




Asthma



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Class notes

- Please be advised that these sample are an example of notes handed out in class.
- They are based on the most recent studies on effective and optimum learning
- Further notes need to be taken in class in order to complete these notes.

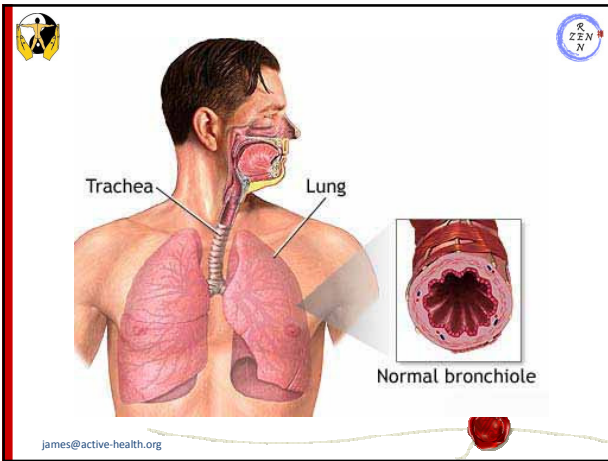
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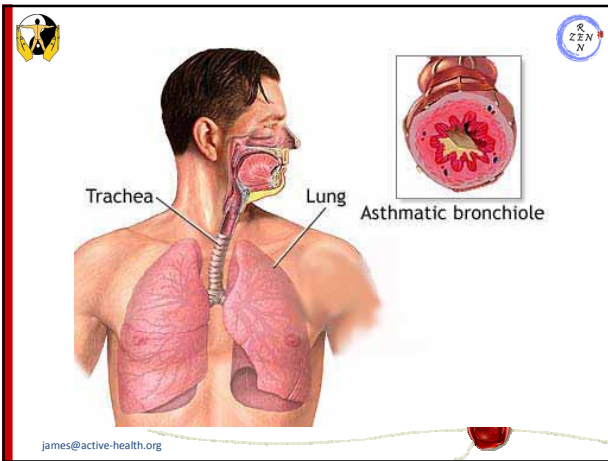


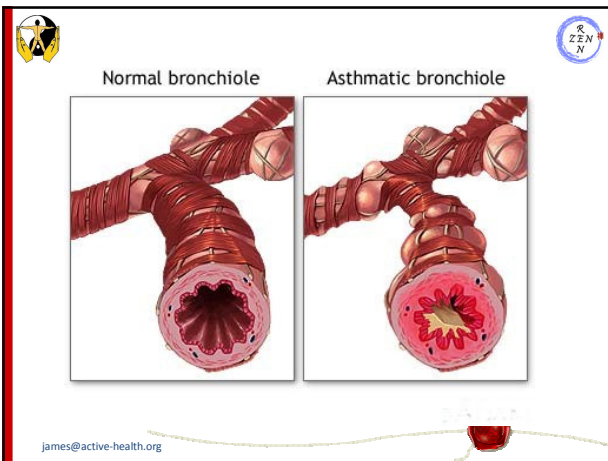
Western Perspective

- **Alternative names**
 - Bronchial asthma; Exercise induced asthma - bronchial
- **Definition**
 - Asthma is an inflammatory disorder of the airways, characterized by periodic attacks of wheezing, shortness of breath

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Causes

- Heredity
- Lifestyle
 - Air pollution, Stress, Anxiety, Exercise, food,
- Allergic reaction
 - Smoke, cold air, dogs, cats, pet dander, dust mites, moulds, or pollens
- Medication
 - Aspirin, Painkillers, NSAID's

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Incidence of Asthma

- Asthma is found in 3-5% of adults
- and 7-10% of children.
- Half of the people with asthma develop it before age 10, and most develop it before age 30.
- Asthma symptoms can decrease over time, especially in children.

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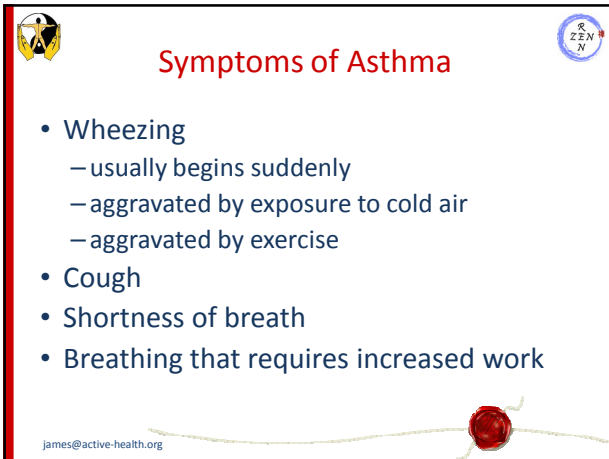


Risk Factors of Asthma

- Heredity
- “Western Lifestyle”
- Air pollution

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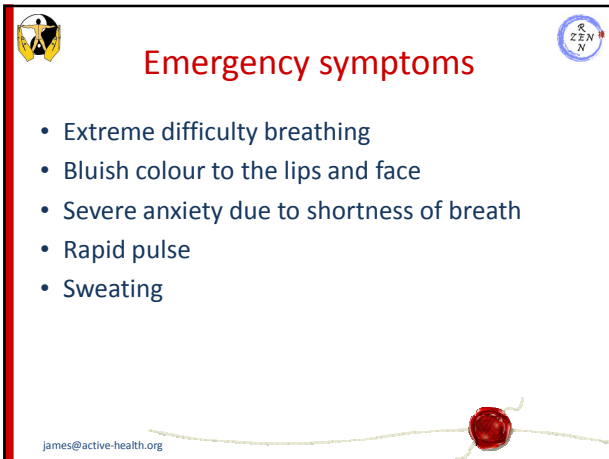


The slide features a yellow biohazard icon in the top left, a blue circular logo with 'ZEN' in the top right, and a red wax seal at the bottom right. The text is as follows:

Symptoms of Asthma

- Wheezing
 - usually begins suddenly
 - aggravated by exposure to cold air
 - aggravated by exercise
- Cough
- Shortness of breath
- Breathing that requires increased work

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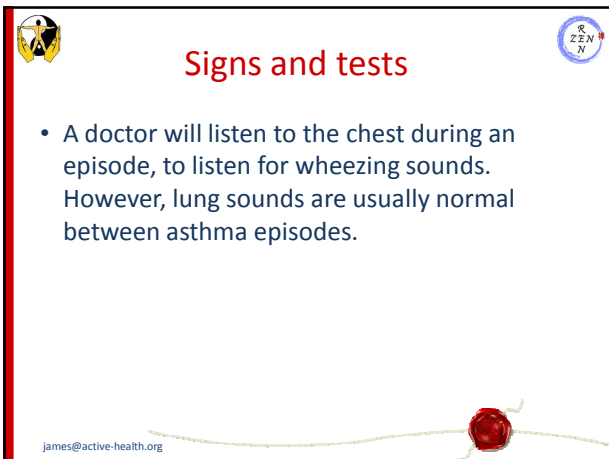


The slide features a yellow biohazard icon in the top left, a blue circular logo with 'ZEN' in the top right, and a red wax seal at the bottom right. The text is as follows:

Emergency symptoms

- Extreme difficulty breathing
- Bluish colour to the lips and face
- Severe anxiety due to shortness of breath
- Rapid pulse
- Sweating

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The slide features a yellow biohazard icon in the top left, a blue circular logo with 'ZEN' in the top right, and a red wax seal at the bottom right. The text is as follows:

Signs and tests


- A doctor will listen to the chest during an episode, to listen for wheezing sounds. However, lung sounds are usually normal between asthma episodes.



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 **Western Medical Treatment** 

- Long Term Medication used on a regular basis.
- Quick Relief Medication used during an attack
- Prevention methods


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 **Western Medical Prognosis** 

- There is no cure for asthma, though symptoms sometimes decrease over time. With proper self management and treatment, most people with asthma can lead normal lives.


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 **Asthma – TCM Perspective** 

- Xiao Chuan,
- Phlegm obstructs the Lung passage, narrows air passages, causing failure of the Lung’s function of dispersing and descending.


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Aetiology

- External Pathogenic Factors
- Diet
- Weak Constitution
- Emotional Factors
- Overworking




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Patterns of Disharmony

- Excess
 - Acute, Wind Cold, Phlegm Heat
- Deficiency
 - Chronic, Zang Fu Qi Deficiency




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Wind Cold

- Clinical Manifestations:
 - Wheezing, shallow breathing, faster breath, cold hands and feet, production of watery or white frothy or sticky mucus
 - Tongue:
 - Pulse:
- Principle of Treatment:
 - Eliminate Wind Cold,



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Prescription of points

- Ding Chuan	- Ren-17
- Lu-07	- Ren-22
- Lu-05	- Ren-6
- Lu-06	- Ren-4
- UB-13	

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Phlegm Heat

- Clinical Manifestations:
 - Wheezing, shortness of breath, loud noise, hot-breath, sweaty, faster breath, production of sticky, yellow mucus
 - Tongue:
 - Pulse:
- Principle of Treatment:
 - Release Exterior, Clear Heat, Nourish Wei Qi

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Prescription of points

- Ding Chuan	- L.I.-4,
- Lu-07	- St.40,
- Lu-05	- P-7
- Lu-06	- H-7,
- L.I.-11	- Du-20,
- Du-14,	- Yin Tang,


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 **Lung Qi Deficiency** 

- Clinical Manifestations:
 - Shallow breath, shortness of breath, intermittent deep breath and sigh, pale complexion,
 - Tongue:
 - Pulse:
- Principle of Treatment:


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 **Prescription of points** 

– Ding Chuan	– UB-13
– Lu-07	– Ren-17
– Lu-05	– Ren-22
– Lu-06	– Lu-9
	– St-40,


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 **Spleen Qi Deficiency** 

- Clinical Manifestations:
 - Shallow breath, shortness of breath, intermittent deep breath and sigh, pale complexion, fatigue, panting on exertion,
 - Tongue:
 - Pulse:
- Principle of Treatment:


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Prescription of Points

- Ding Chuan
- Lu-07
- Lu-05
- Lu-06
- UB-13
- Ren-17




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Kidney & Lung Yin Deficiency

- Clinical Manifestations:
 - Shallow breath, shortness of breath, intermittent deep breath and sigh, pale complexion, fatigue, panting on exertion, propensity to catch colds, flu, Tinnitus, dizziness, sore knees, back pain, recurrent colds and flu's, frequency of urination, profuse urination, incontinence on laughter or cough,
 - Tongue:
 - Pulse:
- Principle of Treatment




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Prescription of Points


- Lu-07
- Lu-05
- Lu-06
- Ren-17
- Kid-03,
- UB-23





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 **Kidney & Heart Yang Deficiency** 

- Clinical Manifestations:
 - Asthma, shortness of breath, breathing out more than in, worse on exertion, pale complexion, fatigue, listlessness, propensity to catch colds, flu, aversion to cold, cold limbs, scanty urine, oedema,
 - Tongue:
 - Pulse:
- Principle of Treatment

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 **Prescription of Points** 

– Lu-07	– Ren-04,
– Lu-05	– Kid-03,
– Lu-06	– UB-23
– Ren-17	– UB-13
– Ren-22	– UB-15
– Ren-06,	– P-06,

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