

TCM recommendations for COVID-19 Recovery

A [TCM Quarterly](#) Announcement

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Here at TCM Quarterly, we want to provide you up to date information about the coronavirus. We also feel that information spread about the virus, treatments, and general situation should be ethically shared. To do that, we have decided to include two separate types of posts. So that you may be informed on the medical side and the personal side, we will continue to update you on the types of treatments, especially those including TCM rehabilitation, and updates from our Chief Editor who is currently still residing in China. A combination of those can give you both an informative, useful outlook on the current situation.

First, below you will find the China's State Administration of Traditional Chinese Medicine's guidance for rehabilitation for COVID-19. The post included a notice on printing and distributing guidance on TCM Rehabilitation which was released on February 23rd. In order to accelerate the development of TCM treatments for COVID-19, they organized a group of experts to create a guide for rehabilitation for persons in the recovery period who meet the criteria for discharge. Below is that recommendation:

A) Lung and Spleen Qi Deficiency syndrome: shortness of breath, fatigue, loss of appetite, nausea, bloating, loose stool, and uneasiness. The tongue is pale and greasy.

Recommended Rx: French Pinellia (9g), citrus peel (10g), codonopsis (15g), astragalus (30g), atractylodes (10g), poria (15g), patchouli agastache (10g), amomum vilosum (6g), licorice (6g).

Dosage: 400ml/day, 200ml in the morning and evening

Recommended: 补气健脾 Tonifying Qi and Fortifying Spleen medications

B) Qi and Yin Deficiency syndrome: fatigue, shortness of breath, dry mouth, thirst, palpitations, excessive sweating, poor appetite, or or no fever, dry cough, little phlegm, thin pulse, dry tongue.

Recommended Rx: ginseng (10g), phiopogon ginseng mix (15g), 6g American ginseng, schisandra chinensis (6g), gypsum (15g), bamboo leaves (10g), mulberry leaves (10g), reed roots (15g), saliva miltiorrhiza (15g), licorice (6g).

Dosage: 400ml/day, 200ml in the morning and evening

Recommended patented medicine: 益气养阴 Qi supplementing & spleen fortifying medication

Other TCM modalities:

Acupuncture:

Common acupoints: Lung-9, Large Intestine-11, Bladder-13, Stomach-36, Spleen-9, and Conception vessel-4.

According to symptoms these can be added:

- Weakness, cold aversion, and pale tongue: bladder- (17, 23, & 25)
- Poor appetite, loose stools, and pale tongue: conception vessel-12 and stomach-25
- Coughing with phlegm, pale tongue: governor's vessel-14 and bladder-43.

Moxibustion acupoints: Governing vessel-14, Bladder-13 & 17, Conception Vessel-12 & 13, Stomach-36, and Lung-6.

Tuina:

acupoint massage: lung- (1, 7, & 9), conception vessel- (12 & 17), bladder (13, 23, & 25), and Stomach-36.

Meridian massage: Hand Taiyin lung meridian, Hand Yangming large intestine meridian, Foot Yangming stomach meridian, Foot Taiyin spleen meridian, Renmai, Dumai, etc.

Auricular acupressure: bronchus, lung, endocrine, Shenmen (神门), Zhen (枕), spleen, stomach, large intestine, and sympathetic nerve, etc.

Scraping: Hand Taiyin Lung Meridian, Hand Yangming Large Intestine Meridian, Foot Sun Bladder Meridian, etc.

Cupping: bladder- (13, 20, 23, & 43) and governor's vessel-14.

TCM Dietary therapy:

According to symptoms:

- cold aversion and cold stomach: ginger, shallot, and mustard.
- dry throat and dry mouth: green tea and star fruit.
- cough and expectoration: pear, lily, almond, cabbage, and citrus peel.
- loss of appetite and bloating: yam, white lentils, poria, laizizi, and amomum villosum.
- constipation: honey, banana, and hemp
- insomnia: ziziphus japonica

Language Focus:

1. 补气健脾 Bǔ qì jiàn pí
2. 益气养阴 Yì qì yǎng yīn
3. 神门 Shén mén
4. 枕 Zhěn

Source: 2020.国家中医药管理局官。《关于印发新型冠状病毒肺炎恢复期中医康复指导建议（试行）的通知》。