

## Damp Phlegm in Lungs

### Symptoms

#### General Signs

- ◆
- ◆
- ◆

#### Specific Lung Sign

- ◆
- ◆
- ◆
- ◆
- ◆
- ◆
- ◆

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## Damp Phlegm in Lungs

### Symptoms

#### General Signs

- ◆ Retching and nausea
- ◆ fatigued, cumbersome limbs
- ◆ spleen weakness signs (spleen creates phlegm, lungs store it)

#### Specific Lung Sign

- ◆ You want to cough when this is in the lungs. (It doesn't matter if there is heat or cold with the damp phlegm.) “Bouts” of coughing or coughing fits. Copious white phlegm.
- ◆ Shortness of breath or dyspnea – you are having difficulty breathing
- ◆ rattling of phlegm in the throat or chest
- ◆ thoracic glomus
- ◆ increased difficulty in breathing when lying down
- ◆ pulse: slippery
- ◆ Tongue: thick, slimy coat

## Cold Phlegm in the Lungs

Symptoms:

- ✓
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓

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## Cold Phlegm in the Lungs

Symptoms:

- ✓ there is copious, clear or white sputum that is easy to cough up or expectorate.
- ✓ You may be able to hear the rattling of the phlegm in the throat or chest.
- ✓ Patient feels stuffy or clogged up. (Person may feel like they have to sit up in order to breath – pretty heavy chest congestion. They feel like they are drowning)
- ✓ A feeling of thoracic glomus, a feeling like something is stuck in the throat – peach pit glomus.
- ✓ Complexion will look cold, pale and pasty.
- ✓ Tongue will be slimy and sticky with a white coat.
- ✓ Person feels cold in their arms and legs. They want a blanket and want to bundle up.
- ✓ Pulse: slippery or wiry slippery pulse. It doesn't have sharp edges to it. This can be associated with a weakness of the spleen, so the pulse may be weak (middle pulse on the left side.) Deficient pulses with the phlegm would point toward a spleen problem, excess pulses with phlegm might not be associated with the spleen.

## Cold Phlegm in the Lungs

Treatment Principle:

Causes:

x

x

x

x

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## Cold Phlegm in the Lungs

Treatment Principle:

Resolve phlegm and restore the lung function

You want the lungs to descend or disperse.

You might want to help the spleen if you are seeing spleen involvement.

Causes:

x Poor diet – too many cold foods

x Weak digestion or injured digestion

x Too many mucus forming foods (Cheese and ice cream in excess of example or greasy foods)

x People who get colds a lot - having a cold hurts the lungs, it makes them more vulnerable.

## Cold Rheum(tan) in the Lungs

This problem is:

Symptoms:

- x
- x
- x
- x
- x
- x

Treatment:

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## Cold Rheum in the Lungs

**This problem is: chronic** phlegm in the lungs (It's a long time problem – it doesn't just happen – middle age or elderly people mostly) It's somewhere on the continuum from watery to thicker: damp → rheum → phlegm This can be specifically a spleen-yang deficiency problem because of the cold. It is often associated with cold symptoms as well.

Symptoms:

- x foamy glossy tongue coat (pale body) crisco covered.
- x Pulse can be almost wiry – pulse can be tight or tense. It may show weakness as well because of the yang deficiency.
- x People may vomit up this watery foamy phlegm
- x frog rattle or kitten purr in the chest
- x somber white (not bright white)

Treatment: resolve phlegm and tonify the lung, perhaps build up the spleen.

You can use moxa because this is a cold problem.

## Heat Phlegm in the Lungs

### Symptoms

- x
- x
- x
- x
- x
- x
- x
- x
- x
- x

### Treatment:

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## Heat Phlegm in the Lungs

### Symptoms:

- x Concentrated fluids
- x Fever
- x Dry mouth
- x red body with a yellow fur
- x still going to see signs of the lung obstruction, coughing (a harsh barking type of cough)
- x Shortness of breathing
- x stuffy chest
- x the real key, is that the phlegm is yellow or even green or blood tinged. (It could be a foul smelling sputum as well.
- x Perhaps a bitter taste in the mouth because of the heat (usually more of a liver problem)
- x Pulse is rapid, slippery (or even wiry & slippery)

### Treatment:

- x resolve phlegm (ST40)
- x clear the heat
- x stimulate the lungs to descend and disperse

## Brewing Phlegm Damp in the Lungs

This is:

Symptoms:

- x
- x
- x
- x
- x

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## Brewing Phlegm Damp in the Lungs

This again is a chronic problem. It is common in chronic bronchitis. It involves heat the damp condition in the lungs.

Symptoms:

- x cough,
- x thick and sticky phlegm (like emphysema)
- x feel oppression /stuffy in the chest
- x tongue fur is slimy (a dirty tongue) (take flour and dissolve it on the tongue – clumpy/lumpy and add the yellow/brown color)
- x This can eventually injure the lungs. (Like emphysema. This can cause a deficiency of lung qi.)

When a person catches everything going around, and it always turns into bronchitis. They have damaged lung qi.

## Phlegm producing foods:

- x
- x
- x
- x
- x
- x
- x

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## Phlegm Producing Foods:

- x Animal meats
- x Dairy products
- x Peanuts
- x soybean products
- x orange juice (lemon juice cuts phlegm as does grapefruit)
- x Sweets
- x Chocolate

## Foods to resolve phlegm or expel phlegm

<i>Cold Phlegm</i> <i>(warming herbs or neutral ones)</i>	<i>Neutral</i>	<i>Heat Phlegm</i> <i>(cooling and resolve phlegm)</i>	Foods that digest and don't make mucus

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## Foods to Resolve Phlegm or Expel Phlegm

<i>Cold Phlegm</i> <i>(warming herbs or neutral ones)</i>	<i>Neutral</i>	<i>Heat Phlegm</i> <i>(cooling and resolve phlegm)</i>	<b>Foods that digest/don't make mucus</b>
Fresh ginger	Flax Seed	Watercress	Vegetables
Fennel (good for weight loss)	Turnips	Radish	Fruits
Candied pepper	Mushrooms	Daikon	Sprouts
Garlic & onions	Coltsfoot tea	Barley Grass	Small amounts of legumes
horse		Nettles	Small amounts of grains
Inula (tea)- helps cough up phlegm		Mullein (tea)	Small amounts of almonds
			Simple foods/small meals
			Foods that don't compete for digestion

## Lung Qi Deficiency

Causes:

- x
- x
- x
- x
- x
- x
- x
- x
- x
- x

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## Lung Qi Deficiency

Causes:

- x Hereditary weakness
- x Develop lung qi deficiency after wind/head or wind/cold that isn't properly treated
- x lung diseases repeatedly (especially wind-heat colds. Heat is more damaging than cold colds.)
- x Because of general body qi deficiency.
  - x Poor diet (not putting good food into the engine)
- x Sitting for long periods of time.
- x Emotions affecting the lungs –
  - x long time sadness (sadness dissolves qi)
  - x Worry – knots qi. (Spleen is damaged, sheng cycle next is the lungs)

## Lung Qi Deficiency

Symptoms

General:

- x
- x
- x

Lung Specific:

- x
- x
- x
- x
- x
- x
- x
- x
- x

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## Lung Qi Deficiency

Symptoms:

General:

- x Face is pale (bright white)
- x weak spirit
- x general physical weakness

Lung Specific:

- x shortness of breath (you can't take a deep breath)
- x weak cough
- x quite/soft/ "low" – timorous voice - "they do not want to speak"
- x 5 phase association with skin/and defense qi and pores (if lung qi is weak, wei qi is weak too, the pores don't open and close properly) Daytime abnormal sweating. Called spontaneous sweat.
- x As above, the defensive qi can't protect the body, so they catch everything. (good interview question)
- x as above, since wei qi helps to keep you warm, your ability to stay warm may be compromised.
- x Tongue has a pale body (not hot or cold), thin white coat.
- x Deficient pulse (weak pulse, empty pulse, big at first – but then disappears – it is easy to occlude – like a scallion stalk) Especially on the lung pulse – wrist crease on the right.
- x weakness of breathing

## Lung Qi Deficiency Foods

Foods:

- |   |   |
|---|---|
| x | x |
| x | x |
| x | x |
| x | x |
| x | x |
| x | x |
| x | x |

Diet:

- x
- x
- x
- x
- x
- x

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## Lung Qi Deficiency Foods

Foods:

- |                              |                    |
|------------------------------|--------------------|
| x Rice (lung color is white) | x garlic           |
| x Oats                       | x molasses         |
| x carrots                    | x rice syrup       |
| x mustard greens             | x barley malt      |
| x sweet potatoes             | x herring          |
| x potatoes                   | x inula root (tea) |
| x fresh ginger               | x licorice root    |

Diet

- x mostly cooked foods (cold and raw foods produce mucus if you have a weak spleen)
- x Avoid cooling foods and foods that create mucus (oj, or salt for example)
- x Avoid milk and other dairy
- x Cooling foods like swiss chard, seaweeds, spinach, cereal grasses (barley)
- x “Tonify earth to nourish metal”
- x Response to treatment is gradual

## Lung Yin Deficiency

### Symptoms

#### General Signs:

- x
- x
- x
- x
- x
- x

#### Lung Specific Signs:

- x
- x
- x
- x
- x
- x
- x

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## Lung Yin Deficiency

### Symptoms

#### General Signs:

- x Overheat at night (night sweats)
- x Malar flush
- x five-palm heat
- x insomnia (wake up because they are overheating and sweating)
- x marked ill health (they don't look healthy)
- x emaciation – dried out and unhealthy

#### Lung Specific Signs:

- x dry cough with little phlegm; phlegm may contain blood (deficiency heat)
- x Dy mouth and throat
- x “low” hoarse voice
- x throat is kind of tickly
- x rapid breathing
- x Tongue – red, peeled, maybe no coat, perhaps a dry coat
- x Pulse is rapid and deficient (not strong) Thin or thready pulse.

## Lung Yin Deficiency

Causes:

- x
- x
- x
- x

Treatment Principle:

- x
- x

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## Lung Yin Deficiency

Causes:

- x Deficiency of body fluids can cause a dryness in the lungs
- x Lung qi deficiency over a long period of time
  - x Anything that causes lung qi deficiency over a long period of time.
- x It can be transferred from the stomach (yin deficiency in the stomach can cause lung yin deficiency).

Treatment Principle:

- x nourish the lung yin (all yin)
- x clear the deficiency heat

## Foods for Treating Lung Yin Deficiency

x	x	x
x	x	x
x	x	x
x	x	x
x	x	x
x	x	x
x	x	x
x	x	x
x	x	x
x	x	x

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## Foods for treating Lung Yin Deficiency

x seaweeds (cooling & moistening)	x tomatoes	x clams
x Irish moss	x banana	x pork
x Spirulina (green-blue algae)	x string beans	x herbs such as:
x Microalgae	x soy milk	x marshmallow root
x Oranges	x tofu	x slippery elm
x Peaches	x flax seed	x Solomon seal (tea)
x Pears	x butter and other dairy products	x Lilly bulb root
x Watermelon	x eggs	x root romania root
x apples	x oysters	<u>Stay away from bitter and warming foods</u>