

Common Cold (Gan Mao)

Invasion of Wind Cold

Invasion of Wind Heat

Invasion of Summer Heat Dampness

Colds due to Qi Vacuity

Colds due to Yin Vacuity

Overview

The Common Cold: The Common Cold is an external illness that may be contracted in any of the four seasons, mainly winter and spring. Mild cases of the common cold are known as Shang Feng. Severe cases of the common cold are known as Zhong Shang Feng. Epidemic colds (flu) are known as Shi Xing Gan Mao.

Symptoms of the Common Cold: Symptoms often include stuffy nose, runny nose, cough, sore throat, joint pain, aversion to cold (chills - wu han), heat effusion, and headaches. Symptoms generally last for five to seven days.

Causes for the Common Cold: The main cause of the common cold is external wind. This external wind is regularly combined with cold, heat, summer heat, or dampness.

- Wind cold invasion is most prevalent in autumn and winter.
- Wind heat is most prevalent in the spring and summer.
- Summer heat dampness is mostly commonly seen in the late summer.

Common cold due to Cold Dampness: For patterns of Cold Dampness use the formula Jiu wei qiang huo tang.

Notes:

Points:

San Jiao 2 is an empirical point for the common cold

Li4 for wei qi
Ren12 to tonify
Gb20 for wind

For dampness:
Sj5, Sp9

For cold dampness:
Sp6, Sp9, Li4

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Pathologies	Indications	Tongue/Pulse	Tx Method	Formulas	Points
Exterior Patterns					
Invasion of Wind-Cold	Strong aversion to cold, slight fever, chills predominant, no perspiration, headache, aching joints and limbs, stuffy nose, runny nose, scratchy throat, cough with thin with phlegm, without sensations of excessive thirst	T- thin white moist coating P- floating, tight	Dispel wind, Dissipate cold, Resolve the exterior	Jing fang bai du san	- Lu7, Li20 Si7, Ub12 Gb20, Li4 For Cold damp Sp6, Li4
Invasion of Wind-Heat	Slight Aversion to cold, predominant fever, perspiration, headache, cough with thick yellow phlegm, dry or sore swollen throat, stuffy nose with turbid yellow mucous, thirst	T- thin yellow coat P- floating and rapid	Dispel wind, clear heat and resolve the exterior	Yin Qiao San	- Lu5, Gb20 Li11, Li4, Du14, Sj5
Invasion of Summerheat-Dampness	Unsurfaced fever, slight aversion to cold, little perspiration, aching and heaviness of the limbs and joints, headache with a sensation of heaviness, coughing with sticky phlegm, greasy feeling in the mouth, nausea, dark scanty urine, oppression in the chest, distention and fullness of the epigastrium and abdomen, loose stools, no thirst	T- yellow, slimy coat P- soft and rapid	Clear summer heat, transforms dampness and resolve the exterior	Xin jia xiang ru yin	- Lu6, Li4, Ren12, St36, Sj6, Sj5 or Sp9, Liv13
Interior Patterns					
Qi Vacuity	Strong aversion to cold, fever, chills are predominant, headache, nasal congestion, cough with white phlegm, fatigue, shortness of breath and a disinclination to speak. This is due to depleted defense qi allowing external invasion of wind-cold evil	T- pale with white coat P- floating and forceless	Dispel wind, dissipate cold, boost qi, and resolve the exterior	Shen su yin	Wind-Cold points St36, Ub13, 43 To protect wei qi Li4, Du14 Si14, St36
Yin Vacuity	Fever, slight aversion to wind or cold, no perspiration or little sweat, headache, dizziness, vexation of the heart, heat in the palms or soles, thirst, dry mouth and a dry cough with scanty phlegm. Chronic yin vacuity has weakened the constitution allowing external invasion of wind-heat evil	T- red with thin coat P- rapid and thready	Dispel wind, clear heat, nourish yin, and resolve the exterior	Jia jian wei rui tang	Wind heat points Lu5, Gb20, Li11, Li4, Du14, Sj5 Supplement Sp6, Ki7