

Integrative treatment of 70 COVID-19 patients with Traditional Chinese Medicine

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A disease has different levels, and they affect different persons differently. This forms the basis of the holistic understanding of the nature of disease according to Traditional Chinese Medicine (TCM). It uses a comprehensive analysis of the patient through four diagnostic methods: observation, listening, questioning, and pulse analysis. These are often combined with technology used in conventional medicine to deepen an understanding of the patient's current condition to improve the efficacy of a medical intervention. Researchers at Ningxia People's Provincial Hospital analyzed 70 COVID-19 patients using syndrome differentiation in combination with conventional medical diagnosis and treatment.

From January 24, 2020 to February 2, 2020, 39 men and 31 women suffering from COVID-19 infections were separated into light (9), common (52), and severe (9) types that categorize the severity of the symptoms. The patients had an average age of 39 years old. Conventional treatment included: oxygen therapy, interferon atomization (IFN- α -2b), and cough suppressants. For TCM treatment, light types were prescribed a decoction of mainly ephedra, apricot kernels, gypsum, and licorice (麻杏石甘汤 MXSG); common types received Ping Wei San (Stomach calming patent medicine) and Dayuan Yin patent medicine in the beginning stage of infection, MXSG and bupleurum decoction in the middle stage, and a mixture of Six Ingredient Decoction (六君子汤 LJZ) and Ophiopogon Decoction (麦门冬汤 MMD) in the recovery stage; severe types also received MXSG decoctions.

Patients who had a common type of COVID-19 infection experienced a statistically significant reduction of their fever, cough, weakness, shortness of breath, and circulation. Those symptoms except for cough were reduced 100% between 7-14 days. Severe types experienced 55.56% reduction of all symptoms within the same amount of time. All patients tested negative after 24 hours of isolation after recovery.

This research shows the potential for integrative treatment including TCM to quickly alleviate symptoms of COVID-19. This may also indicate the potential to reduce or eliminate the development of "Long COVID-19" that reduces the quality of life of many people after recovering from COVID-19 infection.

Source:

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