Patents for Respiratory Disorders

Yuxing Liu  Ph.D

Academy of Oriental Medicine at Austin
The Characters of Lung Disorders

• Phlegm-----Cough-----Wheezeing
• Qi----Body liquid
• Pathogens:
  External: Six pathogenic factors
  Internal: dysfunction of qi movement
  Phlegm/dampness. Heat/cold.
Er Chen Tang / “Double Vintage Pills”

Ingredients
Ban xia: Pinellia  Chen pi or ju hong: Citrus peel
Fu ling: Poria  Gan cao: Licorice
Sheng Jiang: Fr. Ginger  Wu mei: Mume plum

Functions
Phlegm-Damp accumulation in LU/MJ
- Dry Dampness
- Resolve phlegm
- Strengthen SP, Regulate MJ Qi

* Slightly warm Rx
Clinical Applications
1) Cough w/ excess clear, thin phlegm; chest fullness w/ n & possible vomiting – T: thick, with greasy coat; P: slippery
2) Abdominal distension w/ digestive problems, possible nausea, vomiting
3) Dizziness or palpitations caused by Dampness retention
4) Western dz: chronic bronchitis w/ excess sputum, emphysema, asthma, gastric problems (poor appetite, excess stomach acid), gastroenteritis w/ cough or phlegm
Helpful for morning sickness, hangover, acid regurgitation, Heart burn.

Precautions
- Yin Xu (can use for short duration)

Package & Dosage
7-8 pills, TID  Honey pills: 2 pills, BID w/ warm water
Jie Geng Wan / “Platycodon Pills”

**Ingredients**

- **Jie geng**: Platycodon (90%);
- **Gan cao**: Licorice (10%)

**Functions**

- **LU Abscess - Eliminate Phlegm**
  - [respiratory: Phlegm-Damp]
  - Open LU Qi
  - Resolve Phlegm
  - Promote discharge of pus from LU: pulmonary abscess

Stop cough; Benefit throat
Clinical Applications

Pulmonary abscess w/ yellow, smelly sputum (toxic H)

Excessive cough, assists expectoration of yellow, smelly phlegm (w/ rattle, labored breathing) – esp. in am

Used w/ either W-H or W-C origins

Chronic bronchitis, asthma, emphysema – lingering, chronic phlegm cough w/ H

Sore throat, tonsillitis

Package & Dosage

5-10 pills, TID w/ warm water

Available brands:

Minshan
Lanzhou Medicine works
Bai He Gu Jin Wan/ “Lilium secure metal pills”

**Ingredients** (classic formula)

Bai he; Shu di huang; sheng di huang; mai men dong; xuan shen.

Dang gui; Bai shao; Chuan bei mu; Gan cao; Jie geng;.

**Functions**

- Nourish LU yin, moisten LU
- Clear heat
- Transform phlegm
Clinical Applications

1. Deficiency of LU yin with heat, causing dry unproductive cough or coughing with blood; include dry throat, difficulty breathing, and low-grade tidal fever.

2. Dry cough that follows the LU fire stage, and in deficiency dry cough following prolonged chronic illness, including tuberculosis and AIDS.

4. Helpful in smoker’s cough and pertussis (whooping cough) when there is little or no phlegm production.

Packaging & Dosage

Bottles of 200 pills, 8 TID (maybe increased to 12 pills, if needed)

Brand

Mingshan; Lanzhou Foci Pharmaceutical Factory;
Bio essence; Tanglong
Ba Xian Chang Shou Wan

Mai Wei Di Huang Wan/“Eight Immortality Longevity Pills”

Ingredients
Shu di huang: Rehmannia; Shan zhu yu: Cornus;
Shan yao: Ch. Yam; Mu dan pi: Moutan;
Ze xie: Alisma; Fu ling: Poria
Mai men dong: Ophiopogon; Wu wei zi: Schisandra

Functions
Stop Cough, Moisten LU, w/ Yin Xu
Nourish LU/KID Yin Xu
(collect LU Yin, Strengthen KID w/ astringents)
· LU dryness attack turns to Yin Xu
Liu Wei Di Huang Wan + mai men dong + wu wei zi (to direct to LU) = Mai Wei Di Huang Wan
Clinical Applications

1. Chronic cough d/t Yin Xu, including dry throat; dizziness, vertigo, tinnitus, deafness, night sweats, thirst, spermatorrhea, 5 centers Heat.

2. Can be used for smokers (need to add Qi regulators and Qi tonic)

Package & Dosage

8 pills, TID

Available brands

Minshan
Plum Flower
Lanzhou Medicine Works
Tanglong
Yang Yin Qing Fei Tang Jiang

“Yin Nourishing, LU Clearing Syrup”

**Ingredients**
Xhuan shen; Sheng di huang; Mai men dong
Mu dan pi; Bai shao; Chuan bei mu or Zhe bei mu
Bo he; Gan cao

**Functions**

*Stop Cough, Moisten LU – Yin Xu cough*

- Nourish LU Yin, Clear Xu Heat of LU
- Stop cough & asthma;
  Eliminate phlegm
- Soothe throat
Clinical Applications

*Yin deficient-dry, hacking, cough* (not barking, no gurgling):
chronic or at end-stage of invasion ➔ N. LU Yin Xu

Tx throat dryness, pain, thirst, hoarseness
Western dz: tonsillitis, pharyngitis, chronic dry cough (TB, cancer), diphtheria ➔ heat toxins

LIV Fire ➔ LU Yin Xu

Precautions

Not for direct external pathogenic invasion

Package & Dosage

20 ml/4 teaspoons, BID

Children: approx. 1 tsp as needed

8 pills, TID

Children: ½ dose
Li Fei (Pian)

“Benefit LU Pills” Or “Sugar-coated Pulmonary Tonic Tablets”

**Ingredients**
- Dong chong xia cao: Cordyceps
- Ge jie: Gecko
- Bai he: Lily bulb
- Wu wei zi: Schizandra
- Bai ji: Bletilla
- Bai bu: Stemona
- Mu li: Oyster shell
- Pi pa ye: Loquat leaf
- Gan cao: Licorice

**Functions**
- **LU Qi & Yin Xu:** Stop Cough, Moisten LU
  - Benefit LU, Calm asthma d/t LU Yin Xu
  - Stop chronic cough d/t LU Yin Xu
Clinical Applications

1. LU Qi & LU Yin Xu w/ chronic dry cough (no phlegm – internal H has dried out mucous)
2. Asthma d/t LU (& KID) Qi Xu – not acute attack
   Coughing w/ blood in cases of LU Yin Xu (may have night sweats)
3. Western dz: chronic dry cough as seen w/ TB or cancer patients

Package & Dosage

4-6 tablets, TID w/ warm water w/in a ½ hour after meals

Available brands
Handan Pharmaceutical Works
Plum Flow Brand
Hebei
Su Zi Jiang Qi Wan

“Perilla Seed Qi-Downbearing Pills”

**Ingredients**

Zi su ye: *Perilla leaf*
Qian hu: *Peucedani*
Huo po: *Magnolia bark*
Su zi: *Perilla seed*
Chen xiang: *
Ban xia: *Pinellia*
Chen pi: *Orange peel*
Sheng jiang: *Fr. Ginger*
Da zao: *Jujube*
Gan cao: *licorice*
Rou gui: *Cinnamon*
Dang gui: *Angelica sinensis*

**Functions**

*Eliminate Phlegm, Expel Cold – acute*

*hint of supporting KID Yang Xu*

- Resolve Phlegm
- Descend LU Qi, anti-asthma
- Warm KID Yang, Dispel Cold
- Tonify lower (KID), reduce upper (LU obstructed by Ph-C)

* Xu below, Shi above
Clinical Applications

1. Asthma, SOB, cough d/t cold-phlegm accumulation in the LU → foamy phlegm

2. KID Yang Xu → failing to support LU Qi → asthma, shortness of breath

3. Western dz: emphysema, chronic bronchitis

Precautions

- LU Heat w/ yellow phlegm, fever (herbs are dry & warm)
- Do not use for long time (too drying for Yang Xu)

Package & Dosage

8 pills, TID on empty ST
Do not use for long time (too drying for Yang Xu)
Zhi Sou Ding Chuan Wan
“relieve cough, stabilize asthma pill”

**Ingredients**

Gan cao; xing ren; shi gao; other

**Origin**: Zhang Zhongjing

**Functions**

- Dispels wind, clears heat, diffuses LU qi
- Calms wheezing, relieve cough

Refer To Ma Xin Shi Shi Gan Tang
Ma Xing Shi Gan Tang
/ Ma Xing Zhi Ke Pian / Ma Hsing Chih Ke Pien (modification)

“Epedra & Apricot Kernel Stop Cough Tablet”

**Ingredients**

- Ma huang: Epedra
- Shi gao: Gypsum
- Xing ren: Apricot kernel
- Zhi gan cao: Licorice
- Jie geng: Platycodon
- Chen pi: Orange peel
- Hua shi: Talcum
- Feng mi: honey

**Functions**

*Stop cough by opening LU Qi. Clear Heat from LU → W-C, internal H*

- Stop cough, Calm asthma
- Dispel Wind-Cold
- Clear LU H, Eliminate sputum
- Disperse LU Qi

**Clinical Applications**

1) **Exterior Cold, Internal Heat**
2) **W-C at the turning point into internal LU Heat**
3) **LU Heat cough, asthma (acute presentation), wheezing**
4) **W-H or W-C → H, sweating (or no), fever, thirst**
5) **Acute bronchitis (chronic bronchitis w/ heat); pneumonia, flu** [1 Ma huang : 4 shi gao
   {Patents may now exclude ma huang}]

**Precautions**

- High BP – use carefully

**Package & Dosage:** 8 pills, TID
Xiao Ke Chuan / Hsiao Keh Chuan  “Disperse Cough, Wheezing” syrup
Xiao Ke Chuan Zhuan Zhi Qi Wan (capsule)

**Ingredients**
Man shan hong or Zhi hua du juan 100%  Sugar & water

**Functions**
*Suppresses (phlegm) cough, ↓ LU Qi, Treat Asthma*
Symptomatically used Calms asthma; Stop cough, Resolves phlegm (assists expectoration)

**Clinical Applications**
1) Acute or chronic cough w/ accumulation of phlegm (H) – cough w/ a lot of sputum d/t common cold or flu
2) Bronchitis, asthma, pertussis, emphysema: chronic w/ a lot of sputum
Increase body’s resistance to dz

**Package & Dosage**
Bottles of 100ml or 200 ml; 2 tsp, TID w/ water; children, one teaspoon.
2-3 capsules, TID  --  *Children: ½ dose*
*Take symptomatically*

**Available brands**
Harbin No. 2 Chinese Medicine Manufactory (syrup, capsule)
Royal King Brand (capsule) / United Pharmaceutical (capsule)
Ping Chuan Wan / “Calm Dyspnea/wheezing Pills”

**Ingredients**

- **Dang shen**: Codonopsis
- **Ge jie**: Gecko
- **Dong chong xia cao**: Cordyceps
- **Xing ren**: Apricot kernel
- **Chen pi**: Orange peel
- **Gan cao**: Licorice
- **Sang bai pi**: Mulberry bark
- **Bai qian**: Cyanchi
- **Meng shi**: Phlogopitum/lapis
- **Wu zhi mao tao**: Ficus – fig tree
- **Man hu tui zi**: Elaeagnus

**Functions**

- **Tonify LU Qi**, **Tonify KID Qi & Yang**, **Calms wheezing**, **Relieves cough**
- **Stop cough/Asthma**, **Improve SOB**

**Clinical Applications**

1) Chronic sob that has depleted LU Qi & LU Yin
2) Asthma (not acute): allergy induced, or Due to LU Qi Xu, SP Qi Xu
   - **Sx**: SOB worse in evening or w/ exertion, cough w/ thin white phlegm
3) Western dz: chronic bronchitis, emphysema

**Precautions**

- **PREGNANCY**

**Package & Dosage**

Bottles of 120 pills.10 pills, TID
Chuan Ke Ling / KE Chuan Ling
(may add shi gao) “Asthma Cough Effective Formula”

Ingredients
Jie geng: *Platycodon*  Xing ren: *Apricot kernel*
Zhu dan zhi: *Suis (pig bile)*  Gan cao: *Licorice*

Functions
*Eliminate Phlegm, Clear Heat, Stop Cough* (LU abscess)
· Clear LU Heat, Regulate LU Qi
· Transforms phlegm
· Calms wheezing, Relieves cough

*Cooling Rx*
Clinical Applications

1) **Hot cough**: coughs d/t common cold or flu – burning, may have blood → **Phlegm heat**: discharge pus from lung

2) Bronchitis w/ excess, sticky sputum causing labored breathing

3) Chronic accumulation of phlegm in asthma, smoker’s cough, emphysema

4) Beneficial in Lu infection w/ expectoration of pus  Pulmonary abscess

Precautions

- Do not use w/ LU Yin Xu dry cough (no phlegm)
- Must have LU H!

Package & Dosage

Bottles of 100 tablets;  Fu Sung Pharmaceutical Works; (Fusong)  3-4 tablets, TID
Qing (Ping) Fei Yi Huo Pian
Ching Fei Yu Huo Pien / “LU-Clearing Fire-Eliminating Tablets”

Ingredients
Huang qin: Scutellaria; Zhi zi: Gardenia; Ku shen: Sophora; Zhi mu: Amenarrhena Da huang: Rhubarb; Qian hu: Peucedani; Tian hua fen: Trichosanthis Jie geng: Platycodon;

Functions
Clear Heat (Eliminate Phlegm) – Excess LU H 80% Clear H – 20% open LU, clear Phlegm · Clear LU H/Fire (d/t LIV Fire insulting LU) · Stop cough · Generate Body Fluid · Not much for phlegm, *Cold formula
Clinical Applications
1) LU Fire: tonsillitis; cough (w/ abundant, sticky, yellow sputum); swollen painful sore throat (hot, burning); mouth/nose sores, toothache or boils; thirst for cold drinks
2) Often emotionally related, irritability
3) Stop bleeding from nose or swollen gums d/t Excess Heat Constipation d/t Heat in LI → “poop out the heat”

Precautions
- PREGNANCY
- Any Xu or Cold syndrome

Package & Dosage
4 tablets, BID w/ warm water
Double dose in severe cases (may cause diarrhea)

Available brands:
ü Tianjin Medicines
Plum Flower
Qing Qi (Chi) Hua Tan Wan
“Qi-Clearing Phlegm-Transforming Pills”

Ingredients
Tian nan xing or dan nan xing; Gua lou; Huang qin; Ban xia*, Ju hong* or chen pi; Fu ling*.
Zhi shi; Xing ren*: Sheng jiang

*Based on Er Chen Tang

Functions
*Representative classic Rx for Phlegm-Heat accumulation in LU
Eliminate Phlegm, Clear Heat, Regulate LU Qi
- Clear LU H, Stop cough
- Eliminate Phlegm
- Calm asthma
Clinical Applications

1) **Phlegm-heat accumulation in LU**: excess type w/ strong cough, yellow phlegm, sticky; may be blood tinged; chest tightness; T: reddish w/ yellow TC; P: rapid, slippery

2) Qi or YM Heat

3) Western dz: pneumonia, acute/chronic bronchitis w/ H in LU

Precautions

- Cold, dry cough w/o phlegm
- Not for long term use

Package & Dosage

6-8 pill, TID

Available brands

Lanzhou  Plum Flower  Herbal Times
Bio Essence  Tanglong
Tong Xuan Li Fei Pian
“Free, diffuse, benefit the LU tablets”

Ingredients
Gan cao; Jie geng; zi su ye; qian hu; zhi shi; chen pi; ge gen; bai he; (kuan dong hua); (yu zhu, Huang qin)

Functions
• Transforms and dispels phlegm
• Dispels exterior wind
• Diffuses the LU, stops cough
• Benefits the throat
• Detoxifies and promotes healing
Clinical Applications

1. **Cough** (acute or chronic) use for phlegm accumulation with cough following attack of pathogenic wind with symptoms of cough, stuffy or running nose, muscle soreness, headache or neck ache, possible fever, and construction in the chest

2. **Sore throat** from various reasons (acute or chronic sore throat)

3. Chronic bronchitis, emphysema, and cough due to common cold or flu.

4. good for smokers cough.

Packaging & Dosage

Boxes of 12 vials, each with 8 tablets. 4 tablets BID (dosage maybe increased to every 3 to 4 hours, if needed)

Brand

Tianjin drug manufactory
She Dan Chuan Bei Ye
“snake gallbladders with Fritillaria liquid”

**Ingredients**

Chuan bei mu; San she dan; Xing ren; Feng mi, sugar

**Functions**

Transforms / resolve phlegm; Resolves toxins

Clears heat

Moistens the throat

Benefit Qi

Relieve cough
Clinical Applications
1. acute or chronic **phlegm heat** causing cough, lung congestion, or yellow nasal discharge
2. especially useful in **heat** conditions with stubborn sticky phlegm with a barking cough.

Precautions
Not for phlegm damp conditions
Caution during pregnancy

Packaging & Dosage
Box of 6 glass vials, each with 10cc. of liquid.
Remove plastic cap and take through accompanying straw.
Take 1 to 3 per day, alone or with water.

Brand
United pharmaceutcal manufactory
Superior brand
Pangaoshou herbs factory
Chuan Bei Pi Pa Lu (or Tang Jing)

“Fritillaria Loquat (Distilled) Liquid”

Ingredients
Chuan bei mu: Fritillaria; Pi pa ye: Loquat leaves; Bai bu: Stemona; Bo he nao: Mint oil; Jie geng: Platycodon; Xing ren: Apricot kernel; Yi tang: sugar

Functions
Stop Cough, Open LU Qi – d/t W-H
· Clear LU H, Moist LU Dryness. · Stop cough. · Resolve Phlegm

Clinical Applications
Cough d/t W-H or exogenous H accumulation in LU
- Sx: cough w/ thicker w or y sputum, feeling of dryness in the throat w/ thirst, may or may not have sore throat

Package & Dosage
1-2 tsp (10-15 ml), TID or QID
Children <12 yrs: ½ dose Children <5 yrs: 1/3 dose

Available brands
Peking Chinese Drug Manufactory. United Pharmaceuticals
Chuan Bei Pi Pa Gao
/ “Fritillaria Loquat Syrup”

Ingredients
Chuan Bei Mu: fritillaria; Pi pa ye: Loquat leaf; Sha shen: Glehnia; Feng mi: Honey; Wu wei zi: Schisandra; Chen pi: Orange peel; Ban xia: Pinellia; Bo he: Mentha; Kuan dong hua: Tussilago flower
Jie geng: Platycodon; Xing ren: Apricot kernel;

Functions
Stop Cough, Moisten LU – Phlegm, W-H, Yin Xu
· Moisten LU, resolve/ transform Phlegm
· Clear LU Heat, Stop cough
· Calm asthma, Regulate LU Qi

*Various formulas w/ varied constituents
Clinical Applications
1. N. LU Yin: dry cough, none or scanty phlegm
   Yin Xu → Internal H, low-grade fever may be present, mouth/throat dryness
   Often seen w/ smoker’s cough [Rx can be used for a long time, i.e w/ smokers]
2. Acute/chronic cough d/t LU H, difficult expectoration, may have throat pain
3. Cough w/ phlegm, W-H, and /or underlying Yin Xu

• Precautions
• Not for diabetics (d/t sugar)

Package & Dosage
D: 1-2 tsp (10-15 ml), TID or QID
Children <12 yrs: ½ dose
Children <5 yrs: 1/3 dose

Available brands
Plum Flower (very clean Rx – no pharmaceuticals…)
Pangaoshou Pharmaceutical
United Herbal Manufactory
Chenliji Sinma Health Prdts Co.
Qi Guan Yan Wan / “Bronchitis Pills”

**Ingredients** (Plum Flower Brand)

- **Pi pa ye:** Loquat leaf
- **Kuan dong hua:** Tussilago
- **Qian hu:** Peucedani
- **Ma dou ling:** Aristolochia or sang bai
- **pi:** Mulberry bark
- **Sang ye:** Mulberry leaf
- **Xing ren:** Apricot kernel
- **Chuan bei mu:** Fritillaria
- **Yuan zhi:** Polygala
- **Ju hong:** Citrus
- **Wu wei zi:** Schizandra
- **Dang shen:** Codonopsis
- **Sheng jiang:** Fr ginger
- **Da zao:** Jujube

**Functions**

- Transform and Dispel phlegm; Stop Cough
- Calm asthma
- Opens/ diffuses LU Qi
Clinical Applications
1) Tx acute & chronic bronchitis, bronchiectasis, emphysema, smoker’s cough, asthma. Sx: accumulation of loose phlegm w/ rattling cough, labored breathing
2) Chronic respiratory conditions aggravated by Qi Xu, esp. in elderly

Package & Dosage
8 pills, TID, w/ warm water

Available brands
Beijing Tung Jen Tang; Institute of Respiratory Infections Disease. (same as Plum Flower)

Herbal Times Brand
Ma huang, Xin ren, Ban xia, Jie geng. Gan cao; Zi wan, Ting li zi, Zao jiao.

Dispels wind-cold, transform phlegm and stop cough.
Luo Han Guo Chong Ji / “Mormordica Soluble Preparation”

“Smiling Buddha Fruit Liquid Medicine”

**Ingredients**

Luo han guo: *Mormordica* 95%  
Cane sugar: 5%

**Functions**

Dry Cough, Moisten LU: Treat Asthma

· Nourish & moisten the LU; Stop cough.  
· Clear LU Heat

**Clinical Applications**

1) Tx **dry cough** d/t LU H from LU Yin Xu & weak lungs – heat produces cough w/ sticky or bloody phlegm
2) Use as summer beverage (drunk hot or cold) to eliminate S-H & stop thirst
3) Western dz: cough w/ sticky or bloody phlegm; dry, itchy throat associated w/ bronchitis, pharyngitis, tonsillitis; smoker’s cough, emphysema

Stubborn, chronic cough as associated w/ whooping cough or TB

**Precautions**

- Decrease dosage or discontinue if loose stools develop

**Package & Dosage**

Dissolve 1 cube in 1 cup of warm/hot water, BID or TID  
or 1 tsp to 1 tbsp TID