



Herbal Teas for Cold & Flu

CHAPTER EXCERPT FROM: Zong, X., & Liscum, G. (1996). *Chinese Medicinal Teas: Simple, Proven, Folk Formulas for Common Diseases & Promoting Health*: Blue Poppy Press.

Herbal teas vs decoctions

- Preserve the volatile oils – EG Bo He, Sang Ye – leaves and aromatic substances
- Compliance possibly better – more seen as a food than a medicine
- Taste often better
- Effective in the very early stages of pathogenic change and allergies

Colds and flu are very common illnesses and can occur at any time of the year. In Traditional Chinese Medicine (TCM), they are usually divided into two major patterns: wind cold and wind heat. However, other factors involved may include summerheat, dampness, and constitutional deficiencies. Seasonal weather and disease pathogens, therefore, vary as do clinical symptoms. In TCM, it is important to pick the right tea for the right pattern of signs and symptoms.

Ginger & Sugar Tea (*Jiang Tang Cha*)

Uncooked ginger, <i>i.e.</i> , uncooked Rhizoma Zingiberis (<i>Sheng Jiang</i>)	3 slices
Brown sugar (<i>Hong Tang</i>)	Amount to taste

Method of administration: Place the ingredients in a cup and pour in boiling water. Drink warm, 1-2 packets per day at any time of the day.

Functions: Promotes sweating and resolves the exterior, warms the center and harmonizes the stomach

Indications: This tea is suitable for a wind cold exterior pattern with aversion to cold, fever, headache, cough, and no sweating. It may also be used for nausea, vomiting, abdominal distention, and stomach pain since uncooked Ginger not only relieves the exterior but also harmonizes the stomach.

Indications: This tea is suitable for wind cold exterior patterns with aversion to cold, fever, headache, no sweating, and aching pain in the limbs.

Common Cold Tea (*Gan Mao Cha*)

Radix Et Rhizoma Notopterygii (<i>Qiang Huo</i>)	30 grams
Radix Angelicae Dahuricae (<i>Bai Zhi</i>)	12 grams
Radix Scutellariae Baicalensis (<i>Huang Qin</i>)	15 grams

Method of administration: Place these three ingredients in a container and pour in boiling water. Drink warm, 1 packet per day at any time.

Functions: Dispels wind and scatters cold

Indications: This tea is suitable for wind cold exterior patterns with headache, body pain, nasal congestion, runny nose, aversion to cold, and fever. It is very effective.

Angelica & Schizonepeta Tea (*Bai Zhi Jing Jie Cha*)

Radix Angelicae Dahuricae (<i>Bai Zhi</i>)	30 grams
Herba Seu Flos Schizonepetae Tenuifoliae (<i>Jing Jie</i>)	3 grams
Tea leaves, <i>i.e.</i> , Folium Camelliae Theae (<i>Cha Ye</i>)	3 grams

Method of administration: Grind the angelica root and schizonepeta into a fine powder. Prepare the Tea leaves as an infusion with boiling water. Ingest 6 grams of the powdered herbs and then drink the tea. This formula may be taken 2 times per day.

Functions: Dispels wind and scatters cold, resolves the exterior and relieves pain

Ginger & Perilla Leaf Tea (*Jiang Su Cha*)

Uncooked ginger, <i>i.e.</i> , uncooked Rhizoma Zingiberis (<i>Sheng Jiang</i>)	3 grams
Perilla leaf, <i>i.e.</i> , Folium Perillae Frutescentis (<i>Zi Su Ye</i>)	3 grams

Method of administration: Cut the fresh ginger into tiny threads. Place the perilla leaf and ginger in a cup and pour in boiling water. Let the mixture soak for 10 minutes and then drink the tea warm. Use 1 packet in the morning and 1 in the afternoon.

Functions: Courses wind and scatters cold, rectifies the qi and harmonizes the stomach

Indications: This tea is suitable for wind cold exterior patterns with headache and fever. It is also suitable for nausea, vomiting, stomachache, abdominal distention, and gastrointestinal complaints associated with the common cold. This formula uses herbs in small quantities. It is convenient, practical, and suitable for both the prevention and treatment of disease.

Note: Perilla leaves are also called Beefsteak leaves in English and are available from many seed companies. In Japanese, they are called *Chiso* or *Shiso*.

Perilla & Notopterygium Tea (*Su Qiang Cha*)

Perilla leaf, <i>i.e.</i> , Folium Perillae Frutescentis (<i>Zi Su Ye</i>)	9 grams
Radix Et Rhizoma Notopterygii (<i>Qiang Huo</i>)	9 grams
Tea leaves, <i>i.e.</i> , Folium Camelliae Theae (<i>Cha Ye</i>)	9 grams

Method of administration: Grind these three ingredients into a coarse powder. Place them in a cup and pour in boiling water. Drink warm, 1 packet per day at any time.

Functions: Resolves the exterior with warm, acrid ingredients, scatters cold and dispels wind

Indications: This tea is suitable for the initial stage of a wind cold exterior pattern with aversion to cold, fever, nasal congestion, a clear, runny nose, headache, and toothache.

Five Spirits Tea (*Wu Shen Cha*)

Herba Seu Flos Schizonepetae Tenuifoliae (<i>Jing Jie</i>)	10 grams
Perilla leaf, <i>i.e.</i> , Folium Perillae Frutescentis (<i>Zi Su Ye</i>)	10 grams
Uncooked ginger, <i>i.e.</i> , uncooked Rhizoma Zingiberis (<i>Sheng Jiang</i>)	10 grams
Brown sugar (<i>Hong Tang</i>)	30 grams
Tea leaves, <i>i.e.</i> , Folium Camelliae Theae (<i>Cha Ye</i>)	6 grams

Method of administration: Boil the schizonepeta, perilla leaves, fresh ginger, and Tea over low heat for 15-20 minutes. Then add the brown sugar. Remove from the heat as soon as the brown sugar has dissolved. Use 1 packet per day. This tea may be taken twice daily.

Functions: Dispels wind, scatters cold, and relieves pain

Indications: This tea is suitable for the treatment of wind cold patterns with fear of cold, body pain, and no sweating.

Perilla Leaf Tea (*Zi Su Ye Cha*)

Perilla leaf, <i>i.e.</i> , Folium Perillae Frutescentis (<i>Zi Su Ye</i>)	16 grams
Brown sugar (<i>Hong Tang</i>)	Amount to taste

Method of administration: Dry the herb and grind into a coarse powder. Place the herb into a container, pour in boiling water, and then add the brown sugar. Allow the brown sugar to dissolve. Use 1 packet per day. Drink this freely as a tea.

Functions: Dispels wind and scatters cold

Indications: This tea is suitable for the initial stage of a wind cold pattern with nasal congestion, runny nose, fear of cold, and pain in all the limbs and joints.

Scallion & Sliced Ginger Tea (*Cong Tou Jiang Pian Cha*)

Scallion, <i>i.e.</i> , Bulbus Allii Fistulosi (<i>Cong Tou</i>)	10 grams
Uncooked ginger, <i>i.e.</i> , uncooked Rhizoma Zingiberis (<i>Sheng Jiang</i>)	3 grams
Brown sugar (<i>Hong Tang</i>)	Amount to taste

Method of administration: Wash the scallion and uncooked ginger well and cut into slices. Place these into a pot with the brown sugar, add water, and boil for 10 minutes. Pour off the resulting liquid and drink while hot. Use 1 packet per day. For best results, after taking this tea, cover up with a blanket to induce a light sweat.

Functions: Promotes sweating and resolves the exterior

Indications: This tea is suitable for externally contracted wind cold patterns with headache, aversion to cold, nasal congestion, and clear nasal mucous.

Mulberry, Chrysanthemum & Fermented Soybean Tea (*Sang Ye Ju Hua Xiang Chi Cha*)

Mulberry leaf, <i>i.e.</i> , Folium Mori Albi (<i>Sang Ye</i>)	6 grams
Chrysanthemum flower, <i>i.e.</i> , Flos Chrysanthemi Morifolii (<i>Ju Hua</i>)	6 grams
Unsalted, fermented soybean, <i>i.e.</i> , Semen Praeparatus Sojae (<i>Xiang Chi</i>)	6 grams
Pear skin, <i>i.e.</i> , Cortex Fructi Pyri (<i>Li Pi</i>)	6 grams

Method of administration: Place the herbs into a pot, cover with water, and simmer briefly. Discard the dregs and save the liquid. Use 1 packet per day. Drink freely as a tea.

Functions: Clears heat and resolves the exterior, moistens the lungs and checks coughing

Indications: This tea is suitable for a wind heat external pattern with dryness. Its symptoms are fever, slight aversion to wind and chill, headache, some sweating, cough with scanty phlegm, a dry throat and nose, and thirst. Other symptoms are a red tongue with a thin, white or slightly yellow coating and a floating, rapid pulse.

Mulberry, Chrysanthemum, & Lophatherum Tea (*Sang Ju Zhu Ye Cha*)

Mulberry leaf, <i>i.e.</i> , Folium Mori Albi (<i>Sang Ye</i>)	5 grams
Chrysanthemum flower, <i>i.e.</i> , Flos Chrysanthemi Morifolii (<i>Ju Hua</i>)	5 grams
Folium Lophatheri Gracilis (<i>Dan Zhu Ye</i>)	30 grams
Rhizoma Imperatae Cylindrica (<i>Bai Mao Gen</i>)	30 grams
Field mint or peppermint, <i>i.e.</i> , Herba Menthae Haplocalycis (<i>Bo He</i>)	3 grams
White sugar (<i>Bai Tang</i>)	20 grams

Method of administration: Place all these ingredients in a cup, pour in boiling water, and soak for 10 minutes. Alternatively, boil the herbs for 5 minutes, add the sugar, and drink freely as a tea. Use 1 packet per day.

Functions: Clears heat, dispels wind, and resolves the exterior

Indications: This tea is suitable for a wind heat exterior pattern with aversion to cold, fever, headache, body pain, nasal congestion, runny nose, and mild swelling of the cheek although the affected area is not red. Other symptoms include a thin, white tongue coating and a rapid, floating pulse.

Three Flowers Tea (*San Hua Cha*)

Honeysuckle flower, <i>i.e.</i> , Flos Lonicerae Japonicae (<i>Jin Yin Hua</i>)	15 grams
Chrysanthemum flower, <i>i.e.</i> , Flos Chrysanthemi Morifolii (<i>Ju Hua</i>)	10 grams

Three Flowers Tea (*San Hua Cha*)

Honeysuckle flower, <i>i.e.</i> , Flos Lonicerae Japonicae (<i>Jin Yin Hua</i>)	15 grams
Chrysanthemum flower, <i>i.e.</i> , Flos Chrysanthemi Morifolii (<i>Ju Hua</i>)	10 grams

18

Respiratory Diseases

Jasmine flower, <i>i.e.</i> , Flos Jasmini (<i>Mo Li Hua</i>)	3 grams
---	---------

Method of administration: Place these three flowers in a teacup, pour in boiling water, and soak for 10-15 minutes. Use 1 packet per day. Drink this freely as a tea.

Functions: Clears heat and resolves toxins

Indications: This tea is suitable for a wind heat exterior pattern with heat toxins as evidenced by a sore, swollen throat, carbuncles and sores. It may also be taken frequently by individuals with exuberant fire, since it has the effect of downbearing fire.

Mulberry, Chrysanthemum & Loquat Tea (*Sang Ju Pi Pa Cha*)

Wild chrysanthemum flower, <i>i.e.</i> , Flos Chrysanthemi Indici (<i>Ye Ju Hua</i>)	10 grams
Mulberry leaf, <i>i.e.</i> , Folium Mori Albi (<i>Sang Ye</i>)	10 grams
Loquat leaf, <i>i.e.</i> , Folium Eriobotryae Japonicae (<i>Pi Pa Ye</i>)	10 grams

Method of administration: Grind these herbs into a coarse powder, briefly boil in water, and then pour off the liquid. Use 1 packet per day. This tea may be taken frequently for 3-5 days.

Functions: Clears heat and dispels wind, resolves the exterior and transforms phlegm

Indications: This is suitable for the treatment of flu symptoms exhibiting a wind heat exterior pattern with phlegm. The symptoms are recent onset, fever, slight sweating, sore throat, cough with yellow phlegm, a red tongue with a thin, slightly slimy, yellow tongue coating, and a floating, slippery, wiry, rapid pulse.

Flu Tea (*Liu Gan Cha*)

Rhizoma Guanzhong (<i>Guan Zhong</i>)	30 grams
Radix Isatidis Seu Baphicacanthi (<i>Ban Lan Gen</i>)	30 grams
Licorice root, <i>i.e.</i> , Radix Glycyrrhizae Uralensis (<i>Gan Cao</i>)	15 grams

Method of administration: Place these herbs in a cup and pour in boiling water. Use 1 packet per day. Drink this freely as a tea at any time.

Functions: Clears heat and resolves toxins, dispels wind and disinhibits the throat

Indications: This tea is a suitable formula for flu with pronounced sore throat exhibiting a wind heat pattern with heat toxins. It may also be used preventively. These herbs all have relatively strong effect against flu viruses.

Elsholtzia Tea (*Xiang Ru Cha*)

Herba Elsholtziae Splendentis (<i>Xiang Ru</i>)	10 grams
Cortex Magnoliae Officinalis (<i>Hou Po</i>)	5 grams
Hyacinth bean, <i>i.e.</i> , Semen Dolichoris Lablab (<i>Bai Bian Dou</i>)	5 grams

Method of administration: Use scissors to cut the cleaned elsholtzia and magnolia bark into pieces. Stir-fry the hyacinth beans until they are cooked and then pound into pieces. Place the herbs into a thermos and pour in boiling water. Seal tightly and let the herbs soak for 1 hour. Use 1 packet per day. Drink this freely as a tea.

Functions: Dispels summerheat and resolves the exterior, harmonizes the center and transforms dampness

Indications: This is suitable for the treatment of summertime colds and flus with fever, headache, heaviness of the head, chest oppression, fatigue, abdominal pain, vomiting, and diarrhea.

Codonopsis & Perilla Leaf Tea (*Shen Su Cha*)

Radix Codonopsis Pilosulae (<i>Dang Shen</i>)	15 grams
Perilla leaf, <i>i.e.</i> , Folium Perillae Frutescentis (<i>Zi Su Ye</i>)	12 grams

Method of administration: Place the herbs in a teapot, pour in boiling water, and let soak. Drink 1 packet per day.

Functions: Boosts the qi at the same time as it resolves the exterior

Indications: This tea is suitable for the treatment of an exterior wind cold pattern in persons with a concomitant qi vacuity. It is also a relatively good preventive tea for older and weak individuals during the flu season.

Preventing the Common Cold Tea (*Yu Fang Gan Mao Cha*)

Radix Isatidis Seu Baphicacanthi (<i>Ban Lan Gen</i>)	50 grams
Folium Daqingye (<i>Da Qing Ye</i>)	50 grams
Wild chrysanthemum flower, <i>i.e.</i> , Flos Chrysanthem Indici (<i>Ye Ju Hua</i>)	30 grams
Honeysuckle flower, <i>i.e.</i> , Flos Lonicerae Japonicae (<i>Jin Yin Hua</i>)	30 grams

Method of administration: Place the herbs in a large cup and pour in boiling water. Let them soak for a short time and then drink the liquid. Use 1 packet per day. Drink this freely as a tea.

Functions: Clears heat and resolves toxins

Indications: This tea is suitable as a preventative for flu. It may also be used as a preventative for epidemic meningitis, epidemic hepatitis, and epidemic infection of the respiratory tract, especially viral infections.

Bronchitis Tea Formulas

Bronchitis means the acute or chronic inflammation of the membranes of the bronchial mucosa. This inflammation may be caused by either a bacterial or viral infection, or it may be due to chronic irritation by physical or chemical factors. Its main symptoms are cough and expectoration of phlegm. In TCM, acute bronchitis is usually due to externally contracted depletions. If improperly treated, this condition may occur repeatedly and this may eventually damage the viscera. If this occurs, it is called an internal damage cough. Other causes of chronic bronchitis may be weak spleen function that leads to damp and phlegm accumulation in the lungs, while other patterns may involve the kidneys. Thus the patterns and symptoms of this disease are variable and the appropriate herbal tea should be given according to each individual's condition.

Tangerine Peel Tea (*Ju Hong Cha*)

Tangerine peel, *i.e.*, Pericarpium Citri Erythrocarpae (*Ju Hong*) 3-6 grams
Green tea, *i.e.*, Folium Camelliae Theae (*Lu Cha*) 4.5 grams

Method of administration: Place the two ingredients in a cup, pour in boiling water, and let soak. Then place the cup in a covered pot filled with water to halfway up the cup. Steam the herbs in this covered pot for 20 minutes. Use 1 packet per day. Drink this freely as a tea.

Functions: Moistens the lungs and transforms phlegm, rectifies the qi and checks cough

Indications: This tea is suitable for the treatment of cough with profuse, white phlegm or sticky, tenacious phlegm which is difficult to expectorate.

Radish Tea (*Luo Bo Cha*)

White radish, *i.e.*, Radix Raphani Sativi (*Bai Luo Bo*) 100 grams
Tea leaves, *i.e.*, Folium Camelliae Theae (*Cha Ye*) 5 grams

Salt (*Yan*) Amount to taste

Note: Radish here refers to the large, white radish called *Daikon* in Japanese and sold at most large grocery or Oriental specialty food stores.

Method of administration: Pour boiling water over the Tea, soak for 5 minutes, and reserve the liquid. Wash the radish well, slice, then cook thoroughly, seasoning with salt. Place the radish in a cup and pour in the tea water. Use 2 packets per day. Drink warm at any time.

Functions: Clears heat and transforms phlegm, rectifies the qi and increases the appetite

Indications: This tea is suitable for cough with profuse phlegm and no thought for eating food. It is most appropriate for individuals with excessive phlegm and cough caused by lung heat.

Mint & Licorice Tea (*Bo He Gan Cao Cha*)

Field mint or peppermint, *i.e.*, Herba Menthae Haplocalycis (*Bo He*) 9 grams
Fresh licorice root, *i.e.*, uncooked Radix Glycyrrhizae Uralensis
(*Sheng Gan Cao*) 3 grams
White sugar (*Bai Tang*) Amount to taste

Method of administration: Place the licorice root in a pot and add 500ml of water. Decoct for 10 minutes; then add the mint. Briefly decoct again and strain off the liquid. Add sugar and stir well. Drink when cool.

Functions: Clears the lungs and stops cough, resolves toxins and disinhibits the throat

Indications: This tea is suitable for the treatment of cough due to a wind heat exterior pattern with sore, itching throat and a hoarse voice.

Note: Do *not* substitute spearmint instead of common field or peppermint. It is warming and this tea is meant to clear heat with cool ingredients. Likewise, white sugar is cooling, while brown sugar is warming.

Engender Liquids & Harmonize the Stomach Tea (*Sheng Jin He Wei Cha*)

Large pears, <i>i.e.</i> , Fructus Pyri Communis (<i>Da Li</i>)	3 fruits
Nodus Nelumbinis Nuciferae (<i>Ou Jie</i>)	1 piece
Ramulus Nelumbinis Nuciferae (<i>He Geng</i>)	1 piece
Fasciculis Vascularis Citri Reticulatae (<i>Ju Luo</i>)	3 grams
Plumula Nelumbinis Nuciferae (<i>Lian Xin</i>)	10 pieces
Licorice root, <i>i.e.</i> , Radix Glycyrrhizae Uralensis (<i>Gan Cao</i>)	3 grams
Uncooked Ginger, <i>i.e.</i> , uncooked Rhizoma Zingiberis (<i>Sheng Jiang</i>)	3 slices
Ginseng, <i>i.e.</i> , Radix Panacis Ginseng (<i>Ren Shen</i>)	6 grams

Method of administration: Peel the pears, the lotus node, and the fresh ginger and then pound into a liquid. Next, chop the lotus stem into pieces, slice the ginseng, and place these together in a pot with the tangerine pith, licorice root, and lotus plumules. Add water and boil for 30 minutes. Let cool; then strain off the liquid. Mix the two liquids together, stirring evenly. Use 1 packet per day. Drink this freely as a tea.

Functions: Moistens the lungs, engenders liquids, and stops cough

Indications: This tea is suitable for coughs caused by lung dryness or a dry throat caused by stomach dryness damaging liquids with stomach reflux and hiccoughs.

Biota Twig Tea (*Ce Bai Cha Ye*)

Cacumen Biotae Orientalis (<i>Ce Bai Ye</i>)	6 grams
--	---------

Method of administration: Loosely break up the biota twigs, place them in a pot, and boil briefly in water. Strain off the liquid and drink. Use 1 packet per day.

Functions: Cools the blood, stops bleeding, and settles cough

Indications: This tea is suitable for the treatment of lung heat with cough, expectoration of blood, or blood-streaked mucus.

Coltsfoot Flower Tea (*Dong Hua Cha*)

Tea leaves, <i>i.e.</i> , Folium Camelliae Theae (<i>Cha Ye</i>)	6 grams
Coltsfoot flower, <i>i.e.</i> , Flos Tussilaginis Farfarae (<i>Kuan Dong Hua</i>)	3 grams
Radix Asteris Tatarici (<i>Zi Wan</i>)	3 grams

Method of administration: Place the above three ingredients in a cup, pour in boiling water, and soak. Use 1 packet per day. Drink this freely as a tea.

Functions: Dispers phlegm, stops cough, and calms dyspnea

Indications: This tea is suitable for the treatment of bronchitis and asthma.

Note: Japanese research suggests that coltsfoot should only be taken for relatively short periods of time.

Tangerine Tea (*Ju Cha*)

Tea leaves, <i>i.e.</i> , Folium Camelliae Theae (<i>Cha Ye</i>)	2 grams
Dry tangerine peel, <i>i.e.</i> , Pericarpium Citri Reticulatae (<i>Gan Ju Pi</i>)	2 grams

Method of administration: Place these two ingredients in a cup, pour in boiling water, and steep for 10 minutes.

Functions: Stops cough and transforms phlegm, rectifies the qi and harmonizes the stomach

Indications: This tea is suitable for chronic bronchitis, profuse phlegm, and gastric discomfort. This formula is only for mild conditions, not serious ones.

Fritillaria & Radish Tea (*Chuan Bei Lai Fu Cha*)

Bulbus Fritillariae Cirrhosae (<i>Chuan Bei Mu</i>)	15 grams
Radish seeds, <i>i.e.</i> , Semen Raphani Sativi (<i>Lai Fu Zi</i>)	15 grams

Method of administration: Grind these two herbs into a coarse powder. Place this powder in a cup, pour in boiling water, and let soak. It may also be boiled. Use 1 packet per day. Drink it freely as a tea.

Functions: Moistens the lungs and transforms phlegm, downbears counterflow, stops cough, and calms dyspnea

Indications: This tea is suitable for the treatment of chronic bronchitis with cough and profuse phlegm.

Honey & Egg Tea (*Mi Dan Cha*)

Honey (<i>Feng Mi</i>)	35 grams
Chicken egg (<i>Ji Dan</i>)	1 egg

Method of administration: Place the honey in a pot, add water, and bring to a boil. Crack the egg and beat evenly. Pour the boiled honey water into the egg bowl. Drink warm, 1-2 doses per day.

Functions: Diffuses the lungs, moistens the throat, and stops cough

Indications: This tea is suitable for chronic bronchitis and a hoarse voice due to lung dryness and yin vacuity. To be effective for these conditions, however, it must be taken regularly over a period of time.

Apricot Kernel & Pear Tea (*Xing Li Yin Cha*)

Apricot kernel, <i>i.e.</i> , Semen Pruni Armeniacae (<i>Xing Ren</i>)	10 grams
Large pear, <i>i.e.</i> , Fructus Pyrus Communis (<i>Da Li</i>)	1 fruit
Crystal sugar (<i>Bing Tang</i>)	Amount to taste

Method of administration: Remove the peel and tip from the apricot kernels and then pound into pieces. Core the pear and chop into cubes. Place the apricot kernels and pear into a pot, add water, and boil. When cooked, add the crystal sugar and allow to dissolve. Use 1 packet per day. Drink this freely as a tea at any time.

Functions: Moistens the lungs and stops cough

Indications: This tea is suitable for the treatment of dry heat acute tracheitis and cough.

Bronchial Asthma Teas

Bronchial asthma is a commonly encountered respiratory condition. Causative factors may include hypersensitivity to an environmental or seasonal allergen, infection, cold, fatigue, or emotional stress. In TCM, bronchial asthma is categorized as "wheezing and dyspnea" and is generally divided into vacuity and repletion patterns. Its main clinical symptoms are wheezing, dyspnea, and cough with sticky-natured phlegm. During attacks, the individual may sit up straight in an effort to breathe. This may be accompanied by a cold sweat on the forehead. The lips may be purplish blue and the facial expression is pained. Such attacks may last hours or even days. In treating bronchial or allergic asthma, it is important to coordinate the proper herbal tea with the patient's

TCM pattern. In Chinese medicine, different treatments are also given during acute attacks and during remissions in order to prevent further attacks.

Calm Dyspnea Tea (*Ping Chuan Cha*)

Herba Ephedrae (<i>Ma Huang</i>)	3 grams
Cortex Phellodendri (<i>Huang Bai</i>)	4.5 grams
Semen Ginkgonis Bilobae (<i>Yin Guo</i>)	15 nuts
Tea leaves, <i>i.e.</i> , Folium Camelliae Theae (<i>Cha Ye</i>)	6 grams
White sugar (<i>Bai Tang</i>)	30 grams

Method of administration: Pound the ginkgo nuts into pieces. Place the first four ingredients in a pot and boil with water. Discard the dregs, save the liquid, and add white sugar. Use 1 packet 2 times per day. Drink this tea during attacks and when breathing is difficult.

Functions: Diffuses the lungs and depuratively downbears, calms dyspnea and stops cough

Indications: This tea is suitable for acute episodes of wheezing and dyspnea, *i.e.*, allergic, bronchial dyspnea.

Hawthorn & Walnut Tea (*Zha Tao Cha*)

Hawthorn fruit, <i>i.e.</i> , Fructus Crataegi (<i>Shan Zha</i>)	50 grams
Walnut, <i>i.e.</i> , Semen Juglandis Regiae (<i>Hu Tao Ren</i>)	150 grams
White sugar (<i>Bai Tang</i>)	200 grams

Method of administration: Soak the walnuts for half an hour, rinse well, and add water. Use a stone grinder to grind this mixture into a thick liquid. Place this liquid in a container, add water to dilute it, and stir evenly. Wash the hawthorn fruit well. The fruit should be patted to pieces. Place in a pot, add water, and boil over a medium fire 3 times, each time for 20 minutes. Discard the dregs and save the liquid. The remaining liquid should total a concentrate of 1,000ml. Wash the pot well, place the pot on the fire, add the hawthorn

fruit juice and the white sugar, and then stir. When the sugar has melted, slowly add the thick walnut liquid, stirring continually while pouring. Cook this mixture until it starts to boil slightly. Then pour into a bowl. This tea should be taken often.

Functions: Supplements the lungs and kidneys and engenders liquid

Indications: This tea is suitable for lung vacuity cough and dyspnea, asthma, kidney vacuity impotence, low back pain, depletion of liquids, oral thirst, dry stool, food accumulation, reduced food intake, blood stasis scanty menstruation, and abdominal pain. It should be taken in between acute attacks.

Tangerine Peel Tea (*Chen Pi Cha*)

Tangerine peel, <i>i.e.</i> , Pericarpium Citri Reticulatae (<i>Ju Pi</i>)	Amount to taste
White sugar (<i>Bai Tang</i>)	Amount to taste

Note: It is best to use fresh, not aged tangerine peel.

Method of administration: Wash the tangerine peel well and tear into small pieces. Place in a cup, pour boiling water over it, and soak well. Discard the dregs, retain the liquid, add sugar to taste, and stir evenly.

Functions: Normalizes qi and stops cough, transforms phlegm and fortifies the stomach, disperses summerheat and eliminates pestilence

Indications: This tea is suitable for spleen vacuity/stomach weakness and cough and asthma. It can also beautify the skin.

Ginseng & Walnut Tea (*Ren Shen Hu Tao Cha*)

Ginseng, <i>i.e.</i> , Radix Panacis Ginseng (<i>Ren Shen</i>)	4 grams
Walnut, <i>i.e.</i> , Semen Juglandis Regiae (<i>Hu Tao Rou</i>)	4 pieces

Method of administration: Pound the ginseng and walnut into pieces, place them in a pot, and boil with water over a slow fire. This should make 400ml of concentrated liquid. Drink 1 packet per day, taken at any time. The ginseng and walnut can also be chewed and eaten.

Functions: Fortifies the spleen and supplements the kidneys, absorbs the qi and calms dyspnea

Indications: This tea is suitable for chronic dyspnea due to spleen/kidney vacuity. This typically varies in its severity from light to serious. It is accompanied by a yellow, somber, lusterless facial complexion, more breathing out, less breathing in, breathing with an open mouth and by lifting the shoulders, a pale tongue, and a deep, fine, forceless pulse. This tea should be taken between acute attacks.