

Experience in Treating Prolonged Cough with Deficiency of Lung, Spleen and Qi by Stopping Coughing Powder and Combining with Liujunzi Decoction

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Abstract: *This article analyzes the main points of the formulae of Stop Coughing Powder and Six Gentlemen Soup, and cites the case of Stop Coughing Powder combined with Six Gentlemen Soup in the treatment of prolonged cough with deficiency of the lungs, spleen and qi, so as to guide the clinical application. External wind-cold for a long time does not solve and invade the lungs and spleen, resulting in abnormal qi transportation and digestion, so the cough is prolonged and not cured. Therefore, in the treatment of this type of chronic cough, the focus is on the benefit of qi to dispel the evil, in order to restore the normal function of the lungs and spleen. Clinical practice has shown that the combination of Cushioning Powder and Six Gentlemen's Tonic has significant efficacy in the treatment of prolonged cough with deficiency of the lungs, spleen and qi. The combination of the two formulas is safe and can not only effectively relieve cough symptoms, but also improve the overall health and quality of life of the patient.*

Keywords: Stopping cough, Six gentleman's soup, Cough, Lung spleen qi deficiency.

1. Introduction

Cough as a disease name, first appeared in the "Yellow Emperor's Classic of Internal Medicine", the text refers to "the five viscera and six bowels are people cough, not only the lungs," emphasizing the close relationship between the cough and the overall physical condition. The "Neijing" pointed out that: "the skin and hair, the combination of lungs, the skin and hair first subjected to evil, evil from its combination." This suggests that the lungs are closely related to the skin and hair, and that external evil attacks can easily lead to lung disease. In addition, internal injury is also an important cause of cough, mainly including phlegm and positive deficiency. Phlegm refers to the stagnation of dampness in the body, forming phlegm, which hinders the lung qi from declaring and descending, leading to cough. The positive deficiency refers to the lack of positive qi in the body, mainly in the form of qi deficiency, so that the lungs lose the ability to promote the descending of the lungs, easily triggered by cough symptoms. "No evil can make a cough" - whether it is an attack by an external evil or an abnormality caused by an internal factor, it may cause the lungs to lose the ability to pronounce and purge in the body, making the lung qi go against the flow and upward, thus triggering a cough. Positive deficiency is both the internal cause of the onset of a cough and the internal cause of a prolonged cough.

Spleen is in the middle position, the five elements of earth, for the mother, lung five elements of gold, for the son, according to the theory of the five elements of birth and death, the earth can produce gold, so the spleen will affect the function of the lungs, and the two are more closely related. Long-term cough or asthma and other diseases will consume lung qi, affecting the spleen qi, or due to dietary disorders resulting in damage to the spleen and stomach, which in turn affects the lungs. The expansion of the atmosphere in the chest, both up and down,

depends on the qi of the spleen and lungs. When the spleen and lungs are deficient in qi, the operation of qi is blocked, and fluid and phlegm are stored in the lungs, which can easily lead to coughing, and when the lungs are not properly cleansed, coughing is difficult to cure. Lung, spleen and qi deficiency of prolonged cough, can be seen in the prolonged cough, shortness of breath, fatigue, food reduction. Treatment, replenish the spleen and benefit the lung as the main method, can choose to stop cough powder to promote lung and wind, cough and phlegm, in order to get rid of the external evil, plus the six gentleman soup to benefit the qi and replenish the spleen, drying dampness and phlegm, in order to replenish the deficiency of the corrective. The combined use of these two formulas can fundamentally regulate the qi of the spleen and lungs and bring rapid relief to the cough.

2. Overview of Cushioning Essence

Stopping Cough [1] from the "Medical Mind", is the Qing Dynasty Zhongling Cheng created for the treatment of cough on behalf of the formula, the formula consists of Platycodonopsis pilosula, Jingwu, Aster, Baibai, Baiqian, licorice, Chenpi, the formula used in the medicinal herbs have a unique efficacy, the combination is reasonable, and complement each other. It is mainly used for external wind-cold cough. "Cough is caused by cold in the lungs" and "nine out of ten coughs are caused by wind-cold". Therefore, Zhongling Cheng believes that wind-cold is the main cause of cough. The cough treated by the cough powder has five symptoms: a pharyngeal itch, two dry cough, three sputum less and white, four no asthma, five slightly fear of wind-cold [2]. However, it should not be used for Yin deficiency labor cough or lung-heat cough [3]. Wind-cold cough initial treatment must be dispersed evil, but not too dispersed, not dispersed is not eliminated, too dispersed is the lung qi will be weak. The medical mind" said: "This formula is warm and

peaceful, not cold and not hot, neither attack when the Yu, a large open door to drive away the momentum of the thief, it is easy to disperse the guest evil, the lungs are peaceful [1]. Clinical formula is often as follows: 12g of Platycodonopsis, 12g of Thuja, 12g of Aster, 12g of Peperomia, 12g of Bupleurum, 5g of Glycyrrhiza glabra, 6g of Pericarpium Citri Reticulatae, the formula sparsely surface to promote the lungs, relieve cough and resolve phlegm, and the effect of the use of the very good.

3. Overview of Six Gentlemen Soup

Six Gentlemen's Soup is from the Classic of Medicine, which has a long history and is widely used in various diseases caused by deficiency of lung, spleen and qi. Ginseng in the formula can replenish vital energy, benefit the lung and strengthen the spleen [4], and is the first choice of medicine for tonifying qi. Rhizoma Atractylodis Macrocephalae is known as "the first medicine for tonifying qi and strengthening the spleen", which can not only tonify the middle of the body and benefit qi, but also dry dampness and promote diuresis, which is effective in symptoms such as weakness and indigestion caused by deficiency of lung, spleen and qi. Poria and Pinellia have the functions of strengthening the spleen and seeping away dampness and drying dampness to dissolve phlegm, helping the body to get rid of unnecessary dampness and phlegm-dampness. In the book of Famous Doctors, Bianxia is said to "eliminate phlegm-heat and fullness in the heart, abdomen, chest and diaphragm, and coughing up the air". Medical Qiyuan" also on the half-summer "treatment of cold phlegm and cold form of cold drink cold injury to the lungs and cough". Therefore, half-summer can suppress cough and resolve phlegm, Chen Pi can strengthen the spleen and move qi, dry dampness and resolve phlegm. Licorice not only strengthens the qi and replenishes the spleen, expels phlegm and relieves cough, but also harmonizes all medicines and synergizes their effects. Clinically, Six Gentlemen Soup is widely used in the treatment of chronic coughs caused by deficiency of lung, spleen and qi. By harmonizing the functions of the lungs and the spleen, Liujunzi Decoction not only relieves the symptoms of cough, but also improves the overall health of the patient. The combination of all the medicines is to cultivate the earth to generate gold, increase the spleen and earth to promote the lung and gold, and together they can strengthen the spleen and tonify the lung, stop cough and dispel phlegm [5], so as to achieve the purpose of regulating the whole body's qi. The commonly used clinical formula is as follows: 12g of Chen Pi, 24g of Qing Hanxia, 12g of Poria, 12g of Radix et Rhizoma Glycyrrhizae, 12g of Ginseng, and 18g of Atractylodes Macrocephala.

It has been demonstrated in the literature that stopping coughing powder combined with Liujunzi Decoction for the treatment of cough is safe, reduces cough and phlegm symptoms, and has significant clinical efficacy [6].

4. Relevant Pharmacological Studies

Clinical studies have shown that Cough Stopper not only reduces the number of coughs [7,8], but also resolves phlegm and suppresses coughs[8]; in addition, network pharmacological studies have speculated that Cough Stopper

treating respiratory disorders may play the role of suppressing cough and resolving phlegm by regulating inflammation-related pathways and immune-related pathways, or it may be the target of the action of treating coughs [9]. For the half-summer in Liujunzi Decoction, Rong Ma et al [10] verified that Pauling half-summer granules prolonged the duration of ammonia-induced cough latency in mice, reduced the number of coughs, and had a significant antitussive effect, and all three doses of Pauling half-summer granules significantly increased tracheal phenol red excretion, suggesting that it has an expectorant effect. Zhouquan Cai et al [11] found that the volatile oil of Chenpi has the effect of asthma, cough suppression and anti-allergic inflammation. Roasted licorice, Poria, Atractylodes macrocephala, ginseng can make the spleen and lung qi healthy, transportation and normalization, capitalizing on anger and blood so as to achieve the purpose of improving lung function and enhancing the body's ability to resist disease [12].

5. Case Examples

Case 1:

Patient, male, 47 years old, first seen on 6/1/2024. Complaint: cough with fatigue for 1 week. The patient complained of coughing after catching a cold 1 week ago, with white sputum, itchy pharynx, fatigue, tiredness, no treatment, no attention, no diagnosis and treatment. 1 week since the symptoms did not see obvious relief, in order to seek further diagnosis and treatment, so he came to the outpatient clinic. Carved diagnosis: clear consciousness, poor spirit, cough, phlegm color white, pharyngeal itching, fatigue, fatigue, tiredness, sleepy limbs, pale and tasteless mouth. No sore throat, no nasal congestion and runny nose, no palpitation and shortness of breath, no dizziness and headache, no abdominal distension and abdominal pain, generalized nocturnal abstinence, loss of appetite, loose stools and normal urine. Tongue red with yellowish, flaky coating. Sinking pulse. Previously healthy. Western medicine diagnosis: upper respiratory tract infection. TCM diagnosis: cough. Diagnosis: Spleen deficiency. Treatment: tonifying the spleen and lungs, drying dampness and resolving phlegm. Prescription: Six Gentlemen Soup combined with Cough Stopper. Composition: Chen Pi 12g, Qing Hanxia 24g, Poria 12g, Radix et Rhizoma Glycyrrhizae 12g, Radix Panax Ginseng 12g, Atractylodes Macrocephala 18g, Platycodon Grandiflorus 12g, Thornybush 12g, Aster 12g, Fructus Momordicaulis 12g, Phellodendron Bidentatae 12g, 3 slices of Ginger, 6 jujubes. 7 doses. Decoction method: the above flavor with 1600ml of water, all the drugs, boiled to 600ml, remove the dregs, warm service 200ml, three times a day.

After telephone follow-up, the patient complained of cough significantly improved, occasionally a small amount of white sputum, fatigue has improved, night shock, Na can, two stool regulation.

Pressing the language: The patient was a middle-aged male, whose cough was triggered by a deficiency of the spleen and stomach and the feeling of external evils leading to the retrograde movement of lung qi, and whose long-term coughing led to lung damage that was difficult to heal. The spleen and stomach, as the foundation of the latter day, the

official of the warehouse, the main transportation, the spleen is not healthy and transportation is not normal, which will lead to dampness and turbidity, phlegm and dampness trapped in the spleen and other symptoms, such as fatigue, body fatigue, chest tightness, loss of appetite, loose stools, and so on. Six Gentlemen Soup tonifies qi and strengthens the spleen, dries dampness and resolves phlegm, stops coughing and promotes lung qi, dispels wind and relieves surface symptoms, and together they treat coughs and other related symptoms caused by deficiency of spleen and lung qi. In this formula, ginseng tonifies qi and strengthens the spleen, Rhizoma Atractylodis Macrocephalae strengthens the spleen and dries dampness, Poria Cocos is sweet and light and seeps out dampness to strengthen the spleen, and Pinellia ternata, which is bitter in taste and warm and dry in nature, mainly goes to the Lung, Spleen, Liver meridians, and has the function of warming the lungs to dispel cold, drying dampness and removing phlegm, and suppressing coughs and asthma. Aster, Baiqian, Baibu to resolve phlegm and cough, cough regardless of the new long, can be effective, Chen Pi, Platycodon grandiflorum declared lowering the lung qi, cough elimination phlegm, licorice glycyrrhiza and mild in the middle, the mediation of all medicines, the two and Platycodon grandiflorum with the, more can clear the throat. Thornywort dispels wind and relieves the symptoms. The combination of these herbs can improve the patient's symptoms and physique by tonifying the spleen and lungs, drying dampness and resolving phlegm.

Case 2:

Patient, male, 69 years old, was first seen on April 25, 2024. Complaint: diagnosed with right lung adenocarcinoma for 1 year, coughing for more than 1 month. 1 year ago, the patient had cough and sputum without obvious triggers, sputum was abundant and white in color, accompanied by chest tightness and shortness of breath, and underwent chest CT in Tangdu Hospital, which showed that: a nodule was found in the upper lobe of the right lung near the hilum, considering that occupying lesions and malignant lesions were highly likely to be present, and then surgical treatment was performed (the specific surgical style was not known), and the pathology of the surgery was: (the apical section of the upper lobe of the right lung) a small invasive adenocarcinoma, with vesicular growth, part of which was appressed wall-like growth. Postoperative pathology: small invasive adenocarcinoma (apical segment of the upper lobe of the right lung), vesicular in nature, partly with wall-like growth, the cancer tissue did not invade the pleura; no metastatic carcinoma was detected in the lymph nodes sent to the lymph nodes of (group 4) (0/1), (group 7) (0/1) and (group 9) (0/1). Postoperative recovery was fine. After regular targeted therapy (specific medication is not known), the condition was stable. 1 month ago, due to cold, there was coughing, coughing sputum, with small amount and white color, itchy pharynx, accompanied by chest pain, aggravated by cold, sleep was good, diet was poor, urine was good, loose stools, the tongue was pale, fat and large with teeth marks, the moss was white, and the number of teeth was fine. Allergic to sulfonamides. Western medicine diagnosis: adenocarcinoma of right lung. Chinese medicine diagnosis: lung cancer, cough. Diagnosis: deficiency of lung, spleen and qi. Treatment: moisten the lung and stop cough, strengthen the spleen and resolve phlegm. Prescription: Six Gentlemen Soup combined with Cough Stopper. Composition: Chenpi 20g,

Pinellia 30g, Poria 20g, Radix et Rhizoma Glycyrrhizae 20g, Radix Panax Ginseng 20g, Rhizoma Atractylodis Macrocephalae 30g, Platycodon Grandiflorus 12g, Thornybush 12g, Asteracanthus 12g, Fructus Momordicaulis 12g, Porphyra Chinensis 12g, Scutellaria Baicalensis 12g, 3 slices of Ginger, 2 jujubes. 6 doses. Decoction method: the above flavor with 1600ml of water, all the drugs, boiled to 600ml, remove the dregs, warm 200ml, three times a day.

After 6 doses, the patient's cough improved significantly, and the prescription was followed by 5 more doses and healed.

Press words: The patient is old and weak, the function of internal organs gradually declines, the lung, spleen and stomach are deficient in many internal organs, resulting in powerless transportation function, stagnation of water and liquid, gradually forming phlegm and turbidity, phlegm and turbidity rises to the lungs, coupled with cancerous toxin obstruction in the lungs, the lungs are not purging and descending, then there are recurrent symptoms of coughing and coughing up phlegm, coupled with the patient's inadvertent exposure to cold, the lungs are injured very much, so it is difficult to recover from prolonged coughing. The "Spiritual Pivot" in the cloud: "sixty is the heart gas exhaustion, bitter sadness is worried about the body, blood and gas slack and running not smooth, body good lying not like to move, seventy spleen gas is weak, then the skin wither, eighty is the lungs gas failure, get up and live in the decline." Also pointed out that the essence of the elderly visceral deficiency. Aster, before the white, the Department of medicine also has the role of phlegm cough, and Platycodon grandiflorum can declare the lung qi, cough and phlegm. Thornywort has the effect of dispelling wind and relieving the symptoms of cough caused by wind. Licorice can harmonize all the medicines to relieve cough. The combination of these drugs can help to regulate qi and resolve phlegm, strengthen the spleen and lungs, relieve cough and dry dampness, which will help to improve the patient's symptoms and prevent further development of the disease. Six-Monarch Soup benefits the lung and strengthens the spleen. Atractylodes macrocephala belongs to the spleen and stomach meridians, which benefits the qi and strengthens the spleen, and is effective in promoting water and drying dampness; Poria has the effect of increasing the spleen and stomach and inducing dampness. Semixia belongs to the spleen, stomach and lung meridians, and can lower the rebelliousness and resolve phlegm. Combined with Chen Pi, it can enhance the efficacy of expelling phlegm. Ginseng tonifies the spleen and lungs, and replenishes vital energy. Aster, Baiqian and Baibu can relieve cough and resolve phlegm, and can be effective in treating cough regardless of its duration; Platycodon grandiflorum and Chenpi can promote and reduce lung qi, relieve cough and eliminate phlegm, and Jingwu can dispel wind and relieve symptoms caused by wind. Licorice is used to harmonize all the medicines, and together with Platycodonopsis, it can clear the throat. The combination of all the drugs can help to regulate qi and resolve phlegm, strengthen the spleen and lungs, relieve cough and dry dampness, which can help to improve the patient's symptoms and prevent the further development of the disease.

6. Summary

Cough, the basic pathogenesis for the lung loss of declaring and purging, congestion and upward reversal. Feeling the external evil, the lung's declaring and descending is not normal, the lung qi upward reversal and cause cough. Coughing for a long time hurts the lungs and the spleen, so it is difficult to recover. Chinese medicine believes that the lung is a delicate organ, is the crown of the five organs, specializing in respiration, the main XuanDaSuDong, through the regulation of waterways. The main treatment is to propagate, purging and lowering the lungs, and to replenish the latter. Stopping coughing is composed of pungent, bitter and sweet medicines, "Huang Di Nei Jing" says: "The lungs are bitter and rebellious, so eat bitter to drain them. The lungs want to collect, urgent food acid to collect, acid to complement the Xin diarrhea." Bitter and pungent are the main flavors of the formula, bitter can purify and lower the lung qi, and pungent can disperse congested qi [13]. Six Gentlemen Soup benefits qi and strengthens the spleen, dries dampness and resolves phlegm, treats both symptoms and root causes, and dispels evils to support the positive. In conclusion, the treatment of prolonged cough with deficiency of lung, spleen and qi by combining Cough Stopper with LiuJunzi Decoction is highly safe, which can not only effectively alleviate the cough symptoms of the patients, but also improve their overall health condition and quality of life.

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