Herbal Formula Chart for Covid-19

Hubei Provincial Hospital of Traditional Chinese Medicine 2/10/2020					Wuhan Union Hospital 2/17/2020						COVID-19 Diagnosis and Treatment Plan (7th edition) 3/3/2020					
Stage	**Diagnosed Pattern and Treatment Strategy**	**Clinical Manifestations**	**Formula Name**	**Recommended Prescription**	**Stage**	**Diagnosed Pattern and Treatment Strategy**	**Clinical Manifestations**	**Formula Name**	**Recommended Prescription**	**Adminstration and Dosage, Injections**	**Stage**	**Diagnosed Pattern and Treatment Strategy**	**Clinical Manifestations**	**Formula Name**	**Recommended Prescription**	**Adminstration and Dosage, Injections**
Prevention: 预防期			Pneumonia Prevention #1 肺炎预防1号	Huang Qi 黄芪 (Radix Astragali) 15g, Bai Zhu 炒白术 (roasted Rhizoma Atractylodis Macrocephalae)10g, Fang Feng 防风 (Radix Saposhnikoviae) 10g Mian Ma Guan Zhong 贯众 (Rhizoma Cyrtomi) 10g Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g Chen Pi 陈皮 (Pericarpium Citri Reticulatae) 6g Pei Lan 佩兰 (Herba Eupatorii) 10g	Prevention: 预防期	Strategy: strengthen qi and nourish yin; clear heat and toxins, dry damp and eliminate turbid 益气滋阴, 清热解毒, 燥湿除秽为主。	For prevention, can boost constution, and can be used for prevention of COVID-19. 用于预防, 对于增强体质, 预防新冠状病毒感染可以使用。	Wuhan No.1 1号方	Huang Qi 生黄芪 (Radix Astragali) 12g Bai Zhu 白术 (Rhizoma Atractylodis Macrocephalae) 9g Fang Feng 防风 (Radix Saposhnikoviae) 6g Bei Sha Shen 北沙参 (Radix Glehniae) 10g Mian Ma Guan Zhong 贯众 (Rhizoma Dryopteridis Crassirhizomatis) 10g Lian Qiao 连翘 (Fructus Forsythiae) 10g Yu Xing Cao 鱼腥草 (Herba Houttuyniae) 15g Jie Geng 桔梗 (Radix Platycodonis) 10g Gan Cao 甘草 (Radix et Rhizoma Glycyrrhizae) 5g Cang Zhu 苍术 (Rhizoma Atractylodis) 10g Yi Yi Ren 薏苡仁 (Semen Coicis) 30g Guang Huo Xiang 藿香 (Herba Pogostemonis) 5g Fu Shen 茯神 (Poria Paradicis) 15g	Decoct one pack daily. Can be split into two doses taken warm each day. Or drink as a lighter tea throughout the day. Take for 3-7 days. 水煎服, 每日一剂, 分两次温服. 也可代茶饮, 服用3-7天。						
Influenza Phase: 流感期											Medical Observation Period 医学观察期	Type 1	fatigue with gastrointestinal upset	Huoxiangzhengqi Capsule (pill, oral liquid) 藿香正气	these are patent herbs	take as directed
	Wind-Cold invading the Exterior 风寒袭表证 Treatment Strategy: Expel Wind, Release the Exterior; Clear Heat, Detoxify	onset of fever (mostly low-grade fever), aversion to cold and fear of cold, chills, headache, ticklish throat, soreness of muscles of limbs, no sweat or night sweats. Examination: Lung CT negative. Tongue: pale, coating is white and thin. Pulse: Floating	Flu Formula #1 (Ge Gen Tang or Chai Ge Jie Ji Tang) 流感1号 （葛根汤或柴葛解肌汤）	Ge Gen 葛根 (Radix Puerariae Lobatae) 15g Ma Huang 麻黄 (Herba Ephedrae) 10g Gui Zhi 桂枝 (Ramulus Cinnamomi) 6g Bai Shao 白芍 (Radix Paeoniae Alba) 15g Sheng Jiang 生姜 (Rhizoma Zingiberis Recens) 10g Gan Cao 生甘草 (Radix et Rhizoma Glycyrrhizae) 10g Da Zao 大枣 (Fructus Jujubae) 10g Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 20g with headache, add Bai Zhi 白芷 (Radix Angelicae Dahuricae) 15g with dry or ticklish throat, add She Gan 射干 (Rhizoma Belamcandae) 15g	Early 疫病初期	Wind Heat-Attacking Exterior 风热袭表证 Strategy: expel wind, clear heat; deloxify and sooth throat 疏风清热, 解毒利咽	fever, sore throat, cough. Tongue: slight/thick fur, red tip 用于疫病初期以发热、咽痛、咳嗽、舌容略厚、舌尖红为主要证候。	Wuhan No.2 2号方	Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 15g Lian Qiao 连翘 (Fructus Forsythiae) 10g Bo He 薄荷 (Herba Menthae) 5g Niu Bang Zi 牛蒡子 (Fructus Arctii) 10g Ban Xia 法半夏 (Rhizoma Pinelliae) 10g Chai Hu 柴胡 (Radix Bupleuri) 10g Huang Qin 黄芩 (Radix Scutellariae) 10g Ban Lan Gen 板蓝根 (Radix Isatidis) 15g Jie Geng 桔梗 (Radix Platycodonis) 10g Gan Cao 甘草 (Radix et Rhizoma Glycyrrhizae) 6g Xuan Shen 玄参 (Radix Scrophulariae) 15g She Gan 射干 (Rhizoma Belamcandae) 10g Fang Feng 防风 (Radix Saposhnikoviae) 10g Ku Xing Ren 苦杏仁 (Semen Armeniacae Amarum) 10g Qiang Huo 羌活 (Rhizoma et Radix Notopterygii) 10g Cang Zhu 苍术 (Rhizoma Atractylodis) 10g Dou Kou 豆仁 (Fructus Amomi Rotundus) 6g	Decoct into 400ml, one packet per day. Take twice per day warm. 3 days equals a course, modify after each course. 水煎服, 每日一剂, 每剂煎取400ml, 分2次温服. 服用3天更方。	Type 2	fatigue with fever	1) Jinhuaqinggan Granules, 金花清感 2) Lianhuaqingwen Capsules (granules), 连花清瘟 3) Shufengjiedu Capsules (granules). 疏风解毒	these are patent herbs	take as directed
	Toxic Heat Attacking the Lung 热毒袭肺证 Treatment Strategy: Expel Wind, Release the Exterior; Clear Heat, Detoxify	fever, aversion to cold, sore and dry throat, dry cough, scanty sputum, sore and painful muscles in the limbs, body weakness, headache Examination: CT reveals both lungs to have scattered ground-glass opacity (GGO). Tongue: Tip and sides are red; thin white or yellow tongue coating. Pulse: Floating and rapid.	Flu Formula #2 (Modified Yin Qiao san and Qing Wen Bai Du San) 流感2号 （银翘散加清瘟败毒散加减）	Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g Lian Qiao 连翘 (Fructus Forsythiae) 10g Jing Jie 荆芥 (Herba Schizonepetae) 10g Niu Bang Zi 牛蒡子 (Fructus Arctii) 10g Bo He 薄荷 (Herba Menthae) 10g Gan Cao 生甘草 (Radix et Rhizoma Glycyrrhizae) 10g Dan Zhu Ye 淡竹叶 (Herba Lophatheri) 10g Lu Gen 芦根 (Rhizoma Phragmitis) 15g Huang Lian 黄连 (Rhizoma Coptidis) 6g	Mild 疫病初期	Damp Warmth in Early Phase 暑湿初期 Strategy: dissolve, drain expel damp, disperse, cool and clear heat 分消走泄祛湿, 辛凉轻剂透热	low grade fever, muscle aches and pain, poor appetite, thick tongue coating 用于疫病初期以乏力、肌肉酸痛, 纳差、便溏、胶热、舌容厚为主要证候	Wuhan No.3 3号方	Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 25g Lian Qiao 连翘 (Fructus Forsythiae) 15g Sheng Ma 升麻 (Rhizoma Cimicifugae) 25g Dang Gui 当归 (Radix Angelicae Sinensis) 15g Ban Xia 法半夏 (Rhizoma Pinelliae) 10g Ju Hong 橘红 (Exocarpium Citri Rubrum) 10g Fu Ling 茯苓 (Poria) 15g Cang Zhu 苍术 (Rhizoma Atractylodis) 15g Da Fu Pi 大腹皮 (Pericarpium Arecae) 15g Chai Hu 柴胡 (Radix Bupleuri) 10g Huang Qin 黄芩 (Radix Scutellariae) 15g Ku Xing Ren 苦仁 (Semen Armeniacae Amarum) 10g Guang Huo Xiang 藿香 (Herba Pogostemonis) 10g Hou Po 厚朴 (Cortex Magnoliae Officinalis) 6g She Gan 射干 (Rhizoma Belamcandae) 10g Zhi Qiao 枳壳 (Fructus Aurantii) 10g Zhu Ru 竹茹 (Caulis Bambusae in Taenia) 10g Ma Huang 炙麻黄 (Herba Ephedrae), honey-baked 6g Hong Jing Tian 红景天 (Radix et Rhizoma Rhodiolae Crenulatae) 10g	Decoct into 400ml, a packet per day. To be taken 4x per day warm over 3-7 days. 水煎服, 每日一剂, 每剂煎取400ml. 分4次温服. 服用3-7天。					
											Clinical Treatment Period (For Confirmed Cases) 临床治疗期	Application Scope: suitable for mild, general and severe cases; reasonable for treating critical cases according to clinical symptoms.		Lung-Clearing and Detoxification Soup (Qing Fei Pai Du Tang) 清肺排毒汤 Source: Integrated Traditional Chinese and Western Medicine (No. (2020)22, the Ministry of Traditional Chinese Medicine) issued by the Office of National Health Commission and Office of National Administration of Traditional Chinese IIET Medicine.	Ma Huang 麻黄 (Herba Ephedrae) 9g, Zhi Gan Cao 炙甘草(roasted Radix Glycyrrhizae) 6g, Ku Xing Ren 苦杏仁 (Semen Armeniacae Amarum) 9g, Shen Shi Gao 生石膏(raw Gypsum Fibrosum) 15–30g (decocted first for 10min), Gui Zhi 桂枝(Ramulus Cinnamomi) 9g, Ze Xie 泽泻(Rhizoma Alismatis) 9g, Zhu Ling 猪苓(Polyporus Umbellatus) 9g, Bai Zhu 白术(Rhizoma Atractylodis Macrocephalae) 9g, Fu Ling 茯苓 (Poria) 15g, Chai Hu 柴胡(Radix Bupleuri) 16g, Huang Qin 黄芩(Radix Scutellariae) 6g, Jiang Ban Xia 姜半夏(Rhizoma Pinelliae Preparata) 9g, Sheng Jiang 生姜(Rhizoma Zingiberis Recens) 9g, Zi Wan 紫菀(Radix Asteris) 9g, Dong Hua 冬花(Flos Farfarae) 9g, She Gan 射干(Rhizoma Belamcandae) 9g, Xi Xin 细辛(Herba Asari) 6g Shan Yao 山药(Rhizoma Dioscoreae) 12g, Zhi Shi 枳实(Fructus Aurantii Immaturus) 6g, Chen Pi 陈皮(Pericarpium Citri Reticulatae) 6g, Huo Xiang 藿香(Herba Pogostemonis) 9g.	The basic prescription is a traditional Chinese medicine packet, which should be decocted by water for oral intake. One packet per day, decoct same drugs twice per day, once in the morning and in the evening (40 minutes after meals), three packets are regarded as a course of treatment. Take half bowl of rice soup if possible after taking the medicine, or a full bowl of rice soup for people with dry tongue and deficient body fluid. (Notes: the dosage of raw gypsum should be decreased for people without fever, and be increased for people with mild or severe fever.) Take the second course of treatment if the symptoms are improving but not disappeared, and it can be modified according to the actual situation for people with special requirements or other basic diseases. The medicine should be discontinued if the symptoms disappear.
												Mild Type 轻型	Cold Dampness Stagnating Lungs 寒湿郁肺证	fever, fatigue, soreness of body, coughing, expectoration, chest tightness, suffocation, nausea, vomiting and sticky stools. Tongue: Pale or red with fat tooth marks, moss white thick rotten or greasy fur, Pulse: soft and floating or slippery.	Han Shi Yi Fang 寒湿疫方	Ma Huang 麻黄 (raw Herba Ephedrae) 6g, Sheng Shi Gao 生石膏(raw Gypsum Fibrosum) 15g, Ku Xing Ren 苦杏仁(Semen Armeniacae Amarum) 9g, Qiang Huo 羌活(Rhizoma et Radix Notopterygii) 15g, Ting Li Zi 葶苈子(Semen Lepidii) 15g, Guan Zhong 贯众(Rhizoma Cyrtomi) 9g, Di Long 地龙(Lumbricus) 15g, Xu Chang Qing 徐长卿(Radix Cynanchi Paniculati)15g, Huo Xiang 藿香(Herba Pogostemonis) 15g, Pei Lan 佩兰(Herba Eupatorii) 9g, Cang Zhu 苍术(Rhizoma Atractylodis) 15g, Yun Ling 云苓(Poria) 45g, Sheng Bai Zhu 生白术(raw Rhizoma Atractylodis Macrocephalae) 30g, Jiao Mai Ya 焦麦芽(charred Fructus Hordei Germinatus) 9g, Jiao Shan Zha 焦山楂(charred Fructus Crataegi) 9g Jiao Shen Qu 焦神曲(charred Massa Medicata Fermentata) 9g, Hou Po 厚朴(Cortex Magnoliae Officinalis) 15g, Jiao Bing Lang 焦槟榔(charred Semen Arecae) 9g, Cao Guo 草果(Fructus Tsaoko) 9g, Sheng Jiang 生姜(Rhizoma Zingiberis Recens) 15g.	One dose per day, decocted with 600 mL water, taken in the morning, noon and evening respectively before meals.
Pneumonia Phase: 肺炎期	Shaoyang Syndrome with Damp 少阳夹湿证 Treatment Strategy: Harmonize Shaoyang Syndrome, Clear Damp Heat	fever, fever mostly in the afternoon, alternating chills with fever, cough, absence of wheezing, bitter taste in the mouth, dry mouth, chest stuffiness, stifling sensation, chest and hypochondriac fullness and distention, irritability, nausea or vomiting, no appetite, body weakness. Similar to the beginning stage of pneumonia. Examination: CT reveals both lungs to have multiple scattered or large pieces of ground-glass opacity (GGO). Tongue: Slightly red, thick and greasy, white or yellow coating. Pulse: slippery, rapid.	Pneumonia Formula #1 (Xiao Chai Hu Tang with San Ren Tang or Gan Lu Xiao Du Yin) 肺炎1号 （小柴胡汤合三仁汤或甘露消毒丹）	Chai Hu 柴胡 (Radix Bupleuri) 24g Huang Qin 黄芩 (Radix Scutellariae) 9g Sheng Jiang 生姜 (Rhizoma Zingiberis Recens) 10g Fa Ban Xia 法夏 (Rhizoma Pinelliae) 12g Ku Xing Ren 苦仁 (Semen Armeniacae Amarum) 15g Bai Dou Kou 白豆蔻 (Fructus Amomi Rotundus) 10g Yi Yi Ren 薏苡仁 (Semen Coicis) 30g Dan Zhu Ye 竹叶 (Herba Lophatheri) 15g Hua Shi 滑石 (Talcum) 15g Tu Fu Ling 土茯苓 (Rhizoma Smilacis Glabrae) 30g Gan Cao 生甘草 (Radix et Rhizoma Glycyrrhizae) 10g	Moderate 肺炎中期	Damp Heat Obstructing the Lung Syndrome 湿热壅肺证 Strategy: clear lung heat, open lung stop cough 清泻肺热、利肺止咳	For moderate presentaion of COVID-19 with: dry cough, shortness of breath 用于新冠病毒感染肺炎中期, 以干咳、气短为主要症状症状	Wuhan No.4 4号方	Sang Bai Pi 桑白皮 (Cortex Mori) 15g Chuan Bei Mu 川贝 (Bulbus Fritillariae Cirrhosae) 10g Bai Bu 百部 (Radix Stemonae) 10g Yu Xing Cao 鱼腥草 (Herba Houttuyniae) 30g Lian Qiao 连翘 (Fructus Forsythiae) 15g Bai Jiang Cao 败酱草 (Herba cum Radice Patriniae) 15g Yi Yi Ren 薏苡仁 (Semen Coicis) 15g Mai Dong 麦冬 (Radix Ophiopogonis) 15g Lu Gen 芦根 (Rhizoma Phragmitis) 25g Dong Gua Zi 冬瓜仁 (Semen Benincasae) 10g Ku Xing Ren 苦杏仁 (Semen Armeniacae Amarum) 10g Jie Geng 桔梗 (Radix Platycodonis) 10g Chai Hu 柴胡 (Radix Bupleuri) 10g Huang Qin 黄芩 (Radix Scutellariae) 15g Hou Po 厚朴 (Cortex Magnoliae Officinalis) 10g Hong Jing Tian 红景天 (Radix et Rhizoma Rhodiolae Crenulatae) 15g Sheng Ma 升麻 (Rhizoma Cimicifugae) 30g Dang Gui 当归 (Radix Angelicae Sinensis) 25g Bing Lang 槟榔 (Semen Arecae) 10g Cao Guo 草果 (Fructus Tsaoko) 6g Zhi Mu 知母 (Rhizoma Anemarrhenae) 10g Bai Shao 芍药 (Radix Paeoniae Alba) 10g Chao San Xian 炒三仙: Shen Qu (Massa Medicata Fermentata), Shan Zha (Fructus Crataegi) and Mai Ya (Fructus Hordei Germinatus), blended and dry-fried together 20g	Decoct into 400ml, a packet per day. To be taken 4x warm over 3-7 days. 水煎服, 每日一剂, 每剂煎取400ml. 分4次温服. 服用3-7天。		Damp-Heat Accumulated Lung 湿热蕴肺证	low fever or normal body temperature, slight chills alternating, fatigue, head and body heaviness, muscle soreness, dry cough and less sputum, sore throat, dry mouth and no desire to drink, or chest tightness, epigastric fullness, no sweat or unsmooth sweating, or vomiting, nausea, loose stool or constipation. Tongue: Pale or red with white, thick, greasy or thin yellow fur, and smooth or Pulse: rapid or soggy.		Bing Lang 槟榔(Semen Arecae) 10g, Cao Guo 草果(Fructus Tsaoko) 10g, Hou Po 厚朴(Cortex Magnolia Officinalis) 10g, Zhi Mu 知母(Rhizoma Anemarrhenae) 10g, Huang Qin 黄芩(Radix Scutellariae) 10g, Chai Hu 柴胡(Radix Bupleuri) 10g, Chi Shao 赤芍(Radix Paeoniae Rubra) 10g, Lian Qiao 连翘(Fructus Forsythiae) 15g, Qing Hao 青蒿(Herba Artemisiae Annuae) 10g (decocted later), Cang Zhu 苍术(Rhizoma Atractylodis) 10g, Da Qing Ye 大青叶(Folium Isatidis) 10g, Sheng Gan Cao 生甘草(raw Radix Glycyrrhizae) 5g.	One dose per day, decocted with 400 mL water, taken once in the morning and once in the evening.
	Damp Heat Afflicting the Lung 湿热郁肺证 Treatment Strategy: Transform Dampness, Detoxify; Disperse the Lungs and Expel Pathogens	low-grade fever or absence of fever, dry cough, scanty sputum, dry and sore throat, fatigue, weakness, poor appetite, chest stuffiness, epigastric distention, nausea or vomiting, loose stool. Examination: CT reveals both lungs to have multiple scattered or large pieces of ground-glass opacity (GGO). Tongue: Pale or pink, puffy tongue with teeth marks. White or greasy white coating. Pulse: Soft or slippery.	Pneumonia Formula #2 (Ma Xing Yi Gan Tang, Xian Xian Xiong Tang, Cao Guo Zhi Mu Tang) 肺炎2号 （麻杏薏甘汤, 小茴胸汤, 草果知母汤）	Ma Huang 麻黄 (Herba Ephedrae) 10g Ku Xing Ren 杏仁 (Semen Armeniacae Amarum) 10g Yi Yi Ren 薏苡仁 (Semen Coicis) 30g Huang Lian 黄连 (Rhizoma Coptidis) 6g Fa Ban Xia 法夏 (Rhizoma Pinelliae) 10g Gua Lou Pi 瓜蒌皮 (Pericarpium Trichosanthis) 10g Cao Guo 草果 (Fructus Tsaoko) 10g Zhi Mu 知母 (Rhizoma Anemarrhenae) 10g Yu Xing Cao 鱼腥草 (Herba Houttuyniae) 15g Gan Cao 生甘草 (Radix et Rhizoma Glycyrrhizae) 10g Bai Dou Kou 白豆蔻 (Fructus Amomi Rotundus) 9g								General Type 普通型	Damp-Poison Stagnating Lung 湿毒郁肺证	fever, cough with less sputum or yellow sputum, chest tightness, shortness of breath, abdominal distension. Tongue: Dark red and fat tongue with yellow greasy or dry fur, Pulse: rapid and/or slippery pulses.	Xuan Fei Bai Du Fang 宣肺败毒方	Ma Huang 麻黄(raw Herba Ephedrae) 6g, Ku Xing Ren 苦杏仁(Semen Armeniacae Amarum) 15g, Sheng Shi Gao 生石膏(raw Gypsum Fibrosum) 30g, Sheng Yi Yi Ren 生薏苡仁(raw Semen Coicis) 30g, Cang Zhu 苍术(Rhizoma Atractylodis) 10g, Huo Xiang 藿香(Herba Pogostemonis) 15g, Qing Hao 青蒿(Herba Artemisiae Annune) 12g, Hu Zhang 虎杖(Rhizoma Polygoni Cuspidati) 20g, Ma Bian Cao 马鞭草(Herba Verbenne) 30g, Gan Lu Gen 干芦根(Dry Rhizoma Phragmitis) 30g, Ting Li Zi 葶苈子(Semen Lepidii) 15g, Hua Ju Hong 化橘红(Exocarpium Citri Grandis) 15g, Sheng Gan Cao 生甘草(Radix Glycyrrhizae) 10g	Administrations and Dosage: one dose per day, decocted with 400 ml water, taken once in the morning and once in the evening.
													Cold Dampness Obstructing Lung 寒湿阻肺证	low fever, hiding fever, or no fever, dry cough, little sputum, fatigue, chest tightness, nausea, or vomiting, loose stools. Tongue: Pale or red, white greasy fur, Pulse: soft and floating.		Cang Zhu 苍术(Rhizoma Atractylodis) 15g, Chen Pi 陈皮(Pericarpium Citri Reticulatae) 10g, Hou Po 厚朴(Cortex Magnoliae Officinalis) 10g, Huo Xiang 藿香(Herba Pogostemonis) 10g Cao Guo 草果(Fructus Tsaoko) 6g, Ma Huang 麻黄(raw Herba Ephedrae) 6g, Qiang Huo 羌活(Rhizoma et Radix Notopterygii) 10g Sheng Jiang 生姜(Rhizoma Zingiberis Recens) 10g, Bing Lang 槟榔(Semen Arecae) 10g.	One dose per day, decocted with 400 mL water, taken once in the morning and once in the evening.

Herbal Formula Chart for Covid-19

Hubei Provincial Hospital of Traditional Chinese Medicine 2/10/2020					Wuhan Union Hospital 2/17/2020						COVID-19 Diagnosis and Treatment Plan (7th edition) 3/3/2020					
Stage	**Diagnosed Pattern and Treatment Strategy**	**Clinical Manifestations**	**Formula Name**	**Recommended Prescription**	**Stage**	**Diagnosed Pattern and Treatment Strategy**	**Clinical Manifestations**	**Formula Name**	**Recommended Prescription**	**Adminstration and Dosage, Injections**	**Stage**	**Diagnosed Pattern and Treatment Strategy**	**Clinical Manifestations**	**Formula Name**	**Recommended Prescription**	**Adminstration and Dosage, Injections**
	Toxic Stagnation Obstructing the Lung 毒瘀壅肺证 Treatment Strategy: Detoxify, Arrest Wheezing; Transform Blood Stasis and Open Collaterals	cough, stifling sensation, stuffiness and distention in the chest, asthma and wheezing that worsens with exertion, accelerated respiration, thirst, irritability, reddish yellow urine. Examination: CT reveals both lungs to have multiple scattered or large pieces of ground-glass opacity (GGO). Fibrotic changes of the lung are also visible. Tongue: Dark purplish, yellow dry tongue coating or thick and greasy yellow coating, Pulse: rapid, slippery.	Pneumonia Formula #3 (Bai Hu Jia Ren Shen Tang with Si Tu Tang) 肺炎3号 （白虎加人参汤合四土汤）	Shi Gao 石膏 (Gypsum Fibrosum) 30g Zhi Mu 知母 (Rhizoma Anemarrhenae) 10g Shan Yao 山药 (Rhizoma Dioscoreae) 15g Xi Yang Shen 西洋参 (Radix Panacis Quinquefolii) 5g Tu Fu Ling 土茯苓 (Rhizoma Smilacis Glabrae) 30g Da Huang 土大黄 (Radix et Rhizoma Rhei) 10g Bei Mu 土贝母 (Bulbus Fritillariae) 10g Niu Xi 土牛膝 (Radix Achyranthis Bidentatae) 10g Su Mu 苏木 (Lignum Sappan) 10g Tu Bie Chong 土鳖虫 (Eupolyphaga seu Steleophaga) 10g Ju Luo 橘络 (Vascular Citri Reticulatae) 15g Lai Fu Zi 莱菔子 (Semen Raphani) 20g Ting Li Zi 葶苈子(Semen Descurainiae seu Lepidii) 15g Si Gua Luo 丝瓜络 (Retinervus Luffae Fructus) 30g	Severe 重症期	Epidemic Toxins Blocking the Lung 疫毒闭肺证 Strategy: drain lung settle wheezing, expel phlegm and dissolve stasis; raise the clear and descend the turbid 泻肺平喘，祛痰化瘀，升清降浊	fever, severe breathing difficulties, wheezing, severe hypoxemia (O2 < 93%), Tongue: dark red tongue, thick tongue coating 用于重症期以发热，严重呼吸困难，气喘，吸氧时血氧饱和度下降低于93%，苔质暗红，舌苔厚为主要表现	Wuhan No.5 5号方	Ting Li Zi 葶苈子 (Semen Descurainiae seu Lepidii) 15g Ma Huang 炙麻黄 (Herba Ephedrae), honey-fried 10g Sheng Ma 升麻 (Rhizoma Cimicifugae) 30g Dang Gui 当归 (Radix Angelicae Sinensis) 25g Lu Gen 芦根 (Rhizoma Phragmitis) 25g Yi Yi Ren 薏米仁 (Semen Coicis) 30g Dong Gua Zi 冬瓜仁 (Semen Benincasae) 15g Tao Ren 桃仁 (Semen Persicae) 12g Ban Xia 法半夏 (Rhizoma Pinelliae) 10g Gua Lou Pi (Pericarpium Trichosanthis) 瓜蒌皮15g Cang Zhu 苍术 (Rhizoma Atractylodis) 15g Jie Geng 桔梗 (Radix Platycodonis) 10g Jiang Huang 姜黄 (Rhizoma Curcumae Longae) 10g Chan Tui 蝉蜕 (Periostracum Cicadae) 6g Jiang Can 僵蚕 (Bombyx Batryticatus) 10g Da Huang 熟大黄 (Radix et Rhizoma Rhei), cooked 6g Yu Xing Cao 鱼腥草 (Herba Houttuyniae) 30g Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 15g Lian Qiao 连翘 (Fructus Forsythiae) 15g Shi Gao 石膏 (Gypsum Fibrosum) 20g	Decoct into 400ml, a packet per day. To be taken 4x warm over 3-7 days. 水煎服，每日一剂，每剂煎取400ml, 分4次温服，服用3-7天。						
												Flaring Heat in Qi and Ying 气营两燔证	severe fever and polydipsia, dyspnea and anhelation, delirium, blurred vision, rash, or hematemesis and epistaxis, or convulsion of the limbs. Tongue: with little or no fur, Pulse: deep, thin, rapid or floating, large and rapid.		Sheng Shi Gao 生石膏(Raw Gypsum Fibrosum) 30-60g (decocted first), Zhi Mu 知母(Rhizoma Anemarrhenne) 30g, Sheng Di Huang 生地黄(Radix Rehmannine) 30-60g, Shui Niu Jiao 水牛角(Cornu Bubali) 30g (decocted first), Chi Shao 赤芍(Radix Paeoniae Rubra) 30g, Xuan Shen 玄参(Radix Scrophularine) 30g Lian Qiao 连翘(Fructus Forsythiae) 15g Mu Dan Pi 牡丹皮 (Cortex Moutan) 15g Huang Lian 黄连(Rhizome Coptidis) 6g Zhu Ye 竹叶(Folium Phyllostachydis Henonis) 12g, Ting Li Zi 葶苈子(Semen Lepidii) 15g, Sheng Gan Cao 生甘草(Radix Glycyrrhizae) 6g.	One dose per day, decocted with 100 mL to 200 mL water, decoct Shi Gao (Gypsum Fibrosum) and Shui Niu Jiao (Cornu Bubali) first, taken 2 to 4 times per day, oral or nasal feeding. Recommend Chinese Medicine Injections: Xiyanping 喜炎平 injection, Xuebijing 血必净 injection, Reduning 热毒宁 injection, Tanreqing 痰热清 injection, Xingnaojing 醒脑静 injection. Drugs with similar effects may be selected according to individual conditions or two may be used jointly according to clinical symptoms. Traditional Chinese medicine injection can be used in combination with decoction.
	Closed Interior and Abandoned Exterior Syndrome 内闭外脱证 Treatment Strategy: Open the Closed, Consolidate the Abandoned, Detoxify, Rescue Reversal	mental incoherence, irritability, burning or heat sensation in the chest and abdomen, cold extremities, accelerated respiration and need for assisted breathing, Tongue: scarlet purple, dry yellow or yellowish brown coating, Pulse: floating, forceful that is empty in the deep level, or rootless.	Pneumonia Formula #4 (Si Ni Tang with Ren Shen Tang with addition) 肺炎4号 （四逆加人参汤，送服 安宫牛黄丸、紫雪散）	Ren Shen 人参 (Radix et Rhizoma Ginseng) 10g Fu Zi 制附子(Radix Aconiti Lateralis Praeparata) 10g Serve with An Gong Niu Huang Wan 安宫牛黄丸 or Zi Xue San 紫雪散.	Critical 危重症期	Closed Interior and Abandoned Exterior内闭外脱 Strategy: open the orifices and secure the abandoned, detoxify and rescue reversal 开窍固脱，解毒救逆	high fever, delirium, restlessness, irritability, burning sensations in the chest and abdomen, cold hands and feet, hurried breathing. ECMO needed. 用于危重症期，高热、神昏谵语，烦躁，胸腹灼热，手足逆冷，呼吸急促或需要辅助通气或者ECMO治疗者	Wuhan No.6 6号方 modified 回逆加人参汤, Si Ni Jia Ren Shen Tang (Frigid Extremities Decoction plus Ginseng), plus 安宫牛黄丸, An Gong Niu Huang Wan (Calm the Palace Pill with Cattle Gallstone)	An Gong Niu Huang Wan (Calm the Palace Pill with Cattle Gallstone) plus Ren Shen (Radix et Rhizoma Ginseng) 15g, Fu Zi (Radix Aconiti Lateralis Praeparata) 15g Gan Cao (Radix et Rhizoma Glycyrrhizae) 10g Shi Chang Pu (Rhizoma Acori Tatarinowii) 10g IV infusion as needed of Shenfu 参附 Injection, Shengmai 生脉 Injection	Decoct one packet per day. Can be taken orally or intranasally. Add injection according to situation. Take An Gong Niu Huang Wan orally. 水煎服，每日一剂，口服或鼻饲给药3-7天，根据情况静滴参附注射液，参麦注射液等。口服安宫牛黄丸治疗。	Critical Type 危重型	Internal Block and Outward Desertion 内闭外脱证	dyspnea, asthma requires assisted ventilation, dizziness, irritability, cold sweaty limbs, Tongue: purple, thick or dry fur, Pulse: large, floating and rootless pulse.		Ren Shen 人参(Radix Ginseng) 15 g, Hei Shun Pian 黑顺片(Radix Aconiti Lateralis Preparata)10g (decocted first), Shan Zhu Yu 山茱萸(Fructus Corni) 15g, serve with Suhexiang Pills 苏合香丸 or Angong Niuhuang Pills 安宫牛黄丸 for patients on ECMO with distention, constipation, can use Sheng Da Huang 生大黄 5-10g. for when man-machine out of sync, under the use of sedatives and muscle relaxants, can use Sheng Da Huang 生大黄 5-10g and Mang Xiao 芒硝 5-10g.	Recommended Chinese Medicine Injections: Xuebijing 血必净 Injection, Reduning 热毒宁 Injection, Tanreqing 痰热清 Injection, Xingnaojing 醒脑静 injection, Shenfu 参附 Injection, Shengmai 生脉 Injection #1, Shengmai 生脉 Injection #2. Drugs with similar effects may be selected according to individual conditions or may be used jointly according to clinical symptoms. Traditional Chinese medicinc injection can be used in combination with decoction. Notes: Recommended Usage of Traditional Chinese Medicine Injections for Severe and Critical Cases **The use of traditional Chinese medicine injections should follow the principle of starting with low dosages and modifying gradually and dialectically according to the drug instructions.** **The recommended usage is as follows:** Viral Infection or Combined with Mild Bacterial Infection: 0.9% Sodium Chloride Injection 250 mL and Xiyanping 喜炎平 Injection 100 mg bid, or 0.9% Sodium Chloride Injection 250 mL and Reduning 热毒宁Injection 20 mL, or 0.9% Sodium Chloride Injection 250 mL and Tanreqing Injection 痰热清 40 mg bid. Severe Fever with Consciousness Disturbance: Xingnao 醒脑 Injection 20 ml and 0.9% Sodium Chloride Injection 250 mL, bid, twice daily. Systemic Inflammatory Response Syndrome (SIRS) and/or multiple organ failure: Xuebijing 血必净 Injection 100 mL and 0.9% Sodium Chloride Injection 250 mL, bid, twice daily. Immunosupression: Shengmai 生脉 Injection 100 mL and 0.9% Sodium Chloride Injection 250 mL, bid, twice daily. Shock: Shenfu 参附 Injection 100 mL and 0.9% Sodium Chloride Injection 250 mL, bid, twice daily.
Recovery Phase: 恢复期					Recovery 恢复期	Insufficiency of qi and yin, Deficiency of Lung and Spleen 气阴不足，肺脾两虚 Strategy: benefit qi and nourish yin, tonify lung and open collaterals 益气养阴，补肺通络	dry cough, feeling of chest oppression, shortness of breath, dyspnea upon movement 用于患者恢复期以干咳，胸闷，气短，动则加重为主要表现。	Wuhan No.7 7号方	Sha Shen 沙参 (Radix Glehniae seu Adenophorae) 15g Mai Dong 麦冬 (Radix Ophiopogonis) 15g Yu Zhu 玉竹 (Rhizoma Polygonati Odorati) 10g Tian Hua Fen 天花粉 (Radix Trichosanthis) 15g Xi Yang Shen 西洋参 (Radix Panacis Quinquefolii) 10g Wu Wei Zi 五味子 (Fructus Schisandrae Chinensis) 10g Si Gua Luo 丝瓜络 (Retinervus Luffae Fructus) 15g Bai Bian Dou 扁豆 (Semen Lablab Album) 10g Sang Ye 桑叶 (Folium Mori) 10g Ju Luo 橘络 (Vascular Citri Reticulatae) 5g Zi Su Zi 苏子 (Fructus Perillae) 10g Zhe Bei Mu 浙贝 (Bulbus Fritillariae Thunbergii) 10g Ku Xing Ren 杏仁 (Semen Armeniacae Amarum) 10g Gan Cao 甘草 (Radix et Rhizoma Glycyrrhizae) 6g Di Long 地龙 (Pheretima) 10g	Decoct with water one packet a day into 400ml. Take twice per day warm, over 7-15 days. 水煎服，每日一剂，每剂煎取400ml, 分2次温服，服用7-15天。	Recovery Period 恢复期	Lung and Spleen Qi Deficiency 肺脾气虚证	shortness of breath, tiredness, weakness poor appetite, nausea, distention and fullness without pain, difficult defecation, incomplete loose stools, Tongue: pale enlarged, whitish greasy fur.		Fa Ban Xia 法半夏(Rhizoma Pinelline Preparatum) 9g, Chen Pi 陈皮(Pericarpium Citri Reticulatae) 10g, Dang Shen 党参(Radix Codonopsis) 15 g, Zhi Huang Qi 炙黄芪(roasted Radix Astragali seu Hedysari) 30g, Chao Bai Zhu 炒白术(roasted Rhizoma Atractylodis Macrocephalae) 10g, Fu Ling 茯苓(Poria) 15g Huo Xiang 藿香(Herba Pogostemonis) 10g, Sha Ren 砂仁(Fructus Amomi Villosi) 6g (decocted later), Sheng Gan Cao 生甘草(Radix Glycyrrhiza) 6g.	One dose per day, decocted with 400 mL water, take once in the morning and once in the evening.
	Treatment Strategy: Tonify Qi, Nourish Yin, Tonify Lung and Open the Collaterals	absence of fever, dry cough, dry mouth, chest stuffiness, shortness of breath, shortness of breath upon exertion, weakness Examination: CT reveals inflammation begins to subside as well as pulmonary interstitial changes. Tongue: Pale red, thick or greasy coating, Pulse: thread, rapid.	Pneumonia Formula #5 肺炎5号（沙参麦门冬汤）	Sha Shen 沙参 (Radix Glehniae seu Adenophorae) 15g Mai Dong 麦冬 (Radix Ophiopogonis) 15g Wu Wei Zi 五味子(Fructus Schisandrae Chinensis) 15g Ren Shen 人参 (Radix et Rhizoma Ginseng) 12g Lai Fu Zi 莱菔子 (Semen Raphani) 15g Si Gua Luo 丝瓜络 (Retinervus Luffae Fructus) 15g Ju Luo 橘络 (Vascular Citri Reticulatae) 15g Zi Su Zi 苏子(Fructus Perillae) 12g Zhe Bei Mu 浙贝 (Bulbus Fritillariae Thunbergii) 12g Ku Xing Ren 杏仁 (Semen Armeniacae Amarum) 12g Huang Qin 黄芩 (Radix Scutellariae) 15g Gan Cao 生甘草 (Radix et Rhizoma Glycyrrhizae) 10g								Deficiency of Qi and Yin 气阴两虚证	fatigue, shortness of breath, dry mouth, thirst, palpitations, poor appetite, low fever or no fever, dry cough, less sputum, Tongue: dry, with less fluids Pulse: thin or weak without force		Nan Sha Shen 南沙参(Radix Adenophorae) 10g, Bei Sha Shen 北沙参(Radix Glehniae) 10g Mai Men Dong 麦门冬(Radix Ophiopogonis) 15g, Xi Yang Shen 西洋参(Radix Panacis Quinquefolii) 6g, Wu Wei Zi 五味子(Fructus Schisandrae Chinensis) 6g, Sheng Shi Gao 生石膏(raw Gypsum Fibrosum) 15g, Dan Zhu Ye 淡竹叶(Herba Lophatheri) 10g, Sang Ye 桑叶(Folium Mori) 10g, Lu Gen 芦根(Rhizoma Phragmitis) 15g, Dan Shen 丹参(Radix Salviae Miltiorrhizae) 15g, Sheng Gan Cao 生甘草(Radix Glycyrrhizae) 6g	One dose per day, decocted with 400 ml water, intake once in the morning and once in the evening.

Sources:

1) Hubei Provicincial Hospital Formulas: https://www.elotus.org/article/how-covid-19-2019-ncov-currently-treated-china-tcm

2) Wuhan Union Hospital Formulas: https://mp.weixin.qq.com/s/8SimH199C8D3tKHpbHx8xw

3) PRC COVID-19 recommendation tentative 6th English edition: https://mp.weixin.qq.com/s/nOAmosQ4YqkXHKdJbBE9GA?fbclid=IwAR25Uzbc-hX4PwIiBLPrgSF6nNERCjbU7F3V8JCo12Wj4oX-myKboLhIfek

4) PRC COVID-19 recommendation tentative 7th Chinese edition: https://mp.weixin.qq.com/s/IFXXreRWad-nGCUNzlNOUw

5) PRC COVID-19 recommendation tentative 7th English edition: https://www.yourtcm.sg/post/diagnosis-and-treatment-protocol-for-novel-coronavirus-pneumonia-covid-19?fbclid=IwAR3XrQT2ImGevjmyJcCqZO_kaXs7geCNipCPs9neLVAu5WbcVXuYDSdNalk

6) Chinese article describing efficacy of Qin Fei Pai Du Tang: https://www.yourtcm.sg/post/qing-fei-pai-du-tang-treatment-for-covid19?fbclid=IwAR2aL4DB22MSnDJYv7_qngN5Vuq3XBUovAPEs7FLFa5MUJlpIL-ujT5QIcs

7) Chinese article explaining the dosage of XiXin in Qin Fei Pai Du Tang: https://mp.weixin.qq.com/s/7QR6LCJ_HzVK3U1hkzDj3w

Contributions by Dr. John K. Chen PhD, PharmD, OMD, L.Ac, Lori Hsu MTOM, MS, 3/10/2020, 3/18/2020