

RESPIRATORY DISORDERS

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

Tartarus Stibiatus 12x- bronchitis with rales
Arsenicum Jodatium 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
4am
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 feet, 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 Chrysanthemum 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 Stibiatus 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 pharyngitis, dry, sensitive, sore sinuses, occasionalropy mucous
Nux Vom 30x- acute irritation on tonsil with violent cough that continues until expectoration of some mucous
Conium 30x-acute irritation of pharynx 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