

Class 1: Common Cold, Cough, and Asthma

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Common Cold

Gan Mao

- A frequently observed external illness that may be contracted in any of the four seasons. It is most prevalent in winter and spring
- Includes:

Etiology and pathogenesis

- External wind and combined with cold, heat, summerheat or dampness:
 - Wind-cold
 - Wind-heat
 - Wind-summerheat dampness

Patterns

- Invasion of wind-cold
- Invasion of wind-heat
- Invasion of summerheat-dampness
- Colds in cases of qi vacuity
- Colds in cases of yin vacuity

Invasion of wind-cold

- **Key symptoms:**
 - Strong cold, slight fever, no sweat, body ache, scratchy throat, thin white sputum or nasal discharged. thin white tongue coating, floating tight pulse.
- **Treatment method:** dispel wind, dissipate cold, resolve the exterior
- **Formula:** Jing fang bai du san
- **Acupuncture:** LU-7 lie que, LI20 ying xiang, SI7 zhi zheng, UB12 feng men, GB20 feng chi, LI4 he gu

Formula and modifications

- Jing fang bai du san:
 - Jing jie, fang feng, qiang huo, du huo, chai hu, chuan xiong, zhi shi, fu ling, jie geng, gan cao
- Modifications:
 - Cold evil is predominant, add ma huang, gui zhi
 - Headache, add yin tang, tai yang
 - Upper backache, cupping UB13 fei shu

Invasion of wind-heat

- **Key symptoms:**
 - Slight cold, more fever, perspiration, dry swollen throat, thirst, yellow sputum or nasal discharge. Thin yellow coating, floating rapid pulse.
- **Treatment method:** dispel wind, clear heat, resolve the exterior
- **Formula:** Yin qiao san
- **Acupuncture:** LU-5 chi ze, LI-11 qu chi, UB12 feng men, GB20 feng chi, LI4 he gu, DU14 da zhui, SJ5 wai guan

Formula and modifications

- Yin qiao san:
 - jin yin hua, lian qiao, jie geng, niu bang zi, bo he, dan dou chi, jing jie, dan zhu ye, xian lu gen, gan cao
- Modifications:
 - Severe headache: add sang ye, ju hua
 - For coughing with excessive phlegm, add zhe bei mu, qian hu, xing ren
 - For cough with thick yellow mucus, add huang qin, zhi mu, gua lou pi
 - For epidemic heat-toxin, add da qing ye, pu gong ying
 - For lung heat, add shi gao, ma huang
 - For wind heat producing dryness, add bei sha shen, tian hua fen, li pi

Invasion of summerheat-dampness

- **Key symptoms:**
 - Unsurfed fever, slight cold, heavy body, nausea, dark scanty urine, oppression in the chest, distention and fullness of the epigastrium and abdomen, loose stool. Aching and heaviness of limbs and joints. yellow slimy coating, soft rapid pulse.
- **Treatment method:** clear summerheat, transform dampness, resolve the exterior
- **Formula:** Xin jia xiang ru yin
- **Acupuncture:** LU6 kong zui, LI4 he gu, Ren12 zhong wan, ST36 zu san li, SJ6 zhi gou

Formula and modifications

- Xin jia xiang ru yin:
 - Xiang ru, bian dou hua, hou po, jin yin hua, lian qiao
- Modifications:
 - Severe summerheat: add huang lian, qing hao, lu gen, he ye
 - Dampness obstruct body surface: add huo xiang, pei lan
 - For internal dampness, add cang zhu, bai dou kou, ban xia, chen pi
 - For dark scanty urine, add hua shi, gan cao, fu ling

Cold in cases of qi vacuity

- **Key symptoms:**
 - Cold and fever, cough with white phlegm, tiredness, fatigue, shortness of breath, disinclination to speak. Pale tongue white coating, floating, forceless pulse.
- **Treatment method:** dispel wind, dissipate cold, boost qi, resolve the exterior
- **Formula:** shen su yin
- **Acupuncture:** UB13, fei shu, ST36 zu san li,

Formula and modifications

- Shen su yin:
 - Ren shen, zi su ye, ge gen, qian hu, ban xia, fu ling, jie geng, chen pi, zhi ke, mu xiang, gan cao, sheng jiang, da zao

Colds in cases of yin vacuity

- **Key symptoms:**
 - Cold and fever, dizziness, vexation, heat in the palms and soles, thirst, dry mouth. Dry cough with little coating, rapid thready pulse.
- **Treatment method:** dispel wind, clear heat, nourish yin, resolve the exterior
- **Formula:** jia jian wei rui tang
- **Acupuncture:** UB43 gao huang shu, KI7 fu liu

Formula and modifications

- jia jian wei rui tang:
 - yu zhu, cong bai, jie geng, dan dou chi, bo he, bai wei, zhi gan cao, da zao
- Modifications:
 - For thirst and dry throat, add be sha shen, mai men dong

Cough

ke sou

- One of the more predominant patterns presented in cases of respiratory illness. Ke characterizes coughing with sound but without phlegm, sou characterizes coughing with phlegm but without sound

Etiology and pathogenesis

- External cough
 - Wind-cold
 - Wind-heat
 - Wind-dryness
- Internal cough
 - Phlegm-dampness
 - Liver fire
 - Yin vacuity

Patterns

- Invasion of lung by wind cold
- Invasion of lung by wind heat
- Invasion of lung by wind dryness
- Phlegm dampness cough
- Liver fire cough
- Yin vacuity cough

Invasion of lung by wind cold

- **Key symptoms:**
 - Cough with scratchy throat and thin white phlegm, aversion to cold. headache, stuffy runny nose. thin white coating, floating taut pulse.
- **Treatment method:** dispel wind, ventilate the lung, relieve coughing
- **Formula:** san ao tang or zhi sou san
- **Acupuncture:** LU-7 lie que, UB13 fei shu, LI4 he gu, SJ5 wai guan

Formula and modifications

- San ao tang:
 - Ma huang, xing ren, gan cao
- Zhi sou san
 - Jing jie, zi wan, bai bu, bai qian, jie geng, chen pi, gan cao
- Modifications:
 - For phlegm-dampness: add ban xia, hou po, fu ling
 - For heat is obstructed by cold, add shi gao, huang qin, sang bai pi

Invasion of lung by wind heat

- **Key symptoms:**
 - Cough with heavy breathing and yellow sticky sputum, perspiration, sore throat, thirst, Thin yellow coating, floating rapid or slippery pulse.
- **Treatment method:** dispel wind-heat, diffuse the lung, relieve coughing
- **Formula:** sang ju yin
- **Acupuncture:** UB13 fei shu, LU5 chi ce, LI11 qu chi, DU14, da zhui

Formula and modifications

- Sang ju yin
 - Sang ye, ju hua, lian qiao, lu gen, xing ren, jie geng, bo he, gan cao
- Modifications:
 - To increase effects of ventilating the lung and dispelling wind-heat, add qian hu, niu bang zi
 - For exuberant heat, add huang qin, zhi mu
 - For sore throat and hoarseness, add she gan, chi shao yao
 - For heat injuring lung yin, add bei mu, tian hua fen
 - For summerheat: add hua shi, he ye

Invasion of lung by wind dryness

- **Key symptoms:**
 - Dry cough without phlegm, or phlegm containing streaks of blood, dry throat, nose and mouth. Cold and fever during the early stages of some cases.
- **Treatment method:** course wind-dryness, moisten the lung, relieve coughing
- **Formula:** sang xing tang
- **Acupuncture:** UB13 fei shu, LU5 chi ze, LI11 qu chi, LU10 yu ji

Formula and modifications

- Sang xing tang
 - sang ye, xing ren, bei sha shen, zhe bei mu, dan dou chi, shan zhi zi, li pi
- Modifications:
 - For severe vacuity of fluids, add mai men dong, yu zhu
 - For high fever, add shi gao, zhi mu
 - For phlegm is streaked with blood, add bai mao gen
 - Cold dryness, use xing su san

Phlegm dampness cough

- **Key symptoms:**
 - Cough marked on rising in the morning with abundant dilute white phlegm, oppression in the chest, epigastric fullness, nausea, fatigue, poor appetite. white slimy coating, soggy or slippery pulse.
- **Treatment method:** strengthen the spleen, dry dampness, transform phlegm, relieve cough
- **Formula:** er chen tang with san zi yang qin tang
- **Acupuncture:** UB13 fei shu, UB20 pi shu, LU9 tai yuan, SP3 tai bai, ST40 feng long, LI4 he gu

Formula and modifications

- Er chen tang:
 - Ban xia, chen pi, fu ling, gan cao
- San zi yang qin tang
 - Lai fu zi, zi su zi, bai jie zi
- Modifications:
 - To increase the effects of drying dampness and transforming phlegm, add cang zhu, hou po
 - For cold phlegm, add gan jiang, xi xin
 - For spleen deficiency, add dang shen, bai zhu

Liver fire cough

- **Key symptoms:**
 - Hacking cough with scanty sticky phlegm, distention at chest and costal region, bitter taste in the mouth, symptoms related to emotional states. Red tongue thin yellow coating, rapid wiry pulse.
- **Treatment method:** clear liver fire, drain the lung, relieve coughing
- **Formula:** Xie bai san with Dai ge san
- **Acupuncture:** UB13, fei shu, UB18 gan shu, LU8 jing qu, LV3 tai chong

Formula and modifications

- Xie bai san
 - Sang bai pi tang, di gu pi, geng mi, gan cao
- Dai ge san
 - Qing dai, hai ge ke
- Modifications:
 - To increase the function of clearing liver fire, add shan zhi zi, huang qin, mu dan pi
 - For chest pain, add yu jin, si gua luo
 - For difficult expectoration of sticky phlegm, add chuan bei mu, fu hai shi, jie geng
 - For cough with dry throat and moth, add bei sha shen, mai men dong, tian hua fen

Yin vacuity cough

- **Key symptoms:**
 - Dry hacking cough without phlegm, or with scanty sticky white blood tinged phlegm, gradual hoarseness, dry throat and mouth, afternoon tidal fever, five palms heat, night sweating, emaciation. Red tongue little coating, rapid thread pulse.
- **Treatment method:** nourish yin, moisten the lung, transform phlegm, relieve coughing
- **Formula:** sha shen mai men dong tang
- **Acupuncture:** UB13 fei shu, LU05 chi ce, LU7 lie que, KI6 zhao hai

Formula and modifications

- Sha shen mai men dong tang
 - Bei sha shen, mai men dong, tian hua fen, yu zhu, bian dou, sang ye, gan cao
- Modifications:
 - To increase the effects of moistening the lung and dissolving phlegm, add chuan bei mu, xing ren
 - For coughing with shortness of breath, add wu wei zi, he zi
 - For deficient heat, add di gu pi, yin chai hu, qing hao, bie jia
 - For phlegm containing blood, add mu dan pi, shan zhi zi, ou jie

Asthma

xiao chuan

- A frequently observed recurrent disease. Xiao patterns are characterized by short, rapid and wheezing respiration; chuan patterns are characterized by labored breathing to the point that patients can not lie flat, breathing through the mouth, raising their shoulders and flaring their nostrils during inspiration.
- Includes: bronchial asthma, chronic asthmatic bronchitis, obstructive pulmonary emphysema and other illnesses accompanied by the symptoms of dyspnea

Etiology and pathogenesis

- Six external evils:
- Internal disruption:
 - seven emotions
 - improper diet and eating habits
 - stress and over-strain
 - Extended illnesses where the physical condition is frail

Patterns

- Invasion of lung by wind cold
- Accumulation of phlegm heat in the lung
- Vacuity of the lung
- Vacuity of kidney

Invasion of lung by wind cold

- **Key symptoms:**
 - Rapid labored breathing, oppression in the chest, cough with thin white or foamy phlegm. Thin white coating, tight floating.
- **Treatment method:** ventilate the lung, dissipate wind-cold and calm wheezing
- **Formula:** Ma huang tang
- **Acupuncture:** LU7 lie que, LU5 chi ce, UB12 feng men, UB13, fei shu

Formula and modifications

- Ma huang tang
 - Ma huang, gui zhi, xing ren, zhi gan cao
- Modifications:
 - Cold phlegm, add ban xia, chen pi, zi su zi, zi wan, bai qian
 - For cold on the surface with internal phlegm and congested fluids, use xiao qing long tang
 - For cold on the surface complicated by internal lung heat, use ma xing shi gan tang

Accumulation of phlegm heat in the lung

- **Key symptoms:**
 - Loud husky voice, wheezing and coughing with thick yellow phlegm, fever, perspiration, thirst with preference for cool drinks, constipation and dark urine, yellow slimy coating and rapid slippery pulse.
- **Treatment method:** clear the lung, transform phlegm and calm wheezing
- **Formula:** Sang bai pi tang
- **Acupuncture:** LU5 chi ce, UB13, fei shu ST40 feng long, LI4 he gu, Ren22 tian tu, M-BW-1b ding chuan

Formula and modifications

- Sang bai pi tang
 - Sang bai pi, ban xia, zi su zi, xing ren, zhe bei mu, huag qin, huang lian, shan zhi zi
- Modifications:
 - For fever, add shi gao, zhi mu
 - For copious thick sticky phlegm, hai ge ke, jie geng
 - For thirst and dry throat, add tian hua fen
 - For wheezing with an inability to lie flat, copious phlegm and constipation, add ting li zi, da huang, mang xiao
 - For phlegm is rust-colored and accompanied by pain in the chest, add yu xing cao, dong gua zi, tao ren, gua lou, yu jin, bai mao gen

Vacuity of the lung

- **Key symptoms:**
 - Shortness of breath, feeble voice, weak forceless coughing and wheezing, spontaneous sweating, sensitivity to draught, thin runny phlegm.
- **Treatment method:** supplement the lung, boost qi and calm wheezing
- **Formula:** Sheng mai yin and Bu fei tang
- **Acupuncture:** UB13, fei shu, M-BW-1b ding chuan, UB43 gao huang shu, LU9 tai yuan

Formula and modifications

- Sheng mai san
 - Ren shen, mai men dong, wu wei zi
- Bu fei tang
 - Ren shen, huang qi, shu di huang, wu wei zi, zi wan, sang bai pi
- Modifications:
 - For vacuity of lung qi is predominant, add shan yao, zhi gan cao
 - For vacuity of lung yin is predominant, add bei sha shen, chuan bei mu, huang jing

Vacuity of the kidney

- **Key symptoms:**
 - Persistent wheezing aggravated by physical exertion, shallow inspiration, shortness of breath, fatigue, cold extremities. Pale tongue, deep weak thready pulse.
- **Treatment method:** supplement the kidney and absorb qi
- **Formula:** jin gui shen qi wan
- **Acupuncture:** B23 shen shu, KI3 tai xi, UB13 fei shu, Ren 17 tan zhong, Ren6 qi hai, M-BW-1b ding chuan

Formula and modifications

- Jing gui shen qi wan
 - Shu di huang, shan yao, shan zhu yu, ze xie, fu ling, mu dan pi, zhi fu zi, rou gui
- Modifications:
 - For swollen feet and retention of urine, add niu xi, che qian zi
 - For severe vacuity asthma, add ren shen, wu wei zi, hu tao ren, bu gu zhi, ge jie
 - For vacuous kidney yin is predominant, delete zhi fu zi, rou gui, and combine with sheng mai san
 - For congestion of the lung by phlegm-turbidity coupled with kidney vacuity, use su zi jiang qi tang
 - For vacuous yang with phlegm depression affecting the heart and lung, use zhen wu tang