

**79. QING QI HUA TAN WAN** 清氣化痰丸(청기화담환)

Ingredient		Nature	Dose
<b>Dan Nan Xing</b>	Arisaema Cum Bile	bitter / cool, sl toxic / LV LU SP	9g
<b>Huang Qin</b>	Scutellariae Radix	bitter / cold / LU ST GB LI	6g
<b>Gua Lou Ren</b>	Trichosanthis Semen	sweet / cold / LI LU ST	6g
<b>Zhi Shi</b>	Aurantii Fructus Immaturus	bitter, acrid / sl cold / LI SP ST	6g
<b>Chen Pi</b>	Citri Reticulatae Pericarpium	acrid, bitter / warm, aromatic / LU SP ST	6g
<b>Fu Ling</b>	Poria	sweet, bland / neutral / HT SP KD LU	6g
<b>Ban Xia</b>	Pinelliae Rhizoma Preparatum	acrid / warm, toxic / LU SP ST	9g
<b>Xing Ren</b>	Armeniaca Semen Amarum	bitter / sl warm, sl toxic / LU LI	6g

Source: Investigations of Medical Formulas (1584) 醫方考

♣ **Preparation**

- Grind the ingredients into a powder and form into pills with ginger juice.

♣ **Actions**

- Clears heat and transforms phlegm
- Regulates qi and stops coughing

♣ **Indications: Hot-Phlegm stagnation in the Lung**

<b>Signs &amp; Symptoms</b>	Coughing of yellow viscous sputum that is difficult to expectorate, focal distention and a feeling of fullness in the chest and diaphragm, nausea
<b>Tongue</b>	Red tongue + Greasy yellow coating
<b>Pulse</b>	Slippery, rapid

8 Principles: Interior / Heat / Excess / Yang

♣ **Cautions & Contraindications**

- Contra:** Yin deficiency or dryness, wind-cold conditions
- Contra:** During pregnancy

♣ **Biomedical Indications**

- Pneumonia, acute exacerbations of chronic bronchitis, bronchiectasis

**Clear the Qi and Transform Phlegm Pill**

Ingredient	Hierarchy	Functions
<b>Dan Nan Xing</b>	king	Treats blockage caused by a combination of fire and phlegm
<b>Huang Qin</b>	deputy	Drains LU fire, transforms and clears phlegm-heat
<b>Zhi Shi</b>	assistants	Regulates qi, effectively dispels focal distention and dissipates clumps of phlegm
<b>Chen Pi</b>		Addresses the source of phlegm (the SP)
<b>Fu Ling</b>		Addresses the source of phlegm, transforms existing phlegm
<b>Ban Xia</b>		Facilitates the flow of qi in the receptacle of phlegm (the LU)
<b>Xing Ren</b>		

♣ **Modifications**

- High fever:** + Shi Gao, Zhi Mu
- Copious sputum:** + Yu Xing Cao, Tian Hua Fen
- Gummy sputum:** + Ban Xia, Dong Gua Zi
- More severe heat:** + Qing Dai, Ge Qiao
- Nausea and vomiting:** + Gua Lou, Zhu Ru
- Palpitations and insomnia:** + Hu Po, Mu Li, Suan Zao Ren

♣ **Comparisons**

**PHLEGM / MUCUS / WATER / DAMPNES**

	Phlegm (痰 <i>tan</i> )	Mucus (飲 <i>yin</i> )	Water (水 <i>shui</i> )	Dampness (濕 <i>shi</i> )
<b>Quality</b>	Thick	Slightly thick	Thin	Vapor
<b>Location</b>	Anywhere	Locally internal	Superficial	Lower body
<b>Interrelationship</b>	Under the right conditions, these pathogens can transform into one another			

**TYPES OF PHLEGM**

	Important Symptoms	Etiology
<b>Damp-Phlegm</b>	Profuse white sputum	SP qi deficiency → accumulation of damp → transforms into phlegm
<b>Cold-Phlegm</b>	Thin white/clear sputum	SP or KD yang deficiency → dysfunction of water metabolism
<b>Hot-Phlegm</b>	Thick yellow sputum	Intense fire scorches the fluids → transforms into phlegm
<b>Dry-Phlegm</b>	Difficult to expectorate	LU dryness or LU and KD yin deficiency with empty heat → consumes the fluids and produces phlegm
<b>External Wind-Phlegm</b>	Chills & fever	External wind invades the LU → disrupts fluid distribution and produces phlegm
<b>Internal Wind-Phlegm</b>	Dizziness, vertigo	SP deficiency → phlegm accumulation with the stirring of LV wind