

# Long Covid Case Presentation

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## Nurse, 54 years old

Initial visit April 7, 2021

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## Main complaint: Acute Symptoms

- Referred to our clinic by her GP
- Covid in Dec 2020
- Fever
- Shortness of breath
- Fatigue
- Dull headache, orbital

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## Main complaint: Current symptoms April 7

- Current symptoms on April 7 after acute Covid in Dec 2020
- Shortness of breath, difficulty walking uphill
- Exhaustion with need for much sleep (could not work for past 3 months; began working again 80% at beginning of April)
- Pressure and tightness in chest (*an elephant sits on my chest*), coupled with fear of re-infection
- Pre-existing migraine headaches worse since Covid (Gb20 to Tai Yang, right-sided, pulsating)
- Feverish sensation in the evening

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## Signs and Symptoms

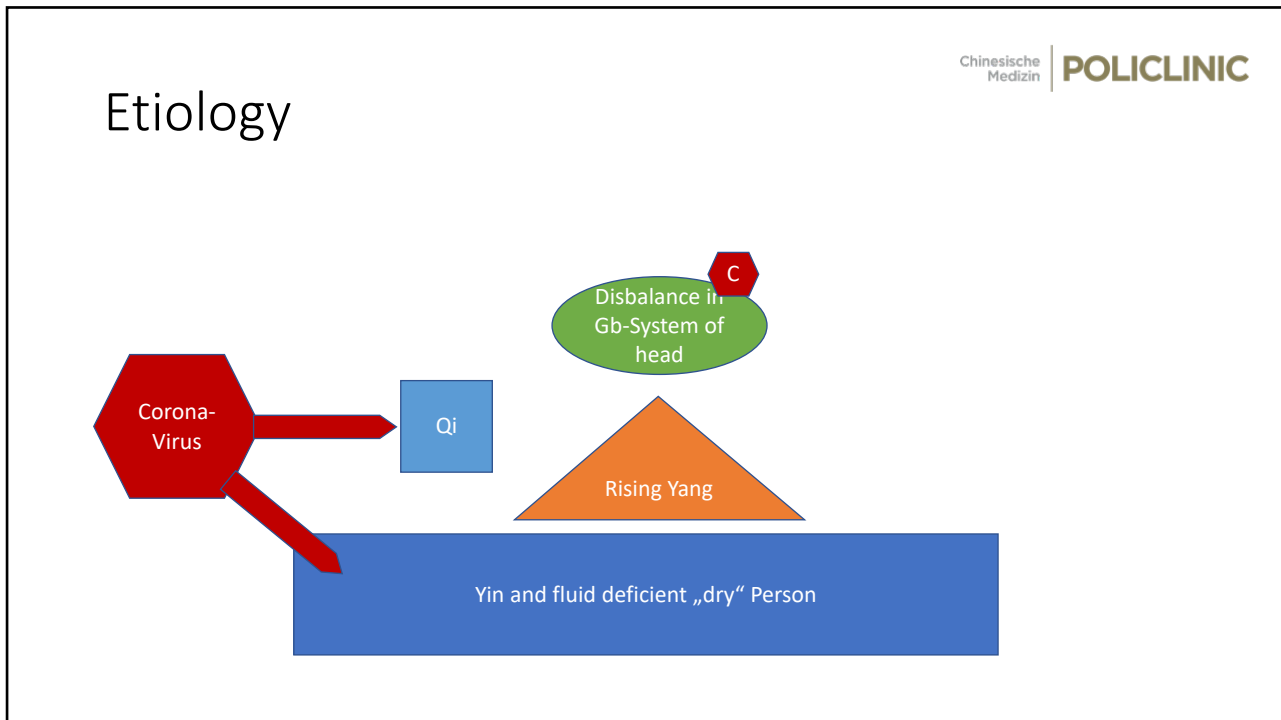
- Sleep good
- Appetite good
- Bowel movements regular
- Night sweating every night, worse since Covid infection
- Cold hands
- Urination 2x / night, otherwise normal
- Stiffness of neck (—> headache)
- Tongue: normal color; superficial cracks; little coating
- Puls: surging (hong) on both sides

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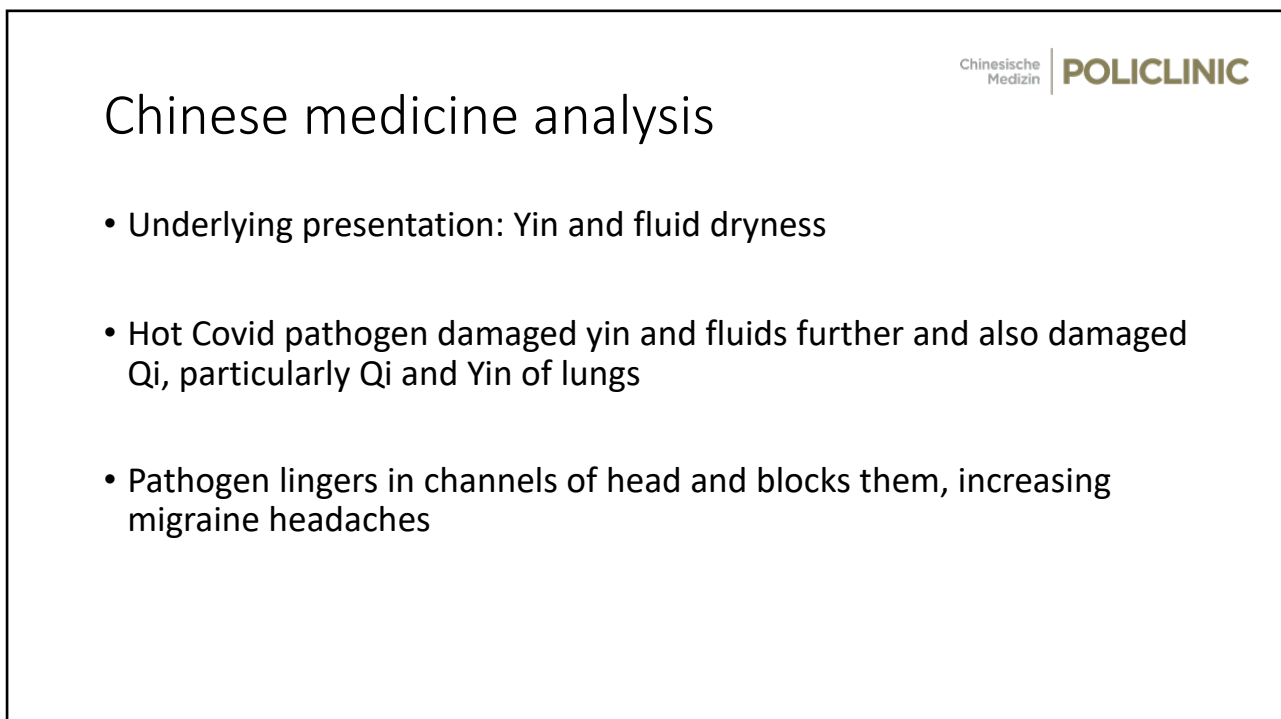
## Medical history

- History of Migraine headaches, generally on right side
- Begin of menopause two years ago; currently on Hormone Replacement Therapy because of strong emotional symptoms
- Covid vaccine coming up one week from initial visit

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## Acupuncture (April 7)

- Renmai (Lu7-Ki6, unilateral) / Tai Yuan (Lu9) – Tai Bai (Sp3)
- Zu San Li (St36)
- San Yin Jiao (Sp6)
- Feng Long (St40) / Qu Chi (LI11)
  
- Left side
- Qiu Xu (Gb40)
- Feng Chi (Gb20)
- 2 local needles to release Levator scapulae

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## Progress two weeks later

- Headache reduced
- Stiffness of neck improved
- Energy somewhat improved; has started to work 80%
- Still shortness of breath and chest tightness
- Still night sweats
- Tongue: red and peeled on two thirds; back third with thick, yellow fur
- Had „second“ vaccine shot one week ago with mild symptoms for one night

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## Herbal prescription April 20

Chai hu (Bupleuri Rx) 10g	
Huang qin (Scutellariae Rx) 10g	Xiao Chai Hu Tang
Ban xia (Pinelliae Präparate Rh) 8g	
Tai zi shen (Pseudostelariae Rx) 15g	
Huang qi (Astragali Rx) 10g	
Sha shen (Adenophorae Rx) 10g	
Sheng Di (Rehmanniae Rx) 12g	
Bai he (Lilii Bu) 10g	
Bei mu (Fritillariae cirrhosis Bu) 10g	Bei Mu Gua Lou San
Gua lou (Trichosanthis Fr) 10g	
Tian ma (Gastrodiae Rh) 12g	
Man jing zi (Viticis Fr) 10g	
Bo he (Menthae Hb) 8g	

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## Progress one week later (April 28)

- No more headaches
- Energy much improved – working 80% not a problem
- Shortness of breath and chest tightness much improved
- Feverish sensation in the evening disappeared
- Night sweat reduced but still present

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## Acupuncture April 28

- Renmai (Lu7-Ki6, unilateral) / Tai Yuan (Lu9) – Tai Bai (Sp3)
- Zu San Li (St36)
- San Yin Jiao (Sp6)
- He Gu (LI4)
- Feng Long (St40) / Xia Xi (Gb43)
- Feng Chi (Gb20) left

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## Progress one week later (May 5)

- Energy normalized
- Shortness of breath and chest tightness gone
- *I feel normal again*
  
- Migraine headache after sleeping for a long time after night shifts
- —> Continue treatment for migraine headache

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## Take Home Message

### Pathogen

- Covid pathogen frequently damages Yin and fluids and Qi
- Covid pathogen can affect any system of the body
- Covid pathogen often block already weak/damaged systems

### Treatment

- Combine acupuncture and Chinese herbal medicine
- Use complex multi-systemic herbal prescriptions

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Thank you for your  
attention!

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