

BRONCHIAL ASTHMA

Bronchial asthma is a typically episodic and remittent obstructive lung disorder characterized by narrowing of the large and small airways due to spasm of the smooth muscles of the bronchi, edema, inflammation of the bronchial mucosa, and production of tenacious mucus. A great deal of bronchial asthma is allergic in nature. Patients diagnosed as suffering from asthma differ greatly in the frequency and severity of their symptoms. In some patients, asthmatic attacks are infrequent, of short duration, and mild in their severity. Between these attacks, patients may be completely asymptomatic. Other patients may suffer from mild coughing and wheezing much of the time, punctuated by severe exacerbations following exposure to known allergens, viral infections, exercise, or nonspecific irritants. Psychoemotional stress may also either precipitate attacks or aggravate their severity. During acute attacks, there is tight-sounding, generally unproductive coughing, dyspnea, tachypnea, tightness and/or pressure in the chest, and wheezing. If dyspnea is severe, patients may not be able to breathe lying down and may experience great anxiety. In life-threatening attacks, there may be rapid, shallow, ineffectual breathing, cyanosis, lethargy, and confusion premonitory to respiratory failure. As the attack subsides, adult patients, but not young children, may expectorate tenacious, thick, sticky phlegm.

The Western medical diagnosis of asthma is based on the presence of wheezing, a family history, a personal history of episodic wheezing and dyspnea, often beginning in childhood or early adulthood, and a family or personal history of allergies. If diagnosis from the above is difficult or complicated by other factors, especially in patients whose wheezing and dyspnea begin after age 50, chest x-rays, blood cell examination, pulmonary function tests, and allergic skin testing may all be used to confirm the diagnosis. The Western medical treatment of asthma is mostly drug-based, and a wide range of medications may be prescribed based on the severity and staging of the disease. These medications

include orally administered and inhaled prescriptions. The main classes of Western drugs used in the treatment of asthma are 1) beta-adrenergic agents, such as epinephrine, ephedrine, isoproterenol, and theophylline to relax the smooth muscles of the bronchi and bronchioles, 2) corticosteroids to inhibit allergic reactions, 3) anticholinergic agents to block the cholinergic pathways that cause airway obstruction, and 4) cromolyn sodium used prophylactically to reduce airway hyper-reactivity. During severe attacks, patients may also be treated with oxygen to reduce hypoxia and with fluids and electrolytes to prevent or treat dehydration. When viral respiratory tract infections become complicated by secondary bacterial infections, antibiotics, such as ampicillin, erythromycin, or tetracycline, may be given. Unfortunately, all of the above medications have side effects, and satisfactory asthma control in adults may be difficult to achieve.

CHINESE DISEASE CATEGORIZATION: In Chinese medicine, bronchial asthma is referred to as *chuan zheng*, panting condition, *chuan ke*, panting and coughing, *chuan cu*, hasty panting, *xiao zheng*, wheezing condition, and *xiao chuan*, wheezing and panting.

DISEASE CAUSES: External contraction of the six environmental excesses, internal damage by the seven affects, faulty diet, iatrogenesis, immaturity and aging

DISEASE MECHANISMS: The disease mechanisms of asthma are essentially the same as those of allergic rhinitis. There is typically a spleen qi vacuity resulting in A) defensive qi not securing and B) engenderment of phlegm dampness. Defensive qi not securing allows easy entry of external evils which hinder and obstruct the lung qi's diffusion and downbearing. When external evils mix with accumulated deep-lying phlegm in the lungs, impairment of the lungs' depurating and downbearing becomes even more severe. If

enduring phlegm and dampness or severe qi stagnation leads to transformation of heat, phlegm dampness may be brewed into phlegm heat. Enduring non-diffusion and stagnation of the qi and obstruction by phlegm dampness may lead to concomitant blood stasis. Former heaven natural endowment insufficiency, latter heaven immaturity, enduring disease, or aging may lead to yin and/or yang vacuity. Especially in children and the elderly, kidney qi vacuity may fail to grasp the qi downborne by the lungs. Thus the three main viscera involved in asthma are the lungs, spleen, and kidneys. However, since the lungs and liver together govern the flow of qi throughout the body, most cases of asthma are also complicated by liver depression qi stagnation. This is because the lungs' downbearing and depurating works hand in hand with the liver's coursing and discharging. If the lungs do not downbear and depurate, this may lead to or aggravate liver depression, while liver depression leading to upward counterflow of qi and/or depressive heat may cause or aggravate loss of the lungs' depuration and downbearing.

TREATMENT BASED ON PATTERN DISCRIMINATION:

1. WIND COLD ASSAILING THE LUNGS PATTERN

MAIN SYMPTOMS: Acute or initial stage of asthma, panting with rales in the throat which usually occurs when exposed to cold, worse panting when lying flat, chest and diaphragmatic fullness and oppression, white, sticky or clear, watery, foamy phlegm, possible coughing, possible cold upper back, a green-blue, dull, stagnant facial complexion, no thirst or thirst with a liking for hot drinks, possible slight effusion of heat (*i.e.*, fever), aversion to cold, headache, itchy throat, sneezing, a runny nose, body aches or itching especially at the beginning of the acute stage, white, glossy tongue fur, and a floating, tight or bowstring pulse

TREATMENT PRINCIPLES: Dispel wind and scatter cold, diffuse the lungs, level panting, and transform phlegm

Rx: *Ma Huang Tang* (Ephedra Decoction)

INGREDIENTS:

<i>Xing Ren</i> (Semen Armeniacae)	12g
<i>Ma Huang</i> (Herba Ephedrae)	9g
<i>Gui Zhi</i> (Ramulus Cinnamomi)	6g
mix-fried <i>Gan Cao</i> (Radix Glycyrrhizae)	3g

ANALYSIS OF FORMULA: Within this formula, *Ma Huang* resolves the exterior and diffuses the lungs, stops coughing and levels panting. *Gui Zhi* resolves the exterior and scatters cold. When combined with *Ma Huang*, *Gui Zhi* strengthens *Ma Huang*'s function of promoting diaphoresis. *Xing Ren*

frees the flow of the lung qi and transforms phlegm, stops wheezing and loosens the chest, while mix-fried *Gan Cao* harmonizes the other medicinals in this formula and moderates *Ma Huang*'s strongly diaphoretic action.

ADDITIONS & SUBTRACTIONS: For severe hasty panting, add nine grams each of *Zi Su Zi* (Fructus Perillae) and *Qian Hu* (Radix Peucedani). For chest oppression, add nine grams each of *Jie Geng* (Radix Platycodi) and *Zhi Ke* (Fructus Aurantii).

For wind cold with disharmony between the constructive and defensive accompanied by hasty panting not stabilized after sweating, fever, aversion to cold, sweating, and a floating, moderate (*i.e.*, slightly slow) pulse, replace *Ma Huang Tang* with *Gui Zhi Jia Hou Po Xing Ren Tang* (Cinnamon Twig Plus Magnolia & Armeniaca Decoction): *Gui Zhi* (Ramulus Cinnamomi), *Bai Shao* (Radix Paeoniae Albae), *Xing Ren* (Semen Armeniacae), and *Hou Po* (Cortex Magnoliae Officinalis), 9g each, mix-fried *Gan Cao* (Radix Glycyrrhizae), 6g, *Sheng Jiang* (uncooked Rhizoma Zingiberis), 3 slices, and *Da Zao* (Fructus Jujubae), 5 pieces.

For profuse phlegm, replace *Ma Huang Tang* with modified *Xiao Qing Long Tang* (Minor Blue-green Dragon Decoction): uncooked *Ma Huang* (Herba Ephedrae), *Ban Xia* (Rhizoma Pinelliae), and *Gui Zhi* (Ramulus Cinnamomi), *Xing Ren* (Semen Armeniacae), and *Su Zi* (Fructus Perillae), 9g each, *Bai Shao* (Radix Paeoniae Albae), mix-fried *Gan Cao* (Radix Glycyrrhizae), and *Gan Jiang* (dry Rhizoma Zingiberis), 6g each, and *Xi Xin* (Herba Asari) and *Wu Wei Zi* (Fructus Schisandrae), 3g each.

ACUPUNCTURE & MOXIBUSTION: *Da Zhui* (GV 14), *Feng Men* (Bl 12), *Fei Shu* (Bl 13), *Lie Que* (Lu 7), *Tian Tu* (CV 22)

ANALYSIS OF FORMULA: Draining *Da Zhui*, *Feng Men*, *Fei Shu*, and *Lie Que* dispels wind and scatters cold, diffuses the lungs and levels panting. Draining *Tian Tu* diffuses the lungs and transforms phlegm, strongly downbears the qi and levels panting.

ADDITIONS & SUBTRACTIONS: For severe panting, add *Ding Chuan* (M-BW-1). For headache, nasal congestion, and runny nose, add *Ying Tang* (M-HN-3) and *Yin Xiang* (LI 20). For effusion of heat (*i.e.*, fever), add *He Gu* (LI 4). For simultaneous effusion of heat and aversion to cold, add *Wai Guan* (TB 5). For profuse phlegm, add *Zhong Wan* (CV 12), *Feng Long* (St 40), and *Zu San Li* (St 36). For severe coughing, add *Chi Ze* (Lu 5). For chest oppression, add *Dan Zhong* (CV 17) and *Nei Guan* (Per 6). In children, especially with underlying food stagnation, bleed *Si Feng* (M-UE-9).

ADJUNCTIVE THERAPY: To help level panting and stop wheezing, grind *Zhi Fu Zi* (Radix Lateralis Praeparatus Aconiti

Carmichaeli), 10%, *Gui Zhi* (Ramulus Cinnamomi), 20%, *Bai Jie Zi* (Semen Sinapis), 10%, *Xi Xin* (Herba Asari), 20%, *Gan Jiang* (dry Rhizoma Zingiberis), 20%, and *Chuan Jiao* (Pericarpium Zanthoxyli), 20%, into fine powder. Add fresh ginger juice and make into medicinal discs 2cm in diameter. Place one disc each on *Fei Shu* (Bl 13), *Gao Huang* (Bl 43), and *Dan Zhong* (CV 17) each night before bed, keeping them on with adhesive tape. Remove in the morning on arising.

2. WIND HEAT INVADING THE LUNGS PATTERN

SYMPTOMS: An acute episode of wheezing and panting, possible itching throat and/or sneezing, difficulty breathing, vexation and oppression, flaring nostrils, gaping mouth, raised shoulders, coughing of thick, yellow phlegm which is difficult to expectorate, possible effusion of heat (*i.e.*, fever), sweating, aversion to wind, thirst, pain in the chest, thin, white or thin, yellow tongue fur, and a floating, rapid pulse

TREATMENT PRINCIPLES: Clear heat and resolve the exterior, diffuse the lungs, level panting, and transform phlegm

RX: *Ma Xing Shi Gan Tang Jia Wei* (Ephedra, Armeniaca, Gypsum & Licorice Decoction with Added Flavors)

INGREDIENTS:

uncooked <i>Shi Gao</i> (Gypsum Fibrosum)	30g
<i>Gua Lou Pi</i> (Pericarpium Trichosanthis)	12g
<i>Xing Ren</i> (Semen Armeniaceae)	9g
<i>Huang Qin</i> (Radix Scutellariae)	9g
<i>Lian Qiao</i> (Fructus Forsythiae)	9g
<i>Ma Huang</i> (Herba Ephedrae)	6g
<i>Gan Cao</i> (Radix Glycyrrhizae)	6g
<i>Jie Geng</i> (Radix Platycodi)	6g

ANALYSIS OF FORMULA: *Shi Gao* resolves the muscles, clears heat, drains lung heat, and, in combination with *Ma Huang*, resolves the exterior and levels panting due to wind heat. In addition, *Ma Huang* levels panting and stops cough. *Gua Lou Pi* diffuses the lungs and disperses phlegm, while *Xing Ren* downbears the qi and transforms phlegm. Both these medicinals also level panting and stop cough. *Jie Geng* diffuses the lungs and leads the other medicinals to the chest and lungs. *Lian Qiao* and *Huang Qin* clear the lungs.

ADDITIONS & SUBTRACTIONS: For severe contraction of external wind heat with aversion to wind and fever, add nine grams of *Sang Ye* (Folium Mori), six grams of *Bo He* (Herba Menthae Haplocalysis), and 15 grams of *Jin Yin Hua* (Flos Lonicerae). For profuse phlegm and severe hasty panting, add nine grams each of *Ting Li Zi* (Semen Lepidii/Descurainiae) and *She Gan* (Rhizoma Belamcandae) and six grams each of *Zhe Bei Mu* (Bulbus Fritillariae Thunbergii) and *Di Long* (Pheretima). For severe lung heat, add nine

grams of *Sang Bai Pi* (Cortex Mori). For constipation, add 3-9 grams of *Da Huang* (Radix Et Rhizoma Rhei).

For dryness and heat damaging the lungs with fever, aversion to cold, hasty panting, difficult expectoration of scanty, thick, sticky phlegm, phlegm containing blood, or dry coughing, pain in the chest, dry nose and throat, itchy sore throat, constipation, a red tongue tip with dry, yellow fur, and a floating, rapid pulse, replace *Ma Xing Shi Gan Tang* with *Sang Xing Tang Jia Jian* (Morus & Armeniaca Decoction with Additions & Subtractions): *Sang Ye* (Folium Mori), *Xing Ren* (Semen Armeniaceae), *Nan Sha Shen* (Radix Adenophorae), *Dan Dou Chi* (Semen Praeparatus Sojae), stir-fried *Zhi Zi* (Fructus Gardeniae), *Pi Pa Ye* (Folium Eriobotryae), and *Ma Dou Ling* (Fructus Aristolochiae), 9g each, and *Chuan Bei Mu* (Bulbus Fritillariae Cirrhosae) and *Yu Zhu* (Rhizoma Polygonati Odorati), 6g each. For malodorous, green phlegm, add *Yu Xing Cao* (Herba Houttuyniae), 18g, and *Lu Gen* (Rhizoma Phragmitis), 9g.

ACUPUNCTURE & MOXIBUSTION: *Da Zhui* (GV 14), *He Gu* (LI 4), *Fei Shu* (Bl 13), *Chi Ze* (Lu 5), *Tian Tu* (CV 22)

ANALYSIS OF FORMULA: Draining *Da Zhui* and *He Gu* resolves the exterior and clears heat. Draining *Fei Shu* drains the lungs and diffuses the qi, while draining *Chi Ze* clears and drains lung heat. Together, these points resolve the exterior and clear heat, diffuse the lungs and level panting. Draining *Tian Tu* diffuses the lungs and transforms phlegm, strongly downbears the qi and levels panting.

ADDITIONS & SUBTRACTIONS: For severe panting with flaring nostrils, gaping mouth, and raised shoulders when breathing, add *Ding Chuan* (M-BW-1) and *Fu Tu* (LI 18). For headache, nasal congestion, and runny nose, add *Ying Tang* (M-HN-3) and *Yin Xiang* (LI 20). For effusion of heat (*i.e.*, fever), add *Qu Chi* (LI 11). For simultaneous effusion of heat and aversion to cold, add *Wai Guan* (TB 5). For bloody phlegm, add *Kong Zui* (Lu 6). For profuse phlegm, add *Zhong Wan* (CV 12), *Feng Long* (St 40), and *Zu San Li* (St 36). For severe coughing, add *Yu Ji* (Lu 10). For chest oppression, add *Dan Zhong* (CV 17) and *Nei Guan* (Per 6). For constipation, add *Zhi Gou* (TB 6) and *Tian Shu* (St 25). In children, especially with underlying food stagnation, bleed *Si Feng* (M-UE-9).

3. EXTERIOR COLD COUPLED WITH INTERIOR HEAT PATTERN

MAIN SYMPTOMS: An acute episode of wheezing and panting, chest oppression, effusion of heat (*i.e.*, fever), aversion to cold, body aches, headache, vexatious thirst, difficult expectoration of thick phlegm or profuse, yellow phlegm, yellow and white tongue fur, and a floating, rapid pulse

TREATMENT PRINCIPLES: Diffuse the lungs and clear heat, transform phlegm and stabilize panting

RX: *Ding Chuan Tang* (Stabilize Panting Decoction)

INGREDIENTS:

<i>Ma Huang</i> (Herba Ephedrae)	9g
<i>Xing Ren</i> (Semen Armeniacae)	9g
<i>Kuan Dong Hua</i> (Flos Farfarae)	9g
<i>Ban Xia</i> (Rhizoma Pinelliae)	9g
<i>Bai Guo</i> (Semen Ginkgonis)	9g
<i>Sang Bai Pi</i> (Cortex Mori)	9g
<i>Huang Qin</i> (Radix Scutellariae)	9g
<i>Xing Ren</i> (Semen Armeniacae)	6g
<i>Zi Su Zi</i> (Fructus Perillae)	6g
<i>Gan Cao</i> (Radix Glycyrrhizae)	3g

ANALYSIS OF FORMULA: *Ma Huang* resolves the exterior and scatters cold, while *Huang Qin* clears interior heat. Both enter the lungs. The former diffuses; the latter drains. *Xing Ren*, *Kuan Dong Hua*, and *Zi Su Zi* transform phlegm, downbear the qi, and level panting. *Ban Xia* transforms phlegm and downbears the qi. *Sang Bai Pi* helps *Huang Qin* clear the lungs and also levels panting. *Bai Guo* constrains the lung qi and levels panting.

ADDITIONS & SUBTRACTIONS: For profuse yellow phlegm and severe hasty panting, add nine grams each of *Ting Li Zi* (Semen Lepidii/Descurainiae) and *She Gan* (Rhizoma Belamcandae) and six grams of *Zhe Bei Mu* (Bulbus Fritillariae Thunbergii). For clear, watery phlegm, add six grams of *Gan Jiangx* (dry Rhizoma Zingiberis) and three grams of *Xi Xin* (Herba Asari). For severe exterior cold, add nine grams of *Zi Su Ye* (Folium Perillae) and six grams of *Gui Zhi* (Ramulus Cinnamomi). For thirst, add nine grams of *Lu Gen* (Rhizoma Phragmitis). For constipation, add six grams of *Da Huang* (Radix Et Rhizoma Rhei). For interior heat, add 20 grams of *Shi Gao* (Gypsum Fibrosum), nine grams of *Pi Pa Ye* (Folium Eriobotryae) and three grams of *Di Long* (Pheretima) (powdered and taken with the strained decoction). For severe panting and wheezing, add three grams of *Di Long* (Pheretima), (powdered and taken with the strained decoction) and nine grams each of *Ting Li Zi* (Semen Lepidii/Descurainiae) and *Hou Po* (Cortex Magnoliae Officinalis). For contraction of external wind heat with aversion to wind and effusion of heat, add nine grams each of *Dan Dou Chi* (Semen Praeparatus Sojae) and *Bo He* (Herba Menthae Haplocalysis) and 15 grams of *Jin Yin Hua* (Flos Lonicerae). For profuse phlegm, add nine grams each of *Jie Geng* (Radix Platycodi) and bile-processed *Dan Nan Xing* (Rhizoma Arisaematis).

ACUPUNCTURE & MOXIBUSTION: *Da Zhui* (GV 14), *Feng Men* (Bl 12), *Fei Shu* (Bl 13), *Nei Ting* (St 44), *He Gu* (LI 4), *Tian Tu* (CV 22)

ANALYSIS OF FORMULA: Draining *Da Zhui*, *Feng Men*, and *Fei Shu* dispels wind and scatters cold, diffuses the lungs and levels panting. Draining *He Gu* and *Nei Ting* together clears the lungs and drains the interior. Draining *Tian Tu* diffuses the lungs and transforms phlegm, strongly downbears the qi and levels panting.

ADDITIONS & SUBTRACTIONS: For severe panting, add *Ding Chuan* (M-BW-1) and/or *Fu Tu* (LI 18). For severe lung heat, add *Yu Ji* (Lu 10). For headache, nasal congestion, and itchy, runny nose, add *Ying Tang* (M-HN-3) and *Yin Xiang* (LI 20). For effusion of heat (*i.e.*, fever), add *Qu Chi* (LI 11). For simultaneous effusion of heat and aversion to cold, add *Wai Guan* (TB 5). For profuse phlegm, add *Zhong Wan* (CV 12), *Feng Long* (St 40), and *Zu San Li* (St 36). For severe coughing, add *Chi Ze* (Lu 5). For chest oppression, add *Dan Zhong* (CV 17) and *Nei Guan* (Per 6). In children, especially with underlying food stagnation, bleed *Si Feng* (M-UE-9).

4. PHEGEM TURBIDITY OBSTRUCTING THE LUNGS PATTERN

MAIN SYMPTOMS: Wheezing and panting with difficulty breathing, a gurgling sound of phlegm, coughing with difficulty to expectorate profuse, thick, white phlegm, chest oppression and a suffocating feeling, possible nausea and torpid intake, slimy, white tongue fur, and a slippery pulse

TREATMENT PRINCIPLES: Transform phlegm, downbear the qi, and stop panting

RX: *Er Chen Tang* (Two Aged [Ingredients] Decoction) & *San Zi Yang Xin Tang* (Three Seeds Nourish the New Decoction) with additions and subtractions

INGREDIENTS:

<i>Ban Xia</i> (Rhizoma Pinelliae)	9g
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	9g
<i>Fu Ling</i> (Poria)	9g
<i>Su Zi</i> (Fructus Perillae)	9g
<i>Bai Jie Zi</i> (Semen Sinapis)	9g
<i>Lai Fu Zi</i> (Semen Raphani)	9g
<i>Hou Po</i> (Cortex Magnoliae Officinalis)	9g
<i>Xing Ren</i> (Semen Armeniacae)	9g
mix-fried <i>Gan Cao</i> (Radix Glycyrrhizae)	6g
<i>Wu Mei</i> (Fructus Mume)	1 piece

ANALYSIS OF FORMULA: *Bai Jie Zi* warms the lungs and disinhibits the qi, disinhibits the diaphragm and transforms phlegm. *Zi Su Zi* downbears the qi and transforms phlegm, stops cough and levels panting. *Lai Fu Zi* moves the qi and expels phlegm. When these three medicinals are used together, they comprise *San Zi Yang Xin Tang*. This is a basic formula for treating asthma due to phlegm accumulation in the

lungs. Nevertheless, this formula is relatively weak for transforming phlegm and downbearing the qi. Thus, we add *Ban Xia*, *Fu Ling*, *Chen Pi*, and mix-fried *Gan Cao*, the main ingredients of *Er Chen Tang*. This is a basic formula for treating phlegm dampness. To this foundation are added *Xing Ren* to transform phlegm, diffuse the lungs, and level panting, *Hou Po* to move and downbear the qi and level panting, and *Wu Mei* to constrain the lung qi to level panting.

ADDITIONS & SUBTRACTIONS: For profuse phlegm, add nine grams each of processed *Tian Nan Xing* (Rhizoma Arisaematis) and *Xuan Fu Hua* (Flos Inulae). For cold phlegm or spleen yang vacuity, add six grams of *Gan Jiang* (dry Rhizoma Zingiberis) and three grams of *Xi Xin* (Herba Asari). For phlegm dampness transforming into phlegm heat, add nine grams each of *Huang Qin* (Radix Scutellariae) and *Gua Lou Pi* (Pericarpium Trichosanthis) and six grams of *Dan Nan Xing* (bile-processed Rhizoma Arisaematis). For severe qi vacuity with reduced food intake, abdominal distention, and fatigue, add 15 grams of *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) and nine grams of *Dang Shen* (Radix Codonopsis). For damp turbidity in the center with a slimy, bland taste in the mouth, reduced food intake, nausea, abdominal distention, and loose stools, add nine grams of *Cang Zhu* (Rhizoma Atractylodis) and three grams of *Sha Ren* (Fructus Amomi). For thick, white phlegm which is difficult to expectorate, add nine grams of *Jie Geng* (Radix Platycodi), *Zhi Ke* (Fructus Aurantii), and *Gua Lou* (Fructus Trichosanthis). For severe panting and wheezing, add nine grams each of *Zi Wan* (Radix Asteris) and *Kuan Dong Hua* (Flos Farfarae) and three grams of *Di Long* (Pheretima), powdered and taken with the strained decoction. For concomitant kidney yang vacuity, combine with *Shen Qi Wan* (Kidney Qi Pills, a Chinese ready-made medicine) or eventually add 12 grams of *Bu Gu Zhi* (Fructus Psoraleae), nine grams of *Wu Wei Zi* (Fructus Schisandrae), and three grams of *Chen Xiang* (Lignum Aquilariae), powdered and taken with the strained decoction. For concomitant lung yin vacuity, add nine grams each of *Nan Sha Shen* (Radix Adenophorae), *Bai He* (Bulbus Lilii), and *Mai Men Dong* (Tuber Ophiopogonis). For concomitant kidney yin vacuity, combine with *Liu Wei Di Huang Wan* (Six Flavors Rehmannia Pills, a Chinese ready-made medicine) or eventually add 12 grams each of *Shu Di* (cooked Radix Rehmanniae) and *Wu Wei Zi* (Fructus Schisandrae).

ACUPUNCTURE & MOXIBUSTION: *Da Zhui* (GV 14), *Fei Shu* (Bl 13), *Zu San Li* (St 36), *Feng Long* (St 40), *Nei Guan* (Per 6), *Tian Tu* (CV 22)

ANALYSIS OF FORMULA: Draining *Da Zhui* and *Fei Shu* diffuses the lungs and disperses phlegm, downbears the qi and levels panting. Supplementing *Zu San Li* fortifies the spleen and prevents damp accumulation and, thus, the engenderment of new phlegm. Draining *Feng Long* eliminates damp-

ness and transforms already engendered phlegm. One treats the root of phlegm engenderment, *i.e.*, the spleen, while the other treats the branch, the phlegm. Draining *Nei Guan* guides the action of the last two points to the chest and then helps the first two points to disperse phlegm and loosen the chest. Draining *Tian Tu* diffuses the lungs and transforms phlegm, strongly downbears the qi and levels panting.

ADDITIONS & SUBTRACTIONS: See patterns #1, 2 and 3 above.

5. PHEGEM HEAT CONGESTING IN THE LUNGS PATTERN

MAIN SYMPTOMS: Wheezing and panting, hoarse panting with loud rales in the throat which often occur when exposed to heat, coughing of thick, sticky, yellow phlegm, difficulty breathing, possible flaring nostrils, possible fever, heart vexation, disquieted spirit, thirst with a liking for chilled drinks, a dry throat, a red facial complexion, dark-colored urine, constipation, a red tongue with slimy, yellow fur, and a slippery, rapid pulse

NOTE: The difference between this pattern and the wind heat pattern above is that here there is internally engendered depressive and yang ming heat and no particular exterior signs or symptoms.

TREATMENT PRINCIPLES: Clear heat and transform phlegm, downbear the qi and stop panting

RX: *Sang Bai Pi Tang Jia Jian* (Cortex Mori Decoction with Additions & Subtractions)

INGREDIENTS:

<i>Sang Bai Pi</i> (Cortex Mori)	9g
<i>Ban Xia</i> (Rhizoma Pinelliae)	9g
<i>Zi Su Zi</i> (Fructus Perillae)	9g
<i>Xing Ren</i> (Semen Armeniacae)	9g
<i>Zhe Bei Mu</i> (Bulbus Fritillariae Thunbergii)	9g
<i>Huang Qin</i> (Radix Scutellariae)	9g
<i>Zhi Zi</i> (Fructus Gardeniae)	9g
<i>Ting Li Zi</i> (Semen Lepidii/Descurainiae)	9g
<i>Gan Cao</i> (Radix Glycyrrhizae)	6g

ANALYSIS OF FORMULA: *Sang Bai Pi*, *Zhi Zi*, and *Huang Qin* clear the lungs and drain heat. In addition, *Sang Bai Pi* levels panting. *Ban Xia* and *Zhe Bei Mu* transform phlegm heat. *Zi Su Zi* and *Xing Ren* transform phlegm, while *Ting Li Zi* flushes phlegm accumulation in the lungs. In addition, *Ting Li Zi* drains the lungs and stabilizes panting, while *Zi Su Zi* and *Xing Ren* diffuse and downbear the lung qi and level panting. *Gan Cao* harmonizes all the other medicinals in the formula.

ADDITIONS & SUBTRACTIONS: For severe hasty panting, add nine grams of *She Gan* (Rhizoma Belamcandae) and six grams of *Ma Huang* (Herba Ephedrae). For fever, add 20 grams of *Shi Gao* (Gypsum Fibrosum) and nine grams of *Zhi Mu* (Rhizoma Anemarrhenae). For profuse phlegm, add nine grams of *Gua Lou Pi* (Pericarpium Trichosanthis) and six grams of *Jie Geng* (Radix Platycodi). For blood-streaked phlegm, malodorous phlegm, and chest pain, add nine grams each of *Yu Xing Cao* (Herba Houttuyniae), *Dong Gua Zi* (Semen Benincasae), and *Lu Gen* (Rhizoma Phragmitis). For heat damaging the network vessels in the lungs with coughing of blood or hacking of blood, add three grams each of *Bai Ji* (Rhizoma Bletillae) and *San Qi* (Radix Notoginseng). For constipation, add six grams of *Da Huang* (Radix Et Rhizoma Rhei) and nine grams of *Gua Lou Ren* (Semen Trichosanthis). For sticky phlegm which is difficult to expectorate, add nine grams of *Jie Geng* (Radix Platycodi) and *Dong Gua Zi* (Semen Benincasae) and six grams of *Zhi Ke* (Fructus Aurantii). For severe panting and wheezing, add three grams each of *Di Long* (Pheretima) and *Jiang Can* (Bombyx Batryticatus), both powdered and taken with the strained decoction. For severe lung yin damage due to heat, subtract *Ban Xia* and *Huang Qin* and add nine grams each of *Chuan Bei Mu* (Bulbus Fritillariae Cirrhosae), *Gua Lou* (Fructus Trichosanthis), *Mai Men Dong* (Tuber Ophiopogonis), and *Bai He* (Bulbus Lilii) and three grams of *Di Long* (Pheretima), powdered and taken with the strained decoction. For severe heat accumulation with phlegm heat transforming into fire accompanied by high fever, a red facial complexion, sweating, thirst with a liking for chilled drinks, and a surging pulse, add *Bai Hu Tang* (White Tiger Decoction), i.e., 30 grams of uncooked *Shi Gao* (Gypsum Fibrosum), nine grams of uncooked *Zhi Mu* (Rhizoma Anemarrhenae), and six grams each of *Gan Cao* (Radix Glycyrrhizae), and *Geng Mi* (Semen Oryzae) as well as nine grams of *Lu Gen* (Rhizoma Phragmitis).

ACUPUNCTURE & MOXIBUSTION: *Da Zhui* (GV 14), *Fei Shu* (BL 13), *Zu San Li* (St 36), *Feng Long* (St 40), *Yu Ji* (Lu 10), *Tian Tu* (CV 22)

ANALYSIS OF FORMULA: Draining *Da Zhui* and *Fei Shu* clears the lungs and drains heat, disperses phlegm, downbears the qi, and levels panting. Supplementing *Zu San Li* fortifies the spleen and prevents damp accumulation and, thus, the engenderment of new phlegm. Draining *Feng Long* eliminates dampness and transforms already engendered phlegm. Draining *Yu Ji* clears and disperses phlegm heat, downbears the qi and stabilizes panting. Draining *Tian Tu* diffuses the lungs and transforms phlegm, strongly downbears the qi and levels panting.

ADDITIONS & SUBTRACTIONS: Please see pattern #2 above.

6. PHEGEM & QI DEPRESSION & BINDING PATTERN

MAIN SYMPTOMS: Sudden onset of wheezing and panting, chest oppression, a possible feeling of something stuck in the throat which can neither be spit up nor swallowed down, chest and rib-side distention and pain, emotional depression, impatience and irritability, insomnia, heart palpitations, thin, white tongue fur, and a bowstring pulse

NOTE: In most real-life cases of asthma, liver depression complicates other patterns. It does not typically cause asthma by itself.

TREATMENT PRINCIPLES: Transform phlegm and resolve the depression, downbear the qi and stabilize panting

RX: *Wu Mo Yin Zi* (Five Grindings Drink) & *Er Chen Tang* (Two Aged [Ingredients] Decoction) with additions and subtractions

INGREDIENTS:

<i>Ban Xia</i> (Rhizoma Pinelliae)	9g
<i>Fu Ling</i> (Poria)	9g
<i>Bing Lang</i> (Semen Arecae)	9g
<i>Mu Xiang</i> (Radix Aucklandiae)	6g
<i>Chen Xiang</i> (Lignum Aquilariae)	6g
<i>Zhi Shi</i> (Fructus Immaturus Aurantii)	6g
<i>Chai Hu</i> (Radix Bupleuri)	6g
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	6g
<i>Bai Shao</i> (Radix Paeoniae Albae)	6g
<i>Gan Cao</i> (Radix Glycyrrhizae)	3g

ANALYSIS OF FORMULA: Within this formula, *Bing Lang*, *Mu Xiang*, *Chen Xiang*, *Zhi Shi*, *Chai Hu*, and *Chen Pi* all move and rectify the qi, thus loosening the chest and downbearing counterflow. *Ban Xia* transforms phlegm at the same time as it downbears counterflow, while *Fu Ling* fortifies the spleen and seeps dampness, thus aiding in the elimination of phlegm dampness. These two ingredients are aided by *Chen Pi* which also eliminates dampness, transforms phlegm, and downbears counterflow. *Bai Shao* nourishes liver blood to enable the liver to regain control over coursing and discharge, while *Gan Cao* harmonizes all the medicinals in this formula.

ADDITIONS & SUBTRACTIONS: For chest pain, oppression, and distention, add nine grams each of *Xiang Fu* (Rhizoma Cyperi) and *Xuan Fu Hua* (Flos Inulae). For heart palpitations and insomnia, add nine grams each of *Bai He* (Bulbus Lilii), *He Huan Hua* (Flos Albiziae), *Suan Zao Ren* (Semen Zizyphi Spinosae), and *Yuan Zhi* (Radix Polygalae). For severe plum-pit qi and/or severe hasty panting, add nine grams of *Hou Po* (Cortex Magnoliae Officinalis) and six grams of *Zi Su Ye* (Folium Perillae).

For enduring depression transforming fire, replace *Wu Mo Yin Zi* and *Er Chen Tang* with *Dan Zhi Xiao Yao San Jia Wei* (Moutan & Gardenia Rambling Powder with Added Flavors): *Dang Gui* (Radix Angelicae Sinensis), *Bai Shao* (Radix Paeoniae Albae), *Chuan Xiong* (Rhizoma Chuanxiong), *Yu Jin* (Tuber Curcumae), *Xiang Fu* (Rhizoma Cyperi) and *Dan Pi* (Cortex Moutan, 9g each. *Chai Hu* (Radix Bupleuri), *Zhi Zi* (Fructus Gardeniae), and *Fu Ling* (Poria), 6g each, mix-fried *Gan Cao* (Radix Glycyrrhizae) and *Bo He* (Herba Menthae Haplocalycis), 3g each, and *Sheng Jiang* (uncooked Rhizoma Zingiberis), 2 slices.

ACUPUNCTURE & MOXIBUSTION: *Da Zhui* (GV 14), *Fei Shu* (Bl 13), *Zu San Li* (St 36), *Feng Long* (St 40), *Nei Guan* (Per 6), *Tai Chong* (Liv 3)

ANALYSIS OF FORMULA: Draining *Da Zhui* and *Fei Shu* diffuses the lungs and disperses phlegm, downbears the qi and level panting. Supplementing *Zu San Li* fortifies the spleen and prevents damp accumulation and, thus, the engenderment of new phlegm. Draining *Feng Long* eliminates dampness and transforms already engendered phlegm. Draining *Nei Guan* guides the action of the last two points to the chest and then helps the first two points disperse phlegm and loosen the chest. In addition, it also helps *Tai Chong*, which should also be drained, to course the liver and resolve the depression.

ADDITIONS & SUBTRACTIONS: Please see patterns #1, 2, and 3 above.

7. LUNG QI & YIN DUAL VACUITY PATTERN

MAIN SYMPTOMS: Wheezing and panting, shortness of breath which gets worse on exertion, a weak voice and/or disinclination to speak, aversion to wind, spontaneous perspiration, susceptibility to catching cold, fatigue, a dry mouth and throat, malar flushing in the afternoon, reduced sleep, heart vexation, a pale tongue with red tip, and a soggy or vacuous and weak pulse. The wheezing and panting in this pattern often appear and worsen due to changes in the weather. The acute stage tends to occur during the fall and winter when the climate turns cooler and drier or in the spring in those with an allergic constitution. The remission stage is in the summer.

NOTE: Although no signs and symptoms of phlegm are included in the above list, there will be deep-lying or hidden phlegm in all cases of asthma, and phlegm is taken into account in the Chinese medicinal formula suggested below. This pattern is commonly seen in those with enduring disease, those living in dry climates, the elderly, and as an iatrogenic complication to prolonged use of beta-adrenergic agents and corticosteroids.

TREATMENT PRINCIPLES: Supplement the lungs, nourish yin, and stabilize panting

RX: *Bu Fei Tang Jia Jian* (Supplement the Lungs Decoction with Additions & Subtractions)

INGREDIENTS:

<i>Huang Qi</i> (Radix Astragali)	12g
<i>Dang Shen</i> (Radix Codonopsis)	9g
<i>Wu Wei Zi</i> (Fructus Schisandrae)	9g
<i>Zi Wan</i> (Radix Asteris)	9g
<i>Sang Bai Pi</i> (Cortex Mori)	9g
<i>Mai Men Dong</i> (Tuber Ophiopogonis)	9g
<i>Nan Sha Shen</i> (Radix Adenophorae)	9g
<i>Shu Di</i> (cooked Radix Rehmanniae)	6g

ANALYSIS OF FORMULA: *Huang Qi* and *Dang Shen* both fortify the spleen and boost the qi. *Wu Wei Zi*, *Mai Men Dong*, and *Shu Di* all supplement yin. *Wu Wei Zi* also constrains the lung qi, while *Mai Men Dong* also clears heat and transforms phlegm. *Zi Wan* stops coughing, and *Sang Bai Pi* clears the lungs.

ADDITIONS & SUBTRACTIONS: For predominant lung qi vacuity, add nine grams of *Shan Yao* (Radix Dioscoreae) and 1.5 grams of powdered *Ge Jie* (Gecko). For predominant lung yin vacuity, add nine grams of *Bai He* (Bulbus Lili) and six grams of *Yu Zhu* (Rhizoma Polygonati Odorati). For severe hasty panting, add nine grams each of *He Zi* (Fructus Terminaliae) and *Bai Guo* (Semen Ginkgonis). For susceptibility to common cold, add six grams of *Fang Feng* (Radix Saposhnikoviae) and nine grams of *Bai Zhu* (Rhizoma Atractylodis Macrocephalae). For phlegm dampness obstructing the lungs manifesting as coughing of white phlegm, add nine grams each of *Ban Xia* (Rhizoma Pinelliae) and *Fu Ling* (Poria) and six grams of *Chen Pi* (Pericarpium Citri Reticulatae). For coughing, add nine grams each of *Xing Ren* (Semen Armeniacae) and *Zi Su Zi* (Fructus Perillae). For concomitant spleen qi vacuity with reduced appetite, abdominal fullness, and loose stools, add nine grams each of *Dang Shen* (Radix Codonopsis) and *Bai Zhu* (Rhizoma Atractylodis Macrocephalae).

ACUPUNCTURE & MOXIBUSTION: *Da Zhui* (GV 14), *Fei Shu* (Bl 13), *Tai Yuan* (Lu 9), *He Gu* (LI 4), *Fu Liu* (Ki 7)

ANALYSIS OF FORMULA: *Da Zhui* is the intersection point of all the yang channels, *Fei Shu* is the back transport point of the lungs, *Tai Yuan* is the source point of the lungs, and *He Gu* is one of the master or ruling points of the qi, exterior, and lungs. When these four points are used together with supplementing technique, they supplement the lungs and boost the qi, secure the exterior and level panting. Supplementing *Fu Liu*, the metal-mother point on the kid-

ney channel, nourishes not only the kidneys but also the yin of the entire body. *Fei Shu* and *Tai Yuan* then guide the yin-supplementing action of *Fu Liu* to the lungs.

NOTE: Acupuncture's ability to supplement yin is limited.

ADDITIONS & SUBTRACTIONS: For severe qi vacuity, add *Zu San Li* (St 36). For phlegm, add *Feng Long* (St 40) and *Zu San Li* (St 36). For severe panting, add *Ding Chuan* (M-BW-1) and/or *Fu Tu* (LI 18). For chest oppression, add *Dan Zhong* (CV 17) and *Nei Guan* (Per 6). In children, especially with underlying food stagnation, bleed *Si Feng* (M-UE-9).

8. LUNG-KIDNEY YIN VACUITY PATTERN

MAIN SYMPTOMS: Wheezing and panting which gets worse on exertion, difficult expectoration of scanty, sticky phlegm, a dry mouth and throat, tidal heat, night sweats, vexatious heat in the five hearts, low back and knee soreness and limpness, tinnitus, a red tongue with scanty fur and fluids, and a thin, rapid pulse

NOTE: This pattern is commonly seen in those with enduring disease, those living in dry climates, the elderly, and as an iatrogenic complication to prolonged use of beta-adrenergic agents and corticosteroids.

TREATMENT PRINCIPLES: Nourish yin and foster essence, supplement the lungs and kidneys

RX: *Du Qi Wan Jia Jian* (Capital Qi Pills with Additions & Subtractions)

INGREDIENTS:

<i>Shu Di</i> (cooked Radix Rehmanniae)	24g
<i>Wu Wei Zi</i> (Fructus Schisandrae)	18g
<i>Shan Zhu Yu</i> (Fructus Corni)	12g
<i>Shan Yao</i> (Radix Dioscoreae)	9g
<i>Fu Ling</i> (Poria)	9g
<i>Bai He</i> (Bulbus Lilii)	9g
<i>Mai Dong</i> (Tuber Ophiopogonis)	9g
<i>Ze Xie</i> (Rhizoma Alismatis)	6g
<i>Dan Pi</i> (Cortex Moutan)	6g
<i>Chen Xiang</i> (Lignum Aquilariae)	3g
(powdered and taken with the strained decoction)	

ANALYSIS OF FORMULA: *Shu Di*, *Shan Yao*, *Shan Zhu Yu*, *Fu Ling*, *Dan Pi*, and *Ze Xie* are the six flavors of *Liu Wei Di Huang Wan* (Six Flavors Rehmannia Pills) which enrich liver-kidney yin. *Wu Wei Zi* engenders fluids, constrains the lung qi, and helps stabilize panting. *Mai Men Dong* and *Bai He* nourish lung yin.

ADDITIONS & SUBTRACTIONS: For scanty phlegm which

is difficult to expectorate, add nine grams each of *Chuan Bei Mu* (Bulbus Fritillariae Cirrhosae), *Xing Ren* (Semen Armeniacae), and *Zi Su Zi* (Fructus Perillae). For concomitant spleen vacuity, add 15 grams of *Huang Qi* (Radix Astragali) and nine grams of *Dang Shen* (Radix Codonopsis).

ACUPUNCTURE & MOXIBUSTION: *Da Zhui* (GV 14), *Fei Shu* (Bl 13), *Tai Yuan* (Lu 9), *Tai Xi* (Ki 3)

ANALYSIS OF FORMULA: When needled together with supplementing technique, *Da Zhui*, *Fei Shu*, and *Tai Yuan* supplement the lungs and level panting, while supplementing *Tai Xi* supplements lung and kidney yin and promotes qi absorption.

ADDITIONS & SUBTRACTIONS: For concomitant spleen vacuity, add *Zu San Li* (St 36). For phlegm, add *Feng Long* (St 40) and *Zu San Li* (St 36). For severe panting, add *Ding Chuan* (M-BW-1) and/or *Fu Tu* (LI 18). For chest oppression, add *Dan Zhong* (CV 17) and *Nei Guan* (Per 6). In children, especially with underlying food stagnation, bleed *Si Feng* (M-UE-9).

9. LUNG-SPLEEN QI VACUITY

MAIN SYMPTOMS: Wheezing and panting and shortness of breath which get worse on exertion, coughing of clear, watery phlegm, a pale facial complexion, a weak voice or disinclination to speak, aversion to wind, spontaneous perspiration, susceptibility to catching cold, fatigue, a pale, fat tongue with teeth-marks on its edges and white fur, and a weak or soggy pulse. When spleen qi vacuity is dominant, wheezing and panting appear and worsen with dietary irregularities and especially excessive consumption of uncooked, chilled foods, iced drinks, sweet or fatty foods, dairy products, fish, shrimp, or other sea foods. When lung qi vacuity is dominant, wheezing and panting appear and worsen due to changes in the weather. In addition, there is a susceptibility to catching cold, frequent sneezing, or runny nose. The former is a pattern of food allergy; the second is a respiratory allergy.

NOTE: This pattern is commonly seen in infants and children whose spleen's are inherently immature. It may also be due to faulty diet as well as over-use or prolonged use of antibiotics. In addition, women are especially prone to spleen vacuity due to menstruation, gestation, and lactation. Further, both men and women tend to become spleen vacuous and weak with aging.

TREATMENT PRINCIPLES: Fortify the spleen and supplement the lungs, transform phlegm and stop panting

Rx: *Liu Jun Zi Tang* (Six Gentlemen Decoction) & *Yu Ping Feng San* (Jade Windscreen Powder) with added flavors

INGREDIENTS:

<i>Bai Zhu</i> (Rhizoma <i>Attractylodis Macrocephalae</i>)	12g
<i>Huang Qi</i> (Radix <i>Astragali</i>)	12g
<i>Dang Shen</i> (Radix <i>Codonopsis</i>)	9g
<i>Fu Ling</i> (Poria)	9g
lime-processed <i>Ban Xia</i> (Rhizoma <i>Pinelliae</i>)	9g
<i>Xuan Fu Hua</i> (Flos <i>Inulae</i>)	9g
mix-fried <i>Gan Cao</i> (Radix <i>Glycyrrhizae</i>)	6g
<i>Chen Pi</i> (Pericarpium <i>Citri Reticulatae</i>)	6g
<i>Fang Feng</i> (Radix <i>Saposhnikoviae</i>)	6g

ANALYSIS OF FORMULA: *Bai Zhu*, *Huang Qi*, *Fu Ling*, *Dang Shen*, and mix-fried *Gan Cao* fortify the spleen and supplement the lungs, boost the qi and secure the exterior. *Ban Xia*, *Fu Ling*, *Chen Pi*, and *Xuan Fu Hua* eliminate dampness, move the qi, and transform phlegm. In addition, *Xuan Fu Hua* downbears the qi and stabilizes panting. *Fang Feng* gently out-thrusts any wind evils.

ADDITIONS & SUBTRACTIONS: For vacuity cold of the lungs with aversion to cold and profuse white, watery phlegm, add six grams of *Gan Jiang* (dry Rhizoma *Zingiberis*) and three grams of *Xi Xin* (Herba *Asari*). For spleen yang vacuity with a cold body, diarrhea, etc., add six grams each of *Gan Jiang* (dry Rhizoma *Zingiberis*) and stir-fried *Gui Zhi* (Ramulus *Cinnamomi*). For severe hasty panting, add nine grams each of *Wu Wei Zi* (Fructus *Schisandrae*) and *He Zi* (Fructus *Terminaliae*). For severe spleen qi vacuity with diarrhea, add nine grams of *Lian Zi* (Semen *Nelumbinis*) and *Shan Yao* (Radix *Dioscoreae*). For concomitant food stagnation with no thought for eating and indigestion, add nine grams of *Hou Po* (Cortex *Magnoliae Officinalis*). For nausea or vomiting, add nine grams of *Xuan Fu Hua* (Flos *Inulae*) and three slices of *Sheng Jiang* (uncooked Rhizoma *Zingiberis*). For damp turbidity in the center with a slimy, bland taste in the mouth, reduced food intake, nausea, abdominal distention, and loose stools, add nine grams of *Hou Po* (Cortex *Magnoliae Officinalis*) and six grams of *Cang Zhu* (Rhizoma *Attractylodis*).

ACUPUNCTURE & MOXIBUSTION: *Da Zhui* (GV 14), *Fei Shu* (Bl 13), *Zu San Li* (St 36), *Feng Long* (St 40)

ANALYSIS OF FORMULA: Supplementing *Da Zhui* boosts the qi, secures the exterior, and levels panting. *Fei Shu* supplements and warms the lungs, disperses phlegm, downbears the qi, and levels panting. *Zu San Li* fortifies the spleen and prevents damp accumulation, thus, preventing the engenderment of new phlegm. *Feng Long* eliminates dampness and transforms phlegm.

ADDITIONS & SUBTRACTIONS: Please see patterns #1, 2, and 3 above.

10. KIDNEYS NOT ABSORBING THE QI PATTERN

MAIN SYMPTOMS: Enduring wheezing and panting, shortness of breath, more difficulty inhaling than exhaling, worsening on exertion, low back and knee soreness and limpness, a possibly blue-green facial complexion (if complicated by blood stasis), chilled limbs, a pale tongue with white fur, and a deep, fine pulse

NOTE: This pattern is most often seen in the young whose kidneys are inherently immature, in the elderly, and in the chronically ill. In the later case, "Enduring illness reaches the kidneys." As described above, this pattern is mainly a kidney qi vacuity pattern. Children with this pattern typically also suffer from enuresis.

TREATMENT PRINCIPLES: Supplement the kidneys to absorb the qi

Rx: *Ren Shen Hu Tao Ren Tang Jia Wei* (Ginseng & Walnut Decoction with Added Flavors)

INGREDIENTS:

<i>Wu Wei Zi</i> (Fructus <i>Schisandrae</i>)	12g
<i>Hu Tao Ren</i> (Semen <i>Juglandis</i>)	9g
<i>Bu Gu Zhi</i> (Fructus <i>Psoraleae</i>)	9g
<i>Ren Shen</i> (Radix <i>Ginseng</i>)	6g
<i>Chen Xiang</i> (Lignum <i>Aquilariae</i>)	3g
<i>Zi He Che</i> (Placenta <i>Hominis</i>)	3g
<i>Ge Jie</i> (Gecko)	1.5g
<i>Sheng Jiang</i> (uncooked Rhizoma <i>Zingiberis</i>)	2 slices

ANALYSIS OF FORMULA: *Zi He Che* supplements the kidneys and boosts the essence, thus promoting qi absorption. *Ren Shen* supplements the latter heaven to support the former heaven. *Hu Tao Ren* and *Ge Jie* supplement lungs and kidneys and stabilize panting. *Bu Gu Zhi* supplements the kidneys, while *Chen Xiang* scatters cold and moves the qi. Both these two medicinals also promote the qi absorption and level panting. *Wu Wei Zi* supplements the lungs and kidneys and constrains the lung qi. *Sheng Jiang* aides the qi transformation.

ADDITIONS & SUBTRACTIONS: For kidney yang vacuity with enduring hasty panting, shortness of breath, more exhalation than inhalation, worsening on exertion, aversion to cold, night-time urination, sweating, lassitude of the spirit, low back and knee soreness and limpness, chilled limbs, a pale tongue with white fur, and a deep, fine, forceless pulse, replace *Ren Shen Hu Tao Ren Tang* with *Shen Qi Wan Jia Wei* (Kidney Qi Pills with Added Flavors): *Shu Di* (cooked Radix *Rehmanniae*), 15g, *Shan Yao* (Radix *Dioscoreae*), *Shan Zhu Yu* (Fructus *Corni*), and *Bu Gu Zhi* (Fructus *Psoraleae*), 9g each, *Ze Xie* (Rhizoma *Alismatis*), *Zhi Fu Zi* (Radix *Lateralis Praeparatus Aconiti Carmichaeli*), and *Fu Ling* (Poria), 6g

each, and *Dan Pi* (Cortex Moutan), *Rou Gui* (Cortex Cinnamomi), and *Chen Xiang* (Lignum Aquilariae), 3g each. For kidney yang vacuity with phlegm accumulation, panting more on exhalation than inhalation, shortness of breath, coughing with profuse, white phlegm, chest and diaphragm oppression and fullness, low backache, chilled limbs, frequent urination, slimy, white tongue fur, and a deep, fine or soggy, slippery, forceless pulse, replace *Ren Shen Hu Tao Ren Tang* with *Su Zi Jiang Qi Tang* (Perilla Seed Downbear the Qi Decoction): *Zi Su Zi* (Fructus Perillae), *Bu Gu Zhi* (Fructus Psoraleae), and lime-processed *Ban Xia* (Rhizoma Pinelliae), 9g each, *Dang Gui* (Radix Angelicae Sinensis), mix-fried *Gan Cao* (Radix Glycyrrhizae), *Qian Hu* (Radix Peucedani), *Hou Po* (Cortex Magnoliae Officinalis), *Fu Ling* (Poria), and *Chen Pi* (Pericarpium Citri Reticulatae), 6g each, and *Rou Gui* (Cortex Cinnamomi), 3g.

NOTE: In this latter formula, *Dang Gui* is not used to nourish the blood but to downbear the qi. This function of this medicinal is not very well known but is real and effective.

ACUPUNCTURE & MOXIBUSTION: *Da Zhui* (GV 14), *Shen Shu* (Bl 23), *Qi Hai* (CV 6), *Tai Xi* (Ki 3). Use supplementing method and moxibustion at *Da Zhui*, *Shen Shu*, and *Qi Hai*.

ANALYSIS OF FORMULA: Supplementing *Da Zhui* strengthens the yang of the entire body, secures the exterior, downbears the qi, and levels panting. *Shen Shu* and *Tai Xi* warm and supplement kidney yang, promote qi absorption, and level panting. *Qi Hai* warms the cinnabar field and secures the kidneys, leads the qi back to its lower origin, and stabilizes the panting.

ADDITIONS & SUBTRACTIONS: For concomitant spleen vacuity, add *Zu San Li* (St 36). For phlegm, add *Feng Long* (St 40) and *Zu San Li* (St 36). For severe panting, add *Ding Chuan* (M-BW-1) and/or *Fu Tu* (LI 18). For chest oppression, add *Dan Zhong* (CV 17) and *Nei Guan* (Per 6). In children, especially with underlying food stagnation, bleed *Si Feng* (M-UE-9).

11. YANG VACUITY COUPLED WITH WATER FLOODING PATTERN

MAIN SYMPTOMS: Wheezing, panting, and rapid breathing, inability to lie flat, heart palpitations, fear of cold, low back pain, chilled limbs, scanty urination, edema, a pale, fat tongue with white, glossy fur, and a deep, fine pulse

NOTE: This pattern mostly describes asthma associated with cardiopulmonary disease. This is a potentially fatal pattern requiring emergency medical care. Patients with this pattern not under the care of an MD should be referred to one.

TREATMENT PRINCIPLES: Warm yang, disinhibit water, and stabilize panting

RX: *Zhen Wu Tang Jia Wei* (True Warrior Decoction with Added Flavors)

INGREDIENTS:

<i>Huang Qi</i> (Radix Astragali)	12g
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	9g
<i>Fu Ling</i> (Poria)	9g
<i>Han Fang Ji</i> (Radix Stephaniae)	9g
<i>Ting Li Zi</i> (Semen Lepidii/Descurainiae)	9g
<i>Zhi Fu Zi</i> (Radix Lateralis Praeparatus Aconiti Carmichaeli)	6g
<i>Bai Shao</i> (Radix Paeoniae Albae)	6g
<i>Gui Zhi</i> (Ramulus Cinnamomi)	6g
mix-fried <i>Gan Cao</i> (Radix Glycyrrhizae)	6g
<i>Sheng Jiang</i> (uncooked Rhizoma Zingiberis)	2 slices

ANALYSIS OF FORMULA: *Zhi Fu Zi*, *Sheng Jiang*, and *Gui Zhi* warm yang and scatter the cold. In addition, *Gui Zhi* promotes the qi transformation of the bladder. *Huang Qi*, *Bai Zhu*, *Fu Ling*, and *Gui Zhi* disinhibit dampness and transform water. *Ting Li Zi*, with the help of *Han Fang Ji*, drains water accumulation in the lungs and also stabilizes panting. Since blood is the mother of the qi, *Bai Shao* is used to harmonize the blood to regulate qi. Also, in combination with *Gui Zhi*, it harmonizes the constructive and defensive. *Gan Cao* harmonizes all the other medicinals in the formula.

ADDITIONS & SUBTRACTIONS: For severe heart palpitations and cyanotic face, lips, and nails, add nine grams of *Dan Shen* (Radix Salviae Miltiorrhizae) and three grams of *San Qi* (Radix Notoginseng). For severe edema, add nine grams each of *Zhu Ling* (Polyporus) and *Ze Xie* (Rhizoma Alismatis). For severe hasty panting, add nine grams of *Hou Po* (Cortex Magnoliae Officinalis) and six grams of *Ma Huang* (Herba Ephedrae).

ACUPUNCTURE & MOXIBUSTION: *Xin Shu* (Bl 15), *Ju Que* (CV 14), *Nei Guan* (Per 6), *Dan Zhong* (CV 17)

ANALYSIS OF FORMULA: Moxaing *Xin Shu* and *Ju Que* warms heart yang and frees the flow of the network vessels of the heart, moves the qi and quickens the blood. Draining *Nei Guan* and *Dan Zhong* rectifies the ancestral (or gathering) qi and loosens the chest, disinhibits water in the lungs and stabilizes panting.

REMARKS

1. The treatment of asthma with Chinese medicine is typically divided into two phases, the acute attack phase and the remittent, asymptomatic phase. During the acute phase, it is assumed that there are unseen wind evils provoking the attack

mixed with deep-lying or hidden phlegm. This is especially so in allergic asthma. Then, depending on the patient's signs and symptoms, their pattern is divided into cold wheezing and panting or hot wheezing and panting (corresponding to the wind cold and wind heat patterns above). During the remittent phase, treatment is directed at the lungs, spleen, and kidneys as well as the liver. Most patients with asthma have a liver-spleen disharmony. Because of this disharmony, phlegm and dampness are engendered internally as well as transformative heat. Enduring heat and aging may lead to yin vacuity, while enduring spleen vacuity and aging may lead to yang vacuity. And enduring qi stagnation and phlegm damp depression may lead to blood stasis. Therefore, during the remittent phase, treatment should mainly course the liver and rectify the qi, fortify the spleen and boost the qi, transform phlegm and eliminate dampness. If there is concomitant heat, clear heat as and where appropriate. If there is concomitant yin vacuity, nourish and enrich yin. If there is concomitant yang vacuity, warm and invigorate yang. If there is blood stasis, quicken the blood and transform stasis.

Although the main emphasis in treating acute episodes of asthma is on draining evils and diffusing the lungs, if there is an exterior repletion with an interior vacuity, one must supplement and drain at the same time. If one does not supplement as well as drain in such cases, the righteous qi will not be strong enough to expel or dispel the evil qi. Therefore, the evils will remain lodged within the body waiting to be stirred up or mix with other externally invading or internally engendered evils. Such simultaneous supplementing and draining will not supplement repletion as long as there are simultaneously coexisting replete evils and a righteous qi vacuity.

2. In modern Chinese medicine, many respiratory specialists add wind-extinguishing, network vessel quickening worm and insect medicinals to formulas for the treatment of acute asthma. This is based on the assumption that, "Enduring disease enters the network vessels." However, from a Western pharmacodynamic point of view, these medicinals are also spasmolytic, and asthma is associated with spasm of the large and small air passageways. These worm and insect medicinals include *Quan Xie* (Scorpio), *Wu Gong* (Scolopendra), *Di Long* (Pheretima), *Jiang Can* (Bombyx Batryticatus), and *Chan Tui* (Periostracum Cicadae). The first two of these are somewhat toxic and should not be used for prolonged periods of time. When these worm or insect medicinals are added to asthma formulas, they are used when there is wheezing and panting, not during remission stages.

3. Although no Chinese textbooks with which we are aware list a food stagnation pattern of asthma *per se*, food stagnation may aggravate or precipitate asthmatic attacks, especially in little children. Therefore, for wheezing and panting worsened by food intake due to food accumulation accompanied by abdominal distention, reduced food intake, nau-

sea, bad breath, putrid belching, diarrhea with foul-smelling stools, thick, slimy, possibly yellow tongue fur, and a slippery pulse, we should disperse food and abduct stagnation, transform phlegm, and stop panting. To accomplish these purposes, one may combine the Chinese ready-made medicine *Bao He Wan* (Preserve Harmony Pills) with other appropriate formulas discussed above.

4. Because of the relationship between the lungs and large intestine, if an acute attack of asthma is accompanied by constipation, epigastric and abdominal glomus and fullness, and abdominal pain that refuses pressure, we should free the flow of the stools no matter what else we do. One way to do that is to first prescribe *Da Cheng Qi Tang* (Major Order the Qi Decoction): *Hou Po* (Cortex Magnoliae Officinalis), 6-15g, uncooked *Da Huang* (Radix Et Rhizoma Rhei) and *Zhi Shi* (Fructus Immaturus Aurantii), 6-12g each, and *Mang Xiao* (Natrii Sulfas), 3-9g. One can also add some or all of these medicinals to other appropriate formulas discussed above.

5. In China, various treatments are used during the remission stage so as to lessen or prevent future acute occurrences. The most commonly used and convenient ones are as follows:

a. Summer moxibustion: During the summer, apply 3-5 cones of moxa indirectly on sliced uncooked ginger to *Fei Shu* (Bl 13), *Gao Huang* (Bl 43), *Da Zhui* (GV 14), *Pi Shu* (Bl 20), and *Shen Shu* (Bl 23) until the skin becomes red at each point. Do this once per day, with 10 times equaling one course of treatment. Do one such course each month for three months before the asthma season, *i.e.*, the fall/winter, begins.

b. Do sliding cupping along *Fei Shu* (Bl 13) to *Gao Huang* (Bl 43) until the skin becomes dark red. Do this once a week, with four times equaling one course of treatment. Do this two months before the asthma season begins.

c. Suppurative moxibustion: This treatment is usually applied in mid-summer, once per year. The points moxaed include *Fei Shu* (Bl 13), *Gao Huang* (Bl 43), *Da Zhui* (GV 14), *Feng Men* (Bl 12), and *Zu San Li* (St 36). Local anesthesia may be given before the direct moxibustion. After moxibustion, make sure the burnt areas do not become infected. Although this technique is reputed to be very effective, for a variety of legal and personal reasons, it is difficult to do direct moxibustion on Western patients. This is a pity since heavy, rice-sized direct moxibustion or suppurative moxibustion is often the most effective Chinese medical treatment for many diseases.

d. Preventive Chinese medicinal formula: Two to three weeks before the beginning of the usual onset of the acute stage of asthma, the patient should use the appropriate Chinese medicinal formula from the remission stage according to

their constitution, *i.e.*, lung, spleen, or kidney vacuity, along with the inclusion of Chinese medicinals that diffuse the lungs and downbear the qi, level panting and stop wheezing, such as *Hou Po* (Cortex Magnoliae Officinalis), *Xing Ren* (Semen Armeniacae), *Ting Li Zi* (Semen Lepidii/Descurainiae), *Ma Huang* (Herba Ephedrae), *Bai Guo* (Semen Ginkgonis), and *Wu Wei Zi* (Fructus Schisandrae).

6. Both patients and practitioners alike should keep in mind that asthma is a serious disease and is difficult to treat even for the best Chinese doctors. Typically, it requires a long course of persistent treatment.

7. Both asthma and emphysema are chronic obstructive pulmonary diseases (COPD) in Western medicine. In Chinese medicine, emphysema is called *fei zhong*, lung swelling. When emphysema is due to cigarette smoking (more than 20 cigarettes per day for more than 20 years), its main symptoms are cough developing in the early 40s or 50s and exertional dyspnea developing in the 50s to mid 60s. Since emphysema's main clinical symptoms are panting and coughing, its Chinese medical pattern discrimination and treatment are similar to those of bronchial asthma. The three main patterns of this condition are lung qi depletion and vacuity, lung-kidney qi vacuity, and lung qi not securing. For lung qi depletion and vacuity, consider using *Bu Fei Tang* (Supplement the Lungs Decoction): *Huang Qi* (Radix Astragali), 15g, *Shu Di* (cooked Radix Rehmanniae), 12g,

Sang Bai Pi (Cortex Mori), *Wu Wei Zi* (Fructus Schisandrae), and *Zi Wan* (Radix Asteris), 9g each, and *Ren Shen* (Radix Ginseng), 6g. If there is concomitant kidney qi, add nine grams each of *Chen Xiang* (Lignum Aquilariae), *Rou Gui* (Cortex Cinnamomi), and *Hu Tao Ren* (Semen Juglandis). If there is a tendency to kidney yang vacuity, also add six grams of *Zhi Fu Zi* (Radix Lateralis Praeparatus Aconiti Carmichaeli).

For lung qi not securing, consider using *Jiu Xian San* (Nine Immortals Powder): *E Jiao* (Gelatinum Corii Asini), 12g, *Kuan Dong Hua* (Flos Farfarae), *Sang Bai Pi* (Cortex Mori), *Wu Wei Zi* (Fructus Schisandrae), *Wu Mei* (Fructus Mume), *Chuan Bei Mu* (Bulbus Fritillariae Cirrhosae), and *Ying Su Ke* (Pericarpium Papaveris), 9g each, and *Ren Shen* (Radix Ginseng) and *Jie Geng* (Radix Platycodi), 6g each.

In individual patients, one may also have to modify either of the above two formulas for concomitant phlegm rheum, blood stasis, and/or qi stagnation.

8. *Ma Huang* (Herba Ephedrae) must always be used with caution and only for a short period of time. This medicinal can cause psychiatric disturbances, including hallucinations, as well as increase the blood pressure and cause cardiac arrhythmia. This medicinal should not be used in case of either spontaneous perspiration or night sweats, and it is contraindicated in qi and/or yin vacuity patterns.

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