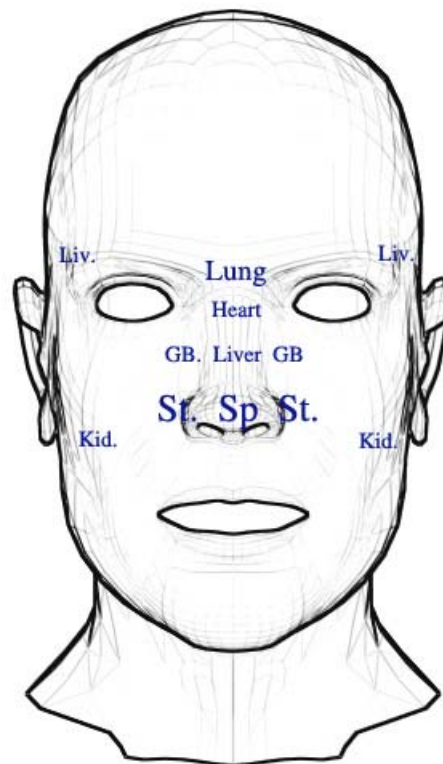




## Nose disease



## Etiology & Pathology

1. The door of breathing, also the gate of evil invasion
2. In charge of smelling
3. Relationship with 5 organs
  - <1> **lung** open on the nose
  - <2> Liver fire & wind rebellian attacking nose ( nose bleeding)
4. Relationship with meridians
  - Hand Yang Ming Large Intestine meridian stops by the sides of nosewing
  - Foot Yang Ming Stomach meridian starts by the sides of nosewing
  - Du Meridian
  - Hand Tai Yang Small Intestine → nasion 鼻根 ( Jing Ming )
  - Foot Tai Yang UB Meridian

## Cold Blocked nose

- Etiology & Pathology

- Wind-cold or wind-heat attacking

- Wind-cold type

**Sym: severe blocked nose, with sneezing, watery nose water,**

Concurrent sym: aversion to wind or cold, fever, headache, no thirsty

**Tongue: thin white coating    Pulse: floating & tight**

**Treatment principle: Expel wind-cold, open the nose**

**Formula**

**Tong Qiao Tang ( Fang Feng 12, Qiang Huo 12, Bai Zhi 12, Gao Ben 12,  
Shen Ma 15, Ge gen 30, Cang Er Zi 10, Ma Huang 6, Gan Cao 6**

**Jiu Wei Qiang Huo Tang**

**Fang Feng tong Shen San**

- Wind-Heat Type:

**Sym: sneezing with itching nose, heat breathing, fever, aversion to wind,  
sore throat, cough, sticky phlegm, thirsty**

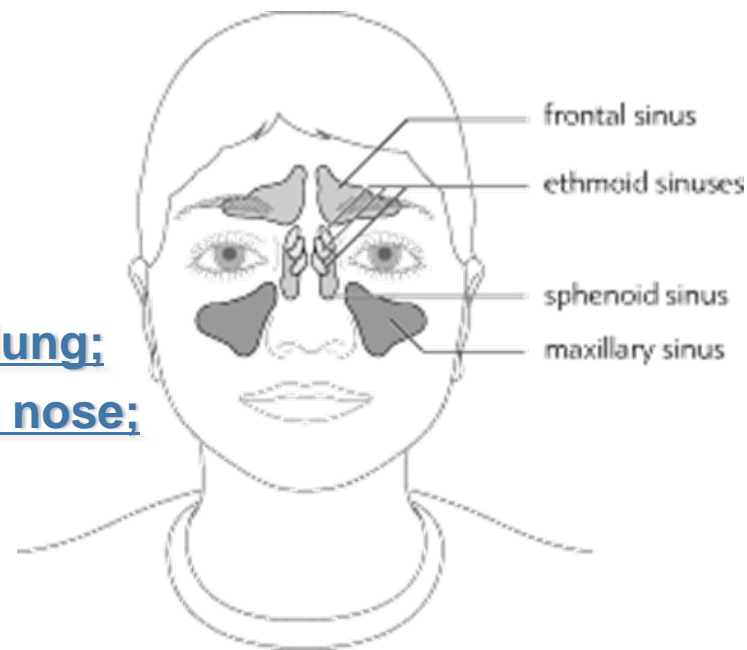
**tongue: red body with yellow coating    Pulse: floating & rapid**

**Treatment: expel wind-heat & open the nose**

**Yin Qiao San:**

## Acute and Chronic sinusitis 鼻淵 Bi Yuan

- Diagnosis points
  - Severe blocked nose with discolored nasal mucus
  - Frequent headaches
  - Reduced sense smell
  - Cold symptoms
- Etiology & Pathology
  - Lung: wind-heat attacking lung; heat accumulation & attacking nose;
  - GB. GB. heat
  - Spleen: damp-heat



- **1. Lung heat accmulation (Acute Type )**

**Main Sym:** blocked nose with lots discolored nasal mucus, red swollen septum

**Concurrent sym:** reduced sense smell, fever, aversion to wind or cold, frequent headache, cough, dry mouth with desire to drink.

**Tongue:** red body with thin yellow coating

**Pulse:** floating & rapid or slippery

**Treatment principle:** Clear lung heat & open the nose

**Formula**

Yin Qiao San + Xin Yi Hua, Bai Zhi, Huang Qin

--Yellow nasal mucus: Dong Gua Ren 15, Yu Xing Cao 15, Di Fu Zi 15

-- Cough & lots phlegm: Xing Ren 12, Qian Hu 12, Quan Gua Lou 12, Bei Mu 12



- **2. GB damp-heat accmulation: ( Acute type)**

**Main Sym:** yellow greasy nasal mucus, lots quantity & reduced sense smell, red swollen septum

**Concurrent sym:** severe headache, fever, swimming, tinnitus or deaf, bad sleeping with lots dream, easy to lose temper,

**tongue:** red body with yellow coating

**Pulse:** wiry & rapid

**Treatment:** clear GB damp-heat, open the nose

**Formular:** Long Dan Xie Gan Tang

- headache: Gao Ben; Bai Zhi; Man Jing Zi; Ge Gen;
- Heat excess: Long Dan Cao; Shui Niu Jiao;
- Constipation: Da Huang

- 3. Lu Qi def cold: ( deficient type)

Main Sym: white sticky nasal mucus, reduced sense smell, lightly red swollen septum, blocked nose & worse in cold.

Concurrent sym: aversion to cold, short of breath, cough with thin white sputum

tongue: thin white coating

Pulse: slow & weak

Treatment: warm the lung & disperse the wind cold

Formular: Weng Fei Zhi Liu Dan plus

Dang Shen 12, Bai Shao 10, Fang Fen 10, Ke Zi 10, Xin Yi Hua 10, Jin Jie 10, Jie Gen 10, Xi Xin 3

-- headache: Gao Ben; Chuan Xiong

-- Qi Def.: Huang Qi;



- **4. Spleen & Stomach damp-heat accmulation:**

**Main Sym:** yellow nasal mucus, lots quantity & blocked nose & reduced sense smell, red swollen septum

**Concurrent sym:** heavy head & dizziness, severe headache, tired body, bad appetite, abdominal distension, deep color urine,

**tongue:** red body with yellow greasy coating

**Pulse:** slippery & rapid

**Treatment:** expel damp-heat, open the nose

**Formular:** Gan Lu Xiao Du Dan plus

Huang Qin 15, Hua Shi 15, Mu Tong 15, Fu Ling 15, Ju Hua 12, Xin Yi Hua 10, Bai Zhi 10, Yu Xin Cao 20, Gan Cao 6,

-- yellow mucus: Dong Gua Ren 15, Gua Lou Ren 15, Di Fu Zi 10, Ma Bo 10, Zao Jiao Ci 10;

-- tinnitus & deaf: Shi Chang Pu; Huo Xiang; Pei Lan;



## Nose Bleeds (Bi Niu)

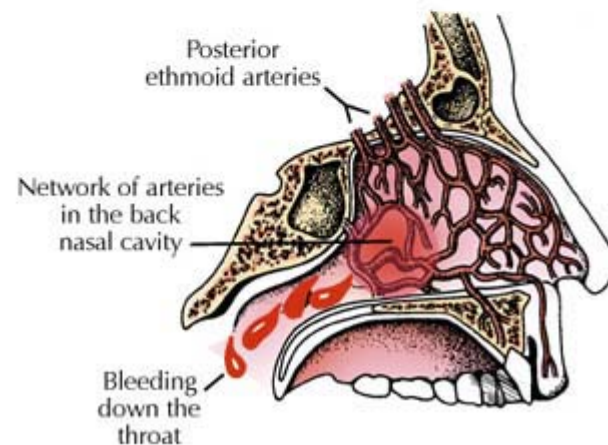
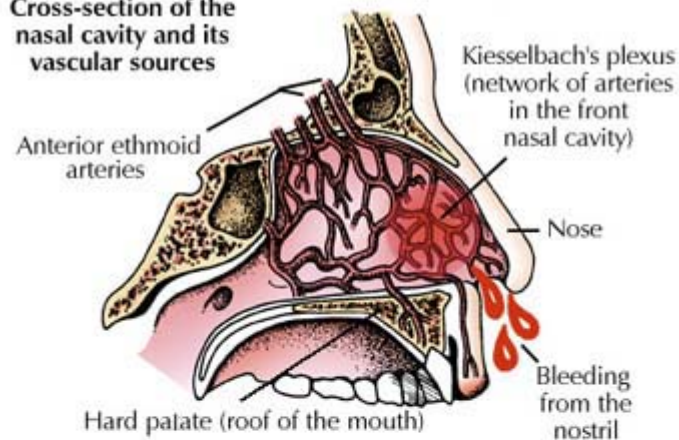
- Diagnosis points

- Bleeding from nose
- Vomiting blood

- Etiology & Pathology

- Lung, St & Liver excess fire
- Liver & Kidney Yin def. fire

Cross-section of the nasal cavity and its vascular sources



- **1. Lung heat excess**

**Main Sym: dripping nose bleeding, flesh color, dry nasal cavity**

**Concurrent sym: cough with less sputum, dry mouth & fever**

**Tongue: red tip body with thin white dry coating**

**Pulse: floating & rapid**

**Treatment principle: Clear heat & cool blood & stop bleeding**

**Formula : Sang Ju Yin plus**

**Sang Ye 12, Ju Hua 12, Lian Qiao 12, Huang Qin 12, Jie Gen 12, Dan Pi 15, Bai Mao Gen 15, Lu Gen 15, Zhi Zi Tan 10, Gan Cao 6**

**--cough with thick sputum: Gua Lou Ren 15, Zhe Bei Mu 15, Gua Lou Pi 15**

- **2. Stomach heat excess**

**Main Sym:** nose bleeding, lots quantity, flesh deep red color, dry nasal cavity

**Concurrent sym:** dry mouth, bad smell, irritability & thirsty, dry stools, short deep color urine

**Tongue:** red body with dry thick yellow coating

**Pulse:** big & rapid

**Treatment principle:** Clear st. heat, Cool blood & stop bleeding

**Formula :** Xi Jiao Di Huang Tang plus

Shen Di 15, Chi Shao 15, Mu Dan Pi 15, Zhi Mu 15, Shi Gao 30, Shui Niu Jiao 60, Gan Cao 6

--Cool blood & stop bleeding: Bai Mao Gen 15, Ce Bai Ye 15, Han Lian Cao 15

-- Constipation: Da Huang 10, Gua Lou Ren 15  
Niu Huang Jie Du Pian

TCM

- **3. Liver fire goes up**

**Main Sym: large quantity nose bleeding, deep red color**

**Concurrent sym: headache, dizziness, dry throat, bitter taste, distention in the chest, red face & eyes, easy to lose temper**

**Tongue: red body with yellow coating**

**Pulse: wiry & rapid**

**Treatment principle: Clear liver fire, cool blood & stop bleeding**

**Formula : Long Dan Xie Gan Tang Plus**

**Long Dan Cao 15, Zhi Zi 15, Huang Qin 15, Sheng Di 15, Chi Shao 15, Chai Hu 10, Che Qian Zi 10, Shui Niu Jiao 60.**

**--Stop Bleeding: Bai Mao Gen 15, Xian He Cao 15,**

**-- Dry Mouth: Mai Dong 15, Xuan Shen 15, Zhi Mu 15, Ge Gen 30**

- **4. Liver & Kidney Yin def.**

**Main Sym: nose bleeding repeatedly occurred, small quantity**

**Concurrent sym:** dizziness, blurred vision, tinnitus, palpitation, insomnia,

**Tongue:** red body with less coating

**Pulse:** fine & rapid

**Treatment principle: Nourish Liver & kidney, cool blood & stop bleeding**

**Formula : Zhi Bai Di Huang Tang plus**

**Zhi Mu 12, Huang Bai 12, Mu Dan Pi 15, Ze Xie 15, Shan Zhu Yu 12, Sheng Di 15, Han Lian Cao 15, Ou Jie 15, E Jiao 10**

- 5. Spleen fail its function to control the blood.

Main Sym: slow nose bleeds, light red color

Concurrent sym: yellow face color, no appetite, feel tired to talk,

Tongue: thin white coating

Pulse: slow & weak

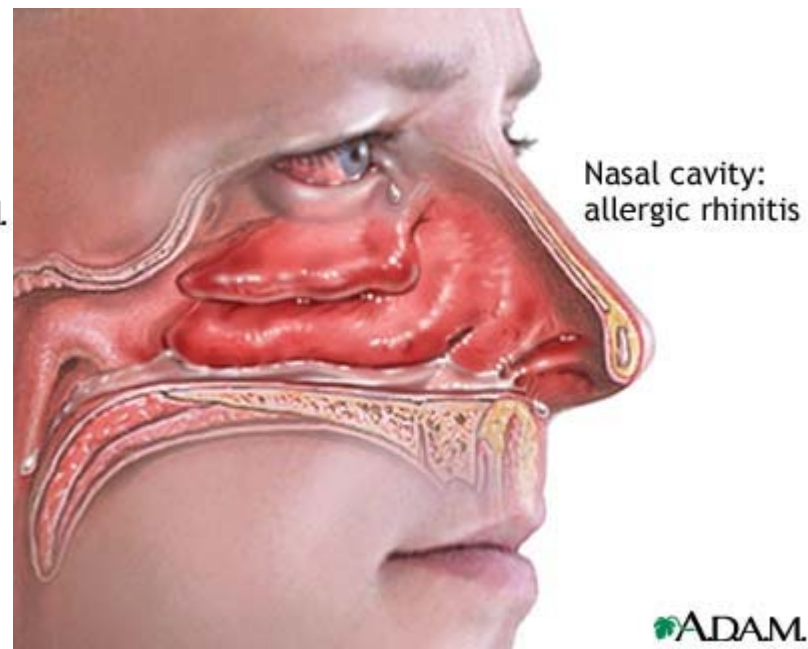
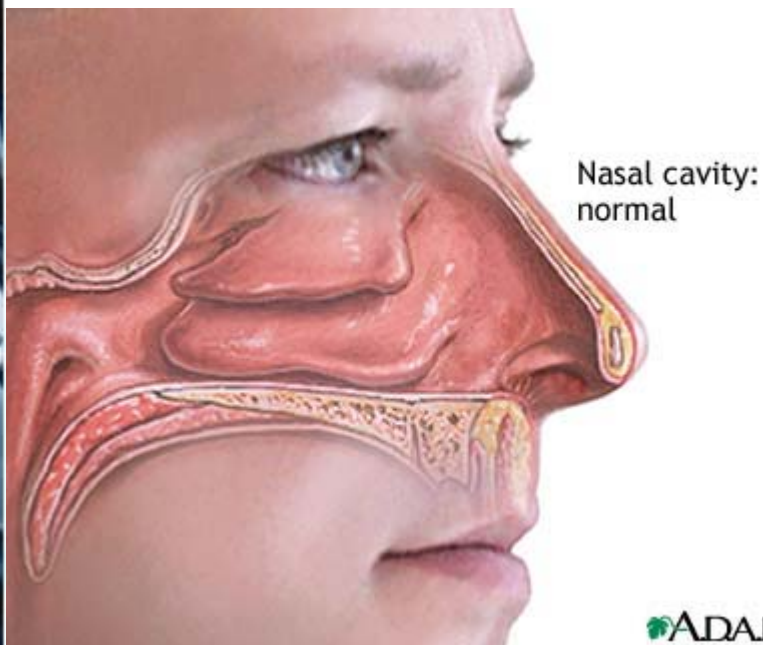
Treatment principle: Nourish spleen Qi, control blood & stop bleeding

Formula : Gui Pi Wan

Dang Shen 15, Huang Qi 15, Fu Ling 15, Dang Gui 10, Bai Zhu 10, Yuan Zhi 10, Ai Ye 10, E Jiao 10, Ce Bai Ye 12, Di Yu Tan 12, Zhi Gan Cao 6

## Allergic Rhinitis ( Hay fever )

- An inflammation of the nasal passages, usually associated with watery nasal discharge and itching of the nose and eyes.





## Allergic Rhinitis

- Diagnosis points
  - Acute onset itching nose, sneeze, lots thin white nasal mucus, blocked nose, repeatedly occurred, long time ill history
  - Defierent with wind-cold type blocked nose
- Etiology & Pathology
  - Liver, Spleen & Kidney def. but more related with lung



- **1. Lung Qi def. cold**

**Main Sym: extremely itchy nose, sneeze, blocked nose, reduced sense smell**

**Concurrent sym: aversion to wind in usual, short of breath, being quiet, lower voice, spontaneous sweating, white face color**

**Tongue: lightly red with thin white coating**

**Pulse: weak**

**Treatment principle: warm the lung, expel wind-cold**

**Formula : Wen Fei Zhi Liu Dan**

**Dang shen 15, Huang Qi 15, Bai Zhu 10, Fang Fen 10, Xin Yi Hua 10, Cang er Zi 10, Xi xin 3, Gan Cao 6**

**-- sweating with shoulder pain: Gui Zhi 8, Ge Gen 30**

**-- cough thin white sputum: Ban Xia 12, Zhi Ma Huang 10, Xin Ren 20**

**Tuo Ming Tang**

**Zi Cao 10, Qian Cao 10, Xu Chang Qin 10, Han Lian Cao 10, Chan Tui 3**

- **2. Lung & Spleen Qi def.**

**Main Sym: severe blocked nose with lots of thin white nasal mucus, reduced sense of smell**

**Concurrent sym: long time illness, repeatedly occurred, heavy head, tiredness & weakness. Short of breath, aversion to cold, bad appetite, loose stools**

**Tongue: big tongue with teeth mark on sides, white coating**

**Pulse: soft & weak**

**Treatment principle: tonify Lung & spleen qi**

**Formula : Bu Zhong Yi Qi Tang plus**

**Dang Shen 15, Huang Qi 15, Fu Ling 15, Bai Zhu 10, Shen Ma 10, Chai Hu 10, Zhi Gan Cao 6, Chen Pi 6, Yi Ni Ren 30, Wu Wei Zi 12**

**-- sneeze: Chan Tui 6, Di Long 6**

**-- continually thin white nasal mucus with sweating: Fu Xiao Mai 30, Ru Dao Gen 30**

- **3. Kidney Yang def.**

**Main Sym:** itchy nose, sneeze, thin white nasal mucus

**Concurrent sym:** long time illness, repeatedly occurred, cold limbs, pale face color, sore lower back & knees, night urine

**Tongue:** thin white coating

**Pulse:** deep, fine & weak

**Treatment principle:** Warm kidney Yang, tonify Qi to defent  
**body**

**Formula :** Sheng Qi Wan plus

Shu Di 15, Lu Jiao Shuang 15, Shan Yao 15, Zhi Fu Zi 10,  
Shan Yu rou 12, Zhi Gan Cao 6, Rou Gui 3,

-- sneeze: Xi xin 3, Wu Zhu Yu 10

-- wheezing: Ge Jie 10, Zhi Ma Huang 6, He Tao Rou 10

- **4. Lung Heat accmulation**

**Main Sym:** distension of nose, blocked nose with itching, continually sneeze with thin white mucus

**Concurrent sym:** cough, itching throat, dry mouth, irritability

**Tongue:** red body with white coating

**Pulse:** wiry or slippery

**Treatment principle:** Clear away lung heat

**Formula :** Xin Yi Qing Fei Yin

Huang qin 12, Zhi Mu 12, Sang Bai Pi 12, Zhi Zi 12, Sheng Ma 15, Mai Dong 15, Bai He 15, Xin Yi Hua 10, Di Ling 10

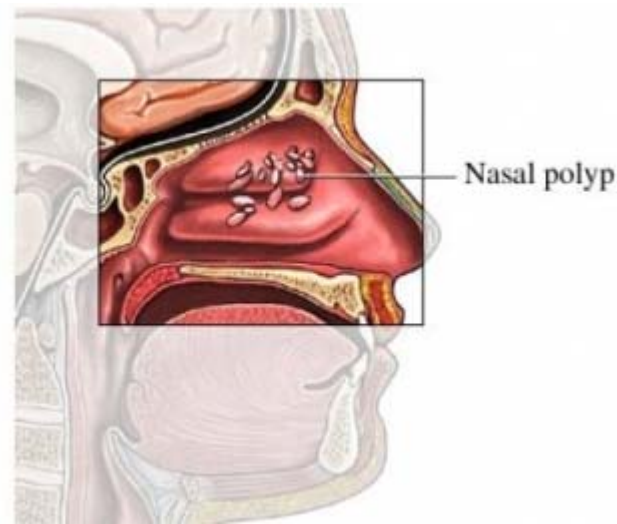
-- sneeze: Chan Tui 10, Jiang Chan 10, Wu Mei 12

-- headache: Man Jing Zi 10, Bai Ji Li 15

## Nasal polyp Bi Xi Rou (鼻息肉)

- What are nasal polyps?

The 'paranasal sinuses' are the air cavities within the skull that open into the nose. If the soft tissue lining of the sinuses becomes swollen, it fills the available space and can then expand into the nose forming a growth called a polyp. As there are a number of small sinuses between the eye and the nose, when polyps do occur, there will usually be several of them.



- **1. Damp-heat accmulation**

**Main Sym:** continued block nose with thick nasal mucus

**Concurrent sym:** dizziness & headache

**Tongue:** red with white or white greasy coating

**Pulse:** wiry & slippery

**Treatment principle:** disperse Lung Qi, expel damp heat

**Formula :** Xin Yi Qing Fei Yin Plus

Huang Qin 12, Zhi Zi 12, Xin Yi Hua 10, Sheng Ma 15, Pi Pa Ye 12, Zhi Mu 12, Bei Mu 12, Gan Cao 6

-- lots mucus or sputum: Gua Lou Ren 12, Dong Gua Ren 12, Yu Xing Cao 15

-- heavy head: Bai Zhi 12, Man Jing Zi 10, Ban Xia

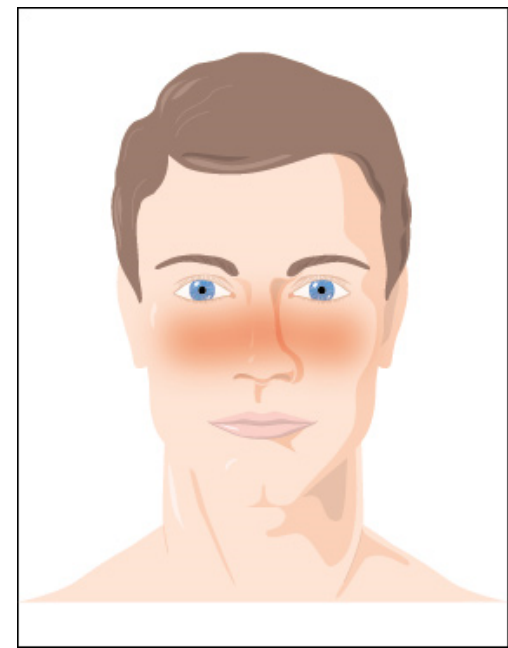
-- dark deep red nasal proply: Tao Ren 10, Chi Shao 10

Steaming formula: Dang Gui 10, Chuan Xiong 10, Xiang Fu 10, Xi Xin 6, Xin Yin Hua 6, Jin Jie 10

## Brandy nose Rosacea ( 酒渣鼻 )

### brandy nose

- Chronic inflammatory disorders usually characterized by papules, erythema and pustules forming primarily on and around the nose but also on the cheeks and possibly the forehead. Most commonly found on middle aged women.



TCM



–TCM - Rosacea is typically caused by hyperactive Yang Heat relating with stress, diet and local infections

3 stages:

– 1-red local area, slightly enlarged vessels upon close observation

–2-red eruptions appear, possible pusy eruptions, itchy, hot, slightly purple, enlarged pores

–3-thick red skin with bee hive like pores, purple skin



- **1. Blood heat due to alcohol toxin**

**Main Sym:** Red color, greasy shiny nose skin. Coarse & hyperplasia skin like orange peel.

**Concurrent sym:**

**Tongue:** purple deep color with thick coating

**Pulse:** sink & Hesitant

**Treatment principle:** Clear heat, cool blood, resolves toxin & move the blood stasis

**Formula :** Huang Qin Qin Fei Yin 黄芩清肺饮

Huang Qin 15, Sheng Di 15, Dang Gui 15, Tian Hua Fen 15, Fang Fen 9, Ge Gen 9, Chi Shao 15, Chuan Xiong 9, Tao Ren 9, Hong Hua 9, Mu Dan Pi 15, Xia Ku Cao 15

TCM

- **1. Damp-heat accmulate in the spleen**

**Main Sym: Bright Red color, worse in windy days. Clear vessels on the skin. Thick skin.**

**Concurrent sym:** greasy mouth taste, oppressed feeling in the chest

**Tongue:** thick greasy coating

**Pulse:** slippery pulse

**Treatment principle: clear damp-heat in the spleen, move blood stasis**

**Formula :** Liang Xue Si Wu Tang 涼血四物湯

**DangGui 15, Sheng Di Huang 15, Chi Shao 15, Chuan Xiong 9, Huang Qin 15, Chen Pi 9, Fu Ling 15, Hong Hua 9, Sheng Shi Gao 30, Yi Yi Ren 30, Zhi Shi 15, Xia Ku Cao 15**