

TCM and Cancers

TCM and AIDS

TCM and Cancers

Western Medicine

- Tumor (neoplasm)
 - Benign (less harmful)
 - Malignant, Sarcoma

Western Medicine

- Reason
 - Carcinogens (exogenous) : Environment (food, water, air, noise, radiation),
Chemical (drugs)
 - Cellular change (endogenous) : Immunoregulation
Endocrine dysfunction
 - emotional environment and congenital susceptibility
- Patients living for more than 5 years after cancer treatment they are considered 'cured'!

Treatment of WM

- Attack cancer
 - Radiotherapy
 - Chemotherapy
 - Surgery
- Rebuild immune system

Traditional Chinese Medicine

- Cancer caused by basic internal causes and pathogenic factors
 - Pathogenic factors: Blood stasis, Phlegm, Toxic substance
 - Basic Internal Cause: Qi/Blood/Yin/Yang deficiency

What TCM can do for cancers

- Chinese herbs served to improve symptoms and prolong life.
 - reduction of side effects caused by chemotherapeutic drugs and radiation therapy (i.e., increases in leukocytes, erythrocytes and thrombocytes),
 - improvement of digestive functions,
 - improvement of hepatic function,
 - improvement of renal function,
 - reduction of pain, and especially, decreased pain in the terminal stage.

What TCM can do for cancers

- Relieve Pain
- Relieve Edema (following surgery for breast cancer in approximately 8-30% of the cases)
- Improve function of immune system (raised body immunity and control the falling of body immunity caused by radiation treatments).
- Rectitis (inflammation, pain and bleeding of the rectum) caused by radiation therapy for cancer
- Antipyresis and the reduction of inflammation.
- Alleviate stress

Treatment methods

- Chinese herbal prescriptions
- Acupuncture
- Qi gong exercise
- Diet therapy

Herbal prescription

- Attack the tumor and strengthen vital Qi at the same time. Nearly all of the Chinese herbs used today to treat cancer and other immune-deficient conditions fall into three broad categories.
 - Tonic herbs increase the number and activity of immunologically active cells and proteins.
 - Toxin-clearing herbs clear the blood of germs and of waste products from the destruction of tumors and germs.
 - Blood activating herbs reduce the coagulation and inflammatory reactions associated with immune response.
 - Herbal therapy in cancer treatment can improve appetite, reduce nausea and vomiting, and alleviate stress.

Fu Zheng therapy

- an immune-enhancing herbal regimen, as an adjunct to chemotherapy and radiation. Fu Zheng therapy is reported to protect the immune system from damage and to increase survival rates.
- The principal Fu Zheng herbs strengthen the body's nonspecific immunity and increase the functions of the T-cells.
- In laboratory studies, Fu Zheng herbs have prevented the growth of transplanted tumors.

Chinese herbs commonly used in the treatment of cancer

- **Strengthening Herbs**

- Huang Qi : Astragalus
- Xi Yang Shen: American Ginseng
- Shu Di Huang: Chinese Foxglove Root
- Gan Cao: Chinese Licorice Root
- Dang Gui: Angelica Sinensis
- Bie Jia : Turtle shell

Strengthening Herbs

- Nu zhen zi: ligustrum,
- Ren shen: ginseng,
- Dang shen: codonopsis,
- Bai zhu: atractylodes,
- Ling zhi: ganoderma

Herbal antitoxin therapies

- Herbal antitoxin therapies, also regularly used, contain many herbs that have been found to inhibit tumor growth by a variety of mechanisms.
- Kun bu (Kelp) and Shang lu (pokerooroot) are among the herbs known to dissolve tumors in Chinese herbal therapy.

Chinese herbs commonly used in the treatment of cancer

- Anti-Cancer Herbs
 - Lu Feng Fang: Hornet Nest
 - Long Kui: Solanum
 - Ban Zhi Lian: Scutellaria
 - Dong Ling Cao: Rabdosime Rubescentis
 - Bai Hua She She Cao: Oldenlandia
 - Pu gong ying : taraxacum
 - Bai mao gen: imperata
 - Huang qin: scutellaria

Chinese herbs commonly used in the treatment of cancer

- Blood stasis:
 - E Zhu : Curcuma Zedoaria
 - Tao Ren: Persicae Semen
 - Hong Hua: Carthami Tinctori
 - San Leng: Sparganii Rhizoma
 - Wu Ling Shi: Trogopteroni Pteromi

Lung cancer

- Early symptoms: cough, bloody sputum, fever, chest pain or stuffiness, shortness of breath.
- Other symptoms: fatigue, enlargement of bone and joints, herpes zoster, emaciation, anemia, poor appetite.

- Yin deficiency with toxic heat
 - Dry cough or bloody sputum, chest pain, irritability, low fever, night sweat, dry mouth, constipation, hoarse voice, thin rapid pulse, dark red tongue.
- Yang yin qing fei tang with modification
 - Sheng di huang, xuan shen, mai men dong, bei mu, bai shao, dan pi, bo he, gan cao

- Qing hao bie jia tang with modification
 - Qing hao, bie jia, sheng di, zhi mu, dan pi, tian hua fen, bai he, zao xiu, bai hua she she cao
 - Bloody sputum add bai mao gen, xian he cao. Chest pain add gua lou, yu jin. Night sweat add fu xiao mai, mu li. Constipation add huo ma ren. Poor appetite add shan zha, mai ya. High fever add sheng shi gao, di gu pi.

- Lung and kidney/ spleen deficiency
 - asthma, breathlessness, diarrhea, spontaneous sweating, profuse sputum, aversion to cold. deep pulse. Pale swollen tongue.
 - Shen ge san or shen ling bai zhu san with modification

- Bu fei tang

- Dang shen, huang qi, wu wei zi, zi wan, sang bai pi, shu di huang.
- Severe cough add bai bu, qian hu. Dry mouth add huang jing. Poor appetite add shan yao, shan zha, mai ya, gu ya

- Phlegm stagnation and blood stasis
 - Ban zhi lian, Bai hua she she cao, shi hu, nu zhen zi, tian men dong, bai he, dang shen, yi yi ren, xian he cao, zhu ling, bai jiang can, hai zao, sanleng, e zhu
 - Ban zhi lian, Bai hua she she cao: clear heat, relieve toxicity, fight cancers. shi hu, nu zhen zi, tian men dong, bai he, nourish yin blood, tonify lung and kidney. zhu ling, bai jiang can, hai zao, soften hardness.

Esophagus cancer

- Qi deficiency with stagnation of phlegm
 - Dong ling cao, bai hua she she cao, huang qi, dai zhe shi, dang shen, e zhu, dan shen, fu ling, zhe bei mu, jiang ban xia, bai zhu, ju hong, zhi gan cao
- Accumulation of toxicity
 - Wei ling xian, ban zhi lian, bai hua she she cao

Stomach cancer

- Obstruction of toxicity and stasis
 - Ma yi, wu gong, huang qi, dang gui
- Tonify zheng qi and fight cancer
 - Dang shen, huang qi, bai zhu, yi mi, shi jian chuan, bai hua she she cao, xian he cao, bai ying, qi ye yi zhi hua

Large intestine cancer

- Blood stasis with stagnation of toxicity
 - Ban zhi lian, shan dou gen, dan shen, hong teng, chuan shan jia, zao jiao ci
 - Qi deficiency add huang qi, dang shen. Blood deficiency add dang gui, shu di. Yin deficiency add sheng di, sha shen. Dampness add cang zhu, yi yi ren.

- Clyster with herbal decoction
 - Wu mei, guan zhong, wu bei zi, xia ku cao, ban zhi lian, huai jiao, mu li, hai fu shi.
 - Wu mei, guan zhong, huai jiao stop bleeding, relieve toxicity. Wu bei zi: stop bleeding and dysentery. xia ku cao, mu li, hai fu shi soften hardness.

Liver cancer

- Blood stasis with stagnation of toxicity
 - Chuan shan jia, tian dong, bie jia, shi hu, sheng mu li, xian he cao, dang shen, ban zhi lian, hai zao, chen hu lu, ling zhi, wu gong. San qi fen
 - Bie jia, mu li, chuan shan jia, chai hu, yu jin, bai shao, shan ci gu, ban zhi lian, bai hua she she cao, tie shu ye, chuan lian zi, qing pi, gan cao.
 - Ascites add yin chen, zhu ling, ze xie, fu ling, che qian zi

For all kinds of cancers

- Tonify spleen and kidney decoction
 - Huang qi, fu ling, yi yi ren, nv zhen zi, gou qi zi, tu si zi, bu gu zhi, zhi ke, dang shen, bai zhu, shen qu, gan cao
- strengthen zheng and fight cancer decociton
 - Dang shen, huang qi, huang jing, nv zhen zi, dang gu, ji xue teng, ban zhi lian, bai hua she she cao, shi jian chuan, ru xiang, mo yao, san leng e zhu

Fever due to cancer

- Jiao gu lan, tian dong, chai hu, tu fu ling, da huang, sheng di huang, bie jia, xuan shen, tu bie chong
- Qing hao bie jia tang with modification
- Yin chen hao tang with modification

Pain due to cancer

- Move qi and invigorate blood decoction
 - Chai hu, bai shao, yan hu suo, chuan lian zi, yu jin, dang gui, shan zha, zhi gan cao
- Stop pain fight cancer decoction
 - E zhu, san leng, ru xiang, dang gui, wu gong, tu fu ling, zhi ban xia, zhi gan cao. Shan ci gu, xu chang qing.

- Stop pain powder
 - Dang gui, gan cao, huang qi, bai zhu, du huo, rou gui, sang ji sheng, huai niu xi, xie bai, sheng jiang.
- Shao yao gan cao tang
- Shu di, shan yu rou, fu ling, gu sui bu, bu gu zhi, bai hua she, di bie chong, wu gong, yuan hu, chan su, rou cong rong, ru xiang, mo yao, shu fu zi, huang qi

Reduce side effects of chemotherapy

- For symptoms of digestive system
 - Xuan fu hua, dai zhe shi, jiao san xian, xi yang shen, chen pi, zhu ru, ban xia, yu zhu, mu xiang
 - Hiccup add shi di, ding xiang, dao dou. Vomiting add huo xiang, pei lan, shan ren, bai dou kou. Diarrhea add shan yao, yi yi ren, bai bian dou

- Increase white decoction
 - Ren shen, huang qi, huang jing, ji xue teng, nv zhen zi, huang jing, e jiao, gou qi zi, sha ren. Poor appetite add jiao san xian, sheng jiang, ban xia.
- Anemia decociton
 - Ji xue teng, gou qi zi, tu si zi, da zo, nv zhen zi, e jiao

Western Medicine Combined With TCM Cancer Treatments

- Chemotherapy plus TCM
- Surgery plus TCM
- Radiotherapy plus TCM

Chemotherapy plus TCM

- Chemotherapy: Blood stasis and Toxic heat Always Accompany Chemotherapy. Between Chemo treatments the Vital Qi must be rebuilt and nourished
- Before Chemo -tonify vital Qi (white blood cells) and keep emotions calm and healthy
Ba Zhen Tang, Xiang Sha Liu Jun Zi Tang, Bu Zhong Yi Qi Tang, Gui Pi Tang, Shi Quan Da Bu Tang
- During Chemo -Treat side effects as well Blood stasis and Toxic heat.
Tao Hong Si Wu Tang ,Xue Fu Zhu Yu Tang + detoxify herbs/formula
- After Chemo -Tonify, nourish and rebuild

Surgery plus TCM

- Tonify before surgery
Tonify after surgery
with detoxify and remove stasis

Radiotherapy plus TCM

- It damages Qi, Yin and Body Fluids due to its extreme heat
- Use Qi and Yin Tonics - Zeng Ye Tang, Sheng Mai San, Sha Shen Mai Men Dong Tang
Zhu Ye Shi Gao Tang

Acupuncture treatment

- It can alleviate the pain and functional disorders associated with the illness and surgery, for example, improving the ability to swallow in victims of esophageal cancer.
- It has been employed as a primary treatment for very early signs of breast and cervical cancer.
- It supports immunity and control malignant growth: increasing the number of white blood cells, boosting natural killer cell activity, and increasing the amount of B-cells, which manufacture antibodies, chemicals that help destroy foreign invaders in the body. Acupuncture also elevates the levels of circulating immunoglobulins and stimulates the production of red blood cells.

- Acupuncture can also be helpful in stress reduction .
 - Yin tang, Du 20, PC6, HT7, LV3

Treatment of Emotions Linked To Cancer

- Generally there is a 5 stage emotional response to cancer:
 - Denial - Not Me (wants 2nd and 3rd opinions, does not want to accept)
 - Anger - Why Me (nervous and angry, does not know what to do)
 - Agreement - Help Me (unfocussed, getting as much info as possible)
 - Depression - Kill Me (difficulty dealing with their position)
 - Acceptance - Treat Me (focus on treatment)

Diet Treatment For Cancer

- Limit diet to quality, not quantity. Cancer cells will absorb the nutrition from food so a small diet of anti-cancer foods would be beneficial. The cancer cells reproduce faster than normal cells and they will die faster as well.
- A diet bringing in the minimal amount of calories to maintain the bodies metabolism is optimal.

Diet Treatment

- do not eat sugar
- become vegetarian (fish is the least harmful, make transition slowly, tomato)
- eat good quality protein - tofu, beans, eggs, nuts, mushrooms
- do not eat cold or bitter foods
- do not eat foods which create damp cold or damp heat

Qi gong therapy (internal qi gong)

- a 3,000-year-old exercise that combines the slow, symmetrical, graceful movements of tai chi with meditation, relaxation, patterned breathing, guided imagery, and other behavioral techniques. The aim is to enable a person to regulate and direct the flow of chi, or vital force, within his or her own body.
- The student or patient is taught to focus his or her qi at dan tian, or vital center. From this center, the qi is said to emanate to distant regions of the body.
- Based on the experience of students who take qi gong courses for self-treatment purposes, it usually takes about three months for the exercises to show their effect. In cancer therapy, the Chinese practitioner prescribes exercises geared to the individual patient.

Mechanism of Qi Gong therapy

- This physical-mental exercise , "breathing skill"
- balances yin and yang, strengthens blood circulation, and improves the patient's emotional and mental states.
- From the viewpoint of Western medicine, chi gong increases the absorption and utilization of oxygen from the blood, as does yoga. oxygen deficiency is typical of cancer cells and that when the body is rich in oxygen, cancer cells die.
- Practicing chi gong exercises has a positive effect on certain enzymes that play key roles in the body's maintenance of health.

- Through intensive practice of chi gong, "a whole set of beneficial psychological and spiritual conditions emerge promoting emotional well-being, chi gong exercises build patients' confidence and steel their will to defeat cancer.
- Qi gong's apparent immune-boosting effects: mind-body healing approaches such as the new field of psychoneuroimmunology.

The advantage of TCM approach

- The approaches used in TCM are
 - less aggressive
 - safe
 - effective
 - affordable
 - accessible
- TCM approaches control symptoms, shorten recovery time, improve survival rates and quality of life.
 - Prevention of cancer development
 - Symptom management
 - Reducing the complications of conventional therapies
 - Arresting progression of the condition
 - Improvement in quality of life
 - Prevention of recurrence
 - A new approach to health maintenance

Preparation before surgery

- Generally, TCM tonifying methods have to start one or two weeks prior to surgery; they aim at improving general physical strength as well as the specific cancer condition so as to help surgeons to cut away the cancerous tissues as much as possible.
- Patients are usually treated with the classic prescriptions, which are well known for replenishing blood and qi, and nourishing the liver and kidneys.
- Formula: Si jun zi tang, si wu tang, ba zhen tang, shi quan da bu tang, liu wei di huang tang, gui pi tang

Management after surgery

- Regulating spleen and stomach
 - Due to anesthesia, bleeding and surgical trauma, the patients' spleen and stomach are always affected.
 - Xiang sha liu jun zi tang
- Replenishing qi and consolidating body surface
 - For some surgical patients, even simple physical activity (or none at all) can easily induce sweating. TCM considers this a morbid condition due to an exterior deficiency (biao xu) or heart deficiency, which makes the individuals susceptible to infections or sleeping problems.
 - Yu ping feng san
- Nourishing yin to promote body fluid production and reconstruction
 - When patients suffer from severe mouth dryness, deep red tongue without any coating, dry stool, no appetite or nausea, in TCM, they are suffering from body fluid exhaustion and damage to stomach yin.
 - Da bu yin wan

Chinese Medicines Help Cancer Patients to Cope With Radiotherapy

- Radiation works by using the high-energy radioactive beams to damage the structure of cancer cells, disable them from reproducing and growing so as to make the cancer cells die and the tumor shrink.
- Radiation is a kind of toxic fire or toxic heat evil, they exhaust the qi (vital energy) and body fluids, disturb the blood and qi production in the spleen and the stomach and damage the liver and the kidneys.

Approaches to treat the side effects of radiotherapy

- Clearing heat and toxins to prevent inflammatory reactions.
- Nourishing yin to promote body fluid production and relieve dryness symptoms.
- Replenishing qi and blood to relieve fever conditions and the associated symptoms like fatigue, palpitation and dizziness.
- Fortifying liver and kidneys to relieve general weakness, fatigue, depression, low blood counts, palpitation and breath shortness.
- Invigorating spleen and harmonizing stomach to relieve digestive problems such as nausea, vomiting, poor appetite and diarrhea.

Side effects associated with brain and neural tissues in radiotherapy

- **Symptoms:** headache, nausea, vomiting and pain.
- **Method:** replenishing the essence and bone marrow, in addition to activating the flow of the meridians.
- **Herbs:** sheng di, nu zhen zi, bu gu zhi, xian ling pi, lu rong

Side effects associated with nasal cavities in radiotherapy

- **Symptoms:** losing the senses of taste or smell, dizziness, running nose and ear ringing (inflammation).
- **Method:** remove blockages of the lung openings and clear heat in the lungs.
- **Herbs:** cang er zi, xin yi, bai zhi, shi gao, bo he

Side effects associated with the neck region in radiotherapy

- **Symptoms:** When ulcers, blood congestion and edema appear on the lining of mouth, gum and throat, they can affect chewing and swallowing functions.
- **Method:** clearing heat, nourishing yin and promoting secretions .
- **Herbs:** tian hua fen, nan sha shen, mai dong, lu gen, wu mei

Side effects associated with the lungs in radiotherapy

- **Symptoms:** chest tightness, fever, breath shortness, coughing with sputum or blood.
- **Method:** clear the lungs and nourish the yin.
- **Herbs:** nan sha shen, xing ren, bai he, mai dong, yuan shen

Side effects associated with the esophagus in radiotherapy

- **Symptoms:** difficulty in swallowing, mouth dryness, pain behind the sternum, or chest pain radiating to the back or shoulder.
- **Method:** clear heat and toxins, remove the stasis.
- **Herbs:** pu gong ying, huang qin, su geng, shi jian chuan, san chi

Side effects associated with the intestines in radiotherapy

- **Symptoms:** abdominal pain, diarrhea or blood in the stools.
- **Method:** clear the damp-heat, cool down the blood, arrest bleeding and stop diarrhea
- **Herbs:** di yu, huai hua, bai tou weng, ma chi xian, wu mei

Side effects associated with the bladder in radiotherapy

- **Symptoms:** urinary frequency, pain or bleeding.
- **Method:** clear heat and toxins, cool down the blood, and induce a smooth, pain-free urination.
- **Herbs:** sheng di, bai mao gen, da ji, xiao ji, mu tong

Side effects associated with the skin in radiotherapy

- **Symptoms:** redness, dryness or peeling.
- **Method:** clear heat and toxins, cool down the blood, and prevent skin reactions.
- **Herbs:** dang gui, shou wu, shu di, di fu zi, dan pi

Chinese Medicines Help Cancer Patients to Cope With Chemotherapy

- Chemotherapy works by using drugs to kill cancer cells.
- Adverse effects in the blood production system, immune system, digestive system and nervous system will generally appear during treatment, greatly reducing the chance of achieving an optimal outcome.
- TCM helps patients to tolerate chemotherapy better

General enhancement during chemotherapy

- **Typical chemotherapy side effects:** dizziness, fatigue, depression, poor appetite, insomnia, dry mouth, urinary and bowel disorders.
- **Pathogenesis:** blood and qi deficiencies, under-functioning liver and kidneys.
- **Method:** Invigorate the spleen and stomach so as to ensure production of blood and qi, nourish the liver and kidneys.
- **Formula:** shi quan da bu tang, liu wei di huang tang, gui pi tang, xiang sha liu jun zi tang

Digestive protection during chemotherapy

- **Symptoms:** poor appetite, nausea, vomiting, abdominal pain and diarrhea.
- **Formula:** Xuan fu dai zhe tang, er chen tang, si jun zi tang, Jian pi wan, Bu zhong yi qi tang

Bone marrow protection during chemotherapy

- Most cancer-fighting drugs result in a certain degree of suppression of bone marrow production, which causes anemia, a low blood count, neutropenia or thrombocytopenia.
 - A decline in red blood cells:
 - boost blood and qi
 - dang shen, dang gui, shu di, shou wu
 - A decline in white blood cells:
 - replenish the qi, fortify the spleen, and nourish the liver and kidneys
 - huang qi, nan sha shen, huang jing, nu zhen zi, gou qi zi
 - A decline in blood platelets
 - replenish qi and control blood flow, cool down the blood to arrest bleeding
 - sheng di, nu zhen zi, wu zhu yu, ji xue teng, da zao

Liver protection during chemotherapy

- Long term or high doses of cancer-fighting drugs will damage liver function causing acute hepatitis, fatty degeneration or cirrhosis .
- Clearing heat , eliminating dampness, soothing the liver and gallbladder
- yin chen, chai hu, yu jin, zhi zi, long dan cao

Promoting hair re-growth

- Hair loss is the most noticeable side effect of cancer treatment; it may be lost gradually over a period of few weeks or it may happen in matter of a few days.
- Nourish kidney yin, replenish, activate and cool down the blood.
- dan pi, sheng di, chi shao, dang gui, nu zhen zi

Renal and urinary protection during chemotherapy

- The side effects and toxicity of chemotherapy drugs remain the most important barriers to completing the chemotherapy regimen. Certain drugs damage the kidneys, especially if used in excessive amounts.
- Clear toxic heat, cool down and arrest bleeding, and induce urination to expel dampness.
- che qian cao, che qian zi, zhu ling, ze xie, bi xie

TCM Cancer Treatment experience

- Must attack the tumor and strengthen vital Qi at the same time.
- Attacking Tumor -must use toxic herbs or poisoning herbs. Hot Toxic are better than Cold Toxic.
- Strengthening Zheng Qi/Vital Qi -must keep spleen Qi strong, use the least spleen harmful herbs.
- Detoxify Herbs/Formulas: Wu Wei Xiao Du Yin
Pu Gong Ying, Yuan Hua, Da Qing Ye, (Huang Lian/Bai/Qin too cold for spleen)
- Poisoning Herbs For Anti-Cancer Use: Quan Xie, Wu Gong, Zhe Chong

Diet Treatment For Cancer

- Limit diet to quality, not quantity. Cancer cells will absorb the nutrition from food so a small diet of anti-cancer foods would be beneficial. The cancer cells reproduce faster than normal cells and they will die faster as well. A diet bringing in the minimal amount of calories to maintain the bodies metabolism is optimal.
 - do not eat sugar
 - become vegetarian (fish is the least harmful, make transition slowly)
 - eat good quality protein - tofu, beans, eggs, nuts, mushrooms
 - do not eat cold or bitter foods
 - do not eat foods which create damp cold or damp heat

TCM and AIDS

AIDS (acquired immune deficiency syndrome)

- AIDS is a generally fatal disease caused by the human immunodeficiency virus (HIV).
- Symptom: flu-like illness characterized by fever, tiredness, swollen lymph nodes and muscle aches. Symptoms of AIDS might be experienced only after many years infection.
- Both clearing toxins and enhancing immunity are incorporated in the traditional Chinese medicine treatment.

TCM and AIDS

- In general, TCM practitioners understand HIV/AIDS to be a pathogen that progresses into ever-deeper energetic levels of the body.
- In the process of this progression, it causes disruptions in the Zang Fu Organs and Fundamental Substances.
- This process is diverse and the extent to which the pathogen affects different Organs and Substances varies according to the individual, his or her constitution, and predisposition for specific Patterns of Disharmony in the Zang Fu and Fundamental Substances.
- Likewise, the various opportunistic infections and disorders that result from HIV infection create their own Patterns of Disharmony

Pathological characteristics

- **Deficiency**
 - Spleen qi deficiency
 - Kidney yang deficiency
 - Kidney yin deficiency
- **Blood stagnation**
- **Phlegm**
- **Toxic heat**

Treatment principle

- support the body's energetic basis by nourishing the deficient Zang
- Eliminate the deeper underlying pathogens such as Toxic Heat, Phlegm, and Blood Stasis.

Spleen Qi Deficiency

- **Key symptoms:**
 - **Specific symptoms:** fatigue, loss of appetite, reduced immunity, and weight loss.
 - **Pulse and tongue:** a weak pulse and flabby and pale tongue with thin white coating.
- **Treatment method:** nourish spleen qi.
- **Formula:** bu zhong yi qi tang, shen ling bai zhu san
- **Herbs:** Ren Shen, Huang Qi, and Dang Shen,
- **Acupuncture:** ST-36 zu san li, SP-4 gong sun, REN-12 zhong wan

Kidney Yang Deficiency

- **Key symptoms:**
 - **Specific symptoms:** Aversion to cold, pale complexion, fatigue, weak lower back and knees, loose stools, tendency to urinate frequently with large amounts of urine, and a low sex drive. .
 - **Pulse and tongue:** deep and weak pulse and pale tongue with thin white coating.
- **Treatment method:** nourish kidney yang.
- **Formula:** you gui wan, shen qi wan
- **Herbs:** Shu Di Huang, Yin Yang Huo, Xian Mao.
- **Acupuncture:** Du-4 Ming Men with moxa

Kidney Yin Deficiency

- **Key symptoms:**
 - **Specific symptoms:** Sensations of heat in the palms, soles, and chest; irritability; aversion to heat or sensations of heat in the afternoon or evening; difficulty sleeping; night sweats; dizziness; possible palpitations; a hyperactive sex drive; and weakness in the lower back and knees.
 - **Pulse and tongue:** thin and rapid pulse and red tongue with scanty coating..
- **Treatment method:** nourish kidney yin.
- **Formula:** zuo gui wan, zhi bai di huang wan
- **Herbs:** Shu Di Huang (Radix Rehmanniae), He Shou Wu (Radix Polygoni Multiflori), and Gui Ban (Plastrum Testudinis)
- **Acupuncture:** KI-3 tai xi, SP-6 san yin jiao

Toxic Heat

- **Key symptoms:**
 - **Specific symptoms:** Aversion to heat, signs of inflammation or redness, difficulty sleeping, anxiety, thirst, and desire for cold liquids.
 - **Pulse and tongue:** rapid pulse and red or crimson tongue with scanty coating.
- **Treatment method:** clear heat toxin.
- **Formula:** Long dan xie gan tang, wu wei xiao du yin
- **Herbs:** Jin Yin Hua, Ban Lan Gen, Lian Qiao
- **Acupuncture:** Du-14 Du Zhui, LI-4 He Gu, LI-11 (Qu chi), SP-10 Xue Hai, UB-40 Wei Zhong.

Blood Stasis

- **Key symptoms:**
 - **Specific symptoms:** Sharp, stabbing pain; numbness; or discomfort in the extremities. Masses or neoplasms may be present.
 - **Pulse and tongue:** Choppy pulse, bluish or purple tongue with distended sublingual veins.
- **Treatment method:** Promote blood circulation to remove blood stasis.
- **Formula:** xue fu zhu yu tang
- **Herbs:** Chuan Xiong, Tao Ren, Hong Hua, Dan Shen
- **Acupuncture:** SP-10 xue hai, UB-17 ge shu, LV-3 tai chong

Phlegm

- **Key symptoms:**
 - **Specific symptoms:** Soft masses, a subjective sensation of heaviness or sluggishness in the body, and expectoration of a copious amount of phlegm.
 - **Pulse and tongue:** Slippery/wiry pulse, a greasy coating.
- **Treatment method:** eliminate the phlegm .
- **Formula:** Er chen tang, di tan tang, wen dan tang
- **Herbs:** Ban Xia, Xia Ku Cao
- **Acupuncture:** REN-12 zhong wan, ST-40 feng long

Qi gong and AIDS

- Qi Gong has repeatedly demonstrated a role in strengthening the immune system, fighting fatigue, and inducing a sense of well-being. It is therefore an important adjuvant modality for patients diagnosed with HIV /AIDS. Exercises such as the Spleen and Kidney Organ sounds should be emphasized. Because HIV ultimately can affect any organ or system in the body, it is useful for a full routine of Qi Gong or Tai Qi Quan to be learned and practiced within the limits recommended by a physician.

Herbs for Enhancing Immunity

- These herbs are traditionally used for tonifying Qi and Blood and nourishing the Kidneys and Spleen.
- Modern research indicates they are natural immune system enhancers.
- The leading Chinese herbs which boost the immune system include: Ren Shen, Huang Qi, Bai Zhu, Gan Cao, Shu Di Huang, Dan Gui, Bai Shao, Chai Hu.

Herbs that are Anti-infection Agents

- Most of these herbs are traditionally used for clearing Heat and toxins.
- Modern pharmacological and clinical research focuses on their anti-microbial, anti-viral and anti-fungal effects.
- Leading anti-infectious herbs in Chinese medicine include: Jin Yin Hua, Pu Gong Ying, Da Qing Ye, Di Ding Cao, Bai Jiang Cao, Yu Xing Cao, Ban Lan Gen, Huang Bai, and Ku Shen.