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School of Chinese Medicine,
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CONTACT INFORMATION

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ACADEMIC QUALIFICATIONS

Bachelor of Medicine, Shanghai University of Traditional Chinese Medicine
Ph. D. of Medicine, Hubei University of Traditional Chinese Medicine

POSITIONS HELD

2016 - present Principal Lecturer, School of Chinese Medicine, The University of Hong Kong, Hong Kong
2006 - 2016 Teaching Consultant, School of Chinese Medicine, The University of Hong Kong, Hong Kong
2003 - 2006 Lecturer, School of Chinese Medicine, The University of Hong Kong, Hong Kong
1999 - 2003 Lecturer of Chinese Medicine, Chinese Medicine Division, School of Professional and Continuing Education, The University of Hong Kong
1998 -1999 Chinese Medicine Practitioner, Clinic of Acupuncture & Moxibustion and Chinese Medicine
1984 -1994 Assistant Lecturer, Lecturer and Doctor in charge of a case, Shanghai Second Military Medical University and her affiliated hospital

RESEARCH INTEREST

- Clinical application of acupuncture and Chinese herb treatment on common illness, pain relief, sleeplessness, menopause syndrome, Infertility and chronic fatigue syndrome.

SELECTED PUBLICATIONS

In Chinese

1. 姚韜敏, “Research on the Prevention and Treatment of Sub-health by Acupuncture and Moxibustion”, Chinese Medicine 2018, (2018)
2. 姚韜敏, “Clinical Application of Bloodletting Treatment of Lumbar Disc Hemiation”, The 13th World Congress of Chinese Medicine, (2016)
3. 姚韜敏, “Acupuncture Combined with Herb Treatment of the Infertility: A report of 3 cases”, International Symposium on Traditional Chinese Medicine, San Francisco 2015
4. 姚韜敏, 吳兆文等, Acupuncture for chronic fatigue syndrome: a randomised, sham-controlled trial with single-blinded design, Alternative Therapies in Health and Medicine, 19(4), 21-26, (2013)
5. 姚韜敏, “Research on the Life Events of Patients with Eczema and the Proposal of Corresponding Acupuncture Treatment”, 12th Meeting of Consortium for Globalization of Chinese Medicine (CGCM), (/ 2013)
6. 姚韜敏, and Luo W.J. 中藥熱敷治療退行性膝骨關節炎的臨床觀察, 香港中醫雜誌, 8(3), 25-26, (2013)
7. Yiu YM, “Acupuncture Combined with Herb Treatment of Endometriosis Dysmenorrhea”, 第四屆中醫婦科國際學術大會論文集, 218-219, July 2011
8. 姚韜敏, Ng SM and Chen YL. “穴位熱敷治療慢性疲勞綜合征 28 例臨床觀察”, World Chinese Medicine. 2010; 5 (5): 351-352
9. 姚韜敏, , Ng SM and Chen YL. 穴位熱敷對慢性疲勞綜合征氣虛疼痛的影響, Hong Kong Chinese Medical Journal. 2010; 5 (3): 55-56.
10. 姚韜敏, Tuina Educational Reform and Practice, CHANGCHUN ZHONGYIYAO DAXUE XUEBAO, 28, 753, (2012)

11. 姚韜敏, “The Thoughts and Methods for Clinical Research on Acupuncture Treatment of Chronic Fatigue Syndrome”, *Journal of Traditional Chinese Medicine*, 2007, 27(3), 163-165
12. 姚韜敏, 吳兆文, 徐燕齡, 陳日龍等. 針刺治療香港地區慢性疲勞綜合症的臨床研究, *中西醫結合學報* 2007; 5(6) 630-633
13. 姚韜敏; “The Thoughts and Methods for Clinical Research on Acupuncture Treatment of Chronic Fatigue Syndrome” *Journal of Traditional Chinese Medicine* 2007; 27(3): 163-165
14. 姚韜敏, 邱明義, 等, 香港地區慢性疲勞綜合症與中醫證型的流行病學調查, *香港中醫雜誌* 2006; 1(1): 27-29
15. 姚韜敏, 邱明義, 等, 香港地區慢性疲勞綜合症的初步調查與中醫病機探討, *中西醫結合學報*, 2005, 3(5): 359-362
16. 姚韜敏, 邱明義, 等, 中藥治療香港地區慢性疲勞綜合症的臨床觀察, *上海中醫藥雜誌* 2005, 39(6), 12-13
17. Yiu YM, Ting HD. “Clinical Observation on Treatment of Cervical Spondylosis with the Auricular-seed-pressing Therapy and Massage”, 2005 香港國際耳穴診治暨美容保健研討會, Conference Presentation, Conference Proceedings: 28-31, 2005, Hong Kong.
18. 姚韜敏, 丁曉東, 等。慢性疲勞綜合症的中醫辨証食療, *3rd International Conference on Oriental Food*, Conference Proceedings: 27-28, in Aug 7, 2005, Hong Kong
19. 俞超芹, 翟美芙, 姚韜敏, 等, 子宮內膜異位症患者性週期β-內啡變化及中藥內異方對其的影響, *中國中西醫結合雜誌*, 1995, 15(1), 6-8
20. 姚韜敏, 胡增珍, 等, 20%川芎液穴位注射加頭針治療偏癱 38 例療效觀察, *中國上海第二軍醫大學中醫、中西醫結合研究論文匯編(1988 年度)*

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聯絡方法

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學歷

上海中醫藥大學醫學學士
湖北中醫藥大學醫學博士

職務

| | |
|-----------------|-------------------|
| 2016 年-至今 | 香港大學中醫藥學院首席講師 |
| 2006 年 - 2016 年 | 香港大學中醫藥學院教學顧問 |
| 2003 年 - 2006 年 | 香港大學中醫藥學院講師 |
| 1999 年 - 2003 年 | 香港大學 SPACE 中醫講師 |
| 1998 年 - 1999 年 | 香港上海中醫針灸聯合醫館中醫師 |
| 1984 年 - 1994 年 | 上海第二軍醫大學附屬醫院助教，講師 |

研究領域

慢性疲勞綜合症、各種痛症、失眠症、更年期綜合症及不孕症的中醫藥及針灸臨床研究

主要代表性論著

1. 姚韜敏, “Research on the Prevention and Treatment of Sub-health by Acupuncture and Moxibustion”, Chinese Medicine 2018, (2018)
2. 姚韜敏, “Clinical Application of Bloodletting Treatment of Lumbar Disc Hemiation”, The 13th World Congress of Chinese Medicine, (2016)
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報 2007; 5(6) 630-633

13. 姚韜敏; “The Thoughts and Methods for Clinical Research on Acupuncture Treatment of Chronic Fatigue Syndrome” *Journal of Traditional Chinese Medicine* 2007 ; 27(3) : 163-165
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15. 姚韜敏, 邱明義, 等, 香港地區慢性疲勞綜合症的初步調查與中醫病機探討, *中西醫結合學報*, 2005, 3(5): 359-362
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