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The University of Hong Kong, China

Herbal medicine and acupuncture for psychiatric disorders: From bedside to bench (“B2B”)

As empirical therapies, Chinese herbal medicine and acupuncture possess psychotropic potential in alleviating various mental symptoms and reducing conventional drug-induced adverse side effects. Over the past decade, the author’s research team with his collaborators has completed a series of clinical studies evaluating the effectiveness and safety of Chinese herbal medicine and acupuncture in patients with mood disorders, schizophrenia and anxiety. These include Free and Easy Wanderer Plus (FEWP) for bipolar disorder and major depression, Er-Xian Decoction (EXD) for menopause and Peony-Glycyrrhiza Decoction (PGD) for antipsychotic-induced hyperprolactinemia and acupuncture for various depressive Disorders. While clinical studies have confirmed the clinical efficacy of herbal medicine and acupuncture, they have further examined therapeutic effects and explored the underlying mechanisms of the effects in laboratory settings. This talk will elucidate findings obtained from bedside and laboratory bench.

Biography

Zhang-Jin Zhang is a Professor and an Associate Director (Clinical Affairs) of the School of Chinese Medicine of the University of Hong Kong (HKU). He received his Chinese medicine and Western medicine training and earned his PhD in neuroscience in China. During 1994-2006, he continued his research work in psychopharmacology and clinical psychiatry at Vanderbilt University and Uniformed Services University of the Health Sciences (USUHS) in USA. His long-term research interest focuses on developing effective treatment strategies from herbal medicine and acupuncture for neuropsychiatric disorder, including depression, anxiety, dementia, and schizophrenia. He has authored over 90 research papers and 7 book chapters and delivered numerous seminars introducing herbal medicine and acupuncture for mental health and wellbeing. He has active clinical practice in Hong Kong with specialty in the use of acupuncture and Chinese medicine for neuropsychiatric problems.

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