

Covid-19 and Chinese Medicine

International Online Symposium May 29-30, 2021



ABZ München

Sharing experiences – Discussing cases



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Herbal Medicine



Two case reports

Case 1: Herpes and fatigue after vaccination

Women, 53, atopic eczema since early childhood

- After traumatic experience as a young teen first time herpes spreading over face and neck → hospital
- After aryuvedic treatment (pancha karma) in 2005 and 2006 eczema much better
- Again increasing allergic skin reaction over the last years
- Since summer 2020 skin worse related to divorce and a demanding fight in a social project

Treatment with Chinese herbs and acupuncture since summer 2020

- No effect with cooling blood (Sheng di huang etc.) and other standard approaches for eczema.
- Because of aversion to wind-cold try modification of:

Gui zhi Ma huang Ge Ban Tang

Gui zhi 6

Chi shao 6

Ma huang 6

Xing ren 6

Zhi gan cao 3

Sheng jiang 3

Da zao 4 pcs.

Chan tui 9

Di long 9

Bo he 6

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- Skin much better but still allergic

Vaccination with BioN-tech Comirnaty April 18, 2021

- Eczema immediately worse and feeling tired
- Three days later additional papules from chest into face and some herpes on chin. Aciclovir creme for herpes and antihistamines.
- Next day papules gone, face hot, red, swollen
- strong fatigue, goes back to bed after breakfast, working not possible, exhausted after minimal activity

- Beginning acupressure every other day according to pulse (St 40, LI 11, Sp 10, Liv 2)
- April 27 beginning herpes left face (all 3 trigeminus nerves) – Aciclovir
- Together with ongoing acupressure: herpes did not fully erupt, severe exhaustion unchanged
- May 7: Herpes ceased on left side but started on right side of face, still daily antihistamines, no more Aciclovir, fatigue unchanged

Decision to start herbal treatment based on previous experience:

*Gui zhi Ma huang Ge Ban Tang + Ma huang **Lian qiao Chi xiao dou** Tang*
1 pack for 4 days

Gui zhi 12

Chi shao 12

Ma huang 6

Lian qiao 18

Chi xiao dou 24

Xing ren 12

Gan cao 12

Da zao 12

Chan tui 12

Di long 12

Bo he 12

Dan Shen 12

Tao Ren 12

- Skin a lot better, no real change with fatigue
- Another pack for 4 days – skin again better, still no real change with fatigue, meanwhile 4 weeks not at work

Reevaluation of fatigue ...

- With exhaustion she becomes shaky in the knees and hands and she has an urgent need to eat something sweet, like in hypoglycemia.
- She has an unusual general craving for sweet.

... and „constitutional“ pathomechanism:

- Everything that tends to be violent penetrates deeply into her, she cannot protect herself against it. For example, she cannot watch movies with violent scenes, she would need days to recover.
- On the one hand she seeks security that does not really arrive, on the other hand she is a strong person who knows well to fight attacks.

Conclusion/diagnosis:

Stagnation of Wei-qi and Ying-qi with toxic heat is triggered and increased through vaccination and exacerbates to a kind of general blockage of Yang-qi.

Treatment strategy:

Resolve Stagnation of Wei-qi and Ying-qi, clear toxic heat, unblock Yang-qi

Ma huang Ge Ban Tang + Ma huang Lian qiao Chi xiao dou Tang

+ Fu Zi Tang

Gui zhi 12

Chi shao 12

Ma huang 6

Lian qiao 18

Chi xiao dou 24

Xing ren 12

Gan cao 12

Da zao 12

Chan tui 12

Di long 12

Bo he 12

Fu Zi 12

Bai Zhu 12

Results:

- The day after starting the tea energy 80% better.
- Energy and skin continuously better with another 2 packs of similar formula
- Patient advised to go slowly and strictly avoid overexerting - currently in holidays

Case 2: Acute Covid-19

A case of constrained Wei-Qi

A 52 year old woman, Nurse, quiet person, hard working, slightly overweight

The first symptoms appeared in January 2021:

- everything she tasted and smelled was bitter
- pressure discomfort in the head
- slight feeling of congested sinus in the evening
- no fever, no heat, no cold, no pain → **No exterior symptoms**

Tested positive (PCR)

Situation at first telephone-visit 5 days after onset, Jan. 26

Cough

- dry, itchy feeling in throat and chest
- mostly in the evening, after warm ginger tea, she spits out small amounts of very tough, yellow mucus

Dry mouth

- always thirsty, a lot more than usual
- at the moment she drinks about 3 - 4 liters per day, prefers warm beverage

Short of breath for the last 2 days

- Not tired, No feeling of heaviness
- Normal: Temperature, Urine, Digestion, Bowel movement
- Sleep good, sometimes night sweat

The patient describes her tongue as “white”

Interpretation of symptoms/diagnosis:

- **dryness due to phlegm and heat in the chest**
 - small amounts of very tough, yellow mucus
 - always thirsty, a lot more than usual
- **Blocked Lung-Qi**
 - Cough, shortness of breath
- **Wind**
 - itchy feeling

Is Covid 19 a Fu xie hiding in the Mo Yuan? → tongue “white”, no exterior symptoms at the beginning

Treatment strategy:

- Clear heat-phlegm from the chest
- Bring down Lung-qi and stop cough
- Clear away pestilenz and eliminate foul turbidity
- Open the nose

Formula

Bei mu Gua lou San plus **Da yuan Yin** modified

powdered Herbs to cook 10 min. for 6 days (from Jan. 26):

Gua lou pi 12

Chuan bei mu 12

Huang qin 9

Jing jie 9

Qian hu 6

Xing ren 6

Ban lan gen 6

Hou po 9

Cao guo 3

Zhi mu 6

Gan cao 6

Bai zhi 6

Second telephone visit (Feb. 3) after 6 days of drinking the herbs

- **Cough worse**
 - especially in the morning until noon
 - Lots of yellow mucus, not tough anymore, easy to expectorate, still better after warm ginger tea
- Pressure on the chest, worse in the morning
- She doesn't feel so dry anymore, but is still very **thirsty**
- **She feels a vibration and vexation inside**
- **Whole body pain - Ibuprophen 400 helps**
- **alternating chills and heat**
- **Pressure on both ears**
- Appetite is normal, but she still tastes and smells **everything bitter**
- Urine and Bowel movement still normal
- Sleep: good, only a little restless before she falls asleep
- tired

Interpretation/Diagnosis:

- **Shao Yang**
 - Yellow mucus in the chest
 - alternating chills and heat
 - She feels a vibration and vexation inside
 - Pressure on both ears → Gb-Meridian
 - everything tastes bitter
- **Tai Yang**
 - Whole body pain
- **Jin Ye are already in danger - dryness**
 - Strong thirst

Treatment strategy:

- Open Shao Yang / release constraint Wei-qi
- Release Tai Yang / exterior / surface
- Eliminate phlegm-heat
- Protect Jinye
- Open orifices

Formula

powdered herbs for 6 days
harmonised cooking

Xiao Chai hu Tang mod.

with thirst: - Ban xia + Tian hua fen
Dang shen instead of Ren shen

Chai hu **24**

Huang qin 9

Tian hua fen 12

Dang shen 16

Zhi gan cao 6

Da zao 3 pc

Sheng jiang 9

Gui zhi 9

Bai shao 9

Zhe bei mu 12

Gua lou pi 20

Xie bai 9

Shi chang pu 6

Formula

Xiao Chai hu Tang

and Tai Yang-Symptoms: Gui zhi Tang

Chai hu 24

Huang qin 9

Tian hua fen 12

Dang shen 16

Zhi gan cao 6

Da zao 3 pc

Sheng jiang 9

Gui zhi 9

Bai shao 9

Zhe bei mu 12

Gua lou pi 20

Xie bai 9

Shi chang pu 6

Formula

Xiao Chai hu Tang

and phlegm-heat in the chest better with warm fluid:

Gua lou Xie bai Ban xia Tang approach

Chai hu 24

Huang qin 9

Tian hua fen 12

Dang shen 16

Zhi gan cao 6

Da zao 3 pc

Sheng jiang 9

Gui zhi 9

Bai shao 9

Zhe bei mu 12

Gua lou pi 20

Xie bai 9

Shi chang pu 6

Formula

Xiao Chai hu Tang

Plus open the orifices with aromatic flavour

Chai hu 24

Huang qin 9

Tian hua fen 12

Dang shen 16

Zhi gan cao 6

Da zao 3 pc

Sheng jiang 9

Gui zhi 9

Bai shao 9

Zhe bei mu 12

Gua lou pi 20

Xie bai 9

Shi chang pu 6

Third telephone visit 3 days later (Feb. 6)

➤ She felt much better, already after 24 hours

- Energy almost normal, no desire to sleep during the day anymore
- Temperature normal
- No more pain
- No more pressure on the ears
- Normal thirst
- No more vibration or vexation

➤ Cough

- Only in the morning a little pressure at the chest and cough with light yellow phlegm

➤ Taste and smell still not normal, but not so bitter anymore

Follow up (May 27)

- **Contrary to the advice, she immediately went back to work full time – but no relapse, she is fine overall**
- **Bitter taste and smell ceased after 2-3 weeks**
- **From time to time she cannot smell and taste for a few minutes**

Blocked Yang-Qi /Wei-Qi

External pathogenes always affect the flow of yang-qi through there characteristics like cold congeales etc.

Question: What is the specific quality of Covid-19's "Li Qi" that blocks the yang-Qi?

Idea: A phlegm-like quality. Would explain:

- Rapid changing and moving of symptoms in the beginning and stagnation in the luo mai with chronification
- Variety of disease courses
- Aggravating pre-existing stagnations on Qi- or Blood level

Extend the concept of phlegm as a secondary internal pathogen to include the idea of phlegm (toxin) as an external pathogen?