

## Reflections on the research of Traditional Chinese Medicine

Hua Yan

School of Basic Medical Sciences, Chengdu University of Traditional Chinese Medicine, Chengdu 611137, China

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\***Author for Correspondence:** Hua Yan, School of Basic Medical Sciences, Chengdu University of Traditional Chinese Medicine, Chengdu 611137, China; E-mail: yhua23@126.com

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Mechanism of traditional Chinese medicine (TCM) is worth research. TCM has been used for thousands of years. It has very rich clinical experience and a large number of clinical cases accumulation. However, in order to make it develop rapidly and spread widely. I think it is necessary to study its mechanism in depth to clarify its material basis. In recent years, we've done some exploratory research in this area. Zhidai Decoction (ZDD) is effective traditional Chinese herbal formulation for gynecological diseases, especially those with various leucorrhea abnormalities. At the moment, cervical cancer is still one of the most malignant tumors that endanger women's health. One of the typical symptoms of cervical cancer is leucorrhea anomaly. For example, cervical cancer has symptoms such as increased vaginal secretions and bloody leucorrhea and so on. We have explored the anti-cervical cancer effect of ZDD. First of all, we found that ZDD has a certain inhibitory effect on cervical cancer. The main manifestation is that it can improve the systemic symptoms of tumor-bearing mice to some extent and can reduce vaginal secretions. Secondly, we make a inquiry the mechanism of ZDD anti-cervical cancer. A number of key findings has been enunciating in

a paper entitled "Inhibitory Effects of Zhidai Decoction on Cervical Cancer by Restoring the Balance of Vaginal Microbiota". This paper was published in Evidence-Based Complementary and Alternative Medicine journal magazine in august 2020. This paper not only reveals that the ZDD has a certain anti- Cervical cancer effect, but also expounds one of its mechanisms. The key is that this anti-tumor effect is different from traditional Surgical procedures, radiotherapy, chemotherapy. ZDD could be through multi-channel, multi-directional, multi-targets adjustment. Such as it may be by reducing the amount of pathogenic bacteria, increasing the amount of probiotics. It also could adjust microbiota structure, species abundance and community compositions of vaginal microbiota etc. Eventually, ZDD could be improve body immunity. The body gradually renew to normal state. This suggests a new idea that antitumor therapy may also improve the efficacy by regulating the distribution of local microbial communities.

All in all, TCM as part of complementary medicine and alternative medicine deserves deep and extensive research and it will be fruitful.