SOUND SCIENCE AND ANCIENT WISDOM: TREATMENT PROTOCOL FOR COVID-19

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Sources
CGTN ON LINE THINK TANK DR. S FROM WUHAN, GUANZHONG, US, UK, PAKISTAN, AFGHANISTAN, CANADA MARCH 25 & 29 2020
PREVENTION AND TREATMENT OF COVID-19 IS BASED UPON CLASSICAL TCM

The four canonical works of Traditional Chinese medicine, Huang Di Nei Jing, Shan Hun Lun, Jin Gui Yao Lue, and Wen Bing Xue.
Documented 320 large scale epidemics in China over the last 2000 years

Zhang Zhongjing lost a large part of his family to one and devoted his life to the study of

Cold Induced Febrile diseases
UNDERSTANDING THE SHAN HUN LAN

- The Six stages analyses disease based on the relative strength of the Right Qi and the strength of the Evil Qi

- Cold damage diseases are constantly changing and reflect the relative strength of the right Qi and the strength of the evil

- Tai Yang  
  External disease - Damp Cold Evil in the case of coronavirus

- Shao Yang

- Yang Ming  
  1/2 external 1/2 internal

- Tai Yin  
  Internal - pneumonia stage

- Shao Yin

- Jue Yin  
  Internal Cytokine storm
The major difficulty in understanding the Shan Hun Lan approach is to correctly identify the pattern or stage the disease is in. Each disease has a pattern all it’s own.

The major evil in Coronavirus is cold and damp

The fever is not from external heat but rather from internal heat generated by the body’s reaction to the disease

Five stages to COVID-19
TREATMENT PRINCIPLES

- Fortify the Right Qi - tonify Spleen Qi, wei Qi, calm spirit, Qing Qi
- Open and disperse the lungs
- Clear Heat and toxins (reduce fever) Ma bian cao, jin yin hua, Da Zhui, Ba feng, Li11, etc.
- Expel cold evil (warming herbs, warm, drinks etc.)
- Stop cough - shi gao
- Drain damp - aromatic drain damp, Huo xiang, Bai zhu avoid milk, cold drinks, fruit
STAGES OF COVID-19 TREATMENT

- Prevention Wei Qi Level
- Mild Cases (approx. 80%) Qi Level damage
- Moderate Cases Ying Qi level
- Severe Cases Blood Level
- Recovery
TCM CANNOT CURE COVID-19

- But we can buy time for the patient’s wei qi to get on top of it
- Fight the evil externally with sound social distancing and preventive measures
- Strengthen the Right Qi - every disease is a battle between the right Qi and the evil Qi - support the right and expel the evil
- Build community not hospitals
- 4900 TCM doctors are now supporting the efforts of western doctors in China
- 600,000 bags of herbs currently handed out in Wuhan
- Anti-virals ie. ban lan gen don’t work just like us these herbs have evolved no defenses this virus is brand new on the planet. Must treat symptoms to buy time.
The only cure for COVID-19 is prevention and prevention is education.

Treating the disease before it occurs

- Severe Social Distancing
- Whole population wearing masks, gloves
- Soap kills viruses
- Build a Better Wei Qi
- Fumigation Moxa, Cang Zhu
- Yu Ping Feng San
Countries that started social distancing and wearing masks early managed to flatten the curve
SOAP CAUSES THE LIPID ENVELOPE AROUND VIRUSES AND CERTAIN BACTERIA TO LITERALLY EXPLODE THUS DESTROYING THE VIRUS
TONIFY THE RIGHT QI EXPEL THE EVIL
BUILDING A BETTER WEI QI

- **Gu Qi** = Diet & Exercise, Tai Chi

- **Qing Qi** = Qi Breathing & Healing Sounds  
  Sun Si Miao “Prescriptions from the golden cabinet”

- **Yuan Qi** = Address post heaven jing and reduce stress hormones with meditation

- **Zheng or Righteous Qi** = Gu+Qing+Yuan Qi

- **Zheng Qi** creates **Ying Qi** and **Wei Qi**
HERBAL FUMIGATION

a. Fumigation with moxa in the room, 1-5 g/m² for 30 min per day. (I thought Dr. Ding’s suggestion of Cang Zhu quite clever)
This is to be done in conjunction with good disinfectant practices. Moxa is the same herb that Chinese medicine earned a Nobel Prize a few years ago for use in the treatment of malaria. In this case for fumigating an area where there has been illness the Chinese have burned it as a method of fumigation.

b. Wearing perfumed Chinese herb bags using:
Ding Xiang clove,
Jing Jie fineleaf schizonepeta herb,
Zi su zi Perilla frutescens,
Bai Zhu atractylodes lancea,
Rou Gui cinnamon,
Xin yi hua biond magnolia flower,
Xi Xin Asarum sieboldii, and
Bai Dou Kou Elettaria cardamomum, 2 g for each, crushed into powder and put it into bags for external use, change a new one every 10 days).

Home made perfume bags can be made from common ingredients you may have around the house.
Take an equal mixture of cloves, cinnamon, dried ginger and cardamon. Going up and put in a muslin bag or tea bag. Carry around in your pocket and let the aroma remind you to wash your hands.

c. Prescription of Chinese Herbs for Feet Bath
Moxa AI ye artemisia vulgaris 10 g,
Hong Hua Safflower carthamus 10 g, and
Gan Jiang 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.
Yu Ping Feng San

Modified Jade Wind Screen

Huang Qi 黄芪 (Radix Astragali) 15g,
Bai Zhu 炒白术 (Rhizoma Atractylodis Macrocephalae), dry fried
10g Fang Feng 防风 (Radix Saposhnikoviae) 10g
Mian Ma Guan Zhong 贯众 (Rhizoma Dryopteridis
Crassirhizomatis) 10g Jin Yin Hua 金银花 (Flos Lonicerae
Japonicae) 10g
Chen Pi 陈皮 (Pericarpium Citri Reticulatae) 6g
Pei Lan 佩兰 (Herba Eupatorii) 10g

Suitable for: Prevention of pneumonia due to viral infections, and
the flu.

Another Variation (depends upon presentation and herb
availability)

Huang Qi Astragalus Mongholicus 12 g,
Bai Zhu roasted rhizoma Atractylodis Macrocephalae 10 g,
Fang feng Saposhnikovia Divaricata 10 g,
Guan Zhong Cyrtomium fortunei 10 g,
Lian Qiao honeysuckle 10 g,
Chen Pi dried tangerine or orange peel 6 g,
Pei Lan eupatorium 10 g, and
Gan cao licorice 10 g.
WARM FOODS, WARM DRINKS, WARM AROMATIC DRAIN DAMP HERBS

Medical tea: Zi Su Ye perilla leaf 6 g, Hou Xiang Agastache leaf 6 g, Chen Pi dried tangerine or orange peel 9 g, Cao Guo 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.

Ginger, honey and lemon tea
Black teas not green

Warm foods, warm teas, warm herbs the warmth helps to reduce damp

Jook warm wet breakfast helps to drain damp
23 provinces in China issued TCM programs. For prevention of COVID-19,

The main principles of TCM were to tonify qi to protect from external pathogens, disperse wind and discharge heat, and resolve dampness.

Yu Ping Feng San & variations. The most frequently used herbs included Radix astragali (Huangqi), Radix glycyrrhizae (Gancao), Radix saposhnikoviae (Fangfeng), Rhizoma Atractylodis Macrocephalae (Baizhu), Lonicerae Japonicae Flos (Jinyinhua), and Fructus forsythia (Lianqiao).

Conclusions

Based on historical records and human evidence of SARS and H1N1 influenza prevention, Chinese herbal formula could be an alternative approach for prevention of COVID-19 in high-risk population. Prospective, rigorous population studies are warranted to confirm the potential preventive effect of CM.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7088641/
Quarantined in makeshift hospitals (not just self isolate)

- Clinical symptoms 1: When damp predominates hypodynamia (low energy) accompanied by gastrointestinal upset. It can manifest as sinus congestion. Peculiar transient migrating reactive tender cervical lymph nodes. It can cause loose stools, stomach upset and diarrhea - with GI effects noted in nearly 50% and some with only GI symptoms. News reports of loss of sense of smell or taste being only symptoms. (Family Practice MD) Upper respiratory symptoms, nasal / sinus congestion (5-25%) GI symptoms (10%; usually before respiratory symptoms)

- Clinical symptoms 2: When Heat predominates hypodynamia (low energy) and fever. Clinical presentation: non-specific, flu-like illness; Fever (44-98%), Cough (46-82%), Shortness of breath (20-64%)

(from Brigham & Womens Hospital Boston)
Cold herbs may worsen symptoms

Fever is internal heat not external, treat the cold with warm aromatic herbs to expel cold and drain damp

Caution against using anti-inflammatories with Coronavirus.

France’s health minister on Saturday said people should not use anti-inflammatory drugs if they have coronavirus-like symptoms because it could worsen their condition. This has not been proven scientifically but if your body can tolerate tylenol that might perhaps be a safer choice for lowering a fever until more is known.

See
"Taking anti-inflammatory drugs (ibuprofen, cortisone ...) could be an aggravating factor for the infection. If you have a fever, take paracetamol," Oliver Veran said on Twitter.

WHEN DAMP PREDOMINATES

- Use warming and aromatic herbs to drain damp and fight cold
- Ping wei san
- Gui Zhi Tang
- Huoxiang Zhengqi wan capsules (ball, liquid, or oral liquid).
WHEN HEAT PREDOMINATES

- Jinhua Qinggan granules,
- Lianhua Qingwen Capsules (granules),
- Shufeng Jiedu capsules (granules), or
- Fangfeng Tongsheng pills (granules).
ACUPUNCTURE TREATMENT FOR SUSPECTED CASES:

- The purpose is to strengthen the immune system fortify the Right Qi

- to help alleviate early symptoms, and to shorten the duration of the virus.

- Points: Bilateral Zusanli (ST 36), Qihai (CV 6), Zhongwan (CV 12)

  Method and Frequency:

  - Moxa Zusanli (ST 36) on both sides for 15 minutes. Moxa Qihai (CV 6) or Zhongwan (CV 12) for 10 minutes. (alternating from treatment to treatment).

  - 10 needles technique strengthen the wheel of the cart - Ren 12, 13, 10, 6, St 25, St 36, PC 6
MODERATE CASES
YANG MING QI LEVEL

• High fever, Severe Inflammatory response, S.O.B.
• 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:
Therefore, the therapeutic logic is clearing heat and detoxicating. And the recommended prescription comprises of:

Xing Ren Almond 10 g,  
Shi Gao Gypsum 30 g (predecoction), Note: pre-decoct means to cook by itself before adding to the rest  
Gua lo Trichosanthes kirilowii 30 g,  
Da Huang Rhubarb 6 g (end addition),  
Ma Huang Ephedra with honey fried 6 g,  
Ting Li Zi Semen lepidii 10 g,  
Tao Ren Peach kernel 10 g,  
Cao Guo Amomum tsao-ko 6 g,  
Bing Lan Areca-nut 10 g, and  
Bai Zhu Atractylodes lancea 10 g above yielded decoction.

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

Herbal Formula: 银翘散加清瘟败毒散加减

Yin Qiao San (Honeysuckle and Forsythia Powder)  
Qing Wen Bai Du San (Clear Epidemics and Overcome Pathogenic Influences Powder), modified) Flu Formula #2流感2号

Herbal Formula: 小柴胡汤合三仁汤或甘露消毒丹 (Xiao Chai Hu Tang (Minor Bupleurum Decoction) with San Ren Tang(Three-Nut Decoction) or Gan Lu Xiao Du Dan (Sweet Dew Special Pill to Eliminate Toxins)) Pneumonia Formula #1肺炎1号
ZHONG NANSHAN IS CHINA’S ANTHONY FAUCI

Using AI across hundreds of Chinese hospitals testing many formulas
QING FEI PAI DU TANG
WHEN THE RIGHT QI IS PRESERVED
THE EVIL HAS NO PLACE TO HIDE

- Herbal Formula by Committee aided by AI
- Clear the Lungs and Eliminate Toxins
- Combination of 4 formulas from the Shan Hun Lun
  - Maxing Shi gan Tang
  - She Gan Ma Huang Tang
  - Xiao Chai Hu Tang
  - Wu Ling San
- Substitutes for Mahuang and Xi Xin
  - Jing Jie, Fang Feng, Bai Qian, Zi Su Ye, Qiang Huo, Jie Geng
- Also can use Ge Gen Tang, Xiao Qing long Tang, Gui Zhi Tang, Fu Ling, Bai Zhu, Shi Gao
QING FEI PAI DU TANG

THE CURRENT MODIFIED FORMULA IS CALLED QINGFEI PAIDU DECOCTION (QPD) CONCOCTION AND IT’S INGREDIENTS ARE LISTED AS:

- Ma Huang Ephedrae Herba, 9g
- Zhi Gan Cao Glycyrrhizae Radix et Rhizoma 6g
- Huang Qi Praeprata cum Melle,
- Xing Ren Armeniaca Semen Amarum, 9g
- Shi Gao Gypsum Fibrosum, 15-30g
- Gui Zhi Cinnamomi Ramulus, 9g
- Ze Xie Alismatis Rhizoma, 9g
- Zu ling Polyporus, 9g
- Bai Zhu Atractylodis 9g
- Macrocephalae Rhizoma,

- Fu Ling Poria, 15g
- Chai Hu Bupleuri Radix, 16g
- Huang Qin Scutellariae Radix, 6g
- Ban Xia Pinelliae Rhizoma 9g
- Sheng Jiang Praepratum cum Zingibere et Alumine, 9g
- Shen Jiang Zingiberis Rhizoma Recens,
- Zi Wan Asteris Radix et Rhizoma, 9g
- Kuan Dong Hua Farfarae Flos, 9g
- She Gan Belamcandae Rhizoma, 9g
- Xi Xin Asari Radix et Rhizoma, 6g
- Shan Yao Dioscoreae Rhizoma, 12g
- Zhi Shi Aurantii Fructus Immaturus, 6g
- Chen Pi Citri Reticulatae Pericarpium, 6g
- Huo Xiang Pogostemonis Herba. 9g
• 74,787 cases of confirmed COVID-19 used TCM
• 1664 confirmed cases given Qing Fei Pai Du Tang
• Report 90-91% had no worsening of symptoms
90% cure is misleading!

15.7% of patients without TCM get worse

Only 10% of patients with TCM

The actual improvement with TCM is 5.7%. This is still statistically significant, justifying large scale random controlled trials. These are currently underway.
MODERATE CASES USE ANY TREATMENTS THAT:

- ventilate the lungs
- release the exterior
- clear heat and phlegm
- drain damp
SEVERE CASES
YING QI LEVEL OR BLOOD LEVEL

- Cytokine Storm
  - Shaoyang
  - Tai Yin
  - Shaoyin
  - Jueyin

- Severe stage patient needs to be on steroids, oxygen therapy or on a ventilator. At this level western medicine can save lives in some cases.

- TCM still use injectables but of unknown efficacy

- Drain damp Rub Sp. 9
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.

Three Yellows and Gypsum decoction,
Fresh Ginger Shang Jiang Powder, and Toxin-Resolving Blood-quickening decoction.
Toxin-Resolving Blood-quickening decoction. Its composition comprises of:
- Ma Huang Ephedra with honey fried 10 g,
- Xing Ren Almond 10 g,
- Shi gao Gypsum 20-30 g,
- Chan Tui Periostracum cicada 10 g,
- Jiang Can Bombyx batryticatus 10 g,
- Jiang Huang Tumeric Rhizoma curcumae longae 10 g,
- Da huang Rhubarb stir-fried with wine 10 g,
- Huang Qin Scutellaria baicalensis 10 g,
- Huang Lian Coptis chinensis 5 g,
- Lian Qiao (? extract) Phillyrin 15 g,
- Dang Gui Angelica sinensis 10 g,
- Tao Ren Peach kernel 10 g,
- Bai Shao Radix paeoniae rubra 15 g, and
- She Di Huang Rhizome of rehmannia 15 g above yielded decoction.

The recommended Chinese patent medicines are the:
- Xiyanping injection,
- Xuebijing injection,
- Qingkailing injection, or
- Angong Niuhuang pills. (extremely expensive)
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

Ren Shen Ginseng 15 g,
Aconitine 10 g (predecoction), and
Shan zu you Cornus officinalis 15 g
above yielded decoction, and
both taken with fluid Suhexiang pills or Angong Niuhuang pills. (extremely expensive)
The recommended Chinese patent medicines are
Xuebijing injection, Shenfu injection, or Shengmai injection.
RECOVERY STAGE

- Recovery-stage presents as Lung and Spleen Qi deficiency.
- And/or as a deficiency of Qi and Yin
- Tony Yang and Qi
TREATMENT STRATEGY: TONIFY QI, NOURISH YIN, TONIFY LUNG AND OPEN THE COLLATERALS

**Herbal Formula:** 萧参麦冬汤 (Sha Shen Mai Dong Tang (Glehnia and Ophiopogonis Decoction)) Pneumonia Formula #5 肺炎5号

**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: Ban Xia Rhizoma pinellinae praeparata 9 g, Chen Pi Dried tangerine or orange peel 10 g, Dang Shen Codonopsis pilosula 15 g, Huang Qi Radix astragali preparata 30 g, Fu Ling Poria cocos 15 g, Huo Xiang Agastache rugosus 10 g, and Sha Ren Cardomon Fructus amomi 6 g (end addition) above yielded decoction. In addition, the recommended Chinese patent medicines are the pill of costus and amomum with six noble ingredients.

**Acupuncture Treatment for The Recovery Phase:**
The Purpose is restore Lung and Spleen functions and the body’s **zheng** (upright) qi.
**Points:** Bilateral Dazhui (GV 14), Geshu (BL 17), Feishu (BL 13), Zusanli (ST 36) or Kongzui (LU 6). **Method and Frequency:**
Moxa all points for 15 minutes. Once a day.
TCM NO LONGER BELONGS TO CHINA
TCM NOW BELONGS TO THE WHOLE WORLD
Any questions? need references?
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