RESPIRATORY DISORDERS

ASTHMA, BRONCHIAL  Allergic condition characterized by wheezing, coughing, mucous sputum and difficulty in exhaling air

- Tartarus Stibiatus 12x- bronchitis with rales
- Arsenicum Jodatum 12x- dry cough
- Cuprum Aceticum 12x- hoarseness
- Drosera 6x- spasmodic cough

- Ma Huang and Apricot-Seed-Ma Hsing Kan Shih Tang: Asthmatic cough, night sweats, infantile colds

- Ophiopogon combination-Mai Men Chiang Chi Tang: Spasmodic cough with scanty sputum, phlegmatic cough, dry mouth and throat, and hoarseness

- Minor Blue Dragon Combination-Hsiao Ching Lung Tang: Bronchitis with bronchial asthma, watery nasal discharge, rhinitis, watery sputum, joint pain

ASTHMA, CARDIAC  Caused by weak heart

- Aurum Muriaticum 200x- depression, blocking of arteries
- Arnica 6x- exhaustion
- Ipecac 30x- acute with nausea, little expectoration
- Nat Sulph 30x- aggravated by damp weather
- Aconite 30x- anxiety and fear
- Hepar Sulph 30x- worse with damp weather
- Kali Carb 200x- wakes coughing between 2-5 a.m.
- Pothos Foetidus 30x- worse with dust
- Antimonium Tart 30x- mucous filling lungs

- Stephania and Ginseng Combination: Valvular heart disease, heart trouble, asthma and edema

BRONCHIECTASIS  Dilation of small bronchial tubes, often associated with chronic inflammation and infection within lungs- main symptoms are severe cough in the morning, copious sputum, and difficult breathing in difficult cases

- Belladonna 30x- Barking cough
Hyoscyamus 30x- Tickling cough when lying down  
Drosera 6x- spasmodic coughing attacks  

Platycodi and Fritillaria Combination- productive cough  

**BRONCHITIS**  
Inflammation of the bronchial tubes  
Aconitum 30x- feverish influenza and bronchitis  
Bryonia 30x- dry hacking coughs worse with motion. Dry mouth and lips. Sharp pain in chest, pain in trachea  
Pulsatilla 30x- fair skinned people with fever in evening, yellow mucous  
Arsenicum Alb 30x- constriction of chest, cough at night, worse lying down  
Kali Bromatum 30x- mucous thick and ropy  
Merc Sol 30x- advanced case of bacterial infection, nightly aggravation, sore throat  
Ipecac 30x- child with rapidly increasing mucous secretion, very distressing cough, temp and rales all over the chest  
Ant Tart 30x- severe cough with coated tongue  
Aconite 30x- child with dry wheeze beginning in evening  
Spongia 30x- main distress around early hours of morning, midnight to 2,3, or 4 am  
Hepar Sulph 30x- if aconite or spongia does not hold or cough begins at 4 am  
Drosera 30x- tiresome irritation, tickling cough of tracheitis.  
Allium Cepa 30x- feverish tracheitis that has spread downwards from throat  
Ammonium Carb 30x- adult who come every winter with acute bronchitis which is really aggravation of chronic bronchitis  

Minor Blue Dragon-Hsiao Ching Lung Tang: chronic condition  
Ophiopogon Combination- Mai-Men-Tung-Tang: Hemmorhaging and dry cough with blood  

**BRONCHIAL PNEUMONIA**  
Inflammation of the bronchial tubes and the lungs caused by the pneumonia germ. Respiratory disturbances such as difficult breathing or spitting up of blood may develop. Consult a physician for this condition to determine cause and treatment. Natural therapies are adjunctive to Western diagnosis and medication.  

Bryonia 30x- dislikes being disturbed, chest pain, thirsty for cold water although relieved by warm water
Phosphorus 30x- anxious, flushed, thirsty for ice-cold drinks. Dislikes pressure on affected area

Ginseng and Gypsum- Pai Hu chia Jen Sheng Tang: High fever, dry lips, anxiety, thirst and perspiration

Major Blue Dragon Combination- Ta-ching-lung-tang: Floating pulse, severe chills, high fever, thirst and anxiety. Those with weak pulse or perspiration should not take this formula

Aconite and G. L. Combination- Szu Ni Tang: High body temperature, chilling of the hands and feets, and weak pulse

**COMMON COLD and FLU**

Caused by viruses, colds and flu vary in intensity, causing symptoms of respiratory inflammation, moderate to high fever, aching muscles and acute fatigue. Vomiting and diarrhea may accompany

Gelsemium 30x- feverish, slight headache, cold and ache, shiver up and down spine in cold air, nose stuffy in warm room

Eupatorium 30x- progresses further to aching, catarrhal cold with increased weariness

Allium Cepa 30x- profuse watery nasal discharge with burning nose lip and excoriation to upper lip

Arsenicum Alb 30x- same, with more temperature and chilliness

Euphrasia 30x- nasal discharge without excoriation and accompanied by conjunctivitis, eye congestion and redness

Mercurius 30x- cold starts in throat and goes into watery discharge

**STAGE 1**

Fever without perspiration

Formulas gently disperse chills, stiffness in the nape of neck, headache, dry mouth and throat and thirst

Apricot Seed and Perilla Leaf Powder- Xing Su San: Headache, chills without sweating, stuffy nose and dry throat

Morus Leaf and Chrysanthamum Combination- Sang Ju Yin: Common cold, cough, fever with slight thirst

Major Blue Dragon Combination- Ta Ching Lung Tang: Floating pulse, severe chills, high fever, thirst and anxiety. Those with weak pulse or perspiration should not take this formula
STAGE 2  Fever and perspiration

Cinnamon Twig Combination- Gui Zhi Tang: Fever and chills not relieved by sweating, headache, aversion to wind, sore throat and dry cough

Eriobotryia and Ophiopogon- Qing Zao Jui Fei Tang: Severe dry cough

Ginseng and Gypsum- Pai Hu Jia Ren Shen Tang: High fever, dry lips, anxiety, thirst and perspiration. Very strong. Use only four to five days.

COUGH

Rumex Crisp 30x- tickle, worse with cold air
Ant Tart 12x- 3rd stage bronchitis or rattling heard across room with little expectoration
Calc Carb 12x- cough with spasm

DYSPNOEA  Shortness of breath

Ignatia 30x-emotional stresses

Minor Blue Dragon Combination-Hsiao Ching Lung Tang: Watery sputum, cough, and difficult breathing

EMPHAZEMA  Air spaces in lung enlarged, making breathing more difficult.

Tartarus Stibiatius 30x-(antimony potassium tartrate)

Hoelen and Schizandra Combination- Ling Gan Jiang Wei Xin Xia Ren Tang: Pallor, productive cough, difficult breathing, weak abdomen and pulse

HEAD COLDS

Allium Cepa 6x- burning nose, discharge to upper lip
Eupatorium Perf 30x or 200x-bones ache as if broken

INFLUENZAL COMPLICATIONS  Persisting infection of nasal sinuses,
catarrh of eustachian tube and middle ear, upper respiratory infection, digestive upset, depression

   Kali Bichromium 30x- sticky discharge, sharp pain over affected sinus.
   Silica 30x- pain without discharge
   Puls 30x- aggravated by heat, close rooms or stuffy atmosphere. Nose blocked morning and evening, better in open air.
   Merc Sol 30x- tendency to perspire, sensitive to draughts
   Alumina 30x- persistent pharangitis, dry, sensitive, sore sinuses, occassion ropy mucous
   Nux Vom 30x- acute irritation on tonsil with violent cough that continues until expectoration of some mucous
   Conium 30x-acute irritation of pharannx or larynx

PLEURITIS   Inflammation of pleural cavity

   Bryonia 12x- dry cough
   Belladonna 200x-inflammation

   Bupleurum and Scute Combination- Chai Xian Tang: Inflammation with sputum

PROPHYLAXIS FOR FLU

   Influenza 200x-
   Baptisia-fever and restlessness, dry cough worse at night