

Hubei Province Integrated Chinese\Western Medicine Hospital

Critical Viral Respiratory Disease Formulas

This new coronavirus pneumonia roughly approximates Chinese medicine's "warm disease" or "epidemic disease" category. In clinical practice, the patient may present with or without fever, fatigue, soreness of the muscles, feeling of heaviness in the body, poor appetite, greasy tongue coating showing the pathogen is in the exterior, most patients have cough, chest oppression, panting and/or urgent breathing. The fundamental pathogenic factors are dampness and heat. Clinically we need to consider the upper and middle burner for our primary treatment strategy, paying attention to latent heat, and damage to qi and yin. Specific patterns and treatments are as follows:

Pathogenic Toxin Entering the Lung\Upper Burner

External pathogens attacking the exterior, heat formation and constraint pattern

Symptoms: fever with a temperature of 38°C or above, fatigue, headache without sweating, body aches, heart vexation, tongue coating thin and yellow, frequent but scant urination.

Pattern: External pathogen attacking the exterior, pathogen constrained with heat formation.

Formula: Modified *Chai Ge Jie Ji Tang*

<i>chaihu</i> 15g <i>Bupleurum</i> sp. (柴胡)	<i>gegen</i> 20g <i>Pueraria montana</i> var. <i>lobata</i> (葛根)	<i>huangqin</i> 12g <i>Scutellaria baicalensis</i> (黄芩)	<i>sheng gancan</i> 10g <i>Glycyrrhiza</i> sp. raw (生甘草)
<i>qianghuo</i> 10g <i>Notopterygium incisum</i> (羌活)	<i>baizhi</i> 12g <i>Angelica dehurica</i> (白芷)	<i>chanyi</i> 10g <i>Cicada</i> (蝉翼)	<i>jiangcan</i> 12g Silkworm (僵蚕)
<i>sheng shigao</i> 30g Gypsum, unprocessed (生石膏)	<i>baishao</i> 20g <i>Paeonia lactiflora</i> (白芍)	<i>lianqiao</i> 15g <i>Forsythia suspensa</i> (连翘)	<i>banlangen</i> 20g <i>Isatis tinctoria</i> (板蓝根)
<i>xuanshen</i> 20g <i>Scrophularia ningpoensis</i> (玄参)			

Pathogenic heat obstructing the lung pattern

Symptoms: fever with body temperature above 38°C, sweating or lack of sweating, cough, chest oppression with panting, poor appetite, fatigue, thirst, tongue coating thin white or thin yellow, pulse slippery or rapid.

Pattern: pathogenic heat obstructing the lung

Formula: Modified *Ma Xing Shi Gan Tang*

<i>sheng mahuang</i> 12g <i>Ephedra</i> sp. (生麻黄)	<i>kuxingren</i> 12g <i>Armeniaca amara</i> (苦杏仁)	<i>sheng shigao</i> 40g Gypsum, unprocessed (生石膏)	<i>sheng gancan</i> 10g <i>Glycyrrhiza</i> sp., raw (生甘草)
<i>huoxiang</i> 15g <i>Agastache rugosa</i> (藿香)	<i>peilan</i> 15g <i>Eupatorium fortunei</i> (佩兰)	<i>cangzhu</i> 15g <i>Atractylodes lancea</i> (苍朮)	<i>sharen</i> 10g <i>Amomum villosum</i> (砂仁)
<i>banlangen</i> 20g <i>Isatis tinctoria</i> (板蓝根)	<i>shenqu</i> 30g <i>Massa fermentata</i> (神曲)	<i>sangbaipi</i> 15g <i>Morus alba</i> (桑白皮)	<i>pipaye</i> 15g <i>Eriobotrya japonica</i> (枇杷叶)

Pathogen in the Lung and Middle Burner

Equally severe damp-heat pattern

Symptoms: fever with temperature above 37.5°C, tiredness (exhausted?), fatigue, poor appetite, thirst, watery stool, tongue [coating] white or thick and greasy, pulse floating or slippery and rapid.

Pattern: equally severe damp-heat

Formula: Modified *Gan Lu Xiao Du Dan*

<i>baikouren</i> 12g <i>Alpinia katsumadai</i> (白蔻仁)	<i>huoxiang</i> 15g <i>Agastache rugosa</i> (藿香)	<i>yinchenhao</i> 20g <i>Artemisia capillaris</i> (茵陈蒿)	<i>huashi</i> 12g Talcum (滑石)
<i>tongcao</i> 10g <i>Tetrapanax papyriferus</i> (通草)	<i>shichangpu</i> 15g <i>Acorus tatarinowii</i> (石菖蒲)	<i>huangqin</i> 12g <i>Scutellaria baicalensis</i> (黄芩)	<i>sheggan</i> 15g <i>Iris domestica</i> (射干)
<i>bohe</i> 15g <i>Mentha canadensis</i> (薄荷)	<i>sheng yiyiren</i> 20g <i>Coix lacryma-jobi</i> (生薏苡仁)	<i>lianqiao</i> 15g <i>Forsythia suspensa</i> (连翘)	<i>zhebeime</i> 15g <i>Fritillaria thunbergii</i> (浙贝母)
<i>shenqu</i> 30g <i>Massa fermentata</i> (神曲)	<i>sheng shanzha</i> 30g <i>Crataegus pinnatifida</i> (生山楂)	<i>chanyi</i> 10g Cicada (蝉翼)	<i>jiangcan</i> 12g Silkworm (僵蚕)

Dampness encumbering the spleen\stomach, pathogen constrained in the liver\gallbladder pattern

Symptoms: with or without fever, fatigue, dizziness, heaviness of the four limbs, chest oppression, poor appetite, dry mouth with a bitter taste, tongue coating white or greasy, pulse slippery.

Pattern: Dampness encumbering the spleen\stomach, constrained pathogen in the liver\gallbladder

Formula: Modified *Chai Ping San*, *San Ren Tang* or Modified *Sheng Yang Pi Wei Tang*

<i>chaihu</i> 20g <i>Bupleurum</i> sp. (柴胡)	<i>huangqin</i> 12g <i>Scutellaria baicalensis</i> (黄芩)	<i>fa banxia</i> 10g <i>Pinellia ternata</i> , processed w\ licorice & lime (法半夏)	<i>shengjiang</i> 12g <i>Zingiberis officinalis</i> , fresh (生姜)
<i>cangzhu</i> 15g <i>Atractylodes lancea</i> (苍朮)	<i>sheng gancan</i> 10g <i>Glycyrrhiza</i> sp., raw (生甘草)	<i>houpo</i> 15g <i>Magnolia officinalis</i> (厚朴)	<i>chanyu</i> 10g Cicada (蟬翼)
<i>jiangcan</i> 12g Silkworm (僵蠶)	<i>shenqu</i> 30g <i>Massa fermentata</i> (神曲)	<i>sheng shanzha</i> 20g <i>Crataegus pinnatifida</i> (生山楂)	<i>danzhu</i> 15g <i>Lophatherum gracile</i> (淡竹葉)

Lung Toxin Convalescence

Latent heat not cleared, dual qi\yin damage pattern

Symptoms: body heat, heart vexation and sleeplessness, sweating, shortness of breath and lassitude of spirit, dry mouth with desire to drink, lack of appetite, tongue red with little coating, pulse vacuous and rapid

Pattern: Latent heat not cleared, dual qi\yin damage pattern

Formula: Modified *Zhuo Shigao Tang* or *Wangshi Qing Shu Yi Qi Tang*

<i>danzhu</i> 15g <i>Lophatherum gracile</i> (淡竹葉)	<i>sheng shigao</i> 25g Gypsum, unprocessed (生石膏)	<i>renshen</i> 15g <i>Panax ginseng</i> (人參)	<i>maidong</i> 15g <i>Ophiopogon japonicus</i> (麥冬)
<i>fa banxia</i> 10g <i>Pinellia ternata</i> , processed w\ licorice & lime (法半夏)	<i>sheng gancan</i> 10g <i>Glycyrrhiza</i> sp., raw (生甘草)	<i>shanyao</i> 30g <i>Dioscorea opposita</i> (山藥)	<i>shenqu</i> 30g <i>Massa fermentata</i> (神曲)
<i>sheng shanzha</i> 20g <i>Crataegus pinnatifida</i> (生山楂)	<i>chanyu</i> 10g Cicada (蟬翼)	<i>jiangcan</i> 12g Silkworm (僵蠶)	

Lung\Spleen Qi\Yin Dual Vacuity Pattern

Symptoms: fatigue, flusterdness, dry mouth, sweating, lack of appetite, abdominal fullness, stool not moving properly. tongue dull, coating white, pulse vacuous and rapid.

Pattern: Lung\Spleen qi\yin dual vacuity

Formula: *Liu Junzi Tang* w\ Modified *Sheng Mai San* or Dong-yuan's Modified *Qing Shu Yi Qi Tang*

<i>renshen</i> 12g <i>Panax ginseng</i> (人參)	<i>baizhu</i> 15g <i>Atractylodes macrocephala</i> (白朮)	<i>sheng gancan</i> 6g <i>Glycyrrhiza</i> sp., raw (生甘草)	<i>fa banxia</i> 10g <i>Pinellia ternata</i> , processed w\ licorice & lime (法半夏)
<i>chenpi</i> 12g <i>Citrus reticulata</i> (陳皮)	<i>maidong</i> 20g <i>Ophiopogon japonicus</i> (麥冬)	<i>wuweizi</i> 15g <i>Schisandra chinensis</i> (五味子)	<i>shenqu</i> 30g <i>Massa fermentata</i> (神曲)
<i>sheng shanzha</i> 20g <i>Crataegus pinnatifida</i> (生山楂)			

Formula for Prevention of Lung Toxin

If you have come in contact with [potentially infected people] and you are elderly, infant, obese, etc. This formula is useful.

Function: To boost qi and secure the exterior, transform dampness and resolve toxin,

Formula: Modified *Yu Ping Feng San*

<i>huangqi</i> 12g <i>Astragalus mongolicus</i> (黃芪)	<i>chanyi</i> 10g <i>Cicada</i> (蟬翼)	<i>fangfang</i> 15g <i>Saposhnikovia divaricata</i> (防風)
<i>lianqiao</i> 15g <i>Forsythia suspensa</i> (連翹)	<i>cangzhu</i> 12g <i>Atractylodes lancea</i> (蒼朮)	<i>huoxiang</i> 15g <i>Agastache rugosa</i> (藿香)

Guangdong Province: Chinese Medicine Protocol for Pneumonia Due to Novel Coronavirus

(Provisional First Edition Jan. 24, 2020)

Based on the particular epidemiological features of pneumonia caused by novel coronavirus in Guangdong Province, along with the clinical presentation and clinical features of its progression, it fits the characteristics of “pestilent disease” or “warm disease” in Chinese medicine. When there is externally-contracted pestilent qi, the disease moves from the exterior to the interior, and generally follows the patterns of moving from upper to middle to lower burners and through the wei-qi-ying-xue levels. The climate in this area is damp and humid, and pestilent qi easily mixes with this dampness, first attacking the lung wei-defense level, particularly in patients with a weak spleen and stomach. If the upright, healthy (*zheng*) Qi cannot defeat the deviated, unhealthy (*xie*) [qi], then the deviated toxin (evil/pathogenic toxin) will move to the interior and transform into heat, harming the fluids (*jin*) and using-up the humors (*ye*), sometimes to the point of scorching the *ying qi* and agitating the blood. When the latter happens, this can be directly transmitted to the pericardium and create a critical situation. The main disease factor (cause) is damp-heat with pestilent toxin, and the pathological features are “dampness, heat, stasis, toxin, and vacuity.”

Early Stages

Damp-evil is stuck in the lung, making qi movement through this pivot difficult (interferes with the Qi dynamic of the lung)

Symptoms: low-grade fever or no fever, slight aversion to cold, sensation of heaviness and stuffiness in the head and body, muscle pain and soreness, fatigue, cough with scant phlegm, dry mouth with little intake of fluids, in some cases oppression in the chest and blockage/congestion in the middle of the torso (epigastrium), no sweating or difficulty sweating (feels like sweat cannot come out), in some cases nausea and poor appetite, diarrhea and loose stool, pale red tongue with a white, greasy coating; floating, slightly rapid pulse

Treatment: transform dampness and release toxins; diffuse the lung to vent the toxin;

Formula: Modified *Huo Po Xia Ling Tang* and *Xiao Chai Hu Tang*

<i>huoxiang</i> 10g <i>Agastache rugosa</i> (藿香)	<i>houpo</i> 10g <i>Magnolia officinalis</i> (厚朴)	<i>fa banxia</i> 10g <i>Pinellia ternata</i> , processed w\ licorice & lime (法半夏)	<i>fuling</i> 15g <i>Poria cocos</i> (茯苓)
<i>chaihu</i> 15g <i>Bupleurum</i> sp. (柴胡)	<i>huangqin</i> 10g <i>Scutellaria baicalensis</i> (黄芩)	<i>dangshen</i> 10g <i>Codonopsis pilosula</i> (黨參)	<i>xingren</i> 12g <i>Armeniaca amarum</i> (杏仁)

<i>fa banxia</i> 10g <i>Pinellia ternata</i> , processed w/ licorice & lime (法半夏)	<i>juhong</i> 10g <i>Citrus reticulata</i> (橘紅)	<i>chenpi</i> 12g <i>Citrus reticulata</i> (陳皮)	<i>chao maiya</i> 30g <i>Hordeum vulgare</i> (炒麥芽)
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Modifications:

For pronounced cough: *beixingren* and *qianhu*

For pronounced dampness-turbidity: *sharen*, *cangzhu*, *houpo*

Fever with yin vacuity: *qinghao*, *digupi*, *shidagonglaoye* (十大功劳叶)

For dry mouth with pronounced thirst, add *xuanshen* and *tiandong*

For phlegm with blood in it, add *danpi*, *shanzhizi*, and *oujietan*

Dual vacuity of lung and spleen

Symptoms: pronounced sleepiness and fatigue; flustered with heart palpitations; dry mouth; spontaneous sweating; poor appetite; abdominal distention; loose stools; pale and enlarged tongue with a white coat; deep, slow pulse with no force;

Treatment: build the spleen and benefit qi to dispel phlegm

Formula: Modified *Shen Ling Bai Zhu San*

<i>shengshaishen</i> 10g <i>Panax ginseng</i> , raw (simmered separately) (人參)	<i>chao baizhu</i> 15g <i>Atractylodes macrocephala</i> (炒白朮)	<i>fuling</i> 15g <i>Poria cocos</i> (茯苓)	<i>baibiandou</i> 30g <i>Dolichos lablab</i> (白扁豆)
<i>sharen</i> 6g <i>Amomum villosum</i> (砂仁)	<i>lianzi</i> 30g <i>Nelumbo nucifera</i> (蓮子)	<i>zhi gancao</i> 6g <i>Glycyrrhiza</i> sp., honey mix-fried (炙甘草)	<i>jiégēng</i> 10g <i>Platycodon grandiflora</i> (桔梗)
<i>shanyao</i> 15g <i>Dioscorea opposita</i> (山藥)	<i>yiiren</i> 20g <i>Coix lacryma-jobi</i> (薏苡仁)	<i>chao maiya</i> 30g <i>Hordeum vulgare</i> (炒麥芽)	<i>shenqu</i> 30g <i>Massa fermentata</i> (神曲)

Modifications:

For pronounced lack of appetite add *chaogumaiya*, *jiaoshanzha*

For damp-turbidity that binds and fetters, one can choose *cangzhu*, *shichangpu*, *baidoukou*

For pronounced sweating, add *mahuanggen*, *baishao*

For dry mouth with severe thirst, add *xuanshen* and *tiandon*

For those who also have blood separation (*xue tuo*), add *shengshaishen* and *ejiao*

For those who are flustered and have heart palpitations to a severe degree, add *danshen* and *yuanzhi*

Middle Stage

Damp-heat closes-down the lung; Fu-organ Qi [large intestine] is blocked

Symptoms: fever; cough; copious, thick, yellow phlegm; chest oppression; wheezing; thirst; foul breath; constipation and distention in the abdomen; dark red tongue with thick, yellow, turbid coating; slippery, rapid pulse or deep and tight pulse

Treatment: clear heat and diffuse lung; open the fu [large intestine] and drain heat

Formula: Modified *Xuan Bai Chengqi Tang* and *Huanglian Jie Du Tang*

<i>sheng mahuang</i> 8g <i>Ephedra</i> sp., honey mix- fried (炙麻黄)	<i>xingren</i> 12g <i>Armeniaca amarum</i> (杏仁)	<i>sheng shigao</i> 30g Gypsum, unprocessed (生 石膏)	<i>sheng dahuang</i> 10g <i>Rhei</i> sp., raw (生大黄)
<i>gualouren</i> 30g <i>Trichosanthes kirilowii</i> (瓜蒌仁)	<i>taoren</i> 10g <i>Prunus persica</i> (桃仁)	<i>chishao</i> 15g <i>Paeonia ovata</i> (草果)	<i>tinglizi</i> 20g <i>Eruca sativa</i> (葶苈子)
<i>huanglian</i> 3g <i>Coptis</i> sp. (黄连)	<i>huangqin</i> 10g <i>Scutellaria baicalensis</i> (黄芩)	<i>sangbaipi</i> 10g <i>Morus alba</i> (桑白皮)	<i>chonglou</i> 10g <i>Paris</i> sp. (重楼)
<i>danpi</i> 15g <i>Paeonia suffruticosa</i> (丹皮)	<i>yujin</i> 15g <i>Curcuma phaeocaulis</i> (郁金)	<i>shichangpu</i> 15g <i>Acorus tatarinowii</i> (石菖蒲)	<i>shengdihuang</i> 15g <i>Rehmannia glutinosa</i> (生地黄)
<i>xuanshen</i> 15g <i>Scrophularia ningpoensis</i> (玄参)			

Modifications:

For more pronounced or severe constipation add *shengmangxiao*, *huzhang*

For expectorating yellow, dense, thick phlegm add *gualoupi* and *yuxingcao*

For heat-evils harming the fluids add *nanshashen*, *shihu*, *zhimu*, or *xiyangshen* (*Panax quiquifolius* 西洋参) simmered and administered separately

Damp-heat harboring toxin; blocked and congested lung qi

Symptoms: fever or sensation of heat in the body that does not dissipate; sweating that is not smooth [is not regular and feels blocked]; wheezing with rough breathing; dry cough or a choking cough, perhaps with pain in the throat; oppression in the chest and blockage/congestion in the middle of the torso (epigastrium); dry mouth with reduced fluid intake; bitter taste or feeling of stickiness in the mouth, sticky and stuck stool; dark-red tongue with a yellow-greasy coating; rapid and slippery pulse

Treatment: Clear heat and transform dampness, diffuse the lung and release toxins

Formula: Modified *Ma Xing Shi Gan Tang* and *Gan Lou Xiao Du Dan* with *Sheng Jiang San*

<i>sheng mahuang</i> 8g <i>Ephedra</i> sp., honey mix-fried (炙麻黃)	<i>xingren</i> 12g <i>Armeniaca amarum</i> (杏仁)	<i>sheng shigao</i> 30g Gypsum, unprocessed (生石膏)	<i>sheng gancan</i> 10g <i>Glycyrrhiza</i> sp. raw (生甘草)
<i>huashi</i> 12g Talcum (滑石)	<i>yinchenhao</i> 20g <i>Artemisia capillaris</i> (茵陳蒿)	<i>huangqin</i> 15g <i>Scutellaria baicalensis</i> (黃芩)	<i>baikouren</i> 10g <i>Alpinia katsumadai</i> (白蔻仁)
<i>huoxiang</i> 15g <i>Agastache rugosa</i> (藿香)	<i>fa banxia</i> 15g <i>Pinellia ternata</i> , processed w/ licorice & lime (法半夏)	<i>cangzhu</i> 15g <i>Atractylodes lancea</i> (蒼朮)	<i>tinglizi</i> 20g <i>Eruca sativa</i> (葶苈子)
<i>lianqiao</i> 15g <i>Forsythia suspensa</i> (連 翹)	<i>jiangcan</i> 5g Silkworm (僵蠶)	<i>chantui</i> 5g Cicada (蟬翼)	<i>jianghuang</i> 10g <i>Curcuma longa</i> (薑黃)
<i>sheng dahuang</i> 5g <i>Rhei</i> sp., raw (生大黃)	<i>chonglou</i> 10g <i>Paris</i> sp. (重樓)	<i>danpi</i> 15g <i>Paeonia suffruticosa</i> (丹皮)	<i>chishao</i> 15g <i>Paeonia ovata</i> (草果)
<i>yujin</i> 15g <i>Curcuma phaeocaulis</i> (郁金)	<i>shichangpu</i> 15g <i>Acorus tatarinowii</i> (石菖蒲)	<i>shengdihuang</i> 15g <i>Rehmannia glutinosa</i> (生地黃)	<i>xuanshen</i> 15g <i>Scrophularia ningpoensis</i> (玄參)

Modifications:

If heat is the most pronounced [evil], one can add *huanglian* and *yuxingcao*

If dampness is the most severe, add *fuling* and *peilan*

If dampness and heat are equally severe, add *huanglian*, *buzhaye* (布渣叶), and *yiiren*

For liver and gallbladder damp-heat one can choose a modified version of *Long Dan Xie Gan Tang*

Severe Stage

Symptoms: There is internal blockage and external separation [detachment] with high fever and agitation and vexation; cough with rough breathing that causes the nostrils to flare; sound of phlegm rattling in the throat; felling of suffocation and desperation; voice breaks when speaking; skin rashes with papules and spots appear; patient may lose consciousness or be delirious; sweating with cold limbs; dark-purple lips; dark-red tongue with a yellow-greasy coat; deep, fine pulse that seems about to give out

Treatment: benefit qi and return yang to secure what is separating

Formula: Modified *Shen Fu Tang*

<i>hongshen</i> 10g <i>Panax ginseng</i> , steamed (紅參)	<i>pao fuzi</i> 10g <i>Aconitum carmichaeli</i> , blast-roasted (炮附子)	<i>shanzhuyu</i> 30g <i>Glycyrrhiza</i> sp., raw (生甘草)	<i>maidong</i> 20g <i>Ophiopogon japonicus</i> (麥冬)
<i>sanqi</i> 10g <i>Panax notoginseng</i> (三七)			

Modifications:

high fever with fright and delirium with reluctance to speak add *An Gong Niu Huang Wan* or *Zi Xue San*

For phlegm obscuring the heart orifice, *Su He Xiang Wan* can be given as a draught [briefly infused with water]

Recovery Stage

Dual vacuity of qi and yin; latent pathogen has not been fully resolved

Symptoms: fever is already gone or only a low-grade fever remains; fatigue; flustered; dry mouth; spontaneous sweating; abdominal distention; irregular bowel movements; pale-red tongue with a white coat or scant coat; vacuous [empty/scallion] and rapid pulse

Treatment: benefit qi and nourish yin to dispel the pathogen

Formula: Modified *Er Chen Tang* and *Wang Shi Qing Shu Yi Qi Tang*

<i>xiyangshen</i> 20g <i>Panax quiquifolius</i> (西洋參)	<i>shihu</i> 15g <i>Dendrobium</i> sp. (石斛)	<i>maidong</i> 20g <i>Ophiopogon japonicus</i> (麥冬)	<i>zhimu</i> 10g <i>Anemarrhena asphodeloides</i> (知母)
<i>danzhuye</i> 15g <i>Lophatherum gracile</i> (淡竹葉)	<i>huanglian</i> 3g <i>Coptis</i> sp. (黃連)	<i>gancao</i> 6g <i>Glycyrrhiza</i> sp. (甘草)	<i>fuling</i> 15g <i>Poria cocos</i> (茯苓)

<i>fa banxia</i> 10g	<i>juhong</i> 10g	<i>chenpi</i> 12g	<i>chao maiya</i> 30g
<i>Pinellia ternata</i> ,	<i>Citrus reticulata</i>	<i>Citrus reticulata</i>	<i>Hordeum vulgare</i>
processed w/ licorice & lime	(橘紅)	(陳皮)	(炒麥芽)
(法半夏)			

Modifications:

For pronounced cough: *beixingren* and *qianhu*

For pronounced dampness-turbidity: *sharen*, *cangzhu*, *houpo*

Fever with yin vacuity: *qinghao*, *digupi*, *shidagonglaoye* (十大功劳叶)

For dry mouth with pronounced thirst, add *xuanshen* and *tiandong*

For phlegm with blood in it, add *danpi*, *shanzhizi*, and *oujietan*

Dual vacuity of lung and spleen

Symptoms: pronounced sleepiness and fatigue; flustered with heart palpitations; dry mouth; spontaneous sweating; poor appetite; abdominal distention; loose stools; pale and enlarged tongue with a white coat; deep, slow pulse with no force;

Treatment: build the spleen and benefit qi to dispel phlegm

Formula: Modified *Shen Ling Bai Zhu San*

<i>shengshaishen</i> 10g	<i>chao baizhu</i> 15g	<i>fuling</i> 15g	<i>baibiandou</i> 30g
<i>Panax ginseng</i> , raw	<i>Atractylodes macrocephala</i>	<i>Poria cocos</i>	<i>Dolichos lablab</i>
(simmered separately)	(炒白朮)	(茯苓)	(白扁豆)
(人參)			
<i>sharen</i> 6g	<i>lianzi</i> 30g	<i>zhi gancào</i> 6g	<i>jiégeng</i> 10g
<i>Amomum villosum</i>	<i>Nelumbo nucifera</i>	<i>Glycyrrhiza</i> sp.,	<i>Platycodon grandiflora</i>
(砂仁)	(蓮子)	honey mix-fried	(桔梗)
		(炙甘草)	
<i>shanyao</i> 15g	<i>yiiren</i> 20g	<i>chao maiya</i> 30g	<i>shenqu</i> 30g
<i>Dioscorea opposita</i>	<i>Coix lacryma-jobi</i>	<i>Hordeum vulgare</i>	<i>Massa fermentata</i>
(山藥)	(薏苡仁)	(炒麥芽)	(神曲)

Modifications:

For pronounced lack of appetite add *chaogumaiya*, *jiaoshanzha*

For damp-turbidity that binds and fetters, one can choose *cangzhu*, *shichangpu*, *baidoukou*

For pronounced sweating, add *mahuanggen*, *baishao*

For dry mouth with severe thirst, add *xuanshen* and *tiandong*

For those who also have blood separation (*xue tuo*), add *shengshaishen* and *ejiao*

For those who are flustered and have heart palpitations to a severe degree, add *danshen* and *yuanzhi*

For this condition, prevention is more important than treatment. When coming into contact with patients, wear a mask. Make sure your home has good air circulation, do not smoke or drink, maintain a pleasant mood and a good diet, avoiding spicy or pungent foods and anything that agitates fire and dries the fluids in the body. Secure and guard your upright, healthy qi.

Coronavirus main cause or disease is damp toxicity, not heat toxicity with dampness. In treating heat toxicity with dampness, the strategy is usually to clear heat, resolve toxins and dispel dampness. However, when treating dampness toxicity that transforms into heat or retained dampness heat toxin, if you clear heat and resolve toxins using cold herbs too early this will inevitably exacerbate the dampness and lead to cold enveloping heat. Which then creates an adverse effect on treatment outcomes. **So, in treating this disease, the focus should be on resolving turbidity with aroma out thrusting through the exterior and upbearing and down bearing the spleen and stomach. As dampness is resolved, depressed heat can disperse and toxicity will be unable to form – in this way symptoms will gradually resolve.**

Transforming heat can progress into yangming brightness bowel repletion, which would exacerbate lung qi depression and block qi. Once yangming brightness bowel repletion is significant, dampness can very easily transform into damp toxicity, heat, toxicity and stagnation, eventually leading to severe qi reversal and the onset of MODS. (Multi organ dysfunction syndrome).

In some of the more severe cases where the patient is already on a respirator or ECMO (extracorporeal membrane oxygenation) the stomach and chest are always hot to the touch while the extremities are cold. This is a symptom of sepsis. So, a key aspect of treatment **is resolving dampness, unblocking the bowels and draining turbidity in the early phase.** In keeping with the above discussion, we selected Ma Xing Yi Gan Tang, Sheng Jiang San, D Yuan Yin, Hou pu Xia Ling Tang, Huo Xiang Zheng Qi San and Yin Qiao San as our base formulas and implemented a Chinese Medicine Protocol.

