

The following chapter is excerpted from Jake Fratkin's *Essential Chinese Formulas* (2014). It describes treatment of acute food poisoning causing vomiting and diarrhea, and references all available GMP Chinese patent medicines and American-made Chinese herbal products.

3. RESPIRATORY DISORDERS

3A. LUNG HEAT OR FIRE (Barking Cough, Upper *Jiao* Inflammation)

Classical Formulas:

Qing Zao Jiu Fei Tang

qīng zào jiù fèi tāng (清燥救肺汤)

Modern Formulas:

Huang Lian Shang Qing Wan

huáng lián shàng qīng wán (黄连上清丸)

Li Fei Pian

lì fèi piān (利肺片)

Qing Fei Yi Huo Pian

qīng fèi yì huǒ piān (清肺抑火片)

Lung heat or fire and upper *jiao* inflammation appear as acute events. They are due to either exogenous wind-heat or accumulation of heat-toxins, which include infectious virus or bacteria. When in the lung, the patient feels heat in his chest, pain on inhalation and a dry, sore throat. There is a sharp and barking cough without the rattle of phlegm. Lung heat or fire causing acute cough can be present during common cold, influenza, bronchitis, viral or bacterial pneumonia, croup, pulmonary abscess or infection, and high fever affecting the lungs.

Lung heat or fire is distinguished from lung phlegm conditions by the absence of any significant amount of phlegm, although sticky and difficult to expectorate phlegm may be present. Lung fire can precede or follow an acute phlegm-heat presentation. Effective treatment may involve combining the formulas of this chapter with a cough syrup (*Chapter 3D*). Also, with significant phlegm production, the formulas in this chapter can be combined with formulas for phlegm-heat (*Chapter 3B*) or phlegm-damp (*Chapter 3C*). Dry coughs without fire are treated with products from *Chapter 3E*. In severe coughs found in flu or pneumonia, combine with formulas from *Chapter 2A*. In cases of acute bacterial pneumonia, however, pharmaceutical antibiotics are recommended.

Upper *jiao* inflammation, often due to heat-toxins, includes swollen lymph glands, toothache or infection, sinus infection, eye infections, ear infections, and mouth ulcers. They can be treated with several of the formulas in this chapter; other formulas can be found in their appropriate chapters.

Classical Formulas:

QING ZAO JIU FEI TANG

Formula: *qīng zào jiù fèi wán* (清燥救肺丸)

“Clear Dryness, Rescue Lungs Decoction”

Author: Yù Chāng (喻昌) *aka* Yù Jiā-Yán (喻嘉言)

Source: *Yī Mén Fǎ Lǚ* (医门法律), 1658

Literal: “Physicians’ Door (to) Methods (and) Rules”

Availability:

Eriobotrya & Ophiopogon Combination (EG)

Qing Zao Jiu Fei Wan (HT, TL)

Ingredients: (from the standardized “*Eriobotrya & Ophiopogon Combination*”)

<i>sāng yè</i> (桑叶), Folium Mori	25.2 %	BB
<i>shí gāo</i> (石膏), Gypsum Fibrosum	21.6	DA
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	10.0	AD
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	8.4	AA
<i>huǒ má rén</i> (火麻仁), Fructus Cannabis	8.4	PA
<i>ē jiāo</i> (阿胶), Colla Corii Asini	6.6	AB
<i>xìng rén</i> (杏仁), Semen Armeniacae Amarum	6.6	CC
<i>rén shēn</i> (人参), Radix Ginseng	6.6	AA
<i>pí pá yè</i> (枇杷叶), Folium Eriobotryae	6.6	CC

Ingredients: (from Herbal Times “*Qing Zao Jiu Fei Wan*”)

<i>shí gāo</i> (石膏), Gypsum Fibrosum	19.1 %	DA
<i>ē jiāo</i> (阿胶), Colla Corii Asini	11.5	AB
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	11.5	AD
<i>pí pá yè</i> (枇杷叶), Folium Eriobotryae	11.5	CC
<i>rén shēn</i> (人参), Radix Ginseng	11.5	AA
<i>sāng yè</i> (桑叶), Folium Mori	11.5	BB
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	7.8	AA
<i>huǒ má rén</i> (火麻仁), Fructus Cannabis	7.8	PA
<i>xìng rén</i> (杏仁), Semen Armeniacae Amarum	7.8	CC

Clears lung heat, moistens lung yin, tonifies lung qi, relieves cough. Use for dry heat injuring the lungs, causing dry or hacking cough without phlegm. This can follow an attack of pathogenic wind or is due to chronic endogenous lung heat. Other signs include headache, dry throat, thirst and dry nose. The formula can be used in an acute presentation for patient with pre-existing deficiency of *qi* and *yin*, or in more chronic cases where *qi* and *yin* have been depleted. Applicable for chronic dry cough found in smoker's cough or dry-cough asthma with signs of heat.

Pulse: Weak, thin, rapid

Tongue: Dry with scanty coat

Comments: This formula is appropriate for dry cough due to heat, but without obvious heat-toxins. This may follow clearance of heat-toxins with earlier formulas. It is appropriate for chronic cough due to heat, with concurrent deficiency of lung *yin* and *qi*. In chronic cases, this may be due to age or smoking.

The formula uses moistening herbs such as *ē jiāo*, *mài mén dōng*, and *huǒ má rén*; *shí gāo* clears lung heat; *sāng yè*, *xìng rén* and *pí pá yè* to stop cough due to heat. *Rén shēn* and *gān cǎo* replenish lung *qi*. The formula avoids herbs that are too bitter or too spicy, both of which can be too drying.

The Taiwan extract granule version is more appropriate for sudden dry cough due to wind-heat, while the Herbal Times and Tanglong versions are more appropriate for lung heat presentation following successful clearance of heat-toxins.

Caution: Reduce dosage if loose stool develops.

Further Reading:

Bensky et al, p. 667

Chen & Chen, p. 1029

Ellis, p. 235

Modern Formulas:

HUANG LIAN SHANG QING WAN

Formula: *huáng lián shàng qīng wán* (黄连上清丸), “Coptis Upper Clearing Pill”

Author: Chinese Medicine Research Institute of China Academy of TCM
(中国中医研究院中医研究所)

Source: *Quán Guó Zhōng Yào Chéng Yào Chù Fāng Jí* (全国中药成药处方集),
1962

Literal: “Nation-wide Chinese Medicine Manufactured Medicine
Medical Prescription Collection”

Availability:

Coptis, Phellodendron & Mint Formula (EG)

Huang Lien Shang Ching Pien (PM)

Huang Lien Shang Qing Pian (BE, PM)

Ingredients: (From the standardized “Coptis, Phellodendron & Mint Formula”)

<i>dà huáng</i> (大黄), Radix/Rhizoma Rhei	15.6 %	PA
<i>huáng lián</i> (黄连), Rhizoma Coptidis	10.7	DB
<i>huáng qín</i> (黄芩), Radix Scutellariae	10.7	DB
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri	10.7	DB
<i>zhī zǐ</i> (栀子), Fructus Gardeniae	10.7	DA
<i>jiāng huáng</i> (姜黄), Rhizoma Curcumae Longae	7.8	K
<i>lián qiào</i> (连翘), Fructus Forsythiae	7.8	DD
<i>jú huā</i> (菊花), Flos Chrysanthemi	5.2	BB
<i>dāng guī wěi</i> (当归尾), Radix Extemis Angelicae Sinensis	5.2	AB
<i>jié gěng</i> (桔梗), Radix Platycodonis	2.6	CA
<i>gé gēn</i> (葛根), Radix Puerariae Lobatae	2.6	BB
<i>bò hé</i> (薄荷), Herba Menthae	2.6	BB
<i>xuán shēn</i> (玄参), Radix Scrophulariae	2.6	DC
<i>guā lóu rén</i> (瓜蒌仁), Semen Trichosanthis	2.6	CB
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	2.6	K

Ingredients: (From Tianjin Drug Manufactory “*Huang Lian Shang Ching Pien*”)

<i>dà huáng</i> (大黄), Radix/Rhizoma Rhei	25.2 %	PA
<i>màn jīng zǐ</i> (蔓荆子), Fructus Viticis	16.6	BB
<i>jú huā</i> (菊花), Flos Chrysanthemi	12.6	BB
<i>huáng lián</i> (黄连), Rhizoma Coptidis	7.8	DB
<i>jié gěng</i> (桔梗), Radix Platycodonis	6.3	CA
<i>huáng qín</i> (黄芩), Radix Scutellariae	6.3	DB
<i>jīng jiè</i> (荆芥), Herba Schizonepetae	6.3	BA
<i>bái zhǐ</i> (白芷), Radix Angelicae Dahuricae	6.3	BA
<i>fáng fēng</i> (防风), Radix Saposhnikov./Ledebouriae	3.1	BA
<i>shí gāo</i> (石膏), Gypsum Fibrosum	3.1	DA
<i>gǎo běn</i> (藁本), Rhizoma Ligustici	3.1	BA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	3.1	AA

Clears heat, drains fire, resolves toxins, dispels pathogenic wind, frees the stool, benefits the eyes, opens the orifices, relieves pain. Use for toxic heat accumulation in the upper *jiao* causing fever, headache, sore throat, red eye, eye stye, ear infection or sinus infection. Can be used for harsh cough, strep throat, tonsillitis, infectious conjunctivitis and ear infection, also for stomach and intestinal heat causing tooth infection, mouth ulcers, swollen infected gums or nosebleed. Also for infected wounds or toxic boil with redness and pain.

Pulses: Rapid, large, occasionally slippery

Tongue: Red or red in the tip, with dry yellow coat

Comments: There are two different versions of this formula that are available as products. The first, as the Taiwan-formulated extract granules, is closest to the original prescription. It contains *huáng lián*, *huáng qín*, *dà huáng*, *huáng bǎi*, and *zhī zǐ*, comprising 58% of the formula. These are all strong antibacterial herbs, making it most appropriate for bacterial infections in the upper burner including bacterial cough, as well as strep infections of the throat or eye. It is a large formula, with 15 herbal ingredients.

The second version, available as a popular patent medicine, uses a smaller and different formula (12 herbs). It contains only five herbs from the original formula (*dà huáng*, *huáng lián*, *jú huā*, *jié gěng* and *huáng qín*) and adds herbs that dispel exogenous wind and bring it to the sinus area, including *màn jīng zǐ*, *jīng jiè*, *bái zhǐ* and *gǎo běn*. That makes this formula more appropriate for sinus infection, wind headache, or conjunctivitis, but it is still effective for strep throat.

The large amount of *dà huáng* follows the principle of purging heat-toxins through the stool, but excessive amounts may be too purging for many patients. The version from Tianjin contains 25% *dà huáng*.

Caution 1: In both formulas, *dà huáng* is the largest ingredient and will cause diarrhea in many cases. Adjust dosage accordingly. The formula should be discontinued once heat symptoms subside or change.

Caution 2: Due to the inclusion of *dà huáng* and *jiāng huáng*, this formula is prohibited during pregnancy. *Jiāng huáng* is contraindicated for patients taking blood thinners such as Coumadin.

Further Reading:

Bensky et al, p. 170

Chen & Chen, p. 347

Ellis, p. 144

LI FEI PIAN

Formula: *lì fèi piān* (利肺片), “Benefit Lung Tablet”

Source: Modern patent medicine

Availability:

Li Fei Lung Support (K)

Li Fei Pian (PF)

Lifei Tangyipian (PM)

Ingredients: (from Plum Flower “*Li Fei Pian*”)

<i>bái jí</i> (白及), Rhizoma Bletillae	29.1 %	J
<i>bǎi bù</i> (百部), Radix Stemonae	16.1	CC
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	14.0	L
<i>mǔ lì</i> (牡蛎), Concha Ostreae	11.8	N
<i>pí pá yè</i> (枇杷叶), Folium Eriobotryae	10.8	CC
<i>bǎi hé</i> (百合), Bulbus Lillii	8.6	AD
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	6.5	AA
<i>dōng chóng xià cǎo</i> (冬虫夏草), Cordyceps	2.9	AC
<i>gé jiè</i> (蛤蚧), Gecko	0.2	AC

Clears lung heat, nourishes lung yin, descends lung qi, stops bleeding, relieves cough. Indicated for harsh dry cough, especially with bits of blood, pus, or sticky pieces of yellow phlegm that is difficult to expectorate. Use for coughs due to trapped heat in the lungs, and applicable for coughs due to tuberculosis, AIDS, or pulmonary abscess. Use this formula for chronic dry cough due to deficiency of lung yin and qi.

Pulse: Thin, occasionally rapid

Tongue: Normal, or pale, or slightly red with scanty coat

Comments: This formula was originally used to treat chronic dry heat cough found in tuberculosis; thus the attention to coughing up of blood and pus, for which Bletilla *bái jí* is indicated (29% of the formula). *Bǎi bù* clears harsh cough; *bǎi hé* helps to moisten the lung; *mǔ lì* helps descend and astringe lung qi. Small amounts of *gé jiè* and *dōng chóng xià cǎo* are also used, both valued tonics for lung qi and yin. In spite of its original application in tuberculosis and expectoration of blood, it is commonly used for controlling heat in the lungs causing dry cough.

QING FEI YI HUO PIAN

Formula: *qīng fèi yì huǒ piān* (清肺抑火片), “Clear Lungs, Inhibit Fire Tablet”

Source: Modern patent medicine

Availability:

Ching Fei Yi Huo Tablets (PM)

Qing Fei Clearing Formula (K)

Qing Fei Yi Huo Wan (HT)

Ingredients: (from Herbal Times “*Qing Fei Yi Huo Wan*”)

<i>huáng qín</i> (黄芩), Radix Scutellariae	20.6 %	DB
<i>dà huáng</i> (大黄), Radix/Rhizoma Rhei	17.6	PA
<i>jié gěng</i> (桔梗), Radix Platycodonis	11.8	CA
<i>zhī zǐ</i> (栀子), Fructus Gardeniae	11.8	DA
<i>tiān huā fěn</i> (天花粉), Radix Trichosanthis	11.7	CB
<i>kǔ shēn</i> (苦参), Radix Sophorae Flavescentis	8.8	DB
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri	5.9	DB
<i>zhī mǔ</i> (知母), Rhizoma Anemarrhenae	5.9	DA
<i>qián hú</i> (前胡), Radix Peucedani	5.9	CA

Clears lung heat and fire, moistens the lung and throat, dissolves phlegm, frees the stool, relieves cough. Use for lung fire conditions producing sharp, barking cough, painful lung, dry cough or cough with difficult to expectorate yellow phlegm, dry mouth, and sore throat. Use for acute and chronic bronchitis and pulmonary abscess. Also applicable for tonsillitis, pharyngitis, strep throat, mouth sores, bleeding gums, toothache, and fever.

Pulse: Excess, occasionally rapid; or thin

Tongue: Normal, or red with scanty coat

Comments: This modern formula addresses lung fire conditions, marked by a sensation of burning lungs, with dry, barking and painful cough. It can be added with other formulas for phlegm-heat, to reinforce the effect of draining fire and clearing heat. *Tiān huā fěn* and *zhī mǔ* moisten the lung, while *qián hú* addresses early development of phlegm.

Because of the inclusion of *huáng qín*, *dà huáng*, *zhī zǐ*, *kǔ shēn* and *huáng bǎi* (65% of the formula), it is appropriate for bacterial infections affecting the lung, sinus, ear or throat.

Caution 1: *Dà huáng* (at 17.6% of the formula) can cause loose stools or diarrhea; in that case, reduce dosage. Discontinue the medicine after heat symptoms subside, usually within three days.

Caution 2: *Dà huáng* and *tiān huā fěi* are prohibited during pregnancy.

OTHER FORMULAS APPROPRIATE FOR THIS CHAPTER:

Classical Formulas:

Sang Ju Yin

See Chapter 1B

Xie Bai San

Morus & Lycium Formula (EG)

Mulberry and Lycium Formula (GF)

Modern Formulas:

Yang Yin Qing Fei Wan

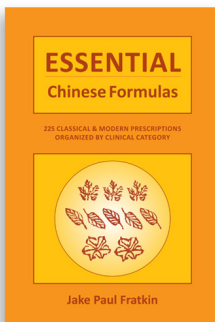
Yang Yin Qing Fei Wan (PM)

Yang Yin Qing Fei Tang Jiang (PM)

Other:

Belamcanda 15 (SF)

Stemona Tablets (SF)



For more information on **this book**, go to <https://drjakefratkin.com/product/essential-chinese-formulas/>

For more information on its **Kindle** counterpart, go to <https://amzn.to/2J1ZVr1?>

For **webinar lectures** by Jake Fratkin on each individual chapter of *Essential Chinese Formulas*, go to <https://drjakefratkin.com/product/the-most-important-chinese-herbal-formulas-webinar/>

(continues on next page)

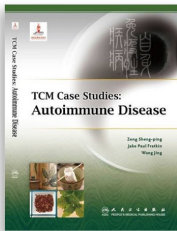


For information on Jake Fratkin's **herbal tinctures**, go to <https://drjakefratkin.com/store/herbal-formulas-for-practitioners/>

For Jake Fratkin's archive of **articles**, go to <https://drjakefratkin.com/articles/>



For Jake Fratkin's **webinars**, go to <https://drjakefratkin.com/teaching/webinars/>



For **other books** by Jake Fratkin, go to <https://drjakefratkin.com/product-category/books/>