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

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Covid 19 Infection</th>
<th>Covid-19 related syndromes</th>
</tr>
</thead>
<tbody>
<tr>
<td>PCR test</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Zang FU</td>
<td>Symptoms</td>
<td>Covid-19 related stress syndrome</td>
</tr>
<tr>
<td>Lung</td>
<td>Repeated high temperature, constant cough, blocked nose, sneezing, running nose, Redness and swollen sore throat, nosebleeding, loss of sense of smell</td>
<td>Tight chest, shortness of breath</td>
</tr>
<tr>
<td>Liver</td>
<td>Blood shoot red eyes irritable</td>
<td>Mood disorder, Dry and puckery eyes</td>
</tr>
<tr>
<td>Heart</td>
<td>Insomnia, dream a lot, forgetfulness, brown spots and patches, swelling and pain in the toes</td>
<td>Dream a lot, forgetfulness, inability to concentrate, sleeping too much or insomnia inability to concentrate</td>
</tr>
<tr>
<td>Spleen</td>
<td>Abdominal pain, vomiting, diarrhea, constipation, taste disorders, muscle ache, extreme fatigue</td>
<td>Extremely tired, can't carry on work, aching all over the body, stiffness of neck, heavy head, nausea, vomiting, constipation</td>
</tr>
<tr>
<td>Kidney</td>
<td>Blocked ears, tinnitus, deafness, hair loss, irregular menstruation, dysmenorrhea, amenorrhea</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Five Zang</th>
<th>Treatment principle</th>
<th>Symptoms</th>
<th>Prescription</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung</td>
<td>Expelling Lung and dispersing pathogenic factors, soothe chest and regulate Qi, opening nostrils.</td>
<td>High temperature</td>
<td>Lian Hua Qing Wen Jiao Nang</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wind-cold, Aversion to cold, Shiver</td>
<td>Ma Huang Tang</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Winf-heat, Sore throat</td>
<td>Sang Ju Yin, Yin Qiao San</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cold wrapping heat, External cold, internal heat, thick yellow phlegm</td>
<td>Ma Xing Shi Gan Tang</td>
</tr>
<tr>
<td></td>
<td></td>
<td>External cold, internal cold, white, thin, phlegm</td>
<td>Xiao Qing Long Tang</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Blocked nose, loss of sense of smell</td>
<td>Fang Feng Xin Yi Wan</td>
</tr>
</tbody>
</table>
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</tr>
</thead>
<tbody>
<tr>
<td>Spleen</td>
<td>Strengthen spleen, harmonize stomach</td>
<td>Muscle aches and pains</td>
<td>Jiu Wei Qiang Huo Tang, Huo Zhu Wan</td>
</tr>
<tr>
<td></td>
<td>Sooth the Liver Qi promote blood circulation, relieve pain</td>
<td>Vomiting, diarrhea, abdominal pain</td>
<td>Huo Xiang Zheng Qi Wan, Xiang Sha Liu Jun Wan</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chest tightness, palpitation</td>
<td>Chest tightness, palpitation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chest pain like thorns</td>
<td>Xue Fu Zhu Yu Tang</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Alternating spells of fever and chill, pain in rib region</td>
<td>Xiao Chai Hu Tang</td>
</tr>
</tbody>
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</tr>
</thead>
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<tr>
<td>Liver</td>
<td>Tonifying blood, Nourishing and calming Shen and settling the mind</td>
<td>Insomnia, forgetfulness</td>
<td>Gui Pi Tang</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Heart palpitations, rapid heartbeat</td>
<td>Suan Zao Ren Tang</td>
</tr>
<tr>
<td>Heart</td>
<td></td>
<td>Feeling sad, tearful</td>
<td>Gan Mai Da Zao Tang</td>
</tr>
<tr>
<td>Kidney</td>
<td>Tonifying the kidney and absorbing qi, Nourishing water, moistening wood</td>
<td>Shortness of breath</td>
<td>Qi Wei Du Qi Wan</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cough with blood, phlegm, chest pain</td>
<td>Zi Yin Wan, Jia Wei Xiao Yao Wan</td>
</tr>
</tbody>
</table>

Typical Cases

1, Sore Throat
Yu F University Student (We Chat video call consultations)
1st video call: 22nd 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 Shao8g, Bai Mao Gen 8g, Shan Dou Den8g, Pang Da Gai 10g, she Bei Mu 8g, Bo He 8g, Jei Gung 8g
Concentrated Chinese herbal powder, 100g/week.
7 g each time, twice a day, dissolve it in hot water. Drink after meal.

2nd video call: 8th May 2020
Throat redness, swelling and soreness are better, temperature is normal, but still has severe sore throat, hyperanemia with a white spot, need to cough to soothe the throat, slight constipation.

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.
3rd 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.

4th video call: 7th June 2020
Throat is still red and swollen with a white spot, need to cough to soothe the throat, slight constipation.
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.
5th video call: 13th June 2020
Sore throat is better in the mornings.
Continue to take the above prescription for 1 week.

6th video call: 21st June 2020
Sore throat and swelling in the throat are getting better.
Continue to take the above prescription for 1 week.

7th video call: 26th June 2020
Sore throat and all other symptoms are getting better.
Continue to take the above prescription for 1 week.

8th 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 1st 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: 24th 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.