



Centrum für Therapiesicherheit in der Chinesischen Arzneitherapie

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In this special edition of the CTCAletter, we present the latest treatment recommendations from the Chinese health authorities for the management of COVID-19 using Traditional Chinese Medicine (TCM) therapies. The text was kindly translated into German by Nina Zhao-Seiler, Zurich and subsequently translated into English.

Traditional Chinese Medicine (TCM) Treatment Recommendations for COVID-19

Preface

This is an excerpt from a document issued by the national Chinese health authorities. It was published on March 3, 2020, and at the time this translation was completed it represented the most current version in force.

The document contains 23 pages of official guidelines and recommendations for the diagnosis and treatment of COVID-19.

In this text, I have summarized the authorities' announcement regarding the publication and translated Chapter 4, which describes the recommended TCM treatment. In order to illustrate how these TCM treatment recommendations are integrated into conventional medical treatment, I have also included the titles of the remaining chapters.

Nina Zhao-Seiler, March 4, 2020, tongentangpraxis.org

Notice on the Publication of the Diagnosis and Treatment Plan for Pneumonia Caused by the Novel Coronavirus (7th Provisional Edition)

On March 3, 2020, the General Office of the National Health Commission and the Office of the State Administration of Traditional Chinese Medicine jointly issued the updated provisional Diagnosis and Treatment Plan for Pneumonia Caused by the Novel Coronavirus (Seventh Edition).

The notice emphasized that, in order to further improve the diagnosis and clinical management of pneumonia caused by the novel coronavirus, existing experiences from experts in diagnosis and treatment were reviewed, analyzed, and systematically summarized.

All medical institutions are requested to study and implement these recommendations and to actively incorporate the role of Traditional Chinese Medicine (TCM) in clinical treatment. Furthermore, the integration of traditional Chinese medicine and Western medicine should be strengthened, and the system of combined TCM and Western medical consultations should be improved, in order to further enhance the effectiveness of medical treatment and patient recovery.

Nina Zhao-Seiler, March 4, 2020, tongtangpraxis.org

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The remaining chapters address conventional medical guidelines and recommendations for the diagnosis, isolation, care, and treatment of patients with COVID-19.

The following is the translation of subsection (4) in Chapter 10, starting on page 15 of the original document, which details the recommended Traditional Chinese Medicine (TCM) treatments.

A link to the original document is provided at the end.

X (4) Traditional Chinese Medicine (TCM) Treatment

This disease belongs to the category of “yi” (epidemic) diseases. The cause of illness is infection by “epidemic pathogenic” qi. The formulas listed below should be adapted by practitioners trained in TCM pharmacotherapy according to local conditions and individual patient characteristics.

1. Medical Observation Phase (Suspected Cases)

- a)** Fatigue + Digestive Complaints: Ready-made formula: *Huo Xiang Zheng Qi Wan*
- b)** Fatigue + Fever: Ready-made formulas based on *Yin Qiao San*

2. Clinical Treatment Phase (Confirmed Cases)

2.1 *Qing Fei Pai Du Tang* (Lung-Clearing, Toxin-Expelling Decoction)

Indication: for patients with mild, moderate, or severe disease courses. In critically ill patients, this formula may be administered in addition to emergency care, depending on the patient's condition, as long as this is within a reasonable clinical framework.

The basic formula consists of ma huang 9 g, zhi gan cao 6 g, xing ren 9 g, sheng shi gao 15–30 g (pre-cooked), gui zhi 9 g, ze xie 9 g, zhu ling 9 g, bai zhu 9 g, fu ling 15 g, chai hu 16 g, huang qin 6 g, jiang ban xia 9 g, sheng jiang 9 g, zi wan 9 g, kuang dong hua 9 g, she gan 9 g, xi xin 6 g, shan yao 12 g, zhi shi 6 g, chen pi 6 g, and huo xiang 9 g.

Administration method: Decoction. The decoction is administered as one portion per day, divided into two cups, taken warm in the morning and evening, 40 minutes after meals. A treatment cycle lasts three days. If possible, a bowl of thin rice porridge may be given after each dose; patients with signs of dryness and Yin deficiency may receive more than one bowl. If fever is no longer present, the dosage of Sheng Shi Gao should be reduced, and in cases of high fever, it should be increased. If improvement occurs, a second three-day treatment cycle may be administered, and the formula should be adjusted as needed according to the patient's main symptoms.

The origin of the formula is Document No. 22 (2020) of the State Administration of TCM guidelines for *Qing Fei Pai Du Tang*.

2.2 Mild Cases

(1) *Han Shi Yu Fei Zheng* (Cold-Dampness Pressing on the Lung Pattern)

Clinical Manifestations: Fever, weakness, generalized myalgia, cough, sputum production, chest tightness, difficulty breathing, poor appetite, nausea, vomiting, loose and sticky stools with incomplete evacuation. The tongue is swollen and pale, with teeth marks or pale-red coloration, coated with thick, white, greasy coating, or just with a white greasy coating while the pulse is soft (ru) or slippery (hua).

Recommended Formula: (Raw) ma huang 6 g, (raw) shi gao 15 g, xing ren 9 g, qiang huo 15 g, ting li zi 15 g, guan zhong 9 g, di long 15 g, xu chang qing 15 g, huo xiang 15 g, pei lan 9 g, kang zhu 15 g, yun ling (= fu ling) 45 g, (raw) bai zhu 30 g, jiao san xian (shen qu, mai ya, shan zha) 9 g, hou po 15 g, jiao bing lang 9 g, wei cao guo 9 g, and sheng jiang 15 g.

Administration: Prepare a decoction of 600 ml. One portion per day, divided into three doses, to be taken one-third in the morning, one-third at midday, and one-third in the evening, before meals.

(2) *Shi Re Rao Fei Zheng* (Damp-Heat Accumulating in the Lung Pattern)

Clinical manifestations: Low-grade fever or absence of fever, slight aversion to cold, weakness, a feeling of heaviness and constriction in the head and body, muscle pain, dry cough with little sputum, sore throat, dry mouth without a strong desire to drink, possible pressure in the chest, a blocked sensation in the epigastrium, absence of sweating or hesitant sweating, possible belching, nausea and aversion to food, loose or sticky stools with incomplete evacuation.

Tongue body: pale red with a white, thick and greasy coating, or with a thin yellow coating. Pulse slippery (hua), rapid (shu), or soft (ru).

Recommended formula: bing lang 10 g, cao guo 10 g, hou po 10 g, zhi mu 10 g, huang qin 10 g, chai hu 10 g, chi shao yao 10 g, lian qiao 15 g, qing hao 10 g (added only at the end of decoction process), kang zhu 10 g, da qing ye 10 g, and unprepared gan cao 5 g.

Administration: Prepare a decoction of 400ml, and take one portion per day, divided into two doses, half in the morning and half in the evening.

2.3 Common Courses

(1) *Shi Du Yu Fei Zheng* (Damp-Toxin Pressing on the Lung Pattern)

Clinical manifestations: Fever, cough with little sputum or with yellow sputum, shortness of breath, constrained respiration, abdominal distension, constipation, and difficulty with bowel movements. The tongue is dark red, swollen, with a yellow, greasy, or yellow-dry coating. Pulse is slippery (*hua*), rapid (*shu*), or wiry (*xuan*) and slippery (*hua*).

Recommended formula: Unprepared *ma huang* 6 g, *xing ren* 15 g, unprepared *shi gao* 30 g, unprepared *yi yi ren* 30 g, *mao cang zhu* 10 g, *guang huo xiang* 15 g, *qing hao* (herb) 12 g, *hu zhang* 20 g, *ma bian cao* 30 g, dry *lu gen* 30 g, *ting li zi* 15 g, *hua ju hong* 15 g, unprepared *gan cao* 10 g.

Administration: Prepare a decoction of 400ml, take one portion per day, divided into two doses, half in the morning and half in the evening.

(2) *Han Shi Zu Fei Zheng* (Cold-Dampness Obstructing the Lung Pattern)

Clinical manifestations: Low-grade fever, uncomfortable sensation of heat in the body or mild elevated temperature, dry cough with little sputum, weakness, exhaustion, chest pressure, blocked sensation in the epigastrium, possible belching, vomiting, and loose stools. The tongue is pale or pale-red with a white or white-greasy coating. Pulse is soft.

Recommended formula: *cang zhu* 15 g, *chen pi* 10 g, *hou po* 10 g, *huo xiang* 10 g, *cao guo* 6 g, unprepared *ma huang* 6 g, *qiang huo* 10 g, *sheng jiang* 10 g, *bing lang* 10 g.

Administration: Prepare a decoction of 400ml, take one portion per day, divided into two doses, half in the morning and half in the evening.

2.4 Severe Courses

(1) *Yi Du Bi Fei Zheng* (Epidemic Toxin Blocking the Lung Pattern)

Clinical manifestations: Fever, red face, cough with yellow, viscous, scanty sputum, sometimes with traces of blood, wheezing, constrained and tight respiration, exhaustion, weakness, dry mouth, bitter and sticky sensation in the mouth, nausea, loss of appetite, incomplete bowel evacuation, scanty, dark urine. The tongue is red with a yellow, greasy coating. Pulse is slippery (*hua*) and rapid (*shu*).

Recommended formula: Unprepared *ma huang* 6 g, *xing ren* 9 g, unprepared *shi gao* 15 g, *gan cao* 3 g, *huo xiang* 10 g (to be added only at end of decoction process), *hou po* 10 g, *cang zhu* 15 g, *cao guo* 10 g, *fa ban xia* 9 g, *fu ling* 15 g, unprepared *da huang* 5 g (to be added at end of decoction process), unprepared *huang qi* 10 g, *ting li zi* 10 g, *chi shao yao* 10 g.

Administration: One to two portions per day, prepared as a decoction of 100–200 ml, to be administered 2–4 times daily, either orally or via nasogastric tube.

(2) *Qi Yin Liang Fan Zheng* (Burning Qi and Yin Pattern)

Clinical manifestations: High fever, extreme thirst, wheezing, tight and constrained respiration, coma, delirium, possible appearance of maculae, possible hemoptysis or epistaxis, spasms and convulsions of the extremities. The tongue is rigid, with little or no coating. Pulse is deep, rapid, slippery, or large and soft.

Recommended formula: Unprepared *Shi Gao* 30–60 g (pre-cooked), *Zhi Mu* 30 g, *Sheng Di Huang* 30–60 g, *Shui Niu Jiao* 30 g (pre-cooked), *Chi Shao Yao* 30 g, *Xuan Shen* 30 g, *Lian Qiao* 15 g, *Mu Dan Pi* 15 g, *Huang Lian* 6 g, *Zhu Ye* 12 g, *Ting Li Zi* 15 g, *Sheng Gan Cao* 6 g.

Administration: Prepare a decoction of 100–200 ml. Administer 1–2 portions per day, 2–4 times daily, either orally or via nasogastric tube.

Recommended proprietary medicine: Various phytotherapeutic injection solutions are available only in China.

2.5 Critical Severe Courses (Internal Obstruction, External Collapse Pattern)

Clinical manifestations: Severe breathing difficulty, gasping respiration, requires mechanical ventilation, semi-comatose, agitated, sweating with cold extremities. Tongue is dark purple, coated thickly, greasy, or dry. Pulse is large, soft, and without root.

Recommended formula: *ren shen* 15 g, *hei shun pian (hei fu zi)* 10 g (pre-cooked), *shan zhu yu* 15 g. Administer with *su he xiang* Pill or *an gong niu huang wan* via intubation.

Recommended proprietary medicine: Various phytotherapeutic injection solutions are available only in China.

2.6 Recovery Phase

(1) *Fei Pi Qi Xu Zheng* (Lung and Spleen Deficiency Pattern)

Clinical manifestations: Shortness of breath, weakness, exhaustion, poor appetite, belching, nausea, a feeling of fullness, bloating, reduced bowel movements, loose stools, and incomplete evacuation. The tongue is pale and swollen, with a white, greasy coating.

Recommended formula: *fa ban xia* 9 g, *chen pi* 10 g, *dang shen* 15 g, *jiu huang qi* 30 g, *chao bai zhu* 10 g, *fu ling* 15 g, *huo xiang* 10 g, *sha ren* 6 g (to be added only at end of decoction process), *gan cao* 6 g.

Administration: Prepare a decoction of 400 ml. Take one portion per day, divided into two doses, half in the morning and half in the evening.

(2) *Qi Yin Liang Xu Zheng* (Qi and Yin Deficiency Pattern)

Clinical manifestations: Weakness, shortness of breath, dry mouth, thirst, restlessness, possible palpitations, profuse sweating, poor appetite, low-grade or absent fever, dry cough with little sputum. The tongue is dry with little fluid. Pulse is thin (*xi*) or deficient (*xu*) and weak.

Recommended formula: *nan sha shen* 10 g, *bei sha shen* 10 g, *mai men dong* 15 g, *xi yang shen* 6 g, *wu wei zi* 6 g, unprepared *shi gao* 15 g, *dan zhu ye* 10 g, *sang ye* 10 g, *lu gen* 15 g, *dan shen* 15 g, unprepared *gan cao* 6 g.

Administration: Prepare a decoction of 400ml. Take one portion per day, divided into two doses, half in the morning and half in the evening.

<http://www.nhc.gov.cn/xcs/zhengcwj/202003/46c9294a7dfe4cef80dc7f5912eb1989/files/e3e6945832a438eaae415350a8ce964.pdf>, accessed March 4, 2020

<http://m.china.caixin.com/m/2020-03-04/101523776.html?cxw=IOS&Sfrom=Wechat&originReferrer=iOSshare&from=singlemessage&isappinstalled=0>, accessed March 4, 2020.

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