

# Traditional Chinese Medicine in Oncology Care Delivery

## The Foundation

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Manager, *About Herbs* Website  
Integrative Medicine Service

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NYSCHP – Chinese Herbal Medicine Webinar Miniseries  
January 30, 2024

# Disclosures

Yen-Nien Hou declare no conflict of interest.

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# Learning Objectives

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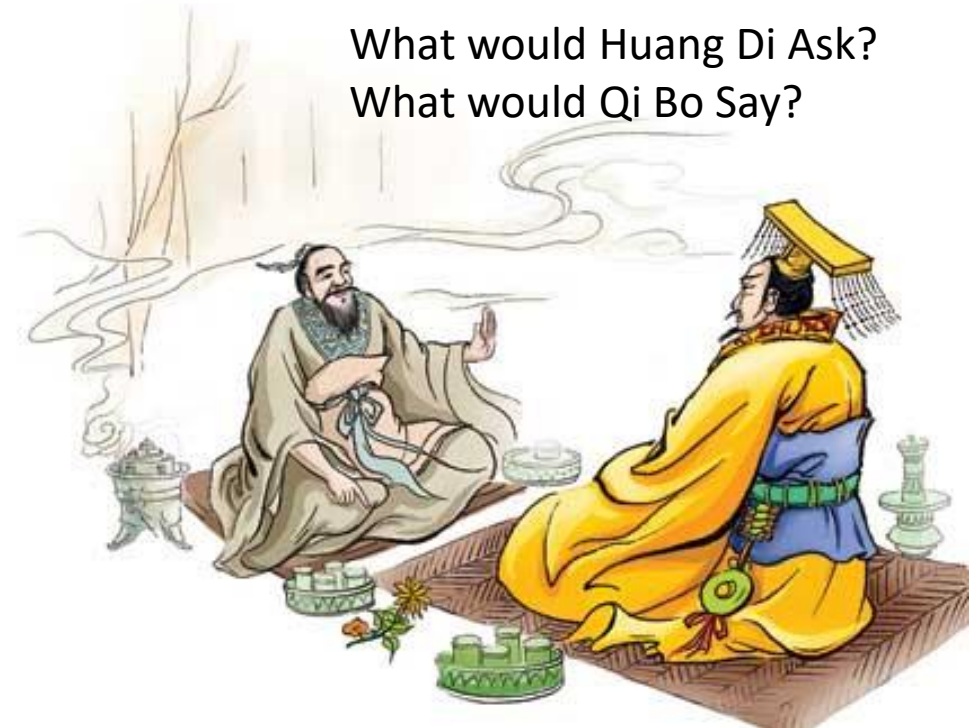
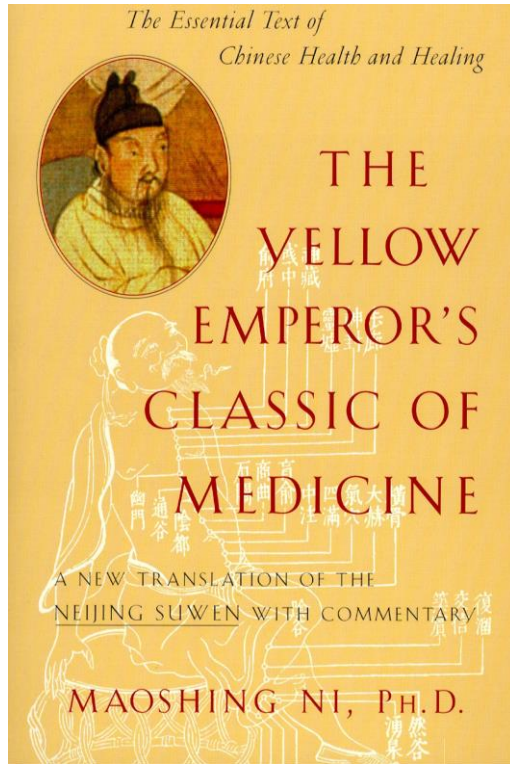
- Review the origin and history of Traditional Chinese Medicine (TCM).
- Discuss the pathophysiology of body systems and balance.
- Differentiate between treatment methodology such as herbs and acupuncture, monitoring and precautions.
- Provide examples of patient evaluations and how treatment options are chosen, monitored, and assessed.

# Origin and History

- Huang Di
- 黃帝  
Yellow Emperor  
1<sup>st</sup> Emperor  
(2698–2598 BCE  
“Middle Kingdom”  
China)



# The Yellow Emperor's Classic of Medicine



黃帝內經 (2600 BC)



上医医未病之病  
中医医将病之病  
下医医已病之病  
—黄帝内经

Suwen (素问)  
aka  
Basic Questions

- 81 Chapters
- theoretical foundation of Chinese Medicine
- diagnostic methods

The superior doctor prevents diseases;  
the mediocre doctor attends to impending diseases;  
the inferior doctor treats full-blown diseases.



Lingshu (靈樞)  
aka  
Spiritual Pivot

- 81 Chapters
- discusses acupuncture therapy in detail



神農炎帝



Shen Nong – 2<sup>nd</sup> Emperor

The Divine Farmer's Classic of Materia Medica  
(神農本草經 Shen Nong Ben Cao Jing)  
Anonymous, Eastern Han Dynasty, 25–220 AD



# Upper “Top Shelf” Herb

- They are nontoxic and taking them in large amounts and for a long time will not harm people.
- If one intends to make one's body light, boost the qi, prevent aging, and prolong life, one should base [one's efforts] on the superior class.
- E.g. ginseng (Ren Shen) and astragalus (Huang Qi)

[The Divine Farmer's  
Materia Medica](#)



Ling Zhi (*Ganoderma lucidum*)  
aka Reishi mushroom

# Case Study

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- AB 28 yo M
- Pancreatic cancer metastatic to lung, liver and peritoneum
- Started conversations about goals of care for his pain and palliative symptoms
- March 2021, ascites develop had to get regular ascites drains, currently draining 500mL BID through a catheter
- Other symptoms:
  - acute bloating after each meal
  - nausea, indigestion, and diarrhea





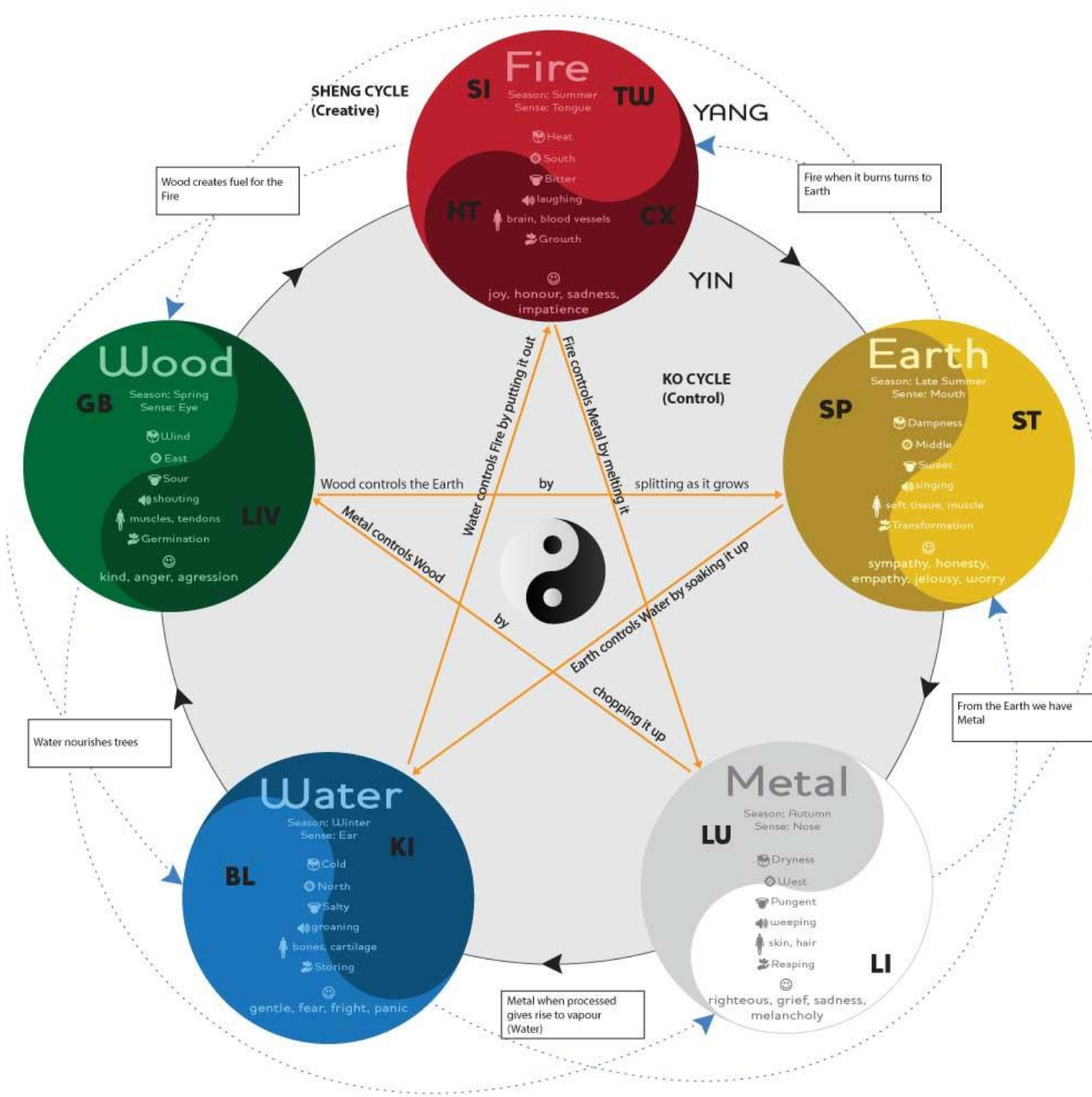
# Body Systems and Balance

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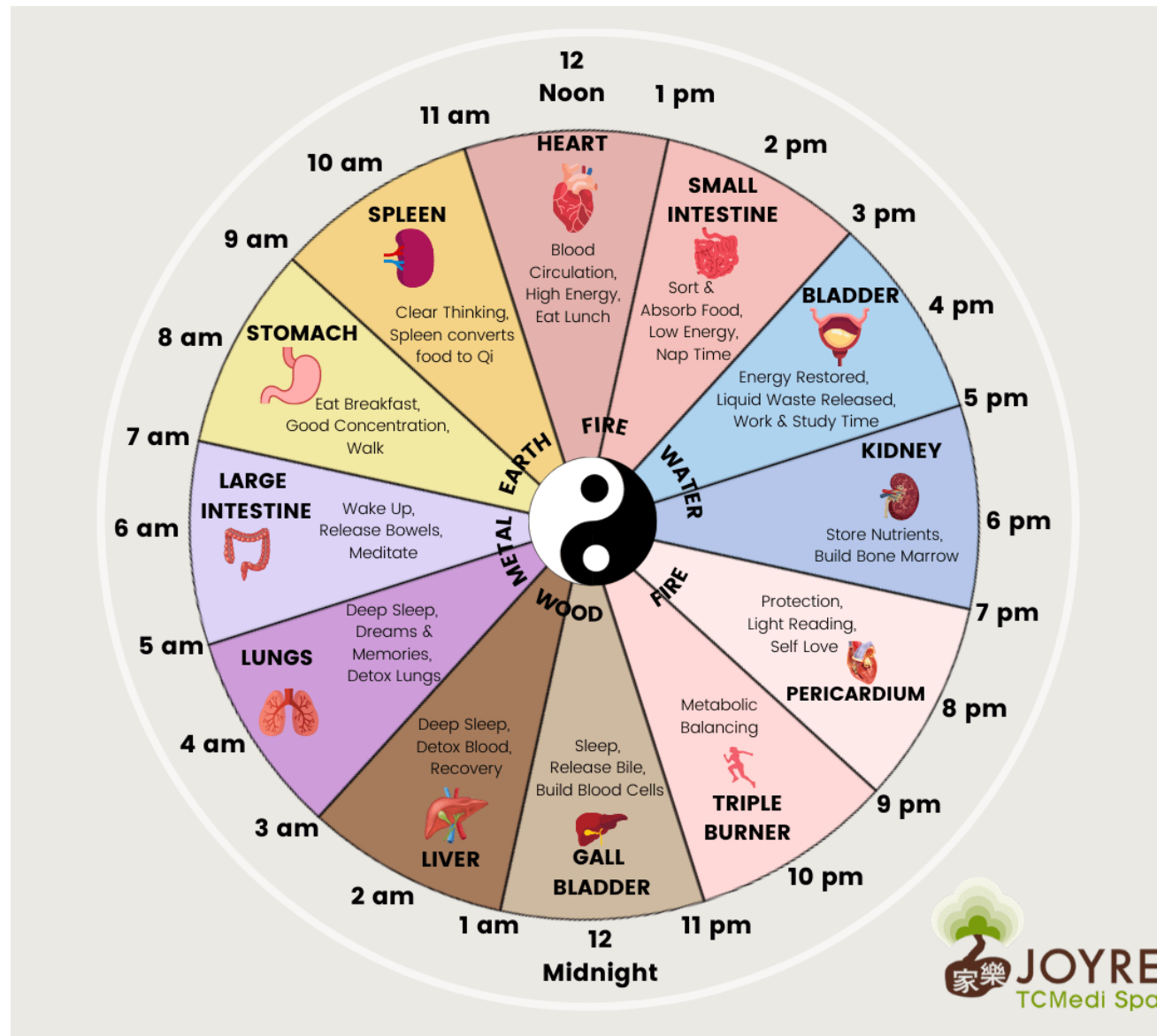


# The body's systems are one integrated and balanced whole – Holistic Concept

- Body Constitutions

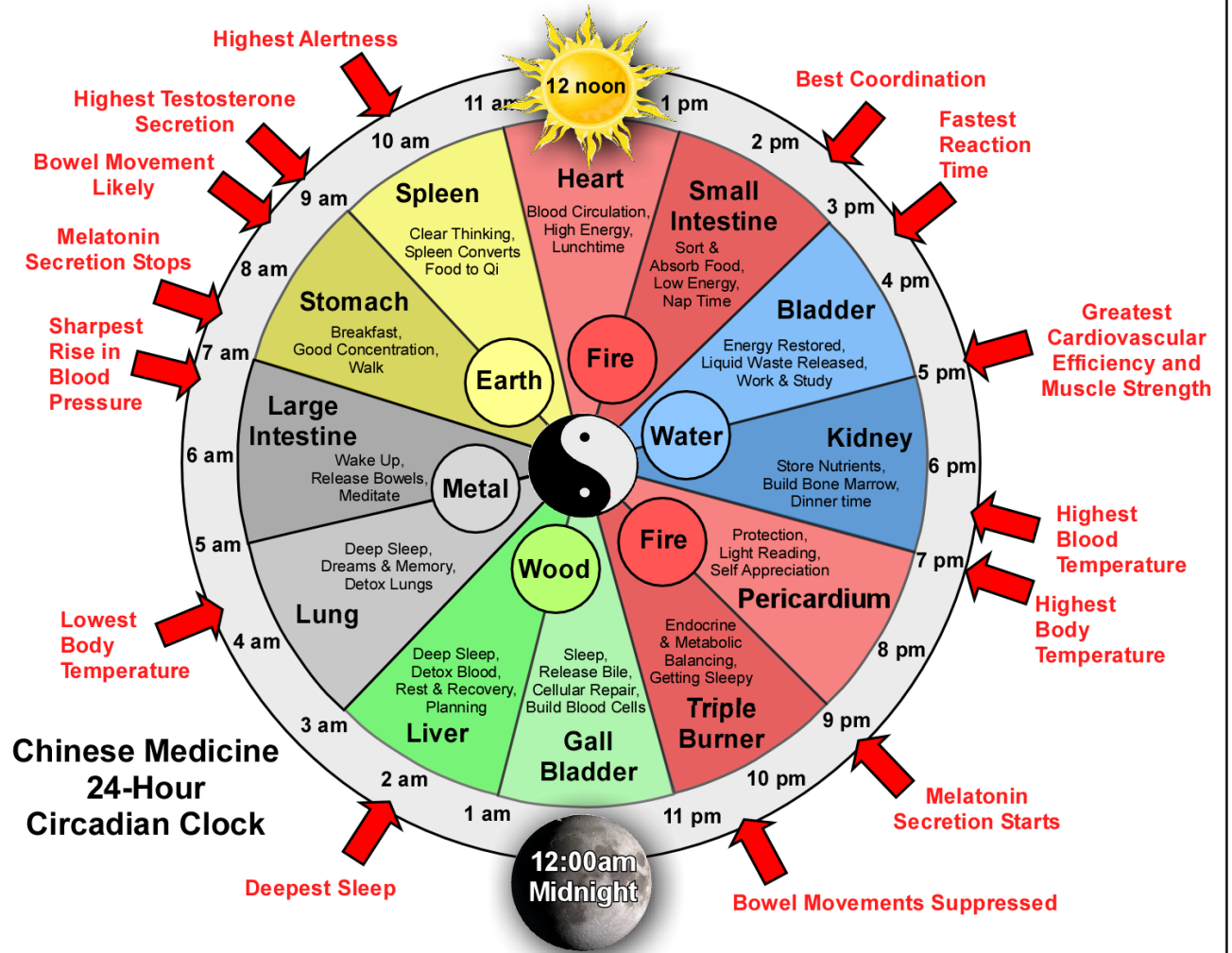


# TCM Clock



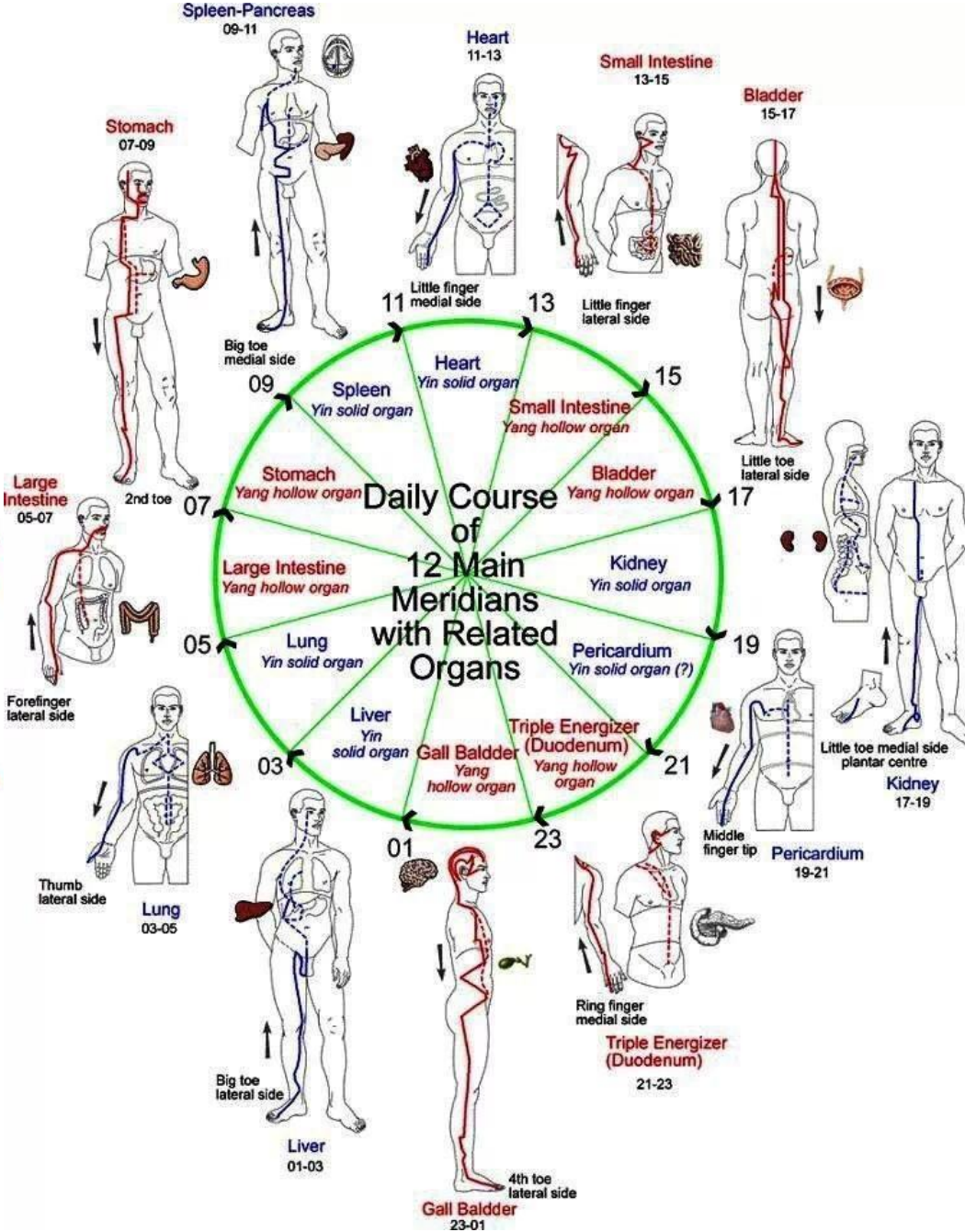
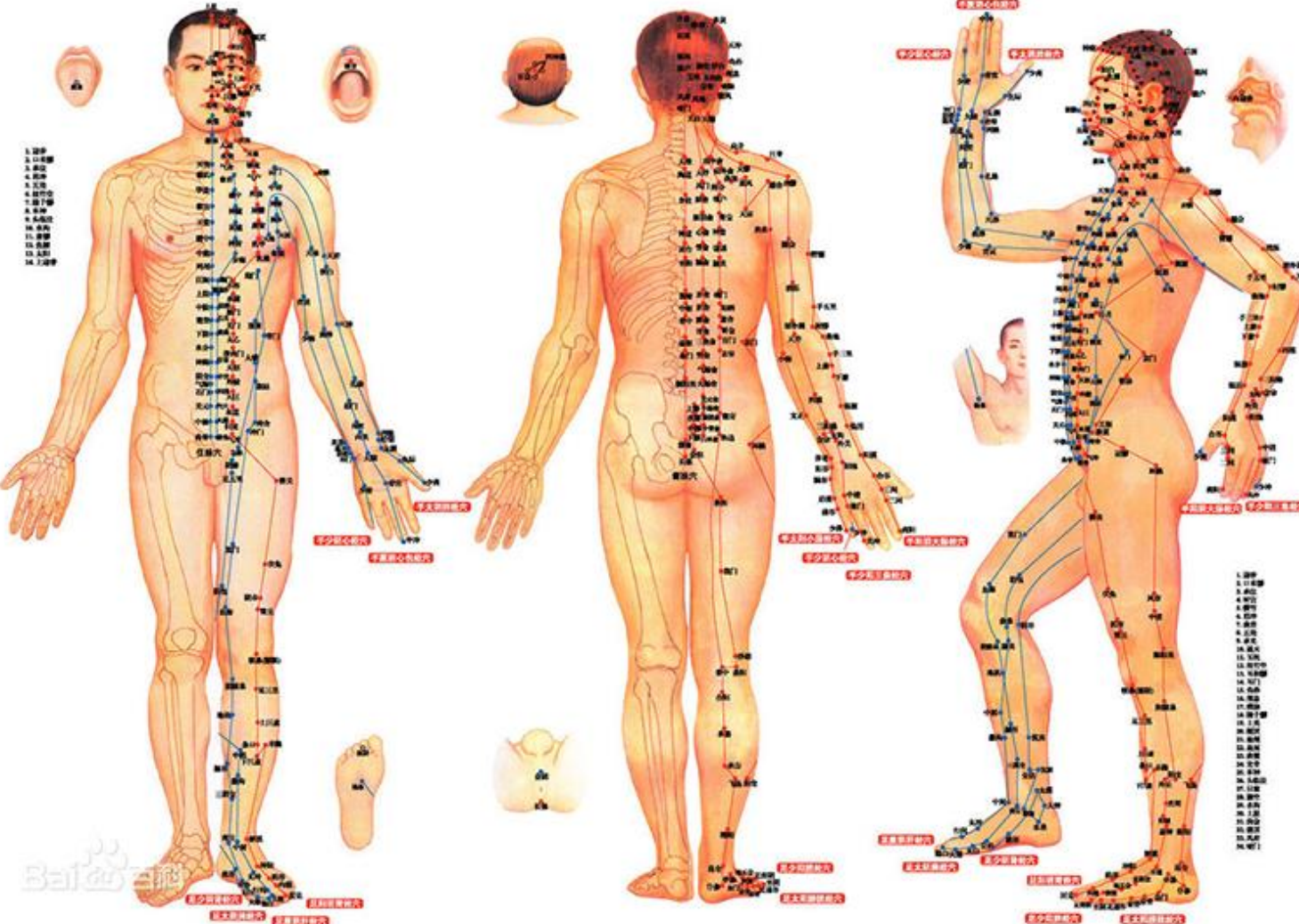
# TCM Clock

## The Horary Clock (Circadian Rhythm)

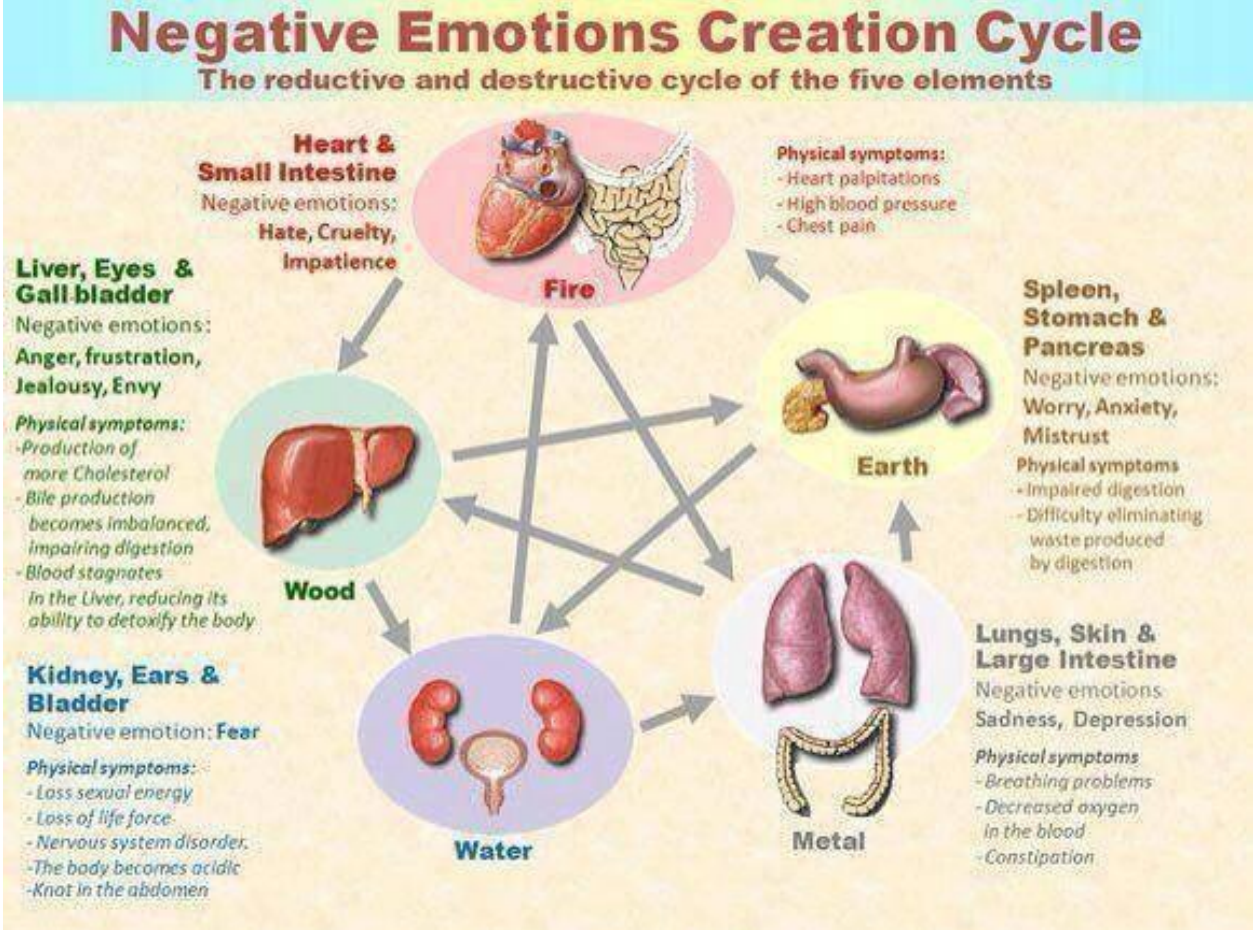
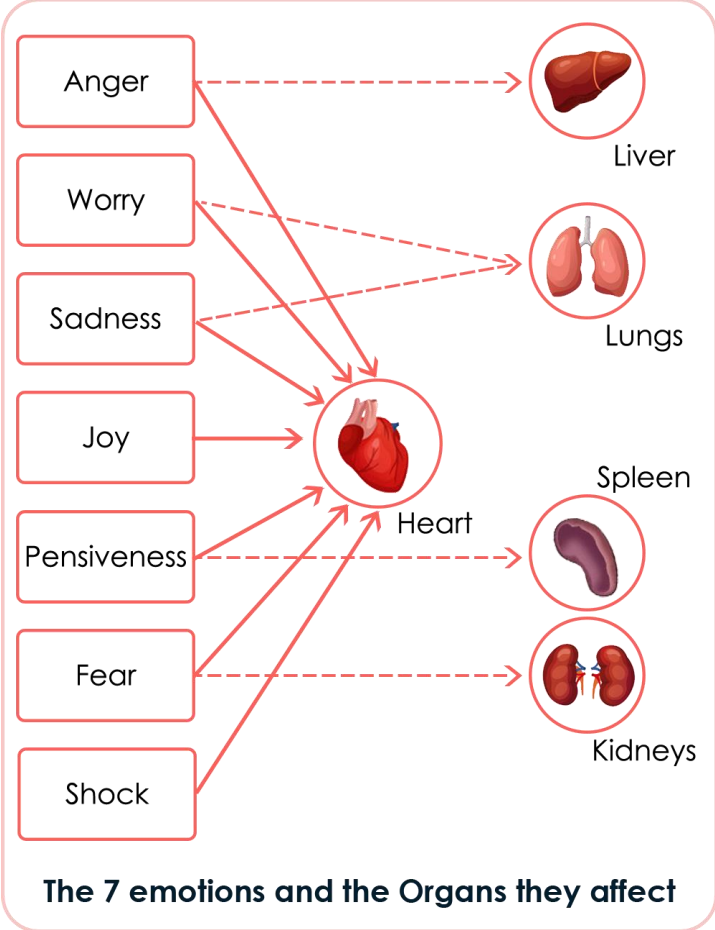


# 12 Meridian Channels

国家标准经穴部位挂图



# Pathophysiology – 7 Emotions

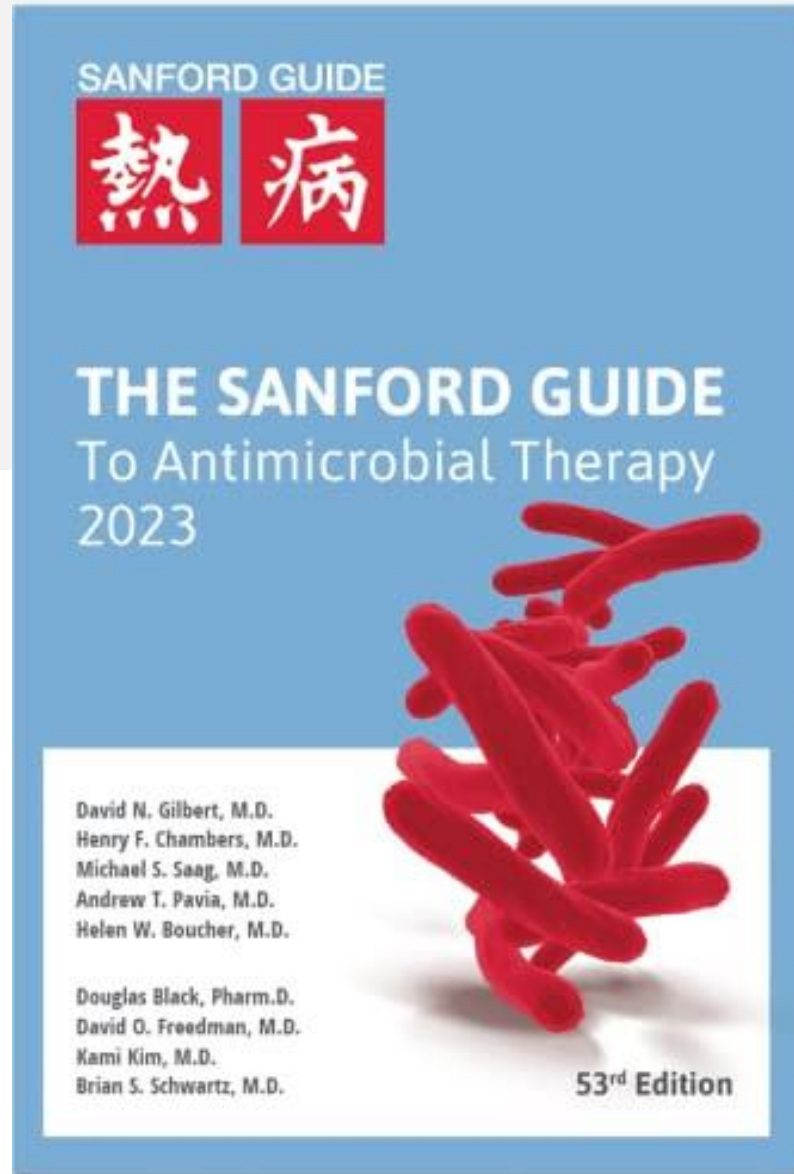






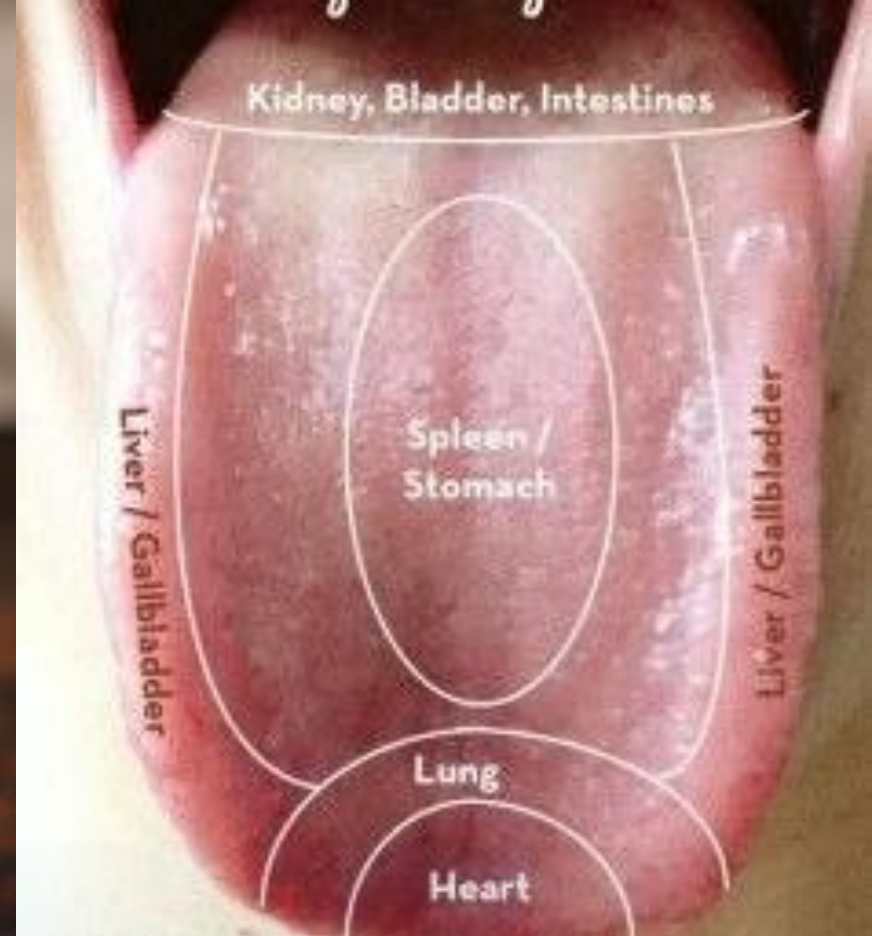
# Pathophysiology – 6 Evils

- External pathogens/factors



Sanford Guide  
**熱病**

- vs WEN BING LUN (School of Febrile Diseases – epidemic!)  
4 Levels Theory (16<sup>th</sup> Century)
  1. Defensive Level
  2. Qi Level
  3. Nutritive Level
  4. Blood Level
- vs SHANG HAN LUN (Treatise on Cold Damage Diseases, by Zhang Zhong-Jing ~220 AD)



Diagnostic “Tools” - Observation, Auscultation, Inquiry, and Palpation

望聞問切

# TCM 8 Principles

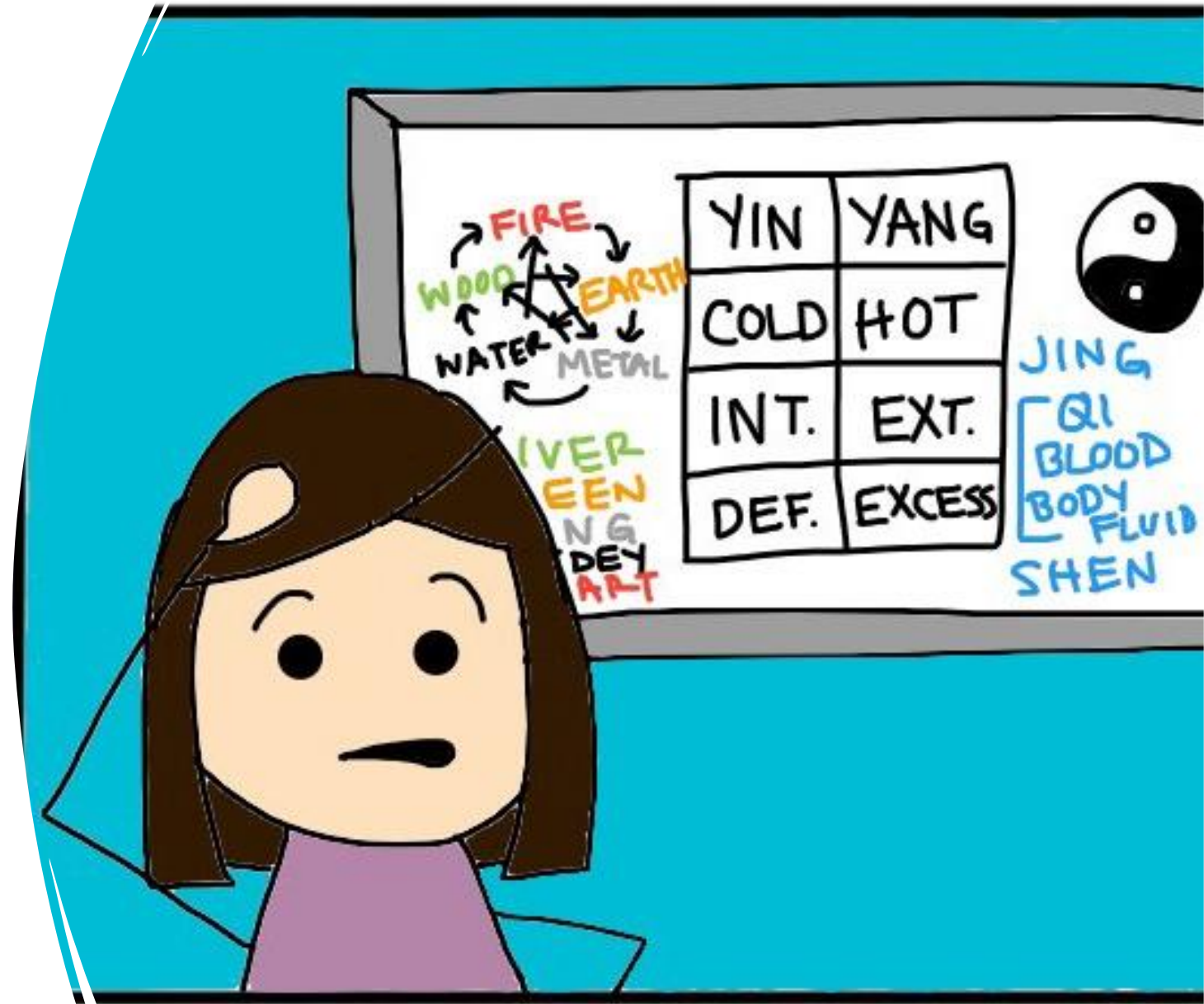


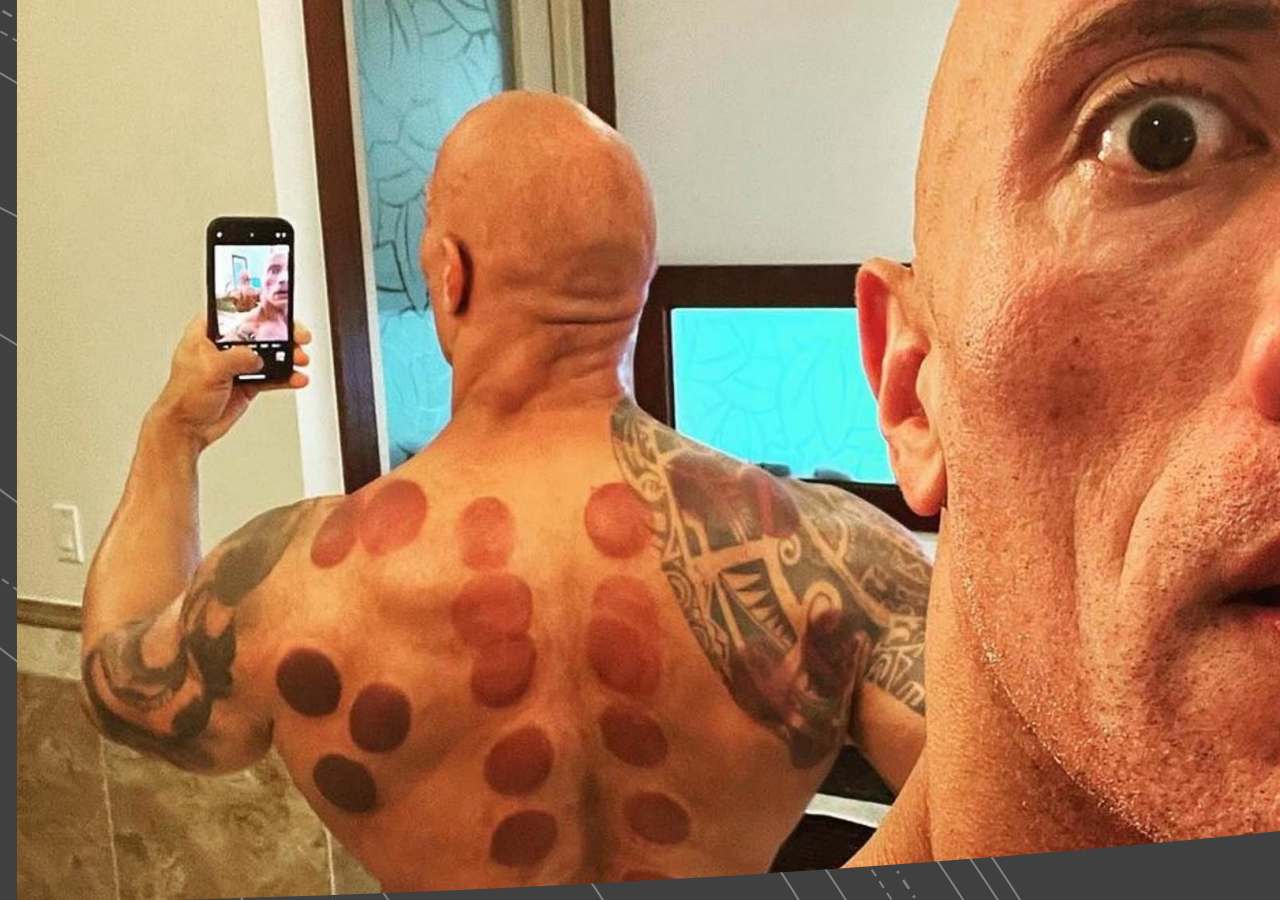
- **Depth of Disease**
  - Exterior -- Interior
- **Nature of Disease**
  - Hot -- Cold
- **Relative Strength of Body vrs. Disease**
  - Excess -- Deficiency
- **Overall Character**
  - Yang -- Yin

# TCM “Patterns” and “Treatment Principles”

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- A person can present with simultaneous symptoms of hot and cold or excess and deficiency.
- Additionally, an external disorder could be complicated by the fact that the person has a pre-existing internal disorder.





## Treatment Methodology

- Kim Kardashian – Facial acupuncture
- Dwayne Johnson – Back cupping

# Acupuncture and Moxibustion



**MUGWORT**

*(Artemisia vulgaris)*



針灸



# Why/when to Acupuncture

## HOW SMALL ARE ACUPUNCTURE NEEDLES?



Matchstick - 4.20mm



Hypodermic Needle - 1.60mm



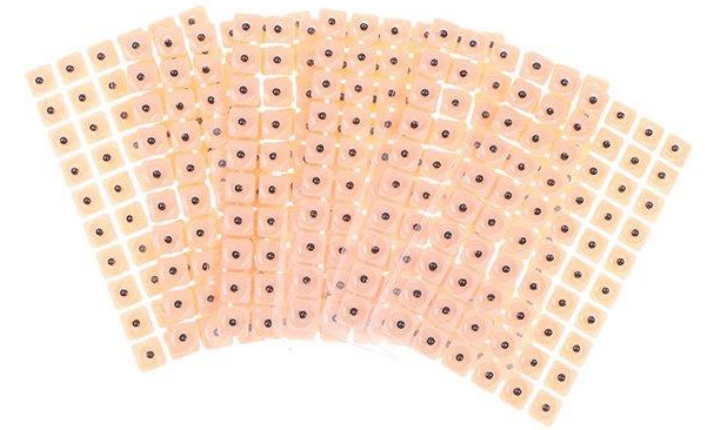
Sewing Needle - 1.02mm



Acupuncture Needle - 0.25mm



Facial Acupuncture Needle - 0.12mm



1. Locate the Nei-Kuan point on your wrist. The correct point is in the center of wrist, 3 fingers from crease of wrist.
2. Position the plastic stud of the wrist band on the Nei-Kuan point. Wear when nausea is anticipated or even if nausea has started.
3. You must always wear both wrist bands. Wear Sea-Band Nausea Relieving Wrist Bands as long as needed.



## AT-A-GLANCE GUIDELINE RECOMMENDED INTERVENTIONS

Symptom Setting	Integrative Therapy	Type of Recommendation	Evidence Quality	Strength of Rec.
Aromatase inhibitor-related joint pain	<ul style="list-style-type: none"> <li>Acupuncture</li> <li>Yoga</li> </ul>	<ul style="list-style-type: none"> <li>Evidence-based</li> <li>Evidence-based</li> </ul>	<ul style="list-style-type: none"> <li>Intermediate</li> <li>Low</li> </ul>	<ul style="list-style-type: none"> <li>Moderate</li> <li>Weak</li> </ul>
General cancer pain	<ul style="list-style-type: none"> <li>Acupuncture</li> <li>Reflexology or acupressure</li> <li>Massage</li> <li>Hatha yoga</li> <li>Guided imagery with PMR</li> </ul>	<ul style="list-style-type: none"> <li>Evidence-based</li> <li>Evidence-based</li> <li>Evidence-based</li> <li>Evidence-based</li> <li>Evidence-based</li> </ul>	<ul style="list-style-type: none"> <li>Intermediate</li> <li>Intermediate</li> <li>Low</li> <li>Low</li> <li>Low</li> </ul>	<ul style="list-style-type: none"> <li>Moderate</li> <li>Moderate</li> <li>Moderate</li> <li>Weak</li> <li>Weak</li> </ul>
CIPN	<ul style="list-style-type: none"> <li>Acupuncture</li> <li>Reflexology or acupressure</li> </ul>	<ul style="list-style-type: none"> <li>Evidence-based/Informal consensus</li> <li>Evidence-based</li> </ul>	<ul style="list-style-type: none"> <li>Low</li> <li>Low</li> </ul>	<ul style="list-style-type: none"> <li>Weak</li> <li>Weak</li> </ul>
Procedural pain	<ul style="list-style-type: none"> <li>Hypnosis</li> </ul>	<ul style="list-style-type: none"> <li>Evidence-based</li> </ul>	<ul style="list-style-type: none"> <li>Intermediate</li> </ul>	<ul style="list-style-type: none"> <li>Moderate</li> </ul>
Surgical pain	<ul style="list-style-type: none"> <li>Acupuncture or acupressure</li> <li>Music therapy</li> </ul>	<ul style="list-style-type: none"> <li>Evidence-based/Informal consensus</li> <li>Evidence-based</li> </ul>	<ul style="list-style-type: none"> <li>Low</li> <li>Low</li> </ul>	<ul style="list-style-type: none"> <li>Weak</li> <li>Weak</li> </ul>
Pain during palliative care	<ul style="list-style-type: none"> <li>Massage</li> </ul>	<ul style="list-style-type: none"> <li>Evidence-based</li> </ul>	<ul style="list-style-type: none"> <li>Intermediate</li> </ul>	<ul style="list-style-type: none"> <li>Moderate</li> </ul>

## GUIDELINE AT-A-GLANCE RECOMMENDED INTERVENTIONS

### Anxiety

#### During Active Treatment

- Mindfulness-based interventions
- Yoga
- Hypnosis
- Relaxation therapy
- Music therapy or music-based interventions
- Reflexology
- Lavender essential oil inhalation

#### Post-Treatment

- Mindfulness-based interventions
- Yoga
- Acupuncture
- Tai chi and/or qigong
- Reflexology

### Depression

#### During Active Treatment

- Mindfulness-based interventions
- Yoga
- Relaxation therapy
- Music therapy or music-based interventions
- Reflexology

#### Post-Treatment

- Mindfulness-based interventions
- Yoga
- Tai chi and/or qigong

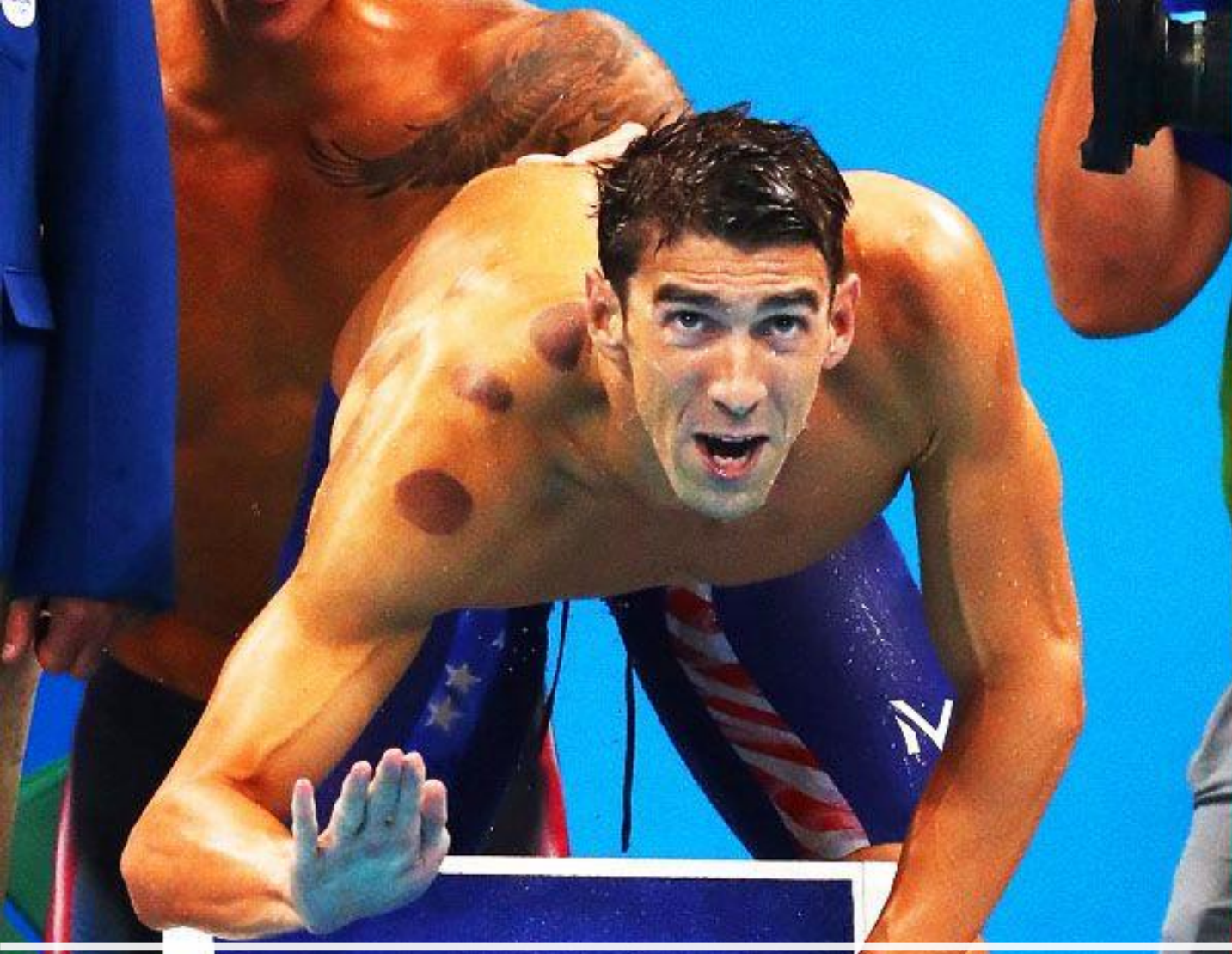
# Case Study - continued

10/14/2021 – acupuncturist

- C/C: Nausea, bloating pain, and indigestion
- Tongue: Scallops and Cracks with Little Coating
- Pulse: Wiry, Rapid and Weak
- Organ Pattern: LU and SP Qi deficiency
- Acupuncture points
  - Yin Tang, Shen Men, LI-4, ST-36, SP-6, **PC-6 (Neiguan)**, KI-3 and LR-3
- Treatment Details: Needles retained for 25 minutes w/ therapeutic *heat lamp* placed above feet (*no e-stim!*)
- 1x per week x6 sessions.

# Cupping





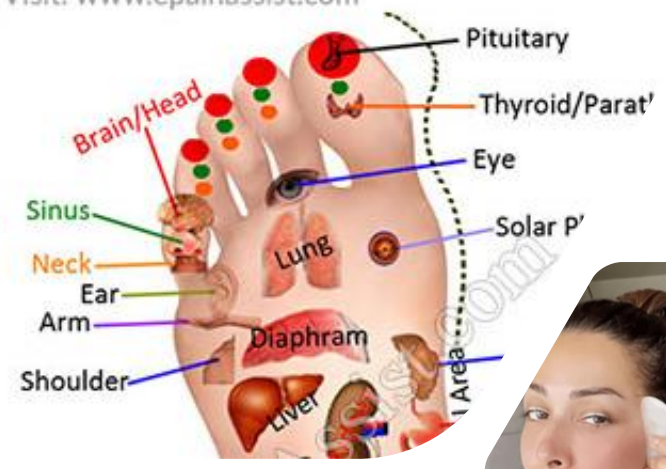
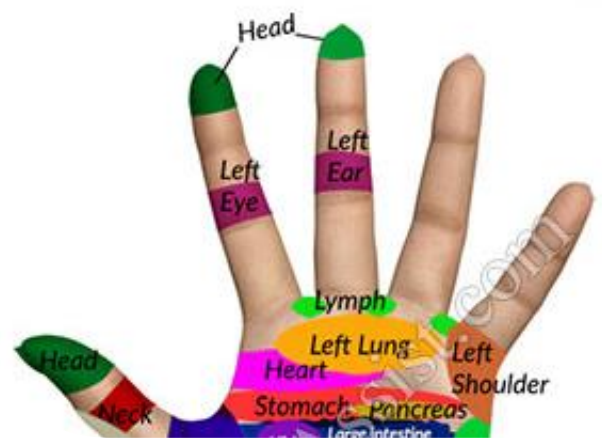
Why/when cupping

# Tai Chi and Qi Gong

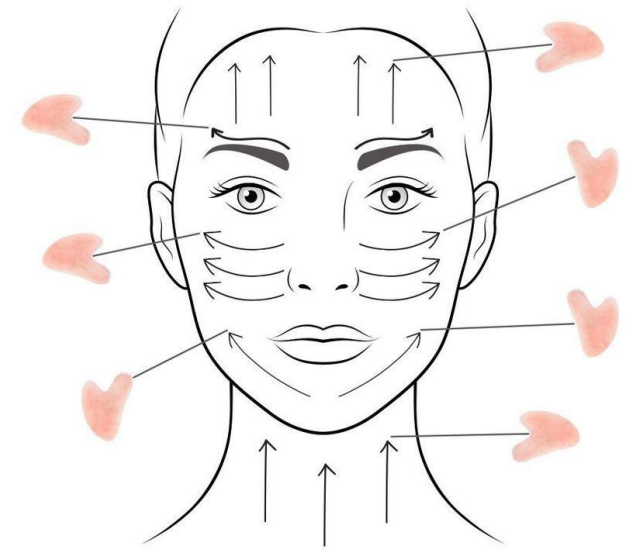


# Reflexology Pressure Points in Hands and Feet

For Information, Visit: [www.epainassist.com](http://www.epainassist.com)



## Tui Na (Massage), Gua Sha, and Reflexology







# 君

## Monarchs

These principal ingredients target the immediate cause and symptoms of the disease.

# 臣

## Ministers

These herbs are said to enhance the monarch's effects and also target underlying symptoms.

# 佐

## Assistants

These treat secondary symptoms, eliminate toxins, and optimize the effects of the other herbs.

# 使

## Guides

Not always necessary in prescriptions, these herbs help deliver ingredients to targeted areas.

### HERBS SCIENTIFICALLY SHOWN TO

- FI** Fight infection
- RI** Reduce inflammation
- RP** Reduce fever

### Forsythia fruit **FI RI**

PROPERTY: **FLAVOR**



### Honeysuckle flower **FI RI RP**

PROPERTY: **FLAVOR**



### Burdock fruit **RI**

PROPERTY: **FLAVOR**



### Fermented soybean

PROPERTY: **FLAVOR**



### Reed rhizome **FI**

PROPERTY: **FLAVOR**



### Bamboo leaf **FI RI RP**

PROPERTY: **FLAVOR**



### Balloon flower **FI**

PROPERTY: **FLAVOR**



### Schizonepeta leaf **FI RI RP**

PROPERTY: **FLAVOR**



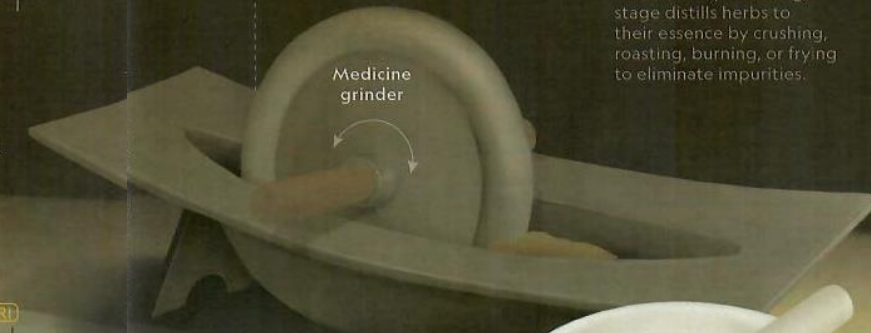
### Mint leaf **FI RI RP**

PROPERTY: **FLAVOR**



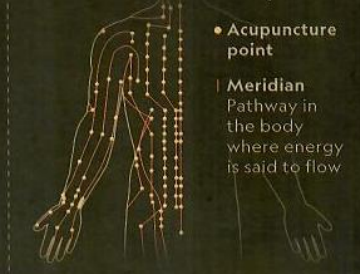
### Licorice root **FI RI**

PROPERTY: **FLAVOR**



Medicine grinder

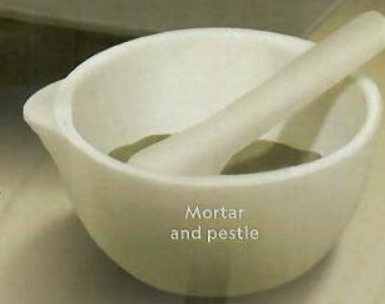
The Paozhi (processing) stage distills herbs to their essence by crushing, roasting, burning, or frying to eliminate impurities.



### Acupuncture point

Meridian Pathway in the body where energy is said to flow

The grinder is sometimes used on soft herbs, like mint, the mortar and pestle on hard ones.



Mortar and pestle

### Patch



Tea



The herbs are steadily boiled, often for hours, causing a chemical change believed to blend their healing properties.



Boiling pot

### Premade and standardized

Generic remedies can be sold as pills or in packets, but some say teas from raw herbs are more effective.



Pills

Powder

# Traditional Treatment

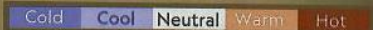
Herbal prescriptions, many dating back millennia, are a big part of traditional Chinese medicine. Formulas may consist of a single herb or many and are customized based on a patient's condition, age, gender, and body type. The recipe for mixing Yinqiao, a 10-herb treatment for the common cold, is shown here.

### ANCIENT THEORIES

One belief is that the body consists of opposite but complementary qualities, or yin and yang, that maintain its healthy balance. Treatments following the four properties and five flavors are thought to promote balance.

### FOUR PROPERTIES

Herbs are labeled hot or cold for their ability to treat ailments considered related to either cold (yin) or heat (yang).



**Yin** (cold) herbs treat yang (hot) ailments, such as swelling.

**Yang** (hot) herbs treat yin (cold) conditions, such as chills.

### FIVE FLAVORS

Different flavors are believed to have specific healing properties and the ability to target specific body areas and organs.



### Spicy

Stimulates sweating, blood circulation



### Salty

Aids bowel movements



### Bitter

Reduces heat



### Sweet

Relieves pain



### Sour

Stops sweating, coughing, and diarrhea

<https://www.nationalgeographic.com/magazine/article/ancient-chinese-remedies-changing-modern-medicine>

# Case Study - continued

10/16/2021 – TCM Herbalist

- Going into acupuncture was 65% bloated, after acupuncture 5% but feels it's building back up
  - Tried massage, exercise, and probiotic without much resolution
- Other symptoms:
  - no appetite, but really thirsty!
  - pressure and pain from gas built-up
- Given Bao He Wan (BHW)
  - 4-6 capsules, 3x daily before each meal



Shan Zha  
Chinese Hawthorn fruit  
Fructus Crataegi



Chief Herb: 175mg/cap (700-1050mg)  
= 3.5-5.3 grams raw herb

Shen Qu  
Medicated leaven  
Massa Medicata Fermentata



Lai Fu Zi  
Radish seed  
Semen Raphani



Chen Pi  
Aged Tangerine peel  
Pericarpium Citri Reticulatae



Zhi Ban Xia  
Prepared Pinellia Corm  
Rhizoma Pinelliae Preparatum



Fu Ling  
Poria mushroom  
Sclerotium Poriae Cocos



Lian Qiao  
Forsythia fruit  
Fructus Forsythiae



Mai Ya  
Barley sprouts  
Fructus Hordei Germinatus

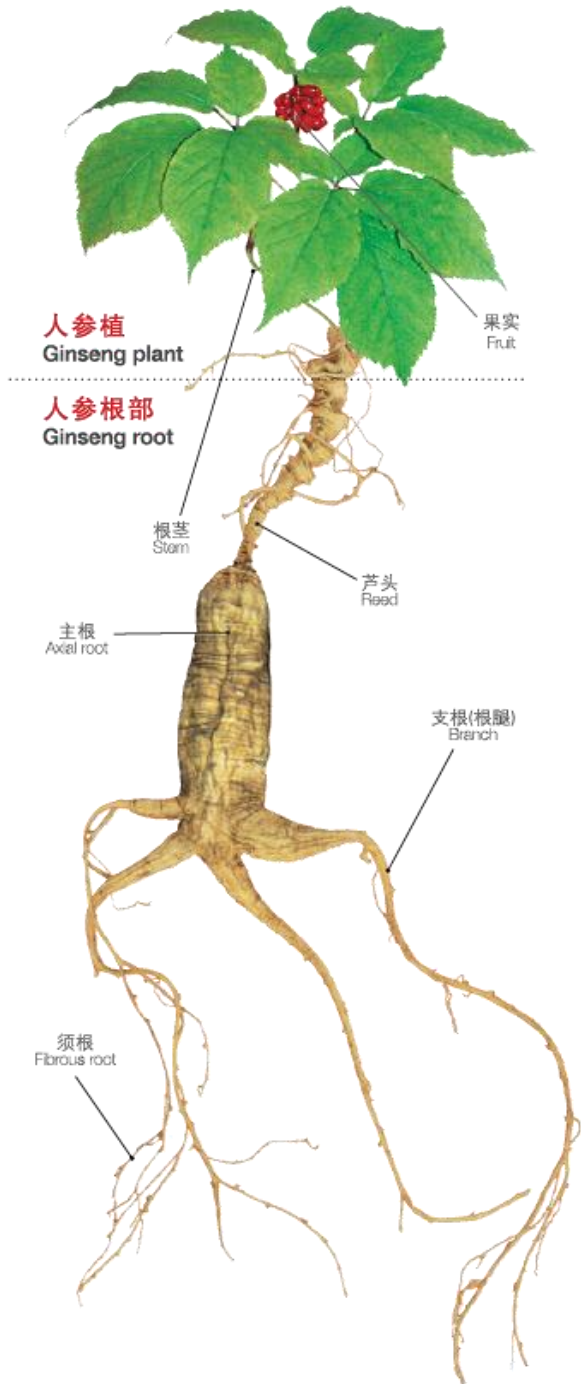
# Monitoring and Precautions

- Herb-drug interactions
- Herbal allergy
- Quality of herbs/formula
- Capsules – masks the taste, but 4-6 caps (gelatin) 3x daily is a pill burden
- Patient felt better taking the “herbal tea” by emptying the capsules into hot water
  - Less bloating
  - No pain!!!

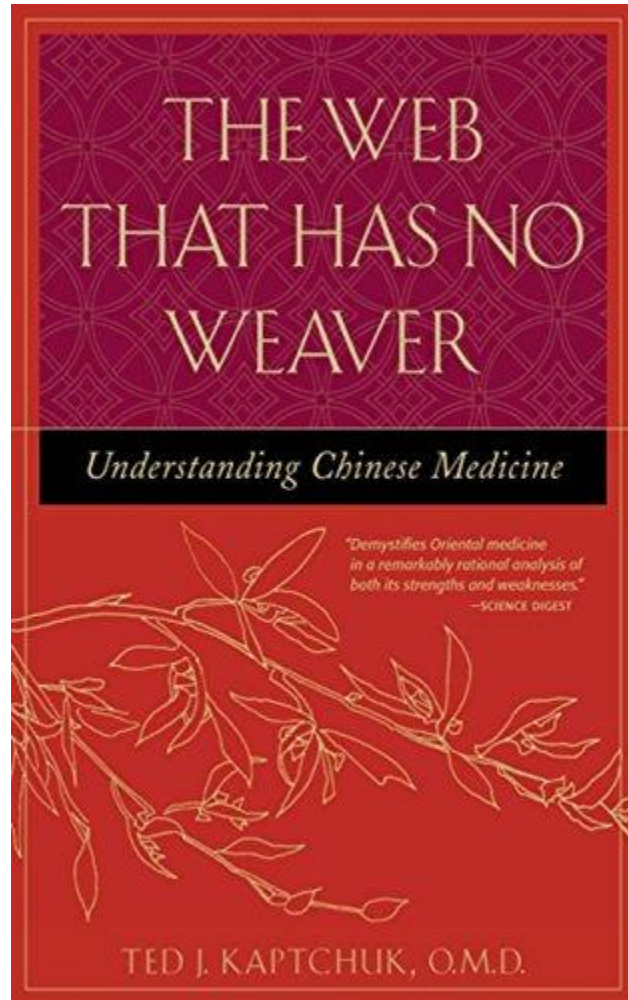


# Other considerations

Wild American ginseng (*Panax quinquefolius*) - Convention on International Trade in Endangered Species (CITES) of Wild Fauna and Flora aka **ENDANGERED SPECIES!**



# Resources and References



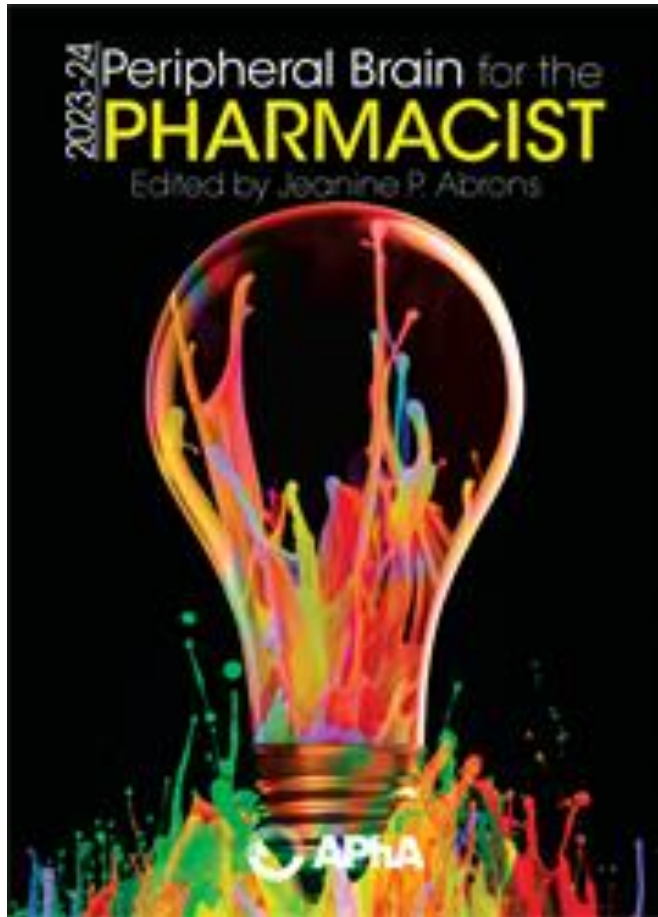
- International Classification of Diseases for Mortality and Morbidity Statistics, 11th Revision, v2020-09 aka [ICD-11](#)
  - Chapter 26 - Supplementary Chapter Traditional Medicine Conditions
- National Certification Commission for Acupuncture and Oriental Medicine ([NCCAOM](#))



[Ted Jack Kaptchuk](#)

Professor of Medicine at Harvard

# Resources and References



- Herbal and Botanical Therapies
  - Page 154-170
- Recommended Herbal Therapy Resources
  - Natural Medicine (formerly Natural Standard)
  - Micromedex-AltMedDex
  - Lexicomp-Natural Products Database
  - MedlinePlus
  - PubMed or NIH Dietary Supplement Subset
  - **MSKCC – About Herbs**
  - National Center for Complementary & Integrative Health
  - Cochrane Complementary Medicine
  - Medscape
  - Oregon State University Linus Pauling Institute
  - Consumerlab.com
  - Hanson & Horn book
  - Integrative Health 101



Explore Our Portfolio



Research In progress; Recruiting

# Comparing Two Ways to Manage Pain after High-Dose Chemotherapy

Sign Up for Updates

## Project Summary

This research project is in progress. PCORI will post the research findings on this page within 90 days after the results are final.

### What is the research about?

Hematopoietic stem cell transplant, or HSCT, is a type of cancer treatment that replaces a patient's unhealthy blood cells with healthy ones. Before HSCT treatment, patients must first get high-dose chemotherapy, which can cause painful swelling in the mouth. This pain can lead to weight loss, depression, and lower quality of life.

Cancer treatment guidelines recommend that doctors treat pain using both medicine and alternative approaches. Doctors often use medicines called opioids to treat patients' pain. But opioids have side effects, such as drowsiness and nausea. It may also be hard for

## ClinicalTrials.gov

Home > Search Results > Study Record

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Read our full [disclaimer](#) for details.

ACTIVE, NOT RECRUITING

### Managing Pain and Symptom Burden Caused by Chemotherapy in People With Myeloma or Lymphoma

ClinicalTrials.gov ID NCT04459416

Sponsor Memorial Sloan Kettering Cancer Center

Information provided by Memorial Sloan Kettering Cancer Center (Responsible Party)

Last Update Posted 2023-08-16

Download Bookmark | More

Study Details | Researcher View | No Results Posted | Record History

### Study Overview

**Brief Summary**

The purpose of this study is to find out whether acupuncture treatments can reduce the need for opioid medication when managing pain caused by chemotherapy. The study will compare the effects of adding acupuncture to usual pain management with those of usual pain

Feedback



Study Details | YIV-906 (Formerly PHY906/KD018) | clinicaltrials.gov/study/NCT04000737

MSKCC Citrix Apps | OneMSKAnywhere | MSKHerbs | AboutHerbs | Herbal Fact Sheets

An official website of the United States government | Here's how you know


NIH National Library of Medicine National Center for Biotechnology Information

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**RECRUITING** ⓘ



## YIV-906 (Formerly PHY906/KD018) With Sorafenib in HBV(+) Hepatocellular Carcinoma (HCC)

ClinicalTrials.gov ID ⓘ NCT04000737

Sponsor ⓘ Yiviva Inc.

Information provided by ⓘ Yiviva Inc. (Responsible Party)

Last Update Posted ⓘ 2022-07-12

  | More


**Study Details** | Researcher View | No Results Posted | Record History

### Study Overview

Brief Summary

The aim of this study is to compare the efficacy and safety of YIV-906 plus standard-of-care sorafenib versus those of sorafenib alone as a first-line systemic treatment for patients with Hepatitis B (+) associated advanced hepatocellular carcinoma.

YIV-906 (PHY906-KD018) is an immune system modulator. Clinical and preclinical research suggests that YIV-906 could lead to enhanced



Study Details | Mushroom-based Product for COVID-19 (MACH19) | clinicaltrials.gov/study/NCT04667247

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**ACTIVE, NOT RECRUITING** ⓘ



## Mushroom-based Product for COVID-19 (MACH19)

ClinicalTrials.gov ID ⓘ NCT04667247

Sponsor ⓘ Gordon Saxe

Information provided by ⓘ Gordon Saxe, University of California, San Diego (Responsible Party)

Last Update Posted ⓘ 2023-08-08


  | More

**Study Details** | Researcher View | No Results Posted | Record History

### Study Overview

Brief Summary

This is a multi-center, randomized, double-blind, placebo-controlled clinical trial to evaluate two polypore mushrooms, Fomitopsis officinalis and Trametes versicolor (FoTv), to treat COVID-19-positive outpatients with mild-to-moderate symptoms assigned to self-quarantined and home management. The study aims to establish the safety and feasibility of the use of FoTv vs placebo in 66 total



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JAMA Network

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FULL TEXT

November 14, 2023

# Acupuncture vs Massage for Pain in Patients Living With Advanced Cancer

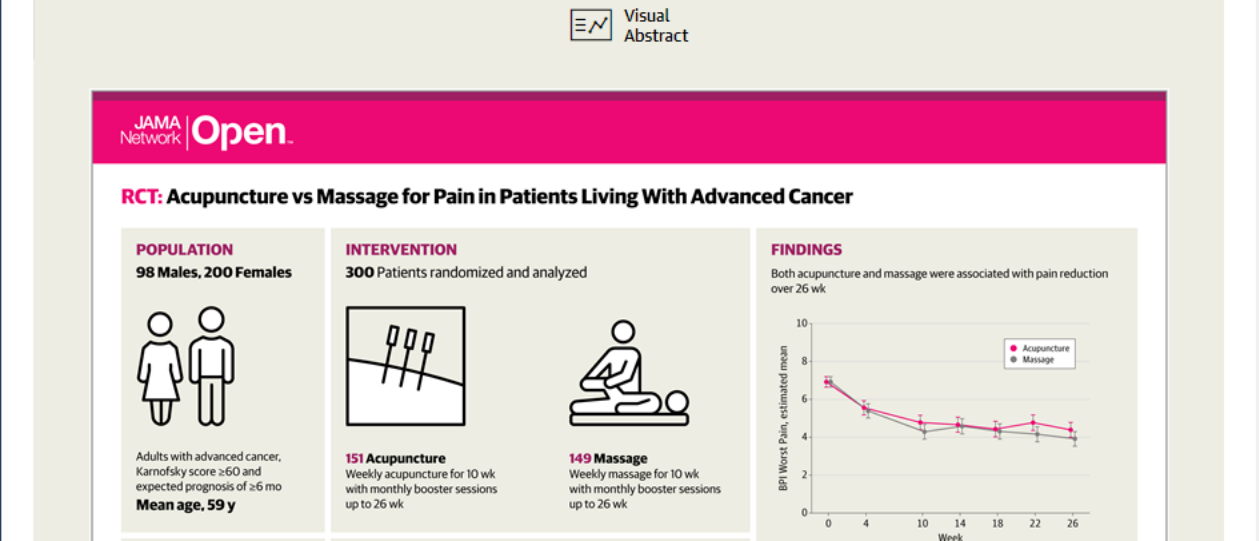
## The IMPACT Randomized Clinical Trial

Andrew S. Epstein, MD<sup>1</sup>; Kevin T. Liou, MD<sup>1</sup>; Sally A. D. Romero, PhD<sup>2</sup>; et al

Author Affiliations | Article Information

JAMA Netw Open. 2023;6(11):e2342482. doi:10.1001/jamanetworkopen.2023.42482

Visual Abstract



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# Integrative Oncology Approaches to Supporting Immune Checkpoint Inhibitor Treatment of Solid Tumours

REVIEW | Open access | Published: 09 January 2024

(2024) Cite this article

Download PDF You have full access to this open access article

Nina Fuller-Shavel & Jonathan Krell

1020 Accesses 4 Altmetric Explore all metrics

Abstract

Purpose of Review

The goal of this review was to examine the role and practical applications of integrative oncology strategies in supporting immune checkpoint inhibitor (ICI) treatment of adult solid tumours.

Recent Findings

# How can we find reputable practitioner?

## NCCAOM Training, and School Clinic – Curriculum for master degree

- Practice and offered services (acupuncture, herbal, etc.)
- School vs Community practice
- How to look for legit provider ([NCCAOM Directory](#))
- Safety first, what to watch out for, and reliable ([FDA Warning Letters](#))

## Integrative and Holistic Practices in community

- Buzz word but what does it mean and their scope of practice
- [Certification or Verification of New York State Licensure](#)

## Herbal Formula and Supplements

- Safe and Quality assured herb – NSF, USP, & [ConsumerLab](#) Logos
- Certificate of Analysis (COAs)





Memorial Sloan Kettering Cancer Center

Sloan Kettering Institute | Giving | Locations | Doctors | Appointments | Contact | Search

For Adult Patients | For Child & Teen Patients | For Healthcare Professionals | For Research Scientists | More

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For Adult Patients / Cancer Care / About Diagnosis & Treatment / Managing Symptoms & Side Effects / Integrative Medicine / About Herbs, Botanicals & Other Products

## Search About Herbs

Enter a search term. Search

Browse by name:

# A B C D E F G H I J K L M N O P Q R S T U V W Y Z

**Letter: C, Total: 35 Herbs**

**Capsaicin**  
Zostrix® cream 0.025% & 0.075%; Salonpas® Gel-Patch Hot, Sinus Buster® (homeopathic intranasal spray)

**Purported Uses**

- Sores

**Mechanism of Action**

**Potential Interactions**

**Letter: M, Total: 18 Herbs**

**Milk Thistle**

**Purported Uses**

- Liver disease

**Mechanism of Action**

**Potential Interactions**

**Mistletoe (European)**  
Hektor®, Isador®, Isador Qu®, Lettinol®, Cefastin®, Eurisor®, ABNOBavicum®, ABNOBavicum Quercus

**Purported Uses**

- Immunostimulation

**Mechanism of Action**

**Potential Interactions**

**Cascara**

**Purported Uses**

- Constipation

**Mechanism of Action**

**Potential Interactions**

**Moringa oleifera**

**Purported Uses**

- Anticancer

**Mechanism of Action**

**Potential Interactions**



Questions