

Sars-Severe Adult Respiratory Syndrome: Formulas for Prevention and Treatment (For TCM Herbalists)

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Prevention of SARS (or Corona to take prior to ANY type of exposure)

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|----|-----|---------------|-------------------------------------|
| 1. | 5 q | Jin Yin Hua | Lonicerae Japonicae, Flos |
| | 5 q | Lian Qiao | Forsythiae Suspensae, Fructus |
| | 3 q | Chan Tui | Cicadae Periostracum |
| | 3 q | Bai Jiang Can | Bombyx Batryticatus |
| | 2 q | Bo He | Mentae Haplocalycis, Herba |
| | 2 q | Sheng Gan Cao | Glycyrrhizae Uralensis, Radix (raw) |

Make tea and drink throughout the day for 7–10 days

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|----|-----|--------------|-------------------------------------|
| 2. | 4 q | Cang Zhu | Atractylodis, Rhizoma |
| | 5 q | Bai Zhu | Atractylodis Macrocephalae, Rhizoma |
| | 5 q | Huang Qi | Astragali Membranacei, Radix |
| | 3 q | Fang Feng | Ledabouriellae Divaricatae, Radix |
| | 4 q | Huo Xiang | Agastaches seu Pogostemi, Herba |
| | 5 q | Bei Sha Shen | Adonophorae seu Glehniae, Radix |
| | 6 q | Jin Yin Hua | Lonicerae Japonicae, Flos |
| | 4 q | Guan Zhong | Guanzhong, Rhizoma |

Make tea and drink twice a day for 7–10 days

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|----|-----|-------------|-------------------------------|
| 3. | 2 q | Guan Zhong | Guanzhong, Rhizoma |
| | 3 q | Jin Yin Hua | Lonicerae Japonicae, Flos |
| | 3 q | Da Qing Ye | Daqingye, Folium |
| | 3 q | Zi Su Ye | Perillae Frutescentis, Folium |
| | 3 q | Ge Gen | Radix Puerariae |

3 q	Huo Xiang	Agastaches seu Pogostemi, Herba
3 q	Cang Zhu	Atractylodis, Rhizoma
5 q	Tai Zi Shen	Pseudostellariae Heterophyllae, Radix
3 q	Pei Lan	Eupatorii Fortunei, Herba

Make tea and drink twice a day for 7–10 days

Other preventative measures:

*Chew on Xi Yang Shen (Panacis Quinquefolii, Radix) or make tea to drink throughout the day.

*Xi Yang Shen 1–2 q and Jin Yin Hua 5 q tea to drink once a day.

*Keep warm, don't catch cold

*Sleep well

*Moderate stress factors

*Drink more water

*Take vitamin C

*avoid constipation

Possible exposure to SARS (To take if any kind of exposure has occurred)

Soup:

Cong Bai – Green Onion

Fresh Chinese Daikon

½ of a tangerine peel

Sheng Jiang – Ginger – 3 slices

Cilantro bunch, maybe 10 sprigs

Make a soup and drink often

Chinese herbal Formulas:

1.	5 q	Huang Qi	Astragali Membranacei, Radix
	5	Jin Yin Hua	Lonicerae Japonicae, Flos
	3	Chai Hu	Bupleuri, Radix
	3	Huang Qin	Scutellariae Baicalensis, Radix
	5	Ban Lan Gen	Isatidis seu Baphicacanthi, Radix
	5	Guan Zhong	Guanzhong, Rhizoma
	3	Cang Zhu	Atractylodis, Rhizoma
	5	Yi Yi Ren	Coicis Lachryma-jobi, Semen
	3	Huo Xiang	Agastaches seu Pogostemi, Herba
	3	Fang Feng	Ledabouriellae Divaricatae, Radix
	1.5	Sheng Gan Cao	Glycyrrhizai Uralensis, Radix (raw)

Make tea, drink twice a day for 2 weeks

For prevention and treatment

1. Tonifies Qi, transforms damp, clears heat and toxins

3	Huang Qi	Astragali Membranacei, Radix
5	Bai Jiang Cao	Bombyx Batrytiatus
5	Yi Yi Ren	Coicis Lachryma - Jobi,

Semen

2	Jie Geng	Platycodi Grandiflori, Radix
1	Sheng Gan Cao	Glycyrrhizai Uralensis, Radix

(raw)

Make tea, 1 bag for 1 day, drink twice a day for 7 days

2. *Clears heat, reduces toxins, drains dampness and dirty Qi, aromatically opens orifices

5	Yu Xing Cao	Houttuyniae Cordatae, Herba
cum Radice		
2	Ye Ju Hua	Chrysanthemi Indici, Flos
5	Yin Chen Hao	Artemisiae Yinchenhao, Herba
3	Pei Lan	Eupatori Fortunei, Herba
1	Cao Guo	Amomi Tsao-Ko, Fructus

*make tea, 1 bag for 1 day, BID for 7-10 days

3. Clears heat, reduces toxins, dispels Wind, pushes evil out
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|----|----------------|--------------------------------------|
| 5 | Pu Gong Ying | Taraxaci Mongolici cum Radice, Herba |
| *2 | Jin Lian Hua – | like Chuan Xin Lian |
| 3 | Da Qing Ye | Daqingye, Folium |
| 3 | Ge Gen | Radix Puerariae |
| 2 | Zi Su Ye | Perillae Frutescentis, Fructus |

Make tea, 1 bag for 1 day for 7-10 days BID

4. Clears heat, releases exterior, dispels wind, takes out external evil
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|-----|---------------|-------------------------------------|
| 5 | Lu Gen | Phragmitis Communis, Rhizoma |
| 3 | Jin Yin Hua | Lonicerae Japonicae, Flos |
| 3 | Lian Qiao | Forsythiae Suspensae, Fructus |
| 2 | Bo He | Menthae Haplocalycis, Herba |
| 1.5 | Sheng Gan Cao | Glycyrrhizai Uralensis, Radix (raw) |

Make tea, 1 bag for 1 day, for 7-10 days BID

5. Tonifies Spleen, Benefits Qi, Dissolves Dampness, Reduces toxins
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|---|----------------|-------------------------------------|
| 3 | Sheng Huang Qi | Astragali Membranacei, Radix (raw) |
| 2 | Bai Zhu | Atractylodis Macrocephalae, Rhizoma |
| 3 | Fang Feng | Ledabouriellae Divaricatae, Radix |
| 2 | Cang Zhu | Atractylodis, Rhizoma |

3	Huo Xiang	Agastaches seu Pogostemi, Herba
3	Bei Sha Shen	Adenophorae seu Glehniae, Radix
3	Jin Yin Hua	Lonicerae Japonicae, Flos
2	Guan Zhong	Guanzhong, Rhizoma

Make tea, 1 bag for 1 day BID for 7-10 days

6. Benefits Qi, Expels external evil, reduces toxins, dispels dampness

5	Tai Zi Shen	Pseudostellariae Heterophyllae, Radix
2	Guan Zhong	Guanzhong, Rhizoma
3	Jin Yin Hua	Lonicerae Japonicae, Flos
3	Lian Qiao	Forsythiae Suspensae, Fructus
3	Da Qing Ye	Daqingye, Folium
2	Zi Su Ye	Perillae Frutescentis, Fructus
3	Ge Gen	Radix Puerariae
3	Huo Xiang	Agastaches seu Pogostemi, Herba
2	Cang Zhu	Atractylodis, Rhizoma
3	Pei Lan	Eupatori Fortunei, Herba

Make tea, 1 bag for 1 day, BID for 7-10 days

The three Stages of SARS and the recovery period - (note, most formulas clear heat, toxins and damp)

1. Early stage – starts as a Wind Heat or Wind Cold cough with Shortness of breath
 - A. Heat and Toxins attack the Lung
 - B. Damp heat obstruction occurs
 - C. There is external cold and internal heat combined with Dampness

TX Principal: Clear heat, open the Lungs, release exterior, open the meridians

Formulas: Based on Yin Qiao San combined with Ma Xing Shi Gan Tang modified with herbs as appropriate for patient's condition.

*If there is more Damp Heat blockage give San Ren Tang – (3 seeds Xing Ren, Bai Dou Kou, Yi Yi Ren to drain damp) or Huo Xiang Huo Po Tang (Huo Xiang, Hou Po, Ban Xia, Fu Ling to dissolve phlegm)

*If there is more external cold and interior heat with damp use Ma Xing Shi Gan Tang with modifications

*To assist in reducing toxins can add herbs like Yu Xing Cao, Lu Gen, Jie Geng, Chuan Xin Lian

2. Disease progressing – Congestion in body becomes worse, fever goes up and down, lung condition worsens, coughing with blood. This is more heat attacking the Lung causing External and internal heat congestion combined with Damp Heat toxins, and evil obstructs the Shao Yang Channel.

Tx principal: Clear heat and toxicity, drain the Lungs of turbid Qi

Formulas:

- A. Heat toxin attacking the lungs – high fever, coughing with blood
Qing Wen Bai Du San with modifications
- B. External and Internal heat congestion with toxicity
Qing Fei Jie Du Tang
- C. Damp heat congestion and toxicity
Gan Lu Xiao Du Dan with modifications
- D. Damp heat obstruction in the Shao Yang channel

Hao Qin Qing Dan Tang

3. Collapse - Shock like state with severe sweating, respiratory failure. Here there is heat toxicity obstructing the Lungs, the Evil Qi is much more strong, the Zheng Qi is severely deficient, there is severe Yin deficiency and internal obstruction with external collapse "Tou Zhen"

- A. Phlegm Damp obstruction with heat toxicity –
Huo Xue Xie Fei Tang or Yi Fei Hua Zhou Tang
- B. Obstruction of Lung Channel
- C. Damp heat obstruction of the Lungs
- D. Qi and Yin Xu
- E. Evil excess, Zheng Qi deficiency
- F. Internal obstruction – respiratory failure – here is where you need to open

Open the orifices, tonify and consolidate Qi
Sheng Fu Tang with modifications

Tx principal: Benefit Qi, release toxicity, transform phlegm and damp, open the meridians, resolve dirty phlegm, open orifices, tonify and consolidate Qi

4. Recovery stage – Pt is still weak with Qi and Yin deficiency, Lung and Spleen deficiency. Damp heat and toxins are still in the body
- A. Qi and Yin Xu – tonify Qi, Nourish Yin, transform dampness in the meridians.
Qing Shu Yi Qi Tang with modifications
 - B. Spleen and Lung Deficiency – Tonify Lu and Sp, clear heat and toxins, clears damp
Sheng Ling Bai Zhu San