

## Traditional Chinese Medicine

This disease belongs to the category of plague in traditional Chinese medicine (TCM), caused by the epidemic pathogenic factors. According to the different local climate characteristic and individual state of illness and physical conditions, the following treatment Protocol may vary. The use of over-pharmacopoeia doses should be directed by a physician.

### **Prior to COVID-19 Confirmation**

**Clinical manifestation 1:** fatigue and gastrointestinal discomfort

**Recommended:** Huoxiang Zhengqi capsules (pills, liquid, or oral solution)

**Clinical manifestation 2:** fatigue and fever

**Recommended:** Jinhua Qinggan granules, Lianhua Qingwen capsules (granules), Shufeng Jiedu capsules (granules)

### **Clinical Treatment Of Confirmed Cases**

#### ***General lung cleansing & detoxifying decoction***

**Scope of application:** It is suitable for light, moderate and severe patients, and can be used reasonably in combination with the actual situation of patients in the treatment of critically ill patients.

**Recommended:** Ephedra (Mahuang) 9g, Processed Licorice Root (Zhigancao) 6g, Almond (Xingren) 9g, Raw gypsum (Shengshigao) 15~30g (decoct first), Cinnamon Twigs (Guizhi) 9g, Alisma (Zexie) 9g, Polyporus (Zhuling) 9g, White Atractylodes (Baizhu) 9g, Poria (Fuling) 15g, Bupleurum (Chaihu) 16g, Scutellaria baicalensis (Huangqin) 6g, and Ginger processed pinellia (Jiangbanxia) 9g, Ginger (Shengjiang) 9g, Aster (Ziyuan) 9g, Farfarae Flos (Kuandonghua) 9g, Rhizoma Belamcandae (Shegan) 9g, Asarum (Xixin) 6g, yam (Shanyao) 12g, Fructus Aurantii immaturus (Zhishi) 6g, Citrus Peel (Chenpi) 6g, Aquilegia (Huoxiang) 9g.

**Suggested use:** Traditional Chinese medicine decoction pieces for decocting in water. One dose per day, twice in the morning and evening (forty minutes after a meal), take with warm water, and three doses a course.

If conditions permit, the patient can take half a bowl of rice soup each time after taking the medicine, and can take up to one bowl if the patient has a dry tongue and is deficient in bodily fluids. (Note: If the patient does not have a fever, the amount of gypsum should be little. If having a fever or strong heat, the amount of gypsum can be increased). If the symptoms improve but do not fully recover, then take the second course of treatment. If the patient has special conditions or other underlying diseases, the prescription of the second course of treatment can be modified based on the actual situation and the medicine should be discontinued when the symptoms disappear.

**Other Sources:** *Notice on Recommending the Use of 'Lung cleansing & detoxifying decoction' in Treatment of NCP by Integrated Traditional Chinese and Western Medicine* by the Office of the State Administration of Traditional Chinese Medicine & the General Office of the National Health Commission. (2022 No.22)

### ***Mild cases***

**Clinical manifestations (set 1):** fever, fatigue, sore body, cough, expectoration, chest tightness, suffocation, loss of appetite, nausea, vomiting, sticky stools. Tongue has thin fat tooth mark or is faint red, and the coating is white thick rot or white greasy and the pulse is moisten or slippery.

**Recommended prescription:** Raw ephedra (Shengmahuang) 6g, Raw gypsum (Shengshigao) 15g, Almond (Xingren) 9g, Notopterygium root (Qianghuo) 15g, Lepidium (Tinglizi) 15g, Dryopteris (Guanzhong) 9g, (Earthworm) Dilong 15g, Herba Pycnostelmae (Xu Changqing) 15g, Aquilegia (Huoxiang) 15g, Eupatorium (Peilan) 9g, Atractylodes (Cangzhu) 15g, Poria (Fuling) 45g, Raw white Atractylodes (Shengbaizhu) 30g, Jiao Sanxian 9g each, Magnolia officinalis (Houpo) 15g, Fried betel coconut (Jiaobinglang) 9g, Chinese cardamom (Caoguo) 9g, Ginger (Shengjiang) 15g.

**Suggested use:** one dose daily, boiled with 600ml water, take it three times at morning, noon and evening before meal.

**Clinical manifestations (set 2):** low or no fever, slight chills, fatigue, heavy head and body, muscle soreness, dry cough, low phlegm, sore throat, dry mouth, do not want to drink more, or accompanied by chest tightness, no sweat or sweating, Or vomiting and loss of appetite, diarrhea or sticky stool. The tongue is reddish, and the coating is white, thick and greasy or thin yellow, and the pulse is slippery or sloppy.

**Recommended prescription:** Betel nut (Binglang) 10g, Chinese cardamom (Caoguo) 10g, Magnolia officinalis (Houpo) 10g, Anemarrhena (Zhimu) 10g, Scutellaria baicalensis (Huangqin) 10g, Bupleurum (Chaihu) 10g, Red peony (Chishao) 10g, Forsythia (Lianqiao) 15g, Artemisia annua (Qinghao) 10g (decoct later), Atractylodes (Cangzhu) 10g, Isatis Leaf (Daqingye) 10g, Raw licorice (Shenggancao) 5g

**Suggested use:** one dose daily, boiled with 400ml water, take it twice at morning and evening.

### ***Moderate cases***

**Clinical manifestations (set 1):** fever, low cough and sputum, or yellow sputum, suffocation, shortness of breath, bloating, and constipation. The tongue is dark red and fat; the coating is greasy or yellow and the pulse is slippery or stringy.

**Recommended prescription:** Raw ephedra (Shengmahuang) 6g, Bitter almond (Kuxingren) 15g, Raw gypsum (Shengshigao) 30g, Raw coix seed (Shengqiniren) 30g, Atractylodes (Cangzhu) 10g, Aquilegia (Huoxiang) 15g, Artemisia annua (Qinghao) 12g, Polygonum cuspidatum (Huzhang)

20g, Verbena (Mabiancao) 30g, Dried reed root (Ganlugen) 30g, , Lepidium (Tinglizi) 15g , Orange red (Juhong) 15g, Raw licorice (Shenggancao) 10g.

**Suggested use:** one dose daily, boiled with 400ml water, take it twice at morning and evening.

**Clinical manifestations (set 2):** low fever, low body temperature, or no heat, dry cough, low sputum, fatigue, chest tightness, nausea, or nausea. The tongue is pale or red, and the coating is white or greasy, and the veins are pulsating.

**Recommended prescription:** Atractylodes (Cangzhu)15g, Citrus Peel (Chenpi) 10g, Magnolia officinalis (Houpo) 10g, Aquilegia (Huoxiang) 10g, Chinese cardamom (Caoguo) 6g, Raw ephedra (Shengmahuang) 6g, Notopterygium root (Qianghuo) 10g, Ginger (Shengjiang) 10g, Betel nut (Binglang) 10g.

**Suggested use:** one dose daily, boiled with 400ml water, take it twice at morning and evening.

### *Severe Cases*

**Clinical manifestations (set 1):** fever, flushing, cough, yellowish phlegm, or blood in sputum, wheezing, shortness of breath, tiredness, fatigue, dryness and stickiness, nausea, food loss, poor stool, and short urination. Red tongue, yellow greasy coating, slippery pulses.

**Recommended prescription:** Raw ephedra (Shengmahuang) 6g, Almond (Xingren) 9g, Raw gypsum (Shengshigao) 15g, Licorice (Gancao) 3g, Aquilegia (Huoxiang) 10g (decoct late), Magnolia officinalis (Houpo) 10g, Atractylodes (Cangzhu) 15g, Chinese cardamom (Caoguo) 10g, Pinellia (Banxia) 9g, Poria (Fuling) 15g, Raw rhubarb (Shengdahuang) 5g (decoct late) 10g, Raw Astragalus (Shenghuangqi) 10g, Red peony (Chishao) 10g.

**Suggested use:** one or two doses daily, boiled with 100-200ml water, take it 2-4 times, oral or nasal feeding.

**Clinical manifestations (set 2):** Hot fever, thirst, shortness of breath, shortness of breath, blurred vision, or spotted rash, or vomiting blood, bleeding, or convulsions in the limbs. Tongue ridges have few or no moss, and the pulse sinks finely, or floats large and counts.

**Recommended prescription:** Raw gypsum (Shengshigao) 30-60g (decoct first), Anemarrhena (Zhimu) 30g, Raw Rehmannia (Shengdi) 30-60g, Buffalo horn (Shuiniujiao) 30g (fried first), Red Peony (Chishao) 30g , Scrophularia (Xuanshen) 30g, Forsythia (Lianqiao) 15g, Paeonia (Danpi) 15g, Coptis Rhizome (Huanglian) 6g, Lophatherum (Zhuye) 12g, lepidium seed (Tinglizi) 15g, Raw licorice (Shenggancao) 6g.

**Suggested use:** 1 dose per day, decoction, first decoct gypsum and buffalo horn, then apply other pieces, 100ml-200ml each time, 2-4 times a day, orally or nasally.

**Additional Recommended Chinese medicines:** Xiyanping injection, Xuebijing injection, Reduning injection, Tanreqing injection, Xingnaojing injection. Drugs with similar efficacy can

be selected according to individual conditions, or can be used in combination according to clinical symptoms. Traditional Chinese medicine injection can be used in combination with traditional Chinese medicine decoction.

### **Critical Cases**

**Clinical manifestations (set 1):** dyspnea, dyspnea, asthma or need mechanical ventilation, fainting, irritability, cold sweating, dark purple tongue, thick or dry moss, large floating roots.

**Recommended prescription:** Ginseng (Renshen) 15g, Heishun tablets (Heishunpian) 10g (decoct first), Cornus (Shanzhuyu) 15g, delivered with Suhexiang Pill or Angong Niuhuang Pill.

**Additional Recommended Chinese medicines:** Xuebijing injection, Reduning injection, Tanreqing injection, Xingnaojing injection, Shenfu injection, Shengmai injection, Shenmai injection. Drugs with similar efficacy can be selected according to individual conditions, or can be used in combination according to clinical symptoms. Traditional Chinese medicine injection can be used in combination with traditional Chinese medicine decoction.

### **Recommendations for using Chinese medicine injections for severe and critical cases**

The use of traditional Chinese medicine injections follows the principle of starting from a small dose and gradually adjusting the dosage according to the instructions of the drug. The recommended usage is as follows:

- Viral infection or combined mild bacterial infection: 0.9% sodium chloride injection 250ml plus Xiyanping injection 100mg bid, or 0.9% sodium chloride injection 250ml heated injection 20ml, or 0.9% sodium chloride injection 250ml plus Tanreqing injection 40ml bid.
- High fever with altered consciousness: 250ml of 0.9% sodium chloride injection and 20ml bid of Xingnaojing injection.
- Systemic inflammatory response syndrome or/and multiple organ failure: 250ml of 0.9% sodium chloride injection and 100ml of Xuebijing injection.
- Immunosuppression: 250ml of 0.9% sodium chloride injection and 100ml bid of Shenmai injection.
- Shock: 250ml of 0.9% sodium chloride injection plus 100ml bid of Shenfu injection.

### ***Convalescent Cases***

**Clinical manifestations (set 1):** convalescent state, shortness of breath, fatigue, fatigue, anorexia, nausea, fullness, weak stool, and uneasiness. The tongue is pale and greasy.

**Recommended prescription:** French Pinellia (Fabanxia) 9g, Citrus Peel (Chenpi) 10g, Codonopsis (Dangshen) 15g, Processed Astragalus (Zhihuangqi) 30g, Stir-fried Atractylodes (Chaobaizhu) 10g, Poria (Fuling) 15g, Aquilegia (Huoxiang) 10g, Amomum villosum (Sharen) 6g (decoct later), and Licorice (Gancao) 6g

**Suggested use:** 1 dose per day, boiled with 400ml of water, twice a day at morning and evening.

**Clinical manifestations (set 2):** convalescent state, fatigue, shortness of breath, dry mouth, thirst, palpitations, sweating, poor appetite, low or no lever, dry cough and little sputum; dry tongue, fine or weak pulses.

**Recommended prescription:** North and south radix salviae (Nanbeishashen) 10g, Ophiopogonis (Maidong) 15g, American ginseng (Xiyangshen) 6g, Schisandra (Wuweizi) 6g, Raw gypsum (Shengshigao) 15g, Lophatherum (Zhuye) 10g, Mulberry leaves (Sangye) 15g, Reed root (Lugen) 15g, Salviae miltiorrhiza (Danshen) 15g, Raw liquorice (Shenggancao) 6g.

**Suggested use:** 1 dose per day, boiled with 400ml of water, twice a day at morning and evening.