

## **TCM Herbal and Dietary Approach to fight the new coronavirus COVID-19**

The new coronavirus COVID-19, that causes pneumonia and multi-organ failure has killed many in Wuhan, China. The good news, however, is that these coronaviruses are self-restraint. In other words, the symptoms will go away on their own at the end of the disease. Therefore, our strategy is “**Sustaining till the end!**”

### **Warning:**

1. The methods introduced below should be used as reference only. The recommended dosage is for 1 person/day.
2. Everyone who is ill is advised to see a doctor. All patients should follow their doctors' instructions to take the medicine.

### **The population who may benefit from the methods below include:**

1. People who are not infected but want to maintain or improve their immunity.
2. People with mild symptoms but for any reason, have no access to any treatment.
3. People who are willing to try alternative medicine. (All herbs listed below should be available in any Chinese herbal stores; or you may ask your acupuncture clinic to help you.)

### **TCM Herbal & Acupuncture Approaches:**

1. Basic formula to lift energy, increased immunity and maintain awareness:
  - a. Huang Qi 黄芪 18g, Dang Shen 党参 18g, Jiang Huang 姜黄 18g, Sheng Ma 升麻 12g, Chai Hu 柴胡 9g.  
  
**Warning:** If there is infection, please change Huang Qi 黄芪 with Bai Zhu 白术 9g.
  - b. Acupuncture Points (need Licensed Acupuncturist to operate): Du20 百会, Si Shen Cong 四神聪. See Figure 1.
2. If you have extreme fatigue: you can double the dosage of Huang Qi 黄芪, Dang Shen 党参 and Jiang Huang 姜黄.  
  
**Warning:** People with high blood pressure should remove Sheng Ma 升麻 & Chai Hu 柴胡.
3. If you have fever, use:
  - a. Jin Yin Hua 金银花 12g, Lian Qiao 连翘 12g. Stop applying when temperature goes back to normal.
4. If you have dry cough, use:

- a. Mai Dong 麦冬 18g. Do not use Bai Zhu 白朮 or Chuan Bei Pi Pa Gao 川贝枇杷膏. Stop applying after symptoms disappear.
5. If you have Kidney problem (For example, if you feel cold, have cold extremities, lower back pain, frequent urination):
  - a. Apply Moxa to the lower abdomen or lower waist.
  - b. Rub Qi and Blood moving Chinese herbal wine or oil, such as “Huo Luo You 活络油” around those areas.
  - c. Soak your feet in hot water for as long as you can on daily basis.

### **Dietary Therapy and other methods:**

1. To lift energy, increased immunity and maintain awareness:
  - a. Eat bread, pasta, rice
  - b. Use fingertips (or nail) to press on acupressure points: Du20 百会 and Si Shen Cong 四神聪 each 300 times a day. See Figure 1.
2. If you have extreme fatigue, but **no fever, dry cough or bleeding**, use:
  - a. Toast
3. If you have fever:
  - a. You may apply an ice pack on the forehead and body
4. If you have a dry cough:
  - a. Drink diluted vinegar or take vitamin C 1000mg daily until the symptoms disappear. Stop if you have diarrhea.
5. If you cough with phlegm and chest tightness:
  - a. Drink some rice wine, and
  - b. Rub Qi and Blood moving Chinese herbal wine or oil (such as Huo Luo You 活络油) on your chest
6. If you have Kidney problem (You may feel cold and have cold extremities, lower back pain, frequent urination):
  - a. Put hot water bottle on your lower abdomen and lower back
  - b. Rub Qi and Blood moving Chinese herbal wine or oil, such as “Huo Luo You 活络油” around those areas
  - c. Soak your feet in hot water for as long as you can on daily basis

### **AVOID:**

1. Raw & cold food, milk, yogurt, ice cream, sweets, coffee
2. Patients with fever and dry cough should avoid deep fry & spicy food, pizza, chips
3. Any food containing steroid hormones
4. Chuan Bei Pi Pa Gao 川贝枇杷膏

**Lifestyle:**

1. Ware mask.
2. Wash your hands.
3. Avoid the crowd.
4. Sleep is important.
5. Eat separately and try NOT to share the cutlery/tableware.
6. Exercise is good but over-exercising or not wearing a mask is not encouraged.
7. Relax. Stress and depression can reduce immunity. If prayer can calm your mood, you may as well do more.
8. Once I heard from a psychologist that love and kindness can boost immunity. So, please be kind to others including animals.



Figure 1. Acupressure Points on Top of the Head. B-Bai Hui 百会, S-Si Shen Cong 四神聪 (each is 1 thumb length from Bai Hui)

Wish everyone good health! We will get through this.

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