

COVID-19 Formula Charts

Hubei Provincial Hospital of Traditional Chinese Medicine 2/10/2020				COVID-19 Diagnosis and Treatment Plan (tentative 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		
Prevention: 预防期			Pneumonia Prevention #1 肺炎预防1号	Huang Qi 黄芪 (Radix Astragalus) 15g; Bai Zhu 炒白术 (roasted Rhizoma Atractylodes Macrocephalae) 10g; Fang Feng 防风 (Radix Saposhnikovia) 10g; Mian Ma Guan Zhong 芩苈 (Rhizoma Cyrtosini) 10g; Jin Yin Hua 金银花 (Flos Lonicera japonica) 10g; Chen Pi 陈皮 (Pericarpium Citri Reticulatae) 5g; Pei Lan 佩兰 (Herba Eupatorii) 10g								
					Medical Observation 医学观察期	Type 1	fatigue with gastrointestinal upset	Huoxiangzhengqi 胶囊(粒, oral liquid) 藿香正气	these are patent herbs	take as directed		
						Type 2	fatigue with fever	1) Jinfuxinggan 金花清瘟 2) Lianhuaqingwen 胶囊 莲花清瘟 3) Shufengdu 胶囊 疏风解毒	these are patent herbs	take as directed		
Influenza Phase: 流感期	Wind-Cold Invading the Exterior 风寒袭表证	onset of fever (mostly low-grade fever), aversion to cold and fear of cold, chills, sore throat, soreness of muscles of limbs, no sweat or slight sweats. Examination: Lung CT negative. Tongue: pink, coating is white and thin. Pulse: floating	Flu Formula #1 (Gen Tang or Tang) 葛根汤 (葛根汤或柴胡汤加减)	Ge Gen 葛根 (Radix Puerariae Lobatae) 15g Ma Huang 麻黄 (Herba Ephedrae) 10g Gu Zhi 桂枝 (Ramulus Cinnamomi) 6g Bai Shao Bai 芍药 (Radix Paeoniae Alba) 15g Sheng Jia 生姜 (Rhizoma Zingiberis Recens) 10g Gan Cao 生甘草 (Radix Glycyrrhizae) 10g Da Zao 大枣 (Fructus Jujubae) 10g Jin Yin Hua 金银花 (Flos Lonicera japonica) 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	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 清肺解毒汤	Ma Huang 麻黄 (Herba Ephedrae) 9g; Zhi Gan Cao 炙甘草 (Roasted Radix Glycyrrhizae) 6g; Ku Xing Ren 杏仁 (Semen Armeniacae Amarum) 9g; Shen Shi Gao 生石膏 (raw Gypsum Fibrosum) 15-30g (decocted first); Gu 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 Atractylodes 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 (Zingiberis Recens) 9g; Xin Yi Ren 薏苡仁 (Semen Amnemesiacae) 9g; Dong Hua 冬瓜 (Flos Farfarae) 9g; Shan Yao 山药 (Rhizoma Dioscoreae) 12g; Zhi Shi 枳实 (Fructus Auranti Immatura) 9g; 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 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.		
	Toxic Heat Attacking the Lung 热毒袭肺证	fever, aversion to cold, 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) 清瘟解毒汤 (清瘟解毒汤或清瘟解毒汤加减)	Jin Yin Hua 金银花 (Flos Lonicera japonica) 10g Lian Qiao 连翘 (Fructus Forsythiae) 10g Jing Jie 荆芥 (Herba Schizonepetae) 10g Nu Bang Zi 牛蒡子 (Fructus Arctii) 10g Bo He 薄荷 (Herba Menthae) 10g Gan Cao 生甘草 (Radix Glycyrrhizae) 10g Dan Zhi Ye 淡竹叶 (Herba Lophatheri) 10g Lu Gen 芦根 (Rhizoma Phragmitis) 15g Huang Lian 黄连 (Rhizoma Coptidis) 9g								
	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, stuffy sensation, chest and hypochondriac fullness and distension, 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 Gen Lu Xiao Du Tang) 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 法半夏 (Rhizoma Pinelliae) 12g Ku Xing Ren 杏仁 (Semen Armeniacae Amarum) 15g Bai Dou Kou 白豆蔻 (Fructus Amomi Rotundus) 10g Yi Yi Ren 薏苡仁 (Semen Amnemesiacae) 15g Dan Zhi Ye 淡竹叶 (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 Glycyrrhizae) 10g	Mid Type 证型	Cold Dampness Stagnating Lungs 寒湿困肺证	fever, fatigue, soreness of body, coughing, expectoration, chest tightness, suffocation, nausea, vomiting and sticky stools. Tongue: Pale or red with fat bloom marks, moist white thick rotten or greasy fur. Pulse: soft and floating or slippery.	Ma Huang 麻黄 (Herba Ephedrae) 6g; Sheng Shi Gao 生石膏 (raw Gypsum Fibrosum) 15g; Xin Yi Ren 薏苡仁 (Semen Amnemesiacae) 9g; Qiang Huo 羌活 (Rhizoma Actinolygii) 15g; Ting Li Zhi 枳实 (Fructus Auranti Immatura) 15g; Gan Cao 生甘草 (Radix Glycyrrhizae) 15g; Di Long 地龙 (Lumbricus) 15g; Xu Chang Gu 徐长卿 (Radix Cynanchi Panchulati) 15g; Huo Xiang 藿香 (Herba Pogostemonis) 15g; Pei Lan 佩兰 (Herba Eupatorii) 15g; Cang Zhu 苍术 (Rhizoma Atractylodes) 15g; Yun Ling 云苓 (Poria) 45g; Sheng Bai Zhu 生白术 (raw Rhizoma Atractylodes Macrocephalae) 30g; Jiao Mai Ya 焦麦芽 (charred Fructus Hordei Germinatus) 9g; Jiao Shan Zhi 焦山楂 (charred Fructus Crataegi) 9g; Jiao Shen Du 焦神曲 (charred Massa Medica 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.		
	Damp Heat Afflicting the Lung 湿热郁肺证	low-grade fever or absence of fever, dry cough, scanty sputum, dry and sore throat, fatigue, weakness, poor appetite, chest stiffness, epigastric distension, 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 Xiang Tang, Cao Guo Chi Mi Tang) 肺炎2号 (麻杏石甘汤、鲜黄连汤、小柴胡汤、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 Amnemesiacae) 30g Huang Lian 黄连 (Rhizoma Coptidis) 6g Fa Ban Xia 法半夏 (Rhizoma Pinelliae) 10g Gua Lou 瓜蒌皮 (Pericarpium Trichosanthis) 10g Cao Guo 草果 (Fructus Tsaoko) 10g Xiao Dou Kou 白豆蔻 (Fructus Amomi Rotundus) 10g Yu Xing Cao 鱼腥草 (Herba Houttuyniae) 15g Gan Cao 生甘草 (Radix Glycyrrhizae) 10g Bai Dou Kou 白豆蔻 (Fructus Amomi Rotundus) 9g			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. Tongue: Pale or red with white, thick, greasy or thin yellow fur, and smooth or slippery.	Bing Lang 槟榔 (Semen Arecae) 10g; Cao Guo 草果 (Fructus Tsaoko) 10g; Hou Po 厚朴 (Cortex Magnoliae 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; Huo Xiang 藿香 (Herba Pogostemonis) 10g (decocted later); Cang Zhu 苍术 (Rhizoma Atractylodes) 10g; Da Qin 枳实 (Fructus Auranti Immatura) 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.		
	Toxic Stagnation Obstructing the Lung 毒瘀阻肺证	cough, stifling sensation, stiffness 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, rapid, slippery.	Pneumonia Formula #3 (Bai Hu Jia Ren Shen Tang with Si Tu Tang) 肺炎3号 (白虎加人参汤合四逆汤)	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 Quinquefoliae) 5g Tu Fu Ling 土茯苓 (Rhizoma Smilacis Glabrae) 30g Da Huang 土大黄 (Radix et Rhizoma Rhei) 10g Bei Mu 贝母 (Bulbus Fritillariae) 10g Nu Xi 牛膝 (Radix Achyrosinthos Bolenatae) 10g Su Mu 苏木 (Lignum Sappan) 10g Tu Si E 土苏子 (Eupolyphaga seu Steleophaga) 10g Ju Luo 橘络 (Vascular Citri Reticulatae) 15g Lei Fu 雷火熨 (Semen Raphani) 20g Ting Li Zhi 枳实 (Fructus Auranti Immatura seu Lepidi) 15g Si Guo Lu 丝瓜络 (Retinervea Luffae Fructus) 30g			General Type 证型	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.	Sheng Ma Huang 生麻黄 (raw Herba Ephedrae) 6g; Ku Xing Ren 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 Amnemesiacae) 30g; Cang Zhu 苍术 (Rhizoma Atractylodes) 10g; Huo Xiang 藿香 (Herba Pogostemonis) 15g; Qing Hao 青蒿 (Herba Artemisiae Annuae) 10g; Hu Zhang 虎杖 (Rhizoma Polygoni Cuspidati) 20g; Ma Bian Cao 马鞭草 (Herba Verbenae) 30g; Gan Lu Gen 干芦根 (Dry Rhizoma Phragmitis) 30g; Ting Li Zhi 枳实 (Fructus Auranti Immatura) 15g; Hua Ju Hong 化橘红 (Eocarpium 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 寒湿困肺证	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 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 草果 (Fructus Tsaoko) 9g; Ma Huang 麻黄 (Herba Ephedrae) 9g; Qiang Huo 羌活 (Rhizoma Actinolygii) 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.		
							Severe Type 重症	Lung Blocked by Epidemic 疫毒闭肺证	fever, flushing complexion, cough, less yellow sticky sputum with or without blood, wheezing and shortness of breath, fatigue, nausea, drier and sticky dry mouth, nausea with no appetite, poor stool movements. Tongue: Red with yellow greasy, Pulse: slippery, rapid.	Huashibadiufang 化湿解毒方	Sheng Ma Huang 生麻黄 (raw Herba Ephedrae) 6g; Ku Xing Ren 杏仁 (Semen Armeniacae Amarum) 9g; Sheng Shi Gao 生石膏 (raw Gypsum Fibrosum) 15g; Sheng Gan Cao 生甘草 (Radix Glycyrrhizae) 3g; Huo Xiang 藿香 (Herba Pogostemonis) 10g (decocted later); Hou Po 厚朴 (Cortex Magnoliae Officinalis) 10g; Cang Zhu 苍术 (Rhizoma Atractylodes) 15g; Da Qin 枳实 (Fructus Auranti Immatura) 10g; Sheng Gan Cao 生甘草 (raw Radix Glycyrrhizae) 5g (decocted later); Sheng Huang Qi 生黄芪 (raw Radix Astragalus seu Hedysari) 10g; Ting Li Zhi 枳实 (Fructus Auranti Immatura) 10g; Chi Shao 赤芍 (Radix Paeoniae Rubra) 10g	One or two doses per day, decocted with 100-200 mL water, taken 2-4 times a day, oral or nasal feeding.
								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 Anemarrhenae) 30g; Sheng Di Huang 生地 (Radix Rehmanniae) 30-60g; Shui Niú Jiao 水牛角 (Cornu Bubali) 30g (decocted first); Chi Shao 赤芍 (Radix Paeoniae Rubra) 30g; Yuan Shen 元参 (Radix Scrophulariae) 30g; Lian Qiao 连翘 (Fructus Forsythiae) 15g; Mu Dan Pi 牡丹皮 (Cortex Moutan) 15g; Huang Lian 黄连 (Rhizoma Coptidis) 15g; Zhu Yu 竹沥 (Folium Phyllostachydis Henonis) 12g; Ting Li Zhi 枳实 (Fructus Auranti Immatura) 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 Niú Jiao (Cornu Bubali) first, taken 2 to 4 times per day, oral or nasal feeding. Recommend Chinese Medicine Injections: Xinyangqing 清心注射液, Xuebingling 血必净注射液, Xingnaoqing 醒脑静注射液, Xingnaoqing 醒脑静注射液, Xingnaoqing 醒脑静注射液. 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.	

COVID-19 Formula Charts

Hubei Provincial Hospital of Traditional Chinese Medicine 2/10/2020				COVID-19 Diagnosis and Treatment Plan (tentative 7th edition) 3/3/2020				
<p>Closed Interior and Abandoned Exterior Syndrome 内闭外脱证</p> <p>Treatment Strategy Open the Closed, Consolidate the Abandoned, Detoxify, Rescue Reversal</p>	<p>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.</p>	<p>Pneumonia Formula #4 (Si Ni Tang with Ren Shen Tang with addition) 精英4号 (常备加入参汤、速服 安宫牛黄丸、紫雪散)</p>	<p>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 or Zi Xue San.</p>	<p>Critical Type 危重型</p>	<p>Internal Block and Outward Desertion 内闭外脱证</p>	<p>Spasms, asthma requires assisted ventilation, dizziness, irritability, cold sweaty limbs, Tongue: purple, thick or dry fur, Pulse: large, floating and rootless pulse.</p>	<p>Ren Shen 人参(Radix Ginseng) 15g, Hei Shun Pian 黑顺片(Radix Aconiti Lateralis Preparata) 10g (decocted first), Shan Zhu Yu 山萸肉(Fructus Corni) 15g, serve with Suhexiang Pills 苏合香丸 or Angong Niu Huang Pills 安宫牛黄丸</p> <p>for patients on ECMO with distention, constipation, can use Sheng Da Huang 生大黄 5-10g, when the 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.</p>	<p>Recommended Chinese Medicine Injections: Xuebijing 血必净 Injection, Reducing Heat 清热宁 Injection, Tanreqing 痰热清 Injection, Xingnaojing 醒脑静 Injection, Shengmai 生脉注射液, Shengmai 生脉 Injection #1, Shengmai 生脉 Injection #2.</p> <p>Drugs with similar effects may be selected according to individual conditions or may be used jointly according to clinical symptoms. Traditional Chinese medicine injection can be used in combination with decoction. Notes: Recommended Usage of Traditional Chinese Medicine Injections for Severe and Critical Cases</p> <p>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.</p> <p>The recommended usage is as follows: Viral Infection or Combined with Mild Bacterial Infection: 0.9% Sodium Chloride Injection 250 mL and Xiyangping 喜炎平 Injection 100 mg bid, or 0.9% Sodium Chloride Injection 250 mL and Reducing Heat 清热宁 Injection 20 mL, or 0.9% Sodium Chloride Injection 250 mL and Tanreqing Injection 痰热清 40 mg bid.</p> <p>Severe Fever with Consciousness Disturbance: Xingnaojing 醒脑静 Injection 20 mL and 0.9% Sodium Chloride Injection 250 mL, bid, twice daily.</p> <p>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.</p> <p>Immunosuppression: Shengmai 生脉 Injection 100 mL and 0.9% Sodium Chloride Injection 250 mL, bid, twice daily.</p> <p>Shock: Shenlu 参附 Injection 100 mL and 0.9% Sodium Chloride Injection 250 mL, bid, twice daily.</p>
				<p>Deficiency of Qi and Yin 气阴两虚证</p>	<p>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</p>	<p>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 Cao 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</p>	<p>One dose per day, decocted with 400 mL water, intake once in the morning and once in the evening.</p>	