One of the most widely studied and accepted uses of Chinese herbs among modern medical treatments is Fu Zheng Pei Ben (FZPB) therapy in adjuvant cancer treatment. “Fu Zheng” refers to the support of the body’s normal healthy qi, the “Zheng qi”; “Pei Ben” refers to the strategic reinforcement of the body’s ability to fight specific disease manifestations. When used in combination with proven modern medical treatments for cancer—specifically, chemotherapy, radiotherapy, and surgery—FZPB can minimize clinical side effects and facilitate recovery. This guide is intended to assist qualified licensed Oriental Medicine (OM) practitioners in supporting patients with cancer.

Please Note: Though the Materia Medica of OM lists herbs that can break up masses and herbs which possess anti-neoplastic actions, the formulas discussed in this paper are neither designed nor intended to “cure cancer” per se, nor to be employed as the primary treatment for a patient with cancer. Use this guide to assist your selection of the right FZPB strategy. Be sure the patient receives regular assessments by a qualified medical doctor.

OVERVIEW OF FZPB THERAPY IN THE TREATMENT OF CANCER
Oriental Medicine and western medicine agree that cancerous tumors are a localized manifestation of a pathology that exists in the entire body. This pathology can result from exposure to toxins such as radiation or carcinogenic chemicals, or owing to exogenous pathogens, a malfunctioning immune system or immunodeficiency, poor nutrition, hereditary tendencies, weakness or damage to the organs, prolonged qi and/or blood stagnation, prolonged blood or yin deficiency, emotional factors, and more. Combinations of these factors may be involved as well, such as hereditary tendencies combined with poor nutrition, or immune deficiency with sufficient exposure to carcinogenic toxins. When applying FZPB therapy, it is essential to properly evaluate the patient’s constitution and differentiate the syndrome so that the proper support can be provided. Treatment of symptoms should be subordinate to accurate pattern identification.

GUIDELINES FOR PATTERN DIFFERENTIATION
Generally speaking, FZPB therapy works as a complimentary treatment by 1) addressing the underlying constitutional root of the pathology and 2) addressing clinical manifestations directly or compensating for the imbalances and clinical side effects caused by aggressive western treatments. We shall discuss each of these briefly.

Two pairs of opposing principles, representing four of the “eight principles” of Chinese diagnosis are commonly used to determine the underlying constitutional root in cancer patients. The first category distinguishes between the opposing but interdependent principles of yin and yang; the second between excess and deficiency. It is important to make these distinctions because deficient yin is treated by nourishing the yin (using herbs of yin nature); whereas excessive yin is treated with herbs of a yang nature which either boost the qi, actively drain or dry, warm, or invigorate the circulatory systems, all of which are yang actions. Failure to distinguish between the yin or yang nature of the patient’s condition can result in the selection of herbs that are counter-productive. It is equally important to differentiate between excess and deficiency. This is determined by using the four examination techniques: 1) Looking/Inspection, 2) Listening and Smelling, 3) Asking/Inquiring, and 4) Touching/Palpation. If there is only excess in the pulse, if the cancer is in the early stages, and the constitution is otherwise strong with sufficient, smooth-flowing qi, a focused, localized intervention is recommended. If, however, the pulse reveals some under-
HERBAL SUPPORT FOR CANCER PATIENTS

lying weakness, such as yin, qi, or blood deficiency, if the cancer has already progressed beyond the early stages, or if the constitution shows immunodeficiency, then it is best to include a formula that boosts or nourishes the weakened energy or humor in order to bring the body into balance. Further discussion on the role of support and balance is provided in a later section.

Aside from the underlying constitutional root of the patient there is often a particular clinical manifestation or group of manifestations involved. These manifestations can be caused by the toxicity of the tumor, a malfunctioning immune system, the physical blockage resulting from the tumor, or they can arise as a side effect of the treatment. It is usually the discomfort of the presenting symptom that is the patient’s reason for seeking treatment. Perhaps the patient experiences depression from the chemotherapy, or loss of appetite; perhaps the physical location of the tumor is interfering with breathing, swallowing, or urination; perhaps the patient suffers from a low-grade fever with skin lesions caused by the toxic nature of the cancer. All of these examples are branch symptoms. As a complimentary therapy, FZPB can alleviate the patient’s symptoms, strengthen their body to help fight the cancer, enhance the effect of the chemotherapy or radiotherapy, or speed healing after surgery.

PRINCIPLES OF TIMING IN FZPB COMPLIMENTARY CANCER TREATMENTS

Before beginning a treatment of chemotherapy, surgery, or radiotherapy, FZPB can be employed to prepare the body by treating the root imbalances, such as qi deficiency, blood or yin deficiency, blood stagnation, or qi stagnation. This strategy can strengthen the patient’s ability to cope with the aggressive nature of the harsh treatments.

During chemotherapy, radiotherapy, or recovery from surgery, proper FZPB can enhance the efficacy of the harsher medical treatments by reducing clinical side effects. When side effects are well managed, the body’s qi is more available to assist with the desired outcome of the primary treatment.

After the critical stage of the chemotherapy or radiation treatment has passed, it is recommended that the OM practitioner provide continued support by frequent re-evaluations and adjustments as the patterns dictate until the patient’s condition has stabilized. Then, focus can be placed on the main underlying constitutional imbalance in order to prevent recurrence.

PRIMARY SUPPORTIVE ACTIONS OF HERBAL FORMULAS IN FU ZHENG PEI BEN THERAPY

The primary support that FZPB therapy can provide in the treatment of cancer is the support of the zheng qi (righteous, righting, or vital qi) to strengthen the body’s ability to resist pathogens of any nature and origin. This includes immune and blood support, regulation of all organ functions, and the regulation of the qi and humor circulations. The “zheng” in “zheng qi” is the same as the “zheng” in “Fu Zheng Pei Ben,” which indicates how central the idea of supporting the zheng qi is to this therapeutic approach.

A. Immune Support is best administered upon discovery of the cancer or pre-cancerous condition, up until a few days prior to beginning chemotherapy or until food and supplements are abstained from before surgery. The immune system has the capacity, when strong, to subdue cancer. Chinese herbal therapy can help boost the immune system by regulating lymphocyte levels and increasing phagocytosis. Astragalus and Ligustrum Formula (Huang Qi Dong Qing Pian) was designed specifically to accomplish this function. Preliminary studies have shown that eleuthero, formerly known as

* Some clinicians recommend against using astragalus-based formulas (such as Astragalus and Ligustrum Formula or Chemo Blood Support Formula) during a course of chemotherapy because astragalus (huang qi) has a consolidating action and chemotherapy is highly toxic in nature. They believe it is better to allow the chemotherapy drugs to do their work and leave the body quickly before consolidating the wie qi (defensive qi) again. In this ap-
HERBAL SUPPORT FOR CANCER PATIENTS

“Siberian Ginseng,” may be used as an immune support simultaneously with chemotherapy and may mitigate the side effects of the drugs. **Eleuthero Tablets** (*Wu Jia Shen Pian*) are made from the single ingredient, eleuthero (*wu jia shen*) and may be substituted for an astragalus-based formula during the course of a chemotherapy treatment. In some instances, such as when bi syndrome is a main symptom, **Eleuthero Tablets** may be used effectively between or during courses of chemotherapy.

Related to immune support is the action of tonifying or boosting the qi. Many cancer patients have an underlying qi deficiency that contributed to the development of their cancer, perhaps by lowering immunity, perhaps by insufficiently moving the blood. In addition, toxicity from the cancer can consume qi; chemotherapy can damage qi, or the trauma of surgery can weaken qi. Therefore, qi deficiency can be a causal factor in cancer, a product of the cancer, or the result of therapy. Any one or any combination of these qi-deficient conditions can justify the prescription of qi formulas that boost qi as a primary or secondary function.

**B. Blood and Marrow Support** should be administered according to the same guidelines as immune support (see above). **Chemo Blood Support Formula** (*Huang Qi Ji Xue Wan*) was designed specifically to nourish and rebuild the blood and marrow of patients undergoing chemotherapy, radiotherapy or interferon-based treatments. The two chief herbs, astragalus (*huang qi*) and millettia (*ji xue teng*) have each been shown in studies to promote leukocyte production. It is balanced to nourish the blood and augment the qi’s function of supplementing blood while addressing the common side effects of stagnation, toxicity, and digestive impairment. When the main concern from blood and marrow damage is hair loss, **Seven Treasures Formula** (*Jin Hua Mei Ran Wan*) is the perfect choice. The traditional formula upon which Seven Treasures Formula is based (*Qi Bao Mei Ran Dan*) can be translated as “Seven Treasures Elixir for Beautiful Hair”.

**C. Organ Function Support** is another important support of Fu Zheng therapy. Any of the organs can be weak in a patient with cancer, not merely the organ or organs affected by the cancer. Of the yin organs, kidney, lung, liver and spleen are more commonly in need of support than the pericardium or heart. Because of the heart’s status as the “emperor organ,” it is usually better protected than the other viscera and bowels and has less to do in general with immunity or the production of vital substances.

It is important to do a complete workup of the patient’s condition to determine which organs need support. Simply relying on the location of the lesions or upon symptomatic complaints can lead you astray. A woman with colon cancer may need support for her lung qi, while a man with esophageal cancer may have an underlying deficiency of his liver blood. Investigate the case to create a detailed picture of the patient’s condition.

**D. Regulation of Qi** is important in many cancer therapies. In purely excess cases, the regulation of qi can help to reduce stress and pain, maintain normal organ function, and keep qi flowing in the right direction. In cases where deficiency plays a significant role, regulating the qi can help prevent the accumulation of qi from qi tonics and help to regulate the digestion function. In deficiency cases, regulation of the qi is usually secondary to tonification or nourishment. In cases of excess, where the therapeutic action is focused approach, astragalus-based formulas are usually stopped 2-3 days prior to beginning a course of chemotherapy drugs and not resumed until 3-4 days after the course has finished. Other clinical research demonstrates positive results while using astragalus-based formulas during a course of chemotherapy.
on the symptom, branch, or location of the problem, regulating the qi may carry either a primary or secondary function. In either excess or deficient conditions, regulation of qi more often takes a secondary, but important role. The primary formulas with a qi regulating function are Six Gentlemen Formula (Liu Jun Zi Tang), for qi deficiency with stagnation and/or phlegm in the digestive system or phlegm in the lung that is the product of a weak spleen; Pinellia and Magnolia Bark Formula (Ban Xia Hou Po Tang), for qi stagnation with phlegm in the esophagus or thorax that results in difficult swallowing or thoracic oppression; if the qi stagnation is caused by phlegm, phlegm-damp, or rheum anywhere in the body, the formula of choice should be Citrus and Pinellia Formula (Er Chen Wan). Stomach-Harmonizing Formula (Jia Jian Bao He Wan) is an excellent choice for regulating the digestive function when food stagnation is the main complaint. Large doses may be necessary for results, up to 6 tablets at a time, depending on the size of the patient and severity of the accumulation. If the stagnation is chronic and long-term use is necessary, Earth-Harmonizing Formula (He Tu Pian) is recommended because it supplements while gently moving the digesta. If the digestive discomfort is caused by liver qi stagnation rather than food stagnation, Shu Gan Formula (Shu Gan Wan) is the formula of choice. If the main symptom is stress with heat signs such as irritability and red complexion, or if the pattern is liver invading the spleen with blood deficiency, use Free and Easy Wanderer Plus (Jia Wei Xiao Yao San). If there is stress with an underlying blood deficiency but without irritability or heat signs in this otherwise excess condition, Bupleurum and Tang Kuei Formula (Xiao Yao San) is more appropriate.

E. Nourishment of Humors Other Than Blood (Yin, Body Fluids, and Endocrine System). The vast majority of cancer patients show some degree of kidney yin deficiency. In modern biomedical terms, this usually manifests as a hypo-functioning or hyper-functioning endocrine system. In addition, certain types of tumors, often non-cancerous, are accumulations of yin rather than blood. An example of this would be fibroids. Both kidney yin and kidney yang tonics can be helpful to restore normal function to the endocrine system, but these deficiencies often do not exist in isolation. Many patients will require tonification of the qi or nourishment of the blood in addition to kidney support. Blood stasis is another common condition in kidney-deficient patients with endocrine-related problems. Formula selections that nourish the kidneys include Seven Treasures Formula (Jin Hua Mei Ran Wan) or He Shou Wu Tablets (Shou Wu Pian), which both have an ability to nourish the kidney yin and essence and to support adrenal function. Jing Qi Formula (Jing Qi Pian) nourishes kidney yin and essence and the liver yin, while boosting and regulating the qi; it is a well-balanced formula with a broad application that can often be used safely as a default formula when the pattern is unclear. Eight Immortals Formula (Ba Xian Chang Shou Wan) is also an affective kidney tonic. It is based on Liu Wei Di Huang Wan (Six Ingredients Pill with Rehmannia), which has been shown in studies to be of benefit to cancer patients”. In addition to nourishing the kidney yin, Eight Immortals Formula also augments the qi of the kidney and moistens dryness in the lung and stomach. Astragalus and Ligustrum Formula (Huang Qi Dong Qing Pian) and Chemo Blood Support Formula (Huang Qi Ji Xue Wan) are both good formulas to help restore proper functioning of the endocrine system as well. See table below for a complete list of formulas that can boost the endocrine system and engender humors.
PRIMARY CLEARING/REDUCING ACTIONS IN FZBP TREATMENT

The five categories above can be said to correspond with Fu Zheng, the following two categories deal more with Pei Ben, strategic support of the body to transform specific disease manifestations.

A. Invigoration of the Blood and Transformation of Blood Stasis can play an essential role in FZBP therapy. Most cancerous tumors are themselves a form of blood stasis. Invigorating the blood and improving microcirculation can help to prevent cancer cells from accumulating, assist the immune system to break down cancer cells, and facilitate the delivery of anti-cancer drugs to the tumor. There are several formulas with a primary or secondary function to invigorate blood or disperse stasis. When blood invigoration is the primary focus of the treatment, use Blood Palace Formula (Xue Fu Zhu Yu Tang) for stasis in the thoracic area, Stasis-Transforming Formula (Dan Shen Hua Yu Pian) for abdominal stasis, San Qi Tablets (San Qi Wan) for stasis that gives rise to bleeding, or San Qi Formula (San Qi Pian) when blood stasis has combined with heat to cause bleeding. San Qi Tablets (San Qi Wan) is also a good post-operative formula to address the blood stasis that occurs as a result of the trauma of surgery.

B. Resolving Toxin

Cancer is a toxic condition. Toxin is one of the least understood terms in OM. In its broadest sense, it is any substance existing in the body, which causes harm. It may enter from the exterior or be engendered internally. Commonly, there is a heat component associated with toxin and a tendency for it to accumulate. If the qi and blood cannot keep the area flushed from toxins, there will be accumulation, the heat will intensify and inflammation occurs. In a cancerous tumor, the toxic accumulation exerts an influence on the surrounding tissues. This results in transformation of the surrounding tissues into toxic tissue, forming the tumor.

Besides being toxic itself, any of the three major treatments for cancer: chemotherapy, radiotherapy, and surgery, can result in new toxicity. In addition, as has already been discussed, the immune system in most cancer patients is compromised, leaving them susceptible to invasion from exogenous pathogens. In short, at some level, and usually in multiple levels, issues of toxicity will exist in a patient with cancer.

Toxicity can result in three conditions that produce symptoms: inflammation, stagnation/obstruction, and compromised immunity. These three conditions are inter-related and can combine and interact with one another to the detriment of the patient if not addressed. For instance, tumors create obstructions to the normal flow of qi and blood in the body both locally and systemically. When qi and blood are not allowed to flow smoothly, the body’s defenses are compromised and it becomes open to pathogenic invasion. Pathogens occupy and deplete the immune system further, which damages the qi. Damaged qi is not as strong as healthy qi and the weak qi loses some of its capacity to move blood and break up accumulations. This can encourage tumor growth, which leads once more to further obstruction of smooth flowing qi and blood in a self-perpetuating cycle.

Whereas there is always an element of toxicity in cancer, when the toxicity produces symptoms (large or rapid pulse, sweating, sore throat, swollen glands, fever, dark urine, restlessness, irritability, constipation, lesions, dryness, mounting yin damage, etc.) toxin-resolving strategies need to be emphasized. “Resolving toxin” or “eliminating toxin” in OM involves separating out the accumulation of heat and eliminating it through the urine or stool.
HERBAL SUPPORT FOR CANCER PATIENTS

CATEGORIES OF FORMULAS FOR USE IN FZPB CANCER SUPPORT

Formulas that Provide Support for Qi, Blood, and Immune System

Astragalus and Ligustrum Formula (Huang Qi Dong Qing Pian): supports the immune system, builds qi, nourishes blood and kidneys, supports wei qi and supports spleen and stomach functions. Use this formula when the presentation is low immunity or when the kidneys are particularly weak with concurrent qi and/or blood deficiency. Studies in China have indicated both astragalus (huang qi) and ligustrum (nu zhen zi) have a strong action to boost immunity in cancer patients. This formula is based on this research.

Chemo Blood Support Formula (Huang Qi Ji Xue Wan): promotes the body’s ability to produce healthy blood, builds qi, nourishes essence, promotes the smooth flow of qi and blood, promotes digestive function, drains some dampness and resolves some heat toxin. Based on Chinese research on Astragalus (huang qi) and Millettia (ji xue teng) (See Endnote iii) this formula emphasizes blood deficiency manifest as clinical anemia (leukopenia or erythrocytopenia). Often, the patient will present with a thin forceless pulse, pale complexion or tongue, with lassitude and inability to focus the mind. Also use this formula to protect the bone marrow from chemotherapy and radiotherapy. Consult the Clinical Guide To Commonly Used Chinese Herbal Formulas from Herbal Medicine Press for specific directions regarding dosage and timing of administration.

Seven Treasures Formula (Jin Hua Mei Ran Wan): Many times the main concern of the cancer patient is hair loss. The traditional formula upon which Seven Treasures Formula is based can be translated as “Seven Treasures Elixir for Beautiful Hair”. The bone marrow damage from anti-cancer drugs and radiation has a strong tendency to cause alopecia (hair loss); Seven Treasures Formula is specially designed to help the patient recover from this damage by nourishing the essence and yin of the kidney and the blood and yin of the liver using substances long-associated with healthy hair growth. Two of the ingredients of this formula, psoralea (bu gu zhi) and red peony root (chi shao), have been shown by modern research to be anti-cancer agents.

Eleuthero Tablets (Wu Jia Shen Pian): Eleuthero (wu jia shen), formerly known as “Siberian Ginseng”, is generally safe to take even during a chemotherapy treatment. In Russia, it is common to support the patient’s immune system with eleuthero while administering chemotherapy. Since eleuthero (wu jia shen) can expel wind-dampness and strengthen the tendons and bones, it is particularly useful when the cancer patient is also suffering from bi syndrome or weakness or atrophy in the limbs.

Jing Qi Formula (Jing Qi Pian): The main function of Jing Qi Formula is to supplement the kidneys and the qi, while moving constrained liver qi. It is an appropriate formula to treat long-term exhaustion that can cause: qi deficiency, kidney yin deficiency, and liver qi constraint. The history of the patient for whom this formula is appropriate may include excessive sexual activity leading to depleted kidney yin, long-term excessive work or stress that has damaged the qi and the yin, or lingering disease that has damaged the qi and yin. The tongue may appear peeled or shiny, and smallish or slightly deep red. The pulse will be deep and weak, possibly thin in the kidney position. Jing Qi Formula is safe for long-term use.

Women’s Precious Formula (Ba Zhen Tang): Based on Ba Zhen Tang, this formula strengthens both qi and blood without emphasizing one over the other. The original formula has been modified with herbs that help circulate the qi and the blood and nourish the essence. These additions make this formula safe for long-term use. Use this formula for simultaneous qi and blood deficiency.

General Tonic Formula (Shi Quan Da Bu Wan): The damage to the qi from harsh drugs can include the
yang qi, leaving the patient feeling cold in his or her “core”—an area deep in the abdomen. General Tonic Formula is a modification of Women’s Precious Formula, adding cinnamon bark (rou gui) and red jujube date (hong da zao) to warm the middle burner at the core.

Six Gentlemen Formula (Liu Jun Zi Tang): This popular classic is best used when the patient is having phlegm issues in the lung or upper gastrointestinal system that are the direct result of weak spleen and/or lung qi. The symptoms may be nausea or vomiting, lack of appetite, chronic phlegm in the lungs. The pulse will be weak and the tongue usually puffy and pale.

Ginseng Nourishing Formula (Ren Shen Yang Ying Wan): Sometimes qi and blood deficiency affects the mental-emotional qualities in health more than the physical. The Chinese call the mental-emotional aspect of a person shen, which is often translated as “spirit”. Shen issues resulting from weak qi and blood can include poor memory or inability to focus, restless sleep, or anxiety. For shen issues resulting from weak qi and blood, use Ginseng Nourishing Formula. The tongue will often be pale and the pulse weak. Other symptoms may include weakness and lassitude, loose stools, poor appetite or muscle spasms.

Formulas that Treat the Digestion

Stomach-Harmonizing Formula (Jia Jian Bao He Wan): Based on Bao He Wan (Harmony Preserving Pills), Stomach-Harmonizing Formula treats acute problems of the digestive tract when food stagnation is the chief (or significant) component. A strong action to move food downward, Stomach-Harmonizing Formula can be used to treat acid reflux, abdominal cramping or distention, foul belching or nausea. It is prudent to distinguish between the use of this formula and the two that follow. The key terms to consider when prescribing this formula should be “acute” and “food stagnation”.

Earth-Harmonizing Formula (He Tu Pian): Earth-Harmonizing Formula can treat many of the same symptoms as Stomach-Harmonizing Formula, but is used for chronic or recurring cases where the cause is not food stagnation, but a disharmony between the liver and the stomach (wood and earth elements). When the earth energy (spleen and stomach) is weak and the liver is over-active, as with stress, it is easy for the excess liver qi to invade digestion. Where Stomach-Harmonizing Formula focuses on moving food downward to affect a cure, Earth-Harmonizing Formula smoothes the wood element qi, which has inappropriately invaded the earth element. Earth-Harmonizing Formula employs spleen tonic herbs and is safe for long-term use in chronic conditions. The key terms to distinguish this formula from the ones above and below are “chronic” and “liver”.

Shu Gan Formula (Shu Gan Wan): Like the two formulas above, Shu Gan Formula treats gastrointestinal problems. The emphasis is again on the liver, but the condition is acute rather than chronic. In addition to smoothing digestion that has been disrupted by the invasion of excess liver qi into the stomach, Shu Gan Formula can be used as an efficient and economical liver cleanse. Like Earth-Harmonizing Formula, Shu Gan Formula treats digestive problems arising from an excess of wood energy invading the earth’s domain, but it is not really for chronic conditions; like Stomach-Harmonizing Formula it treats acute conditions, but the excess is from the liver qi rather than food stagnation. The key terms for Shu Gan Formula would thus be “acute” and “liver”. Please note: there are two types of Shu Gan Formulas commonly available and it is important to distinguish between them. The other type is designed to treat pain in the liver channel, especially in the chest.

Ease Digestion Formula (Kang Ning Wan): Ease Digestion Formula is based on the popular “Pill Cur-ing” (Kang Ning Wan) formula for acute digestive problems. It contains some herbs that address a food stagnation component, but food stagnation here is a secondary to a particular type of wind-dampness that affects digestion. This wind-dampness can come from over-consumption of alcohol, or eating foods that don’t agree with you. The dampness leads directly to a dysfunction of the qi mechanism in the digestion.
HERBAL SUPPORT FOR CANCER PATIENTS

s sometimes resulting in bloating and gas, sometimes as rebellious qi manifesting as belching or nause/vomiting. The condition is termed “wind-dampness” because the dampness strikes quickly and symptoms can change rapidly. Common causes are mild viral or bacterial invasions in the upper GI (the so-called “stomach flu”), intolerance to a specific food, inappropriate alcohol consumption, or over-consumption of fluids. Some allergies can also trigger wind-dampness in the stomach and spleen. Some distinguishing qualities of wind-dampness when Ease Digestion Formula would be appropriate include: lack of fever, clammy hands or forehead, a sense of heaviness of the limbs, diarrhea or loose stools, excessive production of phlegm—all of which are accompanied by common digestive problems such as bloating, gas, nausea, vomiting, foul belching, morning sickness, motion sickness, etc.

Six Gentlemen Formula (Liu Jun Zi Tang): Perhaps the single most commonly prescribed qi tonic, Six Gentlemen Formula is appropriate in the context of digestive disorders when an insufficiency of the spleen qi has resulted in an accumulation of dampness or phlegm. This is a chronic condition manifesting as weakness, fatigue, or exhaustion that underlie symptoms of nausea, lack of appetite, dizziness, or diarrhea; a weak pulse and phlegm in the lungs may be used to corroborate the differentiation. The key term here is “chronic qi deficiency.” There should be no excess of liver qi in the presentation, nor should there be acute food stagnation or a “wind” quality invasion of the digestive system as in the presentation for Ease Digestion Formula.

Hawthorn and Fennel Formula (Shan Zha Xiao Hui Xiang Fang)/ Poria 15 Formula (Shi Wu Wei Fu Ling Pian): These two similar formulas are both appropriate for long-term use in cases where spleen qi weakness or damage has resulted in weight gain or obesity. The patient will present with a damp or phlegm constitution and perhaps abnormal appetite, either lack of appetite or over eating, depending on the degree of stomach fire verses spleen qi damage involved. As a basic distinction between application of the two formulas consider the following: Poria 15 Formula is stronger to move qi and to drain dampness; Hawthorn and Fennel Formula is stronger to move food stagnation and adjust appetite. Hawthorn and Fennel Formula is slightly stronger to boost the spleen qi and eliminate toxins; Poria 15 Formula has a stronger action to promote stool.

Ginseng and Astragalus Formula (Bu Zhong Yi Qi Wan): Similar in function to Six Gentleman Formula, Ginseng and Astragalus Formula (Bu Zhong Yi Qi Wan) not only supplements the qi, but has a powerful upward drawing action, whereas Six Gentlemen Formula has more of a downward direction to it. Use Ginseng and Astragalus Formula when the weakened spleen qi has “sunk”. This can include a number of digestive problems, but most markedly in chronic diarrhea of a purely deficient nature. It can also treat prolapse of the uterus or rectum. Some cancer patients and post-surgical patients may present with a low-grade fever that is caused from a deficiency of qi rather than from repletion or a deficiency of yin. Ginseng and Astragalus is appropriate in such qi deficiency fevers. (To differentiate a qi deficiency fever from other causes of fever, confirm with a large, pale tongue and a weak/rapid or weak/large pulse.) Do not use this formula in cases with fever from excess or from yin deficiency. If there is abdominal distention with no diarrhea, use Six Gentlemen Formula.

Sea of Qi Formula (Qi Hai Yao Fang): Another cause of chronic digestive problems from deficiency is a deficiency of yang qi of the spleen and kidney. As we have already discussed, the kidneys are affected by long-term illness or taxation. But because of their often-cloying nature many of the kidney tonics are too difficult to digest. Sea of Qi Formula is balanced to address not only the issue of difficult digestion of kidney tonics, but also the dual vacuity of spleen and kidney yang. Diarrhea is common in such a condition, especially that diarrhea which occurs around dawn every morning. The patient for whom Sea of Qi Formula is appropriate will present with spleen qi deficiency such as lack of appetite, fatigue, and perhaps dizziness, as well as kidney yang deficiency symptoms such as urinary incontinence, nocturia, or excessive urination during the day. There may be cold limbs or reproductive system deficiency such as
HERBAL SUPPORT FOR CANCER PATIENTS

white/clear vaginal discharge in women, spermatorrhea or impotence in men. Pulse will be slow and weak; tongue will be pale.

Persica and Cistanches Formula (Tao Ren Cong Rong Wan): This formula is for constipation due to dryness of blood and body fluids. This condition is chronic but treatable, and oftentimes can be completely corrected. It can be due to fire toxin consuming the fluids or from exhaustion of fluids that comes with age or generalized debilitation. Some patients experience an exhaustion of fluids after surgery; Persica and Cistanches Formula can be used to treat post-surgical constipation as well.

Wu Hua Formula (Wu Hua Tang): Wu Hua Formula, also known as “Five Flowers Formula,” is designed primarily to treat acute diarrhea caused by heat toxin or damp-heat toxin. The same heat toxin can cause skin disorders from heat in the blood. If diarrhea is the main complaint and if the patient presents with a big, rapid pulse and a red tongue or tongue with red papilla, Wu Hua Formula should be your choice. If the diarrhea is concurrent with a red skin rash, or boils, reach for the five flowers.

Formulas that Clear Heat and Resolve Toxicity
Viola Clear Fire Formula (Di Ding Qing Huo Pian): An all-purpose detoxifying formula, Viola Clear Fire Formula includes a variety of natural substances that been shown to be effective against viruses, bacteria and toxic substances in general, especially those which result in heat signs such as fever, sore throat, dark urination, restlessness and irritability. Many herbs and formulas in Chinese medicine have a target area or areas of the body where the actions are concentrated. Viola Clear Fire Formula is designed to be global and can be used to treat toxins in the channels or organs of the liver, lung, kidneys, or intestines and can treat toxins in the blood as well. Can be used for either chronic or acute toxicity.

Coptis Relieve Toxicity Formula (Huang Lian Jie Du Pian): Based on Huang Lian Jie Du Tang, Coptis Relieve Toxicity has a strong action to clear heat, heat toxin, fire, and damp-heat from all three burners. It is appropriate mainly for acute issues of heat toxin, and is especially good for bringing down fever and as a natural alternative to antibiotics. Use with caution when there is spleen damage or loose stools, as the cold nature of these herbs can further damage spleen.

Rehmannia Cool Blood Formula (Tu Fu Ling Sheng Di Huang Wan): According to the “Four Levels” system of diagnosis, “heat in the blood level” is the deepest level at which heat can occur. Many practitioners assume that since blood-level heat is the deepest level, it is also the most extreme form of heat. This is not necessarily so. The differentiation designates the location of the heat, not the severity. When heat is in the blood level, it is an interior condition. A patient with heat in the blood is not always going to be running a high fever, manifest delirium or convulsions, or have reckless bleeding (heat-induced hemorrhaging). These symptoms occur when a wind-heat pathogen has penetrated to the blood level from the exterior. But it is also possible for heat to be at the blood level in a latent condition. Latent heat is common in cancer patients because the weak kidney energy can fail to initiate sufficient immune response when the pathogen first penetrated the exterior. In the “wind-heat penetrating to the interior” picture, the movement of the heat is from the exterior to the interior; in a latent condition of blood-heat, heat can reside in the blood level and move toward the exterior. The pulse is usually rapid and fine, the fever is usually low-grade and at night and can be accompanied by insomnia. The tongue is usually red with no coat or red with thin, dry, yellow coat. Because of the outward direction of heat from interior to exterior, the body may attempt to vent the heat through the skin. The lesions will be red. The herbs in Rehmannia Cool Blood Formula are milder than similar formulas that employ animal parts. It is therefore safe to use for latent heat in smaller doses (usually 2 tablets, BID or TID) or in larger doses when blood heat which is more acute (2-4 tablets as often as every 3 hours).

Polyporus and Dianthus Formula (Zhu Ling Qu Mai Tang): When the main symptom of heat or heat toxin is manifested in the urinary tract, Polyporus and Dianthus Formula is the best choice. A most effec-
HERBAL SUPPORT FOR CANCER PATIENTS

tive formula, Polyporus and Dianthus Formula is safe to use for both acute and sub-acute urinary tract infections or nephritis. Modern research has found polyborus (zhu ling) to be an effective anti-cancer agent.

**Stasis-Transforming Formula (Dan Shen Hua Yu Pian):** The primary function of Stasis-Transforming Formula is to move blood, transform stasis, and contribute to the breaking up of masses. However, 16% of the formula addresses the concurrence of heat toxin that commonly manifests with stasis. This formula is especially applicable in cases of tumor when the stasis leads to toxicity. (See above.)

**Formulas that Transform Stasis**
OM considers blood stasis, along with toxicity, to be one of the two main excess pathogenic mechanisms of cancer. The transformation of stasis—blood stasis in particular—should always be a consideration in an FZPB treatment of cancer. It may not always be the primary strategy, but has shown to be clinically useful to improve microcirculation, assist in the delivery of anti-cancer drugs to the tumor, and inhibit metastasis. Stasis-transformation can be applied as a primary strategy when the upright qi is still strong and the immune system is functioning more or less properly. The tongue will be purple; the pulse strong, perhaps choppy.

**Stasis-Transforming Formula (Dan Shen Hua Yu Pian):** The obvious first choice when transformation of blood stasis is the primary strategy. Originally designed for blood stasis conditions in gynecology, such as endometriosis, this version can be used for blood stasis anywhere in the body. It is balanced to address the cofactors of stasis such as toxicity, pain, and irregular qi flow. Only a small percentage of this formula directly supports deficient qualities. It should therefore be used with caution where there is spleen deficiency or disorders of the digestive system. This formula can be applied in small doses (1 tablet TID) to supplement the primary formula that does not address the stasis in a patient’s condition. Stasis-Transforming Formula as the primary strategy is good choice when the patient’s condition is pre-cancerous, a-symptomatic, or in the beginning stage of cancer. If the patient’s constitution is weak, but he or she is still pre-cancerous or in the first stage of cancer, Astragalus and Ligustrum Formula may be more appropriate. Three of the ingredients of Stasis-Transforming Formula: salvia (dan shen), zedoaria (e zhu) and gleditsia thorn (zao jiao ci), comprising nearly 25% of the total formula, have been shown to possess anti-cancer properties in clinical research.

**Blood Palace Formula (Xue Fu Zu Yu Tang): Wang Qing-Ren, the creator of this formula, believed that the body stores its blood in an area below the lungs and above the diaphragm, which he called “the palace of the blood”. He designed the formula to “drive out stasis in the palace of the blood.” It is used today to treat blood stasis primarily in the chest, treating disorders such as angina pectoris, fixed costal pain, and pain in the head from blood stasis. Like Stasis-Transforming Formula, Blood Palace Formula is designed to be used as a primary formula only when the patient’s constitution is otherwise strong, or in smaller doses (1 tablet TID) when used to support the action of another formula, which does not address the stasis component. It may be convenient to think of Blood Palace Formula for blood stasis in the thoracic region, and Stasis-Transforming Formula for blood stasis below the diaphragm.

**Rabdosia Prostate Formula (Dong Ling Cao Fang):** This formula was designed specifically to lower PSA levels in patients with prostate cancer or pre-cancerous prostates. In prostate cancer, blood stasis combines with damp-heat and toxin to stress the prostate. The result is an overproduction of the Prostate Specific Antigen, or PSA, which serves as indicator of severity. Not all prostate cancer is of the damp-heat type; use this formula only when damp-heat signs are present. Most notably, these signs will appear as thick, yellow, tongue coat at the root with raised bumps pushing through the coat from the tongue body.
HERBAL SUPPORT FOR CANCER PATIENTS

Cinnamon and Poria Formula *(Gui Zhi Fu Ling Wan)*: A modification of the classical *Gui Zhi Fu Ling Wan* (Cinnamon Twig and Poria Formula), this version can be used to treat blood stasis in the uterus, prostate, ovaries, or the pelvic cavity in general, when damp-heat and toxins are not strong co-factors.

Chemo Blood Support *(Huang Qi Ji Xue Wan)*: (Discussed in more detail above) Approximately 1/3rd of the substances in this formula have a blood-invigorating effect. Use when blood deficiency is the cause of the blood stasis.

San Qi Tablets *(San Qi Wan)*: 100% san qi/ notoginseng/ pseudoginseng. Bleeding and pain are often the first signs of a tumor. *San qi* is a famous substance to stop bleeding and ease pain that is caused by blood stasis. It has also been shown to have an anti-cancer property.

Formulas for Pain Management

Strictly speaking, the analgesic properties of modern drugs are stronger than what traditional Chinese medicine can offer. If the pain is extreme, then the patient will likely have to rely on narcotics in order to cope. Some advancements have been made in recent years making extracts from traditional herbs, but even with these advancements, herbal medicine lags behind its modern counterpart when it comes to pure analgesia. This is not to say that drugs are always going to be a better choice for the patient. There are serious consequences to taking narcotics and even modern medicine practitioners try to keep dosage to a minimum and reduce dependence as soon as possible. OM has two advantages over modern drugs when it comes to pain management, 1) on the whole it is much safer to take herbs for pain; and 2) because the goal of OM is not merely to reduce or eliminate a symptom like pain but to re-establish balance to the whole body, OM can be successful where modern drugs fail. Modern drugs treat pain by reducing/clearing principles exclusively, primarily with analgesia and inflammation reduction. OM can find underlying causes of pain, assess the deficiency component, not just the excess, and target specific channels and organ systems to help restore the smooth flow of healthy qi and blood.

Eleuthero Tablets *(Wu Jia Shen Pian)*: For a single-ingredient treatment of mild to moderate musculoskeletal pain and discomfort in a patient with cancer, there may be no better choice than eleuthero *(wu jia shen)*. Research has shown it to be anti-inflammatory, analgesic, and adaptogenic and preliminary studies have shown that eleuthero, formerly known as “Siberian Ginseng,” may be used as an immune support simultaneously with chemotherapy and may even mitigate the side effects of the drugs.

Stasis-Transforming Formula *(Dan Shen Hua Yu Pian)*: Stasis-Transforming Formula has many applications, even within the treatment of cancer. When using it to manage pain it will be most affective against pain in the lower abdomen and pelvic cavity; for example, prostate pain, uterine pain, and pain from Pelvic Inflammatory Disease (PID). The main emphasis of the formula is to move blood and break up stasis, but the formula also resolves heat toxin and regulates the qi. Use when the condition is excess, the constitution is relatively strong, and the pain is located in the lower abdomen or pelvis. Nearly 25% of this formula is comprised of herbs that have been shown to possess and anti-cancer effect. (See above.)

Du Huo and Loranthus Formula *(Du Huo Ji Sheng Tang)*: As we have already discussed, kidney deficiency is common among patients with cancer. Du Huo and Loranthus Formula supplements the kidneys while removing wind-dampness and invigorating blood to stop pain. It is best applied to pain in the low back, hips, and lower extremities where there is an underlying kidney yang deficiency.

Clematis and Stephania Formula *(Shu Jing Huo Xue Tang)*: Clematis and Stephania Formula targets the same areas of the body as Du Huo and Loranthus Formula. The main difference is that in cases where Clematis and Stephania is used, the patient will present with more of an acute/excess type of pain, while the Du Huo and Loranthus Formula patient will present with a chronic/deficiency kind of pain. Clematis *(wei ling xian)* itself has been shown to be an anti-cancer agent in modern clinical research.
**Restorative Formula** (*Yang Xue Zhuang Jin Jian Bu Wan*): Even though pain itself is usually conceived of in OM as a symptom of excess, it is often the case that the relative excess is the result of a deficiency wherein the body is unable to expel a pathogen or properly circulate the qi and blood. Older and debilitated patients tend to show their imbalances at the deficiency pole of the continuum. It is easy to damage the yin while trying to expel a wind-damp pathogen from such a patient. Few pain formulas, even in OM, are designed with the chronically debilitated patient in mind. Restorative Formula nourishes and protects the yin, supplements qi, dispels wind-dampness and frees the connecting vessels to relieve pain. When the pain is mild, perhaps wandering, and the patient’s constitution is chronically weak, Restorative Formula can provide the support the patient needs while reducing pain.

**Corydalis Formula** (*Shan Yao Gan Cao Jia Yan Hu Tang*): Corydalis (*yan hu suo*) is one of the most powerful analgesics in the Chinese *Materia Medica*. Peony and Licorice Formula (*Shao Yao Gan Cao Tang*) is one of the most effective remedies in OM for spasmodic pain. This elegant formula combines the two to effectively treat cramping and spasmodic pain, especially in the abdomen and legs. It is safe for long-term use since it nourishes the liver blood and by that action, smoothes the flow of qi as well. Corydalis Formula offers a safe method of pain management for patients with yin or blood deficiency.
PART 2: TREATMENT OF CANCER PATIENTS WITH CONCENTRATED HERB GRANULES

By Andrew Ellis

Herbal medicine can be applied to several aspects of cancer treatment. The uses under discussion here include: 1) support of the interior, 2) elimination of toxin, 3) relief of symptoms, and 4) countering the effects of western medical treatments such as surgery and chemotherapy.

In modern China cancer is often treated using integrated therapy of western and Chinese medicine. Most practitioners there feel that Chinese herbs can augment the effectiveness of western treatment and help maintain the patient’s strength as he or she undergoes treatment. In addition, Chinese medicine is thought to reduce the side effects of chemotherapy as well as the pain and discomfort caused by cancer.

Some of the herbs mentioned below are not available as concentrated granules (these are marked with an asterisk). One can cook these herbs as a decoction and have the patient use the liquid to wash down their granule formula.

SUPPORT OF THE INTERIOR

A chronic disorder such as cancer almost inevitably wears down the body’s resources and diminishes the patient’s ability to fight off the cancer and opportunistic infections. In many cases it is an innate vacuity that originally sets the stage for cancer. In Chinese medicine, regardless of the cause of the vacuity, treating it is referred to as “supporting the true” (Fu Zheng). In the treatment of toxic swelling (a category many cancers fit into) it is called “supporting the interior” (Tuo Li).

One can apply the “support the interior” strategy alone or in combination with treating the branch symptoms. Herbs can be added to address the pain and swelling of the cancer or to obviate the side effects of chemotherapy. Also, one can simultaneously support the interior and attack the cancer toxin. If the patient is very weak it is often best to restrict one’s therapy to support of the interior, adding other aspects of treatment as the patient gains strength.

There is not total agreement on the appropriateness of supplementation during chemotherapy. Some practitioners feel that supplementing herbs can hinder the body’s ability to dispel the toxin of chemotherapy and thus are cautious when using this approach. Practitioners of this school apply supplementation before and between courses of chemotherapy, clearing heat and treating side effects during the course itself. On the other hand, there are practitioners who feel that weak patients may require supplementation to help them tolerate a course of chemotherapy. They submit that when supplementation is necessary during chemotherapy it should be in conjunction with agents that clear heat, resolve toxin, cool blood and disinhibit urine. This helps the body to clear the chemotherapy toxin while at the same time supporting the interior. The chart below lists common herbs in the categories most commonly used during chemotherapy. Note that most of them are gentle so as to not disperse qi or damage yin and blood.

Naturally, one must assess each case individually and determine the correct treatment based on a number of factors including the degree of vacuity, the toxicity of the chemotherapy and the stage and aggressiveness of the cancer.
The following chart lists supplementing formulas that are employed to support the interior. These include formulas to boost *qi*, nourish blood, warm yang, or enrich yin.

<table>
<thead>
<tr>
<th>Categories</th>
<th>Mild</th>
<th>Stronger</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clear Heat, Resolve Toxin</td>
<td>Jin Yin Hua (Lonicera Flower)</td>
<td>Xia Ku Cao (Prunella)</td>
</tr>
<tr>
<td></td>
<td>Pu Gong Ying (Dandelion)</td>
<td>Bai Hua She She Cao (Oldenlandia)</td>
</tr>
<tr>
<td></td>
<td>Bu Zhong Yi Qi Tang (Ginseng and Astragalus Combination)</td>
<td>Ban Zhi Lian (Scutellaria)</td>
</tr>
<tr>
<td>Cool Blood</td>
<td>He Ye (Lotus Leaf)</td>
<td>Mu Dan Pi (Moutan)</td>
</tr>
<tr>
<td></td>
<td>Chi Shao /Red Peony</td>
<td>Zi Cao Gen (Amebia)</td>
</tr>
<tr>
<td>Disinhibit Urine</td>
<td>Jin Qian Cao (Desmodium)</td>
<td>Tian Kui Zi* (Semiaquilegia Root)</td>
</tr>
<tr>
<td></td>
<td>Che Qian Zi (Plantago Seed)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bei Xie (Tokoro)</td>
<td></td>
</tr>
</tbody>
</table>

The following chart lists supplementing formulas that are employed to support the interior. These include formulas to boost *qi*, nourish blood, warm yang, or enrich yin.

| Common Formulas to Support the Interior for Treatment of Cancer Patients |
|-----------------------------|-------------------------------------------------------------------------|
| **Category**                | **Formula**                                                            |
| Qi-boosting formulas        | Si Jun Zi Tang (Major Four Herb Combination)                           |
|                             | Liu Jun Zi Tang (Major Six Herb Combination)                           |
|                             | Bu Zhong Yi Qi Tang (Ginseng and Astragalus Combination)               |
| Blood-supplementing formulas| Si Wu Tang (Tangkuei Four Combination)                                 |
|                             | Dang Gui Bu Xue (Tang Kuei and Astragalus Combination)                 |
|                             | Qi Bao Mei Ran Dan (Seven Treasures Formula)                           |
| Formulas to supplement both qi and blood | Ba Zhen Tang (Tangkuei and Ginseng Eight Combination) |
|                             | Sheng Yu Tang (Tangkuic Four Plus Combination)                        |
|                             | Shi Quan Da Bu Tang (Ginseng and Tangkuei Ten Combination)             |
|                             | Ren Shen Yang Ying Tang (Ginseng and Rehmannia Combination)           |
|                             | Gui Pi Tang (Ginseng and Longan Combination)                           |
| Formula to boost qi and nourish yin | Sheng Mai San (Ginseng and Ophiopogon Formula)                       |
| Yin-enriching formulas      | Liu Wei Di Huang Wan (Rehmannia Six Formula)                          |
|                             | Zhi Bai Di Huang Wan (Anemarrhena, Phellodendron and Rehmannia Formula) |
|                             | Zuo Gui Wan (Cyathula and Rehmannia Formula)                          |
|                             | Da Bu Yin Wan (Rehmannia and Testudinis Combination)                  |
|                             | Sha Shen Mai Men Dong Tang (Glehnia and Ophiopogon Combination)       |
| Yang-warming formulas       | You Gui Wan (Eucommia and Rehmannia Formula)                          |
|                             | Ba Wei Di Huang Wan (Rehmannia Eight Formula)                         |

Some examples of how these formulas are used to treat cancer patients are outlined in the chart below.
**Examples of Use of Supplementing Formulas in the Treatment of Cancer Patients**

<table>
<thead>
<tr>
<th>Formula</th>
<th>Treatment Scope</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zhi Bai Di Huang Wan</td>
<td>Liver and kidney vacuity in patients with cervical cancer.</td>
<td>Typically agents to clear heat and resolve toxin such as Ban Zhi Lian (Scute bata) and Bai Hua She She Cao (Oldenlandia) are added as well as agents to dispel blood stasis such as Dan Shen (Salvia) and E Zhu (Zedoaria).</td>
</tr>
<tr>
<td>Zuo Gui Wan</td>
<td>Yin vacuity of the liver and kidney in leukemia patients.</td>
<td>Agents such as Zao Xiu (Paris), Qing Dai Fen * (Indigo naturalis) are usually added.</td>
</tr>
<tr>
<td>Sheng Mai San</td>
<td>Dual vacuity of qi and yin in patients with lung cancer</td>
<td>With Shan Dou Gen (Sophora subprostrata), Xia Ku Cao (Prunella), Yu Xing Cao (Houttuynia), Zhe Bei Mu (Fritillaria), and Ban Zhi Lian (Scute Barbata)</td>
</tr>
</tbody>
</table>

**HERBS AND FORMULAS AIMED AT TREATMENT OF CANCER**

Cancer is considered to be an accumulation of toxin and/or heat that gives rise to stagnation and obstruction. The stagnation and obstruction leads to further heat or toxin accumulation and this to further stagnation, etc. To cause a change in this vicious cycle one uses herbs to clear heat, resolve toxin, move blood, and dispel stasis. In China, this approach is seldom used alone but usually in combination with chemotherapy or surgery. Anti-cancer herbal therapy is only used alone if the patient is too weak to accept western medical treatments or for some other reason is unable or unwilling to undergo such treatment.

Because bai hua she she cao (oldenlandia) and ban zhi lian (scute barbata) are use to treat most cancers, some practitioners prepare a separate formula of these two herbs as a syrup and have the patient take it with the specific herb formula.

**Bai Hua She She Cao Ban Zhi Lian Gao**

Bai Hua She She Cao  60 grams  
Ban Zhi Lian    60 grams  

1. Place the above herbs in a large pot and add enough water to cover the herbs and soak for one-half hour. (It is good to grind the herbs coarsely so that they are less bulky.)

2. Bring the herbs to a boil then lower the heat to a simmer and cook for 25 minutes.

3. Strain out the herbs and return the liquid to the pot. Continue to cook on a low flame until the liquid reduces to about one quarter of the volume it was when it was returned to the pot.

4. Add honey to the remaining liquid and cook on a low flame until mixture thickens into a syrup. The amount of honey required varies according to the viscosity of the herb liquid and the type of honey. Typically, at least a 1 : to 1 ratio of honey to herb liquid is used, but this ratio can be increased up to 3:1.

This syrup can be stored in the refrigerator for several weeks. The usual dose is two tablespoons dissolved in a cup of hot water 3 times per day.
FORMULAS
There are formulas that have been used either traditionally or in modern times to treat cancer. Since the term, “cancer” is a modern disease designation requiring modern laboratory tests to accurately diagnose and neither the tests nor the disease name existed in ancient times, we are making some assumptions in our claims that the classical formulas treated cancer. Nonetheless, the descriptions of certain diseases and outcomes in the classics leave little doubt that some cancers were recognized as specific diseases and treatments were devised for them. In modern China, as mentioned above, seldom are herb formulas alone relied on to treat cancer. Generally, herbal therapy is used in conjunction with some western medical treatment.

Only a handful of the formulas classically used to treat cancer are made as concentrated granules. The chart below outlines some of these.

<table>
<thead>
<tr>
<th>Formulas Classically used to Address Cancer in Treatment of Cancer Patients</th>
<th>Treatment scope</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Zi Cao Gen Mu Li Tang</strong> <em>(Lithospermum and Oyster Shell Combination)</em></td>
<td>Cancer of the lymph system or breasts.</td>
<td>This formula treats heat-toxin malign sores, a repletion pattern. It contains Huang Qi <em>(Astragalus)</em> to support the interior as well. For breast cancer add Shan Ci Gu <em>(Cremastra)</em>, Zao Xiu <em>(Paris)</em>, Wang Bu Liu Xing <em>(Vaccaria Seed)</em>, and Pu Gong Ying <em>(Dandelion)</em>.</td>
</tr>
<tr>
<td><strong>Long Dan Xie Gan Tang</strong> <em>(Gentiana Combination)</em></td>
<td>Thyroid cancer exhibiting as accumulation of knotted heat toxin.</td>
<td>Add such agents as Qing Dai Fen* <em>(Indigo naturalis)</em>, Shan Dou Gen <em>(Sophora subprostrata)</em>, Huang Yao Zi* <em>( Dioscorea bulbifera)</em> and Dan Shen <em>(Salvia Root)</em>.</td>
</tr>
<tr>
<td><strong>San Zhong Kui Jian Tang</strong> <em>(Forsythia and Laminaria Combination)</em></td>
<td>Treats lymph and thyroid cancers.</td>
<td>Add agents to dispel stasis and ones that treat the specific cancer. For lower body tumors add Chuan Niu Xi <em>(Cyathula)</em> as well.</td>
</tr>
<tr>
<td><strong>Ba Zheng San</strong> <em>(Dianthus Formula)</em></td>
<td>Bladder cancer and other urinary tract cancers</td>
<td>Treats damp-heat in the lower burner. Usually used in the initial stages of cancer before the qi is compromised.</td>
</tr>
<tr>
<td><strong>Xue Fu Zhu Yu Tang</strong> <em>(Persica and Carthamus Combination)</em></td>
<td>Lung cancer owing to qi stagnation and blood stasis.</td>
<td>Include agents such as Gua Lou Shi <em>(Trichosanthes Fruit)</em>, Shan Ci Gu <em>(Cremastra)</em>, Kun Bu <em>(Kelp)</em>, Xia Ku Cao <em>(Prunella)</em>, and Shan Dou Gen <em>(Suphora Subprostrata)</em>.</td>
</tr>
<tr>
<td><strong>Mai Men Dong Tang</strong> <em>(Ophiopogon Combination)</em></td>
<td>Lung cancer</td>
<td>Treats vacuity of yin and qi. Include agents such as Chi Shao <em>(Red Peony)</em>, Shan Ci Gu <em>(Cremastra)</em> and Yu Xing Cao <em>(Houttuynia)</em>.</td>
</tr>
</tbody>
</table>
TREATMENT OF CANCER PATIENTS WITH CONCENTRATED HERB GRANULES

**Dang Gui Si Ni San** (Tangkuei and Jujube Combination)

**Gui Zhi Fu Ling Wan** (Cinnamon and Hoelen Formula)

**Ge Xia Zhu Yu Tang** (Tangkuei and Corydalis Combination)

**Zhe Chong Yin** (Cinnamon and Persica Combination)

**Shao Fu Zhu Yu Tang** (Fennel Seed and Corydalis Combination)

These formulas treat abdominal masses. These can include gynecologic tumors or other abdominal masses including those of the liver, spleen or intestines.

Agents need to be added to dispel cancer toxin and move blood. E Zhu (Zedoaria), San Leng (Scirpus), Shu Yang Quan* (Solanum lyraatum) and Bai Hua She She Cao (Oldenlandia) are examples.

**Shi Liu Wei Liu Qi Yin** (Tangkuei Sixteen Herbs Combination)

Was classically used to treat breast cancer associated with vacuity of qi and blood and qi depression (*Yi Xue Ru Men*).

Usually agents such as Yu Jin (Curcuma), Shan Ci Gu, Zao Xiu (Paris), Pu Gong Ying (Dandelion) and Wang Bu Liu Xing (Vaccaria) are added.

---

**TREATMENT OF SYMPTOMS ASSOCIATED WITH CANCER OR CHEMOTHERAPY**

Cancer patients often suffer from pain, water swelling or ascites as the result of their tumors. In addition, chemotherapy can cause hair loss, nausea, weakness and fluid depletion.

<table>
<thead>
<tr>
<th>Formula</th>
<th>Treatment scope</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fen Xiao Tang</strong></td>
<td>Ascites and water swelling associated with liver cancer.</td>
<td>Can also address water metabolism issues such as water swelling and pleurisy related to lung cancer or kidney cancers.</td>
</tr>
<tr>
<td>(Hoelen and Alisma Combination)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pain Relieving Wine</strong></td>
<td>Topical treatment for localized pain.</td>
<td>Grind the first two herbs and soak in rice wine (500ml) for two days. Strain out the wine and add the Bing Pian to it. Moisten a small cloth with the wine and apply to the painful area. Leave on for ten to fifteen minutes. Pain relief can last up to two hours. Not appropriate for open sores.</td>
</tr>
<tr>
<td>Ru Xiang (Mastic) 15 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sha Ren (Amomum) 15 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bing Pian (Borneol) 30 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Xuan Fu Dai Zhe Shi Tang</strong></td>
<td>Nausea related to specific cancers or as a side effect of chemotherapy.</td>
<td>Most effective in weak patients.</td>
</tr>
<tr>
<td>(Inula and Hematite Combination)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## TREATMENT OF CANCER PATIENTS WITH CONCENTRATED HERB GRANULES

| **Bai Mu Er Tang**  
| (Tremella Soup) | Treats the fluid damage that often follows chemotherapy. | This is a soup made of Bai Mu Er (Tremella or Wood Ear) (15 g) cooked in 3 cups of water until just slightly chewy. Add sugar or honey to taste. Consume once a day. Delicious hot or cold. |
| **Qi Bao Mei Ran Dan**  
| (Seven Treasures Formula) | For hair loss owing to chemotherapy. For patients who suffer from qi and blood vacuity. | Take between courses of chemotherapy. Add Sha Ren (Amomum) to aid digestion, Jin Yin Hua (Lonicera Flower) and Che Qian Zi (Plantago Seed) to clear and lead out toxic heat and other herbs to fit the constitution of the patient. |

### SUMMARY

Chinese medicine can be of great aid to patients faced with choices regarding treatment of cancer. Concentrated granules fit well in the busy life of the modern patient and this method of application is more palatable than decocted bulk herbs. Since consistency of ingestion is important in cancer patients anything that helps compliance is welcomed.
PART 3: COMMONLY USED HERBS FOR SPECIFIC CANCERS

Compiled by John Heuertz, DOM

HOW TO USE THIS LIST
The list below has been compiled and edited from numerous sources and represents herbs commonly used in China in the treatment of specific cancers. For our purposes, none of the herbs on this list or any combination of them should be considered primary treatment for cancer. In most cases, the herbs are not intended to address the cancer directly. Some reduce toxicity, some aid digestive function; still others support the kidney and immune system. Yet even the herbs shown to have tumor reducing action should not be used in lieu of a primary biomedical treatment. They are used in conjunction with or in between primary biomedical therapies. Used properly, the herbs from this list and the formulas discussed elsewhere can increase the effectiveness and manage the side-effects of biomedical therapies and address underlying constitutional issues that biomedicine often ignores.

The herbs on this list have been chosen for broad and diverse properties. The rule of thumb for their application is simple: First evaluate the patient's OM pattern, then let that pattern guide your herb selection. Usually, your selection should include one or more herbs with an action to resolve toxin, as well as those that can help guide out pathogenic factors from the body. In other words, herbs that invigorate blood and regulate qi flow.

EXAMPLE 1: A patient presents with breast cancer. She feels hot, has redness in her eyes, reports that she is easily irritated and has had sudden bursts of anger over the last few months. She is scheduled to begin chemotherapy in three weeks. She has no other complaints. Her tongue, pulse, history and accompanying signs and symptoms show a pattern of phlegm obstruction and liver fire from qi stagnation. You should choose a formula designed to treat liver fire and disperse clumps/break up phlegm. For example, Augmented Free and Easy Wanderer (Jia Wei Xiao Yao San) modified with Prunella (Xia Ku Cao), which cools liver fire and disperses clumps. Or, if the phlegm component is more prominent than the fire component, perhaps adding Trichosanthes Fruit (Gua Lou) would be a better choice. Both herbs appear on the list and are commonly used to treat breast cancer.

EXAMPLE 2: A patient currently receiving radiation therapy for a carcinoma in his brain presents with low-grade fever, weak lumbar with chronic aching, inhibited urination, excessive sexual desire and seminal leakage. His pulse is thin and slightly rapid. Your intake concludes that he has constitutional kidney yin deficiency with deficiency fire. After selecting an appropriate formula for supplementing kidney yin and draining deficiency fire, such as Rehmania and Scrophularia Formula (Zhi Bai Di Huang Wan) you look to the list under “Carcinoma of the Brain” to find compatible herbs with which to augment this formula. You see that the formula already contains two ingredients from the list. You can use the formula unmodified or you can add additional water plantain (Ze Xie), Poria (Fu Ling) or both.

It should be plain that this list be used in conjunction with a good Materia Medica, such as that by Bensky, Clavey, and Stöger, Jiao Shu-de (Mitchell tnsl) or Chen and Chen. All contraindications should be strictly observed.
COMMONLY USED HERBS FOR SPECIFIC CANCERS

BREAST CANCER
Chuan Bei Mu / Bulbus Fritillariae Cirrhosae
Dang Shen/ Radix Codonopsis Pilosulae
Fu Ling/ Poria Cocos Sclerotium
Gua Lou/ Fructus Trichosanthis
Jin Yin Hua/ Flos Lonicerae
Ling Zhi/ Rhizoma Gynostemma Pentaphylli
Pu Gong Ying/ Herba cum Radice Taraxaci
Tian Men Dong/ Radix Asperagi
Wang Bu Liu Xing/ Semen Vaccariae Segetalis
Xia Ku Cao/ Spica Prunellae Vulgaris

CARCINOMA OF THE BRAIN
Che Qian Cao/Herba Plantaginis
Dan Shen/ Radix Salviae Militorhizae
Fu Ling Pi/Cortex Poriae
Ling Zhi/ Rhizoma Gynostemma Pentaphylli
Quan Xie/Buthus Martensi/Scorpion
Wu Gong/Scolopendra/Centapede
Ze Xie/Rhizoma Alismatis

CERVICAL CARCINOMA
Zi Cao/ Radix Lithospermi
Bai Hua She She Cao/ Herba Oldenlandia Diffusae
Bai Jiang Cao/ Herba Patrinia
Ban Zhi Lian/ Herba Scutellaria Barbatae
Bei Sha Shen/ Radix Glehniae Littoralis
Fu Ling/ Poria Cocos Sclerotium
Huang Qi/ Radix Astragali
Jin Yin Hua/ Flos Lonicerae
Ling Zhi/ Rhizoma Gynostemma Pentaphylli
Mai Men Dong/ Radix Ophiopogonis
Ren Shen/ Radix Ginseng
Tian Nan Xing/ Rhizoma Arisaematis
Tu Fu Ling/ Rhizoma Smilacis
Wu Mei/Fructus Pruni Mume
Yi Yi Ren/ Semen Coicis
Yu Jin/ Tuber Curcumae
COMMONLY USED HERBS FOR SPECIFIC CANCERS

DERMATOLOGICAL CARCINOMAS
Ban Xia/ Radix Pinelliae
Bi Ma Zi/Semen Ricini
Chan Tui/ Cicada Periostracum
Ku Shen/Radix Sophoriae Flavescentis
Nu Zhen Zi/ Fructus Ligustri Lucidi
Shi Shang Bai/ Herba Selaginellae Doederleinii
Shui Zhi/Leech/Hirudu
Tai Zhi Shen/Hai Er Shen/ Radix Pseudostellariae
Ya Dan Zi/ Fructus Brucae Javanicae (Topical Only)
Yu Zhu/ Rhizoma Polygonati Odorati

ESOPHAGEAL CARCINOMA
Bai Hua She She Cao/ Herba Oldenlandia Diffusae
Bai Zhu/ Rhizoma Atractyloidis Macrocephalae
Ban Xia/ Radix Pinelliae
Dan Shen/ Radix Salviae Militiorrhizae
Dang Shen/ Radix Codonopsis Pilosulae
Dong Ling Cao/Radix Rabdsiae Rubescenti
Fu Ling/ Poria Cocos Sclerotium
Huang Qi/ Radix Astragali
Huang Yao Zi/ Radix Dioscoreae
Ji Xing Zi/ Semen Impatientis
Jiao Gu Lan/ Ganoderma Lucidum
Qu Mai/Herba Dianthi
Ren Shen/ Radix Ginseng
San Qi/ Tian Qi/Radix Notoginseng/Pseudoginseng
Tu Fu Ling/ Rhizoma Smilacis
Wei Ling Xian/ Radix Clemetidis
COMMONLY USED HERBS FOR SPECIFIC CANCERS

GASTRIC CARCINOMA
Bai Hua She She Cao/ Herba Oldenlandia Diffusae
Bai Zhu/ Rhizoma Atractylodis Macrocephalae
Bei Sha Shen/ Radix Glehniae Littoralis
Dang Shen/ Radix Codonopsis Pilosulae
Dong Ling Cao/Radix Rabdsiae Rubescenti
Fu Ling/ Poria Cocos Sclerotium
Gou Qi Zi/ Fructus Lycii Chinensis
Gua Lou/ Fructus Trichosanthis
Huang Qi/ Radix Astragali
Ji Nei Jin/ Endothelium Corneum Gigeriae Galli
Ren Shen/ Radix Ginseng
San Qi/ Tian Qi/Radix Notoginseng/Pseudoginseng
Tu Fu Ling/ Rhizoma Smilacis
Wei Ling Xian/ Radix Clemetidis
Wu Jia Pi/ Cortex Radicis Acanthopanacis
Yi Yi Ren/ Semen Coicis

HEPATIC CARCINOMA
Bai Hua She She Cao/ Herba Oldenlandia Diffusae
Bai Jiang Cao/ Herba Patrinia
Bai Zhu/ Rhizoma Atractylodis Macrocephalae
Ban Bian Lan/ Herba cum Radix Lobeliae Chinensis
Che Chian Cao/ Herba Plantaginis
Fu Ling/ Poria Cocos Sclerotium
Jiang Huang/ Rhizoma Curcumae
Ling Zhi/ Rhizoma Gynostmmatis Pentaphylli
Mai Men Dong/ Radix Ophiopogonis
Ren Shen/ Radix Ginseng
San Leng/ Rhizoma Sparganii
Shi Hu/ Herba Dendrobii
Tai Zhi Shen/Hai Er Shen/ Radix Pseudostellariae
Xi Yang Shen/ Radix Panacis Quinquefolii
Yu Jin/ Tuber Curcumae
Zhi Mu/ Rhizoma Anemarrhenae
Zhu Li/ Succus Bambusae
COMMONLY USED HERBS FOR SPECIFIC CANCERS

LEUKEMIA
Bai Hua She She Cao/ Herba Oldenlandia Diffusae
Bai Zhu/ Rhizoma Atractylodis Macrocephalae
Da Qing Ye/ Folium Isatidis
Dang Shen/ Radix Codonopsis Pilosulae
Gou Qi Zi/ Fructus Lycii Chinensis
Gui Ban/ Plastrum Testudinis
Huang Qi/ Radix Astragali
Huang Qin/ Radix Scutellariae
Jiao Gu Lan/ Ganoderma Lucidum
Mai Men Dong/ Radix Ophiopogonis
Mu Dan Pi/ Cortex Moutan Radicis
Sheng Di Huang/ Radix Rehmannia
Shi Hu/ Herba Dendrobii
Shu Di Huang/ Radix Rehmannia (Prepared)
Tai Zhi Shen/ Hai Er Shen/ Radix Pseudostellariae
Tian Men Dong/ Radix Asperagi
Zhi Mu/ Rhizoma Anemarrhenae

LUNG CANCER
Bai He/ Bulbus Lilii/ Lily Bulb
Bai Lian/ Radix Ampelopsis
Bai Wei/ Radix Cynanchi Atrati
Bai Xian Pi/ Cortex Dictamni Dasycarpi
Bai Zhu/ Rhizoma Atractylodis Macrocephalae
Dan Shen/ Radix Salviae Militiorrhizae
Han Lian Cao/ Herba Ecliptae
Hai Zao/ Herba Sargassi
Qing Hao/ Herba Artemisiae Annuae
Ren Shen/ Radix Ginseng
Tian Nan Xing/ Rhizoma Arisaematis
Xian He Cao/ Herba Agimoniae Pilosae
Xie Bai/ Bulbus Allii/ Bakeri
Yu Xing Cao/ Herba Houttuyniae Cordatae
Zi Wan/ Radix Asteris Tatarici
COMMONLY USED HERBS FOR SPECIFIC CANCERS

NASOPHARYNGEAL CARCINOMA
Bai Hua She She Cao/ Herba Oldenlandia Diffusae
Bai Mao Gen/ Herba Solani Lyrati
Bai Mao Gen/ Rhizoma Imparatae
Ban Zhi Lian/ Herba Scutellaria Barbatae
Jin Yin Hua/ Flos Lonicerae
Ling Zhi/ Rhizoma Gynostemmatis Pentaphylli
Mai Men Dong/ Radix Ophiopogonis
Ren Shen/ Radix Ginseng
Sheng Di Huang/ Radix Rehmannia
Shi Hu/ Herba Dendrobii
Shi Shang Bai/ Herba Selaginellae Doederleinii
Shu Di Huang/ Radix Rehmannia (Prepared)
Tai Zhi Shen/Hai Er Shen/ Radix Pseudostellariae
Tian Hua Fen/ Radix Trichosanthes
Xuan Shen/ Radix Scrophularia
Yu Zhu/ Rhizoma Polygonati Odorati
Zhi Mu/ Rhizoma Anemarrhenae

OVARIAN CARCINOMA
Bai Zhu/ Rhizoma Atractylodis Macrocephalae
Ban Zhi Lian/ Herba Scutellaria Barbatae
Cao He Che/ Rhizoma Polygoni Bistortae
Che Chian Cao/ Herba Plantaginis
Dang Shen/ Radix Codonopsis Pilosulae
Fu Ling/ Poria Cocos Sclerotium
San Leng/ Rhizoma Sparganii
Tai Zhi Shen/Hai Er Shen/ Radix Pseudostellariae
Yi Yi Ren/ Semen Coicis
Yu Jin/ Tuber Curcumae

PANCREATIC CARCINOMA
Da Huang/ Radix et Rhizoma Rhei
Fu Ling/ Poria Cocos Sclerotium
Gua Lou/ Fructus Trichosanthis
COMMONLY USED HERBS FOR SPECIFIC CANCERS

San Qi/ Tian Qi/Radix Notoginseng/Pseudoginseng
Ye Ju Hua/ Flos Chrysanthemi Indici
Yu Jin/ Tuber Curcumae
Zhi Zi/ Fructus Gardeniae Jasminoidis

PROSTATIC CARCINOMA
Bai Zhu/ Rhizoma Atractylodis Macrocephalae
Bei Sha Shen/ Radix Glehniae Littoralis
Dan Shen/ Radix Salviae Militiorrhiza
Fu Ling/ Poria Cocos Sclerotium
Gou Qi Zi/ Fructus Lycii Chinensis
Huang Qi/ Radix Astragali
Ling Zhi/ Rhizoma Gynostemma Pentaphylli
Mu Dan Pi/ Cortex Moutan Radicis
Shu Di Huang/ Radix Rehmannia (Prepared)
Tai Zhi Shen/Hai Er Shen/ Radix Pseudostellariae
Tao Ren/ Radix Persicae
Yi Yi Ren/ Semen Coicis
Yu Zhu/ Rhizoma Polygonati Odorati
Zhu Ling/ Sclerotum Polypori Umbellati

RECTAL AND COLONIC CARCINOMA
Bai Hua She She Cao/ Herba Oldenlandia Diffusae
Bai Jiang Cao/ Herba Patrinia
Bai Zhu/ Rhizoma Atractylodis Macrocephalae
Ban Zhi Lian/ Herba Scutellaria Barbatae
Da Huang/ Radix et Rhizoma Rhei
Dang Shen/ Radix Codonopsis Pilosulae
Di Yu/ Radix Sanguisorbae Officinalis
Fu Ling/ Poria Cocos Sclerotium
Gua Lou/ Fructus Trichosanthis
Huang Lian/ Radix Coptidis
Ren Shen/ Radix Ginseng
Tai Zhi Shen/Hai Er Shen/ Radix Pseudostellariae
COMMONLY USED HERBS FOR SPECIFIC CANCERS

RENAL CARCINOMA
Ban Bian Lan/ Herba Cum Radix Lobeliae Chinensis
Ban Zhi Lian/ Herba Scutellaria Barbatae
Che Chian Cao/ Herba Plantaginis
Fu Ling/ Poria Cocos Sclerotium
Gou Qi Zi/ Fructus Lycii Chinensis
Jin Yin Hua/ Flos Lonicerae
Ling Zhi/ Rhizoma Gynostemma Pentaphylli
Nu Zhen Zi/ Fructus Ligustri Lucidi
Ren Shen/ Radix Ginseng
Tai Zhi Shen/Hai Er Shen/ Radix Pseudostellariae
Xi Yang Shen/ Radix Panacis Quinquefolii

TESTICULAR CARCINOMA
Fu Ling/ Poria Cocos Sclerotium
Jin Yin Hua/ Flos Lonicerae
Ju He/ Semen Citri Reticulatae
Nu Zhen Zi/ Fructus Ligustri Lucidi
Xiao Hui Xiang/ Fructus Foeniculi Vulgaris
Yu Jin/ Tuber Curcumae
Yu Zhu/ Rhizoma Polygonati Odorati

THYROID CARCINOMA
Chan Tui/ Cicada Periostracum
Dan Shen/ Radix Salviae Miltiorrhizae
Fu Ling/ Poria Cocos Sclerotium
Hai Zao/ Herba Sargassii
Huang Yao Zi/ Radix Dioscoreae
Ling Zhi/ Rhizoma Gynostemma Pentaphylli
Mu Li/ Concha Ostreae
San Leng/ Rhizoma Sparganii
Xia Ku Cao/ Spica Prunellae Vulgaris
Zhe Bei Mu/ Bulbus Fritillariae Thunbergii
COMMONLY USED HERBS FOR SPECIFIC CANCERS

TONGUE/ORAL CAVITY MALIGNANT TUMORS
Bai Mao Gen/ Rhizoma Imparatae
Bei Sha Shen/ Radix Glehniae Littoralis
Feng Fang/Lu Feng Fang/ Nidus Vespae
Fu Ling/ Poria Cocos Sclerotium
Huang Lian/ Radix Coptidis
Jin Yin Hua/ Flos Lonicerae
Ling Zhi/ Rhizoma Gynostemma Pentaphylli
Mai Men Dong/ Radix Ophiopogonis
Qing Dai/ Indigo Pulverata
Shi Hu/ Herba Dendrobii
Tai Zhi Shen/Hai Er Shen/ Radix Pseudostellariae
Tian Men Dong/ Radix Asperagi

URINARY BLADDER CARCINOMA
Bai Jiang Cao/ Herba Patrinia
Ban Bian Lan/ Herba cum Radix Lobeliae Chinensis
Che Chian Zi/ Semen Plantaginis
Da Huang/ Radix et Rhizoma Rhei
Fu Ling/ Poria Cocos Sclerotium
Ling Zhi/ Rhizoma Gynostemma Pentaphylli
Qian Cao Gen/ Radix Rubiae Cordifoliae
Tai Zhi Shen/Hai Er Shen/ Radix Pseudostellariae
Xi Yang Shen/ Radix Panacis Quinquefolii
Xiao Ji/ Herba Circii Segeti
Zhu Ling/ Sclerotum Polypori Umbellati

SOURCES FOR THIS LIST
Due to rising interest in America, more and more information is being published on the use of Chinese herbs in cancer management. The chief sources used to compile this list are:

Cancer Treatment with Fu Zheng Pei Ben Principle, published by Fujian Science and Technology Publishing House, compiled by Pan Mingji, 1992. The list published in this paper follows the basic outline of the list in this publication.


Management of Cancer with Chinese Medicine, by Li Peiwen, published by Donica Publishing Ltd., 2004 ed.

Treating Cancer with Chinese Herbs, Hong-yen Hsu, OHAI Press, 1982/1990.
BIBLIOGRAPHY


CHINESE LANGUAGE SOURCES:


NOTES

Based on Pan Mingji (Compiler) and Chen Xiuzhuang (Editor), *Cancer Treatment with Fu Zheng Pei Ben Principle*, Fujian Science and Technology Publishing House, Fujian, China, 1992: 17-35.


Pan, Mingji (Compiler), Chen, Xiuzhuang (Editor), *Cancer Treatment with Fu Zheng Pei Ben Principle*, Fujian Science and Technology Publishing House, 1992.


Kupin, op. cit.


Pan Mingji and Chen Xiuzhuang, p. 81.