

TCM reducing the Side-effects of Radio/chemotherapy

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1. Treatment of Western Medicine and Prognosis

(1) Treatment of Western medicine:

- For instance, CHOP, a common regimen for lymphoma, is made up of cytoxan (cyclophosphamide), adriamycin (hydroxydoxorubicin), oncovin (vincristine), and prednisone. This combination is given in "cycles" (blocks of time). For example, a cycle may be 21 days, and in the case of CHOP, cytoxan, adriamycin and oncovin are given on day 1, prednisone on days 1-5, followed by 16 days off (no treatment), for a total of 21 days, and then it starts over again with the next cycle.

(2) Prognosis of the treatment

2. The side effects of chemotherapy and radiotherapy

The side effects of chemotherapy radiotherapy are caused by the medication's inability to differentiate between tumor cells and healthy cells. Chemotherapy kills rapidly dividing cells, and these are the cells where we see the side effects. A few of the more common side effects.

Radiotherapy may cause tired, skin soreness, anemia, weight lose, low sex drive, emotional disorders.

Generally speaking, there are following side effects of Western Medicine:

(1)hair lost, skin rashes, bleeding:

(2)digestive system:

(3)hematopoietic system

(4)reproductive system

(5)immuno–depression

(6)Nervis & spirit system: pain, function disorders of organs,
emotional disorders

● **Late Side Effects of Therapy**

More recently, doctors have become aware of chemotherapy's ability to cause long-term side effects. Whereas most side effects occur in the days to weeks after treatment, long-term side effects occur 5, 10, 20 or more years after treatment.

Some of the long term side effects include: infertility, heart disease (high blood pressure and elevated cholesterol), lymphedema, osteoporosis, chronic pain or neuropathy, decreased lung capacity, loss of saliva or tear production, growth issues, and secondary cancers caused by the treatment for the first cancer.

3. The prevention and treatment of digestive system disorder

The chemotherapy and radiotherapy may cause dry or soreness in mouth and throat, poor appetite, nausea, vomiting, stomachache, abdominal pain, constipation, diarrhea, and so on. This symptoms severely occur at around first 10 days.

(1) Qi stagnation of the stomach and deficiency of the Spleen

Manifestations: poor appetite, nausea, vomiting, stomachache, abdominal pain, pale tongue with white coating, weak or wiry pulse.

Therapy: tonify Spleen Qi and regulate Stomach Qi

(Treating patients before the patients have been treated by chemotherapy for a week).

Formula: Xiang Sha Liu Jun Zi Tang (Six Gentleman Decoction with Aucklandia and Amomun)

Points:

- Nei Guan (PC6) Zhu San Li (St 36)
- San Yin Jiao (Sp6) Zhong Wan (Ren 12)

(2) Yin deficiency of Stomach & Lung

Manifestations: dry mouth, soreness in mouth and throat, poor appetite, nausea, vomiting, constipation, red tongue without coating, thin and rapid pulse.

Therapy: nourish Yin of stomach and lung

Formula: Sha Shen Mai Dong Tang (Glehnia and Ophiopogonis Decoction)

Points: Yu Ji(Lu10), Chi Ze(Lu5), San Yin Jiao(Sp6), Zhu San Li(St36)

(3) Spleen deficiency with dampness

Manifestations: diarrhea with indigestion, poor appetite, tired, pale face and tongue, greasy coating, deep and weak pulse.

Therapy: tonify Spleen Qi and expel dampness

Formula: Shen Ling Bai Zhu San (Ginseng, Poria, and Stracylodes Macrocephala Powder)

Points: San Yin Jiao(Sp6), Zu San Li(St36), Yin Ling(Sp9), Tian Shu(St25)

4. Prevention and treatment of lost hair

The chemo/radiotherapy may cause lost hair. This symptoms mild or severely occur very soon or late. Some of them may disappear automatically in 6 months, but some of them will have it a few years even all life.

(1) Deficiency of Qi and blood

Manifestations: hair lost, dizziness, fatigue, insomnia, poor appetite, pale face and tongue, deep and week pulse.

Therapy: tonify Qi and blood

Formula:

Points: Seven star needle at head, San Yin Jiao(Sp6), Zu San Li(St36), Zhao Hai(Ki6)

(2)Liver and Kidney deficiency

Manifestations: hair lost, or premature graying of hair, loose teeth, spontaneous and nocturnal emissions, soreness and weakness of lower back & knees. pale face and tongue, deep and week pulse.

Therapy: Enrich kidney Yin and nourish liver.

Formula: Qi Bao Mei Ran Dan(Seven treasure special pill for beautiful whiskers)

He Shou Wu(Radix polygoni multiflori)

Fu Ling(Sclerotium poriae)

Niu Xi(Radix achyranthis bidentatae)

Dang Gui(Radix angelicae sinensis)

Gou Qi Zi(Fructus lycii)

Tu Si Zi(Semen cuscutae Chinensis)

Bu Gu Zhi(Fructus psoraleae corylifoliae)

Points: Seven star needle at head, Tai Chong(Liv3), San Yin Jiao(Sp6), Tai Xi(Ki3)

5. The Prevention & treatment of hematopietic disorders: after being treated by radio/chemotherapy one month around. The heart blood deficiency, liver & kidney essence deficiency becomes evident.

(1) Deficiency of liver & Kidney

Manifestations: lower WBC, RBC and Hb, fatigue, low back and knee pain, pale face, insomnia, pale tongue, deep weak pulse.

Treatment: Tonifying kidney essence & bone marrow.

Formula: Huang Jing Tang (Yellow golden Decoction)

Gou Qi Zi (Fructus Lycii)

Sang Shen (Frucuts Mori Albae)

Huang Jing (Rhizoma Polygonati)

Huang Qi (Radix Astragali Membranacei)

Points:

San Yin Jiao (Sp 6)

Jue Gu (GB 39)

Zu San Li (St 36)

Xue Hai (Sp 10)

(2) Qi & Blood Deficiency of Heart & Spleen

Manifestations: insomnia, palpitation, fatigue, shortness of breath, lower WBC, RBC and Hb, pale face, pale tongue, deep weak pulse.

Treatment: Tonifying Qi & blood of spleen and heart

Formula: Gui Pi Tang (Restore the Spleen Decoction)

Points:

San Yin Jiao (Sp 6)

Zu San Li (St36)

Shen Men (Ht 7)

Xue Hai (Sp 10)

(3) Sinking Qi of Middle Jiao

Manifestations: dizziness, fatigue, palpitation, shortness of breath, lower WBC, RBC and Hb, pale face, pale tongue, deep weak pulse.

Treatment: Tonifying spleen Qi and lifting Qi

Formula: Bu Zhong Yi Qi Tang (Tonifying the Middle and Augment the Qi Decoction)

Points:

San Yin Jiao (Sp 6)

Bai Hui (Du20)

Zu San Li (St36)

Zhong Wan (Ren 12)

6. The treatment of skin rashes

(1) Heat toxin in blood

Manifestations: deep red rashes, itching, anxiety, insomnia, thirsty, constipation, yellow urine, deep red tongue, deep rapid pulse.

Treatment: clear away heat, cool blood

Formula: Xi Jiao Di Huang Tang()

Points: Er Jian (bleeding), LI11, St44, PC6, Sp10

(2) Blood deficiency turning to wind

Manifestations: pale rashes, itching and dry skin, tired, dizziness, insomnia, poor appetite, pale tongue, thin and weak pulse.

Treatment: tonify blood, expel wind

Formula: Si Wu Tang Jia Jian()

Points: GB20, LI11, Sp10, St36, Sp6

7. The treatment of bleeding

(1) hematochezia due to heat

Manifestations: bleeding in the faces, constipation, thirsty, yellow urine, red tongue with yellow coating, rapid pulse.

Treatment: clear away heat, cool blood and stop the blood

Formula: Di Yu Tang()

Points: Er Bai, St37, UB40, St44

(2) Stomach bleeding due to heat

Manifestations: dark feces, stomachache, thirsty, constipation, red tongue with yellow coating, rapid pulse.

Treatment: clear heat, cool blood and stop bleeding

Formula: San Huang Xie Xin Tang()

Points: PC6, Sp10, St 25, St36

(3) Stomach bleeding due to Yang deficiency

Manifestations: dark feces, stomachache, fatigue, palpitation, dizziness, pale face, pale tongue, weak pulse.

Treatment: warm the spleen Yang and stop blood

Formula: Huang Tu Tang (Yellow Earth Decoction)

Zao Xin Tu (Terra Flava Usta)

Sheng Di Huang (Rehmanniae glutinosae)

E Jiao (Gelatinum corri asini)

Bai Zhu (Rhizoma Glycyrrhizae carmichaeli)

Gan Cao (Radix glycyrrhizae uralensis)

Fu Zi (Radix lateralis aconti carmichaeli praeparata)

Huang Qin (Radix scutellariae baicalensis)

Points: SP6, ST 36, Ren12,

8. The Prevention & treatment of gonads & reproductive system: after being treated by radio/chemotherapy three to six month around. The Liver, kidney deficiency becomes evident.

(1)Essence deficiency of Kidney

Manifestations: infertility, lower sex drive, irregular menstruation, fatigue, low back pain & knee pain, pale tongue, weak pulse.

Treatment: Tonify kidney essence

Formula: Wu Zi Yan Zong Wan

- Fu Pen Zi (Fructus Rubi Chingii)
- Gou Qi Zi (Fructus Lycii)
- Tu Si Zi (Semen Cuscutae Chinensis)
- Wu Wei Zi (Fructus Schisandrae Chinensis)
- Che Qian Zi (Semen Plantaginis)

Points:

Zi Gong Xue

Shen Shui (UB 23)

Guan Yuan (Ren 3)

Tai Xi (Ki 3)

(2) Kidney Yang deficiency

Manifestations: infertility, lower sex drive, irregular menstruation, fatigue, low back pain & knee pain, cold extremes, profuse night urination, pale and swollen tongue with slippery coating, weak pulse.

Treatment: Warm kidney Yang

Formula: You Gui Wan (Restore the right pill)

Radix Rehmanniae (shu di)
Rhizoma Dioscoreae (shan yao)
Semen Cuscutae (tu si zi)
Fructus Lycii (gou ji zi)
Cortex Eucommiae (du zhong)
Fructus Corni (shan zhu yu)
Radix Angelicae Sinensis (dang gui)
Radix Aconiti Latera Prepa (fu zi)
Cortex Cinnamomi (rou gui)
Colla Cornus Cervi (lu jiao jiao)

Points: Du 4, UB23, Ren 3, Ki 3

- Notes:

- 1. No sunshine.
- 2. No spicy food.
- 3. No sea food & greasy food.

- Reference

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