I want to take this chance to talk about three points. First, I want to talk about the strength of Chinese medicine. Second, I will introduce some of the achievements of Chinese medicine in recent years. And third, let's talk about my team's researches on Chinese medicine in the treatment of coronary heart disease (CHD).

As we all know, the Great Wall is the symbol of China. It was built in 7th to 8th century B.C. Yet we might not know that the Chinese medicine has even a longer history than the Great Wall.

Dr. ZHANG Zhong-jing is the founder of Chinese medicine differentiation principles while Galen is the founder of modern medicine and the advocate of anatomy and applied medicine as well. They were both living around from 150 to 210 A.D. Practice has proved that the two medical systems have complemented mutual advantages and advanced each other, which has become a dominant feature and superiority of China's characteristic medical and health services, provided peculiar for the development of Chinese medical science, and played more and more important roles in the realization of healthy China. A Chinese philosopher once said, "If sharing challenges, the challenge will be dispersed; if sharing fruits, fruits will be times".

However, as academician CHEN Zhu pointed out previously, "There exist two contradictory attitudes towards Chinese medicine among some people even in China. Some believe that Chinese medicine is pseudoscience and should be cancelled. Others hold that Chinese medicine having thousands years of clinical practice has reached its summit, and the so-called modernization of Chinese medicine can only distort its essence. Patients and physicians sometimes fall into the two extremities."

Prof. Ka Kit Hui from University of California at Los Angeles has summarized the Chinese medicine theory to three words—"Balance, Flow and Spirit", which means the balance of human, nature and internal milieu (organs), to enhance the flow of qi and blood and all sorts of circulations, and to enhance the vital qi, so-called Zhengqi (正气), which is mental, vital and of immuno-regulation. In Chinese medicine theory, it is quite emphasized on self-regulating mechanisms so as to balance a harmonized body function.

China has ten thousands of works as a couple of recorded herbal resources. And many have experienced long-term applications by both East and West. For instance, Compendium of Materia Medica (Ben Cao Gang Mu) is a work authored by LI Shi-zhen (1518-1593 A.D.) in 1578, which has recorded 1,892 different herbs for clinical practice with 374 more entries added. This collection has been translated and published in many languages, including English, Russian, German, Latin, etc., for medical use and experimental researches.

I would like to give an example. Dr. Robert Temple, the Director for Drug Policy of Food and Drug Administration (FDA), USA, once delivered a lecture at the 3rd World Conference of Integrative Medicine in Guangzhou in 2002. He said, "Facing diseases, Eastern and Western medicine are in the same boat". That means Chinese medicine and modern medicine need to converge or integrate with each other and...
be applied in a complementary way for better clinical practice, better medicinal resources and better medical progress.

For my second point, I invite you to look at some achievements of Chinese medicine. As we all understand, as an interpretive clinical service, we need to be patient and sensitive to provide high-level function and high-quality service, and to pursue patient satisfaction and high-level contributions. Here I would like to introduce a well-known Chinese medicine doctor, a great Master, Dr. PU Fu-zhou. In 1956, Dr. Pu treated encephalitis B patients, now also called encephalitis B, with a Chinese formula he created according to syndromes of summer febrile disease and summer hydrosis, and got a big success. Another great Chinese medicine doctor is Master YUE Mei-zhong. I was honored to have Dr. Yue as my mentor learning Chinese medicine theories and engaging in clinical practice under his guidance from 1956. Dr. Yue prescribed Chinese herbal medicines and cured the former Indonesia President Sukarno, who once suffered from renal calculus with left kidney failure.

There is a great saying from a famous Chinese philosopher, Confucius. I would like to share with you. "Gentleman aims at harmony, but not uniformity. A common man seeks uniformity yet fails harmony." Chinese medicine looks quite different from modern medicine, yet in the spirit of this saying, we can develop through convergence with organization and integration.

A successful example is that Chinese experts integrate the Chinese and modern medicine treatment for cancer in order to get better treatment results and to enhance patients' quality of life. One of common application is Fu Zheng Gu Ben (扶正固本) therapy by modulating the immune function of the cancer patients.

Artemisinin, is an outstanding fruit of the convergence with ordinary medicine. Due to its advantage, artemisinin has saved billions of lives so far. Artemisinin was extracted from Artemisia Annua L. with is the foundation of the four artemisinin-based combination therapies (ACT’s) recommended by World Health Organization (WHO) as the first-line treatment for malaria. This slide showed the chemical structures of artemisinin and its derivates. This is a target of artemisinin which locates in metastatic melanoma cells in each ring stage.

Arsenic trioxide was primarily recorded in Ri Hua Zi Materia Medica, which is traditionally used for ulcer and carrion. In modern time, people use it for skin cancer and other diseases combined with calomelas and arenobufagin. The main chemical component of arsenic trioxide is As$_2$O$_3$, for treating acute promyelocytic leukemia (APL) as a Chinese herbal medicine. The mechanism of this drug for effectively treating APL lies in induction of cellular disintegration and apoptosis, demonstrated by Dr. WANG Zhen-yi and academician CHEN Zhu. Their work gives some hints to us that it is promising to develop innovative new drug by positively targeting at enhancing therapeutic efficacy.

There is an innovation that a physician from Hong Kong has demonstrated that orally taking arsenic trioxide was also effective in the treatment of APL.

My next topic is my team’s work on Chinese medicine for the treatment of coronary heart disease (CHD). Chinese Health Report shows the total affected population of such disease is about 230 million. Every 10 to 12 seconds, there will be one person die of it in China. The same report also shows the incidence of sudden death is 41.84 per thousand on Chinese population of 1.3 billion. The actual number of sudden death in China is over half of million every year. Actually, such diseases must exist in ancient China. The researchers found that the lumen of the left coronary artery of this ancient female was markedly narrowed by more than 3/4. In 1972, an American famous cardiologist, Dr. Paul D. White, visited Beijing. When he knew this story he said, "I believe there should be some active herbal drugs for coronary heart disease within TCM".

In recent forty years, we have carried out some clinical trials of "ABC" (activating blood circulation) formulae to treat CHD, including CH-2 and Xuefu Zhuyu Decoction (血府逐瘀汤). "ABC" here means activating microcirculation and removing stasis. Herbs or formulae with such functions are widely used for treating CHD nowadays.\(^{1,3}\)

CH-2 is a Chinese herbal medicine normally