

TCM Formulas & Case Studies for Pulmonary Disease

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04/22/2018

Pulmonary Diseases

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


Asthma
Bronchiectasis
Influenza/Pneumonia
Chronic Bronchitis
Chronic Obstructive Pulmonary Disease (COPD)

Pulmonary Emboli
Pulmonary Fibrosis
Emphysema
Pleural Effusion
Lung Cancer

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 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 patient 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 patient 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.
食穀欲嘔者，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，吐涎沫，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 Decoction (Gui Zhi Tang) governs

太陽中風，陽浮而陰弱，陽浮者熱自發，陰弱者汗自出，嗇嗇惡寒，淅淅惡風，噦噦發熱，鼻鳴乾嘔者，桂枝湯主之。

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



Influenza - Case 2

- 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 tonifying 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 Qian 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 depots 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

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- 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

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- 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 10	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:

Mai Man Dong 40g	Ban Xia 9g	Geng Mi 6g
Ren Shen 9g	Gan Cao 6g	Sheng Di 6g
Bai Shao 3g	Shu Di 6g	Bai He 3g
Dang Gui 3g	Bei Mu 3g	Yuan Shan 3g
Jie Geng 3g	Pao Jiang 6g	Pu Huang Tan 0.3g
Da Zao 6 pieces		

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