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## Breast Cancer Treatment by Chinese Medicine



September 26th, 2009



Tian



No comments

From the perspective of Traditional Chinese Medicine, superficial pathogens are the condition for breast cancer, and internal causes are the determinant factors for breast cancer. Deficiency of vital qi, which means deficiency of both qi and blood, Yin and Yang, combine with excessive pathogens of stagnated qi, phlegm, blood stasis, heat-toxicity etc. Deficiency results in excess, excess leads to deficiency, in turn deficiency and excess intermingle with each other. This pathogenic process finally make for the accumulation of stagnated qi, phlegm, blood stasis and toxic substance to the breast channel, thus breast cancer forms.

Clinically on the basis of symptoms commonly used principles in treatment of breast cancer are as follows:

### Herbal therapy for breast cancer

#### (1). Stagnation of liver qi

Main syndrome: distending pain in breast, oppression in bilateral costal, unchanged color of breast lumps, hard texture, irritability, dizziness, pink tongue, thin white coating and string pulse.

Therapy: Soothing the Liver qi, dramatically removing blood stasis and resolving stasis blood.

#### (2). Accumulated phlegm and fire

Main syndrome: breast lump swelling pain, increased significantly, and even festers with offensive odor, dry throat, tongue pain, constipation, red tongue, yellow slippery coating, and smooth string pulse.



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Therapy: Clearing heat-toxicity, removing phlegm and resolving blood stasis.

### (3). Spleen and stomach deficiency

Main syndrome: ochriasis complexion, fatigue, shortness of breath, few words, loss of appetite, abdominal distention after eating, wizened, pale tongue, scalloped rim, thin white coating, thin pulse.

Therapy: invigorating spleen and replenishing qi, softening and resolving hard mass.

### (4). Liver and kidney deficiency

Main syndrome: breast lumps, hard and uneven, or fester with offensive odor, wearing out, blackened complexion, soreness and weakness of waist and knees, dizziness, ringing in the ears, upset, insomnia, tender red tongue, little coating, thin string pulse.

Therapy: nourishing liver and kidney, dramatically removing blood stasis and resolving stasis blood.

## Acupuncture treatment protocols for breast cancer

Acupuncture therapy is an important component of Chinese medicine, which is widely used in various diseases. Acupuncture as a means for cancer treatment is a new study topics in recent years. At present clinical studies have shown that acupuncture, by the use of acupoints along meridians and appropriate practices, can relieve the breast cancer patients tremendously on pain, fever, abdominal distension, constipation, anuresis, insomnia and dreaminess, menstrual disorders and other symptoms.

Commonly used acupuncture points: Rugen (S18), Jianjing (Gb21), Danzhong (CV17), San yin chiao (Sp 6), Tsusanli (St 36), Hsinshu (Bl 15), Pi' shu (Bl 20), Ke shu (Bl 17).

Adjuncting acupuncture points: Chien wai shu (Si 14), Bingfeng (SI 12), Pohu (B 42), Shentang (B 44), Tan shu (Bl 19), Yishe.

Press Ear Acupoints can be also added to treat breast cancer. For deficiency pattern of breast cancer patients, moxibustion may be chosen too, acupuncture points as the same above.

## Symptomatic treatment Chinese medicine for breast cancer treatment

In addition to the traditional Chinese medicine (TCM) treatment of breast cancer based on the patterns, symptomatic treatment can be applied too. Symptomatic treatment treats the breast cancer patients according to the systemic health conditions and toxicity reaction during the process of receiving other therapies.

(1) Breast cancer patients are in fragile health after surgery. It would be a big trauma physically and psychologically for breast cancer patients after they receiving radical surgery. The patients may experience loss of both qi and blood. Treatments are advised to mainly tune and supplement both qi and blood, and assistantly clear toxic substance and eliminate pathogens.

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(2) The number of white blood cells drops after breast cancer patients receiving chemotherapy. One of the most common toxicity side effects of chemotherapy is bone marrow suppression and white blood cells reduction. Treatments are advised to mainly nourish blood, and assitantly combine with detoxification.

(3) Digestive tract reaction is also one of the most common toxicity side effects after breast cancer patients receiving chemotherapy. The breast cancer patients are often with syndrome of appetite loss, food intake reduced even nausea and vomiting. Treatment is advised to mainly strengthen spleen and stomach, and assistantly combined with detoxification.

(4) Radiation pneumonitis is one of the most common toxicity side effects after breast cancer patients receiving radiotherapy. Treatment is advised to nourish Yin and clear lung heat.

(5) Lymphedema in upper extremity is one of common complications after breast cancer patients receiving radical mastectomy. Treatment is advised to benefit qi and activate blood circulation, dredge collateral to detumescence.

Symptomatic therapy of Chinese medicine is effective in alleviating a variety of symptoms. Alleviate the suffering of patients can enhance patients' physique. Then breast cancer patients can continue to finish the necessary radiotherapy and chemotherapy, eventually prolong life and improve quality of life.

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## Why Cancer Patients Refuse Chinese Medicine?



September 25th, 2009



Tian



No comments

### Chinese medicine and western medicine in cancer treatment

For the cancer treatment by Chinese medicine, we have a lot of talk already. But in reality do you know how many patients are willing to accept cancer treatment by Chinese medicine? The statistics show it is not a promising situation. Despite western medicine use methods of surgery, chemotherapy and radiation therapy to torture, or even kill the patients finally, people are still willing to pay good money for that suffering! And even death from it, patients won't blame the incapability of modern medicine either. It is because they have been advised in front that modern medicine can not cure cancer at all.

But it is a completely different issue for Chinese medicine. In treating cancer patients by Chinese medicine, if it is not an instant improvement, there may be a lot of criticism and pressures from all sides. The patient won't cooperate with you any more, let alone with the long-term cancer treatment; even if patients' situation improve quickly, patients will still give up halfway and terminate the therapy just because decocting and drinking herbal tea cost too much trouble. Eventually cancer patients will turn to Western medicine again. Just as what they said, these life-saving methods – radiotherapy and chemotherapy can kill cancer cells, inhibit its spread. They

won't mention the fact that while cancer cells are being killed, the normal body cells (white blood cells and red blood cells ... ..) are being destroyed as well. Cancer cells fail to be killed either, on the contrary it turns out that more and more cancer cells reproduce.

At last it leads to the body's immune being weakened sharply and getting worse. In terminology of Chinese medicine, it is called "deficient vital qi and excessive pathogens."

### Breast cancer case

In year of 2000, there was one cases of diagnosis and treatment of a female breast cancer patient. Liu, 52-year-old teacher, suffered from lung cancer after surgical removal of part of a breast for breast cancer. In the following two years, she should receive radiotherapy every 3 months, let alone chemotherapy, which spoiled the body's immune system as total a mess.

Every day symptoms of lasting fever and chills can be seen, accompany with sore body, edema, dizziness and vomit, palpitations and shortness of breath, abdominal fullness, appetite loss, dry stool, blackened nail, yellow green dull complexion and walking difficulty. Intramuscular injection was given to allay the fever every day, but in vain. Potion overflowed by itself after needle was pulled out due to patient' muscle can not absorb the potion at all. The number of erythroblasts and leukocyte was down to several hundreds and hemoglobin down to about 5g. It just got nowhere despite all methods had been tried. Later she was introduced to an experienced Chinese medicine practitioner to give it a try. After 6 doses, fever was down, edema diminished, appetite recovered, walk vigorously, urine and stool were back to normal. After 18 doses, patient was overjoyed that the body was back to normal every aspect.

Later an examination showed that the number of erythroblasts and leukocyte rose to standard value and hemoglobin 12g. Liu considered that she had recovered from breast cancer and refused to take decoction any more. No one could convince her at that time. 2 months later, all symptoms were back again after receiving chemotherapy. Then she turned to the Chinese medicine for one week medication and regained the strength again. After that she refused to continue the decoctions. It was just a vicious circle, eventually she died from it in autumn of 2003.

During that therapy, explanation has been repeated many times to her. But she still stuck to that paranoid that cancer cells can be killed only by chemotherapy and Chinese medicine can not kill any cancer cells at all. According to a so-called cancer specialist, cancer cells proliferate rapidly if chemotherapy does not perform in time.

Alas! Why today's Chinese people have such aversion to Traditional Chinese medicine (TCM)? It is such a pity.

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**Cancer**

### Treatment Formulas



September 23rd, 2009



Tian



No comments

## Cancer treatment formulas—experiences from Dr. Huang Huang.

Features: Over proliferation of cancerous cells

Treatment of western medicine: When resection is not suitable in non-early stage, therapy of combined treatment is the proper choice.

When cancer patients can not stand chemotherapy or are not suitable to apply chemotherapy for other chronic severe diseases, the intervention of Traditional Chinese Medicine (TCM) is the proper choice.

The basic idea:

To adjust constitution;

To relieve symptoms;

To improve quality of life, which stands for three nos:

1. No lack of cheerful spirit;
2. No body weight loss;
3. No appetite loss to keep people alive to receive medical treatment. To extend the life span by combination of three methods of resolving, strengthening and tonifying.

Benefits:

1. Fewer side effects;
2. Patients receptive;
3. Treatment of low-cost

Common folk remedies often used in cancer treatment: tonkinensis, aconite tuber and toad venom ...

Liver cancer: It is a wrong idea of promoting the blood circulation for removing blood stasis.

The current common treatments: surgery, radiotherapy, chemotherapy;

Some treatments still waiting for further study: photochemical therapy, gene therapy, biological therapy.

Cancer treatment by Traditional Chinese Medicine (TCM) focuses on adjusting constitution, relieving symptoms, improving quality of life and extending the life span. The treatment cost is so low that it is easily accepted by patients.

### Xiao Chai Hu Tang- Minor Bupleurum Decoction

Hong Shen (Red Ginseng) 6-12g Chai hu (Bupleurum) 6-12g Huang Qin (Scutellariae Radix) 6-12g Ban xia (Pinelliae Rhizoma preparatum) 6-12g Gan Cao (Glycyrrhizae Radix) 3-6g Sheng Jiang (dried ginger) 3-6g Da Zao (Jujubae Fructus) 10-20g

1. Applicable to cancers with fever, nausea, vomiting, and blood system cancer, stomach cancer, liver cancer and lung cancer etc.

Xiao Chai Hu Tang is suitable for cancer treatment in the lag phase or in the chronic phase.

—Combined with Guizhi decoction to treat bone marrow dysplasia caused by fever, the amount of Bupleurum required to reach a big dosage of 30g . Usually fever will be down in 3-5 days. In addition, red ginseng, cinnamon and cassia twig can be also added up to 20g, or 10g each.

—More than 30g of Forsythia would be added in treatment of gastric cancer, liver cancer when abdominal pain and vomiting occurs. There are not only the short-term effects of stopping the pain and vomiting, but also extending the life span in a long run. A large amount of forsythia can stop vomiting, especially caused in treatment of gastric cancer

—Plus Fu Ling (Poria), Zhu Ling (Polyporus umbellatus), Lian Qiao (Forsythia) for chronic myelogenous leukemia and chronic lymphocytic leukemia, and working with the hydroxyl urine, can stabilize the condition.

2. This formula also applies to constitution adjustment when those patients are in good condition and without anemia, generally in small doses, often with Mai Dong (Ophiopogonis Tuber), Tian Dong (Asparagus), Gui zhi (cassia twig), Fu ling (Poria), Zhu ling (Polyporus umbellatus), Bai Zhu (Atractylodes), Rou gui (cinnamon), Zhe xie (Alisma).

3. Added 30-60g of Forsythia can be used for lymphoma, lymphocytic leukemia and tumor metastasis when lymph nodes occur. "Shen Nong's Herbal Classic": "Treat chills and fever, fistula and scrofulosis, swollen carbuncle and severe tumefaction, wart, stagnation of pathogenic heat, Gu Du (poison produced by venomous insects.)"

Zhang Xi-chun: "A catholicon for tumefaction."

4. Animal studies suggest that it is with anti-tumor effect.

### Wu Ling San

Bai zhu (Atractylodes) 15-3-30g Fu ling (Poria) 15-30g Zhu ling (Polyporus umbellatus) 15-30g Zhe xie (Alisma) 20-40g Gui zhi (cassia twig) 10-20g / Rou gui (Cinnamon bark) 6-12g

1. Applying in tumor associated with diarrhea, edema, or ascites, which can be seen mostly in liver cancer, colon cancer, lung cancer, especially after chemotherapy. Zhang Zhongjing called Shui ni zheng, which means that one person is thirsty and want to drink water, but vomit or diarrhea occurs once water runs into stomach.

—Spit: thirst, but drink little water, or like to drink hot water, and spit once water runs in.

—Diarrhea: Diarrhea or loose stool with less urine, swelling tendency to appear serious pleural effusion, ascites.

Role:

—To alleviate the physical symptoms, to alleviate a sense of thirst, so that stool forms;

—To eliminate the spirit of neurological symptoms such as headache, dizziness, palpitations, muscle beating and so on.

Clinical Use:

—Combined with Huang Qi Gui Zhi Wu Wu Tang for the treatment of multiple myeloma with frequent fever;

—Combined with Zhen Wu Tang for the treatment of liver cancer and cirrhosis.

2. Combined with Xiao Chai Hu Tang (called Chai ling Tang) for cancer patients' conventional constitution adjustment during or after chemotherapy. Currently there are ready medicines in Japan- but with only little clinical study.

3. Big fat tongue is an important indicator of using Wu ling san.

### **Zhi Gan Cao Tang**

Zhigan cao (prepared RADIX GLYCYRRHIZAE) 3-15g Ren shen (Ginseng) 10-20g Mai dong (Ophiopogon japonicus) 10-30g Sheng di (root of rehmanniae praeparatum) 10-20g Ejiao (Donkey-hide gelatin) 6-12g Rou gui (Cinnamon bark) 6-12g Gan jiang (Dried ginger) 5-10g Hou ma ren (hemp seed) 6-12g / Gan Qi Zi (Dried red meddard berry) 10-20g Hong zao (red dates) 15-30g

1. A nutritional formula for patients with extreme weight loss and anemia, especially in treatment of esophagus cancer, stomach cancer, liver cancer and lung cancer. Extreme physical weakness, especially in circulatory failure caused by the hemorrhage.

Zhang Zhongjing used to stop bleeding and stimulate heart, also known as Fu mai tang, which means to recover the pulse.

Sheng di and Ejiao— stop bleeding;

Ginseng, cassia twig, licorice root and Ophiopogon japonicus—stimulate heart and stop palpitation;

30 pieces of red jujub—add plenty of sugar and energy to the body.

Zhi Gan Cao Tang constitution: Extreme lean, looking haggard, anemia, dry skin, dry stool and hard to move the bowels, with a clear sense of palpitation.

2. More ophiopogon japonicus can be added, and Asparagus can be added too.

Ophiopogon japonicus: "Shen Nong's Herbal Classic": "Treat extreme lean and shortness of breath"; "Bie Lu": "to bring people with healthier body and brighter complexion."

Asparagus: "Bie lu": "nourish the skin"; "Yao xing lun": "to nourish skin smooth and lustrous"

3. Plus Long gu (fossil fragments), Mu li (oysters), Chinese yams (Rhizoma Dioscoreae)

Long mu (fossil fragments and oysters): treat sense of palpitation— tumors often with

palpitations and shortness of breath while moving

Chinese Yam: Strengthen spleen, stimulate appetite; with starch, which will help absorb the active ingredients of Longmu.

4. Used as long-term greasy nourishment, take 20-30 doses; add rock sugar, longan and honey.

5. Need to stew for a long time with rice wine or yellow wine.

6. Medication with braised pig's legs and other colloid-rich food such as beef tendon, ducks wings, duck feet.

7. Results found:

The near future — Good spirit and appetite or not, easy stool or not;

Long-term — Body weight regain or not, nutritional status improve or not.

8. Diarrhea, abdominal distension: adverse reactions.

### Fu Zi Li Zhong Tang

Zhi fu zi (Prepared Common Monkshood Daughter Root) 6-12g Dang shen (Codonopsis pilosula) 10-20g / Hong shen (red ginseng) 6-12g Gan jiang (dried ginger) 10-20g Bai zhu (Atractylodes) 10-20g Gan cao (Licorice) 6-12g

1. For diarrhea and abdominal distension after chemotherapy, with yellow dark complexion, apathetic, loss of appetite, limb skin pigmentation, weak pulse. Cinnamon bark and Poria can be added too.

2. For diarrhea of pancreatic cancer (Seen in Yin Wong), liver cancer, colon cancer and other digestive tumors diarrhea.

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## What Chinese medicine can do in cancer treatment?



September 22nd, 2009



Tian



No comments

That is a controversial topic and actually it has been debating for the last decades. But still lots of people are skeptical what on earth Chinese medicine can do in cancer treatment? Let alone the layman of Traditional Chinese Medicine (TCM), even our renowned scientists are perplexed about this ancient remedy and argue that Chinese medicine is pseudoscience.

What a shame it is that how they could deny and abandon this traditional medical technique, which has been used for thousands of years and ever saved their father's fathers' lives.

From my point of view, I am pretty sure that at least Chinese medicine can do in cancer treatment as follows:



1. After chemotherapy and radiation treatment, Chinese medicine can increase the quantity of leucocyte, namely improve immune system;
2. After chemotherapy and radiation treatment, Chinese can improve body's overall health;
3. To relieve pain, build up patient's health and improve the quality of life;
4. According to research of modern science, many herbal medicines and decoctions have certain anti-cancer effect. They can be used together with chemotherapy and radiation treatment. And often it has a better result than only using chemotherapy and radiation treatment.

As we explore the more into this ancient technique to find a better cancer treatment, surely Chinese medicine will repay us with more amazing things. Traditional Chinese Medicine is a gem awaiting us to rediscover again!

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