

Professor Shen Shuwen's Clinical Experience and Academic Ideas on Using Zhisou Powder to Treat Cough based on the Theory of "Light Prescription Removing Pathogenic Factors"

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Abstract: *This article summarizes the clinical experience and academic ideas of Professor Shen Shuwen, a renowned traditional Chinese medicine practitioner in Shaanxi Province, in using Zhisou San to treat cough. Zhisou San originated from the book "Medical Insights" written by the Qing Dynasty physician Cheng Guopeng. It is a commonly used and effective formula for treating cough. Professor Shen Shuwen, based on the idea of "light prescription removing pathogenic factors" and following the basic theory of traditional Chinese medicine, cleverly used Zhisou San to treat cough, with significant clinical effects and distinct characteristics of traditional Chinese medicine. Exploring the clinical experience of famous traditional Chinese medicine practitioners in using Zhisou powder to treat cough based on the theory of "light prescription removing pathogenic factors" is beneficial for inheriting the clinical experience and academic ideas of famous traditional Chinese medicine practitioners.*

Keywords: Shen Shuwen, Light prescription removing pathogenic factors, Zhisou San, Cough Clinical experience, Academic thinking.

1. Introduction

Shen Shuwen, a second level professor, is the first renowned traditional Chinese medicine practitioner in Shaanxi Province. He is a doctoral supervisor and the guiding teacher of the National Famous Traditional Chinese Medicine Expert Inheritance Studio. He is also the guiding teacher for the academic experience inheritance of the fourth, fifth, and sixth batches of famous traditional Chinese medicine experts in China. With 50 years of experience in clinical, teaching, and scientific research, he has solid theoretical knowledge and rich experience, and is skilled in using traditional Chinese medicine to diagnose and treat various difficult diseases in internal medicine. Professor Shen Shuwen, based on the basic theory of traditional Chinese medicine that "light prescription removing pathogenic factors", cleverly uses the formula of Zhisou San to treat cough in clinical practice, with significant effects and distinctive characteristics of traditional Chinese medicine. Now, Professor Shen's clinical experience and academic ideas are summarized as follows for readers' reference and learning.

2. The Theory of "Light Prescription Removing Pathogenic Factors" and Zhisou Powder

The theory of "light prescription removing pathogenic factors" originated from Xu Zhicai's "couplet medicines" in the Northern and Southern Dynasties, referring to products such as ephedra and kudzu root that can gently promote and dispel sweating on the surface. After being expanded and improved by many medical experts in later generations, its meaning has become more diverse and its clinical application has become more extensive [1-3]. As mentioned by Cheng Wu of the Northern Song Dynasty in his book "Shanghan Mingli Lun", the "ten doses" [4] are a development of the

theory of "light prescription removing pathogenic factors"; During the Jin and Yuan dynasties, Li Dongyuan was skilled in treating spleen and stomach diseases, and was famous for his light and small dosage of medication; Wang Haogu of the Yishui School also discussed in his book "Tangye Bencao" [5] that it refers to the use of expel the evil factor with drugs of mild action traditional Chinese medicine to dispel evil and treat external infections; Li Shizhen, a traditional Chinese medicine expert in the Ming Dynasty, advocated [6] changing "light prescription removing pathogenic factors" to "light can treat closure", mainly used to treat various closure syndromes; Ming Dynasty physician Zhang Jingyue also pointed out [7]: "If you can get what you need, you can use one or two flavors to stir it up; During the Qing Dynasty, the expert in Warm Diseases, Ye Tianshi, advocated [8] for the use of light and clear medicines when dealing with mild pathogens. Wu Jutong advocated [9] for the use of light and clear medicines. Wang Mengyong advocated [10] for the use of light and clear medicines when dealing with severe illnesses. Xu Dachun advocated [11] for the use of light medicines to cure illnesses. Fei Boxiong advocated [12]: "There is no magical method in the world, only plain methods. The extreme of plain methods is magical;

Famous modern Chinese medicine experts such as Ding Ganren, Pu Fuzhou, Ran Xuefeng, and Guan Youbo [13-16] have also made varying degrees of contributions and supplements to the theory of "light prescription removing pathogenic factors".

The famous formula for treating cough caused by external factors, Zhisou San, comes from the book "Medical Insights" [17] written by the Qing Dynasty physician Cheng Guopeng. Its composition and usage are: Platycodon grandiflorum (stir fried), fineleaf schizonepeta herb, aster (steamed), radix stemonae (steamed), Rhizoma Cynanchi Stauntonii (steamed), each weighing 2 pounds (1kg), Licorice (stir fried), weighing

12 liang (375g), dried tangerine peel (washed with water to remove white), weighing 1 pound (500g). Above is the end. Each dose costs three yuan (9g), and after eating, adjust to boiling water while lying down; First feeling of wind cold, adjust ginger soup. (Modern usage: Take 6-9g each time as a powder, add warm water or ginger soup. It can also be used as a decoction, decoct in water, and reduce the dosage according to the original formula ratio). Effect: Promote lung qi circulation, dispel wind and relieve a cough. Indications: Wind pathogenic invasion of the lungs syndrome. Coughing and itching in the throat, uncomfortable phlegm production, or slight fever and aversion to wind, thin and white tongue coating, and pulse floating slow.

Cheng Zhongling believes that when coughing starts, it is often caused by wind and cold, and treatment should be divergent. Wind is the foremost of the six evils and the chief of all diseases. Wind pathogens come from the outside and invade the lungs, causing the lungs to lose their ability to spread and descend, resulting in unfavorable lung qi. Therefore, clinical symptoms such as throat discomfort, throat itching, coughing, and phlegm production can be observed; If the pathogenic factors are yet present, symptoms such as fever and aversion to wind can also be seen. But the lungs are delicate organs that are not resistant to cold and heat, and treatment should not be too warm, too cold, or too divergent. Therefore, it is advisable to use the formula of Zhisou San.

This prescription uses two traditional Chinese medicines, radix stemonae and aster, as the main herbs. They are bitter in taste, warm and moist in nature, and can enter the lung meridian. They have the characteristics of moistening but not greasy, warm but not hot, and can lower qi to relieve cough and phlegm. They can be used in clinical treatment of new and chronic cough. Platycodon grandiflorum has a bitter and pungent taste, with a mild nature. It enters the lung meridian and can promote lung qi; Rhizoma Cynanchi Stauntonii has a pungent and bitter taste, with a slightly warm nature. It returns to the lung meridian and is good at reducing qi and resolving phlegm; Both are official medicines that assist the emperor in promoting the reduction of lung qi, stopping cough and resolving phlegm. dried tangerine peel has a bitter and pungent taste, with a warm nature. It belongs to the lung and spleen meridians and can dry dampness, reduce phlegm, regulate qi, and strengthen the spleen; fineleaf schizonepeta herb has a pungent taste and a slightly warm nature. It belongs to the lung and liver meridians and has the effect of dispersing wind to dispel any remaining pathogens on the surface; Both are adjuncts. Licorice has a sweet taste and a mild nature. It can regulate the heart, lungs, spleen, and stomach meridians. As a medicinal herb, it can be used to harmonize various medicines and can also be combined with Platycodon grandiflorum to have the effect of dispelling phlegm, clearing throat, and stopping cough.

Taking a comprehensive view of the entire formula, although the medicinal taste is minimal and the dosage is extremely light, the combination of various medicines allows for the smooth flow of pathogenic powder in the lungs, the smooth flow of qi, the elimination of phlegm, and the self elimination of various symptoms; Moreover, the compatibility of prescriptions has the characteristics of relieving symptoms without harming the body, dispersing cold without aiding heat,

moistening but not greasy, and warming but not dry, which can be used to treat various coughs.

Professor Shen Shuwen has widely used Zhisou San in clinical practice to treat various coughs, such as common cold cough, acute and chronic bronchitis, bronchiectasis, bronchial asthma, cough variant asthma, and cough caused by lung tumors. Professor Shen Shuwen also believes that the application of Zhisou San needs to be based on the principles of "three categories of etiologic factors" and "syndrome differentiation and treatment" in traditional Chinese medicine. It should be determined according to the region, season, gender, age, location, nature, and severity of the disease, and the adverse effects should be observed. It should be tailored according to the syndrome and flexibly applied to achieve "extremely mild medicine with wide efficacy". Special emphasis: It is not suitable for those who cough with blood in phlegm, suffer from yin deficiency, and cough.

Professor Shen Shuwen commonly uses medication doses: 10 grams of Platycodon grandiflorum, 10 grams of Rhizoma Cynanchi Stauntonii, 10 grams of radix stemonae, 10 grams of Aster, 6 grams of dried tangerine peel, 10 grams of fineleaf schizonepeta herb, and 6 grams of Licorice. And according to the differences in cold and heat deficiency and excess, adjust according to the symptoms, treat various coughs. If the lung heat is excessive and phlegm heat is obstructing the lungs, add Baikal Skullcap Root, Cortex Mori, Heartleaf Houltuyenia Herb, or use Xiebai Powder in combination; If dryness and evil damage the lungs, add honey loquat leaves, Sichuan Fritillaria, fried almonds, and Anemarrhena; If the wind-evil is too strong and the throat itches, add white Bombyx batryticatus, cicada slough, perilla leaves, and Saposhnikovia divaricata; If the wind is too hot, the tongue is red, thirsty, and the throat is sore, add burdock seeds, white fescue roots, mulberry leaves, forsythia suspensa, radix scrophulariae, and chrysanthemum; If the wind is cold and the tongue is pale with white fur, and the mouth is not thirsty, add purple perilla leaves, Saposhnikovia divaricata, stir fried almonds, and ginger; If the phlegm and dampness are heavy, the cough volume is large, and the quality is viscous, add Pinellia ternata, dried tangerine peel, Poria cocos, rhizoma atractylodis, and Magnolia officinalis; If there is a noticeable foreign body sensation in the throat, use Banxia Houpu Decoction in combination.

3. Examples of Medical Records

3.1 Acute Upper Respiratory Tract Infection (Wind Cold Cough Case)

Mr. Wang, 30 years old, from Xianyang, Shaanxi. On November 15, 2023, with the main complaint of "cough and throat itching accompanied by aversion to cold for one week", the patient was admitted to Shaanxi University Hospital of Chinese Medicine. The patient caught a cold after catching a cold one week ago, presenting with mild chills, fever, cough, sputum, throat itching, and overall pain and discomfort. They took cold medicine on their own (details unknown), and the above symptoms were significantly relieved. They still have symptoms of cough and sputum, and are now seeking traditional Chinese medicine treatment at the outpatient clinic. Current symptoms: Cough with phlegm, excessive white

phlegm, unpleasant cough, especially at night, accompanied by chest tightness and discomfort, itchy throat, occasional slight coldness without fever, good diet, poor mental state, normal bowel movements, dreams during night rest, pale red tongue, thin white coating, and floating pulse.

Traditional Chinese Medicine Diagnosis: Cough (Exogenous cough)

Syndrome differentiation: Wind cold attacking the lungs

Treatment: Promote lung circulation, dispel cold, reduce phlegm and cough

Formula: Modified Zhisou San.

Prescription: 10 grams of fineleaf schizonepeta herb, 10 grams of *Saposhnikovia divaricata*, 10 grams of *Platycodon grandiflorum*, 10 grams of *Aster*, 10 grams of *radix stemonae*, 10 grams of dried tangerine peel, 6 grams of *Rhizoma Cynanchi Stauntonii*, 10 grams of *Fructus Aurantii*, 10 grams of Almonds, 10 grams of *Pinellia ternata*, 10 grams of Licorice.

6 doses, decoct 400ml in water and take warm twice in the morning and evening, one dose per day. After taking 3 doses, the symptoms basically disappeared, and after taking 6 doses, the patient recovered.

3.2 Acute Upper Respiratory Tract Infection (Wind Heat Cough Case)

Ms. Wu, 42 years old, from Xianyang, Shaanxi. The chief complaint was "cough and sore throat accompanied by fever for 1 week, worsening for 2 days". On May 18, 2015, he visited Professor Shen Shuwen at the Famous Doctor's Clinic of Shaanxi University of Traditional Chinese Medicine Affiliated Hospital. The patient caught a cold one week ago, and two days ago, the symptoms worsened. The patient had cough, phlegm, yellow and sticky color, fever, sweat, sore throat, dizziness and head swelling, and a body temperature of 38.5°C. Self medication with cold clearing granules was ineffective, so the patient came to the outpatient clinic for treatment with traditional Chinese medicine. Symptoms: Frequent and severe cough, yellow phlegm, redness, swelling, and pain in the throat, good diet, poor mental state, daily bowel movements, dry texture, red tongue tip, thin yellow coating, floating pulse, body temperature of 37.8°C.

Traditional Chinese Medicine Diagnosis: Cough (Exogenous cough)

Syndrome differentiation: Wind and heat attacking the lungs

Treatment: Evacuate wind heat, clear the lungs, reduce phlegm and cough

Formula: Zhisou San combined with Sangju Yin and Yinqiao San for chemical cutting

Prescription: 10 grams of *Platycodon grandiflorum*, 15 grams of *Aster*, 10 grams of *Rhizoma Cynanchi Stauntonii*, 10 grams of Mulberry Leaves, 10 grams of *chrysanthemum*, 15 grams

of *caulis loniceriae*, 15 grams of burdock seeds, and 6 grams of *Saposhnikovia divaricata*, 10 grams of Xuanshen, 10 grams of *Fructus Aurantii*, 10 grams of *Forsythia suspensa*, and 10 grams of *Cortex Mori*, 10 grams of almonds and 10 grams of raw licorice.

6 doses, decoct 400ml in water and take warm twice in the morning and evening, one dose per day. After telephone follow-up, the patient reported that after taking one dose, the fever subsided, and after taking six doses, the patient recovered from the illness.

3.3 Allergic Asthma Cases (Wind Pathogenic Cough Cases)

Ms. Li, 21 years old, is a college student from a university in Xi'an. Initial consultation on November 20th, 2018. The patient has been suffering from asthma since childhood, and was diagnosed with allergic asthma by a hospital in Xi'an. Long term oral and inhaled anti asthmatic and antispasmodic drugs have not been effective. Whenever encountering dust, smoke, odors, blowing air, or cold air, the condition will flare up, accompanied by symptoms such as nasal congestion, throat itching, runny nose, and itchy eyes. Symptoms are more pronounced at night and in the morning. Current symptoms: cough and asthma, chest tightness and shortness of breath, inability to lie down, worsening when lying down, poor diet, poor mental state, normal bowel movements, pale red tongue with thin white coating, and floating pulse. Self reported chest CT scan one week ago, no obvious abnormalities were found.

Traditional Chinese Medicine Diagnosis: Cough

Syndrome differentiation: Wind pathogen attacking the lungs, rapid airway spasm

Treatment: Promote lung function and relieve asthma

Formula: Zhisou San combined with allergy decoction and cutting

Prescription: 10g fineleaf schizonepeta herb, 10g *Platycodon grandiflorum*, 10g *Rhizoma Cynanchi Stauntonii*, 10g Fried Almonds, 10 grams of *radix stemonae*, 6 grams of dried tangerine peel, 10 grams of earthworms, and 9 grams of *Saposhnikovia divaricata*, 10 grams of silver Chaihu, 10 grams of white muscardine silkworm, 12 grams of *Schisandra chinensis*, and 12 grams of *Fructus Aurantii*, 10 grams of *Aster*, 6 grams of cicada slough, 15 grams of smoked plum, and 10 grams of Licorice, Huangqi 20g, *Atractylodes macrocephala* 15g.

6 doses, decoct 400ml in water and take warm twice in the morning and evening, one dose per day.

On November 27, 2018, the patient reported a reduction in coughing and wheezing, occurring 1-2 times a day at night and in the morning. Inhaling salbutamol can alleviate symptoms, removing almonds from the upper part, adding 12 grams of purple perilla leaves, 6 doses, and the decoction method is the same as before.

On December 4, 2018, during the third consultation, the

patient reported experiencing one asthma attack this week after taking medication. They encountered dust and smoke irritation, and coughed after inhaling cold air. Their diet and mental state were good, their bowel movements were normal, and they rested at night. Their tongue was light red with thin white coating, and their pulse was fine. Continuing with the above method, carry out chemical cutting, remove the white muscardine silkworm and cicada molt, add 5 grams of whole scorpion and 12 grams of mulberry bark, and then take 6 doses. After taking asthma medication, there are no more attacks and occasional coughing.

Four consultations on December 11, 2018. Patient's self-report: After taking 6 doses of traditional Chinese medicine for three consultations, asthma did not recur. Occasionally, coughing and phlegm were reduced, diet and mood were normal, bowel movements were normal, night rest was acceptable, tongue was light red with thin white coating, and pulse was fine. On the basis of the traditional Chinese medicine formula for the three diagnosis, add dried tangerine peel, add 10 grams of raw white peony, and take 6 doses of water pills to consolidate the therapeutic effect.

3.4 Chronic Bronchitis (Smoking Cough Case)

Mr. Zhang, 65 years old, a farmer from Qian County, Xianyang City, Shaanxi Province, visited Professor Shen Shuwen at the Famous Medical Clinic of Shaanxi University of Traditional Chinese Medicine Affiliated Hospital on November 2, 2015 for "recurrent cough and phlegm for more than 20 years". The patient has a history of smoking for more than 40 years, with at least one pack per day. The current symptoms include coughing with phlegm, heavy coughing at night, thick and sticky phlegm, yellow and white mixed, occasional bitter mouth and dry mouth, unfavorable throat dryness, poor diet, poor mental state, bowel movements once or twice a day, dry and not smooth, dreams during night breaks, difficulty falling asleep when coughing severely, red tongue, thin tongue body, thin and yellow tongue coating, fine and fine pulse.

Traditional Chinese Medicine Diagnosis: Cough (cough with internal injury)

Syndrome differentiation: Insufficient lung yin, retention of phlegm-heat in the interior

Treatment: Nourish yin and moisten lungs, clear heat and phlegm, relieve cough

Formula: Zhisou San combined with Baihe Gujin Tang for chemical cutting

Prescription: 10 grams of *Platycodon grandiflorum*, 10 grams of *Rhizoma Cynanchi Stauntonii*, 10 grams of *Aster*, and 10 grams of *Fructus aurantii*, 10 grams of roasted Baibu, 10 grams of raw licorice, 15 grams of *Zhejiang Fritillaria*, and 15 grams of whole Gualou, 10 grams of raw lilies, 10 grams of *Scutellaria baicalensis*, 10 grams of *Cortex Mori*, and 12 grams of *Ophiopogon japonicus*, 10g *radix scrophulariae*, 10g prepared rehmannia root, 10g dried rehamnnia root, 10g bryozoatum, 15g (pan fried first)

6 doses, decoct 400ml in water and take warm twice in the morning and evening, one dose per day.

On November 9, 2015, the patient reported a significant improvement in symptoms after taking the medication. The current symptoms include coughing, excessive phlegm, dry throat, good diet, poor mental state, daily bowel movements that are well formed and unobstructed, dreams during night breaks, red tongue texture, thin tongue body, thin yellow tongue coating, and fine pulse strings. Take *radix stemonae* and *bryozoatum* from above, add 12 grams of *radix glehniae* and 6 grams of *Sichuan Fritillaria*, 6 doses, and decoct as before. Based on the above, continuous treatment for more than two months has basically cured the cough symptoms. Advise him to quit smoking and nourish his lungs.

3.5 Reflux Esophagitis (Case of Cough Caused by Lung and Stomach Gas Reflux)

Ms. Li, 43 years old, is an employee of a unit in Xianyang. On September 4, 2023, the patient presented with the main complaint of "recurrent cough accompanied by gastric distension for 1 year and worsening for 2 weeks". The patient had a cough accompanied by bloating in the epigastric region due to poor diet one year ago. They took western medicine such as domperidone and rabeprazole sodium enteric coated tablets, but the treatment effect was not significant. The symptoms were mild and severe, and often repeated. In the past two weeks, the upper symptoms worsened. On September 4, 2023, a gastroscopy examination was conducted at Shaanxi University of Traditional Chinese Medicine Affiliated Hospital, which showed: 1. Chronic non atrophic gastritis; 2. Gastroesophageal reflux. I came to the clinic today for traditional Chinese medicine treatment. Symptoms: Paroxysmal coughing, low phlegm, aggravated symptoms when lying flat or after meals, full epigastric distension, occasional hiccups, insufficient appetite, poor mental state, normal bowel movements, dreams during night rest, pale red tongue, white and greasy coating, fine pulse.

Traditional Chinese Medicine Diagnosis: Cough (cough with internal injury)

Syndrome differentiation: Stomach qi reflux, lung loss and descending

Treatment method: harmonize stomach and reduce reflux, promote lung function and relieve cough

Formula: Zhisou San combined with Banxia Xiexin Decoction for digestion and cutting

Prescription: 6 grams of fineleaf schizonepeta herb, 10 grams of *Platycodon grandiflorum*, 12 grams of *Aster*, and 10 grams of *radix stemonae*, 5g of dried tangerine peel, 6g of roasted licorice, 10g of *Rhizoma Cynanchi Stauntonii*, 10g of clear *Pinellia ternata*, 3 grams of goldthread, 8 grams of *Baikal Skullcap Root*, 10 grams of dried ginger, and 10 grams of *perillaseed*, 20 grams of *Codonopsis pilosula*, 10 grams of *flos inulae* (decoct a drug wrapped), 20 grams of *Ruddle* (be decocted first).

6 doses, decoct 400ml in water and take warm twice in the

morning and evening, one dose per day.

On September 11, 2023, the patient's symptoms improved during a follow-up visit. Current symptoms: Still coughing, less phlegm, full epigastric distension, poor mental state, normal bowel movements, dreams during night rest, pale red tongue, white and greasy coating, fine pulse. Take the top as the main ingredient, add 10 grams of Fructus Aurantii and 10 grams of Magnolia officinalis, remove flos inulae and replace the ochre, 6 doses, and decoct as before. Later, based on the combination of Zhisou San and Banxia Xiexin Decoction, the symptoms disappeared after more than a month of treatment. Six months later, there was no recurrence during telephone follow-up.

3.6 Postoperative Lung Cancer (Case of Lung and Spleen qi Deficiency, Phlegm and Heat Combined Cough)

Ms. Liu, 65 years old, retired employee from Xi'an. On October 9, 2018, the chief complaint was "recurrent cough for more than 3 months". The patient was diagnosed with "lung adenocarcinoma" by CT and bronchoscopy biopsy due to cough three months before the visit. Later, he underwent right upper lobectomy in a hospital in Xi'an and received adjuvant chemotherapy after the surgery. The cough symptoms did not show significant improvement. In order to seek traditional Chinese medicine treatment, I came to the outpatient department today. The current symptoms include cough, less phlegm, white and sticky color, hoarse voice, frequent feeling of fatigue and weakness in the back, lack of food, poor mental state, bitter mouth in the morning, normal bowel movements, frequent dreams, pale red tongue, thin white coating, and fine pulse.

Traditional Chinese Medicine Diagnosis: Cough (cough with internal injury)

Syndrome differentiation: lung spleen qi deficiency

Treatment: Nourish qi, invigorate spleen, and relieve cough.

Formula: Zhisou San combined with Xiaoxianxiong Decoction for digestion and cutting

Prescription: 15g Aster, 5g Raw Licorice, 15g radix stemonae, 10g Platycodon grandiflorum, 10 grams of fineleaf schizonepeta herb, 5 grams of dried tangerine peel, 15 grams of Rhizoma Cynanchi Stauntonii, and 8 grams of Baikal Skullcap Root, 5 grams of goldthread, 12 grams of clear Pinellia ternata, 12 grams of pericarpium trichosanthis, and 10 grams of almond, 15 grams of Codonopsis pilosula, 20 grams of Acacia bark, 20 grams of Astragalus membranaceus, and 15 grams of Atractylodes macrocephala.

12 doses, decoct 400ml in water, divided into two warm doses in the morning and evening, one dose per day.

On October 23, 2018, during a follow-up visit, the patient reported significant relief of cough symptoms after taking medication. The current symptoms include coughing with phlegm, yellow color, small amount, poor appetite, poor mental state, fatigue, 1-2 bowel movements per day, yellow urine color, dreams during night rest, pale red tongue, thin

yellow coating, and fine pulse.

Traditional Chinese Medicine Diagnosis: Cough (cough with internal injury)

Syndrome differentiation: deficiency of lung and spleen qi, phlegm and heat intermingling

Treatment: tonify qi and spleen, reduce phlegm and cough.

Formula: Zhisou San combined with Shenling Baizhu San for chemical cutting

Prescription: 10g Aster, 6g Raw Licorice, 15g radix stemonae, 10g Platycodon grandiflorum, 10 grams of fineleaf schizonepeta herb, 5 grams of dried tangerine peel, 15 grams of Rhizoma Cynanchi Stauntonii, and 15 grams of Codonopsis pilosula, 20g Semen dolichoris, 30g semen coicis, 15g Poria cocos, 20g lotus seeds, 15 grams of Atractylodes macrocephala, 30 grams of raw yam, 12 grams of clear Pinellia ternata, and 9 grams of bamboo shavings.

12 doses, decoction method is the same as before. Afterwards, the upper part was mainly treated with individualized treatment for more than two months.

3.7 Cough Variant Asthma (Case of Wind Pathogen Attacking Lung Cough)

Ms. Wang, 35 years old, is an employee of our hospital. On March 6, 2024, the patient presented with the main complaint of "recurrent cough for half a year and worsening for one week". Six months ago, the patient had a cough due to accidental exposure to cold, which was obvious at night. Multiple treatments were given, and Western medicine diagnosed it as "cough variant asthma". Treatment was given to relieve asthma, anti infection, and other treatments, with symptoms ranging from mild to severe and often recurring. In the past week, due to climate change, the above symptoms have worsened again. I came to the outpatient department for treatment from traditional Chinese medicine. Current symptoms: cough, obvious at night, aggravated after activities, accompanied by white foam sputum, small amount, throat itching, mild aversion to cold, moderate diet, poor spirit, normal urination, normal menstruation, light red tongue, thin white fur, floating and tight pulse. Auscultation: No dry or wet rales were heard during bilateral lung auscultation.

Traditional Chinese Medicine Diagnosis: Cough (diseases caused by exogenous pathogenic factor)

Syndrome differentiation: Wind cold invading the lungs

Treatment: Relieve wind and dispel cold, promote lung circulation and relieve cough.

Formula: Zhisou San for digestion and cutting

Prescription: 10 grams of fineleaf schizonepeta herb, 10 grams of Platycodon grandiflorum, 12 grams of Aster, and 10 grams of tussilago, 10 grams of fried almonds, 6 grams of raw licorice, 10 grams of Saposhnikovia divaricata, 6 grams of dried tangerine peel, 10 grams of radix stemonae, 15 grams of

Rhizoma Cynanchi Stauntonii, 15 grams of folium perillae, 6 grams of roasted Ephedra, 10 grams of Semen tingli, 6 grams of Ginger Pinellia ternata, and 10 grams of Earthworm.

6 doses, decoct 400ml in water and take warm twice in the morning and evening, one dose per day.

On March 13, 2024, the patient's symptoms improved during a follow-up visit. Symptoms: Still coughing, low phlegm, white color, itching in the throat, good diet, good mental state, regular bowel movements, good night rest, normal menstruation, pale red tongue, thin white coating, floating and tight pulse. Take the above as the main ingredient, add 12 grams of honey loquat leaves and 15 grams of Schisandra chinensis, remove Semen tingli and folium perillae, 6 doses, and decoct as before. Afterwards, the main formula was Zhisou San, which was tailored according to the symptoms. After more than a month of treatment, the symptoms disappeared. Follow up by phone for six months has not recurred.

4. Discuss

4.1 The Connotation of the Traditional Chinese Medicine Theory of "Light Prescription Removing Pathogenic Factors" [18-19]

"Light" and "reality" in the academic theory of "light prescription removing pathogenic factors" are a relative concept. "Light" generally refers to the therapeutic medication being light and clear in texture, mainly consisting of plant flowers, leaves, branches, and stems; The aroma is fragrant, easy to evaporate, and the decoction time of traditional Chinese medicine is relatively short; The nature and taste of drugs are mostly pungent and light lifting products, which have the effects of promoting sweating, dilating the lungs, penetrating the surface and relieving muscles, etc; The composition of the medicinal flavor is relatively small, the dosage is light, the treatment method is flexible and light, the compatibility is precise, the strength is gentle, and the effect is effective. "Real" generally refers to "when evil qi is abundant, it becomes excess syndrome", clinically manifested as evidence, including external factors such as six exogenous pathogenic factors, diet and emotions, fatigue and internal injury, phlegm and drinking, and other evil qi.

4.2 Physiological Functions of Lungs and Zhisou San

The lungs belong to the metal element in the Five Elements. The metal element states that "all qi belongs to the lungs". The lungs are responsible for regulating qi, regulating respiration, and promoting the descending of qi. The behavior below the lung qi is smooth. The lungs are delicate organs that are not resistant to cold and heat. They are covered with a canopy and communicate with the outside world through the mouth and nose, Six exogenous pathogenic factors, internal injuries and seven emotions, as well as dietary fatigue, can all lead to the reversal of lung qi, manifested as cough, wheezing, and phlegm. According to the principle in the Yellow Emperor's Inner Canon that "when the lung qi is reversed, it is urgent to eat bitterness to release it. When the lungs want to retract, they should eat acid urgently to retract it, use acid to supplement it,

and use pungent diarrhea." The treatment is to reduce and expel lung qi, and the original formula for stopping cough and dispersing excess qi is composed of five types of pungent and bitter Chinese herbal medicines. Bitter flavors are used to relieve lung qi stagnation, while pungent flavors are used to relieve lung qi stagnation and restore its physiological function of promoting and reducing stagnation.

Professor Shen Shuwen skillfully uses the formula Zhisou San to diagnose and treat various coughs based on syndrome differentiation, which is in line with the academic theory of traditional Chinese medicine that "light prescription removing pathogenic factors".

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