

Clinical Report 4 (Japan)

Asthma/Bronchitis

Yang Cholsong
Yang Herb Clinic

Case: Female of 78 years old

Chief complaint: Wheezing

History of present illness:

The patient had persistent wheezing and coughing every day with breathing difficulty once or twice a week although she had been using steroid stimulation-inhaled β_2 for about a year. Phlegm was viscous in small amounts and did not easily loosen.

The patient was thin, easily had hot flashes, and her skin was dry.

Past medical history:

The patient with osteoarthritis of the knees had fatigue causing pain in the knees and low back.

Present conditions: A small build, and thin.

Pulse: Thin. Tongue: Deep red without moss and dry

Sho: Lung and kidney Yin deficiency

Method of treatment: Tonify lung and kidney Yin

Prescriptions: Extract of *rokumigan* 6g/3 +
Extract of *bakumondoto* 7.5g/3

Course: After two weeks of the administration of the above two prescriptions, phlegm became easily loosen and cough and wheezing disappeared. Hot flashes improved. After that, coughing and wheezing occurred only twice or three times a month and they stopped as soon as β_2 inhalation was used.

Commentary

Being thin, hot flashes, dryness of the skin, thin pulse, deep red tongue without moss/dryness – these are all symptoms of Yin deficiency. Coughing accompanied by thick phlegm not easily loosen and in small amounts, and pains in the knees and low back due to fatigue were considered to be the symptoms of lung and kidney Yin deficiency. The lung and kidney Yin deficiency is the sho often observed in chronic bronchitis in the elderly, for which treatment a typical medicine is *bakumijiohen* (*Ophiopogonis*, *Schisandra*, *Rehmannia* Pill). For the use of extract preparation, *bakumondoto* is used together with *rokumigan*. For lung Yin deficiency and Yin deficiency with exuberant fire, *jiinkokato* + *bakumondoto* are used. Reduced amounts of ingredients of the medicines were used in consideration of the patient's age.