

中華本草 Chinese Materia Medica

THE HIDDEN STORY
OF HEALING PLANTS

Two out of three Australians use complementary and alternative medicine, with traditional Chinese medicine being a top choice. This includes acupuncture, Chinese herbal medicine, and other traditional forms of therapies. Australia is the first Western country to regulate the practice of Chinese medicine as part of the national health regulatory scheme, creating a fascinating blend of ancient heritage and modern health practice. Through some landmark collaborations, Western Sydney University leads the way in exploring this heritage, aiming to bring Chinese medicine to millions of people around the world.

From 28th
Century B.C.
Shennong
to today

Come & see how the story unfolds!

Exhibition
6 – 20 July 2023

Royal Botanic Garden Sydney

Victoria Lodge
Mrs Macquaries Road Sydney



北京中医药大学
BEIJING UNIVERSITY OF CHINESE MEDICINE



BOTANIC
GARDENS
OF SYDNEY



中華本草 Chinese Materia Medica

THE HIDDEN STORY
OF HEALING PLANTS



Chinese Medicine Centre

Plants have, for thousands of years, remained a critical wellspring of medicines, shaping our health and everyday lives.

Welcome to *Chinese Materia Medica: The Hidden Story of Healing Plants*, an unprecedented exhibition that leads you on a voyage into the fascinating, varied universe of traditional Chinese medicine.

Chinese materia medica, also known as Chinese herbal medicine, carries a historical legacy and remains integral in global healthcare. This exhibition is your portal to discovering its rich heritage, wisdom, and holistic approaches.

Whether you're a wellness enthusiast, a healthcare practitioner, or simply intrigued by alternative healing methods, this event promises an array of insights. You will explore enlightening exhibits, participate in informative workshops, and immerse in traditional Chinese culture. This holistic experience will equip you with practical knowledge and skills in this field.

Join us on a fascinating journey through our exhibition that brings the world of Chinese herbal medicine to life.

EMAIL
chinesemedicine@westernsydney.edu.au

Captivating Displays



NATURE'S DISPENSARY

View an exquisite collection of Chinese herb specimens and product, displaying the assortment and healing properties of these botanical wonders.

ANTIQUE PRESCRIPTIONS

Appreciate the simple beauty of Chinese medicine prescriptions penned by traditional practitioners from yesteryear.

BOTANICAL POSTERS

Indulge in the beauty and importance of Chinese medicinal plants through intricate botanical illustrations.

VIDEO HERBSCAPE

Explore the rich heritage of the plants, unveiling their traditional uses and contemporary applications.

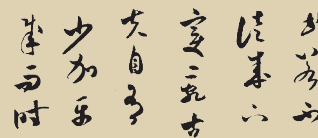
ARTWORK BY MR DAPENG LIU

Experience the fusion of art and Chinese philosophy, expertly crafted by a three-time Archibald Prize finalist, showcasing the profound connection between humanity and nature.

TIME
7:30am - 4:30pm, every day throughout the exhibition

LOCATION
Room 1-3, Victoria Lodge

Interactive Workshops



CHINESE LANGUAGE WORKSHOP

Our student volunteers from the Bachelor of Traditional Chinese Medicine program at Western Sydney University (WSU) will guide you through the intriguing world of the Chinese language and its links to health and well-being concepts embedded in traditional Chinese medicine. Registration is not required.

TIME
11:00am - 11:45am and 2:00pm - 2:45pm, every day throughout the exhibition

LOCATION
Room 3, Victoria Lodge

CHINESE CALLIGRAPHY

Step into the world of Shu Fa, or Chinese calligraphy, an artform cherished for its beauty and meditative quality, deeply entrenched in Chinese tradition.

In this workshop, our dedicated student volunteers will assist you in discovering the four treasures of Chinese calligraphy: the brush, ink, paper, and inkstone.

TIME
On-demand during the exhibition from 1:00pm - 1:45pm on Tuesdays, Thursdays, and Saturdays

LOCATION
Room 3, Victoria Lodge

Special Program



Enjoy the demonstration of traditional Tai Chi and/or Baduanjin amidst the garden's serene setting.

PERFORMER
Associate Professor Yanbing Hu
Associate Professor Kang Wang
Beijing University of Chinese Medicine

TIME
10:00am - 10:45am
3:00pm - 3:45pm
Monday to Sunday, weather permitting, throughout the exhibition

LOCATION
Lawn 35/36

Herb Hunter's Quest

Calling all budding herbalists!

Discover a variety of Chinese herbs cleverly hidden in the Royal Botanic Garden Sydney.

For every successful find, you will have the choice to select a fascinating book on Chinese medicinal plants or a finely crafted bookmark set as keepsakes.