

Chief Physician Jingdong Xue used the Method of Tonifying Liver Qi Experience of Fatigue Due to Cancer After Liver Cancer Operation

Tingting Zhang¹, Jingdong Xue^{2,*}

¹Shaanxi University of Chinese Medicine, Xianyang 712046, Shaanxi, China

²Shaanxi Provincial Hospital of Chinese Medicine, Xi'an 710003, Shaanxi, China

*Correspondence Author

Abstract: *Liver cancer as a common malignant tumor, the incidence and fatality rate in the ranking of cancer in the forefront, seriously threatening the life and health of patients, the most common treatment is surgical treatment, including surgical resection, interventional therapy and radiofrequency ablation therapy, the common postoperative complications of cancer due to fatigue, seriously affect the quality of life of patients, Western medicine currently no treatment for this disease in fact, Chinese medicine has obvious advantages in this treatment. Now Jingdong Xue director of the use of tonifying liver qi treatment experience to make a summary.*

Keywords: Liver cancer after surgery, Cancer fatigue, Tonifying liver qi, Jingdong Xue's experience.

1. Introduction

Cancer-related fatiguer (CRF), also known as cancer-related fatiguer, is a major feeling of physical, emotional and/or cognitive fatigue or exhaustion caused by cancer itself or cancer-related treatment. At present, the pathogenesis of cancer is not clear at home and abroad. The recognized mechanisms include: cytokine disorders, hypothalamic-pituitary-adrenal axis disorders, circadian rhythm disorders, serotonin disorders, vagus nerve conduction activation, muscle metabolism disorders, etc. The influencing factors include: neoplastic factors, factors related to anti-tumor therapy (surgery, chemotherapy, radiotherapy, immunotherapy, etc.), factors related to tumor complications or comorbidities, factors associated with chronic symptoms, and psychosocial factors; The main clinical manifestations are general weakness or heavy limbs, inability to concentrate, low mood, loss of interest, insomnia or lethargy, feeling not recovered after sleep, difficulty in activity, emotional response and feeling tired, unable to complete the daily activities that were originally competent, short-term memory loss, fatigue symptoms lasting for several hours can not be relieved and other symptoms. Chief physician Jingdong [1] Xue is an old TCM practitioner in Shaanxi Province, the person in charge of the national clinical key specialty of TCM (TCM), and the academic leader of the National Regional Diagnosis and Treatment Center of Liver Disease of TCM. He has been deeply involved in the clinical front line and has his own unique views on the treatment of cancer-related fatigue after liver cancer surgery.

2. TCM's Understanding of Cancer Fatigue after Liver Cancer Surgery

There is no clear record of CRF in ancient literature. According to the clinical symptoms of fatigue, weak pulse, weak tongue, etc., it is in line with the category of "vacuity fatigue", [1] "Vacuity strain" the word, the earliest seen in "Golden* chamber to slightly blood bi deficiency strain disease pulse syndrome and treatment", the article recorded "husband man flat people, the pulse is very hard, very weak

also for strain", "vacuity Lauri urgent, palpitation, girl, abdominal pain, dream loss of essence, limbs aching, hands and feet vexed heat, throat dry mouth, small Jianzhong soup master", "Huangdi Neijing" on the vacuity of labor also has a discussion, "Huangdi Neijing question. Jade machine really hide theory" records: "pulse fine, skin cold, less gas, before and after the diarrhea, diet is not into, this is called five vacuity."

Many ancient doctors think that the occurrence of the disease and serious illness, congenital deficiency, mistreatment, seven feelings of internal injury, diet and other factors related, Sui, Chao Yuanfang "on the source of all diseases, Volume 3. The symptoms of vacuity and fatigue. Vacuity and fatigue" recorded in: "Fu vacuity, five labor, six poles, seven injuries are also. "Ming Dynasty Li Zhongzi in "Medical school must read. Xu Lao" records: "Madam's vacuity, does not belong to the qi, that is, belongs to the blood, the five viscera, mo can outside how", that the pathogenesis of vacuity is the loss of the five viscera Qi and blood Yin and Yang, damage to the viscera, involving him dirty, each other to change, and the viscera deficiency for a long time, Qi and blood Yin and Yang deficiency can lead to the stagnation of Qi, and then lead to phlegm, dampness, stasis, poison and other solid evil production, due to the deficiency of solid, weak and mixed, tangled difficult to heal. Modern scholars believe that CRF is a series of viscera function, systemic decline, weakness, weakness, emaciation and lethargy and other symptoms caused by the breakdown of the physiological balance of human Yin and Yang secrets, and the duration is more than 2 weeks. "

Traditional Chinese medicine syndrome type of CRF: Gu Shanshan [2] et al conducted a cross-sectional investigation of 306 cases of tumor patients, and concluded that the incidence of CRF is high, mainly light and moderate fatigue, and the deficiency syndrome is mainly in general, spleen deficiency and Qi deficiency syndrome elements have a high distribution in different fatigue degrees, and the more serious the fatigue degree. the higher the proportion of deficiency syndrome, and the syndrome of deficiency and accumulation shows more

trend of severe fatigue. Through cross-sectional study, Zhang Yonghui [3] et al studied the symptoms of 200 tumor patients by cluster analysis, and concluded that the clinical TCM syndrome types of CRF could be divided into 6 syndrome types, including kidney-yang deficiency, liver-qi stagnation, spleen and stomach Yin deficiency, cold and dampness obstructing the spleen, lung qi deficiency and temper deficiency. Zhang Tao [4] et al concluded through their research the common witness types of CRF in TCM are spleen and stomach weakness, Qi and blood deficiency, liver-kidney Yin deficiency, liver-stagnation and spleen-kidney Yang deficiency. According to different types of syndrome: Mr. Wu Yuhua [5] through his many years of medical experience, prepared Jianpi Yangrong Decoction to treat the syndrome of Qi and blood deficiency and spleen and stomach weakness. Yang Fan [6] observed the contrast of AFP, quality of life and liver function after 3 months of treatment for 60 patients with CRF whose syndrome type was liver-kidney Yin deficiency, and found that the quality of life of patients was significantly improved after taking the decoction. Professor Li Rundong [7] made Shugan Jianpi Decoction (Bupleurum, Codonopsis, Astragalus, Baizhu, Poria, Yu Jin, Buddha's hand, white peony root, chicken root gold, licorice) for the treatment of CRF patients, and obtained a good effect. Professor Chu Zhenzhen [8] applied Shugan nourishing blood method to treat CRF, applied Chaihu Shugan Powder combined with Siwu Decoction to reduce, with Chaihu Shugan powder to regulate Qi and blood, Siwu decoction to produce blood nourishing liver patients with symptoms of liver qi stagnation and liver blood deficiency symptoms have been effectively reduced. Chinese medicine has been inherited for many years, and the treatment rules are the criteria for the treatment of diseases formulated under the guidance of the overall concept and syndrome differentiation. They not only include fuzheng and dispelling evil, adjusting Yin and Yang, positive and negative treatment, treating symptoms and root causes, regulating the essence of qi and blood semen, but also adjust the conditions according to time, place and persons.

Director Jingdong Xue believes that liver cancer is based on the deficiency of qi and blood in the zang-fu organs, Qi, blood, dampness, heat, stasis and poison each other become the standard, resulting in liver loss and drainage, Qi and blood phlegm dampness coagulation of a malignant disease. Liver cancer surgery injury of Qi and blood, aggravated Qi and blood deficiency. Liver for the end of this, the main drainage, the main blood storage. "The liver, the root of the end" is a high generalization of the liver's main drainage and main blood storage [9], which is closely related to the human body's tolerance to fatigue and elimination of fatigue [10]. The liver master dredging has the functions of dredging, smoothing the whole body qi machinery, hair generating characteristics, smoothing the whole body qi operation, regulating the circulation of blood and body fluid, regulating the rise and fall of qi in the spleen and stomach, bile secretion and excretion, smoothing emotional activities and so on. The liver master blood storage has the functions of storing blood, regulating blood volume and preventing bleeding. The main function of the liver is drainage and the main storage of blood provides the guarantee and material basis for the liver to stop the end. After liver cancer surgery, Qi and blood are damaged, Qi deficiency makes the liver lose drainage, blood deficiency makes the blood storage insufficient, the human body's

tolerance to fatigue is reduced, and it will feel extremely tired. The treatment should be based on supplementing Qi and blood. According to the theory of treating Qi [11]: "Qi is the shuai of blood, blood is the mother of Qi", Qi can produce blood, Qi can move blood, and Qi can absorb blood, through tonifying Qi, it can produce blood and relieve fatigue with sufficient Qi and blood, In short, the etiology and pathogenesis of postoperative CRF for liver cancer is weakness of liver Qi [12]. In clinical treatment, tonifying liver Qi is the general therapeutic principle.

2.1 Clinical Characteristics of Liver Qi Deficiency

Deficiency of liver Qi, "Huangdi Neijing" has been recorded, "Su Question. Ancient naive Treatise" cloud ": seven eight liver qi failure, sineg immobility. "Lingshu. Benshen": "Liver Qi deficiency means fear". Liu Duzhou put forward the syndrome of liver qi deficiency in the Theory of the Source and Flow of Liver and gallbladder: "Full chest and hypochiasm, little pain, shortness of breath is not enough to breathe, difficult to lie flat, heavy head, weak limbs, poor appetite, two inches of delicate weak pulse, left Guan string. " Liver qi deficiency in addition to the general symptoms of qi deficiency, blood deficiency symptoms, emotional abnormalities, liver meridian local function abnormalities, but also often accompanied by the spleen and stomach deficiency due to less than constipation witness.

The main cause of liver qi deficiency is: 1) liver qi rise and dereliction of duty: the liver is in the middle of jiao, the hub of the three-jiao qi movement, the whole body is all up and down and inside and outside Qi, to all by liver qi for regulation; If the liver qi rises dereliction of duty, there are symptoms of qi deficiency, such as fatigue, shortness of breath and lazy speech, weak pulse. 2) Liver main storage of blood, its meaning are: one is to be refined and stored by water valley, that is, "blood"; The second is to store blood, so that the blood does not leak; The third is to regulate blood. If the function of blood storage is dereliction of duty, clinical visible hematemesis, epistaxis, hemoptysis, menorrhagia, functional uterine bleeding and so on. Liver blood storage, blood house soul, out of mind, then see dream restless, sleepwalking and so on. 3) Liver chief orificum and liver meridian line parts of the loss of malnutrition; performance for vision loss, claw nail dry, chest and abdomen fullness. 4) liver dysfunction and then lead to poor mood, clinical manifestations of depression, depression, restlessness, insomnia and dreams. 5) Liver qi deficiency affects the blood of the heart, blood stasis, it can be seen chest bi, heartache and so on. 6) Liver qi rise and lass affects the proclamation of lung, wheezing, chest full and other diseases are inevitable. 7) Liver wood by spleen, then see diarrhea, dyspepsia and other diseases. 8) Weakness of liver qi affects the sealing and storage of kidney, kidney loss of sealing and storage syndrome, clinical evidence of long urine, frequent night urination, male spermatogenesis premature ejaculation and so on.

2.2 Principle of Treatment of Liver Qi Deficiency Syndrome

(1) Tonifying liver-qi as the first thing, the treatment of liver-qi deficiency syndrome should be the first thing to tonifying liver-Qi, Director Jingdong Xue thinks that

tonifying liver-Qi with Astragalus, Codonopsis, white art, licorice and other drugs, of which Astragalus is the big tonifying liver-Qi medicine, as XiChun Zhang said, "Astragalus temperature and can rise, and the viscera in the heart of the temperature rise of the liver is also based on the Qi deficiency of the viscera, Astragalus are replenishing it, and to supplement the qi deficiency of the liver meridian, more of the same spirit." Supplemented by nourishing liver blood, "Qi is the handsome blood, blood is the mother of Qi", Qi can produce blood, blood can nourish Qi, liver Qi is closely related to liver blood, liver body Yin and Yang [13], liver like soft and evil just physiological characteristics, supplementing liver Qi will also nourish liver blood. Angelica tonifying blood decoction [14] add or subtract, in order to replenish blood, blood is Qi. Drug selection Angelica, Paeony, cooked ground, ejiao and so on. 3) To take care of the spleen and stomach, the spleen and stomach is the acquired basis, the source of qi and blood biochemistry, the qi of the five viscera and six fu-organs all depend on the transport function of the spleen and stomach, and the sufficiency of liver qi also depends on the transport of the spleen and stomach. "Difficult classics -fourteen difficult" said "damage to the liver, slow one of them", the symptoms of liver deficiency conditioning in the spleen and stomach to treat. The liver rises with the spleen, the gallbladder falls with the stomach, the liver wood empties the soil to help its transport, the spleen soil Rongmu, into the use of its drainage, the liver is closely related to the spleen. At the same time must pay attention to the spleen and stomach, spleen and stomach qi enough is a full of qi, supplementing liver Qi is also among them. 4) Tonifying kidney is so tonifying liver, liver and kidney homology, liver is the son of water and water is the mother of wood, "Medicine must read" "no deficiency can not be replenished, tonifying kidney is so tonifying liver." Through the way of tonifying kidney qi tonifying liver qi, especially liver qi deficiency disease long damage kidney, but also when the kidney, liver and kidney conditioning at the same time, the prescription with Qiju Dihuang pill. Liver Qi deficiency for a long time and liver Yang, fear of cold limbs cold, head top cold pain, hypachic pain, Yin contraction cold and other symptoms, more attention should be paid to warm tonifying kidney Yang, because kidney Yang is the root of a Yang, "five viscera of Yang, not this can not be sent" through warm tonifying kidney Yang treatment of liver Yang deficiency, medicinal meat from rong, euphorbia, Euzhong, concord, Cornel meat, yellowessence and so on. 5) Mo forget to clear the liver qi, the liver master dredge, the physical characteristics of Xi and evil depression, combined with the pathological characteristics of liver disease easy depression, on the basis of the liver qi should be added to clear the liver qi products, so that the supplement is not stagnant, pass, and not hurt, such as bupleurum, malt, mint.

3. Typical Medical Case:

The patient surnamed Li male, 62 years old, was first diagnosed on January 4, 2021. The patient was seen "10 months after liver cancer was found and 1 month after radiofrequency ablation". The patient had a prior history of viral hepatitis B for more than 10 years and oral Entecavir for 5 years. After radiofrequency ablation 1 month ago, the patient developed fatigue, inattention, memory loss, loss of interest, loose stool 4 times a day, urination was normal,

namaria was normal, tongue was dark red, too thin and white, and pulse was slippery, Western medicine diagnosis: liver malignant tumor, chronic viral hepatitis B; Chinese medicine diagnosis: deficiency of liver qi syndrome. The prescription of Chinese medicine was given: Codonopsis 15g Baizhu 15g, Tuckahoe 12g, licorice 5g, Angelica 10g Paeoniae 30g, red paeoniae 10g, Salvia miltiorrhiza 15g, Hedyoglossum 12g, chrysanthemum 10g, Cassia 10g, Radix japonica 12g, Radix japonica 12g, Radix japonica 12g, Radix japonica 12g, Radix japonica 12g, Radix japonica 12g, Radix japonica 12g, Radix japonica 12g, Radix japonica 12g, Radix japonica 12g, Radix japonica 12g, Radix japonica 12g, Radix japonica 12g, Radix japonica 12g, Radix japonica 12g, Radix japonica 12g, Radix japonica 12g. 14Fu, water decoction, a fu/day, morning and evening warm take. After taking the drug, the patient's weakness was significantly relieved, the stool was adjusted, and the remaining symptoms were basically the same as before.

Return visit on February 08, 2021, the patient can receive, sleep, bowel adjustment. She had weak tongue, thin white fur and weak pulse. Chinese medicine prescriptions: Codonopsis 30g, stir-fried white fungus 15g, Tuckahoe 12g, scorched licorice 5g, Angelica 10g, Paeony 30g, Ophioglossoglossum 12g, Lobelia 10g, burnt hawthorn 12g, stir-fried atractylus 15g, Astragalus astragalus (g) 30g, Chonglou 10g, dried ginger 5g, cassia twig 10g. 7 Pay, water decoction, one pay/day, morning and evening warm take. At the same time to patients psychological enlightenment, develop interests, based on the power, intermittent oral 14 pay, symptoms improved.

On March 23, 2021, the patient reported poor sleep, easy to wake up early, hyperhidrosis, especially obvious after activity, dark red tongue, too white, weak pulse. Liver function was normal, HBV-DNA < 102, AFP normal. Chinese medicine prescriptions were given: white art 15g, cohoma 5g, Bupleurum 10g, Angelica 12g, orange peel 10g, Astragalus 30g, roasted licorice 5g, Moutan 10g, Gardenia 5g, Floss wheat 30g, Hydnoglossum 12g, Schistoderma 12g, 14 Fu, decocted in water, one Fu/day, morning and evening warm. The symptoms are relieved after taking the medicine.

Return visit on May 31, 2021, the patient had dry stool for 2 days and gingiva bleeding. The tongue was dark red, too thin and white, and the pulse was thin and weak. Chinese medicine prescriptions were given: Moutan 10g, Gardenia 5g, Angelica 15g, Paeony 15g, Bupleurum 10g, white art 15g, Tuckahoe 15g, licorice 5g, ginger 3g, mint 10g after the lower part, Hedyoglossum 12g, machidian 12g, Lobelia 12g, chrysanthemum 10g, 14 Fu, decoction, a fu/day, morning and evening warm take.

Patients from the first diagnosis so far more than 4 years, the above symptoms occasionally relapse, interrupted in the mentor Jingdong Xue director clinic. Take oral Chinese medicine to regulate and tonify liver qi. There is no obvious discomfort, liver function is normal, HBV-DNA negative, AFP normal.

Note: The patient is a middle-aged and elderly male with a history of hepatitis B for more than ten years. The virus invades the body for a long time, causing obstruction of Qi and blood meridians, the accumulation of phlegm and blood

stasis, Qi stagnation and blood stasis for a long time, Qi and blood deficiency, and "vacuity and exhaustion". In the past 4 years, throughout the whole course of diagnosis and treatment, are given on the basis of supplementing liver Qi to add or reduce conditioning, giving codonopsis, astragalus, white art, Paeoniae to supplementing liver qi; To give lobelia, Lobelia [15], white flower snake tongue [16] to clear heat and detoxify, activating blood and clearing collaterals; Qi stagnation and fire, then use moutan bark and gardenia to cool blood and promote blood stasis,

4. Epilogue

In recent years, more and more cases have proved that Chinese medicine treatment for cancer-related fatigue has a significant effect, not only improving the quality of life of cancer patients, but also prolonging their life cycle. Through many years of clinical experience, Xue Jingdong has provided new ideas for the treatment of cancer-related fatigue.

References

- [1] Zhang Jianjun, Qian Jianxin. China cancer related fatigue of clinical practice guidelines (2021 edition) [J]. Chinese journal of cancer, 2021, 31 (9):852-872. The DOI: 10.19401 / j. carol carroll nki.1007-3639.2021.09.012.
- [2] Gu 5, Xu Y, Wang FY, et al. Cross-sectional study on TCM syndrome types and syndrome elements distribution of cancer-related fatigue [J]. Magazines Shandong The medical 2023 and (10):1067-1073+1099. DOI: 10.16295/ j. carol carroll nki. 0257-358-x. 2023.10.009.
- [3] Zhang Yonghui, Lin Lizhu. Cancer-related fatigue syndromes in patients with clustering analysis [J]. Journal of guangzhou university of Chinese medicine, 2016 (4):485-489. The DOI:10.13359 / j. carol carroll nki GZXBTCM.2016.04.010.)
- [4] ZHANG Tao. Clinical study on TCM syndrome types of cancer related fatigue [D]. Anhui University of Chinese Medicine, 2016. [5] Ouyang Zhenwen, Wu Yuhua.
- [5] Clinical study of Jianpi Yangrong Decoction in treating cancer-related fatigue after primary liver cancer surgery [J]. Chinese and foreign medical research, 2022, 20(11): 4 to 8. The DOI:10.14033/ j. carol carroll nki CFMR.2022.11.002.
- [6] Yang F. Observation on the clinical effect of consistent decoction in the treatment of hepatocellular carcinoma patients with liver and kidney Yin deficiency after TACE [D]. Heilongjiang university of Chinese medicine, 2021. DOI:10.27127 /, dc nki. Ghlzu. 2021.000193.
- [7] Helen lee, run-dong li, run-dong li treatment experience of primary liver cancer surgery [J]. Journal of hunan Chinese medicine journal, 2019, 35 (4); 30 and 31. DOI: 10.16808/ j. carol carroll nki issn 1003-7705. 2019.04.012.
- [8] Wang Xiaolin, Yan Junmei, Wen Tinghui et al. Professor Chu Zhenzhen's clinical experience in the treatment of cancer related fatigue by soothing liver and nourishing blood [J] Global Journal of Chinese Medicine, 2019, 12(02):207-209.
- [9] Qing-Xiang Zhang, concerning the liver is the foundation of the "extremely theoretical and clinical significance [J]. Journal of shandong traditional Chinese medicine journal, 2019, 38(03):205-208. The DOI: 10.16295 / j. carol carroll nki.0257-358-x.2019.03.001.
- [10] Zhang Juan, Wang Xiao Ping. "the liver, extremely" this "data processing [J]. Journal of shandong university of Chinese medicine, 2021, (4): 444-448. The DOI: 10.16294/ j. carol carroll nki.1007-659-x. 2021.04.005.
- [11] Wu Junhua Discussion on treating blood must first treat Qi, treating Qi should strengthen spleen and strengthen kidney [C]// Chinese Academy of Management Science, China Future Research Society. The Treasure house of Thoughts and Theories in the New Era of China--the Third Annual Meeting of China's Outstanding Managers. China Literature and History Press, 2007:1.
- [12] Chen Jiaxu, Yang Weiyi. Clinical diagnosis and syndrome differentiation of liver Qi deficiency syndrome [J]. Chinese Journal of Medicine, 1994(01):12-14+63. (in Chinese)
- [13] LiS, ZhangG X. Shallow discussion "liver body Yin and Yang" [J]. Journal of henan traditional Chinese medicine, 2014, (7): 1217-1218. The DOI:10.16367/j.i SSN.1003-5028.2014.07.006.
- [14] LiXL, Zhang Xue-Yan, Zhao Han et al. Classic square angelica blood tonic soup of ancient literature analysis and textual research [J]. Chinese journal of experimental formulas of Chinese medicine, 2023, 29(12): 38-45. DOI: 10.13422 / j. carol carroll nki syfjx. 20230416.
- [15] wang gang, dan-dan sun, zhang and so on, the research progress in these antitumor effect [J]. Wang Gang, Sun Dandan, ZHANG Yunli Pin, 202, 24(04):377-381. (in Chinese)
- [16] Guo Ju, Jin Kai, Li Meile et al. Effect of Hedyotis alba extract on sensitization of hepatocellular carcinoma cells by radiotherapy [J]. Journal of Shandong Medicine, 2019, 62(33):1-4.