

Pandemic Prevention for the Start of the School Year Matters

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Traditional Chinese Medicine (TCM)

- The TCM was born in the primitive society. During the Spring and Autumn Period and the Warring States Period, TCM theory has basically taken shape. Subsequent dynasties have summarized and developed it.
- The TCM theory comes from the summary of medical experience and the ancient Chinese thoughts of Yin and Yang and the Five Elements.
- The TCM content includes the theory of essence and qi, yin and yang, the five elements, qi, blood and body fluid, visceral, meridians, physique, etiology, pathogenesis, treatment, health preservation, etc.
- As early as two thousand years ago, the TCM monograph "Huangdi Nei Jing" came out, laying the foundation of Chinese medicine.





Chinese Medicine: refers to the substances used to prevent, treat and diagnose diseases under the guidance of Chinese medicine theory, they have the role of rehabilitation and health care.



- According to their therapeutic effect:
- Tonic medicines, exterior-releasing medicines, heat-clearing medicines, warming medicines,
- Qi-regulating medicine, digestive medicine, astringent medicine, anti-rheumatic medicine,
- Aromatic dampening medicine, diuretic and dampening medicine,
- Resolving phlegm and relieving cough and asthma medicine, tranquilizing medicine, calming liver and relieving wind medicine,
- Invigorating blood and removing silt medicine, hemostatic medicine, laxative, anthelmintic,
- Aromatic resuscitation medicine



Acupuncture

- Acupuncture refers to piercing a needle into the patient's body at a certain angle under the guidance of TCM theory, using acupuncture techniques such as twisting and lifting to stimulate specific parts of the human body to cure the diseases.
- The point of penetration is called acupoint, abbreviated as acupoint. According to the latest statistics of acupuncture textbooks, there are 361 meridian points in the human body.





Acupuncture The World Health Organization(WHO)announced 43 diseases that can be treated by acupuncture:

I. Respiratory System Diseases

1. Allergic rhinitis 2. Sinusitis 3. Rhinitis 4. Cold 5. Tonsillitis 6. Acute and chronic laryngitis 7. Tracheitis 8. Bronchial asthma

II. Eye Diseases

8. Acute conjunctivitis 9. Central retinitis 10. Myopia 11. Cataract

III. Dental Diseases

12. Toothache 13. Pain after tooth extraction 14. Gingivitis

IV. Gastrointestinal Diseases

15. Esophagus and cardia palsy hiccup 17. Gastroparesis 18. Acute and chronic gastritis

19. Hyperacidity 20. Chronic duodenal ulcer (to relieve pain) 21. Simple acute duodenal ulceritis 22. Acute and chronic colitis 23. Acute (chronic) bacillary dysentery

24. Constipation 25. Diarrhea 26. Intestinal paralysis

V. Nerve, Muscle, Bone Diseases

27. Headache 28. Migraine 29. Trigeminal neuralgia 30. Facial nerve palsy 31. Mild paralysis after stroke 32. Peripheral neurological disorders 33. The sequelae of poliomyelitis in children 34. Meniere's syndrome 35. Neurogenic bladder dysfunction 36. Enuresis 37. Intercostal neuralgia 38. Cervical-brachial syndrome 39. Shoulder coagulation syndrome 40. Tennis elbow 41. Sciatica 42. Low back pain 43. Arthritis 44. Children with cerebral palsy



Cupping Therapy

Use the glass cups as a tool. Ignite the cups to remove the air in the cups, creating negative pressure and causing it to adsorb to the acupoints or the body surface, causing irritation and congestion of the pulled part, so as to prevent and cure diseases.

It is suitable for colds and coughs, pneumonia, asthma, headache, chest and hypochondriac pain, rheumatic arthralgia, low back and leg pain, sprains, stomachache, sore boils, venomous snake bites (extracting venom) and other diseases.





Scrape Therapy

- Guided by the theory of meridians and acupoints in TCM, using special scraping equipment and corresponding techniques, dipping in certain liquid or oil, repeatedly scraping and rubbing on the body surface, so that red miliary or dark red bleeding spots appear on the skin. Such phenomenon is called “Chu Sha” , it improves blood circulation.
- It is also suitable for sub-health, chronic fatigue syndrome, painful diseases, bone and joint degenerative diseases, cold and fever, cough and other respiratory system diseases, acne, chloasma and other lossy diseases.



PART 1

Achievements & Experiences of Anti-epidemic of Chinese Medicine





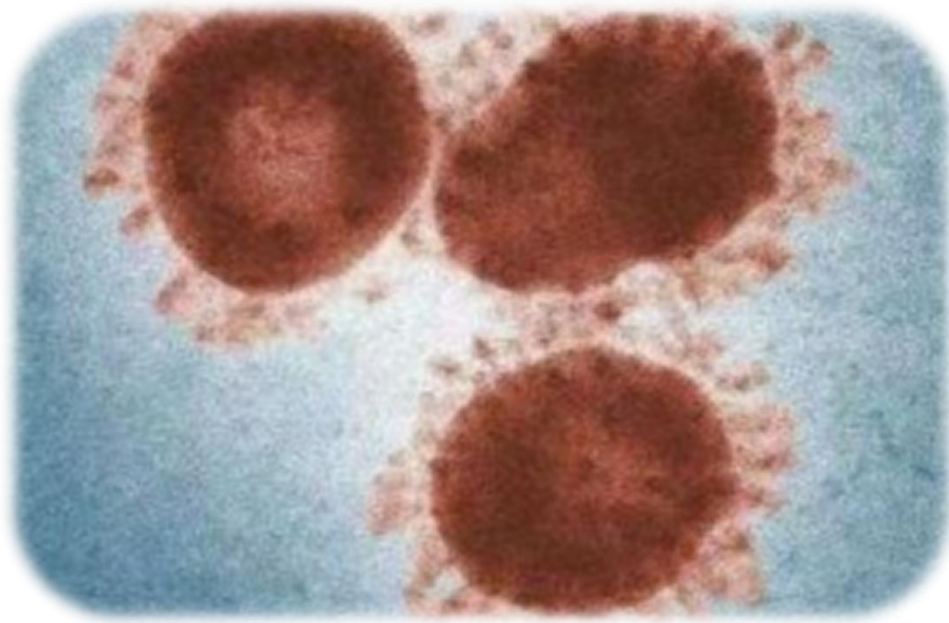
The Preventive Achievement of Chinese Medicine

- TCM has a history of more than 3,000 years of fighting the epidemic, and more than 500 epidemics have been recorded.
- Western medicine pays attention to viruses, while TCM pays attention to syndromes and dialectical treatment.
- After the outbreak of the Wuhan epidemic, a comprehensive networked investigation to Wuhan was carried out. All those who were diagnosed, suspected of infection, feverish, and close contacts were quarantined. After quarantine, we prescribed Chinese medicine to the quarantined person. At the beginning of February 2020, among the “four types of personnel” , the diagnosis rate was about 80%. It dropped to about 30% in the middle of the month, and further dropped to below 10% in the latter part of the year.





The Preventive Achievement of Chinese Medicine

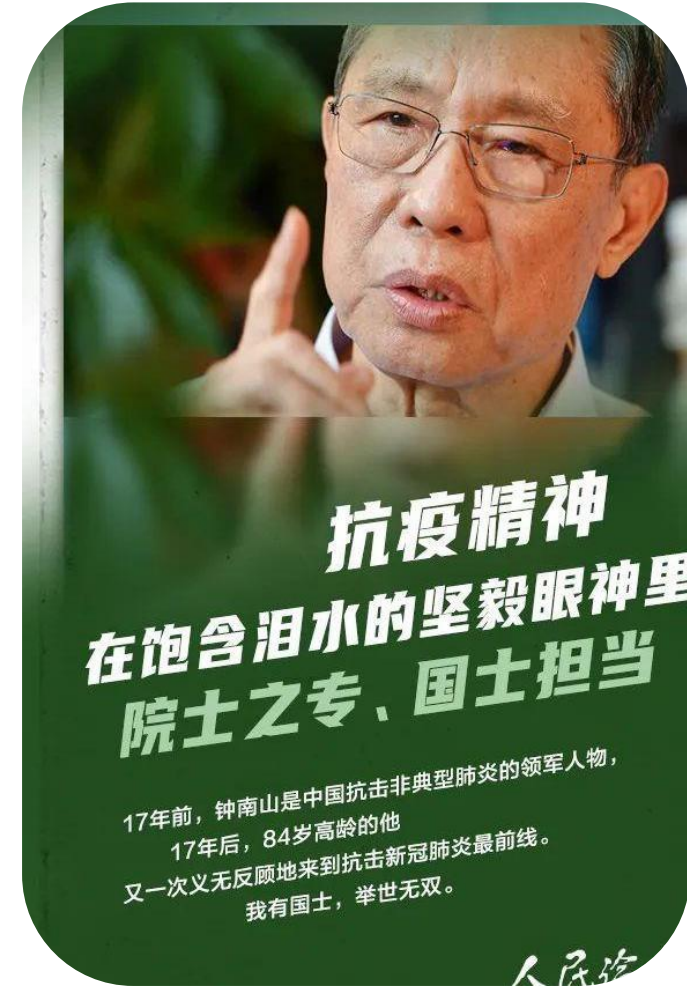


The participation rate of Chinese medicine in the treatment of confirmed patients was as high as 92%. Through the research of Chinese medicine, the etiology and disease were determined. The first intervention of Chinese medicine method was effective to relieve the symptoms of severe patients and quickly recover from mild patients.



The Preventive Achievement of Chinese Medicine

It only took about one month to initially curb the spread of the epidemic, and about three months to obtain decisive results in the defense of Wuhan and Hubei. The major strategic results was achieved in the prevention and control of the epidemic.



Nanshan Zhong



The Preventive Achievement of Chinese Medicine



Boli Zhang

- The Mobile Cabin Hospital opened on February 14 and closed on March 10. Under the leadership of Academician Boli Zhang, Jiangxia Mobile Cabin Hospital admitted 564 patients (71% for mild cases and 29% for ordinary cases), 392 were cured and discharged. Other patients were referred to another hospital after the Jiangxia Mobile Cabin Hospital was closed.
- By taking traditional Chinese medicine, practicing Tai Chi and Ba Duan Jin, doing massage, and getting acupunctured, the patients have achieved the “three zeros” when the cabin is closed: zero patient turned to severe case, zero test result turned positive; zero infection of medical staff



The Preventive Experience of Chinese Medicine



The COVID-19 mainly damages the human immune function, Chinese medicine treatment can improve the immune function very well, just like a key can open its lock.



With the comprehensive treatment of TCM, there is no death if there is no severe case. The main contribution of Mobile Cabin Hospitals is to control the rate of turning to severe cases.

"Comfort patients first, then cure the disease", the rate of turning back to severe cases in Mobile Cabin Hospitals is 2%-5%, while the globally recognized rate is 10%-20%.



The Preventive Experience of Chinese Medicine

Throughout Chinese thousands of years of reproduction and development, the plagues have never been far away from human beings. In the course of fighting against epidemics in the past dynasties, Chinese medicine has formed a set of systematic and unique theoretical and practice.





The Preventive Experience of Chinese Medicine

According to clinical diagnosis and research, Academician Boli Zhang found that:

TCM has curative effects in alleviating fever symptoms, controlling disease, reducing hormone dosage, and reducing complications.

Recommendations: patients with mild to moderate cases can take Chinese medicine for individualized treatment; severe patients should integrate traditional Chinese and Western medicine.





The Preventive Experience of Chinese Medicine

- Chinese medicine has played an important role in this campaign against the corona virus.
- For ordinary patients, Chinese medicine reduced their symptoms, shortened the course of treatment, and promoted their recovery;
- For severe and critically ill patients, Chinese medicine reduced pulmonary exudation, controlled inflammatory overreaction, and prevented the deterioration of the disease;
- For convalescent patients, it can promote the recovery process.





The Preventive Experience of Chinese Medicine

- Chinese medicine can increase blood oxygen saturation. The blood oxygen saturation of normal people should be above 95%, and the blood oxygen saturation of critically ill patients is only about 80%, or even about 70%.
- Using some TCM injections, such as Shengmai and Shenmai injections, the patient's blood oxygen saturation will not fluctuate after one or two days, then it slowly rises, and gradually reaching the standard. After reaching the standard and keeping stable for one or two days, the patients can get out of the ventilator.
- Chinese medicine injections should be used as early as possible. Using Chinese medicine in sufficient amounts can effectively increase the cure rate and reduce the mortality rate.



PART 2

Preventive Methods, Diet Therapy, and Exercise





Preventive Methods: Washing Hands Properly

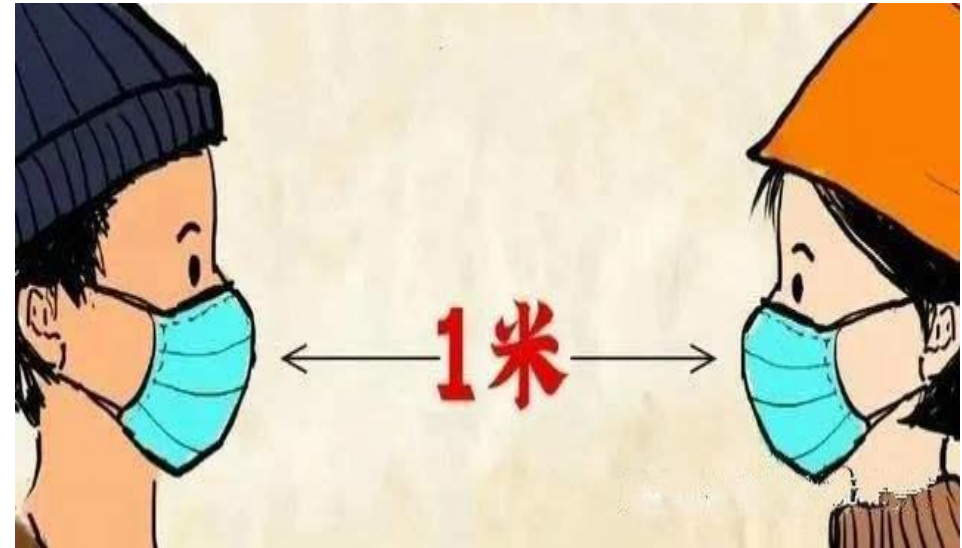


Wet your hands with water, take enough soap to cover the entire hands, rub them thoroughly. Then wash your hands, dry them with tissue, and finally turn off the faucet with a tissue.



Preventive Methods: Wearing Masks

- Keep a social distance of more than 1 meter. Sit at intervals, avoid face-to-face conversations, and do not gather together.
- Avoid touching your mouth, eyes, and nose with your hands that have touched books.





Preventive Methods: Sterilization of Daily Items

- Stationery, mobile phones, books, and other items are frequently used in our daily life. These items are potential transmission vectors of viruses.
- Use 75% alcohol cotton balls or alcohol sheets to wipe the surface for sterilization.





Preventive Methods: Pay attention to Health and Sanitation

- ❑ Do not touch animals on or off campus
- ❑ Wear masks, wash your hands frequently, disinfect frequently,
- ❑ Frequent ventilation, avoid crowds
- ❑ Do not eat raw or half-raw foods
- ❑ Avoid talking during meals





Preventive Methods: Keep Warm, Add or Remove Your Clothes in Time

When the human body is cold, the blood vessels of the respiratory tract contract, blood supply decreases, and antibodies decrease accordingly. The virus will take advantage of such deficiency. Therefore, you must pay attention to cold weather or wind and timely add clothes to keep you warm.





Preventive Methods:

- For the prevention and health care, in addition to the recommended preventive methods such as wearing masks, washing hands frequently, keeping ventilated, and staying away from the crowd, we should also exert the "four cornerstones" of TCM for health care to:
regular diet, regular schedule, moderate exercise, stable mood, and good rest.



Preventive Methods: "Replenishing Healthy-qi" is the Consensus to Prevent Pandemic



- “Sufficient Healthy-qi inside the Body Will Prevent Pathogenic Factors” emphasizes improve immunity and disease resistance; “avoid poisonous-qi” emphasizes prevent the pathogens.
- TCM pays more attention to “**prevent disease.**” It advocates prevention before disease, prevents the disease from developing, and emphasizes the prevention is more important than cure.
- The principle of treatment is to strengthen the body and eliminate the pathogen.



Sufficient Healthy-qi inside the Body Will Prevent Pathogenic Factors.

- Boli Zhang said, "We do not advocate people who are not sick take Chinese medicine. There is no need for the whole people to take Chinese medicine. The focus of TCM prevention and treatment is to regulate the body's function, not just against the virus itself. It is a struggle between the virus and human immunity. If the virus wins, people will get sick. Therefore, only by improving our resistance will we not get sick easily."



Boli Zhang



Preventive Methods: Comprehensive intervention of Chinese medicine and TCM treatment

- Most patients used Chinese medicine. The other treatments are more restrictive.
- The patients can use rehabilitation methods of TCM to promote recovery in the rehabilitation stage, such as Tai Chi, Baduan Jin, diet therapy, acupuncture, and psychological counseling.



Preventive Medicine for Children:

Honeysuckle 6g Dandelion 3g
Raw Astragalus 6g Tangerine Peel 3g
Ophiopogon Japonicus 6g
Stir-fried Fructus Arctic 3g
Raw Licorice 1.5g

Efficacy: clearing away heat and detoxification, replenishing qi and strengthening the immunity

Adapt to: children and teenagers.

Method of administration: One dose is divided two to three times, warmly taken 1 hour after three meals. One dose a day, 5 doses is advisable.



Preventive Methods: Preventive Medicine for Adults



Cortex Mori 15g

Cortex Lycii 15g

Raw Astragalus 15g

Reed Rhizome 20g

Platycodon 10g,

Fried Atractylodes 10g

Scrophulariaceae 20g

Astragalus 10g

Raw Licorice 10g,

Divaricate Saposhniovia Root 10g

Usage: Decoction in water, one dose a day, for 5 to 7 days.

Diet Therapy

A little lotus leaves, fresh lily, boat-fruited sterculia seeds, honeysuckle flowers, ophiopogon japonicus, decoct in water, decoct in water to half boiling hot and brew a little green tea, drink frequently.



Exercise: Ba Duan Jin

- The "Corona Virus Diagnosis and Treatment Plan" issued by the National Health Commission of China identified the virus as an "epidemic" category of Chinese medicine.
- The main view of Chinese medicine on this epidemic is "dampness and turbidity."
- Academician Xiaolin Tong summed it up as "cold and damp epidemic," it is cold and damp epidemic poison; it is Yin disease and impairment of Yang.
- Doing moderate exercises indoors can enhance immunity. Practicing Baduanjin can boost Yang and immunity.
- "Inner Canon of Yellow Emperor," says: "Sufficient healthy-qi inside the body will prevent pathogenic factors" "Pathogen invades into the body where the healthy-qi must be deficient." Practicing "Supporting the Heavens with Both Hands and Nursing Triple Energizer" can enhance the immunity of our lungs and improve the self-repairing ability of the lung, to achieve the efficacy of TCM treatment.



Exercise: Ba Duan Jin



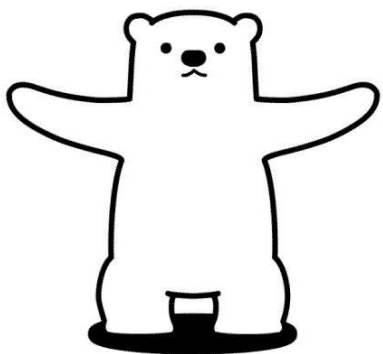
- TCM Health Exercises Ba Duan Jin has a synergistic effect on recovering chronic, acute, and severe diseases.
- Ba Duan Jin exercises our limbs through 8 graceful movements to strengthen the body and improve the flows of Qi and blood, thereby enhancing the body's yang, metabolic functions, and ability to resist damp toxins.



Exercise: Ba Duan Jin

兩手托天理三焦

八段锦第一式
其中胸膈以上为上焦
胸膈与脐之间为中焦
脐以下下焦
两手交叉 拔伸腰背
提拉胸腹 活动颈椎
使全身气机流通



【Action Essentials】

Stand naturally, relax your mind, hang your hands naturally at your sides, rotate your arms outwards, separate your palms and five fingers, move slowly to the front of your abdomen, cross your palms upwards, and look forward.

Extend your legs and straighten your knees while resting your palms on your chest.

Prop up your arms internally, palms up, and look up at both hands. Continue to lift both palms, straighten the elbow joints, and at the same time retract the mandible, stop for a while, and look forward.

Bend the knee joints of your legs slightly, and at the same time, drop your arms to both sides of your body, hold your palms in front of your abdomen, palms up, and look forward.



Exercise: Tai Chi

- Yin governs static, while Yang governs the dynamic; Yin forms shapes, Yang forms qi.
- Yin and Yang are mutually rooted. The dynamic and static are mutually nurturing.
- The dynamic nourishes the shape. The static nourishes the spirit. The combination of dynamic and static will integrate the form and spirit. Health-preserving exercises can nourish the patients' shapes and repair their damaged physical structure and body functions.
- The most important damage to COVID-19 patients is their lungs and respiratory function.





Exercise: Tai Chi

- Wu style Tai Chi is one of the traditional Chinese martial arts.
- Wu style Tai Chi is known for its softness against rigidity. The basic posture is straight with a slight slant, calm, and natural. Its action is moderate. When pushing hands, keep calm and not move rashly.
- Known as "Gentleman Boxing, Medicine Boxing, and Longevity Boxing."
- Wu Style Taijiquan is divided into two schools: the North and the South. The Northern School is inherited by the master of Maozhai Wang, whose descendants are mainly Zeren Zhao etc.



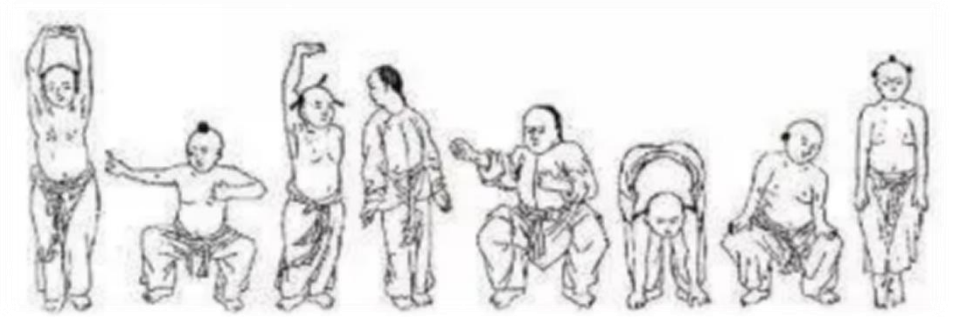
Zeren Zhao

Heir of Yincheng School, the sixth generation
of Wu style Tai Chi



Exercise: Ba Duan Ji and Tai Chi

- In the Mobile Cabin Hospital, comforting patients is the first, treatment is the second. Comprehensive medical treatment is adopted.
- Encourage patients to practice Ba Duan Jin and Tai Chi. Among the more than 500 patients admitted to Wuhan Mobile Cabin Hospital at that time, none of the negative results turned positive, none of the cases turned severe. The treatment greatly reduced the ratio of mild cases turning to severe.



八段锦



太极拳



Diet Therapy: light diet, more fresh vegetables and fruits

- Eat less fat, sweet and greasy foods such as sweets and fatty meat, Quit smoking and alcohol.
- The medicated diet: yam barley gorgon glutinous rice porridge, yam lentil porridge, etc., to invigorate the spleen and eliminate dampness.
- The dampness is in the Upper Energizer: Use herbs such as ageratum, coriander, etc. to dissipate the dampness.
- The dampness is in the Middle Energizer(spleen and stomach): Divide into equal parts with barley, poria, atractylodes, millet, and rice, cook porridge or stew soup to invigorate the spleen and stomach to reduce dampness.
- The dampness is in the Lower Energizer and the tongue is greasy: use winter melon, papaya and other sweet and neutral foods to make urination smooth

yam, barley, gorgon, glutinous rice porridge



yam lentil porridge



Diet Therapy: yam steamed with eggs



- Immune regulation
- Anti-oxidation, anti-aging
- Lowering blood sugar and blood lipids
- Anti-tumor and anti-mutation
- Regulate the function of the spleen and stomach

- Nourishes the lungs and relieves the pharynx, clears up the heat, and detoxifies.



Diet Therapy: The diet has good effect in replenishing Yang

- **Yang Deficiency:** stew mutton soup with cinnamon and add a small amount of pepper to replenish Yang.
- **Yang: Insufficiency** use ginger and fennel to stir fry beef to invigorate Yang.
- **Yang Stagnation:** use green onions and cloves in soups or dishes to promote Qi and Yang.
- Cherries, longan, lychee, other warm fruits, chestnut, pine nuts, walnuts, and other nuts help promote Yang.



PART 3

Clinical Treatment of TCM to Coronavirus





Symptom of Coronavirus



Fever, fatigue, and dry cough,

A small number of patients have nasal congestion, runny nose, sore throat, and diarrhea.

Severe and critically ill patients may have moderate to low fever or even have no apparent symptoms of fever.



What are the Symptoms of COVID-19 Infection

Symptom	Cold	Flu	COVID-19
fever	rare	common, usually higher than normal body temperature, especially in children. lasts 3~4 days	common
headache	rare	common	common
pain throughout the body	mild	common, usually more severe	common
exhausted/weak	sometimes	severe	common
extreme fatigue	never	more common, at the beginning of having a fever	more common, some patients have mild fatigue
nasal congestion	common	sometimes	rare
sneeze	more common	sometimes	rare
sore throat	common	sometimes	rare
chest discomfort/cough	mild/ dry cough	mild to moderate/may become severe	Chest discomfort is common, dry cough is common, and some patients have pneumonia
pneumonia	rare	rare	common, some patients have pneumonia



Sequelae of COVID-19 Infection

- The COVID-19 is a kind of "gas plague" in traditional Chinese medicine. The virus has the nature of the wet and turbid poison. Its latent, repetitiveness, and special onset location make the disease prone to a variety of sequelae.
- The sequelae refer to the symptoms caused by "the remaining pathogen has not been eliminated. It may be because of the failure of body regulation, or not knowing the contraindications" when the plague is over or nearly healed. Most of the reasons such as diet, emotions, fatigue, and so on will cause the plague to repeat.
- "Dampness is evil and sticky", the infected patients are mostly with dampness constitution and lack of healthy-qi. This shows that the characteristics of the virus have a long incubation period and lingering course, it's prone to sequelae.



Clinical Treatment:



TCM pays attention to dialectical treatment. Different regions, times, seasons, and people have different treatment methods. Generally speaking, the epidemic is contagious. "No matter how old the patients are, their symptoms are similar." There should be a unified treatment method, but it also should vary according to their personal physique.



Clinical Treatment:



- Secondary disease: lack of Yang in the body
- Patients with insufficient Yang in their body are more likely to develop to a critical ill stage quickly.
- Damp pathogens within the body and lack of Yang is an essential cause for the occurrence and development of this epidemic.



Clinical Treatment: Massage and Acupuncture Therapy

(when the acupoint is pressed to the local soreness or local flushing, it is effective)



- The dampness and pathogens stay in the human body for a long time, Yang within the body fights against it. But it will hurt the Yang if the fight keeps for a long time.
- Dampness Elimination: If the dampness is not so much, we can invigorate the spleen to dispel the dampness. Press the acupoint Zusanli and rub the acupoint Zhongwan.
- Yang Improvement: When the Yang is insufficient, press Zusanli, push the back straight along the bladder meridian from top to bottom, and press acupoints Dachangxu, Pishu, Feishu to invigorate Yang.
- Pressing and rubbing muscles speeds up blood circulation, mobilizes the movement of Yang in the body, and Yang can reduce dampness.



Clinical Treatment: Chinese Medicine



- Improving Yang can start from the three aspects of "invigorating Yang," "warming Yang," and "replenishing Yang."
- **Yang insufficiency:** Mainly invigorate Yang, use astragalus and codonopsis.
- **Yang stagnation:** Mainly warming Yang, use allium bulbs and green onion.
- **Yang deficiency:** Mainly to replenish Yang, use aconitum root, ginseng.



Clinical Treatment: External Medicine can also Play a Preventive Role

- Just as Youke Wu mentioned in the "Epidemic Theory" that "Exogenous febrile diseases are not contagious, but the epidemics are more contagious. Exogenous febrile diseases invade the human body through the pores, and the epidemics invade the human body from the nose and mouth."
- The ancients used many external medicines to prevent epidemics, such as hanging sachets, smoking, bathing herbs, and medicine. etc.
- Wearing a sachet filled with medicine can avoid respiratory diseases.
- Hanging sachet: choose some fragrant, easy to volatilize Chinese medicine. It can continuously release the smell of medicines to prevent the invasion of epidemics. It is one of the unique epidemic prevention measures. Most of the medicines used in order to avoid epidemics are aromatic medicines, such as Suhexiang.



苏合香



药物香囊



Clinical Treatment: Mechanism of Chinese Medicine Treatment



- Activate the patient's immune function
- Regulate the patient's immunity
- Relying on the patient's immune function against the COVID-19.



Clinical Problem of Patients in Their Recovery Stage

An online article published in The Lancet shows:

Most patients have not fully recovered for 6 months after discharge, and 76% of patients still have at least one symptom for 6 months after onset.

The most common feelings of patients are fatigue and weakness. 63% of patients reported fatigue or muscle weakness, 26% of patients reported sleep disorders, and 23% of patients reported anxiety or depression.

The lung function of the severely ill patient has not fully recovered after 6 months. Their lung functions decreased, and their chest images were abnormal.



Integration of Internal Medicine and External Treatment

- Internal medicine: Chinese medicine decoction. The medicine is classified, and the basic principle is to strengthen the body and eliminate pathogens. Some medicines dispel phlegm and dampness, some promote blood circulation and remove blood stasis, and some nourish Yin and moisturize the lungs.
- External treatment: Including acupuncture, massage, cupping, applying for medicine on acupuncture points, as well as health-preserving exercises such as Tai Chi, Ba Duan Jin, and breath adjustment.
- Integration of internal and external treatment: to restore the damaged organs and body functions.





Prevention and Control of COVID-19

- Experts of TCM quickly determined the pathogenesis of the disease:
- The combination of cold, dampness, and poison is the disease.
- By screening and summarizing the pathogenesis, the expert came up with the "Three medicines and three prescriptions", which can fully reflect the advantages of TCM

三药:

金花清感颗粒、连花清瘟胶囊、血必净注射液

三方:

清肺排毒汤、化湿败毒方、宣肺败毒方



"Patients generally take the same TCM prescription"

The fever clinics of hospitals are overcrowded, which forms the best infectious environment. Isolating the "four types" of people who are feverish, being observed, suspected, and contacted with patients. It is effective to let these four kinds of people take the same Chinese medicine prescription.





Chinese Medicine

- COVID-19 is a "non-artificial disease" in TCM theory, its incidence follows the six division law of "Treatise on Cold Damage Diseases". (Six divisions corresponding to the six stages of disease)
- COVID-19 is "viral gas" that born from the nose and mouth. It wil invade "the first immune barrier in the six division --- Tai Yang, This is a universal law.
- If CIOVID-19 invades the human body, Tai Yang will be attacked firstly. People belonging to this type of division must solidify their immune barrier and improve their resistance to the virus.
- It is recommended to take Chinese patent medicine containing Chinese medicine ingredients, especially Fang Feng Tong Sheng Powder, Chai Ge Jie Ji Decoction, and Jing Fang Bai Du Powder. Original prescriptions contain many Chinese medicinal materials and it is inconvenient to decoct. Therefore, It is strongly recommended to use Synthetic Chinese patent medicine.



Chinese Medicine

1. "Ephedra" people: stout body, rough and dry skin, insensitive to external irritation.
2. "Cassia twig" people: thin, fair complexion, moist skin, dark lips, flat abdomen, tight abdominal muscles but lack of strength.
3. "Bupleurian" people: medium figure or thin, with a dark yellow complexion, or bluish-white, or bluish-yellow, with little luster.
4. "Pinellia" people: medium or overweight figure, moist or greasy skin; have swollen, yellowish face, or lacking luster.
5. "Astragalus" people: the complexion is yellowish, yellow-white or dark yellow, lack of luster, swollen face; no brilliance in the eyes; muscles are soft, especially the abdominal muscles are soft and weak, like cotton, there is no resistance and tenderness when pressing the abdomen; the throat is not red, and the tongue is thick. The tongue coating is lubricated.
6. "Rhubarb" people: strong physique, strong muscles, red or dark lips, strong appetite, prone to abdominal distension or constipation; energetic, easy to be irritated and impulsive; prone to skin sores, acne; thick tongue.



Chinese Medicine

The Preventive Prescription for People of Six Types of Physiques

Type of Physiques	Prescription	Chinese Patent Medicine
Ephedra people	ephedra soup/pueraria lobata soup	ephedra chips
cassia twig people	cassia twig soup/Xinjia soup	cassia granules
Bupleurian people	Chaige Jieji soup/Jinfang Baidu powder	Jinfang Baidu powder/ heat cleaning granules
Pinellia people	Huoxiang Zhengqi Powder	Huoxiang Zhengqi capsule
Astragalus people	Yupingfeng Powder/ Buzhong Yiqi Decoction	Yupingfeng granules/Buzhong Yiqi pills
Rhubarb people	Fangfeng Tongsheng Powder	Fangfeng Tongsheng pills



Chinese Medicine

The Medicine Ingredients of Preventive Prescription and Recommended Dose for Adults

Preventive Prescription	Ingredients and Recommended Dose for Adults
Ephedra soup	raw ephedra 10g, cassia twig 6g, roasted licorice 3g, bitter almond 10g
Pueraria lobata soup	pueraria lobata 30g, raw ephedra 10g, cassia twig 10g, white peony 10g, roasted licorice 5g, ginger 15g, jujube 20g
Cassia twig soup	cassia twig 10g, white peony 10g, roasted licorice 6g, ginger 15g, jujube 15g
Xinjia soup	cassia twig 10g, white peony 12g, roasted licorice 6g, ginger 12g, jujube 15g, codonopsis chip 10g
Chaige Jieji soup	bupleurum 10g, pueraria lobata 30g, skullcap chip 10g, notopterygium 10g, Angelica dahurica 10g, white peony 10g, platycodon 10g, gypsum 30g, roasted licorice 6g, ginger 10g, jujube 20g
Jingfang Baidu soup	nepeta 10g, fangfeng 10g, bupleurum 10g, peucedanum 10g, notopterygium 10g, root of doubleteeth pubescent angelica 10g, fructus aurantii 10g, poria 10g, platycodon 10g, szechuan lovage rhizome 10g, roasted licorice 6g.

The Medicine Ingredients of Preventive Prescription and Recommended Dose for Adults

Preventive Prescription	Ingredients and Recommended Dose for Adults
Huoxiang Zhengqi Powder	pericarpium arecae 5g, angelica dahurica 5g, perilla 5g, poria 5g, pinellia ginger 9g, atractylodes macrocephala 10g, tangerine peel 10g, magnolia 10g, platycodon 10g, patchouli 20g, roasted licorice 10g, ginger 10g, jujube 20g
Yupingfeng Powder	raw astragalus 30g, raw atractylodes macrocephala 10g, fangfeng 10g
Buzhong Yiqi Soup	Astragalus 30g, codonopsis chip 15g, atractylodes macrocephala 10g, roasted licorice 10g, angelica 10g, tangerine peel 6g, cohosh 6g, bupleurum 6g, ginger 15g, jujube 20g
Fangfeng Tongsheng Powder	raw ephedra 10g, raw rhubarb 10g, fangfeng 10g, forsythia 15g, mint 10g, glauher's salt 5g, raw gardenia 10g, skullcap chip 10g, raw gypsum 20g, szechuan lovage rhizome 10g, angelica 10g, white peony 10g, atractylodes macrocephala 10g, nepeta 10g, platycodon 10g, talc 20g, raw licorice 10g, ginger 15g.



Prescription and Chinese Medicine

- **Preventive prescriptions:** a total of 107, involving 121 Chinese medicine materials, 11 of them are used more than 20%: **licorice, astragalus, honeysuckle, platycodon, forsythia, atractylodes lancea, fangfeng, atractylodes macrocephala, reed root, patchouli, and mulberry leaves.** The astragalus, licorice, honeysuckle, forsythia and fangfeng are the core combinations.
- **Treatment prescriptions:** a total of 115, involving 203 Chinese medicine materials, 7 of them are used more than 20%: **licorice, scutellaria, gypsum, bitter almond, ephedra, forsythia, honeysuckle.** Ephedra, bitter almond, and gypsum, licorice as the core combination.
- **Prevention of COVID-19:** Replenish Qi and solidifying the immune barrier, supplemented by clearing heat, detoxifying and eliminating dampness. The common prescriptions are Yupingfeng Powder and Yinqiao Powder.
- **Treatment:** it should include heat-clearing, detoxifying, and eliminating dampness. The common prescription is Maxing Shigan Decoction, adding astragalus and forsythia. The treatment is staged according to the progress of the disease,



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The image features a white background with two large, abstract, teal-colored shapes in the corners. One shape is in the top right corner, and the other is in the bottom left corner. Both shapes have a gradient from a lighter teal to a darker teal. The text "Thanx for Your Watching" is centered in the middle of the image.

**Thanx for
Your
Watching**