

Yu Ping Feng San (Jade Windscreen Powder) is a classic herbal formula in Traditional Chinese Medicine (TCM) used primarily to support the immune system, strengthen Lung Qi, and protect against respiratory conditions, including chronic asthma and recurrent colds. The name "Jade Windscreen" reflects its intended function as a protective "screen" or "shield" (like jade) to defend the body from external pathogenic factors.

Composition and Key Ingredients

The formula has three main ingredients:

1. **Huang Qi (Astragalus Root)** – Strengthens the Wei Qi (defensive energy) and tonifies Lung Qi, reinforcing the body's exterior and protecting against wind invasions (pathogens that may enter the body and cause colds, flu, or asthma exacerbations).
2. **Bai Zhu (Atractylodes Rhizome)** – Tonifies the Spleen and supports the Lung Qi by improving digestion and Qi generation, which is crucial for immune and respiratory health.
3. **Fang Feng (Siler Root)** – Expels external wind and offers protection from pathogens, preventing them from penetrating deeper into the body's systems.

Benefits for Asthma Treatment

- **Strengthens Lung Qi and Wei Qi:** Asthma often involves Lung Qi deficiency, leading to symptoms like shortness of breath, wheezing, and susceptibility to respiratory infections. Yu Ping Feng San strengthens Lung Qi, improving respiratory function and reducing these symptoms over time.
- **Reduces Susceptibility to Pathogens:** Asthma sufferers are frequently prone to colds, flu, and other respiratory infections that can trigger or worsen asthma attacks. By tonifying Wei Qi, this formula helps build resilience against these triggers.
- **Relieves Lingering Symptoms:** The formula helps reduce lingering cough, wheezing, and phlegm, which are common in chronic asthma cases, particularly when symptoms are due to Qi deficiency rather than inflammation.

Recommended Dosage

- **Adult Dosage:** A typical dosage is **4.5 to 9 grams** of powdered Yu Ping Feng San taken 2-3 times per day, mixed in warm water.
- **Granules/Prepared Tablets:** If using granule or tablet form, the dosage depends on the specific product concentration but generally aligns with **3–5 grams per dose**, 2–3 times daily.
- **Adjustments for Asthma:** For asthma, especially during periods of high allergen exposure (like pollen season), some practitioners may slightly increase the dosage or recommend ongoing use during vulnerable periods to prevent asthma flare-ups.

Caution and Considerations

- **Chronic Use:** Yu Ping Feng San is generally safe for long-term use, but individuals with acute infections or fever should pause use, as the formula is intended for prevention rather than treating active infections.
- **Consultation:** It's best to consult a licensed TCM practitioner to personalize dosage based on individual constitution and symptoms, especially if used alongside other asthma medications.

Regular use can help prevent asthma exacerbations by bolstering the immune and respiratory systems, potentially reducing dependency on bronchodilators or steroids for long-term asthma management.