

Traditional Chinese Medicine as Treatment for Covid-19

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Shine news reports that Traditional Chinese medicine effective in COVID-19 treatment: official.

Traditional Chinese medicine has been proven effective in curing patients of the novel coronavirus disease (COVID-19), a Chinese health official said Monday.

For example, a TCM decoction named “Qingfei Paidutang” has been used in treating 701 confirmed cases in 10 provinces, of which 130 have been cured and discharged, said Li Yu, an official with the National Administration of TCM.

Symptoms have disappeared in 51 cases and improved in 268, with another 212 remaining in stable condition, said Li, adding that the decoction was recommended to medical institutions nationwide on Feb. 6 after data analysis on 214 cases.

Li also shared the analysis and statistics cases with detailed clinical records, as 94.6 percent of the 112 patients restored to normal body temperature, and 80.6 percent of 214 patients stopped coughing after using the decoction for six days.

TCM has been used in treating 60,107 confirmed cases in China, or 85.2 percent of the total, according to Jiang.

Bear in mind that the death rate for the Covid-19 is only 2%. Which means anyone who has it has a greater chance of getting better than dying from it. If TCM will be continued to be used, diligent documentation should be done to reflect how effective it is in a bigger patient population.

Traditional Chinese Medicine for Covid-19

This article is taken entirely from A rapid advice guideline for the diagnosis and treatment of 2019 novel coronavirus (2019-nCoV) infected pneumonia (standard version) published on Feb. 6, 2020 from Military Medical Research and published at PubMed.

I am not trained in Traditional Chinese Medicine or TCM. This post is a public service for those who choose to go with TCM. Never treat yourself without a full understanding of TCM. Consult with a licensed TCM practitioner. Some substances mentioned below like aconitine and Asarum are toxins.

I reformatted by numerical listing and bullet points for easier reading.

6.4 Traditional Chinese Medicine Treatment

6.4.1 Guiding Principles

Treat the patient based on syndrome differentiation individually. Prevention before the illness is better than treatment after getting diseased.

6.4.2 Prevention

1. Community. Implement relevant national regulations and take great effort to keep away from contaminated materials, disinfect the environment, and improve healthcare management.
2. Individual. It is recommended to take food in the proper amount and balanced nutrition, have regular daily life and physical activities, and avoid overloaded work.

3. Psychology. Develop proper interests and careers in a mutual promoting manner.
4. Drug. Including:

a. Fumigation with moxa in the room, 1-5 g/m² for 30 min per day.

b. Wearing perfumed Chinese herb bags using:

- clove,
- fineleaf schizonepeta herb,
- *Perilla frutescens*,
- atractylodes lancea,
- cinnamon,
- biond magnolia flower,
- Asarum sieboldii, and
- *Elettaria cardamomum*, 2 g for each, crushed into powder and put it into bags for external use, change a new one every 10 days).

c. Prescription of Chinese Herbs for Feet Bath

- vulgaris 10 g,
- carthamus 10 g, and
- dried ginger 6 g
- Soaking the herbs in boiling water and bath the feet into the medical liquid when the temperature is suitable. Soak feet for about 20 min.

d. Prescription of Chinese Herbs for Prophylaxis:

- *Astragalus Mongholicus* 12 g,
- roasted rhizoma Atractylodis Macrocephalae 10 g,
- Saposhnikovia Divaricata 10 g,

- *Cyrtomium fortunei* 10 g,
- honeysuckle 10 g,
- dried tangerine or orange peel 6 g,
- eupatorium 10 g, and
- licorice 10 g. Taking the medicine above yielded decoction once a day for adults, and for 5 days as a treatment course.

If for children, cut the dose to half.

1.

1. Medical tea: perilla leaf 6 g, Agastache leaf 6 g, dried tangerine or orange peel 9 g, stewed amomum Tsao-ko 6 g, and 3 slices of ginger. Soak the herbs in hot water and drink the water just like enjoying the tea.
2. Chinese patent medicine: Huoxiang Zhengqi capsule or Huoxiang Zhengqi Shui (in half dose).



By National Institute of

Korean Language

6.4.3 Treatment [12]

In Medical Observation Period

There are two clinical symptoms in this period, including:

Clinical symptoms 1: hypodynamia (low energy) accompanied by gastrointestinal upset. And the recommended Chinese patent medicine is the **Huoxiang Zhengqi capsules (ball, liquid, or oral liquid).**

Clinical symptoms 2: hypodynamia (low energy) and fever. And the recommended Chinese patent medicines is the:

1. Jinhua Qinggan granules,
2. Lianhua Qingwen Capsules (granules),
3. Shufeng Jiedu capsules (granules), or
4. Fangfeng Tongsheng pills (granules).

Clinical treatment period

This period involving 7 stages, including:

1. Early-stage, characterized as the exterior syndrome of cold-dampness.

In this stage, the clinical manifestations present as follow:

- aversion to cold without sweating,
- headache and generalized heaviness,
- limb pain, glomus and
- fullness in the chest and diaphragm,
- thirst with no desire to drink,
- ungratifying loose stool,
- yellow urine,
- frequent micturition, and yellow urine.

The therapeutic logic is to dissipate cold and eliminate dampness. And the recommended prescription is the **Huoxiang Zhengqi powder** (Yin dampness injuring superficies case from the ***National Famous Traditional Chinese Medical Doctor Medical Cases***); which comprises of:

1. Perilla leaf 10 g,
2. Atractylodes lancea 15 g,

3. Radix angelicae dahuricae 10 g,
4. Dried tangerine or orange peel 10 g,
5. Notopterygium root 10 g,
6. Agastache rugosus 10 g (end addition),
7. Magnolia Officinalis 10 g,
8. Saposhnikovia divaricata 10 g,
9. Poria peel 15 g, and
10. *Tetrapanax papyriferus* 10 g above yielded decoction.
11. In addition, the recommended Chinese patent medicine is Huoxiang Zhengqi capsules or Huoxiang Zhengqi Shui.

2. Early-stage, characterized as a cold-dampness obstructing lung.

In this stage, the clinical manifestations present as follow:

- aversion to cold with or without fever,
- dry cough,
- dry throat,
- fatigue and hypodynamia,
- oppression in the chest,
- epigastric fullness, or nausea,
- loose stool.
- The tongue is pale or reddish, the tongue fur is slimy white, and
- soggy pulse.
- Hence, the therapeutic logic is to dissipate cold and resolve obstruction.

And the recommended prescriptions comprises of:

1. Atractylodes lancea 15 g,
2. Dried tangerine or orange peel 10 g,

3. *Magnolia officinalis* 10 g,
4. *Agastache rugosus* 10 g (end addition),
5. *Amomum tsao-ko* 6 g,
6. *Ephedra* herb 6 g,
7. *Notopterygium* root 10 g,
8. Ginger 10 g,
9. Areca-nut 10 g (end addition),
10. *Periostracum cicada* 10 g,
11. *Bombyx batryticatus* 10 g, and
12. *Rhizoma curcumae longae* 10 g above yielded decoction.

3. Middle-stage, characterized as Epidemic Toxin blocking the lung.

In this stage, its clinical manifestations include:

- persistent fever or alternating cold and heat,
- cough with less phlegm, or yellow phlegm,
- abdominal distension and constipation;
- oppression in the chest with inhalation,
- cough with wheezes,
- panting on exertion; or
- red tongue, slimy yellow fur or yellow dry fur, slippery and
- rapid pulse.

Therefore, the therapeutic logic is clearing heat and detoxicating. And the recommended prescription comprises of:

1. Almond 10 g,
2. Gypsum 30 g (predecoction), Note: pre-decoct means to cook by itself before adding to the rest

3. Trichosanthes kirilowii 30 g,
4. Rhubarb 6 g (end addition),
5. Ephedra with honey fried 6 g,
6. Semen lepidii 10 g,
7. Peach kernel 10 g,
8. Amomum tsao-ko 6 g,
9. Areca-nut 10 g, and
10. Atractylodes lancea 10 g above yielded decoction.

In addition, the recommended Chinese patent medicine is Xiyanping injection or Xuebijing injection.

4. Severe stage characterized as Heat Toxin Generating Stasis.

In this stage, the clinical manifestations are known as:

- high fever,
- oppression in the chest with anhelation,
- purple-black facial complexion,
- lips dark and swollen,
- obnubilation (mental cloudiness),
- crimson tongue, yellow dry fur,
- surging and fine rapid stringlike pulse.
- Thus, its therapeutic logic is detoxicating and dispersing blood stasis.

The recommended prescription is:

1. Three Yellows and Gypsum decoction,
2. Shang Jiang Powder, and Toxin-Resolving Blood-quickenning decoction

Toxin-Resolving Blood-quickenning decoction. Its composition comprises of:

1. Ephedra with honey fried 10 g,
2. Almond 10 g,
3. Gypsum 20-30 g,
4. Periostracum cicada 10 g,
5. Bombyx batryticatus 10 g,
6. Rhizoma curcumae longae 10 g,
7. Rhubarb stir-fried with wine 10 g,
8. Scutellaria baicalensis 10 g,
9. Coptis chinensis 5 g,
10. Phillyrin 15 g,
11. Angelica sinensis 10 g,
12. Peach kernel 10 g,
13. Radix paeoniae rubra 15 g, and
14. Rhizome of rehmannia 15 g above yielded decoction.

The recommended Chinese patent medicines are the:

1. Xiyanping injection,
2. Xuebijing injection,
3. Qingkailing injection, or
4. Angong Niuhuang pills.

5. Severe-stage, characterized as inner blocking causing collapse.

In this stage, the clinical manifestations include:

- dyspnea,
- panting on exertion or need assisted ventilation,
- accompanied by coma, and agitation,
- cold limbs with cold sweating,

- dark purple tongue, thick or dry thick tongue fur,
- floating and rootless pulse.

The therapeutic logic is rescuing from collapse by restoring Yang. Hence, the recommended prescription comprises of

1. Ginseng 15 g,
2. Aconitine 10 g (predecoction), and
3. *Cornus officinalis* 15 g above yielded decoction, and
4. both taken with fluid Suhexiang pills or Angong Niuhuang pills.

The recommended Chinese patent medicines are Xuebijing injection, Shenfu injection, or Shengmai injection.

6. Recovery-stage presents as Lung and Spleen Qi deficiency.

Its clinical manifestations include

- shortness of breath,
- fatigue, and
- hypodynamia (weakness),
- anorexia,
- nausea and vomiting,
- glomus and fullness,
- weak stools, ungratifying loose stool,
- pale tender-soft enlarged tongue,
- slimy white tongue fur.

Therefore, therapeutic logic is to supplement the spleen and lung.

The recommended prescription comprises of:

1. Rhizoma pinellinae praeparata 9 g,
2. Dried tangerine or orange peel 10 g,
3. *Codonopsis pilosula* 15 g,
4. Radix astragali preparata 30 g,
5. Poria cocos 15 g,
6. Agastache rugosus 10 g, and
7. Fructus amomi 6 g (end addition) above yielded decoction.
8. In addition, the recommended Chinese patent medicines are the pill of costus and amomum with six noble ingredients.

7. Recovery-stage characterized as a deficiency of Qi and Yin.

The clinical manifestations of this stage are:

- generalized heat with sweating,
- chest heat vexation,
- Qi counterflow with retching and vomiting,
- shortness of breath and lassitude of essence-spirit,
- red tongue and thin tongue fur,
- vacuous pulse.

Hence, the therapeutic logics is boosting Qi and nourish Yin.

The recommended prescription is:

1. Zhuye Shigao decoction with cogongrass rhizome and
2. Rhizoma phragmitis;

and the composition of this prescription includes

1. Bamboo leaf 15 g,

2. Gypsum 15 g (predecoction),
3. *Codonopsis pilosula* 15 g,
4. Radix ophiopogonis 10 g,
5. Pinellia ternate 9 g,
6. Cogongrass rhizome 15-30 g,
7. Rhizoma phragmitis 20 g,
8. Licorice 10 g, and
9. Polished round-grained rice 30 g above yielded decoction.

The recommended Chinese patent medicine: Shengmai Yin.

Consult a TCM practitioner before taking anything in this post.

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Helpful website:

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Reference:

Jin, Y., Cai, L., Cheng, Z. *et al.* [A rapid advice guideline for the diagnosis and treatment of 2019 novel coronavirus \(2019-nCoV\) infected pneumonia \(standard version\)](#). *Military Med Res* 7, 4 (2020). <https://doi.org/10.1186/s40779-020-0233-6>

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