

Analysis of the diagnosis and treatment of Breast cancer Based on "all diseases resulting from qi disorder" theory

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Abstract: “All diseases resulting from qi disorder” comes out of Suwen. Jutonglunpian. This theory expounds the important influence of the abnormal lifting and entering of qi machinery on the disease. Breast cancer because of qi movement disorders resulting in Zang-fu meridian qi blood body fluid disorders, phlegm poison stasis do not become cancerous. Based on the theory of “all diseases resulting from qi disorder”, this paper discusses the etiology, pathogenesis and treatment of breast cancer, and discusses that “regulating qi machinery” is the key to treating breast cancer. In the treatment of breast cancer, the treatment idea of “soothing the liver and relieving depression, regulating qi machinery mainly, detoxifying and anti-cancer, eliminating phlegm and dispersing nodes, promoting blood circulation and removing blood stasis as a supplement” is used to provide reference for the clinic.

1. Introduction

Breast cancer is the most common malignant tumor in women. According to the data released by the International Agency for Research on Cancer (IARC), the new incidence rate of breast cancer is 11.7% and the mortality rate is as high as 6.9%, and the incidence rate and mortality rate of breast cancer are increasing year by year[1]. Modern medicine treats breast cancer according to different stages and staging of breast cancer with corresponding treatment modalities, mostly surgery, combined with chemotherapy, radiotherapy, immunotherapy, endocrine therapy and so on. However, it is often accompanied by adverse effects such as nausea, vomiting, hair loss, bone marrow suppression and blood clots. Chinese medicine has better efficacy in the treatment of breast cancer due to its unique theoretical system. The theory of "all diseases resulting from qi disorder" has been widely used in the etiology and mechanism of breast cancer as well as in the guidance of clinical medicine.

2. The theoretical basis of "all diseases resulting from qi disorder"

"All diseases resulting from qi disorder" was first published in " Suwen. Jutonglunpian [2] The first is that "all diseases resulting from qi disorder, anger is qi up, happiness is qi slow, grief is qi down, fear is qi down, cold is qi up, jiong is qi down, fright is qi chaos, labor is qi depletion, thought

is qi knot". In later times, Zhang Zhongjing, Zhu Danxi, Liu Wansu, Li Dongyuan, Zhang Jiebin and other medical doctors further enriched the theoretical system that all diseases resulting from qi disorder. For example, Zhang Jiebin's "Jingyue Quanshu": "Qi in people, and is positive, not and is evil, where the surface and reality, reverse and smooth and slow, all due to the qi, so all diseases resulting from qi disorder." [3] There is also "qi as a use, nothing to, one is out of tune, then all sick." Shengji General Record - Shenxian Guiding said: "The five organs, six internal organs, a hundred bones and nine orifices are all connected to qi, qi movement is the shape and, qi district (congestion) is the shape of the disease. [4] The qi movement is the form and, the gas is the form disease. Zhu Danxi believes that "personal illnesses are born in depression", "anger and depression, Xinxi accumulation, temper dampens, liver qi cross-reverse, then into a hidden nucleus name is mammary cancer." Combined with the physiological characteristics of the breast, "Suwen - five viscera other theory" said: "six internal organs, transferring things and not hidden, so the real and cannot be full." Therefore, it is said that "the six internal organs should be used to pass, to descend as smooth". The breast does not belong to the "six internal organs", but according to the elephant thinking, the milk ducts are arranged in a radial pattern with the nipple as the center, the form is hollow like a tube cavity, the physiological function has "storage" and "drainage". Therefore, according to its form and function, it can be attributed to the internal organs of Qi Heng, the internal organs are real but not full, the breast to pass for use; qi blood and milk run therein, transferring things but not hiding, to descend as smooth. And the breast is located in the chest, it is "the place of the Zongjing", as the "Huangdi Neijing" said "Liver Meridian up through the diaphragm, cloth chest ribs, around the nipple; Stomach meridian through the breast; Spleen meridian complex stomach on the diaphragm, through the external side of the breast; Kidney meridian from the kidney through the liver diaphragm, into the lungs, branch veins into the chest and the breast link; Conception vessel It goes through the abdomen and up the Guan Yuan to the middle of the chest; and thoroughfare vessel goes up the umbilicus to the middle of the chest and disperses." [5] The breast is connected to all the meridians and related to all the internal organs, the most important of which is the liver, which is the master of draining and regulating the qi movement is its central link. [6] The liver is responsible for draining and regulating the qi movement is central to this. The normal movement of qi is the only way to ensure the normal operation of qi, blood and fluids in the breast, especially during the lactation period, when meridian of yangming qi and blood produce milk, and women at this stage are more sensitive and thoughtful due to changes in hormone levels and role changes, which can easily lead to qi stagnation. Some studies show that the incidence of breast cancer peaks in women between 45 and 64 years old [7]. This may be related to family stress, workplace stress and changes in hormone levels, which can lead to qi stagnation and increase the risk of breast cancer in women in this age group.

From the above discussion, we can see: Qi disorder, the balance between the movement of lift and lowering and in and out is out of balance and causes pathological changes such as Qi disorder, Qi stagnation, Qi reversal, Qi trapping, etc., which affects the coordination and balance of the functions of viscera, meridians, essence, blood, fluid, etc., leading to dysfunction of viscera, mental and physical disorders, resulting in many pathological evidence. Qi stagnation is astringent to blood flow, fluid transmission is unfavorable, excretion is impaired, resulting in fluid stagnation, eventually forming stagnant blood, phlegm, water and dampness, toxicity and other pathological products. If the qi is well regulated, people will be at peace; if the qi is not regulated, all kinds of diseases will arise. Clinical treatment should be based on the regulation of the qi movement, which is the basic pathogenic mechanism of disease, and should be in accordance with the rise and fall of the qi movement of the internal organs. The key to the treatment of diseases is to adjust activity of qi.

3. The relationship between "all diseases resulting from qi disorder" and breast cancer

3.1 Qi dysregulation is the first priority

Breast cancer is mostly caused by external evil and poison, internal injury, diet and fatigue, and internal deficiency of vital energy, which leads to Qi imbalance. As stated in *The Golden Guide to Medicine*, "Breast cancer is caused by liver and spleen injury and qi depression and condensation". Chen Shigong's *The True Art of Surgery* also says: "Depression and injury to the liver, thought and injury to the spleen, accumulation of thoughts in the heart, and the wish of those who do not want to, cause the meridians to be gangly and nucleated, initially as big as beans, gradually like a chess piece; half a year, two years, three years, no pain, gradually and large, beginning to have pain." At the same time, in the early stage of clinical breast cancer patients, most of them have emotional changes such as irritability, worry and sorrow, and a series of manifestations of qi stagnation, such as sighing, chest tightness, abdominal congestion, belching and abdominal distension.[8] It can be seen that it can be seen that anger and resentment can lead to the loss of liver circulation and the lack of smooth flow of qi, resulting in liver qi stagnation, which affects blood and leads to unfavorable blood flow.

3.2 Phlegm, toxins and stasis intertwine

Qi imbalance is the root of breast cancer, which results in the accumulation of pathological products such as qi stagnation, blood stasis, phlegm coagulation, dampness and toxicity in the internal organs, which gradually accumulate to form breast cancer. When qi is the master of blood, it can move blood and promote the flow of fluids. When qi is stagnant or weak, blood flow will be slowed down and stagnant, and the distribution and excretion of fluids will be impaired, resulting in pathological products such as blood stasis, phlegm and water-dampness. These pathological products, as new pathogenic factors, further affect the movement of qi, resulting in the dysregulation of qi and further aggravating the accumulation of phlegm and stagnant blood, forming a vicious circle, and phlegm, stagnant blood and stagnant blood become cancerous toxins that invade normal tissues and gradually form tangible cancer tumors.

As Zhou Zhongying, a national medical master[9], cancer "begins with invisible qi and then becomes tangible". The liver meridian and the stomach meridian both pass through the breast, and the liver is responsible for draining, while the stomach meridian is full of qi and blood, and qi, blood and fluids all pass through here. The tangible lumps accumulate in the body and produce toxins, which eventually form cancer toxins. The further vicious cycle of Qi, blood and fluid imbalance leads to the development of cancer toxins into solid tumors. As stated in *Su Wen - Theory of Stabbing*, "If the righteousness is stored inside, evil cannot be dried up [10]."Therefore, tumors often grow malignantly in the weakness of the body.

4. Treatment ideas guided by the theory of "all diseases resulting from qi disorder"

Based on the theory of " all diseases resulting from qi disorder " and combined with clinical practice, we have established the treatment idea of "relieving liver depression and regulating the qi movement, supplemented by resolving phlegm and dissipating nodules, detoxifying and fighting cancer, and activating blood circulation and removing blood stasis" to address the basic pathogenesis of breast cancer.

4.1 Regulate the Qi movement, resolve phlegm and disperse nodules

The key to the treatment of breast cancer is to relieve liver depression and regulate the qi movement, starting with "qi". As the *Compilation of Surgical Cases* says: "The treatment of breast disease is

determined by "qi" If the treatment of breast starts from the word "qi", regardless of the deficiency and newness, warm and cool attack and supplementation, among all the parties, with the products that regulate qi and open the ligaments, so that the breast ligaments are unblocked." Professor Wan Donggui [11] Professor proposed that the pathogenesis of breast cancer is "seven depressions" and qi depression is the root of the disease. She also proposed to use flower medicines such as Acacia, Moonflower and White Plum Blossom to de-stress the liver and calm the mind. Zheng Yuling[12] Professor proposed that the main pathogenic mechanism is liver failing to govern conveyance and dispersion and spleen dysfunction, and that Xiaoyao Powder, Chaihu Shugan Powder; and Danggui Shaoyao Powder are commonly used to treat breast cancer in clinical practice. The liver prefers to be regulated and not depressed. In Xiaoyao Powder, Chaihu detoxifies the liver and relieves depression, Baishao and Danggui nourishes the liver body, and Chuanxiong reaches the head and eyes and the sea of blood to open the depression, which is in line with the physiological characteristic of the liver body of yin and use of yang, so that the liver qi can be detoxified and restored to its physiological characteristics. The malfunctioning of liver qi often causes malfunctioning of the spleen and stomach elevation pivots, resulting in malfunctioning of water and fluid metabolism and internal production of phlegm and drinks. Therefore, Danggui Shaoyao Powder is used to de-regulate Liver-Qi, strengthen the spleen and relieve dampness. Director Li Jie believes that regulating qi is the core of tumor disease prevention and treatment.[13] He uses Shengjiang Powder with addition and subtraction to regulate the Qi movement to treat postoperative breast cancer. In Shengjiang Powder, Chantui has the power to break out of the shell and rise upward according to the elephant thinking; Jianghuang is pungent in nature and has the function of moving qi and dispersing nodules; Jiangchan moves qi and clears the ligaments; Daihuang is bitter and diaphoretic; the four drugs are combined with each other to regulate the qi mechanism, and when qi moves, blood moves; when qi moves, phlegm is difficult to gather. As the "Danxi Xinfu - phlegm" said "good at treating phlegm, not phlegm and treating the gas, the gas is smooth all the fluids, also with the gas and smooth carry on"[14] . Therefore, in the clinic commonly used to regulate qi and resolve phlegm drugs are: Xiangfu, Banxia, Chenpi, Qingpi, Juhe; phlegm and dampness can be added: Guanlou, Beimu, calamus, Dannanxing, oyster, Xiakucao[15] and Shancigu[16] to dissolve phlegm and disperse knots.

4.2 Activating blood circulation and removing blood stasis, detoxifying and fighting cancer

With the further development of Qi imbalance, phlegm and blood stasis will accumulate and produce toxicity, which will eventually develop into tumor. For phlegm and stagnant toxin that cannot be resolved, the treatment is often based on activating blood circulation to eliminate stasis, detoxifying and anti-cancer, using Xuefu Zhuyu Decoction, adding Chuanxiong and Yujin to activate blood circulation and move Qi; Danggui, Jixueteng and Danshen to activate blood circulation and replenish blood; Ruxiang and Moyao to activate blood circulation and disperse stasis; Sanleng and Ezhu to break blood circulation and eliminate symptoms; Lulutong, Quanxie and Tubiechong eliminate stasis and relieve pain; finally, the tangible mass will be reversed into invisible Qi. If the toxin and heat are strong and form cancer toxicity, it is necessary to cooperate with heat-clearing and detoxifying drugs to disperse the nodes and fight cancer, and the clinical use of Jinyinhua, Pugongying, Baihuasheshecao, Banzhilian[17] Shancigu and beehive. At the same time, we also need to pay attention to the role of positive qi in this disease, as deficiency of qi and blood, insufficient positive qi and inability to defend against evil are also important factors in the development of breast cancer. As Zhang Jiebin's "Jing Yue Quan Shu" says, "People with deficient spleen and kidney and those who are weak and out of balance have the disease of accumulation." The Compilation of External Medical Cases" also says: "Deficiency of positive energy is rock". Therefore, we can adopt the method of "Yanghe Decoction, Guipi Decoction and Yiqi Yangrong Decoction, Xiangsha Liujunzi Decoction, etc., " with the addition and subtraction of Huangqi, Baizhu and Dangshen.

5. Current status of research on the treatment of breast cancer by the method of regulating qi movement

Experimental studies have also confirmed that the method of detoxifying the liver and relieving depression and regulating qi can inhibit the development of tumors by inhibiting tumor cell proliferation and inducing apoptosis. Li Libing[18] found that the drug-containing serum of Chaihu Shugan Powder could induce apoptosis of human breast cancer MCF-7 cells by inhibiting the levels of Bcl-2 protein and VEGF factor. Xu Shuang[19] The mechanism of action of Danzhi Xiaoyao Powder was found to inhibit proliferation, promote apoptosis and block cell cycle in breast cancer MDA-MB-231 cells, which may be related to the reversal of energy metabolic reprogramming in breast cancer MDA-MB-231 cells. Xie Huaibing[20] Found that Jianpi Shugan Kangdu Decoction could inhibit the growth of breast cancer xenograft tumors in rats by altering the tumor microenvironment and regulating the expression of CXCR4/CXCL12 axis-related molecules. Chen Qiong[21] 11 active components of Chaihu were found to exert therapeutic effects on breast cancer by modulating 52 breast cancer disease targets such as PTGS2, NOS2, AR, ESR2 and other biological processes such as steroid hormone receptor activity and endocrine resistance, platinum resistance and breast cancer-related signaling pathways. Zheng Yifeng[22] The discovery that Sini Powder can inhibit chronic psychological stress-mediated breast cancer growth and metastasis by reducing the expression of aerobic glycolytic proteins c-Myc, LDHA and PDK1 in breast cancer cells provides a scientific basis for the theory of pathogenesis of emotion and clinical evidence application of TCM.

In addition, according to clinical research, the method of draining the liver and relieving depression and regulating qi movement has been found to play an active role in the treatment of breast cancer. There are studies[23,24] comparing conventional chemotherapy with the addition of liver-regulating and qi-regulating formulae (e.g. Chaihu Shugan Powder and Danzhi Xiaoyao Powder) to chemotherapy, the results showed that the addition of qi-regulating formulae to chemotherapy had better clinical efficacy, improved survival rate, reduced chemotherapy toxic side effects and improved quality of life. Tian Ping[25] Sixty patients with advanced triple-negative breast cancer were divided into control and observation groups according to the random number table method, and the control group was treated with chemotherapy using simple epirubicin injection + cyclophosphamide injection (EC) regimen, and the advanced observation group was treated with Shugan Liqixiaoyan Decoction combined with EC regimen for, and it was found that the observation group could effectively improve the serum tumor markers glycoantigen 153 (CA-153), glycoantigen 125 (CA-125) and carcinoembryonic antigen (CEA) levels, reducing the incidence of adverse reactions and improving patients' quality of life. Xiaochaihu Decoction, Chaihu Shugan Powder and Danzhi Xiaoyao Powder, Sini Powder all have the function of draining the liver and moving Qi. From the above study, we can find that increasing the tonics that dredge the liver and move Qi in the treatment of breast cancer can greatly improve the clinical efficacy.

6. Summary

As mentioned above, " all diseases resulting from qi disorder " highly summarizes that qi imbalance is the basis of breast cancer formation, and the abnormal movement of qi leads to the internal growth of stagnant blood, phlegm and other evil qi and eventually forms cancer. When the body's qi is in positive motion, it is difficult to form tangible yin and evil things, which suggests that we should adjust the qi in time to avoid further development of the disease at the early stage of the disease or in a subhealthy state. Therefore, I believe that the treatment of breast cancer in the early stage should be based on the principle of "relieving liver depression and regulating the qi movement, supplemented by resolving phlegm and dissipating nodules, detoxifying and fighting cancer, and activating blood circulation and removing blood stasis", in order to stop the formation of solid tumors, and provide new ideas for the clinical treatment of early breast cancer, and provide a theoretical basis for the formulation of more effective treatment strategies.

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