

COVID – 19 CRISIS

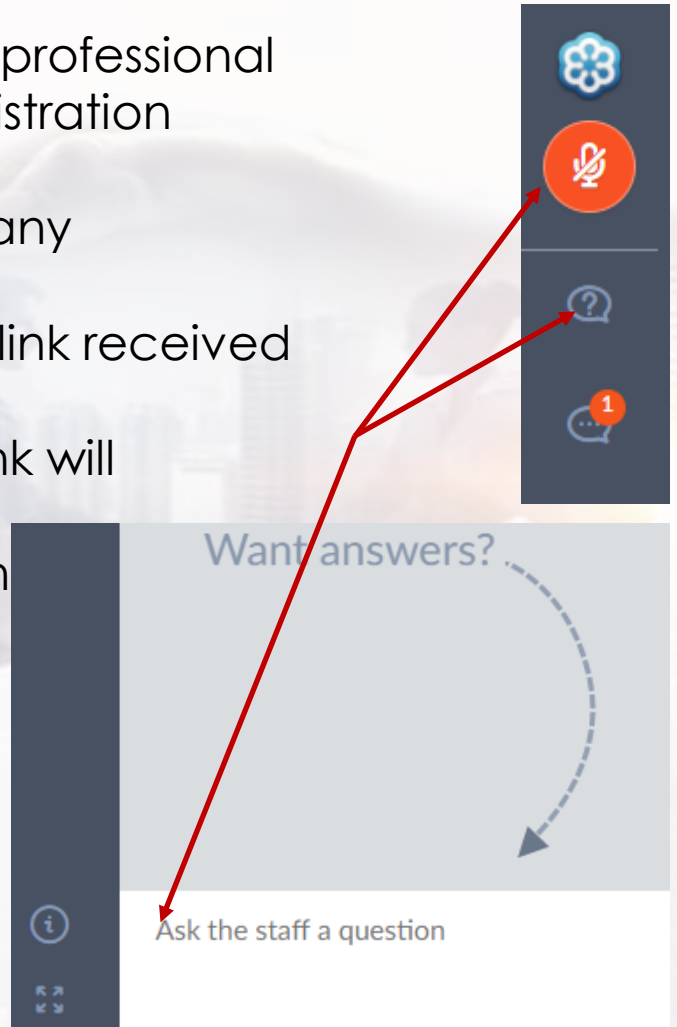
WORKING TOGETHER

Town Hall Meeting:

May 27, 2020 5:00pm PDT | 7 PM CDT | 8 PM EDT

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Presenters

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Covid-19 Clinical Trials in China

Traditional Chinese medicine (T.C.M) in the Recovery of

COVID-19: A First-hand Experience sharing from the Frontline

May 27, 2020

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New York City Cases treated only by TCM

Part 1

Covid-19 中医药概况

The overview of TCM in the pandemic of COVID-19

TCM pathogenesis

TCM classification: plague (dampness and toxin) .

Etiology : infected by the plague pathogen. The core pathogenesis: dampness and toxin

Area of southern China: dampness tends to transform into the heat;

Area of northwestern China: dampness tends to transform into dryness syndrome;

Area of Wuhan: cold syndrome in the early stage transform to heat syndrome quickly, but not commonly presented with the symptom of extreme fever.

Although combined with dampness, the progression of the disease could be fast.

In the early stage, the affected organs are: lung, stomach, gut, related moyuan(fascia layers). In the late stage, the pericardium, heart, kidney and brain can also be affected.

The basic pathogenesis: plague pathogen invasion, the deficiency of Zhengqi, many organs affected and resulted in deficiency qi and exhaustion of yin.

The presentation and the pathogen location

- Biao (Skin or exterior): fever in the early stage, feel stiff (muscle soreness)
- Lung: cough, short of breath, chest tightness
- Stomach and gut: nausea, vomiting, stomach discomfort and abdominal distension
- Ying and Blood (营血) : rash, restlessness, delirium
- Semi-surface semi-inner(half in/half out半表半里): chills and fever , fatigue, abdominal distension

中医药的疗效 The effectiveness of TCM

- 对于普通型患者，中医快速改善咳嗽、胸闷、发热、胃肠道不适等症状；

For the mild cases, application of herbs quickly improve symptoms such as cough, fever, fatigue and loss of appetite.

- 针对重型患者，医疗队在现代医学生命支持的基础上，采用肺肠同治、全程扶正、早期扶正等中药，可以改善重症患者的剧烈咳嗽、喘憋、心动过速、血氧过低等症状，降低了向危重型、死亡的恶化率，提高救治率。

For the severe cases, our team applied herbs to assist modern medicine. This is done by treating lung and gut at the same time, strengthening the righteous Qi throughout.

TCM treatments relieved symptoms such as short of breath, tachycardia, low SPO2 (oxygenation) and finally reduced incidence of critical cases, lower mortality rate.

广东中医医疗队收治患者概况

The overview of the COVID-19 patients treated by the TCM team from GD

- 广东中医医疗队共**136**人，先后接管整建制接管湖北省中西医结合医院、武汉雷神山医院**5**个病区，**187**床位。共收治患者**348**例，轻型**14**例，普通**143**，重型、危重型**191** 例。达到出院标准**307**例。中医参与率**100%**。
- Number of team members: 136; Responsible for 187 beds in Integrative medicine hospital of Hubei Province, Five wards in Leishenshan hospital, Wuhan city; Number of patients: 348 (mild cases: 14, moderate cases: 143, severe or critical cases : 191); Number of patients who met the discharge criteria: 307; TCM treatment : 100%
- 纯中医治疗**90**例，全部达到出院标准。:90 cases treated only by TCM, all cured.
- **6**名中医专家常驻武汉汉口医院**4**个病区，共进行中医会诊**205**例，其中重型、危重型**89**人，达到出院标准**153** 例。
- Six TCM experts were invited in the four wards in Hankou hospital of Wuhan city. TCM Consultation nubmer is 205 cases (number of severe/critical cases: 89), and 153 cases were cured.

Part 2

TCM in the treatment of COVID-19

Etiology and pathogenesis in mild and common cases

Mixture of deficiency and excess, mainly excess

-- The pathogenic disease invades the lung, or evil hidden in the membrane-source (膜原) , causing evils depression, then turns into heat.

When dampness and toxin/evils carried with the other evils (such as wind, cold and heat) , enters from the mouth and nose, they directly invade the lungs or hide in the membrane-source.

When Qi is blocked, the evil will be depressed and turn into heat evil.

Manifestations: fever, dry cough, fatigue.

轻型、普通型新冠肺炎治疗经验

Experience in mild and common cases

化湿败毒，早期扶正 (Transform dampness and eliminate turbidity and strengthen the body resistance at early stage)

▪ 辨证：疫毒郁肺

Pattern differentiation : Pathogenic evil/toxin blocking the lung

证候：低热，大多身热不扬，可伴恶寒，或无发热；干咳，痰少，乏力倦怠，纳差甚至恶心、大便溏；舌质多胖淡，舌苔厚腻，后期化热可见舌质转红，脉滑。

Manifestation : low fever (40% no fever) ; dry cough, scant phlegm, fatigue, poor appetite ,nausea, loose stools; the tongue body is dark or slightly red at tip /edges, with thick and greasy coat ; slippery pulse.

轻型、普通型新冠肺炎治疗经验

Treatment principle in mild and common cases

▪推荐处方：麻杏苡甘汤、三仁汤及葶苈大枣泻肺汤等加减（燥湿宣肺解毒，兼以清热）

Recommended Decoctions: Combination Formula with Maxingshigan decoction, tinglidazaoxiefei Decoction and Sanren Decoction,

基础方剂：麻黄（香薷），石膏，生薏仁，苍术，葶苈子，葛根，淡豆豉，藿香，桃仁，杏仁，神曲。

Ma huang(Ephedra) Xiangru, Shi gao(Gypsum) , Sheng yiyiren (Coix seed) , Cang shu(Atractylodes lanceolata), Ting lizi (lepidia seed) , Ge geng(Pueraria) , Dan doushi (tempeh) , Huo xiang(Agastache rugosus) , Tao ren(Peach seed) , Bei xinren(Northern almond) , Shen qu(medicated leaven)

注意：每日1~2剂，每日2次，可适量增加服用次数，水煎服，或等量颗粒剂冲服。注意保持大便通畅，令邪有出路。

Administration: 1-2 ds decoction per day, 100ml-200ml each time, 2-4 times a day, oral or nasal feeding. Or take the granule form twice a day.

轻型、普通型新冠肺炎治疗经验

Treatment Principle in mild and common cases

开达膜原，辟秽化浊(Eliminating pathogenic evil between interior-exterior, opening the membrane-source)

▪辨证：邪伏膜原

Pattern differentiation : Pathogenic Evil hidden in the membrane-source

证候：低热，大多日晡益甚，或寒热定时发作；干咳，痰少；胸闷，呕恶，头痛，烦躁；舌边红，舌苔厚腻，脉数。

Manifestation : low grade fever(mostly in the afternoon), or alternating fever and chills at a fixed time; dry cough, scant phlegm; chest oppression, nausea, headache, restlessness; red tongue edge, thick and greasy tongue coating, rapid pulse.

轻型、普通型新冠肺炎治疗经验

Treatment Principle in mild and common cases

▪辨证：邪伏膜原

Pattern differentiation : Pathogenic Evil hidden in the membrane-source

▪推荐处方：藿朴夏苓汤合达原饮加减

Recommended Decoctions: Combination Formula with Huopuxialing decoction and Dayuan Decoction

基础方剂：藿香，厚朴，法半夏，茯苓，白豆蔻，薏苡仁，苍术，草果，槟榔，陈皮，若化热，加黄芩，金银花，石膏，若湿郁化火，热结大肠，加用大黄，急下攻邪。

Formula: Huo xiang (Agastache) , Hou pu (Magnolia officinalis) , Cang shu (Atractylodes) ,Cao guo (Caocao) , Bing lang (areca nut) , If heat, add Huang qin (Scutellaria) ,Zhi mu (Anemarrhena) ; If constipation, add Dahuang.

注意：每日1~2剂，水煎服，或等量颗粒剂冲服，每日2次。

Administration: 1-2 doses decoction per day, 100ml-200ml each time, 2-4 times a day, oral or nasal feeding. Or take decoction in granules form twice a day.

患者病情加重的征兆

Symptoms of Disease Progression

- 早在2月2日，我们医疗队就发现当下列指标是轻型、普通型向重型，重型向危重型转化的早期预警指标：
- As early as February 2, our medical team had found that the following indicators that changed the symptoms from mild and common cases to severe cases, or from the severe cases to critical cases.

患者病情加重的征兆

Symptoms of Disease Progression

Indicators :

1、舌苔由薄变厚或变黄（尤其从舌后根变黄）；

Coating on the tongue changed from thin to thick or yellow (especially from the posterior root of the tongue);

2、舌质由淡转红；The tongue body changed from light to red;

3、大便不通；Constipation

4、淋巴细胞下降、CD3、CD4等免疫指标下降。

Blood lymphocyte and immunological level decreased progressively.

患者病情加重的征兆

Symptoms of Disease Progression

虚症的表现开始出现（病程多在5日以后）

Indicators : Asthenic symptoms occurs usually after 5 days from onset

1、气虚：气短，动则汗出，冷汗

Deficiency of Qi : Shortness of breathing, sweat easily; cold sweat

2、阳虚：四末不温，夜间尤甚，腹部（胃肠）怕冷

Deficiency of Yang: cold limbs, worsen at night; abdomen cold.

3、阴虚：口干咽干，舌由红转绛（较少见）

Deficiency of Yin: Feel thirst, and the colour of tongue changes from red to crimson.

重型、危重型的病因病机

Etiology and pathogenesis in severe and critical cases

湿毒雍盛：在轻型/普通型治疗过用寒凉，或素体阳虚，或饮食寒凉。湿邪外有冰壳，表现为：咳嗽、气喘、胸憋、四肢不温，大便稀烂，腹胀、食欲不振。

Overwhelming Dampness toxin: resulted from overuse of heat-clearing drugs, or deficiency of Yang constitutionally, or ingesting cold food during mild/common stage. An ice shell existed outside the dampness pathogen

manifested: Cough, short of breath, chest discomfort, hypothermia of limbs, loose stool, abdominal distension and loss of appetite.

重型、危重型的病因病机

Etiology and pathogenesis in severe and critical cases

■ **湿毒化热（火）**：高热不退、气喘加重，部分病人出现斑疹、动血（血性胸水）、烦躁、谵语，舌质红绛，舌苔黄，为热入营血可加用凉血之品，如生地、丹皮；注意湿毒化热，多热结胃肠，应令湿毒“邪有出路”，可加用大黄，腑气得通，中病即止。

■ Dampness pathogen transform in to heat(fire) : the high fever will not subside and existing asthma will aggravated. Some patients will have macula, bloody **pleural effusion**, restlessness and delirium.

■ The tongue is red and crimson, and the tongue coating is yellow. Heat-cleaning drugs can be used to cool the blood when the heat enters the Ying/blood level, such as Shengdi, Danpi.

重型、危重型的病因病机

Etiology and pathogenesis in severe and critical cases

- **湿毒化燥**：气喘加重，胃肠热结、腑气不通。舌苔黄干燥。润燥增液通腑为则，可重用生地（20-50g），玄参20g。
- Dampness pathogen transform in to Dryness : Existing Asthma worsen, Heat formed around gastrointestinal tract and viscera and Qi are blocked. The tongue coating is yellow and dry.
- Use herbal Shengdi (20-50g), Xuanshen 20-30g

重型、危重型的病因病机

Etiology and pathogenesis in severe and critical cases

重症患者，虚贯全程（气虚、阳损、阴液不足）

- 气虚：疲倦乏力、动则汗出、动则心悸。
- 阳损：四肢不温、腹部冷、背冷，冷汗出。
- 阴液不足：咽干、口干、烦躁。

When the patients are in severe condition, deficiency exists in the whole course

- Qi deficiency: fatigue/ lassitude, sweating and palpitation when moving.
- Yang deficiency : the limbs are not warm, the abdomen is cold, the back is cold, and cold perspiration occurs.
- Yin fluid insufficient: dry throat, thirsty, be agitated.

Treatment principle in severe and critical cases

总的法则是扶正驱邪、全程扶正

The general principle: strengthening the body resistance and driving out evil throughout whole process

益气温阳，祛湿解毒：附子 干姜 甘草 人参 薏苡仁 藿香 陈皮

Nourish Qi and warming Yang, eliminate dampness and clear toxin: Aconite, ginger, licorice, ginseng, Coix, patchouli and tangerine peel

邪结大肠、腑气不通：肺肠同治，大柴胡汤加桃仁。

Pathogenic evil accumulate at L.I, Qi of Fu organs blocked : Lung and intestines are treated simultaneously with Dachaihu decoction and peach kernel.

若湿毒化火：清热、凉血，可选用连翘 大黄 黄芩 石膏 生地

Transformed into heat : Clear heat and cool blood with forsythia, rhubarb, Scutellaria, gypsum..

若湿毒化燥：祛湿、养阴润燥。可选用玄参、沙参、麦冬。

Transformed into dryness : Dispel dampness, nourish yin and moisten dryness with Scrophularia, sea cucumber and Ophiopogon japonicus.

Treatment principle in severe and critical cases

肺肠同治 (Lung and intestines treated Simultaneously)

Pattern differentiation : Pathogenic evil accumulate at intestine, Qi of Fu organs blocked

主证：面色油腻或暗红、胸部满闷、大便不通、舌苔黄腻或黄白腻、实脉（脉细弦、弦滑、弦实）

辅证：烦躁不安、眼睑偏鲜红、怕热、手脚心热、夜眠差。

Main Syndromes: greasy or dark red face, chest oppression, constipated, yellow greasy or yellow white greasy tongue coat, excess pulse (thread and fine, wiry slippery, wiry excess pulse)

Auxiliary syndromes: restlessness, bright red eyelids, aversion of heat, hot sole of hands and feet, insomnia.

Treatment principle in severe and critical cases

肺肠同治 (Lung and intestines treated Simultaneous)

▪辨证：邪结大肠、腑气不通

Pattern differentiation : Pathogenic evil accumulate at intestine, Qi of Fu organs blocked

▪推荐处方：柴胡解毒方

Recommended Decoction: Chaihu Jiedu formula

基础方剂：柴胡，黄芩，法半夏，生姜，大枣，枳实，大黄，桃仁，白芍。

Formula: Chai hu(Bupleurum) , Huang qin(Scutellaria) , Fa banxia(Pinellia ternate) , Sheng jiang(ginger) , Da zao(Chinese-date), Zhi shi(Fructus aurantia) , Da huang (rheum officinale) , Tao ren(Peach seeds) , Bai shao(paeony) .

注意：用2-3天，大便通畅，舌苔干净即停，防止伤正。

Note: use for 2-3 days, stop when constipation resolved, and the tongue coating is clean. Long term use harm the righteous.

Treatment principle in severe and critical cases

早期扶正、全程扶正(Strengthening the righteous in early stage and assist the righteous throughout the whole course)

▪辨证：阳气受损、湿毒未清

Pattern differentiation: Damage of Yang Qi and dampness toxin is not cleared

主证：倦怠乏力、舌淡暗、虚脉（脉细、沉细、沉弱、沉微）

辅证：面色恍白、眼睑淡白、语声低微、动则气促、怕冷、出虚汗、胃纳不佳、手足偏凉、大便稀溏

Main syndromes: lassitude and fatigue, lusterless tongue, weak pulse (fine pulse, deep, weak and minute)

Auxiliary syndromes: pale face, pale eyelids, low voice, shortness of breath, aversion to cold, sweating without movement, poor appetite, cold hands and feet, loose stools.

Treatment principle in severe and critical cases

▪推荐处方：扶正解毒方

Recommended Decoction: Fuzheng Jiufei formula

基础方剂：制附片，干姜，炙甘草，金银花，皂角刺，广藿香

Formula: Zhi fupian (roasted tag) , Gan jiang (rhizoma zingiberis) , Zhi gancao (roasted licorice) , Jin yinhua (honeysuckle) , Zao jiaochi (saponifia thorn) ,Wu zhualong (humulus scandens) , Guang huoxiang (rhizoma zingiberis)

服法：每日1~2剂，水煎服，先煎附子后下诸药，每次100ml~200ml，每日2~4次，口服或鼻饲。或等量颗粒剂冲服，每日2次。

Administration: 1-2 doses decoction per day, decocting aconite first before other herbs, 100ml-200ml each time, 2-4 times per day, oral or nasal feeding. Or take the same amount in granule forms twice a day.

Part 3

New York City Cases treated only by TCM

Case 1

Patient 1: 66-year-old man, living in New York City

First-visit: March, 24th, 2020

Chief complaint: shortness of breath for two days

Onset of the illness:

March 20th, 2020 : He had a fever up to 37.5°C, so he visited the local clinic.

(illness day 1) chest CT showed evidence of pneumonia

nasopharyngeal swab samples were tested positive for COVID-19.

March 22th, 2020 : after taking acetaminophen, his body temperature returned to normal.

March, 24th, 2020 : He began to presented with fatigue , anosphrasia and poor appetite. There was shortness of breath when moving. There is a feeling bitter taste in his mouth with red tongue and yellow coating.

Medical history: Rheumatoid arthritis, received immunosuppressive agent including methotrexate and Adalimumab regularly.



Case 1

Pattern differentiation: Pathogenic evil accumulate at Lung, Qi of Fu organs blocked

Decoction: Chaihujiadu decoction

Formula: *Chai hu*(*Bupleurum*) , *Huang qin*(*Scutellaria*), *Fa banxia*(*Pinellia ternate*) , *Sheng jiang*(ginger) , *Da zao*(Chinese-date), *Zhi shi*(*Fructus aurantia*) , *Da huang* (*rheum officinale*) , *Tao ren*(*Peach seeds*) , *Bai shao*(*paeony*) , *Chen pi*(*Pericarpium Citri Reticulatae*), *Huo xiang*(*Herba Pogostemonis*).

Administration: 3 doses, 1 dose decoction per day.

Case 1

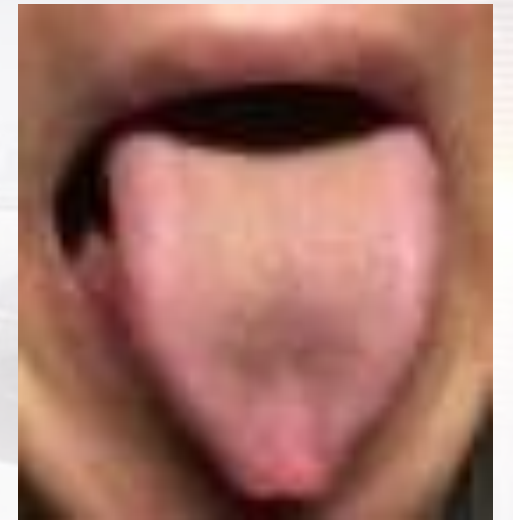
second-visit: March, 26th, 2020 (illness day 7):

- After taking 3 doses of decoction, the patient reported that the chest distress and shortness of breath disappeared, and the feeling of fatigue relieved.
- But he began to presented with diarrhea. There was still **anosphrasia** and poor appetite
- T : 36.4°C , HR : 75/min , R : 17-19/min , SO₂ : 98%。

Formula:

Jin yin hua(Flos Lonicerae) , Tai zi shen(Radix Pseudostellariae), Huo xiang(Herba Pogostemonis), Zhi mu(Rhizoma Anemarrhenae), Chen pi(Pericarpium Citri Reticulatae), Yi yi ren(Semen Coicis), Xuan shen(Radix Scrophulariae), Gu ya(Fructus Setariae Germinatus), Fu ling(Poria), Sheng di huang(Radix Rehmanniae Recens)

Administration: 3 doses, 1 dose decoction per day.



Case 1

Fifth-visit: April, 7th, 2020 (illness day 18):
all symptom had resolved and the sense of smell was partly restored.

Formula: Zhuyeshigao decoction

Dan zhu ye(Herba Lophatheri), Shi gao(Gypsum Fibrosum), Tai zi shen(Radix Pseudostellariae),

Fa ban xia(Rhizoma Pinelliae Preparatum), Mai dong(Radix Ophiopogonis), Sheng gan cao(Radix Glycyrrhizae)

Administration: 5 doses, 1 dose decoction per day.



CLINICAL REPORT							
-----* MISCELLANEOUS *-----							
Test	Result	Abnormal	Reference	Units	RPT Date	Prior Result	Date
COVID-19 Ab. IgG	3.25		>1.10	AU/mL	05/02/20		
COVID-19 Antibody Ranges (IgG):							
Range (AU/mL)	Interpretation						
<0.90	Negative/Not Detected						
0.90-1.10	Equivocal						
>1.10	Positive/Detected						

Case 1

	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home
Day of illness	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
SO ₂ (%)	—	—	—	98	99	98	98	98	97	98	97	97	97	98	98	99	99	—	—
Fever (°C)	37.5	37.6	36.8	36.6	37	36.5	36.4	36.5	37.3	36.6	36.7	36.8	36.8	36.5	36.6	36.7	36.5	37	36.8
Fatigue		+++	+++	+++	+++	++	++	++	+++	++	++	++	++	+					
Short of breath				+++	++	+			+++	++	++	+	+						
chest distress				+++	++	+			+++	++	+								
chest pain											++	+	+						
loss of olfactory				+++	+++	+++	+++	++	++	++	++	++	+						
Anorexia					+++	+++	++	++	+++	+++	++	+							
nausea、vomited									++										
bitter taste in mouth					+++	+++	+++	++	+++	+++	++	++	+						
stool times	—	—	—	0	1	5	1	2	0	2	4	0	1	1	1	1	1	0	—
	MAR 20th	MAR 21th	MAR 22th	MAR 23th	MAR 24th	MAR 25th	MAR 26th	MAR 27th	MAR 28th	MAR 29th	MAR 30th	MAR 31th	Apr 1st	Apr 2nd	Apr 3rd	Apr 4th	Apr 5th	Apr 6th	Apr 7th
	Antipyretic			COVID-19	Dachaihui decoction		clearing heat and promoting diuresis		Dachaihu decoction				Maxinshigan and Haoqinqingdan decoction				Zuyeshigao decoction		
	acetaminophen			positive	Radix Bupleuri, Radix Scutellariae, Rhizoma Pinelliae Preparatum, Rhizoma Zingiberis Recens, Fructus Jujubae, Fructus Aurantii Immaturus, Radix et Rhizoma Rhei, Semen Persicae, Radix Paeoniae Alba, Pericarpium Citri Reticulatae, Herba Pogostemonis		Flos Lonicerae, Radix Pseudostellariae, Herba Pogostemonis, Rhizoma Anemarrhenae, Pericarpium Citri Reticulatae, Semen Coicis, Radix Scrophulariae, Fructus Setariae Germinatus, Radix Rehmanniae Recens		Radix Bupleuri,Radix Scutellariae,Rhizoma Pinelliae Preparatum,Rhizoma Zingiberis Recens,Fructus Jujubae,Fructus Aurantii Immaturus,Radix et Rhizoma Rhei,Semen Persicae,Radix Paeoniae Alba,Pericarpium Citri Reticulatae,Radix Ophiopogonis,Radix Rehmanniae Recens				Herba Ephedrae, Semen Armeniacae Amarum, Gypsum Fibrosum, Folium Isatidis, Herba Artemisiae Annuae,Radix Scutellariae, Cortex Magnoliae Officinalis, Semen Descurainiae, Rhizoma Pinelliae(, Exocarpium Citri Grandis, Rhizoma Phragmitis(, Radix Platycodonis, Radix Glycyrrhizae				Herba Lophatheri, Gypsum Fibrosum, Radix Pseudostellariae Rhizoma Pinelliae Preparatum, Radix Ophiopogonis, Radix Glycyrrhizae		

Case 2

Patient 2: a 46-year-old woman, the wife of patient 1

First-visit: March, 24th, 2020

Chief complaint: fever for two days, cough for one day.

History of present illness:

- March 22th, 2020 : developed a fever up to 37.4°C , fatigue and myalgia
- March 23th, 2020 : T:37.8-38°C with cough
nasopharyngeal swab samples were tested positive for COVID-19.
- March, 24th, 2020 : after taking acetaminophen, her body temperature returned to normal.
but still presented with fatigue, cough, poor in appetite.
There was a sweet taste in her mouth
reddened tongue with yellow coating.

Formula: Maxingshigan decoction

Sheng ma huang (Herba Ephedrae) , Sheng shi gao(Gypsum Fibrosum), Bei xing ren(Semen Armeniacae Amarum), Zhi mu(Rhizoma Anemarrhenae), Cai hu(Radix Bupleuri), Qiang huo(Rhizoma et Radix Notopterygii), Cang zhu(Rhizoma Atractylodis), Guang huo xiang (Herba Pogostemonis), Sheng qu(Massa Medicata Fermentata)

Administration: 3 doses, 1 dose decoction per day.



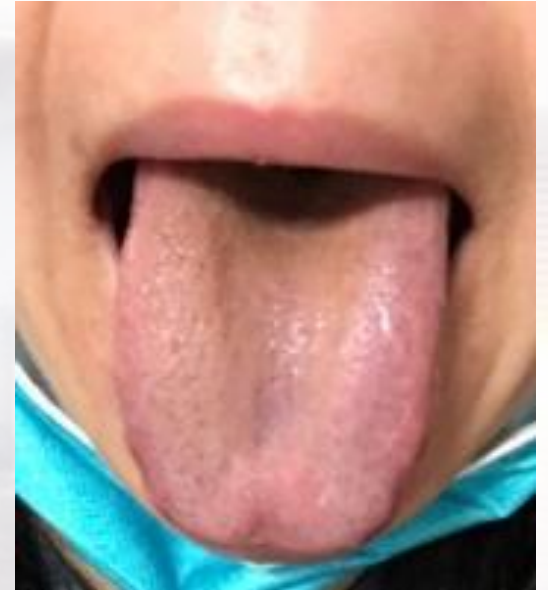
Case 2

Second-visit: March, 27th, 2020(illness day 6)

- After taking decoction for the first four days, her body temperature remained normal without taking antipyretic drugs and the cough was relieved.
- But her symptoms became more severe since March 26th. She complained of fever(37.3-38.2°C), stuffy nose, cough, mild short of breath, bad appetite.
- reddened tongue with yellow coating.

Formula: Jin yin hua(Flos Lonicerae), Sheng shi gao(Gypsum Fibrosum), Ku xing ren(Semen Armeniacae Amarum), Cang zhu(Rhizoma Atractylodis), Huo xiang(Herba Pogostemonis), Sheng di huang(Radix Rehmanniae Recens), Chi shao(Radix Paeoniae Rubra), Sheng gan cao(Radix Glycyrrhizae), Mu dan pi(Cortex Moutan Radicis), Sang ye(Folium Mori), Wu mei(Fructus Mume), Fa ban xia(Rhizoma Pinelliae Preparatum).

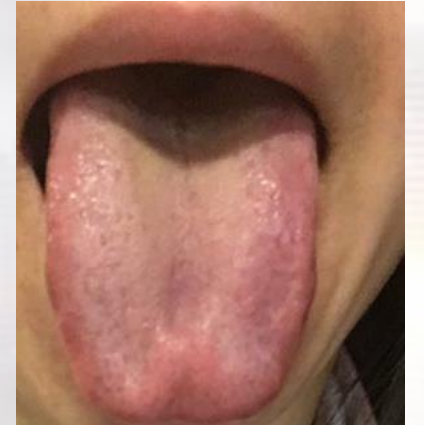
Administration: 3 doses, 1 dose decoction per day.



Case 2

Fourth-visit: April, 1st, 2020(illness day 11)

- repeated fever, cough and gastrointestinal symptoms including nausea, belching, loss of appetite and increased bowel movements.
- pale tongue with white greasy fur.
- T : 38°C, HR : 94/min ,R:16/min, SO2 : 95-97%.



Formula: Maxinshigan and Haoqingdan decoction

Zhi ma huang(Herba Ephedrae), Ku xing ren(Semen Armeniacae Amarum), Sheng shi gao(Gypsum Fibrosum), Qing hao(Herba Artemisiae Annuae), Huang qin(Radix Scutellariae), Zhi ban xia(Rhizoma Pinelliae), Chen pi(Pericarpium Citri Reticulatae), Fu ling(Poria), Zhu ru(Caulis Bambusae in Taenia), Sheng hua shi(Talcum), Ma bian cao(Herba Verbenae), Cai hu(Radix Bupleuri), Sheng gan cao(Radix Glycyrrhizae), Lu gen(Rhizoma Phragmitis), Wu wei zi(Fructus Schisandrae Chinensis)

Administration: 5 doses, 1 dose decoction per day.

Case 2

Fifth-visit: April, 6th, 2020(illness day 16)

all symptoms were resolved with the exception of low-grade fever(37.3°C), which can tend to normal without treatment.

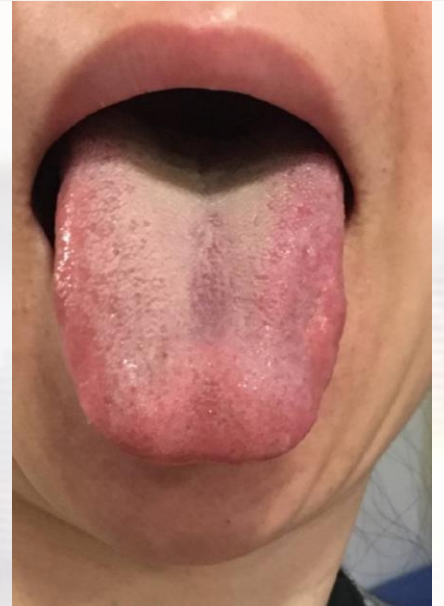
red tongue with white greasy fur.

T : $36.6\text{-}37.3^{\circ}\text{C}$, HR : 90/min , R:13/min, SO_2 : 98-99%.

Formula: Qinhaobieja decoction.

Yi yi ren(Semen Coicis), Qin hao(Herba Artemisiae Annuae), Yin cai hu(Radix Stellariae), Zhi mu(Rhizoma Anemarrhenae), Sheng di huang(Radix Rehmanniae Recens), Mu dan pi(Cortex Moutan Radicis), Chen pi(Pericarpium Citri Reticulatae), Huo xiang(Herba Pogostemonis)

Administration: 3 doses, 1 dose decoction per day.



CLINICAL REPORT						
***** MISCELLANEOUS *****						
Test	Result	Abnormal	Reference	Units	RPT Date	Prior Result Date
COVID-19 Ab. IgG	>10.00		>1.10	AU/mL	05/03/20	
COVID-19 Antibody Ranges (IgG):						
Range (AU/mL)		Interpretation				
<0.90		Negative/Not Detected				
0.90-1.10		Equivocal				
>1.10		Positive/Detected				

Case 2

	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	Home	
Day of illness	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
SO ₂ （%）	—	97	98	98	97	95	98	97	97	97	97	96	98	99	98	99	99	98	99	
Fever（℃）	37.4	38	36.6	37	37.8	37.8	37.8	38.4	37.6	38.2	37.4	37.9	37.8	37.8	37.8	37.3	36.6	36.5	36.6	
Fatigue	++	+++	++	++	++	++	++	++	+	+	+	++	++	+	+					
Cough		++	+++	++	++	+++	++	+	++	++	++	+++	++	+	+	+	+			
Short of breath								++	++	+										
chest distress						+		+												
loss of olfactory				+++	+++	++	++	++	++	++	+	+	+							
Anorexia		+	++	+	+	+	+	+	+	++	++	+++	++	+	+					
Nausea					+				+	+		+								
sweet taste in mouth			+	+	+	+	+	+	+	+										
stool times	—	2	0	3	2	4	4	5	9	3	6	3	2	2	3	1	3	2	2	
	MAR 22th	MAR 23th	MAR 24th	MAR 25th	MAR 26th	MAR 27th	MAR 28th	MAR 29th	MAR 30th	MAR 31th	Apr 1st	Apr 2nd	Apr 3rd	Apr 4th	Apr 5th	Apr 6th	Apr 7th	Apr 8th	Apr 9th	
	Antipyretic		Maxinshigan decoction			expulsing pathogen, clearing heat and promoting diuresis.					Maxinshigan and Haoqinqingdan decoction					Qinhaobiejia decoction				
	acetaminophen		Herba Ephedrae , Gypsum Fibrosum , emen Armeniacae Amarum , Rhizoma Anemarrhenae , Radix Bupleuri , Rhizoma et Radix Notopterygii , Rhizoma Atractylodis , Herba Pogostemonis , Massa Medicata Fermentata			Flos Lonicerae,Gypsum Fibrosum,Semen Armeniacae Amarum,Rhizoma Atractylodis,Herba Pogostemonis,Radix Rehmanniae Recens , Radix Paeoniae Rubra,Radix Glycyrrhizae,Cortex Moutan Radicis,Folium Mori,Fructus Mume,Rhizoma Pinelliae Preparatum			Semen Coicis , Radix Bupleuri , Herba Pogostemonis , Radix Scutellariae , Radix Pseudostellariae , Semen Armeniacae Amarum , Rhizoma Phragmitis , Radix Glycvrrhizae			Herba Ephedrae,Semen Armeniacae Amarum , Gypsum Fibrosum ,Herba Artemisiae Annuae , Radix Scutellariae , Rhizoma Pinelliae , Pericarpium Citri Reticulatae,Poria , Caulis Bambusae in Taenia , Talcum , Herba Verbenae,Radix Bupleuri, Radix Glycyrrhizae , Rhizoma Phragmitis, Fructus Schisandrae Chinensis					Semen Coicis, Herba Artemisiae Annuae, Radix Stellariae , Rhizoma Anemarrhenae, Radix Rehmanniae Recens, Cortex Moutan Radicis, Pericarpium Citri Reticulatae, Herba Pogostemonis			

Thanks Yours

Thanks to

Zhongde Zhang

*Guangdong Provincial hospital of Chinese Hospital
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Shanghai Changzheng Hospital

Hong Su

*American Association of Acupuncture
and Traditional Chinese Medicine*



Hong Su, L.Ac., Dipl. OM (NCCAOM)®,
Certified Herbalist
President of American TCM Society,
Chair of Volunteer Coordinating Committee



HERB CARE US

Public Herbal Donations

During Covid 19

May 27, 2020

Purpose

In response to the Covid 19 pandemic, a non-profit organization of Chinese Medicine practitioners in Greater New York will donate Chinese herbal tea (dietary supplements) to those who need it during this special time.

This task was initiated by Dr. Li Yongming, the former president of American TCM Society (ATCMS) and approved by the board directors of ATCMS.

ATCMS is one of most active academic organization in United state, 1-2 weekly host online academic seminar and sponsored many important international forum. Some of members are well-known in their field.

What have we done for this task?

- 1. Drafted "Expert Consensus on TCM Herbal Care for COVID-19 Pandemic in the United States"
- 2. Constructed the website, www.HerbcareUS.com
- 3. Recruited the remote on call herbalist and regional herbalist teams
- 4. Set up the herbal tea distribution center and delivery system
- 5. Formed the follow up & caring group

What herbal tea should we prescribe?

- **Expert Consensus on TCM Herbal Care for COVID-19 Pandemic in the United States**
- Based on 7th version handbook of Covid 19 TCM section, published in China, modified to meet the US regulation.
- Discussed and approved by American Consensus Committee consisted of 37 Chinese Medicine and Western medicine Experts.
- Consulted with 12 Chinese medicine and Western medicine experts in China.
- Finished the first US version on April 24, 2020.

Expert Consensus on TCM Herbal Care for COVID-19 Pandemic in the United States

Indication: Mild and moderate cases , not for cases with severe underlying disease.

1. **TCM Prevention:** boost good “qi”, against evil “qi”
2. **TCM Treatment:** fever, cough, shortness of breath, cough, body aches, fatigue, Diarrhea, bloating, loss sense of smell or taste etc.
 - (1). Pattern Differentiation and formulas : 4 formulas for Cold, Heat , Dampness and toxin.
 - (2) The basic formula- Modified Qing Fei Jie Du tang, removed certain FDA restricted herb and replaced similar functional herb for the public safety purpose.
 - (3). Certain herbs addition and subtraction from the suggestion of some Skillful herbalist
3. **TCM Rehabilitation** : whole package mix with herbal tea , Tai Ji, eight section brocade, Scraping(gua sha), cupping, moxibustion, acupuncture/acupressure, dietary & Lifestyle guidance etc.

Who might be eligible for our free consultation and herbs?

The aim of the Herb Care US is to provide alternative help for these staying home people with the following,

1. The **early stage** of test-confirmed COVID-19 patients with or without significant clinical symptoms (**mild** and **moderate** cases)
2. Without severe underlying disease
3. Under their family Doctor's care.

Accreditation

Triage:

[CHECK YOUR ELIGIBILITY >>](#)

Please answer a few questions by clicking the links to help us understand your current needs.

[I AM LAB-CONFIRMED COVID-19 POSITIVE.](#)

[I AM LAB-CONFIRMED COVID-19 NEGATIVE.](#)

[MY TEST RESULT IS PENDING.](#)

[I AM NOT YET BEING TESTED.](#)



HERB CARE US

Herb Care US

A non-profit organization of Chinese medicine practitioners in Greater New York will donate Chinese herbal tea to those who need it amid COVID-19 pandemic. To know if you qualify for free consultation and delivery, please follow us.

中药关爱US

Notification, Diagnosis, Packing and Delivery

- On call herbalists will contact the patients by email and phone call or refer the patients to the regional herbalists. The intake form then will be emailed to the patient to fill out, vital signs and tongue picture will be collected.
- After studying patient's medical history , rule out severe underlying disease, qualified patients will get herbal prescription by their herbalists.
- Delivery team will pack, mail out the herbs or drop off or arrange for curbside pick up
- Follow-up and caring group will call patients to get feedback



HerbcareUS.com

Since this task was launched on May 1, we have received near 50 application, Most of patients qualified to get the free herbs.

The frontline healthcare providers requested Energy boost herb to strengthen their “qi”, reduced stress and digestion disorder

The new covid19+ patients will receive the reducing discomfort formula as following, (Formula#1 : dampness + heat attack wei qi ; Formula#2: Dampness+ heat+ toxin attack Lung ; Formula #3 : modified qing fei jie du tang.

The recovery patients will receive the following formula: recovery# 1, or American Ginseng, or other tonic lung, spleen, qi, blood formula.

Herb Care US.com

Free Herbal Tea Policy

- We will provide five days free herb tea (granule) for each qualified patient.
- For the patients those need more herb tea after five days, we will refer them to their local herbalists for further care.
- If the patients would like continue to take our herb, we are happy to provide but suggest them to donate to this program, then we can help more people.



Our donors

HerbcareUS.com

- Treasure of east, Blue light, inc.
- Yuwei Ginseng
- TCMZone
- PuraPharm International (H.K.) Ltd 、
- Dr. Guo's team
- Brenda Sun Fidelity foundation
- Huaxia Chinese School of Greater NY
- Hong, chunli
- Tseng, Liming
- Yu Suzanne
- Li Ming
- Li Rongchang



Herb Care US.com

中药关爱US公益

To join our regional
volunteer herbalist team
or to donate, contact:

herbcareUS@gmail.com

Thank you!

Wear mask, wash hands

keep social distance



Get Well Soon



Think positive thoughts and you may heal more quickly than you thought possible. We want you better soon!

A non-profit organization of Chinese medicine practitioners in Greater New York will donate Chinese herbal tea (dietary supplements) to those who need it in COVID-19 pandemic.

www.herbcareus.com

To:

From: HerbCareUS 中药关爱US

Dr. Tamsin Lee, DAOM, L.Ac, AEMP

Principle Investigator University of Washington
Voluntary survey from University of Washington:
redcap.link/acute2020

Filling the Gap: A Call to Action for Acupuncturists

May 27, 2020

A hand is holding a large, light brown cardboard heart. In the center of the heart is a blue silhouette of a house with four small square windows. Overlaid on the heart and house is the text "#StayHome" in a white, cursive script font. The background is a solid light blue.

#StayHome

How can
acupuncturists support
patients during a
global crisis?

#PatientCare



#DigitalHealth

- Electronic health records
- Virtual reality
- Online text support
- Personal apps
- Wearables



#Yoga

A close-up photograph of a human arm with several acupuncture needles inserted into the skin. The needles are thin, metallic, and have a coiled section. The skin is light-colored and shows some texture. The background is a soft, out-of-focus grey.

#Acupuncture

A top-down photograph of various dried herbs and a heart-shaped pile of powder on a dark, textured surface. The heart-shaped pile is made of a fine, light brown powder. Surrounding it are several types of dried botanicals: two dark red, wrinkled dates in the upper left; several pieces of thick, light brown bark or root in the upper right; a bundle of thin, light brown roots on the left; a bundle of thin, light brown roots on the right; and a bundle of thick, dark brown roots in the lower right. The overall composition is centered and balanced.

#EastAsianMedicine



#Wellness

A close-up, slightly blurred photograph of a person's hand pointing their index finger at a smartphone screen. The phone is lying flat on a light-colored surface. The background is out of focus, showing more of the hand and the surface. The overall tone is warm and focused.

#Community

How are acupuncturists
supporting their community
during the COVID-19 crisis?

#Acute2020

Acupuncture and Telehealth (AcuTe) Survey of Practice during
the COVID-19 Crisis

- 3-5 minute online survey
- Anonymous
- 1 survey

influentialpoint.com



COVID – 19 HELPFUL RESOURCES

NCCAOM
NATIONAL CERTIFICATION COMMISSION
FOR ACUPUNCTURE AND ORIENTAL MEDICINE


ADVOCACY / REGULATORY CERTIFICATION EDUCATION RESOURCES ABOUT CONTACT

Are you NCCAOM National Board-Certified Acupuncturist™?

[GET CERTIFIED](#)


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ADVOCACY

Discover how we advance our industry by advocating for board-certified acupuncture practices and safer regulations.



CERTIFICATION

Find everything you need to know about our certification and exam: eligibility, exam prep and renewal.



EDUCATION

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NATIONAL CERTIFICATION COMMISSION
FOR ACUPUNCTURE AND ORIENTAL MEDICINE

ADVOCACY / REGULATORY CERTIFICATION EDUCATION RESOURCES ABOUT CONTACT

NCCAOM UPDATES ON CORONAVIRUS (COVID-19)

NCCAOM is closely monitoring the impact and spread of the coronavirus in the U.S. and abroad. NCCAOM's headquarters and operations remain unaffected by the COVID-19 outbreak. We are constantly evaluating the situation with news from the [Center for Disease Control \(CDC\)](#), [World Health Organization \(WHO\)](#) and other government sources and will provide updates as the situation evolves.

The NCCAOM has created this webpage to keep NCCAOM Stakeholders informed as the COVID-19 situation evolves. Please see the tabs below for the latest information pertaining to each stakeholder group. To contact NCCAOM regarding developments and questions concerning how the organization is affected by the Coronavirus, please contact covid19alerts@thenccaom.org

[Helpful Resources](#)

[Town Hall Meetings](#)

COVID – 19

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CORONAVIRUS COVID-19

[COVID-19 RESOURCE PAGE >](#)



CORONAVIRUS COVID-19

COVID-19 Resource Page

4 days ago • by Zeyiad Elias

CERTIFICATES OF COMPLETION FOR TOWN HALL
MEETINGS ARE DISTRIBUTED WITHIN
TWO (2) WEEKS OF THE EVENT DATE

Thank you!

Questions and Answers

townhall@thenccaom.org