

PROF. VOLKER SCHEID - COVID 19

# Chinese Medicine & Covid-19

SOME PERSONAL REFLECTIONS





## Chinese Medicine Practitioner

Private practice since 1984

## Historian & Anthropologist

PhD Medical Anthropology 1998

## Patient Short Long Covid

April/May 2020

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# Some personal reflections on Covid-19 & Chinese medicine

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- Covid-19 inside and outside the world of Chinese medicine
- Some clinical observations
- Some thoughts

# Covid-19 Inside & Outside of Chinese Medicine

# Certainty Within

**“From Western medicine we know the disease is located in the Lungs; from Chinese medicine we know it is a damp-cold disorder. Hence, we use Ephedra Decoction plus Atractylodes (má huáng jiā zhú tāng).”**

-- CHINESE MEDICINE INFLUENCER FROM CHINA

**“In the context of this disease, I want to emphasize the relevance of the Shangan 6-conformation approach to differential diagnosis. Our own relationship to the *Discourse on (Epidemic) Disorders Caused by Cold* became much deeper in this process, since much of its theories became verified by what we encountered in that hospital ward.**

- LIU LIHONG, 2020, THE ROLE OF CHINESE MEDICINE IN THE COVID-19 EPIDEMIC. [HTTPS://CLASSICALCHINESEMEDICINE.ORG/ROLE-CHINESE-MEDICINE-COVID-19-EPIDEMIC/?FBCLID=IWAR1VK3FOT9SB1TKDF0XSNJJUFB3\\_SBG2BIVQSK9FO1FMPLKV5WP59KUACC0](https://classicalchinesemedicine.org/role-chinese-medicine-covid-19-epidemic/?fbclid=IWAR1VK3FOT9SB1TKDF0XSNJJUFB3_SBG2BIVQSK9FO1FMPLKV5WP59KUACC0)

**“Es gibt keine Standardrezepturen  
... aber wir dürfen nicht  
vergessen, dass Corona ein  
Virus ist und damit zu den  
Wärme-Erkrankungen (Wen  
Bing) gehört, ebenso wie SARS  
und insbesondere EBOLA.”**

- CHINESE MEDICINE INFLUENCER FROM EUROPE



**“We have the principles, we have the formulas. And the principles, it does not matter if it is this virus or not, the principles always stay the same. So we have those principles, and they work.”**

- CHINESE MEDICINE INFLUENCER FROM THE USA

**Late Han epidemic  
216**

Zhang Zhongjing 張仲景  
Treatise of Cold Damage 傷寒論

**Kaifeng epidemic 1232**

Li Dongyuan 李東垣  
Treatise on Differentiating Internal and  
External Damage 內外傷辨或論

**Late Ming epidemics  
1580s, 1630-40s**

Wu Youke 吳有可  
Treatise on Epidemics 溫疫論

**“During the initial onset, the [typical] practitioners of the time erroneously used Cold Damage methods to treat it. [I] never saw [a case of] theirs that did not get worse.”**

- WU YOUKE 吳有可, QUOTED IN HANSON, MARTA E. SPEAKING OF EPIDEMICS IN CHINESE MEDICINE: DISEASE AND THE GEOGRAPHIC IMAGINATION IN LATE IMPERIAL CHINA. MILTON PARK: ROUTLEDGE, 2011, P. 208.

# Uncertainty Without



**“COVID-19 has rapidly become a disease associated with unbridled uncertainty with its aetiology and management, for the healthcare systems and health professionals who provide care, and among its ultimate victims, patients and their families.”**

- KOFFMAN J, GROSS J, ETKIND SN, SELMAN L. UNCERTAINTY AND COVID-19: HOW ARE WE TO RESPOND? J R SOC MED. 2020 JUN;113(6):211-216. DOI: 10.1177/0141076820930665

**“This illness and its effects are different than anything in my 35 years of practice as an Osteopath. ... In fever the meninges can feel dry and tight. With post COVID 19 patients the tension is felt in the blood vessels and not the membranes. ... As these findings can be felt many months after the initial infection it is difficult to know how the body is healing these internal injuries.”**

- LYNN HALLER/FACEBOOK

# Some Clinical Observations

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# Summary

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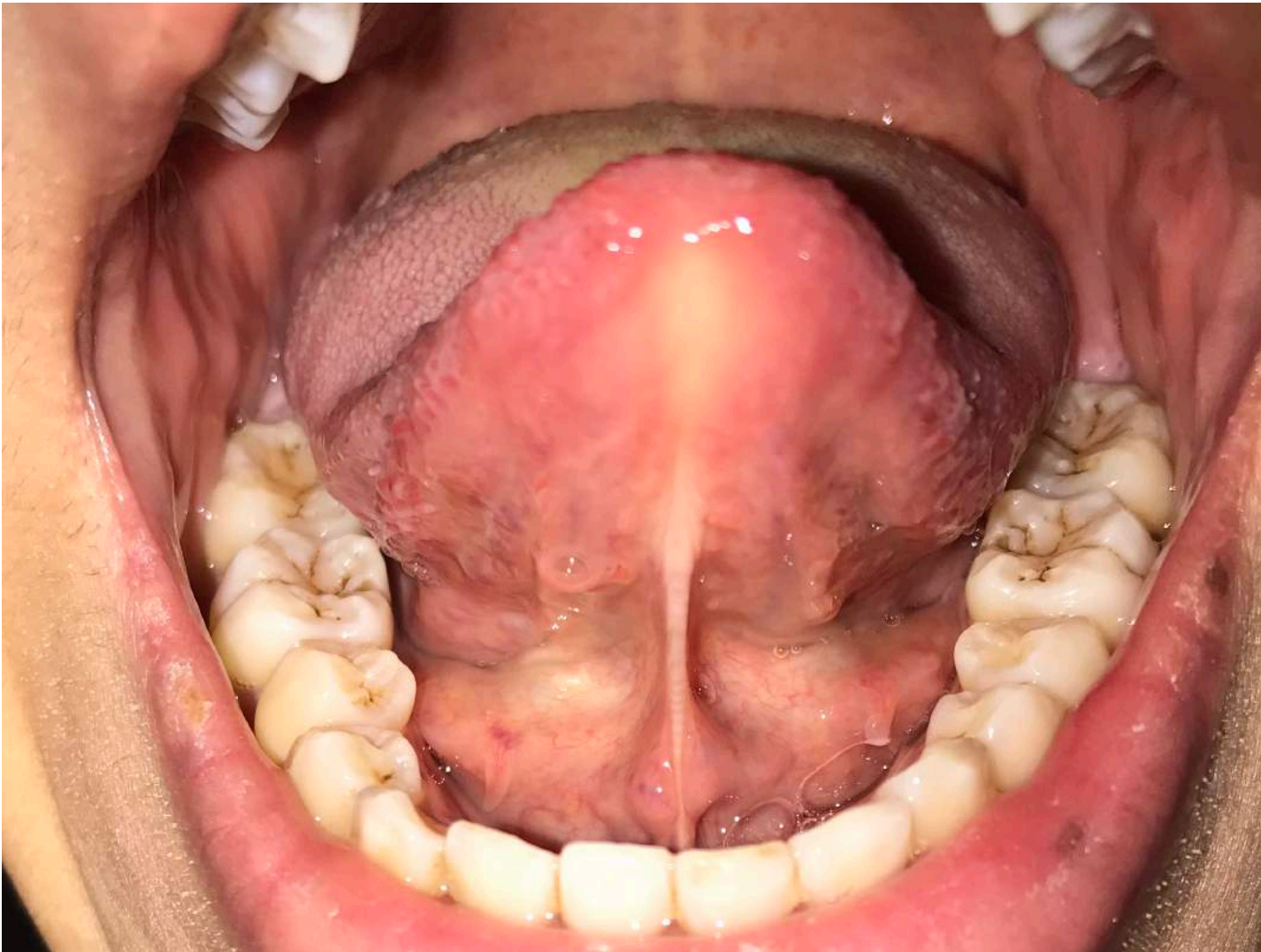
- 34 Covid patients at various stages from fairly acute to very chronic and from fairly mild to reasonably severe
- 2 patients did not respond at all; all others reported improvement
- 2 long covid patients had repeated relapses that became consistently more serious/difficult to treat
- Covid-19 is not like chickenpox and long Covid is not like the chronic fatigue syndrome I have previously seen



## Female, age 33, first consultation seven days after onset of first symptoms

- At onset headache, blocked nose, sore throat and sl. wheeziness with some phlegm in airways; then 3 days ago dry cough; no fever; very blocked nose with clear catarrh; headache on and off at both temples
- Initially some gas and pain in stomach
- Some bitterness in back of throat; really thirsty in middle of night; wake up a lot in middle of night; pee a lot; no dizziness
- Some anxiety
- Normally get bronchitis: with yellow phlegm with cough in middle of night; lasts for week; lot of antibiotics





Bupleuri Radix (*chái hú*) 12g  
Scutellariae Radix (*huáng qín*) 6g  
Trichosanthis Radix (*tiān huā fěn*) 4g  
Adenophorae Radix (*nán shā shēn*) 6g  
Salviae miltiorrhizae Radix (*dān shēn*) 6g  
Albiziae Flos (*hé huān huā*) 6g  
Glycyrrhizae Radix (*gān cǎo*) 4g  
Zingiberis Rhizoma recens (*shēng jiāng*) 2g  
Jujubae Fructus (*dà zǎo*) 2g



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**“I finished the herbs and took your advice to rest for a whole week, it really helped! Now I’m pretty much back to normal. Thanks so much for all your help!”**

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- ATTRIBUTION LINE

## Male, age 52, first consultation about one month after onset of first symptoms

- At onset two days with a bit of fever and coldness that moved around body (shoulder, back, chest);
- Feeling tired, low-grade temperature, absolutely exhausted
- Dry and painful cough that comes and goes; dryness in sinuses and nose; with blood on blowing nose; loss of taste and smell that comes and goes
- Not thirsty; no digestive symptoms;
- Horrible acid metallic taste in throat; eyes very watery and feel inflamed; breath feels hot;

# After 4 months of off and on treatment

- for 4 days feeling tired and exhausted want to go to bed; this time did not overdo it; had quite a sore throat over last few days; voice coming and going
- still a few episodes of cramping of hands, legs
- concentration pretty good, not feeling dizzy;
- thirsty but tendency to be cold
- whenever he or his son have a relapse they feel very cold but get a sore and inflamed painful throat





Codonopsis Radix (*dǎng shēn*) 12g

Paeoniae Radix alba (*bái sháo*) 12g

Trichosanthis Radix (*tiān huā fěn*) 6g

Scrophulariae Radix (*xuán shēn*) 6g

Glycyrrhizae Radix (*gān cǎo*) 6g

Aconiti Radix lateralis praeparata (*zhì fù zǐ*) 3g

Atractylodis macrocephalae Rhizoma (*bái zhú*) 6g



## Female, age 45, first consultation seven months after onset of first symptoms

- Original infection late March 2020
- Low mood with fatigue and chosteocondirits that carried on for 3 weeks
- A couple of nights very high heart rate; some night sweat; a bit light headed during the day
- No appetite; very strong instinct to keep drinking ⇔ 3-4 l of water and herbal tea/day which is not normal for me
- Physical fatigue and malaise

- After 2-3 weeks went back to renovating house ⇒ post-exertion malaise; feeling a bit feverish like flu; would last for 2-3 days but then would go again; went on through May/June;
- From July digestive issues (cramps, diarrhoea), histamine response to certain foods ⇒ tingling in mouth, swollen glands on right side, cramps, severe fatigue; on day before period extreme anxiety with manic side;
- From August onwards symptoms became cyclical; now every time before the period become symptomatic: at least five days of fatigue, ear pressure, dizziness; therefore on pill constantly now but symptoms persist

- No brain fog but concentration linked to moods ⇒ feel depressed, very dark; also fearful
- Other non-period related symptoms: sore throat, swollen glands, painful to swallow, tightness upper thoracic, base of skull, cold pain over head, pressure; no sweating; muscular pain in upper chest; fleeting pressure in ear/and dizziness as well; general malaise, feeling a bit feverish and still prickly feeling on tongue
- Quite a cold person; love hot water bottles; feel cold and tired if symptomatic







Aconiti Radix lateralis preparata (*zhì fù zǐ*) 3g  
Cinnamomi Ramulus (*guì zhī*) 6g  
Paeoniae Radix rubra (*chì sháo*) 6g  
Scrophulariae Radix (*xuán shēn*) 6g  
Persicae Semen (*táo rén*) 6g  
Carthami Flos (*hóng huā*) 6g

- Pain inside head, stiffness of the neck and upper back
- One day of sweating;
- Felt hungry first time in a long time

CM & COVID-19

Puerariae Radix (*gé gēn*) 9g

Ephedrae Herba (*má huáng*) 6g

Zingiberis Rhizoma praeparatum (*páo jiāng*) 6g

Cinnamomi Ramulus (*guì zhī*) 4g

Paeoniae Radix rubra (*chì sháo*) 4g

Glycyrrhizae Radix (*gān cǎo*) 4g

Jujubae Fructus (*dà zǎo*) 6g

Angelicae sinensis Radix (*dāng guī*) 6g

Carthami Flos (*hóng huā*) 4g

Persicae Semen (*táo rén*) 6g

- Feel more like myself; energy is good; not many dips; appetite is back
- Period starting this week: nothing awful is happening yet; started today: flow ok; not darker
- Headache are gone; pressure comes back sometimes: behind ears, cold spot on Du 20;
- Sleep: for last few nights wake at 3am with adrenalin rush (heart rate, feel hot and night sweat); can fall asleep again: sometimes a bit of phlegm in nasopharynx
- Stiffness in sternum and neck still there and also in neck and back
- A little bit of sore throat







Bupleuri Radix (*chái hú*) 4g  
Moutan Cortex (*mǔ dān pí*) 6g  
Gardeniae Fructus (*zhī zǐ*) 6g  
Inulae Flos (*xuán fù huā*) 9g  
Salviae miltiorrhizae Radix (*dān shēn*) 9g  
Angelicae sinensis radicis Cauda (*dāng guī wěi*) 6g  
Zingiberis Rhizoma praeparatum (*páo jiāng*) 3g  
Carthami Flos (*hóng huā*) 3g  
Chuanxiong Rhizoma (*chuān xiōng*) 6g  
Poria (*fú líng*) 9g  
Glycyrrhizae Radix (*gān cǎo*) 5g





# Thinking With Chinese Medicine





VOLKER SCHEID - COVID 19

**"In learning it is regrettable if we do not have doubts. If we have doubts, there will be advancement and consequently we will learn."**

KAIBARA EKKEN  
(1630-1714), *THE RECORD OF GREAT DOUBTS*  
(TAIGIROKU)



# How to respond to Covid-19

- Top down: apply a 'system' (*jingfang, wenbing, damp-cold, etc.*)
  - How do you learn when what we really do is verify our beliefs?
- Bottom up: treat what you see
  - Does treating the manifestation really treat the cause?

**“All hidden pathogens  
are located in the  
membrane source  
伏邪皆在膜原”**

- ZHOU XUEHAI 周学海

# 膜原

Six Warps  
六經

Wei Qi Ying Xue  
衛氣營血

San Jiao  
三焦

Zang Fu  
臟腑

**“What is the pathogen,  
where does it hide,  
how does it emit?”**

- ATTRIBUTION LINE