

Research Progress in Tumor Treatment Based on the Theory of “Yang Transforms into Qi, Yin Forms into Substance”

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Abstract. Tumors, quintessential examples of modern chronic and refractory diseases, are characterized by high incidence, mortality, and low cure rates, posing a significant challenge in global oncology. According to Traditional Chinese Medicine (TCM) theory, the pathogenesis of tumors is intricate and variable. TCM suggests that tumor development results from Yang Qi deficiency, which weakens the body’s ability to resist pathogens, combined with the congealing and binding of phlegm and blood stasis that form carcinogenic toxins. This pathological process aligns with the concept of “insufficient Yang transformation into Qi and excessive Yin constitution into form.” The fundamental oncogenic process involves systemic energy metabolism imbalance, the formation of the tumor microenvironment (TME), and uncontrolled cellular proliferation. Clinically, syndrome differentiation and treatment strategies are customized for different tumor progression stages, with restoring Yin-Yang balance as the primary goal and the dual aim of strengthening vital qi and eliminating pathogenic factors as the core of therapy. Early intervention with TCM during the precancerous phase to halt tumor progression, combined with early detection and treatment, not only improves clinical outcomes but also offers a new holistic approach to tumor prevention and management based on systems biology.

Keywords: Yang Transforms Qi; Yin Forms Substance; Tumor Treatment; Whole Cycle; TCM.

1. Introduction

“Yang transforms into qi, Yin forms into substance” refers to the process by which the true Yang of the spleen and kidney steams and transforms the refined nutrients from food, rising the clear and descending the turbid, thereby converting the refined nutrients into ethereal qi to nourish the zang-fu organs and the triple energizer. The Yin condenses clear qi and body fluids, transforming qi into essence, and gathers the intangible vitality into tangible blood and essence to construct the physical body. According to the latest global cancer statistics estimates from the International Agency for Research on Cancer (IARC)[1], the number of new cancer cases worldwide approached 20 million in 2022, with cancer-related deaths reaching 9.7 million. In China, approximately 4.82 million new cancer cases and around 3.21 million cancer deaths were estimated in 2022[2], highlighting that the situation of cancer prevention and control remains severe. In clinical oncology, radiotherapy and chemotherapy remain the primary treatment modalities for malignant tumors. While these therapies have effectively curbed tumor invasion and progression, they are frequently accompanied by severe adverse effects, including multiple organ dysfunction, metabolic disorders, and multi-systemic toxicities. In contrast, TCM offers a complementary approach with its unique advantages of multi-targeted regulation, low toxicity, and holistic efficacy [3]. By implementing a three-tier intervention system rooted in the principles of “preventing disease before its onset, halting disease progression, and preventing recurrence after recovery”, TCM has demonstrated the potential to significantly reduce cancer incidence, block metastasis, and improve long-term survival outcomes. Modern theories consider malignant tumors as chronic, invasive, and metastatic diseases, and their treatment should adhere to the principle of “strengthening vital qi and eliminating pathogenic factors”. Based on the theory of “Yang transforms into qi, Yin forms into form”, this study aims to summarize the close relationship between “qi transformation governing form” and tumor treatment from the perspectives of abnormal energy metabolism and uncontrolled proliferation of tumors, thereby providing a theoretical reference for subsequent research.

2. The Origins and Theoretical Connotations of “Yang Transforms Qi, Yin Shapes Form”

“Yin and Yang” initially emerged in the Western Zhou Dynasty. As stated in *Songs Greater*: “After measuring the solar meridian, he ascended the hill to observe the sunny and shady aspects of the terrain and trace springs and streams.” At this stage, Yin and Yang primarily referred to directional attributes. Subsequently, *I Ching (The Book of Changes)* elevated Yin and Yang to a philosophical level by using “yangyao” and “yinyao” as symbolic carriers. It notes: “In the Changes, there is the Supreme Ultimate (Taiji), which generates the two modes. The two modes generate the four symbols, and the four symbols generate the eight trigrams.” Here, Taiji is interpreted as the primordial “qi”—the origin of the universe. The movement of qi gives rise to, which further differentiates into four symbols (Taiyang, Shaoyin, Shaoyang, Taiyin) and ultimately forms the eight trigrams that encapsulate all phenomena. By this point, Yin and Yang had evolved into two fundamental elements constituting all things in the universe [4]. *The Yellow Emperor’s Inner Canon* introduced Yin and Yang into the medical system, establishing the core principle that “Yin and Yang are the fundamental law of all things; treating disease must seek the root.” As stated in *Plain Questions*: “Yang transforms into qi, Yin forms into shape”—this first clarified the overarching principle of Yin and Yang, revealing that the fundamental driving force behind the transformation between qi and form stems from the inherent properties of Yin and Yang. *Plain Questions* states: “Yang qi is like the sky and the sun; when it loses its proper function, life is shortened and vitality fails to manifest.” This emphasizes that “qi”, as the core element in constituting the human body and sustaining life, serves as the material foundation for ensuring the normal functional activities of the body, with “Yang” playing a pivotal driving role in this process. *Classic of Difficult Issues* states: “Accumulations belong to Yin qi; gatherings belong to Yang qi.” This clearly distinguishes tangible masses as Yin and intangible aggregations of qi as Yang [5]. *The Classified Canon of Medicine* states: “Yang is active and disperses, thus transforming qi; Yin is quiescent and condenses, thus shaping form.” This further elaborates that Yang qi, characterized by excitation, warmth, and mobility, exerts qi-transforming effects in physiological processes, driving the normal operation of zang-fu functions. Yin, with properties of cooling, restraining, and storing, can condense to generate essential substances such as body fluids, blood, essence, and humor—nourishing the body’s form and orifices, and structuring the limbs and tissues [6]. The interaction between Yin and Yang essentially constitutes a dynamic process of “qi transformation shaping form” and “form dissipating into qi.” It follows that the normal functioning of human life activities depends on the coordinated operation and harmonious unity of “Yang transforms into qi, Yin forms into shape.”

3. “Deficiency in Yang Transforming qi and Excess in Yin Shaping form” is a Key Pathogenesis in the Formation and Progression of Tumors.

In TCM, malignant tumors are categorized under terms such as “Jiju”, “Yan”, and “Zhengjia”. Integrating the perspectives of physicians across dynasties and the understanding of modern medicine, different malignant tumors appear to share a common developmental process [7]: under the influence of multiple pathogenic factors, healthy qi is consumed, and cancer toxin is endogenously generated. In the early stage, cancer toxin acts as the core, with blood stasis and phlegm turbidity intermingling and binding together. Subsequently, pathological masses take shape, qi movement becomes stagnated, and dysfunction of zang-fu organs occurs systemically. In the advanced stage, qi, blood, and body fluids are depleted, pushing the body into a state of deficiency and impairment. Throughout this process, deficiency in qi transformation and an overly dominant tendency toward Yin condensation constitute the key pathological mechanism underlying the occurrence of malignant tumors.

3.1 Deficient Yang Transformation and Compromised Zheng Qi

Yang governs warming, promoting, and exciting, with the functions of transforming qi and steaming. As stated in *Miraculous Pivot*: “When Yang qi fails to circulate, static blood accumulates internally without dispersion, body fluids diffuse sluggishly, lodge and fail to dissipate, and thus all accumulations are formed.” Insufficiency in the function of “Yang transforming qi” leads to qi, blood, and body fluids losing their warming and promoting impetus, resulting in zang-fu dysfunction, which serves as the pathological basis for tumorigenesis [8]. *Treatise on the Origins and Symptoms of Diseases* notes: “Accumulations and gatherings... arise from wind pathogens battling with the qi of zang-fu organs... When zang organs are attacked by pathogens, they do not initially form accumulations; only when pathogens persist and fail to disperse do accumulations develop.” While Yang qi is unable to protect the exterior and consolidate defense, external pathogens invade internally, causing stagnation and blockage of qi, blood, and body fluids. Over time, this gives rise to cancer toxin [9]. Modern medicine holds that a deficiency of Yang qi, with its insufficient warming and promoting capacity, leads to mitochondrial dysfunction in multiple tissues and disordered cellular energy metabolism, creating conditions for malignant tumor proliferation. Zhang Weilan et al. [10] confirmed that in rats with kidney-Yang deficiency syndrome, renal tissues exhibit significant mitochondrial structural damage (swelling, vacuolization, and disordered cristae arrangement), decreased ATP synthesis efficiency, reduced mitochondrial membrane potential, and elevated intracellular reactive oxygen species levels—forming an oxidative stress microenvironment that provides the material basis for tumor proliferation. The function of Yang qi directly maintains the immune barrier role of defensive qi, which “warms the muscles, nourishes the skin, enriches the interstices, and regulates opening and closing.” Yang Meilin et al. [11], by using spleen-Yang-tonifying Chinese herbs such as *Astragali Radix* and *Atractylodes lancea*, as well as their extracts, increased intracellular polyamine content, repaired the rectal mucosal barrier, regulated intestinal flora and the activity of immune cells (e.g., $\gamma\delta$ T cells, innate lymphoid cells), and enhanced the body's anti-tumor immunity, thereby reducing the incidence of rectal cancer. In summary, the pathological basis of tumorigenesis lies in the functional decline of “Yang transforming qi,” specifically manifested as disorders in the distribution of qi, blood, and body fluids, insufficient warming and nourishment of zang-fu organs, and impaired immune defense function—all of which provide the pathological soil for tumor development.

3.2 Excessive Yin Condensation and Endogenous Cancerous Toxin

Yin governs cooling, tranquility, and internal retention, with the function of condensing to form substances. *The Spiritual Pivot* states: “Wind, rain, cold, and heat cannot harm the body without deficiency; pathogens cannot alone injure people... This must be due to the combination of pathogenic wind and the body's deficiency—only when both deficiencies meet can pathogens invade the body.” This emphasizes that healthy qi deficiency is the prerequisite for pathogenic retention. If the body is in a pathological state where healthy qi fails to overcome pathogens, pathogens cannot be promptly eliminated; instead, they will lurk in the body's qi, blood, and meridians, remaining between zang-fu organs and meridians, and eventually developing into cancer toxin. *The Spiritual Pivot* further notes: “Sudden excessive eating and drinking lead to intestinal fullness... When there is cold outside the intestines, the fluid foam combines with blood, condenses, and fails to disperse, thus forming accumulations.” Yin cold stagnation and congelation force abnormal accumulation of body fluids and blood, and the intangible qi stagnation in the body will gradually transform into tangible tumor entities [12]. Modern research suggests that “excessive Yin shaping form” is often associated with pathological products such as “phlegm”, “dampness”, and “blood stasis” [13]. These “Yin turbidity” substances provide a “fertile soil” for tumor growth. Wen Danting et al. [14] pointed out that the hypoxic and acidic microenvironment created by phlegm and stasis paves the way for tumor invasion and metastasis by degrading the extracellular matrix and inducing epithelial-mesenchymal transition (EMT). Meanwhile, it regulates the HIF-1 α /VEGF pathway to promote tumor angiogenesis, providing nutritional support for tumor growth. In summary, the key pathogenesis of tumor formation

lies in the pathological hyperactivity of “Yin shaping form”. The dynamic balance between “Yang transforming qi” and “Yin shaping form” maintains the orderly production and transformation of essence, blood, and body fluids. When Yang deficiency leads to insufficient qi transformation, Yin congelation and excessive formation occur, and phlegm, dampness, turbidity, and stasis accumulate to form tumors [15].

4. The Pathological Basis of Malignant Tumor Occurrence and Development

4.1 Reprogramming of Tumor Energy Metabolism Programs

Unlike normal cells, malignant tumor cells often exhibit unique metabolic characteristics, characterized by enhanced uptake and utilization of glucose, as well as excessive production of lactate during metabolism. Even under sufficient oxygen supply, tumor cells still preferentially utilize the glycolytic pathway as their main energy-producing mode—the so-called Warburg effect [16]. Abnormalities in this metabolic pattern are not limited to glucose; they also extensively involve alterations in lipid metabolic pathways and pathways of amino acid utilization and synthesis. Such systematic and plastic shifts in metabolic pathways are referred to as tumor energy metabolism reprogramming, which provides sufficient energy and material basis for rapid tumor proliferation, invasion, metastasis, and adaptation to the harsh microenvironment [17]. Moreover, studies have found [18] those defective mitochondria with mtDNA mutations in tumor cells, during their tricarboxylic acid cycle, exhibit deficiencies in enzymes such as succinate dehydrogenase (SDH) and isocitrate dehydrogenase (IDH), leading to the accumulation of succinate, fumarate, and D-2-hydroxyglutarate, which accelerates tumor proliferation. Mitochondrial fatty acid oxidation is a key energy supply pathway for cancer stem cells; it regulates cancer stem cell invasion by maintaining redox homeostasis and epigenetic modifications [19].

Treatise on the Spleen and Stomach states: “All diseases arise from the decline of the spleen and stomach.” *Complete Works of Zhang Jingyue* notes: “Those with insufficiency of the spleen and kidney, or with weakness and imbalance, often suffer from accumulations. For when the spleen is deficient, the middle energizer fails to transport... vital qi cannot circulate, allowing pathogenic qi to take residence.” These statements point out that spleen qi deficiency is one of the key etiologies of tumor-related accumulations. When subjected to long-term invasion by multiple pathogenic factors, the body experiences a deficiency in qi and blood production, with refined substances failing to be transported and distributed, thereby accumulating to form phlegm. Over time, phlegm and blood stasis bind together, forming tangible masses characterized by concurrent phlegm toxin and stasis toxin [20]. Yu Song et al. [21] collected TCM syndrome data from 399 cholangiocarcinoma patients and found that the spleen deficiency with phlegm-dampness syndrome (92 cases, accounting for 23.1%) was the most common, among which intrahepatic cholangiocarcinoma was frequently associated with spleen Yang deficiency syndrome. This finding confirms an inherent correlation between the occurrence of malignant tumors and spleen Yang impairment. Furthermore, the research team led by Liu Youzhang [22] proposed that the spleen's transporting and transforming function shares significant homology with mitochondria-mediated bioenergy conversion processes. Modern studies [23] have confirmed that animal models with spleen deficiency syndrome exhibit abnormalities in cellular energy organelles, such as decreased mitochondrial density and disruption of cristae structure in multiple tissues. In mouse models, these abnormalities specifically manifest as glucose intolerance, insulin resistance, and a significant increase in blood glucose. In summary, the biological essence of spleen deficiency can be understood as energy metabolism reprogramming in the body. TCM intervention targeting relevant pathways and regulating abnormal energy metabolism holds significant implications for tumor prevention and treatment.

4.2 Yin-Yang Imbalance Underlies Tumor Cell Differentiation Blockade and Proliferation Runaway

Modern medicine holds that the state of cellular differentiation and proliferation during tumorigenesis mirrors the dynamic balance mechanism of “Yang transforming qi, Yin shaping form” in TCM. From the perspective of pathogenesis, the occurrence of malignant tumors stems from gene damage-induced activation of proto-oncogenes or inactivation of tumor suppressor genes, which in turn leads to an imbalance in the cellular growth regulatory network, presenting dual abnormalities of uncontrolled proliferation and differentiation disorders [24]. Huang Feixia’s team [25] argues that the process of cellular differentiation corresponds to the function of “Yang transforms into qi” in TCM, while proliferative activities are associated with the material accumulation of “Yin forms into substance”. When the function of “Yang transforms into qi” is insufficient, the body’s regulatory mechanism for “Yin forms into substance” fails, which can result in impaired cellular differentiation ability, maturation disorders, and concurrent abnormal proliferation tendencies. Ma Yi et al. [26] found through animal experiments that Si Jun Zi Decoction, a classic spleen-invigorating formula, can inhibit the EMT process of tumor cells in mice with colorectal cancer liver metastasis by regulating the Wnt/ β -catenin signaling pathway, thereby reducing the number of liver metastases and promoting tumor cell apoptosis. This study confirms that the therapeutic methods of invigorating the spleen, replenishing qi, and balancing Yin and Yang can restore the balanced state of cellular proliferation and differentiation by regulating abnormally activated signaling pathways. In summary, when the body is in a pathological state of Yang deficiency and Yin excess, inhibited differentiation and excessive division coexist. This pathological nature is highly consistent with the characteristics of malignant tumors; therefore, regulating Yin-Yang balance is an important intervention strategy to inhibit the occurrence and development of tumors.

5. “Yang Transforms into Qi, Yin Forms into Substance” Guides Staged Treatment of Malignant Tumors

Modern pathological staging of malignant tumors includes four progressive phases: pre-cancerous lesions, carcinoma in situ, invasive carcinoma, and metastatic carcinoma. While ancient Chinese medical texts lack explicit staging concepts for tumors, physicians across dynasties gained clinical insights into tumor development through accumulated experience. *The Essential Canon of Medical Studies* states: “In the early stage, when pathogenic factors first arise, Zheng Qi remains strong and Xie Qi is still superficial, aggressive treatment can be applied.” The state of “superficial Xie and unweakened Zheng” corresponds to the stages from precancerous lesions to carcinoma in situ. *The Spiritual Pivot* states: “When pathogens bind with flesh and contend with defensive qi, dominance of Yang causes heat, while dominance of Yin causes cold,” depicting the middle stage of exuberant pathogens, emerging vital qi deficiency, and intense pathogen-vital qi struggle—matching the characteristics of invasive carcinoma [27]. *Orthodox Manual of External Medicine* notes: “Declining qi and blood, emaciated appearance, purple ulcerations with bloody discharge, or lotus-like swelling with foul odor... all signify incurability,” reflecting severe vital qi depletion, deep-toxin penetration, and systemic spread—analogue to the “physical debilitation and essence depletion” in metastatic cancer with systemic failure [28]. This paper takes restoring “qi transformation governing form” as the core, aiming to restore bodily homeostasis by tonifying essence and blood, warming and nourishing qi and yin to recover visceral functions; removing blood stasis to detoxify, and resolving phlegm to dissipate nodules to eliminate pathological products; and implementing syndrome-based medication for different tumor stages by classic theories.

5.1 Pre-cancerous Lesion Stage: Strengthening Vital Qi to Detoxify, Regulating Yin-Yang

The precancerous lesion stage corresponds to a phase of confrontation between vital qi and pathogenic factors, where the body's vital qi remains intact and capable of resisting invasion by toxic evils, and local masses have not yet coagulated into solid lesions. Treatment at this stage should

prioritize Clearing Heat and Removing Toxins, invigorating the Spleen, and Replenishing Qi. This does not merely involve “attacking therapy” but rather creates conditions for vital qi recovery by eliminating local pathogen-toxins and inhibiting the accumulation of abnormal pathological products. Tao Pingping et al. [29] found through clinical trials that heat-clearing and toxin-removing preparations (containing Herba *Hedyotis diffusa*, *Isatis indigotica*, *Phellodendron chinense*, *Sophora flavescens*, *Brucea javanica*, etc.) can clear high-risk human papillomavirus infection by upregulating IFN- γ expression and downregulating IL-4 expression. Clinically, it is crucial to avoid excessive use of heat-clearing and toxin-removing herbs to prevent vital qi depletion. This stage's treatment embodies the specific application of TCM's “preventive treatment” concept in major diseases, emphasizing that the method of invigorating the spleen and boosting qi [30] should run through the entire course of tumor prevention and treatment. Herbs for invigorating spleen qi, such as *Codonopsis Radix*, *Dioscoreae Rhizoma*, *Atractylodis Macrocephalae Rhizoma*, *Astragali Radix*, and *Polygonati Rhizoma*, can protect the middle energizer and enhance vital qi to expel pathogens. Modern studies [31] have confirmed that spleen deficiency plays a significant role in incomplete colonic intestinal metaplasia and dysplasia of gastric mucosa, with clinical interventions often combining spleen-stomach invigoration with heat-clearing, dampness-resolving, and toxin-removing formulas. The team led by Shi Weina [32] used Qi Shen Yi Wei Decoction to treat 83 patients with chronic atrophic gastritis complicated by pre-cancerous lesions, achieving a total effective rate of 95.2%, significantly higher than the control group (Weifuchun Tablets) at 85.7%. It also demonstrated remarkable advantages in reversing mucosal inflammation, atrophy, dysplasia, and optimizing immune regulation indicators. In conclusion, early TCM intervention at this stage can effectively curb the out-of-control abnormal proliferation of cells and prevent disease progression to more severe stages.

5.2 Stage of Exuberant Pathogenic Toxin: Activating Blood Circulation to Dissipate Masses, Eliminating Toxin and Resolving Hardness

If pre-cancerous lesions or early-stage in situ carcinoma are not treated promptly or are mismanaged, the disease may progress to the invasive carcinoma stage. Local accumulation of cancer toxins in the body results from metabolic product buildup and uncontrolled cellular energy proliferation, representing an excessive “yin forming” process [33]. *The Essential Canon of Medical Studies* states: “The formation of accumulation occurs when vital qi is insufficient, allowing pathogens to take hold.” The stage of pathogen-toxin exuberance is characterized by both excess syndromes (phlegm-dampness and blood stasis binding, long-standing cancer toxins attacking viscera) and deficiency syndromes (decline of spleen-kidney yang qi). Thus, clinical treatment should distinguish the predominance of dampness-turbidity, blood stasis, or vital qi deficiency, adopting syndrome differentiation with combined reinforcement and elimination. Specifically, based on the pathogenesis of lung cancer as “phlegm-blood stasis, heat-toxin, and qi-yin injury”, Professor Zhou Zhongying [34] constructed a syndrome differentiation system that emphasizes the equal importance of supporting vital qi and eliminating pathogens. For pathogen elimination, Herba *Hedyotis Diffusae*, *Scutellariae Barbatae*, *Pseudobulbus Cremastrae Seu Pleiones*, *Cortex Lycii Radicis* and *Cortex Mori Radicis* are used to directly reduce cancerous heat-toxins; *Arisaema Cum Bile*, *Radix Ranunculi Ternati* and *Euphorbiae Helioscopiae* are applied to remove phlegm; and *Bombyx Batryticatus*, *Scolopendra*, *Rhizoma Curcumae* and *Rhizoma Sparganii* are employed to activate blood circulation for resolving nodules, breaking the interbinding of phlegm and blood stasis. For vital qi support: *Glehniae Radix*, *Ophiopogonis Radix*, *Rehmanniae Radix Praeparata*, *Lycii Fructus* nourish lung-kidney yin, while *Angelicae Sinensis Radix*, *Ganoderma* harmonize nutrient blood. The “Yi Fei Jie Du Decoction” formed by this “complex prescription composition” achieves multi-target intervention, featuring “detoxification without injuring vital qi, stasis removal without consuming yin, and deficiency tonification without aiding pathogens”. Additionally, Professor Yang Yufei [35] adopted a “two-stage three-step” sequential protocol based on the principle of “tonifying the damaged” to address chemotherapy toxicity. Liu Jun An Wei Decoction relieved gastrointestinal reactions, and Qi

Tu Er Zhi Decoction treated bone marrow suppression, both demonstrating definite clinical efficacy. In summary, mere pathogen elimination in the stage of pathogen-toxin exuberance easily injures vital qi, while pure tonification may aid pathogen progression. Thus, combined reinforcement and elimination—containing cancer toxin spread through pathogen elimination and protecting vital qi via tonification—controls disease progression while enhancing clinical efficacy.

5.3 Stage of Vital Qi Deficiency and Toxin Impairment: Securing and Astringing Three Yin, Supporting Toxin Expulsion and Preserving Fluid

The stage of vital qi deficiency and toxin damage represents the critical terminal phase of malignant tumors, where cancer toxins spread rampantly, involve multiple viscera, and lead to irreversible deterioration. This stage is characterized by both exhaustion of vital qi and deficiency of the source of qi and blood production, as well as rampant phlegm, blood stasis, heat, and toxin, resulting in a dilemma in both eliminating pathogens and strengthening vital qi. Treatment primarily focuses on invigorating qi and nourishing yin to combat cancer, aiming to alleviate clinical symptoms by enhancing innate and adaptive immunity, regulating body metabolism, and reducing inflammatory responses. Studies have shown [36] that Yi Fei Xiao Ji Formula (containing *Pseudostellaria heterophylla*, *Astragalus membranaceus*, *Salvia miltiorrhiza*, *Angelica sinensis*, *Hedyotis diffusa*, *Scutellaria barbata*, *Curcuma phaeocaulis*, *Scorpio powder*, etc.) possesses the effects of invigorating qi, nourishing yin, activating blood circulation, and detoxifying masses. It significantly improves symptoms in advanced non-small cell lung cancer patients, reduces tumor marker levels, and mitigates adverse reactions from chemotherapy. Shi Lin et al. [37] divided 85 advanced lung cancer patients into a chemotherapy combined with qi-yin nourishing therapy group (45 cases) and a pure chemotherapy group (22 cases). Both groups improved symptoms like cough and hemoptysis ($P<0.05$), while the combined group showed more significant effects in relieving shortness of breath and fatigue ($P<0.05$). It also effectively reduced gastrointestinal reactions and outperformed the control group in increasing body weight and KPS scores ($P<0.05$). For patients presenting with critical symptoms such as soreness of the waist and knees, muscle wasting, bone atrophy, and withered complexion, treatment follows the theory of yin-yang deficiency in TCM, using the method of invigorating the spleen and tonifying the kidney. Commonly used Chinese herbs include *Lycium barbarum*, *Cuscuta chinensis*, *Rehmannia glutinosa*, *Achyranthes bidentata*, *Cistanche deserticola*, *Psoralea corylifolia*, etc. In conclusion, the syndrome-based treatment emphasizing tonification in the stage of vital qi deficiency and toxin damage can significantly ameliorate symptoms in advanced cancer and improve patients' quality of life. The classic saying, “With stomach qi, there is life; without stomach qi, there is death,” aptly reflects the superiority of integrating modern medicine with TCM's spleen-kidney tonifying therapy.

6. Summary

This paper, rooted in the theory of yin-yang balance, systematically clarifies the intrinsic logic between tumorigenesis and progression and yin-yang imbalance, and deeply explores the value of the “Yin being balanced and Yang being harmonious” theory in blocking tumor progression. Starting from revealing the pathological chain of tumor development—“yin-yang imbalance - endogenous cancer toxin - vital qi damage and collateral impairment,”—this paper proposes that the core therapeutic principle lies in “regulating yin and yang, strengthening vital qi and eliminating pathogenic factors”. Specifically, in the precancerous lesion stage, emphasis is placed on eliminating pathogenic factors and attacking toxin; in the stage of exuberant pathogenic toxin, attention is paid to combining toxin-attacking, pathogenic factor-eliminating with vital qi-strengthening; and in the stage of vital qi deficiency and toxin impairment, the key to treatment should be strengthening vital qi and consolidating the root. Tumorigenesis and progression are dynamic and progressive processes. Stage-based treatment needs to accurately grasp the primary and secondary contradictions of pathogenesis at different stages, combine therapeutic methods in an orderly manner, and it should be noted that

strengthening vital qi and cultivating the root should permeate the entire course of tumor pathogenesis. Re-examining tumor pathogenesis from the perspectives of “supporting yang qi to regulate energy metabolism equilibrium” and “attacking toxins to disperse nodules for preventing abnormal tumor cell proliferation and accumulation” not only embodies the inheritance and innovation of TCM theory but also serves as a critical practice to integrate the holistic view of TCM with micro-mechanistic research in modern medicine. The syndrome differentiation and treatment model of “taking yin-yang as the guiding principle and combining disease identification with syndrome differentiation” will provide theoretical reference and practical guidance for clinical anti-tumor therapy.

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