



Improve Chemotherapy-Induced Nausea and Vomiting: Medicinal Cuisine and Acupressure Treatment

改善化療引致噁心嘔吐：藥膳與穴位按摩處置(英文)

Patients often feel nausea, vomiting, flatus, and poor appetite after chemotherapy. The following introduces methods frequently used in Chinese medicine to help you reduce nausea, vomiting and gastrointestinal discomfort symptoms in the process of chemotherapy.

Medicinal Cuisine

- Hawthorn malt tea

Material : Fried Hawthorn 6 grams, fried malt 37.5 grams.

Steps : Cook fried hawthorn and malt in 600 c.c. of water for 30 minutes. Drink separately. Some drink before the meal will improve appetite and drink some after the meal will help digestion.

- Zhu Ru drink

Material : Zhu Ru (Caulis Bambusae in Taenia) 2 pcs, dried tangerine 37.5 grams.

Steps : Cook Zhu Ru and dried tangerine in water together. Add moderate amount of cubed sugar according to personal preference. Make it as an alternative to drinking water.

- Perilla Plum Rice Porridge

Material : Perilla plum 10 pcs, rice or brown rice 1 cup

Steps : Cook perilla plum and rice into porridge, which can be used as main source in case the patients lose the appetite to eat during/after chemotherapy.

Avoid the following food in case of feeling nausea and vomiting from chemotherapy.

Spicy food: Chili, garlic, coriander, old ginger, green onion, Chinese barbeque source.

Hot food: Fennel, Chinese leek, cinnamon, lychee, and wine.

Food that is too greasy or sweet.

Acupressure

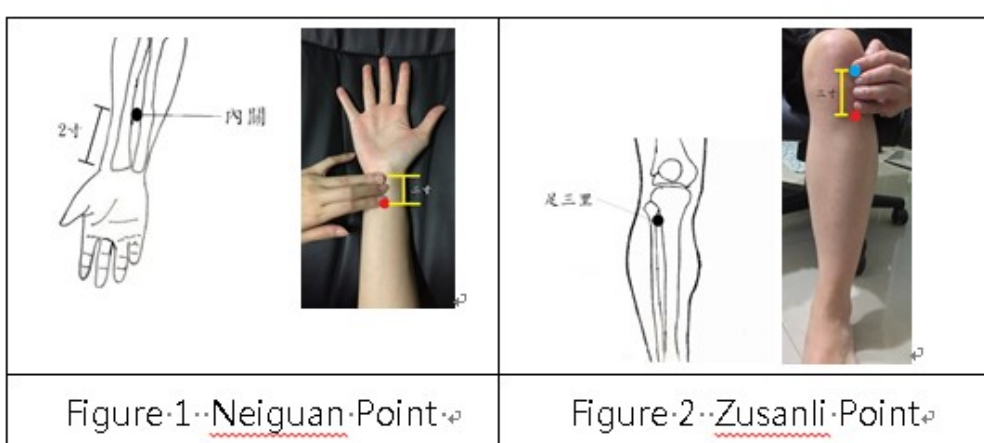
- Acupuncture Point 1 : Neiguan Point(PC6)

Location : On the side of upper arm, 2 inches upward from transverse crease of the wrist (approximately 3-phalanx wide), between the two tendons of ulna and radius, as shown in Figure 1.

Massage technique : Press vertically downward for 5~10 seconds each time. Press 20 times consecutively each on left and right hand.

Massage time : Press to help appetite before eating, when feeling nausea, vomiting or upper abdominal bloating.

Function : Smooth the stomach and chest, reduce reflux and prevent vomiting.



- Acupuncture 2 : Zusanli Point (SP36)

Location : 3 cun below the lower border of the patella (approximately 4-phalanx wide), one finger width lateral from the anterior border of the tibia, as shown in Figure 2.

Massage technique : Exert force downward and massage in circulation motion.

Massage time : Any time as routine care.

Function : Regulate spleen and stomach to tonify Qi and blood.

- Precaution : Patients with low platelet may not receive acupressure.

若有任何疑問，請不吝與我們聯絡
電話：(04) 22052121 分機 1185
HE-90090-E