

中草藥醫學文獻選讀 (英文授課)

中醫藥是一種傳統醫學，具有 2500 多年的臨床實踐，包括各種形式的草藥、針灸、按摩（推拿）、養生運動（氣功）和飲食療法，但最近也受到現代醫學的影響，逐漸開始“獲得全球認可”。實證醫學（EBM）透過將個體臨床專業知識與系統研究的最佳臨床證據相結合，近年來已被確立為現代醫學實踐的標準，以提高治療效果和安全性。本課程旨在探討中醫藥研究和高影響文獻的現狀，探索其有效性和安全性的證據，並突出將 EBM 應用於中醫面臨的問題和挑戰。

Traditional Chinese medicine is a style of traditional medicine based on more than 2,500 years of Chinese medical practice that includes various forms of herbal medicine, acupuncture, massage (tui na), exercise (qigong), and dietary therapy, but recently also influenced by modern Western medicine. TCM is widely used in Greater China where it has a long history, and recently it has begun "gaining global recognition". Evidence-based medicine (EBM), by integrating individual clinical expertise with the best available clinical evidence from systematic research, has in recent years been established as the standard of modern medical practice for greater treatment efficacy and safety. This

course aims to discuss the current status of research and high impact literature in TCM, explore the evidences available on its efficacy and safety, and highlight the issues and challenges faced in applying EBM to TCM.