

## Treating COVID-19 with Chinese Medicine in UK

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### ABSTRACT

The author has been using Chinese herbal medicine to treat people via video call consultations through the pandemic, with good success. She has carefully observed, analysed, classified and summarized the symptoms. She had highlighted that the covid virus does not only affect the function of the lung, but also affects the function of the spleen, heat, liver and Kidney.

She has mainly seen the following four types of disease: Suspected Covid-19, Covid-19 mild case, Post virus syndromes and Covid-19 related stress syndrome. She has created treatment principles and selected suitable prescriptions for each Zhuang Fu system, according to the different symptoms and differentiations; giving great guidance to clinical practice and study.

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I have spent the past 12 months fighting COVID-19 using Chinese Medicine in the UK. From the beginning, in searching and differentiation, to treating the different symptoms of COVID-19 virus infection, according to TCM theory, “responding to shifting events with a fundamental principle,” we have gained satisfying results.

### The Types of Disease

#### Suspected Covid-19

High temperature, cough, blocked nose, blocked ears, abdominal pain, vomiting, diarrhea, constipation.

Blood shot red eyes, nose bleeding, lost of sense of smell and taste, blood stasis spots and patches etc.

These patients, because there were a lack of PCR tests, they did not have a positive test result. Thus, suspected Covid-19.

#### Covid-19 Mild Cases

Constantly high temperature, Stu Ben cough, tight and extreme chest pain, loss of sense of smell and taste, shortness of breath, can't sleep at night, extremely tired, aversion to cold, shivering, aching muscles.

PCR test positive, but don't have to go to ICU, thus, Covid-19 mild cases.

#### Post Virus Syndromes

Extremely tired, aching all over the body, stiffness of neck, heavy head, low mood, panic, unsafe feeling, sleeping too much or insomnia, dream a lot, forgetfulness, inability to concentrate, dry and puckery eyes, tinnitus, tight chest, shortness of breath, nausea, vomiting, constipation or diarrhoea

#### Covid-19 Related Stress Syndrome

Panic, palpitations, insomnia, tiredness, low mood, tearful, eczema, skin rashes, rown spots patches on legs, numbness of limbs, lips and face, facial paralysis, deviated tongue, depressed, wandering mind, confusion in thinking, mental health disorders

### Clinical Symptoms During the Epidemic

	Covid 19 Infection			Covid-19 related
Symptoms	Supected cases	Mild cases	Post virus syndromes	
PCR test	N/A	Positive	阴性 Negative	N/A
Zang FU	Symptoms			Covid-19 related stress syndrome
Lung	Repeated high temperature, constant cough, blocked nose, sneezing, running nose, Redness and swollen sore throat, nosebleeding, loss of sense of smell	Tight chest, shortness of breath		
Liver	Blood shoot red eyes irritable	Mood disorder, Dry and puckery eyes		Depressed, irritable, angry, numbness of limbs, lips and face, facial paralysis
Heart	Insomnia, dream a lot, forgetfulness, brown spots and patches, swelling and pain in the toes	Dream a lot, forgetfulness, Inability to concentrate, sleeping too much or insomnia inability to concentrate		Depressed, happy and sad, crying, nightmares, memory loss, trance, confusion, mental health disorders
Spleen	Abdominal pain, vomiting, diarrhea, constipation, taste disorders, muscle ache, extreme fatigue	Extremely tired, can't carry on work, aching all over the body, stiffness of neck, heavy head, nausea, vomiting, constipation		Extremely tired, no motivation
Kidney	Blocked ears, tinnitus, deafness, hair loss, irregular menstruation, dysmenorrhea, amenorrhea			

### Causes and Pathogenesis

External cause: Damp - toxic evil of plague

Internal cause: Lung Qi deficiency

Failing in consolidation of Wei Qi

Location of the disease is in Lung, affects the function of Spleen, Heart, Liver and kidney.

Meanwhile, if the functions of spleen, heart, liver and kidney are out of balance, can affect the level of severeness of the plague evil Qi invading the lung Qi.

### Treatment method with Chinese Medicine

Differentiation and Prescription			
Five Zang	Treatment principle	Symptoms	Prescription
Lung	Expelling Lung and dispersing pathogenic factors, soothe chest and regulate Qi, opening nostrils.	High temperature	Lian Hua Qing Wen Jiao Nang
		Wind-cold, Aversion to cold, Shiver	Ma Huang Tang
		Wind-heat, Sore throat	Sang Ju Yin, Yin Qiao San
		Cold wrapping heat, External cold, internal heat, thick yellow phlegm	Ma Xing Shi Gan Tang
		External cold, internal cold, white, thin, phlegm	Xiao Qing Long Tang
		Blocked nose, loss of sense of smell	Fang Feng Xin Yi Wan

### Treatment method with Chinese Medicine

Differentiation and Prescription			
Five Zang	Treatment principle	Symptoms	Prescription
Spleen	Strengthen spleen, harmonize stomach	Muscle aches and pains	Jiu Wei Qiang Huo Tang, Huo Zhu Wan
		Vomiting, diarrhea, abdominal pain	Huo Xiang Zheng Qi Wan, Xiang Sha Liu Jun Wan
Liver	Soothe Liver Qi promote blood circulation, relieve pain	Chest tightness, palpitation	Chest tightness, palpitation
		Chest pain like thorns	Xue Fu Zhu Yu Tang
		Alternating spells of fever and chill, pain in rib region	Xiao Chai Hu Tang

Differentiation and Prescription			
Five Zang	Treatment principle	Symptoms	Prescription
Heart	Tonifying blood, Nourishing and calming Shen and settling the mind	Insomnia, forgetfulness	Gui Pi Tang
		Heart palpitations, rapid heartbeat	Suan Zao Ren Tang
Kidney	Tonifying the kidney and absorbing qi, Nourishing water, moistening wood	Feeling sad, tearful	Gan Mai Da Zao Tang
		Shortness of breath	Qi Wei Du Qi Wan
		Cough with blood, phlegm, chest pain	Zi Yin Wan, Jia Wei Xiao Yao Wan

### Typical Cases

#### 1, Sore Throat

Yu F University Student (We Chat video call consultations)  
1<sup>st</sup> video call: 22<sup>nd</sup> April 2020

Chief complaint: Severe sore throat 4 weeks.

Current history: Yu has described that since March this year, she has had a severe sore throat, with red and swollen tonsils, feeling blocked in the throat in the morning, accompanied with painful and swollen gums, constantly high temperature, acne on the face, depressed, poor sleep, eating well, constipated.

She is allergic to the penicillin, by herself she took Lian Hua Qing Wen Jian Lang, the gum swelling has gone, but still has severe sore throat, hyperanemia with white pus patches, red lips, red tongue with a thin yellow coat.

#### Differentiation

Wind-heat invade lung, toxic heat stagnated in the lung, unsoothed in the throat.

Treatment principle: expel wind heat, detoxing and soothe throat.  
Chinese herbal prescription: Lian Qiao 8g, Ban Lan Gen 8g, Ye Ju Hua 8g, Sang Ye 8g, Fang Feng 8g, Chi Shao 8g, Bai Mao Gen 8g, Shan Dou Den 8g, Pang Da Gai 10g, she Bei Mu 8g, Bo He 8g, Jie Geng 8g

Concentrated Chinese herbal powder, 100g/ week .  
7 g each time, twice a day, dissolve it in hot water. Drink after meal.

2<sup>nd</sup> video call: 8th May 2020

Throat redness, swelling and soreness are better, temperature is normal, but still has hyperaemia with a blister, loose stool, red tongue with white greasy coat.

The wind is expelled, there is excessive damp heat.

Treatment principle: Clearing heat, eliminating dampness, detoxify and soothe the throat.

Chinese herbal prescription : Ze Xie 8g, Che Qian Cao 8g, Ban

Lan Gen 8g,  
Dan Zhu Ye 10g, Lian Qiao 8g, Bai Mao Gen 10g, Yi Yi Ren 8g,  
Chi Shao 8g,  
Dan Shen 8g, Shan Dou Gen 8g, She Gan 8g, Bo He 8g

#### Concentrated Herbal Powder 100g/week.

3<sup>rd</sup> video call: 14th May 2020

Throat is less swollen and painful in the morning when waking up, getting more comfortable, feeling 40% better, mood and spirit are recovering to normal, bowels are regular.

Continue to take the above prescription for 1 week.

4<sup>th</sup> video call: 7th June 2020

Throat is still red and swollen with a white spot, need to cough to soothe the throat, slight constipation.

For us on soothing the throat.

Chinese herbal prescription: Shan Dou Gen 8g, She Gan 8g, Niu Bang Zi 8g, Jie Geng 8g, Gan Cao 8g, Ji Xue Teng 8g, Ze Lan 10g, Chi Shao 8g, Mu Dan Pi 8g. Cuan Shen 8g, Yu Jin 8g, Chi Fu Ling 8g .

#### Concentrated Herbal Powder 100g/week.

5<sup>th</sup> video call: 13th June 2020

Sore throat is better in the mornings.

Continue to take the above prescription for 1 week.

6<sup>th</sup> video call: 21st June 2020

Sore throat and swelling in the throat are getting better.

Continue to take the above prescription for 1 week.

7<sup>th</sup> video call: 26th June 2020

Sore throat and all other symptoms are getting better.

Continue to take the above prescription for 1 week.

8<sup>th</sup> Video call: 4th July 2020

Throat is a lot better, feeling lively, a slight discomfort in the

morning.

Continue to take the above prescription for 1 week.

On 1<sup>st</sup> August 2020, Yu sent a message: Sore throat has more or less completely gone. Don't need to take more medicine.

## 2, Cough

Bozhu M Middle eastern

His daughter represented him on his behalf to see me

First visit: 24<sup>th</sup> April 2020

**Chief complaint:** Cough asthma and high temperature for 1 week.

Current medical history: This patient has history of asthma for over 10 years, in the last week the cough and asthma became worse, yellow phlegm, tight and painful chest, sneezing a lot, aching all over the body, body temperature 38 degrees centigrade.

**PCR Test:** Positive

He is diabetic, easily tired, sleep ok, appetite is normal, regular bowels, thirsty, red tongue thin yellow coat.

## Differentiation

Wind heat with heat phlegm, lung Qi fails in descending.

Treatment principle: Expel wind heat, promote the dispersing function of the lung, resolve phlegm, stop cough and release asthma.

## Chinese Herbal Prescription

Zi Yuan 10g, She Gan 8g, Pi Pa Ye 10g, Fang Feng 8g, Chang Er Zi 8g, Guan Lou pi 8g, Bei Sha Shen 8g, Nan Sha Shen 8g, Zhe Bei Mu 8g, Fu Ling 8g, Lai Fu Zi 8g, Bai Bu 8g

Concentrated herbal Powder 100g / week.

7 g each time, twice a day, dissolve it in hot water, drink after meal.

Lian Hua Qing Wen Jian Lang 2 boxes.

4 capsules each time, 3 times a day.

2nd visit: 4th May 2020

Cough and all other symptoms are better, temperature is normal. Continue to take the above prescription.

3rd visit: 16th May 2020

Bozhu's daughter came and told me, his cough has all cleared, long term asthma and tightening chest are also all gone.

**PCR test:** Negative.

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