

# TREATING SIDE EFFECTS OF CANCER THERAPY WITH TRADITIONAL CHINESE HERBAL MEDICINE

Jake Paul Fratkin, OMD, L.Ac.

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## I. CLINICAL TCM APPROACH

Experience of Dr. Cheng Shi, formerly Chengdu College of TCM

### 1. POST SURGERY:

TX Principle: Promote qi circulation, dispel blood stasis, relieve swelling, relieve pain, reduce scar tissue, generate tissue, tonify qi and blood.

#### Px: Xiao Yao San

<i>Bupleurum Chai Hu</i>	BB
<i>Angelica Dang Gui</i>	AB
<i>Atractylodes Bai Zhu</i>	AA
<i>Paeonia Bai Shao</i>	AB
<i>Poria Fu Ling</i>	FC
<i>Zingiberis Sheng Jiang</i>	E
<i>Glycyrrhiza Gan Cao</i>	AA
<i>Mentha Bo He</i>	BB

Plus:

<i>Citrus Qing Pi</i>	G
<i>Citrus Aurantium Zhi Ke</i>	G
<i>Curcuma Yu Jin</i>	K
<i>Salvia Dan Shen</i>	K
<i>Carthamus Hong Hua</i>	K
<i>Ginseng Ren Shen</i>	AA
<i>Astragalus Huang Qi</i>	AA

**Nausea, add:**

Pinellia <i>Ban Xia</i>	CA
Citrus <i>Chen Pi</i>	G

**Abdominal distension, add:**

Magnolia <i>Hou Po</i>	FB
Aucklandia <i>Mu Xiang</i>	G
(Rheum <i>Da Huang</i> )	PA

**2. CHEMOTHERAPY**

Immediately during or following.

TP: Tonify qi and blood, clear heat, dispel damp.

Poria <i>Fu Ling</i>	FC
Salvia <i>Dan Shen</i>	K
Angelica <i>Dang Gui</i>	AB
Curcuma <i>Yu Jin</i>	K
Solanum <i>Long Kui</i>	DD
Taraxacum <i>Pu Gong Ying</i>	DD

Follow-up digestive disorder, including nausea and difficulty with stool, bloating, use:

**Px: Wen Dan Tang**

Bambusa <i>Zhu Ru</i>	CB
Citrus Aurantium <i>Zhi Shi</i>	G
Pinellia <i>Ban Xia</i>	CA
Citrus <i>Chen Pi</i>	G
Poria <i>Fu Ling</i>	FC
(Increase)	
Glycyrrhiza <i>Gan Cao</i>	AA
(Reduce)	
Zingiberis <i>Sheng Jiang</i>	BA
Zizyphus Jujube <i>Da Zao</i>	AA

Add:

<i>Amomum Sha Ren</i>	FB
<i>Agastache Huo Xiang</i>	FB
<i>Eupatorium Pei Lan</i>	FB

**Abdominal bloating, gas, add:**

<i>Magnolia Hou Po</i>	FB
<i>Aucklandia Mu Xiang</i>	G

**Constipation, add:**

<i>Rheum Da Huang</i>	PA
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**Diarrhea, add:**

<i>Poria Fu Ling</i> (increase)	FC
<i>Polyporous Zhu Ling</i>	FC
<i>Atractylodes Cang Zhu</i>	FB

**Damp-heat diarrhea, add:**

<i>Coptis Huang Lian</i>	DB
<i>Astragalus Huang Qi</i>	AA

**Costal pain. add:**

<i>Bupleurum Chai Hu</i>	BB
<i>Citrus Aurantium Zhi Ke</i>	G
<i>Melia Chuan Lian Zi</i>	G
<i>Artemesia Yin Chen Hao</i>	FC

**Qi deficiency, add:**

<i>Codonopsis Dang Shen</i>	AA
<i>Ginseng Ren Shen</i>	AA
<i>Atractylodes Bai Zhu</i>	AA

**Complications:****Decreased bone marrow:**

<i>Ligustrum Nu Zhen Zi</i>	AD
<i>Cornus Shan Zhu Yu</i>	L
<i>Dendrobium Shi Hu</i>	AD
<i>Ophiopogon Mai Men Dong</i>	AD
<i>Lycium Gou Qi Zi</i>	AB
<i>Epimedium Yin Yang Huo</i>	AC

**To increase RBC:**

<i>Angelica Dang Gui</i>	AB
<i>Astragalus Huang Qi</i>	AA
<i>Ginseng Ren Shen</i>	AA
<i>Zizyphus Jujube Da Zao</i>	AA
<i>Euphoria Longan Long Yan Rou</i>	AB
<i>Rehmannia Sheng Di Huang</i>	DC
<i>Rehmannia Shu Di Huang</i>	AB
<i>Lycium Gou Qi Zi</i>	AB
<i>Equus Asinum E Jiao</i>	AB
<i>Cervus Lu Jiao</i>	AC
<i>Chinemys Gui Ban Jiao</i>	AD

**To increase WBC:**

<i>Astragalus Huang Qi</i>	AA
<i>Glehnia Bei Sha Shen</i>	AD
<i>Polygonum Huang Jing</i>	AA
<i>Ligustrum Nu Zhen Zi</i>	AD
<i>Milletia Ji Xue Teng</i>	K
<i>Angelica Dang Gui</i>	AB
<i>Cuscuta Tu Si Zi</i>	AC
<i>Cornus Shan Zhu Yu</i>	L

*continued*

Epimedium <i>Yin Yang Huo</i>	AC
Psoralea <i>Bu Gu Zhi</i>	AC

### To increase platelets:

Ligustrum <i>Nu Zhen Zi</i>	AD
Cornus <i>Shan Zhu Yu</i>	L
Rehmannia <i>Sheng Di Huang</i>	DC
Zizyphus <i>Jujube Da Zao</i>	AA
Astragalus <i>Huang Qi</i>	AA
Millettia <i>Ji Xue Teng</i>	K
Chinemys <i>Gui Ban Jiao</i>	AD
Rubia <i>Qian Cao Gen</i>	J

## 3. RADIATION

### Stage One (first 2-3 weeks).

TP: Nourish lung and Stomach channels

### Px: Sha Shen Mai Men Dong Tang

Trichosanthes <i>Tian Hua Fen</i>	CB
Ophiopogon <i>Mai Men Dong</i>	AD
Glehnia <i>Bei Sha Shen</i>	AD
Glycyrrhiza <i>Gan Cao</i>	AA
Polygonatum <i>Yu Zhu</i>	AD
Morus <i>Sang Ye</i>	BB
Dolichoris <i>Bai Bian Dou</i>	DF

Delete:

Polygonatum <i>Yu Zhu</i>	AD
Dolichoris <i>Bai Bian Dou</i>	DF
Morus <i>Sang Ye</i>	BA

Add: Asparagus <i>Tian Men Dong</i>	AD
Rehmannia <i>Sheng Di Huang</i>	DC
Pseudostellaria <i>Tai Zi Shen</i>	AA

*continued*

Quinquefolium <i>Xi Yang Shen</i>	AD
Schisandra <i>Wu Wei Zi</i>	L
Armeniaca <i>Xing Ren</i>	CC
Platycodon <i>Jie Geng</i>	CA
Oldenlandia <i>Bai Hua She She Cao</i>	DD

### Sore throat, add:

Belamcandra <i>She Gan</i>	DD
Scrophularia <i>Xuan Shen</i>	DC

### Liver stagnation, add:

Bupleurum <i>Chai Hu</i>	BB
Paeonia <i>Bai Shao</i>	AB
Citrus Aurantium <i>Zhi Ke</i>	G
Melia <i>Chuan Lian Zi</i>	G

### Stage Two:

TP: Nourish qi and blood

Angelica <i>Dang Gui</i>	AB
Astragalus <i>Huang Qi</i>	AA
Atractylodes <i>Bai Zhu</i>	AA
Poria <i>Fu Ling</i>	FC
Milletia <i>Ji Xue Teng</i>	K
Glycyrrhiza <i>Gan Cao</i>	AA
Pseudostellaria <i>Tai Zi Shen</i>	AA
Codonopsis <i>Dang Shen</i>	AA
Curcuma <i>Yu Jin</i>	K
Citrus Aurantium <i>Zhi Ke</i>	G
Citrus <i>Qing Pi</i>	G

**Stage Three:**

TP: Nourish kidney -liver yin and jing

**Px: Yi Guan Jian**

Rehmannia <i>Sheng Di Huang</i>	DC
Lycium <i>Gou Qi Zi</i>	AB
Glehnia <i>Bei Sha Shen</i>	AD
Ophiopogon <i>Mai Men Dong</i>	AD
Angelica <i>Dang Gui</i>	AB
Melia <i>Chuan Lian Zi</i>	G
Add:	
Rehmannia <i>Shu Di Huang</i>	AB
Polygonum <i>Huang Jing</i>	AA
Paeonia <i>Bai Shao</i>	AB
Eclipta <i>Han Lian Cao</i>	AD

**4. CANCER PREVENTION:**

TP: Keep qi and blood moving.

**Px: Xiao Yao San**

Bupleurum <i>Chai Hu</i>	BB
Angelica <i>Dang Gui</i>	AB
Atractylodes <i>Bai Zhu</i>	AA
Paeonia <i>Bai Shao</i>	AB
Poria <i>Fu Ling</i>	FC
Zingiberis <i>Sheng Jiang</i>	E
Glycyrrhiza <i>Gan Cao</i>	AA
Mentha <i>Bo He</i>	BB

or

### **Chai Hu Shu Gan Wan**

Bupleurum <i>Chai Hu</i>	BB
Paeonia <i>Bai Shao</i>	AB
Cyperus <i>Xiang Fu</i>	G
Citrus Aurantium <i>Zhi Ke</i>	G
Ligusticum <i>Chuan Xiong</i>	K
Glycyrrhiza <i>Gan Cao</i>	AA
Citrus <i>Chen Pi</i>	G

## **II. BASIC TCM SUPPORT DURING CANCER THERAPY**

### **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>	AA
<i>Kiwi Mao Ren Shen</i>	
<i>Pseudostellaria Tai Zi Shen</i>	AA
<i>Atractylodes Bai Zhu</i>	AA
<i>Oldenlandia Bai Hua She She Cao</i>	DD
<i>Poria Fu Ling</i>	FC
<i>Rehmannia Sheng Di Huang</i>	DC
<i>Scutellaria Ban Zhi Lian</i>	DB
<i>Coix Yi Yi Ren</i>	FC
<i>Curcuma Zedoaria E Zhu</i>	K
<i>Glycyrrhiza Zhi Gan Cao</i>	AA

**Modifications:****Bladder, add:**

<i>Ligustrum Nu Zhen Zi</i>	AD
<i>Eclipta Han Lian Cao</i>	AD
<i>Polyporous Zhu Ling</i>	FC
<i>Agrimony Xian He Cao</i>	J
<i>Sophora Ku Shen</i>	DB
<i>Plantago Che Qian Cao</i>	FC

**Breast, add:**

<i>Taraxacum Pu Gong Ying</i>	DD
<i>Prunella Xia Ku Cao</i>	DA
<i>Paeonia Bai Shao</i>	AB
<i>Bupleurum Chai Hu</i>	BB

**Esophageal, add:**

<i>Prunella Xia Ku Cao</i>	DA
<i>Patrinia Bai Jiang Cao</i>	DD
<i>Adenophora/Glehnia Sha Shen</i>	AD
<i>Melia Chuan Lian Zi</i>	G

**Gastric, add:**

<i>Glehnia Bei Sha Shen</i>	AD
<i>Bambusa Zhu Ru</i>	CB
<i>Melia Chuan Lian Zi</i>	G

**Intestines, add:**

<i>Angelica Dang Gui</i>	AB
<i>Phaseolus Chi Xiao Dou</i>	FC
<i>Sanguisorba Di Yu</i>	J

**Kidney, add:**

<i>Polygonum He Shou Wu</i>	AB
<i>Alisma Ze Xie</i>	FC
<i>Polyporous Zhu Ling</i>	FC

**Liver, add:**

<i>Artemesia Yin Chen Hao</i>	FC
<i>Lycopus Ze Lan</i>	K
<i>Rheum Da Huang</i>	PA

**Lung, add:**

<i>Ophiopogon Mai Men Dong</i>	AD
<i>Houttunynia Yu Xing Cao</i>	DD
<i>Astragalus Huang Qi</i>	AA
<i>Lillium Bai He</i>	AD

**Nasopharyngeal, add:**

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

**Tonify Qi:**

<i>Glycyrrhiza Zhi Gan Cao</i>	AA
<i>Codonopsis Dang Shen</i>	AA
<i>Atractylodes Bai Zhu</i>	AA

**Nourish Blood:**

<i>Angelica Dang Gui</i>	AB
<i>Paeonia Bai Shao</i>	AB

**Tonify Yang:**

<i>Cuscuta Tu Si Zi</i>	AC
<i>Psoralea Bu Gu Zhi</i>	AC

**Nourish Yin:**

<i>Rehmannia Sheng Di Huang</i>	DC
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**Clear Heat:**

<i>Sophora Shan Dou Gen</i>	DD
<i>Oldenlandia Bai Hua She She Cao</i>	DD
<i>Taraxacum Pu Gong Ying</i>	DD
<i>Scutellaria Ban Zhi Lian</i>	DD
<i>Lobelia Ban Bian Lian</i>	FC
<i>Paria Qi Ye Yi Zhi Hua</i>	DD

**Disperse Mass:**

Sargassum <i>Hai Zao</i>	CB
Prunella <i>Xia Ku Cao</i>	DA
Fritillaria <i>Zhe Bei Mu</i>	CB
Amyda <i>Bie Jia</i>	AD

**Relieve Pain:**

Corydalis <i>Yan Hu Suo</i>	K
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**III. FU ZHENG PEI BEN PRINCIPLE****Experience of Dr. Pan Mingji****Fuzhou Cancer Institute of Integration of Traditional Chinese and Western Medicine**

(See: CANCER TREATMENT WITH FU ZHENG PEI BEN PRINCIPLE, Pan Mingji, MD, Fujian Science and Technology Press, Fuzhou, 1992.)

fu zheng = support zheng qi (normal healthy qi of body)

pei ben = bank up (cultivate) the root (strengthen resistance against disease)

**A. PRINCIPLES OF TCM TREATMENT**

1. Support *qi*, strengthen body resistance.
2. Activate blood, relieve blood stasis.
3. Promote direct anticancer effect with Chinese herbs.

## B. INTEGRATING WITH WESTERN THERAPIES

### 1. COMBINING WITH SURGERY

#### a) Principle formula: Jian Pi Li Qi Tang

<i>Codonopsis Dang Shen</i>	AA
<i>Atractylodes Bai Zhu</i>	AA
<i>Poria Fu Ling</i>	FC
<i>Astragalus Huang Qi</i>	AA
<i>Ophiopogon Mai Men Dong</i>	AD
<i>Aucklandia Mu Xiang</i>	G
<i>Adenophora/Glehnia Sha Shen</i>	AD
<i>Citrus Chen Pi</i>	G
<i>Trichosanthes Gua Luo Ren</i>	CB
<i>Nelumbo Lian Zi</i>	L
<i>Gallus Ji Nei Jin</i>	H
<i>Hordeum Mai Ya</i>	H
<i>Massa Fermentata Shen Qu</i>	H
<i>Coptis Huang Lian</i>	DB
<i>Glycyrrhiza Gan Cao</i>	AA.

#### b) Post surgical sweating and fatigue due to imbalance of ying and wei.

#### Px: Jia Wei Yu Ping San

<i>Astragalus Huang Qi</i>	AA
<i>Atractylodes Bai Zhu</i>	AA
<i>Ledebouriella Fang Feng</i>	BA
<i>Schisandra Wu Wei Zi</i>	L
<i>Triticum Fu Xiao Mai</i>	L
<i>Ostrea Mu Li</i>	N
<i>Codonopsis Dang Shen</i>	AA
<i>Paeonia Bai Shao</i>	AB
<i>Glycyrrhiza Gan Cao</i>	AA.

### c) Post surgical deficiency of yin and fluids

Quinquefolium <i>Xi Yang Shen</i>	AD
(or) Pseudostellaria <i>Tai Zi Ren</i>	AD
Ginseng <i>Ren Shen</i>	AA
Dendrobium <i>Shi Hu</i>	AD
Polygonatum <i>Yu Zhu</i>	AD
Anemarrhena <i>Zhi Mu</i>	DA
Polyporous <i>Zhu Ling</i>	FC
Scrophularia <i>Xuan Shen</i>	DC
Rehmannia <i>Sheng Di Huang</i>	DC
Nelumbo <i>Ou Jie</i>	J
Imperata <i>Bai Mao Gen</i>	J
Polygonum <i>Huang Jing</i>	AA
Paeonia <i>Bai Shao</i>	AB
Moutan <i>Mu Dan Pi</i>	DC
Trichosanthes <i>Gua Lou</i>	CB
Tremella <i>Bai Mu Er</i>	AD

## 2. COMBINING WITH CHEMOTHERAPY

### Px: Yi Qi Bu Xue Jian Pi Tang

Astragalus <i>Huang Qi</i>	AA	
Codonopsis <i>Dang Shen</i>	AA	
Atractylodes <i>Bai Zhu</i>	AA	
Poria <i>Fu Ling</i>	FC	
Glycyrrhiza <i>Gan Cao</i>	AA	
Rehmannia <i>Shu Di Huang</i>	AB	
Lycium <i>Gou Qi Zi</i>	AB	
Polygonum <i>He Shou Wu</i>	AB	
Polygonum <i>Huang Jing</i>	AA	
Ligustrum <i>Nu Zhen Zi</i>	AD	
Glehnia <i>Bei Sha Shen</i>	AD	<i>continued</i>

	<i>Ophiopogon Mai Men Dong</i>	AD
	<i>Milletia Ji Xue Teng</i>	K
	<i>Euryale Qian Shi</i>	L
	<i>Dioscorea Shan Yao</i>	AA.
Plus:	<i>Oldenlandia Bai Hua She She Cao</i>	DD
	<i>Curcuma Yu Jin</i>	K
	<i>Pseudostellaria Tai Zi Shen</i>	AA
	<i>Lonicera Jin Yin Hua</i>	DD
	<i>Agrimony Xian He Cao</i>	J
	<i>Polyporous Zhu Ling</i>	FC

### 3. COMBINING WITH RADIATION THERAPY

#### a) Principle formula: Fu Zheng Sheng Jin Tang

(Dr. Pan's formula)

	<i>Ophiopogon Mai Men Dong</i>	AD
	<i>Asparagus Tian Men Dong</i>	AD
	<i>Glehnia Bei Sha Shen</i>	AD
	<i>Scrophularia Xuan Shen</i>	DC
	<i>Rehmannia Sheng Di Huang</i>	DC
	<i>Imperata Bai Mao Gen</i>	J
	<i>Polygonatum Yu Zhu</i>	AD
	<i>Lonicera Jin Yin Hua</i>	DD
	<i>Anemarrhena Zhi Mu</i>	AD
	<i>Oldenlandia Bai Hua She She Cao</i>	DD
	<i>Solanum Long Kui</i>	DD
	<i>Codonopsis Dang Shen</i>	AA
	<i>Atractylodes Bai Zhu</i>	AA
	<i>Glycyrrhiza Gan Cao</i>	AA
	<i>Salvia Dan Shen</i>	K

**b) Suppression of bone marrow following radiation, causing thrombocytopenia.**

<i>Astragalus Huang Qi</i>	AA
<i>Codonopsis Dang Shen</i>	AA
<i>Atractylodes Bai Zhu</i>	AA
<i>Poria Fu Ling</i>	FC
<i>Rehmannia Shu Di Huang</i>	AB
<i>Polygonum Huang Jing</i>	AA
<i>Angelica Dang Gui</i>	AB
<i>Cervus Lu Rong</i>	AC
<i>Ligustrum Nu Zhen Zi</i>	AD
<i>Lycium Gou Qi Zi</i>	AB
<i>Millettia Ji Xie Teng</i>	K
<i>Glycyrrhiza Gan Cao</i>	AA
<i>Glehnia Bei Sha Shen</i>	AD
<i>Lycium Gou Qi Zi</i>	AB.

**C. USING TCM FOR COMMON PATTERNS ASSOCIATED WITH CANCER.**

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

**Px: Jia Wei Xiang Sha Liu Jun Zi Tang.**

<i>Codonopsis Dang Shen</i>	AA	
<i>Atractylodes Bai Zhu</i>	AA	
<i>Poria Fu Ling</i>	FC	
<i>Glycyrrhiza Gan Cao</i>	AA	
<i>Amomum Sha Ren</i>	FB	
<i>Aucklandia Mu Xiang</i>	G	
<i>Massa Fermentata Shen Qu</i>	H	
<i>Hordeum Mai Ya</i>	H	<i>continued</i>



Nelumbo <i>Lian Zi</i>	L
Crataegus <i>Shan Zha</i>	H
Gallus <i>Ji Nei Jin</i>	H
Zizyphus <i>Jujube Da Zao</i>	AA
Citrus <i>Chen Pi</i>	G

## 2) Food stagnation causing nausea and vomiting

Pinellia <i>Ban Xia</i>	CA
Zingiberis <i>Sheng Jiang</i>	BA
Amomum <i>Sha Ren</i>	FB
Caryophyllum <i>Ding Xiang</i>	E
Diospyrus <i>Kaki Shi Di</i>	G
Evodia <i>Wu Zhu Yu</i>	E
Inula <i>Xuan Fu Hua</i>	CA
Hematite <i>Dai Zhe Shi</i>	N
Codonopsis <i>Dang Shen</i>	AA
Poria <i>Fu Ling</i>	FC
Atractylodes <i>Bai Zhu</i>	AA
Glycyrrhiza <i>Gan Cao</i>	AA
Bambusa <i>Zhu Ru</i>	CB

## 3) Yin deficiency with heat

Ophiopogon <i>Mai Men Dong</i>	AD
Glehnia <i>Bei Sha Shen</i>	AD
Anemarrhena <i>Zhi Mu</i>	AD
Dendrobium <i>Shi Hu</i>	AD
Rehmannia <i>Sheng Di Huang</i>	DC
Cannabis <i>Huo Ma Ren</i>	PB
Cistanche <i>Rou Cong Rong</i>	AC
Cassia <i>Fan Xie Ye</i>	PA
Trichosanthes <i>Gua Lou Ren</i>	CB