

Post Covid - Case

Barbara Alt, Practice for TCM, currently student ABZ Munich herbal education

Case description

Patient is a 50 years old woman, hairdresser

Six weeks ago the patient contracted Covid 19, first she was burning hot during the day but had no fever, temperature was 38 degrees, at night she had chills, first she got severe pain in limbs, down to the bones, especially both hip joints. Cough with phlegm, which was tender yellow or white. Thirst was great, she felt listless and tired. After a week came the loss of taste and smell, first partial then total, with loss of weight.

The patient is very petite and weighs 45 kg, in type she is rather tense and anxious, very pale.

First visit

on 23 February 2021

She came to the practice on 23 March 2021 with the following complaints:

Nose and sinuses are a little too

Cough only a little bit with white sputum.

Very dry throat and mouth, she is thirsty

Sense of taste and smell came back briefly, today it is gone again

After a walk she is very tired

The hot flashes she used to have are back now, in the morning between 5 and 6 she currently gets the hot flashes with sweat on her neck and head, after that she is cold and freezing.

Anamnesis

Abdomen:

The upper abdomen is somewhat tense and tender to pressure, the lower abdomen is soft. Stomach and bowel sounds are heard.

The patient is very tense in the shoulder-neck area.

She has lost 5 kg due to Covid disease, she is losing weight very fast.

Tongue: without coating, small, moist and slightly swollen.

The pulse was weaker on the left side than on the right side, the surface is tense underneath, somewhat pulsatile.

Treatment

Acupuncture

Lung 5	Expel pathogen, moisten lung.
San Jiao 4	for dry mouth and throat
Spleen 3	expel phlegm and dampness

Second visit

on 16 March 2021

On 16.03.21 the patient came a second time and reported that the following symptoms have improved:

Nose is open, she is slowly becoming more efficient, she is gaining weight again, has started working again as a hairdresser, the cough is gone, only some sputum in the morning, slightly milky. Thirst is less, dryness in the mouth is gone.

Symptoms

Symptoms that have remained:

Loss of smell and taste, tired, hot flashes in the morning, dry throat.

Symptoms that are new:

Pressure on chest and gets creeping air, wakes up with it in the morning, exercise improves

In case of stress, the ears fall closed and gets a dull head

Dry reddish eyes

Tongue: she has the feeling as if it is too big for her mouth

Hot flashes also during the day and in the evening, depending on what she has eaten.

She has to clear her throat as if there is mucus in her throat that won't come out

Anamnesis

Pulse

thin on top and a little tense underneath empty, San Jiao was pearly in nature, a little fiery

Tongue

had a red border at the tip, in the liver area red dots going to the lung and heart area, from the middle to the lower area without coating and red, with a thin coating around the outside.

Overall, the tongue was wider and more swollen than in the first treatment.

Treatment

Acupuncture

San Jiao 2 disperses heat in the upper warm, calms the mind and strengthens the kidneys.

Gallbladder 44 Divergent pathway, expel pathogen.

Spleen 9 to drain dampness

Ren May 10 and 12 to harmonize the formula

Third visit

on 25 March 2021

Current complaints

Tiredness changes, sometimes better sometimes worse, she notices it in the morning after getting up whether she is fit today or not. When she notices that she is not fit, she has a dull head and a feeling of heaviness in her body after getting up and she is tired

Hot flushes, throat as if hoarse and as if there is something in it that cannot come out.

More thirsty again and dry reddish eyes.

Symptoms

Symptoms that have improved

the pressure on the chest

Weight increased by 3 kilo

Tongue no longer so thick in the mouth

Sense of smell and taste is gone in the morning, but comes back in the evening.

Pulse is fast and tense at the top and fuller at the bottom, stomach position has something pearly, fiery, small intestine is full and tense, lungs are weak.

Tongue has swollen edges and the tip is red, without coating

Treatment

Acupuncture

- | | |
|-------------------|--|
| San Jiao 10 | to dissolve and fluid stagnation, support lymph. |
| Stomach 44 | stagnation heat to lead downwards |
| Small intestine 2 | water point cools and moistens the upper warmer, without much energy out |
| Kidney 8 | Lungs Qi to Kidney bring, nourishing Yin rise, Wei Qi with the fluids.
good for eyes and the liver. |

Assignment of symptoms

Residual pathogen Fu xie is inside.

Heat in qi aspect: much thirst, red tip of tongue, dry eyes and throat, reddish eyes

Moisture: heaviness in the morning and dull head, swollen tongue, deep pulse

Diagnosis

Pathogenic fluids form heat and later dampness, transformation is blocked here.
Energies held in latency= Fu xie (hidden pathogen).

Treatment strategy

Drain pathogen and dampness, deblock fluids, clear heat, strengthen yin qi.

the patient comes once a month for acupuncture, has overcome the symptoms of the Covid infection, is symptom free and feels able to perform again and can smell and taste everything again.
The hot flashes and night sweats are still mild.