



Breathless

"Where east and west combine their knowledge"

MARJANNE HESS VAN KLAVEREN



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Breathless

Wind takes the breath away

*Inhale once and don't exhale. Inhale once more,
there is possibly no "room" for more air.
This reflects approximately how Lung disorders
feel.*



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Foreword

People can't live without food for a long time, a short time only without water and just a few minutes without breathing.

"The Lung, a Delicate Organ"

The organ which connects us with life and its surroundings takes the first breath and the last breath as it disconnect with life. The organ which makes this connection with life possible is the Lung.



I dedicate this thesis to my father who died in 2005 on Lung Fibroses, an irreversible illness.

After my father died, I learned that Lung problems are as old as humanity is. Lung disease seems to fluctuate with the seasons and centuries and getting worse. Lung diseases are a world wide problem and worldwide there is research going on for solutions. In their article Paul But and Christopher Chang mentioned asthma, one of many lung diseases. *"It has been called shen shou, hsiao-chuan, pa o-hsiao and ke-ni-shan-chi"*. Words that were used to describe asthma in the Nei Ching, The Yellow Emperor's Classic of Internal Medicine: *"which has been in existence for over two millennia"*. Still, every 15 seconds a child dies.

I started this thesis with just a 'simple' question. Are there formula's that can relieve Lung problems?

It gives insight into the possible health benefits using herbs and herbal formula's for lung diseases such as asthma, chronic bronchitis, emphysema, and bronchiectasis. Some diseases come on slowly, some come on very sudden.

Not only herbs and formula will help.

People should also be aware of the effect of their lifestyle, diet and emotions has on their general health and lungs.

Introduction

The aim of this research is to discover the causes of lung illness and the medication that is available to treat this disease.

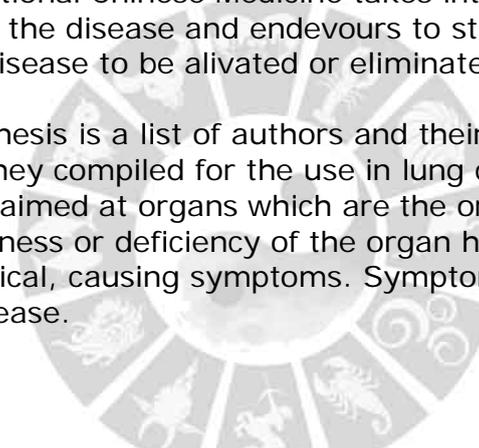
From literature I studied I concur with other researchers and found that lung disease is progressive in stages and is improved with the treatment of the Western Medicine methods as well as Traditional Chinese Medicine.

I wondered at an early stage if the combination of Traditional Chinese Medicine and Western Medicine would improve lung disease cases, more effectively than if either Traditional Chinese Medicine or Western Medicine were used on their own. (see 4.7)

Because my father died from lung fibroses. In my research into the causes of lung disease and the possible solutions to this disease I discovered amongst other things Traditional Chinese Medicine.

Traditional Chinese Medicine includes a more natural solution to lung disease as Traditional Chinese Medicine takes into consideration the organs related to the disease and endeavours to strengthen these organs in order for the disease to be alleviated or eliminated.

Included in this thesis is a list of authors and their Chinese herbs and formulas which they compiled for the use in lung diseases. As mentioned the formulas are aimed at organs which are the original to cause the illness. The weakness or deficiency of the organ has gone deeper and become pathological, causing symptoms. Symptoms are the signs and indications of disease.



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1 Western Medicine and Lung diseases

(from wikipedia Medicine)

Medicine is the art and science of healing. It encompasses a range of health care practices evolved to maintain and restore health by the prevention and treatment of illness.

Contemporary medicine applies health science, biomedical research, and medical technology to diagnose and treat injury and disease, typically through medication, surgery, or some other form of therapy. The word *medicine* is derived from the Latin *ars medicina*, meaning *the art of healing*.

Though medical technology and clinical expertise are pivotal to contemporary medicine, successful face-to-face relief of actual suffering continues to require the application of ordinary human feeling and compassion, known in English as bedside manner.

The rod of asclepius is the symbol associated with medicine, which comes from the Greek God of medicine and healing, Asclepius. The Caduceus is sometimes wrongly used for this purpose, though this practice is mainly seen in North America.

Chronic obstructive pulmonary disease (COPD) refers to chronic bronchitis and emphysema, a pair of two commonly co-existing diseases of the lungs in which the airways become narrowed. This leads to a limitation of the flow of air to and from the lungs causing shortness of breath. In contrast to asthma, the limitation of airflow is poorly reversible and usually gets progressively worse over time.

COPD is caused by noxious particles or gas, most commonly from tobacco smoking, which triggers an abnormal inflammatory response in the lung. The inflammatory response in the larger airways is known as chronic bronchitis, which is diagnosed clinically when people regularly cough up sputum. In the alveoli, the inflammatory response causes destruction of the tissues of the lung, a process known as emphysema. The natural course of COPD is characterized by occasional sudden worsenings of symptoms called acute exacerbations, most of which are caused by infections or air pollution.

The diagnosis of COPD requires lung function test. Important management strategies are smoking cessation, vaccinations, rehabilitation, and drug therapy (often using inhalers). Some patients go on to requiring long-term oxygen therapy or lung transplantation.

Worldwide, COPD ranked sixth as the cause of death in 1990. It is projected to be the third leading cause of death worldwide by 2020 due to an increase in smoking rates and demographic changes in many countries. COPD is the 4th leading cause of death in the U.S., and the economic burden of COPD in the U.S. in 2007 was \$42.6 billion in health care costs and lost productivity.

COPD is also known as **chronic obstructive lung disease (COLD)**, **chronic obstructive airway disease (COAD)**, **chronic airflow limitation (CAL)** and **chronic obstructive respiratory disease (CORD)**.

1.1 The Lungs

The Lungs lie high in the chest and are made up of two parts, the left - and right. The left Lung is smaller than the right Lung in order to give space to the Heart. The left Lung exists of two parts; the right Lung has three parts. The Lungs ensure the exchange of oxygen and carbon dioxide between blood and air. In the space between the Lungs membranes lie (pleura) so that the Lungs are able to move in a flexible way. In the space between the two Lungs in the mediastinum lies the Heart, oesophagus, trachea, and blood vein. The Lungs have a pyramid shape of which the Basies lie on the diaphragm; the sides touch the ribs (costal surface) and the mediastinum back-edge on top of the apex.

1.2 The bronchial tubes

When we breathe we take air in that goes through the nose, the trachea, than through the bronchial tubes into the Lungs, the breath out goes in reverse order. The bronchial tubes branche into smaller tubes called bronchioles or bronchia airways.

A disease like asthma inflames the bronchial tubes. The bronchial tubes are irritated and swell up and produce too much mucus. These tubes are very sensitive or very hyper-reactive to dust, cigarettes, and smoke and even exercises which strains these muscles.

2 Common Lung diseases

Disorders that obstruct breathing are, among other things: asthma, fibroses, chronic bronchitis and emphysema. Dyspnea is the largest problem and worsens with time. Chronic bronchitis and emphysema both fall under Chronic Obstructive Pulmonary Disease (COPD).

2.1 Lung fibroses

Fibroses is a chronic illness, which develop quickly. Initial symptoms are not dissimilar to other Lung disorders. Characteristics are; a hacking cough and dyspnea which quickly becomes the worst symptom.

Treatment of fibroses © Copyright Marjanne Hess van Klaveren

The aim is to slow down the illness by starting treatment as soon as possible. The treatment is intended to slow down the inflammation of de alveoli, which slows down the formation of hardening of the lung alveolar tissue. Healthcare will be required until to the end of life.

Medicine

Medication is given for approximately 6 months in order to observe if the treatment is successful. If necessary the quantities of the medication is adapted to optimum level that has most effect with the least side-effects. The lowest medication dosage gives the least side-effects.

Initially a high dosage prednisilone (corticosteroid) is prescribed. Around 30% of people react to this favourably.

Side effects are:

- changing moods
- increase in blood sugar mi
- hypertension
- vulnerable to infections and osteoporosis.

Medication such as Imuran en Endoxan has side effects such as Leucopenie: leucocytes decrease to a dangerous level and gives bladder problems.

Lung transplantation is possible beneath the age of sixty.

Etiology

Idiopathic Pulmonary Fibroses: "Idio" means in Greek "unusually", "pathos" means "sickness". The cause of fibroses is unknown. At the present there are three forms of fibroses.

Acute Interstitial
Pneumonia AIP

Desquamate Interstitial
Pneumonia DIP

Respirator Bronchiolitis -
associated Interstitial
Lung Disease RB-ILD

Not-specific Interstitial
Pneumonitis NSIP
This disease like at AIP

The cause is unknown although the disorder appears to come at certain events. Once the inflammation is started, the fibroses cannot be controlled. Heredity seems to play a large role.

2.2 Cystic fibrosis

Mucus becomes thick and sticky as a result of which the organs are unable functioning correctly. Mucus in the Lungs makes them vulnerable to chronic infections.

Symptoms in childhood

- Hacking cough, moaning sound at breathing
- Chronic and recurrent infections of the airways
- Greasy stinking stools
- The child's growth is retarded often the child is undernourished and loses weight.

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Diagnosis is done by sweat testing and measuring the sweat salt levels as well as blood tests.

Treatment:

- Nutritional adaptation
- Enzyme preparation
- Antibiotics.

2.3 Asthma

A definition of asthma is made by
Global Strategy for Asthma Management and Prevention

"Asthma is a chronic inflammatory disorder of the airways in which many cells and cellular elements play a role. The chronic inflammation causes an associated increase in airway hyperresponsiveness that leads to recurrent episodes of wheezing, breathlessness, chest-tightness, and coughing, particularly at night or in the early morning. These episodes are usually associated

with widespread but variable airflow obstruction that is often reversible either spontaneously or with treatment”.

Mild asthma symptoms	Frequented asthma symptoms
Beta 2 agonistic Bronchodilator To much movement Cold air Allergies; animals Sympathy comimeticus: salbytamol, fenoterol, formoterol, salmeterol, terbutaline, xianthine derivate, theofylline, anticholinergica (ipratropium tiotropium).	Corticosteroid; diminish inflammations Natriumcromoglicaat; goes against substances that are able to give an asthma attack.

2.4 Chronic Bronchitis

Chronic bronchitis and emphysema both fall under Chronic Obstructive Pulmonary Disease. Sputum worsens at the beginning stage. When this worsens a viral or bacterial inflammation can arise. At the beginning stage coughs with blank or clear mucus. With inflammation, mucus can be green or yellow colored.

Etiology

By irritating substances the smaller the airways get. There arises inflammations which cicatrices fabric on the bronchial tubes as a result of which narrow them and dyspnea worsens. When also the alveoli are damaged will the disorder fodder to Lung emphysema what worsens the dyspnea.

Acute bronchitis

After an infection such as a virus or influenza in the large airways that do not heels, a bacterial infection can strike. Especially at the elderly this can occur.

Symptoms are

- to cough
- bringing up thick and yellow phlegm.

Medication; Antibiotic

2.5 Emphysema

Chronic bronchitis and emphysema frequently go together. Chronic bronchitis affects the large airways and emphysema affects the small airways damaging the alveoli. Chronic bronchitis, emphysema with asthma can occur together, wich can caus Heart failure.

Symptoms (see bronchitis)

- Panting
- Worsening breathlessness
- Alveoli damage.

Etiology

Recirrent infections cause degeneration. Irritating substances stimulate the mucous membrane in the airways, the bronchial tubes and bronchiole. Too much mucus causes a constant cough. Air remains in the Lungs when the alveoli don't carry out their rightful function. There is insufficient space to continue inhaling fresh air. The Lungs react by setting out which gives the chest its barrel like appearance. This brings insufficient amounts of oxygen into the body whereby the smallest effort causes breathlessness.

A difficiency of Alfa-1-antitrypsyne can be responsible, Antitrypsine works against trypsin, an enzyme that breaks down tissue.

Medicine and operations:

- Muscle relaxant for the airways
- oxygen
- steroids to slow down infections
- antibiotics to fight inflammations
- removal of damaged tissue allow more space for healthy Lung tissue.

2.6 Conclusion

General symptoms of reduced Lung functions are cough, dyspnea and panting. Cough is caused by irritating substances, bacterial infections, and inflammation or by a tumor or object in the Lungs. Coughs can be dry and short when irritation damages the mucous membrane of the Lungs; the diaphragm contracts itself and expels air afther the outward breath so as to get rid of the cause of irritation or "object".

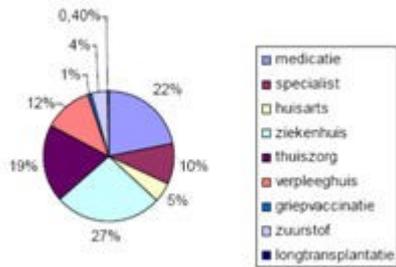
Asthma	Asthmatic bronchitis
Moaning breath Hacking cough Chest oppression Breathlessness Heavy sweating Fast pulsation Little oxygen	See asthma, but worse. Dyspnea Moaning breathe Hacking cough Chest oppression Breathlessness Heavy sweating Fast pulsation Little oxygen

COPD				
Cystic fibroses	Lung fibroses	Bronchitis	Chronic bronchitis	Emphysema
Dry cough Moaning sound Stinking stools Body grow stops Under-nourished	Dry cough Dyspnea gets worse in time Once it's started there is no way back.	Bacterial bronchitis gifs green of yellow sputum. Viral bronchitis gifs thin and clear sputum	Coughing for three months, more than two years coughing with sputum. Addinoal infection gives pus in sputum.	Panting Breathlessness Lung functions getting worse Blue collard skin by dioxide. Weight lose and Hearth failure.

Lung disorders, which with another can interweave

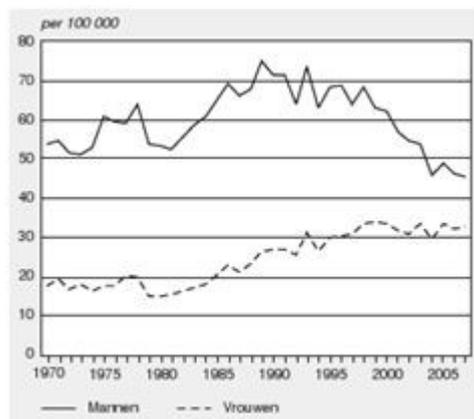
2.7 Statistics and research

According to the Asthma Funds;
Contribution in terms of percentage of the different types of care to the total costs for COPD in 2000.



If treatment and cost of treatment remains the same the costs for COPD in 2025, will be increased by approximately 440 million up to 495 millions euro. When the cost of care and increase in treatment costs is also taken into account the expected costs in 2025, rises by 1 billion up to 1.1 billion euro.

Mortality from COPD under men and women in the period 2000 - 2007



Research and Astma Fonds

Astma Fonds is predicting that the development of a vaccine will be the next mile stone. According to prof. dr. Bart Lambrecht, linked to Erasmus MC in Rotterdam and the University Hospital in Ghent, this medical break through will be soon. Research taking place now, has been made possible by Astma Fonds.

The key of the vaccine lies at 'dendritische cellen'. They are the gate keepers of the lungs: they mobilise an immune response against undesirable invaders. Eventually we want to develop a vaccine for young children which will decrease the incidens of asthma.

3 Traditional Chinese Medicine and Lung diseases

The symptoms, worldwide are the same but known by different names. Throughout the centuries Xiao and Chuan were seen as one condition with different names as shen-sou, ke-ni-shang-qi, hsiao-chuan or pa-o-hsiao, as said before.

Xiao Chuan means Wheezing and Panting according *A Practical Dictionary of Chinese Medicine, page 672*. Today Xiao and Chuan are still seen as one condition and are corresponding to conditions of bronchial asthma, asthmatic bronchitis, acute bronchitis and emphysema.

Chuan is also the meaning of "to pant" in Chinese Medicine. Xiao means Wheezing, which is hasty and rapid breathing with phlegm in the throat. The Indispensable Medical Reading says: "Wheezing is similar for panting, but does not have as much opening of the mouth and expelling of air and is characterized by a wheezing sound". The Orthodox Tradition of Medicine says: "*Hasty panting with frog rale in the throat is wheezing*". According *A Practical Dictionary of Chinese Medicine page 671*.

Dr Ye Gui in Maciocia's PCM, differentiates between Chuan and Xiao (1766) by saying: "*If the pathogenic factor is expelled, chuan stops and will never return. In Xiao, the pathogenic factor is hidden in the interior and in the Lungs it is sometimes active and sometimes quiescent, and there are frequent episodes over many years*".

3.1 Breathing

Hu Xi, Breathing, (*From A Practical Dictionary of Chinese Medicine, page 50*) is taking air in and putting air out of the Lungs. Normal breathing depends on the diffusion and down bearing of Lung qi. The principal disturbance of normal breathing includes panting shortage of Qi, hasty breathing, Qi ascent, shortness of breath and rough breathing. Lungs and Kidneys are the main organs to regulate breathing.

Elisabeth Rochat in "The Lung" page 83:

"The Lung makes the qi come out and the kidneys make it come in. The Lung is the one who has mastery over the qi, and the kidneys are the root of the qi."

Lung diseases as asthma were described in *chapter 38 of The Yellow Emperor's Classic*. The Yellow Emperor says the following about cough:

Huang Di said: "*When the Lungs are diseased, one coughs. Why?*"

Qi Bo answered: "*When any of the five zang and six fu organs is imbalanced, one can begin to cough. It is not limited to the Lungs*". Huang Di asked, "*Can you explain to me the various types of cough and their pathophysiologicals?*"

Qi Bo replied: "*The skin and body hair are external manifestations of the Lungs. They are the First line of defense against pathogens. When a pathogen invades and causes a stagnation of the Wei/defensive qi, which flows under the skin, this will affect the Lung function of dispersing*".

Huang Di asked: "*How does one differentiate these types of cough?*"

Qi Bo answered: "*Cough that is due to Lung problems is accompanied by dyspnea and occasionally hemoptysis. There is a stuffy nasal sound during breathing*."

Excess and deficiency are imported to distinguish in diagnosis Lung diseases. The Yellow Emperor says the following about this.

Huang Di asked: *"What are the further details of excess and deficiency?"*
Qi Bo replied: *"Let me give you an example using the Lungs. The Lungs dominate qi. Qi deficiency is due to a deficiency of the Lungs. When the qi is rebellious, the upper body is excess and the lower body is deficient. There will be coldness of the feet. If the Lung condition occurs during any season than the season of its controlling element, fire, which is summer, the patient may live. If it occurs during summer, there may be grave danger."*

3.2 Organs that are involved by Lung diseases

Jing-Essence gets into the human at conception. During pregnancy Jing protects the foetus and feeds it. At birth, the strength and vitality of Jing gets the baby as pre-heaven qi. Jing is closely linked too the Fire of the Gate of Life: Ming Men. The Fire of the Gate of Life lies between the two kidneys in the body, warms the body and body processes.

3.3 Qi

The Lung is the source of the qi of life, thus it is the flowery canopy for the five zang.

A quote from Hua Tuo in "The Lung" of Rochat de la Vallee, E. on page 84.

The Lungs govern Qi, it is important that the Lungs stay healthy to nourish the organs. The Lungs communication with the outside world and the inside of the body makes the Lungs very delicate, so they say.

* *Transforming* of food and fluids.

The Lung qi transforms air into true qi / *Zhen Qi*.

* *Transporting*:

Lung qi transports fluids to the skin and diffuses Wei/defensive qi to the space between skin and muscles.

Kidney qi transports qi both upwards to the Lungs and also downwards to the bladder to transform and excrete fluids.

* *Holding* means that qi holds fluids in its proper place.

Lung qi holds sweat and Kidney qi holds urine.

* *Raising* qi ensures that body structures are held in their proper place.

Qi raises fluids and blood.

* *Protecting* means the protecting qi of the body. This is primary a function of Wei/defensive qi. Wei qi is closely to the Lungs, which spread it in the space between skin and muscles. Therefore Lung qi protects the body from exterior pathogenic factors with Wei Qi and nutritive qi/ yin qi and Kidney Jing / essence.

* *Warming* is a function of yang qi.

Warming is essential because all physiological processes depend on "warmth".

Especially the fluids, they are Yin of nature and need warmth / yang to promote their transformation and excretion.

3.4 The Lung

Source; Doctor Shen's Compendium of Honoring Life 1773

"The Lung is the master of qi, from above it is connected to the throat; below it is connected to the orifices of the Heart and the Liver. The Lungs are in charge of inhalation and exhalation, and in more general terms, the flux of coming in and going out.

The Lungs are situated at top of the other organs, so that it can keep them in check and push the body's waste materials downward, all the way into the large

intestine. In other words, it takes in clear qi and gives off murky refuse; it absorbs the yin within tai yang to sustain the body's yang qi, it absorbs the material essence of universal qi to sustain the body's functions, and it commands the yang within taiyin to propel the body's yin substances, it commands the descending force to move out the waste. In cooperation with the foot taiyin Spleen network, it transports qi and provides it to all the other organs; it is for this reason that both the Lung and the Spleen are both called taiyin.

The Lung is associated with the phase element metal, the direction west, and the season of autumn. In autumn, the seasonal qi turns crisp and clear, and all living things rely on its force to become ripe and complete. Metal is the mother of water. Lung qi therefore, generally moves downwards. When our bodies rest, it descends into the Kidney palace and combines with water, a process the *Neijing* refers to as 'the mother concealing herself inside the newly conceived offspring.'

Only the Kidney is 'true water', conceived in the heavenly spheres where the state of oneness prevails. It is thus only appropriate that the Kidney's mother, the Lung, resides at the very top of the dome that is formed by the body's main cavity. In a cosmic context, this would be like being situated at the upper source of the stream of heavenly energy, flowing downwards through the head, and finally entering the Kidney's, Dragon Gate, below to combine, with true water, to form the ocean of bodily qi. Since the Lung thus functions by transporting Essence to the other organs, its main action could also be compared to the climatic process of sprinkling morning dew, a heavenly substance which is dispensed generously every morning to nourish all living creatures, below, on earth.

Typically, the Lung is sensitive to dryness as well as to cold and heat. This means that the Lung's function of lubricating the other organs with Essence has a tendency to deviate from its mode of smooth operation by providing either not enough or too much lubrication. Or, if invaded by evil qi, it will be unable to assume its commanding role among the organ networks, and will instead produce diseases of a dry or a hot or cold nature. This is the reason why the ancient books all refer to the lung as 'the delicate organ'."

The functions of the Lungs copyright Marjanne Hess van Klaveren

- Govern Qi and respiration
- Controlling channels and blood vessels
- Controlling diffusion and descending of qi and body fluids
- Regulate all physiological activities
- Regulate water passages
- Control space between skin and muscles
- Manifest in the body hair
- Open into the nose
- Control nasal mucus
- Houses the *Po*.
- Affected by worry, sadness and grief.

Source: *The Foundations of Chinese Medicine* by Giovanni Maciocia page. 129

The important function of the Lung is governing qi and respiration. The Lungs inhale pure Qi and exhale dirty Qi. The Lungs influence the qi that ascend, descend, goes out en comes in. When Lung qi goes out too much, the pores are too open and external pathogenic factors enter the body easily. The Lungs spread the Qi all over the body to nourish all organs and tissues, diffusing between muscle and skin.

Lung qi descends to communicate with the Kidneys; the Kidneys “hold” their Qi. The Lung qi and Kidney qi make a balance when Lung qi descends to the Kidney; qi ascends from the Kidneys to the Lungs. Hereby the Lungs control exhalation and the Kidneys control inhalation.

3.5 The Kidneys

The Lungs inhale clear Qi and send this towards the Kidneys. In breathing, the Kidneys receive and hold Qi that is sending down by the Lungs. Fluids, send by the Lung, are also received by the Kidneys. A part of the fluids is vaporized and send back to the Lungs to moisten them.

Tuo wei shen ye, spittle is the humor of the Kidneys. The channel of the Kidneys rises to the root of the tongue to communicate with ridge Spring / CV23 and Jade’s Beatty CV18, from where spittle springs. From the root of the tongue, the area of the Kidneys and the back of the throat emerges spittle from the Kidneys. It is described as a thick fluid in the mouth.

Foundations of Chinese Medicine, Maciocia, G. pg 102

The basic of life is Kidneys yang; it warms and nourishes the five viscera and six bowels. The stomach needs heat for its transforming process of food and the Spleen for transforming and transportation, to send qi upwards to the Lung. The Lung needs warmth to send Qi downwards to the Kidneys to allow efficient breathing.

3.6 Pi - Spleen

The Spleen - Pi controls the ascending of Qi and salvia. Food Qi of the Spleen goes upwards to the Lungs to combine with the air to form Zong Qi - Gathering Qi. Pi also controls the salvia in the mouth. Salvia is a clear and thin fluid that’s in contrast with spittle of the Kidneys, which is thick.

The Spleen lies in the human body in between the Lungs at the top and the Kidneys below. According to the Five Elements the Spleen belongs to Earth and is it the mother of the Lungs. The Spleen sends Food Qi upwards to the Lungs to combine it with the air to form Zong Qi – Qi of the chest. In return the Spleen relies on the descending of Lung qi of food and fluids to feed the body. When the Spleen loos its proper function of tranformation and transportation the qi will be obstructed and also the Lung qi. Symptoms of breathlessness can occur.

Phlegm can be formed in the Lungs when the Spleen is deficient and qi is obstructed. Fluids will not be transformed and transported, and accumulate. The saying is: ‘The Spleen is the origin of Phlegm and the Lungs store it’.

From the Kidneys the Spleen receives heat for its function of transformation and transporting food and essences. Spleen Qi assists the Kidneys in return by transforming and excreting fluids.

Kidney Yang and Spleen Yang warms the body, but the source of the body-warmth is primary Kidney yang and the Gate of Fire / *Ming Men*.

3.7 Phlegm – Tan

Tan is known as a viscid substance that is traditionally understood as a cause of disease. Tan gathers in the Lung and can be expelled by coughing. Tan-phlegm has a wider meaning in Chinese medicine than in Western medicine. It is a thick turbid substance that can accumulate in many places in the body. Tan can be

formed by depressed fire, invasion of the six excesses and damaged by food and drink.

The Lungs and the Spleen are the two main organs that can cause phlegm to develop. The Spleen can be too weak to transform the fluids and in that way it is said that the Spleen is the source of phlegm formation. Too much consumption of sweet and/or fatty foods causes Spleen dampness to gather. The Lung is the upper source of water and when phlegm accumulates, the Lung collects it. It is said that the Lung is the receptacle that holds phlegm.

When heat scorches the Lung liquid, phlegm may also be formed in the Lungs.

A Practical Dictionary of Chinese Medicine on page 432

3.8 Lung phlegm

- Phlegm in the Lung causes cough, panting and oppression in the chest.
- Clear thin phlegm indicates cold
 - and yellow or thick white phlegm indicates heat.
 - Scanty phlegm that's difficult to expectorate can be heat or dryness.
- Copious phlegm, which comes easy, indicates dampness.
- Coughing with fish-smelling pus and phlegm indicates pulmonary swelling, abscess in a pattern of toxic heat brewing in the Lung.

3.9 Etiology and preference

Fei Zhang, Lung distention is the common name of COPD, or Chuan Zheng, panting pattern, in Chinese Medicine.

Fei Zhang or Chuan Zheng	
Manifestations are airflow limitations which is partially reversible, and progressive in nature.	
Acute exacerbation phase symptoms	Stable phase
Cough Expectorations Shortness of breath Aggravated gasping Increased volume of purulent or mucopurulent sputum Apparent worsening of inflammation: fever	The acute symptoms are milder and more stable.
Clinical manifestations: Cough Expectorations Shortness of breath Dyspnea Wheezing Chest oppression	In advanced stage: Often weight loss Poor appetite Can be complicated by infection: Expectorations of bloody sputum

Xiao Zheng – is the common name of chronic asthma.

The main patterns on Xiao and Chuan
on page 129 of *The Practice of Chinese Medicine* to treat lung diseases.

Xiao / wheezing pattern	
During attack:	Treatment during attacks or between attacks is important for the treatment of asthma
Cold Phlegm Hot Phlegm	Difference between cold and hot phlegm is important in treating allergic asthma.
In between attacks:	There can be: Lung Xu Spleen Xu Kidney Xu

Chuan / breath pattern	
Full Invasion of Wind-Cold	External wind that is not properly treated can cause breathlessness / asthma.
Wind-Cold exterior and phlegm interior	Usually (in adults) because it takes a long time to cause this.
Cold exterior and heat interior	Usually with acute infections in the chest, not in case of asthma.
Phlegm heat in the Lungs	Not in case of acute bronchitis, pneumonia, bronchiectasis
Turbid phlegm in the Lungs	Serious infection in the chest
Lung qi obstructed	Acute asthma-attack for adults with emotional stress, not in case of early-onset asthma
Empty Lug deficiency	Coughing in case of Lung deficiency common in chronic asthma.
Kidney deficiency	Coughing in case of kidney deficiency can be seen in asthma or emphysema in a higher age, not at early-onset asthma.

Feng – Maciocia sees Wind as the main factor for Allergic Asthma:

Chuan Zheng– breathlessness	Feng – Wind	Xiao Zheng – wheezing
Wind and qi becomes phlegm		Phlegm in the Lung
Asthma	Allergic asthma	Chronic asthma
Bronchitis		Acute bronchitis
Emphysema		

Chuan –breathlessness by Maciocia, pg 78:

External Wind can cause the beginning of chronic breathlessness.

- External Wind obstructs the Lungs and prevents descending Qi. This brings Qi accumulation in the chest and Chuan – Breathlessness.
- Wind-Cold or Wind-Heat is the main factor to cause breathlessness and can both cause acute breathlessness.
- Wind obstructs the Lungs, descending and diffusing of qi will be accumulating in the chest.
- People who are suffering from chronic breathlessness can get an acute attack by an invasion of Wind-Cold or Wind-Heat.

Repeated invasion of Wind, when not treated properly or not treated at all, can cause external pathogens to turn into phlegm.

4 Etiology of Fei Zhang – Lung distention

4.1 Fei Zhang - Lung distention

The clinical symptoms such as cough with white and sticky or yellow sputum, panting, dyspnea, gasping with shrugged shoulders, are quite similar to the manifestations of Lung distention. *COPD & Asthma, pg 012.*

When the disease is serious there is a persistent cough, panting, gasping with shrugged shoulders, cyanosis of lips and fingers. This is a chronic respiratory tract disease. There can be Heart palpitations and edema, even clouding of the mind. These are also the typical symptoms of Lung diseases in Western medicine.

Fei Zhang and its etiology

In Traditional Chinese Medicine the causes for Lung diseases are:

1. The six climatic evils
2. Phlegm - fluid retention in the Lung
3. Deficiency of the Spleen and Stomach
4. Deficiency of the Lung and Kidney

COPD & Asthma pg 016

4.3 Diet

An (excessive) diet of fats, sweets, sugar, dairy foods as milk and cheese, raw and cold foods can damage the transformation and transportation functions of the Spleen. This can lead to phlegm in the Lungs which damages the Lungs function of descending qi, this can lead to breathlessness.

In order not to give phlegm a chance or when there is phlegm to eliminate it. Don't eat raw and cold food, rich and heavy food, foods that are too acrid and hot food, nor seafood.

In "quiet" periods with almost no attacks, tonify the Lungs, Spleen and Kidneys with foods and herbs.

With bronchial asthma with infections; one should not eat dry and hot foods, of phlegm condensing food.

4.4 Emotions

Emotions have a great impact on Qi and the Lungs. The Lungs control breathing, Qi and have a descending and spreading function. *Po*, the material entity belongs to the Lungs and gives the possibility to experience, feeling, and hearing and to see. *Po* also remembers the physical pain.

Sadness has an impact on the Lungs. The Lung qi is obstructed and can give symptoms such as breathless, a heavy feeling on the chest, fatigue and depression.

Sorrow impairs the Lung's qi with symptoms such as breathlessness and an annoying feeling on the chest, stretched shoulders, a hacking cough, a weak voice, sighings and a pale face.

Sorrow and depression influence the Spleen with symptoms of reduced appetite, fatigue and a pale face.

Fear has an impact on the Kidneys as a result of which the qi descends and symptoms of incontinence, diarrhea and enuresis.

Anger, irritation, frustration, bitterness makes qi rise, too much joy makes qi slow down.

Weakens Kidney Yin	Weakens Kidney Yang
Overwork for a long time	Prolonged physical overexertion
Kidneys can't receive and grasp qi	Kidneys can't receive Qi and hold it down
Qi Ni obstructs Lung Qi to descend	Qi Ni obstructs Lung Qi to descend
Excess above, deficiency below	Excess above, deficiency below
Walking barefoot	
Stay up too late and or working nights	
Result: chronic breathlessness	Result: chronic breathlessness

Kidney yin or yang deficiency is mostly present in chronic breathlessness.

Recovery from chronic bronchitis and/of emphysema is very difficult. Lung tissue that has been destroyed is not reversible. Especially the season's winter and spring can bring more infections and even quickly changing weather is dangerous. Every infection is a step deeper into the Lung's pathology.

Recovery from asthma is said: people can recover or outgrow this illness, but in the early stage it is irreversible.

It is also possible that a weak condition of the body making it vulnerable to Lung disease or the body becomes more vulnerable after Lung disease.

4.5 Feng-Wind

With allergic asthma there are two important aspects that play a role.

The Practice of Chinese Medicine, pg 127.

1. Deficiency of the Lungs and the Kidneys Wei Qi system, this is also the root of the illness.
2. Feng –wind, is seen as the manifestation.

The Lung spreads Wei Qi to skin and muscle to protect the body. Kidney Yang is the source of all Yang energy in the body and because of that seen as the root of Wei Qi. Wei Qi is Yang of nature and warms skin and muscle. This shows that Wei Qi comes from the Lungs and the Kidneys.

Kidney deficiency and (allergic) asthma.

Kidney deficiency is present at the beginning of a new life. When the kidneys are deficient, the Wei Qi system of the Lungs and Kidneys is also deficient. Lingering cough and wheezing makes it worse.

Some characteristics of Wind explain the impact on the bronchi and asthma. Wind has contracting properties, comes and goes and can cause spasms. This is considered as chronic external Wind that influences the bronchi. Lungs are the most external bodies and check the skin. The bronchial mucosa can be considered as extensions of the skin. When Wind penetrates the skin, Wind presses as it were the bronchial tubes and causes bronchial spasm, according to Maciocia.

Wind can penetrate when the Lungs and Kidneys are deficient and Wei Qi is weak.

4.6 Life Style

In most cases it is also very important that there is a change made to life style and diet. Especially important is the Mind- Shen which needs much attention because people live for prolonged periods of time under stress. It is necessary to learn how to 'adapt' to this situation. People should be aware that it is important to keep themselves warm and avoid draft and cold environments and weather.

Exercises according the age and condition to strengthen the body and mind such as walking, tai ji, yoga and qi gong. Over exercising should be avoided.

A light, nutritive-rich and easily digested diet such as rice, noodles and porridge is advisable. Take small warm meals during the daytime. Avoid cold, raw, pungent, greasy, dry and hot foods.
Fortifying the Lung, Spleen and Kidney and supplementing right qi.
Strengthen the constitution.

During the changing of the seasons; especially the autumn and winter it is important to remain warm. Wearing more layers of clothe so that one can adapt to each type of weather. A warm environment at home and at work.
At home more blankets on the bed, and in the workplace: do not sit near the window or in a draft near to the door.

Avoid asthma inducing agents, stop smoking and avoid smokers. Keep the living environment dust free. Avoid smog, industrial dust, evil air, and paint.

When there is coughing and panting ther can be severe sweating. After an attack it is important to change clothing, to hold the body dry and warm.

Shen - Mental Healthcare

Fei Zhang - Lung distention of Chuan Zhen - panting patterns can make people feel very depressed. They suffer from cough, dyspnea and a poor quality of life. It will be a great help to understand the illness and communication with others should be a great help strengthening the state of Mind.
COPD & Asthma, pg 047.

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Herbs that strengths the Mind.

MM	Herb	Property's		Key	
12 835	Bai He	Sweet Slightly bitter Slightly cold	Heart Lung	Enriches Lung Yin, drains heat from the Heart, Stops cough Quits the <i>Spirit</i>	Useful when a chronic cough due to Lung heat has injured yin.
13 860	Wu Wei Zhi	Sour Sweet Warm	Heart Kidney Lung	Contains leakage of Lung qi, grasps the qi, enriches Kidneys, nourishes the Liver, quiets <i>Spirit</i> , and generates fluids.	Also stops cough
14 937	He Huan Pi	Sweet Neutral	Heart Liver	Relieves constraint, calms the <i>Spirit</i> , regulates qi, invigorates blood	Depression
939	He Huan Hua	Sweet Neutral	Liver Stomach	Relieves constraint, calms <i>Spirit</i> , regulates the qi, invigorates collaterals	Constrained emotions Feeling of pressure in the chest.

Emotions are an integral part of human beings, but excessive emotions are unhealthy. Every word with "too" in front of it can damage the Mind and body. Even too much laughing can bring on an (asthma) attack. Physical training which is suitable for their age and condition such as yoga, tai ji, qi gong makes the body and mind stronger. Starting slowly and build it up everyday.

4.7 Conclusion

When symptoms are recognized, lifestyle modifications, diet, medicinal herbs and formulas can provide adequate help.

Prolonged illnesses and repeated attacks can impair pulmonary functions of the Lungs and make it worse.

If the condition is worse, Chinese Medicine and Western Medicine can work together. Lui Wei-sheng and Lin Lin mentioned in their book the Western Medicine and tools for combining treatment for very worse people:

- Oxygen
- sensitive use of antibiotics for severe infection
- steroids for anti-inflammatory
- monitoring blood gas level and treatment of respiratory-failure.

Where East and West should combine their knowledge

Source: A Feasibility Study of the Combination of Western Medicine & Traditional Chinese Medicine

Western Medicine (W.M.) and Traditional Chinese Medicine (T.C.M.). Both are in demand worldwide, and many people have perceived the potential complementary use of the two medicines. In China, the urge to achieve a combination is so great that it has become a national task. The government, after establishing the People's Republic of China (1949), made 'Uniting T.C.M. with W.M.' one of the four principal policies for all medical professionals. Since then the intensity of research into the combination, both in China and abroad, has increased, but a full-scale combination has never been achieved. This leads some people to pessimistically argue that an achievement of this kind is impossible. The lack of success is attributed to the 'huge gap' and 'contradiction' between the two medicines. For instance, when a T.C.M. doctor diagnoses a patient as having a problem of liver fire, a W.M. doctor may wonder how the liver can catch fire. My research focuses on the thinking mode and theory of medicine. The review of the history of W.M. reveals the relationship between pre-modern and modern W.M., while the comparison between W.M. and T.C.M. can illustrate meritorious aspects of pre-modern W.M. which have been lost. Comparative research explains the advantages of each medicine and suggests what should be retained or improved in the new medicine - Syncretistic Medicine. For instance, T.C.M. is to be improved by standardisation, quantification and clarification. Medical equations are provided to ensure both medicines are equal in form. The fundamental theory of T.C.M., especially the syndromes of the five viscera is formally listed to demonstrate a solution to the incompatibility between the two medicines. Without fundamental alteration to either medicine, the problem is solved by the creation and application of three general laws, by distinguishing the energy and anatomical or somatic systems and by synergically using both linear and nonlinear thinking modes. This thesis justifies the feasibility of a full-scale combination. This is an endeavour to

achieve a historical breakthrough in medical science, and, accordingly, should arouse global interest.

TCM and Vaccinations

According to Dr. J. Franklin is the thought in Chinese Medicine that the immunological system slowly develops and is not mature before the age of three. Vaccinations given in the first year seem to be associated with serious consequences. In his practice he feels that given vaccinations early plays a part in asthma and other diseases. He likes to postpone vaccinations until after the age of 3. In a published protocol to reduce risk, he writes, he recommends introduction of single vaccinations starting at age 2, each separated by 6 months. J. Franklin agrees with this. I, J. Franklin, am not unequivocally against vaccinations, because they offer real benefits against epidemic illness. However, they should be given singly, spaced out in time, and started after age three. Exceptions are made during risks of local epidemics, such as pertussis, when combined with early enrollment in daycare. The vaccination issue is a big one, and Franklin recommends further reading through Dr. Randall Neustaedter (www.cure-guide.com) or Dr. Joseph Mercola (www.mercola.com).

The Vaccine Guide, Risks and Benefits for Children and Adults, Revised Edition, Randall Neustaedter, North Atlantic Books, Berkeley, 2002.

Research

Further research can be done on supporting formula and herbs for baby's and children when they get their vaccinations.

Further research on Asthma and solutions in *COPD & Asthma, pg 316*

- to prevent or reduce relapse
- eliminating allergy by diet and formula
- controlling (viral) infections with exterior-relieving herbs; acrid and warm
- controlling (viral) infections with exterior-relieving herbs; acrid and cool
- treatment of desertion of (critical) Yang qi
- hormone dependent asthma

Further research on COPD and solutions in *COPD & Asthma, pg 157*

- treatment of respiratory failure
- eliminating herbs to stop panting
 - eliminating Wind to stop panting
 - eliminating Qi to stop panting
 - remove Stasis to stop panting
- boost the right Qi to stop panting
 - qi and fortify the spleen
 - kidney and consolidate the root.

5 Pathology

Pathology of the Lungs can start before birth with the receiving of Essence- Jing from the parents. When Jing is too weak, pathology can be seen at birth or later on in childhood or as adult.

The main factor in wheezing - xiao is "hidden phlegm" stored in the Lungs. Diet, emotions and lifestyle can trigger phlegm as mentioned in etiology.

For breathlessness – chuan diet, excessive emotions, too much work and not enough relaxation can be part of the causes.

Excess and Deficient patterns	
Excess-type of Chuan is shallow and long	Deficient-type:
Exhales rapidly and loud	Short and fast inhalation
Loudly panting	Low sounded
Coughing possible	
Pulse is slippery and tight, full	Pulse is weak

5.1 Patterns of Lung Diseases

Full Patterns

Wind-cold invading the Lungs
 Wind-Cold on the exterior and phlegm fluids interior
 Cold on the exterior and heat in the Lungs
 Turbid phlegm in the Lungs
 Lung qi obstructed
 Liver fire invading the Lungs

Treatment

Treat the phlegm heat and expelling pathogenic factors.

Empty Patterns

Lung qi xu
 Lung yin xu
 Lung and Kidney xu
 Lung and Kidney yin xu
 Lung and Kidney yang xu, fluids overflowing to Heart and Lungs
 Lung-, Heart- and Kidney yang deficiency, fluids overflowing the Heart.

Treatment

Treat the Root, Lungs and Kidneys, and tonify the body's qi, secondarily the manifestations.

The Practis of Chinese Medicine, Maciocia, G. pg 81

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5.2 Patterns of Xiao- Wheezing

The Acute (frequent attacks)

Cold Phlegm
 Hot Phlegm

Treatment

Expel pathogenic factors, resolve phlegm and restore the descending of Lung qi.

The Chronic phase

Lung Deficiency
 Spleen Deficiency
 Kidney Deficiency

The Practis of Chinese Medicine, Maciocia, G. pg 103

Treatment

Tonify the Qi of the body, especially of the mentioned organs.

Organs	Lung Xu	Spleen Xu	Kidney Xu
Herbs	Shan Yao	Gan Cao	Bu Gu Zhi

	Ge Jie	Huang Jin	He Tao Ren
	Dong Chong Xiao Cao	Lian Zi	Nu Zhen Zi
	(Zhi) Huang Qi	Qian Shi	Yin Yang Huo
		Yi Tang	

5.3 Patterns of Allergic Asthma

In *The Clinical Practice of Chinese Medicine* on page 312 is allergic asthma associated with cold asthma.

During attacks patterns
 Wind Cold without sweating
 Wind Cold with sweating

In between attacks
 Lung qi xu
 Lung qi and Lung yin xu
 Lung qi and kidney yang xu, kidney yang xu *dominates*
 Lung qi and kidney yang xu, Lung qi xu *dominates*
 Lung qi and kidney yang xu with cold
 Lung yin and stomach yin xu with dryness and empty heat
 Lung yin xu, without dryness and empty heat
 Lung qi and Kidney yang xu with interior cold.

Treatment
 Tonify the Qi of the body, especially of the mentioned organs and defensive qi.

5.4 Patterns of Lung Distention

Lung Distention belongs to the categorie in Chinese Medicine *Fei Zhang* or *Chuan Zheng*, in Western Medicine to the categorie *COPD*.

Fei Zhang / distention of the Lungs is a chronic disease. Its progression can go through a long course, consisting of early, middle and late stages. The different stage varies of pathological presentation.

1. In the early stage the focus is on the Lung:
 - invasion of the six climatic evils
 - obstruction on the Lung by phlegm
2. The middle stage:
 - the Spleen and Kidney are affected
 - Lung, Spleen and Kidney deficiency
 - Retention of Turbid Phlegm
3. The late stage:
 - the Heart gets involved
 - deficiency of qi and yang
 - Phlegm and Stasis internally obstruct
 - Water and fluids flow outside normal boundaries
 - Clear orifices will be clouded

In treatment Traditional Chinese Medicine make the differentiation between root and branch, deficiency and excess.

Excess differentiation Lung Distention between				
Wind-cold	Wind-heat	Turbid-phlegm	Phlegm- heat	Blood stagnated

Deficiency differentiation of qi nature and in addition, the disorders of the organs.			
Yang	Yin		
Lung	Heart	Spleen	Kidney

Excess and deficiency appear often simultaneously.

COPD & Asthma, pg 015

Treatment during the Acute Attack Stage

Cold on the exterior and fluid retention in the interior.

Symptoms;

Cough, panting, dyspnea, a large amount of thin and frothy sputum, a dry mouth with no desire to drink, accompanied by severe aversion to cold, fever, soreness of the limbs, general pain with no sweating.

In severe cases there can also be a puffy complexion and cyanosis of the lips and tongue.

T. pale, with white and glossy coating

P. floating and tight

Treatment

Diffuse the Lung and scatter cold; warm and move the water-fluids.

Formula

Xiao Qing Long Tang *modified*

Ma Huang 5g

Gui Zhi 10g

Bai Shao 10g

Xi Xin 3g

Gan Jiang 5g

Fa Xia 10g

Wu Wei Zi 5g

Fu Ling 15g

Chen Pi 5g

Ting Li Zi 15g

Da Zao 10 pcs

Zhi Gan Cao 5g



Decoct in 500ml of water until 200ml of the decoction is left. Divide into two portions and take it warm, 1 dose a day.

Xiao Qing Long Tang <i>modified</i>	
Ma Huang and Gui Zhi	Diffuse the Lung, dispel cold and resolve the exterior.
Bai Shao and Gui Zhi	Regulates the nutrient (ying) and defense (wei) phases.
Ting Li Zi	Drains the Lung, transforms fluids and calms panting.
Gan Jiang, Xi Xin and Fa Xia	Warm the Lung and transform fluids.
Wu Wei Zi	The astringency of Wu Wei Zi prevents over-consumption of Lung qi.
Chen Pi and Fu Ling	strengthen the Spleen, regulate qi and resolve phlegm.
Gan Cao and Da Zao	regulate the Spleen and Stomach.

Together they should affect a cure by diffusing the Lung, scattering cold, warming the Lung and transforming fluids.

There is more information about in the book about Asthma & COPD
 Accumulation of Phlegm-Heat in the Lung
 Accumulation of Phlegm-Stasis in the Lung
 Phlegm Clouding the Spirit-orifice
 Retention of Water due to Yang deficiency
 Original Yang about to Expire, and the other stages, but no space here at present.

COPD & Asthma page 017

5.5 Panting Patterns

Jiao Shu-de, professor of Chinese Medicine and of the Ministry of Health has a concept on how differentiate panting patterns. *COPD & Asthma, pg 096*

Jiao Shu-de divided panting patterns into two classes:

Shi -excess	Xu –deficiencies
Excess panting: exuberance of pathogenic evils resulting in excess.	Deficiency panting is “consumption of essential qi causing deficiency”
Characterized by forceful breathing,	Characterized by breathlessness
Chest fullness	
Course breathing	Forceless breathing with low sound
Loud and turbulent breathing sounds	Panic as if Qi were about to collapse
Chest expansion as if the air is not be contained	Prolonged inspiratory phase
Prolonged expiratory phase	Mental emotional weariness
Fullness and distention of the hypochondria	
Open mouth gasping with shoulder lifting	
Body shakes	
T. coating; yellow or white thick and greasy	T. coating thin and white
P. rapid and powerful	P. weak or deficient and powerless

During the illness, six patterns can occur and in the four seasons.

1. Cold excess. © Copyright Marjanne Hess van Klaveren
2. Heat excess.
3. Phlegm excess.
4. Lung deficiency.
5. Spleen deficiency.
6. Kidney deficiency.

And the three principles:

1. There will be times that the disease flares up:
 - a. Dispel the evils primarily
 - b. Treat the excess pattern to eliminate the branch.
2. If there is no flare up or panting:
 - a. Support the right qi.
 - b. Treat deficiency pattern to consolidate the root.
3. When treating panting combined with wheezing (asthma) one should also add anti-phlegmatics.

5.6 Pattern during Asthma Attack and Remission

Treatment during the Attack Stage

1. Cold type of Asthma

Clinical manifestations

Fever and chills, no thirst

Panting

Coughing

Wheezing

Phlegm that is white and clear

Chest fullness and oppression

Difficulty in lying down

Treatment principle

Warm the Lung and dispel cold; resolve phlegm and calm panting.

Formula

She Gan Ma Huang Tang; use for short time; or Xiao Qing Long Tang

Modifications

Add Bai Ji zi and/or Su Zi for eliminating phlegm

Add Lai Fu Zi and Gua Lou by constipation

Add Hou Po for descending Qi.

Herbs: acrid, dispelling actions, opening and diffusing

Ma Huang

Gui Zhi

Xi Xin

Bu Gu Zhi

Sheng Jiang

Fang Feng

Jing Jie



2. Heat type of Asthma

Clinical manifestations

Coughing and panting

Difficulty in lying flat

Phlegm wheezing in the throat

Thick and yellow sputum that is difficult to expectorate

There may be fever and chills, headache

T. yellow and greasy coating

P. slippery and rapid

Treatment principle

Disseminates and redirects the Lung qi, arrests wheezing, clears heat and transforms phlegm.

Formula

Ding Chuan Tang

Modifications

For thick, yellow sputum that is difficult to expectorate

Add Dan Nan Xing

Gua Lou Pi

Qian Hu

For severe stifling sensation in the chest add

Zhi Shi

Hou Po

For more heat in the Lungs add

Shi Gao

Yu Xing Cao

For sputum that is deep-seated and difficult to expectorate together with a reduced appetite, add

Lai Fu Zi

Bai Jie Zi

For constipation add

Da Huang

Zhi qiao

For protracted panting add

Ting Li zi

Su Zi

3. Treatment during Remission

In between attacks the Lungs, the Kidneys and the Spleen can be inefficient.

Tonify the Lungs can consolidate the exterior so to prevent attack by the six climate evils and reduce the number of asthma episodes.

1. Lung Qi Deficiency

Clinical manifestations

Cough

Thin, white sputum

Shortness of breath

Weak voice

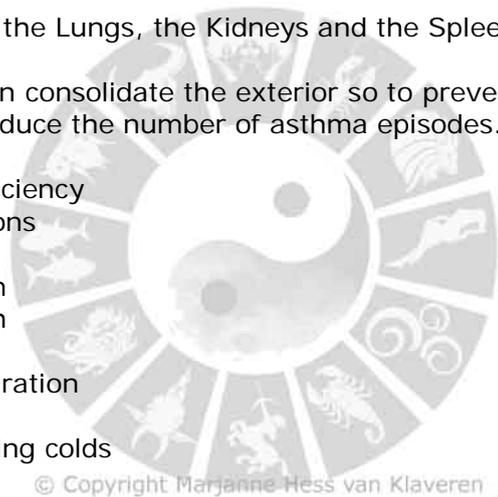
Spontaneous perspiration

Intolerance of Wind

Propensity to catching colds

T. pale

P. weak



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Treatment principle

Tonify the Lungs and consolidate the exterior and calm panting.

Formula

Yu Ping Feng San

Especially for younger people to fortifying the Spleen.

Modifications

If there are also cold symptoms, add

Gui Zhi

Bai Shao

Sheng Jiang

For cough and qi counter flow add

Xing Ren

Jie Geng

For excessive sweating and non-consolidation of the exterior due to deficiency,

Use Huang Qi at a heavier dose,
Add nuo dao gen
Ma Huang Gen
Wu Wei Zi
Sheng Mu Li

2. Spleen Qi Deficiency

Clinical manifestations
Shortness of breath and cough
Clear thin sputum
Emaciation
A bright pale complexion
Loss of appetite with poor digestion
Loose stools
Tiredness
T. pale, there may be teeth-marks on its edges and a white coating
P. weak

Treatment principle
Reinforce Earth-spleen so as to strengthen Metal- Lung.

Formula
Liu Jun Zi Tang

Modifications
If there are pronounced symptoms of Cold, add
Gui Zhi
Gan Jiang

For cough with excessive sputum, add
Qian Hu
Pi Pa Ye

For excessive sweats with exterior deficiency, add
Ma Huang Gen
Wu Wei Zi

For loss of appetite and loose stools, add
Shan Yao
Sha Ren
Pei Lan



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3. Kidney Qi Deficiency; failure of the Kidney to Receive qi

Clinical manifestations
There is prolonged panting aggravated by exertion
Intolerance of cold
Spontaneous perspiration or night sweats
Emaciation and lassitude
Palpitations and lumbar soreness
T. pale
P. deep

Treatment principle
Tonify the Kidneys to receive qi

Formula

(Liu Wei-Sheng & Lin Lin page 233 / Bensky page 275 Jin Gui Shen Qi Wan)

Shen Qi Wan	<i>modified</i>
Shu di Huang	15 g
Shan Zhu Yu	12g
Shan Yao	15g
Shu Fu Zi	12
Rou Gui	5g (infused before taking)
Bu Gu Zhi	15g
Dong Chong Xia Cao	3g (slimmer separately)
Fu Ling	12g
Mu Dan Pi	9g
Ze Xie	9g
Wu Wei Zi	6g

Modifications

For severe panting, add the powder Ge Jie (infused in hot water before taking) And Ba Ji Tian to strengthen the function of consolidating the Kidneys to receive qi.

Ge Jie Mo	2 g (infused in hot water before taking)
Ba Ji Tian	15g

For a cold body with cold limbs, soreness and weakness of the lower back and knees

Add Rou Gui (steamed in an airtight vessel before taking)

Add Yin Yang Huo so as to warm the Kidney and Liver

Rou Gui	5 g
Yin Yang Huo	15g

The "Natuur Apotheek" advices for children to use of HC; hydrofphiel concentrate is a standardized fluid, without alcohol.

Dosage: 3x a day, as many drops as the weight of the child. Is the weight of the child 12 kg than take 12 drops 3 times a day. (1 ml. = 20 drops).

COPD & Asthma, Pattern differentiation and Treatment, pg 220

5.7 Respiratory Muscle Fatigue

The increase of airway resistance also increases the load of respiratory muscles. The qi supply is lessened, resulting in respiratory muscle fatigue. This fatigue belongs to *xu chuan* (deficiency panting) or *chuan tuo* (panting collapse). Then, the pathomechanism of COPD respiratory muscle fatigue is associated with qi deficiency of the Lungs, Spleen and Kidneys. Especially depletion and sinking of gathering qi in the thorax.

Liu Wei-sheng observed the maximal inspiratory pressure (MIP) and the maximal expiratory (MEP) in three groups of COPD people. The results were as followed. In Lung qi deficiency MIP is lower and MEP is normal. In Spleen qi deficiency and Kidney qi deficiency both MIP and MEP were lower, especially in Kidney qi deficiency.

The treatment of Respiratory Muscle Fatigue with Chinese Medicine is focused on the reinforcement of the gathering qi, by tonifyin the qi of the Lung and spleen and warming the Kidneys.

Patterns seen in their clinic.

Lung, Spleen, and Kidney deficiency, Phlegm-Stasis obstruction in the Lung

Bu Zhong Yi Qi Tang

Ding Chuan Tang

Wei Jing Tang

Gui Zhi Fu Ling Wan

Sinking of the Gathering Qi

Bu Zhong Yi Qi Tang

Deficiency of both Yin and Yang

Shen Ze Zhen Qi Tang and Si Ni Tang first to warm lower jiao and lifting the gathering qi.

After two hours, take Bu Zhong Yi Qi Tang to nourish and lift the gathering qi.

COPD & Asthma pg 168

5.8 Asthma & COPD about Ma Huang

Ma Huang is often used in many formulas and in many forms. Ma Huang "can open blockages and dredges obstacles so as to stop cough and calming panting".

Ma Huang with Xing Ren: "diffuses the Lung and calm panting".

Ma Huang can be used, shortly, in case of asthma by different types of attacks. Sheng Ma Huang can be used for cases with an exterior pattern to resolve the exterior and disperse the evil.

Zhi Ma Huang for cases without an exterior pattern to reduce its harsh and dry nature. Caution with Ma Huang by Yin Xu and hyperactivity of Yang.

About Ma Huang is in *The Clinical Practice of Chinese Medicine* printed that some people believe that using Ma Huang (*Hebra Ephedrae*) may induce Heart failure by increasing the Heart beat.

They believe that the clinical manifestations of critical asthma are due to a disturbance of ventilation caused by airway inflammation and spasm of the small bronchi.

As example is mentioned in *The Clinical Practice of Chinese Medicine*, a formula: Hui Yang Ding Cuang Tang. It contains large dosages of Shu Fu Zi, Rou Gui, Gan Jiang and Dang Shen to warm and tonify the Lung, Spleen and Kidneys on which the use of honey-fried Zhi Ma Huang is based. This can reduce its side effects and decrease its harsh and dry nature.

Therefore Zhi Ma Huang will not increase perspiration and increase the Heart rate. On the contrary, it can improve the ventilation function through relieving spasm, calming panting, leading to improvement of clinical symptoms, decreasing the Heart rate, and alleviating sweating following the improvement of dyspnea.

The formula (no doses) for critical asthma on page 331 in *The Clinical Practice of Chinese Medicine*; COPD and Asthma.

Shu Fu Zi

Gan Jiang

Zhi Ma Huang

Xing Ren

Rou Gui.

MM CH	Formula critical Asthma				
11 pg 677	Shu Fu Zi	Acrid Hot Toxic	Heart Kidney Spleen	Revives devastated yang qi, tonifies the fire at the gate of vitality, guides the actions of other herbs into all 12 channels	With Gan Jiang to warm the Spleen and Kidneys
Pg 681	Gan Jiang	Acrid Hog	Heart Lung Spleen Stomach	Warms the Spleen, transform thin mucus, unblocks the channels, revives the yang.	
1 pg 7	Zhi Ma Huang				Effective in calming the lungs
Pg 437	Xing Ren	Bitter Slightly warm Slightly toxic	Lung Large intestine	Direct lung qi down, disperse Wind-Cold, moisten Intestines	With (Zhi) Ma Huang for cough and wheezing due to excess as in San Ao Tang
Pg 684	Rou Gui	Acrid Sweet Hot	Heart Kidney Liver Spleen	Warms and tonify the yang, disperses cold, promotes the movement of blood	With zhi fu zi for Kidney yang insufficiency and waning of the fire of gate of vitality as in Jin Gui Shen Qi Wan

COPD&Asthma, pg 330

Note from the Natuurapotheek

Ephedrine is approved by the FDA in the United States as a drug for human consumption, but because it is a precursor for several scheduled drugs (methamphetamine & methcathinone), it is highly regulated. Possession of ephedrine is legal, but sales of large quantities are monitored and many states heavily regulate the forms and methods in which it is sold. Only dried ephedra herb (which can be used to make ephedra tea) and seeds can still be sold in any quantity as these supposedly were only used in Traditional Chinese Medicine.

The FDA banned the sale of ephedrine in over-the-counter dietary supplements in early 2004. See the FDA's February 2004 Announcement. Although the ban was temporarily in question when a federal judge ruled it invalid, the US Tenth Circuit Court of Appeals found in favor of the FDA; as of August 2006, a ban is in place on the sale of any product containing ephedra-alkaloids and ephedrine that has not been specifically approved by the FDA.

The Dutch situation Hess van Klaveren

As a result of the developments in the US, the Dutch Judicial Division of the Council of State (Raad van State) decided to no longer allow the sale of ephedra-containing products as a food supplement, and to make it a prescription drug only.

5.7 Example for a Treatment Plan

- dietary changes
 - lifestyle modifications, including clothing, shoes
 - constitutional treatment
 - acute phases treatment
 - exercises (tai ji, qi gong)
 - breathing (yoga)
 - house cleaning
 - carpets
 - mattresses
 - pillows
 - airconditioning

6 Herbs and Formula

Herbs that can be used for cough and phlegm.

The * are also for COPD; chronic bronchitis and emphysema.

Yao	Action
Xing Ren*	Calms cough, dyspnea, moistens the Intestines.
Zi Su	Calms cough, dyspnea.
Sheng Jiang	Warms the Middle Burner, stops vomiting, warms the Lungs, calms cough
Bai Qian	Eliminates phlegm subdues Qi, calms cough
Bai He*	Moistens Lungs, calms cough, clears Heart, calms the Mind
Bai Guo*	Promotes the descending of Lung-Qi, calms dyspnea.
Chuan Ba Mu*	Transforms Phlegm, calms cough, Clears Heat.
Pi pa ye	Transforms Phlegm, calms cough, harmonizes the Stomach, Subdues Rebellious Stomach-Qi
He Tao*	Tonifies Kidneys, warms Lungs, moistens Intestines
Chen Pi*	Regulates the Qi, regulates the middle, dries dampness, transforms phlegm
Ding Xiang*	Warms the Middle, resolves upward rebellion, warms the Kidneys, benefits the Yang
Hu Jiao	
Ren Shen*	Intensely tonifies Original Qi, Spleen, and Lungs and promotes generation of fluids, calms thirst, calms the mind.
Fu Ling*	Eliminates water, strengthens the Spleen, and calms the Mind.
Shao Yao	Eliminates water, strengthens the Spleen, and calms the mind.
Lian Zi	
Qian Shi*	Tonifies the Spleen to expel dampness, strengthens the Kidneys to preserve the Essence.
Dang Gui	
Huang Qi*	Tonifies qi, raises Yang, strengthens the Wei-qi, strengthens the exterior, expels toxins
Chuan Xiong	Invigorates the blood, promotes the movement of qi, expels wind
Dong Chong Xia Cao	Tonifies the Kidney yang, augments the essence, tonifies the Lungs, settles coughs and wheezing, stops sweating
Ge Jie*	Tonifies Lung-Qi, benefits Kidney-Yang, calms dyspnea and calms cough
Ying Yang Huo	Tonifies the Kidney, strengthens the yang, dispels Wind, disperses dampness

The herbs mentioned below will soothe the throat and chest, subduing the cough, dispelings phlegm gently, increasing expectoration, replenishing moisture, rectifying the qi of the Lungs, purges wind and heat, while also being nutritional –Ying and defensive qi – Wei Qi.

Herbs:

Jie Geng*

Zhe Bei Mu*

Tian Zhi Huang*

Xian Shen

Huang Qin

Zhi Bai Bu*

Chen Pi*
 Fa Ban Xia*
 Fu Ling Kuai
 Gan Cao
 Gan Jiang*
 Guao Lou Zi – Ren*
 Sang Ye*
 Tai Zi Shen
 Wu Wei Zi
 Yu Zhu
 Zhi Shi
 Zi Su Zi*
 Huo Po*
 Yan Zhi – Da*
 Bai Shao

(*) Are herbs that transform and liquify phlegm, moistens dryness, alleviate tightness and stuffiness in the chest and promotes easy expectoration.

Formula	Lung disease	Source page
Liu Shen Wan	Asthma	Bensky 87
Jiu Xian San	Chronic bronchitis Asthma Emphysema	Bensky 355
Xiao Qing Long Tang	Acute bronchitis, Bronchial asthma	Bensky 38
Ding Chuan Tang	Chronic bronchitis Bronchial asthma	Bensky 300
Hei Xi Dan	Acute bronchial asthma Chronic bronchitis Emphysema	Bensky 230
Wei Jing Tang	Bronchiectasis Bronchitis Pneumonia Asthmatic bronchitis van Klaveren	Bensky 91
Di Tan Tang	Bronchial asthma COPD Acute and chronic bronchitis Bronchiectasis	Bensky 424
Du Qi Wan	Chronic asthma Emphysema bronchial asthma	Dagmar Ehling 313
Ba Xian Chang Shou Wan	Asthma	Dagmar Ehling
Bei Mu Gua Lou San	Asthma	Bensky 439
Dao Tan Tang	Emphysema	Bensky 448
Er Chen Tang	Chronic bronchitis Respiratory tract infection Emphysema	Bensky 432
Gan Cao Gan Jiang Tang	Emphysema	Bensky 225
Gua Lou Xie Bai Bai Jiu Tang	COPD	Bensky 292
Gua Lou Xie Bai Ban Xia Tang	COPD variation	Bensky 293
More formula		

Juy Xian San	Asthma Emphysema	Bensky 355
Ren Sen Ge Jie San	Bronchial asthma Asthmatic bronchitis emphysema	Bensky 247
San Zi Yang Qin Tang	Chronic bronchitis Asthma Emphysema	Bensky 445
She Gan Ma Huang Tang	Focus more on cough with mild or no-exterior symptom	Bensky 39
Xing Su San	Acute and chronic bronchitis Bronchiectasis Emphysema	Bensky 159
Zhu Gan Cao Tang	Emphysema	Bensky 257



Appendix

FORMULA

Asthma Chronic bronchitis Emphysema

Jiu Xian San
Nine Immortal Powder

Bensky 355

Chronic coughing, exhausting both the Qi and Yin of the Lung, which in turn causes further coughing.

The deficiency of Lung qi causes wheezing, a shiny-white complexion, shortness of breath, and a deficient pulse.

Prevents Lung-Qi exhaustion, stops cough, stops sweating, tonifies Lung-Qi and Lung-Yin.

	Herb	g	action
Jun	Ren Shen	1.5	Is perhaps the most effective herb in MM for tonifying and augmenting the qi.
Jun	Zhi Ying Su Ke	6	Is effective in restraining the Lungs and stops coughing
	Wu Mei	6	Assists Zhi Ying Su Ke in restraining the Lungs and stopping coughing.
Chen	Wu Wei Zi	1.5	Helps also the <i>Jung</i> herbs to augment the Lung qi. Nourish Lung Yin and serves a minor astringent function.
Chen	E Jiao	1.5	
Chen	Kuang Dong Hua	1.5	
Zuo	Bei Mu	1.5	Stop the coughing and transform phlegm, direct Qi down to calm wheezing together with Bei Mu and Jie Geng.
	Jie Geng	1.5	Also focus the action of the herbs towards the Lung
	Sang Bai Pi	1.5	Very effective for stopping coughs and wheezing, specially from yin xu
Shi	Da Zao		Regulates interaction between Ying Qi and Wei qi, reinforces the general effect of this formula to recover the Lungs quickly

Doses in powder: 5 g, 3 times a day, with warm water (add Sheng Jiang and Da Zao). As a decoction 3-4 times daily.

☞

This formula of Shan Han Lun can be used for bronchial asthma, chronic bronchitis and acute bronchitis.

Minor Bluegreen Dragon Decoction

Xiao Qing Long Tang

Bensky pg 38

The name of the formula is thought to be derived from Chinese folk religion. The wood spirit from the east, known as the bluegreen dragon, is present in the billowing ocean waves and is responsible for generating clouds, and for stimulating them to produce rain. This formula transforms congested fluids and expels pathogenic influences like the dragon, which manifests itself in the power of the waves.

LINE 40 of the Shang Han Lun pg 117

When in cold damage the exterior has not resolved and [there is] water qi below the Heart, with dry retching, heat effusion and cough, possibly thirst or diarrhea, of dysphagia, or inhibited urination and lesser abdominal fullness, or panting, Xiao Qing Long Tang, governs.

(Dysphagias, a feeling of blockage in the throat)

Xiao Qing Long Tang

Resolves the exterior with acidity and warmth; warm and transform water rheum.

In severe cases there may be considerable difficulty in breathing when lying down due to floating oedema especially when lying down.

Patients with chronic water metabolism problems and congested fluids usually have weak Lungs and Spleen. When they contact external wind-cold, the fluids and the cold are locked in battle, causing the interstines and pores to close.

	Herb	g	Action
Jung	Ma Huang	9	Releases the exterior, arrests wheezing, moves water by facilitating the flow of Lung qi.
Jung	Gui Zhi	9	Works with Ma Huang to release the exterior
Chen	Gan Jiang	3	Warms the interior, transforms congested fluids and help the Jung herbs release the exterior. Xi Xin also stops the coughing by facilitating the flow of qi throughout the body. <i>Gan Jiang</i> is also effective in warming the Spleen, the deficiency of which is the primary cause of congested fluids.
Chen	Xi Xin	3	
Zuo	Wu Wei Zi	9	Treating rebellious qi with warm, acrid herbs whose function is to scatter and dry may injure the qi and fluids. For this reason, Wu Wei Zi and Bai Shao, which nourishes the blood and nutritive qi, which prevents the leakage of Lung qi, are added.
Zuo	Bai Shao	9	
Zuo	Ban Xia	9	Transforms congested fluids and harmonizes the stomach.
Shi	Zhi Gan Cao	9	Augments the qi and harmonizes the interaction of the acrid and sour herbs.

This formula should not be used long term; in some cases one day may be enough. Also don't use in conditions with heat, blood coughing, or coughing due to yin deficiency.

Use with caution in cases with hypertension.

~

Arrest Wheezing Decoction

Ding Chuan Tang Bensky page 300

Chronic bronchitis, bronchial asthma

Author: Fu Shout Jing Fang; Exquisite Formulas for Fostering Longevity

Cough and asthma caused by Wind-Cold constraining the Exterior and Phlegm-Heat smoldering in the Interior

Lung qi and kidney yang deficiency

Indication: Coughing and wheezing with copious, thick and yellow sputum, labored breathing.

T. greasy and yellow coating

P. slippery and rapid

	Herb	ds	Action
Jun	Yin Xing	9	Transforms phlegm, contains the leakage of Lung qi, arrests wheezing and prevents <i>Ma Huang</i> from causing excessive dispersion and depletion. The complementary actions of these chief herbs in dispersing and binding greatly enhance the ability of the formula to arrest wheezing.
Jun	Ma Huang	9	Unblocks and redirects the Lung qi, arrests wheezing, and releases the exterior.
Chen	Xing Ren	4.5	The deputy reinforces the actions of Ma Huang in expanding the Lungs and arrests the wheezing.
Chen	Su Zi	6	Assist the chief herbs in directing the rebellious qi downward, arresting the wheezing and expelling phlegm.
Chen	Ban Xia		
chen	Kuan Dong Hua	9	
Zuo	Sang Bai Pi	9	Drains heat from the Lungs, arrest wheezing and stop coughing.
Zuo	Huang Qi	4.5	
Shi	Gan Cao	3	Harmonizes the actions of the other ingredients in this formula.

!This formula should be distinguished from Ma Xing She Gan Tang and Xie Bai San, which is used in treating heat from deficiency in the Lungs.

Lead Special Pill

Hei Xi Dan

Bensky 231

This formula should generally not be taken for more than 2-3 days (occasionally for as long as two weeks) to avoid the possibility of lead poisoning. It can be used by acute bronchial asthma, chronic bronchitis and emphysema.

True Yang Deficiency in which the Kidney-Qi is unable to grasp the Lung-Qi. This formula warms the Kidneys to restore their function of grasping the Qi. Bensky names about Yu Chang, a famous seventeenth century physician who wrote: *"For emergencies when the yang fire rebels and gushes, the true yang is suddenly abandoned, and there is wheezing and the rattling [sound] of phlegm, this is the only medicine that can be used."*

The formula focuses on the root aspects of the disorder, the waning of the Kidney Yang, while simultaneously addressing the symptoms.

	Herb	G	Action
Jun	Hei Xi	60	Is cold and sweet and has a heavy quality. It is regarded as the "essence of water" because it presses down and anchors the floating yang and directs rebellious qi downward, thereby calming the wheezing and gasping for breath.
Jun	Liu Huang	60	It is a sour and very hot substance. It is regarded as the 'essence of fire' because it strengthens the yang and warms and tonifies the vital fire. It's therefore an excellent substance for warming the Kidney Yang.
			Hei Xi and Liu Huang dry fried together, these

			two ingredients have a synergistic effect, which anchors the yang within the yin and addresses both the root and manifestations of the disorder. Together they also help to reduce the toxicity of each ingredient.
Chen	Fu Zi	30	warm the Kidneys, reinforce the yang, and guide the fire back to its source.
Chen	Rou Gui	60	
Chen	Yang Qi Shi	30	together warm the gate of vitality and eliminates cold.
Chen	Bu gu Zhi	30	
chen	Hu Lu Ba	30	They assist in leading the floating, deficient yang back to its source in the lower burner.
Zuo	Xiao Hui Xiang	30	warming the middle burner, regulate qi, direct Qi Ni down, eliminate phlegm, and warm the Kidneys.
	Mu Xiang	30	
	Rou Dou Kou	30	
	Chen Xiang	30	They also enable the herbs, which tonify the yang to do so without causing stagnation.
Zuo Fan	Chuan Lian Zi	30	Serves as an opposing assistant, is bitter and cold, both to ensure that all the o People with this condition can't tolerate the use of ingredients which are excessively warm and drying, as they can injure the true ying.

The normal dose is 3-9 g for adults and 2-3 g for children, taken daily with warm water. Up to 9 g may be prescribed in emergencies.

Six-Serenity Decoction

Liu An Jian

Bensky pg 434

Source: *Collected Treatises of (Zhang) Jing-Yeu*

Decoct with 3 –7 pieces of Sheng Jiang. Dries dampness, transforms phlegm, directs rebellious qi down, and calms wheezing.

Herb	Ds	Action
Chen Pi	4.5	
Ban Xia	6.9	
Fu Ling	6	
Gan Cao	3	
Xing Ren	3	
Bai Jie Zi	1.5-2.1	

For the sub-acute stage of wind-cold disorders, presenting with cough and wheezing with sticky sputum that is difficult to expectorate.

T coating white sticky

P slippery superficial

☞

Ren Shen Ge Jie San

Bensky pg 246

Precious Mirror of Health (Wei sheng bao jian)

Bronchial asthma, asthmatic bronchitis, chronic bronchitis, emphysema.

Actions:

Tonify qi, clears heat, transforms phlegm, stops coughing and arrests wheezing.

T purple with a thin and white or greasy, thin and yellow tongue coating.
 P. deficient, especially at the distal position

	Herbs	ds	action
Jun	Ge Jie	1 pair	Ge Jie enters Lung and Kidney channels to tonify the Kidneys and restore their ability to grasp the qi and thus arresting wheezing.
Chen	Ren Shen	60	strongly tonifies the source qi and increases the qi of the Lungs and Spleen.
Chen	Fu Ling	60	benefits the Spleen by draining dampness and
Chen	Sang Bai Pi	60	regulate the Lung qi and direct rebellious qi downward.
chen	Xing Ren	150	The last two work especially well together when there is heat in the Lungs due to constraint.
Zuo	Chuan Bai Bu	60	clears heat, moistens the Lungs, releases constraint and transforms phlegm.
Zuo	Zhi Mu	60	serves the dual purpose of clearing heat from the Lungs and nourishing the Kidneys so that they can grasp the qi.
shi	Zhi Gan Cao	150	Gan Cao harmonizes the actions of the other herbs and assists in tonifying the source qi.

Today is usually taken in 3-6 g doses with warm water twice a day, in the morning and evening, on an empty stomach.

~

Reed Decoction

Wei Jing Tang

Bensky pg 91

Source: *Thousand Ducat Formulas (Qian yin yao fang)*

	Herb	g	action
Jun	Lu Gen	30	Clears heat from the Lungs and is special in treating Lung abscess.
Chen	Yi Yi Ren	30	Ren clears heat from the Lungs and disperses pus from upper parts of the body. It leaches dampness out and helps the intestines to function properly, thereby an outlet for the phlegm (dampness) and heat through the urine.
Zuo	Dong Gua Ren	24	Clears and transforms phlegm-heat, resolves dampness and eliminates pus.
Shi	Tao Ren	9	Invigorates blood and eliminates blood stasis, which reduces the clumping and thereby breaks up the abscess. Tao Ren and Dong Gua Ran have a mild laxative effect which provides another outlet for phlegm through the stool!

Contra indicated during pregnancy; see the descending actions!

Modifications:

For pronounced heat in the Lungs add Jin Yin Hua and Yu Xing Cao

For marked pus in the sputum add Jie Geng, Chuan Bei Mu and Gan Cao

For excessive sputum ad Ting Li Zi

For lingering heat and persistent cough with copious sputum during recuperation from a febrile disease, add Si Guao Luo, Gua Lou Pi and Pi Pa Ye.
For measles with coughing fever and thirst and red rashes add Huang Qin, Sang Bai Pi and Chuan Bei Mu.

Actions

Clears heat from the Lungs, transforms phlegm, drives out blood stasis and discharges pus.

BRONCHIAL and chronic ASTHMA

Scour Phlegm Decoction

Di Tan Tang

Benskey 424

Formulas to aid the living (Ji sheng fang)

Bronchial asthma, chronic obstructive pulmonary disease, acute and chronic bronchitis, and bronchiectasis.

Actions: scours out phlegm, opens the orifices and tonifies the qi.

	Herb	G	Action
*	Ban Xia	6.6	acrid, warm and dry: dries dampness and transforms phlegm, direct Qi Ni down and harmonizes the stomach and stops vomiting.
*	Ju Hong	6	regulates qi and dries dampness enabling the qi to be restored to normal and reducing the phlegm Ju Hong
*	Fu Ling	6	strengthens the Spleen and leaches out dampness. When dampness is eliminated the vigor of the Spleen can be restored.
	Zhi Shi	6	eliminating dampness and transforming phlegm
	Zhu Ru	2.1	
	Dan Nan Xing	6.6	
	Chi Chang Pu	3	
	Ren Shen	3	Supports the normal qi and strengthens the Spleen
*	Gan Cao	1.5	harmonizes the actions of the other ingredients and the functions of the middle burner.

* together these ingredients make up Er Chen Tang

For phlegm that is not hot: add Dan Nan Xing and omit Zhu Ru.

For severe heat add Huang Qi, Huang Lian and the juice of Jiang Zhi and Zhu Li.

☞

The Six Miracle Pill

Liu Shen Wan

see Benskey pg 87

This pill is thought to have a miraculous effect on the body, hence the name.

This formula is used recently in **asthma**. It contains six ingredients and is said to be so effective that it must have been devised by immortals.

	Herb	Ds	Action
	Niu Huang	4.5	clear heat and transform phlegm.
	Zhen Zhu	4.5	
	Chan Su	3	reduces swelling and alleviating pain very effective.
	Xiong Huang	3	relieves toxicity and breaks up clumps.

	Bing Pian	3	penetrates tissues and strengthen the ability of the other ingredients to relieve toxicity and reduce swelling.
	She Xiang	4.5	

Is anti-inflammatory, calms pain, clears heat and relieves toxicity.

With chronic heat, in the Spleen and Stomach, and when the throat is invaded by wind-heat. The internally generated heat rises and mixes with the externally contracted heat.

Contraindicated in pregnancy



Fritillaria and Trichosanthes Fruit Powder

Bei Mu Gua Lou San

Bensky pg 439

Source: *Medical Revelations (Yi xue xin wu)*

Chronic asthma

	Herbs	G	Action
Jung	Bei Mu	4.5	Encompasses all of the primary aspects of this formula. Moistens the Lungs, clears heat, transforms phlegm, and stops coughing.
Chen	Guo Lou	3	Helps Jun with clearing heat, moistens dryness, regulates the qi and expels phlegm in order to remove the obstruction from the chest and diaphragm.
Zuo Zhu	Tian Hua Fen	2.4	Clears heat, generates fluids and transforms phlegm.
Zuo Zhu	Fu Ling	2.4	Strengthens the Spleen.
Zuo Zhu	Ju Hong	2.4	Regulates the qi, and is used here to address the deficiency and stagnation of Spleen qi. <i>This is important in treating dry phlegm because a healthy Spleen will transport fluids to the Lungs.</i>
Zuo Zhu	Jie Geng	2.4	Encourages the proper flow of Lung qi and treats throat problems.

All of these herbs (zhuo zhu) reinforce the actions of the chief herb.

Modifications:

For severe coughing and wheezing add Xing Ren, Pi Pa Ye and Kuan Dong Hua.

For a concurrent exterior condition add Sang Ye, Qian Hu and Niu Bang Zi.

For hoarseness and blood-streaked sputum, omit Ju Hong and add Sha Shen, Mai Mendong, Lu Gen and Xian He Cao.

For more severe dryness and sore throat add Xuan Shen, Mai Men Dong and Zhi Mu.

Contraindicated: for cough due to yin xu.

EMPHYSEMA

Guide Out Phlegm Decoction

Dao Tan Tang

Bensky pg 448

Guide out phlegm decoction

Source: Formulas to Aid the Living (Ji sheng fang)

Emphysema

This formula is for conditions with more severe phlegm and constriction of qi, and less wind.

Ju Hong	3 g
Ban Xia	6
Fu Ling	3
Gan Cao	1.5
Zhi Shi	3
Tian Nan Xing	3 (slightly toxic)

Symptoms are stifling sensation and local distention in the chest and diaphragm. Reduced appetite. Distention and fullness in hypochondria and flanks. Restlessness when sitting, or lying down. Coughing and wheezing with copious sputum and difficult breathing. Thick gummy nasal discharge and saliva.



Two Cured Decoction

Er Chen Tang

Bensky pg 432

Source: *Imperial Grace Formulary of the Tai Ping Era*
(*Tai ping hui min he ji ju fang*)

Chronic bronchitis, upper respiratory tract infection.

	Herb	G	Action
Jun	Ban Xia	10	Dries dampness, expels phlegm, and causes rebellious stomach qi to descend.
Jun	Ju Hong or Chen Pi	10	Revives the Spleen and facilitates the flow of qi in the middle burner. These actions treat the distention, coughing and nausea or vomiting, indirectly expel phlegm by improving the transport function of the Spleen.
Chen	Fu Ling	6	Supports actions of the chief ingredients by leaching out dampness from the middle burner and strengthening the Spleen. It also resolves the palpitations and dizziness caused by the upward rising of phlegm.
Zuo Zhu	Zhi Gan Cao	1.5	Zhi Gan Cao is to tonify the Spleen
Shi	Sheng Jiang	2pc	Re-enforce the action of Ban Xia in controlling nausea.
Shi	Wu Mei	1pc	Counterbalances the dispersing tendencies of the chief ingredients and thereby prevents the dissipation of Lung qi.

Actions: dries dampness, transforms phlegm, regulates the qi and harmonizes the middle burner, for many kinds of phlegm.

The preferred strategy for treating phlegm is to strengthen the transport function of the Spleen by regulating the qi. Drying directly treats dampness.



Licorice and Ginger Decoction

Gan Cao Gan Jiang Tang

Bensky pg 225

Source: *Essentials from the Golden Cabinet (Jin qui yao lue)*

Emphysema

Together these herbs warm and strengthen the stomach, which in turn helps to resolve the Lungs disorder. This is called "nurturing the Earth to generate the Metal".

	Herb	Ds	Action
	Zhi Gan Cao	12	Zhi Gan Cao is added to prevent this and to tonify the Qi.
	Gan Jiang	6	Warms the Lungs and disperses cold. It is used primarily to restore the yang of the chest. Its acrid, hot nature can easily deplete the source qi.

For epigastric and abdominal pain due to cold from deficiency of the Spleen and stomach add Gao Liang Jiang and Rou Gui.



Trichosanthes Fruit, Chinese Chive and Wine Decoction

Gua Lou Xie Bai Bai Jiu Tang

Bensky pg 292

Source: *Essentials from the Golden Cabinet (Jin qui yao lue)*

	Herb	Ds	Action
Jun	Gua Lou	12	expels phlegm and unbinds the chest. It is useful in dispersing clumps of phlegm in the chest.
Chen	Xie Bai	9-12	warms and unblocks the yang, promotes the movement of qi and alleviates pain.
Zhuo Zhu	Bai Jiu	30-60 ml	Zuo Bai Jiu, its ascending nature enhances the therapeutic action of Xie Bai, and encourages the uninhibited flow of yang.

Gua Lou 12 g

Xie Bai 9-12

Bai Jiu 30-60 ml

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Not for use on long-term bases.

This is a warm drying and dispersing formula, not used for cases of chest pain due to Lung consumption of phlegm heat.



Variation: Trichosanthes Fruit, Chinese Chive and Pinellia Decoction

Gua Lou Xie Bai Ban Xia Tang

Bensky 293

Source: *Discussion of Cold-Induced Disorders (Shang Han Lun)*

Add Ban Xia in case of painful obstruction of the chest where the pain is so severe that the patient is unable to lay down and the symptoms of phlegm accumulation are more severe.

Eight Immortal Pill for Longevity

Ba Xian Chang Shou Wan

Dagmar Ehling pg 46, 309

Chronic asthma

Shan Zhu Yu	6-9 g
Shan Yao	6-9
Shang Di Huang	6-12
Mu Dan Pi	6-9
Ze Xie	6-9
Fu Ling	6-9
Wu Wei Zi	6-9
Mai Men Dong	6-9

Lung- and Kidney yin xu with cough and asthma, hemoptysis, tidal fever or night sweats.

T. red, slight coat
P. rapid, thin

Capital Qi Pill

Du Qi Wan

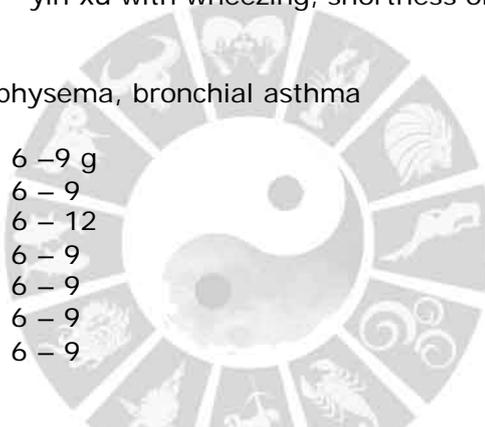
Dagmar Ehling 313

Source (by Bensky) Analytic collection of Medical Formulas (Yi Fang ji jie)

Kidney- and Lung qi – yin xu with wheezing, shortness of breath, or chronic cough.

Chronic asthma, emphysema, bronchial asthma

Shan Zhu Yu	6 – 9 g
Shan Yao	6 – 9
Sheng Di Huang	6 – 12
Fu Ling	6 – 9
Mu Dan Pi	6 – 9
Ze Xie	6 – 9
Wu Wei Zi	6 – 9



Main patterns of Lung-diseases by Maciocia	Bensky Formula on page
Lung qi xu	Yu Ping Feng San 352
Lung qi en Lung yin xu	Sheng Mai San 245 Bai He Gu Jin Tang 161
Lung qi and Kidney yang xu, Kidney yang is dominating	Ran Shen Ge Ji San 246
Lung qi and Kidney yang xu, with Lung qi xu dominating	Ren Shen Gu Tao Tang 247
Lung qi and Kidney yang xu with cold phlegm	Ding Chuan San 300
Lung yin and stomach yin Xu with dryness and empty heat	Sha Shen Mai Dong Tang 161
Lung Yin xu without dryness and empty heat	Mai Men Dong Tang 165
Lung and Kidney xu	Bai He Gu Jin Tang 161
Lung qi and Kidney yang xu with interior cold	Su Zi Jiang Qi Tang 299

Herbs that can be added to the formulas.

Tonifying the Kidneys Wei qi system. Maciocia said that with every formula there could be added a little dose of a Kidney yang herb, also by Yin Xu.

Categories	Yao	Action	Property
Tonify yang	Tu Si Zi	Tonifys the Liver. Tonifys the Kidneys. Moves Blood. Promotes healing of broken bones and sinews	Warm, bitter, sweet, pungent, Liver, Kidneys, non-toxic
Tonify yang	Xu Duan	Tonifys the Yang. Benefits the Yin. Strengthens the Essence. Anti diuretic. Improves vision Stops diarrhea.	Pungent, sweet, Liver, Kidneys: non toxic
Tonify yang	Bu Gu Zhi	Tonifies the Kidneys. Strengthens the Yang. Preserves the Essence. Ants diuretic. Warms the Spleen. Stops diarrhea.	Hot, bitter, pungent, Kidneys, non-toxic
	Hu Tao Rou	Tonifies the Kidneys. Warms the Lungs. Moistens the Intestines	Warm, sweet, Kidneys, Lung
	Shu Di Huang	Nourishes Yin and Blood. Tonifies the Essence. Strengthens the Marrow.	Light, warm, Liver, Kidneys, Heart, non toxic
Stimulate descending Lung qi en expel Feng			
Transform phlegm	Xing Ran	Calms cough. Calms dyspnea. Moistens the Intestines. Promotes bowel movement.	Light, warm, bitter, Lung, large intestines. Light toxic
	Su Zi	Stops coughing and wheezing	Warm, pungent, Lung, large intestines
Transforms phlegm	Xuan Fu Hua	Eliminates Phlegm. Moves Water. Subdues Qi. Stops vomiting.	Light, warm, bitter, pungent, salt, Lung, Spleen, salt Non- toxic
Release exterior	Fang Feng	Expels Wind. Releases the Exterior. Disperses Dampness. Calms pain. Calms spasms.	Warm, pungent, sweet, bladder, Liver, Spleen, Lung Non-toxic

Appendix

CLINICAL STUDIES AND RESEARCH

by John Chen & Tina Chen

HUANG QI

- **Prevention of pulmonary tract infection:** An herbal tea of 15 grams of *Huang Qi* and 10 grams of *Da Zao* (*Fructus Jujubae*), given twice daily, demonstrated a marked effect in the prevention of pulmonary tract infections in 160 patients with a past history of chronic bronchitis, bronchial asthma, and allergic rhinitis.

- **Prevention of upper respiratory tract infection in children:** One report described that 2 ml of *Huang Qi* solution (equivalent to 2 grams of dried herb) given daily, showed 94% effectiveness in the prevention of respiratory tract infection in 100 children.

- **Prevention of asthma and cough:** A *Huang Qi* preparation was injected (equivalent to 1 gram of dried herb) into *Zusanli* (ST 36) bilaterally twice weekly for three months per course of treatment, for a total of 3 to 4 courses of treatment, with 2 weeks of rest between each course. Out of 41 patients, there was significant improvement in 85.4% and moderate improvement in 56.1%. Furthermore, most patients noticed an increase in appetite and energy, improvement in quality of sleep, and fewer episodes of infection.

***Antibiotic:** *Huang Qi* has been shown to inhibit the activity of *Bacillus dysenteriae*, *Bacillus anthracis*, β -hemolytic streptococcus, *Corynebacterium diphtheriae*, *Diplococcus pneumoniae*, and *Staphylococcus aureus*.

Wu Wei Zi

- **Asthma:** Patients with severe asthma were treated with an herbal formula for 7 months to 2 years, with good results. Out of 50 patients, the study reported a complete recovery in 1 case, stability in 47 cases, and no response in 2 cases. The herbal formula contained 30 to 50 grams of *Wu Wei Zi*, 9 to 12 grams of *Di Long* (*Pheretima*), and 30 to 80 grams of *Yu Xing Cao* (*Herba Houttuyniae*). Patients were advised to first soak the herbs in water for 2 to 4 hours, then cook the herbs for 15 to 20 minutes, and take the decoction twice daily, at 4 and 8 pm.

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Dictionary

asthma	= xiao chuan bing
common cold	= gan mao
cough	= ke sou
COPD	= fei zhang
dyspnea	= chuan zheng
lung distention	= fei zhang
lung paralysis	= fei wei
muscle fatigue	= xu chuan
pant	= chuan
panting collapse	= chuan tuo
phlegm fluids above diaphragm	= zhi Yin
pulmonary abscess	= fei yong (acut)
salvia	= xian
spittle	= tuo wei shen ye
tuberculosis	= fei lao
wind	= feng
wheezing	= xiao

