

HERBAL MEDICINE

Official COVID-19 Clinical Guidelines From the Association of Korean Medicine (Pt. 2)

4. Recovery Phase

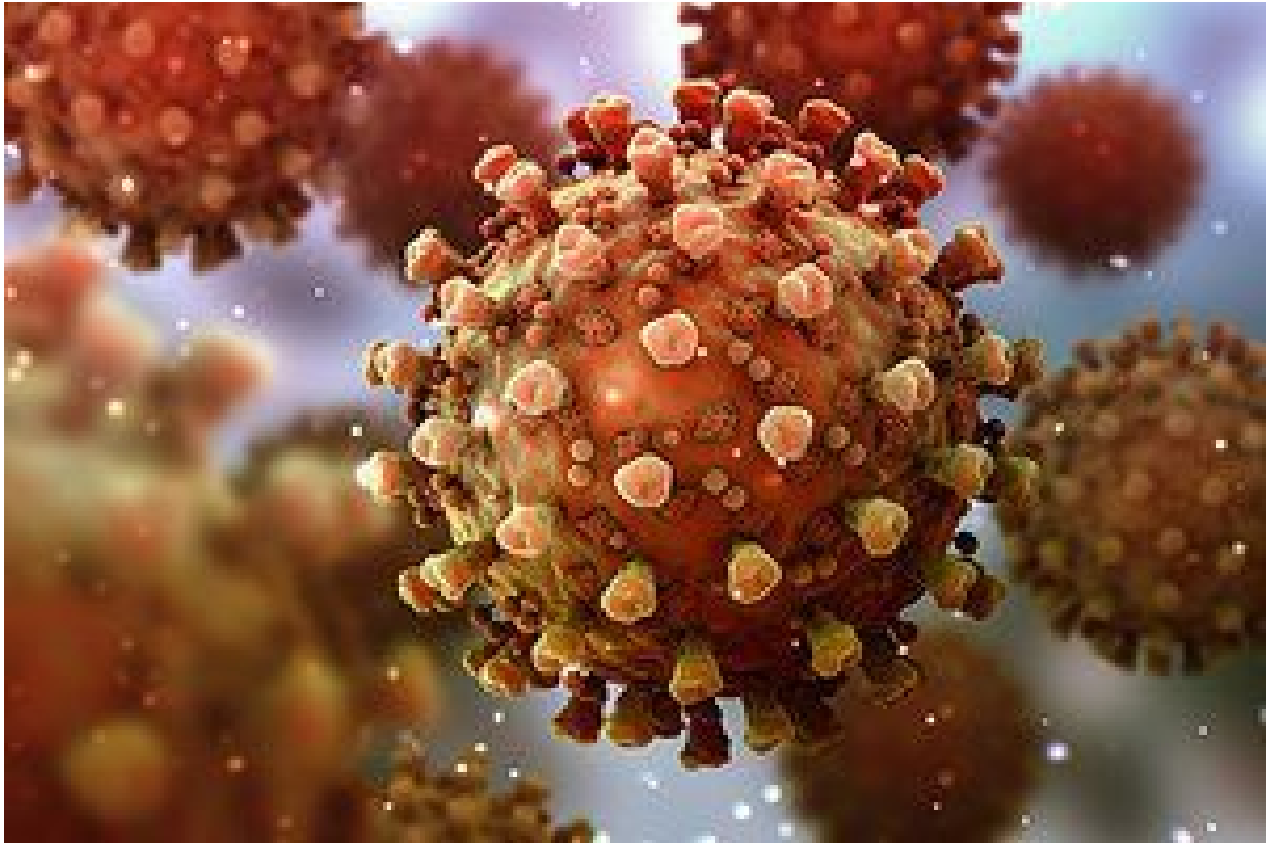
For COVID-19-confirmed patients during the recovery phase, consider *Shen Zhu Jian Pi Tang* (Ginseng and Atractylodes Fortify the Spleen Decoction) plus *Sheng Mai San* (Generate the Pulse Powder) or *Shen Zhu Jian Pi Tang* plus *Qing Shu Yi Qi Tang* (Clear Heat and Augment the Qi Decoction).

Clinical Considerations: For cases when the test result was negative for PCR (Polymerase Chain Reaction) test, given at 24-hour intervals.

Authors' Commentary:

Shen Zhu Jian Pi Tang is a commonly used formula for weak digestive system symptoms. This Chinese medicinal formula from the Ming Dynasty (1368-1644) is commonly used in traditional Korean herbal classics for digestive issues. The herbs in this formula consist of:

- *Ren Shen* (Radix Ginseng), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), *Bai Fu Ling* (Poriae Alba), *Chen Pi* (Pericarpium Citri Reticulatae), *Shan Zha* (Fructus Crataegi), 4g each
- *Zhi Shi* (Fructus Aurantii Immaturus), *Bai Shao* (Radix Paeoniae Alba), 3.2g each
- *Sha Ren* (Fructus Amomi), *Shen Qu* (Massa Fermentata Medicinalis), *Mai Ya* (Fructus Hordei Germinatus), *Gan Cao* (Radix Glycyrrhizae), 2g each
- Three pieces of *Sheng Jang* (Rhizoma Zingiberis Recens)
- Two *Da Zao* (Fructus Zizyphi Jujubae)



Qing Shu Yi Qi Tang used in this guideline is a modification of *Bu Zhong Yi Qi Tang* (Tonify the Middle and Augment the *Qi* Decoction).⁵ This formula is commonly used in South Korea to nourish yin and clear deficient heat. The South Korean version of the formula consists of the following herbal composition:

- *Cang Zhu* (Rhizoma Atractylodis), 6g
- *Huang Qi* (Radix Astragali), *Sheng Ma* (Rhizoma Cimicifugae), 4g each
- *Ren Shen* (Radix Ginseng), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), *Chen Pi* (Pericarpium Citri Reticulatae), *Shen Qu* (Massa Fermentata Medicinalis), *Ze Xie* (Rhizoma Alismatis), 2g each
- *Huang Bai* (Cortex Phellodendri), *Dang Gui* (Radix Angelicae Sinensis), *Ge Gen* (Radix Puerariae), *Qing Pi* (Pericarpium Citri Reticulatae Viride), *Mai Men Dong* (Radix Ophiopogonis), *Gan Cao* (Radix Glycyrrhizae Uralensis), 1.2g each

5. *Qing Fei Pai Du Tang* (Clear the Lungs & Detox Decoction) and Using Other Herbal Formulas as Replacements

A. To improve symptoms for confirmed COVID-19 patients, consider *Qing Fei Pai Du Tang*.

Clinical Considerations: Must consider the degree of seriousness of exterior and respiratory symptoms from the heat pathogen, as well as digestive symptoms from the damp pathogen (need a comparison of clinical cases between South Korea and China).

Must determine whether there are digestive symptoms from the heat pathogen in South Korea. If not, usage might produce side effects. [Since this formula drains damp and dries phlegm, care should be taken to caution against excessive dryness in cases where there are no damp symptoms.]

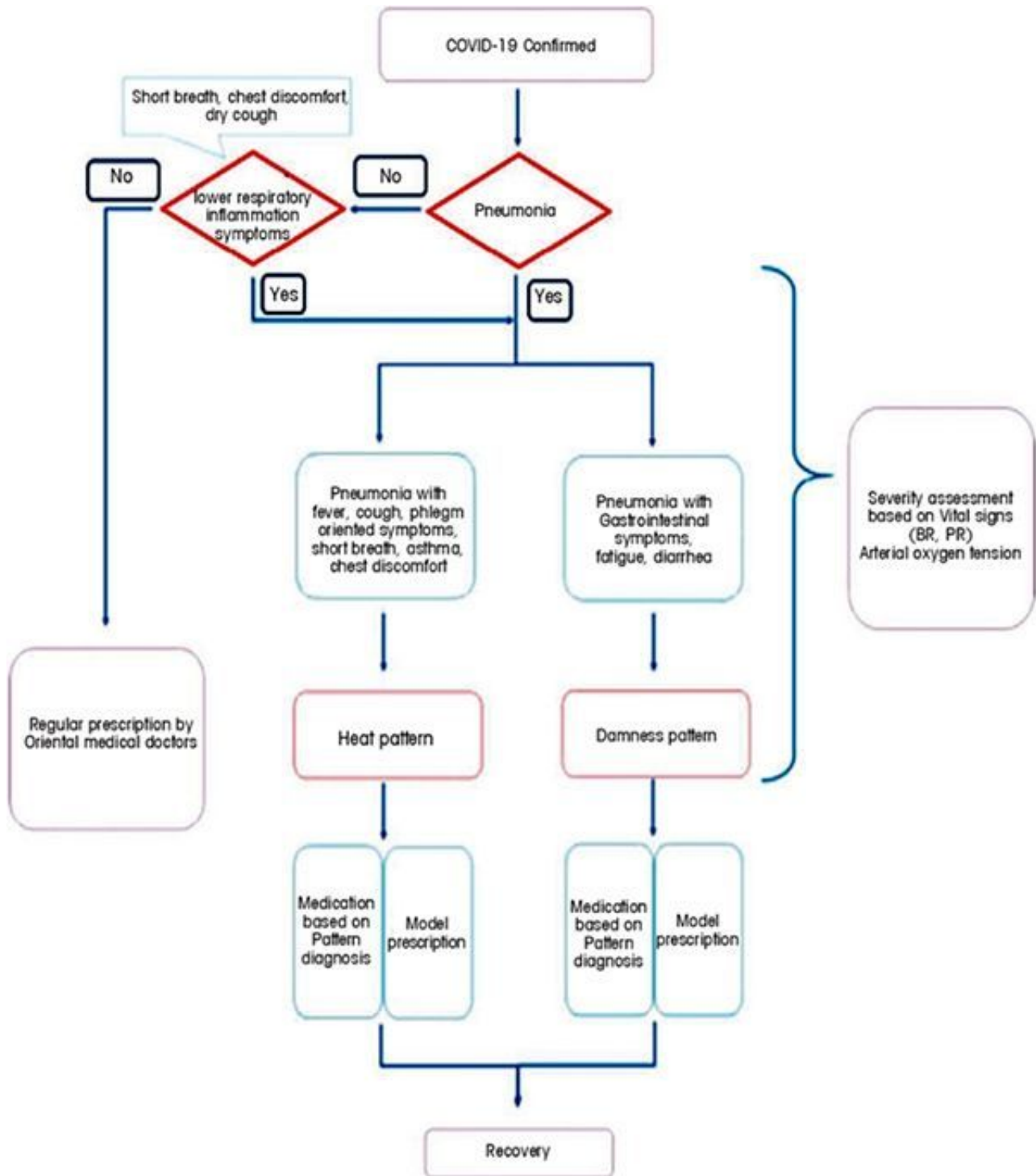
When using this formula clinically, patient symptoms must be differentiated carefully. When heat symptoms are severe, focus on the individual herbal composition [such as *Shi Gao* or *Chai Hu*] in *Ma Xing Gan Shi Tang* (Ephedra, Apricot Kernel, Gypsum and Licorice Decoction) and *Xiao Chai Hu Tang* (Minor Bupleurum Decoction). When cough symptoms are severe, focus on the herbal composition in *She Gan Ma Huang Tang* (Belamcanda and Ephedra). For digestive and stool-related symptoms, focus on the herbal composition in *Wu Ling San* (Five Ingredient Formula with Poria) and *Huo Xiang Zheng Qi San* (Agastache Powder to Rectify)

B. When replacing *Qing Fei Pai Du Tang* to improve patient symptoms, first consider modifications of the following three herbal formulas: *Ge Gen Jie Ji Tang* (Kudzu Decoction to Release the Muscle Layer), *Xiao Chai Hu Tang* (Minor Bupleurum Decoction), *Bu Huan Jin Zheng Qi San*.

Clinical Considerations: For severe nose and throat infection symptoms (dry nose, dry throat, sore throat, yellow phlegm), consider removing *Xiao Chai Hu Tang* and adding *Jing Jie Lian Qiao Tang* (Schizonepeta and Forsythia Decoction).

For severe coughs, consider removing *Xiao Chai Hu Tang* and adding *Xing Su Sang* (Apricot Kernel and Perilla Powder) for clear phlegm, or *Chai Geng Ban Xia Tang* (Bupleurum, Platycodi, and Pinellia Decoction) for cases with yellow phlegm.

For severe digestive symptoms with fullness and discomfort, consider removing *Bu Huan Jin Jing Qi San* and adding *Xiang Sha Ping Wei San* (Cyperus and Amomum Calm the Stomach Powder).



Editor's Note: Part 1 of this two-part article appeared in the August issue of *AT*. The digital version of part 2 includes a flow chart of the treatment process for COVID-19.⁶

References

5. This formula appears in herbal classics by Li Dong Yuan (1180-1251), cited in Bensky's *Chinese Herbal Medicine: Formulas & Strategies, 2nd Edition*, p.p. 244-245. This formula also appears in *Tongui Bogam (Treasures of Eastern Medicine)*, *Op. Cit.* [reference #4 in pt. 1 of this article].

6. Translated from the Association of Korean Medicine, *Op. Cit.*, p. 3 [reference #2 in pt. 1 of article].

