

Dyspnea / Chuǎn Zhèng

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Dyspnea

Dyspnea ditandai dgn kesulitan bernafas, mulut terbuka, bahu terangkat. Mungkin ada peningkatan kesulitan bernafas dlm posisi bersandar & ketidakmampuan u/ berbaring. Bila dlm kondisi yg parah, terjadi kolaps & kehilangan kesadaran. Kondisi ini bisa akut maupun kronik.

RELEVANT DISEASES

- Chronic bronchitis
- Pneumonia
- Pulmonary emphysema
- Chronic obstructive pulmonary disease
- Left ventricular failure
- Lung cancer
- Pulmonary tuberculosis
- Silicosis
- Pleural effusion
- Hysterical dyspnea



Faktor Penyebab Dyspnea

Patogen Eksterior

Patogen eksternal Angin Dingin / Angin Panas → menyerang paru → gang. Penyebaran Qi Paru → Kenaikan Qi Paru merugikan → dyspnea.

Serangan angin-dingin meluas sesorang yg sdh ada penyakit paru sebalumnya disebut “api yg diliputi dingin” → kegagalan fungsi menyebar & turun dari Qi paru → dyspnea.

Diet Tidak Tepat

Konsumsi makanan dingin, berminyak, manis berlebihan → merusak transportasi & transformasi limpa → dahak lembab internal → menghalangi aliran Qi paru → nafas cepat dan sulit.

Faktor Penyebab Dyspnea

Gangguan Emosi

Kesedihan berlebihan / cemas → stagnasi Qi → gang. aliran Qi paru.

Marah yg berlebihan → merusak Liver → stagnasi Qi Liver → merusak paru-paru →gang. penyebaran & penurunan qi paru → dyspnea.

Ketakutan yg berlebihan → merusak ginjal → fungsi penerimaan Qi → turunnya Qi paru → kesulitan bernafas.

Penyakit Kronik, kelelahan

Batuk Kronik , wheezing / tuberkolosis paru → merusak paru →defisiensi Qi paru / Yin paru → kemampuan ginjal u/ menerima Qi → sesak nafas & nafas cepat.

Latihan yg berlebihan → merusak essence Ginjal / Qi ginjal →ginjal gagal menerima Qi → pengambilan nafas terganggu → dsypnea.

Defisiensi Qi limpa → berpengaruh ke Qi paru defisien → dyspnea

Patogenesis

Organ ZangFu Terlibat

Dyspnea → paru & ginjal, tapi juga diikuti Limpa, Liver, Jantung

Paru mendominasi Qi & pernafasan. Scr eksternal, paru terhubung **kulit** & **bulu rambut**. Scr intenal paru sbg **kanopi** organ Zang-Fu.

Fungsi penyebaran & penurunan paru normal → pernafasan normal.

Serangan patogen eksternal / disfungsi zang-fu → aliran normal Qi paru → kesulitan bernafas

Contoh: defisiensi Qi paru → sesak nafas, dyspnea

Qi limpa defisiensi → menghasilkan dahal → obstruksi qi paru → dyspnea

stagnasi Liver Qi → merusak fungsi menurunkan Qi paru → dyspnea

Patogenesis

Sifat Patogen

Dyspnea → ekses atau defisiensi

Ekses dyspnea → paru disebabkan patogen eksternal, dahak keruh, liver Qi stagnasi

Defisiensi dyspnea → paru dan ginjal disebabkan defisiensi Yang Qi / Yin essence, kekurangan Qi

Beberapa pasien datang dgn sindrom gabungan ekses & defisiensi.

Contohnya: ketika Ginjal Yang defisiensi dgn akumulasi dahak di paru → ekses bag atas, defisiensi bag bawah

Patogenesis

Keterlibatan Jantung

Karena Jantung memiliki hub yg erat dgn paru & ginjal , sindrom dyspnea yg parah dpt mempengaruhi jantung.

Karena pembuluh ajntung terhubung dgn paru, Qi paru mengatur sirkulasi darah jantung. Qi Zong pektoral mengalir melalui jantung & paru u/ melakukan pernafasan.

Meredian kolateral ginjal terhubung dgn jantung, yang Jantung akar dari Api vital (Ginjal Yang). Yang Qi jantung berhubungan dgn Qi bawaan ginjal & Qi paru yg didapat.

Defisiensi Qi paru & ginjal Yang →defisiensi / kegagalan Qi jantung / yang jantung → gangguan sirkulasi darah → kolaps & deplesi yin yang → mengancam jiwa , ditandai wajah ungu, bibir dan kuku juga.

Diagnosis

Dyspnea ditandai nyeri, kesulitan bernafas, bernafas dgn membuka mulut, bahu terangkat, ketidakmampuan berbaring, , sianosis bibir

Terkait riwayat batuk, mengi/ wheezing, palpiasi.

Sindrom dipicu faktor patogen eksternal , kelelahan.

Auskultasi paru mendeteksi kering/ basah, suara mengi.

Rongent Dada, CT scan, ECG, ekocardiograph dpt membantu u/ memastikan penyebab yg mendasari.

DIFFERENTIAL DIAGNOSIS

Dyspnea should be differentiated from shortness of breath and wheezing.

Table 1 Differentiation of dyspnea, shortness of breath, and wheezing

| Condition | Dyspnea | Shortness of breath | Wheezing |
|-------------------------|--|---|---|
| Clinical manifestations | <p>Labored breathing with an open mouth and raised shoulders.</p> <p><u>Excessive syndrome:</u> High-pitched panting sounds</p> <p><u>Deficient syndrome:</u> low-pitched panting sounds</p> | <p>Superficial breathing without raised shoulders.</p> <p>However, worsening of shortness of breath may develop into deficient dyspnea.</p> | <p>Wheezing sounds in the throat and chest with concurrent labored breathing or coughing.</p> |

Diferensiasi Sindrom

Table 2 Differentiation between excess and deficient dyspnea

| Pattern | Respiratory Quality | Breath Sounds | Pulse | Onset |
|------------|---|--|-----------------------------------|--|
| Excess | Long and deep breathing, symptoms alleviated with expiration | High-pitched with concurrent phlegm sound and coughing | Rapid, powerful | Sudden, acute |
| Deficiency | Short, discontinued breathing, symptoms alleviated with inspiration | Low with less phlegm sound or coughing | Faint or floating, big but hollow | Gradual and can be aggravated by fatigue |

Table 3 Differentiation of an external contraction from internal injury (for excess syndrome)

| Pattern | Onset | Duration | Exterior syndrome |
|----------------------|---------|----------|-------------------|
| External contraction | Sudden | Short | Present |
| Internal injury | Gradual | Long | Absent |

Diferensiasi Sindrom

Table 4 Related *zang-fu* organs (for deficiency syndrome)

| Pattern | Severity | Accompanying symptoms |
|----------------------------|--|--|
| Lung deficiency | Shortness of breath occurs when fatigued | A pale complexion, spontaneous sweating and frequent contraction of external pathogenic factors |
| Kidney deficiency | Panting occurs at rest but increases upon exertion | A luminous, pale complexion or rosy cheeks, cold intolerance or feverish sensations. Soreness and weakness in the low back and knee joints |
| Heart-qi (yang) deficiency | Persistent panting | Palpitations, cyanosis, edema and a knotted, intermittent pulse |

Pengobatan

Sindrom ekses → membuang faktor patogen

Ekses dingin → menghangatkan & menyebarkan paru

Ekses panas → membersihkan panas & menyebarkan paru

Akumulasi dahak → menghilangkan dahak & meregulasi Qi

Identifikasi organ Zang fu yg terkait.

Sindrom defisiensi → tonik paru, memperkuat limpa, tonik ginjal, menghangatkan Yang, menutrisi Yin.

Pengobatan Ekses Dyspnea

Angin-Dingin

Manifestasi Klinis: dyspnea, nafas cepat dgn batuk, distensi dada, bengkak , dan sesak, dahak encer dan putih, sakit kepala, menggigil / demam, tidak haus, tdk berkeringat

Lidah: lapisan lidah putih, licin

Nadi: mengambang dan kencang

Analisis

Angin –dingin → penyebaran qi paru terganggu → dyspnea, nafas cepat, batuk, distensi dada, bengkak

Dingin → merusak paru → dahak banyak, tipis, putih

Angin-dingin → memblok pori kulit → menggigil, sakit kepala, demam, tdk berkeringat

Lidah dan nadi → angin-dingin eksterior sindrom

Pengobatan Ekses Dyspnea

Pengobatan

Manghilangkan angin, mendispersi paru, menghilangkan dingin

Formula

Modified Má Huáng Tāng (麻黃湯, Ephedra Decoction)

| | | | | |
|-----------|-----|-------------|----|--|
| Monarch | 麻黃 | má huáng | 6g | Herba Ephedrae |
| Minister | 桂枝 | guì zhī | 4g | Ramulus Cinnamomi |
| Assistant | 杏仁 | xìng rén | 9g | Semen Armeniacae Amarum |
| Envoy | 炙甘草 | zhì gān cǎo | 3g | Radix et Rhizoma Glycyrrhizae Praeparata cum Melle |

Má huáng and guì zhī disperse the lung, dissipate cold and release the exterior. Xìng rén and gān cǎo resolve phlegm and regulate qi.

[Modifications]

- For cold phlegm obstructing the lung, combine with bàn xià (半夏, Rhizoma Pinelliae), jú hóng (橘红, Exocarpium Citri Rubrum), zǐ sū zǐ (紫苏子, Fructus Perillae), zǐ wǎn (紫菀, Radix et Rhizoma Asteris) and bái qián (白前, Rhizoma et Radix Cynanchi Stauntonii).
- For unresolved dyspnea after sweating, combine with Guì Zhī Jiā Hòu Pò Xìng Zǐ Tāng (桂枝加厚朴杏子汤, Cinnamon Twig Decoction Plus Officinal Magnolia Bark and Apricot Kernel) to harmonize the ying-nutrient and wei-defense and disperse lung-qi.
- For dyspnea with thin, clear and foamy sputum due to thoracic fluid retention combined with external contraction, adopt Xiǎo Qīng Lóng Tāng (小青龙汤, Minor Green Dragon Decoction) to release the exterior and warm the interior.

Pengobatan Ekses Dyspnea

Eksterior dingin, Panas Interior

Manifestasi Klinis: distensi / nyeri dada, terengah-engah, lubang hidung melebar, batuk dgn sulit dikeluarkan, dahak kental dan lengket, sedikit takut dingin, demam, gelisah, sakit badan, haus, ada/tidak ada keringat

Lidah: lapisan lidah tipis, putih /kuning

Nadi: mengambang dan cepat / licin

Analisis

Dingin mengikat bag luar ditambah panas paru / dingin bertransformasi menjadi panas → penurunan qi paru terganggu → terengah-engah, lubang hidung melebar, distensi dada, nyeri, batuk sulit keluar dahaknya dgn lengket dan kental.

Dingin → memblok panas → sedikit takut dingin, demam, gelisah, sakit badan.

Lidah dan nadi → dingin eksterir dgn panas paru

Pengobatan Ekses Dyspnea

Pengobatan

Manghilangkan angin-dingin, mendispersi paru, membersihkan panas internal

Formula

Supplemented Má Xīng Shí Gān Tāng (麻杏石甘湯, Ephedra, Apricot Kernel, Gypsum and Licorice Decoction)

| | | | | |
|-----------|-----|-------------|-----|--|
| Minister | 麻黃 | má huáng | 6g | Herba Ephedrae |
| Minister | 石膏 | shí gāo | 18g | Gypsum Fibrosum |
| Assistant | 杏仁 | xìng rén | 9g | Semen Armeniacae Amarum |
| Envoy | 炙甘草 | zhì gān cǎo | 6g | Radix et Rhizoma Glycyrrhizae Praeparata cum Melle |

Má huáng and *shí gāo* clear the heat, disperse the lung and release the exterior.
Xìng rén and *gān cǎo* resolve phlegm and regulate qi.

[Modifications]

- For severe heat and phlegm, combine with *huáng qín* (黃芩, Radix Scutellariae), *sāng bái pí* (桑白皮, Cortex Mori) and *guā lóu* (瓜蒌, Fructus Trichosanthis).
- For profuse phlegm, combine with *tíng lì zǐ* (葶苈子, Semen Lepidii) and *shè gān* (射干, Rhizoma Belamcandae).

Pengobatan Ekses Dyspnea

Dahak Panas Terakumualsi di Paru

Manifestasi Klinis: dyspnea, nafas cepat, distensi dada, nyeri, dahaknya banyak, lengket, berwarna kuning / ada darah, sensasi demam di dada, demam, berkeringat, haus dengan keinginan untuk minum air dingin, wajah merah, tenggorokan kering, urin kuning gelap dan konstipasi.

Lidah: merah dengan lapisan lidah kuning berminyak

Nadi: licin & cepat

Analisis

Dahak-panas di paru → mempengaruhi penyebaran & penurunan qi paru → dyspnea, nafas cepat, distensi dada, nyeri, sputum kuning, lengket

Panas → merusak meridian paru → darah di sputum

Lidah dan nadi → **dahak-panas**

Pengobatan Ekses Dyspnea

Dahak Panas Terakumualsi di Paru

Pengobatan

Membersihkan Panas. Mengatasi Dahak

Formula

Modified *Sāng Bái Pí Tāng* (桑白皮汤, Cortex Mori Decoction)

| | | | | |
|------------|-----|--------------------|-----|-------------------------|
| Monarch | 桑白皮 | <i>sāng bái pí</i> | 12g | Cortex Mori |
| Ministers | 黃芩 | <i>huáng qín</i> | 9g | Radix Scutellariae |
| | 黃連 | <i>huáng lián</i> | 3g | Rhizoma Coptidis |
| | 山梔 | <i>shān zhī</i> | 9g | Fructus Gardeniae |
| | 贝母 | <i>bēi mǔ</i> | 9g | Bulbus Fritillaria |
| | 半夏 | <i>bàn xià</i> | 9g | Rhizoma Pinelliae |
| Assistants | 杏仁 | <i>xìng rén</i> | 6g | Semen Armeniacae Amarum |
| | 紫苏子 | <i>zǐ sū zǐ</i> | 6g | Fructus Perillae |

Sang Bai Pi, Huang Qin, Huang Lian & Shan Zhi → membersihkan panas paru
Bei Mu, Xing Ren, Zi Su Zi, Ban Xia → menurunkan Qi paru, mengatasi dahak

Modifikasi

- For severe body fever, combine with *shí gāo* (石膏, Gypsum Fibrosum) and *zhī mǔ* (知母, Rhizoma Anemarrhenae).
- For profuse, sticky phlegm, combine with *hǎi gé fěn* (海蛤粉, powder of Concha Meretricis seu Cyclinae).
- For thirst and dry throat, combine with *tiān huā fěn* (天花粉, Radix Trichosanthis);
- For an inability to lie flat, profuse phlegm and constipation, combine with *tíng lì zǐ* (葶苈子, Semen Lepidii), *dà huáng* (大黃, Radix et Rhizoma Rhei) and *xuán míng fěn* (玄明粉, Natrii Sulfas Exsiccatus).
- For sputum with a fishy odor, combine with *yú xīng cǎo* (鱼腥草, Herba Houttuyniae), *dōng guā zǐ* (冬瓜子, Semen Benincasae), *yì yǐ rén* (薏苡仁, Semen Coicis) and *lú gēn* (芦根, Rhizoma Phragmitis).

Pengobatan Ekses Dyspnea

Dahak Keruh Menyumbat Paru

Manifestasi Klinis: sensasi penuh & ketat di dada, kesulitan bernafas, kesulitan mengeluarkan dahak yg banyak, lengket, putih, mual, muntah, nafsu makan berkurang, rasa lengket di mulut, tidak haus.

Lidah: tebal & putih

Nadi: licin

Analisis

Disfungsi limpa → menghasilkan dahak-lembab → dpt mempengaruhi peyebaran Qi paru → sensasi penuh & ketat di dada, kesulitan bernafas, sputum banyak, lengket & putih

Akumulasi dahak-lembab di jiao tengah → muntah, nafsu makan berkurang, rasa lengket di mulut, tidak haus

Lidah dan nadi → **dahak-keruh menyumbat paru**

Pengobatan Ekses Dyspnea

Dahak Keruh Menyumbat Paru

Pengobatan

Mengatasi Dahak, Mengarahakan Qi Paru ke bawah

Formula

Modified *Èr Chén Tāng* (二陈汤, Two Matured Substances Decoction) and *Sān Zǐ Yǎng Qīn Tāng* (三子养亲汤, Three-Seed Filial Devotion Decoction)

Ingredients of *Èr Chén Tāng*

| | | | | |
|-----------|-----|----------------------|------|-------------------------------|
| Monarch | 姜半夏 | <i>jiāng bàn xià</i> | 9g | Rhizoma Pinelliae Praeparatum |
| Minister | 陈皮 | <i>chén pí</i> | 9g | Pericarpium Citri Reticulatae |
| Assistant | 茯苓 | <i>fú líng</i> | 9g | Poria |
| Envoy | 甘草 | <i>gān cǎo</i> | 4.5g | Radix et Rhizoma Glycyrrhizae |

Ingredients of *Sān Zǐ Yǎng Qīn Tāng*

| | | | | |
|-----------|-----|-------------------|----|-------------------------------|
| Monarch | 苏子 | <i>sū zǐ</i> | 9g | Fructus Perillae Frutescentis |
| Minister | 白芥子 | <i>bái jiè zǐ</i> | 6g | Semen Sinapis Albae |
| Assistant | 莱菔子 | <i>lái fú zǐ</i> | 9g | Semen Raphani Sativi |

Ban Xia, Chen Pi, Fu Ling → mengatasi dahak
Gan Cao → mengharmoniskan jiao tengah & semua herbalnya

Su Zi → mengarahkan Qi Paru Ke bawah & menghentikan batuk
Bai Jie Zi → menyebarkan Qi Paru, menghilangkan dahak
Lai Fu Zi → mengarahkan Qi Paru Ke bawah, mentransformasikan dahak

Modifikasi

- For severe phlegm-dampness, combine with *cāng zhú* (苍术, Rhizoma Atractylodis) and *hòu pò* (厚朴, Cortex Magnoliae Officinalis) to dry dampness and regulate qi.
- For spleen deficiency with poor appetite, mental fatigue and loose stools, combine with *dǎng shēn* (党参, Radix Codonopsis) and *bái zhú* (白术, Rhizoma Atractylodis Macrocephalae) to strengthen the spleen and benefit qi.

Pengobatan Ekses Dyspnea

Pemblokiran Qi Paru

Manifestasi Klinis: serangan tiba-tiba sesak pada peningkatan emosi, suara dahak yg tdk jelas di tenggorokan, dada sesak dan nyeri, rasa sesak di tenggorokan, insomnia, palpitas.

Lidah: tipis

Nadi: seperti senar

Analisis

Kemarahan yg berlebihan → merusak liver → stagnasi Qi liver → nafas cepat, rasa sesak di tenggorokan

Disharmoni meredian Qi antara Paru & Liver → sesak di dada & nyeri

Stagnasii Qi di Jantung & Liver → **insomnia, palpitas, nadi senar**

Pengobatan Ekses Dyspnea

Pemblokiran Qi Paru

Pengobatan

Menenangkan Liver, peregeran Qi, mengarahkan Qi yg membrontak ke bawah

Formula

Modified *Wǔ Mó Yǐn Zǐ* (五磨饮子, Five-ingredient Drink)

| | | | | |
|------------|----|-------------------|----|-----------------------------|
| Monarch | 沉香 | <i>chén xiāng</i> | 6g | Lignum Aquilariae Resinatum |
| Ministers | 乌药 | <i>wū yào</i> | 6g | Radix Linderae |
| | 槟榔 | <i>bīng láng</i> | 6g | Semen Arecae |
| Assistants | 木香 | <i>mù xiāng</i> | 6g | Radix Aucklandiae |
| | 枳实 | <i>zhǐ shí</i> | 6g | Fructus Aurantii Immaturus |

Chen Xiang → pergerakan & menurunkan Qi

Wu Yao, Bing Lang, Mu Xiang →

Zhi Shi → memecah stagnasi Qi, transformasi dahak, menurunkan Qi

Modifikasi

- For severe liver-qi stagnation, combine with *chái hú* (柴胡, Radix Bupleuri), *yù jīn* (郁金, Radix Curcumae) and *qīng pí* (青皮, Pericarpium Citri Reticulatae Viride) to soothe the liver and regulate qi.
- For palpitations and insomnia, combine with *bǎi hé* (百合, Bulbus Lilii), *hé huān pí* (合欢皮, Cortex Albiziae), *suān zǎo rén* (酸枣仁, Semen Ziziphi Spinosae) and *yuǎn zhì* (远志, Radix Polygalae) to calm the mind.
- For abdominal distension and constipation, combine with *dà huáng* (大黃, Radix et Rhizoma Rhei) to down-bear qi and promote bowel movement.

Pengobatan Defisiensi Dyspnea

Defisiensi Paru

Manifestasi Klinis: dyspnea, sesak nafas, sura lemah, suara dengkuran di tenggorokan, batuk lemah. Sputum encer dan bening, keringat spontan, tidak suka angin, lidah pucat, lapisan lidah tipis putih, & nadi lemah. Atau, nafas cepat, batuk dgn sputum sedik, lengket, demam tidal, berkeringat malam hari, mulut & tenggorokan kering, mungkin ada malar flush, dngan lidah merah, lapisan lidah mengelupas, nadi cepat.

Analisis

Kegagalan paru u/ mendominasi Qi → dyspnea, sesak nafas, suara lemah, suara dengkuran di tenggorokan

Defisiensi Qi Paru → **batuk suara lemah**

Kegagalan Qi Paru u/ mentransformasikan cairan →sputum putih tipis

Kelemahan Qi paru → keringat spontasn, tdk suka angin

Lidah pucat & nadi lemah → defisiensi Qi paru

Menyala dari api defisiensi disebabkan Defisiensi Yin Paru → batuk dgn Sputum sedikit, lengket, sensasi demam, demam tidal, keringat malam, tenggorokan kring, pipi merah

Lidah merah, lap lidah terkelupas, nadi cepat → **hiperaktifitas api**

krn defisiensi Yin

Pengobatan Defisiensi Dyspnea

Defisiensi Paru

Pengobatan

Tonik Paru, mensuplemen Qi dan menutrisi Yin

Formula

Modified *Shēng Mài Sǎn* (生脉散, Pulse-Engendering Powder) and *Bǔ Fèi Tāng* (补肺汤, Lung-Supplementing Decoction)

Ingredients of *Shēng Mài Sǎn*

| | | | | |
|-----------|-----|------------------|----|-------------------------------|
| Monarch | 人参 | <i>rén shēn</i> | 9g | Radix et Rhizoma Ginseng |
| Minister | 麦冬 | <i>mài dōng</i> | 9g | Radix Ophiopogonis |
| Assistant | 五味子 | <i>wǔ wèi zǐ</i> | 6g | Fructus Schisandrae Chinensis |

Ingredients of *Bǔ Fèi Tāng*

| | | | | |
|------------|-----|---------------------|-----|-------------------------------|
| Monarch | 人參 | <i>rén shēn</i> | 9g | Radix et Rhizoma Ginseng |
| | 黃芪 | <i>huáng qí</i> | 12g | Radix Astragali |
| Minister | 紫菀 | <i>zǐ wǎn</i> | 9g | Radix et Rhizoma Asteris |
| Assistants | 桑白皮 | <i>sāng bái pí</i> | 9g | Cortex Mori |
| | 熟地黃 | <i>shú dì huáng</i> | 9g | Radix Rehmanniae Praeparata |
| | 五味子 | <i>wǔ wèi zǐ</i> | 6g | Fructus Schisandrae Chinensis |

Ren Shen → memperkuat tonik Qi

Mai Dong → menutrisi Yin Paru

Wu Wei Zi → astringen Qi Paru

Ren Shen + Huang Qi → Tonik paru & suplemen Qi

Mai Dong + Shu Di Huang → menutrisi Yin Paru

Wu Wei Zi → astringen Qi Paru

Zi Wan + Sang Bai Pi → menagtasi dahak, membersihan Qi Paru

Modifikasi

- For internal exuberance of cold phlegm, combine with *zhōng rǔ shí* (钟乳石, Stalactitum), *zǐ sū zǐ* (紫苏子, Fructus Perillae) and *kuǎn dōng huā* (款冬花, Flos Farfarae) to warm the lung and resolve phlegm.
- For severe lung-yin deficiency, combine with *shā shēn* (沙参, Radix Glehniae Strictae), *yù zhú* (玉竹, Rhizoma Polygonati Odorati) and *bǎi hé* (百合, Bulbus Lilii).
- For deficiency of the lung and kidney, combine with *zǐ shí yīng* (紫石英, Fluoritum) and *hé táo rén* (核桃仁, Semen Juglandis) to tonify kidney-qi.
- For deficiency of the lung and spleen with poor appetite, loose stools and a down-bearing sensation of the abdomen, adopt the modified *Bǔ Zhōng Yì Qi Tāng* (补中益气汤, Middle-Supplementing and Qi-Boosting Decoction).

Pengobatan Defisiensi Dyspnea

Defisiensi Ginjal

Manifestasi Klinis: Nafas terengah engah yg kronis, dpt diperburuk oleh aktivitas fisik, ekspirasi lebih banyak dari pada inspirasi, sesak nafas, berat badan turun, kelelahan, edema di tungkai bawah, intoleransi dingin, tungkai dingin saat berkeringat dan bibir & wajah sianosis, lapisan lidah pucat / lembab gelap, nadi dalam, lambat, lemah. Beberapa pasien menunjukkan terengah-engah, malar flush, gelisah, mulut & tenggorokan kering, kaki dingin, keringat lengket, lidah merah kering, nadi cepat.

Analisis

Defisiensi Qi Paru kronik → kegagalan fungsi Ginjal menerima Qi → dyspnea, ekspirasi lebih banyak dari pada inspirasi, dpt diperburuk oleh aktivitas fisik

Essence Ginjal yg terkonsumsi → berat badan turun, kelelahan

Defisiensi Yang Ginjal → ketidakamanan Yang Qi pertahanan → keringat spontan

Kegagalan Yang Ginjal dlm menghangatkan tubuh → tungkai dingin, bibir & wajah sianosis

Kegagalan Yang Ginjal dlm transformasi air → edema

Lap lidah pucat / lembab gelap; nadi dalam, lambat, lemah → **Defisiensi Yang Ginjal**

Kegagalan Yin ginjal → mengambangnya Yang → terengah-engah, pipi kemerahan, tenggorokan kering, gelisah, kaki dingin, keringat lengket

Lidah merang, kering dng lap lidah tipis, nadi cepat → **Sindrome Yang Mengambang**

Pengobatan Defisiensi Dyspnea

Defisiensi Ginjal

Pengobatan

Tonik Ginjal untuk menerima Qi

Formula

For kidney-yang deficiency, use modified *Jīn Guì Shèn Qi Wán* (金匱肾气丸, Golden Cabinet's Kidney Qi Pill) and *Shēn Gé Sǎn* (参蛤散, Ginseng and Gecko Powder)

Ingredients of *Jīn Guì Shèn Qi Wán*

| | | | | |
|------------|-----|---------------------|-----|------------------------------------|
| Monarch | 干地黃 | <i>gān dì huáng</i> | 24g | Radix Rehmanniae Recens |
| Ministers | 山茱萸 | <i>shān zhū yú</i> | 12g | Fructus Corni |
| | 山藥 | <i>shān yào</i> | 12g | Rhizoma Dioscoreae |
| | 附子 | <i>fù zǐ</i> | 3g | Radix Aconiti Lateralis Praeparata |
| | 桂枝 | <i>guì zhī</i> | 3g | Ramulus Cinnamomi |
| Assistants | 澤瀉 | <i>zé xiè</i> | 9g | Rhizoma Alismatis |
| | 茯苓 | <i>fú líng</i> | 9g | Poria |
| | 牡丹皮 | <i>mǔ dān pí</i> | 9g | Cortex Moutan |

Gan Di Huang → Menutrisi Yin Ginjal

Shan Zhu Yu & Shan Yao → Tonik Liver dan Ginjal

Ze Xie, Fu Ling, Mu Dan Pi → meregulasi 3 organ yin

Fu Zi , Gui Zhi → menghangatkan Yang Ginjal

Pengobatan Defisiensi Dyspnea

Defisiensi Ginjal

Formula

Ingredients of *Shēn Gé Sān*

| | | | | |
|----------|----|-----------------|------|--------------------------|
| Monarch | 人参 | <i>rén shēn</i> | 1.5g | Radix et Rhizoma Ginseng |
| Minister | 蛤蚧 | <i>gé jiè</i> | 1.5g | Gecko |

Ren Shen → Tonik Qi Paru

Ge Jie → Tonik Qi Paru, menguntungkan fungsi ginjal dalam menerima Qi

Pengobatan Defisiensi Dyspnea

Defisiensi Ginjal

Formula

For kidney-yin deficiency, use modified *Qī Wèi Dū Qi Wán* (七味都气丸, Seven Flavor Qi-Supplementing Pill) and *Shēng Mài Sǎn* (生脉散, Pulse-Engendering Powder).

Ingredients of *Qī Wèi Dū Qi Wán*

| | | | | |
|------------|-----|---------------------|-----|-------------------------------|
| Monarch | 熟地黃 | <i>shú dì huáng</i> | 24g | Radix Rehmanniae Praeparata |
| Ministers | 山茱萸 | <i>shān zhū yú</i> | 12g | Fructus Corni |
| | 山藥 | <i>shān yào</i> | 12g | Rhizoma Dioscoreae |
| | 五味子 | <i>wǔ wèi zǐ</i> | 6g | Fructus Schisandrae Chinensis |
| Assistants | 澤瀉 | <i>zé xiè</i> | 9g | Rhizoma Alismatis |
| | 茯苓 | <i>fú líng</i> | 9g | Poria |
| | 牡丹皮 | <i>mǔ dān pí</i> | 9g | Cortex Moutan |

Ingredients of *Shēng Mài Sǎn*

| | | | | |
|-----------|-----|------------------|----|-------------------------------|
| Monarch | 人参 | <i>rén shēn</i> | 9g | Radix et Rhizoma Ginseng |
| Minister | 麦冬 | <i>mài dōng</i> | 9g | Radix Ophiopogonis |
| Assistant | 五味子 | <i>wǔ wèi zǐ</i> | 6g | Fructus Schisandrae Chinensis |

Ren Shen → memperkuata tonik Qi

Mai Dong → Menutrisi Yin Paru

Wu Wei Zi → astringen Qi Paru

Shu Di Huang → menutrisi Yin Ginjal
Shan Zhu Yu, Shan Yao → Tonik Liver & Ginjal
Ze Xie, Fu Ling, Mu Dan Pi → meregulasi 3 organ Yin
Wu Wei Zi → astringen Qi paru, menguntungkan fungsi ginjal menyimpan essence

Pengobatan Defisiensi Dyspnea

Defisiensi Ginjal

Modifikasi

- For a sense of up-flow of qi from the lower abdomen, combine with *zǐ shí yīng* (紫石英, Fluoritum), *cí shí* (磁石, Magnetitum) and *chén xiāng* (沉香, Lignum Aquilariae Resinatum) to tonify kidney-qì.
- For concurrent floating yang syndrome, combine with *lóng gǔ* (龙骨, Os Draconis) and *mǔ lì* (牡蛎, Concha Ostreae) to inhibit yang.
- For regulation after dyspnea is relieved, take *zǐ hé chē* (紫河车, Placenta Hominis) 1.5-3g, twice a day and 2-3 walnuts to tonify kidney-qì.
- For concurrent phlegm-turbidity accumulating in the lung with symptoms such as coughing with profuse sputum, panting, chest tightness and a greasy tongue coating, adopt *Sū Zǐ Jiàng Qi Tāng* (苏子降气汤, Perilla Fruit Qi-Descending Decoction) to warm the kidney, down-bear qi and resolve phlegm.
- For fluid retention due to yang deficiency with symptoms such as palpitations, edema, scanty urine, a pale and swollen tongue and a deep, thready pulse, adopt *Zhen Wǔ Tāng* (真武汤, True Warrior Decoction) by adding *guì zhī* (桂枝, Ramulus Cinnamomi), *huáng qí* (黄芪, Radix Astragali), *fáng jǐ* (防己, Radix Stephaniae Tetrandrae), *tíng lì zǐ* (葶苈子, Semen Lepidii) and *wàn nián qīng* (万年青, Radix et Rhizoma Rohdeae Japonicae) to warm the kidney, regulate qi and resolve fluid.

- For phlegm-fluid affecting the heart with bluish complexion, lips, fingernails and tongue, combine with *dān shēn* (丹参, Radix et Rhizoma Salviae Miltorrhizae), *hóng huā* (红花, Flos Carthami), *táo rén* (桃仁, Semen Persicae) and *chuān xiōng* (川芎, Rhizoma Chuanxiong) to circulate blood and resolve stasis.
- For severe dyspnea due to lung-qì exhaustion and yang failure of the heart and kidney with symptoms such as an open mouth and raised shoulders, an inability to lie flat, phlegm sounds in the throat, palpitations, restlessness, bluish complexion and lips, bead-like sweats, cold limbs and a big, rootless, intermittent or indistinct pulse, immediately administer *Heī Xī Dān* (黑锡丹, Galenite Elixir) gecko powder with *Shēn Fù Tāng* (参附汤, Ginseng and Aconite Decoction) to resuscitate yang.
- For feverish sensations, restlessness, rosy cheeks and sticky sweats due to exhaustion of qi and yin, remove *fù zǐ* (附子, Radix Aconiti Lateralis Praeparata) and combine with *mài dōng* (麦冬, Radix Ophiopogonis), *xī yáng shēn* (西洋参, Radix Panacis Quinquefolii) and *wǔ wèi zǐ* (五味子, Fructus Schisandrae Chinensis), to supplement qi and nourish yin.
- For profuse sweating, combine with *lóng gǔ* (龙骨, Os Draconis) and *mǔ lì* (牡蛎, Concha Ostreae) to astringe sweating and prevent collapse.

Pencegahan & Gaya Hidup: Dyspnea

- Menyesuaikan pola makan, berpakaian, gaya hidup dgn perubahan cuaca & hindari angin-dingin
- Makan makanan hambar tapi bernutrisi, batasi makanan berminyak, pedas, panas u/ mencegah dahak-lembab
- Jauhi rokok dan alkohol, batasi aktivitas seksual yg berlebihan
- Pertahankan pikiran yg damai
- Dapatkan pengobatan sejak dini
- Lakukan aktivitas fisik yg sesuai u/ memperkuat sis imun, hindari kelahan (Taiji , Qi)

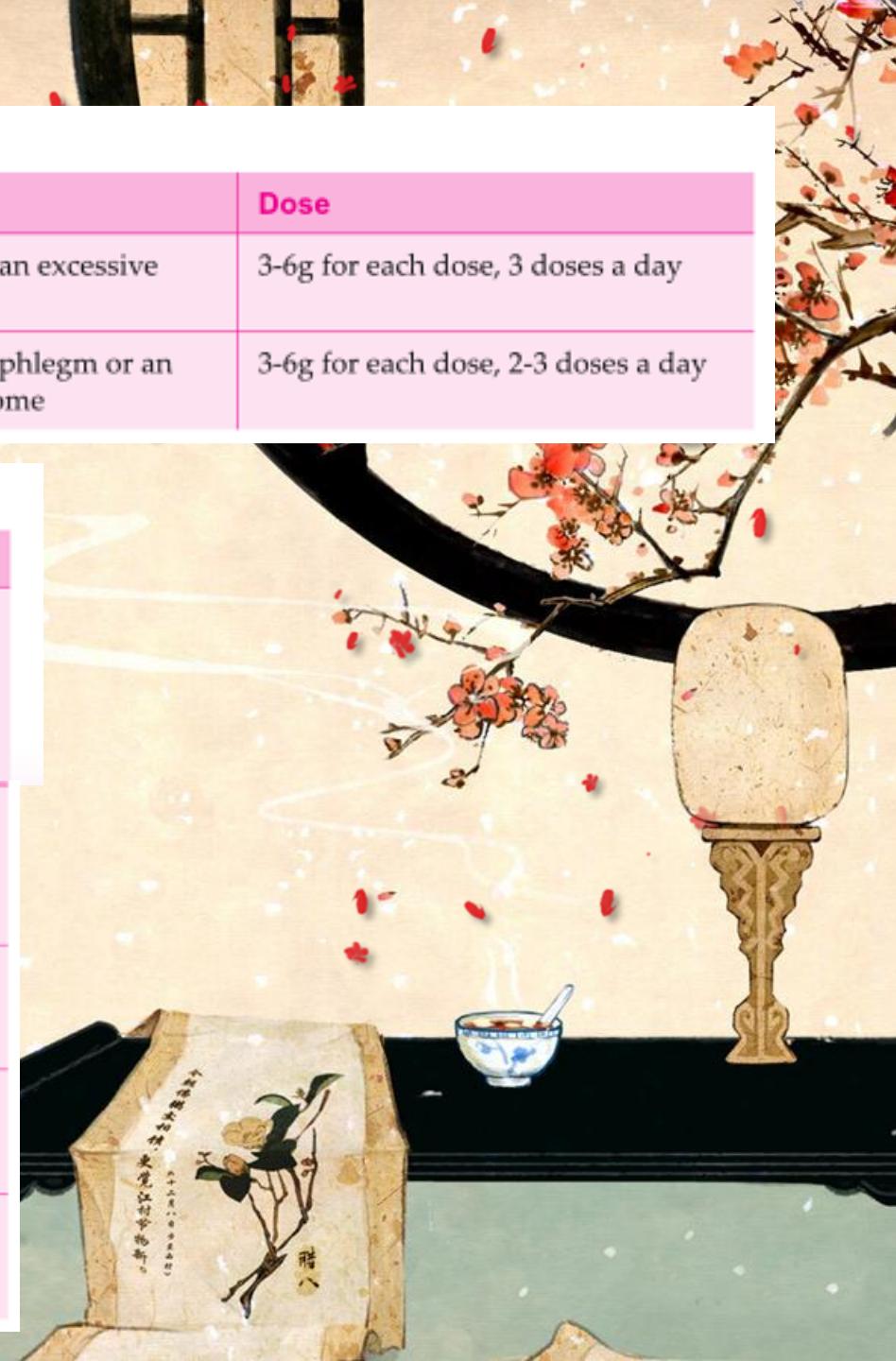
Terapi Lain: Dyspnea

Formulas from experience

| Description | Indication | Dose |
|--|--|-------------------------------------|
| Dried powder of swine bile | Dyspnea due to an excessive syndrome | 3-6g for each dose, 3 doses a day |
| Pills made from <i>lái fú zǐ</i> (莱菔子), <i>zào jiǎo</i> (皂角), ginger juice and honey | Dyspnea due to phlegm or an excessive syndrome | 3-6g for each dose, 2-3 doses a day |

Patented Chinese medicine

| Name | Function | Indication | Dose |
|--|--|---|---|
| <i>Shé Dān Chuān Bèi Pí Pá Gāo</i> (蛇胆川贝枇杷膏) | Moistens the lung, relieves coughing and resolves phlegm | Acute attack of chronic bronchitis or obstructive emphysema with symptoms such as coughing with sticky sputum, chest tightness, panting, a white, greasy tongue coating and a wiry, slippery pulse. | 15ml for each dose, 3 doses a day for adults |
| <i>Tán Yīn Wán</i> (痰饮丸) | Warms and tonifies the spleen and kidney, resolves fluid and relieves coughing | Panting and coughing with profuse phlegm in deficiency and cold nature due to yang deficiency of the spleen and kidney and phlegm-fluid obstructing the lung | 3-6g for each dose, 2 doses a day for adults |
| <i>Hǎi Zhū Chuān Xī Dìng Piàn</i> (海珠喘息定片) | Relieves coughing, resolves phlegm and calms the mind | Bronchial asthma or asthmatic bronchitis with panting, inability to lie flat at night and expectoration of white sputum | 3-4g for each dose, 3 doses a day for adults |
| <i>Gù Shèn Dìng Chuān Wán</i> (固肾定喘丸) | Warms the kidney, tonifies qi and resolves edema | Deficient dyspnea | 5g for each dose, 2-3 doses a day for adults |
| <i>Shēn Róng Hēi Xī Dān</i> (参茸黑锡丹) | Supplements qi, warms yang and relieves convulsions | Dyspnea due to yang deficiency of the lung and kidney and heart-yang failure | 3g for each dose, 1 or 2 doses a day for adults |



Kombinasi Akupuntur: Dyspnea

| Patterns | Clinical Manifestations | Main Formulas | Acupuncture Points |
|---------------------------------------|---|--|---|
| Wind-cold attacking the lung | Dyspnea, fast breathing, chest distension and tightness, profuse, thin and white sputum, headache, chills or fever, no thirst and absence of sweating. Tongue coating: White and slippery Pulse: Floating and tight. | Modified <i>Má Huáng Tāng</i> | BL 13 (<i>fēi shù</i>), EX-B1 (<i>dìng chuǎn</i>), LU 10 (<i>yú jǐ</i>) and BL 12 (<i>fēng mén</i>) |
| Exterior cold with interior heat | Chest distension or pain, panting, flaring nostrils, coughing with difficult expectoration of thick, sticky sputum, slight chills, fever, restlessness, body ache, thirst and presence or absence of sweating. Tongue coating: Thin, white or yellow Pulse: Floating and rapid (or slippery) | Supplemented <i>Má Xīng Shí Gān Tāng</i> | BL 13 (<i>fēi shù</i>), EX-B1 (<i>dìng chuǎn</i>), LU 10 (<i>yú jǐ</i>), DU 14 (<i>dà zhuī</i>) and LU 5 (<i>chí zé</i>) |
| Phlegm-heat accumulating in the lung | Dyspnea, fast breathing, chest distension and pain, profuse, sticky and yellow or bloody sputum, feverish sensation in the chest, fever, sweating, thirst with desire to drink cold water, a red face, a dry throat, dark-yellow urine and constipation. Tongue coating: Yellow or greasy Pulse: Slippery and rapid | Modified <i>Sāng Bái Pí Tāng</i> | BL 13 (<i>fēi shù</i>), EX-B1 (<i>dìng chuǎn</i>), LU 10 (<i>yú jǐ</i>), ST 40 (<i>fēng lóng</i>) and LI 4 (<i>hé gǔ</i>) |
| Phlegm-turbidity obstructing the lung | A sense of fullness and tightness in the chest, difficulty breathing, difficult expectoration of profuse, sticky and white sputum, nausea, vomiting, a poor appetite, a sticky taste in the mouth and no thirst. Tongue coating: Thick and white Pulse: Slippery | Modified <i>Èr Chén Tāng</i> and <i>Sān Zǐ Yāng Qín Tāng</i> | BL 13 (<i>fēi shù</i>), EX-B1 (<i>dìng chuǎn</i>), LU 10 (<i>yú jǐ</i>), ST 40 (<i>fēng lóng</i>) and SP 3 (<i>tài bái</i>) |



Kombinasi Akupuntur: Dyspnea

| Patterns | Clinical Manifestations | Main Formulas | Acupuncture Points |
|-------------------|---|--|---|
| Lung-qì blockage | Sudden attacks of breathlessness upon emotional fluctuations, indistinct phlegm sound in the throat, chest tightness and pain, a sense of suffocation in the throat, insomnia and palpitations. Tongue coating: Thin Pulse: Wiry | Modified <i>Wǔ Mó Yīn Zǐ</i> | BL 13 (<i>fēi shù</i>), BL 18 (<i>gān shù</i>), LR 3 (<i>tài chōng</i>) and LU 5 (<i>chí zé</i>) |
| Lung deficiency | Dyspnea or shortness of breath, a low voice, snoring sounds in the throat, weak coughing sounds, thin, clear sputum, spontaneous sweating, aversion to wind, or coughing with scanty, sticky sputum, feverish sensations, a dry mouth, a sore throat and rosy cheeks. Tongue: Pale with thin white coating or red with peeled coating Pulse: Weak or thready-rapid | Modified <i>Shēng Mài Sān</i> and <i>Bǔ Fèi Tāng</i> | BL 13 (<i>fēi shù</i>), LU 9 (<i>tài yuān</i>), ST 36 (<i>zú sān lì</i>) and RN 6 (<i>qì hāi</i>) |
| Kidney deficiency | Chronic panting that can be aggravated by physical exertion, more expirations than inspirations, shortness of breath, weight loss, mental fatigue, edema in the lower leg, cold limbs upon sweating, a bluish complexion and lips, a pale or dark-moist tongue coating and a deep, slow and weak pulse. Alternatively, some patients may experience panting, rosy cheeks, restlessness, a dry mouth and throat, cold feet, sticky sweats, a dry red tongue and a thready rapid pulse. | Modified <i>Jīn Guì Shèn Qi Wán</i> and <i>Shēn Gé Sān</i> | BL 13 (<i>fēi shù</i>), BL 23 (<i>shèn shù</i>), KI 3 (<i>tài xī</i>), RN 3 (<i>guān yuán</i>) and LU 9 (<i>tài yuān</i>) |

謝謝
Xièxìè

