**Sore Throat/Yān Yì Tòng**

Sore Throat/Yān Yì Tòng is a common symptom of both acute and chronic disorders and considered a separate disease in TCM when it is the primary complaint. Sore throat may be accompanied by local redness, hoarseness, cough, thirst, dryness, fever, and headache.

**Relevant Biomedical Disorders**

- Tonsillitis
- Laryngitis
- Pharyngitis

**Etiology and Pathogenesis**

- Exogenous pathogenic factors: Wind-Heat invades the Lung system, causing local stagnation of Qi and Blood, resulting in pain. In severe cases, Toxic Heat may invade causing stagnation and Heat so severe that erosion of the tissues results.

- Improper diet: excessive consumption of greasy, rich foods or alcohol or simply overeating can lead to Heat in the Stomach. Over time, Heat may transform into Fire, which can then flare up to the throat and cause pain.

- Chronic illness, aging, constitutional vacuity.

**Acupuncture for Sore Throat/Yān Yì Tòng**

**Wind-Heat:** LU10, LU11, LU5, LI4, LI11, GV14, LI11  
**LU and ST Heat:** LI1, LI11, ST44, LU11, LU5  
**LU and KI Yin xu:** KI3, LU9, LU7, KI6, LU10

**Herbs for Sore Throat/Yān Yì Tòng**

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TCM Pattern Differentiation

Invasion of Wind-Heat

dry, red, swollen sore throat with increased pain upon swallowing, thirst

Additional Symptoms: fever, slight aversion to cold, sweating, headache, nasal congestion with yellow discharge, sore throat, slight cough with sticky, yellow sputum, thirst

Tongue: normal color or slightly red tip or sides; thin, white or slightly yellow coat

Pulse: floating, rapid

Acupuncture Treatment: LU-10, LU-11, LU-5, LI-4, LI-11, GV-14, LI-1

Herbal Treatment: Yin Qiao San

[Jin Yin Hua (9-15g), Lian Qiao (9-15g), Jie Geng (3-6g), Niu Bang Zi (9-12g), Bo He (3-6g), Dan Dou Chi (3-6g), Jing Jie (3-6g), Dan Zhu Ye (3-6g), Xian Lu Gen (15-30g), Gan Cao (3-6g)]

Exuberant Lung and Stomach Heat

severe pain with redness and swelling of the throat, pain often radiating to the base of the ear and the jaw; difficulty swallowing; sensation of throat obstruction, possible hoarseness

Additional Symptoms: high fever, excessive thirst, headache, halitosis, constipation, dark, yellow urine

Tongue: red with thick, yellow coat

Pulse: flooding, rapid

Treatment Principles: Clear Heat, relieve toxicity, disperse swelling, stop pain

Acupuncture Treatment: LI-1, LI-11, ST-44, LU-11, LU-5

Herbal Treatment: Pu Ji Xiao Du Yin (Universal Benefit Decoction to Eliminate Toxin)

[Jiu Chao Huang Lian (15g), Jiu Chao Huang Qin (15g), Niu Bang Zi (3g), Lian Qiao (3g), Bo He (3g), Jiang Can (1.5g), Xuan Shen (6g), Ma Bo (3g), Ban Lan Gen (3g), Jie Geng (6g), Chen Pi (6g), Sheng Ma (1.5g), Chai Hu (6g), Gan Cao (6g)]

Lung and Kidney Yin Vacuity

slight redness, swelling and pain of the throat with dryness, itching, or possible burning sensation; symptoms milder in the morning and more severe in the afternoon and evening; possible dry cough with sticky, scanty sputum

Additional Symptoms: sore and weak low back and knees, tinnitus, sensation of heat, night sweating, malar flush, insomnia, dizziness, vertigo, 5 Centers Heat

Tongue: red with scanty coat

Pulse: thin, rapid

Acupuncture Treatment: KI3, LU9, LU7, KI6, LU10

Herbal Treatment: Zhi Bai Di Huang Wan

[Shu di huang (24g.), Shan zhu yu (12g.), Shan yao (12g.), Ze xie (9g.), Mu dan pi (9g.), Fu ling (9g.), Zhi mu (9g.), Huang bai (9g.)]

+ Yang Yin Qing Fei Tang (Nourish the Yin and Clear the Lungs Decoction)

[Sheng Di Huang (12g.), Xuan Shen (9g.), Mai Men Dong (9g.), Chao Bai Shao Yao (6g.), Mu Dan Pi (6g.), Chuan Bei Mu (6g.), Bo He (3g.), Gan Cao (3g.)]