

Suggestions on Prevention and Treatment of 2019 Novel Coronavirus with Traditional Chinese Medicine

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1. Abstract

In fact, most of the patients are in the early stage of infection, if given reasonable treatment, they can recover quickly. On the other hand, there is a recurrence of infection after rehabilitation that is also a risk factor for healthy people. In Henan Province of China, 14 patients were treated with integrated traditional Chinese and Western medicine after 2019-nCoV infection was diagnosed. We found that the final cure rate was 100% and there is none recurrence of infection, so far.

2. Introduction

At present, the new coronavirus has been popular all over the world, which has brought heavy pressure to the medical system of various countries [1]. A document was issued in January 23rd, 2020 to establish a synergistic mechanism for the 2019-nCoV. The provincial expert group is on duty in combination with traditional Chinese and Western medicine to carry out long-distance consultation with traditional Chinese and Western medicine for severe cases, so as to achieve full coverage.

3. Treatment of 2019 Novel Coronavirus with Traditional Chinese Medicine

In March 2020, we collected 14 patients' treatment information from the First Affiliated Hospital of Henan University of traditional Chinese medicine, Xinmi Hospital of traditional Chinese medicine and Lushi Hospital of traditional Chinese medicine. 14 patients were treated with integrated traditional Chinese and Western medicine after 2019-nCoV infection was diagnosed. According to the clinical manifestations and syndrome characteristics, 14 patients were treated with different traditional Chinese medicine, which was Decoction and orally taken. Traditional Chinese Medicine treatment combined with syndrome changes are divided into period of medical observation and Clinical treatment period. Clinical treatment period is divided into Early stage, Metaphase, Severe stage, Recovery period.

Finally, we recommend different traditional Chinese medicine treatment according to the pathological characteristics and clinical manifestations of each stage combined with Western Medicine, the treatment plan of medical observation period is shown in (Table 1) and the treatment plan of clinical treatment period is in (Table 2). 14 patients' treatment information is shown in (Table 3). That is from the First Affiliated Hospital of Henan University of traditional Chinese medicine, Xinmi Hospital of traditional Chinese medicine and Lushi Hospital of traditional Chinese medicine were treated with integrated traditional Chinese and Western medicine. We found that the final cure rate was 100%. Further research shows that the specific pharmacological effects of these effective Chinese herbs can well control the storm of inflammatory factors brought by new coronavirus. Results were showed in (Table 4).

Table 1: Treatment scheme of medical observation period

| | Clinical Feature | Recommended Chinese Patent Drug | Dose/Day | Medication Method |
|----------------------------|--|---------------------------------|----------|-------------------|
| Medical Observation Period | Feedble with gastrointestinal discomfort | Huoxiang Zhengqi Capsule | 3.6g | Oral |
| | Feedble with fever | Lianhua Qingwen Capsule | 4.2g | Oral |

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Table 2: Treatment scheme of clinical period

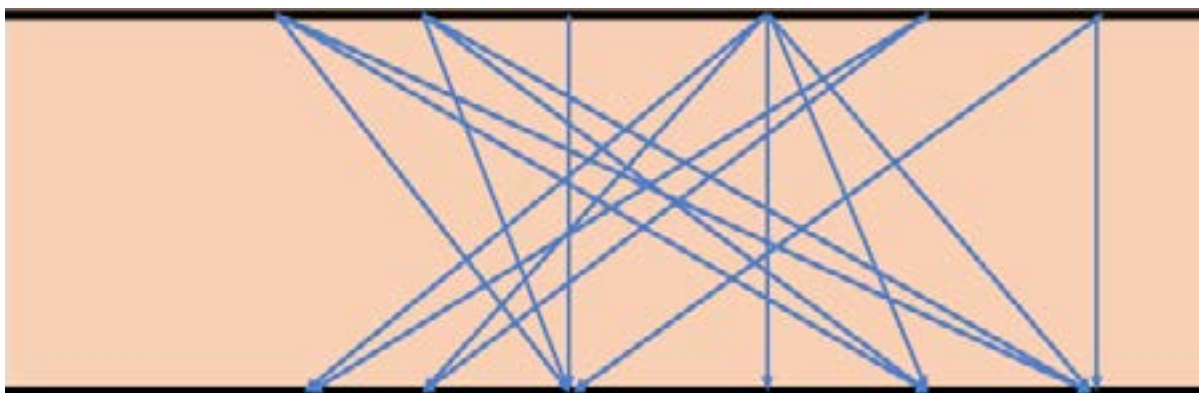
| | | Clinical Feature | Recommended Prescription | Dose/Day | Medication Method |
|---------------------------|-----------------|--|---|----------|-------------------|
| Clinical Treatment Period | Initial Stage | Aversion to cold with fever, dry cough, dry throat, fatigue, chest tightness, wanruff or nausea, loose stools. The tongue is light or reddish, the moss is white and greasy and the pulse is moistening. | Cangshu 15g, tangerine peel 10g, mangnolia officinalis 10g, huoxiang 10g, caoguo 6g, raw ephedra 6g, noptopterygium 10g, ginger 10g betel 10g | 600 ml | Oral |
| | Medium term | Frequent cold and heat, fever, cough and less sputum, abdominal distension and constipation, chest tightness and shortness of breath, Red tongue, yellow greasy or dry fur, smooth pulse. | Almond 10g, gypsum 30g, trichosanthes 30g, rhubarb 6g, ephedra 6g, tingli 10g, peach kernel 10g, caoguo 6g, betel 10g, atractylodes 10g | 600 ml | Oral |
| | Critical Period | Dyspnea, need auxiliary ventilation, cold limbs, purple tongue, thick and greasy or dry moss, big and rootless pulse. | Shenfu injection, Shengmai injection | 100 ml | Intravenous drip |
| | Convalescence | Languor and fatigue, poor appetite and nausea, fullness or ruffian, weakness of stool, loose stools, light and fat tongue, white and greasy fur. | Method pinellia ternate 9g, tangerine peel 10g, dangshen 15g, roasted astragalus 30g, poria 15g, huoxiang 10g, amomum 6g | 600 ml | Oral |

Table 3: 14 Patients treatment information

| Hospital Name | Number of infected persons | Therapeutic method | Cure rate |
|---|----------------------------|---|-----------|
| First Affiliated Hospital of Henan University of Traditional Chinese Medicine | 8 | Integrated traditional Chinese and Western Medicine | 100% |
| Xinmi Hospital of Traditional Chinese Medicine | 3 | Integrated traditional Chinese and Western Medicine | 100% |
| Lushi Hospital of Traditional Chinese Medicine | 3 | Integrated traditional Chinese and Western Medicine | 100% |

Table 4: Target of traditional Chinese Medicine

| Chinese Medicine Name | Ephedra | Licorice | Chinese Atractylodes | Polygonum Cuspidatum | Agastache Rugosus | Almond |
|--|-----------|------------------|----------------------|----------------------|-------------------|-------------|
| Effective components of traditional Chinese Medicine | Ephedrine | Liquiritin genin | Atractylodin | Emodin | Apigenin | Lauric acid |



| Target | TP53 Caspase | ICAM1, ICAM2 | Toll-like receptors (TLR4, TLR9) | TNF receptor | Interferon | PTGS1/2, HSP90 |
|--------|--------------|--------------|----------------------------------|--------------|------------|----------------|
|--------|--------------|--------------|----------------------------------|--------------|------------|----------------|

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