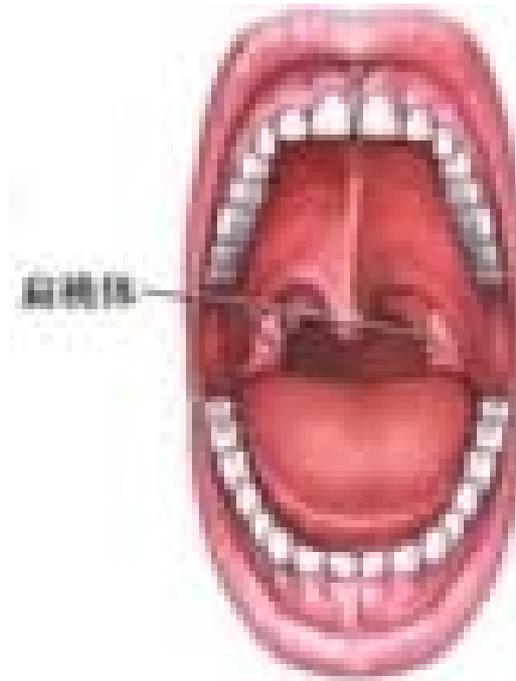


TCM



Throat disease



Etiology & Pathology

1. Exterior evil poison (wind-heat or Wind cold) attack throat
2. Spleen & Stomach excess heat or fire
3. Damage to the Lung meridian
4. Kidney yin def.

Liver Qi Stag.





- Neurosis disease (Throat)

- Mei He Qi (梅核气)

- **Neurosis**

- 1. A psychological or behavioral disorder in which anxiety is the primary characteristic; defense mechanisms or any phobias are the adjustive techniques that a person learns to cope with this underlying anxiety. In contrast to the psychoses, people with a neurosis do not exhibit gross distortion of reality or gross disorganization of personality but in severe cases, those affected may be as disabled as those with a psychosis.
- 2. A functional nervous disease, or one in which there is no evident lesion.
- 3. A peculiar state of tension or irritability of the nervous system; any form of nervousness.
- Syn: neurotic disorder

- 1. Qi Stag. type

Main Sym: blocked feeling in the throat

Concurrent sym: no pain, oppressed feeling in the chest sometime, good appetite, no phlegm, only feel the sym, after hard working or after emotional changing.

Tongue: thin white coating

Pulse: slightly wiry

Treatment principle: Promote the Qi circulation

Formula

Yue Ju Wan (Cang Zhu, Xiang Fu, Chuan Xiong,
Shen Qu, Zhi Zi)

- 2. Qi & stag. With phlegm rebellion

Main Sym: blocked feeling in the throat, with phlegm

Concurrent sym: first feel the uncomfortable in the throat, after coughing out the phlegm, patient feel comfortable. Oppressed feeling in the chest, coughing or vomiting phlegm in severe case

tongue: thick greasy white coating

Pulse: wiry & slippery

Treatment: moving qi & resolve phlegm

Formular: Ban Xia Hou Pu Tang + Chai Hu Shu Gan

San

- 3. Liver Qi Stag.

Main Sym: blocked feeling in the throat, with emotional changing history

Concurrent sym: easy to lose temper, rib sides distention, prefer sighing all the time, tiredness, bad appetite, headache, dizziness

tongue: white coating

Pulse: wiry

Treatment: smooth the liver Qi

Formular: Xiao Yao San

or Dan Zhi Xiao Yao San

- 4. Yin def. fever

Main Sym: blocked feeling in the throat

Concurrent sym: irritability, insomnia, dizziness, sore lower back, weak knee, dry throat, uncomfortable feeling in rib area

tongue: red body with less coating

Pulse: wiry & fine

Treatment: Nourish Yin

Formular: Yi Guan Jian + Xiao Yao San

chronic pharyngitis 慢性咽炎

Chronic pharyngitis, a chronic inflammation of the pharyngeal mucous membrane and submucous lymphoid tissues, is often caused by unsatisfactory treatment of acute pharyngitis or repeated occurrences of upper respiratory tract infection and it is related to high-dust environment.

Clinically it manifests itself as

- Itching
- dryness
- soreness of the throat
- cough
- a feeling of foreign body or obstruction in the throat.

In TCM it belongs to the category of "hou bi," or inflammation of throat.





- **1. Dryness of the Lung due to Yin-Deficiency**

Main Sym: dryness, slight pain or a sensation of burning heat or foreign body in the throat

Concurrent sym: Congestion, diffuse dark redness and dilatation of micrangium of the pharyngeal mucous membranes and thickening of the lateral pharyngeal bands may be present, accompanied with itching of the throat, cough with little sputum, fidgets due to deficiency and dreaminess.

Tongue: red body with less coating

Pulse: thready & rapid

Treatment principle: Nourishing yin, moistening dryness and purging pathogenic fire to relieve sore throat.

Formula :

Formula:

Sha Shen 12	Mai Dong 12	Shen Di 20	Dan Pi 10,	Chuan Bei Mu 9	Bai Shao 10
Bo He 6	Lu E Mei 6	Gan Cao 6			

dry throat

-- Shi Hu; Bai He

sore lower back, insomnia

-- Yi Zhi Ren; Gou Ji; Wu Wei Zi, Huai Xiao Mai

sticky white secretion on the wall of the throat

-- Tian Hua Feng, Lu Gen, Gou Qi Zi

cough

-- Qian Hu; Pi Pa Ye; Xin Ren; Xuan Shen

Dry stools

-- Huo Ma Ren; Quan Gua Lou

**Bai He Gu Jin Tang; Yang Yin Qin Fei Tang; Zhi Bai Di
Huang Wan, Yi Guan Jian**

- 2. Stasis of Qi and Stagnation of Phlegm

Main Sym: a sensation of obstruction or foreign body in the throat, often wants to "hang ka" (make a "hang ka" sound of cough) and feels nausea when getting up in the morning.

Concurrent sym: He may have hyperplasia of lymphoid follicles in the retropharyngeal wall and thickening of the lateral pharyngeal bands, accompanied with chest distress.

Tongue: dark red with yellow fur

Pulse: thready and slippery

Treatment principle: Promoting circulation of qi, alleviating mental distress and reducing phlegm to resolve masses.

Chai hu 9	Zhi Ke 9	Lu E Mei 6	Bai shao 9	Bo he 6	Jie Gen 4.5
She Gan 4.5	Gan Cao 6	Gan Song 9			

Modifications:

cough with profuse sputum

-- Zi Wan, Zhe Bei Mu; Gua Lou Pi

rib area pain or distention

-- Dang Gui; Tao Ren; Dan Shen; Yu Jin

reddish & sore throat

-- Chi Shao; Niu Xi

food stag.

-- shen qu; ji nei jin

Other formula:

**Chai Hu Shu Gan San; Xiao Yao San; Si Ni San; Ban Xia Hou
Pu Tang;**

TCM

- **3. Blood Stasis**

Main Sym: dry & sore throat with burning sensation or blocked feeling but with no difficult to swollen

Concurrent sym: He may have hyperplasia of lymphoid follicles in the retropharyngeal wall and thickening of the lateral pharyngeal bands, dark red color

Tongue: purple body color with spots

Pulse: deep & acerbity

Treatment principle:

Formula : moving blood & resolveing blood stasis & benefit throat



Dang gui 12	Shen di 12	Tao ren 15	Chuan shan jia 9	Chi shao 12	Dan pi 10
Jiang chan 9	Chuan xiong 10	Jie gen 6	Chai hu 6		

Modifications:

headache or dizziness

-- Shi Jue Ming; Zhen Zhu Mu

sore throat

-- jin yin hua; Xuan Shen

constipation

-- da Huang; Quan Gua Lou

sore & reddish throat

-- Sang Lin, E Zhu

dry throat

-- Bai Mao Gen; Lu Gen; Xuan Shen

Other formula:

Xue Fu Zhu Yu Tang; Tao Hong Si Wu Tang; Bu Yang Huan Wu Tang;

Case History 1

1. Male 45 years

First visiting:

Main complain: Nasopharyngeal Carcinoma, NPC

patient had suffered from chronic pharyngitis for years, and patient just finished the chemical therapy for the cancer, no stuff nose, no blood secretion, only feel dry throat, even drinking water can't resolve the dry feeling; pain throat sometime; tire four limbs, bad appetite

Tongue: slightly greasy coating

Pulse: thready & weak

TCM diagnose:

Qi & Yin Def.

Empty fire rising up

Treatment protocol:

-- Tonify Spleen & Qi

-- Nourish Yin & clear empty fire

Formula:

Tai Zi Shen 10; Mai Dong 10; Wu Wei Zi 10; Shan Yao 10;
Bai Bian Dou 10; Wu Mei 10; Xuan Shen 10; Shi Hu 10; Gan Cao 3

Case History 2

1. Female 46 years

First visiting:

Main complain: continually tinnitus for 1 y

always feel high HZ but low volume noise in the ears, feel irritability when heard the noisy from outside, symptoms worse after hard working or emotional changing. Right ear was worse than left ear. Also come with the symptoms like headache, nervous, hands shaking sometime.

Tongue: slightly red color body with thin white coating

Pulse: even

TCM diagnose:

Heart fire rising to attack the ear

Treatment protocol:

-- Clear heart fire

Formula:

Shen Di 10; Zhu Ye 10; Bai Mao Gen 10; Dang Gui 10; Dan Shen 10; Ju Hua 10; Bo Zi Ren 10; Yi Mu Cao 10; Zhu Deng Xin 3

Case History 3

1. Male 9 years

First visiting:

Main complain: allergic rhinitis 4 y

symptoms occurred every time, when patient caught little cold; stuffed nose; feel headache in severe case; even had profuse secretion in normal time and with yellow & white color; easy sweating during the whole year;

Tongue: thin white coating

Pulse: even

TCM diagnose:

Qi def.

Treatment protocol:

-- Tonify the defensive Qi

Formula:

Ru Dou Yi 10; Huang Qi 10; Fang Feng 6; Gan Di Long 10;
Xu Chang Qin 10; Wu Mei 10; Bai Zhu 6; Shi Liu Pi 10; Chan Yi 3; Xing
Yi Hua 6