

Dr. Beatrice Ratzenhofer-Komenda, MSc

Kreuzgasse 35, A-8010 Graz

[ratzenhoferb@aon.at](mailto:ratzenhoferb@aon.at)

T: +43 664 8596146

Anesthaesiologist and Intensivist

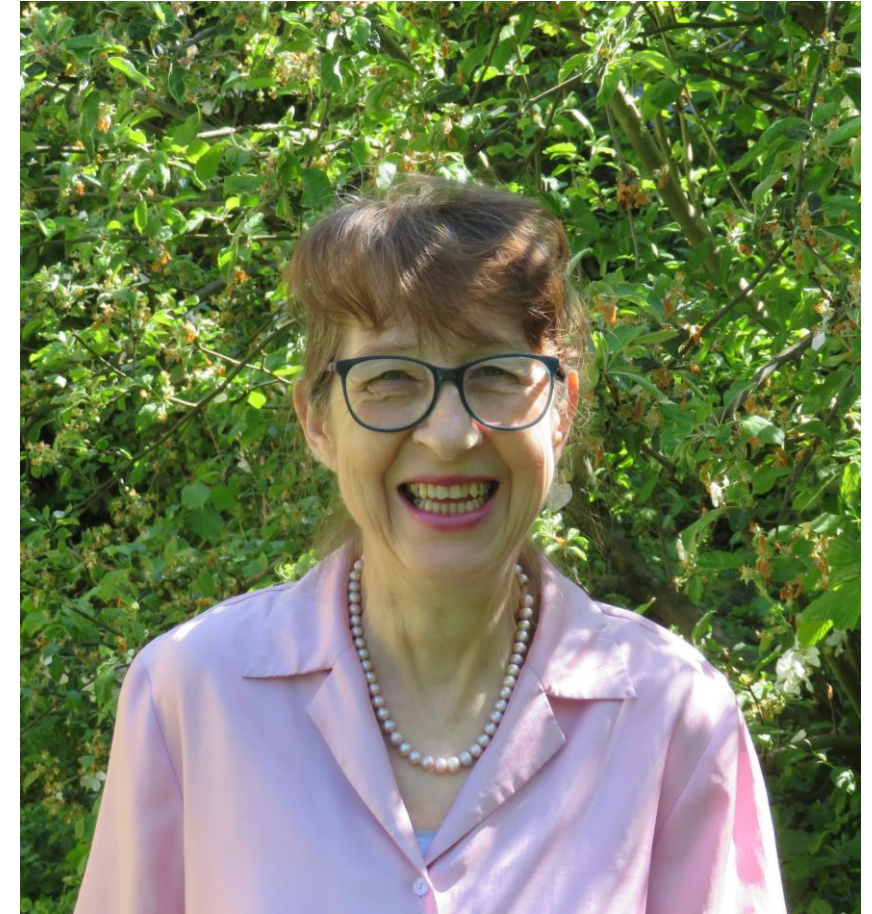
General practitioner

Hyperbaric physician

TCM diploma of the Austrian Medical Chamber

Master degree (TCM) of the Danube University of Krems

Assistant at the Wiener Schule für TCM



# SARS-CoV-2-treatment with TCM

## Mister SM – a case report

**Personal data:** Mister SM, a student, 25 yr, BMI 23.

Positive PCR test result 5 days prior to contacting TCM connect.

**Symptoms:** Intermittently resting dyspnea which did not aggravate in the supine position. Taking deep breaths was not possible, dry cough and low-grade thoracodynia. Chest stuffiness.

Dyspnea scaling: 7; SaO<sub>2</sub> 98%, heart rate 98 bpm.

Temperature feeling: slightly warm, no chills. Aversion to cold.

Body temperature: 36.1° C (morning), 36.2°C (evening).

# SARS-CoV-2-treatment with TCM

## Mister SM - a case report

### General symptoms according to TCM:

Mild **sweating** during day and night.

**Sleep:** initially fine but sensation of dyspnea after awakening; no arousal due to impaired breathing during the night.

Mild dull **pain** in the evening at rest: headache, neck pain, upper back pain, painful knees and elbows and muscles of the lower extremity.

**General energy level:** low. Scaling: 3. Weakness.

Very thirsty, impairment of smell and taste.

# SARS-CoV-2-treatment with TCM

## Mister SM - a case report

Allocation of symptoms to the organs:

**Lung:** sore and dry throat, impaired smelling capability.

„Breathing provokes a metallic sensation“

Resting dyspnea scaling: 7. Dry cough mainly in the morning

Cough disturbance scaling: 3. No expectoration of mucus.

**Spleen:** fatigue, loose stool, no flatulence but abdominal distension.

Feeling of heaviness mostly in the legs. Scaling: 7

Appetite/Desire to eat. Scaling : 4

**Gb:** New symptom: bitter mouth-taste.

# **SARS-CoV-2-treatment with TCM**

## **Mister SM - a case report**

### Allocation of symptoms to the organs:

**Kidney:** Clear urine at a large amount, no nykturia. Knee pain. Healthy teeth. No tinnitus.

**Liver:** Mild headache of dull quality. Feeling of distension in the head. VAS: 3.

**Heart:** No palpitations, but memory impairment. Impaired sense of taste.

**Blood:** Difficulty in concentrating on his learning material.

# **SARS-CoV-2-treatment with TCM**

## **Mister SM - a case report**

### **Sense organs:**

Reduction of the sense of smelling: Scaling: 5-6.

Reduction of the sense of tasting: Scaling 5-6.

Permanent bitter taste. Numb tongue.

### **Psychosocial situation:**

Close contact to family and friends, emotionally stable.

**Nutrition:** cooking at home, fresh food, preferentially vegetables and fruits. Regulated meal times.

# SARS-CoV-2-treatment with TCM

## Mister SM - a case report

### Main TCM diagnoses

Accumulation of phlegm in the Upper/  
Middle San Jiao

Heat attacking the lung

External wind affecting Wei Qi

Spleen Qi deficiency

Tai Yang/ Shao Yang presentation

Kidney yang deficiency



Images provided by permission.

# SARS-CoV-2-treatment with TCM

## Mister SM - a case report

### Prescription no 1 (days 7-11)

#### Yin Qiao San jia Qing Wen Bai Du San jia jian (Raw drug in g/d)

Jin Yin Hua (Lonicerae japonicae Fl) 10

Lian Qiao (Forsythiae Fr) 10

Jing Jie (Schizonepetae Hb) 10

Niu Bang Zi (Arctii Fr) 10

Bo He (Menthae Hb) 10

Gan Cao (Glycyrrhizae Rhiz et Rad) 10

Dan Zhu Ye (Lophatheri Hb) 10

Lu Gen (Phragmitis Rhiz) 10

Huang Lian (Coptidis Rhiz) 6

+ Huang Qin (Scutellariae Rad) 6

+ Chai Hu (Bupleuri Rad) 10

+ Ban Xia (Pinelliae Rhiz) 8

+ Ku Xing Ren (Armeniaca Sm) 10

Treatment strategy: Release the exterior, clear heat, detoxify.



# **SARS-CoV-2-treatment with TCM**

## **Mister SM - a case report**

### Course of the disease:

GP's treatment: Zinc , Vit D, Spray with beclometasondipropionat and Formoterolfumaratdihydrat.

TCM decoction: Start at day 7 after onset of the disease.

**Day 8:** Dyspnea in the morning of about 30 min, dry cough, no expectoration of mucus, no fever. Still impaired deep inspiration. Feeling like inflammation of the throat. Body temperature 35.9°C.

**Day 9:** Headache in the evening, normal breathing. Heaviness of the legs still present but reduced and without pain.

Smelling and tasting are still disturbed. Slightly increased thirst.

# **SARS-CoV-2-treatment with TCM**

## **Mister SM - a case report**

### Course of the disease:

#### Day 10:

No respiratory problems at rest, no sensation of cold. General physical endurance still reduced.

Fatigue still present.

The ability to take deep breaths was increasing.

Memory impairment improved. It was possible for the first time to study for 2 hours in a fully concentrated manner!

Now the loss of taste was the most inconvenient symptom of all!

# SARS-CoV-2-treatment with TCM

## Mister SM - a case report



### Course of the disease

#### Day 12:

Reduction of the sense of smelling: Scaling: 3.

Reduction of the sense of taste: Scaling: 3. Restitution was in progress!

Deep inspiration was much better than in the beginning

Dyspnea scaling: 1 Cough disturbance scaling: 2

Memory capability improving: studying time of 6 h

Energy level scaling: 7

Appetite/desire to eat scaling: 7 Feeling of heaviness scaling: 0

# SARS-CoV-2-treatment with TCM

## Mister SM - a case report

Scaling of symptoms	DAY 6	DAY 12
Degree of dyspnea (0 = best)	7	1
Cough disturbance (0 = best)	3	2
Energy level (10 = best)	3	7
Appetite/ Desire to eat (10 = best)	4	7
Feeling of heaviness (0 = best)	7	0
Reduction of the sense of smelling (0 = best)	5,5	3
Reduction of the sense of taste (0 = best)	5,5	3

# **SARS-CoV-2-treatment with TCM**

## **Mister SM - a case report**

### Course of the disease:

#### Day 13:

He felt more exhausted than the days before. No dyspnea at rest with deep inspiration again being difficult. Cough was still moderately present.

#### Recurrence assumed!

The psychological impact and to cope with isolation was the most burdensome issue during quarantine.

# SARS-CoV-2-treatment with TCM

## Mister SM - a case report

### Prescription no 2 (days 13 – 15)

Ma Xing Yi Gan Tang jia Xiao Xian Xiong Tang jia Cao Guo Zhi Mu Tang  
(Raw drug in g/d)

Ma Huang (Ephedrae Hb) 4

Yi Yi Ren (Coicis Sm) 10

Fa Ban Xia (Pinelliae Rhiz) 5

Cao Guo (Tsaoko Fr) 5

Yu Xing Cao (Houttuyniae Hb) 10

Bai Dou Kou (Amomi rotundus Fr) 5

Ku Xing Ren (Armeniacae amarum Sm) 5

Huang Lian (Coptidis Rhiz) 6

Gua Lou Pi (Trischosanthis Pc) 5

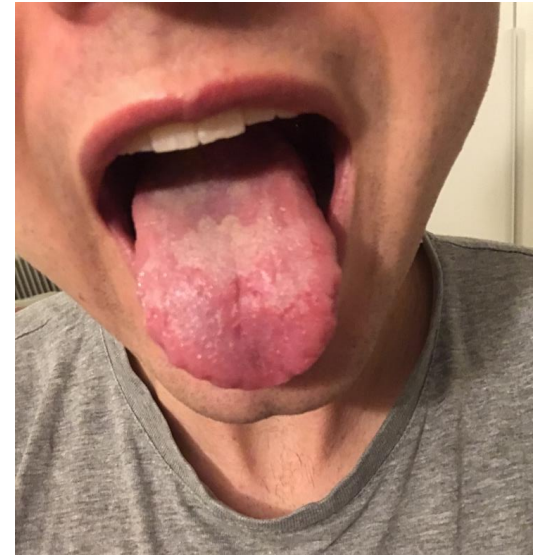
Zhi Mu ( Anemarrhenae Rhiz) 5

Gan Cao (Glycyrrhizae Rad et Rhiz) 10

Treatment strategy: Harmonize Shaoyang syndrome, clear damp-heat.

# SARS-CoV-2-treatment with TCM

## Mister SM - a case report



### Course of the disease:

**Day 15:** Cough still present but no dyspnea even with climbing stairs.

Nevertheless, the global physical performance was reduced. Sensing of taste normalized up to 95%.

**Day 17:** Full restoration of the sense of taste, better appetite.

Better ability to concentrate on learning materials

Beginning of the recovery phase assumed ! 😊

# SARS-CoV-2-treatment with TCM

## Mister SM - a case report

### Prescription no 3 (days 17-30)

#### Sha Shen Mai Dong Tang (raw drug in g/d)

Sha Shen (Glehniae seu Adenophorae Rad) 8

Wu Wei Zi (Schisandrae Chin Fr) 8

Lai Fu Zi (Raphani Sm) 8

Chen Pi (Citri reticul Pc) 5

Zhe Bei Mu (Fritillariae Thunbergii Bulbus) 6

Huang Qin (Scutellariae Rad) 8

Mai Dong (Ophiopogonis Rad) 8

Ren Shen (Ginseng Rad et Rhiz) 6

Si Gua Luo (Luffae Retinervus Fr) 8

Zi Su Zi (Perillae Fr) 6

Ku Xing Ren (Armeniaca amar. Sm) 6

Gan Cao (Glycyrrhizae Rad et Rhiz) 5

Treatment strategy: Tonify qi, nourish yin, restoration of lung qi.

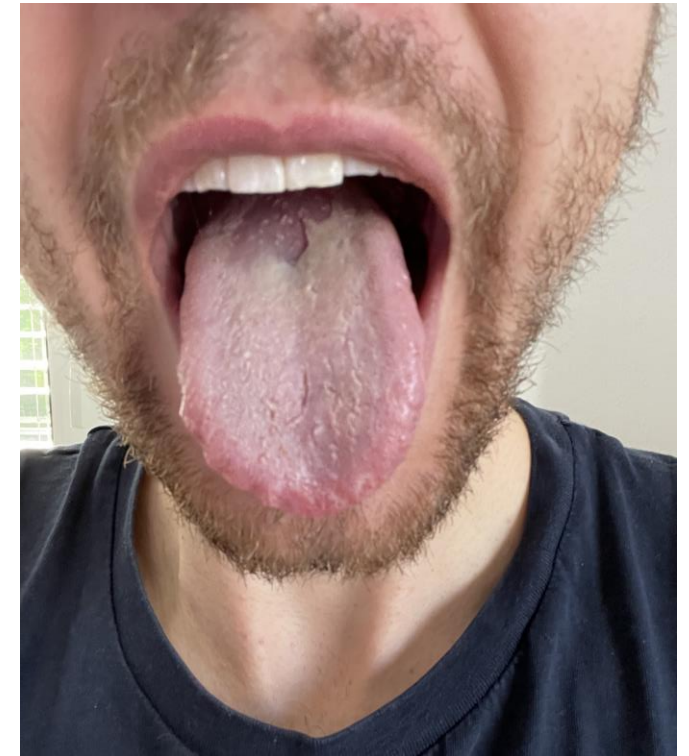


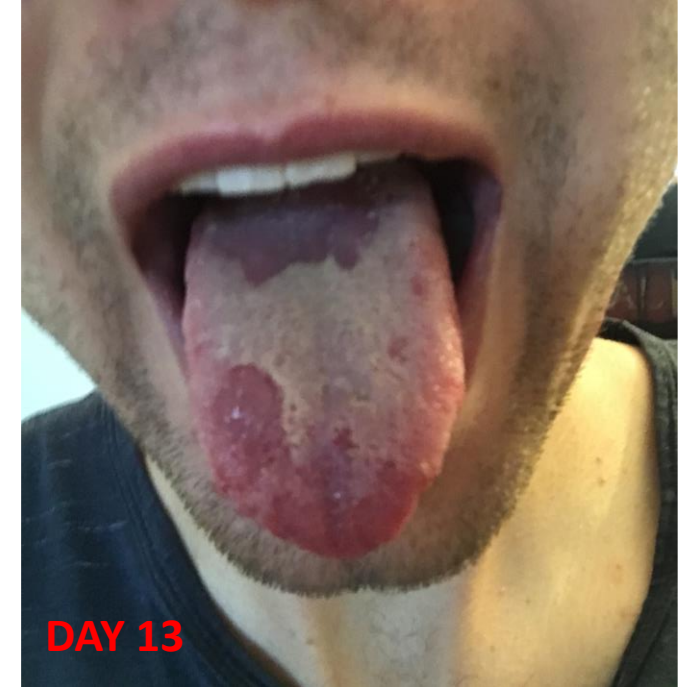
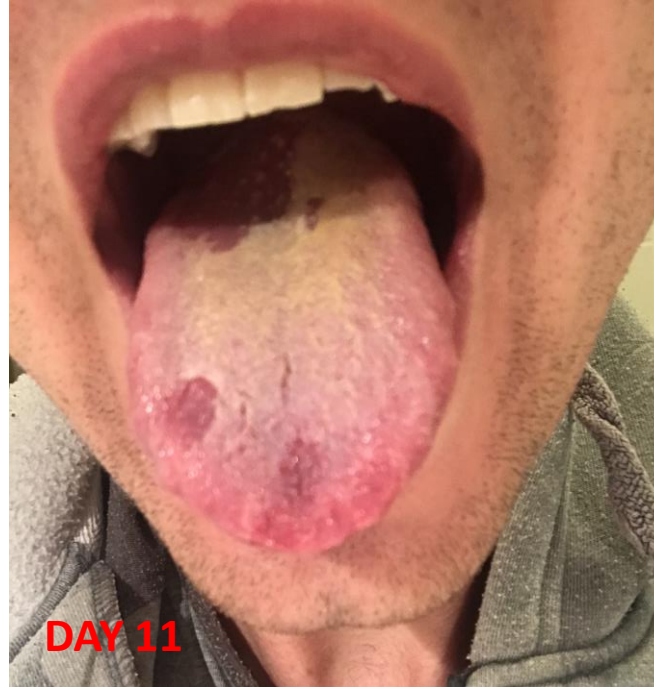
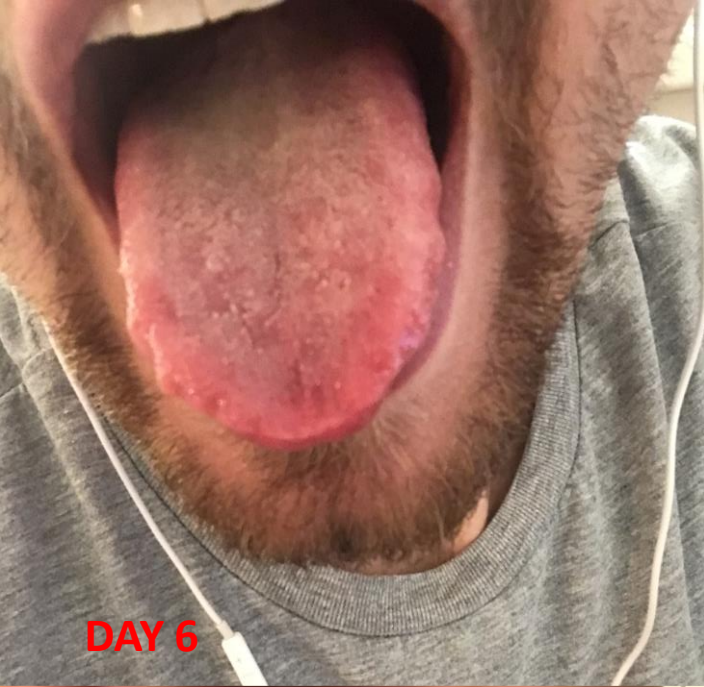
# SARS-CoV-2-treatment with TCM

## Mister SM - a case report

7 months later:

*"I am in a better condition than before with doing more sports and paying attention to a healthy diet. Sometimes and rarely and at a very mild degree, I have a hard time focussing on my learning material."*





**Mister MS**

**Images of the tongue in the  
Covid and post-Covid phases.  
Images provided by  
permission.**





Thank you for your attention!