

QING QI HUA TAN WAN BP018

Citrus & Arisaema Formula 清氣化痰丸

TCM ACTIONS

Clears Heat, resolves Phlegm redirects the Lung Qi downward and alleviates cough.

TCM SYNDROMES

Phlegm-Heat obstruction of the Lung.

INDICATIONS

Bronchitis, rhinitis, nasosinusitis, influenza, pneumonia, emphysema, chronic obstructive pulmonary disease.

SIGNS & SYMPTOMS

(key clinical features in bold)

Productive cough with thick yellow sputum that is difficult to expectorate

Thirst, dry mouth with sticky and unpleasant taste

Fever

Chest oppression

Cough worse at night and early morning

Wheezing

Rattles and rales

Dyspnoea

Nausea

Red tongue with a yellow greasy coat

Rapid and slippery pulse

INGREDIENTS

Each pill contains extract equiv. to dry:

Poria cocos, fruit, body (<i>fu ling</i>)	茯苓	72.1mg
Scutellaria baicalensis, root (<i>huang qin</i>)	黃芩	57.7mg
Prunus armeniaca, seed (<i>xing ren</i>)	杏仁	57.7mg
Trichosanthes kirilowii, seed (<i>gua lu ren</i>)	瓜蒌仁	43.3mg
Pinellia ternata, tuber (<i>ban xia</i>)	半夏	43.3mg
Citrus aurantium, fruit (<i>zhi shi</i>)	枳實	43.3mg
Fritillaria thunbergii, bulb (<i>zhe bei mu</i>)*	浙貝母	28.8mg
Citrus reticulata, fruit peel (<i>chen pi</i>)	陳皮	28.8mg

* Included as a substitute for Arisaema rhizome (*dan nan xing*) due to TGA restrictions.

ACTIONS OF THE MAIN HERBS

Fritillaria bulb is used orally in herbal formulas to treat cough with yellow sputum, breast lumps and swollen lymph nodes. It has been shown to have antitussive and antibiotic actions.

Trichosanthes seed is used orally in herbal formulas to treat cough with yellow sputum, abscesses, constipation, swollen lymph nodes and cardiac disorders. It has been shown to have the following actions: antibacterial, antineoplastic, increases coronary blood flow.

Scutellaria root is used orally in herbal formulas to treat a variety of acute inflammations and acute infections, particularly in the gastrointestinal, urinary and respiratory systems. It has been shown to have antibacterial, antiviral, anti-inflammatory, anti-allergic and diuretic actions.

DOSAGE & COURSE OF TREATMENT

8 - 12 pills, 3 times daily, half to one hour away from food.

In severe cases and in the early stages of treatment (first 1 – 3 weeks) the dosage may be increased by 50 - 100%.

Course of treatment: 2 – 4 weeks for acute conditions (at higher dosage); 3 months or more for chronic conditions (at lower dosage).

CAUTIONS & CONTRAINDICATIONS

Caution for those on anti-coagulant medications (i.e. Heparin, warfarin or aspirin).

Caution in patients taking drugs that affect the central nervous system, antihypertensives, antiarrhythmic drugs (e.g. quinidine, procainamide, disopyramide)

COMBINATIONS

- **Bronchitis or asthma with concurrent URTI:**
 - + Xiao Qing Long Tang (Minor Blue Dragon Combination BP064)
 - + Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)
 - + Yu Ping Feng San (Jade Screen Formula BP037)
- **Bronchitis, chronic with productive cough (thick yellow sputum):**
 - + Ding Chuan Wan (Ginkgo Nut & Apricot Seed Formula BP008)
- **Common cold or 'flu with productive cough (thick yellow sputum):**
 - + Zhi Sou San (Platycodon & Stemonon Formula BP054)
- **With swollen lymph nodes:**
 - + Nei Xiao Luo Li Wan (Prunella & Scrophularia Formula BP043)

COMMENTS
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BP018

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This formula was first recorded in the 'Investigations of Medical Formulas' (*yi fang kao*), by Wu Kun, 1584. It is an elegant formula that is directed towards both the pathogens (Phlegm and Heat) as well as their pathogenesis.

Phlegm-Heat may develop in the Lung as a consequence of invasion by exogenous Wind-Heat or Wind-Cold (which transforms into Heat). As such it is often seen as an acute disorder – with or without the concomitant clinical manifestations of an Exterior syndrome. Because the pathogens obstruct the Lung Qi, fluids stagnate in the Lung and are readily transformed into Phlegm under the influence of Heat.

Alternatively, Phlegm-Heat may develop in the Lung in patients with chronic Phlegm-Damp obstruction of the Lung. In these cases, the underlying cause is deficiency of the Spleen Qi with impaired fluid metabolism, which leads to the development of Phlegm. This scenario manifests in an acute episode of coughing or dyspnea in patients with a chronic respiratory disease, e.g. bronchitis or asthma.

Treatment of acute on chronic conditions requires ongoing therapy with appropriate tonification and Phlegm dispelling formulas during the remission stage.

The synergistic actions of the herbs are as follows:

- Fritillaria bulb (*zhe bei mu*), Trichosanthes seed (*gua luo ren*), Scutellaria root (huang qin): clear Phlegm-Heat from the Lung
- Citrus fruit (*zhi shi*), Citrus fruit peel (*chen pi*), Trichosanthes seed (*gua luo ren*), Prunus seed (*xing ren*): regulate the Lung Qi, redirect the Lung Qi downwards, dispel Phlegm and alleviate cough
- Fritillaria bulb (*zhe bei mu*), Pinellia tuber (*ban xia*): expel Phlegm from the Lung
- Poria cocos (*fu ling*), Citrus fruit peel (*chen pi*), Pinellia tuber (*ban xia*): strengthen the Spleen and dispel Damp (in order to prevent the production of Phlegm)