



Research on Internal Treatment of Cough Variant Asthma with Traditional Chinese Medicine

Yong Wang*

School of Public Health, North China University of Science and Technology, Tangshan 063200, China

*Author to whom correspondence should be addressed.

Abstract: *Traditional Chinese medicine internal treatment is an important means of treating cough variant asthma. By targeting the patient's pathogenesis, it can play a role in supporting the body and eliminating evil. At the same time, this treatment method can promote the improvement of patients' visceral function while regulating yin and yang, which is very beneficial for strengthening physical fitness and delaying disease progression, and can reduce the frequency of disease occurrence.*

Keywords: Traditional Chinese Medicine; Cough variant asthma; Internal treatment method.

1. Introduction

Cough variant asthma (CVA) has a high incidence rate in clinical practice. After the onset of the disease, patients are easy to have irritating dry cough and other symptoms, and the condition is serious. There is no significant shortness of breath, wheezing and other symptoms, but there is a high airway reaction. Clinical studies suggest that cold air, dust, colds, and other factors are high-risk factors for inducing diseases. They can have adverse effects on patients' physical and mental health as well as daily life, and their repeated attacks can affect their quality of life. Therefore, timely measures need to be taken for treatment.

2. Etiology and Pathogenesis

The development of cough variant asthma is related to internal injuries and external infections. In the early stages, it is often caused by external infections, such as wind pathogens invading the lungs, loss of lung clarity, and reversal of lung qi, which can trigger coughing. If coughing persists for a long time and does not heal, it can damage the vital energy, causing deficiency of qi and yin, and gradually progress to internal injury cough. Most medical researchers believe that the main pathological factors of this disease are phlegm stasis, wind heat, and their mutual influence.

3. Dialectical Staged Treatment

Cough variant asthma can be divided into acute phase and remission phase. In the acute phase, dialectical treatment is carried out according to its clinical manifestations. For patients with external

wind induced internal wind, Maxing Shigan Tang can be used for treatment to soothe the liver and extinguish the wind; For patients with phlegm retention and lung suppression, they should adhere to warming the lungs and dispelling coldness, and can be treated with Xiaoqinglong Tang; During the remission period, treatment should be based on the fundamental syndrome differentiation of lung, spleen, and kidney deficiency. Liujunzi Tang, Yupingfeng San, and Yangyin Qingfei Tang can be used reasonably, which can have the effect of nourishing qi, yin, and generating fluids. Some scholars suggest that the treatment of this disease should be based on the attack period, remission period, and stable period. During the attack period, the basic principles of stopping cough, opening the lungs, and reducing reflux should be adhered to. During the remission period, the basic principles of stopping cough, strengthening the spleen, and resolving phlegm should be adhered to. During the stable period, because the patient has no phlegm, the focus should be on consolidating the foundation and nourishing the body. Some scholars also suggest that during the attack period, the disease needs to be divided into hot cough and cold cough. For patients with cold cough, they should be treated with cough cessation, phlegm dissipation, and warming of the lungs. Xiao Qinglong Tang can be modified according to the symptoms, and the formula composition is 10g each of Guizhi, Schisandra chinensis, roasted ephedra, and dried ginger, 12g each of Banxia, 15g each of Aster, Sophora japonica, and Gouteng, 5g each of Asarum, and 6g of licorice. For patients with hot cough, it is necessary to treat them with heat clearing, lung clearing, qi lowering, and phlegm treatment. Ma Xing Shi Gan Tang can be used for modification, and the formula composition is 10g each of ephedra, Banxia, Huangqin, and Zhejiang Fritillaria, 15g each of Platycodon grandiflorus and Mulberry Bark, 30; The dosage should be adjusted reasonably according to the patient's actual situation. Patients in the remission period need to adhere to warming the kidneys and strengthening yang, while also internally expelling phlegm and blood stasis, tonifying the spleen and benefiting the lungs. They can take kidney tonifying and anti asthma pills. For patients in the acute attack period, it is necessary to divide them into different syndrome types and implement dialectical treatment based on the modified Er Chen Tang. Scholars have classified this disease into two types: those that induce internal wind and those that do not dispel external evil. The use of medicines such as silkworm and earthworm in their prescriptions has the effects of clearing wind and promoting collaterals, dispelling wind and dispersing evil; For patients with floating yang and weak yang qi, Shenqi cinnamon can be used, which has a very significant effect on tonifying qi and helping yang; If the patient's body fluid is damaged and the lung yin is deficient, then sand ginseng, jade bamboo, and lily should be used to achieve the effect of nourishing yin and moistening the lungs; For patients with Yin blood astringency, Angelica sinensis, Peach Blossom, Chuanqiong, etc. should be used, which have significant effects on nourishing blood and promoting blood circulation.

4. Classification based Treatment

According to traditional Chinese medicine, cough variant asthma can be divided into four types: liver fire invading the lungs, qi deficiency and blood stasis, wind invading the lungs and stomach, and lung spleen qi deficiency. For wind invading lung health type, the main focus should be on promoting lung function to relieve cough and clearing wind and meridians; Patients with lung fire invading the lungs should adhere to the principles of resolving phlegm, clearing the liver, and purging the lungs; Lung spleen deficiency should mainly focus on strengthening the spleen and resolving phlegm, supplementing qi and strengthening the lungs; The basic principles of treating Qi deficiency and blood stasis include resolving phlegm, stopping cough, and promoting qi and blood circulation. Some scholars have stated that cough variant asthma has a prolonged and high recurrence rate, with a mixture of deficiency and excess. If coughing is caused by internal injury, it can be divided into intrinsic deficiency and pathogenic deficiency. intrinsic deficiency includes lung spleen deficiency, lung yin deficiency, and liver kidney deficiency; The manifestation of pathogenic factors includes

phlegm heat stagnation in the lungs, phlegm dampness accumulation in the lungs, and liver fire invading the lungs. Treatment should mainly focus on supporting the body and eliminating pathogenic factors, while also taking into account organs such as the liver, spleen, and kidneys.

In clinical practice, modified Xiaochaihu decoction can be used according to the patient's actual condition for treatment, including 10g of *Scutellaria baicalensis*, 12g each of *Banxia*, *Qianhu*, and *Codonopsis pilosula*, 5 jujubes, 10g of roasted licorice, 10g each of perilla leaves and mulberry leaves, and 10g of ginger; For patients with severe wind pathogens and throat itching, windproof and catnip can be added; For patients with cold drinks and phlegm white, *Asarum* and Almonds can be added to the formula; If the patient's phlegm color is yellow, loquat leaves, cinnabar yellow, and beard can be added to the prescription. Related scholars have confirmed that in the treatment of cough variant asthma, self formulated Xiaofeng Zhike Tang, 15g of *Aster*, 15g of *Peucedanum*, 15g of *Baibu*, 10g of *Cicada Shed*, 15g of *Su Zi*, 10g of *Roasted Loquat Leaves*, and 5g of *Platycodon grandiflorum* can be used reasonably. Some scholars also use Modified Qiongxie Powder to treat this disease. For patients with severe cough, *Baibu* can be increased. If the patient has severe cough and yellow color, *Tianzhu Huang* and *Qinglanshi* can be added. Their heat clearing and phlegm relieving effects are obvious. For patients with thick and greasy tongue coating and phlegm, *Magnolia officinalis*, white mustard seed, and perilla can be added to have the effect of resolving phlegm and promoting qi circulation. For patients with frequent urination, *Cuscuta chinensis* and *Yizhi Ren* can be added. Its warming kidney and strengthening yang effect is significant.

5. Dialectical Treatment of Organs and Viscera

Scholars have suggested that for cough variant asthma, treatment should be based on the lungs, spleen, and kidneys, and differentiation should be made between cold, heat, deficiency, and excess. For the function of promoting and reducing lung qi, methods such as windbreak, catnip, and ephedra can be used to disperse surface pathogens. Treatment with winter flowers and loquat leaves can achieve the effects of resolving phlegm, stopping cough, and reducing lung qi; For patients with severe cough and itching in the throat, silkworm and earthworm can be used, which have significant effects in dispelling wind and spasms. If the patient's fever is significant, gypsum, *Scutellaria baicalensis*, *Houttuynia cordata*, etc. can be used, which have significant effects in clearing heat and resolving phlegm; In the process of improving patients' lung function, the reasonable use of *Atractylodes macrocephala*, *Poria cocos*, Yam, and Coix seed has significant effects on nourishing soil, generating gold, resolving phlegm, and strengthening the spleen; For patients who have been ill for a long time, drugs such as *Rehmannia glutinosa*, *Morinda officinalis*, *Polygonum multiflorum*, and *Xianmao* can be used, which have the effects of nourishing the lungs and kidneys, warming the kidneys, and strengthening yang. Some scholars also believe that treatment should focus on the three organs of the lungs, spleen, and kidneys. The use of homemade asthma mixtures combined with Western medicine can further improve the treatment effect.

6. Conclusion

For cough variant asthma, traditional Chinese medicine mainly focuses on the analysis of organ dysfunction, external six pathogenic factors, and other factors. With different treatment methods and dialectical therapies, including massage, traditional Chinese medicine decoctions, and combined treatment of Chinese and Western medicine, significant therapeutic effects have been achieved. Traditional Chinese medicine has its special advantages in treating immune dysfunction, controlling inflammation, and reducing airway hyperresponsiveness. According to the previous understanding of traditional Chinese medicine on diseases such as wheezing and cough, dialectical treatment of

pathological products such as phlegm and blood stasis can improve treatment effectiveness while reducing disease recurrence rates. This can fully reflect the characteristics of traditional Chinese medicine and further enhance the effectiveness of internal treatment with traditional Chinese medicine.

References

- [1] Tang Wenhui, Zhan Zi'e, Li Xiaoyan The intervention effect and possible anti-inflammatory mechanism of Bu Zhong Yi Qi Tang on transforming cough variant asthma into typical asthma [J] *International Respiratory Journal*, 2019, 39 (16): 1239-1243.
- [2] Chi Yuan, Jiang Wei, Tong Lili, etc The effect of Pingchuan Tang on lung function and induced sputum inflammatory mediators in children with cough variant asthma [J] *Traditional Chinese Medicine Information*, 2019,36 (2): 78-81.