

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	Administration and Dosage, Injections	Stage	Diagnosed Pattern and Treatment Strategy	Clinical Manifestations	Formula Name	Recommended Prescription	Administration and Dosage, Injections
Prevention: 预防期			Pneumonia Prevention #1 肺炎预防方	Huang Qi 黄芪 (Radix Astragal) 15g, Bai Zhu 白术 (Rhizoma Atractylodes Macrocephala) 10g, Fang Feng 防己 (Radix Saposhnikovia) 10g, Men Ma 蔓菁 (Rhizoma Oenotherae) 10g, Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g, Chen Pi 陈皮 (Pericarpium Citri Reticulatae) 6g, Pei Lan 佩兰 (Herba Eupatori) 10g	Prevention: 预防期	Strategy: strengthen qi and nourish yin, clear heat and toxins, dry damp and eliminate turbid	For prevention, can boost constitution, and can be used for prevention of COVID-19.	Wuhan No.1 1号方	Huang Qi 黄芪 (Radix Astragal) 12g, Bai Zhu 白术 (Rhizoma Atractylodes Macrocephala) 10g, Fang Feng 防己 (Radix Saposhnikovia) 10g, Men Ma 蔓菁 (Rhizoma Oenotherae) 10g, Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g, Chen Pi 陈皮 (Pericarpium Citri Reticulatae) 6g, Pei Lan 佩兰 (Herba Eupatori) 10g, Gao Ben 高本 (Rhizoma Arisaema) 10g, Yi Yi Ren 薏苡仁 (Semen Coicis) 30g, Sheng Xiang 生香 (Herba Pogostemonis) 6g, Fu Shen 茯神 (Poria Parvifolia) 10g	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.	Medical Observation Period 医学观察期	Type 1	fatigue with gastrointestinal upset	Huoxiangzhengqi Capsule (pill or liquid) 香正气水	these are patent herbs	take as directed
Influenza Phase: 流感期	Wind-Cold invading the Exterior, Clear Heat, Defeaty	onset of fever (mostly low-grade), aversion to cold and fear of cold, chills, headache, ticklish throat, soreness of muscles of limbs, no sweat or light sweats. Examination: Lung CT negative. Labtest: pale coating in white and red. Pulse: Floating	Fu Formula #1 (Ga Gen Tang or Chai Ge Jia Li Tang) 流感预防方 (寒湿感冒预防方)	Ge Gen 葛根 (Radix Puerariae Lobatae) 15g, Ma Huang 麻黄 (Herba Ephedrae) 10g, Gu Zhi 桂枝 (Ramulus Cinnamomi) 10g, Guai Ban 瓜蒌 (Fructus Trichosanthis) 15g, Sheng Jiang 生姜 (Rhizoma Zingiberis) 10g, Gan Cao 甘草 (Radix Glycyrrhizae) 10g, Da Zao 大枣 (Fructus Jujubae) 10g, Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g, She Gan 射干 (Rhizoma Scilla) 10g, with headache, add Bai Zhi 白芷 (Radix Angelicae Dahuricae) 15g with dry ticklish throat, add She Gan 射干 (Rhizoma Scilla) 10g	Early 初期	Wind Heat/Invading Exterior 风热表证	fever, sore throat, cough, tongue: slightly red, fur: red	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) 6g, Chai Hu 柴胡 (Radix Bupleuri) 10g, Ban Xia 半夏 (Rhizoma Pinelliae) 10g, Nu Jiao 糯稻 (Fructus Atractylodes) 10g, Chen Cao 射干 (Rhizoma Scilla) 10g, Gao Ben 高本 (Rhizoma Arisaema) 10g, Yi Yi Ren 薏苡仁 (Semen Coicis) 30g, Sheng Xiang 生香 (Herba Pogostemonis) 6g, Fu Shen 茯神 (Poria Parvifolia) 10g, Dou Guo 豆蔻 (Fructus Amomi Rotundifolii) 10g	Decoct into 400ml, one packet per day. Take twice per day warm. 3 days equals a course, modify after each course.	Type 2	fatigue with fever	1) Jinhuaqinggan Granules (granules), 金花清瘟颗粒 2) Lianhuaqingwen Capsules (granules), 连花清瘟胶囊 3) Shuangdu Capsules (granules), 双黄连颗粒	these are patent herbs	take as directed	
Tao: Heat Attacking the Lung 毒热袭肺证	fever, aversion to cold, sore and dry throat, scanty sputum, dry and sore nose and painful muscles in the limbs, body weakness, headache. Examination: CT reveals both lungs to have scattered ground glass opacity (GGO). Labtest: Tip and sides are red, thin white or yellow tongue coating. Pulse: Floating and rapid.	Fu Formula #2 (Modified Yin Qiao Wen Bi or Du San) 毒热袭肺方 (改良银翘散)	Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g, Lian Qiao 连翘 (Fructus Forsythiae) 10g, She Gan 射干 (Rhizoma Scilla) 10g, Nu Jiao 糯稻 (Fructus Atractylodes) 10g, Ban Xia 半夏 (Rhizoma Pinelliae) 10g, Gan Cao 甘草 (Radix Glycyrrhizae) 10g, Da Zao 大枣 (Fructus Jujubae) 10g, Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g, Lu Guo 绿豆 (Rhizoma Phaseolifolii) 15g, Huang Lian 黄连 (Rhizoma Coptidis) 6g	Mild 疫毒初期	Damp Warmth in Early Phase 湿温初期	low grade fever, muscle aches and pain, poor appetite, thick tongue coating	Wuhan No.3 3号方	Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 25g, Lian Qiao 连翘 (Fructus Forsythiae) 10g, She Gan 射干 (Rhizoma Scilla) 10g, Nu Jiao 糯稻 (Fructus Atractylodes) 25g, Dang Guo 当归 (Radix Angelicae Sinensis) 15g, Ban Xia 半夏 (Rhizoma Pinelliae) 10g, Ju Hong 桔红 (Excoecaria Citrifolium) 10g, Yu Heng 郁金 (Rhizoma Curcumae) 10g, Cang Zhu 苍术 (Rhizoma Atractylodes) 15g, Da Fu Pi 大腹皮 (Pericarpium Arecae) 15g, Chai Hu 柴胡 (Radix Bupleuri) 10g, Huang Qi 黄芪 (Radix Astragal) 10g, Gao Ben 高本 (Rhizoma Arisaema) 10g, Yi Yi Ren 薏苡仁 (Semen Coicis) 30g, Sheng Xiang 生香 (Herba Pogostemonis) 6g, Fu Shen 茯神 (Poria Parvifolia) 10g, Dou Guo 豆蔻 (Fructus Amomi Rotundifolii) 10g, She Gan 射干 (Rhizoma Scilla) 10g, Zhi Qiao 枳壳 (Fructus Aurantii) 10g, Zhu Ru 竹茹 (Caulis Bambusae in Tactum) 10g, Ma Huang 麻黄 (Herba Ephedrae), honey-baked 6g, Hong Jing Tian 红景天 (Radix Rhizoma Rhodiolaemum) 10g	Decoct into 400ml, a packet per day. To be taken 4x per day warm over 3-7 days.	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 清肺解毒汤	Ma Huang 麻黄 (Herba Ephedrae) 6g, Sheng Shi Gao 生石膏 (Gypsum Fibrosum) 30g, Ku Xing Ren 杏仁 (Semen Armeniacae Amarum) 6g, Shen Shi Gao 生石膏 (Gypsum Fibrosum) 30-30g (decocted for 10min), Gu Zhi 桂枝 (Ramulus Cinnamomi) 10g, Gu Zhi 桂枝 (Ramulus Cinnamomi) 10g, Zhu Ling 猪苓 (Polyporus Umbellatus) 6g, Ba Zhu 巴戟天 (Rhizoma Atractylodes Macrocephala) 6g, Chai Hu 柴胡 (Radix Bupleuri) 10g, Fu Ling 茯苓 (Poria Parvifolia) 10g, Huang Qin 黄芩 (Radix Scutellariae) 6g, Jiang Ban Xia 姜半夏 (Rhizoma Pinelliae) 6g, She Gan 射干 (Rhizoma Scilla) 6g, Zhi Shi 枳实 (Fructus Aurantii Immaturus) 6g, Chen Pi 陈皮 (Pericarpium Citri Reticulatae) 6g, Huo Xiang 藿香 (Herba Pogostemonis) 6g	The basic prescription is a traditional Chinese medicine packet, which should be decocted by water for oral intake. One packet per day, decoct same drug twice per day, once in the morning and the evening (40 minutes after meals), three packets are regarded as a course of treatment.		
Pneumonia Phase: 肺炎期	Shaoyang Syndrome with Damp 少阳夹湿证	fever, fever mostly in the afternoon, alternating chills with fever, cough, absence of wheezing, bitter taste in the mouth, dry mouth, chest stiffness, stifling sensation, chest and hypochondriac fullness and distention, irritability, nausea or vomiting, no appetite. Similar to the beginning stage of pneumonia. Examination: CT reveals both lungs to have multiple, scattered or large pieces of ground-glass opacity (GGO). Labtest: Slightly red, thick and greasy, white or yellow coating. Pulse: slippery, rapid.	Chai Hu 柴胡 (Radix Bupleuri) 24g, Huang Qin 黄芩 (Radix Scutellariae) 6g, Sheng Jiang 生姜 (Rhizoma Zingiberis) 10g, Ban Xia 半夏 (Rhizoma Pinelliae) 10g, Ku Xing Ren 杏仁 (Semen Armeniacae Amarum) 15g, Bai Dou Kou 白豆蔻 (Fructus Amomi Rotundifolii) 10g, Yi Yi Ren 薏苡仁 (Semen Coicis) 30g, Dan Zhu 丹竹 (Herba Lophatheri) 15g, Lu Guo 绿豆 (Rhizoma Phaseolifolii) 15g, Tu Fu Ling 土茯苓 (Rhizoma Smilacis) 30g, Gan Cao 甘草 (Radix Glycyrrhizae) 10g	Moderate 肺炎中期	Damp Heat Obstructing the Lung Syndrome 湿热阻肺证	For moderate presentation of COVID-19 with: dry cough, shortness of breath	Wuhan No.4 4号方	Sang Bai Pi 桑白皮 (Cortex Mori) 15g, Chuan Bei Mu 川贝 (Bulbus Fritillariae) 10g, Bai Bu 白郁 (Radix Siemensi) 10g, Yu Jing Cao 鱼腥草 (Herba Houttuyniae) 30g, Lian Qiao 连翘 (Fructus Forsythiae) 10g, Bai Jiang Cao 败酱草 (Herba cum Radice Platycodonis) 15g, Yi Yi Ren 薏苡仁 (Semen Coicis) 15g, Dang Guo 当归 (Radix Angelicae Sinensis) 15g, Lu Guo 绿豆 (Rhizoma Phaseolifolii) 15g, Dong Guo 豆蔻 (Fructus Amomi Rotundifolii) 25g, Jie Gong 桔梗 (Radix Platycodonis) 10g, Chai Hu 柴胡 (Radix Bupleuri) 10g, Huang Qin 黄芩 (Radix Scutellariae) 10g, Hou Po 厚朴 (Cortex Magnoliae Officinalis) 10g, Hong Jing Tian 红景天 (Radix Rhizoma Rhodiolaemum) 10g, Sheng Ma 升麻 (Rhizoma Cimicifugae) 30g, Dang Guo 当归 (Radix Angelicae Sinensis) 20g, Jing Lu 荆芥 (Semen Atractylodes) 10g, Guo Guo 瓜蒌 (Fructus Trichosanthis) 6g, Zhi Mu 知母 (Rhizoma Anemarrhenae) 10g, She Shao 射干 (Rhizoma Scilla) 10g, Chao San Xian 炒三仙: Shen Qu (Mussa Medicata Fermentata), Shan Zhu (Fructus Cateagae) and Mai Ya (Fructus Hordei Germinatus), tendred and dry-fried together 20g	Decoct into 400ml, a packet per day. To be taken 4x warm over 3-7 days.	General 普通型	Damp-Heat Accumulated Lung Syndrome 湿毒阻肺证	low fever or normal body temperature, light chills, alternating, fatigue, head and body heaviness, suffocation, nausea, vomiting and sticky stools. Examination: Pale or red with fat both lips, rotten or greasy fur. Pulse: soft and floating or slippery.	Bing Lang 苓桂 (Semen Arecae) 10g, Cao Guo 瓜蒌 (Fructus Trichosanthis) 10g, Sheng Shi Gao 生石膏 (Gypsum Fibrosum) 10g, Zhi Mu 知母 (Rhizoma Anemarrhenae) 10g, Chai Hu 柴胡 (Radix Bupleuri) 10g, Sheng Shi Gao 生石膏 (Gypsum Fibrosum) 10g, Lian Qiao 连翘 (Fructus Forsythiae) 10g, Jing Hao 荆芥 (Semen Atractylodes) 10g, Pei Lan 佩兰 (Herba Eupatori) 10g, Cang Zhu 苍术 (Rhizoma Atractylodes) 15g, Yun Lu 云苓 (Poria) 45g, Sheng Ba Zhu 生白术 (Rhizoma Atractylodes Macrocephala) 30g, Jiao Ma Ya 焦麦芽 (charred Fructus Hordei Germinatus) 15g, Jiao Shan Zhu 焦山楂 (charred Fructus Crataegi) 15g, Jiao Shen Qu 焦神曲 (charred Massa Medicata Fermentata) 15g, Hou Po 厚朴 (Cortex Magnoliae Officinalis) 10g, Jiao Bing Lang 焦枳壳 (charred Semen Arecae) 10g, Sheng Jiang 生姜 (Rhizoma Zingiberis) 10g	One dose per day, decocted with 600 mL water, taken in the morning, noon and evening respectively before meals.		
Damp Heat Afflicting the Lung 湿毒阻肺证	low-grade fever or absence of fever, dry cough, scanty sputum, dry and sore throat, fatigue, weakness, poor appetite, epigastric distention, nausea or vomiting, loose stool. Examination: CT reveals both lungs to have multiple scattered or large pieces of ground-glass opacity (GGO). Labtest: Pale or pink, puffy tongue with both white and greasy coating. Pulse: soft or slippery.	Pneumonia Formula #2 (Ma Xing Yi Gan Tang, Xian Xian Xiang Tang, Gan Guo Zhi Mu Tang) 肺炎预防方 (小柴胡汤加减)	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, Sheng Xiang 生香 (Herba Pogostemonis) 6g, Gu Lou Pi 瓜蒌皮 (Pericarpium Trichosanthis) 10g, Cao Guo 瓜蒌 (Fructus Trichosanthis) 10g, Zhi Mu 知母 (Rhizoma Anemarrhenae) 10g, Yu Jing Cao 鱼腥草 (Herba Houttuyniae) 15g, Gan Cao 甘草 (Radix Glycyrrhizae) 10g, Bai Dou Kou 白豆蔻 (Fructus Amomi Rotundifolii) 6g								General 普通型	Damp-Poison Stagnating Lung Syndrome 湿毒阻肺证	fever, cough with less sputum or yellow chest tightness, fatigue, chest heaviness, or vomiting, loose stools. Examination: Pale or red, white greasy fur, Pulse: soft and floating.	Ma Huang 麻黄 (Herba Ephedrae) 6g, Ku Xing Ren 杏仁 (Semen Armeniacae Amarum) 15g, Sheng Shi Gao 生石膏 (Gypsum Fibrosum) 30g, Sheng Yi Yi 生薏苡仁 (Semen Coicis) 30g, Cang Zhu 苍术 (Rhizoma Atractylodes) 10g, Huo Xiang 藿香 (Herba Pogostemonis) 15g, Qing Hao 青蒿 (Herba Artemisiae Annuae) 10g, Huo Xiang 藿香 (Herba Pogostemonis) 10g, Huo Xiang 藿香 (Herba Pogostemonis) 10g, Jing Lu 荆芥 (Semen Atractylodes) 30g, Jing Lu 荆芥 (Semen Atractylodes) 15g, Huo Lu 藿香 (Herba Pogostemonis) 15g, Sheng Ma 升麻 (Radix Glycyrrhizae) 10g	Administration 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 Syndrome 寒湿阻肺证	low fever, hiding fever, or no fever, dry cough, little sputum, fatigue, chest tightness, or vomiting, loose stools. Examination: Pale or red, white greasy fur, Pulse: soft and floating.	Cang Zhu 苍术 (Rhizoma Atractylodes) 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 瓜蒌 (Fructus Trichosanthis) 10g, Ma Huang 麻黄 (Herba Ephedrae) 6g, Gao Ben 高本 (Rhizoma Arisaema) 10g, Yi Yi Ren 薏苡仁 (Semen Coicis) 30g, Sheng Jiang 生姜 (Rhizoma Zingiberis) 10g, Bing Lang 苓桂 (Semen Arecae) 10g	One dose per day, decocted with 400 mL water, taken once in the morning and once in the evening.		

