**中药临床使用复习**

**1.感冒Common Cold**

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| Wind cold excess（cold attack）---麻黄汤/荆防败毒散(wind cold without sweating)  Wind cold excess+ dampness（body/joint ache）+ interior heat(thirsty)---九味羌活汤  （九味羌活汤：恶寒发热无汗头痛项强肢体酸楚疼痛口苦微渴，脉浮）  Wind cold excess + interior heat: 大青龙汤  Wind cold excess + qi stagnation: 香苏饮；  Wind cold deficiency---桂枝汤（wind cold with sweating）  Wind cold deficiency + cough/ asthma---桂枝加厚朴杏子汤  Wind cold deficiency + stiff neck/back—桂枝加葛根汤(桂枝汤+葛根)  Wind cold+ qi deficiency+（qi stagnation+ phlegm+ dampness）: 参苏饮  Wind cold+ qi deficiency + dampness: 人参败毒散  Wind cold + blood deficiency: 荆防四物汤 （可以荆芥防风+四物汤代替）  Wind cold + cold phlegm+ cough/ asthma: 小青龙汤  Wind cold + headache: 川芎茶条散  Wind cold + yang deficiency: 麻黄细辛附子汤/麻黄细辛甘草汤/再造散  Wind cold transferring interior heat---柴葛解肌汤(chills less, fever worse worse)  Wind heat+ toxicity: 银翘散  Wind heat + headache: 菊花茶条散 （Wind cold +headache :川芎茶条散）  Wind heat + cough: 桑菊饮 （Wind cold + cough :桂枝加厚朴杏子汤）  Wind heat + yin deficiency: 加减萎蕤汤 （可以生脉散+ 银翘散代替）  Wind cold +dryness:杏苏散  Wind heat +dryness: 桑杏汤  Yang summer heat: Summer heat + dampness---新加香薷饮  yin summer heat: wind cold in the summer （wind cold +summer heat）—香薷散  Exterior transfer into interior heat: 葛根黄芩黄连汤 | |
| ***荆防败毒散*** | **For wind cold excess/cold attack** (代替麻黄汤)  荆防败毒散：荆芥防风+羌活独活柴胡前胡川芎枳壳茯苓桔梗甘草  “荆防败毒二活梗，二胡薄苓枳川姜”  人参败毒散：人参+柴胡前胡羌活独活川芎枳壳茯苓桔梗甘草  “人参败毒二活梗，二胡薄苓枳川姜”  **Wind cold excess + qi deficiency + dampness**  **人参败毒散：气虚+外感风寒湿表证**：憎寒壮热，肢体酸痛，无汗，脉浮按之无力 |
| 证：恶寒发热无汗，头痛身痛，鼻塞，鼻涕清，咳痰白，苔白，脉浮紧（也许快）  Severe headache:增加柴胡用量 More cough:加杏仁  Severe body ache:加川芎 More sputum:加贝母 |
| ***桂枝汤*** | **For Wind Cold Deficiency --**有汗  组成：桂枝芍药姜草枣 |
| ***银翘散*** | **For Wind Heat**  连翘、银花、桔梗、薄荷、竹叶、甘草、芥穗、淡豆豉、牛蒡子  “银翘薄荷草豆豉，竹叶芦梗芥蒡子” |
| Wind heat (sore throat) ---floating and fast pulse.  Sore throat: 加射、干板蓝根  Cough w/ blood-streaked sputum: 加白茅根+侧柏叶  Sticky sputum: 加贝母  Thirsty, dry mouth: 加麦门冬、知母 |
| ***新加香薷饮*** | **For yang summer heat/real summer he**at  香薷饮：香薷、厚朴、白扁豆  新加香薷饮：银花连翘+香薷饮（香薷、厚朴、白扁豆） |
| 新加香薷饮：For yang summer heat/real summer heat  **香薷饮：For yin summer heat**/ wind-cold invadin in summer season  新加香薷饮加减：  Scanty urination:加六一散  Damp invading middle: 加平胃散  More damp heat: 加黄连枳实 |
| ***参苏饮*** | 紫苏叶、葛根、前胡、人参、茯苓、枳壳、桔梗、半夏、陈皮、木香、甘草  “参苏饮前木香甘，陈苓枳梗半葛根” |
| **Wind cold + qi deficiency**  Severe qi deficiency: **加黄芪**  Qi deficiency + spontaneous sweating + recurrent cold:**用玉屏风散**  Qi deficiency + wind cold + dampness: **用人参败毒散**  **参苏散与人参败毒散**  Common: Both for qi deficiency with wind cold.  参苏饮：more for deficiency.  人参败毒散： more for wind cold excess+ dampness.  玉屏风散： more for wei qi deficiency. |
| ***川芎茶条散*** | **Headache due to wind cold: 川芎茶条散**  川芎茶条散：川芎绿茶荆芥细辛薄荷羌活防风白芷-- “荆芥和细辛抢房子”+ 绿茶 |
| 外感风邪头痛：偏正头痛或颠顶作痛，目弦,鼻塞，或恶寒发热，舌苔薄白，脉浮；  **Wind heat +headache：菊花茶条散**  组成：菊花蝉蜕僵蚕 +川芎茶条散 |
| ***桑菊饮*** | **For wind heat + cough：桑菊饮**  桑叶、菊花、杏仁、连翘、薄荷、桔梗、芦根 |
| Release the exterior, expel wind heat and disperse lung qi and stop coughing  加减：1.Excessive lung heat: + 黄芩+ 知母—Good combination.  2.Dry mouth(thirsty) and throat（heat damage yin）: + 沙参+天花粉.  3.Sore throat (heat toxicity) with hoarse voice: + 蝉兑、牛蒡子、射干；  \*Do not use(蝉蜕) large dosage for long term. (10-15 gram). One day two day is ok.  May affect central nerve. |
| ***加减萎蕤汤*** | **wind heat + For yin deficiency**  玉竹、葱白、桔梗、 白薇、淡豆豉、薄荷、炙甘草、红枣 .  “加减萎蕤玉葱白，薇草薄枣梗豆豉” |
| 加减萎蕤汤可以用**生脉散+银翘代替**  If wind heat more: 用银翘散  If yin deficiniecy more: 用生脉散 |

2.咳嗽Cough

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| Wind cold attack lung: 三拗汤  Wind heat attack lung：桑菊饮  Wind dryness(cold) attack lung：杏苏散  Wind dryness (warm) attack lung：桑杏汤  Damp phlegm accumulation in the lung：二陈汤+ 三子养亲汤/平胃散  Phlegm heat accumulation in the lung：清气化痰丸/清金化痰丸  Liver fire insulting lung；黛蛤散和泻白散  Coughing with lung qi and yin deficiency----沙参麦门冬汤/生脉散  Coughing with lung and kidney yin deficiency---百合固金汤 | |
| ***桑***  ***菊***  ***饮*** | ①**Wind heat +cough**  桑叶、菊花、杏仁、连翘、薄荷、桔梗、芦根. |
| Acute cough that is loud, sticky yellow sputum that is difficult to expectorate, dry throat and thirst, aversion to wind, (maybe)fever, sweating, headache and yellow nasal discharge; |
| 加减：  1>Excessive lung heat: + 黄芩+ 知母—good combination.  2> Dry mouth(thirsty) and throat（heat damage yin）: + 沙参+天花粉.  3>Sore throat (heat toxicity) with hoarse voice: add 蝉兑、牛蒡子(niu bang zi)、射干. |
| ***杏苏散*** | ②**Wind cough +dryness +cough**  紫苏叶前胡杏仁桔梗半夏茯苓陈皮枳壳（CC：紫苏叶杏仁，含二陈汤）  杏苏二陈枣前枳梗（二陈汤：transform phlegm and regulate qi and stop cough.） |
| 功效：轻宣凉燥，里肺化痰  外感凉燥证：恶寒无汗，头微微痛，咳嗽痰稀，鼻塞咽干，苔白脉弦； |
| To strengthen the moistening effect on the lung and stop cough: 杏苏散 + 紫菀、款冬花、百部. |
| ***桑杏汤*** | ③**Wind heat + dryness +cough**  **组成**：桑叶、杏仁、淡豆豉、贝母、沙参、梨皮、栀子  “桑杏梨皮和栀子，沙参贝母淡豆豉” |
| **功效**：清宣温燥，润肺止咳  外感温燥证：身热不甚，口渴，咽干鼻燥，干咳无痰或痰少而黏，舌红苔薄白而干，脉浮数而***右脉大***者； |
| Dry cough, or cough with scanty or blood tinged sputum, dry nose, dry lips, and dry sore throat, slight aversion to cold, fever and nasal congestion. (also thirsty).  Red tongue with dry thin yellow coating and nasal congestion, floating and wiry pulse.  (fresh blood---do not worry. Cough damage the blood vessel in lung) |
| **Action:** Release the exterior, moisten dryness and (transform phlegm) stop cough  桑杏汤(sang xing tang)—warm dryness/  清燥救肺汤(qing zhao jiu fei tang.)----for severe condition; |
| 1>Severe fluid injury with intense thirst :+ 麦门冬(mai men dong)、玉竹(yu zhu)  2>Significant heat sings: +石膏(shi gao)、知母(zhi mu)  3>-If severe, heat damage the vessel of trachea, cause Blood tinged sputum: + 白茅根(bai mao gen)、藕节(ou jie)  白茅根should be large dosage---30 gram.  白茅根+侧柏叶---can stop cough, transform phlegm, and stop bleeding.  芦根(lu gen)、藕节(ou jie)、小蓟(xiao ji). OK.  小蓟(xiao ji)、大蓟(da ji)---blood in the urine due to heat  4>Sometimes, no any blood come out. Bust severe cough, convulsion cough, long term cough. Add blood herbs: 当归(dang gui )，白芍(bai shao).  5>long term chronic cough, looks allergy, outside, drink cold water, itches cough, last long time---qi and blood deficiency.---tonify qi and nourish blood---当归补血汤。 |
| ***清燥救肺汤*** | ④**Wind heat + dryness +cough--severe condition**  桑叶、石膏、甘草、人参、胡麻仁、阿胶、麦门冬、杏仁、枇杷叶（蜜炙） |
| **Symptoms:** warm body, headache, dry cough with phlegm, short of breath with qi rebellion. Dry throat, dry nose, restlessness, thirst. Dry tongue with scanty tongue coating.  ----severe syndrome of warm and dryness injury the lung.  **Action**: clear lung heat, moisten lung, benefit yin and qi |
| 温燥伤肺，气阴两伤： 身热头痛，干咳无痰；  有芝麻:消风散/清燥救肺汤 |
| **痰湿咳嗽⑤cough due to damp phlegm** | |
| 基本方：**二陈汤+ 三子养亲汤/平胃散** | |
| Strengthen the spleen or tonify spleen and dry dampness, transform phlegm and stop cough | |
| **痰湿咳嗽**：Recurrent cough with a rattling sound, copious thin watery or white sticky sputum that is easy to expectorated, cough that is worse in the morning, or after eating sweet and greasy food, chest congestion, focal distention in the epigastrium, bloating, nausea, and poor appetite, and fatigue, a white greasy coating and a slippery pulse.  ---chronic bronchitis. | |
| ***二陈汤*** | 半夏、陈皮、茯苓、甘草---治痰的基本方 |
| **Damp Phlegm**湿痰证：咳嗽痰多容易咯，恶心呕吐，胸膈痞闷，肢体困重，或头眩心悸，舌苔白滑或腻，脉滑； |
| 含二陈汤方：杏苏散/温胆汤/清气化痰丸/半夏白术天麻汤/藿香正气散/导痰汤/涤痰汤  湿痰：二陈+苍术厚朴；  热痰：+胆南星瓜蒌；  寒痰：+干姜细辛；  风痰：+天麻、僵蚕；  食痰：+莱菔子麦芽；  郁痰：+香附青皮郁金；  痰核瘰疬：+海藻昆布牡蛎 |
| ***三***  ***子***  ***养***  ***亲***  ***汤*** | **For cold phlegm + food phlegm**  紫苏子(zi su zi)、白芥子(bai jie zi)莱菔子(lai fu zi) |
| transform phlegm, descends lung qi and arrest cough. |
| 二陈汤--- is for basic formula for damp phlegm.  六君子汤 for lung ---is better. （香砂六君子---for stomach.）  1>Cold phlegm—clear and watery sputum.  2>Damp phlegm---profuse and white sputum.---（金匮要略）苓甘五味姜辛汤.  3> Cold phlegm with exterior wind cold-----小青龙汤(xiao qing long tang)  二陈汤 +干姜(gan jiang)、细辛(xi xin)、五味子(wu wei zi)----for cold phlegm。 |
|  | 加减：  1>Dampness accumulation in middle burner with abdominal distention and thick greasy tongue coating --- 二陈汤和三子养亲汤 + 苍术、厚朴（与平胃散相似）  二陈汤+平胃散—陈平汤(chen ping tang)。   1. Significant spleen deficiency: 二陈汤 + 党参、白术、/黄芪、白术. 2. Excessive cold phlegm with cold intolerance: + 干姜,细辛,五味子 |
| ***清金化痰丸*** | 桑白皮、黄芩、栀子、知母、贝母、瓜篓、桔梗、橘红、茯苓、麦门、冬甘草 |
| **⑥Cough due to phlegm heat**  ***Symptoms:*** (dry)Cough with rapid respiration, thick sticky yellow sputum that is difficult to expectorate, possible **bloody sputum** (heat and dry), stifling sensation in chest and hypochondriac region(qi stagnation), chest pain(liver over control lung) when coughing and thirst.  Red tongue with thin yellow greasy coating and rapid and slippery pulse. |
| Usually with infections---bronchitis。  Stool is little sluggish or difficulty, little constipated---lung heat. Block the large intestine qi. |
| 加减：  Yellow sputum or purulent sputum with foul smelling: + 鱼腥草、冬瓜仁、薏苡仁  Purulent sputum with foul smelling----lung abscess.  If severe, you can add 金银花。  Chest congestion and copious sputum with foul smelling(胸膜炎): +葶苈子、芒硝.  Phlegm heat injury the fluid: +天花粉、沙参. |
| **清金化痰汤**(Phlegm is key word)---—coughing due to phlegm heat**痰热咳嗽**.  . Flow freely in stool—lung heat  **麻杏石甘**(**肺热咳嗽**lung heat is the key,Coughing is caused by lung heat.  Lung Heat :coughing wheezing high fever, red tongue. |
| ***清气化痰丸*** |  |
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| ***黛***  ***蛤***  ***散***  ***合***  ***泻***  ***白***  ***散*** | **⑦Cough due to liver fire insulting the lung** |
| Paroxysmal coughing spells often elicited by emotional stress, dry throat, scanty sputum, and chest and hypochondriac pain when coughing, red face, dry throat, bitter taste in mouth(key word), irritability, dry stool and dark urine, thin yellow coating, rapid and wiry;  Liver fire scorch(灼烧) lung blood vessel---sometimes, coughing with sputum contain with blood.  Angry ----then with vomiting of blood.—liver qi cause liver fire.  Severe –cause----- stroke.  Phlegm----like a small ballots. |
| Drain liver fire, clear lung heat and direct lung qi downwards and stops coughing; |
| 黛蛤散：( for liver fire)  泻白散：(for lung fire) 地骨皮、桑白皮、甘草。--肺有伏火郁热证。  桑白皮地骨皮：clear and drain the lung heat;  甘草粳米：sweet and moist by harmonizes the middle burner and augments lung qi;  青黛海蛤壳：bitter and cold to cleat and drain liver heat and transforms phlegm fire. |
|  | To strengthen the effect of clearing and draining fire: +栀子、黄芩(非常常用)牡丹皮  to enhance the effects to transform phlegm and descend lung qi: 竹茹、枇杷叶  sticky sputum which is difficult to expectorate（像球）: 浮海石+ (浙川)贝母+（知母）  Chronic cough with dry throat and mouth: 加沙\参麦门冬 |
| ***沙***  ***参***  ***麦***  ***门***  ***冬汤*** | **⑧Cough due to lung yin deficiency** |
| Chronic dry cough in short bursts, scanty or blood tinged sputum and a hoarse voice, dry throat, and mouth, tidal fever with red cheeks, five centers heat, night sweating, irritability and insomnia, red tongue with scanty coating, and a thread and rapid pulse. |
| Lung yin deficiency always with lung qi deficiency. Maybe with kd deficiency. |
| **沙参麦门冬汤**:coughing due to lung yin deficiency with lung qi deficiency可以生脉散代替  **百合固金汤**:coughing due to lung and kidney yin deficiency with phlegm.  Indicates yin deficiency---- Night sweating + five center heat. Hot flash.  **生脉散：**If mild cough, chronic cough, last long-term, comes and goes -by lung qi deficiency.  生脉散Concentrate on the root. Increase 五味子量，加紫菀、款冬花. |
| 沙参麦门冬、竹叶、百合、天花粉、桑叶、扁豆和甘草 |
| Long-term cough with blood: 白茅根，侧柏叶；白茅根、侧柏叶---stop cough.  Coughing is worse in the evening--- add sedate andcalming herb—酸枣仁、牡蛎.  Coughing is worse in the morning:  Scanty or blood tinged sputum: +川贝母、白茅根  Constipation: + 杏仁、火麻仁  Five center heat, night sweating: using 百合固金汤； Insomnia: + 酸枣仁 |