

清肺排毒汤

Qing Fei Pai Du Tang (Lung Cleansing & Detoxifying Decoction)

Source: Guidance of Corona Virus Disease 7th Edition

COMPOSITION

1. *Ma Huang* (Herba Ephedrae), 9g
2. *Zhi Gan Cao* (Radix et Rhizoma Glycyrrhizae Praeparata cum Melle), 6g
3. *Ku Xing Ren* (Semen Armeniacae Amarum), 9g
4. *Shi Gao* (Gypsum Fibrosum), 15-30g (pre-decoct)
5. *Gui Zhi* (Ramulus Cinnamomi), 9g
6. *Ze Xie* (Rhizoma Alismatis), 9g
7. *Zhu Ling* (Polyporus), 9g
8. *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), 9g
9. *Fu Ling* (Poria), 15g
10. *Chai Hu* (Radix Bupleuri), 16g
11. *Huang Qin* (Radix Scutellariae), 6g
12. *Jiang Ban Xia* (Rhizoma Pinelliae Praeparatum cum Zingibere et Alumine), 9g
13. *Sheng Jiang* (Rhizoma Zingiberis Recens), 9g
14. *Zi Wan* (Radix et Rhizoma Asteris), 9g
15. *Kuan Dong Hua* (Flos Farfarae), 9g
16. *She Gan* (Rhizoma Belamcandae), 9g
17. *Xi Xin* (Radix et Rhizoma Asari), 6g
18. *Shan Yao* (Rhizoma Dioscoreae), 12g
19. *Zhi Shi* (Fructus Aurantii Immaturus), 6g
20. *Chen Pi* (Pericarpium Citri Reticulatae), 6g
21. *Guang Huo Xiang* (Herba Pogostemonis), 9g

Qing Fei Pai Du Tang is based on the principles of four classic herbal formulas:

- 麻黃杏仁甘草石膏湯 *Má Huáng Xīng Rén Gān Cǎo Shí Gāo Tāng* (Ephedra, Apricot Kernel, Licorice, and Gypsum Decoction)
- 射干麻黃湯 *Shè Gān Má Huáng Tāng* (Belamcanda and Ephedra Decoction)
- 小柴胡湯 *Xiǎo Chái Hú Tāng* (Minor Bupleurum Decoction)
- 五苓散 *Wǔ Líng Sǎn* (Five-Ingredient Powder with Poria)

Note:

- 麻黃 *Má Huáng* (Herba Ephedrae) contains ephedrine alkaloids and the use may be restricted or prohibited. Substitution options include *Xiang Ru* (Herba Moslae), *Di Long* (Pheretima), *Ku Xing Ren* (Semen Armeniacae Amarum) and *Zi Su Zi* (Fructus Perillae).
- 款冬花 *Kuǎn Dōng Huā* (Flos Farfarae) contains pyrrolizidine alkaloids and the use may be restricted or prohibited. Substitution options include *Ku Xing Ren* (Semen Armeniacae Amarum), *Zi Wan* (Radix et Rhizoma Asteris), *Zi Su Zi* (Fructus Perillae) or *Pi Pa Ye* (Folium Eriobotryae).
- 細辛 *Xì Xīn* (Radix et Rhizoma Asari) contains aristolochic acid and the use may be restricted or prohibited. Substitution options include *Qiang Huo* (Rhizoma et Radix Notopterygii), *Fang Feng* (Radix Saposhnikoviae), *Gan Jiang* (Rhizoma Zingiberis) or *Jie Zi* (Semen Sinapis).

REFERENCES

1. [Guidance of Corona Virus Disease 8th Edition \(Chinese\).](#)
2. [Guidance of Corona Virus Disease 7th Edition \(English\)](#)
3. [Chen J and Chen T. Chinese Medical Herbology and Pharmacology. Art of Medicine Press. 2004.](#)
4. [Chen J. How Coronavirus \(Covid-19\) is treated with TCM in China.](#)
5. [Chen J. Coronavirus \(COVID-19\) and TCM: Scientific Research and Clinical Evidence of Chinese Herbs.](#)

Guidance of Corona Virus Disease (Chinese)

2. 临床治疗期（确诊病例）

2.1 清肺排毒汤

适用范围：结合多地医生临床观察，适用于轻型、普通型、重型患者，在危重型患者救治中可结合患者实际情况合理使用。

基础方剂：麻黄 9g、炙甘草 6g、杏仁 9g、生石膏 15~30g（先煎）、桂枝 9g、泽泻 9g、猪苓 9g、白术 9g、茯苓 15g、柴胡 16g、黄芩 6g、姜半夏 9g、生姜 9g、紫菀 9g、冬花 9g、射干 9g、细辛 6g、山药 12g、枳实 6g、陈皮 6g、藿香 9g。

服法：传统中药饮片，水煎服。每天一付，早晚各一次（饭后四十分钟），温服，三付一个疗程。

如有条件，每次服完药可加服大米汤半碗，舌干津液亏虚者可多服至一碗。（注：如患者不发热则生石膏的用量要小，发热或壮热可加大生石膏用量）。若症状好转而未痊愈则服用第二个疗程，若患者有特殊情况或其他基础病，第二疗程可以根据实际情况修改处方，症状消失则停药。

处方来源：国家卫生健康委办公厅 国家中医药管理局办公室《关于推荐在中西医结合救治新型冠状病毒感染的肺炎中使用“清肺排毒汤”的通知》（国中医药办医政函〔2020〕22号）。

Guidance of Corona Virus Disease 7th Edition (English)

4.2 During clinical treatment (confirmed cases)

4.2.1 Lung cleansing & detoxifying decoction

Scope of application: It is suitable for light, moderate and severe patients, and can be used reasonably in combination with the actual situation of patients in the treatment of critically ill patients.

Recommended prescription: Ephedra 9g, Zhigancao 6g, Almond 9g, Gypsum 15-30g (fried first), Guizhi 9g, Zixie 9g, Zhuling 9g, Baizhu 9g, Zhiling 15g, Bupleurum 16g, Scutellaria baicalensis 6g, and Pinellia 9g, Ginger 9g, aster 9g, winter flower 9g, shoot dry 9g, asarum 6g, yam 12g, coriander fruit 6g, tangerine peel 6g, aquilegia 9g.

Suggested use: Traditional Chinese medicine decoction pieces for decocting in water.

One dose per day, twice in the morning and evening (forty minutes after a meal), take with warm water, and three doses a course.

If conditions permit, the patient can take half a bowl of rice soup each time after taking the medicine, and can take up to one bowl if the patient has a dry tongue and is deficient in bodily fluids. (Note: If the patient does not have a fever, the amount of gypsum should be little. If having a fever or strong heat, the amount of gypsum can be increased). If the symptoms improve but do not fully recover, then take the second course of treatment. If the patient has special conditions or other underlying diseases, the prescription of the second course of treatment can be modified based on the actual situation and the medicine should be discontinued when the symptoms disappear.

Source of prescription: *Notice on Recommending the Use of 'Lung cleansing & detoxifying decoction' in Treatment of NCP by Integrated Traditional Chinese and Western Medicine* by the Office of the State Administration of Traditional Chinese Medicine & the General Office of the National Health Commission. (2022 No.22)