

TCM Formulas & Case Studies for Pulmonary Disease

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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 Embolism

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
 - Sweat Spontaneously: Fu Zi
 - Runny nose: Cang Zhu, Shi Chang Pu, Xin Yi
 - 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 Bai Ye
 - Irritated and Thirsty: Huang Bo, Zhi Mu



Formula analysis

- Da Qing Long Tang:
 - Da 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

Influenza - Case 3

- Patient info:
 - Gender: Female
 - Age: 10+
 - Subjective Patient Complaints:
 - Cold/Flu for more than a week



Influenza - Case 3

- Symptoms:
 - Headache
 - Low energy
 - Sneezing and Runny nose
 - Stomach bloating
 - Bad Appetite
 - Aversion to Cold



Influenza - Case 3

- Prescription:

Gui Zhi 12g

Ren Shen 9g


Gan Jiang 9g

Bai Zhu 9g

Zhi Gan Cao 12g



Influenza - Case 3

- 
- Lines from 《Shang Hun Lun》：
 - Line 163: When in Greater Yang disease, the exterior pattern has not yet been eliminated, and precipitation has been used repeatedly, incessant complex diarrhea, a hard glomus below the heart, and the exterior and the interior are not resolved. Cinnamon Twig and Ginseng Decoction governs.
 - 太陽病，外症未除，而數下之，遂協熱而利，利下不止，心下痞硬，表裡不解者，桂枝人參湯主之。

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/green/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 Sheng 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:
 - Urinary incontinence when Cough for 3+ month
 - Happened after prostate surgery



Cough - Case 2

- Symptoms:
 - Urinary incontinence 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

Fu Ling 10g

Ze Xie 10g

Rou Gui 10g

Fu Zi 10g

San Yao 12g

San Yu Rou 10g

Dan Pi 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 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
 - It takes few minutes for cough to stop
 - Dry mouth and throat
 - Pulse: Weak and soft
 - Coating: Thin, white, tongue red



Cough - Case 3

- Prescription:

Ban Xia 10g

Gan Cao 10g

Zi Guan 10g

Zhi Pi Pa Ye 10g

Zhu Ye 10g

Mai Men Dong 10g

Sha Shen 10g

Sang Bai Pi 10g

Bai Bu 15g

Cough - Case 3

- Prescription Analysis :
 - Mai Men Dong, Ban Xia, Gan Cao, Zi Guan, Sang Bai Pi – Qian Jin 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 month ago and starting asthma



Asthma - Case 2

- Symptoms:
 - Shortness of Breath
 - Cough after lying 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.



Asthma - Case 4

- Patient info:
 - Gender: Male
 - Age: 40+
 - Subjective Patient Complaints:
 - Cough and Asthma for 4+ years



Asthma - Case 4

- Symptoms:
 - Shortness of Breath, bloating
 - Spontaneously sweating
 - Cough when lying down or sit up
 - Dry cough, dry throat
 - Bitter taste in mouth
 - Constipation, dark yellow urine
 - Coating: No coating



Asthma - Case 4

- Prescription:

Chai Hu 15g

Ban Xia 9g

Da Huang 6g

Hou Pu 9g

Zi Su Ye 9g

Da Zao 12 pieces

Huang Qin 9g

Zhi Shi 9g

Bai Shao 9g

Fu Ling 12g

Sheng Jiang 6g



Asthma - Case 4

- Prescription Analysis :
 - Chai Hu, Huang Qin, Da Huang, Zhi Shi, Ban Xia, Bai Shao, Sheng Jiang, Da Zao – Da Chai Hu Tang
 - Hou Pu, Ban Xia, Fu Ling, Zi Su Ye, Sheng Jiang – Ban Xia Hou Pu Tang
 - Heavy diarrhea after first dosage and then the shortness of breath relieved. All asthma symptoms are gone after two weeks.



Bronchiectasis

- Bronchiectasis is a condition in which damage to the airways causes them to widen and become flabby and scarred. The airways are tubes that carry air in and out of your lungs.

Bronchiectasis usually is the result of an infection or other condition that injures the walls of your airways or prevents the airways from clearing mucus. Mucus is a slimy substance that the airways produce to help remove inhaled dust, bacteria, and other small particles. - NIH



Bronchiectasis

- Patient info:
 - Gender: Male
 - Age: 40+
 - Subjective Patient Complaints:
 - Fever
 - Cough



Bronchiectasis

- Symptoms:
 - Aversion to cold, shivering
 - Panting and cold sweating
 - Cold limbs, Fatigue and sleepy
 - History of asthma and hemoptysis
 - Unconscious after antibiotics injection
 - Pulse: Thin and weak
 - Coating: Thin white, pale tongue



Bronchiectasis

- Prescription:

Fu Zi 12g

Bai Zhu 6g

Xi Xin 6g

Bai Shao 1g

Sheng Jiang 9g

Ma Huang 6g

Fu Ling 9g



Bronchiectasis

- Prescription Analysis :
 - Fu Zi, Bai Shao, Bai Zhu, Fu Ling, Gan Jiang – Zhen Wu Tang
 - Ma Huang, Fu Zi, Xi Xin – Ma Huang Fu Zi Xi Xin Tang
 - Patient has fatigue and and sleepy, also the pulse is thin and weak – Lesser Yin

Tracheitis

- Bacterial tracheitis, also known as "bacterial croup," "acute laryngotracheobronchitis," or "membranous croup," is a potentially lethal infection of the subglottic trachea. It is often a secondary bacterial infection preceded by a viral infection affecting children most commonly under age six. Concern for airway protection is the mainstay of treatment as thick, mucopurulent secretions can cause airway narrowing - NIH.



Tracheitis

- Patient info:
 - Gender: Female
 - Age: 60+
 - Subjective Patient Complaints:
 - Cough
 - Retching
 - Palpitation



Tracheitis

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



Tracheitis

- 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

- 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

- Bronchitis is inflammation of the breathing tubes. These are the airways called bronchi. This inflammation causes too much mucus production and other changes. There are different types of bronchitis. But the most common are acute and chronic.

Chronic bronchitis is long-term inflammation of the bronchi. It is common among smokers. People with chronic bronchitis tend to get lung infections more easily. They also have episodes of acute bronchitis, when symptoms are worse. - [hopkinsmedicine.org](https://www.hopkinsmedicine.org)



Chronic Bronchitis

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



Chronic Bronchitis

- 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

- 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

- 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
 - Diagnosed 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 Dong 12g Shu Zi 3g Ban Xia 9g

Zhi Gan Cao 3g Ren Shen 9g Hu 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 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

Emphysema – Case 2

- Patient info:
 - Gender: Female
 - Age: 40+
 - Subjective Patient Complaints:
 - Shortness of Breath, Cough
 - Hemoptysis on and off for 7+ years



Emphysema – Case 2

- Symptoms:
 - Hemoptysis at least once every month in past 7 years
 - Chest pain and fullness
 - Shortness of Breath
 - Chronic Fatigue
 - Dark yellow complexion
 - Pulse: Deep and String



Emphysema – Case 2

- Prescription:

Chai Hu 10g	Bai Shao 1g
Qian Cao 10g	Jiang Xiang 10g
Huang Qin 10g	Yu Jin 10g
Zhi Ke 3g	Yuan Shan 6g



Emphysema – Case 2

- Prescription Analysis :
 - Chai Hu, Bai Shao, Zhi Ke – Chai Hu Shu Gan Tang
 - Huang Qin, Yuan Shen – Clear liver fire
 - Qian Cao, Jiang Xiang – Dissipate blood stasis and stop bleeding
 - Yu Jin – Cool blood and activate blood
 - Hemoptysis stopped within 40 minutes after first pack.



COPD

- Chronic obstructive pulmonary disease (COPD) is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. Symptoms include breathing difficulty, cough, mucus (sputum) production and wheezing. It's caused by long-term exposure to irritating gases or particulate matter, most often from cigarette smoke. People with COPD are at increased risk of developing heart disease, lung cancer and a variety of other conditions. - Mayo Clinic



COPD

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



COPD

- 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

- 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

- 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.

Pleural Effusion

- A pleural effusion is an unusual amount of fluid around the lung. Many medical conditions can lead to it, so even though your pleural effusion may have to be drained, your doctor likely will target the treatment at whatever caused it.

The pleura is a thin membrane that lines the surface of your lungs and the inside of your chest wall. When you have a pleural effusion, fluid builds up in the space between the layers of your pleura. - Web MD



Pleural Effusion

- Patient info:
 - Gender: Male
 - Age: 30+
 - Subjective Patient Complaints:
 - Pleural Effusion
 - Hospitalized for 2+ months



Pleural Effusion

- Symptoms:
 - Right chest tightness and pain at 2am
 - Coughing, panting and wheezing
 - Headache and lower back sore pain
 - Difficult to fall asleep, cold sweating
 - Prefer hot drink
 - Pulse: Slow and weak
 - Coating: Thick, white



Pleural Effusion

- Prescription:

Ma Huang 9g

Bai Shao 9g

Xi Xin 9g

Hou Pu 9g

Xin Ren 9g

Gui Zhi 9g

Gan Jiang 9g

Ban Zia 9g

Zhi Gan Cao 6g

Wu Wei Zi 9g



Pleural Effusion

- Prescription Analysis :
 - Ma Huang, Gui Zhi, Bai Shao Gan Jiang, Xi Xin, Wu Wei Zi, Zhi Gan Cao, Ban Xia – Xiao Qin Long Tang
 - Sleep well after five days of taking herbal remedy.
 - Only mild symptoms happened around 2 pm after 6 packs.
 - A month later all symptoms are gone.

Lung Cancer

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



Lung Cancer

- 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

- Prescription:

Jie Geng 30g	Zhi Gan Cao 30g	She Gan 9g
Zhi Wan 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

- Prescription Analysis :
 - Jie Geng, Zhi Gan Cao, Sheng Jiang – Jie Geng Gan Cao Tang
 - She Gan, Zhi Wan, 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