

Lung Patterns

DSY class 4

- The main Lung function is that of governing Qi and deficiency of Qi is the most important Deficiency pattern of the Lungs.
- The Lungs also have a dispersing and descending function and they are the most "exterior" organ controlling the skin and Defensive Qi. This means that the Lungs are the first organ to be affected by exterior pathogenic factors such as Wind-Cold and Wind-Heat.
- All the Deficiency patterns of the Lung revolve around Deficiency of Qi and most of the Excess patterns revolve around invasion of the Lungs by exterior pathogenic factors.

GENERAL ETIOLOGY

- EXTERIOR PATHOGENIC FACTORS
- The Lungs control the skin, they are the most "exterior" of the organs and influence Defensive Qi: for all these reasons, the Lungs are the organ which is most easily and directly affected by exterior pathogenic factors.
- The Lungs are sometimes called the "delicate" organ because of their susceptibility to invasion by exterior pathogenic factors. Exterior pathogenic factors engage in a fight with Defensive Qi and impair the Lung dispersing and descending functions.

- Wind usually combines with Cold and Heat to form Wind-Cold and Wind-Heat: these are the two most common exterior pathogenic factors to attack the Lungs.
- When the Lungs are attacked by these exterior pathogenic factors, it is the Lung Exterior portion (or Lung-Defensive Qi portion) which is invaded, not the Lung organ itself. The pattern is therefore an exterior one, even though there may be such symptoms as cough.
- The Lungs are also easily injured by Dryness. Dampness does not usually attack the Lungs directly, except when combined with Wind, in which case it will impair not only the Lung dispersing and descending function, but also its function of regulating the Water passages, giving rise to facial edema.

- DIET
- The excessive consumption of cold and raw foods can generate internal Dampness which affects the Spleen and is often "stored" in the Lungs. For this reason, an excessive consumption of cold and raw foods is contraindicated in cases of asthma due to Damp-Phlegm in the Lungs. Excessive consumption of dairy has the same effect on the Lungs, giving rise to Phlegm.

- LIFE-STYLE
- Sitting for long periods of time bent over a desk to read or write can weaken Lung-Qi (because the chest is impeded and proper breathing impaired). Smoking also creates heat and injures the Lung Yin.
- EMOTIONS
- The emotions pertaining to the Lungs are sadness and worry. Both these emotions have an effect on the Lungs if they persist over a long period of time. In particular, sadness causes deficiency of Lung-Qi and worry causes stagnation of Qi in the chest which affects the Lungs.

Deficiency Patterns

LUNG-QI DEFICIENCY

- Clinical Manifestations
- Slight shortness of breath, slight cough, weak voice, spontaneous daytime sweating, dislike of speaking, bright-pale complexion, propensity to catching colds, tiredness, dislike of cold.
- Tongue: Pale.
- Pulse: Empty, particularly in the right Front position.
- Key symptoms: shortness of breath, weak voice, Empty Pulse.

- Pathology
- The Lungs govern Qi and respiration, and when Qi is deficient, breathing is short especially on exertion.
- The Lungs send Qi downwards and if Lung-Qi is deficient, Qi cannot descend and will cause cough.
- The tone and strength of voice is an expression of the strength of the Gathering Qi which depends on Lung-Qi, hence the weak voice and dislike to speak in this pattern.
- Lung-Qi controls Defensive Qi which regulates the opening and closing of the pores. When Lung-Qi is weak, the Defensive Qi is weak and the pores become flaccid and let sweat out.

- Defensive Qi also has the function of warming the skin and muscles, hence the dislike of cold in the Lung-Qi deficiency pattern.
- Finally, Defensive Qi protects the body from exterior pathogenic factors and when Lung-Qi is deficient, Defensive Qi is not strong enough to perform its protective function and the body is easily prone to invasion of exterior Cold.
- The Empty Pulse reflects the deficiency of Qi.

- Etiology
- 1) hereditary weakness
- 2) prolonged stooping over a desk for long hours. This constricts breathing and may cause Lung-Qi deficiency.
- 3) exterior attack of Wind-Cold or Wind-Heat which is not treated properly, so that some pathogenic factor remains in the body and, in the long run, causes Lung-Qi deficiency.

Treatment

- Principle of treatment: tonify Lung Qi, warm Yang.
- Formula: Su Zi Jiang Qi Tang (Perilla Fruit Decoction for Directing Qi Downward)
- Points: LU-9, LU-7, Ren-6, BL-13, Du-12, ST-36, Ren-12.
- Method: reinforcing method, moxa is applicable.
- Explanation
- LU-9 tonifies Lung-Qi.
- LU-7 stimulates the descending of Lung Qi; particularly useful if there is a cough or a residual pathogenic factor from a previous attack of Wind-Cold or Wind-Heat.

- Ren-6 tonifies Qi.
- BL-13 tonifies Lung-Qi.
- Du-12 tonifies Lung-Qi and is particularly important to use in chronic cases.
- ST-36 and Ren-12 tonify Stomach and Spleen Qi. It is often necessary to tonify the Stomach and Spleen in order to nourish the Lungs. In 5-Element terms this corresponds to "Tonifying Earth to nourish Metal".

LUNG-YIN DEFICIENCY

- Clinical Manifestations
- Cough which is dry or with scanty sticky sputum, weak and/or hoarse voice, dry mouth and throat, tickly throat, tiredness, dislike of speaking, thin body or chest, night sweating.
- Tongue: Normal color, dry without coating or rootless coating in front.
- Pulse: Floating-Empty and Rapid.
- Key symptoms: dry cough, weak-hoarse voice, dry throat, night sweating.

- *if Empty-Heat: afternoon fever, feeling of heat in the evening, 5-palm heat, malar flush.
- Tongue: Red without coating.
- Pulse: Floating-Empty and Rapid.

- Pathology
- This is characterized by deficiency of Body Fluids and ensuing dryness. Hence the dry cough, dry throat and mouth, tickly throat and hoarse voice.
- When Yin deficiency is pronounced, Empty-Heat is produced causing a low-grade fever, a feeling of heat, malar flush, 5-palm heat, night sweating and a Rapid pulse.
- It must be emphasized that a Red and completely Peeled tongue only appears in the late stages of Yin deficiency, whereas in the beginning stages and in a young person, the tongue may not be completely Peeled.

- Etiology
- Smoking, sadness and grief in a person with constitutional Yin deficiency, or excessive use of the voice.
- Lung-Yin deficiency is often associated with Stomach and/or Kidney-Yin deficiency. An irregular diet such as eating late at night or eating in a hurry, can cause Stomach-Yin deficiency, while overwork over a long period of time can cause Kidney-Yin deficiency.
- Lung-Yin deficiency can also develop from a condition of dryness of the Lungs which, in turn, may originate internally or externally.

Treatment

- Principle: tonify Lung-Yin, nourish Fluids, clear Empty-Heat.
- Formula: Bai He Gu Jin Tang (Lily Bulb Decoction to Preserve the Metal)
- Points: LU-9, Ren-17, BL-43, BL-13, Du- 12, Ren-4, KI-6, Ren-12, SP-6, LU-10, LI-11.
- Method: reinforcing; reduce LU-10, LI-11, no moxa.
- Explanation
- LU-9, BL-43 tonify Lung-Yin (BL-43 for chronic cases).
- Ren-17, BL-13 and Du-12 tonify Lung Qi and Yin.
- Ren-4, KI-6 nourish Kidney-Yin.
- Ren-12 tonifies the Stomach and nourishes fluids.
- LU-10, LI-11 clear Heat.

Excess Patterns

INVASION OF LUNGS BY WIND-COLD

- Clinical Manifestations
- Aversion to cold, fever, cough, itchy throat, slight breathlessness, blocked or runny nose with clear-watery discharge, sneezing, occipital headache, body aches.
- Tongue: thin-white coating.
- Pulse: Floating-tight.
- Key symptoms: aversion to cold, sneezing, Floating pulse.

- Pathology
- Exterior Wind-Cold attacks the Defensive-Qi layer of the Lung system and the exterior Cold engages in a fight with the Defensive Qi. Fever results from this fight.
- Exterior Cold impairs the descending of Lung Qi causing cough and blocked or runny nose. The exterior Cold also obstructs the circulation of Defensive Qi resulting in occipital headache, body aches and aversion to cold, as it prevents Defensive Qi from warming the muscles.

- The tongue may not show much at all in the beginning stages. The body color will be unchanged and there might only be a thin-white coating, white indicating Cold, and thin indicating that the pathogenic factor is at the beginning stage.
- The Pulse will be Floating reflecting the rush of the body's Qi to the exterior layers to fight the pathogenic factor. It might be Floating in all positions, or only in the Front ones, or even only in the right Front position (Lungs).

- Etiology
- This is due to exposure to Wind and Cold.
- Invasion of the Lungs by Wind-Cold is due to the relative weakness of the body's Qi in relation to the pathogenic factor at that particular time. Thus the person need not have been exposed to extremes of wind and cold to develop the above symptoms and signs. This explains why we can catch a cold in any season, even during a hot summer, and not just in wintertime.

Treatment

- Principle: release the Exterior, expel Cold, stimulate the Lung descending and dispersing function.
- Formula: Ma Huang Tang (Ephedra Decoction)
- Points: LU-7, BL-12, Du-16.
- Method: reducing method, moxa is applicable after needling.
- Explanation
 - LU-7 disperses Wind-Cold, releases the Exterior and stimulates the Lung descending and dispersing functions.
 - BL-12 releases the Exterior and expels Wind.
 - Du-16 expels Wind, and is useful if there is headache.

INVASION OF LUNGS BY WIND-HEAT

- Clinical Manifestations
- Cough, fever, aversion to cold, cough, sore throat, blocked or runny nose with yellow discharge, sneezing, headache, body aches, slight sweating, slight thirst, swollen tonsils.
- Tongue: slightly Red on the sides or tip, possibly thin white or yellow coating.
- Pulse: Floating-Rapid.
- Key symptoms: Fever, aversion to cold, sore throat, Floating-Rapid pulse.

- Pathology
- Same as for Invasion of Wind-Cold, except that Wind in this case combines with Heat. In Wind-Heat there is more often a fever. There is also aversion to cold, due to the fact that the pathogenic factor obstructs the circulation of the Defensive Qi which therefore cannot warm the muscles.
- Exterior Heat dries up Body Fluids resulting in thirst and a sore throat.
- The tongue coating can be white because in the very beginning stage of invasion of Wind-Heat there is not enough time for the Heat to turn the coating yellow.

- Etiology
- This is due to exposure to climatic wind and heat. Similarly as for Wind-Cold, there are many artificial factors which may cause invasion of Wind-Heat, such as central heating and certain other artificial sources of heat at the place of work (such as for cooks or steel-workers).

Treatment

- Principle of treatment: release the Exterior, clear Heat, stimulate the Lung descending and dispersing functions.
- Formula: Yin Qiao San (Honeysuckle and Forsythia Powder)
- Points: LU-7, L.I.-4, L.L-11, LU-11, Du-14, BL-12, Du-16, GB-20, TB-5.
- Method: reducing method, no moxa.
- Explanation
- L.I.-4, L.I.-11 release the Exterior and clear Heat.
- LU-11 indicated for sore throat and swollen tonsils.
- Du-14 clears Heat.
- BL-12, Du-16 and GB-20 expel exterior Wind.
- TB-5 releases exterior Wind Heat

INVASION OF LUNGS BY WIND-WATER

- Clinical Manifestations
- Sudden swelling of eyes and face, gradually spreading to the whole body, bright-shiny complexion, scanty and pale urination, aversion to Wind, fever, cough, slight breathlessness.
- Tongue: White-sticky coating.
- Pulse: Floating-Slippery.
- Key symptoms: sudden swelling of face, aversion to Wind, Floating-Slippery pulse.

- Pathology & Etiology
- This is an exterior pattern due to attack of Wind-Cold and Dampness. It impairs the Lung function of controlling Water passages resulting in facial edema and scanty urination.
- The cough and breathlessness are due to the impairment of the descending of Lung Qi.
- The slippery tongue coating and pulse reflect the presence of Dampness.
- The Floating Pulse reflects the presence of a pathogenic factor on the Exterior.

Treatment

- Principle: release the Exterior, expel Cold, resolve Damp, restore descending of Lung Qi, open the Water passages.
- Formula: Fang Ji Huang Qi Tang (Stephania and Astragalus Decoction)
- Points: LU-7, L.I.-6, L.I.-7, L.I.-4, BL-12, Ren-9, BL-13, Du-26.
- Method: reducing method.
- Explanation
- LU-7 releases the Exterior, stimulates the descending of Lung Qi and opens the Water passages.
- L.I.-6 opens the Lung Water passages.
- L.I.-7 is used for acute conditions affecting LI channel.

- L.I.-4 releases the Exterior and opens the Water passages.
- BL-12 and BL-13 release the Exterior and stimulate the descending of Lung-Qi.
- Ren-9 opens the Water passages and resolves edema.
- Du-26 opens the Upper Jiao Water passages

LUNG HEAT

- Clinical Manifestations
- Cough, slight breathlessness, feeling of heat, chest ache, flaring of nostrils, thirst, red face.
- Tongue: Red with yellow coating.
- Pulse: Overflowing-Rapid.
- Key symptoms: cough, feeling of heat, thirst, red tongue with yellow coating.

- Pathology & Etiology
- Lung Heat usually derives from an exterior pathogen which enters the interior.
- Heat in the Lungs impairs descending of Lung Qi and causes cough and breathlessness. Obstruction causes the aching in the chest. Flaring of nostrils indicates an acute case of penetration of an Exterior pathogen into the Lungs.
- Chronic cases usually involve retention of residual pathogenic factor; this may happen after a course of antibiotics (sometimes antibx, which are very cold energetically, will "freeze" the pathogen rather than eliminating it - rh).

Treatment

- Principle: Clear Heat, restore the descending of Lung Qi.
- Formula: Ephedra, Apricot Seed, Gypsum and Licorice Decoction (Ma Xing Shi Gan Tang)
- Points: LU-5, LU-10 LU-7, LU-1, LI-11, BL-13.
- Method: reducing.
- Explanation
- LU-5, LU-10 clear Lung Heat.
- LI-11 clears Heat.
- Ren-17 stimulates the descending of Lung Qi.
- LU-7 restore the descending of Lung Qi.
- LU-1, BL-13 clear Lung Heat, descend Lung Qi.

DAMP-PHLEGM IN THE LUNGS

- Clinical Manifestations
- Chronic cough coming in bouts, profuse white sticky sputum which is easy to expectorate, white-pasty complexion, phlegm in the throat, feeling of oppression of the chest, shortness of breath, dislike of lying down, wheezing, nausea, feeling of heaviness, dizziness and heaviness of the head.
- Tongue: Swollen with sticky white coating.
- Pulse: Slippery or Soggy.
- Key symptoms: Chronic cough with profuse white sputum, thick-sticky white tongue coating.

- Pathology
- This is a chronic Excess pattern, characterized by the presence of Phlegm retained in the Lungs. However, the Phlegm usually arises from chronic Spleen dysfunction.
- Phlegm is indicated by the profuse sputum and the sticky tongue coating. Phlegm obstructs the Lungs and impairs their descending function, hence the cough.
- The patient dislikes to lie flat and prefers to sit up or lie propped up because the obstruction of Phlegm in the chest is made worse by the horizontal position. This is a typical sign of Excess pattern.

- The Pulse would be Slippery in a purely Excess pattern when the person's Qi is not weakened. However, in chronic cases, when the person's Qi has been weakened, the Pulse would be Soggy reflecting the presence of Dampness and weakness of Qi.

- Etiology
- Deficiency of Spleen-Qi or Spleen-Yang is a precondition for the arousal of this pattern.
- Recurrent attacks of exterior pathogenic factors may weaken the Lungs and Spleen leading to the formation of Phlegm which settles in the Lungs.
- Excessive consumption of greasy foods and/or cold and raw foods leads to the formation of Phlegm and can therefore contribute to the arousal of this pattern.

Treatment

- Principle: resolve Phlegm, restore descending of Lung Qi.
- Formula: Er Chen Tang (Two-Cured Decoction)
- Points: LU-5, LU-7, LU- 1, Ren-17, ST-40, P-6, Ren-22, Ren-12, Ren-9, BL-20, BL-13.
- Method: reducing; BL-20 and Ren-12 tonified.
- Explanation
- LU-5 expels Phlegm from the Lungs.
- LU-1 stops cough and resolves Phlegm.
- Ren-17 stimulates the descending of Lung Qi.

- LU-7 descends Lung Qi and stops cough.
- ST-40 resolves Phlegm.
- P-6 opens the chest and expels Phlegm from the chest.
- Ren-22 expels Phlegm from the throat, descends Lung Qi.
- Ren-12, BL-20 tonify the Spleen to resolve Phlegm.
- Ren-9 resolves Dampness.
- BL-13 stimulates the descending of Lung Qi.

COLD-PHLEGM IN THE LUNGS

- Clinical Manifestations
- Cough with expectoration of white-watery sputum, aggravated by exposure to cold, cold feeling, cold hands, phlegm in the throat, dizziness, feeling of oppression and/or cold in the chest, feeling of heaviness, heaviness in the head.
- Tongue: Swollen, wet with sticky white coating.
- Pulse: Slippery-Slow.

- Pathology
- Similar to the previous pattern, but with manifestations of Cold (white-watery sputum, cold feeling, cold hands, etc).
- Etiology
- Frequent invasion by Wind-Cold, particularly in a Yang-deficiency constitution.

Treatment

- Principle of treatment: resolve Phlegm, expel Cold, warm Yang, restore the descending of Lung Qi.
- Formula: Poria, Cinnamon Twig, Atractylodes Macrocephala, and Licorice Decoction (ling gui zhu gan tang)
- Points: Same as Damp-Phlegm pattern, add BL-23.
- Method: reducing; BL-20, Ren-12 reinforce with moxa.
- Explanation
- BL-23 with moxa tonifies Kidney Yang.

PHLEGM-HEAT IN THE LUNGS

- Clinical Manifestations
- Barking cough, profuse sticky yellow or green sputum, shortness of breath, wheezing, feeling of oppression of the chest, feeling of heat, thirst, insomnia, agitation, dizziness and heaviness of the head.
- Tongue: Red, swollen, thick-sticky yellow coating.
- Pulse: Slippery-Rapid-Full.
- Key symptoms: cough, yellow or green sputum, thick-sticky yellow coating, Rapid-Slippery pulse.

- Pathology
- Similar to Damp-Phlegm, but accompanied by Heat.
- Etiology
- This can be due to excessive consumption of greasy and hot foods (such as fried meats, alcohol, greasy and pungent foods) leading to the formation of Phlegm and Heat.
- Smoking can also be a factor leading to the pattern.
- This pattern can also be precipitated or aggravated by invasion of exterior Wind-Heat.

Treatment

- Principle: resolve Phlegm, clear Heat, descend Lung Qi.
- Formula: Clear the Qi and Transform Phlegm Pill (qing qi hua tan wan)
- Points: LU-5, LU-7, LU-10, L.I.-11, LU-1, BL-13, Ren-12, ST-40.
- Method: reducing method, except for Ren-12.
- Explanation
- LU-5 clears Heat and Phlegm from the Lungs.
- LU-7 restores the descending of Lung Qi and stops cough.
- LU-10, BL-13, LU-1 clear Heat from the Lung.
- L.I.-11 clears Heat.
- Ren-12 resolves Phlegm (with even method).
- ST-40 resolves Phlegm.

DRY-PHLEGM IN THE LUNGS

- Clinical Manifestations
- Dry cough with occasional expectoration of scanty sputum, shortness of breath, feeling of oppression of the chest, scanty phlegm in the throat, heaviness in the head, dizziness, dry throat, wheezing, pasty-dry complexion.
- Tongue: swollen with dry-sticky coating.
- Pulse: Fine-Slippery.
- Key symptoms: Dry cough with occasional expectoration of scanty sputum, feeling of oppression of the chest.

- Pathology & Etiology
- Typically due to phlegm in a pre-existing case of Yin-deficiency. Dietary factors which cause Phlegm combine with the usual causes of Yin deficiency.

Treatment

- Principle: resolve Phlegm, nourish Lung-Yin, nourish fluids, descend Lung Qi.
- Formula: Fritillaria and Trichosanthes Fruit Powder (bei mu gua lou san)
- Points: LU-9, LU-7, KI-6, Ren-12, ST-36, SP-6, BL-13, REN-17, ST-40.
- Method: reinforce points that nourish Yin, reducing on others.
- Explanation
- LU-9 nourish Lung-Yin.
- LU-7, BL-13, REN-17 descends Lung Qi
- Ren-4, KI-6 tonify Kidney-Yin and nourish fluids.
- Ren-12, ST-36, SP-6 nourish fluids.
- ST-40 resolves Phlegm.

PHLEGM-FLUIDS OBSTRUCTING THE LUNGS

- Clinical Manifestations
- Cough with expectoration of white-watery sputum, breathlessness, splashing sounds in the chest, vomiting of white-watery-frothy sputum, feeling of oppression of the chest, dizziness and heaviness of the head, cough which may be elicited by a scare.
- Tongue: Pale body, thick-sticky white coating.
- Pulse: Fine and Slippery or Weak-Floating.
- Key symptoms: cough with white-watery-frothy sputum.

- Pathology
- This pattern is characterized by Phlegm which is very watery, dilute and frothy. This is called "Phlegm-Fluid" and it always indicates that the condition is chronic and that the body is weak. It is also characterized by deficiency of Yang of the Spleen and Lung (hence the chilliness and Pale tongue body).
- This pattern is only seen in old or middle-aged people.

- Etiology
- The underlying condition for this pattern is a chronic deficiency of Spleen-Yang and this can be caused by over-exertion and poor diet over a long period of time.
- The excessive consumption of greasy and cold-raw foods also leads to the formation of Phlegm.

Treatment

- Principle: resolve Phlegm, tonify Spleen- and Lung-Qi.
- Formula: Poria, Licorice, Schisandra, Ginger, and Asarum Decoction (ling gan wu wei jiang xin tang)
- Points: LU-5, LU-9, Ren-17, BL-13, ST-40, BL-43, Ren-12, ST-36, Ren-9, BL-20, BL-23.
- Method: reducing on LU-5, ST-40 and Ren-9; even on B-13, Ren-17; tonifying on all the other points. Moxa is applicable.
- Explanation
- LU-5 clears Phlegm from the Lungs.
- LU-9 tonifies Lung-Qi and resolves Phlegm.

- Ren-17 tonifies Lung-Qi and stimulates the descending of Lung Qi.
- BL-13 tonifies Lung-Qi.
- ST-40, Ren-12, Ren-9 resolve Phlegm.
- BL-43 tonifies Lung-Qi in chronic conditions.
- ST-36 tonifies Spleen-Qi.

Combination Patterns

LUNG-AND HEART-QI DEFICIENCY

- Clinical manifestations
- Slight shortness of breath, slight coughing, weak voice, daytime sweating, dislike of speaking, bright-white complexion, propensity to catching colds, tiredness, palpitations, depression, spontaneous sweating, sighing.
- Tongue: Pale.
- Pulse: Empty, particularly in both Front positions.

- Pathology & Etiology
- This is a combination of Lung Qi and Heart Qi deficiency and the pathological manifestations and etiology are as given under those patterns

Treatment

- Principle: tonify Qi, strengthen Lung & Heart, calm the Mind.
- Formula: Sheng Mai San (Generate the Pulse Powder)
- Points: LU-9, LU-7, Ren-6, BL-13, Du-12, ST-36, Ren-12, HE-5, P-6, BL-15, Ren-17.
- Method: reinforcing, moxa is applicable.
- Explanation
- LU-9, LU-7, BL-13, Du-12 tonify Lung-Qi
- Ren-6, ST-36, Ren-12 tonify Qi
- HE-5, P-6, BL-15 tonify Heart-Qi
- Ren-17 tonifies the Gathering Qi