

Su Zi Jiang Qi Wan (Su Zi Jiang Qi Pian, Su Zi Jiang Qi Tang, 苏子降气丸), literally "Perilla Seeds Down Qi Pills", is a regarded Chinese medicine often used to manage asthma shown as coughing with wheezing and shortness of breath.†

What does it do?

Asthma is a common chronic lung disease that inflames and narrows the airways, causing symptoms like coughing, wheezing, chest tightness, and shortness of breath. Asthma can be caused by many factors such as air pollutants, weather change, viral respiratory infections (e.g., the common cold). Asthma is not curable, but the symptoms can be well controlled with inhaled bronchodilators like albuterol at the acute asthma attack and with glucocorticoids for long term prevention.

Asthma has been long recognized in traditional Chinese medicine (TCM) and can be distinguished into the cold-type or hot-type, depending on the general condition of the body heat. In the cold-type asthma, the body feels chilly, shows aversion to cold, likes hot drink, has abundant whitish sputum. In contrast, if the phlegm is hot and thick, the body is thirsty and likes cold drink, the asthma is considered hot-type. In TCM, the occurrence of asthma is related to the weak kidney function.

Su Zi Jiang Qi Tang was developed several centuries ago to deal with the cold-type asthma. The Chinese medicine applies to cough with wheezing, shortness of breath, fullness and distress in the chest, abundant whitish sputum, slippery or whitish tongue coating. Additionally, the Chinese medicine is especially helpful for ones who have lower back weakness and cold legs, which are signs of kidney Yang weakness often seen in older people.

Modern applications of Su Zi Jiang Qi Tang include asthma (bronchial asthma), chronic bronchitis, and pulmonary emphysema.† In a study that included 49 chronic bronchitis patients at their acute phase, Su Zi Jiang Qi Tang was prescribed for treatment in the form of decoction for 10 to 15 days. The

ActiveHerb™

Guang Ci Tang® Concentrated Herbal Formula

Su Zi Jiang Qi Pian/Wan Perilla Seeds Down Qi Pills

patients were at the age of 41 to 75, had the disease for 6 to 35 years, and were diagnosed according to the standard of the modern internal medicine. In the term of TCM they also showed the deficiency of the Lung and the Kidneys. After the treatment, 30 patients (61%) showed significant improvements, 15 (30%) showed some improvements, and 4 (9%) had no improvement.¹

Su Zi Jiang Qi Wan may come in slightly different formulations. Su Zi Jiang Qi Wan/Pian of Guang Ci Tang is completed with 11 Chinese herbs. Noticeably, both Rou Gui (Cinnamon bark), for warming the kidney Yang function, and Chen Xiang (Aquilaria), for enhancing the asthma relieving effect of the formula, are present in the Chinese medicine.

- Zi Su Zi (Perilla seed) is the chief Chinese herb in the formula that redirects rebellious Lung Qi downward to stop wheezing and dissolves phlegm to stop coughing.
- Hou Po (Magnolia bark) moves Qi downward to arrest wheezing, transforms phlegm, and resolves chest distention.
- Qian Hu (Peucedani root) ventilates the Lung, clears phlegm, and stops coughing.
- Zhi Ban Xia (Prepared Pinellia rhizome) is a main Chinese herb that transforms phlegm and stops vomiting.
- Chen Pi (Tangerine peel) expels dampness and transforms phlegm. The Chinese herb acts together with prepared pinellia rhizome for cough and asthma due to excessive phlegm in the Lung.
- Dang Gui (Angelica sinensis root) is a common blood tonic herb. Its moistening property also

neutralizes the drying properties of Perilla seed and other herbs in the formula.

- Rou Gui (Cinnamon bark) tonifies the Kidneys and enhances the Yang energy of the Yin-Yang principle.
- Chen Xiang (Aquilaria wood) is a precious Chinese herb that descends rebellious Qi and regulates the Middle. It also tonifies the Kidneys and holds Qi.
- Sheng Jiang (Ginger) ventilates the Lung and disperses Cold.
- Gan Cao (Licorice root) harmonizes the digestive function and synchronizes the action of multiple herbs. The Chinese herb also moistens the Lung, relieves cough and transforms phlegm.
- Da Zao (Chinese date) moderates and harmonizes the action of other herbs.

What is Available?

40 grams in 200 mg 200 tablets (pian) or pills (wan).

How do I use it?

Take 5 to 7 pills or tablets three times daily.

Side Effects

Su Zi Jiang Qi Wan (Pian) has been safely used with few adverse effects.

Cautious Notes

1. Not suitable for dry cough with little phlegm, sore throat, and thirst.
2. Avoid oily, spicy food while taking the product.
3. Consult your herbalist or physician before use if you are taking other medicines.
4. Only to be used by children under adult's direction.
5. Keep out of reach of children.

References

1. Fanghui Cao: Su Zi Jiang Qi Tang for the treatment of 49 cases of chronic bronchitis in the acute phase. 《时珍国医国药》2007 May vol. 18 No.5

(The content is protected by copyright. Any reproduction without explicit acknowledgement to ActiveHerb is prohibited.)

苏子降气丸(片)是用于哮喘的中药名方，有助于缓解咳嗽，哮鸣音，呼吸困难。

哮喘是常见的慢性肺病，由呼吸道发炎，红肿导致呼吸道狭窄，引起咳嗽，喘气，胸膈满闷，上气不接下气等症状。哮喘可由很多因素包括空气污染，天气变化(如变冷)，呼吸道病毒感染(如感冒)引起。现代医学还不能治愈哮喘，但可以很好地控制哮喘的症状。比如哮喘急性发作期用支气管扩张吸入剂沙丁胺醇(albuterol)，间歇期用糖皮质激素防止哮喘发作。

中医对哮喘早有认识。根据身体的寒热状况哮喘可分型为寒哮和热哮。寒哮的话，身体会感到冷，畏寒，口不渴，喜欢喝热饮，痰多稀白，苔白滑或白腻；反之，如果痰黄而稠，口渴，喜欢冷饮，则是热哮。在中医看来，哮喘的发生跟肾的功能虚弱有关。

苏子降气汤成方于几百年前，用于寒哮。苏子降气汤可适合于咳嗽带有哮鸣音，呼吸急促，胸闷，痰多稀白，舌苔白滑。此外，苏子降气汤特别适合于那些腰酸腿弱，畏寒肢冷的哮喘患者，这些都是肾阳虚弱的表现，常见于年纪大些的人。

苏子降气汤的现代应用包括哮喘(也称支气管哮喘)，慢性支气管炎，肺气肿。在一项临床研究中，苏子降气汤用于治疗49例慢性支气管炎发作期患者，患者年龄41至75岁，病程6到35年，均符合《内科学》教材关于慢性支气管炎的诊断标准。此外，中医辨证患者均有肺

ActiveHerb™

廣慈堂超濃縮中成藥

苏子降气片(丸)

Su Zi Jiang Qi Pian/Wan

肾两虚的表现。经10到15天治疗后，显效30例(占61%)，有效15例(占30%)，无效4例(占9%)，总有效率为91%。[1]

苏子降气丸组方根据不同来源会有些差异。广慈堂的苏子降气丸(片)由11味中药组成。值得一提的是，广慈堂的方中同时含有温补肾阳的肉桂和能增强方子降气平喘之力的沉香，因此作用更强。

[藥物組成]紫苏子(炒)、厚朴、前胡、甘草、姜半夏、陈皮、沉香、当归、生姜、肉桂、大枣。

- 紫苏子：为方中主药。降气平喘，化痰止咳。
- 厚朴：降气平喘，宽胸除满。
- 前胡：宣肺下气，祛痰止咳。
- 制半夏：为化痰止呕要药。
- 陈皮：理气健脾，燥湿化痰。与制半夏同用于湿痰聚集于肺引起的咳嗽。
- 当归：补血常用中药。可止咳，其滋润之性又可防方中紫苏子等辛燥药物耗阴伤气。
- 肉桂：温补肾阳，纳气平喘。
- 沉香：为名贵中药。既能降气温中，又暖肾纳气。
- 生姜：宣肺，散寒。

- 甘草：调和胃肠功能，调和诸药药性。润肺，祛痰止咳。
- 大枣：补中益气，养血安神。

[生產單位]

廣慈堂(Shanghai TongHanChun Herbs Factory)

[規格]200片或200丸

[用法用量]口服，一次5-7片或丸，一日2-3次。或遵醫囑。

[注意事項]

1. 忌烟、酒及辛辣食物。
2. 阴虚燥咳者忌服，其表现为干咳少痰、咽干咽痛、口干舌燥。
3. 有支气管扩张、肺脓疡、肺结核、肺心病的患者及孕妇，应在医师指导下服用。
4. 服用三天，症状无改善，应去医院就诊。
5. 按照用法用量服用，小儿、年老体虚者应在医师指导下服用。
6. 长期服用，应向医师咨询。
7. 对本品过敏者禁用，过敏体质者慎用。
8. 本品性状发生改变时禁止使用。
9. 儿童必须在成人监护下使用。
10. 请将本品放在儿童不能接触的地方。
11. 如正在使用其他药品，使用本品前请咨询医师或药师。[2]

[參考文獻]

1. 曹方会 苏子降气汤治疗慢性支气管炎发作期49例 《时珍国医国药》>2007年5月18卷5期
2. 国家食品药品监督管理局

本内容受知识产权法律保护，如有侵害将追究法律责任。