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**

- **Wind**
  - Seasonal evils
  - Non-seasonal evils
  - Pestiential

  → Mouth, nose skin, hair

- **Failure of the lung to purify & descending qi**

  → Abnormal rising of the lung qi

  → Lung Sym.

- **Wei Qi**

  → Defence Qi fail to expel the pathogenic factors

  → Disharmony between Wei-Sys. & the exterior

  → Vital energy struggle with the pathogenic factors

  → Symptoms of the whole body

*Aflection by wind
*Disorder in keeping cold & warm
*Excess fatigue
*Long illness
*Weak Constitution
*Elder people
### Differentiation of deficiency & excess

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

<table>
<thead>
<tr>
<th>Jing Jie</th>
<th>Fang Feng</th>
<th>Qiang Huo</th>
<th>Du Huo</th>
<th>Cai Hu</th>
<th>JieGeng</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qian Hu</td>
<td>Chuan Xiong</td>
<td>Zhi Ke</td>
<td>Fu Ling</td>
<td>Gan Cao</td>
<td></td>
</tr>
</tbody>
</table>

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:**

<table>
<thead>
<tr>
<th></th>
<th>Jing Ying Hua</th>
<th>Lian Qiao</th>
<th>Dan Dou Chi</th>
<th>Niu Pang zi</th>
<th>Bo he</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Jie Geng</strong></td>
<td>Zu Ye</td>
<td>Lu Geng</td>
<td>Jing Jie</td>
<td>Gan Cao</td>
<td></td>
</tr>
</tbody>
</table>

**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:

<table>
<thead>
<tr>
<th>Xin Jia Xiang Ru Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Xiang Ru</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th></th>
<th>Sang Ye</th>
<th>Xing Ren</th>
<th>Sha Sheng</th>
<th>Zhe Bei Mu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dan Dou Chi</td>
<td>Shan Zhi Zi</td>
<td>Pear skin</td>
<td></td>
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</tr>
</tbody>
</table>

## 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

<table>
<thead>
<tr>
<th>Shen Shu Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zi Su Ye</td>
</tr>
<tr>
<td>Zhi Ke</td>
</tr>
<tr>
<td>Sheng jiang</td>
</tr>
</tbody>
</table>

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
Formula

<table>
<thead>
<tr>
<th>Ma Huang Fu Zi Xi Xing Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ma Huang</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Cong Bai Qi Wei Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cong Bai</td>
</tr>
<tr>
<td>Mai Dong</td>
</tr>
</tbody>
</table>

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:**

<table>
<thead>
<tr>
<th></th>
<th>Jia Jian Wei Rui Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yu Zhu</td>
<td>Cong Bai</td>
</tr>
<tr>
<td>Dan Dou Chi</td>
<td>Bo He</td>
</tr>
</tbody>
</table>

**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
Improper diet
- dysfunction of spleen in transportation
- weak constitution
- overstrain, overfatigue, chronic disease
- impairment of kidney

Emotional depression
- anger

Impairment of lung due to repeated exopathogens attack

Liver fire due to liver Qi stag.

Lung Qi Def.
- Lung Yin Def.

Sputum due to dampness
- inability of nourishing the lung
- Acceptance of qi function disability
- sputum due to abnormal distribution of water
- sputum fire attack lung
- def. type of fire burn up body’s fluid

Liver fire due to liver Qi stag.

fire burn fluid to sputum

Wood-fire action on metal
- Inability of lung’s purify & descending function
- water accumulation
- inability of nourishing lung
- Reverse flow of qi
- Burning body’s fluid to sputum

Cough due to internal injury
**Diagnosis:**

**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:

<table>
<thead>
<tr>
<th></th>
<th>Exterior</th>
<th>Interior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onset</td>
<td>acute</td>
<td>chronic</td>
</tr>
<tr>
<td>Duration</td>
<td>Short</td>
<td>Long</td>
</tr>
<tr>
<td>Character</td>
<td>Mostly wind-cold</td>
<td>Occurred repeatedly; Fullness &amp; emptiness often combined</td>
</tr>
<tr>
<td>Accompanied symptoms</td>
<td>Exterior symptoms</td>
<td>Other organs’ symptoms</td>
</tr>
<tr>
<td>Tongue &amp; pulse</td>
<td>Floating or tight pulse</td>
<td>…</td>
</tr>
<tr>
<td>Etiology</td>
<td>Invasion of wind-cold</td>
<td>Lung-heat</td>
</tr>
<tr>
<td></td>
<td>Invasion of wind-heat</td>
<td>Lung-phlegm-heat</td>
</tr>
<tr>
<td></td>
<td>Invasion of wind-dryness</td>
<td>Liver fire acute on lung</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lung Yin def.</td>
</tr>
</tbody>
</table>