

TCM Syndrome Analysis on 96 COVID-19 patients after herbal decoction treatment

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TCM diagnosis of disease focuses on the manifestations of internal phenomenon. This belief, Visceral Manifestation Theory, focuses on the connection between viscera (organs) and external parts of the body. If a problem exists within the body, then it is likely to express itself exogenously. This theory forms the diagnostic method implemented by a TCM practitioner: observation, listening, palpation, and asking. They can be described as follows:

- Observation of changes in the patient's color, shape, and state.
- Listening refers to listening to the patient's breathing, voice, hiccups, odors, etc.
- Asking includes noting onset of the disease, changes, patient's explanations, etc.
- Palpation refers to feeling, especially for pulse diagnosis.

In Heilongjiang province, 96 patients (46m, 50f, 43.23±11.37 years old) were admitted to the provincial hospital for COVID-19. In addition to general care, they were given an herbal decoction (300 mL/day) for 10 days. They looked at changes according to TCM diagnosis and conventional medicine test readings, including: white blood count (WBC), c-reactive protein (CRP) count, procalcitonin level (PCT), eosinophil percentage (EOS), and lymphocyte (Ly) count. After treatment, there were statistically significant improvements in EOS% after 10 days of treatment. While WBC increased, the number wasn't statistically significant, indicating a need for further study.

According to TCM diagnostic tests, there were observed improvements of characteristics of the tongue and pulse. Meaning, that the tongue exhibited healthy characteristics and the pulse suggested healthy circulation restoration. After treatment 71.875% of patients' fevers were reduced, and 13.542% of patients regained their sense of smell and taste. The average turnaround of patients to feeling better was 12 days, and negative test results lasted for at least an average of 17.31 days later. Chance of remittance was 6.25%.

This research shows the potential for this herbal decoction to alleviate symptoms and assist in rehabilitation. Longer studies would be needed to understand more of its role.

The herbal decoction is as follows:

Fructus Trichosanthis 15 g

Radix Scutellariae 15 g

Fructus aurantii 20 g

Bitter almond 20 g

Platycodon grandiflorum 15 g

Cynanchum glaucescens 15 g

Rhizoma belamcandae 20 g

Fritillaria thunbergii 10 g

Aster 15 g

Black plum 15 g

Honeysuckle 15 g

Forsythia 30 g

Radix Scrophulariae 15 g

Acorus tatarinowii 20 g

Licorice 10 G

Source:

Jia Weigang, Zhou Quanyu, Xiao Furong, Zhao Lei, Wang Bo, Zhang Xiaogang, Liu Qingquan. Observation on TCM Syndrome Characteristics and Therapeutic Effect of Decoction on 96 Patients with Common COVID-19 in Northern China. *Journal of Hunan University of Chinese Medicine*. 2021,41(10): 1559-1563.

贾维刚, 周泉宇, 肖芙蓉, 赵蕾, 王博, 张晓刚, 刘清泉. 96例北方普通型新型冠状病毒肺炎中医证候特点及方案汤剂治疗效果观察[J]. *湖南中医药大学学报*, 2021, 41 (10) : 1559-1563.