

3

Antitussives: Formulae to Stop Cough, Transform Phlegm, and Relieve Asthma

<i>To suppress cough by depurative and counterflow downbearing</i>	
3.1 Chuan Bei Jing Pian	3.3 Ma Xing Zhi Ke Pian
3.2 Su Zi Jiang Qi Wan	3.17 Zhi Sou Ding Chuan Wan
<i>To clear heat and transform phlegm</i>	
3.4 Chuan Bei Pi Pa Lu	3.8 Chuan Ke Ling
3.5 Qing Fei Yi Huo Pian	3.9 She Dan Chen Pi Mo
3.6 Jie Geng Wan	3.10 Hai Zao Wan
3.7 Qing Chi Hua Tan Wan	
<i>To eliminate dampness and transform phlegm</i>	
3.11 Er Chen Wan	
<i>To stop cough by moistening the lung</i>	
3.12 Yang Yin Qing Fei Tang Jian	3.15 Ba Xian Chang Shou Wan
3.13 Li Fei	3.16 Qiu Li Gao
3.14 Chuan Bei Pi Ba Gao	
<i>To treat asthma</i>	
3.17 Zhi Sou Ding Chuan Wan	3.20 Luo Han Guo Chong Ji
3.18 Qi Guan Yan Ke Sou Tan Chuan Wan	3.21 Ping Chuan Wan
3.19 Xiao Ke Chuan	

Pattern Identification

Cough is a compelling guiding symptom, and is often given a therapeutic category of its own. Its etiology may be found in all the major disease patterns of the lungs. Depending on the nature and cause of the illness, treatment methods and formulae structures focus on various combinations of *diaphoresis*, *dispersion* (through transformation of phlegm), *securing astriction* (through constraint of the lungs), and *beat clearance* to achieve their therapeutic objectives.

Penetration of exogenous pathogens and brewing phlegm-damp account for the majority of cases involving non-diffusion of lung qi and impaired depurative downbearing. Impaired depurative downbearing may assume the characteristics of dryness or dampness depending on the origin of the disease. Depletion of lung qi and lung yin generally follow chronic respiratory distress or repeated impairment of lung qi diffusion and depurative downbearing.

Formulae Differentiation

It must be emphasized that the categories established in this chapter represent only general guidelines for formula selection. In practice, most of the formulae may be used for more than one pattern of respiratory distress. Though **Li Fei [3.13]**, for example, is cataloged here with lung-moistening formulae (to emphasize its applicability in cases of lung yin depletion), it should also be considered when depurative downbearing is required. **Zhi Sou Ding Chuan Wan [3.17]** is a classic formula when counterflow downbearing is required for the dispersal of lung qi, as well as when heat gathers in the lungs during a taiyang stage of exogenous pathogen contraction. However, it is clinically significant in the relief of asthma, and is listed here under that category.

Su Zi Jiang Qi Wan [3.2] is a representative formula for the treatment of impaired lung qi depurative downbearing, particularly when phlegm-damp is pronounced.

Ba Xian Chang Shou Wan [3.15] is particularly interesting for its kidney-yin enriching characteristic. This formula is based on the representative kidney-yin enriching formula **Liu Wei Di Huang Wan [13.8]**, to which a single lung-moistening depurative downbearer and a single lung-constraining antitussive have been added.

She Dan Chen Pi Mo [3.9] deserves special consideration for its effectiveness in cases of whooping cough.

Chuan Bei Jing Pian

川貝精片

Fritillaria Essence Tablet

3.1

Primary Functions and Applications: *Chuan Bei Jing Pian* relieves cough, eliminates phlegm, and moistens the lungs. It may be used in cases of acute or chronic cough with copious expectoration, acute or chronic bronchitis, and asthma.

In cases where cough and phlegm are due to exogenous pathogens, diaphoretic formulae such as **Sang Ju Gan Mao Pian** [1.3] (for wind-heat) or **Chuan Xiong Cha Tiao Wan** [1.2] (for wind-cold) must be included in the therapy.

Format and Administration: *Chuan Bei Jing Pian* is produced by the Handan Pharmaceutical Works as *Fritillaria Extract Sugar-Coated Tablets*, and packaged 60 per bottle.

Recommended Dosage: Adults: 3 to 6 tablets, 3 times a day with warm water. Children, half that dose.

Chuan Bei Jing Pian		
Constituent Substances		
Pinyin Name	Pharmaceutical Name	% Composition
Chuan Bei	<i>Bulbus Fritillariae Cirrhosae</i>	21
Yuan Zhi	<i>Radix Polygalae Tenuifoliae</i>	20
Wu Wei Zi	<i>Fructus Schizandrae Chinensis</i>	17
Jie Geng	<i>Radix Platycodi</i>	15
Chen Pi	<i>Pericarpium Citri Reticulatae</i>	15
Gan Cao	<i>Radix Glycyrrhizae Uralensis</i>	12

Composition and Rationale: *Chuan Bei* moistens the lung, clears heat, suppresses cough, and eliminates phlegm; *Yuan Zhi* eliminates phlegm; *Wu Wei Zi* suppresses cough and relieves asthma; **Jie Geng** and **Chen Pi** eliminate phlegm; and **Gan Cao** harmonizes the other herbs, moistens the lungs, and suppresses cough.

3.2**Su Zi Jiang Qi Wan †**
蘇子降氣丸
Perilla Seed Qi-Downbearing Pills

source: He Ji Ju Feng (Formulae from The People's Welfare Pharmacies), Song Dynasty (960-1279).

Primary Functions and Applications: **Su Zi Jiang Qi Wan** eliminates phlegm and lowers counterflow qi. It is used to treat cold phlegm accumulation in the lung that has resulted in asthma, shortness of breath, and cough. The phlegm in such cases will be white and foamy. **Su Zi Jiang Qi Wan** is also indicated in cases where depletion of kidney yang has resulted in failure to support the qi of the lungs, causing asthma, shortness of breath, and cough.

In the presence of the above symptoms, **Su Zi Jiang Qi Wan** is indicated in the treatment of chronic bronchitis and emphysema.

Format and Administration: **Su Zi Jiang Qi Wan** is available in small, **18** gram bags, 10 bags per box.

Recommended Dosage: Three grams, 3 times per day, on an empty stomach.

Contraindications: **Su Zi Jiang Qi Wan** contains many ingredients that have dry, warm properties, and cannot be used for patients who have lung heat (indicated by the presence of yellow phlegm and fever).

Su Zi Jiang Qi Wan

Constituent Substances

Pinyin Name	Pharmaceutical Name	% Composition
Su Zi	<i>Fructus Perillae Frutescentis</i>	10.6
Ban Xia	<i>Rhizoma Pinelliae Ternatae</i>	10.6
Hou Po	<i>Cortex Magnoliae Officinalis</i>	10.6
Qian Hu	<i>Radix Peucedani</i>	10.6
Chen Pi	<i>Pericarpium Citri Reticulatae</i>	10.6
Chen Xiang	<i>Lignum Aquilariae</i>	7.6
Dang Gui	<i>Radix Angelicae Sinensis</i>	7.6
Sheng Jiang	<i>Rhizoma Recens Zingiberis Officinalis</i>	10.6
Da Zao	<i>Fructus Zizyphi Jujubae</i>	10.6
Gan Cao	<i>Radix Glycyrrhizae Uralensis</i>	10.6

Composition and Rationale: *Su Zi*, *Ban Xia*, *Hou Po*, *Qian Hu*, and *Chen Pi* lower counterflow qi, eliminate phlegm, and relieve asthma; *Chen Xiang* warms kidney yang and relieves asthma; *Dang Gui* nourishes the blood and reduces dryness; *Sheng Jiang* warms the middle burner and regulates stomach qi; and *Da Zao* and *Gan Cao* moisten the lung, suppress cough, eliminate phlegm, and harmonize the other herbs.

Ma Xing Zhi Ke Pian †

3.3

麻杏止咳片

Ephedra and Apricot Kernel Cough Tablets

source: This herb formula is a modification of *Ma Xing Shi Gan Tang*, a popular formula for cough and asthma that first appeared in the Han dynasty medical classic, *Shang Han Lun*.

Primary Functions and Applications: **Ma Xing Zhi Ke Pian** suppresses cough, relieves asthma, clears lung heat, and eliminates phlegm. It is used to treat cough caused by lung heat due to wind-heat; to treat asthma associated with lung heat; and to treat cases of acute bronchitis and acute flare-ups of chronic bronchitis in the presence of heat signs. Since this formula clears heat and reduces high fever, it is used in cases of pneumonia, influenza, and bronchitis.

Format and Administration: **Ma Xing Zhi Ke Pian** is produced by the Siping Pharmaceutical Works as *Ma Hsing Chih Ke Pien*, *Hsiang Yang Brand*, in coated tablet format, **80** tablets per bottle.

Recommended Dosage: Four tablets, twice or 3 times a day.

Ma Xing Zhi Ke Pian		
<i>Constituent Substances</i>		
Pinyin Name	Pharmaceutical Name	% Composition
Ma Huang	<i>Herba Ephedrae</i>	5
Gan Cao	<i>Radix Glycyrrhizae Uralensis</i>	12
Xing Ren	<i>Semen Pruni Armeniacae</i>	15
Jie Geng	<i>Radix Platycodi</i>	22
Chen Pi	<i>Pericarpium Citri Reticulatae</i>	12
Shi Gao	<i>Gypsum</i>	12
Hua Shi	<i>Talcum</i>	11
Feng Mi	<i>Mel</i>	11

Composition and Rationale: *Ma Huang* relieves asthma and opens the lung; *Gan Cao* suppresses cough, clears heat, and eliminates phlegm; *Xing Ren* suppresses cough and relieves asthma; *Jie Geng* clears heat and eliminates phlegm; *Chen Pi* lowers counterflow qi and eliminates phlegm; *Shi Gao* clears heat and disperses fire; *Hua Shi* clears heat and discharges dampness; and *Feng Mi* moistens the lung and suppresses cough.

3.4

Chuan Bei Pi Pa Lu

川貝枇杷露

Fritillaria and Loquat Dew

Prima y Functions and Applications: **Chuan Bei Pi Pa Lu** clears lung heat, suppresses cough, and eliminates phlegm. It is used to treat cough due to wind-heat or exogenous heat accumulation in the lung. Symptoms in such cases include cough with thick white or yellow phlegm, and feelings of dryness in the throat with thirst. Sore throat may or may not be present in these cases.