

CANCER – THE TCM PERSPECTIVE

Also, see **CANCER- WESTERN PERSPECTIVE, TEACHINGS, HEALTH AND DISEASE**

Based on CANCER TREATMENT WITH FU ZHENG PEI BEN PRINCIPLE, Pan Mingji, MD,
Fujian Science and Technology Press, Fuzhou, 1992. (ISBN 7-5335-0581-6)

3 approaches:

Western therapy only

TCM (Traditional Chinese Medicine) therapy only

Combined approach

Fu zheng pei ben

fu zheng = support *zheng qi*

(normal healthy *qi* of body)

pei ben = bank up (cultivate) the root

(strengthen resistance against disease)

Nei Jing says:

“The asthenic (deficient) should be tonified, the overstrained should be warmed, and the injured should be helped.”

Historical roots:

Zhang Zhongjing: many formulas to tonify *qi* and blood, nourish *yin* and warm the *yang*.

Zhu Danxi: nourish *yin*

Li Dongyuan: “when the spleen and stomach are injured, all diseases can happen.”

Zhang Jiebing (Jingyue) (1624): nourish with warmth.

Cancerous tumors mentioned in:

Yin Dynasty (1700-1100 BCE) on oracle bones. (*liu*, tumor)

Zhou rituals (11th c. BCE), Yang doctor is one who treats tumors

Liu Xi, Han dynasty (206 BCE – 25 CE) described tumors

Fu zheng pei ben (fzpb)– articulated by Dr. Pan Mingji (b. 1933). Fuzhou.

Carcinogens may trigger cancer, but it is individualized as to who actually gets it. Always an underlying:

- Deficiency of *qi* and/or blood
- Low immune system
- Internal *zang-fu* imbalance

Those that do not get it:

- Normal levels of *qi* and blood
- Normal or strong immune system
- Zang fu* in balanced

Chemotherapy, radiation and surgery injure the *qi*, lowers immune function.

If integrated with FZPB approach, reduces side effects and enhances therapeutic effect.

In elderly, or very sick, combination will relieve discomfort, prolong lifespan, improves quality of life.

Benefits of western therapy:

- Excises cancerous tumor
- Relieves compression and obstruction
- Inhibits cancer growth and proliferation (chemo)
- Destroys cancer cells (radiation)
- Provides symptomatic relief, esp. pain.

Also, understands molecular nature of cancer.

Combined approach is best.

TCM Etiology

Influence of both external and internal factors.

Causes disharmony at certain points or areas, precipitating pathological and physiological changes, manifesting as tumor or extreme dysfunction.

Causes weakening of *qi* and blood, *zang-fu* imbalance, emotional changes, weakens bodily resistance.

Cancer is essentially a *qi* deficiency.

1. Emotional stress weakens associated *zang fu* organ.

Prolonged emotional stress can lay the foundation for cancer.

Rage > liver

Over excitement > heart

Grief and sorrow > lungs

Fear > kidney

Obsession > spleen

Affects *qi*, blood, organs, and channels.

2. Damage to *zang fu*.

Usually imbalance of spleen or kidney is involved in cancer.

This affects: nervous system, psyche, endocrine function, blood quality.

Origin of *qi* deficiency.

3. Disharmony of *qi* and blood.

This occurs when one is defective, and it affects the other.

Stagnation of *qi* > stagnation of blood.

Prolonged stagnation creates tumor.

Deficiency of *qi* > deficiency of blood.

This leads to weakened immune system.

4. Exogenous pathogens.

Seasonal pathogens, the “six pathogenic *qi*”:

Wind, cold, summer heat, dampness, dryness, fire

Pathogenic microbes included as heat toxins.

5. Inappropriate diet.

a. Food too hot, too cold or roasted; or excessive alcohol.

Causes esophagus and stomach cancer.

b. Dairy and greasy or fatty foods.

Causes colon, ovary, breast cancer.

c. Salted, pickled, or smoked fish.

Causes stomach cancer.

d. Irregular meals, overeating, eating too fast, eating while squatting.

Injures stomach and spleen.

Affects digestion, absorption, and distribution.

This affects *qi* and blood in the channels, and leads to stagnation.

PRINCIPLES OF TREATMENT (Combined approach)

1. Combine differentiation of syndrome with differentiation of disease

a. Know western classification: site of lesion, stage of illness, degree of cellular differentiation.

b. Observe TCM differentiation, especially during course of illness by symptom, pulse and tongue. Main differentiations (when taking western therapy) are:

1) Disharmony of liver and stomach

2) Deficiency of *yang* with cold in stomach or spleen

3) Stagnation of phlegm-damp

4) Deficiency of *qi* and blood

2. Differentiate *yin* and *yang*, deficiency and excess

a. *Yang* = heat, excess, surface

b. *Yin* = Cold, deficiency, interior

3. Differentiate part and whole

Pay attention to local area, but always pay attention to whole body. Attack local cancer, but always treat whole body: *qi* and blood, *yin* and *yang*, organs and channels.

4. Differentiate root and branch

- a. Root means root cause of the disease. For example, the lung tumor is the root, the branch is coughing, wheezing, thirst, fever, etc.
- b. Treat root consistently, treat branch only when symptoms are severe or acute.
- c. Avoid western intervention until body is strong, esp. *yin* and *yang* imbalance.
- d. Use TCM to counter western therapy, esp. to build quality and strength of *qi* and blood.

PRINCIPLES OF TCM TREATMENT

1. Support *qi*, strengthen body resistance. This is most important principle.

2. Activate blood, relieve blood stasis.

- a. This same principle is applied to:

Coronary heart disease

Liver cirrhosis

Chronic nephritis

Gynecological disease

Traumatic injury

Newborn ABO incompatibility

- b. In TCM, all cancer involves blood stasis

There is a marked accumulation of fibrinogen and platelets around tumors

Think of it as “hyper-coagulation”

Common to have purple tongue, petechiae, poor nail color response

Microcirculation is diminished

- c. Treatment of blood stasis significantly improves success of surgery, radiation and chemotherapy
- 1) Surgery injures normal tissue, inhibits microcirculation, and causes spasms in micro-arteries. Healing becomes delayed, and leads to adhesions and keloid. Promotes metastasis.
 - 2) Invigorating blood improves microcirculation, reduces inflammation, restores degeneration in connective tissue. Reduces metastasis.
 - 3) Radiation is not effective when tissue shows hypoxia (low oxygen). Improving blood circulation increases sensitivity to radiation. Also, it reduces risk of cancer to skin cells by the radiation treatment.
 - 4) Chemotherapy is aided by increasing flow of chemicals, plus natural immune agents, to the site of the tumor, as well as bringing out the residue. Increases effectiveness of chemotherapy.

3. Promote direct anticancer effect with Chinese herbs. The following herbs have a proven anticancer effect in animal studies:

a. Herbs that move blood:

Angelica Dang Gui Wei

Artemesia Liu Ji Nu

Bombyx Jiang Can

Buthus Quan Xie

Carthamus Hong Hua

Corydalis Yan Hu Suo

Curcuma Yu Jin

Dalbergia Jiang Xiang

Eupolyphagia Tu Bie Chong

Hirudo Shui Zhi

Leonurus Yi Mu Cao

Ligusticum Chuan Xiong

Lycopus Ze Lan

Manitis Chuan Shan Jia

Melia Chuan Lian Zi

Milletia Ji Xue Teng

Moutan Mu Dan Pi

Myrrha Mo Yao

Notoginseng Tian Qi

Olibanum Ru Xiang
Paeonia Chi Shao
Rubia Qian Cao Gen
Salvia Dan Shen
Sappan Su Mu
Scolopendra Wu Gong
Sparganium San Leng
Trogopterus Wu Ling Zhi
Vaccaria Wang Bu Liu Xing

b. Herbs that clear heat toxins:

Andrographis Chuan Lian Zi
Coptis Huang Lian
Houttuyinia Yu Xing Cao
Isatis Da Qing Ye
Lithospermum Zi Cao
Lonicera Lian Qiao
Oldenlandia Bai Hua She She Cao
Paris Qi Ye Yi Zhi Hua
Patrinia Bai Jiang Cao
Polygonum Hu Zhang
Rabdosia Dong Ling Cao
Rheum Da Huang
Scutellaria Ban Zhi Lian
Scutellaria Huang Qin
Sedum Chui Pen Cao
Sophora Ku Shen
Taraxacum Pu Gong Ying

Combine with herbs to nourish *yin* and replenish fluid.

Most cancer patients are given antibiotics when fever develops, but this is counterproductive. Much better results are obtained from Chinese herbs to clear heat.

TCM maintains that heat toxin is one of the causes of cancer. If and when heat toxin signs and symptoms appear, TCM prescribes specific herbs. Heat symptoms include western idea of inflammation.

Tumors can cause pressure, which inhibits circulation of *qi* and blood, and results in susceptibility to infection. Cancerous tissues become necrotic, liquefy and rupture. Also metabolic wastes of tumors can increase local or systemic temperature. Reducing inflammation helps other therapies in reducing tumors.

Chinese herbs seldom are enough in eradicating the tumor, but their aid in increasing circulation and reducing heat and inflammation increases recovery time, survival rates, and levels of comfort.

c. Herbs to increase immunity against tumor.

Clerodendron Chou Wu Tong

Sophora Ku Shen

d. Herbs that have a direct anti-carcinogenic effect:

Coptis Huang Lian

Houttuynia Yu Xing Cao

Lithospermum Zi Cao

Lonicera Lian Qiao

Oldenlandia Bai Hua She She Cao

Paris Qi Ye Yi Zhi Hua

Rabdosia Dong Ling Cao

Rheum Da Huang

Selaginella Shi Shang Bai

Solanum Long Kui

Sophora Ku Shen

Trichosanthes Tian Hua Fen

These are cool or cold herbs. Limit use to avoid damaging spleen and stomach.

e. Herbs that soften lumps and disperse nodes:

Arca Wa Leng Zi

Bombyx Jiang Can

Borax Peng Sha

Eupolyphagia Tu Bie Chong

Gallus Ji Nei Jin

Laminaria Kun Bu

Manitis Chuan Shan Jia

Ostrea Mu Li

Prunella Xia Ku Cao

Testudinus Gui Ban

Must combine with blood activating herbs.

FU ZHENG PEI BEN PRINCIPLE FOR TREATMENT OF CANCER

1. Source of healthy *qi*

Healthy *qi* derives from kidney and spleen

Constitutional and acquired

Kidney *qi* composed of

Yang qi - the mingmen fire, which propels *qi* and blood

Yin qi - includes jing

Corresponds to endocrine axis

hypothalamus-pituitary-adrenal cortex – gonad

Spleen *qi*

Converts food and fluid to *qi* and blood

Spleen *yang* required to “warm and evaporate”

Dependent on kidney *yang*

Also, if spleen *yang* becomes depleted, so will kidney *yang*

Nei jing: “Where there is deficiency, there is disease”

Deficiency of *qi* leads to:

Deficiency of blood

Stagnation of blood

Stagnation of *qi*

Tumors and lumps due

2. Deficiency of *Qi* leads to cancer

a. This is predisposing factor. Also requires exogenous trigger

b. Two types of predisposing factor

1) Extreme imbalance of *yin* and *yang* > deficiency of *qi*

2) Long term, low level *zang fu* or channel imbalance

Slow acting, without symptoms

Often difficult to discover before tumor development

c. Prevention of cancer requires balance of *yin* and *yang*, strong *qi* and blood, strong immune system.

- 1) Proper nutrition
- 2) *Qi* gong practice (including *taiji*)
- 3) Periodic regulation through acupuncture and herbal medicine
- 4) Mental and emotional balance

3. Fu Zheng Pei Ben Principle prevents growth and development of cancer (according to Chinese data, summarized in book, p. 30 – 35.)

- a. Improves organ function
- b. Improves cellular and organ immunity
- c. Adjusts endocrine balance
- d. Increases hemopoietic process: making of RBCs and WBCs
- e. Protects organs and tissues from harmful effects of radiation and chemotherapy: Bone marrow, heart, liver, and kidney
- f. Strengthens digestion and absorption
- g. Decreases side effects and increases therapeutic effects of surgery, radiation and chemotherapy

4. Combining Fu Zheng Pei Ben Principle with Western Therapy

- a. Western therapy (radiation, surgery, chemotherapy) belongs to traditional category of “attacking” therapy
 - 1) Eliminates pathogenic factors
 - 2) Inevitably inflicts damage on organism
 - 3) Benefits usually outweigh damage
- b. Fu Zheng Pei Ben Principle belongs to category of “tonifying”
 - 1) Builds *qi* and blood
 - 2) Regulates water metabolism
 - 3) Supplies vitamins, glucose, minerals, proteins
 - 4) Regulates internal balance

c. Fu Zheng

- 1) "Strengthen healthy energy"
 - a) Regulate and obtain internal self-equilibrium of the organism
 - b) Enables resistance to exogenous factors
 - c) Increases *qi* and blood
- 2) Chemo/radiation/surgery removes complications of obstruction and compression, but the side effects are:
 - a) Depletion of essential nutrients
 - b) Release of cellular toxins and metabolites
 - c) Diminished immunity

d. Combining with Surgery

- 1) Surgery is best and safest western therapy against cancer
 - a) Can cure early stage
 - b) Helpful in middle and advanced stages
- 2) Pre-operative FZ Therapy
 - a) Cancer is "a local manifestation of a general ailment"
 - b) Important to recognize underlying *yin-yang* and *zang-fu* imbalance
 - c) TCM correction prepares the body for surgery
(Case presentation, p. 38-39).
 - d) Pre-op preparation decreases complications of surgery such as hypotension and bleeding
- 3) Integrated FZ therapy after surgery
 - a) Surgery leads to blood loss, exhaustion of *qi*, pain, insomnia, loss of appetite, thirst, constipation, lowered immunity
 - b) FZ therapy will reduce side effects of surgery, and reduce hospital stay.
(Case, p. 40).
 - c) Depletion of Spleen and Stomach. Start dosing on the 4th day after surgery, then continue for 4 to 7 days. Sip on dosage frequently, in small amounts, throughout the day.

Px: *Jian Pi Li Qi Tang* - "Strengthen Spleen, Benefit Qi Decoction"

Codonopsis <i>Dang Shen</i>	10 g
Atractylodes <i>Bai Zhu</i>	9
Poria <i>Fu Ling</i>	12
Astragalus <i>Huang Qi</i>	12
Ophiopogon <i>Mai Men Dong</i>	10
Aucklandia <i>Mu Xiang</i>	6
Glehnia <i>Sha Shen</i>	10
Citrus <i>Chen Pi</i>	6
Trichosanthes <i>Gua Luo Ren</i>	15
Nelumbo <i>Lian Zi</i>	15
Gallus <i>Ji Nei Jin</i>	9
Hordeum <i>Mai Ya</i>	30
Massa Fermentata <i>Shen Qu</i>	9
Coptis <i>Huang Lian</i>	4.5
Glycyrrhiza <i>Gan Cao</i>	3
(Total	160.5)

c) Post surgical sweating and fatigue due to imbalance of *ying* and *wei*. Treat with:

Jia Wei Yu Ping San - "Modified Jade Screen Powder"

Astragalus *Huang Qi*
 Atractylodes *Bai Zhu*
 Ledebouriella *Fang Feng*
 Schisandra *Wu Wei Zi*
 Triticum *Fu Xiao Mai*
 Ostrea *Mu Li*
 Codonopsis *Dang Shen*
 Paeonia *Bai Shao*
 Glycyrrhiza *Gan Cao*

d) Post surgical deficiency of *yin* and fluids

Common after surgery for one week. If symptoms extend beyond one week, treat. Symptoms include constipation, dry cough, dry throat, short breath, low level fever, infection. Usually serious, and unresponsive to western medicine. The px is often given through a gastric tube in the hospital.

Quinquefolium *Xi Yang Shen*
 (or) Pseudostellaria *Tai Zi Ren*
 Ginseng *Ren Shen*
 Dendrobium *Shi Hu*
 Polygonatum *Yu Zhu*
 Anemarrhena *Zhi Mu*
 Polyporus *Zhu Ling*
 Scrophularia *Xuan Shen*
 Rehmannia *Sheng Di Huang*
 Nelumbo *Ou Jie*
 Imperata *Bai Mao Gen*
 Polygonatum *Huang Jing*
 Paeonia *Bai Shao*
 Moutan *Mu Dan Pi*
 Trichosanthes *Gua Lou*
 Tremella *Bai Mu Er*

d. Combining with Chemotherapy

- 1) Chemotherapy can be helpful in some cancers. Depends of type, stage, cell differentiation, etc. But harmful to body.
- 2) FZ therapy can diminish side effects, yet also strengthen therapeutic effects.
- 3) Common side effects
 - a) Digestive tract reactions – ulcers, bleeding gums, vomiting, abdominal pain, loss of appetite, diarrhea, constipation, bleeding GI tract

- b) Inhibition of bone marrow – destruction of RBCs, WBCs and platelets
 - c) Damage to organs – esp. liver, heart, kidney, pancreas, bladder, cerebellum
 - d) Skin reactions – dermatitis, keratosis, pigmentation
 - e) Suppression of immune system – lower humoral or cell-mediated immunity
- 4) General prescription for chemotherapy (Dr. Pan Mingji). Decoct 3 times.

Administer during chemo until symptoms disappear.

Yi Qi Bu Xue Jian Pi Tang

“Benefit Qi, Tonify Blood, Strengthen Spleen Decoction”

<i>Astragalus Huang Qi</i>	15-30 g
<i>Codonopsis Dang Shen</i>	15-18
<i>Atractylodes Bai Zhu</i>	12
<i>Poria Fu Ling</i>	12
<i>Glycyrrhiza Gan Cao</i>	4.5
<i>Rehmannia Shu Di Huang</i>	15
<i>Lycium Gou Qi Zi</i>	12
<i>Polygonum He Shou Wu</i>	12
<i>Polygonatum Huang Jing</i>	10
<i>Ligustrum Nu Zhen Zi</i>	15
<i>Glehnia Bei Sha Shen</i>	10
<i>Ophiopogon Mai Men Dong</i>	10
<i>Millettia Ji Xue Teng</i>	24
<i>Euryale Qian Shi</i>	12
<i>Dioscorea Shan Yao</i>	12

Modifications for different symptoms, see book, p. 43-46.

5) Strengthen Effects of Chemotherapy

a) For 63 cases of lung carcinoma treated with chemotherapy, an extract of *Polyporus Zhu Ling* was given to 44 cases. For experimental group:

Higher shrinkage of tumor

Higher 2 year survival rate

Better: appetite, body weight, cellular immunity

b) For 200 cases of stage III-IV stomach cancer, basic prescription was given (*Yi Qi Bu Xue Jian Pi Tang*).

5 year survival rate for stage III: 51.6%

5 year survival rate for stage IV: 23.6%

This is significantly higher than groups on chemo alone.

e. Combining with Radiation Therapy

1) Radiation is only effective for certain types of cancer: lymphosarcoma, ovarian, testicular (prior to metastasis); nasopharyngeal, esophagus, larynx, lung, skin.

a) Radiation works, in part, requires sufficient blood flow to tumor to work.

2) Radiation damages normal tissues and organs. In TCM, it is a fire toxin, and consumes *yin*, fluid and jing and lowers resistance.

3) FZ Therapy can enhance radiation's effect, and reduce side effects

4) Enhancing Radiation Effect:

a) About 20% of tumors do not have enough blood supply, diminishing radiation's effect. Improving blood circulation to site of tumor enhances radiation.

(1) Injection of *Salvia Dan Shen* (6-8 ml in 500 ml saline drip) prior to radiation for nasopharyngeal cancer. 25 cases with IV drip, 25 cases without.

(a) Time needed to shrink tumor in IV group was 7 days less than in other group.

(b) Milder local and general reactions

(2) Similar results using decoction of Salvia *Dan Shen* plus herbs to nourish *yin*.

(3) Using extract of Ligusticum *Chuan Xiong* (1 g.) plus Carthamus *Hong Hua* (.6 g) in 500 ml 10% glucose as IV drip. (Described on p. 48).

IV group: needed less radiation to shrink tumor, without residual cancer in tissues. Also, improved blood circulation by 143%.

Control group: needed more radiation, plus 5 cases had cancer in tissues.

5) Alleviating side effects of Radiation

a) 90% of patients show deficiency of liver and kidney *yin*, with signs of dizziness, insomnia, irritability, thirst, canker sores. Severe cases show 5 heart heat, etc.

b) 10% of patients show deficiency of *qi* and *yin*, with dizziness, tinnitus, short breath, palpitations, malaise, fatigue, chills, sweating, poor appetite, loose stools, etc.

c) Both types may also show blood deficiency signs, including leukopenia, thrombocytopenic purpura, etc.

d) Px: *Fu Zheng Sheng Jin Tang* (Dr. Pan's formula)

Ophiopogon <i>Mai Men Dong</i>	12
Asparagus <i>Tian Men Dong</i>	12
Glehnia <i>Bei Sha Shen</i>	10
Scrophularia <i>Xuan Shen</i>	9
Rehmannia <i>Sheng Di Huang</i>	10
Imperata <i>Bai Mao Gen</i>	10
Polygonatum <i>Yu Zhu</i>	9
Lonicera <i>Jin Yin Hua</i>	9
Anemarrhena <i>Zhi Mu</i>	10
Oldenlandia <i>Bai Hua She She Cao</i>	30
Solanum <i>Long Kui</i>	20-30
Codonopsis <i>Dang Shen</i>	12
Atractylodes <i>Bai Zhu</i>	10
Glycyrrhiza <i>Gan Cao</i>	3
Salvia <i>Dan Shen</i>	12-15

Apply modifications according to differentiation of symptoms or locations. (See p. 50 to 43.)

Use one dose per day during radiation, and follow with 60 – 90 doses. Often, 150 doses are given for a year, esp. following nasopharyngeal cancer.

This formula, with radiation, resulted in a 58% 5 year survival (and 30.8% for 10 year) for nasopharyngeal cancer.

e) Suppression of bone marrow following radiation, causing thrombocytopenia.

Give:

Astragalus Huang Qi
Codonopsis Dang Shen
Atractylodes Bai Zhu
Poria Fu Ling
Rehmannia Shu Di Huang
Polygonatum Huang Jing
Angelica Dang Gui
Cervus Lu Rong
Ligustrum Nu Zhen Zi
Lycium Gou Qi Zi
Millettia Ji Xie Teng
Glycyrrhiza Gan Cao
Glehnia Bei Sha Shen
Lycium Gou Qi Zi

- f) Fu Zheng Pei Ben therapy following radiation
 - 1) Cancer cells never fully eradicated. Threat of relapse always a possibility.
 - 2) FZPB Therapy builds immune system, allowing T cells to mobilize lymphocytes to chase down cancer cells.
 - 3) Follow up with *Fu Zheng Sheng Jin Tan* (5-D, above).

5. Using TCM for Common Symptoms Associated with Cancer.

Often combined with western medicine.

a. Fever

- 1) From infection
- 2) From *yin* deficiency

b. Hemorrhage

- 1) Due to blood heat
- 2) Due to interior heat with *yin* deficiency
- 3) Due to spleen deficiency
- 4) By site

- a) Epistaxis
- b) Hemoptysis
- c) Hematemesis
- d) Hematuria
- e) Vaginal
- f) Esophagus

c. Also: pain, cough, labored breathing, edema, dehydration, vomiting, constipation, diarrhea, shock.

6. Other Aspects of FZPB Therapy

a. Nutrition

1) Proper nutrition and nutritional absorption is critical for recovery. Often, spleen and stomach is disturbed, and absorption is difficult. Support with TCM formulas.

2) Deficiency of spleen *yang* and stomach *qi*.

Use *Jia Wei Xiang Sha Liu Jun Zi Tang*.

Codonopsis Dang Shen

Atractylodes Bai Zhu

Poria Fu Ling

Glycyrrhiza Gan Cao

Amomum Sha Ren

Aucklandia Mu Xiang

Massa Fermentata Shen Qu

Hordeum Mai Ya

Nelumbo Lian Zi

Crataegus Shan Zha

Gallus Ji Nei Jin

Zizyphus Jujube Da Zao

Citrus Chen Pi

3) Food stagnation > nausea and vomiting

Pinellia Ban Xia

Zingiberis Sheng Jiang

Amomum Sha Ren

Caryophyllum Ding Xiang

Diospyrus Kaki Shi Di

Evodia Wu Zhu Yu

Inula Xuan Fu Hua

Haematite Dai Zhe Shi

Codonopsis Dang Shen

Poria Fu Ling

Atractylodes Bai Zhu

Glycyrrhiza Gan Cao

Bambusa Zhu Ru

4) *Yin* deficiency with heat

Ophiopogon Mai Men Dong

Glehnia Bei Sha Shen
Anemarrhena Zhi Mu
Dendrobium Shi Hu
Rehmannia Sheng Di Huang
Cannabis Hua Ma Ren
Cistanche Rou Cong Rong
Cassia Fan Xie Ye
Trichosanthes Gua Lou Ren

b. Food therapy

- 1) Excess heat with *yin* deficiency.
 - Give: Rice gruel, mung bean, wax gourd, bitter melon, white radish, lotus root, kiwi fruit, tremella fungus, tortoise.
 - Avoid: hot or heating foods
- 2) Spleen *yang* deficiency.
 - Give: Chinese date, dried ginger, lamb, beef.
 - Avoid: cold or cooling foods
- 3) Constipation.
 - Give: peanut butter, bananas, green vegetables, tremella.
- 4) Difficulty urinating or fluid retention.
 - Give: mung bean, watermelon, white radish, jelly fish.
 - Avoid: high salt
- 5) Achlorhydria or low appetite
 - Give: soups, vinegar
- 6) Heart *yin* deficiency (insomnia, anxiety)
 - Give: clam, mussel, oyster, tortoise, tremella fungus
- 7) In general, chicken will aggravate condition. (Folk belief).
- 8) Lung cancer: 3 to 5 whole fungus pieces of Cordyceps inserted into duck belly. Steamed in soy sauce and rice wine. Nourishes kidney and lung. Cook once a week, and eat daily until gone.
- 9) All cancers: Fresh asparagus, 60 g. cooked as soup, 2 x day.

c. Emotional balance

- 1) Immune system is influenced by nervous system and endocrine system
- 2) Emotional changes negatively impact immune system, esp. anger, depression, anxiety-worry
- 3) Dr. Pan thinks 70% of cancers may have psychogenic factors involved

- a) In one study of 300 patients, 250 showed “psychogenic irritation” 3 to 10 years prior to the onset of the cancer
 - b) Patients optimistic about their future and confident in the treatment had better outcomes
- 4) Engage patient’s mental and emotional cooperation
- a) Tell them of the stage of their illness, and encourage cooperation for long term treatment with western and TCM medicine
 - b) Don’t trivialize or make light of their condition
 - c) Be respectful and protective of “cancer panic”
 - (1) If they are very fragile emotionally/mentally, do not tell them of seriousness of condition unless they are terminally ill.
 - d) Put yourself in patient’s position, and think of everything from their point of view
 - e) Act as advisor and supporter. Be “ a benevolent representative and trustworthy friend”
 - f) Dangerous if patient perceives doctor to feel helpless. Show strong confidence in the treatment
 - g) Site examples of successes at every stage
 - h) Important to relieve uncomfortable symptoms quickly, in order strengthen their anti-cancer ability: abdominal distension, dehydration, hypothermia, satisfying thirst.

- i) Encourage activity to minimize depression: movies, music, gardening, walking, *qi gong* exercises.
- j) Encourage development of will and imagination
He cites study in Texas using guided imagery: seeing and imagining destruction of cancer cells and boosting of immune system. They did this 3 x day. Encouraged to laugh and shout and be expressive. Survival rate was twice as long as control group.

d. Qi Gong Therapy

- 1) Based on research, *Qi Gong* can promote:
 - a) Circulation of *qi* in the channels
 - b) Blood circulation
 - c) Organ function
 - d) Slow metabolism (beneficially)
 - e) Build energy reserves
 - d) Enhance effects of chemo, radiation and surgery
- 2) Adapt *qi gong* exercises to ability of patient
 - a) Severely ill can do sitting or lying exercises
 - b) More active can do moving *qi gong* exercises, including *taiji*.
- 3) *Qi Gong* therapy alone has not been proven successful for treatment of cancer.
 - a) Should be combined with both western and TCM medicine for best effects.

EXPERIENCE OF DR. FAN YONGSHENG, Zhejiang College of TCM

Essential TP is: Strengthen the body resistance to prevent cancer

Continuous tonification

Strengthening the body resistance during whole treatment

Reduction in proper time

Eliminate pathogenic factors w/o damaging pathogenic *qi*

Neutralize effects of chemotherapy and radiation

Symptomatic treatment

Apply to symptoms: fever, pain, hemorrhage, etc.

Basic prescription

<i>Astragalus Huang Qi</i>	30 g.
<i>Kiwi Mao Ren Shen</i>	30 Kiwi root
<i>Pseudostellaria Tai Zi Shen</i>	15
<i>Atractylodes Bai Zhu</i>	15
<i>Oldendandia Bai Hua She She Cao</i>	15
<i>Poria Fu Ling</i>	12
<i>Rehmannia Sheng Di Huang</i>	12
<i>Scutellaria Ban Zhi Lian</i>	10
<i>Coix Yi Yi Ren</i>	10
<i>Curcuma Zedoaria E Zhu</i>	10
<i>Glycyrrhiza Zhi Gan Cao</i>	6

Modifications:

Lung	<i>Ophiopogon Mai Men Dong</i>
	<i>Houttuynia Yu Xing Cao</i>
	<i>Scutellaria Huang Qin</i>
	<i>Lillium Bai He</i>

Nasopharyngeal	<i>Chrysanthemum Ye Ju Hua</i>
	<i>Sophora Shan Dou Gen</i>

Esophageal	<i>Prunella Xia Ku Cao</i> <i>Patrinia Bai Jiang Cao</i> <i>Glehnia Bei Sha Shen</i> <i>Melia Chuan Lian Zi</i>
Gastric	<i>Glehnia Bei Sha Shen</i> <i>Bambusa Zhu Ru</i> <i>Melia Chuan Lian Zi</i>
Intestinal	<i>Angelica Dang Gui</i> <i>Phaseolus Chi Xiao Dou</i> <i>Sanguisorbia Di Yu</i>
Liver	<i>Artemesia Yin Chen Hao</i> <i>Lycopus Ze Lan</i> <i>Rheum Da Huang</i>
Kidney	<i>Polygonum He Shou Wu</i> <i>Alisma Ze Xie</i> <i>Polyporus Zhu Ling</i>
Bladder	<i>Ligustrum Nu Zhen Zi</i> <i>Eclipta Han Lian Cao</i> <i>Polyporus Zhu Ling</i> <i>Agrimony Xian He Cao</i> <i>Sophora Ku Shen</i> <i>Plantago Che Qian Cao</i>
Breast	<i>Taraxacum Pu Gong Ying</i> <i>Prunella Xiao Ku Cao</i> <i>Paeonia Bai Shao</i> <i>Bupleurum Chai Hu</i>

Additional herbs:

Tonify <i>Qi</i>	Glycyrrhiza <i>Zhi Gan Cao</i> Codonopsis <i>Dang Shen</i> Curcuma Zedoaria <i>E Zhu</i>
Nourish Blood	Angelica <i>Dang Gui</i> Paeonia <i>Bai Shao</i>
Tonify <i>Yang</i>	Cuscuta <i>Tu Si Zi</i> Psoralea <i>Bu Gu Zhi</i>
Nourish <i>Yin</i>	Rehmannia <i>Sheng Di Huang</i>
Clear Heat	Sophora <i>Shan Dou Gen</i> Oldenlandia <i>Bai Hua She She Cao</i> Taraxacum <i>Pu Gong Ying</i> Scutellaria <i>Ban Zhi Lian</i> Lobelia <i>Ban Bian Lian</i> Paris <i>Qi Ye Yi Zhi Hua</i>
Disperse Mass	Sargassum <i>Hai Zao</i> Prunella <i>Xia Ku Cao</i> Fritillaria <i>Zhe Bei Mu</i> Testudinus <i>Bie Jia</i>
Relieve Pain	Corydalis <i>Yuan Hu Suo</i>