

Chen Guangwei's Experience in Treating Cancer Pain

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Abstract: This article introduces Chen Guangwei's belief that the pathogenesis of cancer pain is always a “virtual standard and real, and a mixture of virtual and real”. The clinical practice is to “reinforce the righteous and eliminate the evil”, that is, “resolve the evil by itself, and remove the evil and be at peace”. During the treatment, it is necessary to eliminate the evil without harming the right and to strengthen the right without loving the evil. Based on the anti-cancer formula, rhizoma corydalis, turmeric, frankincense, cynanchum paniculatum, scorpio, and other drugs are used to treat cancer pain. Dispatching prescriptions for medication emphasizes the combination of syndrome differentiation and disease differentiation, taking into account specimens, adapting measures to individual conditions, and flexibly adding and subtracting according to clinical manifestations, and has achieved good clinical results. This article uses a case study to support the point.

Pain is one of the most common symptoms of cancer patients, which seriously affects the quality of life of cancer patients [1]. According to WHO statistics, the incidence of pain in cancer patients is about 30-50%, and the incidence of pain in advanced cancer patients is as high as 75% [2], and the current treatment effect of cancer pain is far from satisfactory. Western medicine is effective but has great side effects, while Chinese medicine can be used to treat patients according to their different conditions and select appropriate treatment plans for different patients, which can treat both the symptoms and the root cause with definite efficacy [3].

Chen Guangwei is a famous Chinese medicine doctor in Shaanxi Province, one of the top ten famous doctors in Shaanxi College of Traditional Chinese Medicine, chief physician of the clinical specialty of combined traditional Chinese and Western medicine, and supervisor of master's degree. Chen Guangwei has been engaged in tumor prevention and treatment for fifty years and has accumulated rich clinical experience in the treatment of tumors and their complications. The author has the honor to study under Chen Guangwei, and her clinical experience in treating cancer pain is introduced as follows:

1. Examining the Evidence and Seeking the Cause of Cancer Pain

1.1 Chinese Medicine Awareness

In the literature of traditional Chinese medicine, there is no work specifically on cancer pain, and there is no name for cancer pain. However, cancer pains occurring in different parts of the body can be classified as pains in corresponding parts of the body, for example, pains caused by brain tumor can be classified as "headache"; pains caused by lung cancer can be classified as "chest pain"; pains caused by stomach cancer can be classified as "stomach pain"; pains caused by liver cancer can be classified as "Rib pain"; pains caused by kidney cancer can be classified as "lumbago". Pain caused by lung cancer is classified as "chest pain"; pain caused by stomach cancer is classified as "stomach pain"; pain caused by liver cancer is classified as "hypochondriac pain"; pain caused by kidney cancer is classified as "lumbago"; pain caused by colorectal cancer, ovarian cancer, endometrial cancer, etc. is classified as Pain caused by colorectal cancer, ovarian cancer, endometrial cancer, etc. is classified as "abdominal pain"; pain caused by bone cancer and bone metastasis of cancer is classified as "bone paralysis" [4]. Treatments on cancer pain in Chinese medicine are scattered in the medical literature of various disciplines, including internal, external, gynecological, pediatric, and oral medicine, from various periods. Su Wen - Yu Ji Zhen Organs Theory, there are "the big bones are withered, the big flesh is trapped, the chest is full of gas, the panting is inconvenient, the internal pain leads to the shoulders and items, the body is hot, the flesh is broken..... The shoulder disappears with the inside." The description of the symptom is similar to the cancer pain symptom of advanced lung cancer. The "Treatise on the Origin of the Diseases", "Liver accumulation..... is due to heat and gas, then the depression and steam do not dissipate, so it helps the lower fullness and pain", can be understood as the pain of liver cancer in modern medicine. In Qianjin Fang, it is said that "those who choke on food have no amount of food, but the painful blockage in the chest, often painful and unable to breathe", which is a description of esophageal cancer pain [5].

1.2 Etiology and Pathogenesis

It is written in the Nei Jing that "when the righteousness exists within, the evil cannot dry up, and when the evil comes together, its energy will be weak". According to Chen Guangwei, cancer pain is mostly caused by the deficiency of the body's positive energy and the entry of external evil, resulting in the dysfunction of the internal organs and the abnormal operation of qi, blood and fluid. Firstly, the six external influences, namely cold, heat and dampness, attack the human body and cause dysfunction of the internal organs, resulting in qi stagnation, blood stasis, phlegm and heat toxicity, blocking the qi flow and causing pain. Secondly, emotional and mental disorders, referring to worry and anger, thought leads to qi stagnation, anger leads to qi rebellion, liver loss of drainage, spleen loss of health, resulting in qi stagnation, blood stasis, phlegm and turbidity, resulting in pain. Thirdly, insufficient positive energy. On the one hand, it is due to lack of innate endowment or loss of nourishment, depletion of qi, blood and fluid, and loss of moistening of organs and tissues, resulting in pain; on the other hand, tumor patients undergo surgery, radiotherapy, targeted and immunotherapy, resulting in further dysfunction of organs and further depletion of qi, blood and fluid, and failure of organs and tissues to moisten, resulting in pain. Fourth, the tumor enlarges or metastasizes and invades the internal organs, tissues, nerves, blood vessels, etc. resulting in the body's qi disorder, stagnation and obstruction, which develops into pain [6]. The occurrence of disease is closely related to the strength of positive qi. Zheng qi, the pathogenesis of Chinese medicine, believes that the normal function of the internal organs, Zheng qi is vigorous, Qi and blood are full of disease is difficult to invade, and disease is not born. As the saying goes, "wind and rain, cold and heat shall not be deficient, evil can not hurt alone" is the meaning of this. Evil, a

collective term for all disease-causing factors, is an important factor in the development of disease. To help the righteousness cannot neglect to dispel the evil, and to dispel the evil cannot neglect to help the righteousness. In other words, "the righteousness is restored and the evil is dispelled; the righteousness is dispelled and restored" [7].

Like all pain, cancer pain is no more than "stagnation of QI and blood may bring about pain " and "no glory, no pain" two categories, namely real pain and virtual pain. Chen Guangwei believes that the main pathogenesis of real pain is cancer poison depression, phlegm stasis, heat poison and other mutual knot, meridians lead to pain. The main pathogenesis of deficiency pain is the deficiency of vital energy and the deficiency of qi, blood and fluid, resulting in the disorder of the internal organs and the loss of nourishment of the meridians. In conclusion, cancer pain is the result of a combination of pathological products such as qi stagnation, blood stasis, phlegm coagulation, dampness and heat toxicity on the basis of positive deficiency, resulting in pain due to poor qi flow and obstruction of meridians. The pathological properties always belong to the deficiency of the root and the symptoms of the disease, and the mixture of deficiency and reality [8].

2. The Treatment Method is to Support the Righteousness and Dispel the Evil

In the book of "Medical Zong Zhi Zhi - Accumulation", it was pointed out that: "In the beginning, when the disease starts, the positive qi is still strong and the evil qi is still shallow, the person is subjected to attack; in the middle, when the disease is prolonged, the evil qi is deeper and the positive qi is weaker, the person is subjected to attack and tonic; in the end, when the disease is prolonged, when the disease is prolonged, the evil qi is invasive and the positive qi is disabled, the person is subjected to tonic [9]. The treatment should be based on the basic treatment of helping the positive and eliminating the evil. Cancer pain mostly occurs in the middle and late stages of the disease, and treatment should be both offensive and remedial. According to Chen Guangwei, the main treatment is to strengthen the spleen and kidney, while the main treatment is to activate blood circulation and remove blood stasis, regulate qi and disperse knots, remove phlegm and dampness, and clear heat and detoxify toxins.

2.1 Treating the Root of the Disease: Focus on Strengthening the Spleen and Benefiting the Kidney to Support the Righteousness

The "Spleen and Stomach Theory - Spleen and Stomach Deficiency and Realities" says: "The Qi of the spleen and stomach is injured, and the vital energy cannot be filled, and all diseases are born. "The spleen and stomach theory of the cloud: "the sufficiency of vital energy, all by the spleen and stomach gas without injury, and then can nourish the vital energy. It is stated in Jing Yue Quan Shu - Cumulation: "People with deficiencies in the spleen and kidneys, and those with weaknesses and disorders of regulation, mostly suffer from cumulation [10]. Cancer pain is a chronic disease and difficult to treat. The spleen and kidneys are the essence of the successive heaven, so treatment should first strengthen the spleen and benefit the kidneys; Secondly, after radiotherapy and other treatments for cancer pain, toxic reactions damage the spleen and kidneys, so treatment should also strengthen the spleen, benefit the kidneys and support the righteousness; In addition, most tumor patients need to take medicine for a long time, which damages the spleen and stomach, and for a long time the kidneys, so they also need to strengthen the spleen and benefit the kidneys. Therefore, the treatment of cancer pain patients should focus on protecting the spleen and kidney, as the spleen and stomach are the source of qi and blood biochemistry; if the spleen and stomach are healthy, qi and blood biochemistry will have a source; the kidney collects essence, which is the origin of life; sufficient essence can resist evil toxins, transport phlegm and dampness, promote blood flow, and dispel cancer pain [11]. Chen Guangwei commonly uses Astragalus, Ganoderma, Radix et

Rhizoma, Rhizoma Atractylodes, Radix Codonopsis and Rhizoma Yam in his clinical practice. Most of the tonic medicines are congested and easy to cause middle fullness, so care should be taken to use the medicine to "support the righteous without leaving the evil, and to supplement the qi without stagnating the middle". Chen Guangwei emphasizes that when using tonic medicine, one should not overdo or overuse tonic medicine and often use it together with qi-regulating medicine, such as astangerine peel, Mangnolia officinalis, rhizoma cyperi , etc. which can not only regulate qi, but also strengthen the spleen and help transport.

2. 2 Eliminating Evil does not Hurt Positive: Focus on Promoting Blood Circulation, Clearing Dampness and Phlegm, Clearing Heat and Detoxification

According to Chen Guangwei, cancer toxin, phlegm and dampness, blood stasis and heat toxin are the key to the occurrence, development and aggravation of cancer pain. According to its pathogenic characteristics, Chen Guangwei is good at identifying and treating cancer pain by activating blood, dispelling phlegm and dampness, clearing heat and detoxifying toxins, and attacking toxins with toxins.

Patients with cancer pain generally have blood stasis, and on the basis of strengthening, combined with anticancer activity of promoting blood circulation and removing blood stasis products, such as zedoary, trilaria, Salvia miltiorrhiza, Yanhusuo, and Shijianchuan, etc. Have phlegm and wet condensation signs, often choose trichosanthis, shellfish, arisaema cum bile, pinellia ternata , almond, oyster and other drugs. Cancer terminal wet depression and heat, make good use of drugs such as white flower snake tongue herb, rattan pear root, half branch lotus, Scutellaria baicalensis, gardenia and so on to clear heat and detoxify, avoid excessive amount, to prevent bitter cold and defeat stomach, and recut healthy qi. Cancer pain formation is slow, poison evil deep residence, must not attack, can be used with a small amount of fierce to poison attack poison products, in order to defeat the potential of cancer poison, often choose scorpion, centipede, turtle insect, leech and other insect flesh and blood products, but the dosage should be small, decline of its half and stop, not a large or long-term use, in order to prevent poison storage injury is. Patients with advanced tumor, the disease potential is more serious, the condition is complex, so we should choose as appropriate to and blood, blood, broken blood, grasp the discretion, according to the people, do not use heavy agent, arbitrarily use the method of broken blood [12].

2. 3. Emphasize the Combination of Syndrome Differentiation and Disease Discrimination

Chen Guangwei stressed the need to use a combination of disease and evidence methods in the treatment of middle and advanced cancer pain. In the understanding of diseases in TCM, it first focuses on the whole and attaches importance to the connection between a local lesion and the whole and its mutual influence. Disease is the leading aspect in the diagnosis and treatment of cancer pain, grasp the disease, we can grasp the development of the disease; the syndrome is micro, grasp the syndrome, we can understand the contradiction of the disease development process of [13]. The treatment should be based on the etiology of cancer pain and the pathological characteristics of different cancer types, according to the medicine, personality expertise, some focus on the prescription of [14]. Chen Guangwei believes that cancer pain is mostly caused by the lack of healthy qi, external evil while taking advantage of the deficiency, resulting in the dysfunction of the viscera, qi, blood and body fluid operation disorder, so it occurs. Among them, spleen and kidney deficiency is based, qi stagnation, blood stasis, phlegm coagulation, wet turbidity, heat and poison, etc. are the standard. In temporary evidence treatment, promoting blood circulation and removing blood stasis, regulating qi and dispersing knots, removing phlegm and dehumidification, which are the basic methods of clearing heat and detoxification. For lung cancer,

beehive, fishy grass, white flowered snake tongue herb and half branch lotus are commonly used to clear heat and detoxify. For coughing, add mother-of-pearl, almonds, dong quai flower, and half-xia to relieve phlegm and cough; For coughing up blood, add Baihe, Xianhecao and Phellodendron charcoal to astringently stop bleeding; For yin deficiency, add Radix Rehmanniae, Radix et Rhizoma Macrocephala and Radix et Rhizoma Polygonatum to nourish yin and promote fluid production; For esophageal cancer, perforated gynostemma, gecko, whole worm, leech, and ground dragon are commonly used to resolve blood stasis, disperse nodules, and open the channels. Vine pear root and wu bao vine are commonly used for stomach cancer to detoxify and disperse nodules. For nausea and vomiting, add bamboo rhizome, clove, perilla, persimmon; for poor appetite, add jiao hawthorn, jiao malt, jiao shengqu to eliminate food stagnation and open the stomach; for acid reflux, add calcined corrugated roots and cuttlebone to control acidity and relieve pain; for abdominal distension, add lycopodium, large abdominal bark and zedoary to move Qi and reduce distension. For thyroid cancer, Zhe Bei Mu, Oyster and Xuan Shen are commonly used to dissolve phlegm and soften hard nodes. For liver cancer, turtle nail, tortoise shell and piercing nail are commonly used to soften and disperse the hard nodes. In case of spleen deficiency and liver depression, add green peel, mucuna pruriens, yujin, white peony, half-xia, Chenpi, etc. to strengthen the spleen and open the depression; in case of jaundice, add Yin Chen, money grass; in case of ascites, add pig ling, poria, mouton, zedoary. The main manifestations of bladder cancer are hematuria, burning pain in urine and pain in the abdomen, etc. The treatment should be to clear heat and dampness, cool blood and stop bleeding, with gardenia, dandelion, bitter ginseng, fu ling and carthamus to clear heat and detoxify blood. According to the individual's needs, according to the clinical manifestations of the flexible addition and subtraction, in order to direct the disease, to improve the effectiveness of treatment.

3. Prescription and Medication Selection

Based on many years of clinical experience, Chen Guangwei summarized the formula to support and fight against cancer (Astragalus membranaceus 15g, Radix chasteberry 15g, Ganoderma lucidum 15g, Vine root 15g, Salvia miltiorrhiza 15g, Curcuma longa 15g, raw oyster 15g, leech 6g.) In this formula, Astragalus has the ability to tonify the qi of the lung and spleen, and is known as the first important medicine for tonifying qi. Ganoderma lucidum tonifies the qi of the lung and kidney. Ligustrum lucidum tonifies the liver and kidney, and also clears deficiency heat. . Curcuma longa and leech have the effect of breaking blood and removing blood stasis, softening and dispersing hard knots. On the one hand, it activates blood circulation and dispels cancer pain; on the other hand, it promotes the softening and shrinking of the tumor, and the two herbs together serve as the subject medicine. Vine root and raw oyster have the effect of clearing heat and detoxifying, softening and dispersing hard knots, astringent and astringent, while strengthening the softening and dispersing effect of the subject herbs as adjuvants. Salvia miltiorrhiza invigorates blood circulation and resolves blood stasis, and is the blood component making medicine. Throughout the formula, the main focus is on supporting the righteousness, activating blood circulation, resolving blood stasis, softening hardness, dispersing nodules and relieving pain [15]. The whole formula can support the righteousness without stagnating the evil and dispel the evil without harming the righteousness, taking into account both the symptoms and the root cause, focusing on harmonizing qi and blood and maintaining the balance of yin and yang in the organism [16]. In case of clinical evidence, it will be changed according to the patient's condition. Chen Guangwei emphasized the importance of grasping the relationship between attack and supplementation and the importance of priorities when using medicine, paying attention to "treating the real when taking care of the deficiency" and "supplementing the deficiency without forgetting the real", as suggested in "The

Essential Reading of Medicine - Accumulation", "repeatedly attacking and supplementing to calm the period". The "Internal Path" points out that pungent can "ventilate qi". The "Clinical Guide to Medical Cases" says: "Xinxiang can enter the ligaments and open the blood, and can open the knots and move the stasis", that is, Xinxiang medicine warms Yang and disperses cold, regulates Qi and invigorates Blood, opens the ligaments and relieves pain. Therefore, if the cancer pain is severe, Chen Guangwei adds Yanhuo to invigorate blood, regulate Qi, and relieve pain. Turmeric breaks the blood, moves Qi, clears the ligaments and relieves pain. Frankincense invigorates Blood and settles pain, and is used for all painful symptoms of Blood stasis and Qi stagnation. Xu Changqing is a pain reliever. It has strong pain-relieving effect and is often used in various painful conditions. Scorpion is used to promote circulation and relieve pain, and to attack toxins and disperse nodules.

The modern pharmacological mechanisms of Chinese medicines have been extensively and thoroughly studied, and the following is a pharmacological analysis of several of the above drugs. The main active ingredient of Yanhuosuo is an alkaloid compound, and its main component, Yanhuosuo B. After Yanhuosuo vinegar sizzling, the quality fraction of Yanhuosuo B increases and the analgesic effect is enhanced [17]. Curcumin is a phenolic pigment extracted from turmeric rhizomes and has anticancer and analgesic effects [18-21]. Boswellin reduces platelet adhesion and has blood-activating, analgesic and anti-inflammatory, and antitumor effects [22-23]. Xu Changqing is antitumor, analgesic, and effectively inhibits the proliferation and spread of tumor cells [24]. Scorpion venom is the main active ingredient of whole scorpion, which is mainly a central nervous system analgesic mechanism of action, and the analgesic effect of the active ingredient of scorpion venom is stronger than morphine and non-addictive, which is its unique advantage [25].

4. Medical Case Example

Ren, male, 87 years old, in February 2017, the patient had a thin urinary line and frequent urination without obvious causes, urinating more than 10 times during the day and 3-5 times at night, with less than 200 ml of urine each time, accompanied by a sense of incomplete urination, at that time there was no painful urination, no blood in urine, no interruption of urination, and no attention was paid in June 2017, the patient was consulted at a local hospital for lower abdominal distension, urgency to urinate, and the desire to urinate. Ultrasound of the urinary tract was performed suggesting: prostatic hyperplasia. The symptomatic treatment such as catheterization and anti-infection was given with poor results. On July 9, 2017, he was seen in the Department of Urology, Second Affiliated Hospital of Shaanxi University of Traditional Chinese Medicine, where a pelvic MRI showed 1 slightly high T2W1 signal in the midline part of the peripheral region of the prostate, possible prostate Muller's cyst, and MR enhancement scan was recommended. 2 prostatic hyperplasia. Tumor markers: total prostate-specific antigen assay >100ng/ml, free prostate-specific antigen assay 45.77ng/ml. prostate puncture biopsy was performed under local mucosal anesthesia on July 13, 2017, with 4 stitches in the left lobe and nodal area of the prostate and 2 stitches in each of the middle and right lobes, and the puncture was sent for pathological examination. The pathological examination showed (201705129): prostate cancer (Gleason score: 4+4 points). The patient showed no signs of metastasis on head MRI, chest CT, upper and middle abdominal CT, and bone scan. Considering the patient's age and life expectancy of less than 10 years, radical prostate cancer surgery was not advisable and suprapubic cystostomy and bilateral orchiectomy was recommended. The patient's family refused, followed by plasma electrosurgery of the prostate. Postoperative pathology showed (201705304): prostate cancer (Gleason score: 5+4=9 points). Postoperative pathology showed (201705304): prostate cancer (Gleason score: 5+4=9). Postoperatively, he was treated with bicalutamide tablets (50 mg orally once/day) combined with

goserelin acetate extended release implant (10.8 mg subcutaneously in the abdominal wall every 12 weeks). The patient was then reviewed regularly and her condition was stable. In June 2019, the patient visited Xingping People's Hospital for self-conscious bilateral chest wall pain, and a chest CT showed multiple bone destruction in the sternum, bilateral ribs and thoracolumbar vertebrae and scapulae, which was considered as bone metastases with medical history. One month later, the patient consulted our department because of worsening pain, weakness, and poor performance. Presenting symptoms: the patient feels intermittent bilateral chest wall and lumbar back tingling discomfort, NRS score: 5-6 points, less food, thinness, fatigue, weight loss of about 5 kg in the past month, night rest is not good, stool is not dry, 3-4 days a line, urination is slightly frequent. Tongue light coating white thick pulse string thin. Chen Guangwei identified the deficiency of both spleen and kidney. The treatment is to strengthen the spleen, benefit the kidney, promote the circulation and relieve pain. The formula is based on Fuzheng Anti-cancer Formula with the following herbs: Astragalus membranaceus 15g, Ganoderma lucidum 15g, Radix et Rhizoma Polygonati 15g, Salviae Miltiorrhizae 15g, Curcuma longae 12g, Leech 6g, Yuanhu 24g, Curcuma longae 15g, Xu Changqing 15g, Natural Copper 15g, Qumai 12g, Polygonum vulgare 12g, Plantago lanceolatae 12g, turtle shell 12g (first decoction), Fructus Lycii 15g, Charred Triplet 15g, Hou Pu 12g, Citrus aurantium 12g, Atractylodes Macrocephala 12g, Radix Paeoniae Alba 20g, Lycopodium asiatica 15g. 12 payments, one dose per day, decoction in water, divided into two oral doses. The patient's pain in the chest wall and low back was significantly reduced after taking the medication, NRS score: 3, weakness and poor performance were better than before, the patient had intermittent dry cough, no sputum, no fever, night rest was possible, stool was dry, one line for 3 days, urine was slightly frequent, tongue was light, coating was white, pulse was string. The prescription was given by adding 6g of Chuan Bai Mu and 12g of almonds, 12 doses, one dose per day with water decoction. After taking the above medicine, the patient's pain control can be, NRS score: 1-3 points, no obvious cough, weakness, food and nasal significantly improved, the stool is not dry, 1-2 days a line, urine slightly frequent. Later, with the change of the evidence, in taking 1 month to consolidate the efficacy.

5. Conclusion

In the treatment of cancer pain, Chen Guangwei advocates the combination of disease identification and evidence identification, taking into account that cancer pain patients mostly suffer from "deficiency of the root and the symptoms and mixed deficiency and reality". Most of them refer to Qi stagnation, blood stasis, phlegm coagulation, dampness, heat toxicity and other pathological products wrestling with each other. Therefore, in clinical practice, we often take the method of "helping the righteous and dispelling the evil" as the method, and grasp that dispelling the evil does not hurt the righteous, and helping the righteous but not loving the evil, and make good use of Yuan Hu, Jiang Huang, Boswellia, Xu Changqing, whole scorpion and other drugs to treat cancer pain based on the formula of helping the righteous and fighting cancer.

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