

Herbal Formula Chart for Covid-19

Hubei Provincial Hospital of Traditional Chinese Medicine 2/10/2020					Wuhan Union Hospital 2/17/2020					COVID-19 Diagnosis and Treatment Plan (7th edition) 3/3/2020						
Stage	Diagnosed Pattern and Treatment Strategy	Clinical Manifestations	Formula Name	Recommended Prescription	Stage	Diagnosed Pattern and Treatment Strategy	Clinical Manifestations	Formula Name	Recommended Prescription	Administration and Dosage, Injections	Stage	Diagnosed Pattern and Treatment Strategy	Clinical Manifestations	Formula Name	Recommended Prescription	Administration and Dosage, Injections
Prevention:			Pneumonia Prevention #1 肺炎预防方	Huang Qi 黄芪 (Radix Astragal) 15g, Bai Zhu 白术 (Rhizoma Atractylodes Macrocephala) 10g, Fang Feng 防风 (Radix Saposhnikovia) 10g, Min Ma Gou 枳椇 (Fructus Zizyphi) 10g, Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g, Chen Pi 陈皮 (Pericarpium Citri Reticulatae) 6g, Pei Lan 佩兰 (Herba Eupatori) 10g	Prevention: Strategy: strengthen q and nourish yin, clear heat and toxins, dry damp and eliminate turbid. 用于预防, 对于增强体 质, 预防新型冠状病毒感 染, 或可预防。 益气健脾, 清热解 毒, 宣肺降气为 主。	For prevention, can boost constitution, and can be used for prevention of COVID-19. 用于预防, 对于增强体 质, 预防新型冠状病毒感 染, 或可预防。	Wuhan No. 1 1号方	Huang Qi 黄芪 (Radix Astragal) 12g Bai Zhu 白术 (Rhizoma Atractylodes Macrocephala) 10g Fang Feng 防风 (Radix Saposhnikovia) 10g Bei Sha Shen 北沙参 (Radix Ophiopogon) 10g Min Ma Gou 枳椇 (Fructus Zizyphi) 10g Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g Yu Jing Cao 鱼腥草 (Herba Houttuyniae) 15g Di Ge Gong 地骨皮 (Radix Euphorbiae) 10g Qian Cao 甘草 (Radix Glycyrrhizae) 6g Cang Zhu 苍术 (Rhizoma Atractylodes) 10g Yi Yi Ren 薏苡仁 (Semen Coicis) 30g Guang Huo Xiang 藿香 (Herba Pogostemonis) 6g Fu Shen 茯苓 (Poria Parvifolia) 10g	Decoct one pack daily. Can be split into two doses taken warm each day. Or drink as a lighter tea throughout the day. Take for 3-7 days. 水煎服, 每日1剂, 分两次温服, 也可代茶饮, 服用3-7天。							
Influenza Phase: 流感期											Medical Observation Period 医学观察期	Type 1	fatigue with gastrointestinal upset 乏力伴胃肠道不适	Huoxiangzhengqi Caojus (pill or liquid) 藿香正气水	these are patent herbs	take as directed
Wind-Cold Invading the Exterior: 风寒束表证			Fu Formula #1 (Fu Gen Tang or Chai Ge Tang) 风寒束表证	Ge Gen 葛根 (Radix Puerariae Lobatae) 15g Ma Huang 麻黄 (Herba Ephedrae) 10g Guo Zhu 桂枝 (Ramulus Cinnamomi) 10g Gou Zhi 苟枝 (Fructus Psoraleae Albae) 15g Seng Jiang 生姜 (Rhizoma Zingiberis Japonicae) 10g Shan Yao 山药 (Rhizoma Dioscoreae) 10g Dan Zao 大枣 (Fructus Zizyphi) 10g Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g with headache, add Bai Zhi 白芷 (Radix Angelicae Dahuricae) 15g with dry or tickish throat, add She Gan 射干 (Rhizoma Belamcandae) 15g	onset of fever (mostly low-grade fever), aversion to cold and fear of cold, chills, headache, ticklish throat, soreness of muscles of limbs, no sweat or light sweats. [Examination] CT reveals lung bases with scattered ground-glass opacity (GGO). [Tongue] Tip and sides are red, thin white or yellow tongue coating. [Pulse] Floating and rapid.	Wind Heat/Invading Exterior 风热束表证 Strategy: expel wind, clear heat, soothe throat, relieve cough, moisten lungs. 用于驱风解表, 清热, 化痰, 止咳, 润肺利咽。	Wuhan No. 2 2号方	Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 15g Lian Qiao 连翘 (Fructus Forsythiae) 10g Bo He 薄荷 (Herba Menthae) 6g Niu Huang 牛黄 (Fructus Arctii) 10g Ban Xia 半夏 (Rhizoma Pinelliae) 10g Chai Hu 柴胡 (Radix Bupleuri) 10g Ban Lan Gen 板蓝根 (Radix Italicis) 15g Jie Gong 桔梗 (Radix Platycodonis) 10g Qian Cao 甘草 (Radix Glycyrrhizae) 6g Kuan Shou 款冬花 (Radix Scutellariae) 15g She Gan 射干 (Rhizoma Belamcandae) 10g Cang Feng 苍风 (Radix Saposhnikovia) 10g Ku Xing Ren 杏仁 (Semen Armeniacae Amarae) 10g Gang Huo Xiang 藿香 (Herba Pogostemonis) 10g Notopterygii 10g Cang Zhu 苍术 (Rhizoma Atractylodes) 10g Dou Kou 豆蔻 (Fructus Amomi Rotundus) 6g Jian Qiao 建醮 (Flos Lonicerae Japonicae) 25g Lian Qiao 连翘 (Fructus Forsythiae) 10g Shen Yao 神效 (Rhizoma Cimicifugae) 25g Dang Gu 当归 (Radix Angelicae Sinensis) 15g Ban Xia 半夏 (Rhizoma Pinelliae) 10g Ju Heng 桔梗 (Radix Platycodonis) 10g Yu Heng 郁金 (Rhizoma Curcumae) 10g Cang Zhu 苍术 (Rhizoma Atractylodes) 15g Qian Cao 甘草 (Radix Glycyrrhizae) 10g Huang Qin 黄芩 (Radix Scutellariae) 10g Guang Huo Xiang 藿香 (Herba Pogostemonis) 10g Hou Po 厚朴 (Cortex Magnoliae Officinalis) 6g She Gan 射干 (Rhizoma Belamcandae) 10g Zhi Qiao 枳壳 (Fructus Aurantii) 10g Zhu Ru 竹茹 (Caulis Bambusae in Tactis) 10g Ma Huang 炙麻黄 (Herba Ephedrae), honey-baked 6g Hong Jing Tian 红景天 (Radix Rhizoma Rhodiolae Cernuae) 10g	Decoct into 400ml, one packet per day. Take twice per day warm. 3 days equals a course, modify after each course. 水煎服, 每日1剂, 每剂煎取 400ml, 分次温服, 服用 3-7天。	Type 2	fatigue with fever 乏力伴发热	1) Jinhuangqin Ganules 金花清瘟 2) Lianhuangqin Ganules 连花清瘟 3) Shuangdu Capsules 双黄连胶囊	these are patent herbs	take as directed		
Heat Attacking the Lung: 热毒壅肺证			Fu Formula #2 (Modified Yin Qiao and Qing Wen Bai) 热毒壅肺证	Lu Xian 芦根 (Rhizoma Phragmitis) 15g Lian Qiao 连翘 (Fructus Forsythiae) 10g Nu Jiao 牛黄 (Fructus Arctii) 10g Bo He 薄荷 (Herba Menthae) 10g Gan Cao 甘草 (Radix Glycyrrhizae) 10g Dan Zhu 竹叶 (Herba Lophatheri) 10g Lu Xian 芦根 (Rhizoma Phragmitis) 15g Huang Lian 黄连 (Rhizoma Coptidis) 6g	fever, aversion to cold, sore throat, scanty sputum, sore and painful muscles in the limbs, body weakness, headache. [Examination] CT reveals both lungs to have scattered ground-glass opacity (GGO). [Tongue] Tip and sides are red, thin white or yellow tongue coating. [Pulse] Floating and rapid.	Damp Warmth in Early Phase 湿温初起 Strategy: disperse, drain expel damp, cool and clear heat 用于邪湿内蕴, 散湿化热, 宣肺清热, 辛凉透邪。	Wuhan No. 3 3号方	Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 25g Lian Qiao 连翘 (Fructus Forsythiae) 10g Shen Yao 神效 (Rhizoma Cimicifugae) 25g Dang Gu 当归 (Radix Angelicae Sinensis) 15g Ban Xia 半夏 (Rhizoma Pinelliae) 10g Ju Heng 桔梗 (Radix Platycodonis) 10g Yu Heng 郁金 (Rhizoma Curcumae) 10g Cang Zhu 苍术 (Rhizoma Atractylodes) 15g Qian Cao 甘草 (Radix Glycyrrhizae) 10g Huang Qin 黄芩 (Radix Scutellariae) 10g Guang Huo Xiang 藿香 (Herba Pogostemonis) 10g Hou Po 厚朴 (Cortex Magnoliae Officinalis) 6g She Gan 射干 (Rhizoma Belamcandae) 10g Zhi Qiao 枳壳 (Fructus Aurantii) 10g Zhu Ru 竹茹 (Caulis Bambusae in Tactis) 10g Ma Huang 炙麻黄 (Herba Ephedrae), honey-baked 6g Hong Jing Tian 红景天 (Radix Rhizoma Rhodiolae Cernuae) 10g	Decoct into 400ml, a packet per day. To be taken 4x per day warm over 3-7 days. 水煎服, 每日1剂, 每剂煎取 400ml, 分次温服, 服用 3-7天。							
											Clinical Treatment Period (For Confirmed Cases) 临床治疗期	Application Scope: suitable for mild, general and severe cases, reasonable for treating critical cases according to clinical symptoms. 清肺解毒汤 Source: Integrated Traditional Chinese and Western Medicine (No. 2020)ZJ, the Ministry of Traditional Chinese Medicine, Office of National Health Commission and Office of Administration of Traditional Chinese IET Medicine.	Lung-Clearing and Detoxification Soup 清肺解毒汤 Source: Integrated Traditional Chinese and Western Medicine (No. 2020)ZJ, the Ministry of Traditional Chinese Medicine, Office of National Health Commission and Office of Administration of Traditional Chinese IET Medicine.	Ma Huang 麻黄 (Herba Ephedrae) 6g, Sheng Shi Gao 石膏 (Fructus Gypsum Fibrosum) 15g, Ku Xing Ren 杏仁 (Semen Armeniacae Amarae) 10g, Shen Shi Gao 石膏 (Fructus Gypsum Fibrosum) 15g, Guo Zhu 桂枝 (Ramulus Cinnamomi) 10g, Gou Zhi 苟枝 (Fructus Psoraleae Albae) 15g, Zhu Ling 猪苓 (Polyporus Umbellatus) 6g, Bai Zhu 白术 (Rhizoma Atractylodes Macrocephala) 10g, Chai Hu 柴胡 (Radix Bupleuri) 10g, Fu Ling 茯苓 (Poria Parvifolia) 10g, Huang Qin 黄芩 (Radix Scutellariae) 6g, Jiang Ban Xia 姜半夏 (Rhizoma Pinelliae) 10g, Zhu Sheng Qin 猪苓 (Polyporus Umbellatus) 6g, Ji Wan 萹蓄 (Radix Asteris) 6g, Dong Hua 冬瓜 (Fructus Farfarae) 6g, She Gan 射干 (Rhizoma Belamcandae) 6g, Xi Xin 薏苡仁 (Semen Coicis) 6g, Shan Yao 山药 (Rhizoma Dioscoreae) 12g, Zhi Shi 枳实 (Fructus Aurantii Immaturus) 6g, Chen Pi 陈皮 (Pericarpium Citri Reticulatae) 6g, Huo Xiang 藿香 (Herba Pogostemonis) 6g.	The basic prescription is a traditional Chinese medicine packet, which should be decocted by water for oral intake. One packet per day, decoct same drug twice per day, once in the morning and in the evening (40 minutes after meals), three packets are regarded as a course of treatment. Take half bowl of rice soup if possible after taking the medicine, or a full bowl of rice soup for people with dry tongue and dehydrated body fluid. (Notes: the storage of rice soup should be decreased for people without fever, and increased for people with mild or severe fever.) Take the second course of treatment if the symptoms are improving but not disappeared, and it can be modified according to the actual situation for people with special requirements or other basic diseases. The medicine should be discontinued if the symptoms disappear.	
											Mild Type 轻型	Cold Stagnating Lung 寒湿束肺证	fever, fatigue, soreness of body, coughing, expectoration, chest tightness, suffocation, nausea, vomiting and sticky stools. [Examination] Pale or red with fat both cheeks, moist or greasy fur, [Tongue] soft and wetting or slippery.	low fever or normal body temperature, slight chills, alternating fatigue, head and body heaviness, suffocation, nausea, vomiting and sticky stools. [Examination] Pale or red with fat both cheeks, moist or greasy fur, [Tongue] soft and wetting or slippery.	ling Ling 铃铃 (Semen Lepidi) 15g, Di Long 地龙 (Lumbroicus) 15g, Du Sheng Qin 独生藜 (Rhizoma Paniculatis) 15g, Huo Xiang 藿香 (Herba Pogostemonis) 15g, Pei Lan 佩兰 (Herba Eupatori) 10g, Cang Zhu 苍术 (Rhizoma Atractylodes) 15g, Yun Lu 云苓 (Poria) 45g, Sheng Ba Zhu 生白术 (Rhizoma Atractylodes Macrocephala) 10g, Jiao Ma Yao 焦麦芽 (charred Fructus Hordei Cernuus) 10g, Jiao Shan Zha 焦山楂 (charred Fructus Crataegi) 10g, Jiao Shen Gu 焦神曲 (charred Massa Medica Fermentata) 10g, Hou Po 厚朴 (Cortex Magnoliae Officinalis) 15g, Jiao Bing Ling 焦冰灵 (charred Semen Arceae) 10g, Cao Guo 草果 (Fructus Tsaoko) 6g, Sheng Jiang 生姜 (Rhizoma Zingiberis Japonicae) 15g.	One dose per day, decocted with 600 ml water, taken in the morning, noon and evening respectively before meals.
											Damp-Heat Accumulating Lung 湿热蕴肺证	low fever or normal body temperature, light chills, alternating fatigue, head and body heaviness, suffocation, nausea, vomiting and sticky stools. [Examination] Pale or red with fat both cheeks, moist or greasy fur, [Tongue] soft and wetting or slippery.	ling Ling 铃铃 (Semen Lepidi) 15g, Di Long 地龙 (Lumbroicus) 15g, Du Sheng Qin 独生藜 (Rhizoma Paniculatis) 15g, Huo Xiang 藿香 (Herba Pogostemonis) 15g, Pei Lan 佩兰 (Herba Eupatori) 10g, Cang Zhu 苍术 (Rhizoma Atractylodes) 15g, Yun Lu 云苓 (Poria) 45g, Sheng Ba Zhu 生白术 (Rhizoma Atractylodes Macrocephala) 10g, Jiao Ma Yao 焦麦芽 (charred Fructus Hordei Cernuus) 10g, Jiao Shan Zha 焦山楂 (charred Fructus Crataegi) 10g, Jiao Shen Gu 焦神曲 (charred Massa Medica Fermentata) 10g, Hou Po 厚朴 (Cortex Magnoliae Officinalis) 15g, Jiao Bing Ling 焦冰灵 (charred Semen Arceae) 10g, Cao Guo 草果 (Fructus Tsaoko) 6g, Sheng Jiang 生姜 (Rhizoma Zingiberis Japonicae) 15g.	One dose per day, decocted with 400 ml water, taken once in the morning and once in the evening.		
											Damp-Heat Accumulating Lung 湿热蕴肺证	low fever or normal body temperature, light chills, alternating fatigue, head and body heaviness, suffocation, nausea, vomiting and sticky stools. [Examination] Pale or red with fat both cheeks, moist or greasy fur, [Tongue] soft and wetting or slippery.	ling Ling 铃铃 (Semen Lepidi) 15g, Di Long 地龙 (Lumbroicus) 15g, Du Sheng Qin 独生藜 (Rhizoma Paniculatis) 15g, Huo Xiang 藿香 (Herba Pogostemonis) 15g, Pei Lan 佩兰 (Herba Eupatori) 10g, Cang Zhu 苍术 (Rhizoma Atractylodes) 15g, Yun Lu 云苓 (Poria) 45g, Sheng Ba Zhu 生白术 (Rhizoma Atractylodes Macrocephala) 10g, Jiao Ma Yao 焦麦芽 (charred Fructus Hordei Cernuus) 10g, Jiao Shan Zha 焦山楂 (charred Fructus Crataegi) 10g, Jiao Shen Gu 焦神曲 (charred Massa Medica Fermentata) 10g, Hou Po 厚朴 (Cortex Magnoliae Officinalis) 15g, Jiao Bing Ling 焦冰灵 (charred Semen Arceae) 10g, Cao Guo 草果 (Fructus Tsaoko) 6g, Sheng Jiang 生姜 (Rhizoma Zingiberis Japonicae) 15g.	One dose per day, decocted with 400 ml water, taken once in the morning and once in the evening.		
											General 普通型	Damp-Poison Stagnating Lung 湿毒蕴肺证	fever, cough with less sputum or yellow chest tightness, fatigue, chest heaviness, or vomiting, loose stools. [Examination] Pale or red, white greasy fur, [Tongue] soft and fatty.	Ma Huang 麻黄 (Herba Ephedrae) 6g, Ku Xing Ren 杏仁 (Semen Armeniacae Amarae) 10g, Sheng Shi Gao 石膏 (Fructus Gypsum Fibrosum) 30g, Sheng Yi Yi Ren 生薏苡仁 (Semen Coicis) 30g, Cang Zhu 苍术 (Rhizoma Atractylodes) 10g, Huo Xiang 藿香 (Herba Pogostemonis) 15g, Qing Huo Xiang 清霍香 (Rhizoma Polygoni Cuspidate) 10g, Zhu Mu 竹茹 (Caulis Bambusae) 30g, Dan Lu 丹参 (Radix Salicariae) 15g, Hui Lu 黄芪 (Radix Astragal) 15g, Ting Lu 枳壳 (Fructus Aurantii) 10g, Sheng Gan Cao 生甘草 (Radix Glycyrrhizae) 10g	Administration and Dosage: one dose per day, decocted with 400 ml water, taken once in the morning and once in the evening.	
											Cold Dampness Obstructing Lung 寒湿阻肺证	low fever, hiding fever, or no fever, dry cough, little sputum, fatigue, chest tightness, or vomiting, loose stools. [Examination] Pale or red, white greasy fur, [Tongue] soft and fatty.	Cang Zhu 苍术 (Rhizoma Atractylodes) 15g, Chen Pi 陈皮 (Pericarpium Citri Reticulatae) 10g, Hou Po 厚朴 (Cortex Magnoliae Officinalis) 10g, Huo Xiang 藿香 (Herba Pogostemonis) 10g, Cao Guo 草果 (Fructus Tsaoko) 6g, Ma Huang 麻黄 (Herba Ephedrae) 6g, Guang Huo Xiang 藿香 (Herba Pogostemonis) 10g, Notopterygii 10g, Sheng Jiang 生姜 (Rhizoma Zingiberis Japonicae) 10g, Bing Ling 冰灵 (Semen Arceae) 10g	One dose per day, decocted with 400 ml water, taken once in the morning and once in the evening.		

