

Lung

Aetiology

EPF The lungs are sometimes called the delicate organs due to their susceptibility to invasion by EPF. Lungs provide defensive qi (wei qi). EPF engages with Wei qi and impairs descending and dispersing function. Wind combines with cold, heat and damp.

Dryness Lungs need a certain amount of moisture to function properly (plueral cavity) therefore dry weather, air conditioning, central heating -> symptoms such as dry cough, dry throat, dry skin

Dampness combines with Wind which impairs descending and dispersing and regulation of water passages functions -> facial oedema

Diet Internal Damp generated by raw, cold foods or greasy/dairy (ie Spleen dysfunction, Spleen creates Phlegm, Lungs store it!)

Emotions

Sadness and Grief deplete Lung qi -> deficiency leads to stagnation in chest

Worry knots qi. Manifests with slight feelings of tightness of chest, breathlessness, sighing and tight Lung pulse.

Life Habits

Sitting, bending over a desk weakens Lung qi as breathing is impaired

Smoking dries Lungs and damages fluids

Excessive use of voice ie teachers

Constitution hereditary lung weakness, parent suffered from TB (may have cracks in lung area of tongue)

Deficiency patterns

Lung Qi Xu

Shortness of breath : "governs respiration and rules qi" breathing short usually on exertion (not like bronchitis/asthma)

Cough: "descending and dispersing" qi cannot descend so causes cough

Weak voice: tone and strength of voice are expression of strength of Zong qi

Spontaneous daytime sweating: Wei qi is weak which regulates opening and closing of pores, space between skin and muscles become flaccid and let sweat out.

Dislike of cold: Wei qi warms skin and muscles

Bright white complexion: Yang Xu

Propensity towards colds: Wei Qi is weak, therefore prone to external invasion

Tongue: Pale **Pulse:** Empty, weak (first position right)

Treatment principle: Tonify Lung Qi, Warm Yang

Lung Yin Xu

Dry cough, dry throst and mouth, tickly throat and hoarse voice, sticky sputum: deficiency of body fluids and dryness "regualtes water passages" empty heat dries up fluids

Empty Heat signs (afternoon/eve) Can develop from Stomach/Kid Yin Xu

Tongue: red, peeled, cracks in Lung area, dry, no coating **Pulse:** floting-empty, rapid

Treatment principles: clear empty heat, tonify Lung Yin, Nourish body fluids

Lung Dryness

Dry cough, dry skin, dry throat, dry mouth, thirst and hoarse voice

Tongue: dry Pulse: Empty

Treatment principle: moisten lungs, Nourish body fluids

Moxa contra-indicated.

Excess patterns

Invasion of Wind-Cold

Aversion to cold: obstruction of space between skin and muscles by exterior Wind hampers circulation of Wei qi

Fever: results from fight between wei qi and EPF

Cough: impairs descending and dispersing function of Lung qi

Headache, breathlessness, blocked or runny nose, sneezing, body aches

Tongue: thin white coat pulse: Floating/tight

Treatment principles: release exterior, expel cold, stimulate descending and dispersing of lung qi

Invasion of Wind Heat

As above but yellow discharge, slight sweating, thirst, swollen tonsils

Tongue: slightly red Pulse: floating/slightly rapid

Treatment principles: release exterior, clear heat, stimulate descending and dispersing

Moxa contra-indicated

Common points

Lu9 - (Yuan source point) tonifies Lung qi, resolves phelgm, moistens lungs

Lu7 - (luo connecting point) tonifies lung qi, stimulates lung function of descending and dispersing, stops cough, opens water passages

Lu5 - expels phelgm from Lungs, clears heat from lung

Lu1 - stops cough, resolves phelgm

St40 - resolves phlegm

P6 - opens chest, expels phlegm

Bl13 - tonifies Lung qi, stimulates decsending function

Bl43 - tonifies Lung qi and Yin

Ren4 - tonifies Yin, conducts empty heat downwards

Kid6 - nourishes fluids and benefits throat

Sp6 - nourishes fluids

LI4 - releases exterior (inconjunction with Lu7, Yuan-Luo coupling strengthens function)

Bl12 - releases exterior, expels Wind

Ren9 - opens water passages, resolves oedema