

# **USING CHINESE HERBAL PRODUCTS AND FORMULAS IN THE VARIOUS STAGES OF TOXIC-HEAT INVASION**

**Jake Paul Fratkin, OMD**

China has published guidelines for TCM treatment of the various stages of the current COVID-19 pandemic.

## **Guidance for Corona Virus Disease 2019: Prevention, Control, Diagnosis and Management**

National Health Commission (NHC) of the PRC

National Administration of Traditional Chinese Medicine of the PRC  
(WHO Collaborating Centre for Health Information and Publishing)

(People's Medical Publishing House)

## **How COVID-19 (2019-nCoV) is Currently Treated in China with TCM**

Translated and formatted by John Chen and Lori Hsu

Available from [eLotus.org](http://eLotus.org)

**8.4.1. Medial Observation Period** (No lab confirmation of COVID-19)**Manifestation 1: Fatigue with GI upset**

Px: *Huo Xiang Zheng Qi Pian*

**Manifestation 2: Fatigue with fever**

Px: Jinhua Qinggan Granules (unavailable)  
Lianhua Qingwen Capsules (unavailable)  
Shufeng Jiedu Capsules (unavailable)

My recommendation:

*Gan Mao Ling*

*Zhong Gan Ling*

*Yin Qiao San*

#### 8.4.2. FOR CONFIRMED OR HIGHLY SUSPECTED CASES:

##### LUNG-CLEARING AND DETOXIFICATION SOUP

Use as foundation formula for all cases, mild to severe.

Adjust, reduce or modify according to case

*Prescription:*

Ephedra <i>Ma Huang</i>	9	(unavailable)
[Sub: Cinnamomum <i>Gui Zhi</i> ]		
Glycyrrhiza <i>Zhi Gan Cao</i>	6	
Armeniaca <i>Xing Ren</i>	9	
Gypsum <i>Shi Gao</i>	15-30	
Cinnamomum <i>Gui Zhi</i>	9	
Alisma <i>Ze Xie</i>	9	
Polyporous <i>Zhu Ling</i>	9	
Atractylodes <i>Bai Zhu</i>	9	
Poria <i>Fu Ling</i>	15	
Bupleurum <i>Chai Hu</i>	16	
Scutellaria <i>Huang Qin</i>	6	
Pinellia <i>Zhi Ban Xia</i>	9	
Zingiberis <i>Sheng Jiang</i>	9	
Aster <i>Zi Wan</i>	9	
Tussilago <i>Kuan Dong Hua</i>	9	
Belamcanda <i>She Gan</i>	9	
Asarum <i>Xi Xin</i>	6	(unavailable)
Dioscorea <i>Shan Yao</i>	12 g.	
Aurantium <i>Zhi Shi</i>	6	
Citrus <i>Chen Pi</i>	6	
Agastache <i>Huo Xiang</i>	9	

Recommended products:

Combine *Xiao Chai Hu Tang* with *San Ren Tang*

## MILD OR EARLY STAGE

### 2-1. COLD-DAMPNESS STAGNATING THE LUNGS

SX: Fever, fatigue, cough with expectoration, chest tightness, nausea, sticky stool

*Prescription:*

Ephedra <i>Ma Huang</i>	6	(unavailable)
[sub: Cinnamomum <i>Gui Zhi</i> ]		
Gypsum <i>Shi Gao</i>	15-30	
Armeniaca <i>Xing Ren</i>	9	
Notopterygium <i>Qiang Huo</i>	15	
Lepidium <i>Ting Li Zi</i>	15	
Lumbricus <i>Di Long</i>	15	
Cynanchum <i>Bai Qian</i>	15	
Agastache <i>Huo Xiang</i>	15	
Eupatorium <i>Pei Lan</i>	9	
Atractylodes <i>Cang Zhu</i>	15	
Poria <i>Fu Ling</i>	45	
Atractylodes <i>Bai Zhu</i>	30	
Hordeum (Charred) <i>Mai Ya</i>	9	
Massa Medicata (Charred) <i>Shen Qu</i>	9	
Crataegus (Charred) <i>Shan Zha</i>	9	
Magnolia <i>Hou Po</i>	15	
Areca (Charred) <i>Da Fu Pi</i>	9	
Amomum <i>Cao Guo</i>	9	
Zingiberis <i>Sheng Jiang</i>	15	

Product: Combine *Huo Xiang Zheng Qi Tang* with *Jing Fang Bai Du San*

## 2-2. DAMP-HEAT ACCUMULATED LUNG

SX: Low or no fever, slight chills, body achy and heavy, dry cough, sore throat, dry mouth, chest tight, epigastric fullness, no sweating, nausea, stool loose or constipated

*Prescription:*

<i>Areca Da Fu Pi</i>	10 g.
<i>Amomum Cao Guo</i>	10
<i>Magnolia Hou Po</i>	10
<i>Anemarrhena Zhi Mu</i>	10
<i>Scutellaria Huang Qin</i>	10
<i>Bupleurum Chai Hu</i>	10
<i>Paeonia Chi Shao</i>	10
<i>Forsythia Lian Qiao</i>	15
<i>Artemisia Qing Hao</i>	10
<i>Atractylodes Cang Zhu</i>	10
<i>Isatis Ban Lan Gen</i>	10
<i>Glycyrrhiza Gan Cao</i>	5

Products: combine *Xiao Chai Hu Tang* with *Gan Mao Ling* or *Zhong Gan Ling*

## GENERAL STAGE, MIDDLE STAGE

### 3-1. DAMP-TOXIN STAGNATING LUNG

Sx: Fever, cough with little phlegm, shortness of breath, abdominal distension.

T: dark red, yellow coat (dry or greasy)

P: Rapid and slippery

*Prescription:*

Ephedra <i>Ma Huang</i>	6	(unavailable)
[sub: Cinnamomum <i>Gui Zhi</i> ]		
Armeniaca <i>Xing Ren</i>	15	
Gypsum <i>Shi Gao</i>	30	
Coix <i>Yi Yi Ren</i>	30	
Atractylodes <i>Cang Zhu</i>	10	
Agastache <i>Huo Xiang</i>	15	
Artemisia <i>Qing Hao</i>	12	
Polygonum <i>Hu Zhang</i>	20	
Verbena <i>Ma Bian Cao</i>	30	
Phragmites <i>Lu Gen</i>	30	
Lepidium <i>Ting Li Zi</i>	15	
Citrus <i>Chen Pi</i>	15	
Glycyrrhiza <i>Gan Cao</i>	10	

Products: Combine *Qing Zao Jiu Fei Tang* with *Huo Xiang Zheng Qi Pian*

### 3-2. COLD-DAMPNESS OBSTRUCTING THE LUNG

Sx: low fever or no fever, dry cough, no phlegm, fatigue, chest tightness, nausea, loose stool

T: pale or red, white fur; P: soft, floating

*Prescription:*

<i>Atractylodes Cang Zhu</i>	15 g	
<i>Citrus Chen Pi</i>	10	
<i>Magnolia Hou Po</i>	10	
<i>Agastache Huo Xiang</i>	10	
<i>Amomum Cao Guo</i>	6	
<i>Ephedra Ma Huang</i>	6	(not available)
[Sub: <i>Cinnamomum Gui Zhi</i> ]		
<i>Notopterygium Qiang Huo</i>	10	
<i>Zingiberis Sheng Jiang</i>	10	
<i>Areca Da Fu Pi</i>	10	

Products: Combine *Ban Xia Hou Po Tang* with *Ge Gen Tang* or *Gui Zhi Tang*

## SEVERE STAGE

### 4-1 LUNG BLOCKED BY EPIDEMIC TOXIN

Sx: high fever, flushing, harsh cough, small yellow sticky phlegm maybe with blood, Wheezing or shortness of breath, dry mouth, nausea, poor stool movement, urine perhaps brown.

T: red with yellow coat, P: slippery, rapid

#### *Prescription:*

Ephedra <i>Ma Huang</i>	6 g	(not available)
[sub: Cinnamomum <i>Gui Zhi</i> ]		
Armeniaca <i>Xing Ren</i>	9	
Gypsum <i>Shi Gao</i>	15	
Glycyrrhiza <i>Gan Cao</i>	3	
Agastache <i>Huo Xiang</i>	10	
Magnolia <i>Hou Po</i>	10	
Atractylodes <i>Cang Zhu</i>	15	
Amomum <i>Cao Guo</i>	10	
Pinellia <i>Zhi Ban Xia</i>	9	
Poria <i>Fu Ling</i>	15	
Rheum <i>Da Huang</i>	5	
Astragalus <i>Huang Qi</i>	10	
Lepidium <i>Ting Li Zi</i>	10	
Paeonia <i>Chi Shao</i>	10	

Products: combine *Chai Ge Jie Ji Tang* with *Bai Hu Tang* or *Liang Ge San*



## 4-2 FLARING HEAT IN THE QI AND YING

Sx: severe fever with thirst, dyspnea, delirium, blurred vision, rash, hematemesis or epistaxis, convulsion in limbs

T: dry, red; P: deep or large and rapid

*Prescription:*

Gypsum <i>Shi Gao</i>	30-60 g
Anemarrhena <i>Zhi Mu</i>	30
Rehmannia <i>Sheng Di Huang</i>	30-60
Cornus <i>Bubali Shui Niu Jiao</i>	30
Paeonia <i>Chi Shao</i>	30
Scrophularia <i>Xuan Shen</i>	30
Forsythia <i>Lian Qiao</i>	15
Moutan <i>Mu Dan Pi</i>	15
Coptis <i>Huang Lian</i>	6
Lophatherum <i>Zhu Ye</i>	12
Lepidium <i>Ting Li Zi</i>	15
Glycyrrhiza <i>Gan Cao</i>	6

Products: Combine *Bai Hu Tang* with *Gan Mao Wan* or *Zhong Gan Ling*

## 5. CRITICAL STAGE: INTERNAL BLOCK AND OUTWARD DESERTION

SX: lungs requiring ventilation, dizziness, irritability, cold sweaty limbs,

T: purple, thick or dry fur, P: large, floating

*Prescription:*

Ginseng <i>Ren Shen</i>	15 g
Aconite <i>Fu Zi</i>	10
Cornus <i>Shan Zhu Yu</i>	15

## MY RECOMMENDATIONS FOR ACUTE STAGE

1) **FOR ILLNESS WITH FEVER**, the treatment principle is to clear toxic heat. Choose from:

\* = most recommended

### WU WEI XIAO DU YIN

*Availability:*

DANDELION & WILD CHRYSANTHEMUM COMBINATION (EG)

FIVE FLAVOR TEAPILLS (PF)

WU WEI XIAO DU YIN (BP, TL)

WU WEI XIAO DU YIN (EG)

\* PATRINIA 7 (SF)

### CHUAN XIN LIAN WAN

\*

*Availability*

ANDROGRAPHIS FORMULA (GF)

ANTIPHLOGISTIC FORMULA (K)

CHUAN XIN LIAN KANG YAN PIAN (BP)

CHUAN XIN LIAN PIAN (PF, PM)

CHUAN XIN LIAN WAN (HT)

ISATIS FORMULA (CC)

\*antiVIRII (PX)

\* ISATIS 6 (SF)

### GAN MAO LING

*Availability:*

CHILDREN'S CLEAR AND RELEASE FORMULA (GF)

DR.SHEN'S GAN MAO LING (DS)

GAN MAO LING (K, PF)

GAN MAO LING FORMULA (GF)

GAN MAO LING JIE DU WAN (HT)

GANMAO TUIRE CHONGJI (PM)

GANMAOLING TABLETS (PM)

**ZHONG GAN LING** (*zhòng gǎn líng* 重感灵)*Availability:*

COLD BURST (JD)  
 ZHONG GAN LING (HT, JD, K, PF, TL)  
 ZHONG GAN LING FORMULA (CC, GF)  
 ZHONG GAN LING WAN (HT)  
 ZHONG GAN QING PIAN/WAN (GC)

*Important American-made products: (\* = favorites)*

ASTRA ISATIS (HC)  
 \* BIDENS 6 (SF)  
 CHRYSANTHEMUM 9 (SF)  
 CHUAN XIN LIAN KANG YAN WAN (HT)  
 \* CLEAR TOXIN (DrJake)  
 CLEAR HEAT (HC)  
 ENHANCE (HC)  
 FORSYTHIA 18 (SF)  
 \* GZQ (DrJ)  
 \* HERBAL ABX (EVG)  
 \* ILEX 15 (SF)  
 ISATIS FORMULA (CC)  
 ISATIS GOLD (HC)  
 \* PARIS 7 (SF)  
 \* PATRINIA 7 (SF)  
 PURGE HEAT (CMS)  
 \* VIOLA CLEAR FIRE FORMULA (GF)

2) LUNG FIRE, with harsh painful barking cough, difficulty breathing.

***CHINESE-MADE FORMULAS:***

**QING ZAO JIU FEI TANG**

***Availability:***

ERIOBOTRYA & OPHIOPOGON COMBINATION (EG)

QING ZAO JIU FEI WAN (HT, TL)

**HUANG LIAN SHANG QING WAN \***

***Availability:***

COPTIS, PHELLODENDRON & MINT FORMULA (EG)

HUANG LIEN SHANG CHING PIEN (PM)

HUANG LIEN SHANG QING PIAN (BE, PM)

**QING FEI YI HUO PIAN \***

***Availability:***

CHING FEI YI HUO TABLETS (PM)

QING FEI CLEARING FORMULA (K)

QING FEI YI HUO WAN (HT)

**YANG YIN QING FEI WAN**

YANG YIN QING FEI WAN (PM)

YANG YIN QING FEI TANG JIANG (PM)

***AMERICAN-MADE PRODUCTS:***

- \* BELAMCANDA 15 (SF)
- \* STEMONA TABLETS (SF)
- \* SVP LUNG (DrJ)

## HERBAL COMPANY CODES

<b>BP</b>	Blue Poppy
<b>CC</b>	Chinese Classics
<b>DrJ</b>	Doctor Jake Fratkin's Formulas
<b>EG</b>	"Standardized" extract granules or capsules from Taiwan and China (Acuherb, E-Fong, Evergreen, Guang Ci Tang, Herbal Times, KPC, Mintong, Nong's, Plum Flower, Qualiherb, Sunten, etc)
<b>EV</b>	Evergreen
<b>GC</b>	Guang Ci Tang (Active Herb)
<b>GF</b>	Golden Flower
<b>HC</b>	Health Concerns
<b>HS</b>	Honso (TCM Zone)
<b>HT</b>	Herbal Times (Nuherbs)
<b>JD</b>	Jade Dragon (Nuherbs)
<b>K</b>	Kan Herbals and Traditionals
<b>MS</b>	Minshan (China)
<b>PF</b>	Plum Flower (Mayway)
<b>PM</b>	Patent Medicine (various manufacturers, China)
<b>PX</b>	Panexea
<b>SF</b>	Seven Forest (Institute of Traditional Medicine)
<b>TZ</b>	TCMZone (Honso)
<b>TL</b>	Tanglong (China)

Many of these products can be found at:

Crane Herb Company: [www.craneherb.com](http://www.craneherb.com)

Golden Needle: [www.goldenneedleonline.com](http://www.goldenneedleonline.com)

eLotus has translated numerous articles from China for treating COVID-19  
[www.elotus.org/content/tcm-resources-covid-19](http://www.elotus.org/content/tcm-resources-covid-19)

## HOW COVID-19 (2019-NCOV) IS CURRENTLY TREATED IN CHINA WITH TCM

Translated by John Chen and Lori Hsu

**Prevention Phase**

**Influenza Phase**

**Pneumonia Phase**

**Recovery Phase**

### PREVENTION PHASE

**Formula: Pneumonia Prevention #1**

<i>Huang Qi</i> 黄芪 (Radix Astragali)	15 g
<i>Bai Zhu</i> 炒白朮 (Rhizoma Atractylodis Macro), dry fried	10
<i>Fang Feng</i> 防风 (Radix Saposhnikoviae)	10
<i>Guan Zhong</i> 贯众 (Rhizoma Dryopteridis)	10
<i>Jin Yin Hua</i> 金银花 (Flos Lonicerae Japonicae)	10
<i>Chen Pi</i> 陈皮 (Pericarpium Citri Reticulatae)	6
<i>Pei Lan</i> 佩兰 (Herba Eupatorii)	10

## INFLUENZA PHASE

**Diagnosis:** Wind-Cold Invading the Exterior

**Clinical Manifestations:** 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 night sweats.

Tongue is pale, coating is white and thin. Floating pulse

**Treatment Strategy:** Expel Wind, Release the Exterior; Clear Heat, Detoxify

**Herbal Formula:**

*Ge Gen Tang* (Kudzu Decoction) or *Chai Ge Jie Ji Tang* (Bupleurum and Kudzu Decoction to Release the Muscle Layer)

### FLU FORMULA #1

<i>Ge Gen</i> 葛根 (Radix Puerariae Lobatae)	15 g
<i>Ma Huang</i> 麻黄 (Herba Ephedrae)	10
<i>Gui Zhi</i> 桂枝 (Ramulus Cinnamomi)	6
<i>Bai Shao</i> 白芍 (Radix Paeoniae Alba)	15
<i>Sheng Jiang</i> 生姜 (Rhizoma Zingiberis Recens)	10
<i>Gan Cao</i> 生甘草 (Radix et Rhizoma Glycyrrhizae)	10
<i>Da Zao</i> 大枣 (Fructus Jujubae)	10
<i>Jin Yin Hua</i> 金银花 (Flos Lonicerae Japonicae)	20

- with headache, add *Bai Zhi* 白芷 (Radix Angelicae Dahuricae) 15g
- with dry or ticklish throat, add *She Gan* 射干 (Rhizoma Belamcandae) 15g

**DIAGNOSIS: TOXIC HEAT ATTACKING THE LUNG**

**Clinical Manifestations:** Fever, aversion to cold, sore and dry throat, dry cough, scanty sputum, sore and painful muscles in the limbs, weakness, headache

**Treatment Strategy:** Expel Wind, Release the Exterior; Clear Heat, Detoxify

**Herbal Formula:** *Yin Qiao San* and *Qing Wen Bai Du San*

**FLU FORMULA #2**

<i>Jin Yin Hua</i> 金银花 (Flos Lonicerae Japonicae)	10 g
<i>Lian Qiao</i> 连翘 (Fructus Forsythiae)	10
<i>Jing Jie</i> 荆芥 (Herba Schizonepetae)	10
<i>Niu Bang Zi</i> 牛蒡子 (Fructus Arctii)	10
<i>Bo He</i> 薄荷 (Herba Menthae)	10g
<i>Gan Cao</i> 生甘草 (Radix et Rhizoma Glycyrrhizae)	10
<i>Dan Zhu Ye</i> 淡竹叶 (Herba Lophatheri)	10
<i>Lu Gen</i> 芦根 (Rhizoma Phragmitis)	15
<i>Huang Lian</i> 黄连 (Rhizoma Coptidis)	6



**DIAGNOSIS: DAMP COLD IN THE LUNG**

**Clinical Manifestations:** Aversion to cold, fever or absence of fever, dry cough, dry throat, fatigue, weakness, chest stuffiness, epigastric distention, nausea, diarrhea. Pale tongue, white greasy coating, slippery pulse.

**Treatment Strategy:** Expel Wind, Release the Exterior; Dispel Damp Cold

**Herbal Formula:**

**DAMP COLD FORMULA #1**

<i>Cang Zhu</i> 蒼朮 (Rhizoma Atractylodis)	15 g
<i>Chen Pi</i> 陳皮 (Pericarpium Citri Reticulatae)	10
<i>Hou Po</i> 厚樸 (Cortex Magnoliae Officinalis)	10
<i>Huo Xiang</i> 藿香 (Herba Pogostemonis seu Agastaches)	10
<i>Cao Guo</i> 草果 (Fructus Tsaoko)	6
<i>Ma Huang</i> 生麻黃 (Herba Ephedrae)	6
<i>Qiang Huo</i> 羌活 (Rhizoma et Radix Notopterygii)	10
<i>Sheng Jiang</i> 生薑 (Rhizoma Zingiberis Recens)	10
<i>Bing Lang</i> 檳榔 (Semen Arecae)	10

## PNEUMONIA PHASE:

**Diagnosis:** *Shaoyang* Syndrome with Damp

**Clinical Manifestations:** Fever, which is more pronounced in the afternoon, alternating chills with fever, cough, absence of wheezing, bitter taste in the mouth, dry mouth, chest stuffiness, stifling sensation, chest and hypochondriac fullness and distention, irritability, nausea or vomiting, no appetite, weakness. Similar to the beginning stage of pneumonia.

**Examination:** CT scan reveals both lungs to have multiple scattered or large pieces of ground-glass opacity (GGO). Slightly red tongue, thick and greasy, white or yellow coating, slippery, rapid pulse.

**Treatment Strategy:** Harmonize *Shaoyang* Syndrome, Clear Damp-Heat

**Herbal Formula:**

*Xiao Chai Hu Tang* (Minor Bupleurum Decoction) with

*San Ren Tang* (Three-Nut Decoction)

or *Gan Lu Xiao Du Dan* (Sweet Dew Special Pill to Eliminate Toxins)

## PNEUMONIA FORMULA #1

<i>Chai Hu</i> 柴胡 (Radix Bupleuri)	24 g
<i>Huang Qin</i> 黄芩 (Radix Scutellariae)	9
<i>Sheng Jiang</i> 生姜 (Rhizoma Zingiberis Recens)	10
<i>Fa Ban Xia</i> 法夏 (Rhizoma Pinelliae)	12
<i>Ku Xing Ren</i> 杏仁 (Semen Armeniacae Amarum)	15
<i>Bai Dou Kou</i> 白豆蔻 (Fructus Amomi Rotundus)	10
<i>Yi Yi Ren</i> 薏苡仁 (Semen Coicis)	30
<i>Dan Zhu Ye</i> 竹叶 (Herba Lophatheri)	15
<i>Hua Shi</i> 滑石 (Talcum)	15
<i>Tu Fu Ling</i> 土茯苓 (Rhizoma Smilacis Glabrae)	30
<i>Gan Cao</i> 生甘草 (Radix et Rhizoma Glycyrrhizae)	10

## DIAGNOSIS: DAMP HEAT AFFLICTING THE LUNG

**Clinical Manifestations:** Low-grade fever or absence of fever, dry cough, scanty sputum, dry and sore throat, fatigue, weakness, poor appetite, chest stuffiness, epigastric distention, nausea or vomiting, loose stool.

**Treatment Strategy:** Transform Dampness, Detoxify; Disperse the Lungs and Expel Pathogens

**Herbal Formula:**

*Ma Xing Yi Gan Tang* (Ephedra, Apricot Kernel, Coicis, and Licorice Decoction)

*Xiao Xian Xiong Tang* (Minor Sinking into the Chest Decoction) a

and *Cao Guo Zhi Mu Tang* (Tsaoko and Anemarrhena Decoction)

## PNEUMONIA FORMULA #2

<i>Ma Huang</i> 麻黄 (Herba Ephedrae)	10 g
<i>Ku Xing Ren</i> 杏仁 (Semen Armeniacae Amarum)	10
<i>Yi Yi Ren</i> 薏苡仁 (Semen Coicis)	30
<i>Huang Lian</i> 黄连 (Rhizoma Coptidis)	6
<i>Fa Ban Xia</i> 法夏 (Rhizoma Pinelliae)	10
<i>Gua Lou Pi</i> 瓜蒌皮 (Pericarpium Trichosanthis)	10
<i>Cao Guo</i> 草果 (Fructus Tsaoko)	10
<i>Zhi Mu</i> 知母 (Rhizoma Anemarrhenae)	10
<i>Yu Xing Cao</i> 鱼腥草 (Herba Houttuyniae)	15
<i>Gan Cao</i> 生甘草 (Radix et Rhizoma Glycyrrhizae)	10
<i>Bai Dou Kou</i> 白豆蔻 (Fructus Amomi Rotundus)	9

## DIAGNOSIS: TOXIC STAGNATION OBSTRUCTING THE LUNG

**Clinical Manifestations:** Cough, stifling sensation, stuffiness and distention in the chest, asthma and wheezing that worsens with exertion, accelerated respiration, thirst, irritability, reddish yellow urine.

**Treatment Strategy:** Detoxify, Arrest Wheezing; Transform Blood Stasis and Open Collaterals

**Herbal Formula:** *Bai Hu Jia Ren Shen Tang* (White Tiger plus Ginseng Decoction) with *Si Tu Tang* (Four Wild Decoction)

### PNEUMONIA FORMULA #3

<i>Shi Gao</i> 石膏 (Gypsum Fibrosum)	30 g
<i>Zhi Mu</i> 知母 (Rhizoma Anemarrhenae)	10
<i>Shan Yao</i> 山药 (Rhizoma Dioscoreae)	15
<i>Xi Yang Shen</i> 西洋参 (Radix Panacis Quinquefolii)	5
<i>Tu Fu Ling</i> 土茯苓 (Rhizoma Smilacis Glabrae)	30
<i>Tu Da Huang</i> 土大黄 (Radix Rumicis Obtusifolii)	10
<i>Tu Bei Mu</i> 土贝母 (Rhizoma Bolbostemmatis)	10
<i>Tu Niu Xi</i> 土牛膝 (Rhizoma Achyranthes Sylvestris)	10
<i>Su Mu</i> 苏木 (Lignum Sappan)	10
<i>Tu Bie Chong</i> 土鳖 (Eupolyphaga seu Steleophaga)	10
<i>Ju Luo</i> 橘络 (Vascular Citri Reticulatae)	15
<i>Lai Fu Zi</i> 莱菔子 (Semen Raphani)	20
<i>Ting Li Zi</i> 葶苈子 (Semen Descurainiae seu Lepidii)	15
<i>Si Gua Luo</i> 丝瓜络 (Retinervus Luffae Fructus)	30

## DIAGNOSIS: CLOSED INTERIOR AND ABANDONED EXTERIOR SYNDROME

**Clinical Manifestations:** Mental incoherence, irritability, burning or heat sensation in the chest and abdomen, cold extremities, accelerated respiration and need for assisted breathing, scarlet purple tongue, dry yellow or yellowish brown coating, floating, forceful pulse that is empty in the deep level, or rootless.

**Treatment Strategy:** Open the Closed, Consolidate the Abandoned, Detoxify, Rescue Reversal

**Herbal Formula:** *Si Ni Jia Ren Shen Tang* (Frigid Extremities Decoction plus Ginseng), taken with *An Gong Niu Huang Wan* (Calm the Palace Pill with Cattle Gallstone) and *Zi Xue San* (Purple Snow Powder)

### PNEUMONIA FORMULA #4

<i>Ren Shen</i> 人參 (Radix et Rhizoma Ginseng)	10 g
<i>Fu Zi</i> 制附子 (Radix Aconiti Lateralis Praeparata)	10

- Serve with *An Gong Niu Huang Wan* (Calm the Palace Pill with Cattle Gallstone) and *Zi Xue San* (Purple Snow Powder)

**RECOVERY PHASE:**

**Clinical Manifestations:** Absence of fever, dry cough, chest stuffiness, shortness of breath, shortness of breath upon exertion, dry mouth, weakness.

**Treatment Strategy:** Tonify Qi, Nourish Yin, Tonify Lung and Open the Collaterals

**Herbal Formula:**

*Sha Shen Mai Dong Tang* (Glehnia and Ophiopogonis Decoction)

**PNEUMONIA FORMULA #5**

<i>Sha Shen</i> 沙参 (Radix Glehniae seu Adenophorae)	15 g
<i>Mai Dong</i> 麦冬 (Radix Ophiopogonis)	15
<i>Wu Wei Zi</i> 五味子 (Fructus Schisandrae Chinensis)	15
<i>Ren Shen</i> 人参 (Radix et Rhizoma Ginseng)	12
<i>Lai Fu Zi</i> 莱菔子 (Semen Raphani)	15
<i>Si Gua Luo</i> 丝瓜络 (Retinervus Luffae Fructus)	15
<i>Ju Luo</i> 橘络 (Vascular Citri Reticulatae)	15
<i>Zi Su Zi</i> 苏子 (Fructus Perillae)	12
<i>Zhe Bei Mu</i> 浙贝 (Bulbus Fritillariae Thunbergii)	12
<i>Ku Xing Ren</i> 杏仁 (Semen Armeniacae Amarum)	12
<i>Huang Qin</i> 黄芩 (Radix Scutellariae)	15
<i>Gan Cao</i> 生甘草 (Radix et Rhizoma Glycyrrhizae)	10

Jake Fratkin has been in TCM practice for over 40 years. His studies include one year in Chinese hospitals in 1987-1988. He has researched and taught on the TCM treatment of SARS and Swine Flu. Jake is an authority on Chinese herbal products, summing up his knowledge in his book *Essential Chinese Formulas* (2014). His website is [www.drjakefratkin.com](http://www.drjakefratkin.com)

