

For Zhejiang postgraduates 病例喉癌转移延伸讨论

针对喉癌转移（晚期喉癌），中医治疗通常作为辅助治疗手段，重点在于辨证论治，通过扶正祛邪来控制病情、减轻放化疗副作用并提高生存质量。

由于喉癌转移病情复杂，必须在专业中医医师指导下进行治疗，严禁擅自抓药。以下是临床常见的辨证分型及参考药方：Further Discussion on Case of Laryngeal Cancer Metastasis: For metastatic laryngeal cancer (advanced laryngeal cancer), Traditional Chinese Medicine (TCM) treatment is usually used as an adjunct therapy, focusing on syndrome differentiation and treatment to control the disease, reduce the side effects of radiotherapy and chemotherapy, and improve quality of life by strengthening the body's resistance and eliminating pathogenic factors. Due to the complexity of metastatic laryngeal cancer, treatment must be conducted under the guidance of a professional TCM physician; self-medication is strictly prohibited. The following are common clinical syndrome differentiations and reference prescriptions:

1. 常见辨证分型与药方

* 火毒困结型（常见于转移初期，局部红肿疼痛）：

* 治法：清热泻火，解毒散结。

* 参考方剂：黄连解毒汤加减。

* 常用药物：黄连、黄芩、黄柏、栀子、桃仁、红花、猫爪草等。

* 痰热壅滞型（伴有痰多、呼吸不畅、咳嗽）：

* 治法：清热化痰，散结。

* 常用药物：射干、玄参、桔梗、连翘、牛蒡子、白花蛇舌草等。

* 气阴两虚型（常见于放化疗后或晚期体弱）：

* 治法：益气养阴，扶正固本。

* 常用药物：西洋参、北沙参、麦冬、石斛、女贞子、白术等。

* 1. Common Syndromes and Prescriptions

* Fire-Toxin Stagnation Type (Common in the early stages of metastasis, characterized by local redness, swelling, and pain):

* Treatment Principle:** Clear heat and purge fire, detoxify and dissipate nodules.

* Reference Prescription: Modified Huanglian Jiedu Decoction.

* *Commonly Used Herbs:** Coptis chinensis, Scutellaria baicalensis, Phellodendron chinense, Gardenia jasminoides, Prunus persica, Carthamus tinctorius, Uncaria rhynchophylla, etc.

* Phlegm-Heat Stagnation Type (Accompanied by excessive phlegm, difficulty breathing, and cough):

* Treatment Principle:Clear heat and resolve phlegm, dissipate nodules.

* Commonly Used Herbs:Belamcanda chinensis, Scrophularia ningpoensis, Platycodon grandiflorus, Forsythia suspensa, Arctium lappa, Hedyotis diffusa, etc.

* Qi and Yin Deficiency Type (Common in patients after radiotherapy and chemotherapy or in late-stage weakness):

* Treatment Principle: Tonify Qi and nourish Yin, strengthen the body's resistance and consolidate the foundation.

* Commonly Used Herbs:** American ginseng, Adenophora stricta, Ophiopogon japonicus, Dendrobium nobile, Ligustrum lucidum, Atractylodes macrocephala, etc.

2. 具有抗肿瘤作用的常用中药

现代研究及临床实践中常用于辅助治疗喉癌及转移的药物包括：

* 清热解毒类：白花蛇舌草、半枝莲、山豆根（具有较强抗癌活性，但有一定毒性，需遵医嘱）。

* 软坚散结类：夏枯草、海藻、昆布、山慈菇。

* 以毒攻毒类（慎用）：全蝎、蜈蚣、壁虎等虫类药，常用于控制癌性疼痛及坚硬肿块。

3. 核心治疗原则

1. 阶段化治疗：术后康复期侧重健脾益气（如黄芪、白术），巩固期则通过灵芝、冬虫夏草等增强免疫力。

2. 中西医结合：中医不能完全取代手术、放化疗及靶向治疗。转移性喉癌的根治性治疗仍以西医方案为主，中医用于辅助减毒增效。

3. 副作用预防：长期服用中药需监测肝肾功能，避免盲目使用重金属或毒性过大的药材。

2. Commonly Used Traditional Chinese Herbal Medicines with Anti-tumor Effects

Modern research and clinical practice commonly use herbs for adjuvant treatment of laryngeal cancer and metastasis, including:

* Heat-clearing and detoxifying herbs: *Hedyotis diffusa**, *Scutellaria barbata**, *Sophora tonkinensis** (possessing strong anti-cancer activity, but with some toxicity; should be used under medical supervision).

* Softening and dispersing nodules herbs: *Prunella vulgaris**, *Sargassum**, *Laminaria japonica**, *Cremastra appendiculata**.

* Using poison to counteract poison (use with caution): Insect-based medicines such as scorpion, centipede, and gecko, often used to control cancer pain and hard lumps.

3. Core Treatment Principles

1. Staged Treatment: Postoperative recovery focuses on strengthening the spleen and replenishing qi (e.g., *Astragalus membranaceus**, *Atractylodes macrocephala**), while consolidation phase utilizes *Ganoderma lucidum**, *Cordyceps sinensis**, etc., to enhance immunity.

2. Integration of Traditional Chinese and Western Medicine: Traditional Chinese medicine cannot completely replace surgery, radiotherapy, chemotherapy, and targeted therapy. Radical treatment for metastatic laryngeal cancer still primarily relies on Western medicine, with traditional Chinese medicine used as an adjuvant to reduce toxicity and enhance efficacy. 3. Prevention of side effects: Long-term use of traditional Chinese medicine requires monitoring of liver and kidney function, and avoid blindly using herbs with heavy metals or excessive toxicity.

重要提示：喉癌转移属于重症，切勿轻信民间“神医”或偏方。建议前往大型中医院（如中国中医科学院广安门医院或各省级中医院）肿瘤科进行正规面诊

Important Note: Metastatic laryngeal cancer is a serious condition. Do not trust folk remedies or unproven treatments. It is recommended to have a formal consultation at the oncology department of a large traditional Chinese medicine hospital (such as Guang'anmen Hospital of

the China Academy of Chinese Medical Sciences or provincial-level traditional Chinese medicine hospitals).