

TCM with Chemo

Zhang et al. treated 182 cancer patients using chemotherapy; 98 of them were also given a decoction composed of

Ren Shen (Radix Ginseng) 10g
Huang Qi (Radix Astragali seu Hedysari) 30g
Bai Zhu (Rhizoma Atractylodis Macrocephalae) 15g
Fu Ling (Sclerotium Poriae Cocos) 12g
Gan Cao (Radix Glycyrrhizae) 6g
Gou Qi Zi (Fructus Lycii) 12g
Nii Zhen Zi (Fructus Ligustri Lucidi) 15g
Tu Si Zi (Semen Cuscutae) 12g
Dang Gui (Radix Angelicae Sinensis) 12g
Shu Di Huang (Radix Rehmanniae Glutinosae Conquita) 15g
Shan Yao (Rhizoma Dioscoreae Oppositae) 15g
Chen Pi (pericarpium Citri Reticulatae) 9g
Mu Xian! (Radix Aucklandiae Lappae) 6g
Dan Shen (Radix Salviae Miltiorrhizae) 20g
Bei Sha Shen (Radix Glehniae Littoralis) 10g
Mai Men Dong (Radix Ophiopogonis Japonici) 10g
E Zhu (Rhizoma Curcumae) 10g
Bai Hua She She Cao (Herba Hedyotidis Diffusae) 30g

Modifications

For poor appetite, *Jiao Shan Zha* (Fructus Crataegi, scorch-fried) 15g, *Jiao Shen Qu* (Massa Fermentata, scorch-fried) 15g, and *Jiao Mai Ya* (Fructus Hordei Vulgaris Germinatus, scorch-fried) 10g were added; *Sha Ren* (Fructus Amomi) 6g was also added 10 minutes before the end of the decoction process.

For leukopenia, *Ji Xue Teng* (Caulis Spatholobi) 30g, *Zi He CM* (placenta Hominis) 10g and *Huang Qi* (Radix Astragali seu Hedysari) 30g were added, with *E Jiao* (Gelatinum CorII Asini) 20g infused in the prepared decoction.

For hemorrhage of the digestive or respiratory tract, separate infusions of *Yun Nan Bai Yao* (Yunnan White) 3g and *San Qi* (Radix No-- seng) 3g were added.

For pain in the limbs and bones, baked and powdered *Quan Xie* (Buthus Martensi) 3g and *Wu Gong* (Scolopendra Subspinipes) 3g were added to be taken separately after the powder had been infused in warm water.

For jaundice, *Yin Chen Hao* (Herba Artemisiae Scopariae) 30g was added.

For nausea and vomiting, *Jiang Ban Xia* (Rhizoma Pinelliae Ternatae cum Zingibere Praeparatum) 10g and *Ding Xiang* (Flos Caryophylli) 10g were added.

One bag a day was decocted in 800ml of water, boiled down to 200ml and divided into 100ml portions taken morning and evening.

Results:

After 28 days, leukopenia and thrombocytopenia in patients in the chemotherapy plus TCM treatment group were considerably reduced. Appetite had improved, body weight had increased and scores on the Karnofsky scale were higher. Follow-up after five years showed a rate of recurrence and metastasis of 10 percent and mortality of 8 percent in the chemotherapy plus TCM treatment group, significantly lower than in the chemotherapy-only group (35 percent and 20 percent respectively, $P < 0.05$). The results suggested that materia medica for supporting Vital Qi (Zheng Qi) and augmenting Qi act in synergy with chemotherapy and are effective in reducing adverse side-effects of the treatment.