

## Excess Cough

Cough (clear nasal): wind cold

Cough with yellow sticky sputum and CHOKING: wind heat

Cough with profuse white sticky sputum: lung def with phlegm

Dry cough without sputum coughing blood: lung yin with dryness

Chronic cough coming bouts with profuse white sticky sputum: damp phlegm

Coughing with expectoration of white watery sputum: cold phlegm

Barking cough: phlegm heat

**Dry cough with occasional difficulty expectoration of scanty sputum:** dry phlegm (ext) / lu yin def (int)

## Def cough

Dry cough: lung dryness

Slight cough with weak voice: lu qi

**Dry cough with scanty sticky sputum:** lu yin def

Kd and ludef: dry cough that is worse in the evening

Chronic cough / asthma: kd not grasping

## Combo:

Cough with yellow or blood tinged sputum: Liver attacking the lungs

## Asthma + :

Cough with thin, sputum and rapid breathing: w/cold

Cough with yellow sputum: wind heat

Low sounding cough: lung qi def

## Formulas:

**Cough with exterior invasion: sang ju yin and yin qiao san**

Productive cough: renshenbai du san

Cough with watery sputum: xingsu san

Chronic cough with sparse sputum: sheng mai san

Cough with blood streaked sputum: bai he gujin tang

Coughing up phlegm that is difficult to expectorate: Mai Men Dong Tang

Cough and wheezing with watery copious sputum: suzijiang qi tang

Coughing with copious white sputum: erchen tang

Coughing of yellow viscous sputum that is difficult to expectorate: qing qi hua tan tang

Cough with deep seated sputum that is difficult to expectorate: bei mu gualou san

Coughing with or without slight chills and fever (post acute tickle cough): Zhisou San

