

EXPERT OPINION ARTICLE

Philosophical Reflections on Chinese Naturopathy against Malignant Tumours

Chen Zijiu¹ Wenhui Li² Jiyong Qin²

Keywords: Oncology; Healthcare Management; Cancer management; holistic health; Public health;

ABSTRACT

How to recognize the pathogenesis of cancer and how to treat cancer? This involves the "epistemology" and "methodology" of medical philosophy. With the arrival of the global aging society, and after the Covid-19 Pandemic, cancer has become a common and frequent disease.

Western medicine mainly adopts surgery, radiotherapy, chemotherapy, targeted therapy and other "allopathic therapies" for the treatment of lung, stomach and breast cancers; however, such traumatic therapies will lead to a further decline in the immune function of the patients, and at the same time of surgery, radiotherapy and chemotherapy, a new ecological environment for the metastasis and recurrence of the cancer cells has already been created. These represent main reasons why it has been difficult to improve the survival rate of cancer patients with more than 5 years in middle and late stage lung cancer, stomach cancer and other cancers. However, patients and the financing institutions, like national health insurance systems, have to bear expensive healthcare expenses for this purpose.

Especially in developing countries, many cancer patients "become poor because of cancer", and most of the middle- and late-stage cancer patients end up with "two empty pockets".

Thus, the prevention, treatment and rehabilitation of cancer has become a public health issue of global concern and a serious social issue. This is the purpose of writing this article after analyzing the pros and cons of the current "allopathic" cancer treatment model - how to analyze the pathogenesis of cancer applying the philosophical concept of Chinese naturopathy and put forward the Chinese naturopathic "Trinity" cancer treatment model. This approach is in line with the "bio-psycho-social" healthcare model advocated by the World Health Organization, so that more cancer patients can benefit from a holistic treatment process.

International Healthcare
Review (online)

eISSN: 2795-5567

How to Cite

Zijiu, C., Li, W., & Qin, J.
(2025). Philosophical
Reflections on Chinese
Naturopathy against
Malignant Tumours.
International Healthcare
Review (online).
<https://doi.org/10.56226/99>

Published online:
2/April/2025

Copyright (c) 2024
The Authors

Creative Commons License
This work is licensed under a
Creative Commons
Attribution 4.0 International
License.

Authors retain copyright and
grant the journal right of first
publication with the work
simultaneously licensed
under a Creative Commons
Attribution (CC-BY) 4.0
License that allows others to
share the work with an
acknowledgment of the
work's authorship and initial
publication in this journal.

Corresponding Author:

Chen Zijiu
Yunnan Charming Handao
Pharmaceutical Technology
Co, Kunming city, Yunnan
Province, China
czijiu1948@foxmail.com

Authors' Affiliations:

¹Yunnan Charming Handao Pharmaceutical Technology Co, Kunming city, Yunnan Province, China

²Department of Radiotherapy, Yunnan Cancer Hospital, the Third Affiliated Hospital of Kunming Medical University, Kunming Yunnan Province, China.

What do we already know about this topic?

Western medicine mainly adopts surgery, radiotherapy, targeted therapy and other "allopathic therapies" for the treatment of cancer; however, such traumatic therapies often lead to a further decline in the immune function of the patients, and the metastasis and recurrence of the cancer cells can create a new ecological environment at the same time of surgery and radiotherapy,

What is the main contribution to Evidence-Based Practice from this article?

After analyzing the advantages and shortcomings of the "allopathic" mode of cancer treatment, this article discusses the pathogenesis of cancer with the philosophical concept of Chinese natural healing.

What are this research's implications towards health policy?

The article discusses the limitations of the modern biomedical model and proposes a new "biological-psychosocial" medical model, which has been advocated by the World Health Organization (WHO). The "methodology" of Chinese naturopathic medicine in treating malignant tumors is a response to this new medical model, can be beneficial to cancer patients

Authors' Contributions Statement:

Chen and Li have written the original draft manuscript as co-first authors; Qin revised the final version of the manuscript.

Introduction

Cancer is not only a public health problem, but also a social problem. Cancer often refers to the abnormal proliferation of cells; proliferating cancer cells can endanger the body's organs, blood and even life. The World Health Organization's International Agency for Research on Cancer (IARC) report shows that in 2030, there will be 19.29 million new cancer cases worldwide annually, including 9.96 million deaths, with a mortality rate of 52%. In China, the number of new cancers will be about 4.57 million, and the number of deaths will be about 3 million, with a mortality rate of 66%. With the arrival of aging society, environmental pollution, and after three years of new crown epidemic, cancer has become a common and frequent disease, and there is a new trend of cancer incidence in young people. Western medicine mainly adopts surgery, radiotherapy, targeted therapy and other "allopathic therapies" for the treatment of cancer; however, such traumatic therapies often lead to a further decline in the immune function of the patients, and the metastasis and recurrence of the cancer cells have created a new ecological environment at the same time

of surgery and radiotherapy, which is the reason why the survival rate of cancer patients with more than 5 years of life is not high for the middle and late-stage lung cancer, gastric cancer, breast cancer and other cancers. This is the main reason why it is difficult to improve the survival rate of cancer patients in middle and advanced stages of lung cancer, gastric cancer, breast cancer and other cancers for more than 5 years. After analyzing the advantages and shortcomings of the "allopathic" mode of cancer treatment, this article analyzes the pathogenesis of cancer with the philosophical concept of Chinese natural healing and proposes "material therapy", "spiritual therapy" and "special therapy". After analyzing the pathogenesis of cancer with the philosophical concept of Chinese naturopathy, we proposed the "trinity" cancer treatment model of "material therapy", "spiritual therapy" and "special therapy" of Chinese naturopathy, which should be more in line with the new medical model of "bio-psycho-social" advocated by the World Health Organization. This should be more in line with the "bio-psycho-social" new medical model advocated by the World Health Organization,

so that more cancer patients can benefit from the treatment process.

2. Methodology:

2.1 Western medicine: For the treatment of cancers such as lung cancer, stomach cancer and breast cancer, "allopathic therapy" such as surgery, radiotherapy and targeted drugs is mainly used. In recent years, especially targeted drugs and immunotherapy have become the cutting-edge research hotspots for the treatment of malignant tumors in countries all over the world. Targeted drugs enter the body and combine with epidermal growth factor receptor (EGFR) in the cancer-causing sites to cause specific death of cancer cells, and minimize the damage to normal cells around the cancer foci. For example, patients with non-small cell lung cancer (NSCLC) often want to be treated with targeted drugs such as gefitinib and alectinib. Although targeted drugs are expensive (e.g., alitinib costs about RMB 50,000 per month), side effects can be minimized, but they can still cause adverse reactions such as interstitial pneumonia, liver damage, skin rashes, etc., and drug resistance can develop. Immunotherapy kills cancer cells by blocking the PD-1/PD-L1 signaling pathway, not by drugs. In view of the fact that immunotherapy (single drug or combination of drugs) can make cancer lesions shrink or disappear, and the toxic side effects are less severe than those of chemotherapeutic drugs, the number of patients who are willing to undergo immunotherapy has been on a rapid increase in recent years, despite the high cost of treatment. As the number of cases grows, clinicians have found that the therapy can also cause adverse effects such as immune myocarditis, immune hepatitis, immune intestinal cancer and immune neuritis, especially immune myocarditis for which there is still no effective treatment option.

In a Vanderbilt University (USA) newsletter

article published in The Lancet in 2018, a team of researchers led by Professor Douglas B Johnson, analyzed several large databases and found that as the number of patients using PD-1 inhibitors increased, so did the number of cases of immune myocarditis. After analyzing PD-1 monotherapy and PD-1 in combination with ipilimumab (Yervoy, ipilimumab, anti-CTLA4) for the treatment of patients with lung cancer, malignant melanoma, and renal cancer, the researchers found that immune myocarditis was triggered as a result in 101 patients, with an average mortality rate that was actually as high as 46% (Moslehi et al., 2018).

Oncologists know that cancer patients may suffer from myelosuppression due to radiotherapy or targeted drugs, resulting in a decrease in white blood cells, red blood cells or platelets; in particular, febrile neutropenia in white blood cells is the main reason for the "high rate of infection", "high mortality" and "high cost of treatment" of cancer patients. It is the main reason for the "high infection rate", "high mortality rate" and "high treatment cost" of cancer patients. Some patients with malignant tumors may not die from cancer, but due to myelosuppression, febrile neutropenia cannot get timely and effective treatment leading to complications and fatal. At present, the first-line drug for the treatment of febrile neutropenia in leukocytes caused by myelosuppression at home and abroad is "recombinant human granulocyte colony-stimulating factor". There are two types of drugs in the clinic, "Neupogen" (G-CSF) and "Neulasta" (PEG-rhG-CSF), a long-acting stimulating factor. The "long-acting stimulating factor" is expensive, but has clinical advantages. However, whether it is short-acting "G-CSF" or long-acting "PEG-rhG-CSF", we can find the adverse effects of "recombinant human granulocyte colony-

stimulating factor injection" on Baidu. Adverse effects of recombinant human granulocyte colony-stimulating factor injection can be found on Baidu, and it is known that patients may experience muscle pain, constipation, nausea, vomiting, diarrhea, poor appetite, severe allergy, and respiratory distress syndrome during the process of using the drug; and this kind of stimulating factor is only effective on neutrophils, and has no therapeutic effect on red blood cells and platelet hypoplasia.

Doctors use "recombinant human granulocyte colony stimulating factor" to treat leukopenia caused by myelosuppression caused by chemoradiotherapy, but the problem doctors face is: ① cancer patients in the course of chemoradiotherapy, not only use "stimulating factor" to treat low leukocytes, but also to treat the "stimulating factors" due to the adverse effects; ② at the same time, we must also take into account the radiotherapy will lead to some cancer patients with a reduction in red blood cells and platelets; ③ in the selection of drugs also have to consider the "pharmacoeconomics" indicators, because it is related to the national health insurance and the patient's medical costs. (iii)

"Pharmacoeconomics" indicators should also be considered when selecting drugs, because it is related to the national health insurance and the expenditure of patients' medical expenses. These "3 points" have become the difficulties for oncologists in the clinical treatment plan. While analyzing the effectiveness of the "Radiotherapy + G-CSF" cancer treatment protocol, it is also important to look at the "3" disadvantages of this protocol. It is the disadvantages of the program that affect the quality and duration of survival of cancer patients. For example, the "radiotherapy + paclitaxel + cisplatin (carboplatin)" program is commonly used in the clinical treatment of

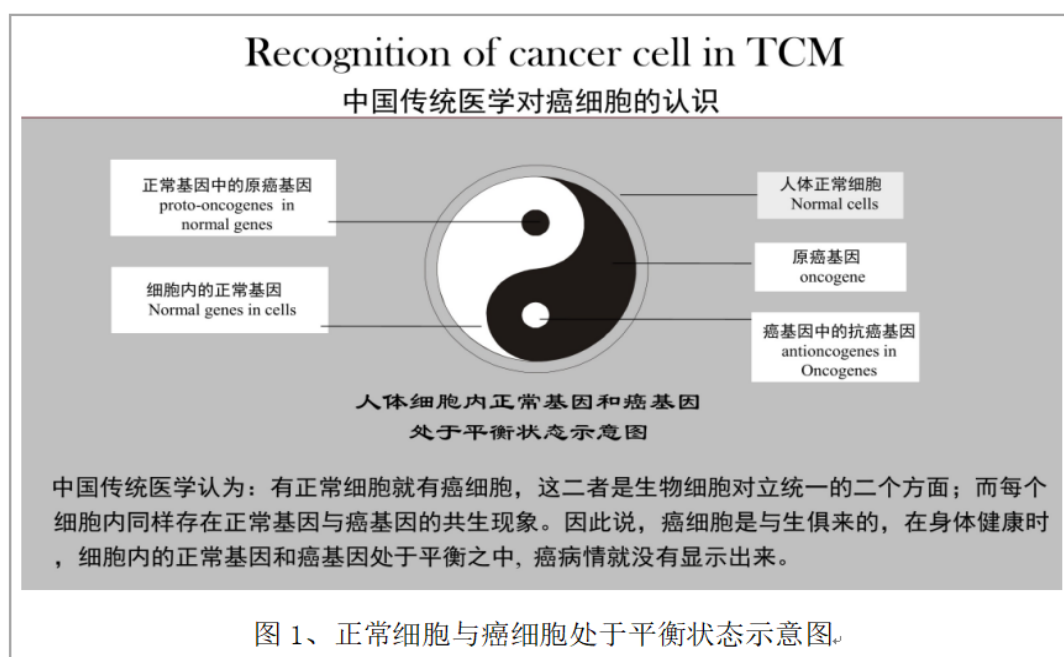
intermediate and advanced non-small-cell lung cancer patients, the vast majority of patients in the course of treatment will have low white blood cells, the doctor used "recombinant human granulocyte colony-stimulating factor" (G-CSF) to increase the white blood cells, and the doctor used "recombinant human G-CSF" to increase the white blood cells. -As a result, muscle pain, vomiting, diarrhea and other adverse reactions would occur after injection of G-CSF, and other drugs have to be used to treat these adverse reactions. However, "drugs are three times poisonous", cancer patients will have more serious adverse reactions due to the superposition of various adverse reactions of drugs, resulting in inhibition of hematopoietic function, low immune function, poor quality of life and aggravation of the disease, and some patients also died due to complications. This is the main reason why the 5-year survival rate of patients with intermediate and advanced non-small cell lung cancer is only about 15%. In this regard, patients and national health insurance have to bear expensive medical costs; especially in developing countries, many cancer patients are impoverished as a result of cancer treatment, but most of the middle- and late-stage cancer patients end up "losing both their money and their possessions". Therefore, cancer is not only a public health problem, but also a social problem.

2.2 Chinese naturopathy: naturopathy originated in the 18th century from the Western alternative medicine, and the term naturopathy was officially used in the 19th century; its philosophical thinking can be traced back to the "Hippocrates" school of thought 2400 years ago. Chinese naturopathy is based on the traditional Chinese medicine, the collection of Western naturopathy and the formation of a return to simplicity and truth in medicine; in the macro-medicine theory that

the development of human society, cannot be destroyed at the expense of the ecological environment for the development of the economy, the protection of the natural and humanistic environment is the most effective remedy to prevent disease. Micro-medicine theory advocates "my life in my not in the doctor". Naturopathic doctors only use "material therapy", "spiritual therapy" and "special therapy" to stimulate the patient's "natural healing energy" (the body's ability to heal itself from external influences). "(The human body is born with the function of killing and resisting foreign bacteria, viruses and cancer cells in the body, which is called immune function in Western medicine), so as to achieve the purpose of treating diseases. At the same time, Chinese naturopathy believes that "treating the disease before it occurs" (preventive medicine) is the best strategy, but it should be combined with "treating the disease that has already occurred" (clinical medicine); Western micro-medicine based on "mathematical and physical chemistry" and Eastern "mathematical and physical science" are the best ways to treat the disease. The

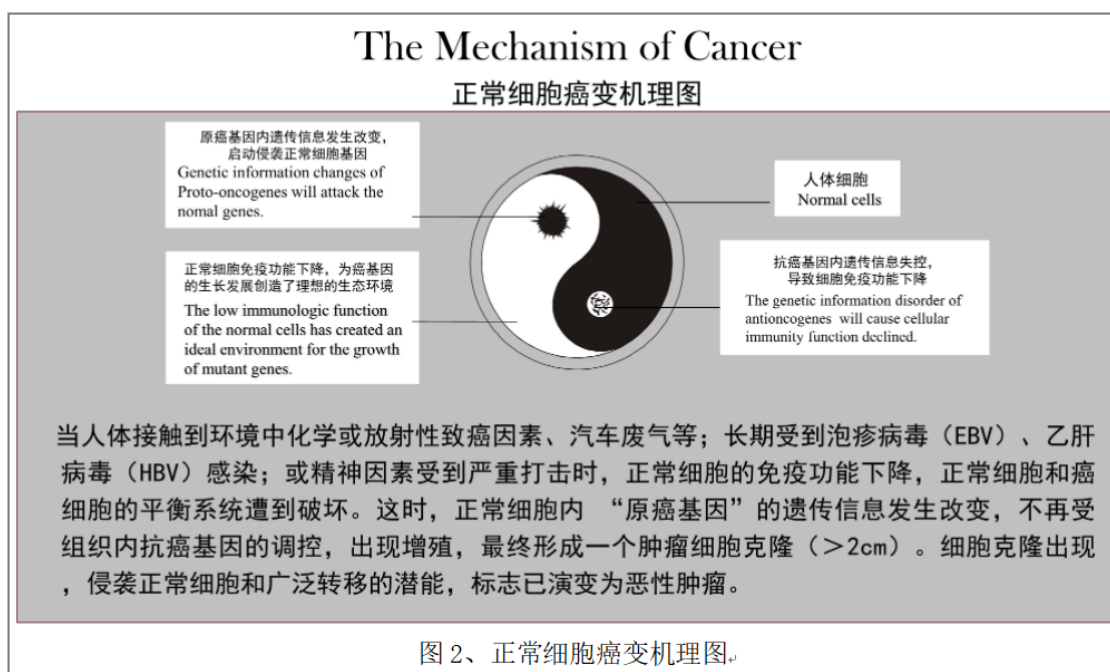
combination of Western micro-medicine based on "numerology" and Eastern macro-medicine based on "numerology"; and the return of the world to nature, so that people of different colors can enjoy Chinese natural healing.

2.2.1 Chinese naturopathy's "epistemology" of cancer: Cancer cells are congenital and innate; there are normal cells, there are abnormal cells, and there are cancer cells in abnormal cells, which are two aspects of the unity of opposites of biological cells. The symbiosis of "normal genes" and "oncogenes" also exists in every cell, just like "black in white, white in black" in the Chinese "Tai Chi Diagram" (Figure 1). When the body is healthy, the "normal genes" and "oncogenes" in human cells are in balance. As we can see from Figure 1, both "normal genes" and "oncogenes" take the existence of each other as a prerequisite for their own existence, which is a kind of interdependent relationship, and there are "anti-cancer genes" in "oncogenes" and "anti-oncogenes" in "oncogenes". In addition, there are "anti-oncogenes" in "oncogenes" and "proto-oncogenes" in "normal genes", and they are in balance.



4. When the human body is affected by chemical and physical carcinogens in the environment, mental factors, or infected by the new coronavirus, hepatitis B virus, etc., the "natural healing ability" (immune function) of the human body, which is "yang", will decline, and the value-added ability of the cancer cells, which is "yin", will increase. The value-added capacity of cancer cells, which is "yin", increases. This is determined by the law of "yin and yang are mutually exclusive" in Chinese medicine. As a result, the ecological balance between normal cells and cancer cells, which is characterized by "yin and yang", is disrupted, and according to Huang Di Nei Jing (The Yellow Emperor's Classic of Internal Medicine), a Chinese medical textbook written more than 2,000 years ago, "partiality of yin and partiality of yang is called a disease". The disruption of the yin and yang balance in the human body

means the beginning of disease. In modern medical language, the "anti-cancer genes" in normal cells are weakened and the "proto-oncogenes" are strengthened. The alteration or transformation of these two types of genetic information makes normal cells no longer, or partially no longer, subject to the regulation of the "anti-cancer genes" in the tissues. These two types of genetic information changes or transformation, so that normal cells are no longer, or partially no longer, regulated by the "anti-oncogenes" in the tissue, rapid proliferation occurs, and ultimately a tumor cell clone is formed. The appearance of the cell clone, invasion and metastasis potential, marking the tumor has become malignant, see Figure 2. This is the Chinese naturopathic philosophical understanding of the pathogenesis of cancer in the human body.



2.2.2 The "methodology" of Chinese naturopathy in the prevention and treatment of cancer: A normal person will produce about 6,000 cancer cells every day for various reasons. When the natural healing power (immunity) decreases, cancer cells will invade normal cells to form cancer foci. At this time, using surgery, radiotherapy, chemotherapy or traumatic therapies such as traditional Chinese medicine "fighting poison with poison" to remove the cancer foci and kill the cancer cells will further reduce the natural healing ability of the cancer patient, thus accelerating the development and metastasis of the cancer cells, and in serious cases, endangering the patient's life. Since the evolution of human beings from the ancient apes, they have realized that bacteria, viruses, mycoplasma and other disease-causing factors are everywhere in nature, and the cancer cells in the body cannot be killed endlessly, and only by keeping the normal cells in balance with the cancer cells can the cancer be treated fundamentally, i.e., "treating the root cause". In the method of "treating the root cause" of cancer, safe and effective traditional Chinese medicine is used to promote the hematopoietic function of bone marrow and improve immunity of the patient, and then surgery, radiotherapy, chemotherapy and other antagonistic therapies are used to treat the symptoms of the disease. This is called "treating the symptoms". "Treating the symptoms is to win time for treating the root cause, and treating the root cause is to lay the foundation for treating the symptoms. Thus, the purpose of "treating both the symptoms and the root cause" can be achieved for cancer patients. Of course, if the patient encounters an emergency in the clinic, the patient should be treated according to the dialectical method of Chinese medicine, which

is "treating the symptom if it is urgent and treating the root if it is slow". This is the "methodology" of Chinese naturopathic cancer prevention and treatment.

2.3.3 Relationship between substance therapy and natural healing: Substance is the first. Without fresh air, clean water and food, as well as safe and effective medicines (including Chinese and Western medicines), it is difficult for human life activities to survive for a long time. Because the metabolism of human life activities need clean substances to support to improve the natural healing energy; on the contrary, polluted air, water, unhygienic food, as well as the use of medicines with high toxicity and side effects, will only make the natural healing energy of the human body to further reduce and suffer from various diseases.

The core of "substance therapy" focuses on regulating the functions of the spleen and kidneys. Chinese medicine believes that "the spleen is the foundation of the latter day and the kidney is the foundation of the first day", emphasizing the different roles and importance of the spleen and the kidney in the human body. Famous Chinese doctors of the past dynasties have started from the spleen and stomach, the "foundation of the latter day", in the prevention and treatment of systemic diseases such as cancer and rheumatoid arthritis. Clinical cancer patients in the process of radiotherapy will appear nausea, vomiting, diarrhea, abdominal pain and inability to eat, difficult to digest and other gastrointestinal adverse reactions; this is the injury to the spleen and stomach, "the foundation of the latter day". If a healthy person can't eat or sleep well, in three days, the immune function will decline and cause disease, not to mention cancer patients. Therefore, during the period of radiotherapy, it is especially important to pay attention to the use of traditional Chinese

medicine and functional foods to reduce the toxic side effects of radiotherapy on the gastrointestinal tract, and to improve the digestive and absorptive functions of the spleen, stomach and intestinal tract. "Only by strengthening the spleen can the kidneys be strengthened (according to traditional Chinese medicine, good digestion and absorption in the spleen and stomach can enhance the function of the kidneys); only when the kidneys are strong can the hematopoietic function of the bone marrow be improved, and qualified white blood cells, red blood cells and platelets be produced; in particular, various types of immune cells in the white blood cells can recognize and clean up cancerous cells, which can be used to treat cancerous cells. Immune cells can recognize and clean up cancer cells, bacteria and viruses, and can eliminate or control all kinds of pathogens and cancer cells in less sick.

2.2.4 The relationship between spiritual healing and natural healing: Chinese naturopaths believe that whether the disease is physical or psychological, it is often preceded by spiritual healing, which is also known as the Chinese medicine theory of "the upper healer cures the god". When someone has just been diagnosed with cancer, he or she will be mentally nervous. The first thing a doctor should do is to implement spiritual therapy to the patient, telling the cancer patient that there are cancer cells in everyone's body. Cancer cells and normal cells are interdependent and cannot be killed. The doctor also has cancer cells in his body. This is the "spiritual therapy" of "healing God from above". Only if the patient can cooperate well with the doctor spiritually can he get twice the result with half the effort in the following "material therapy". However, in hospitals nowadays, when someone who has been diagnosed with cancer wants to undergo surgery, he or she has to sign a "surgical

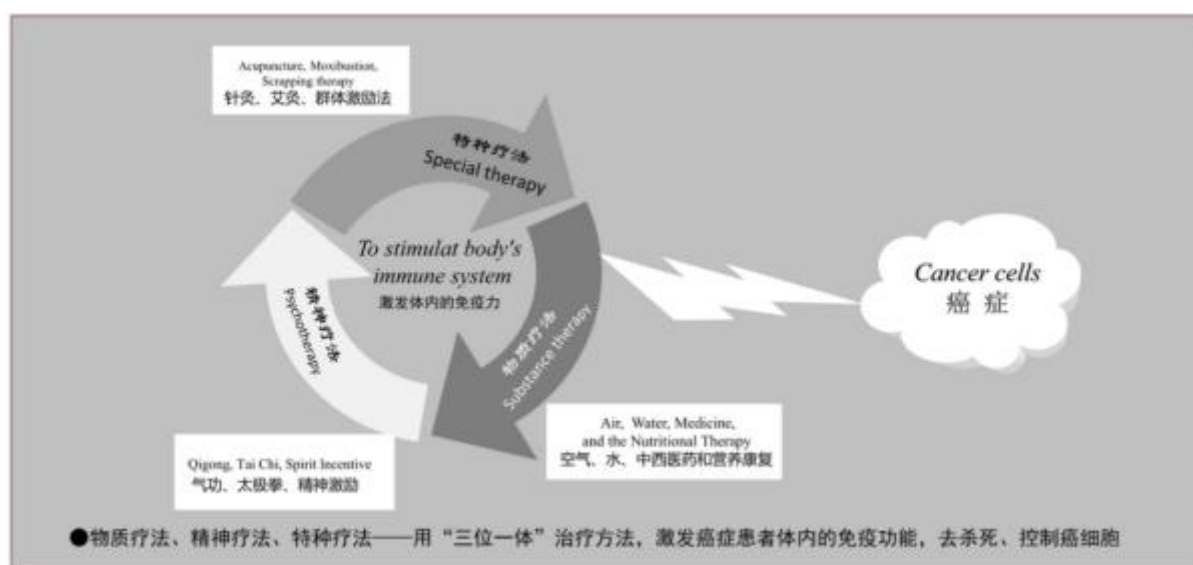
consent form" and an "anesthesia agreement form" before going to the operating table, so that in case there are any accidents in the course of the surgery, the patient or his or her family members will be responsible for the accidents themselves. Before the surgery is done, the patient is scared half to death, and the family members are even more frightened. The "Cancer Clinical Diagnostic and Treatment Guidelines" currently in force have even stifled the enthusiasm of clinicians for "individualized dialectical treatment". The reason is that as long as doctors strictly follow the "guidelines", they have nothing to do with the patients should anything happen to them in the course of treatment. This medical model is not conducive to the initiative of clinicians, and is even more detrimental to the innovation and development of medical science, and is certainly not beneficial to patients.

Modern medical research also believes that people's mental state has a great impact on immune function. If one's spirit is happy, his mood is relaxed, and his qi and blood are strong, his immune function will be strengthened and he will not easily get sick. If you find out that you have cancer, your spirit will collapse, you will not be in a good mood, you will suffer from insomnia and anorexia, and your qi and blood will be out of balance, so your natural healing ability will decline, and your malignant tumors and other illnesses will deteriorate rapidly, and your doctor will not be able to save your cancer patient's life with even the best treatment plan. As the saying goes, "My life is not in the doctor's hands".

2.2.5 The relationship between special therapies and natural healing energy: as for the special therapies with less money and good efficacy, the role of special therapies in the process of curing cancer should not be underestimated. Clinical research has proved that acupuncture and gua sha can not only

dredge the meridians and channels, relieve pain and harmonize qi and blood, but also improve the body's immune function. Group motivation method: national anti-cancer associations in the "anti-cancer star" to help the new cancer patients by example, such as: "I have lung cancer well, you will also be good." This kind of mutual motivation among cancer patients is sometimes more effective than

doctors' speeches. Also, teaching cancer patients to learn tai chi and carrying out appropriate outdoor exercises are conducive to the improvement of the patients' natural healing ability, which is beneficial to the prevention, treatment and rehabilitation of cancer.



3. Results: Under the guidance of the "methodology" of Chinese naturopathy, clinical research has been conducted on the "treatment of locally advanced non-small cell lung cancer". In the present study, the patented Chinese medicine "Sanyang Blood Dai Combination" (Guodian Z20025065), which can promote the hematopoietic function of bone marrow, was used to protect the white blood cells and immunity of cancer patients during radiotherapy, thus improving the "total remission rate" of cancer lesions (CR+PR+SD), quality of life and prolonged survival. Result 1: The 11th issue of China Cancer in 2004 published "Multi-center, randomized, double-blind clinical trial on the treatment of locally advanced non-small cell lung cancer with Sanyang Blood Dai during the same

period of radiotherapy", which was jointly carried out by the Cancer Hospital of the Chinese Academy of Medical Sciences, the Beijing Cancer Hospital, the No. 307 Hospital of the People's Liberation Army, the General Hospital of Railway, the Liaoning Provincial Cancer Hospital and the Yunnan Provincial Cancer Hospital. As a result, the total effective rate of target lesions in the "radiotherapy + Sanyang Blood Dai" group was 77.42%, which was significantly better than that in the "radiotherapy + placebo" group ($P=0.04$), indicating that the patented traditional Chinese medicine "Sanyang Blood Dai" can be used to treat localized advanced non-small cell lung cancer in the same period. This indicates that the patented Chinese medicine "Sanyang Xundai" can significantly improve the efficacy

of radiotherapy, reduce the adverse effects caused by radiotherapy, and improve the quality of life of patients with locally advanced non-small cell lung cancer (Lu Jima et al., 2004). There are two typical cases in this evidence-based clinical trial: one is Ms. Pan from Mile County, Yunnan Province, who was diagnosed with stage IIIb squamous carcinoma of the left lung with lymphatic metastasis in the left neck in August 2002, and was treated with the invention patent traditional Chinese medicine "Sanyangxuidai Combination", which is able to reduce the toxic side effects of radiotherapy and increase white blood cells, during the same period of radiotherapy. On March 30, 2023, the patient's attending physician, Prof. Qin Jiyong of Yunnan Cancer Hospital, went to Mile County to follow up with Ms. Pan, who had survived for more than 21 years, and took another CT scan at the local People's Hospital, which showed the disappearance of the original lesion on the left side of the lung (see Figure 1 in the back of this article). (see Figure 1 attached to this article). Another case is a 52-year-old male patient who was diagnosed with stage IIIa squamous carcinoma of the left lung in March 2003. He joined the clinical trial group and withdrew from the group 9 days later, choosing the treatment plan of "surgery + chemotherapy", and passed away in January 2004, with a survival period of only 10 months. The above two cases are both typical cases of stage III left lung squamous carcinoma. The former chose to use the patented traditional Chinese medicine "Sanyang Blood Dai" to promote the patient's bone marrow hematopoietic function during the same period of radiotherapy to enhance the immune cells to control the cancerous cells, which resulted in not only a high quality of life and a long period of survival during the period of treatment, but also a low cost of medical treatment. This

confirms that choosing the right treatment mode is very important to the prognosis of patients with newly treated tumors.

Result 2: Yunnan Cancer Hospital has carried out a clinical trial of "Radiotherapy combined with Sanyang Blood Dai in treating 289 cases of locally advanced non-small cell lung cancer": 131 cases in the observation group (radiotherapy + Sanyang Blood Dai), and 158 cases in the control group (radiotherapy + G-CSF), with the following results: the median survival rate (OS) of the observation group was 27.3 months, which was better than that of the control group of 23.1 months ($P=0.01$), with significant difference. The results: the median survival rate (OS) of the observation group was 27.3 months, which was better than that of the control group (23.1 months) ($P=0.01$), with a significant difference. Target lesion remission rate (ORR: CR+PR) of 74.81% in the observation group was better than that of 56.96% in the control group, with significant difference ($P=0.002$) Toxic side effects (myelosuppression, observation of abnormalities of leukocytes and erythrocytes caused by radiotherapy): the observation group was better than the control group, with significant difference ($P=0.023$). Effect on immune function: observation group was better than control group, significant difference ($P=0.000$) (Wang Li, 2018).

Result 3: The First Affiliated Hospital of Kunming Medical University carried out a clinical trial on the effect of Sanyang Blood Dai Combination of adjuvant radiotherapy on myelosuppression in patients with head and neck squamous carcinoma. 132 cases were enrolled (67 cases in the observation group and 65 cases in the control group). There were 132 cases (67 cases in the observation group and 65 cases in the control group) enrolled in the trial, and both groups adopted the "radiotherapy + paclitaxel and cisplatin combination chemotherapy" (TP) program. In

the control group, Ricodrine tablets were taken orally at the same time, while in the observation group, Sanyang Xudai was added on the basis of the control group. The results showed that the use of Sanyang Xundai in patients with head and neck squamous carcinoma treated with concurrent radiotherapy could reduce the degree of myelosuppression, delay the emergence of myelosuppression, and promote the recovery of myelosuppression, which was significantly different from that of the control group ($P < 0.05$), and it could improve the quality of life of the patients (Zhou et al., 2015).

Result 4: The Second People's Hospital of Liao Cheng City, Shandong Province has carried out "three-dimensional conformal radiotherapy combined with Sanyang Blood Dai in the treatment of 100 cases of middle and late-stage non-small cell lung cancer", the results: "Sanyang Blood Dai + Radiotherapy" can improve the effective rate of the target lesion: 76% in the treatment group, 64% in the control group. 64%, the two groups have statistical significance, $P < 0.05$. Bone marrow abnormality rate (observe the changes of leukocyte lineage caused by radiotherapy, such as neutrophils, eosinophils and basophils, etc.): 12% in the treatment group, 18% in the control group, $P < 0.05$; and it can improve the quality of patients' survival and the one-year and three-year survival period (Fu et al., 2010).

Finding 5: The fact that the "Triple Positive Dai + Radiotherapy" regimen is effective for locally advanced NSCLC in China does not mean that it is also effective for NSCLC patients in other countries. The science of medicine needs to withstand repeated clinical trials.

In 2004, the National Cancer Hospital of Cairo University, Egypt, treated stage III non-small cell lung cancer with the Chinese patented traditional Chinese medicine "Sanyang Blood Dai" in combination with "polyene paclitaxel +

cisplatin", and the results showed that: the control rate of target lesions (CR + PR + SD) in the "Sanyang Blood Dai" group was 75%, and that of the control group was 50%. The results showed that the control rate of target lesions (CR+PR+SD) in the "Sanyang Blood Dai" group was 75%, and 50% in the control group. It was found that Chinese "Sanyang Blood Dai" could effectively antagonize the toxic side effects of chemotherapy (doxorubicin + cisplatin), and improve the quality of life of patients, and it could also effectively treat hypocellularity due to myelosuppression. It can also effectively treat low white blood cell syndrome caused by myelosuppression. The Egyptian Ministry of Health has approved China's "Sanyang Blood Dai" to enter Egyptian hospitals and pharmacies as a botanical medicine. According to an official letter from the Chinese Embassy in Egypt to the government of Yunnan Province, this is the first anti-cancer Chinese patent medicine approved by the Egyptian Ministry of Health on the basis of botanical medicine. This scientific research has been included in the scientific and technological cooperation projects between the Chinese and Egyptian governments of the Ministry of Science and Technology of China and the international cooperation projects of the Yunnan Provincial Department of Science and Technology (see the official letter from the Embassy of China in Egypt to the Yunnan Provincial Government, see Figure 2 at the end of this paper).

Finding 6: Research on the mechanism of action. Chinese medicine on the research and development of proprietary Chinese medicine is more "a drug can cure a certain disease", but seldom investigate why it can cure the mechanism of action. As the saying goes, "knowing what it is, but not knowing why it is". In order to explore the mechanism of why the patented Chinese medicine "Sanyang Blood

Dai" can antagonize the adverse effects of radiotherapy and increase the efficiency of radiotherapy, the relevant researchers have carried out the following studies:

Dr. Ting Chen of Kunming Medical University conducted experiments on "A herbal formula, SYKT, reverses doxorubicin-induced myelosuppression and cardiotoxicity by inhibiting ROS-mediated apoptosis" (A herbal formula, SYKT, reverses doxorubicin-induced myelosuppression and cardiotoxicity by inhibiting ROS-mediated apoptosis). -induced myelosuppression and cardiotoxicity by inhibiting ROS-mediated apoptosis") showed that Sanyang Blood Dai reduces bone marrow and cardiomyocyte apoptosis and reverses cardiomyocyte apoptosis by inhibiting ROS production in cells. cardiomyocytes by inhibiting ROS production in cells, reducing bone marrow and cardiomyocyte apoptosis, reversing DOX-induced myelosuppression and cardiotoxicity in mice, and can play a role in protecting the bone marrow hematopoietic function and cardiomyocytes from damage caused by the chemotherapeutic drug adriamycin (Chen et al., 2017).

②Dr. Li Wang of Kunming Medical University conducted the experiment "Sanyang Xuedai enhances the radiosensitivity of human non-small cell lung cancer cells via increasing iNOS/NO production" (Sanyang Xuedai enhances the radiosensitivity of human non-small cell lung cancer cells via increasing iNOS/NO production), showing that: Sanyang Xuedai inhibits cyclin B and cyclin B by increasing iNOS/NO production. cell lung cancer cells via increasing iNOS/NO production" (Sanyang Xuedai enhances the radiosensitivity of human non-small cell lung cancer cells via increasing iNOS/NO (inducible nitric oxide synthase and nitric oxide) production) experiments have shown that Sanyang Xuedai can enhance human non-

small cell lung cancer radiosensitivity (Wang et al., 2024).

4. Discussion:

4.1 The "epistemology" of medical philosophy holds that cancer cells in human body are congenital and inherent, and there are cancer cells when there are normal cells, which are two aspects of the unity of opposites of biological cells, and all of them take each other's existence as the premise of their own existence, which is a kind of interdependent relationship, so it is said that there is no way to kill all the cancer cells. This is also the fundamental reason why it is difficult to improve the 5-year survival rate of malignant tumors such as lung cancer, stomach cancer and liver cancer in the treatment of "allopathic therapy". This article analyzes from the "methodology": Doctors only start from "material therapy", "spiritual therapy" and "special therapy", i.e., "material therapy", "spiritual therapy" and "special therapy", i.e., "special therapy". This article analyzes from the "methodology": doctors only use "material therapy", "spiritual therapy" and "special therapy", i.e., the "trinity" of Chinese self-therapy to make the normal cells and cancer cells in the body of the cancer patients reach a dynamic balance, and they no longer have all kinds of discomforts and related symptoms, and the cancer foci reach a "complete remission" or a "partial remission". The cancer lesions are in "complete remission" or "partial remission", the quality of life is improved and the survival period is long, which achieves the purpose of cancer treatment.

4.2 The use of "allopathic" cancer treatment, which only emphasizes on the "cure" of cancer lesions in clinical practice, often ignores the pain and dignity of cancer patients in the process of treatment. Although, today's mainstream medicine has been studying human cancer-causing genes, genome, gene

transcription and its regulation, cell cycle and signal transcription from the molecular level, as well as studying the molecular biological mechanism of pathological changes in cancer; then using gene diagnosis and gene therapy for cancer; and using genetic engineering and protein engineering to develop new anti-cancer drugs targeting gene mutations in the hope of conquering cancer. In short, contemporary medical research and development ideas for cancer prevention and treatment have been developing more and more in the direction of microscopic medicine and precision therapy.

However, we must fully realize that local cancer foci are in fact diseases of the whole body's immune system, and we must have a holistic view in treating cancer, rather than "only seeing the trees but not the forest". In order to pursue the objective remission rate (ORR), i.e., the rate of "complete remission" (CR) and "partial remission" (PR), "allopathic treatment" does not take into account the patient's psychology, quality of life and individual differences. The implementation of radical surgery or radiotherapy in accordance with the

"seek and destroy" model mechanically without regard to patients' psychology, quality of life and individual differences does not truly reflect the overall and long-term interests of tumor patients and their dignity in the treatment process. Engel, a professor of psychiatry and internal medicine at the University of Rochester School of Medicine in the United States, published an article "The Need for a New Medical Paradigm, a Challenge to Biomedicine" in the journal *Science*, criticizing the limitations of the modern biomedical paradigm and proposing a new "biological-psycho-social" paradigm. -The article criticized the limitations of the modern biomedical model and proposed a new "biological-psychosocial" medical model, which has been advocated by the World Health Organization (WHO) and received positive responses from knowledgeable people in the medical and health care sectors of various countries. The "methodology" of Chinese naturopathic medicine in treating malignant tumors is a response to this new medical model, as it is more beneficial to cancer patients and their public health work.

RECEIVED: 25/March/2025 ● ACCEPTED: 2/April/2025 ● TYPE: Expert Opinion ● FUNDING: The authors received no financial support for the research, authorship, and/or publication of this article ● DECLARATION OF CONFLICTING INTERESTS: The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article. ● Availability of data and materials data is available from the corresponding author on reasonable request ● Ethics approval and consent to participate: Not required for the methodology applied

Recommended Readings

Chen, T., Shen, H., Deng, Z., Yang, Z., Zhao, R., Wang, L., Feng, Z., Liu, C., Li, W., & Liu, Z. (2017). A Chinese herbal formula SYKT reverses doxorubicin-induced myelosuppression and cardiotoxicity by inhibiting ROS-mediated apoptosis. *Molecular Medicine Reports*, 15(4), 2057–2066. <https://doi.org/10.3892/mmr.2017.6272>

da Silva Barreto, G., Brito do Nascimento, J., Cristina Santos de Almeida, K., Carlos Marcolino Neto, J., & Lucas Ferreira Luz da Silva, S. (2024). The CRISPR therapy: A revolutionary breakthrough in genetic medicine. *International Healthcare Review* (online). <https://doi.org/10.56226/88>

- Dobroski, A. U. B., Duarte, B. P. F., Tanganelli, C. B., Neto, E. M. O., Naddeo, M., Valdujo, N. S., Maluf, G., & Uyeda, M. (2025). Impact of Mutations in DNA Repair Genes in Lynch Syndrome: A Systematic Literature Review. *International Healthcare Review* (online). <https://doi.org/10.56226/93>
- Fu, G., Tian, M., Wang, X., Li, Y., & Su, J. (2010). Clinical study of three-dimensional conformal radiotherapy combined with SYKT in the treatment of advanced non-small cell lung cancer. *International Journal of Traditional Chinese Medicine*, (1), 2.
- Kenupp, M. G., Vianna, A., Uyeda, M., & Maluf, G. (2024). On Patients with Colorectal Cancer : Associations, prognosis, survival and effects of therapy performed in the intestinal microbiota. *International Healthcare Review* (online). <https://doi.org/10.56226/83>
- Lü, J., Wang, G., Li, L., Hu, X., Chen, D., Zhu, G., Li, W., Zhang, H., Zhou, Z., & Yin, W. (2004). Concurrent radiotherapy and SYKT treatment for locally advanced non-small cell lung cancer. *Chinese Journal of Oncology*, (11), 64–67.
- Marques da Silva, M., Matias Cunha, C., Aquino, C., Aquino, L., & Fernanda Pizo Ferreira, P. (2025). SBRT for Uncomplicated Bone Metastases in the Spine from Lung Cancer: A literature Review. *International Healthcare Review* (online). <https://doi.org/10.56226/92>
- Moslehi, J. J., Salem, J. E., Sosman, J. A., Lebrun-Vignes, B., & Johnson, D. B. (2018). Increased reporting of fatal myocarditis associated with immune checkpoint inhibitors. *The Lancet*, 391(10124), 933. [https://doi.org/10.1016/S0140-6736\(18\)30533-6](https://doi.org/10.1016/S0140-6736(18)30533-6)
- Song, C., & Xie, H. (2023). On Disparities in Breast Cancer Screening: An Analysis of Behavioral Risk Factor Surveillance Survey Data related to Racial/ Ethnic characteristics. *International Healthcare Review* (online). <https://doi.org/10.56226/53>
- Uyeda, M. (2022). On a Global Agenda for Oncology Research: From Biomarker studies to post-genomic technologies. *International Healthcare Review* (online), 1(1). <https://doi.org/10.56226/ihr.v1i1.9>
- Wang, L. (2018). Study on the radiosensitization and radioprotective mechanisms of SYKT (Doctoral dissertation, Kunming Medical University).
- Wang, L., Xia, Y., Chen, T., Zeng, Y., Li, L., Hou, Y., Li, W., & Liu, Z. (2018). SYKT enhances radiosensitivity of human non-small cell lung cancer cells by increasing iNOS / NO production. *Biomedicine & Pharmacotherapy*, 102, 618–625. <https://doi.org/10.1016/j.biopha.2018.03.017> (Retraction published in *Biomed Pharmacother*. 2024 Dec;181:117695. doi: 10.1016/j.biopha.2024.117695)
- Zhou, H., Sun, H., Zhao, P., Zhang, R., & Deng, W. (2015). Effects of SYKT adjunctive chemoradiotherapy on myelosuppression in patients with head and neck squamous cell carcinoma. *Chinese Journal of Pharmacology and Toxicology*, (21), 173–176. DOI: 10.13422/j.carolcarrollnki.syfjx.2015210173.