

FU ZHENG JIE DU CHONG JI

Soluble Granules for Supporting Vital Qi and Relieving Toxicity

From 1992 to 1994, the Oncology Department at the Sino-Japanese Friendship Hospital in Beijing conducted a clinical outcome audit of *Fu Zheng Jie Du Chong Ji* (Soluble Granules for Supporting Vital Qi and Relieving Toxicity).

Groups: 131 cancer patients (49 with lung cancer, 29 with esophageal cancer, 29 with breast cancer, and 24 with nasopharyngeal cancer) were divided randomly into two groups:

- Group A with 71 patients was treated with radiotherapy supported by *Fu Zheng Jie Du Chong Ji* (Soluble Granules for Supporting Vital Qi and Relieving Toxicity).
- Group B with 60 patients was treated with radiotherapy only.

Method: Patients in group A took the herbal medicine prescription from one week before radiotherapy until one week after finishing the course.

Ingredients

Huang Qi (Radix Astragali seu Hedysari) 15g

Shu Di Huang (Radix Rehmanniae Glutinosae Conquita) 15g

Jin Yin Hua (Flos Lonicerae) 15g

Huang Lan (Rhizoma Coptidis) 10g

Mai Men Dong (Radix Ophiopogonis Japonici) 10g

*Shi Hu** (Herba Dendrobii) 10g

Chen Pi (pericarpium Citri Reticulatae) 10g

Ji Nei Jint (Endothelium Corneum Gigeriae Galli) 10g

Zhu Ru (Caulis Bambusae in Taeniis) 10g

Gou Qi Zi (Fructus Lycii) 15g

Nu Zhen Zi (Fructus Ligustri Lucidi) 15g

Outcome measures

p

	Group A	GroupB
Completely course	84.5%	63.3%
Weight increase	26	9
Weight stable	23	25
Weight loss	8	23
Fatigue		
None	27	12
Mild	30	26
Severe	14	22
Activity	Good	Gradually Decreasing
GI reaction	Mild	Severe
WBC falling	38%	53.3%
Low Platelet	8.5%	25%

YI QI YANG YIN TANG

Decoction for Augmenting Qi and Nourishing Yin

Li observed the effect of *Yi Qi Yang Yin Tang* (Decoction for Augmenting Qi and Nourishing Yin) in the treatment of nasopharyngeal cancer.²³

Method

The author randomly assigned 272 patients with nasopharyngeal cancer into two groups, group A (N = 138) and group B (N = 134). All patients were treated with radiotherapy (6000-7000 cGy for primary lesions, 5500-7000 cGy for cervical metastatic lesions, and 4500-5000 cGy at the neck for prevention of metastasis).

In group A, radiotherapy was combined with *Yi Qi Yang Yin Tang* (Decoction for Augmenting Qi and Nourishing Yin) with the following ingredients as the basic formula, modified according to each patient's condition:

Tai Zi Shen (Radix Pseudostellariae Heterophyllae) 30g

Xuan Shen (Radix Scrophulariae Ningpoensis) 15g

Mai Men Dong (Radix Ophiopogonis Japonici) 15g

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g

Nii Zhen Zi (Fructus Ligustri Lucidi) 15g

*Shi Hu** (Herba Dendrobii) 20g

Tian Hua Fen (Radix Trichosanthis) 20g

Bai Hua She She Cao (Herba Hedyotidis Diffusae) 30g

Ban Zhi Lan (Herba Scutellariae Barbatae) 30g

Can Cao (Radix Glycyrrhizae) 6g

Modifications

For dry mouth, *Jin Yin Hua* (Flos Lonicerae) 10g and *Lan Qiao* (Fructus Forsythiae Suspensae) 10g were added to clear Heat and relieve Toxicity caused by exuberant Heat Toxins due to radiotherapy.

For poor appetite, *Jiao Shen Qu* (Massa Fermentata, scorch-fried) 10g, *Jiao Mai Ya* (Fructus Hordei Vulgaris Germinatus, scorch-fried) 10g and *Jiao Shan Zha* (Fructus Crataegi, scorch-fried) 10g were added.

Patients began to take the decoction three times a day one month before each radiotherapy course and continued until one month after completion of the course.

Conclusion

- The five-year study indicated that the rate of recurrence in the TCM plus radiotherapy group (group A) was significantly lower than in the group receiving radiotherapy only (group B) at 11.6 percent compared with 38.1 percent ($P < 0.01$).
- The three-year and five-year survival rates in the TCM plus radiotherapy group were significantly higher than in the radiotherapy-only group (87.0 percent compared with 66.4 percent, and 67.4