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【Role of supplements in integrative medicine for cancer — Based on experience of Taheebo use】

がん統合医療におけるサプリメントの役割 —タヒボの使用経験から—

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要旨:

【緒言】

現代西洋医学のがん治療は、がん細胞を殺すことだけを考え、患者の免疫に目が向けられていない。そこで近年、現代西洋医学に自然治癒力を増強させることを目的にサプリメントや補完代替医療を併用したがん統合医療が注目され始めた。

【目的】

当院でタヒボを使用する機会を得たので、タヒボのがん統合医療における役割・意義について臨床的に検討した。

【方法】

がん統合医療を目的に①術前、②術後、そして③進行がん患者へ、タブエビア・アベラネダエの内部樹皮を原料とする樹木茶 TAHEEBOを飲用させた。

【結果】

- ①において抗がん剤の副作用が軽減でき、スムーズに手術が行えた。
- ②において免疫が維持され、再発予防が期待された。
- ③においてQOLが維持された。

【考察】

がん患者が用いるサプリメントは一般的に、治療の手立てがなくなってから主治医より許可され、その後始める場合が多い。しかしがん統合医療として使用する場合、術前(副作用防止)、術後(免疫増加による再発予防)の使用意義は大きいと思われた。また進行がん患者においても、副作用を軽減しながら長期間の抗がん剤治療が受けられる可能性もある(腫瘍との共存)。以上により、がん統合医療におけるサプリメントの役割は大きく、その使用法は今後の研究課題である。

■ English translation

Abstract:

[Background]

Cancer treatment in Western medicine focuses only on the cytotoxic effect on cancer cells, without considering the role of immune effects of the patients. In recent years, however, integrative medicine for cancer has attracted attention, which uses supplements and/or complementary and alternative medicine concurrently with contemporary Western medicine with the aim of boosting the natural healing potential of the patients.

[Objective]

We evaluated the role and relevance of Taheebo in integrative medicine for cancer in our institution.

[Methods]

With the objective of providing integrative medicine for cancer, we administered Taheebo tea produced from the inner bark of *Tabebuia Avellanae* orally to 1) preoperative cancer patients, 2) postoperative cancer patients, and 3) patients with advanced cancer.

[Results]

In patients 1), side effects of anticancer drugs were reduced, which allowed easier course of surgical operations.

In patients 2), immune effects were maintained, and thus prevention of recurrence might be expected.

In patients 3), their quality of life (QOL) was maintained.

[Conclusion]

In most cases, supplements for cancer patients are permitted for use by the responsible physician generally at the stage of having no other measures in Western medicine. Based on our experience, however, we expect that Taheebo has significant relevance in integrative medicine for cancer when it is used preoperatively (for side effects prevention) and/or postoperatively (for recurrence prevention due to enhanced immunity). Also in patients with advanced cancer, Taheebo may contribute to allowing them to receive anticancer chemotherapy for longer periods by reducing the side effects (palliative care). In conclusion, supplements may play a significant role in integrative medicine for cancer, and study on how to incorporate them in the Western medicine is required.