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9th International Congress on Traditional Asian Medicines, Germany, 6th – 12th August.

It is my pleasure to attend the 9th International Congress on Traditional Asian Medicines in Kiel, Germany with the support of Royal Biology Society. The conference included a wide range of research areas from anthropology, philosophy and history to pharmacology, biochemistry and botany to understand human wellbeing with full spectrum.

Attending this conference would be excellent to inspire my research project from different viewpoints and my work would become more comprehensive. I know Royal Biology Society has been always very supportive to the subjects related biology including plant science to human wellbeing and I am very honoured to be one of the recipient of the AMRSB Travel Grant.



At the 9th International Congress on Traditional Asian Medicines.

In the conference, I attended different lectures and workshops. It included a lot of interesting content such as the correlation between body status and body temperature and the biodiversity of herbs used in different areas. These helped to develop my research methodology and offered a different angle to understand the relationship between biology and human science.

I also presented my ongoing PhD work about the herbal medicine quality and the chemical variation among market products. Currently, the popularity of herbal medicines or natural supplements have been increasing and our understanding of these products is still limited. That's why I want to pursue my career in this area focusing on how herbal medicine can contribute to human wellbeing. My project results show that traditional processing contradicts current understanding of therapeutic activity in Danshen, one of the Chinese medicines used to treat circulatory diseases. Furthermore, less than 25% of Danshen products sold in online stores or pharmacies are of "good quality". It shows that the industry lacks understanding on how to process herbal medicines in the best way for human wellbeing.



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During the conference, I had a good discussion with other scientists and anthropologists and they were also very interested in my topic. We continued the conversation until the end of the conference. This conference has strengthened my social and academic network and I have learnt many research methodologies from other scholars. This was thanks to the support from Royal Biology Society for offering such a great opportunity to broaden my horizon.