

A Practical Methodology of Clinical Test, “Self And Then Volunteer Test”

¹YEUNG Ming Fai

I. SAFACURA

Abstract

A practical methodology of clinical test, named “Self And Then Volunteer Test”, was introduced to scientists and researchers to develop their research in order to save more resources and animal lives.

Introduction and content

Traditionally, drug is discovered by *in-vitro*, *in-vivo* and then clinical researches. A practical methodology of clinical test, named “Self And Then Volunteer Test”, was introduced. This is done by self-testing to know the efficacy and toxicity and then promote to others.

Recently, Dr. Shirley Cheung was tried and tested 2,000-3,000 cosmetic products and encouraged her 'rat' team to try for the purpose of finding out what effective products are, for sharing and promotion. [1] A research of trying and testing an anti-acne product from SAFACURA was carried out by self-testing and then tested by volunteer. [2]

This methodology saves a lot of resources by *in-vitro* and *in-vivo* studies and the most important is to save a lot of animal lives by toxicological studies.

This article is published to introduce a method in order to let scientists and researchers to think thoroughly before doing any animal test.

Conclusion

A practical methodology of clinical test, named “Self And Then Volunteer Test”, was introduced.

References

- [1]. Shirley Cheung. Book Release Presentation. July 2011. <http://www.youtube.com/watch?v=b9pcaNg2FHM>
- [2]. YEUNG Ming Fai. Clinical Test of Anti-Acne Product from SAFACURA. *Natura Proda Medica*, 2011, 4: 2.