

Clinical Insights on the use of Chinese Herbal Medicine for Symptoms Related to COVID-19

Dan Bensky, DO, Craig Mitchell, MS, PhD (China)

Seattle Institute of East Asian Medicine

Dr. Ma Shou-Chun

- ◆ Studying medicine since the 1960's
- ◆ Specific interest in externally contracted illness
- ◆ Expert in the Discussion of Cold Damage
- ◆ Writing about COVID-19 through the lens of Chinese medicine
- ◆ Download @ the.lantern.com.au



Wu You-Ke (17th century)

- ◆ Discussion of Warm Epidemics (1642)
- ◆ Disease transmission
- ◆ Pestilential qi becoming toxin
- ◆ Importance of entry through nose and mouth
- ◆ Latency

Key Concepts

- ◆ Warm epidemic disease: 瘟疫
- ◆ Pestilential qi: 厲氣
- ◆ Toxin: 毒
- ◆ Foul turbidity: 穢濁
- ◆ Blood stasis: 血瘀

Six Pathogens: cold, heat, dryness,
dampness, wind, and summerheat

VS

Pestilential Qi

Toxin

- ◆ Causes severe dysfunction within the body
- ◆ More virulent
- ◆ Intensely damaging

Foul Turbidity

- ◆ Damp pathogen
- ◆ Very sticky and gummy
- ◆ Difficult to resolve quickly

Describing Chinese Herbal Medicine Telehealth Care for Symptoms Related to Infectious Diseases Such as COVID-19 (SEARCH)

- ◆ Observational
- ◆ Real-world prescriptions, not fixed
- ◆ No control group
- ◆ 60 patients with approximately 180 total visits

Common Formulas from the Study

Minor Bupleurum Decoction (*xiǎo chái hú tāng*)

Patchouli/Agastache Powder to Rectify the Qi (*huò xiāng zhèng qì sǎn*)

Three-Seed Decoction (*sān rén tāng*)

Patchouli/Agastache, Magnolia Bark, Pinellia, and Poria Decoction (*huò pò xià líng tāng*)

Stop Coughing Powder (*zhǐ sòu sǎn*)

Common Formulas

Warm Gallbladder Decoction (wēn dǎn tāng)

Two-Aged [Herb] Decoction (è chén tāng)

Cyperus and Inula Decoction (xiāng fù xuán fù huā tāng)

Pinellia and Magnolia Bark Decoction (bàn xià hòu pò tāng)

Six-Gentleman Decoction with Aucklandia and Amomum (xiāng shā liù jūn zǐ tāng)

Importance of Differential Diagnosis

- ◆ Covid may be viewed as a warm epidemic disease
- ◆ But it still does not present as one thing
- ◆ A spectrum of formulas appear to be useful

Problems Related to Mistreatment

- ◆ Use of Huang Qi (Astragalus)
- ◆ Use of Jade Screen Powder (Yu Ping Feng San)
- ◆ Use of cold, bitter herbs
- ◆ Use of set formulas without consideration of individual differences

Possible background aspects of COVID

◆ Background

- ◆ from TEAM — moderate to severe Covid cases have various signs of toxicity with many signs of phlegm, fluid disorders, and blood stasis.
- ◆ from osteopathy— palpation of hospitalized patients with Covid revealed “tar-like” fluids and “cadaver-like” tissues.

◆ Import

- ◆ Useful to add small dosages of blood-invigorating and phlegm-reducing medicinals to formulas even for relatively mild cases.

Treating blood stasis & fluid disruption

- ◆ Properly move & invigorate the blood — e.g. Carthami Flos (*hóng huā*), Salviae miltiorrhizae Radix (*dān shēn*), Chuanxiong Rhizoma (*chuān xiōng*)
- ◆ Facilitate fluid metabolism & transform phlegm — Trichosanthis Radix (*tiān huā fěn*), Poria (*fú líng*), Pinelliae Rhizoma praeparatum (*zhì bàn xià*)

Observations on proper recuperation from Covid-19

- ◆ Observations

- ◆ Too early resumption of normal activities post acute Covid [even relatively mild cases] often results in relapse.
- ◆ Apparent correlation between early resumption of activities and development of long Covid.

- ◆ Recommendation

- ◆ As little increase in activity as possible within 7-10 of end of symptoms.



Monika Chace Photography

Q&A