

# COVID-19 TCM Treatment Experience Sharing II

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## Note:

1. The following is purely personal experience sharing, In clinical practice, it is necessary to find a qualified TCM practitioner for diagnosis and treatment according to individual conditions.
2. Most of my COVID-19 treatment experience is for GENEIDO type GT-S2. Most of the Omicron variants including the genome sequences uploaded by China in December 2022 belong to this type.

## Summary

How to differentiate which GENEIDO type you have based on symptoms?

1. GT-S1: Headache, high fever, foggy mind, chest pain, shortness of breath (myocarditis symptoms), increase of blood pressure for no reason, muscle and joint pain, rash, or bleeding under the skin (red spots). Generally, no diarrhea (at least no diarrhea in the beginning), if there is diarrhea later, it would be sticky, smelly, could even be bloody in severe cases.
2. GT-S2: fever, dry mouth and dry mucous, sore throat, fatigue, muscle weakness; could have stomach symptoms

including diarrhea, lack of appetite; foggy mind.

3. GT-S3: chills instead of fever, headache, diarrhea, no appetite, fatigue, muscle weakness, hair loss. Unfortunately, it is hard to detect internal symptoms such lung edema.

Please refer to the previous reports for more detail symptoms:

- Chinese version (2020年2月11日) <https://rivermapsolution.com/Sample-Reports/Comparison-S1-S2-S3-Chinese.pdf>
- English version (updated) (2020年4月15日) <https://rivermapsolution.com/Sample-Reports/Comparison-S1-S2-S3-041520.pdf>

### **Treatment Plans:**

#### 1. GT-S1:

- a. Headache (especially back of the head), chest pain, shortness of breath and foggy mind seem to be the chief complains.
- b. I would divide the treatment into 2 stages:
  - i. Monitor the dryness of stool and use it as an indicator
  - ii. If stool is dry or the patient is constipated, have fever, muscle & joint pain (not weakness), use Formula 1; once the stool become very loose or diarrhea, use Formula 2:
    1. Formula 1: Jin Yin Hua 金银花 15g, Lian Qiao 连翘 15g, Gua Lou 瓜蒌 20g
    2. Formula 2: Huang Lian 黄连 6g, Fu Ling 茯苓 9g, Lian Zi 莲子 30g
  - iii. If the condition changes (say swings back and forth), the treatment plan should follow until fever and diarrhea are both gone.

2. **GT-S2 (most people are infected with this one)** . The following methods had been used numerous times and showed good results.
  - a. Fever and sore throat are the common symptoms. Treatment strategy should focus on clearing heat and tonify Qi.
    - i. Formula: Jin Yin Hua 金银花 15g, Lian Qiao 连翘 15g, Lu Gen 芦根 12g, Niu Bang 牛蒡子 Zi 9g, Dang Shen 党参18-30g (daily dosage)
      1. How to prepare the decoction?
        - a. Wash herbs
        - b. Cover herbs with fresh water + extra 8 oz of water
        - c. Bring the mixture to boil, then turn to mid-low and cook for another 25—30 minutes. Turn off.
        - d. Divide the decoction into 2 portions. Drink every 4 hours
        - e. Repeat b, c, d
        - f. Stop once fever is gone; otherwise get the 2<sup>nd</sup> bag (dose) and repeat a-e.
        - g. Common question from TCM practitioners:
          - i. Can we use Yin Qiao San, the patent formula instead of cooking raw herbs? It would be much easier to handle.
          - ii. Answer: Yes, if you know a brand with good quality. I like cooking raw herbs because I can see quick results, plus I can modify the formula according to patient' s conditions.

ii. Tonify Qi:

1. Dang Shen 党参 is the best choice here since it is neither too warm nor too cold and it is good for tonifying Qi and Blood. But my experience suggests that I should use slightly higher dosage to achieve the effect I want.
2. For patients tend to feel warm in general, you may use American ginseng (花旗参 or 西洋参). However, this herb might be too cold for some people: stop using if the patient has chest oppression.
3. DO NOT recommend using Korean ginseng here because it is too hot for this condition, especially during fever.
4. Once the fever is gone, some patients may feel extremely fatigue, Red Ginseng (Hong Shen 红参) can be another good choice for Qi tonification, even it is slight warm.
  - a. Cook 15-30g with water for 20 minutes. Drink warm. You may cook each bag of herbs twice.
  - b. Repeat as needed.
5. For people has no appetite and do not have dry mouth or sore throat, can try Si Jun Zi Tang 四君子汤 (patent formula).
  - a. If you do not have access to Chinese herbs, Moxa 艾灸 (or 艾条) is another option. Moxa abdomen (put the box above umbilicus) for 30 minutes.
  - b. If nothing is available, eat toasts; you may also drink ginger soup to comfort your stomach after fever is gone.

iii. Note: Qi deficiency can also cause relapse of fever and cough, sometimes violent coughing. If you also feel weak or fatigue, you should tonify Qi.

- iv. Dry cough can drag for a long time even after fever is gone. In this case, use Chuan Bei Pi Pa Gao 川贝枇杷膏 (a cough syrup made of Chinese herbs), mix with warm water. It is sweet and cool, and you can drink this all day long. However, patients have stomach symptoms, no appetite or diarrhea, or cough with phlegm should NOT be using this formula, use cough drops instead.

3. GT-S3:

- a. Having chills instead of fever is the characteristic of this type. Apply moxa immediately. Put the moxa box above umbilicus for 30 minutes. Many patients experience immediate effect. Do not wait until you have shortness of breath, it could be too late.
- b. Note: you also should not moxa for too long, 30 minutes each time or stop when chills gone. Too much heat may lead to fibrosis of the inner linings of lung.

**The biggest challenge of COVID-19** is that the same virus strain will impact different part of the human body in opposite directions. This makes it really hard for applying any treatment because one herb (or any methodology) that is good for one layer, can cause disaster for another. Also, there are THREE different types of COVID viruses coexist and they have conflicting symptoms. You need to identify which type the patient is getting before treatment. Comparatively, other pathogens such as 2009 H1N1 is much simpler, it causes dry heat in all layers and that is it. In this case, bloodletting should have immediate effect.

Once again, here I am just trying to share my experience and thoughts with you. When it comes to clinical practice, practitioners should only make differential diagnosis and treatment plans based on their patient' s current condition. It is also important to be flexible in making treatment protocols.

**NOTE:** You should be able to get the herbs listed above from most of the Chinese herbal shops. If there is no such shop in  
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your area, try amazon.com. I was able to get most of the herbs, plus moxa and the cough syrup (Chuan Bei Pi Pa Gao), the only thing is that it could be expensive.

I wish you all good health and Happy New Year!

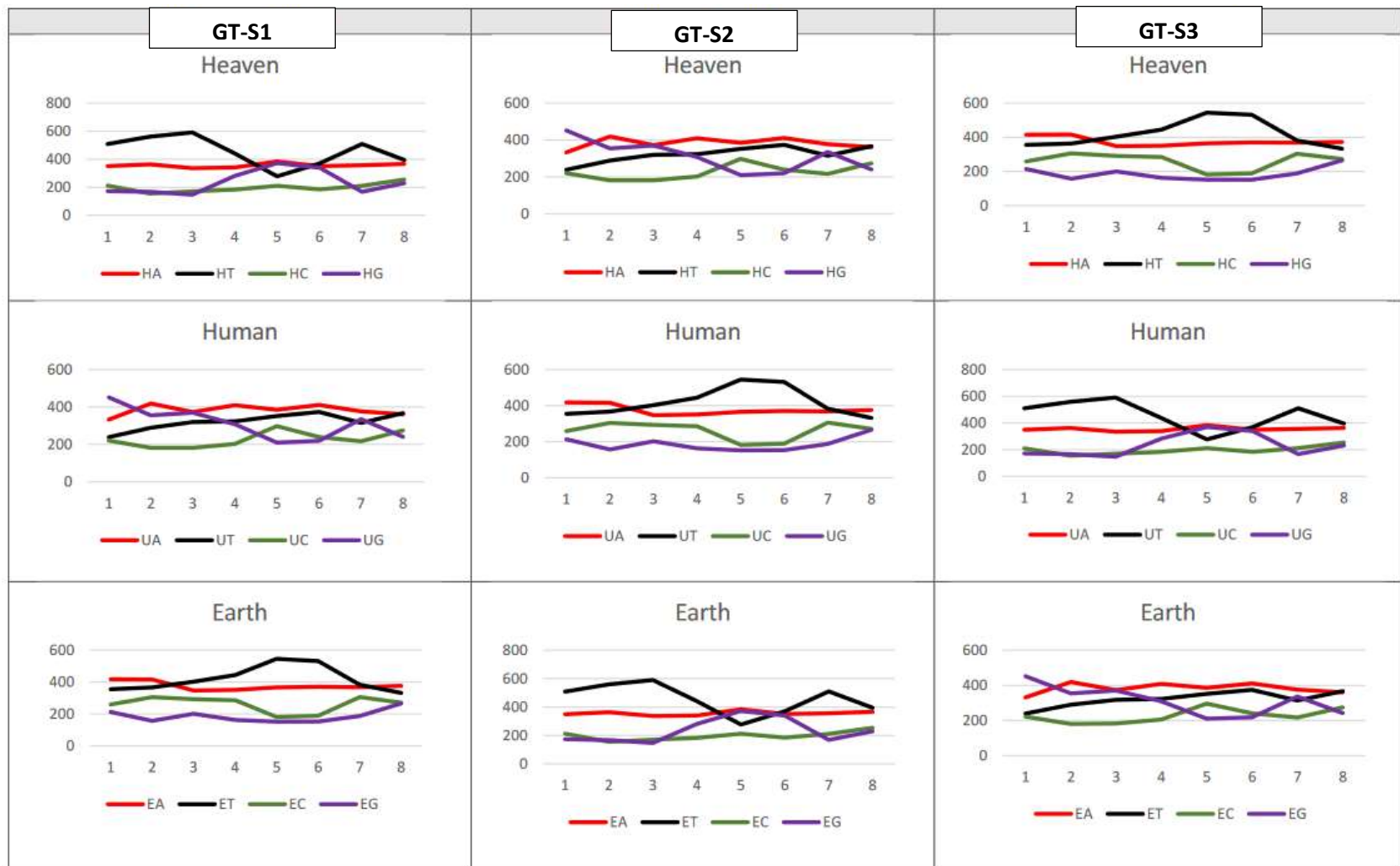


Fig 1. There are THREE COVID-19 GENEIDO Types and Their HUE Charts