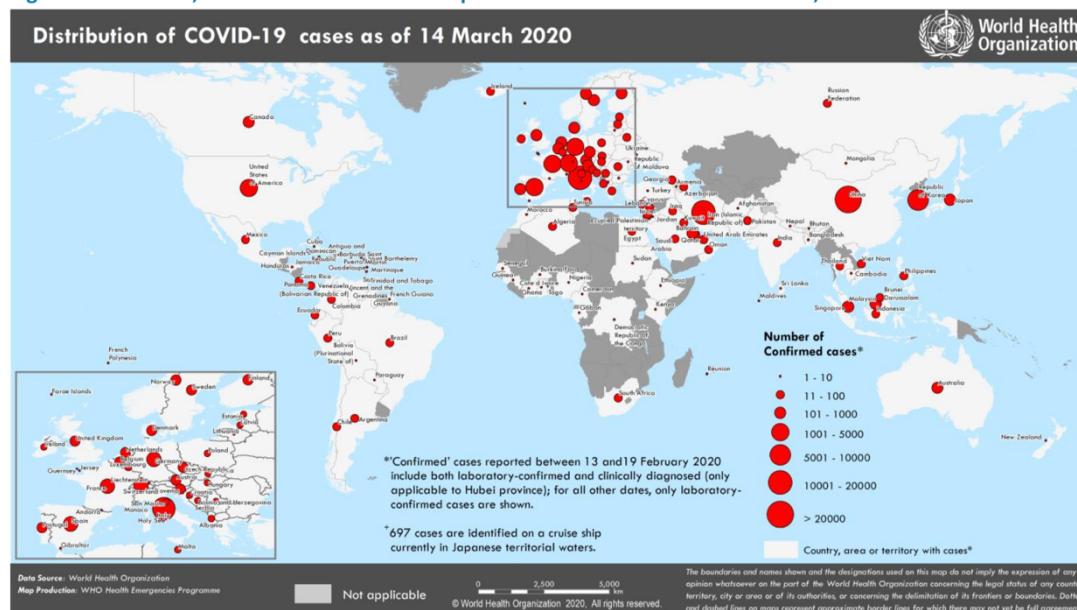


TCM recommendations for COVID-19 prevention (Version 1)

Center for international exchange of traditional Chinese medicine in clinical practice and research
(CIE-TCM)

On 13rd March, the Director-General of WHO said that Europe has become the epicenter of the pandemic, with more reported cases and deaths than the rest of the world combined, apart from China.

Figure 1. Countries, territories or areas with reported confirmed cases of COVID-19, 14 March 2020



Many IATC (International advanced training course in TCM, program of CIE-TCM) Alumni, colleagues and friends out of China asked us about how to prevent with traditional Chinese medicine (TCM).

Therefore, we collected the official guidelines and related literatures, consulted our consultation board, which includes TCM doctors, researchers with experience in fighting with COVID-19 and develop a brief recommendation **on prevention**.

Question before recommendation.

Can Chinese Medicine Be Used for Prevention of Corona Virus Disease 2019 (COVID-19)?

Prof. Liu, who is also our lecture and consultant expert, from Beijing University of Chinese Medicine published a paper about it (Fig. 1). **The Conclusions is:** Based on historical records and human evidence of SARS and H1N1 influenza prevention, Chinese herbal formula could be an alternative approach for prevention of COVID-19 in high-risk population. Prospective, rigorous population studies are warranted to confirm the potential preventive effect of CM.

Fig.1 Can Chinese Medicine Be Used for Prevention of Corona Virus Disease 2019 (COVID-19)?

Hot Topic

Can Chinese Medicine Be Used for Prevention of Corona Virus Disease 2019 (COVID-19)? A Review of Historical Classics, Research Evidence and Current Prevention Programs*

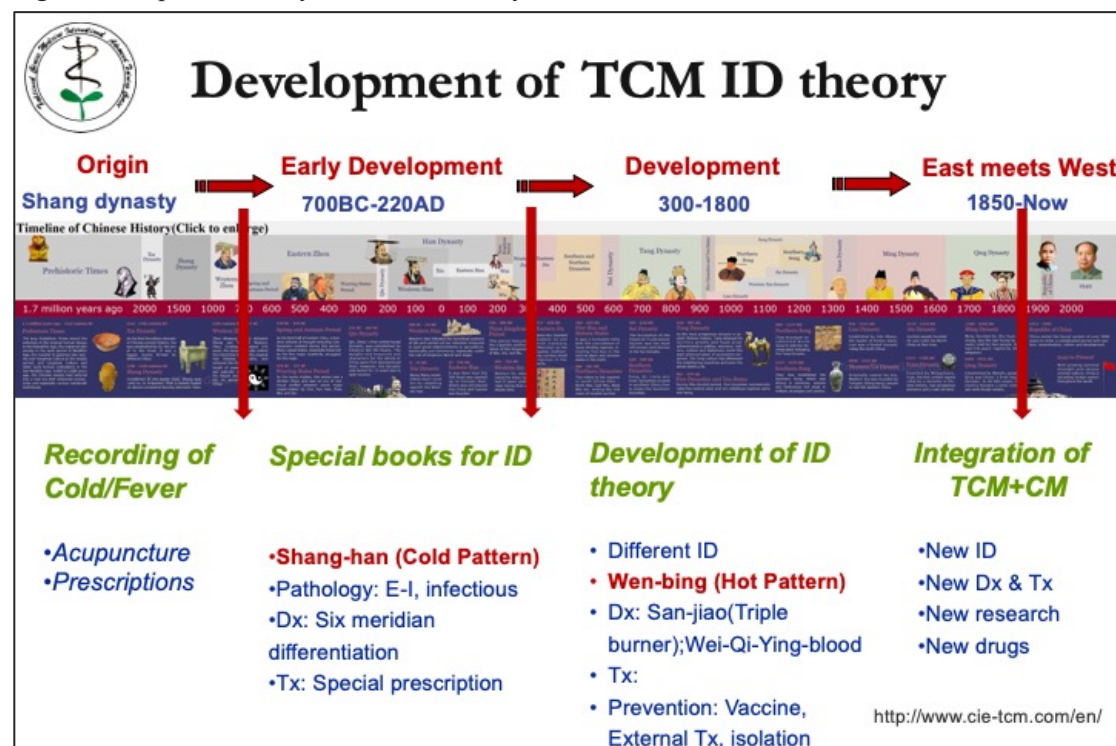
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ABSTRACT **Objective:** Since December 2019, an outbreak of corona virus disease 2019 (COVID-19) occurred in Wuhan, and rapidly spread to almost all parts of China. This was followed by prevention programs recommending Chinese medicine (CM) for the prevention. In order to provide evidence for CM recommendations, we reviewed ancient classics and human studies. **Methods:** Historical records on prevention and treatment of infections in

How to use TCM medicine safely?

TCM medicine, most are herbs or modern patented TCM medicine consisted of herbs have been used in fighting with infectious disease (ID) and more than 500 times of plague (including SARS, H1N1, H7N9) for almost 3,000 years, during which developed systematic medical theories and updated by TCM doctors while practiced in huge population (Fig.2). For effectiveness and safety of TCM medicine, it should be used with the guidance of TCM medical theory and modern drug research, **if only used on results of modern research some of them can cause side effects.**

Fig.3 Development history of TCM ID theory



COVID-19 from TCM perspective

Etiology of Coronavirus 19: Plague-Damp Toxin

Principles of prevention: Nourish Qi of Lung and Spleen (Boost immunity) clearing/
Avoiding dampness and toxin

Interventions of prevention:

Part 1: TCM medicine and diet

According to the character of COVID-19 and the performance of people, we choose 3 main body constitutions (BC) that popular and easy to get infection for recommendation. Please diagnose BC first and then choose the interventions for better effect and safety.

Neutral type

Individuals have stable physical and emotional condition, without any disease and have enough energy in daily life. They often present with lustrous complexion and hair, bright eyes, proper senses of smell and taste, red and moisture lips, uneasy to feel fatigue, good sleep and appetite, normal bowel and urinary habits. They are adaptable to environmental changes.

Tongue: red tongue with light, white and moisture coating.

Patented TCM Medicine: No need to take medicine for prevention, balanced diet, sleep well, optimistic emotion and appropriate exercise (could see Part 3: Physical exercises) are good to improve immunity. **If contact with suspected people,** 1) without fever, can use Gegentang, jiuweiqianghuotang; 2) have fever and flu like illness, could use Lianqiaosan, Lianhuaqingwen Capsule for prevention (Half dosage). For herbal formula for prevention and treatment, please see reference 6.

Diet

For different countries has different weather, the diets should be varied according to it.

Warmer than China: South East Asia, like Malaysia, Philippine

- **Tea:** Chamomile, peppermint, spearmint, fieldmint, jasmin or green tea.
- **Food:** Chinese yam, coix seed, semen dolichoris, Licorice, Rice, American Ginseng (for elders), green Bean, wax gourd, Fish, Duck.

Colder than China: Europe, like parts of Italy, German, Poland, Czech, Slovakia, Serbia

- **Tea:** Ginger, cinnamon, cardamom, galangal, fennel, tumeric, black tea or ted tea.
- **Food:** Chinese yam, coix seed, semen dolichoris, licorice, rice, ginseng (especially for elders), ginger, cinnamon, cardamom, galangal, red bean, black bean, Chicken, Lamp.

Lung - Spleen Qi deficiency

Typical symptoms: dyspnoea (short of breath), spontaneous sweating, weakness, fatigue, poor appetite, loose stools. It may also include most elders, chronic respiratory disease, chronic digestive disease and chronic heart disease who have low energy in

daily life.

Tongue: pink or pale tongue with light, white and moisture coating (Fig4.A)

Pulse: weak

Patented TCM Medicine: Yupingfeng san, Baidu San, Shengmai Yin

Diet:

- **Tea:** with sweet favor, such as ginseng, licorice, cardamom, orange pearl.
- **Food:** pumpkin, Chinese yam, white bean.

Notice: Most meat and fish, chicken, lamb can nourish Qi but don't eat too much.

Damp cold

Typical symptoms: no fever, easy to feel cold or swollen, heavy body/head, easy to have white sputum, especially in the morning or after meals, poor appetite, fullness of stomach, loose stools. **It may also include** chronic bronchitis, immune diseases, like rheumatoid arthritis, ankylosing spondylitis.

Tongue: Pink, pale tongue with heavy, white and greasy coating (Fig4.B)

Pulse: Slippery-slow

Patented TCM Medicine: Huoxiang Zhengqi capsules (pills, liquid, or oral solution), Shenlingbaizhusan, Juhonghuatanwan

Diet:

- **Tea:** with spicy favor, such as ginger, cinnamon, cardamom, galangal, fennel, tumeric, black tea or red Tea.
- **Food:** Chinese yam, coix seed, semen dolichoris, ginger, cinnamon, cardamom, galangal, red Bean, white bean, black Bean.

Damp heat

Typical symptoms: fever or easy to feel hot, heavy body/head, or have yellow sputum, thirsty, acne, eczema, puffy skin. **It may also include** people drink or smoke too much, endocrine disorders, inflammation, weight gain and food allergies.

Tongue: Red or purple tongue with heavy, yellow/dark and greasy coating (Fig4.C)

Pulse: Slippery-rapid

Patented TCM Medicine: Huopuxialingtang, Fangfengtongshengsan

Diet:

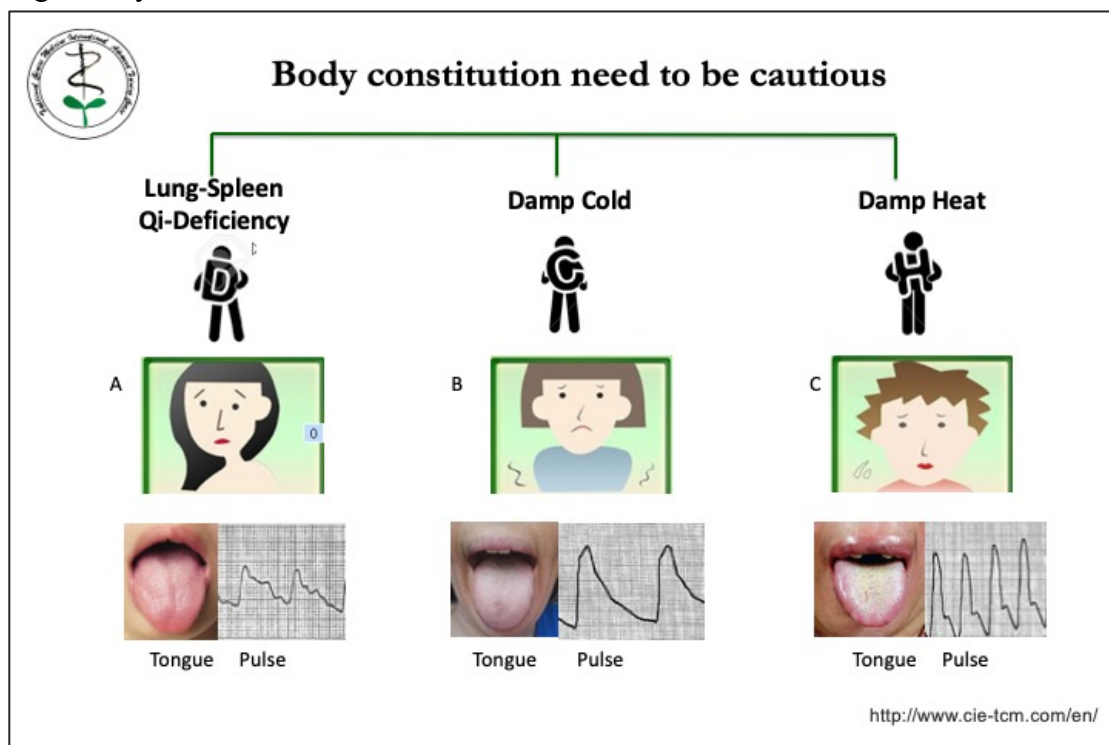
- **Tea:** with cool feeling, such as chamomile, peppermint, spearmint, fieldmint, jasmine or green tea.

Notice: "cool" does not mean with ice, it will be better drink tea with hot or warm water]

- **Food:** Chinese yam, coix seed, semen dolichoris, kale, cucumber, lady finger, bitter melon, water melon, white melon, green Bean.

Notice: most vegetables can spell damp heat in TCM theory

Fig.4 Body constitution need to be cautious



Part 2: Acupuncture and Moxibustion

Moxibustion: self-moxibustion on Zusanli (ST36), Neiguan (PC6), Hegu (LI4), Qihai (CV6), Guanyuan (CV4), Sanyinjiao (SP6). Each moxibustion takes about 10 minutes. If you don't have Moxa, you can choose 4-6 points and do self-acupressure 3-5 minutes for each points.

Application therapy: apply moxibustion hot paste or warming moxibustion cream to apply on points such as Zusanli (ST36), Neiguan (PC6), Qihai (CV6), Guanyuan (CV4), Feishu (BL13), Fengmen (BL12), Pishu (BL20), Dazhui (GV14).

Meridian massage: use methods like kneading, pressing, rubbing, tapping, patting on the lung and heart meridian of upper limb, spleen and stomach meridian below the knee. 15-20 minutes for each operation. It is appropriate to have soreness at the operated part.

Part 3: Physical exercises

Yi Jin Jing (Muscle/Tendon Change Classic), Tai Chi, Ba Duan Jin (Eight Pieces Brocade), Wu Qin Xi (Five Animal Exercise), etc., based on one's recovery situation. Practice once a day, 15-30 minutes each time.

Part 4: Mental health

It can be used with auricular points, moxibustion, massage, medicated diet, herbal tea,

herbal bath, music and other methods to relax both physically and mentally, to relieve anxiety or to aid sleep.

Part 5: Other interventions

Aromatherapy: TCM aromatherapy. In China, aromatherapy has been widely used in prevention of different infection or plague for more than 2,000 years, especially in season alternation, like winter to spring, hanging a herbal sachet or burning herbal incense become a custom in many places in China.

Foot bathing: Foot Bath with hot water or select Chinese herbs with the function of dispelling wind and heat, eliminating pathogens before sleep. Temperature should about 38 ~ 45 °C, soak for about 20 minutes.

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