

The TCM management for Children's Asthma

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Contents

1. Introduction
2. Physiological characteristics of pediatric asthma
3. Characteristic of Etiology and Pathogenesis
4. Why is the Wheezing difficultly(slowly) cured ?
5. Treatments of pediatric asthma.
6. The prevention and Nursing

Wheezing(Xiao Zheng 哮喘证)

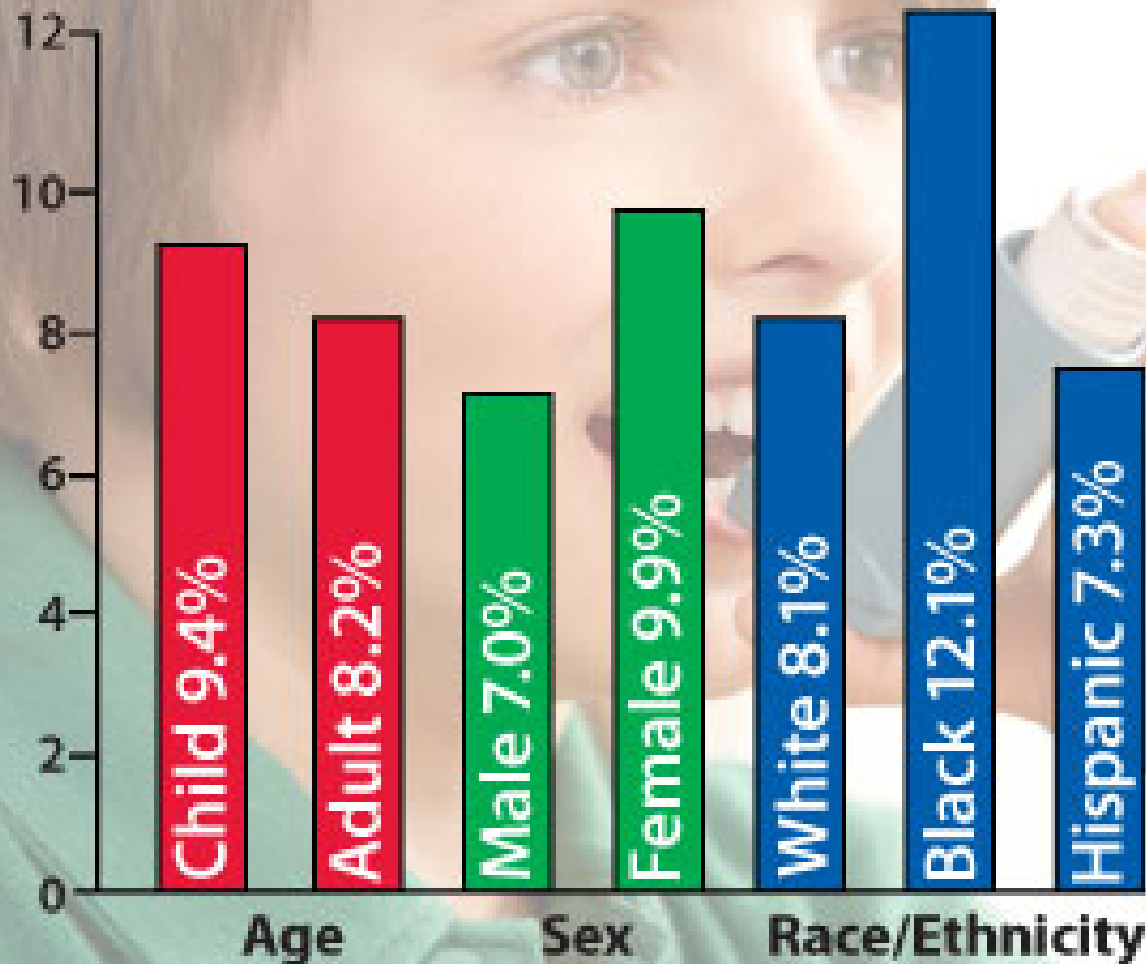
1. Definition

Wheezing, or Xiao, is a paroxysmal episode of difficult breathing that produces whistling sounds. The symptoms during an acute episode include the sound of rattling sputum in the throat, rapid and shallow breathing, tachypnea, dyspnea, and the need to sit upright to breathe.



- Season:
winter
Spring

Current Asthma Prevalence Percents by Age, Sex, and Race, United States, 2010



Source: National Health Interview Survey, National Center for Health Statistics, Centers for Disease Control and Prevention

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2. Physiological Characteristics of Pediatric asthma

The physiology of the lung, spleen and kidney are frequently insufficient.

Spleen trends to be weak { The child's spleen and stomach are not yet matured in terms of their physical structure and physiological function.
The child's rapid growth and development demands more nutrition

Two Significances

{ Zhong Qi weak → Lung Qi weak
produces phlegm

Lu tends to be weak

- { Skin is tender, don't know change their dress regarding to weather
- { spleen trends to be weak, affecting lung Qi weak

Two significances

- { easier suffer exterior pathogens → triggers of asthma
- { weak function for dispersing phlegm → pathogen of asthma

unconsolidated Ki

{ no Tian Gui

{ Grow up very quick, bones demands of marrow,
kidney relatively weak.

Two significance

{ fails to steam water metabolism → phlegm

{ fails to grasping Qi → asthma

3. Characteristic of Etiology and Pathogenesis

Interior

Lu, Sp, Ki
Deficiency

Latent Phlegm hidden in
Lu

Phlegm

obstructs → Wheezing

airway,

Lu qi

fail to

descend

Triggers

6 evils,
Touching allergens
Improper diet
Emotional disorder

Triggers affect

4. Why is the Wheezing difficultly(slowly) cured ?

(1) Latent phlegm is difficultly to expel

(2) Allergens are difficultly to identify

(3) External pathogens are difficultly to avoid

(4) The deficiency of body is difficultly to tonify

5. Treatment

Descending Qi, eliminating phlegm and relieving wheezing is focused at attack stage. Tonifying spleen, lung and kidney at remission stage.

Attack stage

(1) Cold asthma

Manifestation: Wheezing with clear phlegm, running nose, whistling sounds, cold hands and feet without sweat, pale face and tongue, white coating, floating and tight pulse or red floating index vein.

Treatment method: Warm the lung and eliminate phlegm, descend the lung Qi and relieve wheezing.

Formula: Xiao qing long tang(Minor Blue Green Dragon)
She Gan Ma Huang Tang(Belamcanda and ephedra Decoction)

Modified:

(1)lot phlegm: Su Zi(perilla frutescens), Bai Jie Zi(Brassica juncea), Che Qian Zi(plantago asiatica)

(2)turning to heat: Shi Gao(Gypsum), Huang Qin(Radix scutellariae baicalensis), Yu Xing Cao(houttuynia cordata)

(2)Heat asthma

Manifestation: Wheezing with yellow phlegm, whistling sounds with roughness, fever with red face, anxiety and thirsty, constipation, red tongue with yellow coating, slippery and rapid pulse or purple and stagnation index vein.

Treatment method:

Formula: (1) Ma Xing Shi Gan Tang(Ephedra, Apricot, Licorice and Gypsum Decoction)

(2)Ding Chuan Tang(Stopping Wheezing decoction)



Modified:

(a) fever: increase Shi Gao (Gypsum), add Yu Xing Cao (houltuynia cordata), Huang Qin (Radix scutellariae baicalensis).

(b) phlegm: Che Qian Zi (plantago asiatica), Ting Li Zi (lepidium apetalum)

Remission Stage

(1)Lung deficiency

Manifestation: easily reattack when child has cold, spontaneous sweating, tired, pale face, lips and tongue. Deep weak pulse or deep pale index vein.

Treatment method: tonify the lung and strengthen Wei Qi

Formula: Yu Ping Feng San(Jade Windscreen Powder)

Modified:

- (a)Lot sweat: add Fu Xiao Mai(Semen tritici aestivi levis), Long Gu(Os draconis), Mu Li(Concha ostreae)

- (b)chronic dry cough with red tongue and less coating:
add Sha Shen(Radix adenophorae strictae), Mai Men Dong(Tuber ophiopogonis japonici), Yu Zhu(Rhizoma polygonti odorati), Wu Wei Zi(Fructus schisandrae chinensis), Bai Xian Pi(Cortex dictamni dasycarpi)

(2)Spleen deficiency

Manifestation: mild cough with lot phlegm, tired and poor appetite, loose stool, deep and week pulse or deep and pale index vein.

Treatment method: Transform the spleen and eliminate phlegm

Formula: Liu Jun Zi Tang(Six-gentleman decoction)

Modified:

- (a) Poor appetite: add Shan Zha (*frutus crataegi*), Mu Gua (*Fructus Chaenomelis*).
- (b) Cough with phlegm: add Su Zi (*perilla frutescens*), Bai Jie Zi (*Brassica juncea*), Che Qian Zi (*plantago asiatica*)
- (c) Loose stool: add Bai Bian Dou (*dolichos lablab*), Shan Yao (*Radix dioscoreae oppositae*)

(3) Kidney deficiency

Manifestation: shortness of breath as child moving, cold limbs or hot palms, bed wetting, slow development, pale and tender tongue or red tongue with less coating. Deep and weak pulse.

Treatment method: Tonify Kidney and astringent Qi

Formula: Jin Gui Shen Qi Wan(Kidney Qi pill from the golden cabinet) for kidney Yang deficiency.

Mai Wei Di Huang Wan(Ophiopogon, Schisandra and Rehmania Pills) kidney Yin deficiency.

Modified:

- (a) Lot of night urine: add Wu Yao(radix linderiae) and Yi Zhi Ren (Fructus Aliniae Oxyphyllae).
- (b) Both deficiency of Lung and kidney: Jin Shui Liu Jun Jian(Six-gentleman of Metal and Water Decoction)

The treatment for complications

Qi exhaustion of lung and heart

Manifestation: severe wheezing last more than 24 hours, shortness of breath, palpitation(rapid heart rates), purple lips and tongue, deep weak pulse or purple index vein at Qi or Ming gates.

Treatment method: relieve wheezing and tonify Qi of lung and heart

Formula: Sheng Mai San(Generate Pulse powder) and Ma Huang Xi Xin Fu Zi Tang(ephedra,asarum, and prepared aconite decoction)

Modified: If purple lips is severe, Dan Shen, Tao Ren are added.

Other treatment:

(1)Acupuncture treatment

For attack stage:

Ding Chuan, Ren22, St40, Lu7. 1/day until wheezing gone.

Ear points: Endocrine point, asthma, Shen men.

For remission stage:

Puncture or moxa UB13, UB20, UB23, Ren 3, St36 every other day at the easily attack seasons.

(2) Topical treatment

Bai Jie Zi(Semen Sinapis Albae), Xi Xin(Herba cun Radicae Asari), Zao Jiao Ci(Spina Gleditsiae Sinensis) each 1-2g, make them as granule, mix with juice of fresh Ginger into paste, then put on Ding Chuang, UB13, UB17 with bandage.

Start at the dog days of summer(Junly 15th this year), 1/7days, all 3 weeks.

6.The prevention and Nursing

(1)Note what time the patient takes the herbs or the treatment.

(2) Try to prevent cold. The patient has to be treated in time if he has exterior pathogens.

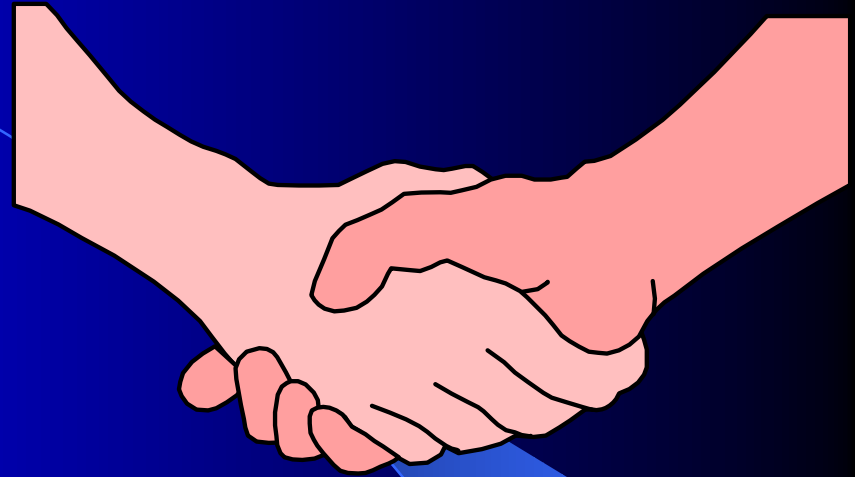
(3) Avoid contacting with the allergens, such as pollen, dust, paint, shrimp, crab. Avoid over activity, emotional disorders.

(4) Pay attention of therapy for remission stage to prevent reattack of asthma.

(5) Patient's living room should be good at air circulation, plenty of sunshine. Indoor of living room try to not be paved carpet.

Summary

1. Main pathology of asthma is latent phlegm hidden in Lu that is due to deficiency of the lung, spleen and kidney.
2. 6 evils and allergens are main triggers of asthma.
3. The main treatment is focus on at remission stage to prevent reattack.
4. The nursing is avoid contacting with allergens.



Thank
You !