

# ***Post-Covid-Syndrome (Long Covid) and Chinese Medicine***

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Cologne 2021

# Main Symptoms:

- chest oppression
- shortness of breath
- cough
- phlegm (Tan Yin)
- heavy feeling / pain
- exhaustion

# Pulse and Tongue:

- Ru > Hua (damp > phlegm)
- Xian (Qi > stagnation)
- Chen (internal)
- Ruo > Xu (deficiency)
- sticky tongue coating
- dark tongue borders or a dark tongue body

# Pathway:

- respiratory diseases
- thorax
- Lung
- membranes
- blood vessels

# Pathway Wen Bing:

- Wei > Qi > Ying > Xue
- Qi (Lung) > Ying (Xin Bao)

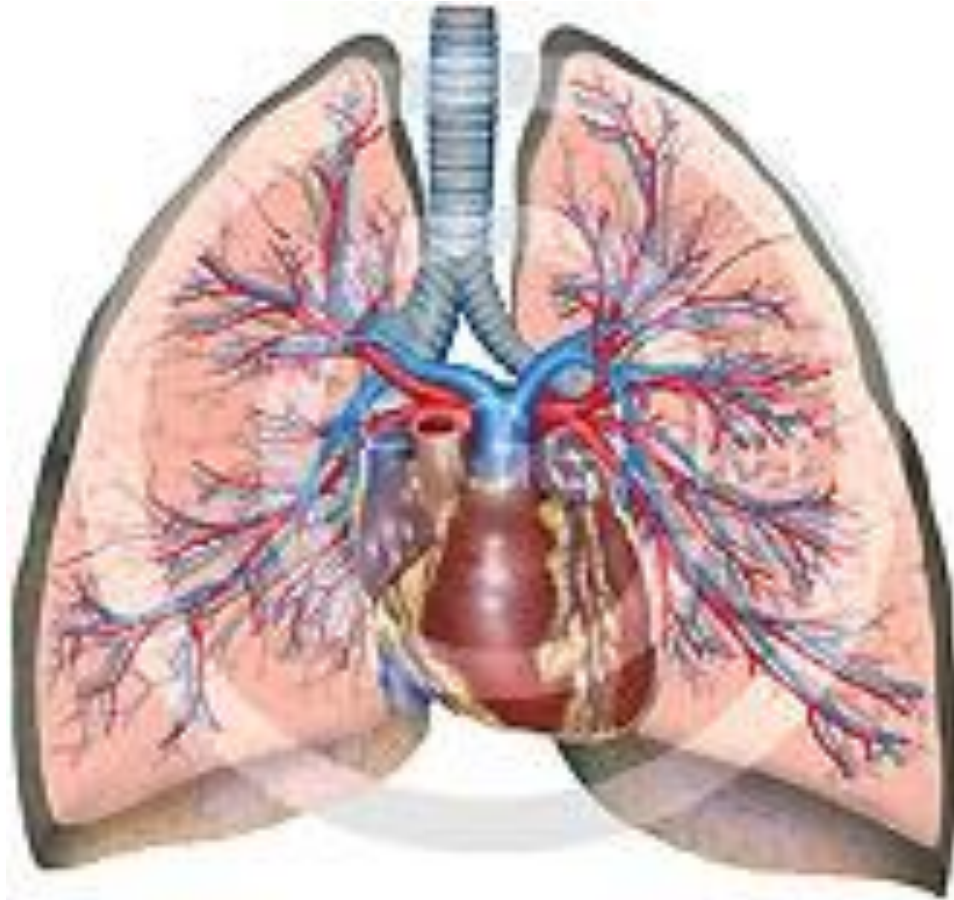
# Thorax in TCM:

connects:

- Lung, Xin Bao and Heart
- Qi > tube > membranes > blood vessels
- function is coordinated by Zong Qi

# Concept of Xue Fu 血府

mansion of blood (meeting place)



# TCM concept Xue Fu 血府

- Su Wen chapter 74: Jing Mai Bie Lun
- Wang Qing Ren concept Xue Fu Zhu Yu Tang



# Development of Post-Covid:

- damp toxin stagnates
- Yang-Qi circulation
- from Qi to Ying (Xue)
- Qi and Xue Luo (collaterals and vessels)
- Zong-Qi weakness

# Fu Zheng Qu Xie:

- Damp stagnation
- excess
  
- Spleen, Lung, Heart Xu, Zong Qi Xu
- deficiency

# Acupuncture:

- Lu.9, PC. 6, Ren.17, Lu. 1
- Bl. 13, 14, 15,17, 43
- Sp.9, St. 40, PC. 5
- Liv.3, Li. 4

# Case 1: Female, Mrs. B., 35 Years Old

- Covid in OCT/2020
- tightness, pain in the chest and back
- exhausted
- bloating and soft stool

# Diagnosis:

- Pulse Lung and Heart Xu > Ruo
- Tongue pale with a dark tip
- Diagnosis Lung Xu with stagnant Qi und Xue Luo
- Treatment Tou Luo Shuang Qi

# Herbs:

Gua Lou Pi 12g

Jie Geng 3g

Zhi Ke 6g

Ze Lan 9g

Xuan Fu Hua 6g

Xie Bai 6g

Ban Xia 6g

Yu Jin 6g

Xiang Fu 6g

Si Gua Lou 6g

# Formulas:

- Gua Lou Xie Bai Ban Xia Tang
- Xuan Fu Hua Tang

# Result after 4 weeks:

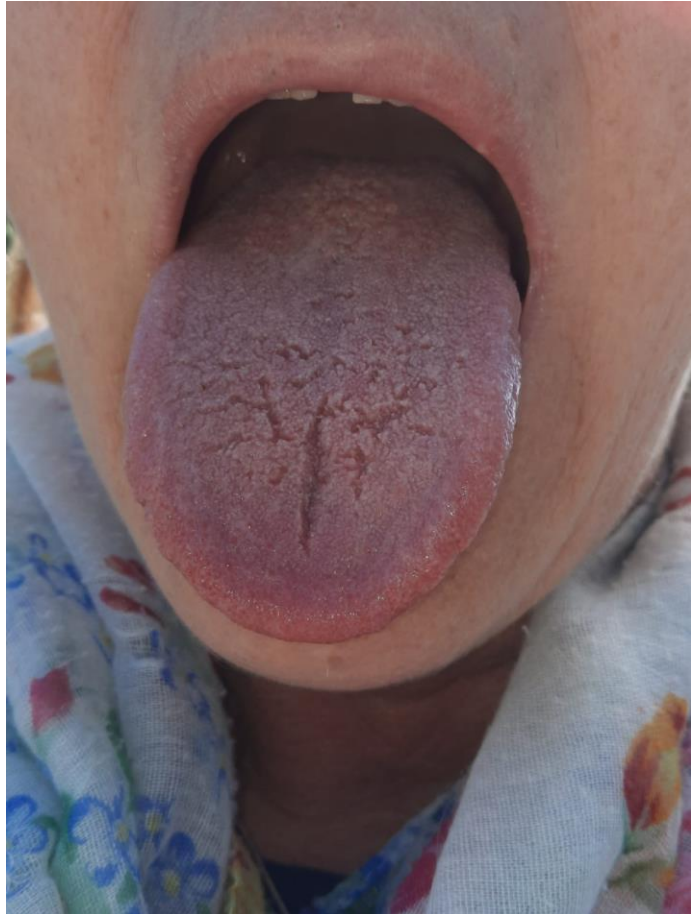
- less tightness in the chest and back
- more vitality
- Tongue: less dark
- Pulse: > Ru



# Case 2: Female, 58 Years Old

- Covid in March 2021 (GB)
- Tightness / Pain in the Chest
- Shortness of breath and Palpitation
- Dark skin on the chest and neck
- Pulse: weak at cun position (Lung and Heart) and uneven
- coagulation disorder

# Tongue:



# Diagnosis:

- Post Covid
- Qi, phlegm and blood stasis
- Zong Qi Xu (Qi and Yin)

# Formula:

Tai Zi Shen 12g

Wu Wei Zi 6g

Mai Dong 9g

Shan Yao 12g

Nan Sha Shen 9g

Hu Zhang 9g

Dan Shen 9g

Xuan Fu Hua 6g

Ze Lan 9

Ba Yue Cha 9g

Gua Lou Pi 9g

**Tongue:** after 3 weeks

