

Chapter 3

Treatment of common diseases with acupuncture and moxibustion

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10. Asthma

- Etiology
- wind-cold
 - damp-heat
 - deficiency of lung
 - deficiency of kidney
- Types
- xu (deficiency)
 - shi (excess)

Signs and symptoms

Wind cold

Cough with thin sputum, shortness of breath, sometimes accompany with fever, chills, anhidrosis, white coating on tongue, superficial pulse

Phlegm-heat

Rapid and coarse breathing, stifling sensation in the chest, thick purulent sputum, thick yellowish coating on tongue, rapid, rolling and forceful pulse

Xu of the lung

Short and quick breathing, weak and low voice, hidrosis, weak pulse

Xu of the kidney

Asthma, dyspnea upon exertion, chilliness with cold extremities, deep thready feeble pulse

Treatment (main points)

Wind-cold - *Feishu* (UB-13), *Lieque* (Lu-7),
Hegu (LI-4)

Phlegm-heat – *Fenglong* (St-40), *Tiantu* (Ren-
22), *Chize* (Lu-5), *Dingchuan* (extra)

Methods - reducing method

Moxibustion - can used in early stage

Xu of lung - *Feishu* (UB- 13), *Taiyuan* (Lu-9),
Zusanli (St-36)

Xu of kidney - *Shenshu*(UB-23), *Mingmen*
(Du-4), *Qihai* (Ren-6),
Shanzhong (Ren-17)

Method - reinforcing method

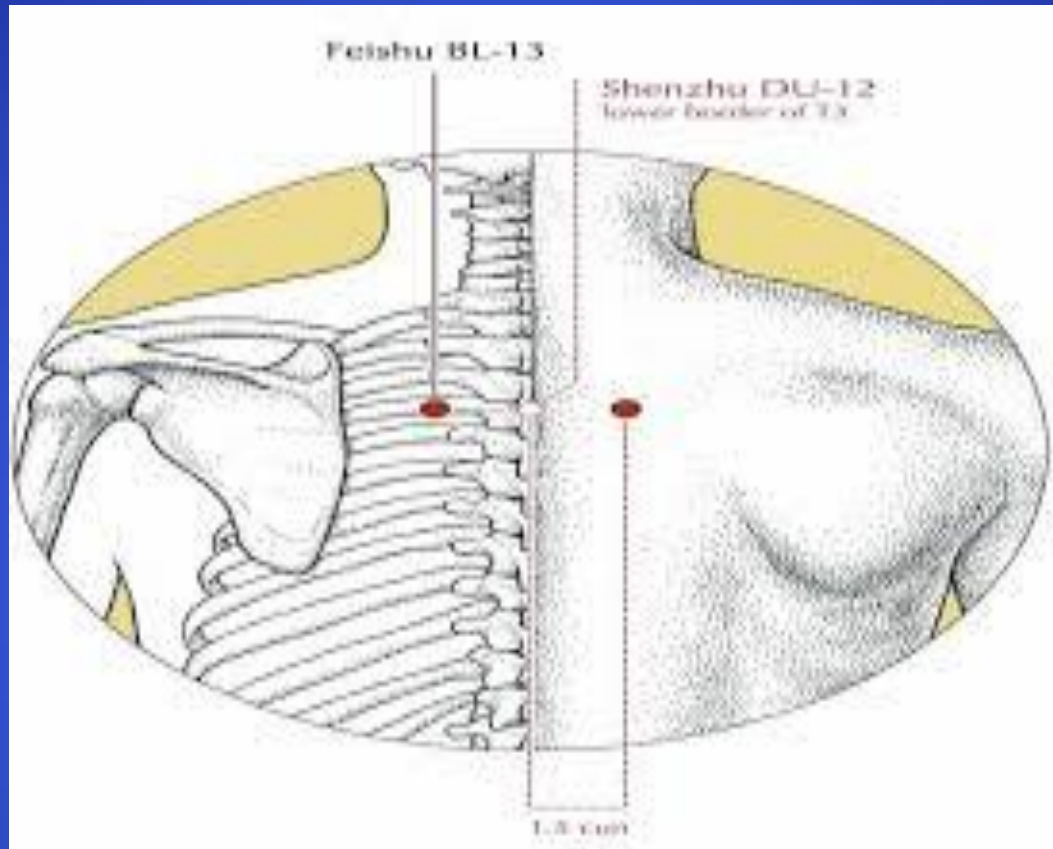
Moxibustion - can used

Chronic persistent asthma

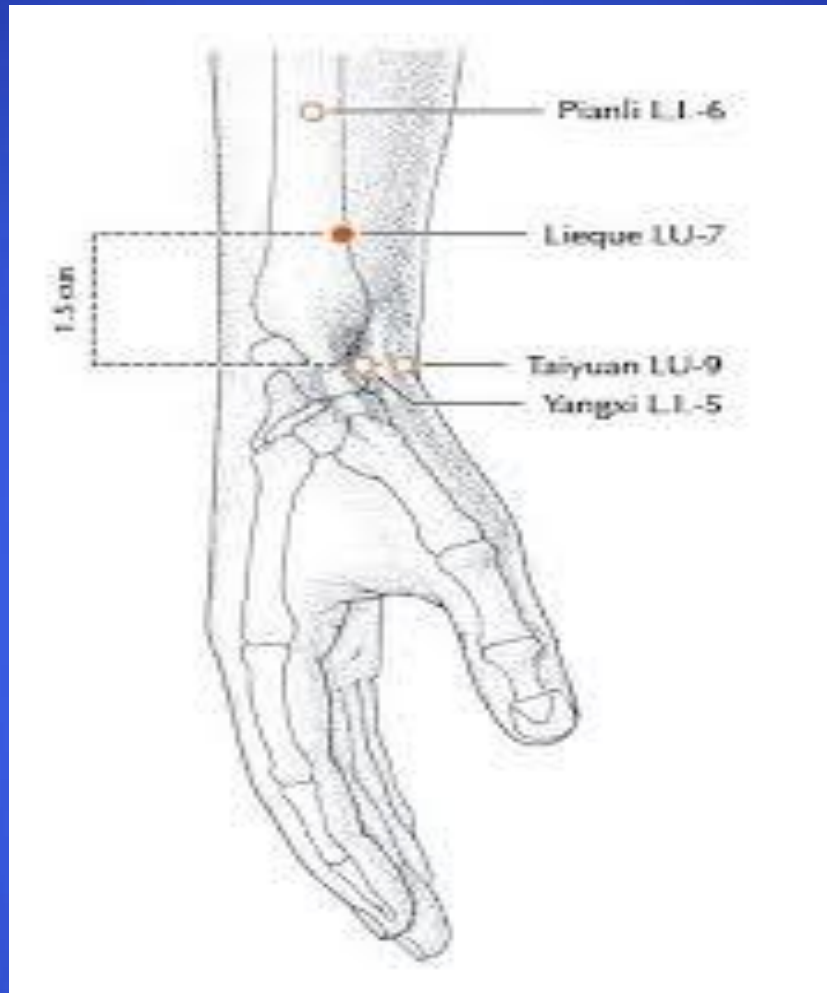
- Shenzhu (Du-12), Gaohuangshu (UB-43)

Xu of the spleen

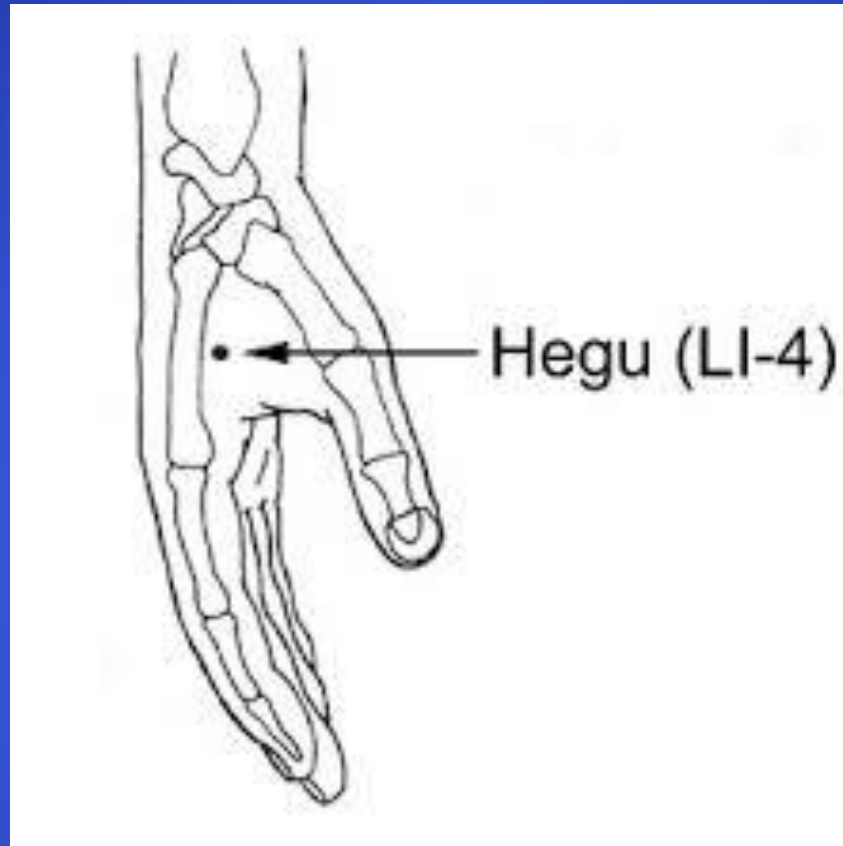
- Zhongwan (Ren-12), Pishu (UB-20)



Feishu (UB-13)



Lieque (Lu-7)



Hegu (LI-4)



Fenglong (St-40)

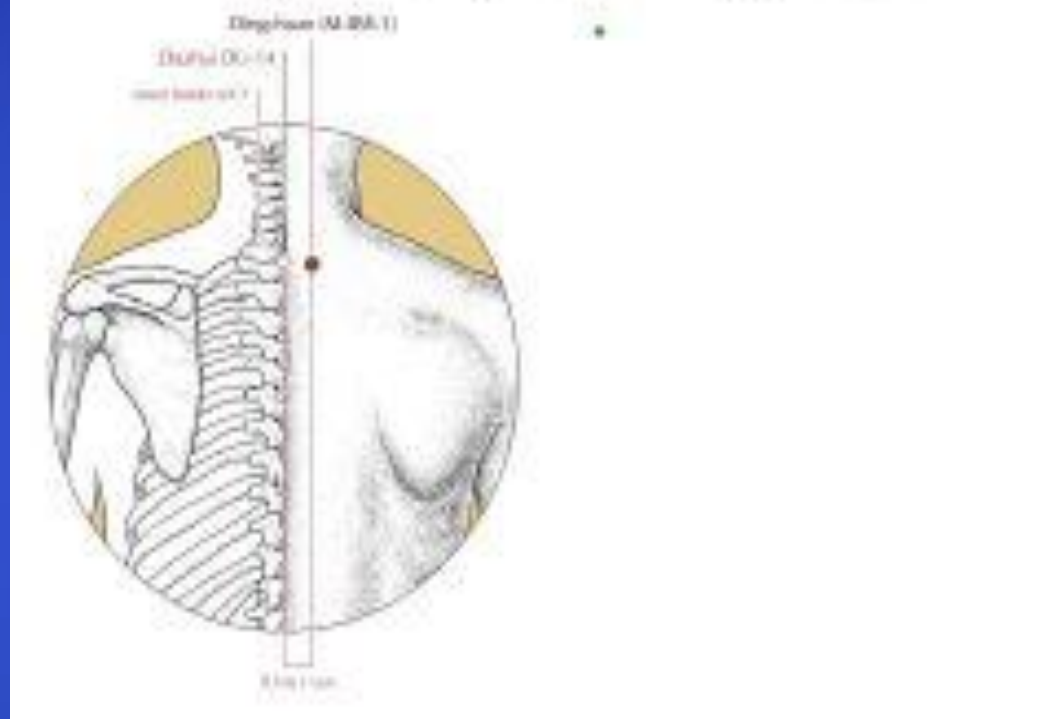


Tiantu (Ren-22)

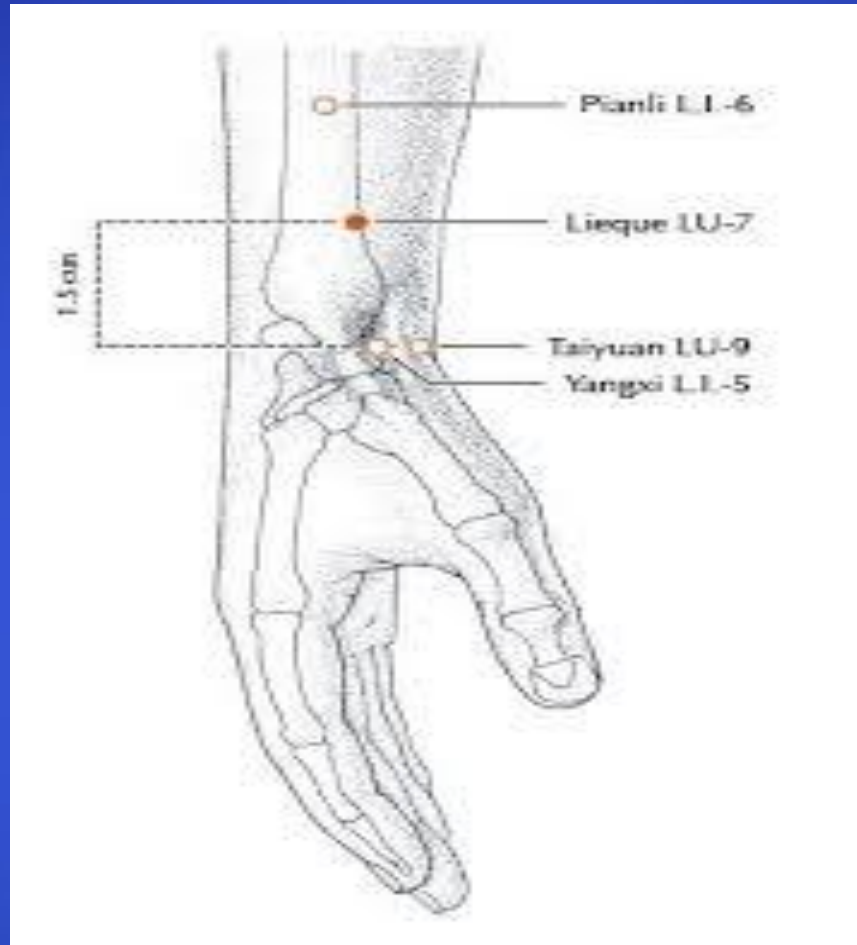


Chize (Lu-5)

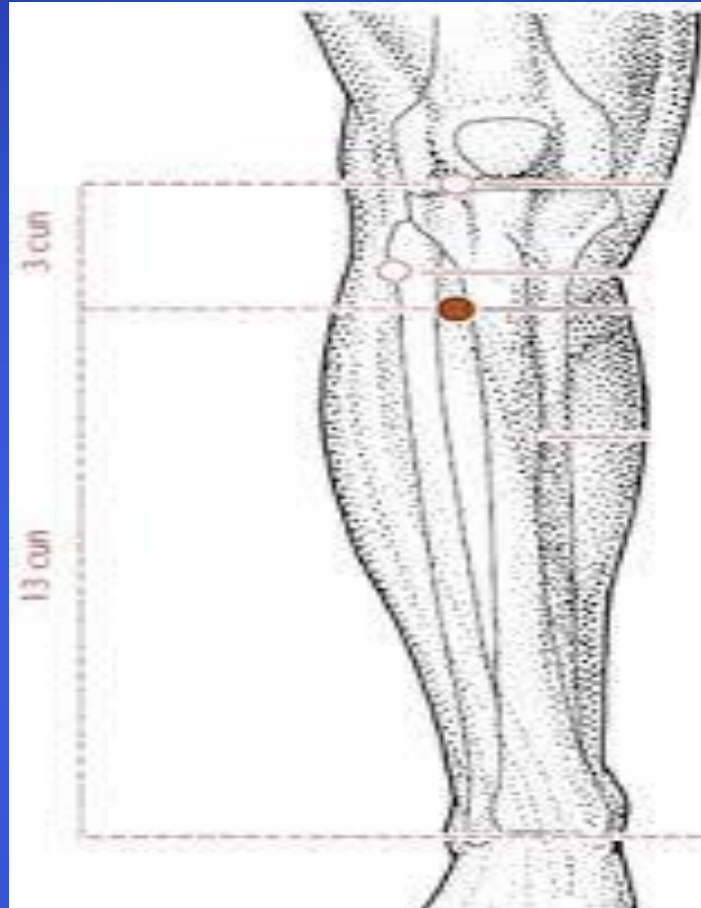
Ding Chuan / Calm Dyspnea



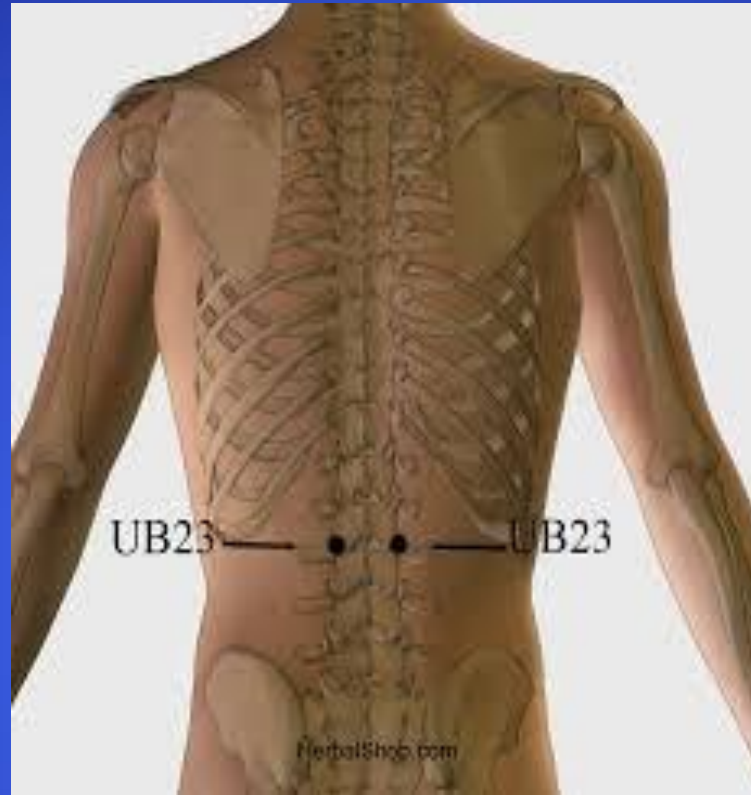
Dingchuan (extra)



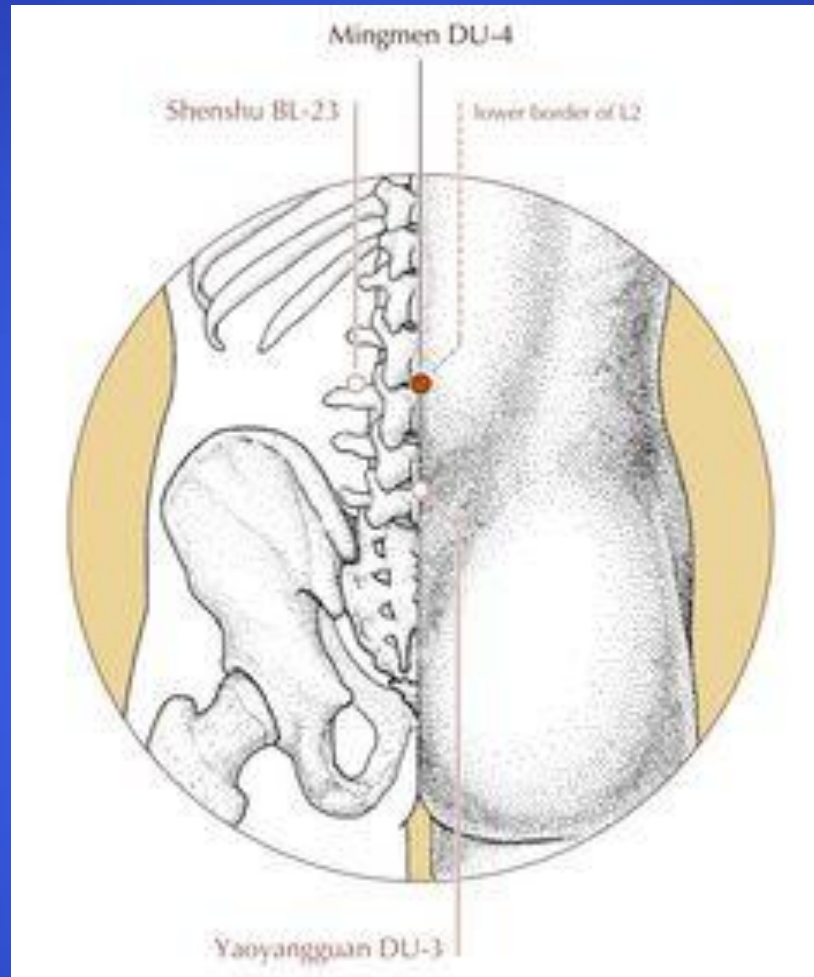
Taiyaun (Lu-9)



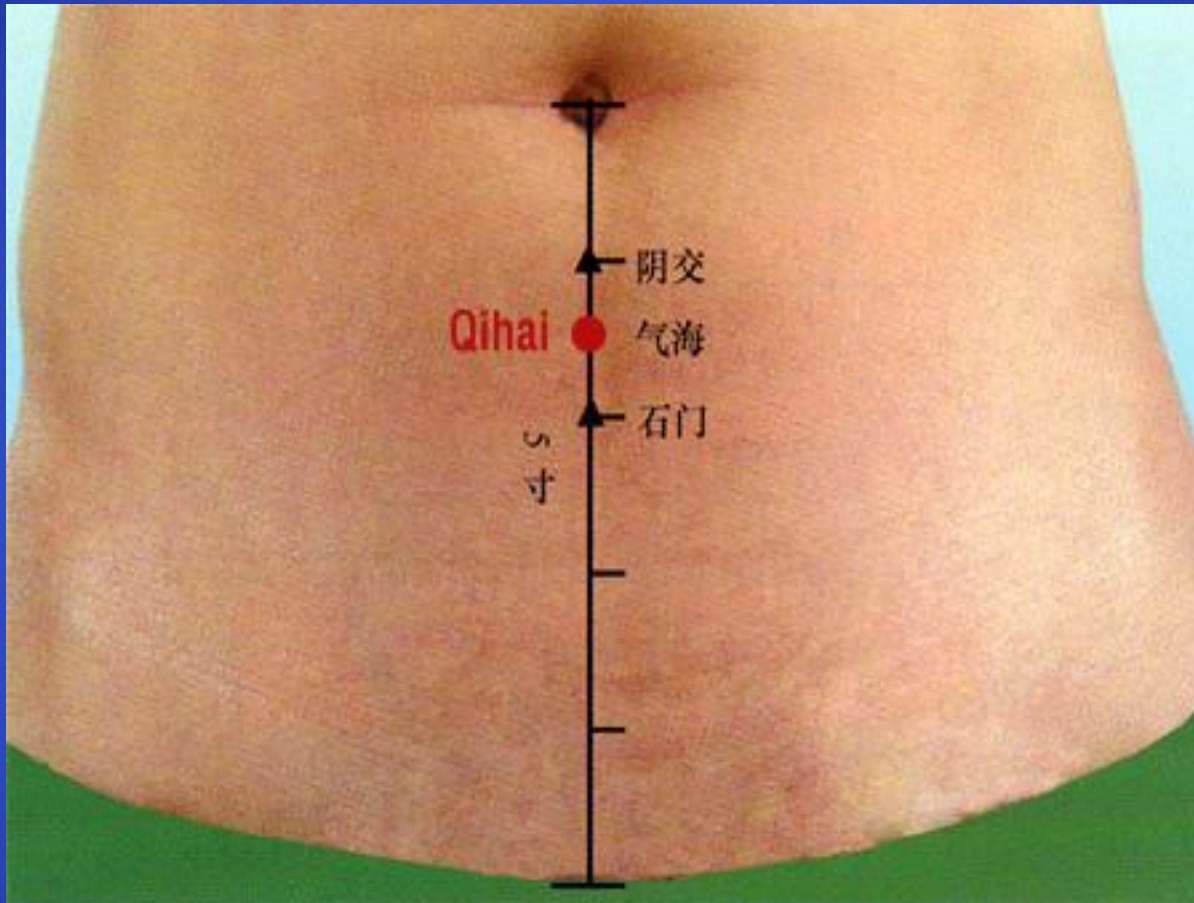
Zusanli (St-36)



Shenshu (UB-23)



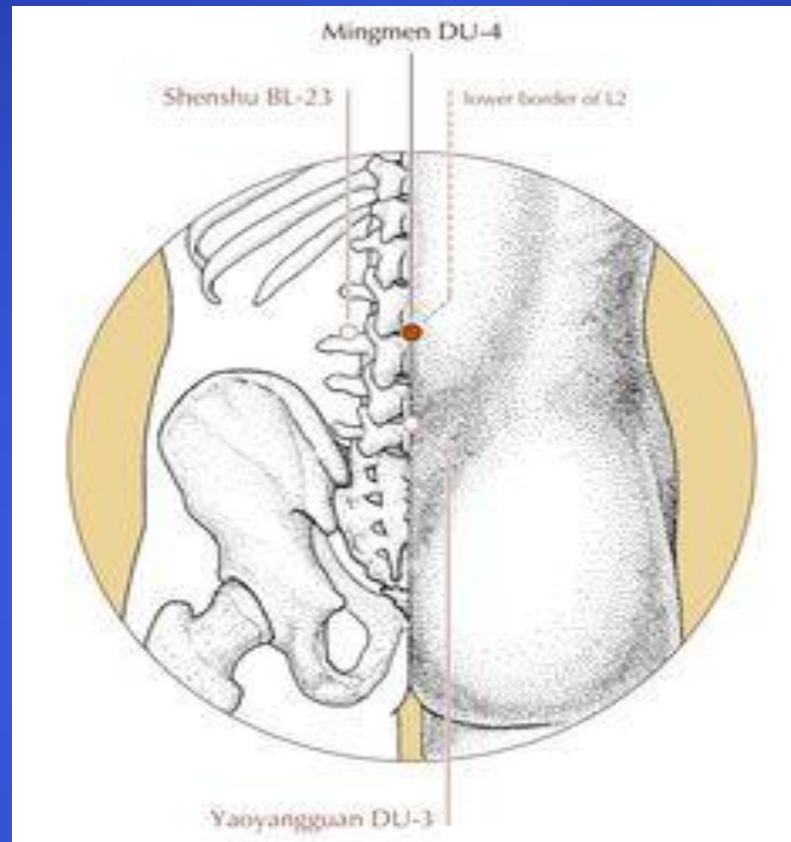
Mingmen (Du-4)



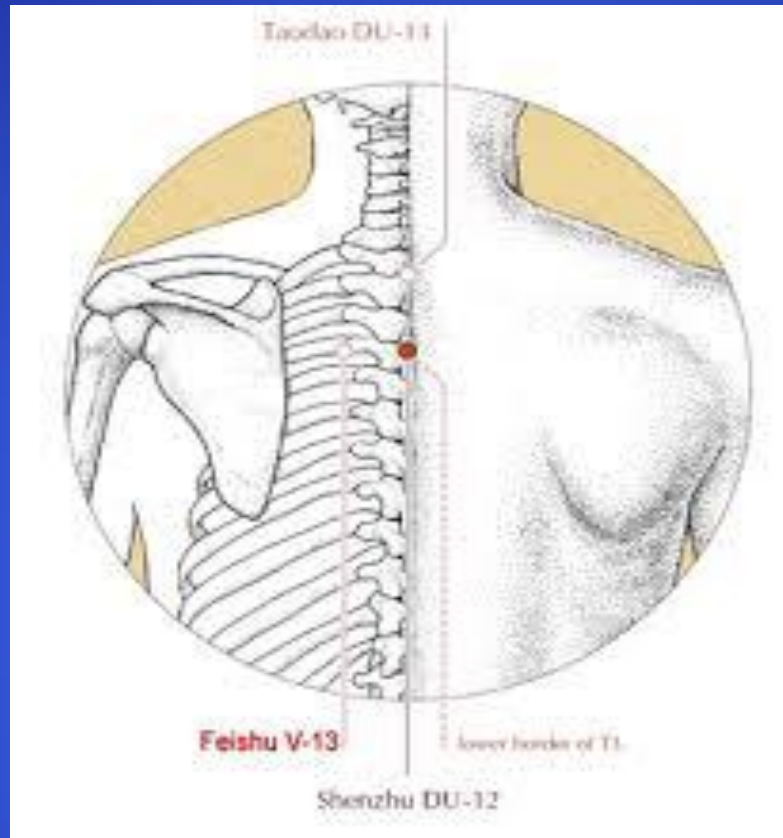
Qihai (Ren-6)



Zhongwan (Ren-12)



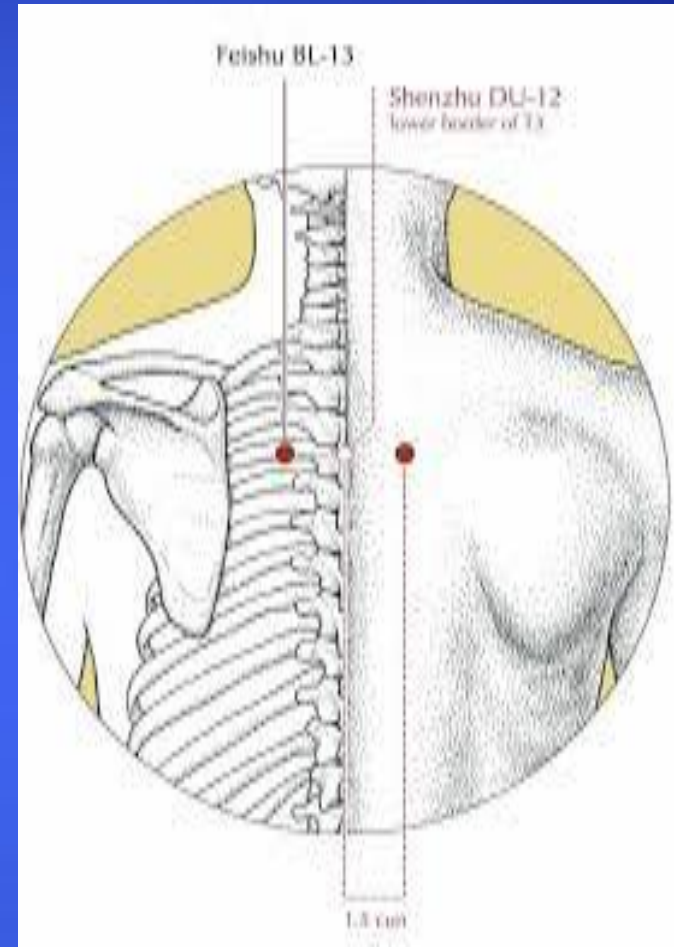
Mingmen (Du-4)



Shen-zhu (Du-12)



Gaohuangshu (UB-43)



Feishu (UB-23)

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