

**Cold blocking Kidney and Lungs,
Yang deficiency,
Qi and phlem stagnation**

**Ulla Althans TCM practitioner
Tübingen / Germany**

Case: female, age 56, teacher

Diagnosis before Covid infection

- menopausal hot flashes
- hypertension
- hyperlipidaemia & hypercholesterol
- overweight
- Chronic pain and stiffness lower back and history of lumbal disc prolaps with surgery

Medication: Valsacor 80mg every second day

Mid-December 2020 - Covid 19 infection

10 days fever 39°C with heavy sweating and exhaustion

- general pain in limbs and back and heavy sensation
- immediate loss of smell and taste
- dry cough with pressure on the chest
- extreme tiredness, bad memory and concentration
- all toes turned bluish for 6 days without external reason and no pain

Symptoms after 6 weeks

- intense fatigue, heaviness and lack of energy
- shortness of breath while climbing stairs or working, but also while resting. Pressure and heaviness on the chest, then she felt like having run a marathon
- stabbing pain **only on the right arm, hand and leg** lasting for one hour, appeared without reason during the day
- frequent and inhibited urination
- blood lipides up to 500, which makes her worrying

TCM Treatment after 14 weeks of acute infection

Diagnosis: - cold blocking Kidney and Lungs
- Yang deficiency
- Qi and phlegm stagnation
- Blood stasis

Pulse: left side: cun superficial, guan and chi faint
right side: all positions faint, Dong pulse between
cun and guan

thirst: normal no digestion problems

temperature: tends to feel hot, but having cold feet,
abdomen and lower back

First visit - 31 March 2021:

acupuncture / moxa / herbs / nutritional advice

Master Tung:

- 1) 88.12 /13 /14 Three Yellows + Ren 4 with moxa box

- 2) both sides 1010.19 / 1010.20 Water passage / Wasser Metal / 77.18 Shenguan- Master kidney Point / Yintang

Permanent ear needles: dyspnoe/ KI / LIV / 22

Prescription

→ to strengthen Yang, transform fluids and phlegm

Zhen Wu tang + Gualou Xiebai Banxia Tang

Fuzi	30g
Baizhu	6g
Fuling	9g
Shengjiang	9g
Baishao	9g
Gualou	15g
Xiebai	24g
Banxia	12g

1 bag for 4 days

Reactions after treatment:

- Dizziness and circulation problems as she hasn't eaten before treatment at noon time
- In the night cramps in the upper abdomen - felt like a Gall bladder irritation (she knows that from stressful times) — lasted four hours
- next morning feeling fine: breathing better, no more pressure on the chest

Reactions after taking decoction:

- energy increased
- blood pressure lowered to 130/ 80
- less frequent urination and better flow of urine
- hot flashes only by night, but with sweating
- no change in pain and smell/taste

second visit next week:

Acupuncture:

- 1) 20 min: one side 22.08/ 22.09 Wan Shun Yi / Wan Sun Er / GB 41 – plus cupping thorakal and lumbar area
- 2) 30min one side: 11.24 Fu Ke / Lu 9 +Moxa
both sides 77.18 Shenguan +Moxa / BI 23 + BI 25 + Moxa box
Yamamoto scalp acupuncture - cranialnerves: Nervus olfactorius + N. hypoglossus

Permanent ear needles: both Cranial Nerves I + XII / hormone system 22

Herbs: 2 more bags Zhenwu Tang + GualouXiebai Banxia T.

third visit following week:

- stabbing pain increased for one day on the whole body, then disappeared for some days
- no change in smell/ taste
- less back pain
- very good energy
- only with emotional stress breathing was difficult
- sweating increased day and night, waking up 2-3 times, staying awake for a while

Pulse: left side: cun superficial, guan and chi faint
right side: only guan wiry, Dong as before

Acupuncture: both sides 77.18 Shenguan / Ren 4 + moxa
no more scalp and ear acupuncture

prescription → support the deficiency of substance + Yang

Shenqi Wan + Gualou Xiebai Banxia Tang

Shengdihuang	24 g	Gualou	15g
Shanzhuyu	12g	Xiebai	24g
Shanyao	12g	Banxia	12g
Fuling	9g		
Zexie	9g		
Mudanpi	9g		
Guizhi	3g		
Fuzi	30g		

Additional advice:

twice a day 1 teaspoon of Cumin oil orally
and training for better smelling with fragrances

Reactions:

- after 2 days drinking the new prescription hot flashes and sweating disappeared completely
- stabbing pain less and rarer (2-3 x week) over the whole body
- better sleep, awake at 3 a.m. for 30 min.
- slight more pressure on chest

followed by:

three more weekly similar treatments with same prescription, 1 bag for 5 days, some symptoms went on and off

Interesting: When she made a pause in drinking for 5 days, the hot flashes came back immediately !

Results after 6 treatments in 7 weeks

shown by intensity of problems regarding Post Covid

0 = no problem 10 = severe suffering

	before treatment	after treatment
fatigue	10	0
No smell /taste	9	4 - 5
difficult breathing	8	3 - 4
stabbing pain	10	0