

Qing Qi Hua Tan Tang

Open Airway Eliminate Congestion Decoction

Ingredients:

Glycerin (Plant Source), 瓜蒌仁(栝蒌仁)Gua Luo Pi (Trichosanthes Peel), 陳皮 Ju Hong Pi (Tangerine peel (Pummelo)), 黃芩 Huang Qin (Scutellaria root), 杏仁 Xing Ren (Apricot Seed), 枳實 Zhi shi (Immature Bitter Orange), 茯苓 Fu Ling (Poria (solid fungus)), 膽南星(胆南星)Dan Nan Xing(Tan Nan Xing/Bovine Bile), 半夏 Fa Ban Xia (Pinella Tuber), Distilled Water

Category: *Formulas That Clear Heat and Dry Dampness*

Actions:

TCM

- Ventilates the Chest
- Stops Cough and Wheezing
- Regulates Qi
- Dissolves Phlegm
- Clears Heat
- Drains Dampness
- Dries Dampness

Western

- Bronchodilator
- Relaxes The Smooth Muscle
- Decreases ph to promotes Immunity
- Decongestant
- Expectorant
- Functions like Anti-biotic
- Functions like Anti-Viral

Indications:

- Cough (Hot Type) Differential Dx req.
- Febrile Disease
- Thick Colorful Congestion
- Sinusitis (including sinus infection) esp. impacted
- Asthma (Hot Type) Differential Dx req.

Commentary:

This traditional formula is used when heat and phlegm are combined. The phlegm becomes sticky or hard and the body has I difficult time removing it from the body. When used it should be for acute cases primarily. For chronic illness regular follow ups to appropriate practitioner is advised.