

CGCM AUSTRALIAN REGIONAL GROUP 2026 ANNUAL REPORT

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COMPLEMENTARY MEDICINE IN AUSTRALIA

- Approximately 75% of Australians use some form of complementary medicine products or therapies, making Australia one of the world's largest per-capita users.
- Australia was the first Western country to formally regulate Chinese medicine practitioners through a national registration and accreditation system.
- Complementary medicine products are regulated by the Therapeutic Goods Administration (TGA) as therapeutic medicines, not foods or dietary supplements.
- Australian universities and research institutes, such as NICM, are internationally recognised for conducting high-quality research in complementary medicine.
- Australia is home to a strong complementary medicine manufacturing sector, with GMP-certified facilities producing high-quality products for domestic use and export.

AUSTRALIA'S COMPLEMENTARY MEDICINE MANUFACTURING INDUSTRY AT A GLANCE



TCIM RESEARCH AT NATIONAL INSTITUTE OF COMPLEMENTARY MEDICINE (NICM), WESTERN SYDNEY UNIVERSITY



- Established 2007 by the Australian Government as independent agency
- One of largest integrative medicine research facilities in the West
- Located at Westmead Precinct with connectivity to 4 hospitals and 6 major research institutes
- Impact and quality - ERA 5 ranking over the last three consecutive triennium
- Key research programs
 - Preclinical program
 - Clinical trial program
 - Translational research program

PRECLINICAL RESEARCH PROGRAM

- TGA-licensed Analytical chemistry and CoA for herbal products
- ODC-licensed medicinal cannabis laboratory
- Pharmacokinetic and pharmacodynamic studies, e.g.,
 - Synergy research on complex herbal formations
 - Postbiotics in cancer
- Independent testing and research services:
 - Formulations and dosage form design
 - Pharmacokinetic studies and bioavailability
 - Stability testing
 - Herbal synergy; herb-drug interaction studies
 - Mechanistic studies



NATURAL PRODUCTS R&D AND MANUFACTURING



NATURAL PRODUCT R&D

- Herbal medicine extraction and formulation laboratory to establish efficient and cost-effective extraction and formulation methods leading to new intellectual property.

TGA-LICENSED GMP MANUFACTURING FACILITY

- Designed to accommodate clinical trial batch production .
- Small batch pharmaceutical and nutraceutical production to support SMEs.
- Advanced pharmaceutical manufacturing training.

CLINICAL TRIAL PROGRAM

- World-class clinical research team and facility provide Phase II and III clinical trials, CRO services, bioavailability studies and cardiovascular and neurological function testing
- Scope of NICM's clinical trial program - Herbal medicine, medicinal cannabis, nutraceuticals, acupuncture, yoga, tai chi, etc
- Key areas of interests
 - Cognitive impairment and mental health, e.g, MCI, vascular dementia
 - Cardiovascular and metabolic diseases
 - Women's health – endometriosis, dysmenorrhea, infertility
 - Oncology – side effects associated with chemo- and radio-therapies
 - Others, e.g., OA, IBS, cold sores



TRANSLATIONAL RESEARCH PROGRAM

- Integrative health care practice and research – WSIH clinic
- Evidence summary, systematic review and meta-analysis
- Development of practice guidelines for integrative care
- World Health Organisation education, regulation and research policies for traditional medicines in our region
- Commercialisation services to assist industry in research planning and product registration in major international markets
 - Safety monographs
 - Scientific evidence summaries and gap analysis
 - International regulatory guidance assisting industry
 - Cost-effectiveness studies



TICM RESEARCH AT SCHOOL OF PHARMACY UNIVERSITY OF SYDNEY

CM-Drug Interaction Database

15-year industry collaboration ~1000 evidence-based monographs for clinicians

The interface between CMs and pharmacy practice

10-year collaboration with University of Macau ~10 publications

The effects of Nicotinamide Mononucleotide (NMN) on NAD⁺ concentrations, the GI microbiome, and cardiometabolic biomarkers
Industry collaboration – 6-month RCT (in progress)

Ongoing clinical projects in probiotics and prebiotics; TICM use in cancer survivorship; Nutri-vigilance (vitamin B6 exposures); Informed Health Choices - TICM (WHO project)



CHINESE MEDICINE RESEARCH AT RMIT UNIVERSITY

RCTs

- Electroacupuncture and mindfulness for weight loss
- Acupuncture for comorbid depression and insomnia in perimenopause
- Acupressure for allergic rhinitis
- Qigong for quality of life in patients with cancer

Implementation studies

- Patient experiences in using digital technologies for long COVID
- Exploring the Implementation of Acupuncture and Acupressure (AA) Practice in Australian Perioperative Care
- PANDA project (Personalised Acupuncture in Northern emergency Department for Acute pain)

Network pharmacology

- Danggui Beimu Kushen Wan for prostate disorders
- Guizhi Fuling Wan for menopausal hot flushes
- Huangqi Guizhi Wuwu Tang for stroke-related numbness and weakness
- RCM107 for weight loss
- Lingzhi for lung cancer





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