Degrees of Difference:
Exploring Cancer Causation, Treatment Secondary Effects and TCM
Cancer Causation
  Tumor Overview
    TCM
    Biomedical
  Tumor Differentiation
    Classical Chinese
    Modern Chinese
Tumor Treatment
  TCM
  Integrated Therapies

Treatment Secondary Effects
  TCM to Enhance Radiation and Chemotherapy
    Radiation Treatment
    Chemotherapy
    Dietary and TCM Herbal Therapies
    Qi-Gong Rehabilitation
Cancer Causation

The human body contains four vital substances: Qi, Jin Ye, Blood (Xue) and Jing. Cancer is the manifestation of an imbalance between two of those substances, Jin Ye and Blood.

Jin Ye are the organic fluids of the body. Jin fluids are clear, light, thin and watery. They circulate in the exterior of the body, moistening the epidermal and muscular surfaces, and aid in the body’s maintenance of Wei Qi. Ye fluids are more dense and heavy, circulating in the interior of the body with the Ying Qi. Jin Ye fluids originate in the stomach.

Blood is the densest of the vital substances, flowing through the vessels to moisten and nourish the Zang Fu organs, the tendons and muscles, the skin, and the sensory organs. Blood complements the nourishing action of the Ying Qi by moistening the body’s tissues. The liver stores the blood.

Cancer originates as an energetic disparity between Jin Ye and Blood. Ultimately, that lack of correspondence results in lack of movement of Jin Ye and/or Blood or stasis. Stasis in the human body can lead to tumor formation, both benign and malignant. Therefore, in cancer causation and etiology, special attention should be paid to stomach and liver zang fu organ function and dysfunction.
<table>
<thead>
<tr>
<th>Signs/ Symptoms</th>
<th>Esophageal Cancer</th>
<th>Liver Cancer</th>
<th>Lung Cancer</th>
<th>Uterine Cancer</th>
<th>Breast Cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>appetite loss, ribcage unease, light pain, abdominal distention, liver swelling w/ tubercules, increasing fever, night sweats, emaciation, anemia, jaundice. T, P=stasis, heat signs</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Category/ Cause</td>
<td>Accumulation of illness stagnation of blood ➔ fever toxin = injury of LV then SP/ST</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yin</td>
<td>Nourish yin</td>
<td>Nourish yin</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heat/ Toxins</td>
<td>Disperse heat, expel toxin</td>
<td>Dissipate heat, expel toxin</td>
<td>Dissipate fever</td>
<td>Disperse heat, expel toxin</td>
<td>Dissipate surface toxin</td>
</tr>
<tr>
<td>Qi/ Vitality</td>
<td>Circulate qi, Supplement Vitality</td>
<td>Supplement Vitality</td>
<td></td>
<td></td>
<td>Relieve Melancholy</td>
</tr>
<tr>
<td>Phlegm/ Sputum</td>
<td>Dissipate Sputum</td>
<td>Dissolve Phlegm (from stagnation)</td>
<td>Dissipate Sputum</td>
<td>Dissipate sputum Stimulate, Diuretic</td>
<td>Dissipate Sputum</td>
</tr>
<tr>
<td>Blood/ Jin Ye</td>
<td>Nourish Blood</td>
<td>Dissipate Stagnation, Circulate Blood</td>
<td>Supplement and circulate blood</td>
<td>Circulate blood</td>
<td>Circulate blood</td>
</tr>
<tr>
<td>Stomach/Liver or Earth/Wood</td>
<td>Harmonize stomach</td>
<td>Disperse toxins in liver</td>
<td></td>
<td>Nourish kidney</td>
<td>Disperse toxins in the liver and stomach</td>
</tr>
</tbody>
</table>
## Tumor Overview/Classical

### Tumor Types - *Malignant*

- Zhong Yang
- Chuang Yang
  - Loss of Luster *(Shi Yong)*
  - Breast Rock *(Ru Yan)*
- Hiccup *(Yi Shi)*
- Food Regurgitation *(Fan We)*
- Immovable and Movable Masses *(Ji Ju Zheng Jia)*
- Fu Liang
- Liver Accumulation *(Gan Ji)*
- Lung Accumulation *(Fei ji)*
- Kidney Rock *(Shen Yan)*
- Stony Movable Mass *(Shi Jia)*
- Callous Lips *(Jian Chun)*
- Stony Ding *(Shi Ding)*
- Bone Vegetation *(Gu Liu)*
Tumor Overview/Classical/Biomedical

Tumor Types - Malignant

- Zhong Yang / Swelling and Ulceration
- Chuang Yang / Lesion and Ulceration

- Loss of Luster / Lymphosarcoma, Hodgkin’s Disease, reticulosarcoma
- Breast Rock / Late stage breast cancer
- Hiccup / Carcinoma of the esophagus or pars cardiaca
- Food Regurgitation / Stomach cancer, pyloric cancer
- Immovable and Movable Masses / Abdominal cavity tumors
- Fu Liang / Pancreatic Cancer pancreatitis
- Liver Accumulation / Primary and secondary liver cancer
- Lung Accumulation / Lung cancer, pulmonary abscess
- Stony Movable Mass / Cervical cancer
- Kidney Rock / Carcinoma of the penis
- Callous Lips / Lip Cancer
- Stony Ding / Malignant tumors of the skin, melanoma
- Bone Vegetation / Osteotuberculosis, osteomyelitis, osteosyphilis
In Chinese medicine, diagnosis of tumors, like diagnosis of all pathologies, is made through the four methods: observing, listening, questioning, and palpating. Through these methods, the practitioner is assessing the quality of:

- yin/yang
- surface/inside
- weak/firm conformation
- existence/non-existence of pus
<table>
<thead>
<tr>
<th>Nature of Cause</th>
<th>Type of Tumor</th>
<th>Disease Manifestation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wind</td>
<td>Floating; occurring anywhere; wandering</td>
<td>Wandering apoplexy</td>
</tr>
<tr>
<td>Chill</td>
<td>Hard; without fever and redness; dark purple</td>
<td>Sputum on the bone</td>
</tr>
<tr>
<td>Moisture</td>
<td>Sensation of heavy, falling skin and and muscle</td>
<td>Arthritis in the knees</td>
</tr>
<tr>
<td>Heat</td>
<td>Burning fever; ruddy, thin skin with tinge</td>
<td>Erysipelas</td>
</tr>
<tr>
<td>Sputum</td>
<td>Soft (like cotton or like bread) swelling; no fever or redness</td>
<td>Swelling of lymph gland</td>
</tr>
<tr>
<td>Nature of Cause</td>
<td>Type of Tumor</td>
<td>Disease Manifestation</td>
</tr>
<tr>
<td>----------------</td>
<td>---------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>Air</td>
<td>Normal color; no fever; joy alleviates and anger aggravates growth</td>
<td>Lump in breast</td>
</tr>
<tr>
<td>Melancholy</td>
<td>Hard as a stone; angular; no fever or redness</td>
<td>Cancer</td>
</tr>
<tr>
<td>Stagnation</td>
<td>Swelling of skin &amp; muscle; color turns from dark blue to purple-red</td>
<td>Postpartum stagnation of blood in meridians</td>
</tr>
<tr>
<td></td>
<td>Rapid swelling with fever &amp; sensation of expansion; swelling of skin with stagnated blood; purple spots</td>
<td>Stagnation of blood (contusions) from a fall of some type or blow</td>
</tr>
<tr>
<td>Weakness</td>
<td>Flat swelling; diffused root; obscure boundary</td>
<td>Yin swelling</td>
</tr>
<tr>
<td>Firmness</td>
<td>High, protruding swelling; bound root</td>
<td>Yang swelling</td>
</tr>
<tr>
<td>Conformation of Tumors</td>
<td>Yang</td>
<td>Yin</td>
</tr>
<tr>
<td>------------------------</td>
<td>------</td>
<td>-----</td>
</tr>
<tr>
<td>Site of Origin</td>
<td>Skin &amp; Muscle (shallow)</td>
<td>Tendon, bone, inside muscle (deep)</td>
</tr>
<tr>
<td>Shape</td>
<td>Protruding swelling w/ tightly bound root</td>
<td>Flat, diffused, indefinite root</td>
</tr>
<tr>
<td>Growth Rate</td>
<td>Rapid &amp; acute (3-5 days)</td>
<td>Slow – forms in weeks, months, years</td>
</tr>
<tr>
<td>Skin</td>
<td>Bright red with inflammation</td>
<td>Normal w/ no inflammation</td>
</tr>
<tr>
<td>Pain</td>
<td>Severe</td>
<td>Painless, dull, itching</td>
</tr>
<tr>
<td>Temperature</td>
<td>Burning, feverish</td>
<td>No or mild fever</td>
</tr>
<tr>
<td>Hardness</td>
<td>Subsides gradually after growth bursts</td>
<td>Hard as a stone or soft as bread</td>
</tr>
<tr>
<td>Suppuration</td>
<td>Sticky, with no odor</td>
<td>Clear with bad odor</td>
</tr>
<tr>
<td>Granulation</td>
<td>Red, moist, firm</td>
<td>Pale, edematous swelling</td>
</tr>
<tr>
<td>Duration</td>
<td>Short, dissipates and dries up</td>
<td>Long, fails to burst and dry up</td>
</tr>
</tbody>
</table>
According to TCM theory and its differentiation, the main causative factors for the incidence of tumors and their pathological mechanisms are dynamic imbalances relating to:

- Qi and Blood
- Phlegm
- Toxins
- Deficiency
The main therapeutic principles in the treatment of tumors are:

1) Regulate the Qi and harmonizing the blood
2) Maintaining the unobstructed flow of the channels and collaterals
3) Transforming phlegm and eliminating dampness
4) Softening the hard and dissolving nodulations
5) Dissolving toxins and stopping pain
6) Tonifying Qi and cultivation of the blood

This can be summed up the older maxim of treating tumors by:
“trimming the hard, dispersing the stagnant, cracking the retained, and nourishing the injured.”
Treatment Secondary Effects
SIDE EFFECTS OF RADIATION THERAPY

Local
Radiation dermatitis – Blackening, reddening, ulceration, cracking, of skin
Radiation stomatitis – Darkening, reddening, ulceration, pain of mouth
Radiation pharyngitis – Pain and inflammation of throat
Radiation esophagitis – Pain and difficulty swallowing
Radiation pneumonia – Painful cough, white foamy sputum, SOB

General
Fatigue, weakness of limbs, dizziness, headache, insomnia
Anorexia, nausea, vomiting, abdominal pain, diarrhea or constipation
Leucopenia, thrombocytopenia, anemia
SIDE EFFECTS OF RADIATION THERAPY

Local
Radiation dermatitis – Blood heat, blood stasis
Radiation stomatitis – Stomach fire
Radiation pharyngitis – Lung-heart toxic heat
Radiation esophagitis – Stomach yin xu, blood stasis
Radiation pneumonia – Phlegm harassing the lung

General
Fatigue, weakness of limbs – Qi xu
Dizziness, headache, insomnia – Xue xu
Anorexia, nausea, vomiting, abdominal pain, diarrhea or constipation – Spleen stomach deficiency
Leucopenia, thrombocytopenia, anemia – Ying-Wei disharmony
SIDE EFFECTS OF CHEMOTHERAPY

Asthenia – Fatigue, depression, spontaneous sweat, somulence
Marrow suppression – Reduction of WBC, RBC or hemoglobin
GI dysfunction – Anorexia, nausea, vomiting, abdominal pain, diarrhea or constipation
Inflammation – Fever, dizziness, headache, mouth dryness and sores
Cardiotoxicity – Palpitations, chest oppression, SOB, heart failure
Nephrotoxicity – Lumbar pain, edema
Pulmonary fibrosis – SOB, apnea, respiratory arrest
Cystitis – Lower abdominal pain, hematuria
Neurotoxicity – Numbness, sluggishness of limbs
Hepatotoxicity – Costal pain, liver failure
Phlebitis – Pain, palpable cord like mass, discoloration of veins
Immune suppression – Susceptibility to infection
TCM DIFFERENTIATION AND TREATMENT

Asthenia – Spleen and lung qi xu
Marrow suppression – Ying and Wei imbalance
GI dysfunction – Stomach qi & yin xu
Inflammation – Internal dry toxic heat
Cardiotoxicity – Phlegm heat in the upper jiao
Nephrotoxicity – Kidney qi & yang xu
Pulmonary fibrosis – Phlegm harassing the lung
Cystitis – Blood ling or blood heat
Neurotoxicity – Wei syndrome from heat and phlegm
Hepatotoxicity – Liver qi stagnation, liver fire
Phlebitis – Blood stasis
Immune suppression – Lung qi xu
Internal QiGong

Three main focus
Adjusting Heart – meditate on dan tien and points (esp. KD₁)
  - meditate on peace environment image
    (lake, mountain)
  - meditate on breath

Adjusting Body  - Sitting, standing and moving postures with concentration on DU₂₀, REN₁, KD₁

Adjusting Respiration – Nose breathing, nose & mouth breathing, holding breathing, directing qi breathing
External QiGong

External Qigong is performed in China by certified qigong healers. The healers are only allowed to practice for 5 years for fear too much qigong will make them insane.

Many methods of “energy healing” may be effective for treatment of cancer.
From Dept of Oncology, Beijing TCM Hospital, Beijing

Patient: 57, Male, married.
Chief Complaint: Tiredness, arcadia and sweating for one month duration
History of present illness: One year prior to admission, because of cold and fever, chest examination revealed lung mass and lung cancer. Upper left lung lobectomy performed. 2 rounds of chemotherapy given. Cancer re-occurred in upper lobe of right lobe. 1 round of chemotherapy given.
Bowels: One per day, loose.
Past History: Smoker, 2 packers/day
Inspection of the Tongue: Red in the edges and tip, white fur. When chemo is being given, tongue turns red with yellow-white greasy fur.
Pulse Condition: Thready and slippery

Modern Medicine Diagnosis: Squamous Epithelial Carcinoma of the Lung; S/P Upper left Lobectomy, Chronic Bronchitis, TB

TCM Diagnosis: Feiji; Qi and Yin Deficiency; Endogenous Toxin and Heat, Damp and heat when undergoing chemotherapy.

Therapeutic Principles: Replenish Qi and nourish yin; clear away endogenous toxin and heat. Drain damp and heat when undergoing chemotherapy.
From Dept of Oncology, Beijing TCM Hospital, Beijing

This is a case of squamous epithelial carcinoma of the lung. The survival period for this patient was more than 7 years. Ultimately, patient did not respond to chemotherapy. The cancer cells were not sensitive to chemotherapy and when given, the tongue would become bright red and crimson in color with yellow-thick greasy fur. This indicated a morbid state of retention of damp-heat in the interior and that the accumulation of noxious damp-heat was progressive. Accordingly, the therapeutic approach was to eliminate dampness with aromatics herbs and to clear away heat and toxic material.

After lung lobectomy, usually patients have signs of Qi and Lung deficiency. But in this case, the signs of damp-heat in the lung and stomach persisted for several years. The patient had productive cough, red to dark red tongue substance, yellow-white, thick and greasy fur. Pulse was thready and slippery. Bowels were loose. His appetite was good with no signs of Qi deficiency. These signs and symptoms should have alerted medical practitioners that there remained pathogenic factors which might recur easily, as they did.

The characteristic of this case was an absence of deficiency syndrome after surgical operation. Along with tongue and pulse indications, this indicated the possibility of recurrence of cancer. Perhaps, therapy for strengthening the body resistance, restoring normal body functions, nourishing the Qi and replenishing the kidney along with herbs to promote immunity functions would have been more appropriate.
Symptoms of feiji (lung accumulation)
Cough with sticky sputum and blood, wheezing, chest pain, abdominal fullness, sallow complexion, emaciation. (from peaceful benevolent prescriptions)

Analysis
Heat and stasis in the lung with internal origin (liver of stomach fire) with phlegm heat. Heat and accumulation cause depletion of qi and blood (interfering with sp/st ability to transform), causing abdominal bloating and emaciation. As heat carries the phlegm upward, this blocks the lungs ability to disperse leading to cough. Damage to network vessels causes bleeding, and blockage causes chest pain.
Treatment possibilities

Principle
Clear heat, remove accumulation, nourish spleen and stomach, disperse lung qi.

Methods
Cupping, release accumulation, clear heat, disperse lung qi
Bleed, LU11, LV1, ST45,
Needle, ST36, SP6, UB13, UB20, UB21, PC6, ST40, SP10
<table>
<thead>
<tr>
<th>Sources</th>
</tr>
</thead>
</table>