THE AETIOLOGY, DIAGNOSIS, PATHOLOGY AND TREATMENT OF PHLEGM

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This is a book on Blood stasis by the Chinese doctor Dr Yan De Xin. He presents the innovative theory according to which the main pathology of aging is Blood stasis rather than Kidney deficiency. I completely agree with his view.

I am only presenting it here to stress that Phlegm is an equally fundamental pathology of aging. Indeed, in the elderly, frequently Blood stasis and Phlegm occur together and interact with each other.

Dr Yan De Xin
EMOTIONAL CAUSES

Chen Wu Ze says: “The seven emotions cause chaos and lead to Phlegm”.

Li Yong Cui says: “Shock, fear, worry and pensiveness lead to Phlegm”.

Li Ding says “Phlegm is due to the accumulation of Qi deriving from the seven emotions”.

HOWEVER, EMOTIONS CANNOT LEAD TO PHLEGM DIRECTLY BUT ONLY THROUGH QI

AETIOLOGY

DIET

METABOLISM OF FLUIDS

EMOTIONAL CAUSES
A modern Chinese book says: “When emotions cause stagnation of Liver-Qi this impairs the Spleen transformation which leads to Phlegm; or emotional stress may lead to Qi stagnation which may turn into Fire: this condenses the body fluids and leads to Phlegm”.

A) Please note that Qi stagnation affects other organs besides the Liver, e.g. Heart, Lungs, Stomach, Spleen, Intestines.

B) Phlegm can arise from a deficiency directly, does not have to happen through Qi stagnation.

C) Spleen deficiency can arise directly, does not have to happen through Liver-Qi stagnation.
ANGER

1) May cause Liver-Qi stagnation which causes stagnation in the Triple Burner and impairs the fluids transformation and excretion, leading to Phlegm.

2) Liver-Qi may invade the Spleen which cannot transform and transport and leads to Phlegm.

3) Long-term stagnation may turn into Fire which condenses the fluids and leads to Phlegm.
WORRY

Worry may lead to Qi stagnation, impair the Qi mechanism (especially of the Lungs) and lead to Phlegm. Worry affects both Lungs and Spleen.

May also lead to Phlegm as the Spleen is affected and it is the mother of the Lungs. Spleen-Qi is deficient and/or stagnant and it may cause Lung-Qi stagnation.

“Spleen is the source of Phlegm and the Lungs store it”
PENSIVENESS
This causes stagnation of Qi in the Lungs and Spleen, it affects the Qi mechanism, the Spleen cannot transform fluids and Phlegm ensues.

SADNESS
This causes deficiency of Qi of the Lungs and Heart: the Lungs cannot diffuse and descend fluids, the Water Passages are obstructed, the Heart cannot move and transport sweat and Blood, and Phlegm ensues.

FEAR
Fear weakens the Kidneys so that its Qi cannot descend, fluids cannot be excreted properly and this may lead to Phlegm.

SHOCK
Shock suspends Heart-Qi, this cannot move and transport sweat and Blood and Phlegm may result. Moreover, shock displaces Shen from the Heart and the empty space is taken up by Phlegm which obstructs the Heart orifices.

GUILT
Guilt causes Qi stagnation affecting the Heart and Kidneys, Heart-Qi cannot transform sweat, Kidneys cannot excrete turbid fluids, Phlegm ensues.
Note: emotions can lead to Phlegm only through a derangement of Qi (and acupuncture can treat Phlegm only through Qi)
THE EMOTIONS

- **QI STAGNATION**
  - When compressed, Qi generates Heat

- **HEAT**
  - Heat condenses fluids

- **FIRE**
  - Fire dries up Yin

- **QI DEFICIENCY**

- **PHLEGM**
  - Phlegm and Blood stasis aggravate each other

- **BLOOD DEFICIENCY**

- **BLOOD STASIS**

- **BLOOD STASIS**

- **EMOTION**

- **YIN DEFICIENCY**
  - Yin Xu leads to Empty Heat

- **EMPTY HEAT**
DIET

Four aspects:

1) **Overeating**
This causes retention of Food, it impairs the Stomach descending and Spleen’s ascending of Qi, it impairs the Spleen’s transformation, fluids accumulate to form Phlegm.

Correlation between obesity and Phlegm. Also between high cholesterol and Phlegm.

2) **Excessive consumption of cold foods, unclean, toxic food**
These foods injure the Stomach and the Spleen and may lead to Phlegm.
3) **Wrong food**
These include fatty and greasy foods, dairy foods, sweets, bread, rich foods, all of which weaken the Spleen, lead to Dampness and eventually to Phlegm.

![Images of various foods](image1.jpg)

4) **Irregular eating**

This includes eating late at night, eating in a hurry, discussing work while eating, eating at one’s desk in front of the computer.

![Image of person eating](image2.jpg)
METABOLISM OF FLUIDS

INTAKE

FLUIDS INGESTED → ST → SP ← LIV

TRANSFORMATION

To Upper Burner

LU

TURBID

CLEAR

Free flow → Free flow

TRIPLE BURNER WATER PASSAGES

KI

Ki-Yang warms SP

HE

CLEAR OF TURBID

TRANSPORT FLUIDS

Gen. Blood

DIFFUSING (clear of clear)

WHOLE BODY

SWEAT

EXCRETION

BL

URINE

TURBID

TURBID

Qi transf.

Turbid of Turbid

INT

Gen. Blood
Struggle between Zheng Qi and pathogenic factor

YIN-YANG DISHARMONY
- YANG XU → Cold fluids accumulate
- YIN XU → Fluids dried up

ZANGFU DISHARMONY
- LU not diff./desc. → Fluids acc.
- SP not tr.-tr. → Dampness acc.
- LIV no free flow → Qi mechanism disrupted
- KI XU → Yin Xu → Fluids dried
- Yang Xu → Qi not trans. fluids

ASCENDING/DESCENDING DISHARMONY
- Triple Burner disharmony not transforming and excreting

Becomes a pathogenic factor
PATHOLOGY OF PHLEGM

LUNGS not descending and diffusing fluids
SPLEEN not transforming and transporting fluids
KIDNEYS not transforming and excreting fluids
LIVER no smooth flow of Qi
HEART Qi not descending to Kidneys
THREE BURNERS not transforming, transporting and excreting fluids.
The Spleen is always emphasized as the origin of Phlegm (in pathology). However, other doctors put the stress on the Kidneys.

The *Jin Nang Mi Lu* says that the root of Phlegm is Water and this derives from the Kidneys. **It is only when Phlegm develops from Dampness that a pathology of the Spleen is primary.**

Some doctors say that the “Kidneys are the origin of Phlegm and the Stomach stores it.” This is also because the Kidneys are the Gate of the Stomach. (Compare this to “The Spleen is the origin of Phlegm and the Lungs store it”).

DIFFERENTIATION OF PHLEGM

1. ACCORDING TO CHARACTER

2. ACCORDING TO ZANG

3. CLASSIFICATIONS OF PHLEGM
1. ACCORDING TO CHARACTER

- HOT PHLEGM
- SHI PHLEGM
- XU PHLEGM
- PHLEGM-FIRE
- COLD PHLEGM
- PHLEGM WITH STAGNATION
- FOOD PHLEGM
- DRY PHLEGM
- WIND PHLEGM
2. ACCORDING TO ZANG

**HEART**
- Phlegm-Fire harassing the Heart
- Phlegm obstructing the Heart orifices
- Phlegm with Heart deficiency
- Phlegm obstructing the Heart Luo

**LUNGS**
- Turbid Phlegm in Lungs
- Lung deficiency with Phlegm
- Phlegm obstructing Lung-Qi
- Phlegm-Fire in Lungs
Phlegm obstructing Middle Burner
- Phlegm-Fluids in the centre
- Phlegm-Fire in the centre
- Spleen-Qi deficiency with Phlegm

Liver
- Liver-Wind harbouring Phlegm
- Phlegm-Heat in Liver channel
- Liver-Qi stagnation and Phlegm
- Liver-Blood deficiency and Phlegm

Kidneys
- Kidney-Yang deficiency with Phlegm
- Kidney-Yin deficiency and Phlegm
3. CLASSIFICATIONS OF PHLEGM

SUBSTANTIAL PHLEGM

Phlegm in the Lungs

NON-SUBSTANTIAL PHLEGM

1) Under the skin
This takes the form of lumps under the skin (although not all lumps are due to Phlegm), nerve-ganglia swellings, swelling of lymph-nodes, swelling of the thyroid, lipomas.

Phlegm lumps are soft, painless, with distinct edges, moveable. Phlegm-Heat lumps are smaller, painful, moveable.
2) **In the channels**  
Phlegm in the channels is not visible as a swelling, but it causes numbness. This is more common in old people and is frequently seen in Wind-stroke.

3) **Misting the Heart**  
Non-substantial Phlegm can obstruct the Heart-orifices and mist the Mind. This gives rise to some types of mental illness such as schizophrenia and manic-depression and also to epilepsy.

4) **In Gall-Bladder or Kidneys**  
Gall-Bladder or kidney stones are considered as a form of Phlegm, arising from the “steaming and brewing” of Phlegm by Heat over a long period of time.

5) **In the joints**  
The bone deformities that occur in chronic rheumatoid arthritis are seen as a form of Phlegm. When the fluids are not transformed and accumulate in the joints over a long period of time, they can give rise to Phlegm and this can further condense to form bone growths.
FULL-TYPE

Lung Phlegm (which may be cold or hot)

Middle Burner Phlegm

Qi-Phlegm

Wind-Phlegm

Damp-Phlegm

Phlegm-Heat

EMPTY-TYPE

Lung-Qi deficiency Phlegm

Spleen-Qi deficiency Phlegm

Kidney deficiency Phlegm (which may be Kidney-Yang or Kidney-Yin)
**DAMP-PHLEGM**

This is manifested with expectoration of very profuse phlegm which is white and sticky, no appetite, no thirst, a feeling of oppression of chest and epigastrium, a sticky tongue coating and a Slippery pulse. This type of Phlegm is seen in Lung patterns.

**QI-PHLEGM**

This type of Phlegm is non-substantial and is manifested with a feeling of obstruction in the throat (but no actual swelling), a difficulty in swallowing and a feeling of oppression of chest and diaphragm. This type of Phlegm is usually associated with stagnation of Qi in the throat.

It is caused by emotional problems giving rise to (or deriving from) stagnation of Liver-Qi. The typical feeling of construction of the throat is called “plum-stone syndrome” in Chinese Medicine and this feeling appears and disappears according to mood swings.

Please note that it may also be due to Lung-Qi stagnation and/or Heart-Qi stagnation.
**PHLEGM-HEAT**

This is manifested with expectoration of yellow-sticky phlegm, a red face, dry mouth and lips, restlessness, a Red tongue with sticky-yellow coating and a Rapid-Slippery pulse. This type of Phlegm affects the Lungs or the Stomach. This is a very common type of Phlegm that is seen in acute chest infections, but also as chronic Phlegm-Heat. It is also frequently seen in mental-emotional problems.

**COLD-PHLEGM**

This is manifested with expectoration of white-watery phlegm, a cold feeling in limbs and back, nausea, a Pale tongue with white-wet coating and a Deep-Slippery-Slow pulse. This type of Phlegm is often seem in Stomach or Lung patterns. Not so common, more common in children.

**WIND-PHLEGM**

This causes vertigo, nausea, vomiting, unilateral numbness of the limbs, coughing of phlegm and a rattling sound in the throat. This type of Phlegm is seen in Wind-stroke.
Another form of Phlegm is called “Yin” in Chinese medicine which simply means “fluids” or “watery”. This is a type of substantial Phlegm characterized by very watery and thin fluids. It can actually be heard splashing in the body. Not common. It is usually seen only in the elderly with diseases such as emphysema or bronchiectasis.

There are four types of Phlegm-Fluids:

1) Phlegm-Fluids in Stomach and Intestines (Tan Yin)
This is manifested with abdominal fullness and distention, vomiting of watery fluids, a dry tongue and mouth without desire to drink, a splashing sound in the stomach, a feeling of fullness of the chest, loose stools, loss of weight, a Deep-Slipping (or Deep-Wiry) pulse and a Swollen tongue with sticky and wet coating.
2) Phlegm-Fluids in the hypochondrium (Xuan Yin)
This is manifested with hypochondriac pain which is worse on coughing and breathing, a feeling of distension of the hypochondrium, shortness of breath, a sticky tongue coating and a Deep-Wiry pulse.

3) Phlegm-Fluids in the limbs (Yin Yin)
This is manifested with a feeling a heaviness of the body, a pain of the muscles, no sweating, no desire to drink, a cough with abundant-white sputum, a sticky-white coating and a Wiry or Tight pulse.

4) Phlegm-Fluids above the diaphragm (Zhi Yin)
This is manifested with a cough, asthma, oedema, dizziness, abundant-white sputum, a sticky-thick-white tongue coating and a Wiry pulse. All the symptoms are aggravated by exposure to cold.
CHARACTERISTICS OF PHLEGM

1. PHLEGM IS A YIN PATHOGENIC FACTOR AND IT INJURES YANG

2. PHLEGM IS STICKY AND OBSTRUCTS QI MECHANISM

3. PHLEGM FLOWS AND MOVES, ALWAYS CHANGING

4. PHLEGM OFTEN HARBOURS STASIS

5. PHLEGM IS THE ORIGIN OF MANY DISEASES; MANY DISEASES HAVE PHLEGM

6. PHLEGM EASILY DAMAGES STOMACH AND SPLEEN

7. PHLEGM EASILY MIXES WITH OTHER PATHOGENIC FACTORS
1. PHLEGM IS A YIN PATHOGENIC FACTOR AND IT INJURES YANG

Phlegm is a pathological accumulation of fluids which occurs when there is a disruption to:

- Lung-Qi diffusing and descending
- Heart-Qi moving and transporting
- Spleen-Yang transforming and transporting
- Kidney-Yang warming, transforming and excreting
- Liver-Qi free flow
- Triple Burner’s transformation and excretion of fluids in Water Passages
Fluid metabolism mostly relies on Yang (warming, moving, transporting, transforming, excreting). Thus, when Yang is deficient, Yin prevails, fluids accumulate and form Phlegm.

From the point of view of Yang being deficient and Yin accumulating, the main manifestations are:

- Feeling of oppression (*men*) and heaviness
- Numbness
- Feeling of cold
- Masses (that are not red, hot or painful) and relatively soft
2. PHLEGM IS STICKY AND OBSTRUCTS QI MECHANISM

Because Phlegm is sticky, it causes symptoms such as:

- Sticky phlegm
- Sticky sensation in the mouth
- Nausea, vomiting
- Phlegm in throat
- Swallowing and spitting
- Mucus in stools
- Sticky tongue coating
Because it is sticky and obstructs Qi mechanism, it is difficult to remove, it becomes chronic, it gives rise to slow pathological changes and it may form lumps, swellings, nodules, lumps under skin, lumps in abdominal cavity or in organs.

Many diseases characterised by lumps are due to Phlegm:

- **Luo Li** = scrofula
- **Ying Liu** - goitre
- **Pi Kuai** - **Pi** masses
- **Zheng Jia** = Abdominal Masses
- **Tan He** = Nodules
- **Ru Pi** = Breast lump

Because it obstructs the Qi mechanism, very often Qi-moving herbs are added to prescriptions that resolve Phlegm.
Colo-rectal carcinoma

Gout

Rheumatoid arthritis

Lipoma

Scrofula
Goitre

Breast lump

Abdominal mass

Nodule
Phlegm always flows and moves...goes to the vertex and soles, follows Qi in its ascending and descending, goes round the body on the exterior and to the 5 Zang and 6 Fu.

“It is stored in the Lungs, stops in the Stomach, obstructs the Heart orifices, harasses the Liver and Gall-Bladder, settles in the channels”.

Phlegm often follows Liver-Yang upwards causing chronic migraine headaches. The combination of Liver-Yang rising and Phlegm is, in my experience, the most common pathology in patients with chronic headaches.
Liver-Yang

PHLEGM
Phlegm often combines with and follows internal Wind. This is a common pathology in the elderly causing hypertension and Wind-stroke. This is Wind-Phlegm.

The movement of Phlegm in its clinical manifestations is an important difference from Dampness which does not move in the same way.
4. PHLEGM OFTEN HARBOURS STASIS

After it has been formed, Phlegm follows Qi and Blood, it is in the interior in the Zangfu and in the exterior in the channels; because it obstructs, it frequently gives rise to Blood stasis, also because of the interaction between fluids and Blood.

Zhu Dan Xi says:

“When the Lungs are distended and there is a cough and the patient cannot lie down, it is due to Phlegm harbouring Blood stasis”.

Zhang Lu says:

“Phlegm harbours dead [stagnant] Blood, it follows Qi to attack, it flows and causes pain”.

Li Yong Cui says:

“The Blood in the Stomach may stagnate with accumulation of Phlegm day and night; this leads to the diseases of Ye Ge and Fan Wei”.
In modern medicine many diseases are considered to be due to Phlegm and Blood stasis, such as lymphoma, cancer, brain haemorrhage, coronary heart disease and some mental illness.

From the point of view of interaction between Phlegm and Blood stasis, the main manifestations are:

- dark nails
- purple lips
- dark complexion
- purple and swollen tongue

However, just as Phlegm may lead to Blood stasis, the latter may also contribute to the former due to the interaction between fluids and Blood: thus the two reinforce each other and establish a vicious circle.
Coronary thrombus with atheroma

Stomach carcinoma
5. PHLEGDM IS THE ORIGIN OF MANY DISEASES; MANY DISEASES HAVE PHLEGDM

Phlegm is the origin of many diseases and its clinical scope is very wide, usually complicated diseases.

In the presence of strange and complicated clinical manifestations, especially in chronic conditions and especially in the elderly, always suspect Phlegm even in diseases not usually associated with Phlegm (e.g. insomnia).

Phlegm assumes many different forms, which contributes to its causing very many different problems, e.g. Wind-Phlegm, Cold Phlegm, Phlegm-Heat, etc.

“Phlegm syndrome” indicates a condition where Phlegm is the cause of most pathological changes; thus, just because there is Phlegm, it does not mean that is a “Phlegm syndrome”.
- Derangement of ascending/descending of Qi
- Zangfu disharmony
- Yin-Yang disharmony

PHLEGM

FURTHER PATHOLOGY

PHLEGM SYNDROME
6. PHLEGDM EASILY DAMAGES STOMACH AND SPLEEN

Phlegm obstructs the Middle Burner and very easily leads to deficiency of the Stomach and Spleen. In particular, the Stomach is affected by Spleen and prescriptions that resolve Phlegm often have herbs that “harmonize the Stomach”.

On the tongue, chronic Phlegm often manifests with a Swollen tongue.

7. PHLEGDM EASILY MIXES WITH OTHER PATHOGENIC FACTORS
Phlegm often mixes with Wind, Cold, Heat, Dampness and Food.
PHLEGM and CANCER

Tumours from Phlegm are generally soft (or softer than those from Blood stasis) and generally painless. They may be characterized by discharges and they may ooze.

Examples of tumours from Phlegm are lymphoma, breast cancer (some), thyroid cancer, Hodgkin’s disease and non-Hodgkins’s lymphoma, sarcoma.

Many herbs resolve Phlegm such as Ban Xia, Dan Nan Xing and Gua Lou. Huang Yao Zi *Rhizoma Dioscoreae bulbiferae* is an important herb that resolves Phlegm and has an anti-cancer effect. However, it is slightly toxic and should not be used for long periods of time.


In cancer, there is very often a combination of Phlegm and Blood stasis.
PATHOLOGY OF PHLEGM

1. YIN-YANG DISHARMONY

2. DISHARMONY OF ASCENDING/DESCENDING and ENTERING/EXITING

3. ZANGFU DISHARMONY
1. YIN-YANG DISHARMONY
Phlegm mostly originates from a deficiency of Yang or Qi, that is not to say, however, that there is not Hot Phlegm. Any disharmony of Yin-Yang may give rise to Phlegm. Cold Phlegm arises from Yang deficiency and cold Phlegm types are Cold Phlegm itself, Damp-Phlegm, and Phlegm-Fluids. Yin deficiency may also occur with Phlegm and in this case, it is Hot Phlegm, Phlegm-Fire, Dry-Phlegm, Alcohol-Phlegm, Food-Phlegm and Qi-Phlegm.
2. DISHARMONY OF ASCENDING/DESCENDING and ENTERING/EXITING

A disharmony of ascending and descending and of entering and exiting of Qi, often leads to Phlegm. Stomach and Spleen are the crucial organs for this movement of Qi: the Stomach receives and the Spleen transports; Stomach-Qi descends and Spleen-Qi ascends. They also rely on Lung-Qi diffusing and descending, Liver-Qi free flow, Heart-Qi descending, Kidney-Qi evaporating and warming and descending, and the Triple Burner transforming and excreting.

When the ascending-descending (between Above and Below) and entering-exiting (between Exterior and Interior) is impaired, fluids accumulate and Phlegm forms.
In the Middle Burner, Phlegm causes obstruction, in the Lungs causes cough and breathlessness, in the Heart insomnia and mental illness, in the Liver dizziness and plum-stone syndrome, in the Kidneys Cold Phlegm harassing above.

The *Yi Xue Ru Men* says:

“*With Phlegm, the Kidneys are the origin, the Spleen moves it and the Lungs store it*”.

The *Yi Zong Bu Du* says:

“*When the Spleen is weak, the clear does not ascend, the turbid does not descend, it stagnates in the Middle Burner and Phlegm forms*”.

In the Middle Burner, Phlegm causes obstruction, in the Lungs causes cough and breathlessness, in the Heart insomnia and mental illness, in the Liver dizziness and plum-stone syndrome, in the Kidneys Cold Phlegm harassing above.
3. ZANGFU DISHARMONY

**Lungs**
Lung-Qi deficiency: Damp-Phlegm.
Lung-Yin deficiency: fluids are dried up and condensed and Dry-Phlegm forms.

**Stomach and Spleen**
External Dampness may invade the Stomach and Spleen and lead to Phlegm.
Spleen-Qi deficiency: Damp-Phlegm.


**Kidneys**
Kidneys not opening and closing: Damp-Phlegm.
Kidneys not receiving Qi: Damp-Phlegm or Cold Phlegm.
Ming Men deficient: Cold Phlegm or Phlegm-fluids.
HEART

Heart-Qi deficiency: Heart cannot control sweat, contributes to formation of Phlegm.

Heart-Qi and Blood deficiency: Heart devoid of Blood cannot house Shen, Phlegm takes its place and obstructs the Heart orifices (common concept in Chinese medicine to explain mental illness).

LIVER
Liver-Qi Stagnation: stagnant Qi cannot transform and transport fluids. Also, it may invade the Spleen and impair its transformation and transportation of fluids.

TRIPLE BURNER
Stagnation of Qi. Cannot transform and excrete fluids in Water Passages.
Apart from the diagnosis on the basis of clinical manifestations, there are various constitutional bodily signs of Phlegm. These are:

- **Dull *shen* of the eyes**
- **Dark eye sockets**
- **Corners of the eyes have very slight cracks with exudate**
- **Sallow complexion**
Swollen body, puffy face, obesity

Greasy skin

Sweaty external genitalia, axillae or palms and soles

Enlarged fingers and toes

Thick thumbs

Flaccid skin and muscles
A sticky sensation in the mouth

Muzziness (fuzziness) of the head

Lethargy

Lack of concentration, poor memory

Smells of petrol (gasoline) or perfume may cause headache or dizziness because aromatic substances stir up Phlegm.

Feeling of oppression of the chest \( MEN \)
Excessive salivation or dribbling

Overproduction of ear-wax

Swollen tongue body with a sticky coating

Slippery or Wiry (in the elderly) pulse.
The symptoms and signs of Phlegm are not always obvious. I personally think that even only 2 out of 3 symptoms/signs are enough to diagnose Phlegm. These are:

- Slippery pulse
- Swollen tongue
- The expectoration of sputum even if it only once in the day, e.g. in the morning.

I would say that even two symptoms only may indicate Phlegm such as a Slippery pulse and obesity.
THE TONGUE IN PHLEGM

In my experience, the main sign of Phlegm on the tongue is a swollen tongue. I relate Phlegm on the tongue more to the swelling of the tongue body than to the coating (which is related more to Dampness).

I frequently hear that a swollen tongue indicates Qi deficiency. I do not see how that could be. In order to understand this, think of a thin tongue. A thin tongue indicates Blood or Yin deficiency, in other words a deficiency of fluids. Its opposite, a swollen tongue, must therefore indicate an excess of [pathological] fluids, i.e. Phlegm. Of course Phlegm may derive from Qi deficiency but that does not mean that a swollen tongue indicates Qi deficiency.
Notice that when the tongue is swollen it changes shape. The normal shape is rectangular, the swollen tongue is rounder. In severe cases, the tongue is almost round.
Swollen body, sticky coating = Phlegm

Swollen body, sticky coating, without root, partially peeled = Phlegm, ST-Qi Xu

Swollen body, no coating = Phlegm + Yin Xu

Swollen, red, sticky-yellow coating = Phlegm-Heat

Swollen, sticky coating, slightly Purple = Phlegm and Blood stasis

Swollen body, sticky coating, deep cracks = Phlegm + Yin Xu
Damp-Phlegm

Phlegm with Blood stasis (slight)

Phlegm with Blood stasis (severe)
Phlegm with Yin Xu

Dry-Phlegm

Phlegm with Yin Xu

Phlegm with Yin Xu and Empty Heat
Swollen, sticky coating, deep HE crack = Phlegm misting the Shen

Swollen, sticky coating, deep HE crack = Phlegm misting the Shen

Swollen-Stiff (Purple) = Wind-Phlegm (Blood stasis)

Swollen-Stiff = Wind-Phlegm
THE TRIPLE BURNER CAVITIES AND THE FLUIDS METABOLISM

a) IT CONTROLS THE WATER PASSAGES AND THE EXCRETION OF FLUIDS

Chapter 8 of the “Su Wen” which describes the functions of all the Internal Organs comparing them to “officials”, says:

“*The Triple Burner is the official in charge of ditches*”.

This means, that just like the official who is in charge of irrigation, the Triple Burner is responsible for the transformation, transportation and excretion of fluids. This is one of the most important functions of the Triple Burner. This is the view of the Triple Burner from the Nei Jing which differs from that of the Nan Jing.

The terms used in connection with the Triple Burner influence on the body fluids in Chinese are often *shu* 〔疏〕 which means “free flow” and *tong* 〔通〕 which means “free passage”. Therefore the Triple Burner is like a system of canals and waterways to channel irrigation water through the proper fields and then out: this ensures that body fluids are transformed, transported and excreted properly.
The Triple Burner function in relation to body fluids is closely dependent on its function of controlling the transportation and penetration of Qi.

The Triple Burner influences the ascending/descending and entering/exiting of Qi in the Qi Mechanism: it is the coordinated and harmonized ascending/descending and entering/exiting of Qi in all organs and structures that ensures that the body fluids also ascend/descend and enter/exit in the proper way in all places. Essentially, the transformation and movement of fluids depends on Qi and, with acupuncture, we can only treat the fluids by treating Qi.

The end result of the complex process of transformation, transportation and excretion of fluids leads to the formation of various body fluids in each of the three Burners.
Fluids of the Upper Burner: sweat which flows in the Cou Li space.

Fluids of the Middle Burner: fluids produced by the Stomach which moisten the body and contribute to the production of Blood.

Fluids of the Lower Burner: urine and the small amount of fluids in the stools.
b) IT CONTROLS THE TRANSPORTATION AND PENETRATION OF QI

The movement of Qi to carry out its various functions is called the “Qi Mechanism” which relies on the ascending/descending and entering/Exiting of Qi in different places and different organs. Each organ has a particular direction of flow of Qi, e.g. Spleen-Qi ascends while Stomach-Qi descends.

In each channel, Qi flows in an upward or downward direction. Qi also enters and exits in and out of various structures and organs. For example, Qi enters and exits the Cou Li space, the Huang-Membranes, the joint capsules, and all other cavities.
QI MECHANISM

ASCENDING AND DESCENDING

HEART  LUNGS  UPPER BURNER  MIDDLE BURNER  LOWER BURNER

STOMACH  S. I.  SPLEEN

LIVER  BLADDER  KIDNEYS

ENTERING AND EXITING

COU LI  JOINTS  MO YUAN  GAO  HUANG  BONES  SHEN
STRUCTURES BETWEEN CHANNELS AND ZANGFU

Entering and exiting of Qi

- In and out of joints
- Between spaces (Cou spaces)
- Between front and back
- In the Triple Burner (large cavities)

Triple Burner       Cou Li       Huang       Gao
“Vertical” view of Qi movement

Entering and exiting of Qi between “spaces” = HORIZONTAL MOVEMENT
The Triple Burner controls the ascending/descending and entering/Exiting of Qi in the Qi mechanism. One of the words most frequently used in Chinese books to describe this function of the Triple Burner is *tong* 通 which means “free passage”, “to pass through”, “penetrate”: this describes the function of the Triple Burner in ensuring that Qi passes through in the Qi Mechanism, in all the cavities and in all organs.

This whole process is called “Qi Transformation by the Triple Burner”: the result of the Qi transformation is the production of Ying Qi, Wei Qi, Blood and Body Fluids. That is also why the Triple Burner is said to control “all kinds of Qi”.

![Diagram of the Triple Burner](image)
The “Central Scripture Classic” (Zhong Zang Jing, Han dynasty) says:

“The Triple Burner is the three original Qi of the body, it is the Fu of clear [Qi], it controls the 5 Zang and 6 Fu, the Ying Qi and Wei Qi, the channels and the Qi of the interior and exterior, left and right, above and below. When the Qi of the Triple Burner has free passage, Qi passes freely into interior, exterior, left, right, above and below. The Triple Burner irrigates the body, harmonizes interior and exterior, benefits the left and nourishes the right, it conducts upwards and descends downwards.”
Chapter 66 of the “Nan Jing” confirms that the Triple Burner controls the movement of Qi in general:

“The Triple Burner makes the Yuan Qi separate [into its different functions] and it controls the movement and passage of the three Qi [of the Upper, Middle and Lower Burner] through the 5 Zang and 6 Fu.”

“Ling Shu” Chapter 18

“The Ying Qi originates from the Middle Burner; the Wei Qi originates from the Lower Burner.”
The “three Qi” are the Qi of the Upper, Middle and Lower Burner: apart from referring generally to all the types of Qi in each Burner, this passage also refers specifically to the Zong Qi in the Upper, Ying Qi in the Middle and Wei Qi in the Lower Burner.

Although the Wei Qi exerts its influence primarily in the Upper Burner and the superficial layers of the body (the Cou Li space), it originates in the Lower Burner from the Ming Men.
Chapter 38 of the “Nan Jing” confirms that the Triple Burner exerts its influence on all types of Qi:

“The Triple Burner is the place where the Yuan Qi is separated: it supports all types of Qi.”

Chapter 31 confirms the influence of the Triple Burner on the movement of Qi in all parts of the body:

“The Qi of the Triple Burner gathers in the avenues of Qi [Qi Jie]”.

This means that the Triple Burner is responsible for the free passage of Qi in all channels but also all structures (such as cavities) of the body; Qi Jie is also the name for the point ST-30.
HOW TO TREAT THE TRIPLE BURNER

Paradoxically, to affect the Triple Burner’s functions of movement, transformation, transportation and excretion, we mostly do not use points of the Triple Burner channel. We do use TB-6 to move Qi in the Triple Burner but we use mostly points from the Ren Mai.

T.B.-4 and BL-64: move Qi in the Triple Burner and activate Water Passages.

UPPER BURNER: Ren-17, LU-7, BL-13, L.I.-6, L.I.-4.

MIDDLE BURNER: Ren-12, Ren-9, BL-20, BL-21, Ren-11, ST-21, ST-22.

LOWER BURNER: Ren-6, Ren-5, Ren-3, Ren-4, BL-23, BL-22, SP-9, SP-6, KI-7, ST-28, ST-40.
POINTS FOR FLUID TRANSFORMATION

UPPER BURNER: Du-26 Shuigou.
MIDDLE BURNER: Ren-9 Shuifen.
LOWER BURNER: ST-28 Shuidao.

UPPER BURNER: Ren-17 Shanzhong.
MIDDLE BURNER: Ren-9 Shuifen.
LOWER BURNER: Ren-5 Shimen.
When I resolve Phlegm with these points I vary the points according to the location of the Phlegm, i.e. I use more points from the Burner where the Phlegm is located and at least one or two points from the other two Burners.

Examples

PHLEGDM IN UPPER BURNER
LU-7, L.I.-6, Ren-17, Du-26, L.I.-4 plus: Ren-12, Ren-9, SP-6, ST-40

PHLEGDM IN MIDDLE BURNER
Ren-9, Ren-12, ST-22, Ren-11 plus LU-7, KI-7, ST-40.

PHLEGDM LOWER BURNER
SP-6, SP-9, ST-40, KI-7, BL-22, ST-28, Ren-5 plus LU-7, Ren-12, Ren-9.
TREATMENT METHODS

1. Sweating
2. Expel Wind and resolve Phlegm
3. Lightly restore the diffusing of Lung-Qi and resolve dry Phlegm for Wind-Heat causing dryness
4. Moving downward
5. Warmly moving downward cold Phlegm
6. Drain Fire and expel Phlegm
7. Warming
8. Warm and dry Phlegm
9. Warm the Lungs and resolve Phlegm
10. Warm the Centre and resolve Phlegm
11. Warm the Kidneys and resolve Phlegm
12. Warm and open Phlegm
13. Dissolving
14. Eliminate stagnation and resolve Phlegm
15. Resolve Phlegm and soften hardness
16. Eliminate stasis (of Blood) and resolve Phlegm
17. Dissolve food accumulation and transform Phlegm
18. Tonify Qi and resolve Phlegm
19. Tonify Yang and resolve Phlegm
20. Nourish Blood and resolve Phlegm
21. Nourish Yin and resolve Phlegm
22. Harmonize
23. Clear the Gall-Bladder, harmonize the Stomach and resolve Phlegm
24. Regulate and Harmonize Intestines and Stomach and resolve Phlegm
25. Clearing
PHLEGM-RESOLVING HERBS

BAN XIA *Rhizoma Pinelliae preparatum* Pungent, warm. LU, SP, ST.

DAN NAN XING *Rhizoma Arisaematis preparatum* Bitter, pungent, warm, slightly toxic. LIV, LU, SP.

GUA LOU *Fructus Trichosanthis* Sweet, cold. LI, LU, ST.

ZHU RU *Caulis Bambusae in taeniam* Sweet, slightly cold. LU, ST, GB.

CHUAN BEI MU *Bulbus Fritillariae cirrhosae* Bitter, sweet, slightly cold. HE, LU.

ZHE BEI MU *Bulbus Fritillariae thunbergii* Bitter, cold. HE, LU.

HUANG YAO ZI *Rhizoma Dioscoreae bulbiferae* Bitter, cold. LIV, LU. Slightly toxic.
TREATMENT METHODS

SWEATING
Use for temporary Phlegm occurring as a consequence of invasion of external Wind when pathogenic factor is on the Exterior.

EXPEL WIND AND RESOLVE PHLEGM

Acupuncture
LU-7 Lieque, L.I.-4 Hegu, T.B.-5 Waiguan, Ren-12 Zhongwan, ST-40 Fenglong, SP-9 Yinlingquan.

Prescriptions
Xing Su San *Armeniaca-Perilla Powder* (for Wind-Cold)

Sang Ju Luo Pi Tang *Morus-Citrus Decoction* (for Wind-Heat)

Qiang Huo Sheng Shi Tang *Notopterygium Eliminating Dampness Decoction* (for Wind-Dampness).
**XING SU SAN**

*Armeniaca-Perilla Powder (for Wind-Cold)*

Xing Ren *Semen Armeniacae*
Zi Su Ye *Folium Perillae*
Jie Geng *Radix Platycodi*
Chen Pi *Pericarpium Citri reticulatae*
Ban Xia *Rhizoma Pinelliae preparatum*
Fu Ling *Poria*
Zhi Ke *Fructus Aurantii*
Qian Hu *Radix Peucedani*
Sheng Jiang *Rhizoma Zingiberis recens*
Gan Cao *Radix Glycyrrhizae uralensis*
Da Zao *Fructus Jujubae*

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**SANG JU LUO PI TANG**

*Morus-Citrus Decoction (for Wind-Heat)*

Ju Hua *Flos Chrysanthemi*
Sang Ye *Folium Mori*
Gua Lou Pi *Semen Trichosanthis*
Jie Geng *Radix Platycodi*
Chuan Bei Mu *Bulbus Fritillariae cirrhosae*
Lu Gen *Rhizoma Phragmatis*
Xing Ren *Semen Armeniacae*
Gan Cao *Radix Glycyrrhizae*
Huang Qin *Radix Scutellariae*
Lian Qiao *Fructus Forsythiae*
Hai Fu Shi *Pumex*
Chai Hu *Radix Bupleuri*
Bo He *Herba Menthae haplocalycis*

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**QIANG HUO SHENG SHI TANG**

*Notopterygium Eliminating Dampness Decoction (for Wind-Dampness)*

Qiang Huo *Rhizoma seu Radix Notopterygii*
Du Huo *Radix Angelicae pubescentis*
Fang Feng *Radix Saposhnikoviae*
Gao Ben *Rhizoma Ligustici*
Chuan Xiong *Rhizoma Chuanxiong*
Man Jing Zi *Fructus Vitis*
Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*
LIGHTLY RESTORE THE DIFFUSING OF LUNG-QI AND RESOLVE DRY PHLEGM FOR WIND-HEAT CAUSING DRYNESSNESS


Prescriptions

Xing Su San *Armeniaca-Perilla Powder* for Wind-Cold.
SANG XING TANG  Variation
Morus-Armeniaca Decoction

Sang Ye  *Folium Mori*
Xing Ren  *Semen Armeniaca*
Dan Dou Chi  *Semen Sojae preparatum*
Shan Zhi Zi  *Fructus Gardeniae*
Zhe Bei Mu  *Bulbus Fritillariae thunbergii*
Nan Sha Shen  *Radix Adenophorae*
Li Pi  *Pericarpium Fructi Pyri*
Gua Lou Pi  *Semen Trichosantis*
Ou Jie  *Nodus Rhizomatis Nelumbinis Nuciferae*
Mai Men Dong  *Radix Ophiopogonis*

XING SU SAN
Armeniaca-Perilla Powder

Xing Ren  *Semen Armeniaca*
Zi Su Ye  *Folium Perillae*
Jie Geng  *Radix Platycodi*
Chen Pi  *Pericarpium Citri reticulatae*
Ban Xia  *Rhizoma Pinelliae preparatum*
Fu Ling  *Poria*
Zhi Ke  *Fructus Aurantii*
Qian Hu  *Radix Peucedani*
Sheng Jiang  *Rhizoma Zingiberis recens*
Gan Cao  *Radix Glycyrrhiza uralensis*
Da Zao  *Fructus Jujubae*
MOVING DOWNWARD
Used only when Phlegm is in the Lower Burner. Can be used for Cold or Hot Phlegm, when the Qi of the Yang organs is stuck, but not when Zheng Qi is weak.

WARMLY MOVING DOWNWARD COLD PHLEGM

Used for Cold in Lower Burner with Phlegm.

Acupuncture

Prescription
San Wu Bai San (Jie Geng, Zhe Bei Mu, Ba Dou). [Replace Ba Dou with Da Huang].
DRAIN FIRE AND EXPEL PHLEGM

Acupuncture: L.I.-11 Quchi, ST-44 Neiting, SP-15 Daheng, SP-14 Fujie, Ren-12 Zhongwan, Ren-10 Xiawan, ST-40 Fenglong, SP-9 Yinlingquann.

Prescriptions
Da Xian Xiong Tang, *Major Sinking the Chest Decoction* for Phlegm-Heat in the chest (Gan Sui, Da Huang, Mang Xiao).

Meng Shi Di Tan Wan, *Lapis Chloriti Eliminating Phlegm Pill* (Meng Shi, Huang Qin, Da Huang, Chen Xiang).
WARMING
Used for Cold Phlegm, Damp-Phlegm and Phlegm-Fluids.

WARM AND DRY PHLEGM

**Acupuncture:** LU-7 Lieque, Ren-12 Zhongwan, ST-40 Fenglong, SP-6 Sanyinjiao, BL-22 Sanjiaoshu. Moxa.

**Prescriptions**
Er Chen Ping Wei Tang, *Two Old Balancing the Stomach Decoction*, for Damp-Phlegm in the Middle Burner with impairment of ascending and descending of Spleen and Stomach (Ban Xia, Fu Ling, Chen Pi, Cang Zhu, Hou Po, Gan Cao).

Xuan Fu Hua Dai Zhe Shi Tang, *Inula-Haematitum Decoction*, for Damp-Phlegm, Stomach-Qi rebellious (Xuan Fu Hua, Dai Zhe Shi, Zhi Ban Xia, Sheng Jiang, Ren Shen, Zhi Gan Cao, Da Zao).

XUAN FU DAI ZHE SHI TANG
Inula-Haematitum Decoction

Xuan Fu Hua *Flos Inulae* 9 g
Dai Zhe Shi *Haematitum* 9 g
Ban Xia *Rhizoma Pinelliae preparatum* 9 g
Sheng Jiang *Rhizoma Zingiberis recens* 6 g
Ren Shen *Radix Ginseng* 6 g
Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 3 g
Da Zao *Fructus Jujubae* 4 dates

SAN ZI YANG QIN TANG
Three-Seed Nourishing the Parents Decoction

Su Zi *Fructus Perillae* 9 g
Bai Jie Zi *Semen Sinapis albae* 6 g
Lai Fu Zi *Semen Raphani* 9 g
WARM THE LUNGS AND RESOLVE PHLEGM

Acupuncture

Prescriptions
Ling Gan Wu Wei Jiang Xin Tang, Poria-Glycyrrhiza-Schisandra-Zingiber-Asarum Decoction, for Cold Phlegm in the Lungs, cough, watery sputum.
Xiao Qing Long Tang, Small Green Dragon Decoction, for external Cold combined with Cold Phlegm.

WARM THE CENTRE AND RESOLVE PHLEGDM

Acupuncture
Ren-12 Zhongwan with warm box, ST-36, SP-6 Sanyinjiao, BL-20 Pishu, Ren-6 Qihai, ST-40 Fenglong. Moxa.

Prescriptions
Li Zhong Hua Tan Tang Regulating the Centre Resolving Phlegm Decoction (Ren Shen, Bai Zhu, Gan Jiang, Fu Ling, Ban Xia) for Stomach- and Spleen-Yang deficiency, Cold Phlegm.

Ling Gui Zhu Gan Tang, Poria-Cinnamomum-Atractilodes-Glycyrrhiza Decoction for Yang deficiency in the Centre and Phlegm-Fluids in Stomach and Intestines (Fu Ling, Gui Zhi, Bai Zhu, Gan Cao).
LING GAN WU WEI JIA JIANG XIN TANG
Poría-Glycyrrhiza-Schisandra-Zingiber-Asarum Decoction

Fu Ling Poría
Gan Cao Radix Glycyrrhizae uralensis
Wu Wei Zi Fructus Schisandraceae
Gan Jiang Rhizoma Zingiberis
Xi Xin Herba Asari
Ban Xia Rhizoma Pinelliae preparatum
Xing Ren Semen Armeniacae

XIAO QING LONG TANG
Small Green Dragon Decoction

Ma Huang Herba Ephedrae
Gui Zhi Ramulus Cinnamomi cassiae
Xi Xin Herba Asari
Gan Jiang Rhizoma Zingiberis
Ban Xia Rhizoma Pinelliae preparatum
Bai Shao Radix Paeoniae alba
Wu Wei Zi Fructus Schisandraceae
Zhi Gan Cao Radix Glycyrrhizae uralensis preparata
WARM THE KIDNEYS AND RESOLVE PHLEGMS

Acupuncture

Prescriptions

Fu Gui Er Chen Tang *Aconitum-Cinnamomum Two Old Decoction* (Fu Zi, Rou Gui, Chen Pi, Ban Xia, Fu Ling, Gan Cao).

WARM AND OPEN PHLEGMS

Acupuncture

Prescription
Su He Xiang Wan *Styrax Pill* for cold Phlegm obstructing the orifices (including those of the Mind).
SU HE Xiang Wan
Styrax Pill

Su He Xiang Styrax 30 g
She Xiang Moschus 60 g
Bing Pian Borneolum 30 g
An Xi Xiang Benzoinum 60 g
Mu Xiang Radix Aucklandiae 60 g
Tan Xiang Lignum Santali albi 60 g
Chen Xiang Lignum Aquilariae resinatum 60 g
Ru Xiang Olibanum 30 g
Ding Xiang Flos Caryophylli 60 g
Xiang Fu Rhizoma Cyperi 60 g
Bi Ba Fructus Piperis longi 60 g
Shui Niu Jiao Cornu Bubali 60 g
Zhu Sha Cinnabaris 60 g
Bai Zhu Rhizoma Atractylodis macrocephalae 60 g
He Zi Fructus Chebulae 60 g
DISSOLVING
Used to dissolve hardness and nodules i.e. for Phlegm lumps, especially if they feel hard (e.g. goitre, swelling lymph glands, nodules, breast cysts, etc.).

Used particularly for Food Phlegm, Qi Phlegm, Phlegm Nodules, scrofula (*Luo Lì*), goitre, Abdominal Masses (from Phlegm).

The treatment methods used may include:

Eliminate stagnation and resolve Phlegm
Transform Phlegm and soften hardness
Eliminate stasis (of Blood) and dissolve Phlegm
Dissolve Food accumulation and resolve Phlegm
The herbs that “dissolve” masses or nodules are also found scattered in various categories. Herbs that “break Blood” are used to dissolve masses from Blood stasis, e.g. E Zhu *Rhizoma Curcumae* and San Leng *Rhizoma Sparganii stoloniferi*.

Examples of herbs that dissolve masses or nodules are:

<table>
<thead>
<tr>
<th>Mu Li <em>Concha Ostreae</em></th>
<th>Bie Jia <em>Carapax Trionycis</em></th>
<th>Lou Lu <em>Radix Rhapontici</em></th>
<th>Xuan Shen <em>Radix Scrophulariae</em></th>
</tr>
</thead>
</table>
Yu Jin *Radix Curcumae*

Tu Bie Chong *Eupolyphaga/ Steleophaga*

E Zhu *Rhizoma Curcumae*

San Leng *Rhizoma Sparganii stoloniferi*

Zhe Bei Mu *Bulbus Fritillariae thunbergii*

Fu Shi *Pumex*

Huang Yao Zi *Radix Dioscoreae bulbiferae*
ELIMINATE STAGNATION AND RESOLVE PHLEGM
For Phlegm with Qi stagnation.

**Acupuncture:** LU-7 Lieque, Ren-22 Tiantu, Ren-17 Shanzhong, LIV-3 Taichong, P-6 Neiguan, ST-40 Fenglong, L.I.-4 Hegu.

**Prescriptions**
Li Ge Hua Tan Tang *Regulate the Diaphragm Resolving Phlegm Decoction* (Dan Nan Xing, Hai Ge Ke, Gua Lou Ren, Zhe Bei Mu, Xiang Fu, Ya Zao Jiao, Jiang Ye [ginger juice], Qing Dai).

Si Qi Tang *Four Seasons Decoction for the Seven Emotions*.

Xiao Yao San plus Er Chen Tang *Free and Easy Wonderers Decoction plus Two Old Decoction*
SI QI TANG
Four Seasons Decoction for the Seven Emotions

Hou Po Cortex Magnoliae officinalis
Ban Xia Rhizoma Pinelliae preparatum
Fu Ling Poria
Sheng Jiang Rhizoma Zingiberis recens
Zi Su Ye Folium Perillae
Da Zao Fructus Jujubae

XIAO YAO SAN plus ER CHEN TANG
Free and Easy Wonderers Decoction plus Two Old Decoction

Bo He Herba Menthae haplocalycis
Chai Hu Radix Bupleuri
Dang Gui Radix Angelicae sinensis
Bai Shao Radix Paeoniae alba
Bai Zhu Rhizoma Atractylodis macrocephalae
Fu Ling Poria
Gan Cao Radix Glycyrrhizae uralensis
Sheng Jiang Rhizoma Zingiberis recens
Ban Xia Rhizoma Pinelliae preparatum
Chen Pi Pericarpium Citri reticulatae
Fu Ling Poria
Zhi Gan Cao Radix Glycyrrhizae uralensis preparata
Sheng Jiang Rhizoma Zingiberis recens
Wu Mei Fructus Pruni mume
RESOLVE PHLEGM AND SOFTEN HARDNESS
For Phlegm forming masses or nodules.

Acupuncture
Ren-12 Zhongwan, L.I.-11 Quchi, T.B.-8 Sanyangluo, SP-9 Sanyinjiao, SP-6 Sanyinjiao, ST-40 Fenglong, Ren-22 Tiantu.

Prescriptions
Si Hai Jie Yu Tang *Four Seaweeds Eliminating Stasis Decoction* (Mu Xiang, Chen Pi, Hai Dai, Hai Ge Ke, Hai Zao, Hai Piao Xiao, Kun Bu).

Hai Zao Yu Hu Tang *Sargassum Jade Flask Decoction* (Hai Zao, Kun Bu, Hai Dai, Qing Pi, Chen Pi, Ban Xia, Zhe Bei Mu, Lian Qiao, Gan Cao, Dang Gui, Chuan Xiong)

Xiao Luo Wan *Resolving Scrofula Pill* (Xuan Shen, Duan Mu Li, Zhe Bei Mu).
SOFTENING HERBS
Yi Yi Ren
Zhe Bei Mu
Hai Zao
Kun Bu
Xia Ku Cao
Gui Ban
Chuan Shan Jia
Bie Jia
Mu Li
Jiang Can
Wa Leng Zi
Hai Dai
ELIMINATE STASIS (OF BLOOD) AND RESOLVE PHLEGM

For turbid Phlegm with Qi and Blood stagnation, with swellings, masses, nodules (that are rather hard and possibly painful). Cancer.

**Acupuncture**
L.I.-11 Quchi, P-6 Neiguan, SP-10 Xuehai, BL-17 Geshu, ST-40 Fenglong, SP-9 Yinlingquan, SP-6 Sanyinjiao, Ren-12 Zhongwan.

**Prescriptions**
Gui Zhi Fu Ling Wan *Cinnamomum-Poria Pill* (Gui Zhi, Fu Ling, Chi Shao, Mu Dan Pi, Tao Ren)

Xiao Luo Wan *Resolving Scrofula Pill* (Xuan Shen, Mu Li, Zhe Bei Mu) plus Tao Ren, Yan Hu Suo, E Zhu and Ze Lan.

Chang Tan Wan (Chai Hu, Dang Gui, Chi Shao, Bai Zhu, Zhi Shi, Dan Shen, Kun Bu, Yi Yi Ren, San Leng, E Zhu, Yi Mu Cao).
DISSOLVE FOOD ACCUMULATION AND TRANSFORM PHLEGM

For Food accumulation and Phlegm in the Stomach and Intestines.

**Acupuncture**
Ren-12 Zhongwan, Ren-10 Xiawan, ST-34 Liangqiu, ST-40 Fenglong, SP-9 Yinlingquan, P-6 Neiguan, Chong Mai, ST-21 Liangmen, ST-19 Burong.

**Prescriptions**
Bao He Wan *Protecting and Harmonizing Pill* with additions.

Yu Ai Zi Chen Tang *Resist Love Purple Morning Decoction* (Mu Xiang, Sha Ren, Bai Shao, Tan Xiang, Fu Ling, Rou Gui, Huo Xiang, Chen Pi, Ge Gen, Gao Liang Jiang, Ding Xiang, Gan Cao).
TONIFY QI AND RESOLVE PHLEGM

Used in Qi deficiency and Phlegm.

Acupuncture
Ren-12 Zhongwan, BL-20 Pishu, BL-22 Sanjiaoshu, SP-6 Sanyinjiao, ST-40 Fenglong, SP-9 Yinlingquan.

Prescriptions
Liu Jun Zi Tang *Six Gentlemen Decoction* (plus Ban Xia).
TONIFY YANG AND RESOLVE PHLEGM

Used in Yang deficiency and Phlegm.

**Acupuncture**
Same as above with Moxa.

**Prescriptions**
Li Zhong Hua Tan Tang  *Regulating the Centre Resolving Phlegm Decoction* (Ren Shen, Bai Zhu, Gan Jiang, Zhi Gan Cao, Chen Pi, Ban Xia) for Spleen-Yang deficiency.

Zhen Wu Tang *True Warrior Decoction* for Kidney-Yang deficiency.

Yang He Tang *Yang Heartening Decoction* (Shu Di Huang, Lu Jiao Jiao, Rou Gui, Pao Jiang, Bai Jie Zi, Ma Huang, Gan Cao) to warm the channels and resolve Phlegm.
NOURISH BLOOD AND RESOLVE PHLEGM

Used in Blood deficiency with Phlegm.

Acupuncture
LIV-8 Ququan, ST-36 Zusanli, SP-6 Sanyinjiao, Ren-12 Zhongwan, BL-20 Pishu, BL-23 Shenshu, ST-40 Fenglong.

Prescriptions
Jia Wei Gui Pi Tang Modified Tonifying the Spleen Decoction (Dang Shen, Bai Zhu, Huang Qi, Dang Gui, Fu Shen, Zhi Gan Cao, Yuan Zhi, Suan Zao Ren, Rou Gui, Mu Xiang, Da Zao, Chai Hu, Shan Zhi Zi).

Hu Po Yang Xin Tang Succinum Nourishing the Heart Decoction (Hu Po, Long Chi, Yuan Zhi, Shi Chang Pu, Fu Shen, Dang Shen, Suan Zao Ren, Dang Gui, Bai Zi Ren, Sheng Di Huang, Huang Lian).

Chen Xia Si Wu Tang Citrus-Pinellia Four Substances Decoction (Shu Di Huang, Chuan Xiong, Dang Gui, Bai Shao, Chen Pi, Ban Xia, Fu Ling, Bai Zhu, Gan Cao) with additions to resolve Phlegm, for Liver-Blood deficiency and Phlegm.
NOURISH YIN AND RESOLVE PHLEGM

For Yin deficiency with Phlegm (common in the elderly).

Acupuncture
KI-3 Taixi, SP-6 Sanyinjiao, ST-40 Fenglong, Ren-12 Zhongwan, SP-9 Yinlingquan.

Prescriptions
Bai He Gu Jin Tang *Lilium Consolidating Metal Decoction* (Bai He, Mai Men Dong, Xuan Shen, Sheng Di Huang, Shu Di Huang, Dang Gui, Bai Shao, Jie Geng, Chuan Bei Mu, Gan Cao) for Lung-Yin deficiency.

Qing Zao Jiu Fei Tang *Clearing Dryness Rescuing the Lung Decoction* (Sang Ye, Shi Gao, Mai Men Dong, Ren Shen, Hu Ma Ren (Hei Zhi Ma), E Jiao, Xing Ren, Pi Pa Ye, Gan Cao) for Lung-Yin deficiency.

Sheng Mai San *Generating the Pulse Powder* (Ren Shen, Mai Men Dong, Wu Wei Zi) add this formula if there is Lung-and Kidney-Yin deficiency.

Jin Shui Liu Jun Jian *Metal Water Six Gentlemen Decoction* (Dang Gui, Shu Di Huang, Chen Pi, Ban Xia, Fu Ling, Gan Cao, Sheng Jiang) for Kidney-Yin deficiency.
BEI MU GUA LOU SAN
*Fritillaria-Trichosanthes Powder*

Chuan Bei Mu *Bulbus Fritillariae cirrhosae*
Gua Lou *Fructus Trichosanthis*
Tian Hua Fen *Radix Trichosanthis*
Fu Ling *Poria*
Ju Hong *Pericarpium Citri Erythrocarpi*
Jie Geng *Radix Platycodi*
HARMONIZE

The harmonizing method is used in complicated conditions with Deficiency and Excess or Heat and Cold. The most common methods are that to harmonize Gall Bladder and Stomach and to harmonize Stomach and Intestines. Used when there is hidden Phlegm.

CLEAR THE GALL-BLADDER, HARMONIZE THE STOMACH AND RESOLVE PHLEGM

Acupuncture

Prescription
Hao Qin Qing Dan Tang Artemisia apiacea-Scutellaria Clearing the Gall Bladder Decoction. Used when there is a disharmony of Gall-Bladder and Stomach with Phlegm and Damp-Heat in the Gall-Bladder, feeling of heat and cold alternating, hypochondrial discomfort, bitter taste, sticky taste, etc.
HAO QIN QING DAN TANG
Artemisia apiacea-Scutellaria Clearing the Gall Bladder
Decoction

Qing Hao *Herba Artemisiae annuae* 6 g
Huang Qin *Radix Scutellariae* 6 g
Zhu Ru *Caulis Bambusae in Taeniam* 9 g
Ban Xia *Rhizoma Pinelliae preparatum* 5 g
Chen Pi *Pericarpium Citri reticulatae* 5 g
Zhi Ke *Fructus Aurantii* 5 g
Fu Ling *Poria* 9 g
Hua Shi *Talcum* 3 g
Gan Cao *Radix Glycyrrhizae uralensis* 3 g
Qing Dai *Indigo naturalis* 3 g
REGULATE AND HARMONIZE INTESTINES AND STOMACH AND RESOLVE PHLEGM


**Prescription**
Ban Xia Xie Xin Tang *Pinellia Draining the Heart Decoction* for Heat above and Cold below, Stomach-Qi rebellious with Phlegm.

Ju Pi Zhu Ru Tang *Citrus-Bambusa Decoction* for turbid Phlegm, Stomach-Qi not descending.
BAN XIA XIE XIN TANG
Pinellia Draining the Heart Decoction

Ban Xia Rhizoma Pinelliae preparatum 9 g
Huang Qin Radix Scutellariae 6 g
Huang Lian Rhizoma Coptidis 3 g
Gan Jiang Rhizoma Zingiberis 6 g
Dang Shen Radix Codonopsis 6 g
Gan Cao Radix Glycyrrhizae uralensis 3 g
Da Zao Fructus Jujubae 3 g

JU PI ZHU RU TANG
Citrus-Bambusa Decoction

Chen Pi Pericarpium Citri reticulatae
Zhi Ke Fructus Aurantii
Zhu Ru Caulis Bambusae in taeniam
Ren Shen Radix Ginseng
Sheng Jiang Rhizoma Zingiberis recens
Gan Cao Radix Glycyrrhizae
Da Zao Fructus Jujubae
CLEARING
Used when there is Heat and Phlegm.

Acupuncture
L.I.-11 Quchi, ST-40 Fenglong, Ren-11 Jianli, Ren-12 Zhongwan, ST-44 Neiting.

Prescriptions
Qing Jin Hua Tan Tang *Clearing Metal Resolving Phlegm Decoction* (Huang Qin, Shan Zhi Zi, Jie Geng, Mai Dong, Sang Bai Pi, Zhe Bei Mu, Zhi Mu, Gua Lou Ren, Ju Hong, Fu Ling, Gan Cao) for Lung Phlegm-Heat.

Huang Lian Wen Dan Tang *Coptis Warming the Gall-Bladder Decoction* for Heart Phlegm-Heat.

Qing Tan Wan *Clearing Phlegm Pill* (Dan Nan Xing, Ban Xia, Shen Qu, Shan Zha, Xiang Fu, Qing Pi, Chen Pi, Zhi Shi, Cang Zhu, Huang Qin, Wu Mei, Gan Jiang) for Phlegm-Fire stagnating in the Interior.

Long Dan Xie Gan Tang *Gentiana Draining the Liver Decoction* plus Di Tan Tang *Scouring Phlegm Decoction* for Liver-Fire with Phlegm.

Zhu Li Da Tan Tang *Succus Bambusae Resolving Phlegm Decoction* (Ban Xia, Chen Pi, Bai Zhu, Da Huang, Fu Ling, Huang Ling, Zhi Gan Cao, Ren Shen, Meng Shi, Mang Xiao, Chen Xiang, Xhu Li, Jiang Ye) also for Liver-Fire with Phlegm.
DI TAN TANG
Scouring Phlegm Decoction

Ban Xia *Rhizoma Pinelliae preparatum* 8 g
Dan Nan Xing *Rhizoma Arisaematis preparatum* 8 g
Zhu Ru *Caulis Bambusae in Taeniam* 2 g
Chen Pi *Pericarpium Citri reticulatae* 6 g
Fu Ling *Poria* 6 g
Zhi Shi *Fructus Aurantii immaturus* 6 g
Shi Chang Pu *Rhizoma Acori tatarinowii* 3 g
Ren Shen *Radix Ginseng* 3 g
Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 2 g
Sheng Jiang *Rhizoma Zingiberis recens* 3 slices
Da Zao *Fructus Jujubae* 3 dates
According to the “Secret Record of the Brocade Bag” “Jin Nang Mi Lu” Damp-Phlegm, Phlegm-Heat and Cold Phlegm are “easy” to treat; while Wind-Phlegm, Dry-Phlegm and Old Phlegm are difficult to treat.

To treat Phlegm, one must treat Qi (especially if only acupuncture is used). This is because just as in Nature water cannot flow upwards, in the human body Phlegm cannot flow upwards. So to resolve Phlegm one must rectify (shun) Qi: when this is done, fluids are regulated and Phlegm resolved.

Wang Xin Hua 1983 Selected Historical Theories of Chinese Medicine (Zhong Yi Li Dai Yi Lun Xuan), Jiangsu Scientific Publishing House, p. 408.
PATTERN DIFFERENTIATION

SHI PHLEGM
XU PHLEGM
DAMP PHLEGM = SPLEEN
COLD PHLEGM = KIDNEYS
HOT PHLEGM
WIND PHLEGM = LIVER
PHLEGM-FIRE = HEART
DRY PHLEGM = LUNGS
PHLEGM WITH STAGNATION
STONE PHLEGM
FOOD PHLEGM
SHOCK PHLEGM = HEART/GALL BLADDER
WINE PHLEGM = SPLEEN-STOMACH
SHI PHLEGM

Aetiology: external origin, Qi stagnation, Blood stasis, Food stagnation.
Character: Shi condition, Zheng Qi not injured.

Clinical manifestations: loud cough, lots of sputum, mental restlessness, hypochondriac/epigastric distension and feeling of oppression, constipation.

Tongue swollen, thick-sticky coating, Pulse Slippery, hard, Full.

Treatment principle: Resolve Phlegm.
**XU PHLEGM**

**Aetiology:** Stomach and Spleen deficiency, old age, after childbirth, overwork, excessive physical work, chronic illness, Zheng Qi weak.

**Character:** Zheng Qi weak, pathogenic factor not predominant.

**Clinical manifestations:** low-sound cough, scanty sputum, dilute sputum, breathlessness, pale face, sweating, cold limbs, poor appetite, loose stools, overweight.
Tongue not too swollen, sticky-thin coating, Pulse Slippery but Weak.

**Treatment principle:** tonify Zheng Qi (either warm Yang or nourish Yin), resolve Phlegm.
DAMP PHLEGM = SPLEEN

Clinical manifestations: Yellow complexion, feeling of heaviness of the limbs, desire to lie down, abdominal fullness/distension, profuse - sticky - loose sputum.

Tongue: Swollen, sticky coating.

Pulse: Slippery.

Treatment: Er Chen Tang *Two Old Decoction*

Three Treasures: *Limpid Sea*
COLD PHLEGM = KIDNEYS and LUNGS

Aetiology: external invasion, Yang deficiency (SP-KI).
Character: Cold, thin, clear, it may cause pain.

Clinical manifestations: cough with dilute sputum, cold limbs, weak knees, lower backache, nausea.
Tongue: Swollen, thin-white coating, wet.
Pulse: Slippery and Tight.

Treatment principle: warm the Lungs and Kidneys, resolve Phlegm, or warm the channels and remove obstructions from them.

Prescription: Ling Gan Wu Wei Jiang Xin Tang *Poria-Glycyrrhiza-Schisandra-Zingiber-Asarum Decoction* (Fu Ling, Zhi Gan Cao, Gan Jiang, Xi Xin, Wu Wei Zi).
HOT PHLEGM

Clinical manifestations: barking cough, yellow sputum, nausea, thirst, bitter taste, mental restlessness, palpitations, insomnia,

Tongue Swollen, red, sticky-yellow coating,
Pulse Slippery-Rapid.

Treatment principle: clear Heat and resolve Phlegm.

Prescription: Qing Qi Hua Tan Tang (*Ringing Metal*)
Xian Xiong Tang
Wen Dan Tang (*Clear the Soul*)
WIND PHLEGM = LIVER

Aetiology: external invasion, internal Wind.
Character: Internal Wind.

Clinical manifestations: cough, swelling under skin, numbness, itching, dizziness, vertigo, tremors, headache.

Tongue: Swollen, Stiff, Deviated, sticky coating, Pulse: Slippery-Wiry.

Treatment principle: Extinguish Wind, resolve Phlegm, pacify the Liver.


Three Treasures: Clear Yang
DRY PHLEGM = LUNGS

**Aetiology:** external invasion, Yin deficiency, injury of fluids.
**Character:** Dryness, Yin deficiency.

**Clinical manifestations:** dry cough with scanty sputum, dry throat, dry mouth, dry skin.

Tongue: Swollen, dry-sticky coating.
Pulse: Slippery but Empty at deep level.

**Treatment principle:** moisten dryness and resolve Phlegm or nourish Yin and resolve Phlegm.

Prescription: Bei Mu Gua Lou Tang *Fritillaria-Trichosanthes Decoction* (Chuan Bei Mu, Gua Lou, Tian Hua Fen, Fu Ling, Chen Pi, Jie Geng).
PHLEGM-HEAT = HEART

Aetiology: emotional problems, excessive consumption of hot-greasy foods, alcohol.

Clinical manifestations: barking cough, yellow sputum, red lips, red face, mental restlessness, cao za (“an empty-hot sensation as if of hunger, but not hunger; as if full, but not full; as if painful, but not painful”), insomnia, manic behaviour, constipation, dark urine.

Tongue swollen, red with dry-sticky yellow coating, HE crack.
Pulse Slippery-Rapid.

Treatment principle: clear Heat or drain Fire, resolve Phlegm, protect fluids.

Prescription: Wen Dan Tang Warming the Gall-Bladder Decoction.

Three Treasures: Clear the Soul
PHLEGM WITH QI STAGNATION

Aetiology: emotional problems.
Character: Qi stagnation, rebellious Qi, Phlegm obstructing movement of Qi.

Clinical manifestations: hypochondrial discomfort and distension, feeling of oppression, difficulty in swallowing, feeling of a lump in throat, varying with emotional state, in women breast distension.

Tongue: Swollen
Pulse: Wiry.

Treatment principle: eliminate stagnation and resolve Phlegm, regulate Liver, move Qi.

Prescription: Si Qi Tang *Four Ingredients Decoction for the Seven Emotions*  
Xiao Yao San *Free and Easy Wanderer Powder* plus Er Chen Tang *Two Old Decoction*. 
SI QI TANG
*Four Seasons Decoction for the Seven Emotions*

Hou Po *Cortex Magnoliae officinalis* 9 g
Ban Xia *Rhizoma Pinelliae preparatum* 9 g
Fu Ling *Poria* 12 g
Sheng Jiang *Rhizoma Zingiberis recens* 15 g
Zi Su Ye *Folium Perillae* 6 g
Da Zao *Fructus Jujubae* 5 dates

Same as Ban Xia Hou Po Tang
STONE PHLEGGM

Clinical manifestations: Nodule, goitres lung, soft lumps.

Treatment: Xiao Luo Wan or Hai Zao Yu Hu Tang Sargassum Jade Flask Decoction

XIAO LUO WAN
Dissolving Scrofula Pill

Xuan Shen Radix Scrophulariae 120g
Mu Li Concha Ostreae  120g
Zhe Bei Mu Bulbus Fritillariae 120g
HAI ZAO YU HU TANG
Sargassum Jade Flask Decoction

Hai Zao Sargassum 6 g
Kun Bu Thallus Eckloniae 6 g
Hai Dai Thallus Laminariae 6 g
Qing Pi Pericarpium Citri reticulatae viride 3 g
Chen Pi Pericarpium Citri reticulatae 3 g
Ban Xia Rhizoma Pinelliae preparatum 6 g
Zhe Bei Mu Bulbus Fritillariae thunbergii 6 g
Lian Qiao Fructus Forsythiae 6 g
Gan Cao Radix Glycyrrhizae uralensis 3 g
Dang Gui Radix Angelicae sinensis 6 g
Chuan Xiong Rhizoma Chuanxiong 6 g
FOOD PHLEGM

Aetiology: irregular diet, overeating, excessive consumption of fat or sweet foods.

Character: stagnation of food, Stomach and intestines injured.

Clinical manifestations: cough with abundant sputum, nausea, vomiting (of food), sour regurgitation, belching, feeling of fullness, feeling of fullness in the epigastrium, epigastric pain after eating, better after bowel movement.

Tongue: Sticky-thick coating
Pulse: slippery.

Treatment principle: dissolve Food stagnation, resolve Phlegm.

Prescription: Bao He Wan *Protecting and Harmonizing Decoction* with additions

Yu Ai Zi Chen Tang *Resist Love Purple Morning Decoction*
YU AI ZI CHEN TANG
Resist Love Purple Morning Decoction

Gan Jiang *Rhizoma Zingiberis*
Ding Xiang *Flos Caryophylli*
Gan Cao *Radix Glycyrrhizae*
Chen Pi *Pericarpium Citri reticulatae*
Huo Xiang *Herba Pogostemonis*
Rou Gui *Cortex Cinnamomi*
Fu Ling *Poria*
Tan Xiang *Lignum Santali albi*
Mu Xiang *Radix Aucklandiae*
Sha Ren *Fructus Amomi*
SHOCK PHLEGM = HEART/GALL BLADDER

Shock, heart pain, feeling of oppression of the chest, Moving pulse. Shock displaces the Shen from the Heart which allows Phlegm to take its place.

WINE PHLEGM = SPLEEN-STOMACH
Vomiting, fullness, bad breath. From drinking too much alcohol.
PATTERN DIFFERENTIATION

HEART

PHLEGM OBSTRUCTING THE HEART ORIFICES

PHLEGM-FIRE HARASSING THE HEART

PHLEGM OBSTRUCTING THE HEART LUO

PHLEGM WITH HEART DEFICIENCY

LUNG

LUNG DEFICIENCY WITH PHLEGM

PHLEGM-FIRE IN LUNGS

TURBID PHLEGM IN LUNGS

PHLEGM OBSTRUCTING LUNG-QI
SPLEEN

SPILEEN-QI DEFICIENCY WITH PHLEGM

PHLEGM OBSTRUCTING MIDDLE BURNER

PHLEGM-FIRE IN THE CENTRE

PHLEGM-FLUIDS IN THE CENTRE

LIVER

LIVER-WIND HARBOURING PHLEGM

PHLEGM-HEAT IN LIVER CHANNEL

LIVER-QI STAGNATION AND PHLEGM

LIVER-BLOOD DEFICIENCY AND PHLEGM

KIDNEYS

KIDNEY-YANG DEFICIENCY WITH PHLEGM

KIDNEY-YIN DEFICIENCY AND PHLEGM
HEART

PHLEGM OBSTRUCTING THE HEART ORIFICES

Clinical manifestations: thinking not clear, emotionally up and down, metal dullness, depression.

Treatment principle: resolve Phlegm and open the Mind orifices.


Prescription
Su He Xiang Wan Liquid Styrax Pill for cold Phlegm obstructing the orifices (including those of the Mind).
SU HE XIANG WAN
Styrax Pill

Su He Xiang *Styrax* 30 g
She Xiang *Moschus* 60 g
Bing Pian *Borneolum* 30 g
An Xi Xiang *Benzoinum* 60 g
Mu Xiang *Radix Aucklandiae* 60 g
Tan Xiang *Lignum Santali albi* 60 g
Chen Xiang *Lignum Aquilariae resinatum* 60 g
Ru Xiang *Olibanum* 30 g
Ding Xiang *Flos Caryophylli* 60 g
Xiang Fu *Rhizoma Cyperi* 60 g
Bi Ba *Fructus Piperis longi* 60 g
Shui Niu Jiao *Cornu Bubali* 60 g
Zhu Sha *Cinnabaris* 60 g
Bai Zhu *Rhizoma Atractylodis macrocephalae* 60 g
He Zi *Fructus Chebulae* 60 g
PHLEGM-FIRE HARASSING THE HEART

Clinical manifestations: mental restlessness, palpitations, bitter taste, thirst, insomnia, dreaming a lot, easily startled, dry lips, expectoration of scanty-hard phlegm. In serious cases: laughing or crying, manic behaviour.

Tongue: Swollen, red with thick-dry-sticky-yellow coating.
Pulse: Slippery and Rapid, Overflowing on left cun.

Treatment principle: clear the Heart, drain Fire, resolve Phlegm and open the Mind orifices.


Prescription: Huang Lian Wen Dan Tang Coptis Warming the Gall-Bladder Decoction
PHLEGM OBSTRUCTING THE HEART LUO

Clinical manifestations: pain heart region extending to arm and/or shoulder, dizziness, palpitations, breathlessness, cold hands, epigastric distension, nausea,

Tongue Purple, swollen, sticky coating, pulse Slippery and Wiry.

Treatment principle: tonify and move Heart-Yang, resolve Phlegm, remove obstructions from the Luo channel.


Prescription: Gua Luo Xie Bai Ban Xia Tang *Trichosanthes-Allium-Pinellia Decoction*

Zhi Shi Gua Lou Gui Zhi Tang *Aurantium-Trichosanthes-Cinnamomum Decoction*
GUA LOU XIE BAI BAN XIA TANG
Trichosanthes-Allium-Pinellia Decoction

Gua Lou Fructus Trichosanthis 12 g
Xie Bai Bulbus Allii macrostemi 12 g
Ban Xia Rhizoma Pinelliae preparatum 12 g
Bai Jiu White rice wine 30 ml

ZHI SHI GUA LOU GUI ZHI TANG
Aurantium-Trichosanthes-Cinnamomum Decoction

Zhi Shi Fructus Aurantii immaturus
Gua Lou Semen Trichosantis
Gui Zhi Ramulus Cinnamomi
PHLEGM WITH HEART DEFICIENCY

Clinical manifestations: palpitations, anxiety, timidity, insomnia, dreaming a lot, feeling of oppression of the chest.

Tongue swollen, sticky coating
Pulse: Weak, Slippery.

Acupuncture
HE-7 Shenmen, Ren-12 Zhongwan, Ren-14 Juque, ST-40 Fenglong, ST-36 Zusanli, SP-6 Sanyinjiao, Ren-9 Shuifen.

Prescription: Wen Dan Tang *Warming the Gall-Bladder Decoction* with Gui Pi Tang *Tonifying the Spleen Decoction*.

Three Treasures: *Clear the Soul* plus *Calm the Shen*
LUNG-QI DEFICIENCY WITH PHLEGM

Clinical manifestations: chronic cough, worse with activity, scanty phlegm that is difficult to expectorate, or dilute-watery phlegm, spontaneous sweating, feeling cold

Tongue: pale, swollen, thin-white-sticky coating,
Pulse: Weak-Slippery.

Treatment principle: tonify Lung-Qi, resolve Phlegm.

Acupuncture: LU-9 Taiyuan, LU-7 Lieque, ST-40 Fenglong, Ren-12 Zhongwan, Ren-6 Qihai, Ren-9 Shuifen.

Prescription: Liu Jun Zi Tang Six Gentlemen Decoction plus Er Chen Tang Two Old Decoction

Three Treasures: Prosperous Earth plus Limpid Sea
LUNG-YIN DEFICIENCY WITH PHLEGM

Clinical manifestations: chronic cough, worse with activity, scanty phlegm that is difficult to expectorate, dry throat, dry cough, night-sweating.

Tongue: swollen, no coating or rootless coating.

Treatment principle: Nourish Lung-Yin, resolve Phlegm.

Acupuncture: LU-9 Taiyuan, LU-7 Lieque, ST-40 Fenglong, Ren-12 Zhongwan, Ren-6 Qihai, Ren-9 Shuifen.

Prescriptions

Bei Mu Gua Lou Tang *Fritillaria-Trichosantes Decoction* (Chuan Bei Mu, Gua Lou, Tian Hua Fen, Fu Ling, Chen Pi, Jie Geng)

Qing Zao Jiu Fei Tang *Clearing Dryness and Rescuing the Lungs Decoction*
BEI MU GUA LOU SAN
Fritillaria-Trichosanthes Powder

Chuan Bei Mu Bulbus Fritillariae cirrhosae
Gua Lou Fructus Trichosanthis
Tian Hua Fen Radix Trichosanthis
Fu Ling Poria
Chen Pi Pericarpium Citri reticulatae
Jie Geng Radix Platycodi

QING ZAO JIU FEI TANG
Clearing Dryness and Rescuing the Lungs Decoction

Sang Ye Folium Mori
Shi Gao Gypsum fibrosum
Mai Men Dong Radix Ophiopogonis
Ren Shen Radix Ginseng
Hu Ma Ren (Hei Zhi Ma) Semen Sesami indici
E Jiao Colla Corii Asini
Xing Ren Semen Armeniacae
Pi Pa Ye Folium Eriobotryae
Gan Cao Radix Glycyrrhizae uralensis
PHLEGM-HEAT IN LUNGS

Clinical manifestations: barking cough with profuse yellow sputum that is difficult to expectorate, feeling of heat, mental restlessness, feeling of oppression of the chest.

Tongue: Red, Swollen, sticky-yellow coating,
Pulse: Slippery, Rapid, Overflowing.

Treatment principle: clear the Lungs, clear Heat, resolve Phlegm.

Acupuncture: LU-5 Chize, LU-7 Lieque, LU-6 Kongzui, ST-40 Fenglong, SP-9 Yinlingquan, LU-1 Zhongfu, BL-13 Feishu, L.I.-11 Quchi, Ren-9 Shuifen.

Prescriptions:
Wen Dan Tang Warming the Gall-Bladder Decoction
Qing Qi Hua Tan Tang Clearing Qi and Resolving Phlegm Decoction
Three Treasures: Clear the Soul or Ringing Metal
QING QI HUA TAN TANG
Clearing Qi and Resolving Phlegm Decoction

Ban Xia *Rhizoma Pinelliae preparatum*
Dan Nan Xing *Rhizoma Arisaemae cum bile*
Huang Qin *Radix Scutellariae*
Gua Lou Ren *Semen Trichosanthis*
Zhi Shi *Fructus Aurantii immaturus*
Chen Pi *Pericarpium Citri reticulati*
Fu Ling *Poria*
Xing Ren *Semen Armeniacae*
TURBID PHLEGM IN LUNGS

Clinical manifestations: cough with abundant white-sticky sputum that is easy to expectorate, breathlessness, fullness of the chest, mucus in stools, nausea,

Tongue: Swollen, sticky coating,
Pulse: Slippery.

Treatment principle: restore the diffusing and descending of Lung-Qi, resolve Phlegm.

Acupuncture: LU-5 Chize, ST-40 Fenglong, Ren-12 Zhongwan, LU-1 Zhongfu, BL-13 Feishu, Ren-9 Shuifen.

Prescriptions:

ER CHEN TANG Two Old Decoction

QING JIN HUA TAN TANG Clearing Metal and Resolving Phlegm Decoction (Huang Qin, Zhi Zi, Jie Geng, Mai Dong, Sang Bai Pi, Bei Mu, Zhi Mu, Gua Lou, Chen Pi, Fu Ling)
PHLEGM OBSTRUCTING LUNG-QI

Clinical manifestations:
Cough, shortness of breath, wheezing, feeling of lump in throat, purple lips.

Pathology: turbid Phlegm obstructs the Qi passages for a long time, Lung-Qi cannot descend, stagnation of Lung-Qi centred in throat.

Treatment principle: restore the descending of Lung-Qi, open the Qi passages, move Qi.

Acupuncture
LU-7 Lieque, ST-40 Fenglong, Ren-12 Zhongwan, Ren-22 Tiantu, HE-7 Shenmen, Ren-9 Shuifen.

Prescription: Ban Xia Hou Po Tang *Pinellia-Magnolia Decoction* plus Phlegm-resolving herbs

Three Treasures: *Open the Heart* plus *Limpid Sea*
Spleen-Qi Deficiency with Phlegm

Clinical manifestations: Nausea, short of breath, vomiting of watery fluid, epigastric oppression and distension, tiredness, weak limbs, loose stools, pale complexion, feeling cold, cold limbs.

Tongue Pale: Swollen, thin-white-sticky coating, Pulse Weak-Slippery.

Treatment principle: Tonify the Spleen and resolve Phlegm or warm the Spleen and resolve Phlegm.

Acupuncture: Ren-12 Zhongwan, BL-20 Pishu, SP-6 Sanyinjiao, ST-36 Zusanli, ST-40 Fenglong, LU-7 Lieque.

Prescription

Liu Jun Zi Tang Six Gentlemen Decoction plus Er Chen Tang Two Old Decoction

Three Treasures: Prosperous Earth and Limpid Sea
PHLEGM OBSTRUCTING MIDDLE BURNER

Clinical manifestations: feeling of oppression of epigastrium, sour regurgitation, cao za, nausea, vomiting, dizziness, feeling of heaviness of limbs, loose stools

Tongue: Swollen with a thick-sticky coating
Pulse: Slippery.

Treatment principle: harmonize the Middle and resolve Phlegm.

Acupuncture: Ren-12 Zhongwan, ST-21 Liangmen, ST-22 Guanmen, Ren-10 Xiawan, ST-40 Fenglong, ST-34 Liangqiu, SP-6 Sanyinjiao, Ren-9 Shuifen.

Prescriptions:
Bao He Wan Variation Protecting and Harmonizing Pill (addition of Phlegm-resolving herbs)
Yu Ai Zi Chen Tang Resist Love Purple Morning Decoction (Mu Xiang, Sha Ren, Bai Shao, Tan Xiang, Fu Ling, Gui Zhi, Huo Xiang, Chen Pi, Ge Gen, Gao Liang Jiang, Di Xiang, Gan Cao)
PHLEGM-HEAT IN THE CENTRE

Clinical manifestations: nausea, sour regurgitation, either poor appetite or excessive hunger, feeling of fullness, cao za, distention-pain and oppression of epigastrium, bitter taste.

Tongue: Red, Swollen with a thick-dry-sticky-yellow coating.
Pulse: Slippery, Rapid.

Treatment principle: clear the Centre, clear Heat and resolve Phlegm.

Acupuncture: ST-44 Neiting, Ren-12 Zhongwan, L.I.-11 Quchi, ST-40 Fenglong, SP-9 Yinlingquan, SP-6 Sanyinjiao, Ren-9 Shuifen.

Prescription
Qing Tan Wan Clearing Phlegm Decoction (Tian Nan Xing, Ban Xia, Chen Pi, Shen Qu, Shan Zha, Xiang Fu, Qing Pi, Chen Pi, Zhi Shi, Cang Zhu, Huang Qin, Wu Mei, Gan Jian)
LIVER-WIND HARBOURING PHLEGM

Clinical manifestations: headache, dizziness, hypertension, occipital stiffness, tinnitus, nausea, cough with profuse sputum, insomnia, dreaming a lot, feeling of oppression of the chest.

Tongue: Swollen, Stiff, sticky coating

Pulse: Wiry and Slippery.

Treatment principle: extinguish Wind, resolve Phlegm, nourish Yin (if necessary), open the upper orifices.


Prescription

Bai Zhu Ban Xia Tian Ma Tang Atractylodes-Pinellia-Gastrodia Decoction

Three Treasures: Clear Yang
PHLEGM-HEAT IN LIVER CHANNEL

Clinical manifestations: palpitations, insomnia, bitter taste, foul breath, nausea, headache, hypochondrial oppression and pain, dark complexion, feeling of heaviness of the limbs, cough with yellow sputum.

Tongue Red: with a sticky-yellow coating,
Pulse Deep: Wiry, Slippery and Rapid.

Treatment principle: clear the Liver, resolve Phlegm and clear Heat.


Prescriptions

Long Dan Xie Gan Tang Gentiana Draining the Liver Decoction plus Di Tan Tang Scouring Phlegm Decoction (slide 113).

Zhu Li Da Tan Wan Bambusae Succus Resolving Phlegm Pill (Ban Xia, Chen Pi, Bai Zhu, Da Huang, Fu Ling, Huang Qin, Gan Cao, Ren Shen, Meng Shi Chloriti Lapi, Chen Xiang, Zhu Li, Sheng Jiang)

Three Treasures: Settling the Soul
LIVER-QI STAGNATION AND PHLEGM

Clinical manifestations: mental depression, emotional instability, feeling of oppression of the chest, feeling of lump in the throat which varies according to mood, hypochondrial distension, in women irregular periods and pre-menstrual tension, breast distension.

Tongue: Swollen, sticky-white coating,
Pulse: Slippery and Wiry.

Acupuncture
LIV-3 Taichong, ST-40 Fenglong, L.I.-4 Hegu, Ren-9 Shuifen, P-6 Neiguan, Ren-6 Qihai.

Prescriptions
Li Ge Hua Tan Tang *Regulating the Diaphragm and Resolving Phlegm Decoction* (Dan Nan Xing, Hai Ge Ke, Gua Lou Ren, Zhe Bei Mu, Xiang Fu, Ya Zao Jiao, Jiang Ye (ginger juice), Qing Dai).

Si Qi Tang *Four-Seven Decoction*, Xiao Yao San *Free and Easy Wanderer Decoction* and Er Chen Tang *Two Old Decoction*

Tree Treasures: *Bright Spirit*
SI QI TANG
Four Seasons Decoction for the Seven Emotions

Hou Po Cortex Magnoliae officinalis 9 g
Ban Xia Rhizoma Pinelliae preparatum 9 g
Fu Ling Poria 12 g
Sheng Jiang Rhizoma Zingiberis recens 15 g
Zi Su Ye Folium Perillae 6 g
Da Zao Fructus Jujubae 5 dates
LIVER-BLOOD DEFICIENCY AND PHLEGM

**Clinical manifestations:** depression, dizziness, blurred vision, brittle nails, numbness, tingling, sputum in throat.

Tongue: Pale with a sticky coating.
Pulse: Choppy on the left and Slippery on the right.

**Pathology:** Liver-Blood deficiency, turbid Phlegm stagnating.

**Treatment principle:** nourish Liver-Blood and resolve Phlegm.

**Acupuncture:** LIV-8 Ququan, SP-6 Sanyinjiao, ST-36 Zusanli, SP-9 Yinlingquan, ST-40 Fenglong, Ren-12 Zhongwan, Ren-9 Shuifen.
Treatment principle: nourish Blood and resolve Phlegm

Prescriptions
Jia Wei Gui Pi Tang *Modified Strengthening the Spleen Decoction* (Dang Shen, Bai Zhu, Huang Qi, Dang Gui, Fu Shen, Zhi Gan Cao, Yuan Zhi, Suan Zao Ren, Rou Gui, Mu Xiang, Da Zao, Chai Hu, Shan Zhi Zi).

Hu Po Yang Xin Tang *Succinum Nourishing the Heart Decoction* (Hu Po, Long Chi, Yuan Zhi, Shi Chang Pu, Fu Shen, Dang Shen, Suan Zao Ren, Dang Gui, Bai Zi Ren, Sheng Di Huang, Huang Lian).

Chen Xiang Si Wu Tang *Aquilaria Four Substances Decoction* (Chen Xiang, Shu Di Huang, Chuan Xiong, Dang Gui, Bai Shao, Chen Pi, Ban Xia, Fu Ling, Bai Zhu, Gan Cao) with additions to resolve Phlegm, for Liver-Blood deficiency and Phlegm.
KIDNEY-YANG DEFICIENCY WITH PHLEGM

Clinical manifestations: chronic illness, breathlessness, tiredness, worse with activity, dilute sputum, oedema, feeling cold, pale lips.

Tongue: Pale with a white-sticky coating,
Pulse: Deep, Weak and slightly Slippery.

Treatment principle: warm the Kidneys and resolve Phlegm.

Acupuncture: Ren-4 Guanyuan, KI-7 Fuliu, BL-23 Shenshu, ST-40 Fenglong, SP-6 Sanyinjiao, SP-9 Yinlingquan, Ren-9 Shuifen.

Prescriptions
Li Zhong Hua Tan Tang *Regulating the Centre and Resolving Phlegm Decoction* for Spleen-Yang deficiency.

Zhen Wu Tang *True Warrior Decoction* for Kidney-Yang deficiency.

Yang He Tang *Yang Heartening Decoction* to warm the channels and resolve Phlegm.
LI ZHONG HUA TAN TANG
Regulating the Centre and Resolving Phlegm Decoction

Gan Jiang *Rhizoma Zingiberis*
Ren Shen *Radix Ginseng*
Bai Zhu *Rhizoma Atractylodis macrocephalae*
Zhi Gan Cao *Radix Glycyrrhizae preparata*
Fu Ling *Poria*
Ban Xia *Rhizoma Pinelliae preparatum*

ZHEN WU TANG
True Warrior Decoction

Fu Zi *Radix Aconiti lateralis preparata*
Bai Zhu *Rhizoma Atractylodis macrocephalae*
Fu Ling *Poria*
Bai Shao *Radix Paeoniae alba*
Sheng Jiang *Rhizoma Zingiberis recens*
YANG HE TANG
Yang Heartening Decoction

Shu Di Huang *Radix Rehmanniae preparata*
Lu Jiao Jiao *Colla Cornus Cervi*
Rou Gui *Cortex Cinnamomi*
Pao Jiang *Rhizoma Zingiberis preparatum*
Bai Jie Zi *Semen Sinapis*
Ma Huang *Herba Ephedrae*
Gan Cao *Radix Glycyrrhizae*
KIDNEY-YIN DEFICIENCY AND PHLEGM

Clinical manifestations: sputum in throat, dry cough with scanty sputum, breathlessness, tiredness, feeling of heat in the afternoon, dizziness, tinnitus, backache. Common in old people.

Tongue: Swollen, without coating
Pulse: Floating-Empty and slightly Slippery.

Acupuncture: KI-3 Taixi, Ren-4 Guanyuan, SP-6 Sanyinjiao, SP-9 Yuinlingquan, ST-40 Fenglong, Ren-9 Shuifen.
Prescriptions
Bai He Gu Jin Tang *Lilium Consolidating Metal Decoction* for Lung-Yin deficiency.

Qing Zao Jiu Fei Tang *Clearing Dryness and Rescuing the Lungs Decoction* for dryness.

Sheng Mai San *Nourishing the Pulse Powder*, add if there is Lung-and Kidney-Yin deficiency.

Jin Shui Liu Jun Jian *Metal and Water Six Gentlemen Decoction* (Dang Gui, Shu Di, Chen Pi, Ban Xia, Fu Ling, Gan Cao, Sheng Jiang) for Kidney-Yin deficiency


Three Treasures: *Nourish the Root and Limpid Sea*
TREATMENT PRINCIPLES

BEN – BIAO - DEFICIENCY - EXCESS

Phlegm is by definition a Full condition and also by definition the Biao of a condition because it often derives from a deficiency of one or more internal organs. Thus:

Phlegm is the Biao of the internal organ

The deficiency of the internal organs is the Ben

Thus, in this case, the Ben is usually a Deficiency and the Biao a Fullness. Phlegm can itself become a cause of further disharmony, in which case it is both the Biao and a further Ben.

Remember that the Biao may also be a fullness, e.g. Qi stagnation.
Deficiency

Stagnation

Phlegm

BEN

BIAO
In such condition of Xu-Ben and Shi-Biao, the question arises as to what the approach should be, i.e. either to tonify the body Qi (or move Qi), or to resolve Phlegm.

Generally speaking, in chronic conditions, and especially with acupuncture, one can do both, i.e. tonify the body Qi (or move Qi) and resolve Phlegm.

However, especially when using herbal medicine, a conscious decision is necessary whether the emphasis should be placed on tonifying the Ben or resolving the Biao, i.e. start from a formula that tonifies Qi or Yang or from one that resolves Phlegm.
Pulse: Weak in general only slightly Slippery
Tonify Zheng Qi
Example: Liu Jun Zi Tang

Pulse: Slippery and Full
Resolve Phlegm
Example: Er Chen Tang
My personal inclination when there is Phlegm is nearly always to start by resolving Phlegm with a resolving-Phlegm formula.

When the symptoms and signs of Phlegm have subsided, I then turn the attention to tonifying the body Qi. Of course, in chronic conditions, the resolving-Phlegm formula will also contain one or two Qi tonics, while the tonifying formula will still contain some herbs to resolve Phlegm.
The question arises as to what to do when a patient’s tongue and pulse indicate Phlegm but he/she has no symptoms of Phlegm. My personal inclination is to treat Phlegm in such cases by adding some Phlegm-resolving herbs to whatever prescription I am using.

Similarly, even when a patient comes for a purely channel problem and he or she has definite signs of Phlegm, I always treat it as I find that that enhances the effectiveness of the treatment: in fact, Phlegm can obstruct the channels, and resolving it will help to eliminate obstructions from the channels.

In such cases, I would add points to resolve Phlegm such as Ren-12 Zhongwan, Ren-9 Shuifen, Ren-5 Shimen, BL-22 Sanjiaoshu, ST-40 Fenglong, SP-9 Yinlingquian.
Dampness and Phlegm are similar in nature. They both originate from a dysfunction of the Spleen in transforming and transporting fluids. There are, however, some differences between Dampness and Phlegm:

1) Dampness can be of exterior or interior origin, whereas Phlegm can only originate from an interior dysfunction. Modern Chinese books do talk about external Phlegm but this is the result of an internal disharmony generated by an invasion of Wind: it is not generated from weather as external Dampness is.

2) Interior Dampness originates mostly from the impairment of the Spleen in transforming and transporting Body Fluids, whereas the Lungs, Kidneys, Liver and Heart can all be involved in the formation of Phlegm.
3) Although Dampness can settle in the head preventing the clear Yang from ascending, it primarily affects the lower part of the body while Phlegm primarily affects the middle and upper part of the body.

For example, urinary problems are often caused by Dampness in the Lower Burner and Bladder.

While, intestinal problems manifesting with mucus or blood in the stools are due to Dampness and Heat in the Intestines.

Phlegm, on the other hand, mostly affects the chest causing a feeling of oppression in the chest, the throat causing a feeling of obstruction in the throat, or the head causing a feeling of heaviness, muzziness (fuzziness) and dizziness.
4) Dampness in the head causes a characteristic feeling of heaviness while Phlegm, contrary to Dampness, also causes dizziness.

5) Phlegm can “mist” the Mind causing mental problems or sometimes mental retardation in children while Dampness has no such effect.

6) Phlegm can be retained in the channels and under the skin causing swellings and lumps, while Dampness mostly affects the Internal Organs or joints.

7) Although there are various different types of Phlegm including Cold or Damp-Phlegm, Phlegm easily combines with Fire, especially in chronic diseases. Dampness has no such characteristic.

Phlegm is so frequently associated with Fire that there is a saying in Chinese Medicine that says: “Phlegm is a substantial form of Fire and Fire is a non-substantial form of Phlegm”.
8) Interior Dampness originates only from a Spleen dysfunction, while Phlegm can also originate from the condensing action of Fire on Body Fluids.

9) Dampness affects mostly the Spleen, Gall-Bladder, Bladder, and Intestines (hence, apart from the Spleen, mostly the Yang organs), while Phlegm affects mostly the Lungs, Heart, Kidney and Stomach (hence, apart from the Stomach, mostly the Yin organs).

10) Dampness affects the Spleen, while Phlegm often affects the Stomach.
11) Although Phlegm has the nature of heaviness, it does not have Dampness’s characteristics of being sticky, dirty and flowing downwards.

12) Phlegm can associate with various other pathogenic factors giving rise to Cold-Phlegm, Damp-Phlegm, Wind-Phlegm, Dry-Phlegm, Phlegm-Fire and Qi-Phlegm, while Dampness only associates with Cold or Heat.

13) Phlegm can assume a very watery and dilute form called Phlegm-Fluids while Dampness only assumes one form.
14) From the point of view of pulse diagnosis, both Dampness and Phlegm can manifest with a Slippery pulse. However, Dampness can also manifest with a Weak-Floating (Soggy) pulse, while Phlegm can manifest with a Wiry pulse.

15) From the point of view of tongue diagnosis, both Dampness and Phlegm can manifest with a sticky coating but Phlegm primarily manifests with a Swollen body.

16) From the point of view of acupuncture treatment, although there are many similarities in the treatment of Dampness and Phlegm, the Spleen channel is mostly used to eliminate Dampness, while the Stomach channel is mostly used to resolve Phlegm. For example, Yinlingquan SP-9, Sanyinjiao SP-6 and Taibai SP-3 are the main points to eliminate Dampness, while Fenglong ST-40 is the most important point to resolve Phlegm.
17) From the point of view of herbal treatment, the herbs used to drain Dampness or resolve Phlegm belong to two entirely different categories with different therapeutic effect.

18) By definition, Phlegm is the result of a chronic condition (except for acute invasions of Wind) whereas Dampness may be acute or chronic.

19) Phlegm, besides being the result of a disharmony, it may later become the cause of a further disharmony. Dampness does not.

20) Phlegm moves more with Qi and Blood than Dampness does: it moves round the body with Qi and Blood (usually rebellious Qi) and is more pathogenetic. Dampness tends to stagnate somewhere and remain there.

21) Phlegm causes more serious diseases.

22) Phlegm is more obstructive, obstructs orifices, blurred vision, tinnitus
DISEASE-SYMPTOMS

OBESITY

Always characterized by

Dampness

Phlegm

Qi deficiency.

Therefore one must dry Dampness, resolve Phlegm and tonify Qi.
DAMP-PHLEGAM

Predominance of Full condition, although there is Qi deficiency.

Clinical manifestations: Obesity, overeating, nausea, feeling of oppression of the chest and epigastrium, expectoration of sputum, feeling of heaviness, aversion to heat.

Tongue: Swollen with a sticky coating.
Pulse: Slippery.

Treatment principle: Dry Dampness, resolve Phlegm.

Acupuncture: Ren-12 Zhongwan, BL-20 Pishu, BL-22 Sanjiaoshu, ST-40 Fenglong, Ren-9 Shuifen.

Prescriptions
Er Chen Ping Wei Tang Two Old Balancing the Stomach Decoction
(Ban Xia, Chen Pi, Fu Ling, Cang Zhu, Hou Po, Gan Cao).

Three Treasures: Limpid Sea
QI DEFICIENCY

Predominantly deficient but always with Phlegm.

Clinical manifestations: Obesity, tiredness, depression, feeling of heaviness, breathlessness, spontaneous sweating, pale complexion, epigastric fullness, desire to lie down, oedema, aversion to cold.

Tongue Swollen, teethmarks.
Pulse: Weak-Slippery.

Treatment principle: Tonify Qi, strengthen the Spleen, resolve Phlegm.

Acupuncture: Ren-12 Zhongwan, BL-20 Pishu, ST-36 Zusanli, ST-40 Fenglong, SP-6 Sanyijniao, Ren-9 Shuifen.

Prescription
-Add Shan Zha, Ze Xie, Yi Yi Ren.

Caution: if use this formula must be absolutely sure that it is Han Fang Ji (Radix Stephaniae tetrandae) and not Guang Fang Ji (Radix Aristolochiae Fangchi)!
In women, there is often also Blood deficiency and Blood stasis with symptoms of irregular periods, amenorrhoea, ovarian cysts, polycystic ovary syndrome, etc. In this case add Yi Mu Cao, Dang Gui, Shu Di Huang, Chi Shao and Chuan Xiong.
DIZZINESS

DAMP-PHLEGM

Clinical manifestations
Dizziness, feeling of heaviness of the head as if wrapped, giddiness as if rocked in a boat, sensitive to weather changes, better with eyes shut and lying down, feeling of oppression of the chest, nausea, vomiting, sticky taste, poor appetite, sleepiness.
Tongue: Swollen with a sticky coating:
Pulse: Slippery.

Treatment principle
Dry Dampness, resolve Phlegm, strengthen the Spleen, harmonize the Stomach.

Acupuncture
Ren-12 Zhongwan, LU-7 Lieque, L.I.-4 Hegu, ST-8 Touwei, ST-40 Fenglong, SP-6 Sanyinjiao, G.B.-20 Fengchi, Ren-9 Shuifen.


Three Treasures: Clear Yang
COLD PHLEGM

Clinical manifestations
Dizziness, vomiting of watery fluids, likes heat, aversion to cold, likes to keep head warm, cold limbs, desire to lie down, loose stools.
Tongue: Swollen, wet, with a sticky coating.
Pulse: Wiry-Deep or Deep-Slippery-Slow.

Treatment principle: Warm and transform Cold Phlegm.

Acupuncture: Same as above with moxa.

Prescription
Qing Zhou Bai Wan (Fu Zi, Ban Xia, Bai Jie Zi, Dan Nan Xing). Can replace Fu Zi with Gui Zhi, higher dose.

Dao Tan Tang Resolving Phlegm Decoction (Chen Xiang, Fu Zi or Gui Zhi, Xiao Hui Xiang, Yang Qi Shi, Hu Lu Ba, Bu Gu Zhi, Bai Dou Kou, Mu Xiang, Rou Gui, Hei Xi) for Kidney-Yang deficiency and turbid Phlegm ascending to the Upper Burner.
PHLEGM-HEAT

Dizziness, nausea, vomiting, sticky sputum, bitter taste, thirst, cannot lie down, feeling of heaviness of the head, eyes feel heavy, scanty-dark urine, constipation,

Tongue: Red, Swollen, with a sticky-yellow coating.
Pulse: Slippery and Rapid.

Treatment principle
Clear Heat, resolve Phlegm, harmonize the Stomach, subdue rebellious Stomach-Qi.

Acupuncture
Same as above plus L.I.-11 Quchi, SP-9 Yinlingquan, ST-44 Neiting.

Prescription
Qing Shang Wan Clearing Upwards Pill (Shi Chang Pu, Dan Nan Xing, Fu Ling, Huang Lian, Ban Xia, Shen Qu, Ju Hong, Jiang Can, Suan Zao Ren, Qing Dai, Mu Xiang, Chai Hu, Zhu Li).

Huang Lian Wen Dan Tang Coptis Warming the Gall-Bladder Decoction.
PHLEGM AND BLOOD STASIS

Dizziness, headache, long-standing disease, insomnia, palpitations, irritability, mental restlessness, dark complexion, eyes without *shen*

Tongue: Swollen, purple, sticky coating
Pulse: Slippery and Wiry.

**Treatment principle**
Resolve Phlegm, remove obstructions from the Luo channels, invigorate Blood, eliminate stasis.

**Acupuncture**
L.I.-11 Quchi, P-6 Neiguan, SP-10 Xuehai, BL-17 Geshu, Ren-12 Zhongwan, ST-40 Fenglong, SP-6 Sanyinjiao, Ren-9 Shuifen, Chong Mai (SP-4 and P-6).

**Prescription**
Tao Hong Dao Tan Tang *Persica-Carthamus Conducting Phlegm Decoction* (Tao Ren, Hong Hua, Ju Hong, Ban Xia, Fu Ling, Gan Cao, Zhi Ke, Dan Nan Xing.)
HEADACHES

LIVER-YANG RISING WITH PHLEGM

Clinical manifestations
Headache, dizziness, feeling of heaviness of the head and lightness of feet, likes to have eyes shut, feeling of heaviness of the body, nausea, vomiting, spitting phlegm. There may be a dull, persistent headache (Phlegm) punctuated by attacks of severe migraine (Liver-Yang rising).
Tongue: Swollen, Stiff, sticky coating.
Pulse: Wiry-Slippery.

Treatment principle: Extinguish Wind and resolve Phlegm.

Acupuncture

Prescription
Gan Ju Jing Jie Tang Glycyrrhiza-Chrysanthemum-Schizonepeta Decoction (Ju Hua, Fang Feng, Xuan Fu Hua, Chuan Xiong, Zao Jia, Shi Gao, Gan Cao, Zhi Ke, Jing Jie) plus Phlegm-resolving herbs.

Bai Zhu Ban Xia Tian Ma Tang Atractylodes-Pinellia-Gastrodia Decoction

Three Treasures: Clear Yang
DAMP-PHELGM

Clinical manifestations
Headache, feeling of heaviness of the head as if wrapped, nausea, vomiting, feeling of oppression of the chest, feeling of muzziness (fuzziness).

Tongue: Swollen with a sticky coating
Pulse: Slippery.

Treatment principle: Dry Dampness, resolve Phlegm, harmonize the Centre and subdue rebellious Qi.

Acupuncture: Same as above.

Prescription: Bai Zhu Ban Xia Tian Ma Tang *Atractylodes-Pinellia-Gastrodia Decoction*

Three Treasures: *Clear Yang*
COLD PHLEGM

Clinical manifestations
Headache, dizziness, likes heat, feeling of heaviness of the head, feeling cold, feeling of muzziness (fuzziness).

Tongue: Swollen, wet with a sticky coating
Pulse: Deep-Wiry.

Treatment principle: Scatter Cold, expel Phlegm.

Acupuncture: Same, plus moxa.

Prescription
Chuan Xiong Dao Tan Tang Chuan Xiong Resolving Phlegm Decoction (Chuan Xiong, Xi Xin, Dan Nan Xing, Chen Pi, Fu Ling, Ban Xia, Zhi Ke, Gan Cao, Sheng Jiang).
MANIC BEHAVIOUR (Kuang)

This is due to Phlegm obstructing the Mind orifices. There is also rebellious Qi and there may be Fire harassing the Mind.

It is usually a Full condition that affects Stomach and Heart.
PHLEGM-FIRE

Clinical manifestations
Irritability, violent behaviour, shouting, scolding people, headache, insomnia, red eyes and face, laughing, excessive energy, compulsive work at night, often prolific artistic output, spending money uncontrollably, singing.

Tongue: Red, Swollen, Stomach and Heart crack, sticky-yellow coating.
Pulse: Wiry and Slippery, Rapid, Overflowing on the left cun.

Treatment principle: Calm the Heart, resolve Phlegm, drain the Liver, drain Fire.


Prescription
Sheng Tie Luo Yin Iron Filings Decoction (Remove Zhu Sha).

Three Treasures
Settling the Soul.
SHENG TIE LUO YIN
Iron Filings Decoction

Sheng Tie Luo Frusta Ferri
Dan Nan Xing Rhizoma Arisaematis preparatum
Zhe Bei Mu Bulbus Fritillariae thunbergii
Xuan Shen Radix Scrophulariae
Tian Men Dong Radix Asparagi
Mai Men Dong Radix Ophiopogonis
Lian Qiao Fructus Forsythiae
Dan Shen Radix Salviae miltiorrhizae
Fu Ling Poria
Chen Pi Pericarpium Citri reticulatae
Shi Chang Pu Rhizoma Acori tatarinowii
Yuan Zhi Radix Polygalae
Zhu Sha Cinnabaris
PHLEGM-HEAT INJURING YIN

Clinical manifestations
Long-term manic behaviour, symptoms same as previous pattern plus:
feeling of heat in the evening, night sweating,

Tongue: Swollen, Red without coating,
or without coating in the centre and with
a rootless-sticky-yellow coating around it,
Stomach-Heart crack.
Pulse: Floating-Empty but slightly Slippery.

Treatment principle
Nourish Heart and Kidneys, clear Heat, resolve Phlegm.

Acupuncture
The same as above, plus Ren-4 Guanyuan, K1-3 Taixi, K1-6 Zhaohai.

Prescription
Er Yin Jian Two Yin Decoction (Sheng Di Huang, Mai Men Dong) plus Sheng Tie Luo Yin Iron Filings Decoction (see above).
INSOMNIA

Insomnia from Phlegm is always related to Stomach, Heart and Spleen.
PHLEGM-HEAT HARASSING THE HEART

Clinical manifestations
Insomnia, dreaming a lot, headache, feeling of heaviness of the head, spitting of phlegm, nausea, feeling of oppression of the chest, bitter taste, sticky sensation in the mouth.
Tongue: red, swollen, with a Stomach-Heart crack and a sticky-yellow coating.
Pulse: Slippery, Rapid.

Treatment principle: Resolve Phlegm, clear Heat, harmonize the Stomach, calm the Mind.


Prescription
Huang Lian Wen Dan Tang Coptis Warming the Gall-Bladder Decoction.

Empirical prescription by Dr Zhu Ceng Bai
(Zhu Ru, Dan Nan Xing, Zhi Shi, Ban Xia, Xia Ku Cao, Long Dan Cao, Huang Lian, Mu Tong, Ze Xie, Ye Jiao Teng, Gan Cao).

Three Treasures: Settling the Soul
HEART DEFICIENCY WITH PHLEGM

Clinical manifestations
Insomnia, dreaming a lot, poor memory, palpitations, feeling of heaviness of the head, dizziness, feeling of oppression of the chest, depression, tiredness, pale complexion.
Tongue: Pale, Swollen with a sticky coating.
Pulse: Weak and Slippery.

Treatment principle
Tonify the Heart, nourish Blood, strengthen the Spleen, regulate Qi and resolve Phlegm.

Acupuncture

Prescription
Gui Pi Tang *Tonifying the Spleen Decoction* plus Ban Xia Shu Mi Tang *Pinellia-Oryza Decoction* (Ban Xia, Shu Mi).

Three Treasures: *Calm the Shen* plus *Limpid Sea*
PHLEGM AND BLOOD STASIS

Clinical manifestations
Chronic illness, insomnia, headache, abundant sputum, dry mouth with no desire to drink.
Tongue: Purple, Swollen with a sticky coating.
Pulse: Slippery and Wiry.

Treatment principle
Resolve Phlegm, eliminate stasis, calm the Mind, settle the Zhi.

Acupuncture
G.B.-12 Wangu, P-6 Neiguan, Ren-14 Juque, SP-10 Xuehai, Ren-12 Zhongwan, ST-40 Fenglong, SP-6 Sanyinjiao, Ren-9 Shuifen.

Prescription
Tao Hong Dao Tan Tang *Persica-Carthamus Conducting Phlegm Decoction* (Hong Hua, Tao Ren, Ban Xia, Fu Ling, Zhi Shi, Dan Nan Xing, Gan Cao).
SOMNOLENCE

DAMP-PHLEGM

Clinical manifestations: Obesity, somnolence, sensitive to weather changes, feeling of heaviness of the head, feels like wrapped, tiredness, weak limbs, nausea, feeling of oppression of the chest.

Tongue: Swollen with a sticky coating:
Pulse: Slippery.

Treatment principle: Resolve Phlegm, open the orifices, dry Dampness and strengthen the Spleen.


Prescription: Er Chen Ping Wei San Two Old Balancing the Stomach Powder (Ban Xia, Chen Pi, Cang Zhu, Hou Po, Gan Cao).

Modifications
- Dampness pronounced: add Huo Xiang, Pei Lan, Yi Yi Ren.
- Damp-Heat: add Zhu Ru, Dan Nan Xing.
POOR MEMORY

TURBID PHLEGM OBSTRUCTING THE HEART ORIFICES

Poor memory, absent-minded, dizziness, blurred vision, palpitations, feeling of oppression of the chest, nausea, phlegm on chest, rattling sound in throat
Tongue: Swollen with a sticky coating, Heart crack
Pulse: Slippery.

Treatment principle
Resolve Phlegm, calm the Mind, settle the Heart.


Prescription
Kong Sheng Zhen Zhong Dan Sage Pillow Special Pill (Gui Ban, Long Gu, Yuan Zhi, Shi Chang Pu).

Shi Chang Pu is main herb which, according to old books, “soothes Heart-Qi, relaxes the Heart vessels, makes the Heart happy, and benefits the Zhi”.
PHLEGM-HEAT

Clinical manifestations
Poor memory, mental restlessness, dizziness, headache, red face, dry throat, feeling of oppression of the chest, nausea, vomiting of yellow mucus.

Tongue: red, Swollen with a sticky coating.
Pulse: Slippery and Rapid.

Treatment principle
Clear Heat, resolve Phlegm, calm the Mind.

Acupuncture
P-5 Jianshi, L.I.-11 Quchi, ST-40 Fenglong, Ren-12 Zhongwan, Ren-15 Jiuwei
P-7 Daling, Ren-9 Shuifen.

Prescription
Huang Lian Wen Dan Tang Coptis Warming the Gall-Bladder Decoction.
PHLEGM AND BLOOD STASIS

Clinical manifestations
Poor memory, difficulty in remembering long-past events, dizziness, headache, feeling of heaviness of the head,

Tongue: Swollen with a sticky coating, purple.
Pulse: Slippery and Wiry.

Treatment principle
Resolve Phlegm, eliminate stasis, open the orifices.

Acupuncture

Prescription
Xue Fu Zhu Yu Tang Blood Mansion Eliminating Stasis Decoction plus Shi Chang Pu, Dan Nan Xing and Yuan Zhi.
COUGH

DAMP-PHLEGM

Clinical manifestations
Cough with profuse sticky sputum, feeling of oppression of the chest.

Tongue: Swollen with a sticky coating.

Treatment principle
Dry Dampness, resolve Phlegm, strengthen the Spleen, stop cough.

Acupuncture
LU-7 Lieque, LU-5 Chize, Ren-12 Zhongwan, BL-13 Feishu, ST-40 Fenglong, SP-6 Sanyinjiao, LU-1 Zhongfu, Ren-9 Shuifen.

Prescription
Er Chen Tang *Two Old Decoction* plus Cang Zhu, Hou Po, Zi Wan, Kuan Dong Hua.
LUNG-YIN DEFICIENCY AND PHLEGM

Clinical manifestations
Chronic cough, sticky sputum, breathlessness, tiredness, dry throat, feeling of heat in the evening, night-sweating, malar flush. Tongue: red without coating.

Treatment principle
Nourish Yin, clear Heat, resolve Phlegm, stop cough.

Acupuncture
LU-9 Taiyuan, LU-7 Lieque, Ren-4 Guanyuan, SP-6 Sanyinjiao, ST-40 Fenglong, Ren-12 Zhongwan, Ren-9 Shuifen.

Prescription
Sha Shen Mai Dong Tang Adenophora-Ophiopogon Decoction plus Xie Bai San Draining White Powder.

Bei Mu Gua Lou San Fritillaria-Trichosanthes Powder.

Bai He Gu Jin Tang Lilium Consolidating Metal Decoction plus Xie Bai San Draining White Powder.
LUNG-QI DEFICIENCY WITH PHLEGM

Clinical manifestations
Chronic cough, sticky sputum, tiredness, breathlessness, loose stools, poor appetite, feeling of oppression of the chest.
Tongue: Swollen with a sticky coating.
Pulse: Weak-Slippery.

Treatment principle
Tonify Lung-and Spleen-Qi, resolve Phlegm, stop cough.

Acupuncture
Same as above, plus Ren-6 Qihai.

Prescription
Liu Jun Zi Tang *Six Gentlemen Decoction* plus Er Chen Tang *Two Old Decoction*.

Three Treasures: *Prosperous Earth* and *Limpid Sea*
BREATHLESSNESS (*CHUAN*)

FULL TYPES

DAMP-PHLEGM

Clinical manifestations
Cough with profuse sticky sputum, breathlessness, feeling of oppression of the chest, cannot lie down, nausea, sticky taste.
Tongue: Swollen with a sticky coating:
Pulse: Slippery.

Treatment principle
Dry Dampness, resolve Phlegm, subdue rebellious Qi, calm breathlessness.

Acupuncture
LU-7 Lieque, LU-5 Chize, Ren-12 Zhongwan, ST-40 Fenglong, SP-6 Sanyinjiao, Ren-9 Shuifen.

Prescription
San Zi Yang Qin Tang *Three Seeds Nourishing the Ancestors Decoction* plus Er Chen Tang *Two Old Decoction*.
SAN ZI YANG QIN TANG
*Three Seeds Nourishing the Ancestors Decoction*

Bai Jie Zi *Semen Sinapis*
Zi Su Zi *Fructus Perillae*
Lai Fu Zi *Semen Raphani*
PHLEGM-HEAT

Clinical manifestations
Breathlessness, red face, thirst, feeling of oppression of the chest, cough with yellow sputum, sweating.

Tongue: Red, swollen with a sticky-yellow coating
Pulse: Slippery-Rapid.

Treatment principle; Resolve Phlegm and drain Fire.

Acupuncture: LU-5 Chize, L.I.-11 Quchi, LU-1 Zhongfu, ST-40 Fenglong, Ren-12 Zhongwan, SP-9 Yinlingquan, Ren-9 Shuifen.

Prescription
Xie Bai San Draining White Powder (Sang Bai Pi, Di Gu Pi)
DEFICIENCY

QI DEFICIENCY AND PHLEGM

Clinical manifestations
Breathlessness, tiredness, wheezing sound, worse with exercise, feeling of oppression of the chest, nausea, scanty sputum, loose stools, spontaneous sweating, cold limbs, oedema face
Tongue: Swollen with a sticky coating.
Pulse: Weak and Slippery.

Treatment principle: Tonify the Kidneys, strengthen the Spleen, resolve Phlegm, calm breathlessness.

Acupuncture: Ren-12 Zhongwan, ST-40 Fenglong, LU-7 Lieque, ST-36 Zusanli, SP-6 Sanyinjiao, Ren-6 Qihai, Ren-9 Shuifen.

Prescription
YIN DEFICIENCY WITH PHLEGM

Clinical manifestations
Breathlessness, scanty sputum, cough at night, coughing induces vomiting, feeling of heat in the evening, night-sweating.

Tongue: red without coating or peeled in the centre with a rootless-sticky coating around it
Pulse: Floating-Empty and slightly Slippery.

Treatment principle: Nourish Yin, moisten dryness, resolve Phlegm and calm breathlessness.

Acupuncture: LU-9 Taiyuan, LU-7 Lieque, Ren-12 Zhongwan, ST-40 Fenglong, SP-6 Sanyinjiao, KI-3 Taixi, Ren-4 Guanyuan, Ren-9 Shuifen.

Prescription
Jin Shui Liu Jun Jian Metal and Water Six Gentlemen Decoction (Dang Gui, Shu Di Huang, Chen Pi, Ban Xia, Fu Ling, Zhi Gan Cao, Sheng Jiang).
YANG DEFICIENCY WITH PHLEGM

Clinical manifestations
Cough with abundant sputum, breathlessness, worse on exercise, cold limbs, feeling cold, spontaneous sweating, palpitations, abundant urination.

Tongue: pale, Swollen with a sticky coating
Pulse: slow, Weak and slightly Slippery.

Treatment principle
Resolve Phlegm, subdue rebellious Qi, warm the Kidneys and restore its grasping of Qi.

Acupuncture
Ren-6 Qihai, LU-7 Lieque, Ren-12 Zhongwan, ST-40 Fenglong, ST-36 Zusanli, SP-6 Sanyinjiao, Ren-9 Shuifen. Moxa.

Prescription
Su Zi Jiang Qi Tang Perilla Making Qi Descend Decoction.

Three Treasures: Clear Qi
SU ZI JIANG QI TANG
Perilla Seed Lowering Qi Decoction

Su Zi Fructus Perillae 9 g
Ban Xia Rhizoma Pinelliae preparatum 9 g
Hou Po Cortex Magnoliae officinalis 6 g
Qian Hu Radix Peucedani 6 g
Rou Gui Cortex Cinnamomi 3 g
Dang Gui Radix Angelicae sinensis 6 g
Sheng Jiang Rhizoma Zingiberis recens 2 slices
Zi Su Ye Folium Perillae 5 leaves
Zhi Gan Cao Radix Glycyrrhizae uralensis preparata 6 g
Da Zao Fructus Jujubae 1 date
WHEEZING *(XIAO)*

**ACUTE**

**COLD PHLEGM**

Rapid breathing, wheezing, a feeling of fullness and oppression of the chest, cough, scanty phlegm, a bluish-white complexion, no thirst, or a desire for warm drinks, feeling cold, worse in cold weather.

Tongue: Swollen with a sticky-white coating.
Pulse: Tight and Slippery.

**Treatment principle:** Warm the Lungs, scatter Cold, resolve Phlegm, relieve breathlessness.

**Acupuncture:** LU-7 Lieque, BL-13 Feishu, LU-1 Zhongfu, LU-6 Kongzui, Ren-22 Tiantu, Ren-17 Shanzhong, ST-40 Fenglong, P-6 Neiguan, Ren-9 Shuifen. All with reducing or even method. Moxa is applicable.

**Herbal treatment**
**Prescription:** She Gan Ma Huang Tang *Belamcantha-Ephedra Decoction.*
SHE GAN MA HUANG TANG
Belamcanda-Ephedra Decoction

She Gan *Rhizoma Belamcandae* 6 g
Ma Huang *Herba Ephedrae* 9 g
Gan Jiang *Rhizoma Zingiberis* 3 g
Xi Xin *Herba Asari* 3 g
Ban Xia *Rhizoma Pinelliae preparatum* 9 g
Zi Wan *Radix Asteris* 6 g
Kuan Dong Hua *Flos Farfarae* 6 g
Gan Cao *Radix Glycyrrhizae uralensis* 3 g
Wu Wei Zi *Fructus Schisandraceae* 3 g
Da Zao *Fructus Jujubae* 3 dates
PHLEGM-HEAT

Clinical manifestations
Wheezing with a loud noise, breathlessness, distended chest, cough, yellow-sticky sputum, irritability, sweating, a red face, a bitter taste, thirst, a feeling of heat.
Tongue: Red with a yellow-sticky coating.
Pulse: Slippery-Rapid.

Treatment principle
Clear Heat, restore the descending of Lung-Qi, resolve Phlegm, stop wheezing.

Acupuncture
LU-5 Chize, LU-10 Yuji, LU-6 Kongzui, BL-13 Feishu, LU-1 Zhongfu, L.I.-11 Quchi, P-5 Jianshi, ST-40 Fenglong, Ren-22 Tiantu, Ren-9 Shuifen.

Prescription: Ding Chuan Tang Stopping Breathlessness Decoction.
**DING CHUAN TANG**  
*Stopping Breathlessness Decoction*

Ma Huang *Herba Ephedrae* 9 g  
Huang Qin *Radix Scutellariae* 6 g  
Sang Bai Pi *Cortex Mori* 9 g  
Xing Ren *Semen Armeniacae* 9 g  
Ban Xia *Rhizoma Pinelliae preparatum* 9 g  
Kuan Dong Hua *Flos Farfarae* 9 g  
Su Zi *Fructus Perillae* 6 g  
Bai Guo *Semen Ginkgo bilobae* 9 g  
Gan Cao *Radix Glycyrrhizae uralensis* 3 g
CHRONIC

LUNG DEFICIENCY WITH PHLEGM

Clinical manifestations
Sweating, chilliness, propensity to catching colds, sneezing, a runny nose, shortness of breath, slight wheezing with a low sound, a slight cough.

Tongue: Pale and swollen
Pulse: Weak.

Treatment principle
Tonify the Lungs, resolve Phlegm.

Acupuncture
LU-9 Taiyuan, ST-36 Zusanli, Ren-6 Qihai, BL-13 Feishu, Du-12 Shenzhu, LU-7 Lieque, ST-40 Fenglong, Ren-9 Shuifen.

Herbal treatment
SPLEEN DEFICIENCY

Clinical manifestations
Slight wheezing that has a low sound, poor appetite, slight abdominal distension, intolerance to certain foods, tiredness, shortness of breath, dislike of speaking, desire to lie down, weariness.
Tongue: Pale.
Pulse: Weak.

Treatment principle
Tonify the Spleen and resolve Phlegm.

Acupuncture
ST-36 Zusanli, SP-3 Taibai, BL-20 Pishu, BL-21 Weishu, Ren-12 Zhongwan, ST-40 Fenglong, LU-7 Lieque, LU-9 Taiyuan, BL-13 Feishu, Ren-6 Qihai, Ren-9 Shuifen. All with reinforcing method. Moxa is applicable.

Prescription

Three Treasures: Prosperous Earth
CHEST BI

COLD PHLEGM

Clinical manifestations
Chest pain extending to shoulder, feeling cold, pain worsening with cold, cold limbs, purple lips, feeling of stuffiness in the heart region, feeling of tightness and fullness of the chest, uncomfortable sensation in hypochondrium rising to heart, spontaneous sweating.
Tongue: Pale, Swollen with a sticky coating
Pulse: Tight and Slippery.

Treatment principle
Resolve Phlegm, scatter Cold, move Yang Qi, soothe (chest) Bi.

Acupuncture
P-6 Neiguan, BL-14 Jueyinshu, BL-15 Xinshu, Ren-17 Shanzhong, Ren-14 Juque, ST-40 Fenglong, Ren-12 Zhongwan, Ren-9 Shuifen, SP-6 Sanyinjiao, BL-13 Feishu, LU-7 Lieque, LU-9 Taiyuan, Ren-9 Shuifen. Reducing of even method, except for Ren-12 which should be reinforced. Moxa should be used.

Prescription: Gua Lou Xie Bai Gui Zhi Tang Tricosanthes-Allium-Cinnamomum Decoction (Gua Lou, Xie Bai, Gui Zhi, Zhi Shi, Hou Po, Ban Xia).
DAMP-PHLEGM

Clinical manifestations
Chest pain extending to shoulder, wheezing, feeling of oppression of the chest, abundant sputum, cannot lie down, feeling of fullness and heaviness, stick sensation in the mouth, nausea.

Tongue: Swollen with a sticky coating.
Pulse: Slippery.

Treatment principle
Resolve Phlegm, move Yang, soothe Bi.

Acupuncture
Same as above.

Prescription
Gua Lou Xie Bai Ban Xia Tang *Tricosanthes-Allium-Pinellia Decoction* plus Dao Tan Tang *Resolving Phlegm Decoction*. 
DAO TAN TANG
Resolving Phlegm Decoction

Chen Xiang *Lignum Aquilariae resinatum*
Fu Zi *Radix Aconiti lateralis preparata*
Xiao Hui Xiang *Fructus Foeniculi*
Yang Qi Shi *Actinolitum*
Hu Lu Ba *Semen Trigonellae*
Bu Gu Zhi *Fructus Psoraleae corylifoliae*
Bai Dou Kou *Fructus Amomi*
Mu Xiang *Radix Aucklandiae*
Rou Gui *Cortex Cinnamomi*
Hei Xi *Lead* (DO NOT USE!)
PHLEGM AND BLOOD STASIS

Clinical manifestations
Chest pain that is stabbing in character, extending to shoulder, palpitations, purple lips, dark complexion, nausea

Tongue: Purple with a sticky coating and Swollen
Pulse: Slippery and Wiry.

Treatment principle
Move Qi, invigorate Blood, eliminate stasis, resolve Phlegm.

Acupuncture
Chong Mai (SP-4 and P-6), P-6 Neiguan, SP-10 Xuehai, BL-17 Geshu, BL-14 Jueyinshu, Ren-12 Zhongwan, ST-40 Fenglong, SP-6 Sanyinjiao, Ren-9 Shuifen.

Prescription
Guan Xin No. 1 Formula Coronary Disease Formula No. 1 (Gua Lou, Dan Shen, Xie Bai, Ban Xia, Tao Ren, Hong Hua, Wu Ling Zhi, Gui Zhi, Hu Po, San Qi).
VOMITING/NAUSEA

DAMP-PHLEGM

Clinical manifestations
Vomiting of sticky fluids or food, feeling of heaviness, feeling of oppression of the chest

Tongue: Swollen with a sticky coating
Pulse: Slippery.

Treatment principle
Dry Dampness, resolve Phlegm, subdue rebellious Qi, stop vomiting.

Acupuncture
Ren-13 Shangwan, P-6 Neiguan, ST-40 Fenglong, SP-6 Sanyinjiao, Ren-9 Shuifen.

Prescription
Xuan Fu Hua Tang *Inula Decoction*  
(Xuan Fu Hua, Ban Xia, Chen Pi, Gan Jiang, Gan Cao, Bing Lang, Bai Zhu, Ren Shen, Sheng Jiang).

Three Treasures: *Limpid Sea*
PHLEGM-HEAT

Clinical manifestations
Vomiting of food or sour fluids, straight after eating, thirst, bitter taste.

Tongue: Red, Swollen with a sticky-yellow coating.
Pulse: Slippery and Rapid.

Treatment principle
Clear Heat, resolve Phlegm, harmonize the Stomach, stop vomiting, subdue rebellious Qi.

Acupuncture
Ren-13 Shangwan, P-6 Neiguan, ST-40 Fenglong, SP-6 Sanyinjiao, L.I.-11 Quchi, ST-44 Neiting, Ren-9 Shuifen.

Prescription
Wen Dan Tang *Warming the Gall-Bladder Decoction.*
COLD PHLEGM

Clinical manifestations
Vomiting of watery fluids, feeling cold
Tongue: Swollen with a sticky coating, wet.
Pulse: Tight and Slippery.

Treatment principle
Warm the Centre, resolve Phlegm, subdue rebellious Qi, stop vomiting.

Acupuncture
Ren-13 Shangwan, P-6 Neiguan, ST-40 Fenglong, SP-6 Sanyinjiao, Ren-9 Shuifen. Moxa.

Prescription
Ding Xiang Ban Xia Tang Caryophyllium-Pinellia Decoction (Ding Xiang, Gan Jiang, Ban Xia, Ju Hong, Bai Zhu, Sheng Jiang).
FOOD-PHLEGM

Clinical manifestations
Vomiting of food soon after eating, undigested food in stools, belching, sour regurgitation, feeling of fullness and hardness.

Tongue: Swollen with a thick-sticky coating
Pulse: Slippery.

Treatment principle
Dissolve Food accumulation, resolve Phlegm, subdue rebellious Qi, stop vomiting.

Acupuncture
Ren-13 Shangwan, P-6 Neiguan, Ren-12 Zhongwan, ST-40 Fenglong, Ren-10 Xiawan, ST-19 Burong, ST-34 Liangqiu, Ren-9 Shuifen.

Prescription
Si Shi Wan Pensiveness Food Pill (Wu Mei, Shen Qu, Gan Jiang, Mai Ya, Ren Shen, Gao Cao) plus Bao He Wan Protecting and Harmonizing Pill.
ERECTILE DYSFUNCTION

DAMP-PHLEGM IN GENITAL SYSTEM

Clinical manifestations
Impotence, dizziness, spitting of sputum, feeling of oppression of the chest, feeling of heaviness of the limbs, etc.

Treatment principle
Resolve Phlegm, warm Yang.

Acupuncture
Ren-12 Zhongwan, ST-40 Fenglong, SP-9 Yinlingquan, BL-22 Sanjiaoshu, KI-7 Fuliu, BL-23 Shenshu, Ren-9 Shuifen.

Prescription
Dao Tan Tang *Conducting Phlegm Decoction* plus Cang Zhu, Bai Jie Zi, Mu Xiang, Yu Jin, Wu Gong.
PHLEGM IN MALE GENITAL SYSTEM

MALE GENITAL MANIFESTATIONS OF PHLEGM

- Prostatic hypertrophy
- Peyronie’s disease
- Priapism
- Impotence
- Sweaty genitals
STASIS OF JING AND PHLEGM

Clinical manifestations
Impotence, pain in the testis and perineum, hypogastric pain, premature greying of hair, abnormal sperm (motility, shape, etc.), feeling of oppression of the chest, urethral discharge.
Tongue: Purple and Swollen with a sticky coating.
Pulse: Firm-Slippery.

Treatment principle
Invigorate Blood and the Jing, eliminate stasis, resolve Phlegm.

Acupuncture
SP-4 Gongsun with P-6 Neiguan, KI-14 Siman, ST-28 Shuidao, Ren-3 Zhongji, BL-34 Xialiao, LIV-5 Ligou, LIV-3 Taichong, SP-10 Xuehai, ST-40 Fenglong, SP-9 Yinlingquan, Ren-9 Shuifen, BL-22 Sanjiaoshu.

Herbal therapy
Huo Xue Tong Jing Tang Invigorating Blood and Penetrating the Essence Decoction.
HUO XUE TONG JING TANG
Invigorate Blood and Penetrate the Essence Decoction

Dang Gui Radix Angelicae sinensis 6 g
He Shou Wu Radix Polygoni multiflori preparata 6 g
Yi Mu Cao Herba Leonuri 6 g
Ji Xue Teng Caulis Spatholobi 6 g
Chuan Niu Xi Radix Cyathulae 6 g
Gou Qi Zi Fructus Lycii chinensis 6 g
Xue Jie Resina Demonoropis 6 g
Pu Huang Pollen Typhae 6 g
Tao Ren Semen Persicae 6 g
Wang Bu Liu Xing Semen Vaccariae 6 g
DAMP-PHLEGM IN THE URINARY PASSAGES

Clinical manifestations
Painful-scanty urination, dribbling, difficulty, turbid urine, mucus in urine, feeling of oppression of the chest, etc.

Treatment principle
Resolve Phlegm, penetrate Lin.

Acupuncture

Prescription
Qian Jin Zhi Lin Fang Thousand Ducats Stopping Lin Prescription (Hua Shi, Shi Wei, Gua Lou, Mai Ya, Cang Zhu, Shen Qu, Qing Dai) plus Arisema-Pinellia-Concha Meretricis Pill (Dan Nan Xing, Ban Xia, Hai Ge Ke).

Three Treasures: Separate Clear and Turbid
GOITRE

QI GOITRE

This is the most non-substantial type of Phlegm, on the border between Phlegm and Qi, but it is Phlegm nevertheless because there is a swelling linked to emotional problems, the swelling goes up and down according to emotional state.

Treatment principle
Regulate Qi, eliminate stagnation, resolve Phlegm, soften hardness, strengthen the Spleen, dry Dampness.

Acupuncture
LU-7 Lieque, L.I.-4 Hegu, Ren-12 Zhongwan, ST-40 Fenglong, Ren-22 Tiantu.

Prescription
Si Hai Jie Yu Wan *Four Seas Eliminating Stasis Pill* (Mu Xiang, Chen Pi, Hai Dai, Hai Ge Ke, Hai Zao, Hai Piao Xiao, Kun Bu) plus Chai Hu, Zhi Ke.
MUSCLE GOITRE

Due to worry, pensiveness and depression. The swelling is relatively soft, like an upturned bowl and it feels like *man tou*, i.e. a bun of steamed bread, the lump goes up and down as the patient swallows, no pain, feeling of oppression of the chest, etc and other symptoms of Phlegm.

Treatment principle
Eliminate stagnation, resolve Phlegm, soften hardness.

Acupuncture
LU-7 Lieque, L.I.-4 Hegu, Ren-12 Zhongwan, ST-40 Fenglong, Ren-22 Tiantu, Ren-9 Shuifen.

Prescription
Hai Zao Yu Hu Tang *Sargassum Jade Flask Decoction.*
STONE GOITRE

Clinical manifestations
This is due to long-term emotional problems, Liver-Qi (or Lung-Qi) stagnation with Phlegm and Blood stasis. The lump feels hard and does not move when swallowing. More common over 40. Plus other symptoms of Phlegm.

Treatment principle
Resolve Phlegm, eliminate stagnation, eliminate stasis, soften hardness.

Acupuncture
LU-7 Lieque, L.I.-4 Hegu, Ren-12 Zhongwan, ST-40 Fenglong, Ren-22 Tiantu, Ren-9 Shuifen.

Prescription
Hai Zao Yu Hu Tang *Sargassum Jade Kettle Decoction* (see above) plus Dang Gui, San Leng, E Zhu, Shi Jian Chuan, Bai Hua She She Cao, Ban Zhi Lian.
BREAST LUMPS

LIVER-QI STAGNATION AND PHLEGM

Young women, due to emotional stress, worry, pensiveness, depression, separation, grief, sadness, loss, single or multiple lumps, painful before the periods, breast distension, irregular periods, pre-menstrual tension, feeling of oppression of the chest, feeling of heaviness, other systems of Phlegm.

Treatment principle
Soothe the Liver, regulate Qi, resolve Phlegm, soften hardness.

Acupuncture

Prescription: Ju He Nei Xiao Wan Citrus Inner Dissolving Pill (Chai Hu, Dang Gui, Yu Jin, Ju He, Shan Ci Gu, Xiang Fu, Lou Lu, Xia Ku Cao, Chi Shao, Qing Pi, Si Gua Luo, Gan Cao).
BLOOD STASIS AND PHLEGM

Lump feels hard, similar symptoms as above, irregular and painful periods with dark clots.

Treatment principle
Soothe the Liver, invigorate Blood, regulate Qi, resolve Phlegm, dissipate nodules.

Acupuncture
LIV-3 Taichong, G.B.-34 Yanglingquan, ST-18 Rugen, G.B.-21 Jianjing, Ren-12 Zhongwan, ST-40 Fenglong, P-6 Neiguan, LU-7 Lieque, BL-17 Geshu, BL-18 Ganshu, SP-10 Xuehai.

Prescription
Qing Gan Jie Yu Tang Clearing the Liver and Eliminating Stasis Decoction (Dang Gui, Sheng Di Huang, Bai Shao, Xiang Fu, Zhe Bei Mu, Qing Pi, Ban Xia, Fu Shen, Shan Zhi Si, Jie Geng, Chen Pi, Chuan Xiong, Mu Tong, Yuan Zhi, Sang Ye, Sheng Jiang, Gan Cao) plus other herbs to resolve Phlegm.
AMENORRHOEA

DAMP-PHLEGM IN UTERUS

No periods, obesity, excessive vaginal discharge, feeling of oppression of the chest, spitting of phlegm, feeling of heaviness.
Tongue: Pale, Swollen with a sticky coating
Pulse: Slippery.

Treatment principle
Dry Dampness, resolve Phlegm, regulate Chong and Ren Mai.

Acupuncture
Ren Mai or Dai Mai (depending on pulse), SP-9 Yinlingquan, SP-6 Sanyinjiao, BL-32 Ciliao, BL-22 Sanjiaoshu, Ren-4 Guanyuan, Ren-12 Zhongwan, ST-40 Fenglong, BL-53 Baohuang, Ren-9 Shuifen ST-28 Shuidao.

Prescription
Cang Fu Dao Tan Tang *Atractylodes-Magnolia Conducting Phlegm Decoction* (Cang Zhu, Xiang Fu, Chen Pi, Zhi Ke, Dan Nan Xing, Ba Xia, Gan Cao, Sheng Jiang) plus Dang Gui, Chuan Xiong, Shi Chang Pu.

Women’s Treasure: *Clear the Palace*
DAMP-PHLEGM IN THE UTERUS

Leucorrhoea
Tongue swollen and pale with sticky coating at the root
Tendency to obesity
Fullness and heaviness of the abdomen
Slippery pulse
Mid-cycle problems (slight pain, heaviness, bleeding)

Treatment:
• During phase 3-4
• Points: ST-28, KI-14, Ren-5, BL-22, Zigong, ST-40, Ren-3, SP-9
INFERTILITY

DAMP-PHLEGM IN UTERUS

Long-term infertility, history of tube inflammation, obesity, excessive vaginal discharge, dizziness, feeling of oppression of the chest, nausea, late periods, scanty periods.

Tongue: Swollen with a sticky coating.
Pulse Slippery.

Treatment principle: Dry Dampness, resolve Phlegm.

DAMP-PHLEGM IN UTERUS

Prescription
Qi Gong Wan *Arousing the Uterus Pill* (Ban Xia, Xiang Fu, Chang Zhu, Chen Pi, Shen Qu, Fu Ling, Chuan Xiong) plus Shi Chang Pu, Yuan Zhi, Hai Zao, Kun Bu.

Empirical Prescription by Dr Zhu Ceng Bai (Bai Jie Zi, Shan Zha, Fu Ling, Ban Xia, Xuan Fu Hua, Qiang Huo, Cang Zhu, Qing Pi, Chen Pi, Dang Gui, Chuan Xiong, Lu Lu Tong, Ba Jue Zha *Semen Akebiae quinatae*, Chai Hu, Yu Jin, Xiang Fu, Gan Cao).

Three Treasures: *Clear the Palace*
PLUM-STONE SYNDROME

LIVER-QI STAGNATION AND PHLEGM

Clinical manifestations
Feeling of lump in the throat, difficulty in swallowing, up and down according to emotional state, feeling of oppression of the chest, nausea, distension.
Tongue: Swollen with a sticky coating
Pulse: Wiry and Slippery.

Treatment principle: Resolve Phlegm, regulate Qi, soothe the Liver, strengthen the Spleen.

Acupuncture: Ren-12 Zhongwan, ST-40 Fenglong, P-6 Neiguan, LU-7 Lieque, L.I.-4 Hegu, Ren-22 Tiantu, Ren-17 Shanzhong, LIV-3 Taichong, Du-24 Shenting, Ren-9 Shuifen.

Prescription
Ban Xia Hou Po Tang Pinellia-Magnolia Decoction

Three Treasures: Open the Heart
LUNG DRYNESS AND PHLEGM

Clinical manifestations
Feeling of lump in the throat, difficulty in swallowing, dry throat, scanty phlegm that is difficult to expectorate, feeling of oppression of the chest

Tongue: Swollen with a sticky-dry coating
Pulse: Slippery.

Treatment principle
Clear Heat, moisten dryness, restore the descending of Lung-Qi, resolve Phlegm.

Acupuncture
LU-7 Lieque, LU-9 Taiyuan, Ren-12 Zhongwan, ST-40 Fenglong, Ren Mai, Ren-22 Tiantu, L.I.-4 Hegu, SP-6 Sanyinjiao, Ren-9 Shuifen.

Prescription
Gan Lu Yin *Sweet Dew Decoction* (Pi Pa Ye, Tian Men Dong, Mai Men Dong, Shi Hu, Huang Qin, Yin Chen Hao, Zhi Ke, Sheng Di Huang, Shu Di Huang, Gan Cao) plus Zhe Bei Mu, Gua Lou, Ban Xia.
PHLEGM AND BLOOD STASIS

Clinical manifestations
Feeling of lump in the throat and an actual lump, painful, difficulty in swallowing, spitting of phlegm, feeling of oppression of the chest.

Tongue: Purple, Swollen with a sticky coating.
Pulse: Slippery and Wiry.

Treatment principle
Resolve Phlegm, eliminate stagnation, invigorate Blood, eliminate stasis.

Acupuncture
Ren-12 Zhongwan, ST-40 Fenglong, P-6 Neiguan, LIV-3 Taichong, Ren-17 Shanzhong, Ren-22 Tiantu, LU-7 Lieque, L.I.-4 Hegu, BL-17 Geshu, Ren-9 Shuifen.

Prescription
Hui Yan Zhu Yu Tang Drive Out Blood Stasis from the Epiglottis Decoction (Tao Ren, Hong Hua, Jie Geng, Sheng Di, Dang Gui, Xuan Shen, Chai Hu, Zhi Ke, Chi Shao, Gan Cao) plus Wei Ling Xian, Hou Po, Shan Dou Gen.
NOTE
According to Dr Wang Chun Hua this syndrome is not always due to Liver-Qi stagnation, but it can also be due to Lung-Qi stagnation and Lung-Qi not descending from worry, sadness and grief. The Lung controls the throat and this pathology can therefore lead to Qi-Phlegm and a feeling of lump in the throat. That is why there are often other Lung symptoms such as hoarse voice, spitting of phlegm. The treatment principle is therefore to resolve Phlegm, regulate Qi, and restore the descending and diffusing of Lung-Qi.

- Xuan Fu Hua, Jie Geng, Xing Ren, Zhi Ke to restore the descending of Lung-Qi.

- Ban Xia, Gua Lou, Ju Hong and Xiang Fu to resolve Phlegm and regulate Qi.

- Wei Ling Xian to regulate Qi, penetrate the chest and remove obstructions from the Luo channels.

- If the Phlegm is chronic, add Hai Fu Shi, Mu Li.
MENIERE’S DISEASE

WIND-PHLEGM

Clinical manifestations
Dizziness, giddiness, tinnitus, nausea, vomiting.

Acupuncture
G.B.-20 Fengchi, ST-8 Touwei, Ren-12 Zhongwan, ST-40 Fenglong, SP-6 Sanyinjiao, LU-7 Lieque, L.I.-4 Hegu, Ren-13 Shangwan, P-6 Neiguan, Ren-9 Shuifen.

Prescription
Bai Zhu Ban Xia Tian Ma Tang *Pinellia-Atractylodes-Gastrodia Decoction* Variation (Ban Xia, Tian Ma, Bai Zhu, Fu Ling, Ze Xie, Gan Cao, Yi Yi Ren, Chen Pi, Che Qian Zi, Sheng Jiang). Ze Xie and Che Qian Zi are to drain Dampness and Phlegm via urination.

Three Treasures: *Clear Yang*
HIGH CHOLESTEROL

Prescription
Gua Lou, Ban Xia, Shan Zha, Yi Yi Ren, Yu Jin, Ze Xie, Yin Che Hao, Fu Ling, Chen Pi, Gan Cao.
Clinical manifestations
Difficult urination, reduced stream, frequent urination, nocturia, feeling of heaviness in the perineum.

Tongue: Swollen, sticky coating on root.
Pulse: slippery and Wiry on left chi.

Treatment principle: Resolve Phlegm, move Qi, dissolve nodules, soften hardness.


Prescription
Empirical Prescription by Dr Zhu Ceng Bai (Kun Bu, Hai Zao, Che Qian Zi, Mu Li, Fu Hai Shi, Zhe Bei Mu, Xing Ren, Xia Ku Cao, Xuan Shen, Chai Hu, Qing Pi, Niu Xi, Chi Shao, Dang Gui, Ba Ji Tian, Gan Cao).

Three Treasures: Clear the Root
PHLEGM with STASIS OF JING

Clinical manifestations
Urinary difficulty, Hypogastric pain, Nocturia, Seminal emissions, Decreased urinary flow, Urethral discharge, Pain in the perineum

Tongue: Swollen, Purple.

Pulse: Wiry, Choppy or Firm.
Prostate pulse: Wiry.

Treatment principle
Invigorate Blood, eliminate stasis, Resolve Phlegm, soften hardness, eliminate turbidity.

Acupuncture
SP-4 Gongsun on the left with P-6 Neiguan on the right, LIV-3 Taichong, LIV-1 Dadun, Ren-3 Zhongji, KI-14 Siman, Zigong, BL-32 Ciliao, BL-34 Xialiao, Ren-9 Shuifen.

Prescription
Huo Xue Tong Jing Tang Variation
*Invigorate Blood and Penetrate the Essence Decoction*, add resolving Phlegm herbs and herbs to soften hardness.
HYPERTENSION

PHLEGM

Hypertension, throbbing headache, thirst, bitter taste, sticky taste, irritability, palpitations, insomnia, a feeling of oppression of the chest, obesity, dark urine, dry stools.

Pulse: Wiry/Slippery.

Tongue: Red, sticky-yellow coating.

Treatment principle: clear Heat, resolve Phlegm, soothe Liver.

Prescription: Xia Ku Cao, Shan Zhi Zi, Long Dan Cao, Ku Ding Cha, Zhu Ru, Niu Xi, Mu Li, Xuan Shen, Ju Hua, Che Qian Zi, Gan Cao.
Middle Burner
Phlegm is an important pathogenic factor in the pathology of hypertension: I classify this type of hypertension as being located in the Middle Burner because a disharmony of the Spleen and Stomach is at the root of Phlegm causing hypertension.

Another important characteristic of Middle Burner hypertension is a pathology of the orifices. Phlegm obstructs the orifices in all parts of the body: the sense orifices, the orifices of the Heart (Mind, Shen) and the orifices of the Water Passages. The obstruction of the orifices by Phlegm causes hypertension by increasing the attrition of blood flow in the vessels (increased peripheral resistance that maintains the elevated blood pressure).
Yet another important feature of Middle Burner hypertension is the impairment of the *horizontal* movement of Qi. All Chinese books stress the impairment of the *vertical* movement of Qi, i.e. excessive rising of Qi towards the head in the pathology of hypertension.

However, an impairment of the horizontal movement of Qi and of the entering and exiting of Qi is an important feature of this kind of hypertension (stemming from the Middle Burner).

In Middle Burner hypertension, there is an impairment of the entering and exiting of Qi in the Middle Burner and in the Water Passages: given the mutual exchange between Blood and Body Fluids, the impairment of the entering and exiting of Qi in the Middle Burner will increase the attrition of blood flow in the vessels and lead to hypertension (increased peripheral resistance that maintains the elevated blood pressure).
The main patterns appearing in Middle Burner hypertension are Liver invading the Spleen, Phlegm, and Liver-Qi stagnation with rebellious Blood.

In Middle Burner hypertension, the pulse is Slippery and the patient is often overweight.
PHLEGM OBSTRUCTING THE ORIFICES AND THE BLOOD VESSELS

Clinical manifestations
Hypertension, high diastolic blood pressure, dizziness, muzziness (fuzziness) and heaviness of the head, high cholesterol, feeling of oppression of the chest, blurred vision, tinnitus, nausea, feeling of heaviness of the body, numbness of the limbs, obesity.

Tongue: Swollen with sticky coating.
Pulse: Slippery.

This pattern appears in the late stages of hypertension and it is a Blood-level type. It frequently manifests with high cholesterol levels. It is due to an impairment of the entering/exiting of Qi in the Middle Burner and the head. It is more common in middle-aged or elderly patients. It is difficult to treat.
Treatment principle
Resolve Phlegm, open the orifices of the head and of the Middle Burner.

Acupuncture
P-6 Neiguan, P-5 Jianshi, Ren-9 Shuifen, ST-40 Fenglong, SP-6 Sanyinjiao, L.I.-4 Hegu, LU-7 Lieque, BL-20 Pishu, Ren-12 Zhongwan, ST-8 Touwei, Ren-9 Shuifen.
All with even method, except BL-20 and Ren-12 which should be reinforced.

Prescription
Ban Xia Bai Zhu Tian Ma Tang Pinellia-Atractylodes-Gastrodia Decoction
Plus Gua Lou, Dan Nan Xing.

Empirical Prescription by Dr Fu Ren Jie
Huang Qi, Ban Xia, Chen Pi, Fu Ling, Jiang Can, shan Zha, Ju Hua, Yin Yang Huo, Xi Xian Cao, Lu Ti Cao Herba Pyrolae.

PHLEGM IN CANCER

- EMOTIONAL STRESS → Qi stagnation → BLOOD STASIS
- IRREGULAR DIET → Dampness → PHLEGM
- TOXINS → Fire → TOXIC HEAT
- OLD AGE → Zangfu weak → DEFICIENCY

TUMORS
CANCER PATTERNS IN CHINESE MEDICINE

BLOOD STASIS
Hard masses, may be painful, advanced stage. Carcinoma of breast, liver, lung, bowel, uterus.

PHLEGM
Soft masses, not painful. Carcinoma of breast, lung, bowel, thyroid.

TOXIC HEAT
Advanced stage, maybe with secondary infection. Carcinoma of breast, liver, lung, uterus.

DEFICIENCY
Late stages of cancer, poor appetite, loss of weight, exhaustion.
HERBS WITH ANTI-CANCER EFFECT

Bai Hua She She Cao
Shan Dou Gen
Huang Yao Zi
Ban Zhi Lian
Ban Bian Lian
Zhu Ling
Yi Yi Ren

The one most specific to Phlegm is Huang Yao Zi.
CLEARING HEAT OR TOXIC HEAT HERBS WITH ANTI-CANCER EFFECT
Xia Ku Cao, Tian Hua Fen, Di Long, Ban Zhi Lian, Ban Bian Lian, Bai Hua She She Cao, Shan Dou Gen, Shan Ci Gu, Qing Dai, Shi Shang Bai.

INVIGORATING BLOOD HERBS WITH ANTI-CANCER EFFECT
E Zhu, San Leng, Shui Zhi, Quan Xie, Shi Jian Chuan,

RESOLVING PHLEGM HERBS WITH ANTI-CANCER EFFECT
Ban Xia, Dan Nan Xing, Huang Yao Zi, Jiang Can
HUANG YAO ZI *Herba Dioscoreae bulbiferae*

Taste and temperature: bitter, cold.

Channels: Lungs and Liver.

Strongly resolves Phlegm and dissolves masses. Clears Toxic Heat. With Bai Hua She She Cao and Ban Zhi Lian: cancer of oesophagus, stomach liver, bowel, thyroid (Chen). Though rare, the use of Huang Yao Zi may cause liver damage; liver function must be monitored when using this herb (Chen).
Thank you for attending this online course with Giovanni. Giovanni also has several online CEU courses available. Make sure you take this opportunity to visit his websites to see all of the resources he has to offer.

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