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# Strategies for treating Corona Virus with EAM: What we know now

COMPILED BY CARA FRANK, LOM  
WITH LOTS HELP FROM FRIENDS

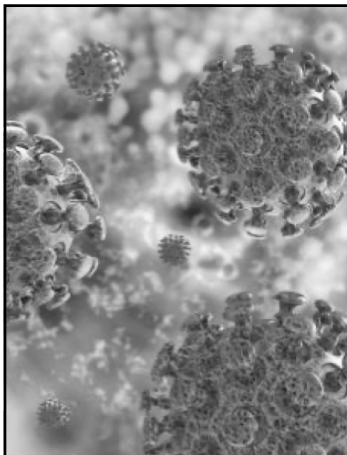
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A bow of gratitude

- Thomas Avery Garran
- Shelley Ochs, PhD
- Mark Gearing
- Will Ceurvels translated and shared
- Michel Lau
- And others in the FB community.



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As of 2/5 at 6am, 490  
people have died.


over 24.5 K infected  
24 countries


349 people died from  
Sars in 2002-3


Statistics


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Western Treatments


 Spread through coughing sneezing.


 Probably contagious before presenting symptoms.


 ABX


 Steroid Inhalants


 Oxygen

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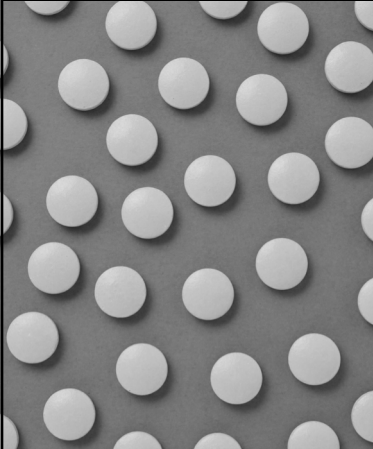
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Symptoms

- cough
- fever
- flu sx or bad cold
- SOB
- Pneumonia
- GI sx: diarrhea

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Wash your hands!

MORE THAN EVER!

For this condition, prevention is more important than treatment. When coming into contact with patients, wear a mask. Make sure your home has good air circulation, do not smoke or drink, maintain a pleasant mood and a good diet, avoiding spicy or pungent foods and anything that agitates fire and dries the fluids in the body. Secure and guard your upright, healthy qi.



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<p>terminology</p> <p>Epidemic 疫 Yì</p>	<p>7</p> <ul style="list-style-type: none"> <li>• 时行戾气      seasonal epidemic pathogen [shí xíng lì qì]</li> <li>• 时行之气      ①seasonal epidemic pathogen ②seasonal epidemic diseases [shí xíng zhī qì]</li> <li>• 时气      seasonal epidemic [shí qì]</li> <li>• 时行      seasonal epidemic [shí xíng]</li> <li>• 温疫      warm epidemic wēn yì]</li> </ul>
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Damp-Warmth

- Wuhan is in the South: thus they are predisposed to diseases of Damp Warmth
- Warm Winter has created an environment that has accelerated its rapid spread

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<p>General Presentation</p>	<p>9</p> <ul style="list-style-type: none"> <li>• Onset: runny nose, mild sore throat. No fever</li> <li>• Incubation is about 2 weeks:</li> <li>• Can spread the virus while asymptomatic or mildly symptomatic</li> <li>• Pneumonia fever,</li> <li>• Coated Tongue:</li> </ul>
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<ul style="list-style-type: none"> <li>• Use the four methods of dx: looking, asking, listening and smelling, palpation to differentiate pattern and staging</li> <li>• Coronavirus is equivalent to epidemic (疫病) and damp pestilence (湿瘟) in Chinese Medicine. The cause of disease is “dampness toxin”(湿毒之邪).</li> </ul>	key points of treatment

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Patient Symptomology and Core Disease Mechanisms from Beijing Chinese Medical Hospital Chief Liu Qing-quan	<ul style="list-style-type: none"> <li>• The tongue will be coated: indicating a damp disease</li> <li>• sluggishness, fatigue, poor appetite, nausea, chest fullness, stuffiness and rigidity below the heart and sloppy stool.</li> <li>• Most all patients present with dry and sore throat and some also suffer from dry cough with minimal phlegm.</li> <li>• Lasts 5-7 days. low or no fever: will generally recover</li> </ul>

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Patient Symptomology and Core Disease Mechanism	<ul style="list-style-type: none"> <li>• If fever spikes within 2-3 days, then it will progress towards respiratory distress, low oxygen levels, and large scale lung effusion</li> </ul>

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### 13 Regional Considerations

-  Wuhan is rainy, damp and cold
-  Disease cause is thought to be dampness:
-  obstructing the spleen and blocking the lungs and interfering with normal up and downbearing qi dynamics
-  Damp evil transforms to heat
-  Yang Ming with form; locking in heat-leading to qi reversal resulting in MODS

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### Clinical observations from Liu

If on respirator: the stomach and chest are warm, limbs cold: indicating sepsis

Tx pr: resolve dampness, unblock bowels, drain turbidity

Ma Xing Yi Gan Tang,	Sheng Jiang San,	Du Yuan Yin,	Hou Po Xia Ling Tang,	Huo Xiang Zheng Qi San and	Yin Qiao San
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### 15 treatment considerations

unlike wind heat, dampness is difficult to treat.

" So, when choosing a course of treatment, practitioners must be very careful not to mistake damp toxicity transforming into heat (湿毒化热) with heat toxicity with dampness (热毒夹湿). The herbs deployed in these two mechanisms are completely different."

focus should be on resolving turbidity with aroma, outthrusting through the exterior and upbearing and downbearing the spleen and stomach. As dampness is revolved, depressed heat can disperse and toxicity will be unable to form – in this way symptoms will gradually resolve.

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Diagnosis and treatment of pneumonitis with a new coronavirus infection -from National Health Commission of the PRC

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- Clinical manifestation 1: fatigue with gastrointestinal upset
  - Recommended Chinese patent medicine: Huoxiangzhengqi capsules (pills, water, oral liquid)
- Clinical manifestation 2: fatigue with fever
  - Recommended Chinese patent medicines: Jinhua Qinggan Granules, Lianhua Qingwen Capsules (granules), Shufeng Jiedu Capsule (Particle), Fangfeng Tongsheng Pill (Particle)

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17 Clinical Treatment Staging

(1) Early stage: coldness, dampness and depression

Clinical manifestations: chills, fever or no fever, dry cough, dry throat, fatigue,

Chest tightness, nausea, or nausea. The tongue is pale or reddish, the fur is white and greasy, and the veins are pale.

Recommended prescription: Cāng zhú 15g, chén pí 10g, hòu pú 10g, huò xiāng 10g, cǎo guó 6g, shēng mǎ huáng 6g, qiāng huó 10g, shēng jiāng 10g, bīng láng 10g

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Clinical Treatment Staging

- Mid Stage: Epidemic Lung Block
- persistent body heat or cold and heat, cough and sputum, or yellow sputum, Bloating and constipation. Chest tightness, shortness of breath, cough and wheezing, asthma when moving. Red tongue and yellow fur slippery pulse.

- Xīng rén 10g, shēngshīgāo 30g, guā lóu 30g, shēng dà huáng
- 6g(hòu xià), shēng zhì má huáng gè 6g, tǐng lì zǐ 10g, táo rén 10g, cǎo guó, 6g, bīng láng 10g, cāng zhú 10g

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### Clinical Treatment Staging

- 3rd stage: Severe period: closed in and out: internal blockage and external desertion
- Clinical manifestations: dyspnea, wheezing or asthma or assisted ventilation, accompanied by Dizziness, irritability, cold sweaty extremities, dark purple tongue, thick or dry moss, large floating roots.
- Rén shēn 15g, hēi shùn piàn 10g(xiān jiān), shānzhūyú 15g,
- sū hé xiāng wán huò ān gōng niú huáng wán

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### Recovery period: Lung and Spleen Qi Deficiency

- Clinical manifestations: shortness of breath, fatigue, fatigue, anorexia, nausea, fullness, no stool
- Weak pulse, pale tongue, greasy white fur.
- Fǎ bàn xià 9g, chén pí 10g, dǎngshēn 15g, zhì huáng qí 30g, fúlíng 15g, huò xiāng 10g, shā rén 6g

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### Guangdong Provincial CM Hospital's Formula for Prevention of Wuhan Pneumonia

- |                                    |                     |
|------------------------------------|---------------------|
| • 桑叶15g、(sang ye)                  | • 桔梗10g、(jie geng)  |
| • 苏叶15g、(zi su ye)                 | • 玄参15g、(xuan shen) |
| • 枇杷叶15g、(pi pa ye)                | • 神曲15g、(shen qu)   |
| • 艾叶10g、(ai ye)                    | • 葛根30g、(ge gen)    |
| • 鱼腥草10g、(yu xing cao)             | • 藿香10g、(huo xiang) |
| • 千层纸10g、(qian ceng zhi) Mu Hu Die | • 青蒿10g、(qing hao)  |
|                                    | • 甘草6g、(gan cao)    |

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Hubei  
Province  
Integrated  
Chinese \ West  
ern Medicine  
Hospital  
Critical Viral  
Respiratory  
Disease  
Formulas

- This new coronavirus pneumonia roughly approximates Chinese medicine's "warm disease" or "epidemic disease" category. In clinical practice, the patient may present with or without fever, fatigue, soreness of the muscles, feeling of heaviness in the body, poor appetite, greasy tongue coating showing the pathogen is in the exterior, most patients have cough, chest oppression, panting and \ or urgent breathing. The fundamental pathogenic factors are dampness and heat. Clinically we need to consider the upper and middle burner for our primary treatment strategy, paying attention to latent heat, and damage to qi and yin. Specific patterns and treatments are as follows:

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Pathogenic Toxin Entering the Lung \ Upper Burner  
Formula: Modified *Chai Ge Jie Ji Tang*

chaisu 15g Bupleurum (柴胡)	gougen 20g Pueraria montana var. lobata (葛根)	huang qin 12g Scutellaria baicalensis (黄芩)	sheng gan 10g Coptis chinensis (生甘草)
qiang huai 10g Nepenthyllum incisum (羌活)	bai zhi 12g Angelica Dahurica (白芷)	chanyu 10g Cacalia (蝉蜕)	jianggan 12g Silivern (僵蚕)
sheng shi gao 30g Corydalis unpedunculata (生石膏)	bai shao 20g Paeonia lactiflora (白芍)	luo qiao 15g Forsythia suspensa (络桥)	banlangen 20g Isatis (板蓝根)
xuan shen 30g Scrophularia ningpoensis (玄参)			

- **External pathogens attacking the exterior, heat formation and constraint pattern**
- **Symptoms:** fever with a temperature of 38°C or above, fatigue, headache without sweating, body aches, heart vexation, tongue coating thin and yellow, frequent but scant urination.
- **Pattern:** External pathogen attacking the exterior, pathogen constrained with heat formation.

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Pathogenic heat obstructing the lung pattern  
Formula: Modified Ma Xing Shi Gan Tang

- **Symptoms:** fever with body temperature above 38°C, sweating or lack of sweating, cough, chest oppression with panting, poor appetite, fatigue, thirst, tongue coating thin white or thin yellow, pulse slippery or rapid.
- **Pattern:** pathogenic heat obstructing the lung

sheng mahuang 12g Ephedra sp. (生麻黄)	kuixingren 12g Amenitaceae amarum (苦杏仁)	sheng shi gao 40g Corydalis unprocessed (生石膏)	sheng gan 10g Glycyrrhiza sp., raw (生甘草)
huo xiang 15g Eupatorium fortunei (藿香)	peilan 15g Eupatorium fortunei (佩兰)	cang zhu 15g Atractylodes lincea (苍术)	sharen 10g Amomum villosum (砂仁)
banlangen 20g Isatis (板蓝根)	shen qu 30g Massa fermentata (神曲)	sangbaipi 15g Morus alba (桑白皮)	pipaye 15g Eriobotrya japonica (枇杷叶)

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### Pathogen in the Lung and Middle Burner Formula: Modified Gan Lu Xiao Du Dan

• **Equally severe damp-heat pattern**

• **Symptoms:** fever with temperature above 37.5°C, tiredness (exhausted?), fatigue, poor appetite, thirst, watery stool, tongue [coating] white or thick and greasy, pulse floating or slippery and rapid.

• **Pattern:** equally severe damp-heat

baikouren 12g Alpinia kubumadai (白蔻仁)	huo xiang 15g Agastache rugosa (藿香)	yingchenhao 20g Artemisia capillaris (茵陈蒿)	hua shi 12g Talcum (滑石)
tongqiao 30g Tetrapanax papyrifera (通草)	diachangpu 15g Aconitum tataricowii (石菖蒲)	huang qin 12g Scutellaria baicalensis (黄芩)	shenggan 15g Iris domestica (射干)
bohe 15g Mentha canadensis (薄荷)	sheng yiyin 20g Celastrus lucidus (生 薏苡仁)	lan qiao 15g Forsythia suspensa (蓝 藤)	zhebei 15g Fritillaria thunbergii (浙 贝母)
shen qu 30g Massa fermentata (神曲)	sheng shan zhu 30g Crataegi pinnatifida (生山楂)	chanyu 10g Cicada (蝉蜕)	jiangcan 12g Silkworm (僵蚕)

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### Dampness encumbering the spleen\stomach, pathogen constrained in the liver\gallbladder pattern Formula: Modified Chai Ping San, San Ren Tang or Modified Sheng Ying Pi Wei Tang

chailu 20g Euphorbia sp. (萹蓄)	huang qin 12g Scutellaria baicalensis (黄 芩)	ta banxia 10g Pinellia termita, processed w/ licorice & lime (法半夏)	shengjiang 12g Zingiberis officinalis, fresh (生姜)
qiang zhu 15g Atractylodes lancea (羌活)	sheng jin cao 10g Glycyrrhiza sp., raw (生甘草)	hou po 10g Magnolia officinalis (厚朴)	chanyu 10g Cicada (蝉蜕)
jiangcan 12g Silkworm (僵蚕)	shen qu 30g Massa fermentata (神曲)	sheng shan zhu 20g Crataegi pinnatifida (生山楂)	danzhuo 15g Lepidolatri grade (法竹蛭)

• **Symptoms:** with or without fever, fatigue, dizziness, heaviness of the four limbs, chest oppression, poor appetite, dry mouth with a bitter taste, tongue coating white or greasy, pulse slippery.

• **Pattern:** Dampness encumbering the spleen\stomach, constrained pathogen in the liver\gallbladder

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### Lung Toxin Convalescence Formula: Modified Zhuye Shigao Tang or Wangshi Qing Shu Yi Qi Tang

lanhuaye 15g Lophatheri gracile (淡竹 葉)	sheng shi gao 25g Gypsum, unprocessed (生 石膏)	ren shen 15g Panax ginseng (人參)	maizong 15g Ophiopogon japonicus (麦冬)
ta banxia 10g Pinellia termita, processed w/ licorice & lime (法半夏)	sheng jin cao 10g Glycyrrhiza sp., raw (生甘草)	shan yao 30g Dioscorea oppositae (山藥)	shen qu 30g Massa fermentata (神曲)
sheng shan zhu 20g Crataegi pinnatifida (生 山楂)	chanyu 10g Cicada (蝉蜕)	jiangcan 12g Silkworm (僵蚕)	

• **Symptoms:** body heat, heart vexation and sleeplessness, sweating, shortness of breath and lassitude of spirit, dry mouth with desire to drink, lack of appetite, tongue red with little coating, pulse vacuous and rapid

• **Pattern:** Latent heat not cleared, dual qi\yin damage pattern

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Lung \ Spleen Qi \ Yin Dual Vacuity Pattern  
Formula: Liu Junzi Tang w \ Modified Sheng Mai San  
or Dong-yuan's Modified Qing Shu Yi Qi Tang

- **Symptoms:** fatigue, flusterdness, dry mouth, sweating, lack of appetite, abdominal fullness, stool not moving properly, tongue dull, coating white, pulse vacuous and rapid.

ren shen 12g Panax ginseng (人參)	bai zhu 15g Atractylodes macrocephala (白朮)	sheng gan cao 6g Glycyrrhiza sp. - raw (生 甘草)	ta banxia 10g Pinellia terrata, processed w \ licorice & lime (法半夏)
chen pi 12g Citrus reticulata (陳皮)	mai dong 20g Ophiopogon japonicus (麥冬)	wu wei zi 15g Schisandra chinensis (五 味子)	shen qu 30g Mussa fermentata (神曲)
sheng shan zhu 20g Crataegi pinnatifida (生山楂)			

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Formula for Prevention of Lung Toxin  
Formula: Modified *Yu Ping Feng San*

- If you have come in contact with [potentially infected people] and you are elderly, infant, obese, etc.. This formula is useful.
- **Function:** To boost qi and secure the exterior, transform dampness and resolve toxin,

huang qi 12g Astragalus mongolicus (黃 芪)	chayti 10g Cicada (蝉翼)	feng feng 15g Saposhnikovia divaricata (防 風)
lian qiao 15g Forsythia suspensa (連 翹)	cang zhu 12g Atractylodes lancea (蒼 朮)	huo xiang 15g Agastache rugosa (藿 香)

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### Guangdong Province: Chinese Medicine Protocol for Pneumonia Due to Novel Coronavirus

■ Based on the particular epidemiological features of pneumonia caused by novel coronavirus in Guangdong Province, along with the clinical presentation and clinical features of its progression, it fits the characteristics of “*pestilent disease*” or “*warm disease*” in Chinese medicine. *When there is externally-contracted pestilent qi, the disease moves from the exterior to the interior, and generally follows the patterns of moving from upper to middle to lower burners and through the wei-qi-ying-xue levels.* The climate in this area is damp and humid, and pestilent qi easily mixes with this dampness, first attacking the lung wei-defense level, particularly in patients with a weak spleen and stomach. If the upright, healthy (*zheng*) Qi cannot defeat the deviated, unhealthy (*xie*) [qi], then the deviated toxin (evil/pathogenic toxin) will move to the interior and transform into heat, harming the fluids (*jin*) and using-up the humors (*ye*), sometimes to the point of scorching the *ying qi* and agitating the blood. When the latter happens, this can be directly transmitted to the pericardium and create a critical situation. The main disease factor is (cause) is damp-heat with pestilent toxin, and the pathological features are “dampness, heat, stasis, toxin, and vacuity.”

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## Early Stages

Damp-evil is stuck in the lung, making qi movement through this pivot difficult (interferes with the Qi dynamic of the lung)  
Formula: Modified Huo Po Xia Ling Tang and Xiao Chai Hu Tang

- Symptoms:** low-grade fever or no fever, slight aversion to cold, sensation of heaviness and stuffiness in the head and body; muscle pain and soreness, fatigue, cough with scant phlegm, dry mouth with little intake of fluids, in some cases oppression in the chest and blockage/congestion in the middle of the torso (epigastrium), no sweating or difficulty sweating (feels like sweat cannot come out), in some cases nausea and poor appetite, diarrhea and loose stool, pale red tongue with a white, greasy coating; floating, slightly rapid pulse
- Treatment:** transform dampness and release toxins; diffuse the lung to vent the toxin;

huo po tang 10g Agastache raginosa (藿香)	huo po tang 10g Magnolia officinalis (厚朴)	pi bu tan tang 10g Pinellia terata, processed w/ licorice & lime (法半夏)	pi bu tan tang 10g Pinellia terata (法半夏)
chuan hu tang 10g Hypharum erigeron (前胡)	huang qin tang 10g Scutellaria baicalensis (黄 芩)	sheng shi gao 10g Cyperus unprocessed (生石膏)	xing ren tang 10g Artemisiae amarum (杏仁)
zhu zhi tang 10g Ziziphus juba (知母)	sheng shi gao 10g Cyperus unprocessed (生石膏)	pi bu tan tang 10g Pinellia terata, processed w/ licorice & lime (法半夏)	huo po tang 10g Agastache raginosa (藿香)
huo po tang 10g Agastache raginosa (藿香)	huo po tang 10g Agastache raginosa (藿香)	pi bu tan tang 10g Pinellia terata, processed w/ licorice & lime (法半夏)	pi bu tan tang 10g Pinellia terata (法半夏)

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## Heat-evil obstructing the lung; lung loses ability to diffuse and descend

Formula: Modified Ma Xing Shi Gan Tang and Da Yuan Yin

- Symptoms:** fever or high fever; cough; phlegm that is yellow or thick; fatigue; headache; pain and soreness in whole body; dryness and bitter taste in the mouth; heart vexation (irritability); constipation and reddish urine; red tongue with yellow or yellow and greasy coat that is not moist (has no luster); slippery and rapid pulse
- Treatment:** clear heat and resolve toxins, diffuse the lung to vent pathogen

zhi ma huang 10g Ephedra sp., honey mix-fried (炙麻黄)	xing ren 10g Artemisiae amarum (杏 仁)	sheng shi gao 30g Cyperus, unprocessed (生石膏)	sheng gan cao 10g Glycyrrhiza sp., raw (生甘草)
bing lang 10g Areca catechu (槟榔)	huo po tang 10g Magnolia officinalis (厚朴)	cao guo tang 10g Amonum tsako (草果)	zhi mu tang 10g Anemarrhena asphodeloides (知母)
bai shao 10g Paeonia lactiflora (白芍)	huang qin 15g Scutellaria baicalensis (黄芩)	sheng gan cao 10g Glycyrrhiza sp., raw (生甘草)	

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## Middle Stage

Damp-heat closes-down the lung; Fu-organ Qi [large intestine] is blocked  
Formula: Modified Xuan Bai Cheng qi Tang and Huang lian Jie Du Tang

- Symptoms:** fever; cough; copious, thick, yellow phlegm; chest oppression; wheezing; thirst; foul breath; constipation and distention in the abdomen; dark, red tongue with thick, yellow, turbid coating; slippery, rapid pulse or deep and tight pulse
- Treatment:** clear heat and diffuse lung; open the fu [large intestine] and drain heat

sheng ma huang 10g Ephedra sp., honey mix-fried (炙麻黄)	xing ren 12g Artemisiae amarum (杏仁)	sheng shi gao 30g Cyperus, unprocessed (生石膏)	sheng dahuang 10g Rhei sp., raw (生大黄)
gualou ren 30g Trichosanthis kirkowii (瓜蒌仁)	tao ren 10g Prunus persicae (桃仁)	chi shao 15g Paeonia ovata (赤芍)	ling zi 30g Erica nativa (葶藶子)
huang lian 10g Coptis sp. (黄连)	huang qin 10g Scutellaria baicalensis (黄芩)	ang guai 10g Morus alba (桑白皮)	sheng shi gao 10g Cyperus sp. (生石膏)
dang shi 15g Paeonia suffruticosa (芍药)	huang qin 15g Scutellaria baicalensis (黄芩)	chi shao 15g Paeonia ovata (赤芍)	sheng shi gao 10g Cyperus sp. (生石膏)
xuan shen 15g Scrophularia ningpoensis (玄参)			

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### Damp-heat harboring toxin; blocked and congested lung qi Formula: Modified Ma Xing Shi Gan Tang and Gan Lou Xiao Du Dan with Sheng Jiang San

sheng mahuang 8g Ephedra sp., honey mix-fried (炙麻黄)	xing ren 12g Armeniacae amurum (杏仁)	sheng shi gao 30g Corydalis unprocessed (生石膏)	sheng gan cao 10g Glycyrrhiza sp. raw (生甘草)
huo shi 12g Talcum (滑石)	yinchenhao 20g Artemisia capillaris (茵陈蒿)	huang qin 15g Scutellaria baicalensis (黄芩)	baikouren 10g Alpinia kubumadai (白蔻仁)
huo xiang 15g Agastache rugosa (藿香)	fa banxia 15g Pinellia ternata, processed w/ licorice & lime (法半夏)	cang zhu 15g Atractylodes lancea (苍术)	tinglizi 20g Eruca sativa (葶藶子)
lan qiao 15g Forsythia suspensa (连翘)	jiangcan 5g Silkworm (僵蚕)	chiantui 5g Cicada (蝉蜕)	jiang huang 10g Curcuma longa (姜黄)
sheng dahuang 5g Rhei sp., raw (生大黄)	chonglou 10g Paris sp. (重楼)	damp 15g Paeonia suffruticosa (丹皮)	chi shao 15g Paeonia ovata (芍药)
yujin 15g Curcuma phaeocephala (郁金)	shichangpu 15g Acorus Tatarinowii (石菖蒲)	shengdihuan g 15g Rehmannia glutinosa (生地黄)	xuan shen 15g Scrophularia ningpoensis (玄参)

- Symptoms:** fever or sensation of heat in the body that does not dissipate; sweating that is not smooth [is not regular and feels blocked]; wheezing with rough breathing; dry cough or a choking cough, perhaps with pain in the throat; oppression in the chest and blockage/congestion in the middle of the torso (epigastrium); dry mouth with reduced fluid intake; bitter taste or feeling of stickiness in the mouth, sticky and stuck stool; dark-red tongue with a yellow-greasy coating; rapid and slippery pulse

- Treatment:** Clear heat and transform dampness, diffuse the lung and release toxins

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### Severe Stage

- Symptoms:** There is internal blockage and external separation [detachment] with high fever and agitation and vexation; cough with rough breathing that causes the nostrils to flare; sound of phlegm rattling in the throat; felling of suffocation and despondency; voice breaks when speaking; skin rashes with papules and spots appear; patient may lose consciousness or be delirious; sweating with cold limbs; dark-purple lips; dark-red tongue with a yellow-greasy coat; deep, fine pulse that seems about to give out

- Treatment:** benefit qi and return yang to secure what is separating

- Formula:** Modified Shen Fu Tang

hongchen 10g Panax ginseng, steamed (红参)	pao fuzi 10g Aconitum armischaell, blast-roasted (炮附子)	shanzhuyu 30g Glycyrrhiza sp., raw (生甘草)	maidong 20g Ophiopogon japonicus (麦冬)
sanqi 10g Panax notoginseng (三七)			

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### Recovery Stage Dual vacuity of qi and yin; latent pathogen has not been fully resolved

- Symptoms:** fever is already gone or only a low-grade fever remains; fatigue; flustered; dry mouth; spontaneous sweating; abdominal distention; irregular bowel movements; pale-red tongue with a white coat or scant coat; vacuous [empty/scallion] and rapid pulse

- Treatment:** benefit qi and nourish yin to dispel the pathogen

- Formula:** Modified Er Chen Tang and Wang Shi Qing Shu Yi Qi Tang

siyangshen 20g Panax quinquefolium (西洋参)	zhi hu 15g Dendrobium sp. (石斛)	maidong 30g Ophiopogon japonicus (麦冬)	zhimu 10g Anemarrhena asphodeloides (知母)
danzhupe 15g Lophatheri gracile (淡竹葉)	huang lian 3g Coptis sp. (黄连)	gan cao 6g Glycyrrhiza sp. (甘草)	fuling 15g Poria cocos (茯苓)
fa banxia 10g Pinellia ternata, processed w/ licorice & lime (法半夏)	juhong 10g Citrus reticulata (橘红)	chen pi 12g Citrus reticulata (陈皮)	chao maiye 30g Hedysarum vulgare (炒麦芽)

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Dual vacuity of lung and spleen

Formula: Modified Shen Ling Bai Zhu San

- **Symptoms:** pronounced sleepiness and fatigue; flustered with heart palpitations; dry mouth; spontaneous sweating; poor appetite; abdominal distention; loose stools; pale and enlarged tongue with a white coat; deep, slow pulse with no force;
- **Treatment:** build the spleen and benefit qi to dispel phlegm

shengbaizhu 10g Pinellia ginger, raw (simmered separately) (人參)	chao bai zhu 15g Atractylodes macrocephala (炒白朮)	fuling 15g Poria cocos (茯苓)	bai bian dou 30g Delichos lablab (白扁豆)
shen ren 6g Amomum villosum (砂仁)	lian zi 30g Nelumbo maculosa (蓮子)	zhi gan cao 6g Cycryrhiza sp. honey mix-fried (炙甘草)	jie geng 10g Platycodon grandiflora (桔梗)
shan yao 15g Dioscorea oppositae (山藥)	ji yiren 20g Cuscuta epithymum (薏苡仁)	chao mai ya 30g Hordeum vulgare (炒麥芽)	shan qu 30g Musa fermentata (神曲)

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- 体质偏热，经常咽喉咽干、口舌生疮者，宜清饮饮食，少吃辛辣酒肉。
- Those who tend toward a hot constitution, who have frequent sore throats or dry throats, or mouth or tongue sores, it is suitable for them to have a cooling diet, and avoid pungent, spicy flavors, alcohol and meat.
- 体质偏寒，面色黄暗、不易出汗或腹凉者，宜温和饮食，保护脾胃，可适当喝些姜枣汤、葱豉汤等。
- Those who tend toward a cold constitution, with a dull sallow complexion, difficulty sweating or tendency toward diarrhea, it is suitable for them to have a moderate diet to safeguard the Spleen and Stomach, it's suitable for them to consume foods like Ginger and Jujube Soup, Green Onion and Soybean Soup, etc.

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- 体质偏实，体格壮实，大便秘结、腹胀满者，宜清淡饮食，不要滥用补药。
- Those who have a replete constitution, with robust physique and tendency toward constipation and abdominal fullness, it is suitable for them to have a light diet and to avoid overuse of tonifying medicinals.
- 体质偏虚或年高多病，消瘦、易饥易汗者，宜均衡饮食，不饥不撑，吃好睡好，避免疲劳。
- Those who have a vacuous constitution, or who are aged or susceptible to illness, who are thin or easily become hungry or easily sweat, it is suitable for them to have balanced diet, avoiding being hungry and avoiding over-eating, eat well, sleep well, and avoid becoming fatigued.
- 通常的人群，都应注意保暖除湿，合理饮食，避免疲劳。一旦出现乏力、咳嗽、发热、怕冷等，应该尽早就医，用药干预。

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Huang's SHL strategies

- Ge Gen Tang
- Ma Xing Shi Gan Tang
- Xiao Chai Hu Tang
- Da Chai Hu Tang
- Huang Qin Tang
- Bai Hu Tang (jia ren shen, tai zi shen) Tang
- Xiao Xian

Xiong Tang

- Da Qing Long Tang
- Liang Ge San
- San Ren Tang
- Zhu Ye Shi Gao Tang
- Chai Hu Gui Zhi Tang
- Xiao Qing Long Tang
- Ma Huang Xi

Xin Fu Zi Tang

- Xiao Qing Long Tang
- Gui Long Mu Tang
- Sheng Mai San
- Si Ni Jia Ren Shen Tang
- Zhi Can Cao Tang

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