

## Traditional Chinese Medicine PERSPECTIVE ON COUGH

### Defense Support

**GBS**

**INDICATIONS:** Prevention of colds and flu, frequent susceptibility to colds or flu, low resistance, fatigue, weakness, spontaneous sweating.

**PROPERTIES:** Warm.

**ACTIONS:** Tonifies Defense Qi and General Qi, harmonizes Ying and Wei (the Defense Qi of the skin), strengthens immune function.

**INGREDIENTS:** Astragalus Root, Fang-Feng Root, Atractylodes Rhizome, Cinnamon Twig, White Peony Root.

### Lung Support-Y

**QCJF**

**INDICATIONS:** Respiratory tract dryness, dry burning, or congestion, esp. with or after cold, flu, bronchitis, or pneumonia.

**PROPERTIES:** Cool, Moist.

**ACTIONS:** Clears Heat, Moistens Dryness; nourishes Lung, activates and opens Lung Qi; restores Lung function.

**INGREDIENTS:** White Mulberry Leaf, Gypsum, Dwarf-Lilyturf Root, Tangerine Rind, Loquat Leaf, Ginseng Root, Chinese Licorice Root.

### Three Seeds

**SZT**

**INDICATIONS:** Cough, esp wheezing with copious mucus, phlegm, and chest congestion; bronchitis; asthma.

**PROPERTIES:** Warm, Descending.

**ACTIONS:** Regulates Qi circulation, directs uprising Qi downward, eliminates mucus and phlegm, facilitates normal breathing.

**INGREDIENTS:** White Mustard Seed, Radish Seed, Perilla Seed, Aster Root, Coltsfoot Flower, Pinellia Rhizome.

In most cases and under most conditions, an annoying cough is but symptom of some disease like a cold, flu, asthma, bronchitis or lung diseases, allergies, or even long-term or severe emotional disorders.

In such cases, when the original disease or disorder is properly eliminated, the cough will also disappear.

But a cough that becomes a major symptom or severe problem requires special treatment.

Coughs of these types have two major causes, which are classified in Traditional Chinese Medicine as either External or Internal.

According to TCM, the Six External Pathogens (Wind, Cold, Heat, Fire, Dampness, and Dryness), either singly or in various combinations, can cause severe coughing. The most typical External causes are Wind-Cold and Wind-Heat.

Internal causes of severe coughing may be dysfunctioning of any of the internal organs. The most commonly seen Internal causes are Lung, Spleen, Stomach, or Liver dysfunctions.

Uncovering the conditions or patterns of the cough, and dividing them into External or Internal, Cold or Heat, Excess or Deficiency, is the key to resolving the problem.

In clinical practice, just as in the case of most other disorders that are brought to the attention of professionals, the causes and conditions behind annoying coughing are usually mixed and complicated, and often have long histories.

The information above, however, sets forth the most common underlying conditions and patterns associated with annoying or severe coughing.

*Note: Words that are capitalized refer to terms used in TCM that may vary from commonly-used definitions or understanding.*



**LIFE RISING CORPORATION**  
Traditional Chinese Medicine Dietary Supplements

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## Cough

TCM FORMULA SELECTION GUIDE

**PG Common Seasonal Support**

**CK Cold Cough**

**XG Maintain Defense**

**RG Defense Regulator-R**

**RK Regulate Lung-K**

**XI Lung Support**

**GBS Defense Support**

**QCJF Lung Support-Y**

**XCH Minor Bupleurum**

**SZT Three Seeds**

**1CT-Y01 Momordica Tea**

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**TCM FORMULAS FOR**

# Cough

**Common Seasonal Support PG**

**INDICATIONS:** General cold or flu symptoms, esp if difficult to distinguish between Wind-Cold and Wind Heat.

**PROPERTIES:** Warm, Slightly Cool, Spicy, and Expelling.

**ACTIONS:** Expels Wind and Cold, gently expels Heat.

**INGREDIENTS:** Perilla Leaf, Mint, Nut Grass Rhizome, Chinese Licorice Root, Tangerine Rind, Pubescent Angelica Root.

**Cold Cough CK**

**INDICATIONS:** Cough associated with Cold, Cold-style bronchitis.

**PROPERTIES:** Very Warm.

**ACTIONS:** Dispels Wind and Cold, clears exterior, reduces and clears Phlegm and mucus, relieves cough.

**INGREDIENTS:** Perilla Leaf, Aster Root, Coltsfoot Flower, Fang Feng Root, Chinese Licorice Root, Apricor Seed.

**Maintain Defense XG**

**INDICATIONS:** Remedy for persistent or frequent colds or flu, esp w fatigue.

**PROPERTIES:** Warm, Dispersing, and Tonifying.

**ACTIONS:** Tonifies Qi and Yin, expels Wind and Cold.

**INGREDIENTS:** Prepared Rehmania Root, Fang Feng Root, Perilla Leaf, Astragalus Root, Pubescent Angelica Root, Chinese Licorice Root.

**Momordica Tea 1CT-Y01**

**INDICATIONS:** Sore throat with dry cough, hoarseness, scratchiness.

**SECONDARY INDICATIONS:** High blood sugar.

**PROPERTIES:** Cool.

**ACTIONS:** Clears and moistens Lung.

**INGREDIENTS:** Luo-Han-Guo Fruit, Licorice Root, Black Tea.

**LIFE RISING® PRODUCT SELECTION GUIDE**

<i>Any Two or More Formulas May Be Taken Together as Needed.</i>		<i>Formula</i>
COUGH w TCM COLD-STYLE COLD OR FLU w/w/o CHILS, RUNNY NOSE, OR CLEAR, WHITE PHLEGM		<b>PG + CK</b>
COUGH w TCM HEAT-STYLE COLD OR FLU w/w/o FEVER, SORE THROAT, OR THICK, YELLO PHLEGM		<b>RG + RK</b>
PERSISTENT COUGH w PHLEGM AFTER OR W COLD OR FLU		<b>XG + XI</b>
PERSISTENT COUGH w FREQUENT COLD OR FLU AND FATIGUE w/w/o SHORTAGE OF BREATH		<b>XG + GBS</b> w/w/o <b>XI</b>
PERSISTENT DRY COUGH w/o PHLEGM w/w/o HOARSENESS AFTER OR W COLD OR FLU OR PNEUMONIA		<b>QCJF</b>
COUGH w ASTHMA		<b>XI</b>
COUGH w PHLEGM AND CHEST CONGESTION w/w/o DEPRESSION		<b>XCH + SZT</b>
MOST CASES OF COUGH		<b>1CT-Y01</b>

**Defense Regulator-R RG**

**INDICATIONS:** Cold or flu with fever, headache, itchy and burning eyes, runny or congested nose, sneezing, sore throat. Floating, forceful, rapid pulse with red tongue.

**PROPERTIES:** Cool, Spicy, and Dispersive.

**ACTIONS:** Clears Wind and Heat from superficial areas.

**INGREDIENTS:** Honeysuckle Flower, Forsythia Fruit, Balloon-Flower Root, Mint, Chinese Thoroughwax Root, Belamcanda Rhizome, Peucedanum Root, Burdock Fruit, Dwarf Lilyturf Root.

**Regulate Lung-K RK**

**INDICATIONS:** Cough with flu, pneumonia, bronchitis.

**PROPERTIES:** Cold & Slightly Warm.

**ACTIONS:** Expels Wind-Heat, clears Toxic Heat in Lung area, regulates Lung Qi circulation, nourishes Lung Yin and moistens Dryness, clears mucus and phlegm.

**INGREDIENTS:** Adenophora Root, Woolly Gras Rhizome, Bamboo Shavings, Peucedanum Root, Honey, White Mulberry Bark, Balloon Flower Root, Red Tangerine Root, Loquat Leaf, White Peony Root, Chinese Licorice Root.

**Lung Support XI**

**INDICATIONS:** Asthma, bronchitis.

**PROPERTIES:** Slightly Warm.

**ACTIONS:** Expels Wind-Cold, clears Heat, mucus, and phlegm; relieves spasms; regulates Lung Qi and breathing.

**INGREDIENTS:** Aster Root, Bloon Flower Root, Pinellia Rhizome, Tricosanthes Fruit, Chinese Licorice Root, Coltsfoot Flower, Sichuan Fritillary Bulb, Tangerine Rind.

**Minor Bupleurum XCH**

**INDICATIONS:** Alternating fever and chills, chest congestion, nausea, no appetite, bitter taste, dry mouth and throat, dizziness, irritability, wiry pulse. Good for all Shao-Yang (Liver-Gallbladder) problems.

**PROPERTIES:** Slightly Cool.

**ACTIONS:** Harmonizes and clears Shao-Yang channel and areas.

**INGREDIENTS:** Codonopsis Root, Chinese Thoroughwax Root, Baikal Skullcap Root, Pinellia Rhizome, Ginger Rhizome, Chinese Licorice Root, Jujube Fruit.