

# 3<sup>rd</sup> International Conference and Exhibition on Traditional & Alternative Medicine

August 03-05, 2015 Birmingham, UK



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### Herbal medicine and acupuncture for psychiatric disorders: From empiricism to evidence

Over the past decade, herbal medicine and acupuncture have been increasingly used to treat psychiatric diseases. Numerous herbal preparations, products and natural compounds have been tested for psychotropic potentials in laboratory and clinical settings. At the same time, acupuncture is well demonstrated to have benefits in treating anxiety, depression, insomnia, dementia and schizophrenia. In this symposium, several scientists will present their findings, including novel acupuncture therapy for depression and insomnia, and the use of herbal medicine for depression and sleep disturbance. This symposium also provides a platform with multidisciplinary professionals and research fields to share their respective knowledge and experiences and to develop new ideas in the use of herbal medicine and acupuncture to prevent and manage mental disease.

### 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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