关于发展中西医结合医学的共识

2011年上海中西医结合医学国际会议
2011年4月23日

我们生活在一个多元世界，多极政治、多元文化、多种价值观在寻求自身发展的同时，相互之间的碰撞、互补和融合已成为推动社会进步的重要力量，在科学领域多学科的交叉更是促进科技发展的必然趋势。

中西医是在不同的文化背景、不同的生产力水平上发展起来的不同的医学体系，都为生命科学的进步和人类健康事业作出了巨大贡献。

中西医结合医学作为一门新兴的医学交叉学科，通过对中西医、西医等医学的科学思维、理论体系、诊疗技术的比较、分析，研究和应用，吸收并整合中医学和现代医学各自的特点和优势，实现健康、预防、治疗和康复等领域更好地为人类健康服务的目标。

任何学科都要尽可能地吸纳人类创造的知识来丰富和发展自己。中西医结合一方面充分利用现代科学技术，研究中医药学独特的理论体系和丰富的实践经验，阐明其科学内涵，推动中医药学与现代科学技术的接轨，扩大中医西学的服务领域，提高其发展空间；另一方面，中西医结合医学要认真继承和充分发挥中医药学对生命现象和疾病防治规律的独特认识和丰富成果的防病治病手段，启迪我们的创新思路，充实和丰富现代医学学乃至生命科学的知识体系，实现提高临床疗效和推动医学理论创新的目的。中西医结合医学寻求防治疾病的合理模式，以病人为中心，力求提供优质的医疗服务，充分展示了医学的人文关怀精神。

中西医结合医学是现代医疗卫生事业的重要组成部分，是实现中医药学继承、创新、现代化、国际化的伟大目标的重要途径，是中医药学在现代科学技术背景下可持续发展的重要保证。中西医结合医学很可能成为为当代中医药学作出重大贡献和取得原创性成果的医学领域之一。

中西医结合医学不是中西医和西医诊疗技术的简单加成，两者的结合应该是科学的、是科学的，因此要研究中西医、西药的作用机理及相互作用可能产生的影响，阐明两者的结合科学原理，这种结合应该是科学的、是科学的，因此要对不同疾病或疾病的不用阶段两者的结合的方式在遵循医学研究的基础上提出规范的指导方案，这种结合应该是经济的，力争耗费较少的医疗资源来获得较好的疗效，因此要对中西医结合的实践开展经济学的追踪研究，从保健、预防和康复的全过程评价中西医结合医学的经济意义。这种结合应该是科学的，不是一成不变的，随着中西医、西医各自的进步，两者
Consensus on the Development of Integrative Medicine

2011 Shanghai International Integrative Medicine Conference
April 23, 2011

In this pluralistic world, various political systems, diverse cultures and numerous social values are often conflicting. Social progress is achieved by concurrently allowing both independent development and integration of various perspectives, thereby leveraging the advantages of a complementary system. In the field of science and technology, interdisciplinary development has become an important force for progress.

Traditional Chinese medicine and Western medicine adhere to different medical and theoretical systems and developed within diverse cultural settings and with different levels of productivity. Both systems, however, have made significant contributions to the progress and advancement of life sciences and human health.

As an emerging medical interdisciplinary subject, integrative medicine absorbs and integrates the respective characteristics and advantages of traditional Chinese medicine and modern medicine through comparison, analysis, research and application. This integration embodies the objective of providing better medical care in terms of scientific thinking, theoretical systems, diagnostic tools and treatment technology.

All disciplines aim to enrich and develop by absorbing the knowledge created by human endeavor as far as possible. Integrative medicine, on the one hand, incorporates the theoretical paradigm and rich practical experience unique to traditional Chinese medicine while giving scientific justification by making full use of modern technology. This promotes the integration of the traditional Chinese medicine and modern technology, expands the application of traditional Chinese medicine and enhances the development potential of integrative medicine. On the other hand, integrative medicine makes efforts to both inherit and carry forward the unique understanding of traditional Chinese medicine of living phenomena and the law of disease prevention. In this way effective disease prevention and treatment methods offer innovative ideas and enrich the knowledge systems of both modern medicine and even life sciences, at all times, maintaining the ultimate objective of improving clinical efficacy and promoting theoretical innovation of medicine. Integrative medicine is striving to provide patient-oriented high-quality medical services by seeking a legitimate mode of disease prevention and treatment, which
fully displays the humanistic spirit of medicine.

As an integral part of modern medical and health care services, integrative medicine is an important channel for inheritance, innovation, modernization and internationalization of traditional Chinese medicine and an important guarantee to achieve the sustainable development of the traditional medicine in the context of modern technology. It is likely to become a key field that will make significant contributions to modern medicine and produce creative alternatives.

Integrative medicine is not simply a combination of traditional Chinese medicine and Western medicine, but an integration of them based on scientific research of the respective mechanisms of both forms of medicine and the potential outcomes of their interaction. The process of integration should, therefore, be normative rather than unordered, giving rise to a need for guidelines on standard protocols supported by evidence-based medicine studies with respect to certain conditions and the various specific stages of disease progression. The mode of integration should be economically viable and strive, at all times, to achieve better medical outcomes with the efficient use of medical resources. Follow-up research on the practical application of integrated traditional and Western medicines from a perspective of healthcare economics should be carried out, to evaluate the economic viability of integration. This would include evaluation throughout the process of health care, from prevention to clinical treatment and rehabilitation. Furthermore, this integration should embody the ethos of sustainable development rather than a static, unchanging protocol, whereby the respective progress of traditional Chinese and Western medicines, the form of their integration and the direction of future advancement may change and develop in line with the changing pace of our times.

Over the past half-century, integrative medicine has accomplished great achievements both in theoretical research and clinical application. This has significantly improved clinical efficacy and played a key role in the management of major public health emergencies. Subsequently, various new theories of integrative medicine have been formed in the related fields. These achievements have laid a foundation for further development of the integrative medicine.

Integrative medicine should be continuously developed in the fields of theoretical research, clinical application and pharmaceutical research. Importance should be attached to modern research of the underlying scientific meanings of the major theories of traditional Chinese medicine and promoting its clinical application through translational medicine. In doing so, the unique features of traditional medicine, such as the holistic concept and treatment based on syndrome differentiation, may be integrated with a deep understanding of modern medical study of pathology and the pathogenesis of diseases. This provides evidence-based scientific support for the advantages of integrative medicine and enables the establishment of integrative treatment guidelines. In addition, research on the pharmacology and pharmacodynamics of Chinese herbal medicines and formulas should be carried out to promote the development of innovative medicines. Moreover, research on the interaction of combined application of traditional and Western medicines is imperative to guarantee the safety of integrative medicine.

The conversion of medical models and the changes in disease spectrum have posed many new challenges to the field of medicine, whereby the practical demands have promoted the advancement of science. This provides a good opportunity and justification for the development of integrative medicine. The history of scientific development has shown that, in the early stages of a discipline, various academic schools of thoughts grow and emerge. Therefore, it is important to encourage an atmosphere of academic democracy in which public opinion, debate, competition and a variety of theoretic viewpoints may exist concurrently. Such an environment promotes academic prosperity, creates a platform for international exchange leading to enhanced international cooperation and the development of a dominant medical system.

Integrative medicine cannot develop in a sound manner without the powerful support of both government and society. As an independent medical discipline, integrative medicine should be incorporated into the overall planning of medical and health care services; special funds should, therefore, be allocated to increase the investment in base construction and scientific research. In addition, the gradual establishment and advancement of personnel training systems adhering to the integrative medicine model should be encouraged. Western medical practitioners, especially senior doctors, may be given the means to learn traditional medicine, so that more qualified scientists and doctors may participate in the practice and research of integrative medicine.

Traditional Chinese medicine is a leading ambassador for the traditional medicines of the world, while the integration of traditional Chinese and Western medicines embodies the spirit of inclusive development of different cultures. Integrative medicine, with the ethos of a “new medicine for a new life”, will, through our joint efforts, make greater contributions to boosting medical development and safeguarding the human health.