

## Review Article

# Diagnosis and Management of TCM on Infected or Suspected Patients with Covid-19--48 Cases Study in UK

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## Abstract

**Introduction:** Covid-19 is a pandemic infective disease which has been erupting throughout world in 2020. There has been more than 53 million of cases to be infected and more than 1 million of cases to be died from it which is involved more than 200 countries, No effective treating model can be confirmed from conventional western medicine, but some herbs can be recognized to possess a positive result on Covid-19.

From a successful result is originally displayed in temporary hospitals in China, more than 90% patients were healed after all of them were given Chinese herbal medicine. This is why they can control Covid-19 such quickly in China.

**Method:** I contact infected and suspected patients with Covid-19 from uncontacted accesses (WeChat, WhatsApp, Internet, message etc.) as a volunteer TCM consultant since March 2020 during the Lockdown phase in UK. I recognize that the appearance of the tongue can demonstrate the special and significant information for identifying whether Covid-19 is infected and its severity as dampness accumulated inside of body recognized by TCM perspective. I give herbal medicine by post for treating patients according to their clinical figures, virus exposing history and tongue information.

**Result:** I summary 48 cases in UK for reporting my treatment and result here. I believe the best effect should be produced by making a particular formula to match individual case as the key point of TCM to control Covid-19.

**Conclusion:** The Chinese herbal medicine can play a significant role to decrease and cure the covid-19.

**Keywords:** Covid-19; Corona virus; Chinese herbal medicine; TCM

## Introduction

Covid-19 is a pandemic infective disease which has been spreading throughout whole world in 2020. There has been 53 millions of cases (53 164 803) to be infected and 1 million (1 300 576) of cases to be died from it and more than 200 countries are involved in, these information is reported for Covid-19 daily situation issued in 13<sup>rd</sup> Nov 2020 by WHO [1], and it has been declared as an outbreak on Public Health Emergency of International Concern on 30<sup>th</sup> Jan 2020 by WHO as well [2]. This disaster has severely been damaging the life quality, disturbing the social communication, economic developing and human progressing.

Covid-19 was at the earliest erupted in the central city--Wuhan

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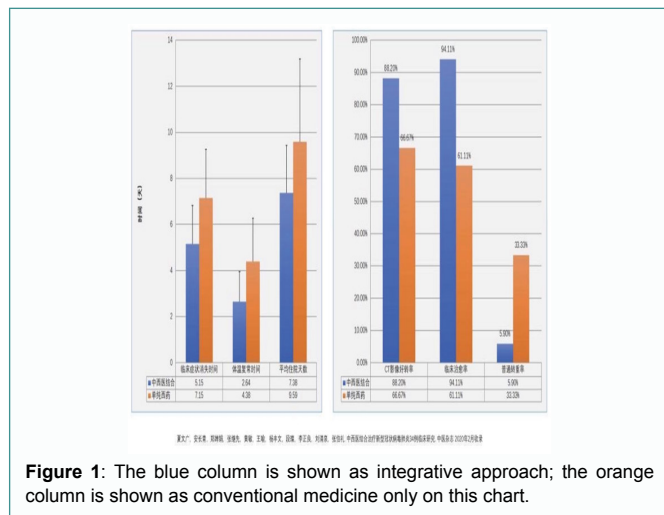
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in China Jan and Feb 2020, thousands of patients were infected in a day, all of hospitals were hard to afford for admitting patients there. Due to no effective treating drug can be confirmed from conventional western medicine and there was experience in which they used herbs to treating SARS successfully in 2003 [3-5], so doctors originally tried to treat patients with herbal medicines in temporary hospitals (Fangcang Hospitals were reconstructed from arenas and exhibitions) in China, more than 90% patients were healed after all of them were given Chinese herbal medicine for significantly banning the patients with Covid-19 in the minor or ordinary stages becoming to the severe or critical stage, they intervened herbal medicine for rescuing the severe and critical cases in ICU of Hospitals as well. So the authority in China issued the National treating guideline [6] to Covid-19 for introducing Chinese herbal medicine as the main therapy to give patients with Covid-19 as early as possible. This is the professional key point why they can control Covid-19 such quickly in China (Figure 1).

An analysis made by TCM practitioners team in China on how successful result with TCM. They compared between the integrative medical treating approach and Conventional western medicine only to the patients with Covid-19. Their results showed that the integrative approach decreased times to resolution of symptoms, to fever-clearance, and to length of hospital stay; conversely the integrative approach increased the rates of clinical and radiological improvement, it also reduced the proportion of severe cases which are transferred from ordinary and minor cases [7].

Covid-19 is erupted and prevailing throughout UK since the later of March, a Lockdown phase was issued by Government. Although we



have to close the clinics as complementary and alternative medicine during the special time, but I can still receive many requires by uncontacted accesses, such as WeChart, Whatsapp, internet, message etc. daily as a volunteered TCM consultant who was introduced by the oversea TCM forum and Chinese UK embassy and some UK patients who may have some knowledge's on TCM. Duo to the most patients cannot be admitted into hospitals, even clinics for accepting a necessary medical treatment, but some of them manifest quite typical and severe figures with Covid-19, so I have to manage the diagnostic methods with TCM approach and send the herbal treatments by post for helping them. I will introduce the summary of my treatment here.

## The Treating Model of TCM is Demonstrated as Below

### Necessary diagnostic procedure

The clinical information is collected from patients for focusing to these aspects:

**The exposed history for Covid-19:** I need confirm whether he or she has had a history to contact the sufferer with Covid-19 or not? If he /she has got a possible contact the sufferer with or without consciousness, I can pay attention more on his/ her clinical figures.

**Clinical figures:** Typical: fever, chilly, cough, chest pain, breathless, even dyspnea; Untypical: anorexia, loose of taste or smell, diarrhea, chest or upper back pain, red and swollen toes, blurred vision etc.

**Tongue appearance:** Tongue body: Tongue body for determining virus engaging in the body for longer or shorter, the body quality of sufferer stronger or weaker: such as, if the tongue in pale colour is identified, the sufferer is infected in a few of days who has a weaker stomach in the past; if the tongue in red colour is identified, the sufferer can have infected more than a week, or manifest higher fever, or stress in the past, or stronger in constitution.

Tongue coating:

- Whether there is greasy coating for identifying Covid-19 be infected or not;
- The greasy coating in white or yellow colours for identifying how severity of the heat inside of body;
- Thicker or less greasy coating for identifying how severity the patient is suffering from Covid-19. Such as: thick greasy

coating is recognized be infected severe, less greasy is determined a less virus infected.

The tongue appearance can demonstrate unique and significant information from inside of patient's body as TCM's diagnostic approach.

**Scientific diagnostic items:** PCR, SaO<sub>2</sub>, Blood tests and CT scan. If the patients are admitted into NHS, or accepted by his/her GP, they can get the necessary examinations there; some of them may possess the finger oximeter for SaO<sub>2</sub> by self-examining at home.

If anyone possesses above two items in which no1 or no2 and no3, special the greasy coating as a unique and significant sign for our diagnosis, we can qualify he/her as an infected or suspected patients with Covid-19 who can deserve to be given Chinese herbal medicine for treatment, while we can't manage blood, PCR and CT scan examinations easily. Some ones can be confirmed their diagnosis if they are given necessary examinations like no 4.

### Herbal medicine treatment

Because we can't directly contact patients, so we cannot use acupuncture as our treatment, the Chinese herbal medicine is the only treating method. Due to some regulatory restriction on herbal medicine in UK, we can use the herbs and relevant formulas for treating Covid-19 as below:

**For patients with infected and suspected Covid-19 in the early stage:** These people should demonstrate minor fever, shivery, minor cough, anorexia, loose of smell and taste, loose of bowel movements, or dizziness, fatigue, general muscle ache etc. Pale or light red tongue with thin greasy coating.

Pattern of TCM: dampness accumulated in the lung;

Treating principle: releasing excessive dampness.

The typical basic formula is Huxiangzhengqi Decoction (Table 1).

**Table 1:** The ingredients of Huoxiangzhengqi Decoction.

Huoxiangzhengqi Decoction	
Huoxiang	Herba Agastaches
Houpo	Cortex Magnoliae Officinalis
Fuling	Poria
Zisu	Folium Perillae
Dafupi	Pericarpium Arecae
Jiangbanxia	Rhizoma Pinelliae
Chenpi	Pericarpium Citri Reticulatae
Jiegeng	Radix Platycodi
Baizhu	Rhizoma Atractylodis Macrocephalae
Baizhi	Radix Angelicae Dahuricae
Gancao	Radix Glycyrrhizae

Above herbs as the main formula, we will make a modification according to the special state from individual case into a prescription in 120 g to 150 g of raw herbs which is decocted as herbal juice, twice daily, a packet for a day; or make them into a herbal powders for drinking with warm water, twice daily.

**For patient with infected and suspected Covid-19 in the ordinary stage:** These people should manifest: fever and chill with higher temperature, or not, chest tenderness or pain, breathless, phlegm more or less, dyspnea; or back, toes pain or swollen or other symptoms. Red, or light red tongue with thick greasy, white-greasy, or yellow-greasy coating.

Pattern of TCM: excessive heat and dampness are accumulated in lungs;

Treating principle: expelling excessive heat and dampness;

The typical basic formula is Qingfeipaidu Decoction: (National guideline in China) (Table 2).

**For the people who need to be given a double protection:** These people who may have no clinical symptoms, or may feel only some throat discomfort, tiredness easily, worry to be suffered from corona virus should be:

- 1) Medical staffs, or some ones with careers who contact to the patients with Covid-19 daily;
- 2) The family members, relatives, close friends of sufferers with Covid-19;
- 3) The seniors with Chronic or severe respiratory or cardiovascular diseases.

Treating principle: promoting preventive Qi and releasing wind-dampness.

The herbal tea bags of protective formula are consisted as Table 3.

### Clinical summary

48 cases are collected and summarised which can keep completely clinical information and records for the patients with infected or suspected Covid-19 who I have treated.

**General state:** Sex: Female: 27, Male: 21; Age: The oldest: 71; Youngest: 11month.

**Diagnosed state on Covid-19:** 6 Cases who are confirmed to diagnose as Covid-19 with positive PCR; 25 suspected cases who manifest relevant symptoms without PCR tested; 17 cases who demand to be protective treated.

**Treating state with Chinese herbal medicine:** 28 cases who take decocted raw herbal prescriptive form; 5 cases who take herbal prescriptive powder form; 57 cases who take protective herbal tea bag.

#### Result:

- 1) No anyone who take herbal treatment has transferred into the Covid-19 sufferer in severe or Critical-severe stages;
- 2) No anyone who take protective herbal treatment has transferred into be a proper Covid-19 sufferer;
- 3) The ones who are discharged from hospitals with a severe state can recover with a higher health lever after TCM treatment.

### Cases study

**Case 1:** Mrs L, 38 years old of house wife in London, After her

Qingfeipaidu Decoction			
Xiangru(Mahuang*)	Herba Elsholtziae	Zhuling	Polyporus Umbellatus
Guizhi	Ramulus Cinnamomi	HuangQin (Shigao*)	Radix Scutellariae
Fuling	Poria	Kuandonghua	Flos Farfarae
Shengjiang	Rhizoma Zingiberis Recens	Zhishi	Fructus Aurantii Immaturus
Tinglizi(Xixin*)	Semen Descurainiae	Baizhu	Rhizoma Atractylodis Macrocephalae
Huoxiang	Herba Agastaches	Jiangbanxia	Rhizoma Pinelliae
Zexie	Rhizoma Alismatis	Shegan	Rhizoma Belamcandae
Chaihu	Radix Bupleuri	Chenpi	Pericarpium Citri Reticulatae
Ziyuan	Radix Asteris	Shanyao	Rhizoma Dioscoreae
Xingren	Semen Armeniacae		

\*be indicated for the herbs which are forbidden to use in UK, so herbs with similar effect are replaced. We will elect relevant herbs or formulas for making individual prescription and replaced the forbidden herbs.

Above herbs as the main formula, we will make a modification according to the special state from individual case into a prescription in 120 g to 150 g of raw herbs which is decocted as herbal juice, a packet for a day, twice daily.

husband was admitted into ICU in hospital, she recognized to feel fever, chilly, cough by herself for a week, T38.3C, chest pain with breathless, worry, panic attacks, depression, nausea, anorexia and insomnia. She suffered from chronic Gastritis with a weak constitution. Pale tongue with white greasy coating.

Diagnosis: suspected Covid-19 in Cold-damp epidemic disease.

Differentiation of syndrome: Cold-damp accumulated in the lungs with Spleen deficiency.

Treating principle: warming cold and eliminating damp; strengthening spleen and calming the mind down.

Prescription: Huoxiangzhengqi varied with Wendan decoction: Huoxiang10, Houpo10, Fuling10, Banxia10, Kouren10, Sharen10, Yiyiren30, Huashi15, Chenpi10, Baizhu10, Zhuru10, Ganjiang10, Gancao5.

Result: While taking herbs, she has some diarrheal, but is advised to keep taking herbs until the diarrheal naturally stopped, her coating on the tongue is cleared as well. She is healed after 2 weeks, but her husband is dead in the hospital. She is tested on her blood who is confirmed higher IgE and IgM after two weeks as a Covid-19 sufferer (Figure 2).

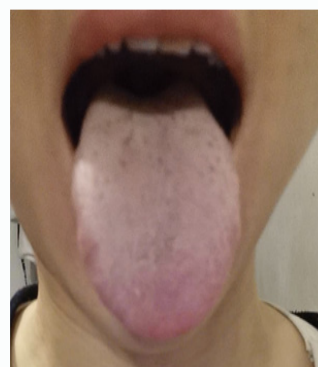


Figure 2: Tongue appearance.

**Case 2:** Dr Z, 28, who is working in UCH hospital as a junior doctor, T39-40C for 3 days with fatigue, tenderness and pain in the chest, breathless, she recognized she was suffered from Covid-19. She was aggravated while taking Paracetamols only for treatment. Her mum worried for requiring a help from TCM.

Diagnosis: Covid-19; TCM's Differentiation of Syndrome: Damp & Heat accumulated in the lungs with unclearred cold & damp

Prescription: Lianhuaqingwen decoction: Jiyinhua10, Lianqiao10, Mahuang10, Xingren10, Shigao30, Guanzhong10, Yuxingcao10, Dahuang10, Huoxiang10, Daqingye10, Bohe5, Gancao5 (Her mum insisted to keep the original prescription with banned herbs for making the best effect).

Result: she decrease temperature to 37.3 - 37.4 in the next day and recovered in a weak for going back to work (Figure 3).

**Case 3:** Ms. B, 58 years old of clinical manager: She suffered from fever 39-40C, cough with chest pain for a weak, breathless, dyspnoea, constipation, insomnia. She disliked going hospital although she knew she might have got Covid-19 already. Red tongue with a yellow and crack coating.

Diagnosis: Covid-19 with a higher suspicion

TCM's Differentiation of Syndrome: Phlegm with damp and heat accumulated in the lungs; Obstructed in the large intestine of the abdomen.

Prescription: Qingfeipaidu Decoction variation, Jiangbanxia15, Chenpi10, Huangqin10, Gualou10, Zhuru10, Dahuang 10 (Later), Laifuzi10, Yuxingcao10, Daqingye10, Zhuling10, Fuling10, Zexie10, Tinglizi10, Huoxiang10, Gancao5.

Result: she was gradually decreasing temperature, getting better day by day in a week. After she was healed, she was getting less coating on her tongue (Figure 4).

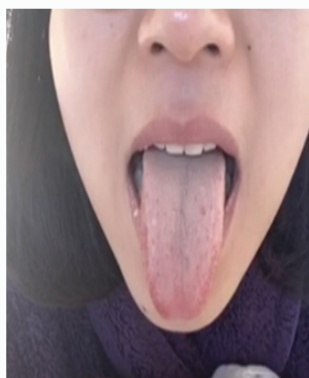


Figure 3: Tongue coating.

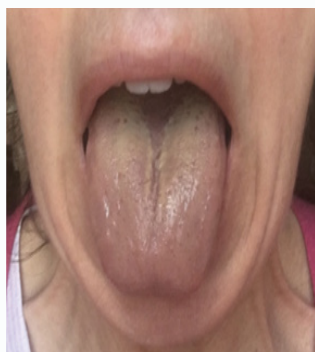


Figure 4: Less coating of Tongue.

**Case 4:** Mr. W 71, retired engineer from Shanghai of China: His couple came to London for visiting their daughter's family, but he was infected on Apr and was admitted into ICU as his SaO2 down to 83, with fever, bad breathless, chest pain and dyspnoea. After be

discharged, his SaO2 still removed around 89-91 with breathless, nightmare, opening mouth while sleeping; fatigue, difficult walk, who can't move in 10 meters and can't go upstairs. Red at sides and tip of tongue with white greasy coating

Diagnosis: Post syndrome of Covid-19

TCM's Differentiation of Syndrome: Qi and Yin deficiency with unclear phlegm-heat.

Prescription: Jiangbanxia15, Chenpi10, Fuling10, Huangqin10, Daqingye10, Xuanshen10, Beishashen10, Maidong10, Chunalianzi10, Gualou10, Baihe10, Taizishen30, Gancao5.

Result: for the lower SaO2, much lower on the finger of left hand, so He needed to reinforce Qi and Yin for building general well-being and promoting circulation for preventing visceral fibrosis on his lung and heart (Figure 5).

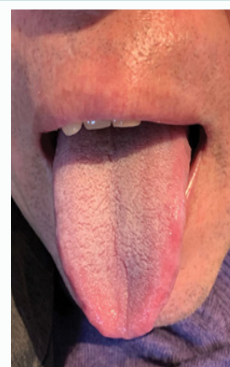


Figure 5: Tongue with white greasy coating.

### Discussion

Chinese herbal medicine is an effective therapy to treat Covid-19. We can copy the 90% effective rate in UK which the TCM team got in the temporary hospitals in China, so their experience is credible.

Covid-19 is caused by the epidemic dampness accumulation in the lungs in which can damage other organs from TCM perspective, so we can gain special and unique information from tongue for confirming it.

Chinese herbal medicine is given to patients at the early and middle stages can significantly obstruct Covid-19 which is aggravated to become to the severe or critical one; their efficacy is accurate that Chinese herbs can control coronal virus, from both of prescriptive accesses, either Shanghan [8], or Wenbing [9] in Traditional classics is workable. It may have many herbs which can possess anti-virus

Table 3: Ingredients on Protective formula.

Huangqi	Radix Astragali
Beishashen	Radix Glehniae
Zhimu	Rhizoma Anemarrhenae
Jiyinhua	Flos Lonicerae
Lianqiao	Fructus Forsythiae
Jiegeng	Radix Platycodi
Cangzhu	Rhizoma Atractylodis

Above herbal powders are made into tea bags, 1 tea bag once daily.

effect, so if we replace some herbs which play the key effect in the prescription, but can't allow using in UK, the new prescription with replaced herbs can also keep the effect which we expect.

### Conclusion

Chinese herbal medicine is an effective therapy to treat Covid-19.

## Acknowledgement

I am glad to give thanks to these 4 patients with Covid-19 as my cases study here and thanks to my assistants: Cheer and Felicity who pick up the herbs from my prescription during the lockdown phases.

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