

Asthma (Xiao Chuan)

Invasion of the Lung by Wind Cold

Accumulation of Phlegm-Heat in the Lungs

Vacuity of the Lung

Vacuity of the Kidney

Overview

Asthma is a pathology that affects the lungs and the airways that deliver air to the lungs. It causes periodic attacks of wheezing and difficult breathing.

Asthma in Chinese is Xiao Ke:

Xiao: rapid, sound, wheezing

Chuan: labored, inability to lye flat

The Classics State Chuan is noted by the quality of the breath and Xiao is noted by a certain sound. Clinical they generally are presented at the same time. A main characteristic that distinguishes Xiao is the presence of lodged phlegm in the lung.

General Symptoms of Asthma: short, rapid and wheezing respiration, labored breathing through the mouth and nose, shortness of breath and fatigue.

Causes for Asthma: The six external evils, internal disorder of the seven emotions, improper diet, stress, prolonged illness.

Organs: Pathological changes mainly appear in the lung and kidney, although the liver and spleen can also be involved.

Notes:

Points:

Dingchuan, Ub13, Lg10, Lg6

Emotional asthma

(4 Tai points) Lv3, Sp3, K3, Lg9

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Pathologies	Indications	Tongue/Pulse	Tx Method	Formulas	Points
Excess Patterns					
Invasion of the Lung by Wind Cold	Rapid, labored breathing, oppression in the chest, coughing and expectoration of thin white and sometimes foamy phlegm. In the early stages the accompanied symptoms often include aversion to cold, fever, headache, lack of perspiration without apparent thirst or aching joints	T- thin white coat P- tight and floating	Ventilate the lungs, dissipate wind cold and calm wheezing	Ma huang tang or Xiao qing long tong or Ma huang shi gan tang	- Lu7, Lu5, Ub12, Ub13, Dingchuan
Accumulation of Phlegm Heat in the Lungs	Short rapid respiration, loud husky voice, wheezing, coughing, oppression in the chest, expectoration of thick yellow phlegm, fever, perspiration, thirst with preference for cool drinks, constipation and dark urine	T- thin yellow coat P- floating and rapid	Clear the lungs, transform phlegm and clam wheezing	Sang bai pi tang	- UB13, Lu5, St40, Li4, Ren22, Dingchuan
Deficiency Patterns					
Lung Qi Vacuity	Shortness of breath, feeble voice, weak forceless coughing and wheezing, spontaneous perspiration, sensitivity to draughts and expectoration of thin runny phlegm	T- pale P- weak	Supplement lungs, boost qi and calm wheezing	Sheng mai yin with Bu fei tang	+ Dingchuan Ub13, Ub43, Ub38, Lu9, St36, add Moxa
Lung Yin Vacuity	Choking cough with scanty phlegm, dry mouth, irritability and discomfort of the throat	T- red with peeling coat P- rapid and thready	Supplement lungs nourish yin and calm wheezing	Sheng mai yin with Bu fei tang	+ Dingchuan Ub13, Ub43, Ub38, Lu9, Ki6, add Moxa
Yang Qi Deficiency Kidney	Persistent wheezing aggravated by physical exertion, shallow inspiration, shortness of breath, difficulty in maintaining regular rhythm, of respiration, fatigue, lassitude, physical cold, cold extremities and greenish complexion	T- pale P- deep, weak and thready	Supplements the kidney to absorb qi	Jin gui shen qi wan	+ Ub23, Ki3, Ub13, Ren17, Ren6, Dingchuan