

An Analysis of the Application of the Theory of “Treatment of Future Diseases” in Different Cancers

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Abstract: Malignant tumours have become the primary disease that endangers the physical and mental health of the global population, causing a serious burden on the public health of each country, especially in China with such a large population base, which makes the reasonable prevention and treatment of tumours even more difficult, as this topic, through reading and analysing the theory of “treating the future illness”, we propose the application of the theory of “treating the future illness” in different malignant tumours, and elaborate on the application of the theory of “treating the future illness” in different cancers. By reading and analysing the related literature and the monograph of “Emperor’s Classic of Internal Medicine”, we proposed the application of the idea of “treating the future illness” in different malignant tumours, elaborated the origin of “treating the future illness” and the connection with oncology, and introduced four levels of treatment in different tumours, namely, preventing the disease before it starts, treating the disease before it begins, preventing the change of the disease before it begins and preventing the recurrence of the disease after it is healed, and introduced the four levels of treatment in different tumours. It also introduces the application of the four levels of treatment of the future disease in different tumours.

Keywords: Cure before disease, Oncology, Chinese medicine theory, Review.

1. The Origin of the Idea of “Treating the Future” in Chinese Medicine

The idea of “treating the future illness” comes from the ancient times of avoiding disasters and saving for a rainy day, “Zhou Yi”: “Water on fire, both ji, the gentleman to think of trouble and hesitate to prevent” is the germ of the idea of “treating the future illness”, which makes the theory of “treating the future illness” have a connection with philosophy. This is the germ of the idea of “treating the future illness”, which makes the theory of “treating the future illness” and philosophy have a connection. Zhuangzi - thieves metatarsal: the ancient beasts and animals and few people, so the people are nesting to avoid it, picking up acorns and chestnuts by day, and perched on the wood in the evening is the embodiment of the idea of preventing the disease before it occurs [1]. Chinese medicine in the broad sense of the “not sick” form has four kinds: healthy and not sick state, latent disease and not sick state, before the disease and not sick state, not sick state, so for the four kinds of “not sick” form, traditional Chinese medicine, “treatment of the future disease Therefore, for the four kinds of “undiseased” forms, the theory of “treating the undiseased” in TCM has produced four corresponding hierarchical systems, i.e., preventing the disease before it occurs, treating the disease before it occurs, preventing the disease from changing, and preventing the disease from recurring after healing [2].

2. Malignant Tumour is a Major Disease Dangerous to Human Health

Today’s world is in the era of rapid development, the people’s living standards are increasingly improved, the medical field of technological innovation is also a breakthrough, but harm to the world’s public health cause of the problem is still malignant tumours, malignant tumours have become a damage to the physical and mental health of the global population of the primary diseases [3]. The losses caused by malignant tumours to the country, society and people are in

the thousands, and in October 2016, the Central Committee of the Communist Party of China and the State Council issued the Outline of the “Healthy China 2030” Plan, which proposed that by 2030, we should achieve the health management of chronic diseases for the whole of mankind and the whole life cycle, and increase the overall cancer 5-year survival rate by 15%, with the total value not less than 46.6% [4]. According to the data of the national tumour registry, China has about 4.06 million new cancer cases with an incidence rate of 293.9 per 100,000, and about 2.41 million new deaths per year with a mortality rate of 174.55 per 100,000 [5]. In response to such high morbidity and mortality rates, China has carried out a series of tumour prevention activities, strengthened publicity and education, and given full play to the role of combined Chinese and Western medicine in the treatment of malignant tumours, so as to achieve early detection and early treatment.

3. The Guiding Role of the Idea of “Treating the Disease Before It is Diagnosed” in the Treatment of Tumours

3.1 Prevention Before Disease

“First of all, it is necessary to have a deep understanding of the pathogenesis and pathogenic factors of tumours. The onset of malignant tumours is not only related to geographic factors, living habits and bad habits, but also related to family inheritance and gene sequence [6]. From the perspective of Chinese medicine, malignant tumours are related to the balance of yin and yang in the human body, the weakening of positive qi, and the normal function of the five organs and six bowels [7]. An article published by the International Agency for Research on Cancer (IARC) shows that effective prevention of precancerous lesions and early screening can reduce the incidence of tumours by 33.3%.

An analysis of a study in the United States showed that there is a significant relationship between the duration of exercise

and the occurrence of cancer, and weekly adherence to exercise can effectively reduce the incidence of cancer [8].

Furthermore, it is more widely known in our country that vaccination can effectively prevent the occurrence of malignant tumours. The incidence of hepatitis B in China is very high, so China is also a country with a high incidence of liver cancer, so the genetically recombinant hepatitis B vaccine injected against the hepatitis B virus can effectively avoid the occurrence of hepatitis B, thus reducing the incidence of liver cancer [9]. Breast cancer is the first incidence of malignant tumours in China, the most important reason for its occurrence is human papilloma virus, and there are bivalent, quadrivalent and nine-valent vaccines for HPV virus to prevent it [10]. Vaccination is a good measure to prevent the occurrence of tumours, but it can only prevent specific viruses and large-scale vaccination is still debatable, in order to be more accurate and more comprehensive prevention of cancer, we also need to study and observe from the molecular point of view, so as to achieve the precise injection of vaccines [11].

The prevention and treatment of malignant tumours not only requires the intervention of preventive measures, but also early screening should be done. The idea of “preventing disease before it occurs” coincides with the primary prevention of tumours, and studies have shown that early screening of tumours has a significant effect on reducing the incidence rate of tumours, which in turn reduces the consumption of medical and health resources [12]. Lung cancer has been on the rise in China since the end of the last century, but at that time, early screening was not popular enough due to the lack of medical technology. With the development of society and the importance of people’s health, screening for lung cancer has reached a certain degree of maturity, from the simplest X-ray examination to the more accurate sputum culture and tumour markers can reduce the incidence of lung cancer to a certain extent, and the LDCT is able to reduce the mortality rate of lung cancer by about 20%. reduce lung cancer mortality by about 20.0% [13]. In addition, the popularisation of medical knowledge is crucial to make people more aware of cancer.

Both vaccination and early screening have reduced the incidence of malignant tumours to a certain extent, which reflects the importance of “preventing disease before it occurs”, which is to prevent disease and evil from invading the organism by securing the place where the disease has not been affected by the evil first.

3.2 Early Treatment of Already Diseased

The significance of “early treatment” for cancer patients is to carry out drug or surgical treatment at the early stage of cancer or precancerous lesions, so as to effectively control the deterioration of the tumour, and minimize the physical and psychological harms as well as the economic losses of the patients.

The UICC has confirmed that the 5-year survival rate of early-stage NSCLC patients has been significantly changed through reasonable treatment [14]. Breast-conserving surgery for early-stage breast cancer patients not only has good

therapeutic effects, but also has lower recurrence and metastasis rates after surgery, and the quality of life and well-being of patients have been improved [15].

For colorectal cancer, there are some precancerous lesions, such as familial polyp-osteosarcoma-soft tissue tumour syndrome, Crohn’s disease, ulcerative colitis, colorectal polyps and other diseases have a tendency to become cancerous, which should be paid attention to, and the patients should take the initiative and actively cooperate with the doctors to carry out the treatment, and at the same time need to do regular follow-up observation. Enhance the publicity of colorectal cancer knowledge, so that people can know some common clinical manifestations, such as changes in the number of bowel movements, changes in the nature of stool (texture, colour, etc.), blood in stool, etc. [16]. Early detection of these symptoms and early treatment can improve the quality of life of colorectal cancer patients and increase their five-year survival rate.

Traditional Chinese medicine (TCM) has an important role in the prevention of tumours. By applying the Strengthening the Spleen, Clearing Heat and Activating Blood Formula to the ulcerative colitis-associated carcinoma mouse model, Zhang Tao et al. found that it could act on the β -catenin target and reduce the expression level of transcriptional mRNAs (C-myc, CyclinD1) associated with it, which provides new This provides new ideas and methods for TCM treatment of

ulcerative colitis-related cancer[17]; Wang Xinyan et al. proposed the “microbe-brain-intestinal axis” brain-intestinal homoeopathy for the treatment of colorectal cancer precancerous lesions, in which the spleen has a close relationship with the intestinal microflora, therefore, the use of medicines that replenish qi and blood of the spleen and stomach to improve the microenvironment of the intestinal tract, which then improves the intestinal environment, and achieves the goal of preventing colorectal cancer [18].

Lung nodules are the early process of lung tumours, and early diagnosis and treatment of lung nodules is crucial, but excessive diagnosis and treatment of false-positive or small nodules will not only lead to a waste of medical resources, but also aggravate the patients’ heart and economic burden. In this regard, Liu Yi et al. based on the pathogenesis of lung nodules as described in Huang Di Nei Jing, proposed that the prevention and treatment of lung nodules “transformation of nodules into cancer” should be based on the method of declaring and penetrating to make the evils go out during the period of hiding the evils; in the period of immediate change and unchanging to take the method of dispersing the nodules, clearing away the heat, transforming the phlegm and dampness and reconciling the treatment to solve the problem, and to solve the problem of the surface and inside and treating the symptom as well as the root causes; and in the period of the nodules becoming cancerous, preventing the transformation of the nodules, breaking the nodules, eliminating the symptoms and benefiting the patients, so that they could achieve the effect of supporting the positive and dispelling the evils.

3.3 Prevention of Pre-existing Diseases

For malignant tumour patients, the prevention of pre-existing diseases is to reduce the impact of surgery, radiotherapy, interventional therapy, etc. on patients; secondly, to prevent the metastasis of malignant tumour or secondary diseases; thirdly, to prevent the excessive consumption of tumour leading to the decline of human body functions; the above three reasons can be the main factors of patients' death.

For example, patients who have been diagnosed with liver cancer should be treated as early as possible, and those who can be operated should determine the surgical plan as soon as possible, and after operation, auxiliary treatment should be carried out to prevent its recurrence, while those who cannot be operated should be analyzed specifically, and a series of treatment plans should be formulated in line with the patients' personal situation, such as: intervention, radiofrequency, traditional Chinese medicine therapy, targeted therapy, etc. After intervention and radiotherapy, normal cells are also susceptible to damage, and the normal cells are also susceptible to injury in the body, which is a major factor in the death of patients. After intervention and radiotherapy, while killing the tumour cells, the normal cells in human body are easy to be damaged, and many people have decreased WBC and PLT, at this time, we can take some tonic Chinese medicines to achieve the effect of supporting the positive and eliminating the evil spirits and alleviating the adverse reactions, and we can take liver and stomach medicines to help the patients to get through this period and complete the treatment [20].

With the development of the society and the intertwining of various pressures, there are more and more patients with depression, and this problem is also troubling a part of breast cancer patients, and becomes a kind of mental harm, which seriously affects the quality of survival of patients. The probability of depression in breast cancer patients is 59.5% [21], the first year after the diagnosis of breast cancer may be the highest risk of depression [22], according to statistics, the probability of severe depression in breast cancer patients is 30% [23]. Therefore, the application of preventive measures in preventing and treating depression in breast cancer patients has been proposed by Professor Ye Jinzhu, who proposed the prevention and treatment measures such as spiritual regulation, dietary control, regularity of living and reasonable exercise [24].

Once a tumour is formed, it grows rapidly and clusters together, and pathological products such as phlegm, dampness, stasis and toxins consume the body's qi, blood and fluids, leading to the imbalance of yin and yang, and the failure of the five viscera, therefore, the reasonable use of energy support in Western medicine and tonic in Chinese medicine can prolong the life of the patient and improve the quality of life in advanced stages. For example, the application of GuiShu Tang in patients with advanced tumours can enhance appetite, increase patients' immunity as well as improve anaemia [25]; postoperative patients with colorectal cancer can take *Curcuma longa* to improve the activity and function of the intestinal flora, and it also has the effect of repairing the gastrointestinal mucosa, reducing the occurrence of infection and complications [26].

Post-healing prevention of malignant tumour is mainly to apply medication, radiotherapy, chemotherapy, intervention and other therapeutic means to prevent postoperative recurrence, so as to prolong the survival period of patients. In Chinese medicine, "recurrence of disease" is because the disease has not completely retreated and remains in the body, and the deficiency of positive qi makes it difficult to suppress the evil, coupled with the invasion of phlegm, dampness, stasis and toxicity and other pathological products, which results in the recurrence of the disease over a long period of time [27].

Radiotherapy combined with DC-CIK cell therapy after radical surgery for colorectal malignant tumours [28]; postoperative chemotherapy combined with CIK immunotherapy for gastric cancer [29]; pelvic three-dimensional conformal radiotherapy and intensity-modulated radiotherapy after surgery for cervical cancer [30]; and postoperative treatments for other malignant tumours are effective in avoiding relapses and improving survival rates.

Cervical cancer is a nightmare for women all over the world. In recent years, with the improvement of surgical methods and techniques, together with more reasonable treatment guidelines, the survival rate and quality of life of the patients have really improved, but a certain degree of recurrence can still be avoided, so the prevention of recurrence of postoperative treatment of cervical cancer is still crucial. Bazhen Tang has the efficacy of both qi and blood tonic, and studies have proved that Bazhen Tang plus moxibustion in treating patients with cervical cancer can effectively reduce the side effects of radiotherapy and improve the tolerance of patients, thus prolonging their lives [31].

The development of breast cancer has a close connection with the liver, spleen and kidney, which complement each other. When the liver fails to regulate qi, stagnant qi leads to blood stasis, which results in the collection of pathological products in the mammary glands; the spleen is responsible for regulating blood and transporting and transforming, and when the spleen is damaged, the fluid is not distributed, the blood is not smooth, and the mammary glands are not nourished; the kidneys regulate the Chong Ren and Ren channels, which have a crucial role in mammary gland development, and when the kidneys' function is diminished, the mammary glands will be underdeveloped. Therefore, treating from the three organs of liver, spleen and kidney can well avoid the recurrence of breast cancer, for which Chinese medicines that tonify the spleen, benefit the kidneys and replenish the liver and kidneys together, such as antler velvet, Epimedium, Cistanchia, Cuscuta, etc., should also be different from one person to another, selecting medicines according to the symptoms, and rationally using the prescription to improve the therapeutic efficacy [32].

For the recurrence of tumour, not only can it be prevented by drugs, but keeping a happy mood, reasonable diet, good living habits and suitable living environment can effectively prevent its recurrence.

4. Summary and Prospects

3.4 Prevention of Recurrence after Healing

The Yellow Emperor's Classic of Internal Medicine (Suwen) in the "health of the government" chapter: put forward the people's health awareness, prevention-oriented, beneficial habits have a good preventive effect on disease; "Ling Shu - this God" on: the relationship between human health and mental state, mood, diet, defecation, sleep and other factors have an important impact on the prevention of disease, soothing the mood, a reasonable diet, excretion patterns, regulated exercise have a positive impact on physical and mental health; "Suwen - six sections of the Tibetan elephant theory" said: "four seasons, five elements, yin and yang, four seasons, all should be adjusted according to the weather," suggesting that people are the most suitable for the health of the body. Physical and mental health has a positive impact; "Suwen - six sections of the Tibetan elephant theory" said: "four times five elements, yin and yang four times, all should be adjusted according to the weather," suggesting that people follow nature, self-adjustment, so as to achieve the effect of preventing disease; this is the embodiment of the "treatment of the future disease" This all reflects the idea of "treating the disease before it occurs". From ancient times to the present, both ancient medical doctors, and now medical researchers, are highly in favour of and affirm the application of the idea of "treating the future disease" in the disease, this theoretical idea can be skillfully applied to some diseases, which is enough to reflect its medical value. The four levels of the theory of "treating the future disease" not only reflect the differences in treatment methods for different stages of diseases, but also reflect the complementarity and interconnection between them. For malignant tumours at different stages, appropriate diagnostic and therapeutic plans are formulated through identification of disease and evidence, as well as rational use of medication, so as to maximize the therapeutic effect. The idea of "treating the future disease" also has similarities with the tertiary prevention of tumours, the advantage of which is that it embodies the idea of unity of heaven and man and conformity to nature, and it is possible to treat different malignant tumours according to the specificity of the tumour, the variability of tumour cells, the diversity of cancer-causing factors, as well as the differences in the population affected by the disease, and so on, and it can be done in accordance with the needs of the people, the place and the time.

However, the large population base in China, the uneven level of medical care in different regions, and the lack of comprehensive and widespread popularisation have made the level of cancer prevention and treatment in most regions of China still at a relatively low level, and it is still worth pondering how to better combine the theory of "treating the disease before it gets better" with cancer prevention. Firstly, in the face of such a large population group, how to achieve accurate screening is the most important thing, not only to achieve the comprehensiveness and reliability of screening, but also to avoid the waste of medical resources. Secondly, the rational application and implementation of the theory of "treating the future disease" should be linked to the microenvironment and molecular mechanism of tumours to achieve a deeper level of integration. Different cancers have different pathogenic mechanisms and influencing factors, the complexity of which is self-evident, and these unsolved problems hinder the prevention of cancer. Furthermore, appropriate screening guidelines should be developed, guided

by advanced medical knowledge, and convenient and efficient screening and diagnostic technologies should be developed [33].

The road to the "treatment of future diseases" is long and difficult, and it is still worthwhile for many scholars to think deeply about how to better integrate it with clinical practice, and only through continuous development and expansion can it be better applied to medical care, and improve the living standards and survival rates of oncology patients.

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