

Summary of prescriptions for covid 19 Prevention

Pneumonia Prevention Prescription:

Suitable for prevention of pneumonia and flu due to viral infection

Hang Qui (15g), Bai Zhu (10g), Fang Feng (10g), Mian Ma Guan Zhong (10g), Jin Yin Hua (10g), Chen Pi (6g), Pie Lan (10g)

Acupuncture Treatment for Suspected Cases:

Moxa Zusanli (st 36) bilaterally for 15 mins. Moxa Quihui (cv 6) and Zhongwan (cv12) at alternate treatments for 10 mins.

Twice daily, morning and evening.

Source:

[“ How COVID-19 \(2019-nCoV\) is Currently Treated in China with TCM](#)

Compiled, Translated and Edited by

John K. Chen, Pharm.D., PhD., OMD, LAc and Lori Hsu, MTOM, MS”

Fumigation with moxa in the room, 1-5 g/m² for 30 min per day.

Perfumed Chinese herb bags

(4g per herb for room, 2g per bag for personal use)

clove, fineleaf schizonepeta herb, *Perilla frutescens*, *atractylodes lancea*, cinnamon, biond magnolia flower, *asarum sieboldii*, and *Elettaria cardamomum* - Dian Xiang, Fang Feng, Jing Jie, Cang Zhu, Rou Gui, Xin Yi Hua, Bai Don Kou.

2 g for each, crushed into powder and put it into bags for external use, change a new one every 10 days).

(Herb bags provided by Pheonix Medical UK for hanging in the room are 4g per herb, not crushed.)

Prescription of Chinese herbs for feet bath

(vulgaris 10 g, carthamus 10 g, and dried ginger 6 g) Soaking the herbs in boiling water and bath the feet into the medical liquid when the temperature is suitable. Soak feet for about 20 min.

o

Prescription of Chinese herbs for prophylaxis

Astragalus mongholicus 12 g, roasted rhizoma *atractylodis macrocephalae* 10 g, *saposhnikovia divaricata* 10 g, *Cyrtomium fortunei* 10 g, honeysuckle 10 g, dried tangerine or orange peel 6 g, eupatorium 10 g, and licorice 10 g. Taking the medicine above yielded decoction once a day for adults, and for 5 days as a treatment course. If for children, cutting the dose to half.

Medical tea

Zi Su Ye (perilla leaf) 6 g, Huo Xiang (agastache leaf) 6 g, Chen Pi (dried tangerine or orange peel) 9 g, Cao Guo (stewed amomum tsao-ko) 6 g, and 3 slices Sheng Jiang (ginger). Soak the herbs in hot water and drink the water just like enjoying the tea.

Instructions for making tea from herb and harmony.

Bring the mixed herbs to the boil in 5/6 cups of water and simmer for 20 minutes. decant the tea and refill the pot with fresh water. Boil for 5 to 10 minutes. Mix both batches of tea and enjoy over three days.

o

Chinese patent medicine

Huoxiang Zhengqi capsule or Huoxiang Zhengqi Shui (in half dose).

Source:

[“A rapid advice guideline for the diagnosis and treatment of 2019 novel coronavirus \(2019-nCoV\) infected pneumonia \(standard version\)”](#)

Ying-Hui Jin, Lin Cai, [...], and , for the Zhongnan Hospital of Wuhan University Novel Coronavirus Management and Research Team, Evidence-Based Medicine Chapter of China International Exchange and Promotive Association for Medical and Health Care (CPAM)”