikawa

Introduction Athletic movements such as foot contact during sprinting or jumping, boxing strikes, and baseball batting are typically completed within 50–250 ms, whereas reaching Maximal Voluntary Contraction (MVC) generally requires more than 300 ms. The Rate of Force Development (RFD) is therefore a critical determinant of sports performance. Non-invasive contact needles have gained attention for reducing pain and fatigue; a prior study (2012) showed significantly promoted heart-rate recovery after 30-second all-out cycling, though peak power trended down and maximum pedalling frequency significantly decreased. This study investigated the effects of non-invasive contact needles on RFD during handgrip exercise.

Method Seven university students performed three sets of ~2-second handgrip contractions (2-minute rest between sets), instructed to “squeeze as fast and as hard as possible in a single explosive motion”; MVC was then recorded. Two conditions were tested: the S-trial (non-invasive contact needle tool applied) and the N-trial (control), in randomized order with a 1-week washout. Force was sampled at 1000 Hz (Takei dynamometer); $RFD = \Delta F / \Delta t$. The tool was the Somareson L (Toyoresin Co., Ltd.), 177 non-penetrating microcones on a 7 mm skin-adhered disk, applied to Ximen (PC4) and Neiguan (PC6).

Results RFD50 (0–50 ms): 256.27 ± 49.80 kg/s (N) vs 290.37 ± 71.77 kg/s (S); RFD100: 266.92 ± 53.56 vs 274.51 ± 56.11 kg/s; RFD200: 181.69 ± 35.88 vs 189.04 ± 33.89 kg/s. No significant differences were found between trials at any RFD point, nor in MVC (N 49.37 ± 4.39 kg vs S 49.17 ± 5.06 kg).

Discussion / Conclusion Application of non-invasive contact needles does not adversely affect maximal muscle strength or the speed of force exertion. Given their non-invasive nature, high safety, and minimal infection risk, they are suitable for use during both training and competition; use during physical activity is unlikely to impair performance.

KEYWORDS

non-invasive microneedle stimulation · rate of force development · maximal voluntary contraction

05 Hiroyuki Nakazawa

Tokoha University, Faculty of Health Promotional Science, Japan

Acupoint Stimulation Elevates PVN Glutamate Levels in Rats

穴位刺激可提升大鼠室旁核谷氨酸水平

RESEARCHER(S)

Hiroyuki Nakazawa

Introduction Acupoint stimulation is widely recognized for alleviating stress-related symptoms, particularly anxiety and mental tension. Prior work suggests interactions with the serotonergic and oxytocinergic systems. Because oxytocin (OT) neurons in the paraventricular nucleus (PVN) receive robust excitatory glutamatergic inputs, glutamate may mediate the link between acupoint stimulation and OT-related anti-stress effects. This study examined the glutamatergic response to acupoint stimulation as an indirect probe of oxytocinergic involvement.

Method Male Wistar rats were randomized into Group A (stimulation at ST-36, Zusanli) and Group C (control). Stimulation used sterile stainless-steel acupuncture needles (0.3 mm diameter). PVN glutamate was collected via microdialysis and analyzed by HPLC. Statistics: Student's t-test and one-way ANOVA with Dunnett's multiple comparison test.

Results In Group A, glutamate rose after stimulation, reaching a mean increase of 17.7% versus baseline at 20 minutes — a statistically significant difference ($p = 0.04$), consistent with previous findings. Group C showed only a transient, non-significant increase.

Discussion / Conclusion Acupoint stimulation specifically enhances excitatory neurotransmission in the PVN. Since glutamatergic excitation is a primary trigger for oxytocin release, the results support the hypothesis that acupuncture indirectly influences the oxytocinergic system by modulating excitatory inputs — a plausible neurochemical pathway linking peripheral stimulation to central stress-regulation networks, consistent with reported anxiolytic effects of acupuncture.

KEYWORDS

acupuncture · glutamate · oxytocin · stress relief · traditional Chinese medicine

06 Jessie Chen, DAOM

Reishi Wellness Center / American TCM Acupuncture Heritage Association

Motion Needle Therapy for Knee Pain Related to Pes Anserine Tendon Disorders: A Two-Case Study

动筋针疗法治疗鹅足肌腱相关膝关节疼痛的双案例研究

RESEARCHER(S)

Jessie Chen, DAOM

Introduction Pes anserine-related knee pain is a common but often underdiagnosed cause of medial knee discomfort. Standard treatments include physical therapy and corticosteroid injections, yet some patients seek alternatives. Motion Needle Therapy, combining acupuncture with movement, may offer a non-pharmacological option.

Method This case series included two patients: a 65-year-old male with bilateral medial knee pain and restricted flexion, and a 32-year-old female with chronic medial knee pain aggravated by weight-bearing. Both had marked tenderness at the pes anserine region. Treatment involved 50 mm cross-needling with traction-based manipulation at the pes anserine area, combined with guided movement exercises.

Results Both patients demonstrated rapid clinical improvement, including significant pain reduction and improved knee function. No adverse effects were reported.

Discussion / Conclusion Motion Needle Therapy appears to be a safe and effective intervention for pes anserine-related knee pain. Benefits may be attributed to fascial release, improved tendon gliding, and biomechanical optimization of the knee joint. Further controlled studies are warranted to confirm these findings and explore mechanisms.

KEYWORDS

Motion Needle Therapy · pes anserine · knee pain · acupuncture · fascia · tendon glide

Multi-omics reveals total flavones from *Abelmoschus manihot* (L.) Medik. [Malvaceae] ameliorate MAFLD via PI3K/AKT/mTOR-mediated autophagy

多组学研究表明，黄蜀葵（锦葵科）总黄酮可通过 PI3K/AKT/mTOR 通路调控自噬改善代谢相关脂肪性肝病

RESEARCHER(S)

Peizheng Shi (史培峥)

Introduction Metabolic-associated fatty liver disease (MAFLD) is a global health crisis with limited therapeutic options. Total flavones from *Abelmoschus manihot* (TFA) have shown anti-inflammatory and anti-lipidemic properties, but their effects on MAFLD remain unexplored.

Method UHPLC-QTOF-MS identified 56 metabolites in TFA. High-fat-diet-induced MAFLD mice were treated with TFA (50 and 100 mg/kg). Hepatic lipid accumulation, serum biomarkers, histology, transcriptomics, and metabolomics were analyzed. In vitro studies in HepG2 cells examined autophagy involvement using the inhibitor 3-MA.

Results TFA significantly reduced body-weight gain, hepatic steatosis, fibrosis, serum ALT/AST/TC/TG levels, and inflammatory cytokines, while increasing antioxidant markers. Multi-omics revealed regulation of PI3K/AKT/mTOR signaling and nucleotide metabolism. TFA activated autophagy via PI3K/AKT/mTOR inhibition, evidenced by increased LC3-II/I conversion and decreased p62. 3-MA abolished TFA's protective effects.

Discussion / Conclusion TFA ameliorates MAFLD by promoting PI3K/AKT/mTOR-mediated autophagy, reducing lipid accumulation, inflammation, and oxidative stress. TFA shows great potential as a novel multi-target therapeutic agent for MAFLD.

KEYWORDS

TFA · MAFLD · PI3K/AKT/mTOR pathway · autophagy · inflammation · oxidative stress

08 Takayasu Murakami 村上高康

Department of Acupuncture and Moxibustion, School of Health Promotion, Tokoha University, Japan

Evaluating an LLM-Generated Mock Exam for the Japanese National Acupuncture and Moxibustion Licensing Examination: Topic-Level Agreement and Educational Applicability

评估大语言模型生成的日本针灸国家考试预测模拟题：单元一致度与教育应用可能性

RESEARCHER(S)

Takayasu Murakami

Introduction This study evaluates the agreement (“hit rate”) between a 180-item LLM-generated mock exam and the corresponding year’s Japanese national acupuncture and moxibustion licensing examination, using topic classification based on the official guidelines, and examines its feasibility for exam-preparation use.

Method On 21 February 2026 (one day before the exam), an LLM generated a 180-item mock exam aligned with the official guidelines. After the 22 February examination, the 180 actual item stems were compiled. For each actual item, text similarity was computed against all mock items and the most similar linked to it, categorised as major-topic, mid-topic, minor-topic, or exact item-level match; cases below major-topic match were non-hits. The LLM also answered all 180 actual items, scored against the official key.

Results Exact item-level matches: 7 (3.9%). Minor-topic-or-higher: 19 (10.6%); mid-topic-or-higher: 49 (27.2%); major-topic-or-higher: 73 (40.6%); non-hits: 107 (59.4%). The LLM scored 168/180 (93.3%) overall (morning 89/90, afternoon 79/90), with errors clustering in acupuncture point localisation and point-category classification, and in selected traditional-medicine clinical-reasoning items.

Discussion / Conclusion Agreement was moderate at major/mid-topic levels but limited at minor-topic and exact item level, possibly reflecting multi-component items and classification drift in post-hoc labelling and similarity matching. The high score against the official key suggests the practical value of an LLM lies less in predicting identical items than in educational support: identifying weak areas, facilitating error analysis, and enabling repeated practice. Combining guideline-based topic matching with keyword checks may reduce overconfidence and support classroom implementation.

KEYWORDS

licensing examination · generative AI · large language model · acupuncture education · learning support

Insights into Localized Physiological Skin Responses Obtained through High-Sensitivity Photonic Monitoring

RESEARCHER(S)

Maja Mičetić, Krešimir Salamon, Marija Šimat, Michael Furian, Gerhard Litscher

Introduction Human skin exhibits subtle spatial variations in its optical properties that reflect underlying physiological processes and systemic conditions. Sensitive photonic technologies capable of detecting localized tissue responses offer considerable potential for non-invasive physiological assessment. Such capabilities are of particular interest in acupuncture research, where objective evaluation of the physiological state of acupuncture points remains an important challenge.

Method The authors present a portable photonic sensing platform based on Ge-rich quantum structures embedded in a dielectric matrix for non-invasive optical assessment of localized physiological changes in biological tissue. The approach enables quantitative evaluation of localized optical responses associated with tissue physiology while maintaining a compact, portable configuration suitable for point-of-care measurements.

Results Measurements on human subjects demonstrate reproducible differences in localized optical responses at acupuncture points versus corresponding control locations under different physiological conditions. The observed variations indicate that localized optical tissue responses may provide objective information related to the physiological state of acupuncture points and associated neurovascular processes.

Discussion / Conclusion These findings demonstrate the potential of quantum-structure-based photonic sensing as a non-invasive tool for objective investigation and monitoring of acupuncture points and other functionally defined tissue regions. The approach may support future research on the physiological basis of acupuncture and facilitate the development of objective photonic methods for monitoring localized tissue responses in biomedical and clinical applications.

KEYWORDS

optical sensor · acupuncture points · monitoring · photonic sensing · quantum structures · non-invasive assessment

A Case of Noninfectious Pelvic Pain Syndrome Following Excessive Pelvic Floor Exercise Successfully Treated with Acupuncture

RESEARCHER(S)

Victoria Szafranska, Bin Xu, Yemeng Chen

Introduction Chronic pelvic pain syndrome (CPPS) is a complex condition characterized by pelvic or perineal pain and urinary symptoms without identifiable infection or structural pathology. Pelvic floor muscle overactivity and dysfunction may contribute to symptom development. This case report describes the successful treatment of noninfectious CPPS following excessive pelvic floor exercise using a comprehensive acupuncture approach.

Method A 54-year-old male presented with urinary urgency, frequency, penile–scrotal pain, and pelvic discomfort following frequent Kegel exercises. Diagnostic testing excluded infection and structural abnormalities. The patient received five acupuncture treatments incorporating scalp, auricular, body, and distal techniques targeting pelvic floor dysfunction, Qi stagnation, Blood stasis, and Lower Jiao imbalance.

Results Following five sessions, the patient reported complete resolution of penile and scrotal pain, urinary urgency, frequency, and positional pelvic discomfort. No symptom recurrence was reported after treatment.

Discussion / Conclusion This case demonstrates the potential effectiveness of acupuncture for noninfectious CPPS associated with pelvic floor overactivity. A multidimensional approach combining local, distal, scalp, and auricular techniques may support pain reduction, autonomic regulation, and restoration of pelvic function. Acupuncture may be a valuable integrative option for patients with CPPS when conventional diagnostic evaluations are unrevealing.

KEYWORDS

chronic pelvic pain syndrome · acupuncture · pelvic floor dysfunction · urinary urgency · integrative medicine

11 Krešimir Salamon

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Advanced Sensing Approach for the Characterization of Acupoint Properties

RESEARCHER(S)

Krešimir Salamon, Maja Mičetić, Juraj Držić

Introduction Sensitive photonic technologies capable of detecting localized tissue responses offer considerable potential for non-invasive physiological assessment. Such capabilities are of particular interest in acupuncture research, where objective evaluation of the physiological state of acupuncture points remains an important challenge.

Method This work presents the development and application of a non-invasive measurement system for characterizing the physical properties of acupoint locations. The system detects subtle variations in local tissue properties and enables differentiation between normal and physiologically altered states. The experimental setup allows stable, repeatable measurements across different body sites, with high sensitivity to local changes in biological characteristics.

Results Measurements on human subjects demonstrate reproducible differences in localized optical responses at acupuncture points and corresponding control locations under different physiological conditions. The results confirm that the developed approach enables quantitative assessment of differences between healthy and altered acupoint states.

Discussion / Conclusion These findings demonstrate that localized optical tissue responses may provide objective information related to the physiological state of an acupuncture point and associated neurovascular processes.

KEYWORDS

optical sensor · acupuncture points · monitoring

12 Marija Šimat

Acula and Sieber, Zagreb, Croatia; Ruđer Bošković Institute, Zagreb, Croatia

Monitoring Physiological Changes in Acupoint Characteristics Associated with Elevated Blood Pressure

RESEARCHER(S)

Marija Šimat, Krešimir Salamon, Maja Mičetić

Introduction Arterial hypertension is a systemic disorder that may induce changes in peripheral tissues and their local properties. This study investigates a possible association between elevated blood pressure and alterations in the physical characteristics of specific acupoint locations, especially Back-Shu points and Yuan-source points.

Method Measurements were conducted on groups of individuals with and without diagnosed hypertension in order to compare the physical characteristics of specific acupoint sites between the two groups.

Results The measurements revealed differences in the observed properties of acupoint sites between individuals with hypertension and those without.

Discussion / Conclusion These results suggest that acupoints may reflect systemic cardiovascular changes and could potentially serve as localized biomarkers for assessing physiological conditions such as hypertension.

KEYWORDS

acupoints · hypertension · blood pressure · biomarkers

Integrated Traditional Chinese and Western Medicine in Holistic Care for Elderly Patients with Highly Aggressive Cancers: Case Studies of Brain Cancer and Acute Myeloid Leukemia (AML)

长者高恶性肿瘤在中西医结合的全人医疗——以脑癌与血癌（AML）为例

RESEARCHER(S)

Dr. Ying-Chieh Huang (黃英傑)

Introduction Acute Myeloid Leukemia (AML) is the most common acute leukemia in adults. For patients over 80, the five-year survival rate drops to only 1%, with median survival of approximately three months in Taiwan. Although Venetoclax offers therapeutic promise, its toxicity often necessitates early discontinuation, limiting median overall survival to just 2–4 months. This case report evaluates an integrative Traditional Chinese Medicine (TCM) and Western medicine approach for an elderly AML patient.

Method An 84-year-old AML patient with pancytopenia, leukoerythroblastosis, coronary artery disease, prior STEMI, atrial fibrillation, and ischemic stroke was treated. The patient experienced severe myelosuppression under Venetoclax, leading to treatment termination. TCM treatment was subsequently integrated, guided by the “Three Principles, Three Formations, and Thirteen Methods”: (1) supporting vital qi and eliminating pathogens; (2) integrative pattern differentiation; and (3) spiritual care and holistic healing. Follow-up included MRI, CT, and hematological, biochemical, and immunological evaluations at a medical center.

Results The patient achieved progression-free survival exceeding 16 months. Bone-marrow blasts decreased from 21% to 0%. Absolute neutrophil count rose from 0.08 to $1.79 \times 10^3/\mu\text{L}$; platelets from 57 to $281 \times 10^3/\mu\text{L}$; hemoglobin from 7.9 to 15.6 g/dL . The Karnofsky Performance Score improved from 40 to 90 . No transfusion dependence or extramedullary lesions were observed.

Discussion / Conclusion This case demonstrates that integrative TCM and Western medicine may offer significant therapeutic benefit for elderly AML patients intolerant to standard targeted therapies. Inspired by the I Ching, the approach emphasizes the philosophy of “Taiji” and the pursuit of balance and harmony (致中和、保合太和) to restore vitality in critical illness. Further studies are warranted to validate these findings.

KEYWORDS

acute myeloid leukemia · blood cancer · elderly · Venetoclax · integrative medicine · holistic care · Taiji · harmony