Pulmonary Diseases

- Pulmonary disease means any abnormal condition of respiratory system.
- The top common pulmonary diseases are:

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<td>Lung Cancer</td>
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Definition of Lung in TCM Diagnosis

- Lung is the major organ which governs the flow of qi in human body.
- Lung is the delicate organ, which means it’s connected to outside and easily to be affected by the bad energy (evil qi) through nose, mouth or skin. It does not like to be too hot or too cold; it does not like too dry or too damp.
- Lung may also be affected by other organs, which we need to be aware in diagnosis.
Common Symptoms for Pulmonary Disease

1. Chronic/Acute Cough (with or without Phlegm/Blood)
2. Shortness of Breath
3. Mucus/Phlegm production
4. Wheezing
5. Chest Pain/Tightness
TCM Treatment Strategy

- First thing for TCM diagnosis for respiratory problem is to make sure if there any exterior syndrome exists.

- If so, we need to resolve the exterior syndrome as the first priority. Since the wind evil qi is could complicate the situation of interior syndrome.
Exterior Syndrome Treatment

- Using formula for Tai Yang (Greater Yang) from Six Stages diagnosis of Sheng-Han Lun

- Common formulas are:
  - Ge Gen Tang
  - Gui Zhi Tang
  - Xiao Qing Long Tang
  - Ma Xing Gan Shi Tang
  - Da Qing Long Tang
Formula analysis

• Ge Gen Tang:
  • Ge Gen Tang is the most common used classic formula for treating the common cold/flu.
• When to use:
  • Fever
  • Pulse is float and rapid/tight
  • No Sweat
  • Tight shoulder/neck
  • Headache/Body ache
  • Cough
  • Runny nose
Formula analysis

• Modification for other symptoms:
  • Cough with phlegm: Xing Ren, Hou Pu
  • Sore throat or throat pain: Jie Geng, Niu Bang Zi
  • Stuffy nose: Xin Yi, Bai Zhi
  • Wind-Heat: Shi Gao
Formula analysis

- **Gui Zhi Tang:**
  - Gui Zhi Tang is the most common used classic formula in the beginning and recover stage of common cold/flu.
  - **When to use:**
    - Light Fever or No Fever
    - Pulse is float but soft
    - Can Sweat or Sweat Spontaneously
    - Headache
    - Cough
    - Runny nose
Formula analysis

- Modification for other symptoms:
  - Cough with phlegm: Xing Ren, Hou Pu
  - Sweating a lot: Fu Zi
  - Runny nose: Cang Zhu, Shi Chang Pu
  - Wind-Heat: Shi Gao
Formula analysis

- Xiao Qing Long Tang:
  - Xiao Qing Long Tang is used for patient with exterior syndrome and coldness inside, or there are water accumulated in chest.
- When to use:
  - Fever or No Fever
  - Pulse rapid, may float or deep
  - Cough with watery type of phlegm
  - Aversion to Cold
  - Asthma
Formula analysis

- Modification for other symptoms:
  - Thirst: Remove Ban Xia, add Gua Lou Gen
  - Throat Pain: Jie Geng, Shi Gao
  - Difficult or Less Urine: Fu Ling
Formula analysis

- Ma Xing Gan Shi Tang:
  - Ma Xing Gan Shi is used for patients with exterior symptoms and excess heat inside.
- When to use:
  - Fever
  - Pulse float and rapid
  - Cough with yellow phlegm
  - Thirst, prefer cold drink
  - Asthma
Formula analysis

- Modification for other symptoms:
  - Sticky Phlegm: Gua Lou Shi, Jie Geng
  - Blood in Phlegm: Bai Mao Gan, Ce Bo Ye
  - Irritated and Thirsty: Huang Bo, Zhi Mu
Formula analysis

- Da Qing Long Tang:
  - Xiao Qing Long Tang is used for patients with pneumonia or excess heat inside the lung.
- When to use:
  - High Fever
  - Pulse float, rapid and tight
  - No Sweat
  - Cough with yellow/brown phlegm
  - Thirst, prefer cold drink
  - Irritated, Fuzzy
  - Body ache
Formula analysis

- Modification for other symptoms:
  - Severe Headache: Chuan Xiong, Bai Zhi
  - Thirst: Gua Lou Gen
  - Throat Pain: Jie Geng, Niu Bang Zhi, She Gan
Influenza - Case 1

- Patient info:
  - Gender: Female
  - Age: 60+

- Subjective Patient Complaints:
  - Headache
  - Nausea/Vomit
Influenza - Case 1

- Symptoms:
  - No Fever
  - Severe Headache on back and sides
  - No Aversion to Cold
  - Vomit after eat or drink
  - Warm hands and feet
  - Pulse is float and soft, not rapid
Influenza - Case 1

• Lines from 《Shang Hun Lun》:
  
  • Line 243: A desire to retch after eating belongs to Yang Brightness. Evodia Decoction (Wu Zhu Yu Tang) governs.
    食榖欲嘔者，屬陽明也，吳茱萸湯主之。
  
  • Line 378: When dry retching, ejecting of drool and goam, and headache, Evodia Decoction (Wu Zhu Yu Tang) governs.
    乾嘔，吐涎味，頭痛者，吳茱萸湯主之。
Influenza - Case 1

• Lines from 《Shang Hun Lun》:
  • Line 1: In disease of the Great Yang, the pulse is floating, the head and nape are stiff and painful, and [there is] aversion of cold.

太陽之為病，脈浮，頭項強痛而惡寒。
Influenza - Case 1

- **Lines from 《 Shang Hun Lun 》**: 
  
  Line 12: In Great Yang wind strike with floating yang and weak Yin, floating Yang is spontaneous heat effusion, and weak Yin is spontaneous issue of sweat. If huddled aversion to cold, wetted aversion to wind, feather-warm heat effusion, noisy nose and dry retching, Cinnamon Twig Drccoction (Gui Zhi Tang) governs.
Influenza - Case 2

- Patient info:
  - Gender: Female
  - Age: 50+
- Subjective Patient Complaints:
  - Headache
  - Cough
  - Shortness of Breath
Influenza - Case 2

• Symptoms:
  • No Fever
  • Aversion to Cold
  • Severe Headache
  • Cough with watery type of phlegm
  • Shortness of Breath
  • Cold sweating
• Lines from 《Shang Hun Lun》:

  • Line 40: When in cold damage the exterior has not resolved and [there is] water Qi below the heart, with dry retching, heat effusion and cough, and possibly thirst or diarrhea, or dysphagia, or inhibited urination and lesser abdominal fullness, or panting, Minor Green-Blue Dragon Decoction (Xiao Qing Long Tang) governs.

傷寒表不解，心下有水氣，乾嘔發熱而咳，或渴、或利、或噎、或小便不利，少腹滿，或喘者，小青龍湯主之
Cough

- Cough is the most common symptoms in pulmonary disease.
- Cough can be with or without phlegm, with or without blood. Phlegm can be thick or thin, sticky or watery, white or yellow/gray/brown.
Cough - Case 1

- Patient info:
  - Gender: Female
  - Age: 30+

- Subjective Patient Complaints:
  - Cough for 2+ month
  - Cold/Heat alternate
  - Nausea
Cough - Case 1

- Symptoms:
  - Pregnant about 2 months
  - Itchy throat
  - Chest tight on the side
  - Sticky phlegm, dry cough at night
  - Pulse: String and thin
  - Coating: Thin, white
Cough - Case 1

- Prescription:
  - Chai Hu 25g
  - Huang Qin 10g
  - Ban Xia 10g
  - Gan Cao 10g
  - Pao Jiang 10g
  - Wu Wei Zi 6g
  - Gua Lou Shi 15g
Cough - Case 1

- Prescription Analysis:
  - Chai Hu, Huang Qin, Ban Xia, Gan Cao Pao Jiang – Xiao Chai Hu Tang

  - The Ren Shen and Da Zao are removed from Xiao Chai Hu Tang because they are meant for tonifing and not suitable for treating the cough.

  - Replacing Sheng Jiang with Pao Jiang to warm up the lung.
Cough - Case 2

- Patient info:
  - Gender: Male
  - Age: 50+
- Subjective Patient Complaints:
  - Enuresis when Cough for 3+ month
  - Happened after prostate surgery
Cough - Case 2

• Symptoms:
  • Enuresis whenever he cough
  • Need to change pants couple times
  • Lower back pain
  • Pulse: Deep, thin, string
  • Coating: Thin, white
Cough - Case 2

- Prescription:
  Shu Di 20g     San Yao 12g
  San Yu Rou 10g  Fu Ling 10g
  Ze Xie 10g     Dan Pi 10g  Fu Zi 10g
  Rou Gui 10g    Wu Wei Zi 10g
  Che Qien Zi 10g
Cough - Case 2

- Prescription Analysis:
  - 《Huang Di Nei Jin Su Wan》 Chapter 38 - Discourse of Cough:
    - Huang Di asked: “When the lung lets a person cough, how is that?” Qi Bo responded: “The five de-pots and six palaces, they all [may] let a person cough, not only the lung.”
    - Shu Di, San Yao, San Yu Rou, Fu Ling, Ze Xie, Dan Pi, Fu Zi, Rou Gui – Jin Gui Shen Qi Wan
  - Wu Wei Zi – Preserve the Qi of Lungs
  - Che Qian Zi – Move the water and not depleting the qi
Cough - Case 3

- Patient info:
  - Gender: Male
  - Age: 30+
- Subjective Patient Complaints:
  - Cough for 4+ month
Cough - Case 3

**Symptoms:**
- Dry Cough
- Take few minutes for cough to stop
- Dry mouth and throat
- Pulse: Weak and soft
- Coating: Thin, white, tongue red
Cough - Case 3

- Prescription:
  - Mai Men Dong 10g
  - Ban Xia 10g
  - Gan Cao 10g
  - Sha Shen 10g
  - Zi Guan 10g
  - Sang Bai Pi 10g
  - Zhi Pi Pa Ye 10g
  - Bai Bu 15g
  - Zhu Ye 10g
Cough - Case 3

• Prescription Analysis:
  • Mai Men Dong, Ban Xia, Gan Cao – Mai Men Dong Tang
  • Zi Guan, Bai Bu – Zhi Sou San
Asthma - Case 1

- Patient info:
  - Gender: Female
  - Age: 30+
- Subjective Patient Complaints:
  - Asthma for 3+ month
  - Taking many TCM formula but still cough
Asthma - Case 1

● **Symptoms:**
  ● Aversion to Cold
  ● Headache and body ache
  ● Stuffy nose
  ● Pulse: Float and weak
  ● Coating: Thin, white
Asthma - Case 1

- Prescription:
  - Gui Zhi 10g
  - Bai Shao 10g
  - Hou Po 10g
  - Xin Ren 10g
  - Zhi Gan Cao 6g
  - Sheng Jiang 4 pieces
  - Da Zao 5 pieces
Asthma - Case 1

• Prescription Analysis :
  • Gui Zhi, Bai Shao, Sheng Jiang, Zhi Gan Cao, Da Zao – Gui Zhi Tang

  • The patient still got exterior syndrome, therefore the treatment should focus on release the wind-cold first.

  • The patient had asthma more than 3 month and tried many Tcm formula like Xiao Qin Long Tang but still cough. The lung Qi is depleted.
Asthma - Case 2

- Patient info:
  - Gender: Female
  - Age: 40+
- Subjective Patient Complaints:
  - Asthma history for 10+ years
  - Got flu 7 months ago and starting asthma
Asthma - Case 2

- Symptoms:
  - Shortness of Breath
  - Cough after laying down
  - Cold body and limbs
  - Skinny, bad appetite
  - Pulse: Deep, thin, rapid and weak
  - Coating: Thin, white, wet
Asthma - Case 2

- Prescription:
  - Ren Shen 6g
  - Xin Ren 6g
  - Fu Zi 6g
  - Bai Shao 6g
  - Fu Ling 6g
  - Bai Zhu 6g
  - Sheng Jiang 1 pieces
Asthma - Case 2

- Prescription Analysis:
  - Fu Zi, Bai Shao, Sheng Jiang, Bai Zhu, Fu Ling – Zhen Wu Tang

- The doctor tried to add Ma Huang 1g into the formula, and showing no effect. Remove the Ma Huang then patient started getting better.
Asthma - Case 3

- Patient info:
  - Gender: Female
  - Age: 30+
  - Subjective Patient Complaints:
    - Cough and Asthma for 10+ months
Asthma - Case 3

• Symptoms:
  • Shortness of Breath
  • Face red, feel hot on upper body
  • Spontaneously sweating
  • Pulse: Cun mai big, Chi mai weak
  • Coating: Thin, white
Asthma - Case 3

- Prescription:
  - Shu Di 24g
  - San Yao 12g
  - Fu Ling 10g
  - Ze Xie 10g
  - Rou Gui 10g
  - Fu Zi 10g
  - Bu Gu Zhi 10g
  - Dan Pi 10g
  - Wu Wei Zi 10g
  - Che Qian Zi 10g
Asthma - Case 3

• Prescription Analysis:
  • Shu Di, San Yao, Fu Ling, Ze Xie, Dan Pi, Fu Zi, Rou Gui – Jin Gui Shen Qi Wan

• The pulse showed the kidney qi is weak, can not store the energy and causing the yang qi upward.
Tracheitis - Case 1

- **Patient info:**
  - Gender: Female
  - Age: 60+
- **Subjective Patient Complaints:**
  - Cough
  - Retching
  - Palpitation
Tracheitis - Case 1

• Symptoms:
  • Cough with sticky phlegm
  • Nausea
  • Bad appetite
  • Dizziness
  • Constipation
  • Pulse: Deep and string
  • Coating: Thin, yellow
Tracheitis - Case 1

- Prescription:
  - Fu Ling 15g
  - Gui Zhi 10g
  - Bai Zhu 10g
  - Gan Cao 6g
  - Pao Jiang 6g
  - Wu Wei Zi 6g
  - Gua Lou Shi 12g
Tracheitis - Case 1

- Prescription Analysis:
  - Fu Ling, Gui Zhi, Bai Zhu, Gan Cao – Ling Gui Zhu Gan Tang
  - Fu Ling is for promoting water metabolism and leaching out dampness.
  - Gui Zhi is for enhancing the chest Yang and enhance the function of bladder.
Chronic Bronchitis - Case 1

- **Patient info:**
  - **Gender:** Female
  - **Age:** 40+
- **Subjective Patient Complaints:**
  - Cough since age of 7
  - Wheezing all year round
  - Short of breath
Chronic Bronchitis - Case 1

- **Symptoms:**
  - Cough and wheezing all year round
  - Worsen in cold weather
  - Coughing when lay down
  - Bad Appetite
  - Cold Body and limbs, skinny
  - Pulse: Deep, thin, rapid
  - Coating: Thin, light yellow, watery
Chronic Bronchitis - Case 1

- Prescription:
  Fu Zi 1g  Bai Shao 1g  Fu Ling 1g  
  Bai Zhu 1g  Ren Shen 1g  
  Xin Ren 1g  Gan Jiang 1g  
  Wu Wei Zi 1g
Chronic Bronchitis - Case 1

- Prescription Analysis:
  - Fu Zi, Bai Shao, Bai Zhu, Fu Ling, Gan Jiang – Zhen Wu Tang
  - All ingredients are in small amount because the Genuine Qi is too weak and both Yin and Yang are depleted.
Emphysema

- Emphysema is a lung condition that causes shortness of breath. In people with emphysema, the air sacs in the lungs (alveoli) are damaged. Over time, the inner walls of the air sacs weaken and rupture — creating larger air spaces instead of many small ones. This reduces the surface area of the lungs and, in turn, the amount of oxygen that reaches your bloodstream. - Mayo Clinic

- Emphysema is a form of chronic (long-term) lung disease. This and chronic bronchitis are the two main types of chronic obstructive pulmonary disease (COPD), the third-leading cause of death in the United States. - Web MD
Emphysema - Case 1

- **Patient info:**
  - Gender: Male
  - Age: 50+
- **Subjective Patient Complaints:**
  - Shortness of Breath, Cough
  - Diagnose as pulmonary emphysema
Emphysema - Case 1

• Symptoms:
  • Chronic Cough
  • Wheezing
  • Chest pain
  • Shortness of Breath
  • Chronic Fatigue
  • Pulse: Deep and weak
  • Coating: Thin, white
Emphysema - Case 1

- Prescription:
  Mai Man Dong 12g  Shu Zi 3g  Ban Xia 9g  
  Zhi Gan Cao 3g  Ren Shen 9g  He Tao Rou 12g  
  Wu Wei Zi 4g  Xin Ren 6g  Hou Pu 4g  
  Dong Chong Xia Cao 9g  Gui Zhi 6g  
  Shang Jiang 2 pieces
Emphysema - Case 1

- Prescription Analysis:
  - Ren Shen, Mai Man Dong, Wu Wei Zi – Sheng Mai San
  - Ren Shen, Hu Tao Rou, Sheng Jiang – Ren Shen Hu Tao Tang
  - Hou Pu, Sheng Jiang, Ban Xia, Gan Cao, Ren Shen - Hou Pu Sheng Jiang Ban Xia Gan Cao Ren Shen Tang
  - Ban Xia, Dang Gui, Gui Zhi, Hou Pu, Sheng Jiang, Gan Cao, Da Zao – Su Zi Jiang Qi Tang
COPD - Case 1

- Patient info:
  - Gender: Male
  - Age: 30+
- Subjective Patient Complaints:
  - Chronic Cough
  - Bloody phlegm
COPD - Case 1

• Symptoms:
  • Cough with lot of phlegm, chest pain
  • Smoke 4+ years, quit after got pneumonia
  • Yellow phlegm with blood in it
  • Difficult to fall asleep
  • Pulse: Float, string and slippery
  • Coating: Thick, white
COPD - Case 1

- Prescription:

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mai Man Dong</td>
<td>40g</td>
</tr>
<tr>
<td>Ban Xia</td>
<td>9g</td>
</tr>
<tr>
<td>Geng Mi</td>
<td>6g</td>
</tr>
<tr>
<td>Ren Shen</td>
<td>9g</td>
</tr>
<tr>
<td>Gan Cao</td>
<td>6g</td>
</tr>
<tr>
<td>Sheng Di</td>
<td>6g</td>
</tr>
<tr>
<td>Bai Shao</td>
<td>3g</td>
</tr>
<tr>
<td>Shu Di</td>
<td>6g</td>
</tr>
<tr>
<td>Bai He</td>
<td>3g</td>
</tr>
<tr>
<td>Dang Gui</td>
<td>3g</td>
</tr>
<tr>
<td>Bei Mu</td>
<td>3g</td>
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<tr>
<td>Yuan Shan</td>
<td>3g</td>
</tr>
<tr>
<td>Jie Geng</td>
<td>3g</td>
</tr>
<tr>
<td>Pao Jiang</td>
<td>6g</td>
</tr>
<tr>
<td>Pu Huang Tan</td>
<td>0.3g</td>
</tr>
<tr>
<td>Da Zao</td>
<td>6 pieces</td>
</tr>
</tbody>
</table>

COPD - Case 1

• Prescription Analysis :
  • Mai Man Dong, Ban Xia, Geng Mi, Ren Shen, Gan Cao, Da Zao – Mai Man Dong Tang
  
  • Sheng Di, Bai Shao, Shu Di, Bai He, Dang Gui, Bei Mu, Yuan Shan, Jie Geng – Bai He Gu Jin Tang
  
  • Gui Zhi is for enhancing the chest Yang and enhance the function of bladder.
Lung Cancer - Case 1

● Patient info:
  ● Gender: Female
  ● Age: 40+
  ● Subjective Patient Complaints:
    ● Lung Cancer
Lung Cancer - Case 1

• Symptoms:
  • Bad sleep, wake up around 3 - 4 am for 1+ year.
  • Dry cough, no phlegm
  • Chest pain toward upper back
  • Pain on left rib cage
  • Pulse: Deep and rapid
  • Coating: Thin, light yellow, dry
Lung Cancer - Case 1

- Prescription:
  - Jie Geng 30g
  - Zhi Gan Cao 30g
  - She Gan 9g
  - Zhi Guan 9g
  - Kuan Dong Hua 9g
  - Xin Ren 9g
  - Chai Hu 9g
  - Huang Qin 9g
  - Yu Jin 15g
  - Long Dan Cao 9g
  - Bu Gu Zhi 9g
  - Ze Xie 15g
  - Fu Ling 9g
  - Ban Xia 12g
  - Fu Shen 15g
  - Long Gu 15g
  - Mu Li 15g
  - Sheng Jiang 2 pieces
Lung Cancer - Case 1

- Prescription Analysis:
  - Jie Geng, Zhi Gan Cao, Sheng Jiang – Jie Geng Gan Cao Tang
  - She Gan, Zhi Guan, Kuan Dong Hua, Xin Ren – She Gan Ma Huang Tang
  - Chai Hu, Huang Qin, Yu Jin, Long Dan Cao – Clean the Liver
  - Bu Gu Zhi, Ze Xie – Tonify the kidneys
Q&A