Tian Xian

This information describes the common uses of Tian Xian, how it works, and its possible side effects.

Common Name

Tian-Xian Liquid, Tien Hsien, Tien-Hsien Liquid

How It Works

Tian Xian showed anticancer effects in laboratory studies and in animal models. Clinical data are needed to confirm such effects.

Tian Xian is an herbal extract used in traditional medicine and consists of the following herbs: *Cordyceps sinensis* (Dong Chong Xia Cao), *Astragulus membranaceus* (Huang Qi), *Ganoderma lucidum* (Ling Zhi), *Panax ginseng* (Ren Shen), *Atractylodes macrocephalae* (Bai Zhu), *Dioscorea batatas* (Shan Yao), *Codnopsis pilosula* (Dang Shen), *Pogostemon cablin* (Huo Xiang), *Lycium barbarum* (Gou Qi Zi), *Pteria margaritifera* (Pearl Powder), *Ligustrum lucidum* Ait (Nu Zhen Zi), and *Radix glycyrrhizae* (Licorice). Ingredients may vary depending on manufacturers.

Promoters of Tian Xian claim that it has immunomodulating and anticancer effects. Laboratory studies show that it can increase the number of immune cells upon stimulation with antigens, and also has anticancer effects. A small study in breast cancer patients suggests that it may improve quality of life and alleviate side effects associated with chemotherapy. Larger controlled trials are needed to confirm these effects and to determine safety.

Purported Uses
• **Immunomodulation**
  A laboratory study showed that Tian Xian increased the number of immune cells when stimulated with specific antigens.

• **Cancer Treatment**
  Lab studies show that Tian Xian has anticancer properties. A small study in breast cancer patients suggests that it may improve quality of life and alleviate chemotherapy side effects, but larger studies are needed to confirm effects and ensure safety.

**Do Not Take If**

• You have **hypersensitivity to any of the constituents**. In addition, please see individual monographs for more drug interactions: *Cordyceps*, *Astragulus*, *Reishi mushroom*, *Asian ginseng*, *Lycium*, *Ligustrum lucidum*, and *Licorice*.

• You are taking **cytochrome P450 substrate drugs**: Tian Xian may affect how these drugs are metabolized.

• You are **receiving chemotherapy**: Tian Xian may alter the effects of conventional therapies.

**Side Effects**

• A case of unexplained splenic cyst: In a 55-year-old breast cancer patient after receiving Tian Xian liquid.

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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