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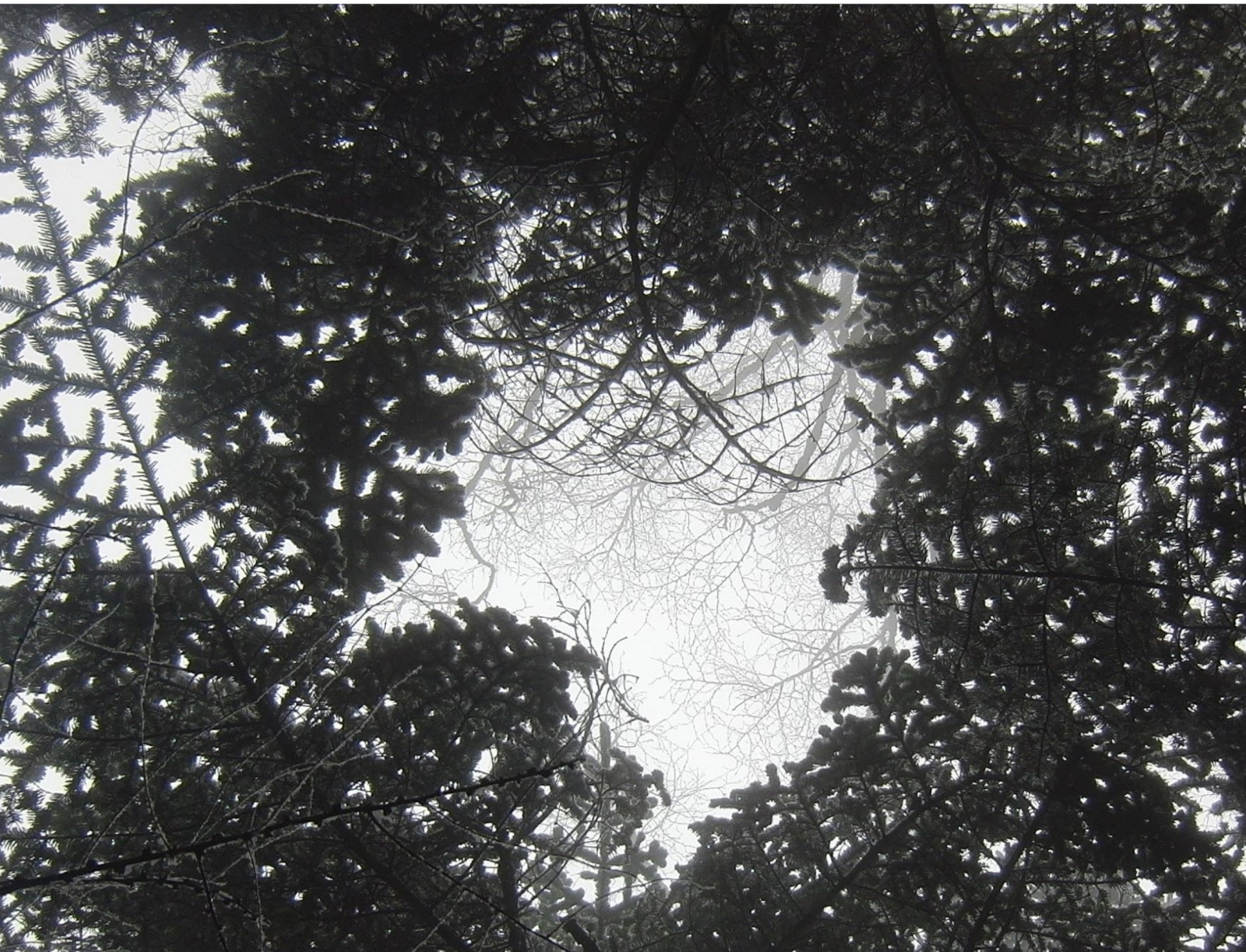
Theoretical foundation and ideology of COVID-19 prevention and treatment in TCM

Min cunyun, LAN Xiaohe, Lin juze, Tan Wei, Fu Tingting, and Wang Changjun

Abstract

Abstract: In less than 20 years, severe acute respiratory syndrome, Ebola hemorrhagic fever, Middle East Respiratory Syndrome, COVID-19, and so on have caused severe disasters to mankind. How to strengthen prevention and control is an important problem facing all mankind. Traditional Chinese Medicine (TCM) has accumulated rich experience in this field. TCM has a more pragmatic understanding of etiology. It believes that viruses, bacteria, and other highly infectious pathogens are "different Qi" existing in nature. This "different Qi" is very infectious, and it is possible for men and women, young and old, to be infected. The main route of human infection lies in the mouth and nose, that is, the upper orifices of the human body. TCM has a more systematic understanding of the epidemic and mode of transmission of this kind of disease. According to the seasonal and latent nature of this kind of disease, doctors of past dynasties put forward prevention methods and principles of preventing disease before infection and preventing change of existing disease. In terms of treatment, they have accumulated rich experience, adopted the treatment method of comprehensive application of various measures such as oral administration of TCM, external washing, fumigation and acupuncture, emphasized early and timely treatment, and paid special attention to strengthening health and strengthening foundation while paying attention to eliminating diseases and pathogens. This idea is beyond modern conventional medicine. In addition, doctors of past dynasties also clearly put forward that the medication methods adopted in the treatment of this kind of disease should also be non-uniform, which varies according to the disease. The recovery period of the disease emphasizes the prevention of disease recurrence and the formation of sequelae. How to inherit and carry forward the advantages of TCM in the prevention and treatment of infectious diseases and adopt integrated traditional Chinese and conventional medicine to prevent the occurrence and development of New Coronavirus infection is one of the problems that Chinese medicine must solve at present.

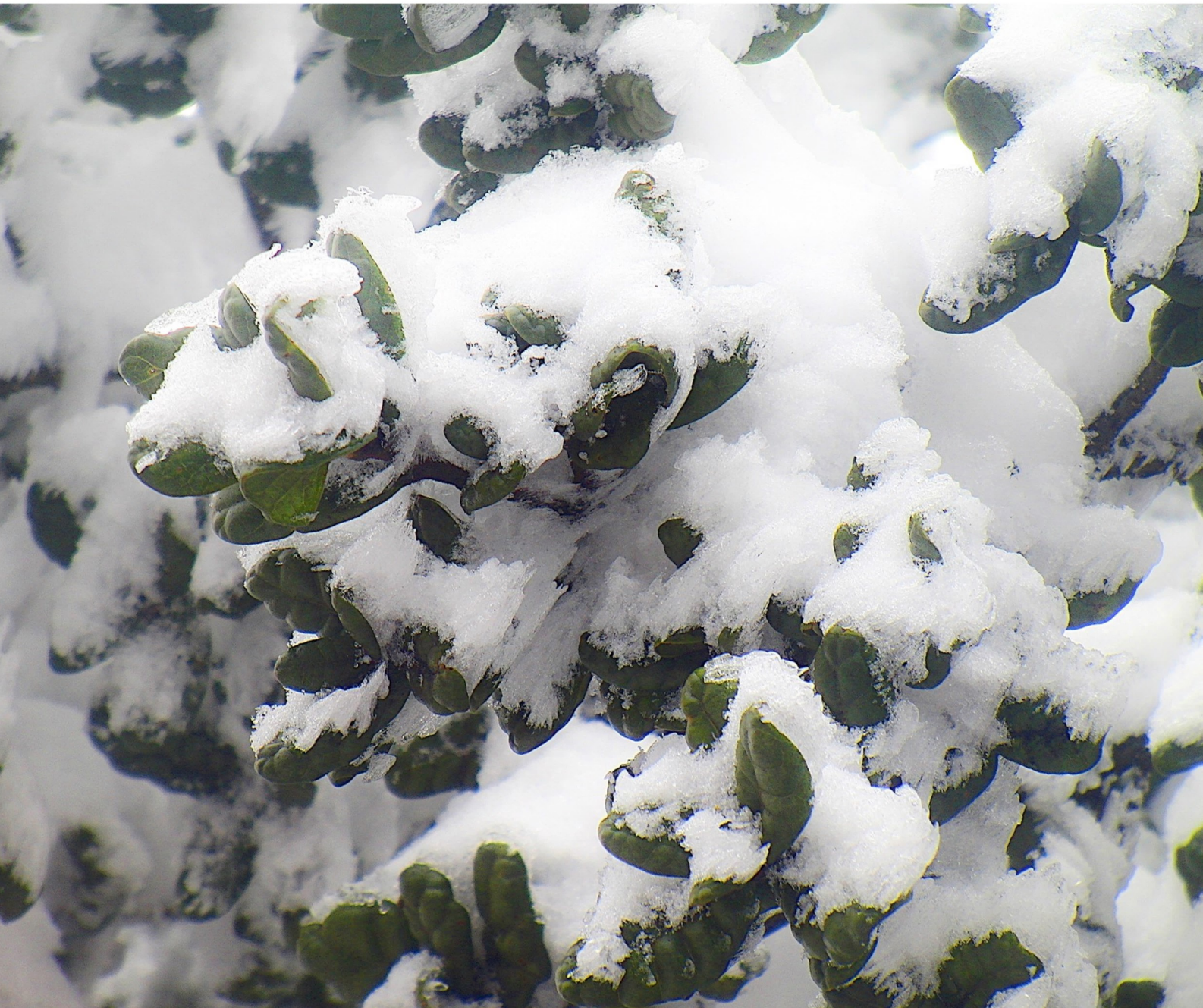


Retrospective study and application prospect of Guanyang Formula in treating COVID-19

She Ruining, Fan Jinru, Zhou Jing , Long Dan

Abstract

Objective: This is a retrospective analysis of the clinical efficacy of Guanyang formula in treating mild and normal patients with COVID-19. The pathogenesis and treatment characteristics of the new mild pneumonia patients with mild and common types are summarized. Methods: the discharge medical records of 20 patients treated with Guanyang formula in Lukou District People's Hospital of Zhuzhou City, Hunan Province from February 8, 2020 to March 8, 2020 were analyzed retrospectively. Results: The COVID-19 patients had an average duration of treatment (18.40 + 6.01) days, reaching the discharge standard and being discharged from the hospital. 20 patients were treated with the new standard. Conclusion: Guan Yang prescription has obvious advantages in improving the symptoms and shortening the length of stay in patients with COVID-19 pneumonia.
Keywords: COVID-19; COVID-19 Prevention of disease; Guanyang prescription



Discussion on syndrome differentiation and treatment of COVID-19 from "Shaopai typhoid fever"

Wang Yiping, Luo Zhenmin, Shen Qinrong, Gong Peiqiang, and Chen Fufang

Abstract

Keywords: shaopai typhoid fever; COVID-19 chinese medicine; Dampness evil; Syndrome differentiation and treatmentCOVID-19 has its own merits. COVID-19 is a newly discovered infectious disease. From the perspective of experts and treatment programs, Traditional Chinese medicine (TCM) has different opinions on the name, location, etiology, and pathogenesis of the disease. Shaopai typhoid originated in the Ming Dynasty and flourished in the late Qing Dynasty and the early Republic of China. During this period, there were a large number of famous doctors. Zhang Jingyue, Yu genchu, He Xiushan, and He Lianchen were its outstanding representatives [1]. Shao group of febrile diseases is a group of febrile diseases with the unification of cold and hot temperatures. It attaches importance to practice, dares to innovate, and is good at summary, especially in the syndrome differentiation and treatment of exogenous diseases. The author hopes to summarize the existing literatures on the new crown pneumonia and discuss the treatment methods of the new crown pneumonia.

Keywords: shaopai typhoid fever; COVID-19 chinese medicine; Dampness evil; Syndrome differentiation and treatment

Clinical Study on Acupoint Injection of Panax Notoginseng Saponins for COVID-19

LI Zhuo-jia, CAI Qing-xian, YUAN Jing, TAN Xiao-hua, WU Qi-kai, TANG Sheng-hong, DENG Xin, LI Hai-feng, MA Zheng-hua, CHEN You-guo.

Abstract

Objective: To investigate the clinical efficacy of acupuncture point injection of Panax Notoginseng Saponins (PNS) for coronavirus disease 2019 (COVID-19) on the basis of comprehensive treatment of Western medicine. Method: Sixty patients with common COVID-19 were randomized to an observation group and a control group, with 30 cases in each group. The control group received comprehensive treatment of conventional medicine, and the observation group received acupuncture point injection of PNS in addition to conventional treatment. The clinical therapeutic effects were compared between the two groups. Results: Twenty-two cases were cured and no cases worsened in the observation group; 13 cases were cured, and 2 cases turned to be severe in the control group. The cure rate and the severe conversion rate had statistically significant differences between the two groups ($P<0.05$), and they were better in the observation group than those in the control group. Conclusion: On the basis of comprehensive treatment of Western medicine, acupuncture point injection of PNS can increase the cure rate for COVID-19 and reduce the severe conversion rate.

[Key words] Acupuncture therapy; Hydro-acupuncture; Acupuncture point injection; COVID-19

The revelation of the “Evil of Abnormal Diet” to COVID-19

Weng Kaizhong and Zheng Feng

Abstract

Since the first case of Corona Virus Disease (COVID-19) was discovered, it has been postulated that people become infected by wild bats suspected of being exposed to viruses. So, the abuse of wild animal has become a hot topic of national discussion and condemned by many. Diet, as the basic need of human survival, will lose control once it is driven by mere appetite alone, and it can even become the source of the outbreak, resulting in irreparable and terrible consequences. Diet is also known as "Xinshao" “馨饪之邪” in ancient books of traditional Chinese medicine, and abnormal diet is also known as "the evil of Xinshao"馨饪之邪, which is one of the causes of diseases. The purpose of this paper is to provide some inspiration for the diagnosis and treatment of COVID-19 today.

Understanding the COVID-19 from the Theory of " Exterior and Interior Relationship between Lung and Large Intestine"

Chen Lili, Zhao Guoyuan

Abstract

Abstract: Since December 2019,novel coronavirus infection (COVID - 19) cases have been found in Wuhan,Hubei. In February 8,2020,the National Health Commission named the new coronavirus pneumonia (COVID-19) . With the development of the disease, it has become a global disease, but there is still less knowledge about the disease. However, it is only known that it is an acute respiratory infectious disease caused by a new coronavirus. The population is generally susceptible, and it is mainly transmitted through respiratory droplets and contact transmission. The spread of Qitrointestinal tract is not yet clear. At present, there is no specific drug for prevention and treatment. The main clinical symptoms of COVID-19 patients are fever, asthenia, and cough, but diarrhea and other Qitrointestinal symptoms are not uncommon in clinic. From the perspective of TCM, Vital Qi and excess of pathogenic factor is the basic pathogenesis of COVID-19. Vital Qi deficiency is the fundamental factor of the occurrence of COVID-19, while pathogenic Qi prevailing is the variable factors of the development of COVID-19. The changes of deficiency and excess of pathogenic factors predict the development and prognosis of diseases. The diagnosis and treatment plan of COVID-19 is constantly updated, and the content of TCM is gradually enriched. Clinical research has confirmed the actual effect of TCM, which shows that TCM has a theoretical basis in the treatment of COVID-19. The theory of " Exterior and interior relationship between Lung and Large Intestine" is one of the theories of TCM,which is connected with the understanding of public immunity of respiratory tract and digestive tract mucosa in modern medicine. It is concluded that the detection of intestinal mucosal immune function may be the key factor in the occurrence of COVID-19. Detection of nucleic acid in intestinal mucosa can increase the accuracy of the diagnosis of COVID-19 and predict the prognosis of COVID-19. TCM for invigorating spleen and Qi can prevent COVID-19 by regulating intestinal mucosal immunity, and it may provide a reference for the prevention and treatment of COVID-19 by TCM.

Feasibility Analysis of Acupuncture and Moxibustion in the Prevention and Treatment of COVID - 19 from an International Perspective

Chen Wentao, Fu Huaili, Zhang Chaoyuan,Tang Chunzhi

Abstract

COVID - 19 presents a global epidemic trend nowadays. China has brought the superiority of the integration of TCM and western medicine into full play in the treatment of COVID - 19 and achieved satisfactory results. Acupuncture and moxibution are also used in clinical treatment due to good efficacy and safety,but they are still not recognized and promoted enough. Based on the previous literature on the prophylaxis and treatment of acute infectious diseases by acupuncture and moxibustion,it is concluded that the role of acupuncture and moxibustion in the treatment of acute infectious diseases comes from the influence to the immune function or inflammatory response regulation of the body,rather than the mechanism of targeted therapy. At the same time, for the acute infectious diseases mainly spread by respiratory tract,the previous clinical experience of acupuncture and moxibustion has shown that specific acupoint selection can specifically improve respiratory system dysfunction. According to the pathogenic characteristics of COVID - 19,this study discussed the therapeutic approach of acupuncture and moxibustion to prevent and cure COVID - 19 and analyzed the feasibility. Combined with the experience of acupuncture and moxibustion in prophylaxis and treatment of epidemic diseases
and related complications and domestic therapeutic scheme of acupuncture,it put forward some suggestions on the use of acupuncture for different populations associated with COVID - 19 based on theory of “preventive treatment of disease”. As a shining pearl in Chinese medicine and a pioneer in the internationalization of tradi-
tional Chinese medicine,acupuncture should play a greater role in the future and contribute to the international community’s fight against the epidemic.

Key words: COVID - 19; Acupuncture and moxibustion; Prevention and treatment; Internationalization; Feasibility analysis

Preliminary study on TCM syndrome, diagnosis and treatment of children infected with Xinguan delta strain in Putian, Fujian in 2021

Yuan Dan, Zheng Zeyu, Zhuang Sen, Li Xuwei, Yan Chao, Huang Zhihua, Yang Jinghua

Abstract

Objective： To analyze the distribution of TCM syndromes and the distribution of tongue characteristics in 87 cases of COVID-19 Delta infection admitted to Affiliated Hospital of Putian College in Fujian in 2021. Methods: a total of 87 hospitalized children infected by COVID-19 Delta strain were collected from Affiliated Hospital of Putian College in October 7, 2021. The general data of patients were collected, and the distribution of TCM syndromes and tongue pictures were summarized and analyzed. Shangjiao Xuanbi decoction combined with Shengjiang Powder is used to gently show the lung Protective Qi and invasion of external pathogens; Shangjiao Xuanbi Decoction and Maxing Shigan decoction are used to clear away heat and open the lung, remove dampness, and detoxify; Yin deficiency and numerous pathogens, choose Shashen Maimendong Decoction to nourish Yin and generate fluid, and clear away the remaining pathogens; The deficiency of Qi and Yin adopts Shengmai Powder to replenish Qi and nourish Yin. Results 1 TCM Syndrome Distribution: 87 children had no first symptoms; The most common symptom was fever in 59 cases; Other common concomitant symptoms include nasal congestion, headache, cough, sore throat, red eyes, dry mouth, diarrhea, etc. 2. Distribution principles of tongue images: in the early stage of the disease, the tongue is light red or slightly red, the tongue coating is thin, white, or slightly yellow; and the coating on the root of the tongue is slightly greasy or slightly thick; In the middle of the course of disease, the tongue edge is sharp red, and the coating is yellow, thick, dirty, and greasy; In the late stage of the disease, the tongue is red, there are few prickles in front of the tongue, and the tongue root coating is stripped off. 3. After recovery: by 6 a.m. on October 7, 2021, 56 of 87 children had recovered and discharged from hospital after two rounds of negative nucleic acid detection. The average length of hospital stay was 15.9 days, and the fastest turning negative was 11 days. Conclusion: the symptoms of COVID-19 Delta strain in Putian, Fujian in 2021 were characterized by damp heat syndrome. The main pathogenesis was damp heat blockage and heat was heavier than dampness. The treatment should follow the principle of three factors, with clearing heat and removing dampness as the core, syndrome differentiation should be related to tongue syndrome, and TCM should be involved in the treatment of the disease in the early and whole process.

Key words: children; Infection of COVID-19 Delta strain; TCM syndrome; Tongue image; Damp heat block; Fujian; Putian

Discussion on the formulation mechanism of Qingfei Paidu decoction from Jiaoluo theory

Sun nan, Zhang jiayuan, Wang Junfeng

Abstract

New Coronavirus pneumonia is located in the triple energizer and the lung meridian, and the epidemic focus (wetness) comes from the mouth and nose. The upper Jiao receives first, the stasis and turbidity is endogenous, obstructing the lung collaterals, and spreading the epidemic pathogens rapidly. Therefore, novel coronavirus pneumonia is the main pathogenesis of new crown pneumonia, which is based on the core theory of "Tongjiao, Bu Shen Shui and Kai Xuan Luo". If the evil invades the focus, the lung will be released and detoxified; If you enter the middle coke for the second time, you will turn the dampness into evil; At the end of the transmission, the lower Jiao will dilute the infiltration and benefit the water, and dredge the collaterals to remove filthy, turbid, blood stasis and poison. Qingfei Paidu Decoction aims at evil Qi such as cold, heat, dampness, poison and deficiency. It is both warm and cool, sweet, light and fragrant. It focuses on sparse rather than blocking. It aims to give a way out to evil Qi. This coincides with the idea that Jiao Luo theory returns to the essence of yin and Yang, emphasizes the rise and fall of Qi machine, takes Tong as use, takes Tong as supplement, and takes Tong as Shun.

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