

Strengthen the global research work of combining Traditional Chinese and Western Medicine

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Short commentary

The combination of traditional Chinese and Western medicine is an important direction for medical development and an important way to achieve global health and well-being. To promote the research of the combination of traditional Chinese and Western medicine, it is necessary to carry out in-depth exploration in theoretical system, efficacy evaluation and talent training, and at the same time realise wider promotion and application through international cooperation.

The integration of theoretical systems is the key to strengthening the combined research of traditional Chinese and Western medicine. Traditional Chinese medicine emphasises the overall concept and dialectical treatment, and pays attention to the harmony and unity of the human body and nature, while Western medicine is based on scientific experiments and modern technology, and pays attention to accurate diagnosis and targeted treatment. Although the two medical systems are conceptually different, they are not impossible to integrate. Through modern scientific and technological means, quantitative research on the theories of yin and yang, internal organs and meridians of traditional Chinese medicine can establish a relationship with the theory of Western medicine at the basic level. At the same time, with the help of cross-research in bioinformatics, genetics, molecular biology and other disciplines, exploring the commonality of traditional Chinese and Western medicine in the pathological mechanism can not only improve the theoretical framework of the combination of traditional Chinese and Western medicine, but also provide more scientific guidance for clinical practice.

The standardisation of efficacy evaluation is also an important part of improving the quality of research on the combination of traditional Chinese and Western medicine. Traditional Chinese medicine traditionally relies on individualised treatment effects and clinical experience, while Western medicine emphasises evidence-based medicine and focusses on randomized controlled trials and the verification of scientific data. This difference in evaluation criteria has become one of the main obstacles to the international promotion of the

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combination of traditional Chinese and Western medicine. To solve this problem, it is necessary to establish a therapeutic effect evaluation system that not only reflects the characteristics of traditional Chinese medicine but also meets the standards of modern medical science. For example, the therapeutic effect of traditional Chinese medicine can be combined with the detection of biomarkers to verify the reliability of the therapeutic effect of traditional Chinese medicine by scientific means. At the same time, through the construction of a clinical big data platform, the collection of clinical case data combining traditional Chinese and Western medicine, and using artificial intelligence technology to analyse the treatment effect, can not only improve the scientificity of efficacy evaluation, but also provide strong support for the promotion of the combination of traditional Chinese and Western medicine.

Talent training is the cornerstone of the sustainable development of the combination of traditional Chinese and Western medicine. To realise the in-depth combination of theory and practice, a group of composite talents who both master the theory of traditional Chinese medicine and are familiar with Western medicine technology are needed. At present, there is a serious shortage of professionals with this ability, which limits the in-depth development of the combination of traditional Chinese and Western medicine. We should strengthen educational reform, set up relevant courses combining traditional Chinese and Western medicine in colleges and universities, and cultivate talents who can master the two medical systems. At the same time, we will promote practitioners in the fields of traditional Chinese medicine and Western medicine to carry out mutual learning, and encourage in-depth dialogue and exchange between the two disciplines. In addition, cooperating with international medical institutions to jointly cultivate professionals who combine traditional Chinese and Western medi-

cine with a global vision will further enhance the international influence in this field.

In recent years, China has made remarkable achievements in promoting the integration of traditional Chinese and Western medicine. Through the continuous improvement of the research mechanism and the expansion of international cooperation, the application scope and research depth of the combination of traditional Chinese and Western medicine have been significantly improved. For example, the 12th World Integrative Congress Medicine held recently gathered experts and scholars at home and abroad to jointly discuss the development direction of the combination of traditional Chinese and Western medicine. This marks that the combination of traditional Chinese and Western medicine has entered a new stage of development, providing valuable experience for the global health cause. China's experience shows that under the coordinated promotion of theoretical research, clinical application and talent training, the combination of traditional Chinese and Western medicine can not only provide better medical services for patients, but also play a greater role in the world.

In the future, the development of the combination of traditional Chinese and Western medicine will not only be limited to the medical field, but also play an important role in public health, disease prevention and health management. By digging deep into the traditional advantages of traditional Chinese medicine and combining with the advanced technology of Western medicine, we have explored a development path that is both in line with scientific laws and meets social needs. The research and application of the combination of traditional Chinese medicine and Western medicine will create a new situation for the cause of human health.