Herbs that Transform Phlegm and Stop Coughing

Herbs that Cool and Transform Phlegm-Heat
Herbs that Warm and Transform Cold-Phlegm
Herbs that Relieve Coughing and Wheezing

Disorder of the fluid metabolism
Obstruction to the transportation of fluids

Pathological accumulation of thickening fluids

Respiratory tract
Digestive tract
Channels & collaterals
Muscles

Four Mechanisms that cause Tán

1. Pí Xū (Pí Yáng Xū)
   leads to
   Stasis of fluids and Dampness
   transforms into
   Tán-Phlegm
   Pí is the source of Tán

2. Pathogenic Rè (or Hán)
   transformed into
   Rè
   congeals
   Fluids
   leads to
   Tán-Phlegm
   Fèi is receptacle for the storage of Tán

3. Shèn Xū
   cannot control
   Fluids
   Fluid will overflow
   leads to
   Tán-Phlegm

4. Gān Qi blockage or constraint
   fails to (indirect)
   Qi fails to circulate smoothly
   Slowing circulation of body fluids
   Fluids congeal & thicken into Tán

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When Tán-Phlegm

Accumulates in Fèi-Lung

S&S: Coughing, wheezing, stifling sensation in chest, or pain in ribs.

TP: Open Fèi and transform Tán

Accumulates in Wèi-Stomach

S&S: nausea, vomiting, loss of appetite, or epigastric distention, [cough]

TP: Harmonize Wèi and transform Tán

Stagnates in the channels

S&S: scrofula, goiter.

TP: Soften hardness and reduce Tán

Turbid Tán-Phlegm obstructs the orifice of Xīn

S&S: wind-stroke, coma, lockjaw, contracted limbs, symptoms associated with cerebral vascular accident and certain seizure disorders.

TP: Disperse Fēng-Wind and expel Tán

Tán-Phlegm is a secondary pathogen. Treat the underlying cause!

Tán-Phlegm is both the result of pathological process and a cause of further pathology.

Tán-Phlegm and congested fluids are very closely related in that both result from accumulation of Shǐ-Dampness.

The basis of all Tán-Phlegm is the disruption of the transformative and transportive functions of Pí, and of Shèn Yáng which supports them.

Dysfunction of Fèi, Pí, Shèn and Sān Jiāo can result in accumulation of water.
Hán can condense water.
Rè can consume water.
Qi stagnation can obstruct the flow of water.
Accumulated water becomes a kind of thick, sticky substance, called Tán.
### Visible Tán
Accumulate in Fèi, and this can be expectorated. Coughing, wheezing and fullness or stifling in the chest often exists because Fèi-Qì is obstructed.

### Invisible Tán
When it accumulates in Wèi: nausea, vomiting, loss of appetite, and fullness or distension in the upper abdomen. If it is pushed by rebellious rising Qi then it moves upwards and disturbs the sensory orifices: dizziness, vertigo, tinnitus, heavy sensations of the head. If Tán obstructs Xīn: palpitations, restlessness, insomnia, depression, mental confusion, delirium, mania, coma, Wind-stroke, epilepsy. If Tán obstructs meridians and collaterals, blocks the circulation of Qi and Xuè: local symptoms: Chest: chest pain, palpitations; Face: distortion of mouth and eyes; Limbs: sensations of numbness and heaviness. If Tán accumulates for a long period of time and is combined with other PFs, it can form masses (tumors).

### Tán in Fèi:
cough, panting, oppression in chest.
Clear thin Tán = Hán
Yellow of thick white Tán = Rè.
Scant Tán difficult to expectorate = Rè or Zǎo
Copious Tán easy to expectorate = Shǐ

### Tán in Wèi-Pí:
easily expectorated Tán often accompanied by abdominal distention, sloppy stool, yellow face, lassitude of spirit, heavy limbs, white slimy tongue fur.

### Tán in Gān meridian:
(ascendant Gān Yáng transforming into Fēng) sudden collapse, phlemg rale (NL:reutel) in the throat, convulsions or hemiplegia.

### Tán ascending to invade the head:
dizziness, hemilateral headache, deviated eyes and mouth, and hair loss.

### Tán in Shèn meridian:
black complexion, lassitude of spirit, and phlegm with black flecks and a salty taste.

### Tán in exterior Jing-Luò:
umbness, nodes, scrofula, goiter.
WHEN 灰 Xū leads to an accumulation of 热 Shī that transforms into 虚 Tán THEN strengthen 灰, dry 热, expel 虚.
WHEN 疫 Rè from 热-Excess scorches the fluids and transforms them into 虚 THEN clear 疫, transform 虚.
WHEN 肺 Fèi = dry, 阴 Yīn = 灰, 火 Huó from 灰 transforms fluids into 虚 THEN moisten 肺, transform 虚.
WHEN 火 burns up the fluids in the channels and precipitates the formation of rubbery nodules or masses THEN Cool 火, transform 虚
WHEN 寒 injures the 上 or 中焦 and causes the fluids to congeal THEN warm 寒 and transform 虚.
WHEN 虚 severely disturbs the 气 mechanisms that tremors and seizures result THEN transform 虚 and extinguish 风.
Tán 痰

characterized by

product of

cause of

Slimy tongue fur
Huá Mài or Huá and Xiàn Mài.

‘Boiling’ of fluids by depressed Huó

results in

Tán 痰

is product of

Congealing Water-Damp

A transformation of fluids

IF weak THEN forms

Pí 脾 is source of Tán formation

moves

Pí 脾

IF accumulation of THEN overload of

Depurative downbearing and regulation of the waterways

in

collection of

thus

Fèi 肺

Fèi 肺 is the respectable that holds Tán

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Opdracht uit de les.

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<td>Transform Phlegm &amp; Extinguish Wind</td>
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<td>Induce Vomiting to Discharge Phlegm</td>
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