

Scope of the use of natural and traditional medicine in cancer patients

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Abstract:

Rationale: Cancer is the second cause of death in Cuba and the first in Camagüey. To control it, strategies are required regarding the use of medical resources. Natural and Traditional Medicine (NTM) has a group of procedures and modalities that, on the one hand, have been used to treat symptoms related to Cancer, however, these elements have not been generally disclosed. Objective: Show the scope of MNT modalities for the treatment of cancer patients. Material and method: A bibliographic review is carried out with the objective of compiling the MNT modalities that may or may not be used in cancer patients. Results: The modalities that have a favorable scope in the oncological patient. Conclusions: Knowledge of the scope and limitations of MNT modalities in cancer patients is important for their use.

Key words: cancer/diagnosis; acupuncture/therapy; phytotherapy/therapy

Introduction

Cancer currently constitutes a serious health problem at an international and national level. It is the second cause of death in Cuba, preceded only by cardiovascular diseases. One of the aspects that continue to be improved is its treatment and its control. (1,2,3,4)

Natural and Traditional Medicine (NTM) or Alternative and Complementary Medicine (ACM), which are described interchangeably throughout the world, have shown certain effectiveness in the treatment of some symptoms and signs and in the quality of life of the cancer patient. (5,6,7)

In 2015 and 2019 respectively, the Minsap approved the application, development and generalization of a group of MNT modalities for the treatment of different diseases and symptoms that affect the general population. (5,6,7,8,9,10)

This application has been carried out satisfactorily, to the point that the Army General expressed that the MNT is here to stay; However, the use of it in general and its modalities in particular in cancer patients presents little national scientific evidence, specifically in the treatment of some of

its symptoms and a low level of knowledge in the general population and among health professionals in particular, so it is necessary to show the benefits of MNT in cancer patients. (11,12,13,14)

General objective: Show the scope of Natural and Traditional Medicine in cancer patients.

Material and method

A bibliographic review was carried out on the use of MNT in cancer patients with the objective of determining the real possibilities of application, as well as its therapeutic limitations.

Books, articles and publications in serial scientific journals were reviewed, as well as the study programs of the MNT specialty and other related ones such as Nutrition, Pharmacy.

The modalities approved in resolutions 381 and 452 of the Minsap in 2015 and 2019 respectively were taken into account.

The results were captured in tables to synthesize the information, as well as for methodological analysis.

Approved modalities
1. Acupuncture
2. Phytotherapy
3. Apitherapy
4. Homeopathy
5. Flower therapy
6. Ozone therapy
7. Medical hydrology
8. Helium-Thalassotherapy
9. Nutritional guidance
10. Therapeutic exercises
11. Ayurveda Medicine

Source: Official Gazette 381/2015 and 452/2019

Table 1: MNT modalities approved in resolutions 381 and 452 of the Minsap.

As can be seen in Table 1, the modalities of the MNT approved by the Minsap for its application, development and generalization in Cuba are shown. Each one has its definition and particularities of employment, so that these resolutions serve as primary documents for their application in the treatment of tax diseases. López Puig and collaborators in their work: Integration of natural and traditional Cuban medicine in the health system,

show their compliance in Health, as well as their integration possibilities. (5)

On the other hand, Guillaume Ramírez and collaborators in their research: Knowledge and application of natural and traditional medicine by health professionals and technicians, shows the level of knowledge about MNT by them in our country, as well as the types of this that are used. (6)

Modalities of the MNT Scope Procedures	Scope	Procedures
Acupuncture	- Symptomatic treatment - Quality of life.	- Acupuncture - Electro acupuncture - Moxibustion - Auriculotherapy - Tuina massage - Pressure digit
Phytotherapy	- Symptomatic treatment. - Antitumor activity. - Immunostimulant. - Antioxidant - Quality of life	- Dry drug - Tinctures - Syrups - Aqueous extracts - Poultices - Vimang®
Apitherapy	- Immunostimulant - Pain reliever - Anti-inflammatory - Antitumor	- Bee venom - Propolis - Natural honey
Homeopathy	- Symptomatic treatment	- Relief - Repertorized medication - VidaTox ®
Flower therapy	- Symptomatic treatment -	- Rescue remedy - Personalized remedy
Ozone therapy	- Antioxidant - Immunostimulant - Promote Chemo and Radiotherapy (QT and RT) - Reduce or prevent post-QT and RT symptoms. - Quality of life.	- Systemic ozone therapy
Medical hydrology	- Symptomatic treatment - Quality of life	- Baths, showers, jets. - Balneotherapy (KNEIPP, Epson)
Helium-Thalassotherapy	- Immunostimulant.	- Dosed Sunbaths.

	- Symptomatic treatment.	- Phototherapy. - Sea Baths.
Nutritional guidance	- Antitumor. - Immunostimulant. - Pain reliever. - Nutritious. - Symptomatic treatment. - Quality of life.	- Healthy diets. - Fasting. - Juice therapy. - Remedies. - Eating habits. - Trophotherapy.
Therapeutic exercises	- Immunostimulant. - Antioxidant. - Symptomatic treatment. - Quality of life.	- Traditional exercises (Tai Chi, Yoga, Chi Kung, Dance therapy)
Ayurveda Medicine	- Antitumor. - Immunostimulant. - Symptomatic treatment. - Quality of life.	- Panchakarma, Ayurveda diet. - Ayurveda massage, Aromatherapy. - Exercises (Yoga), Heliotherapy. - Music therapy, Color therapy. - Meditation, Mantras. - Pranayama, Ayurveda Clock.

Source: Survey.

Table 2: Scope of MNT in cancer patients.

As can be seen in Table 2: Scope of MNT in the cancer patient, all its modalities exert a positive influence on some of the pathogenic aspects in the Cancer patient.

In the case of acupuncture, the common denominator of its procedures is that of symptomatic treatment. Mainly in the relief of chronic oncological pain, applying either acupuncture, electro acupuncture, auriculotherapy or the ear microsystem. This evidence is shown in the work of Zahyli and collaborators: Effectiveness and safety of electroacupuncture in patients with skin cancer, in which they demonstrate the effectiveness of the acupuncture technique in these patients. (13)

The clinical experiences acquired by Arango and collaborators in their work are also shown: Integrative Medicine: effects of acupuncture and its clinical application in conventional medicine, in which they present the feasibility of acupuncture in cancer pain. (14)

The ear microsystem has also demonstrated effectiveness as a symptomatic treatment of pain in cancer patients, so it can be used as a complement in these patients. (15)

Another important evidence of the use of acupuncture and its related techniques such as Moxibustion is in their use for the treatment of leukopenia. (16)

And on the other hand, acupuncture has demonstrated its effectiveness in the preventive and therapeutic control of nausea and vomiting induced by chemotherapy, an aspect that is already in the care protocols in these health centers. (17)

Phytotherapy is the MNT modality that can be considered a flagship in terms of the possibilities of application in cancer patients since it can not only be used for its antitumor activity, but also for symptomatic treatment, as well as for its antioxidant and immunostimulant action. and nutritious. There is multiple scientific evidence shown in which medicinal plants have been used for the treatment of cancer patients. In fact, in Cuba there is a cultural and scientific tradition of its application. However, consensus

between professionals and the population is required for its application. (18-28)

In the case of Apitherapy, despite being one of the modalities widely used by the general population, there is only poor scientific evidence regarding its effects on cancer patients. Studies have only shown the reach of honey, propolis and bee venom. (29)

Regarding Homeopathy, there is little scientific evidence about its use in Cancer patients. Only its possibilities of application are described according to the symptoms and types of Cancer without evident results to date. (30)

With respect to Ozone Therapy, there is not enough scientific evidence on its use in antitumor control, however, good experiences have been described in the treatment of post-CT or RT symptoms, even in potentiating the effects of these therapies. (31)

Hydrotherapy is that modality whose use in cancer patients has traditionally been questioned, since due to the physical properties of water it could either help the patient's evolution of their disease or interfere with their treatments. Its use has generally been recommended to improve the patient's quality of life in terms of general symptoms of the osteomyoarticular system, without other therapeutic effects.

Helio-thalassotherapy shows little scientific evidence regarding the control of Cancer in general. Scientific studies have been carried out to show the benefits of ultraviolet radiation on the immune system, despite having another group of professionals who do not suggest its application, mainly in skin cancer, due to the possibilities of recurrence or exacerbation. In general, it is prescribed in dosage and in specific body areas. However, it is recommended to at least sunbathe for 20 minutes a day to obtain the benefits of vitamin D production (between 8,000 IU to 10,000 IU), however, this exposure must be controlled to avoid damage from the rays. solar. (31)

Nutritional guidance: This modality constitutes the one with the greatest positive or negative influence on the development, cure and progress of

Cancer in general and the treatment of symptoms in particular. In the case of the use of either diet, healthy eating habits, the use of a certain type of food such as fruits, vegetables, foods rich in fiber, etc., to control the development of Cancer in general or to counteract the symptoms after QT and RT, most of them and their way of application are known, even demonstrated in scientific research.

On the other hand, there are healthy lifestyles, the recommendation of some type of food, considered as a specific remedy for a certain condition in cancer patients whose application is known to have excellent results. (32)

The high consumption of vitamin D and Calcium was shown in the EPIC study to have an inversely proportional relationship to the incidence of Cancer in general, as well as vitamins C and E and beta-carotenes and Retinol. High consumption of vitamins B2 and B 6 also prevents the progression of Cancer or its appearance.

There is also an effective and harmless variant within this modality with good results both in the progress of cancer and its control, which is intermittent fasting. This procedure, despite having people who do not prescribe them due to the risk of suffering anemia or some type of dehydration, indicated and applied correctly, will achieve excellent results in these two medical possibilities. (33)

Among the types of healthy diets, the one with the highest recommendation in general is the Mediterranean, followed by the Vegetarian and Vegan, due to their high consumption of fruits, vegetables, fibers and fish. (33)

Exercises in general and therapeutic exercises in particular have shown effectiveness in terms of improving the quality of life of the patient, treating or preventing some symptoms such as fatigue, anxiety, depression, as well as immunostimulating, managing to counteract certain infectious diseases. and thus prevent complications, in addition to the antioxidant effects that are achieved with its practice. (34)

Ayurveda medicine constitutes a type of special medicine for the control of Cancer in general and cancer patients in particular. For her, the most important thing to control Cancer is to practice a healthy lifestyle. (35,36,37,38)

She has a group of therapeutic procedures capable of achieving these purposes. The drawback in our country is, on the one hand, the little medical knowledge regarding its practical application and the non-existence of material resources to be able to apply it, so that only its theoretical possibility of use remains. However, it does have a series of procedures that are applicable in Cuba, such as exercises (Yoga), music therapy, meditation, nutrition, herbal medicine, massages, as well as other noble techniques such as color therapy. and aromatherapy.

Conflict of Interests

The authors declare that does not exist an interest conflict

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