Homework
For each zang or fu: make a small chart for each for symptoms. Do a chart per organ, later do a chart with combinations.
See slide 9 from Dx – class 3 handout.pdf. Due last class

So far we’ve done heart/small intestine. Do that first, then do this week’s Lung/LI. Qi def, blood def, etc and symptoms of each per zang and fu. Will help for many exams.

Just for reference

<table>
<thead>
<tr>
<th>Region</th>
<th>Left side</th>
<th>Right side</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cun (1st position)</td>
<td>Heart (xin)</td>
<td>Lung (fei)</td>
</tr>
<tr>
<td>Guan (2nd position)</td>
<td>Liver and Gallbladder (gan)</td>
<td>Spleen and Stomach (pi)</td>
</tr>
<tr>
<td>Chi (3rd position)</td>
<td>Kidney/ lower ab - shen/ Kidney Yin</td>
<td>Kidney/ lower ab – Mingmen/ Kidney Yang</td>
</tr>
</tbody>
</table>

Wet humid weather can make lung pulse superficial. Like today.

**Lung and Large Intestine**

**Introduction**
Heart and Lung: heart is the emperor. Lung in TCM is “hua gai”, or covering, usually translated as imperial carriage roof. Lung, like a carriage roof covers over the heart.

Lung is thus easily attacked by external factors.
- Prone to external attack
- Prone to cold damage

Lung’s primary functions:
- Governs Qi and respiration
- Controls channles and bld vessels
- Controls diffusing and descending of Qi and body fluid
- Regulates water passage

Lung is the upper source of water—dispersing and descending function. Qi respiration is very important part of lung. Lung qi according to the meridian, goes down first. Lung originates from the middle jiao.

Large Intestine, the paired fu organ for Lung
- Controls passage and conduction
- Transforms stools and reabsorbs fluids

Be able to answer these questions:
- Invasion of Lung by wind heat, what are the manifestations?
What are the symptoms of retention of Pathogenic Heat in Lung?
What are the manifestations of accumulation of Phlegm Damp in the Lung?
Can you identify:
  - Lung Qi deficiency?
  - Heart and Lung Deficiency?
  - Lung Yin Xu (defic)?
  - Lung and Kidney Yin deficiency?
What are the symptoms of Damp Heat in the Large Intestine?
Body fluid Xu(deficiency) in Large Intestine?
Lung

Cough and shortness of breath are the primary symptoms of Lung problems. Most common time to cough are when the major position changes occur: wake up and get up in the morning, when you lay down at night. This disturbs the qi. It’s a protective thang—body wants to get out the badness.

When is the best time to stop a cough? Good question. Coughing is protective, as previously mentioned. You want the crud to come out—first remove the phlegm, next stop the coughing. You have to observe the patient to determine.

**Deficiency (xu) Patterns in the Lung**

**Lung Qi Xu**
Not uncommon in asthma and smoking patients.

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>🙏 Feeble cough</td>
<td>🙏 Typical symptom of lung problems</td>
</tr>
<tr>
<td>🙏 Shortness of breath, worse on exertion</td>
<td>Another typical symptoms of lung problems</td>
</tr>
<tr>
<td>Clear dilute sputum</td>
<td>Lung cannot hold the water, up comes the sputum</td>
</tr>
<tr>
<td>Lassitude/fatigue</td>
<td></td>
</tr>
<tr>
<td>Lack of desire to talk, listlessness</td>
<td>Especially after talking, then just too tired to bother further</td>
</tr>
<tr>
<td>🙏 Low voice</td>
<td></td>
</tr>
<tr>
<td>Aversion to wind</td>
<td>Why? Not enough lung qi to protect from wind evil. Yin Qiao San – take this if you get slight chills, a little sore throat and fatigue to head off the wind evil. If you have fever, already too late.</td>
</tr>
<tr>
<td>Spontaneous sweating</td>
<td>See previous discussions about this.</td>
</tr>
<tr>
<td>Tongue: pale w/thin white coat</td>
<td></td>
</tr>
<tr>
<td>Pulse: weak</td>
<td></td>
</tr>
</tbody>
</table>

Another possible symptom: if patient sits leaning a little forward can indicate lung qi deficiency.

Asthma patients: look for the 3 hollows at ST-12 and at the central clavicular notch (Ren-22). Signals dyspnea, acute attack, shortness of breath.

Chemo patients: open to lung problems.

Lung 9, Yuan Source Point, is a good point to treat lung qi deficiency. If you want to help generate lung qi from source, Lung 1 (puncture laterally for safety), St-36. Herbs? Huang Qi is best to tonify lung without generating fire and heat (which ginseng tends to do). (spleen qi too)
**Lung Yin Deficiency**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unproductive/dry cough</td>
<td>Have patient cough, listen for phlegm.</td>
</tr>
<tr>
<td>Small amt of sticky sputum, even blood tinged sputum</td>
<td>Why blood? Heat is one reason (due to the yin deficiency) which causes the pulse to go up and causes blood vessel breakage due to the increased pressure. Another reason: qi deficiency—spleen qi cannot hold the blood even if it doesn’t go too fast due to the heat.</td>
</tr>
<tr>
<td>Dryness of mouth and throat and nose.</td>
<td>Again, lung yin def always has a lot of dryness. What is the difference between yin def and body fluid def? Y in def has heat, body fluid def does not—cannot moisten and nourish.</td>
</tr>
<tr>
<td>Afternoon fever</td>
<td></td>
</tr>
<tr>
<td>Flush</td>
<td></td>
</tr>
<tr>
<td>Night sweats</td>
<td></td>
</tr>
<tr>
<td>Hot sensation in palm/sole</td>
<td></td>
</tr>
<tr>
<td>Tongue: Red, less coating</td>
<td>Could also have map tongue.</td>
</tr>
<tr>
<td>Pulse: thready, rapid</td>
<td>Thready due to the yin deficiency Rapid pulse due to the empty heat.</td>
</tr>
</tbody>
</table>

Dryness all over can by common with lung yin deficiency. Skin is a big one. Smoking for example: smoke for a long time and will often have skin dryness because the fire in the lung burns away the moisture.

Ask about tuberculosis history when you see these symptoms. Could also be diabetes. (FYI, Xiao ke is the term for diabetes in Chinese, which means emaciation and thirst, implying yin deficient body type.)

Best points for Lung Yin Deficiency: LU 9, nourishes most of qi and yin.
Best herb for Lung Yin Deficiency: Shi hu and mai dong
Excess (shi)

♦ Invasion of Wind Cold
This is an external attack.
  o Cough
  o Clear sputum
  o Absence of thirst
  o Nasal obstruction
  o Watery nasal discharge
    This is definitive to differentiate cold from heat.
  o Possible chills and fever
    Defines this as an external symptom
    With chills as more than fever.
  o Itchy throat
    Typical of wind.
  o Absence of sweating
    External deficient cannot close the door, so you have sweating.
    External excess closes the door, so no sweat.
  o Headache
  o Thin white coating
  o Floating and tense pulse
    Also called “Superficial and tight”

Treatment: LI 4, LI 20; jing feng bai du san for herbs

♦ Invasion of Lung by Wind Heat
  o Cough
  o Small amount of thick yellow sputum
    heat makes it sticky and yellow
  o Thirst
    due to heat
  o Sore throat
    Severe sore throat often with swelling due to heat
Could have the itching throat too due to the wind.

- Fever
  - More than chills

- Slight aversion to cold

- Headache

- Thin yellow tongue coating

- Superficial rapid pulse

Nasal discharge, throat, more fever, tongue coat, pulse are the way to tell wind cold from wind heat.

Treatment: Yin Qiao San for herbs. Very widely used in clinic. Very common in Austin because weather is hot so suffer from more heat symptoms. Best time to take: as soon as you get chills and a little head discomfort. If it progresses past this, go for raw herbs because they are stronger.

♦ Retention of Phlegm Damp in Lung

Relatively common pattern in clinic. This pattern isn’t heat yet.
Note: also called Accumulation of Phlegm in Lung.

- Cough
  - Cough = lung problem.

- Profuse white sputum, easily spit out
  - Damp sign.
  - White and easy to expel = no heat. If there was heat it would be yellow and sticky, hard to expel. Important symptom for you to decide between heat/cold.

- Gurgling w/phlegm in throat

- Fullness and stuffiness in chest

- Pale tongue with white greasy coating
  - Again, no yellow, no heat.

- Slippery pulse
  - Not slippery/fast

This patient might also have nausea and vomit if phlegm/damp is in the middle jiao also. This will cause the stomach qi to rebel upwards.
Case study:
Guy with cough. He has thick, yellow sputum. He has difficulty breathing. Dry stool, dark urine, red tongue with yellow coating.
What’s he got: retention of pathogenic heat and/or phlegm heat in the lung.

Note: he didn’t address this as a condition in the bullet point discussion, but I note he did include this on the Practice exercise for class 4.
(Added July 31, 2008…and it was on a test too)

Differentiation of Large Intestine

Deficient Conditions
Let’s chat about constipation:
Constipation usually due to dry, but not always. Dry could be heat, but could also be b.f. deficient—not dry, but difficult to get out. May also report that it they sweat when trying to get it out.

When pt is older and/or has chronic diseases: ask whether is dry or not, esp if they have been in the hospital. Constipation can be due to dry or due to no power to get the bowel movement out.

More about constipation: patient may express cough for several weeks, then constipation later on. This is a progression of the qi not being able to descend then affecting the large intestine.

♦ Body Fluid Deficiency
  Very special condition.
  o Constipation
    Dr. Luo had this in red on the slide.
  o Dryness of the mouth and throat
  o Red tongue without moisture or with a dry yellow coating
  o Thready pulse

  Treatment notes: Sometimes you can treat a cough by relieving the constipation
  Ma Zi Ren is commonly use to moisten (very oily little seed) and promote bowel movements.

Excess
♦ Damp Heat
  Very widely seen in clinic. Dr. Luo thinks 80% of diarrhea due to damp heat.
  o Abdominal pain
    Worse with pressure (because is excess)
  o Dysentery with blood, pus, mucus in stool
    (diarrhea with blood/pus/mucus)
    Blood due to the heat, also generating pus.
    Mucus due to damp.
- Tenesmus
  Patient feels like they need to go, but don’t.
  Typical damp heat manifestation.

- Burning sensation in the anus
  Typical heat symptom

- Red tongue, in posterior area yellow greasy tongue coating
  May also have bitter taste in the mouth.
  If tongue is a little dry: heat is more than damp
  If tongue is a little wet: damp is more than heat. Patient may also have a heavy sensation.

- Slippery rapid pulse

- Strong stool odor

Treatment: LI 11 typical for LI channel damp heat, ST 40, ST 37. Herbs: Ge gen qin lian teng. Ge gen relaxes the muscles, huang qin and huang lian clear the heat. Mild and extensively used. Also, Bai Tou Wen Teng for damp heat with a little bit of blood.

- Damp Cold in Large Intestine
  A few cases of this, but rare in this area.
  - Abdominal cold pain
    Not a heat sensation. May want something warm to drink.
  - Sticky/watery stools with mucus
  - Light odorous stools
  - White greasy and thick tongue coating
  - Slippery, slow pulse
    slippery = damp, slow = cold

  Treatment: ST 25, ST 36, moxa. Tonifies. Lower he points, moxa here.

Case discussions

Patient: Vera Wang, female, 34 yo
Case:
Chief complaint: coughing 1 week

History: mild cough, occasionally occurred, sinus, forehead ache, nasal stuffiness, clear nasal disch, no thirst, aversion to wind/cold. slight fever, tightness on the back and neck, lassitude, low energy after having a baby.

Physical exam: tight feeling on shoulder, back, arms, legs
Light red tongue with thin white coat
Superficial and weak pulse.

Qi blood deficiency – weakness after the baby
Tightness in the shoulder/back/arms/legs – wind/cold
Tongue/pulse – wind/cold. superficial/weak = external deficient.

Wind/cold attacking. Lung Qi deficiency.

1. get rid of wind/cold
2. tonify

Patient: Yuan, male, 65y.o

Chief complaint: constipation x 3 months
Present history: once every 3-4 days, hard to pass out stool, occasionally bloody stools, dry ball-like stools, yellow urine, lassitude, emaciation, thirst, night sweating sometimes, dry cough occasionally.
Past history: TB 20 years ago
Physical exam: feel large intestine on the belly area, especially along descending colon, tight feeling on whole belly. Thin red tongue with cracks, less coating, deep thready and fast pulse.

Our discussion:
Deficient heat: thin red tongue with cracks/less coat. Also thready pulse = deficient, fast = heat.
This seems to be Large Intestine Yin Deficiency. Also, Lung deficiency—dry cough.
Treatment: Ma Zi Ren for moistening lg intestine.
The Practice Exercises for Class 4

Answers at the bottom

1. What is indicated by this pattern: cough that produces a small amount of thick yellow sputum, thirst, sore throat, fever, slight aversion to cold, red tongue tip with thin yellow fur, floating-rapid pulse?
   a. Dry pathogens attacking the Lungs
   b. Invasion of the lungs by wind heat
   c. Retention of excessive heat in the lungs

2. Which of the following is not a clinical manifestation of Deficient Lung Qi?
   a. Feeble cough
   b. Spontaneous sweating, aversion to wind
   c. Slippery pulse

3. What is indicated by this pattern: cough with profuse white sputum that is easily expectorated (spitted), pale tongue with white and greasy fur, slippery pulse?
   a. Accumulation of phlegm-damp in the lungs
   b. Wind-cold attacking the lungs
   c. Invasion of the lungs by wind heat

4. What is indicated by this pattern: cough that produces thick yellow sputum, difficult breathing, dry stools, dark urine, and red tongue with yellow fur?
   a. Accumulation of phlegm-damp in the lungs
   b. Retention of pathogenic heat in the lungs
   c. Invasion of the lungs by wind-heat

5. What is indicated by this pattern: pain in the abdomen, dysentery with mucus and pus or blood in the stools, tenesmus, a hot sensation in the anus, greasy yellow tongue fur?
   a. Damp-heat in the spleen and stomach
   b. Excessive heat in the small intestine
   c. Damp-heat in the large intestine

6. What is the main clinical manifestation of deficient body fluid in the large intestine?
   a. Pale tongue
   b. Dry stools and difficulty in defecation
   c. Dizziness

1 = B, 2 = C, 3 = A, 4 = B, 5 = C, 6 = B