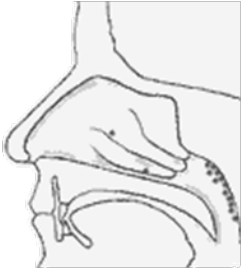


Common Cold

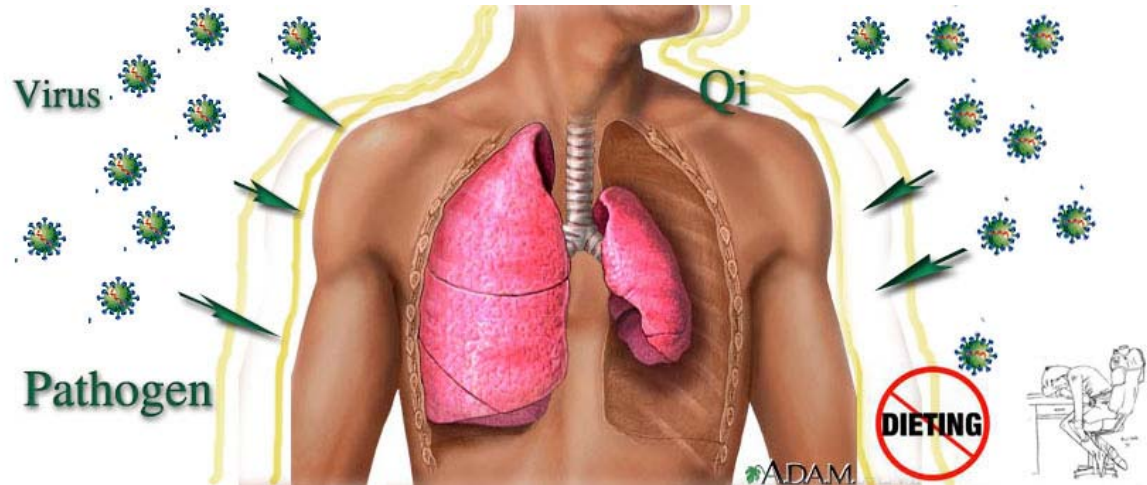
TCM Diagnoses and Treatments

Etiology & Pathology:

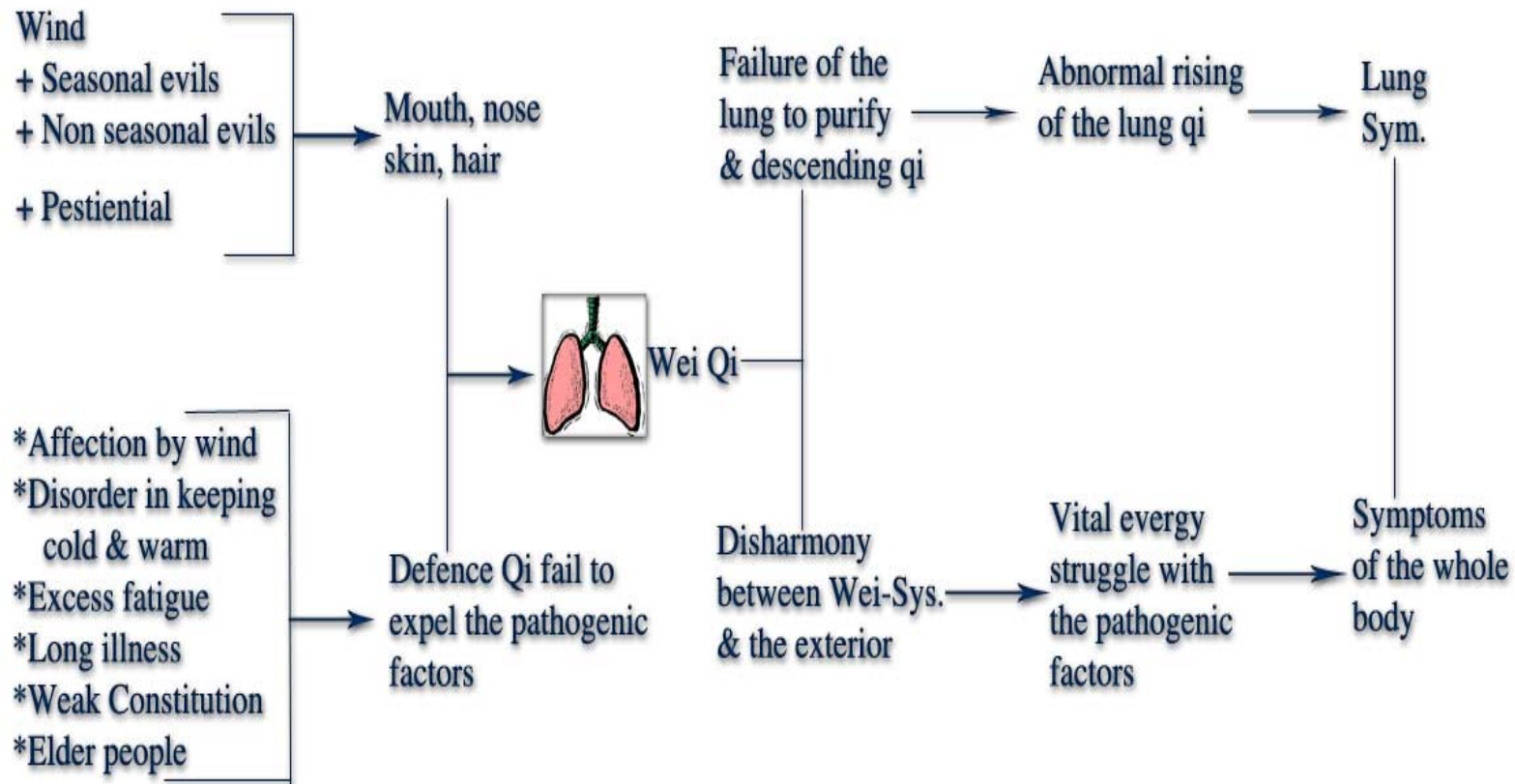
- Wind-Cold with either Cold or Wind predominating
- Wind-Heat
- Wind-Dry



Spring-----Summer-----Autumn-----Winter



ETIOLOGY & PATHOGENESIS OF COMMON COLD



- Differentiation of deficiency & excess

	Common Cold	Deficiency type	Influenza
Age	Youth & middle age	Middle aged & aged	Any age
Constitution	Strong	Weakness	Weakness
Chronic	Not existing	Mostly existing	Uncertain
Occasion	Disorder of cold & warmth, excessive fatigue	Slight careless-ness	In the period of seasonal pestilence, contact with influenza patients
Characters of sym.	Excess sym.	Coexistence of def. & excess, cold & heat	Mostly being excess sym. Or coexistence of def. & excess
Infectivity	No	No	Yes
Type	Wind-cold or wind-heat	Qi, Blood, Yin, Yang	
Treatment	Expel wind	Expel + nourish	
Sym.			Very serious
Herbs		Dang Sheng; Fu ling; GanCao; Fuzi; GuiZhi; Di Hang; MeiDong;	

Differentiation:

Wind-Cold

Signs & Symptoms:

Patient may have: An aversion to cold, shivering, fever, chills predominated over feelings of heat, no sweat, occipital headache, stiff neck, body aches, slight cough, sneezing, running nose w/white discharge.

- **Tongue:**
Thin white coating (indicates cold) or normal (indicates wind)
- **Pulse:**
Floating, tight (indicates cold predominates) - Floating, slow (indicates wind predominates)

Treatment Protocol:

- Release the Exterior
- Expel the Wind
- Scatter the Cold
- Restore the Descending and Dispersing Function of the LU Qi

Formula:

Jing Fang Bai Du San					
Jing Jie	Fang Feng	Qiang Huo	Du Huo	Cai Hu	JieGeng
Qian Hu	Chuan Xiong	Zhi Ke	Fu Ling	Gan Cao	

Modifications:

Exterior sym. is serious: Severe Chill & no sweating

-- Mang Huang; Gui Zhi

Severe headache & general aching with damp

-- Bai Zhi; Qiang huo

Stuff & running nose

-- CangErZi; XingYi Hua;

Phlegm

-- Er Cheng Tang

Coughing

-- Zi Wan; KuangDong Hua

Food Stag.

-- Bao He Wan

Epidemic influenza

- Da Qing Ye, Pu gong Ying, Ban Lan Gen

Prevention: wind cold

- Cong Bai, Sheng Jiang, Feng Mi

Wind-Heat

Signs & Symptoms:

- Similar Wind invasion via weakened Wei Qi as described above in Wind-Cold but patient presents with heat signs.
- Patient may have: Fever and Chills w/Fever predominating, slight sweating, runny nose w/yellow discharge, headaches, body aches, cough, sore throat (more severe than wind-cold), slight thirst.
- **Tongue:**
Red Sides
- **Pulse:**
Floating and Fast

• Treatment Protocol:

- Expel the Wind-Heat
- Release the Exterior
- Restore the Descending and Dispersing Function of the LU Qi

Formula:

Ying Qiao San					
Jing Ying Hua	Lian Qiao	Dan Dou Chi	Niu Pang zi	Bo he	
Jie Geng	Zu Ye	Lu Geng	Jing Jie	Gan Cao	

Modifications:

Severe distending pain in the head

-- Man Jing Zi; Sang Ye; Ju Hua

Abundant sputum

-- Zhe Bei Mu; Quan Gua Lou; Xing Ren

Sore, swelling & red throat

-- Xuan Shen; Ma Bo; Ban Lan Geng

High fever

-- Huang Qing; Shi Gao

Thirsty

-- Tian Hua Feng; Zhi Mu

Dampness

-- Huo Xiang; Pei Lan

Dryness

-- Xing Ren; Sang Ye; Gua Lou Pi; Sha Sheng; Sang Bai Pi

Yin Def.

-- Yu Zhu; Bai Wei

Summer-Damp type common cold

Signs & Symptoms:

- Wind cold invade human body with summer-damp heat. Usually happened in the long summer season.
 - Patient may have: Fever but less aversion to cold, slight sweating, feel heavy & sore pain on the body, and heaviness of the head, vomiting, runny nose w/sticky discharge, cough with sticky sputum, thirsty but no desire to drink. Oppressed feeling in the chest
 - **Tongue:**
thin but sticky coating
 - **Pulse:**
soft rapid
- **Treatment Protocol:**
 - Expel the summer Heat dampness
 - Release the Exterior

Formula:

Xin Jia Xiang Ru Yin					
Xiang Ru	Bian dou hua	Hou pu	Jing Yin Hua	Lian Qiao	

Modifications:

Aversion to cold, less fever, heaviness of head and body

-- Qiang Huo; Fang Feng; Gao Ben

Retention of food, lose appetite

-- Ban Xia, Chen Pi

Aversion to cold, no sweating

-- Zi Su

Restlessness with red tongue and yellow coating

-- Huang Lian, Hua Shi, Qin Dai

Sweating

-- Bo He, Qing Hao (Reduce Xiang Ru)

Coughing

-- Xin Ren

Oppressed feeling in the chest

-- Huo Xiang, Pei Lan

Vomiting

-- Zu Ru, Ban Xia

Dryness type common cold

Signs & Symptoms:

- Wind cold invade human body with dryness. Usually happened in the autumn season.
- Patient may have: Fever & aversion to cold, dry skin & no sweating, headache, stuffing nose, restlessness & thirsty, dry nose & throat, coughing but less sputum
- **Tongue:**
red side & tip of the body, dry
- **Pulse:**
floating, string, rapid
- **Treatment Protocol:**
 - Expel the wind dryness
 - Release the Exterior

Formula:

Sang Xing Tang			
Sang Ye	Xing Ren	Sha Sheng	Zhe Bei Mu
Dan Dou Chi	Shan Zhi Zi	Pear skin	

Modifications:

Headache

-- Man Jin Zi, Ju Hua, Ku Ding Cha

Yellow sticky sputum

-- Quan Gua Lou, Ma Dou Lin

Nosebleed

-- Sheng Di, Mao Geng

Restlessness & thirsty

-- Mai Dong, Zhu Ye

Sore throat

-- She Gan, Shan Dou Geng

Throat itching

-- Chan Tui

Oppressed feeling in the chest

-- Huo Xiang, Pei Lan

Qi-deficiency type common cold:

Signs & Symptoms:

- Aversion to cold, headache, nasal stuffiness, cough with white sputum, lassitude & weakness, shortness of breath, indolence of speaking
- Concomitant sym. with or disease: obesity & hyperhidrosis, dim complexion, old or chronic asthma etc.
- Tongue:
Pale body with thin white coating
- Pulse:
floating weak

Treatment Protocol:

- Release the exterior
- Expel the wind
- Replenishing qi

Formula

Shen Shu Yin					
Zi Su Ye	Dang Shen	Fu Ling	Gan Cao	Qian Hu	Jie Geng
Zhi Ke	Ban Xia	Chen Pi	Xing Ren	Mu Xiang	Ge Geng
Sheng jiang	Da zao				

Modifications:

Qi – Def Sym. being severe

- Huang Qi

Spontaneous sweating being severe

- Huang Qi + Bai Zhu + Fang Feng

Abundant sputum

- Ting Li Zi, Bai Jie Zi

Oppressed feeling in the chest

- Gua Lou, Hou Pu

Abdomen distention

- Lai Fu Zi, Da Fu Pi, Bing Lang

Aversion to cold & no sweating

- Ma Huang, Cong Bai

Yang-deficiency type common cold:

Signs & Symptoms:

- Severer aversion to cold, especial on the back, lighter fever, headache, pale complexion, cold limbs, retention of food, weak voice of speaking
- Concomitant sym. with or disease: chronic diarrhea before dawn, edema, deficiency of both spleen & kidney yang due to consumption.
- Tongue:
Pale body with thin white coating
- Pulse:
deep & weak

Treatment Protocol:

- Release the exterior
- Expel the wind
- Strengthen Yang

Fomula

Ma Huang Fu Zi Xi Xing Tang			
Ma Huang	Fu Zi	Xi Xing	

Modifications:

Headache

- Qiang Huo, Chuan Xiong, Bai Zi

Spontaneous sweating

- Huang Qi , Zhi Gan Cao

Stuff nose

- Cang er Zi

Cold on the back

- Ge Geng

Abdomen ache due to drink cold

- GanJiang, Ding Xiang

Lower body joints ache due to cold

- Mu Gua, Niu Xi, Dang Gui, Wu jia Pi, Wei Ling Xian

Blood-deficiency type common cold:

Signs & Symptoms:

- headache, fever, slight aversion to cold, pale lips & nails, palpitation and dizziness. Spontaneous sweating, pale complexion,

- Tongue:

Pale body with thin white coating

- Pulse:

thready or weak floating

Treatment Protocol:

- Release the exterior
- Expel the wind
- Nourish Yin & blood

Formula:

Cong Bai Qi Wei Yin			
Cong Bai	Dan Dou Chi	Ge Geng	Sheng jiang
Mai Dong	Sheng Di	Gan Lan water	

Modifications:

Aversion to cold

-- Shu Ye, Jing Jie Shui

Fever

-- Jing Yin Hua, Lian Qiao, Huang Qin

Hemorrhage

-- A Jiao, Ou Jie, San Qi, Bai Ji, Han Lian Cao

No appetite

-- Chen Pi, Sha Ren

Yin-deficiency type common cold:

Signs & Symptoms:

- headache, fever, slight aversion to cold, anhidrosis or mild sweating, or night sweating, dizziness, irritability, thirsty, dryness of throat, feverish sensation in the palm and soles, dry cough with less sputum, or with blood-tinged sputum

- Tongue:

Pale body with less coating

- Pulse:

thready or weak floating

Treatment Protocol:

- Release the exterior
- Expel the wind
- Nourish Yin

Formula:

Jia Jian Wei Rui Tang			
Yu Zhu	Cong Bai	Jie Geng	Bai Wei
Dan Dou Chi	Bo He	Zhi Gan Cao	Da Zhao

Modifications:

Thirsty

-- Sha Shen, Mai Dong

Restlessness

-- Huang Lian, Zhu Ye, Tian Hua Feng

Sore throat

-- Niu Pang Zi, Gua Lou Pi, She Gan

Fever

-- Jing Yin Hua, Lian Qiao

Coughing with abundant sputum

-- Bei Mu, Quan Gua Lou, Qian Hu

Case History 1.

Male 10 years old

Got cold for 1 week due to go to bathroom in naked on winter night.

Sym: Fever, aversion to cold, no sweating, thirsty

Tongue: red Pulse: rapid

Treatment Protocol:

Release the exterior

expel the heat

**Cong bai, dan dou chi, sang ye, jing jie, Shu ye, Niu
Pang zi, xing ren, yu jing, qian hu, lian qiao, dan zu ye**

Case History 2

Male 50 y

Main Complain: Cold for 2 days

Sym: Patient got cold during the trip, had high fever (103.6 F) (39.8 C), aversion to cold, cover with 2 thick blankets, still feel cold, shaking, whole body's joints ache, no sweating, continually coughing.

Pulse: floating & tight

Tongue: thin white coating

TCM Diagnose: wind cold

Treatment: Expel wind cold

- Formula: Ma Huang 9g Gui Zhi 6g Xing Ren 12g Zhi Gan Cao 3g

Case History 3

Male 75 y

Main Complain: Cold for several days

Medical history: Patient got cold couple days ago at a cold winter night, with symptoms such as headache, fever, running nose. He took the Yin Qiao Pian, after that he feel tired, and hands & feet turn to cold too.

Sym: weak, and don't like to talk, Even fall asleep during the inquiry, cold hands & feet

Pulse: sink Tongue: light color

TCM Diagnose: Yang Def. & wind cold

Treatment: Warm the Yang Qi

- Formula: Fu Zi 12g; Gan Jiang 10g; Zhi Gan Cao 10g

Case History 4

Male 20 y

Main Complain: Cold for several days

Medical history: Patient got cold several days ago due to didn't have enough warm cloth. The symptoms are mild, so he just took a rest for several days without taking any medicine, but the symptoms are still same.

Sym: Nose congestion, runny nose, cough, sore four limbs

Pulse: floating & tight Tongue: thin white coating

TCM Diagnose: wind cold

Treatment: Expel wind cold

- Formula: Jing Fang Bai Du San

Case History 5

Male 62 y

Main Complain: Got cold from his friend

Medical history: easily get cold on normal days, 2 days ago, stayed with his friend who got cold, and felt not so good the next day

Sym: dizziness, little sweating, dry cough, sore throat with sticky phlegm, pale face color, feel tired, cold hands and feet

Pulse: fast & fine Tongue: red body with less coating

TCM Diagnose: wind-heat

Treatment: Expel wind heat

- Formula: Sang Ju Yin

Cough

TCM Diagnoses and Treatments

Etiology & Pathology:

1. External pathogenic factors

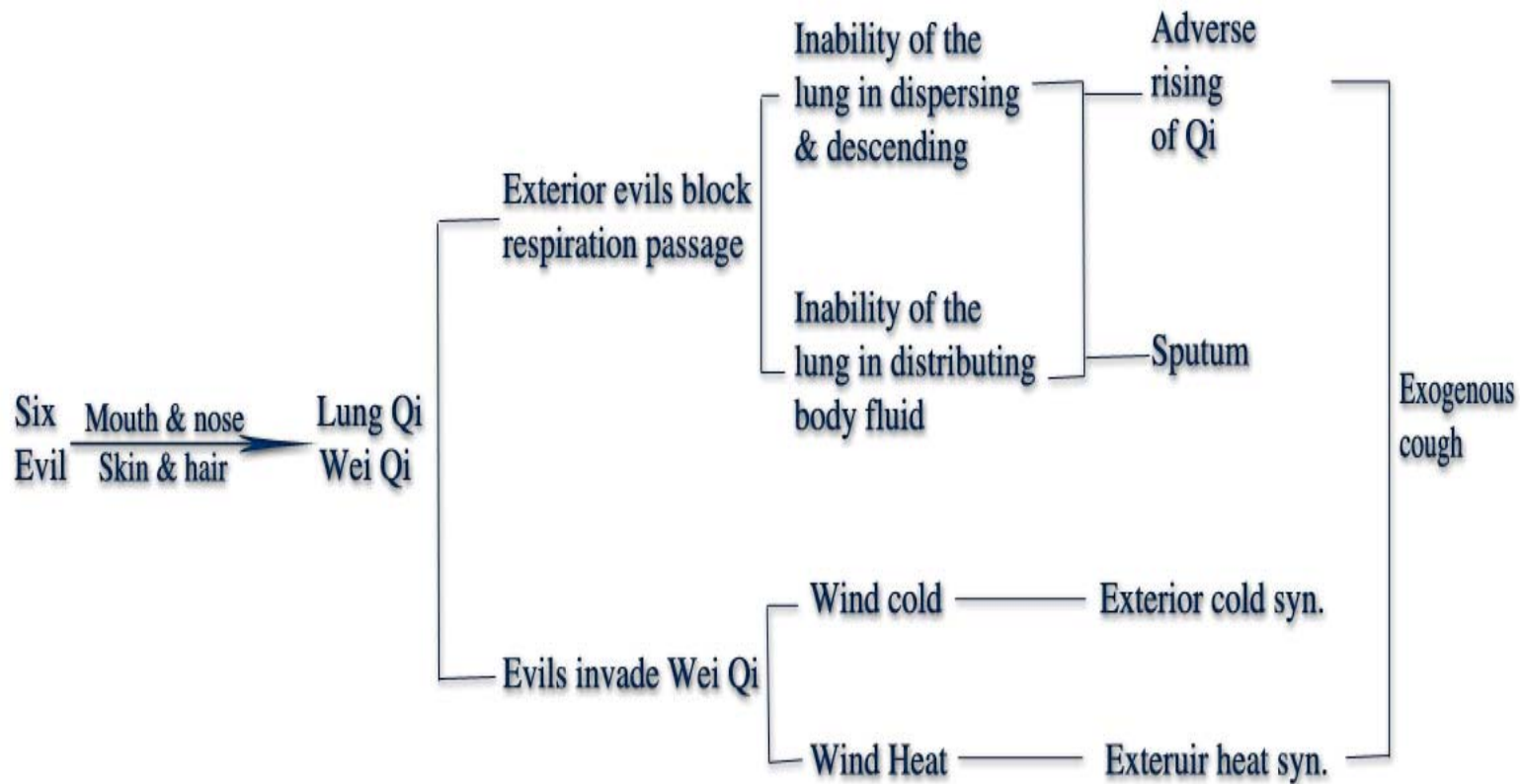
2. Interior reasons

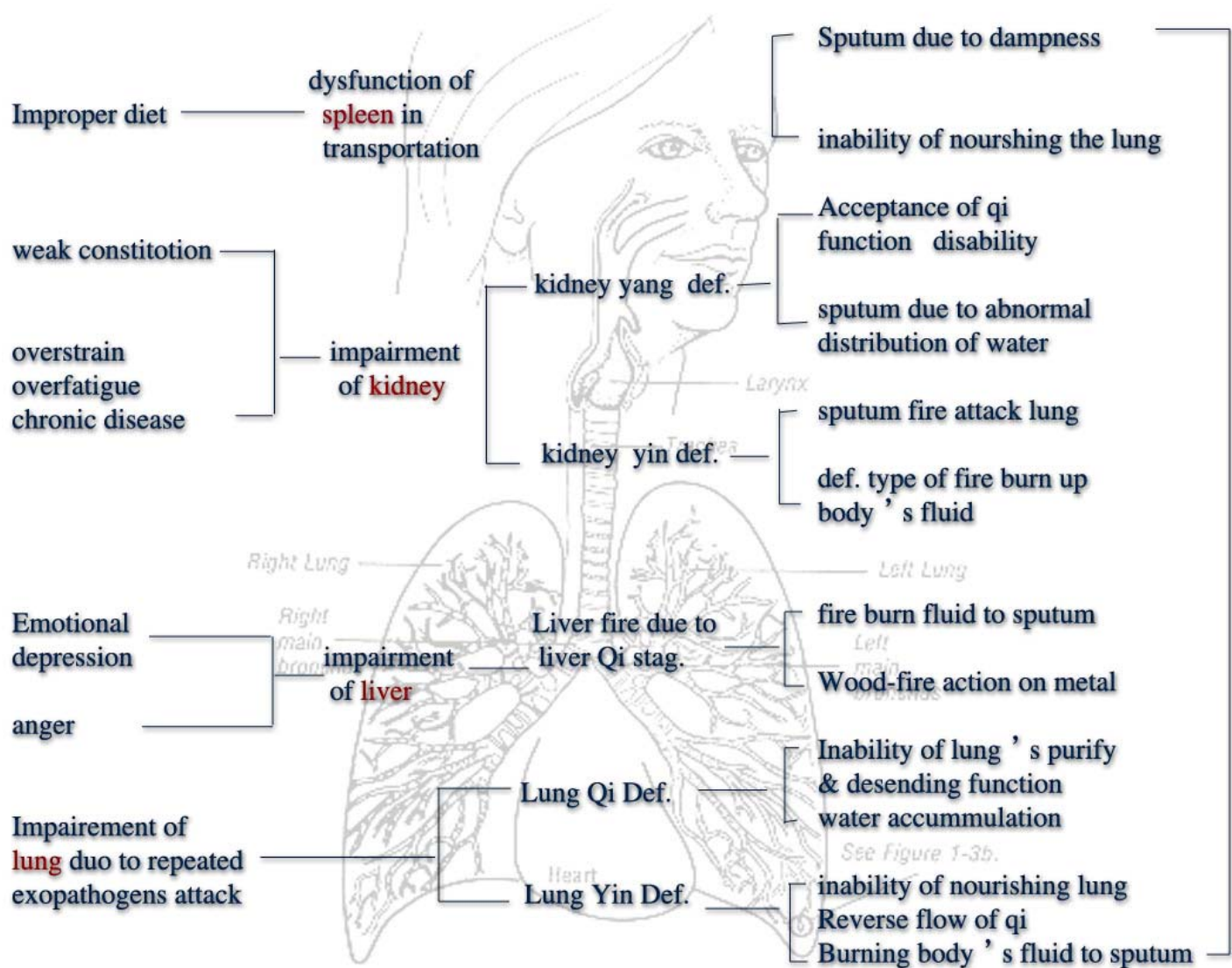
Emotional stress

Diet

Chronic illness







Cough due to internal injury

Sound:

Deficiency type

Excess type

Time of day:

Yin Def. type

Cough due to phlegm

Sputum:

Quantity:

without sputum:

Def. , heat or dryness

abundant sputum:

Phlegm; def. type of cold;

Quality:

sticky:

Dampness or heat

dilute:

Cold or wind

Whilst white, very watery & frothy sputum:

Cold & Def. ; Phlegm-Fluids

Color:

White:

Yellow:

blood-tinged sputum:

full or empty-heat

Greenish sputum:

heat

Smell:

stinking:

Phlegm-heat

sweet:

Damp-phlegm

Salty:

Kidney def.

Differentiation:

	Exterior	Interior
Onset	acute	chronic
Duration	Short	Long
Character	Mostly wind-cold	Occurred repeatedly; Fullness & emptiness often combined
Accompanied symptoms	Exterior symptoms	Other organs' symptoms
Tongue & pulse	Floating or tight pulse	...
Etiology	Invasion of wind-cold Invasion of wind-heat Invasion of wind-dryness	Lung-heat Lung-phlegm-heat Liver fire acute on lung Lung Yin def.