

Chinese Herbal Medicine Treatment Protocols for Wuhan Pneumonia

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Official Treatment Protocols Include Chinese Herbal Medicine Formulas for Novel Coronavirus

Many people around the world are following the development of novel coronavirus (2019-nCoV) infections in China and the efforts to treat those affected and stop its global spread. However, many are not aware that Traditional Chinese herbal medicine is a significant part of the official medical guidelines for treatment issued by the national government. [Those who can read Chinese can follow the link here:

<http://www.nhc.gov.cn/yzyqj/s7653p/202001/4294563ed35b43209b31739bd0785e67.shtml>

The two sets of formulas below were translated by Shelley Ochs and Thomas Avery-Garran, both professional practitioners of Chinese medicine and long-term residents of Beijing. For more updates and discussions, you can follow Thomas on his website and Facebook page Passiflora Press and you can follow Shelley on WeChat at TCMInBeijing.

The first set is a modification of the national guidelines produced by the Guangdong Province Bureau of Chinese Medicine (link below) and the other is a set from a doctor treating patients in Hubei Province. The translations are intended to be readable and useful to our colleagues around the world, even if [as we hope] you are never called upon to use them to treat patients with Wuhan pneumonia.

The official protocols, and the translations below, are simply guidelines developed by professionals on the frontlines treating those suffering from Wuhan coronavirus. Like all medical protocols, they are intended as a useful reference only.

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

(Provisional First Edition Jan. 24, 2020)

[Translated by Shelley Ochs]

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 is (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>houpo</i> 10g	<i>fa banxia</i> 10g	<i>fuling</i> 15g
<i>Agastache rugosa</i>	<i>Magnolia officinalis</i>	<i>Pinellia ternata</i> ,	<i>Poria cocos</i>
(藿香)	(厚朴)	processed w\ licorice & lime	(茯苓)
		(法半夏)	
<i>chaihu</i> 15g	<i>huangqin</i> 10g	<i>dangshen</i> 10g	<i>xingren</i> 12g
<i>Bupleurum</i> sp.	<i>Scutellaria baicalensis</i> (黄	<i>Codonopsis pilosula</i>	<i>Armeniaca amarum</i>
(柴胡)	芩)	(黨參)	(杏仁)
<i>yiiren</i> 20g	<i>zhuling</i> 10g	<i>zexie</i> 15g	<i>baidoukou</i> 10g
<i>Coix lacryma-jobi</i>	<i>Polyporus umbellatus</i>	<i>Alisma plantago-aquatica</i> (澤	<i>Amomum kravanh</i>
(生薏苡仁)	(豬苓)	瀉)	(白豆蔻)
<i>dandouchi</i> 10g	<i>tongcao</i> 10g	<i>shengjiang</i> 5g	<i>dazao</i> 12g
<i>Glycine max</i> ,	<i>Tetrapanax papyriferus</i> (<i>Zingiberis officinalis</i> , fresh	<i>Ziziphus jujuba</i>
processed	通草)	(生姜)	(大棗)
(淡豆豉)			

Modifications:

For headache with distension in the head, add *manjingzi*, *baizhi*, *bohe*

For pronounced cough: add *mi* (honey mix-fried) *pipaye*, *zisuzi*

For copious phlegm add *gualou* and *zhebeimu*

For sore throat with swelling add *xuanshen*, *jiangcan*, and *shegan*

Heat-evil obstructing the lung; lung loses ability to diffuse and descend

Symptoms: fever or high fever; cough; phlegm that is yellow or thick; fatigue; headache; pain and soreness in whole body; dryness and bitter taste in the mouth; heart vexation (irritability); constipation and reddish urine; red tongue with yellow or yellow and greasy coat that is not moist (has no luster); slippery and rapid pulse

Treatment: clear heat and resolve toxins, diffuse the lung to vent pathogen

Formula: Modified *Ma Xing Shi Gan Tang* and *Da Yuan Yin*

<i>zhi mahuang</i> 8g <i>Ephedra</i> sp., honey mix-fried (炙麻黄)	<i>xingren</i> 10g <i>Armeniaca amarum</i> (杏仁)	<i>sheng shigao</i> 30g Gypsum, unprocessed (生石膏)	<i>sheng gancao</i> 10g <i>Glycyrrhiza</i> sp., raw (生甘草)
<i>binglang</i> 10g <i>Areca catechu</i> (檳榔)	<i>houpo</i> 10g <i>Magnolia officinalis</i> (厚朴)	<i>caoguo</i> 10g <i>Amomum tsaoko</i> (草果)	<i>zhimu</i> 10g <i>Anemarrhena asphodeloides</i> (知母)
<i>baishao</i> 10g <i>Paeonia lactiflora</i> (白芍)	<i>huangqin</i> 15g <i>Scutellaria baicalensis</i> (黄芩)	<i>sheng gancao</i> 5g <i>Glycyrrhiza</i> sp. raw (生甘草)	

Modifications:

For sticky, hard to expel stools, one can add *Sheng Jiang San*

For severe phlegm and heat, or copious, yellow phlegm, add *sangbaipi*, *danpi*, and *shanzhizi*

For shortness of breath and fatigue along with pronounced thirst, one can use *xiyangshen* simmered and administered separately

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; dar, 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>huangqin</i> 10g	<i>sangbaipi</i> 10g	<i>chonglou</i> 10g

<i>Coptis sp.</i> (黃連)	<i>Scutellaria baicalensis</i> (黃芩)	<i>Morus alba</i> (桑白皮)	<i>Paris sp.</i> (重樓)
<i>danpi</i> 15g	<i>yujin</i> 15g	<i>shichangpu</i> 15g	<i>shengdihuang</i> 15g
<i>Paeonia suffruticosa</i> (丹皮)	<i>Curcuma phaeocaulis</i> (郁金)	<i>Acorus tatarinowii</i> (石菖蒲)	<i>Rehmannia glutinosa</i> (生地黃)
<i>xuanshen</i> 15g			
<i>Scrophularia ningpoensis</i> (玄參)			

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* 西洋參) 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>xingren</i> 12g	<i>sheng shigao</i> 30g	<i>sheng gancao</i> 10g
<i>Ephedra sp.</i> , honey mix-fried (炙麻黃)	<i>Armeniaca amarum</i> (杏仁)	Gypsum, unprocessed (生石膏)	<i>Glycyrrhiza sp. raw</i> (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 sp.</i> , raw	<i>chonglou</i> 10g <i>Paris sp.</i>	<i>danpi</i> 15g <i>Paeonia suffruticosa</i>	<i>chishao</i> 15g <i>Paeonia ovata</i>

(生大黃)	(重樓)	(丹皮)	(草果)
<i>yujin</i> 15g	<i>shichangpu</i> 15g	<i>shengdihuang</i> 15g	<i>xuanshen</i> 15g
<i>Curcuma phaeocaulis</i>	<i>Acorus tatarinowii</i>	<i>Rehmannia glutinosa</i>	<i>Scrophularia ningpoensis</i>
(郁金)	(石菖蒲)	(生地黃)	(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 *yiwiren*

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

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>yiiren</i> 20g	<i>chao maiya</i> 30g	<i>shenqu</i> 30g
<i>Dioscorea opposita</i>	<i>Coix lacryma-jobi</i>	<i>Hordeurn 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 *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*

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-up the fluids in the body. Secure and guard your upright, healthy qi.

https://www.thepaper.cn/newsDetail_forward_5645720

Formulas for Respiratory Virus Jointly Designated by the Respiratory and Intensive Care Departments of Hubei Province Integrated Chinese\Western Medicine Hospital

[Translated by Thomas Avery-Garran]

The 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> (黃芩)	<i>sheng gancao</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> (蟬翼)	<i>jiangcan</i> 12g Silkworm (僵蠶)
<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> (連翹)	<i>banlangen</i> 20g <i>Isatis tinctoria</i> (板藍根)
<i>xuanshen</i> 20g <i>Scrophularia ningpoensis</i> (玄 參)			

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 gancao</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 gancao</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>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 *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 gancao</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 Pneumonia

If you have come in contact with [potentially infected people] and you are elderly, [treating an] 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*

huangqi 12g

Astragalus mongolicus (
黄芪)

lianqiao 15g

Forsythia suspensa (連
翹)

chanyi 10g

Cicada
(蟬翼)

cangzhu 12g

Atractylodes lancea (蒼
朮)

fangfang 15g

Saposhnikovia divaricata (
防風)

huoxiang 15g

Agastache rugosa
(藿香)

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