

## COMMON COLD

### *Gǎn Mào*

#### **1. Invasion of Wind-Cold - 2. Invasion of Wind-Heat - 3. Invasion of Summerheat-Dampness - 4. Colds in Cases of Qi Vacuity - 5. Colds in Cases of Yin Vacuity**

The common cold is a frequently observed external illness that may be contracted in any of the four seasons; it is most prevalent in winter and spring. Mild cases of the cold are commonly known as *shāng fēng* (attacks of wind) and severe cases as *zhòng shāng fēng* (strong attacks of wind). If, during a certain period, many cases are observed over a large area and the symptoms are very similar, then it is known as *shí xíng gǎn mào* (epidemic cold), or, in Western medicine, as flu.

The major symptoms of a cold are stuffy nose, sore throat, runny nose, cough, aversion to cold, fever and headache. Symptoms persist for five to seven days. These are generally not severe and seldom develop secondary conditions. Epidemic cold, characterized by chills of sudden onset, high fever and aching of the entire body, is highly contagious and can develop into secondary conditions.

### ETIOLOGY AND PATHOGENESIS

External wind is the main cause of the common cold and is usually combined with cold, heat, summerheat or dampness. Wind-cold is most common in autumn and winter; wind-heat in spring and summer and wind accompanied by summerheat-dampness in late summer, that is, the last month of summer. The pathology of colds varies with the exterior evils. Wind-cold, wind-heat and summerheat-dampness types are commonly seen.

### 1. INVASION OF WIND-COLD

**Clinical Manifestations:** Strong aversion to cold, slight fever, no perspiration, headache, aching joints and limbs, stuffy nose, runny nose, scratchy throat, cough with thin white phlegm, without sensation of excessive thirst.

**Tongue:** Thin white moist coating.

**Pulse:** Floating, tight.

**Treatment Method:** Dispel wind, dissipate cold, resolve the exterior.

## PRESCRIPTION

**Schizonepeta and Ledebouriella Toxin-Vanquishing Powder*****jīng fāng bài dú sǎn***

<i>jīng jiè</i>	schizonepeta (abbreviated decoction)	Schizonepetae Herba et Flos	6 g.
<i>fāng fēng</i>	ledebouriella [root]	Ledebouriellae Radix	6 g.
<i>qiāng huó</i>	notopterygium [root]	Notopterygii Rhizoma	6 g.
<i>dú huó</i>	tuhuo [angelica root]	Angelicae Duhuo Radix	6 g.
<i>chái hú</i>	bupleurum [root]	Bupleuri Radix	6 g.
<i>qián hú</i>	peucedanum [root]	Peucedani Radix	6 g.
<i>chuān xiōng</i>	ligusticum [root]	Ligustici Rhizoma	6 g.
<i>zhǐ shí</i>	unripe bitter orange	Aurantii Fructus Immaturus	6 g.
<i>fú líng</i>	poria	Poria	6 g.
<i>jié gēng</i>	platycodon [root]	Platycodonis Radix	6 g.
<i>gān cǎo</i>	licorice [root]	Glycyrrhizae Radix	3 g.

**MODIFICATIONS**

In cases where cold evil is predominant, the prescription is modified to reinforce the cold dispersing actions. Add:

<i>má huáng</i>	ephedra	Ephedrae Herba	6 g.
<i>guì zhī</i>	cinnamon [twig]	Cinnamomi Ramulus	4.5 g.

**ACUPUNCTURE AND MOXIBUSTION**

**Main points:** Needle with draining; moxibustion may follow.

LU-07	<i>liè quē</i>
LI-20	<i>yíng xiāng</i>
SI-07	<i>zhī zhèng</i>
BL-12	<i>fēng mén</i>
GB-20	<i>fēng chí</i>
LI-04	<i>hé gǔ</i>

**Auxiliary points:**

With headache, add:

M-HN-3	<i>yìn táng</i> (Hall of Impression)
M-HN-9	<i>tài yáng</i> (Greater Yang)

With upper backache, apply cupping to:

BL-13	<i>fèi shū</i>
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**2. INVASION OF WIND-HEAT**

**Clinical Manifestations:** Slight aversion to cold, prominent fever, perspiration, headache, cough with thick yellow phlegm, dry or sore swollen throat, stuffy nose with turbid yellow mucus, thirst.

**Tongue:** Thin yellow coating.

**Pulse:** Floating, rapid.

**Treatment Method:** Dispel wind, clear heat, resolve the exterior.

**PRESCRIPTION****Lonicera and Forsythia Powder *yín qiào sǎn***

<i>jīn yín huā</i>	lonicera [flower]	Lonicerae Flos	9 g.
<i>lián qiào ké</i>	forsythia [fruit]	Forsythiae Fructus	9 g.
<i>dàn dòu chǐ</i>	fermented soybean (unsalted)	Glycines Semen Fermentatum Insulsum	6 g.
<i>niú bàng zǐ</i>	arctium [seed]	Arctii Fructus	9 g.
<i>bò hé</i>	mint (abbreviated decoction)	Menthae Herba	6 g.
<i>jīng jiè suì</i>	schizonepeta [spike] (abbreviated decoction)	Schizonepetae Flos	6 g.
<i>jié gěng</i>	platycodon [root]	Platycodonis Radix	6 g.
<i>gān cǎo</i>	licorice [root]	Glycyrrhizae Radix	6 g.
<i>lú gēn</i>	phragmites [root]	Phragmititis Rhizoma	9 g.
<i>zhú yè</i>	black bamboo [leaf]	Bambusae Folium	6 g.

**MODIFICATIONS**

With severe headache, the prescription is modified to soothe the headache. Add:

<i>sāng yè</i>	mulberry [leaf]	Mori Folium	9 g.
<i>jú huā</i>	chrysanthemum [flower]	Chrysanthemi Flos	9 g.

For coughing with excessive phlegm, the prescription is modified to transform phlegm and relieve coughing. Add:

<i>zhè bèi mǔ</i>	Zhejiang fritillaria [bulb]	Fritillariae Verticillatae Bulbus	9 g.
<i>qián hú</i>	peucedanum [root]	Peucedani Radix	9 g.
<i>xìng rén</i>	apricot [kernel] (abbreviated decoction)	Armeniaca Semen	9 g.

For coughing with thick yellow mucus, the prescription is modified to clear heat and transform phlegm. Add:

<i>huáng qín</i>	scutellaria [root]	Scutellariae Radix	9 g.
<i>zhī mǔ</i>	anemarrhena [root]	Anemarrhenae Rhizoma	9 g.
<i>guā lóu pí</i>	trichosanthes [rind]	Trichosanthis Pericarpium	9 g.

For red sore swollen throat, the prescription is modified to remove heat-toxin and disinhibit the pharynx. Add:

<i>tǔ niú xī</i>	native achyranthes [root]	Achyranthis Radix	12 g.
<i>xuán shēn</i>	scrophularia [root]	Scrophulariae Radix	9 g.

In cases where symptoms of epidemic heat-toxin are evident, the prescription is modified to clear heat and disperse toxin. Add:

<i>dà qīng yè</i>	isatis [leaf]	Isatidis Folium	12 g.
<i>pú gōng yīng</i>	dandelion	Taraxaci Herba cum Radice	9 g.

If the lung contains chronic heat and the body surface is invaded by external wind-cold, causing the obstruction of heat by cold with symptoms of fever, aversion to cold, little perspiration, dyspnea, cough with thick yellow phlegm and hoarseness, the prescription is modified to clear heat and diffuse the lung. Add:

<i>shí gāo</i>	gypsum (extended decoction)	Gypsum	18 g.
<i>má huáng</i>	ephedra	Ephedrae Herba	6 g.

In cases of wind-heat producing dryness that dehydrates fluids, or illnesses caused by external warm-dryness in autumn with symptoms of coughing with scanty phlegm, dry throat, lips, mouth and nose, red tongue with thin coating and

little saliva, the prescription is modified to clear the lung and moisten dryness.

Add:

<i>běi shā shēn</i>	glehnia [root]	Glehniae Radix	12 g.
<i>tiān huā fēn</i>	trichosanthes [root]	Trichosanthis Radix	12 g.
<i>lí pí</i>	pear [skin]	Pyri Exocarpium	6 g.

### ACUPUNCTURE AND MOXIBUSTION

**Main points:** Needle with draining.

LU-05	<i>chǐ zé</i>
GB-20	<i>fēng chí</i>
LI-11	<i>qū chí</i>
LI-04	<i>hé gǔ</i>
GV-14	<i>dà zhuī</i>
TB-05	<i>wài guān</i>

**Auxiliary points:**

For cases with sore swollen throat, bleed at:

LU-11	<i>shào shāng</i>
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For infantile convulsions from high fever, use a filiform needle which should just penetrate the skin and then be quickly removed. After removal of the needle a drop of blood can be squeezed from the points:

GV-26	<i>shuǐ gōu</i>
M-UE-1-5	<i>shí xuān</i> (Ten Diffusing Points)

## 3. INVASION OF SUMMERHEAT-DAMPNESS

**Clinical Manifestations:** Unsurfaced fever,\* slight aversion to cold, little perspiration, headache with a sensation of heaviness (as though the head were tightly bandaged), aching and heaviness of the limbs and joints, coughing with sticky phlegm, greasy feeling in the mouth, no thirst or thirst with a preference for hot drinks, nausea, dark scanty urine, oppression in the chest, distention and fullness of the epigastrium and abdomen, loose stools.

**Tongue:** Yellow, slimy coating.

**Pulse:** Soft, rapid.

**Treatment Method:** Clear summerheat, transform dampness, resolve the exterior.

### PRESCRIPTION

#### Newly Supplemented Elsholtzia Beverage *xīn jiǎ xiāng rú yǐn*

<i>xiāng rú</i>	elsholtzia	Elsholtziae Herba	6 g.
<i>biǎn dòu huā</i>	lablab [flower]	Lablab Flos	9 g.
<i>hòu pò</i>	magnolia [bark]	Magnoliae Cortex	6 g.
<i>jīn yín huā</i>	lonicera [flower]	Lonicerae Flos	9 g.
<i>lián qiào</i>	forsythia [fruit]	Forsythiae Fructus	9 g.

\* "Unsurfaced fever" describes fever obscured by exterior dampness evil where the patient's skin does not feel hot in the beginning but begins to feel hotter after some time.

**MODIFICATIONS**

If summerheat is prominent, the prescription is reinforced to dispel summerheat.

Add:

<i>huáng lián</i>	coptis [root]	Coptidis Rhizoma	6 g.
<i>qīng hāo</i>	sweet wormwood (abbreviated decoction)	Artemisiae Apiaceae seu Annuae Herba	9 g.
<i>lú gēn</i>	phragmites [root]	Phragmitis Rhizoma	15 g.
<i>hé yè</i>	lotus [leaf]	Nelumbinis Folium	6 g.

If the body surface is obstructed by dampness, the prescription is modified to dispel superficial dampness. Add:

<i>huò xiāng</i>	agastache/patchouli	Agastaches seu Pogostemi Herba	9 g.
<i>pèi lán</i>	eupatorium	Eupatorii Herba	9 g.

If internal dampness is prominent, the prescription is modified to regulate the interior and transform dampness. Add:

<i>cāng zhú</i>	atractylodes [root]	Atractylodis Rhizoma	9 g.
<i>bái dòu kòu</i>	cardamom (abbreviated decoction)	Amomi Cardamomi Fructus	6 g.
<i>fǎ bàn xià</i>	processed pinellia [tuber]	Pinelliae Tuber Praeparatum	9 g.
<i>chén pí</i>	tangerine [peel]	Citri Exocarpium	6 g.

In cases of dark scanty urine, the prescription is modified to clear heat and disinhibit dampness through the urine. Add:

<i>huá shí</i>	talcum (wrapped)	Talcum	9 g.
<i>gān cǎo</i>	licorice [root]	Glycyrrhizae Radix	1.5 g.
<i>fú líng</i>	poria	Poria	9 g.

**ACUPUNCTURE AND MOXIBUSTION**

**Main points:** Needle with draining.

LU-06	<i>kǒng zuì</i>
LI-04	<i>hé gǔ</i>
CV-12	<i>zhōng wǎn</i>
ST-36	<i>zú sān lǐ</i>
TB-06	<i>zhī gōu</i>

**Auxiliary points:**

If heat is prominent, add:

GV-14	<i>dà zhuī</i>
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If dampness is prominent, add:

SP-09	<i>yīn líng quán</i>
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For abdominal distention and loose stools, add:

ST-25	<i>tiān shū</i>
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**4. COLDS IN CASES OF QI VACUITY**

**Clinical Manifestations:** Strong aversion to cold, fever, headache, nasal congestion, cough with white phlegm, tiredness, fatigue, shortness of breath, disinclination to speak. This is from depleted defense qi allowing external invasion of wind-cold evil.

**Tongue:** Pale with white coating.

**Pulse:** Floating, forceless.

**Treatment Method:** Dispel wind, dissipate cold, boost qi, resolve the exterior.

## PRESCRIPTION

Ginseng and Perilla Beverage *shēn sū yǐn*

<i>rén shēn</i>	ginseng	Ginseng Radix	9 g.
<i>zǐ sū yè</i>	perilla (leaf) (abbreviated decoction)	Perillae Folium	9 g.
<i>gé gēn</i>	pueraria [root]	Puerariae Radix	6 g.
<i>qián hú</i>	peucedanum [root]	Peucedani Radix	6 g.
<i>fǎ bàn xià</i>	processed pinellia [tuber]	Pinelliae Tuber Praeparatum	6 g.
<i>fú líng</i>	poria	Poria	6 g.
<i>jié gēng</i>	platycodon [root]	Platycodonis Radix	3 g.
<i>chén pí</i>	tangerine peel	Citri Exocarpium	3 g.
<i>zhǐ ké</i>	bitter orange	Aurantii Fructus	3 g.
<i>mù xiāng</i>	saussurea [root]	Saussureae (seu Vladimiriæ) Radix	3 g.
<i>gān cǎo</i>	licorice [root]	Glycyrrhizae Radix	3 g.
<i>shēng jiāng</i>	fresh ginger	Zingiberis Rhizoma Recens	3 pc.
<i>dà zǎo</i>	jujube	Ziziphi Fructus	3 pc.

## ACUPUNCTURE AND MOXIBUSTION

**Main points:** In addition to those points used in the treatment of wind-cold type, add:

ST-36	<i>zú sān lǐ</i>
BL-13	<i>fèi shū</i>

## 5. COLDS IN CASES OF YIN VACUITY

**Clinical Manifestations:** Fever, slight aversion to wind or cold, headache, no perspiration or little perspiration, dizziness, vexation of the heart, heat in the palms and soles, thirst, dry throat, dry mouth, dry cough with scanty phlegm. This is from chronic yin vacuity allowing external invasion of wind-heat evil.

**Tongue:** Red with little coating.

**Pulse:** Rapid, thready.

**Treatment Method:** Dispel wind, clear heat, nourish yin, resolve the exterior.

## PRESCRIPTION

Solomon's Seal Variant Decoction *jiā jiǎn wēi ruí tāng\**

<i>yù zhú</i>	Solomon's seal [root]	Polygonati Yuzhu Rhizoma	9 g.
<i>cōng bái</i>	scallion white	Allii Fistulosi Bulbus Recens	6 g.
<i>jié gēng</i>	platycodon [root]	Platycodonis Radix	6 g.
<i>bái wēi</i>	baiwei [cynanchum root]	Cynanchi Baiwei Radix	3 g.
<i>dàn dòu chǐ</i>	fermented soybean (unsalted)	Glycines Semen Fermentatum Insulsum	9 g.
<i>bò hé</i>	mint (abbreviated decoction)	Menthae Herba	6 g.
<i>zhī gān cǎo</i>	(honey-fried) licorice [root]	Glycyrrhizae Radix	1.5 g.
<i>dà zǎo</i>	jujube	Ziziphi Fructus	2 pc.

\*Solomon's seal is known both as *yù zhú* and *wēi ruí*.

**MODIFICATIONS**

For thirst and dry throat, add:

<i>běi shā shēn</i>	glehnia [root]	Glehniae Radix	9 g.
<i>mài mén dōng</i>	ophiopogon [tuber]	Ophiopogonis Tuber	9 g.

**ACUPUNCTURE AND MOXIBUSTION**

**Main points:** Needle with supplementation. In addition to those points used in the treatment of wind-heat type, add:

BL-43 (38)	<i>gāo huāng shū</i>
KI-07	<i>fù liū</i>

**ALTERNATE THERAPEUTIC METHODS****1. Ear Acupuncture:**

**Main points:** Lung, Trachea, Internal Nose, Ear Apex, Stomach, Spleen, *Sān Jiāo*.

Method: Select two to three points each session with strong stimulation. Retain needles for ten to twenty minutes.

**2. Prevention**

A. In spring and winter, when wind and cold are prevalent, the following decoction can prevent colds. The decoction should be taken as one dose, once daily for three consecutive days.

<i>guàn zhòng</i>	aspidium	Aspidii Rhizoma	9 g.
<i>zǐ sū yè</i>	perilla (leaf) (abbreviated decoction)	Perillae Folium	9 g.
<i>jīng jiè</i>	schizonepeta (abbreviated decoction)	Schizonepetae Herba et Flos	9 g.
<i>gān cǎo</i>	licorice [root]	Glycyrrhizae Radix	3 g.

B. In summer, when summerheat and dampness are prevalent, this decoction is recommended as a regular beverage:

<i>huò xiāng</i>	agastache/patchouli	Agastaches seu Pogostemi Herba	6 g.
<i>pèi lán</i>	eupatorium	Eupatorii Herba	6 g.
<i>bò hé</i>	mint	Menthae Herba	3 g.

C. During periods when influenza is prevalent, decoct, and take once daily:

<i>guàn zhòng</i>	aspidium	Aspidii Rhizoma	12 g.
<i>bǎn lán gēn</i>	isatis [root]	Isatidis Radix	6 g.
<i>dà qīng yè</i>	isatis [leaf]	Isatidis Folium	6 g.
<i>gān cǎo</i>	licorice [root]	Glycyrrhizae Radix	3 g.

D. A useful method in the prevention of colds is to massage M-HN-3 (*yìn táng*) and LI-04 (*hé gǔ*) with one's middle or index finger. Do this two to three times a day, for three to five minutes each time until the skin is slightly red and an aching or distended sensation is felt in the area.

E. Another method of prevention is moxibustion to ST-36 (*zú sān lǐ*) 3 to 5 moxa cones daily.

**REMARKS**

In the treatment of colds, herbs should be boiled gently and not decocted too long. The decoction should be taken while still warm. After taking the decoction, avoid drafts and bundle up to induce perspiration, or drink hot water to assist the medicines. After inducing perspiration, be careful to avoid drafts and keep warm to prevent catching another cold. It is recommended that the patient drink plenty of water and get sufficient rest.

The major treatment method for colds is to induce perspiration. Wind-cold patterns should be treated with warm, pungent medicines; wind-heat patterns with cool, pungent medicines; and summerheat-dampness patterns with summerheat clearing and dampness dispelling medicines.

In cases where neither heat nor cold is prevalent, a mild prescription of pungent medicines is suitable. In cases of external cold complicated by internal heat, treatment should combine relieving the exterior and clearing the interior. For epidemic cold in which patterns are severe and mainly of the wind-heat type, heat-clearing and toxin-resolving medicines should be the principal constituents.

Generally speaking, supplementing medicines are contraindicated in the treatment of colds to completely dispel evil, but in cases of poor constitution, they may be added to the prescriptions. Appropriate modifications should be made according to whether the patient is chronically qi or yin depleted.



# COUGH

## *Ké Sòu*

### 1. Invasion of Lung by Wind-Cold - 2. Invasion of Lung by Wind-Heat - 3. Invasion of Lung by Wind-Dryness - 4. Phlegm-Dampness Cough - 5. Liver-Fire Cough - 6. Yin Vacuity Cough

Coughing is one of the more predominant patterns presented in cases of respiratory illness. In Chinese, coughing is called *ké sòu*. *Ké* characterizes coughing with sound but without phlegm, and *sòu* characterizes coughing with phlegm but without sound. Since the majority of coughing patterns have the characteristics of both sound and phlegm, *ké* and *sòu* are usually used as a compound word.

## ETIOLOGY AND PATHOGENESIS

Patterns of coughing are divided into two categories: external cough and internal cough. External coughs develop following the invasion of one or more of the six external evils. External coughs from wind-cold, wind-heat and wind-dryness are most frequently observed clinically.

Internal coughs are mainly caused by internal evils resulting from the dysfunction of the viscera and bowels. Three types of internal coughs are common. phlegm-dampness cough tends to be from repeated recurrence of coughs; this comes about when vacuity of the lung instigates vacuity of the spleen, producing dampness and phlegm. Liver-fire cough finds its major cause in emotional stress; this causes stagnation of liver qi and the production of liver fire, which rises into the lung. Yin vacuity cough results from the depletion of lung yin.

Patterns of external coughs are generally one of repletion and are marked by abrupt onset, short duration and the accompaniment of exterior symptoms such as headache, fever and aversion to cold. Patterns of internal coughs, on the other hand, are mostly vacuous and characterized by gradual onset, a protracted history of coughing and other symptoms of viscera and bowels dysfunction. In some cases, such as phlegm-dampness cough and liver-fire cough, there are often vacuity patterns complicated by repletion. Therefore, although coughing is classified as either external or internal, one can at times cause the other.

## 1. INVASION OF THE LUNG BY WIND-COLD

**Clinical Manifestations:** Choking cough, accelerated respiration, scratchy throat and expectoration of thin white phlegm, accompanied by aversion to cold, headache and stuffy runny nose.

**Tongue:** Thin white coating.

**Pulse:** Floating, taut.

**Treatment Method:** Dispel wind-cold, ventilate the lung, relieve coughing.

### PRESCRIPTION

Choose from Rough and Ready Three Decoction (*sān ào tāng*) or Cough-Stopping Powder (*zhǐ sòu sǎn*). Rough and Ready Three Decoction is indicated in cases of recently contracted coughs, and Cough-Stopping Powder is indicated in protracted or recurring cases of external coughs.

#### Rough and Ready Three Decoction *sān ào tāng*

<i>má huáng</i>	ephedra	Ephedrae Herba	9 g.
<i>xìng rén</i>	apricot kernel (abbreviated decoction)	Armeniaca Semen	9 g.
<i>gān cǎo</i>	licorice [root]	Glycyrrhizae Radix	6 g.

or:

#### Cough-Stopping Powder *zhǐ sòu sǎn*

<i>jīng jiè</i>	schizonepeta (abbreviated decoction)	Schizonepetae Herba et Flos	6 g.
<i>zǐ wǎn</i>	aster [root]	Asteris Radix et Rhizoma	9 g.
<i>bái bù</i>	stemona [root]	Stemona Radix	9 g.
<i>bái qián</i>	cynanchum [root]	Cynanchi Baiqian Radix et Rhizoma	6 g.
<i>jié gēng</i>	platycodon [root]	Platycodonis Radix	6 g.
<i>chén pí</i>	tangerine [peel]	Citri Exocarpium	6 g.
<i>gān cǎo</i>	licorice [root]	Glycyrrhizae Radix	6 g.

### MODIFICATIONS

In cases complicated by phlegm-dampness, with symptoms of coughing with sticky phlegm, oppression in the chest and slimy tongue coating, the prescription is modified to dry dampness and transform phlegm. Add:

<i>fǎ bàn xià</i>	processed pinellia [tuber]	Pinelliae Tuber Praeparatum	9 g.
<i>hòu pò</i>	magnolia [bark]	Magnoliae Cortex	9 g.
<i>fú líng</i>	poria	Poria	9 g.

In cases where heat is obstructed by cold, with symptoms of coughing, hoarseness, accelerated respiration, expectoration of thick sticky phlegm, irritability, thirst (in some cases) and fever, the prescription is modified to resolve the exterior and clear the interior. Add:

<i>shí gāo</i>	gypsum (extended decoction)	Gypsum	18 g.
<i>huáng qín</i>	scutellaria [root]	Scutellariae Radix	9 g.
<i>sāng bái pí</i>	mulberry [root bark]	Mori Radicis Cortex	9 g.

### ACUPUNCTURE AND MOXIBUSTION

**Main points:** Needle with draining.

LU-07	<i>liè quē</i>
LI-04	<i>hé gǔ</i>
BL-13	<i>fèi shū</i>
TB-05	<i>wài guān</i>

**Auxiliary points:**

For headache, add:

GB-20	<i>fēng chí</i>
GV-23	<i>shàng xīng</i>