

Association of practitioners of Traditional Chinese medicine “Tong Da Tang  
TCM”, Skopje



## **BOOK OF ABSTRACTS**

2nd International Symposium of Traditional Chinese Medicine, Skopje, North  
Macedonia

*“Promote internationally the development of high-quality Traditional Chinese  
Medicine, develop higher education, improve the advanced Traditional  
Chinese Medicine industry chain and serve people's health”*

17<sup>th</sup> April 2024, Skopje

*2nd International Symposium of Traditional Chinese Medicine, Skopje, North Macedonia*

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## Content

### Invited lectures

- 1. Prof. d-r Ace Milenkovski Ph.D**, Rector of University of Skopje  
“Urgent Reforms Needed in Macedonian Education System: A Call for Comprehensive Overhaul.....9
- 2. Academician Prof. d-r Valentin Mircheski PhD**, Macedonian academy of sciences and arts, North Macedonia  
“Water: From science to Traditional Chinese Medicine “.....10
- 3. Prof.d-r Liu Jingfeng Ph.D**, Dean of International education college, Director of International cooperation department, Liaoning University of Traditional Chinese Medicine, P.R.China  
“Comparative Study on Higher Education of Traditional Chinese Medicine between China and Europe: A Case Study of Liaoning University of Traditional Chinese Medicine” .....11
- 4. Prof.d-r Zhang Huiyong, Ph.D, M.D**, Director of the Hematology Department at Laioning University of TCM Hospital, Chief Physician, Prof.Master’s Degree Advisor, Liaoning University of Traditional Chinese Medicine, P.R.China“Traditional Chinese Medicine, "Time-Tested Treatments for Modern Psychological Disorders with Significant Results “..... 12
- 5. Prof.d-r Jana Ilieva, Ph.D**, University of Skopje, Skopje  
“Navigating Legal Aspects of Health Management: A Simplified Overview” .....14
- 6. Ass. Prof. Blagica Arsovska Ph.D, MD**, Director of Center of Traditional Chinese medicine “Tong Da Tang” Skopje, University of Skopje  
“Effects of acupuncture in the treatment of hypothyroidism and hyperthyroidism” ..... 16

**7. Aco Todosovski, MA,**

“Integration of Traditional Chinese Medicine (TCM) in Promoting Workplace Safety” .....17

**8. Roger Doan Van Hay**

“Introduction of qigong to the Skopje Red Cross Programme for elderly people” .....19

**9. Prof.d-r Jihe Zhu, Ph.D,** University of Skopje, Center of Traditional Chinese medicine “Tong Da Tang” Skopje

“The current status and significance of TCM development in North Macedonia” .....21

## **Urgent Reforms Needed in Macedonian Education System: A Call for Comprehensive Overhaul**

**Prof. Ace Milenkovski, PhD**

University of Skopje

### **Abstract:**

The present deficient and dire state of Macedonian education is inextricably tied to the imperative need for comprehensive and intricate reforms. These reforms encompass a spectrum of initiatives, including but not limited to: the establishment of robust legislation and strategic frameworks, the cessation of the deleterious Concept for Primary Education, the maintenance of cohesive curricula, the provision of high-caliber textbooks and educators, the tangible allocation of financial resources for education, with particular emphasis on essential digitization, and the enhancement of conditions conducive to scientific advancement and the harmonization of labor market dynamics. Educational and pedagogical endeavors must be in alignment with contemporary scientific breakthroughs, emerging technologies, and modes of global communication, while remaining rooted in the bedrock of national values, traditions, culture, and historical continuity. A complete overhaul, akin to a "reset", is imperative for Macedonian education, spanning from tertiary education down to primary schooling. These tiers of education are inherently interconnected, particularly in the realm where higher education intersects with teacher training. Consequently, adherence to modern European educational standards must become a paramount concern and a core objective for any governing entity following electoral processes. While acknowledging the arduous nature of this transformative journey, it is imperative to set the course correctly from the outset, as rectifying ensuing missteps will prove increasingly challenging over time.

Keywords: Macedonian education, reforms, digitization, science development, labor market, European standards



## **Water: From science to Traditional Chinese Medicine**

**Valentin Mirceski, Ph.D**

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Lodz, Poland

### **Abstract:**

Water is a ubiquitous compound that unites both living and non-living elements on planet Earth. It is reasonable to assume that water played a central role in the creation of life and continues to play an essential role in its maintenance today. A fascinating aspect of water is that approximately 99% of all molecules in an average human body are water, leading to the metaphor "life is water."

This lecture will delve into the molecular structure of water and its anomalous physical properties. We will explore a range of peculiar experiments that challenge our current scientific understanding of water's structure. Novel experimental findings will be presented, highlighting the need for a revision of existing theories, particularly concerning interfacial water in contact with hydrophilic entities and water's structure at the cellular level.

In addition to its omnipresence in the physical world, water holds a fundamental role in many spiritual and religious systems, suggesting its exceptional importance for the human spirit. Therefore, an overview will be provided of water's role in various spiritual and religious systems, particularly in alternative and Traditional Chinese Medicine.

Keywords: water, traditional Chinese medicine, science

## **Comparative study on higher education of Traditional Chinese Medicine between China and Europe: A case study of Liaoning University of Traditional Chinese Medicine**

**Liu Jingfeng, Ph.D**

Dean of International education college

Director of International cooperation department, Liaoning University of Traditional Chinese Medicine, P.R.China

### **Abstract:**

This article aims to conduct a comparative study on the higher education of traditional Chinese medicine (TCM) between China and Europe, with a specific focus on Liaoning University of Traditional Chinese Medicine as a representative example. The study explores the similarities and differences in TCM higher education systems, curriculum design, teaching methods, and international cooperation between the two regions. It highlights the unique characteristics and strengths of Chinese TCM higher education while acknowledging the progress and innovations in European TCM higher education. This comparative analysis provides valuable insights for enhancing the internationalization and quality of TCM higher education, promoting cultural exchange and cooperation between China and Europe in this field.

Keywords: Traditional Chinese Medicine, study, comparative

## **Traditional Chinese Medicine: Time-Tested Treatments for Modern Psychological Disorders with Significant Results**

### **Prof.d-r Zhang Huiyong, Ph.D, M.D**

Director of the Hematology Department at Liaoning University of TCM Hospital, P.R.China  
Chief Physician, Prof.Master's Degree Advisor, Liaoning University of Traditional Chinese Medicine, P.R.China

### **Abstract**

The ancient medical wisdom of China, a treasure trove of knowledge refined through millennia, holds remarkable potential in addressing contemporary health issues, including psychological disorders such as anxiety and depression. This symposium explores the efficacy of traditional Chinese medicine (TCM) practices in treating modern psychological conditions, supported by empirical evidence.

Traditional Chinese medicine encompasses a broad range of practices, including herbal medicine, acupuncture, tuina (massage), dietetics, etc. Central to TCM is the concept of Qi, the vital energy that circulates through the body, whose imbalance is believed to cause diseases. TCM practitioners aim to restore this balance, thus promoting physical and mental well-being.

Anxiety and depression, two prevalent mental health issues in the modern era, have been the focus of several studies examining the effectiveness of TCM. A meta-analysis published in the *Journal of Affective Disorders* in 2019 reviewed 26 randomized controlled trials involving 2,058 participants. The study found that acupuncture, combined with standard Western medicine, was more effective in reducing the severity of depression compared to Western medicine alone. Similarly, another systematic review and meta-analysis published in the same journal in 2020 analyzed the impact of acupuncture on patients with generalized anxiety disorder (GAD). The findings suggested that acupuncture could significantly reduce anxiety levels compared to conventional treatments.

Herbal medicine, another pillar of TCM, has also shown promise in treating psychological disorders. A notable example is the use of Xiaoyao San, a traditional herbal formula, which has been studied for its anti-depressive effects. Research published in the BMC Complementary Medicine and Therapies in 2023 demonstrated that Xiaoyao San could effectively improve symptoms of depression and anxiety by modulating the hypothalamic-pituitary-adrenal (HPA) axis, a central stress response system.

In the past six months, we have utilized the Beck Anxiety Inventory (BAI) for data analysis in our clinical outpatient department. Currently, we have gathered data from over 300 assessments, with 200 patients exhibiting anxiety levels at grade three and four. These patients underwent treatment combining herbal medicine and massage therapy, resulting in significant improvement. Following two to three months of follow-up treatment, nearly 80% of patients experienced a decrease of one to two anxiety levels.

Moreover, lifestyle and dietary recommendations in TCM, emphasizing balance and harmony with nature, contribute to mental health. Practices such as mindfulness meditation, derived from ancient Chinese philosophies, have gained global recognition for their benefits in reducing stress and improving mood.

Despite these promising findings, it is crucial to approach the integration of TCM into modern psychiatric treatment with caution. The quality of studies and the standardization of TCM practices vary, highlighting the need for more rigorous research to validate these ancient techniques' efficacy and safety. Nonetheless, the existing evidence underscores the potential of TCM as a complementary approach in treating psychological disorders, offering a holistic alternative that addresses the mind, body, and spirit.

## **Navigating Legal Aspects of Health Management: A Simplified Overview**

**Prof. Jana Ilieva, PhD**

University of Skopje

### **Abstract:**

The management of healthcare entails the adept handling of an array of legal intricacies that significantly influence the provision and regulation of services. Primarily, the foundation of healthcare practices is intricately interwoven with the fabric of laws and regulations. From the delineation of licensing prerequisites for healthcare professionals to the meticulous governance of healthcare facilities, adherence to legal frameworks is imperative to uphold the standards of quality care and ensure the safety of patients. Furthermore, liability constitutes a paramount concern within the sphere of health management. Healthcare providers are tasked with the onerous responsibility of navigating the potential legal ramifications associated with patient care, encompassing the specter of malpractice claims and allegations of negligence. The formulation of lucid guidelines and steadfast adherence to standards of practice serve to mitigate these risks, thereby affording protection to both patients and providers alike.

Moreover, the preservation of patient privacy emerges as another pivotal facet of health management. It is incumbent upon healthcare entities to meticulously uphold the sanctity of patient confidentiality in alignment with prevailing privacy laws and regulations, thereby safeguarding the integrity of sensitive medical information.

Additionally, the fiscal dimension assumes considerable significance in the realm of health management. Decisions pertaining to healthcare are invariably influenced by financial considerations, encompassing reimbursement policies, insurance coverage, and billing practices, which exert a palpable impact on the financial viability of healthcare services and impinge upon patients' access to care.

*2nd International Symposium of Traditional Chinese Medicine, Skopje, North Macedonia*

Comprehending and addressing the multifaceted legal underpinnings are indispensable prerequisites for the efficacious management of healthcare. Collaborative endeavors between policymakers, healthcare professionals, and legal experts are imperative to navigate the complexities inherent in this domain and ensure the delivery of healthcare services that adhere to stringent standards of quality and compliance.

Keywords: health management, legal aspects, regulations, licensing, liability, standards of practice,

## **Effects of acupuncture in the treatment of hypothyroidism and hyperthyroidism**

**Blagica Arsovska, Ph.D**

Director of Center of Traditional Chinese Medicine "Tong Da Tang" Skopje, RN.Macedonia

Assistant professor in University of Skopje, Skopje, RN.Macedonia

### **Abstract:**

Acupuncture can help regulate the immune system, bringing the immune response back into balance. The paper presents acupuncture treatment methods and drug treatment and compares the effectiveness and impact of these therapies in the treatment of hypothyroidism and hyperthyroidism in patients. The treated patients were divided into five groups, and then an analysis was made of the patient data, which treatment gave better results, which gender and which age group was more prevalent, which age group and gender showed better results, which drugs were used, which acupuncture points were used, duration of treatments, duration of the disease, differentiation of symptoms, presence of Hashimoto's syndrome, presence of struma nodoses and other parameters. Based on the results obtained, it can be concluded that acupuncture treatment is more effective and more commonly used in the treatment of hypothyroidism and hyperthyroidism. Acupuncture treatments work faster and are more effective at normalizing thyroid hormone levels. Just as Louis Pasteur said, "Science knows no borders, because knowledge belongs to mankind and is the torch that illuminates the world." The same is true for TCM. It is not only a knowledge system, but also a great way of thinking. Serve humanity and modern medical science more effectively. I strongly hope that in the near future, more young doctors and scientists will correctly master TCM knowledge, develop new ways of thinking in medical research, and demonstrate better clinical results.

Keywords: hyperthyroidism, hypothyroidism, Traditional Chinese Medicine, acupuncture

## **Integration of Traditional Chinese Medicine (TCM) in Promoting Workplace Safety**

**Aco Todosovski, MA**

Robotika Tim Ltd.

### **Abstract:**

The promotion of workplace safety is a critical endeavor aimed at safeguarding the well-being of employees and enhancing productivity. This abstract examines the potential role of Traditional Chinese Medicine (TCM) in complementing conventional safety measures within the workplace setting. Workplace safety initiatives traditionally focus on compliance with regulations, risk assessment, and the implementation of safety protocols. However, there is growing recognition of the holistic approach offered by TCM in addressing health issues and promoting overall well-being. TCM encompasses a diverse array of modalities, including acupuncture, herbal medicine, dietary therapy, and mind-body practices, which have been employed for centuries to restore balance and optimize health. Integrating TCM into workplace safety programs offers several potential benefits. Firstly, TCM modalities can help mitigate occupational health risks by addressing common workplace ailments such as musculoskeletal disorders, stress-related conditions, and fatigue. Acupuncture, for instance, has demonstrated efficacy in relieving pain and improving musculoskeletal function, making it a valuable adjunct to ergonomic interventions. Similarly, mind-body practices promote relaxation, reduce stress levels, and enhance mental resilience, thereby contributing to a healthier work environment. Furthermore, TCM emphasizes preventive strategies and personalized approaches to health maintenance, aligning with the principles of proactive risk management advocated in contemporary safety paradigms. By fostering individual empowerment and self-care practices, TCM empowers employees to take an active role in preserving their health and well-being, thereby reducing absenteeism, enhancing productivity, and fostering a culture of safety within the workplace. The



*2nd International Symposium of Traditional Chinese Medicine, Skopje, North Macedonia*  
integration of Traditional Chinese Medicine holds promise as a complementary approach to promoting workplace safety and enhancing employee health and well-being. By embracing the holistic principles of TCM and leveraging its diverse modalities, organizations can cultivate a safer, healthier, and more resilient workforce, thereby fostering a conducive environment for sustained productivity and success.

Keywords: Safety at work, Traditional Chinese Medicine (TCM), workplace safety, productivity

## **Introduction of qigong to the Skopje Red Cross Programme for elderly people**

**Roger Doan Van Hay**

### **Abstract:**

As part of the City Red Cross of Skopje, since September 2011 the project: “A day center for the elderly and a center for provision of assistance for older people in their homes” has been implemented. It got support from the Ministry of Labor and Social Policy and various private entities allowing the opening of three daily centers at Dare Dzambaz and at Red Cross Chair et Red Cross Saraj. The target group of this project is the elderly and frail people who live alone or with their spouses and have medical and psychosocial support at home conditions and the active elderly people who need socialization with a program of active aging in a form of a day center for elderly people.

The specific goals of the project are:

- Promotion of life quality, health, and psychophysical condition of the elderly;
- Meeting the health and social needs of the elderly;
- Socialization and enrichment of the level of education of the elderly;
- Promotion of active aging and active approach to life in old age;
- Promotion of volunteerism, involvement of citizens in voluntary work in the activities of the City of Skopje programs, and in the programs of other organizations offering social services.

In 2013 an “Introduction to Qigong” component was introduced. Its main goal is to improve the mental and physical health of the elderly people, as well as improving their socialization. It is a light and easy version program for taking care of the body and the mind. It includes :

- Self massage,
- Stretching qigong,

- Qigong to improve the vitality of the 5 organs

Presently with 178 people registered for Qigong and 100 actively participating in the training, it has the potential for further development.

Keywords: qigong, elderly, health

## **The current status and significance of TCM development in North Macedonia**

**Jihe Zhu**

Center of Traditional Chinese Medicine “Tong Da Tang”, Skopje

University of Skopje

### **Abstract**

Since the legislation in 2015, TCM's existence and development in the Republic of North Macedonia has entered a new stage. The existence and development of TCM in the Republic of North Macedonia is in line with the interests of the country and the people of the Republic of North Macedonia.

1. The existence and development of TCM in the Republic of North Macedonia not only promotes the further development of the friendship between the People's Republic of China and the Republic of North Macedonia, but due to the unique medical role of TCM, it has greatly reduced the burden on the medical system of the Republic of North Macedonia, saved its national budget, played a good role in the economic development of the Republic of North Macedonia, and also provided local employment for college graduates, preventing the loss of elite population and playing a positive role.

2. Treat and solve various difficult diseases, chronic diseases and epidemic diseases within the scope prescribed by WHO. It has cured a large number of patients during this epidemic and has played a protective role in the health of the people of the Republic of North Macedonia.

Traditional Chinese Medicine originates from China's 5,000-year-old civilization. It is not only part of the culture of the People's Republic of China, but also an important part of practical clinical application and scientific research and education. In the general environment of modern life, people's mental pressure in work and life has increased, resulting in a large number of difficult and complicated diseases that modern medicine

*2nd International Symposium of Traditional Chinese Medicine, Skopje, North Macedonia*  
cannot solve alone. The combination of modern medicine and TCM is complementary and can solve these problems, playing a huge role in public health, scientific research, and higher education. These achievements can be found in international medical literature journals. Although the government of the Republic of North Macedonia is very supportive of the development of TCM, issues related to administration still exist. As a result, during the nine year period since the "KAM Law" was enacted in 2015, matters related to TCM and this law have not been taken seriously and dealt with. This has affected the development of TCM in the Republic of North Macedonia, and the scientific and professional authority of TCM has not been at least taken seriously and respected. This has led to the slow development of TCM in the Republic of North Macedonia. So far, 1/4 of the people in the Republic of North Macedonia have become the beneficiaries of the health and medical treatment provided by the "Tongdatang Traditional Chinese Medicine Center". These patients have spent their entire life fighting against diseases at the "Tongdatang Traditional Chinese Medicine Center". An extraordinary experience. I hope that under the appeal of the general public, the administration will take the work related to TCM development seriously from the perspective of national health. In addition, traditional Chinese medicine not only plays a huge role in protecting health, it is also one of the most valuable professions for young doctors. The entry threshold is relatively lower than other medical industries, the initial investment is small, and it is cost-effective. , easy to start, easy to succeed. It is suitable for survival and development in the Republic of North Macedonia and avoids the migration path of leaving home. At the same time, as an honor and pride, it can also contribute to the construction and development of the Republic of North Macedonia.

"The 2nd international symposium of TCM in SK Republic of North Macedonia" will provide young doctors with excellent programs to successfully become high-quality TCM doctors by receiving formal follow-up higher education.

I wish the young doctors a noble career, and I wish the people of the Republic of North Macedonia enjoy higher quality health protection.

