

Asthma

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1) Overview

Asthma is an episodic allergic pulmonary disease. Asthma attacks may come on suddenly, and they can last from 15 minutes to more than a day, They are frequently triggered by allergies to particles in the air, including pollen, dust, mold, or bits of animal skin called dander. Smoke, exercise, cold air, some foods, emotional upset, a common cold and -according to new research -impaired lung muscles can also spark asthma, In a small percentage of people with asthma, aspirin can prompt an attack. In asthma, muscle spasms and swelling in the branches of the windpipe that carry air to and from the lungs constrict the airways and block the flow of air you need to breathe comfortably, Excess mucus may further clog the airways. as a result, patients have to gasp for breath.

2) Main points of diagnosis

- Shortness of breath.
- Wheezing or whistling sounds with breathing.
- Tightness in the chest.
- Coughing, especially at night.
- Severe attack, so much difficulty breathing that with Sweat, A racing pulse or Panic.

3) TCM's evaluation of healing effect on such disease.

Many Asthma are successfully treated by TCM's treatment, it is more effective than other kind of treatments. Generally, it takes about two or three weeks to treatment; however, the acupuncture may release the difficulty breathing.

4) TCM Treatment approach:

1. Herbal medicine/Formula
2. Acupuncture and Moxibustion
3. Qigong and other therapies
4. Medicated diet
5. Life style

5) Differentiation of common syndromes:

Total Syndromes:

1. Asthma of Cold Type
2. Asthma of Heat Type
3. Asthma of Deficiency Type

▪ Asthma of Cold Type

A feeling of fullness and distress in the chest, Dyspnea with wheezing sound in the throat, cough with sputum, frequent attacks in cold seasons or caused by cold, whitish, moist

and glossy fur of the tongue, taut and tight pulse.

Herbal medicine treatment

Therapeutic principle: Ventilating the lung and expelling pathogenic cold, eliminating phlegm to relieve asthma

Recipe: Belamcanda and Ephlera Decoction with additional ingredients

Belamcanda rhizome (She gan), Ephlera (Ma huang), Pinellia tuber (Ban xia), Fresh ginger (Sheng jiang), bitter apricot kernel (Xin ren), Perilla fruit (Shu zi), at 10 g each; Aster root (Zhi yuan), Coltsfoot flower (Kuan dong hua), Schisandra fruit (Da zao), at 12 g each; Asarum herb (Xi xin) 3 g.

Acupuncture and Moxibustion

Therapeutic principle: Ventilating the lung and expelling pathogenic cold, eliminating phlegm to relieve asthma

Prescription: Shanzhong (RN19), Lieque ((LU7), Feishu (BL13), Fenglong (ST 40),Dazhui (DU14), Fengmen (BL12)

▪ **Asthme of Heat Type**

Dyspnea with wheezing, irritable oppressed sensation in the chest even gasping for breath, yellowish mucoid sputum, thirst, frequent occurrence in hot seasons or onset closely associated with heat, reddened tongue with yellow greasy fur slippery and rapid pulse.

Herbal medicine treatment

Therapeutic principle: Removing heat-phlegm and facilitating the flow of the lung qi to relieve asthma.

Recipe: Modified prescriptions of decoction of Ephedre, Apricot kernel, Gypsum and Licorice. Ephedre (Ma huang), bitter Apricot kernel (Xin ren), Perilla fruit (Shu zi), Iepidium seed (Ting li zi), Sichuan fritillary bulb (Chuan bei mu), Licorice root (Gan cao) at 10 g each; Gypsum (Sheng shi gao)30 g; Mulberry bark (Shang bai pi), earthworm (Di long), Trichosanthes seed (Gua lou) at 15 g each.

Acupuncture and Moxibustion

Therapeutic principle: Removing heat-phlegm and facilitating the flow of the lung qi to relieve asthma.

Prescription: Shanzhong (RN19), Lieque ((LU7), Feishu (BL13), Fenglong (ST 40),Dazhui (DU14), Chize (LU5), Fenglong (ST40).

- **Asthme of Deficiency Type**Chronic and recurrent attacks for a long time, constant minor and persistent asthma at ordinary times, The sound of cough being low and weak, palpitation and shortness of breath,spontaneous perspiration and aversion to wind, general debility,pale tongue with little fur, deep thready and weak pulse

Herbal medicine treatment

Therapeutic principle: Tonifying the lung and spleen, improving inspiration to relieve asthma.

Recipe: Powder of Ginseng and ecko with additional ingredients.

Ginseng(Ren shen) 10 g; Gecko (Ge jie) 3 g;Walnut kernel (hu tao), Ophiopogon root (Mai dong), Schisandra fruit (Wu wei zi), Astrandra fruit (Huang qi), Cordyceps (dong

chong xia cao), Lily bulb (Bai he), Ili bulb (fu lin), red Tangerine peel (jue hong) at 12 g each; Prepared licorice root (Gan cao) 6 g.

All the above drugs except gecko are to be decocted in water for oral administration.

Acupuncture and Moxibustion

Therapeutic principle: Tonifying the lung and spleen, improving inspiration to relieve asthma.

Prescription: Shanzhong (RN19), Feishu (BL13), Dazhui (DU14), Shenshu (BL 23), Zusanli (ST 36), Sanyinjiao (SP 6). Lieque (LU7), Dingchuan (Ex17)

6) Life style

1. Stay away from smoke and smokers, If you smoke, quit.
2. Stay indoors, if possible, when air pollution and pollen counts are high.
3. In cold weather, breathe through your nose and cover your nose and mouth with a scarf.
4. Keep your house as dust-free as possible.
5. Get bedding that is made of non-allergenic materials.
6. Stick with pets that don't have hair or fur.
7. Take a Qi-gong or Tai-Ji class, It can help relax you.
8. Lower your risk of colds and flu by washing your hands often and by getting a flu shot every year.
9. Don't lie down, you can breathe better if you sit upright and lean forward slightly.
10. Remain calm and quiet. Anxiety makes the symptoms worse.