

# Asthma

TCM Anti-Cancer Centre  
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## 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 caled 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.

## Main points of diagnosis

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

## TCM's evaluation of healing effect on such disease.

Many Asthma can treated by TCM's treatment, 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. Asthme of Cold Type:** A feeling of fullness and distress in the chest, Dyspnea with wheezing sound in the throat,cough with sputun, 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

Prescription: Modified Shigan Mahuang Tang. She gan, Ma huang, Ban xia, Sheng jiang, Xin ren, Shu zi at 10 g each; Zhi yuan, Kuan dong hua, Da zao, at 12 g each, 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)

**2. Asthma 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.

Prescription:: Modified Diongchuan Tang: Ma huang, Xin ren, Shu zi, Ting li zi, Chuan bei mu, Gan cao) at 10 g each; Sheng shi gao 30 g; Shang bai pi, Di long, 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 (LUS), Fenglong (ST40).

### 3. Asthma 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.

Prescription:: Powder of Ginseng and Gejie with additional ingredients.

(Ren shen 10 g; Ge jie 3 g; hu tao, Mai dong, Wu wei zi, Huang qi, dong chong xia cao, Bai he, fu lin, jue hong at 12 g each; Gan cao 6 g. All the above drugs except ge jie 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.

