

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 gancào</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 Cicada (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. (生麻黃)	<i>kuxingren</i> 12g <i>Armeniaca amarum</i> (苦杏仁)	<i>sheng shigao</i> 40g Gypsum, unprocessed (生石膏)	<i>sheng gancào</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> (佩蘭)	<i>cangzhu</i> 15g <i>Atractylodes lancea</i> (蒼朮)	<i>sharen</i> 10g <i>Amomum villosum</i> (砂仁)
<i>banlangen</i> 20g <i>Isatis tinctoria</i> (板藍根)	<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> (茵陳蒿)	<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> (黃芩)	<i>shanggan</i> 15g <i>Iris domestica</i> (射乾)
<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> (連翹)	<i>zhebeime</i> 15g <i>Fritillaria thunbergii</i> (浙貝母)
<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 (蟬翼)	<i>jiangcan</i> 12g Silkworm (僵蠶)

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> (黃芩)	<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> (蒼朮)	<i>sheng gancào</i> 10g <i>Glycyrrhiza</i> sp., raw (生甘草)	<i>houpo</i> 15g <i>Magnolia officinalis</i> (厚朴)	<i>chanyi</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>danzhuye</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 *Zhuye Shigao Tang* or *Wangshi Qing Shu Yi Qi Tang*

<i>danzhuye</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 gancào</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>chanyi</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 gancao</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 Cicada (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)