

中西医结合治疗 放化疗毒副反应

(英文版)

Treating Toxic-Side Effects of
Radiotherapy and Chemotherapy with
Integrative Traditional Chinese
and Western Medicine

主编
Chief Editor
翻译
Translator

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LU WEIBAI LIN PINGQING



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Zhang Daizhao, male, 70 years old, now serves as the Chief Doctor and Doctorate Tutor of China-Japan Friendship Hospital, Beijing; The Third Group Member of Disciplinary Group, Academic Degree Committee of State Council; the First Batch of Well-known TCM doctor for "Tutor training Apprentice" system; Deputy Director of Traditional Chinese Medicine Commit-

tee, Chinese Anti-Cancer Association; the Standing Member of Chinese Cancer Research Foundation; Professor of Beijing University of Traditional Chinese Medicine; Member of Chinese Association of the Integration of Traditional and Western Medicine and concurrently Deputy Director of Tumor Specialty Committee, etc. He has engaged in preventing and treating tumor with integrative medicine over 40 years, and abundant experiences has been accumulated on the aspects of elevating the quality of life of tumor patients, prolonging their survival period and ameliorating the adverse reactions of radio-and

chemotherapy. His scientific research projects has won second grade of award of Ministry of Health; the first grade international gold cup award of the second and third World Traditional Medicine Conference. He is the author of "Using Integrative Traditional Chinese and Western Medicine to Treat Cancer", "Selections from Effective Cases in Using Integrative Traditional Chinese and Western Medicine to Treat Cancer" and other books, also more than 70 academic articles has been written by him. He enjoys the special stipend of State Council.

Preface I

The mortality of malignant tumor is high. Tumors originated from epithelium are called carcinoma, and those originated from mesenchymal non-epithelium are called sarcoma, both are intractable to treat, particularly the former is the majority, approximately 90% of the malignant tumor or more. There are over 1 million and 600 thousand new patients of malignant tumor every year in our country, among them, lung cancer, gastric cancer, liver cancer, mammary cancer and cervix cancer are the common ones, the relative incidence of different districts has minor variation.

Owing to its critical condition and poor prognosis, malignant tumor, generally speaking, cannot be radically cured by a single therapy. Currently besides surgical therapy, radiotherapy, chemotherapy, physiotherapy, immuno-therapy and others are commonly used in combination. In recent 2 scores of years, our oncologists, based on the biological characteristics and the special feature of the illness course of malignant tumor, adopting the integrative traditional Chinese and western medicine (ICWM) therapy to combine the diagnosis of disease with Syndrome-Differentiation, combine the radical with symptomatic cure, combine the local with holistic approach, combine the enhancing body resistance with removing the evil

pathogen and combine the treatment on structural and functional changes, hence created a therapy with efficacy superior to single therapy of western medicine as well as to that of traditional Chinese medicine, which has elevated the quality of life, raised the survival rate, prolonged the life expectancy of malignant tumor patients, therefore was praised by foreign scholars as the "Chinese model of tumor treatment".

Professor Zhang Daizhao is a well-known oncologist of our country, he devotes his whole life for clinical care and research work on tumor, many critical patients have been rescued by him, and numerous achievements on the study of therapeutic mechanism for malignant tumor have been realized by him. Professor Zhang is skilled particularly in treating adverse reaction of radiotherapy and chemotherapy with great success. Now, based on his abundant clinical experiences and learning, Prof. Zhang has written and edited this book, it is indeed a good thing for the study of malignant tumor. This book is also a practical book of referential data on the desk for research professional of malignant tumor. Therefore I would like to write the preface.

Chen Keji (陈可冀)

Academician of Chinese Academy of Sciences

President of Chinese Association of the Integration
of Traditional and Western Medicine (CAIM)

Professor of Internal Medicine of Integrated

Traditional Chinese and Western Medicine

May 4th, 1999 in Beijing



Preface II

Surgical operation, radiotherapy and chemotherapy are the three principal means of tumor treatment, a major part of tumor patients needs to perform radio- and chemotherapy, and during the course of these two therapeutic measures, toxic-side effects usually occur, which might affect the progress of treatment in serious case, and reduce the patients' resistance. In various therapeutic measures, the efficacy of traditional Chinese medicine is obvious, which could be seen from this book. It was shown that traditional Chinese medicine therapy could not only alleviate the adverse reactions of chemotherapy or/and radiotherapy, but also elevate their efficacies. Professor Zhang Daizhao engaged in tumor treatment with integrative traditional Chinese and western medicine for dozens of years, has accumulated abundant experiences. He not only confirms the accuracy of his treating principles clinically, but also proves the introduced content in this book experimentally. The recipes introduced in this book have very high guiding significance, and the book has great referential value for those professionals engaged in anti-tumor work, hence bring benefit

to tumor patients. Here I congratulate the publishing of this book.

Gu Xianzhi (谷铎之)

Director of Chinese Association of Onco-radiology

Professor of Onco-radiology, Tumor Hospital,

Chinese Academy of Medical Sciences

Surgical operation, radiotherapy, and chemotherapy are the three principal means of tumor treatment, a major part of tumor patients needs to perform radio- and chemotherapy, and during the course of these two therapeutic measures, toxic side effects usually occur, which might affect the progress of treatment in serious cases, and reduce the patients' resistance. In various therapeutic measures, the efficacy of traditional Chinese medicine is obvious, which could be seen from this book. It was shown that traditional Chinese medicine therapy could not only alleviate the adverse reactions of chemotherapy or radiotherapy, but also elevate their efficacies. Professor Zhang Jiaxiao engaged in tumor treatment with integrative traditional Chinese and western medicine for dozens of years, has accumulated abundant experiences. He not only confirms the accuracy of his treating principles clinically, but also proves the introduced content in this book experimentally. The recipes introduced in this book have very high guiding significance, and the book has great referential value for those professionals engaged in anti-tumor work, hence bring benefit

Preface III

Cancer is commonly and frequently encountered disease that severely menaced the people's health. According to the statistical data of nineteen nineties, the incidence of cancer worldwide is approximately 9 million new patients per year, about 1 million and 600 thousand in China. As for the tumor treatment, the surgical operation should be used in early stage, but because of the majority of patients would be in mid-late stage during first consultation, radiotherapy or chemotherapy is necessary for around 80% of patients, and various degree of toxico-side effects usually occur during these therapies, which affects the efficiency of these therapies. Therefore to prevent and treat the toxico-side effects of radiotherapy and chemotherapy is a most important task for preventing and treating tumor.

Professor Zhang Daizhao is the veteran director, veteran professor of tumor department, China-Japan Friendship Hospital, Beijing, also the veteran specialist of the Tumor Specialty Committee of the Chinese Association of the Integration of Traditional and Western Medicine (CAIM). He and his colleagues engaged in the study on topic "To prevent and treat toxico-side effects of radiotherapy and chemotherapy". Over 40 years, now they systematically publicized their experiences

on mainly using traditional Chinese medicine (TCM), and adopting integrative traditional Chinese and western medicine (ICWM) to prevent and treat the toxico-side effects for radiotherapy and chemotherapy of cancer patients without any preservation. I am fortunate to peruse the whole text before its publication, the rich content, incisive comment and the author's experience of health care has made me gain a lot. I deeply believe the publication of this book, will benefit the Chinese and western medical professionals and also integrative medical professionals, and will bring brightness to the medical society.

Yu Guiqing (余桂清)

Director of Tumor Specialty Committee,

Chinese Association of the Integration of
Traditional and Western Medicine (CAIM)

Professor of Oncology, Guang'an Men

Hospital affiliated to

China Academy of Traditional Chinese Medicine

April 28th, 1999 at Guang'an Men Hospital,

China Academy of TCM

Foreword

According to the most up-to-date statistics, currently the new cancer patients every year of our country is around 1 million and 600 thousands. Owing to the majority of patients during their first consultation has already reached mid- and late stage, hence 80% of them are in need of conducting radio- and/or chemotherapy for treatment, owing to the severe condition of illness, the weak constitution, or poor tolerance of patients, or the large dosage of treatment used, which may induce toxico-side effects of various degree among patients in the therapeutic process. The authors, through 40 years of clinical practice and 20 years of experimental study, have already summarized some complete and effective rules for applying Syndrome Differentiation and Chinese herbal medicine in treating toxico-side effects appeared in the course of radio- and chemotherapy. TCM assumes that the radiotherapy and chemotherapy induced toxico-side effects is mainly due to the excessive Heat caused by radiotherapy and chemotherapy in cancer patients' body, which damage the body fluid, disharmonize and injure the Qi and blood, disturb both functions of Spleen and Stomach, and make both Liver and Kidney insufficiency. The toxico-side effects induced by radiotherapy reveals a rather more excess of Heat Syndrome and more serious Syndrome of

Heat-Toxin damaged Yin, therefore its treating principle should be clearing-up Heat to detoxify, generating Fluid to moisten Dryness, cool-replenishing Qi-blood, invigorating Spleen to harmonize Stomach, nourishing Liver and Kidney, and activating blood circulation to remove stasis. During chemotherapy, as the accumulation of chemotherapy agent increases, the chief feature of toxico-side effects is syndrome of Qi-blood damage, Spleen-Stomach disharmony, and Liver-Kidney insufficiency, syndrome of Yin damaged by Heat-Toxin is not so severe as that appears after radiotherapy, therefore the chief treating principle should be mainly reinforcing the body resistance to consolidate constitution, using herbal medicine of replenishing Qi-blood, invigorating Spleen-Stomach and nourishing Liver-Kidney, whenever the inflammatory reaction appears, some herbs for clearing Heat to detoxify should be added into the prescription. Since many years ago, the author has summarized the effect of toxico-side effects of radiotherapy and chemotherapy for many times (the summarization of the 3rd time covered 21 000 cases), results showed that the radiotherapy and chemotherapy accomplished rate of the integrative Chinese and western medicine (ICWM, i. e. radiotherapy and chemotherapy plus TCM) treated group was 70%-90%, while that of control group (treated by radiotherapy and chemotherapy alone) was 50%-70%, comparison between the two groups showed the difference was significant statistically. At the same time, the general reaction, the digestive reaction and blood picture in the ICWM group was milder than those in the control group. Therefore, after ICWM treatment, the constitution of patients were strengthened, their quality of life obviously enhanced. More important thing

is: the long-term survival rate was significantly raised for the persistence of long-term ICWM treatment. For example, the 5-year survival rate in patients of III stage gastric cancer, after operation, elevated from 20%-30% to more than 50%-60%; that of nasopharyngeal cancer patients elevated from 40% to more than 50%-60%. In recent 20 years, large amount of experimental study have been carried on by the authors, they fully proved that radiotherapy and chemotherapy and certain Chinese herbal medicine could enhance the immune function, promote the phagocytosis of reticuloendothelial system (RES), protect bone marrow hematopoietic function, and enlighten the WBC and platelet reduction in organisms. The experimental study demonstrated that some Heat-clearing herbs could have the function of anti-bacteria, anti-inflammation, antipyresis and anti-viral infection; some blood circulation activating herbs could improve microcirculation, increase vascular permeability and improve the local anoxic status of tumor, hence facilitate enhancing the sensitivity of patients to radiotherapy. The present book systematically introduces the experiences for toxico-side effects of radiotherapy and chemotherapy prevention and treatment mainly using TCM with ICWM approaches, which can be taken as the reference and applied in practice by clinical doctors of various levels. Errors in this book are inevitable, the author sincerely awaits for the criticism and correction.

Zhang Daizhao (张代钊)

March 1999 at China-Japan Friendship Hospital



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