

TCM Herbal Treatments for Post- Covid Syndromes

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- Common symptoms:

- Fever
- Cough
- “Knife cutting” sore and dry throat
- Lost of taste and smell
- Headache
- Fatigue....

- **Dampness**

- the most important and *core* pathogenic factor during the infectious period and Covid-19 sequelae
- Common diagnosis are “**Damp-Heat** invade the Lung” and “**Damp- Cold** stagnant in the Lung”.



Anti-Viral Formulas for Covid

- **Qing Guan Yi Hao (Phlegm Heat Accumulation in the Lung)**
Yu Xing Cao, Ban Lan Gen, Huang Qin, Sang Ye, Bo He, Ho Po, Gua Lou Shi, Fang Feng, Jing Jie, Zhi Gan Cao
- **Lian Hua Qing Wen (Heat-Toxicity Invasion)**
Lian Qiao , Jin Yin Hua, Ma Huang, Xing Ren, Shi Gao, Ban Lan Gen, Guan Zhong, Yu Xing Cao, Huo Xiang, Da Huang, Hong Jing Tian, Menthol, Gan Cao
- **Qing Fei Pai Du Tang (Heat-Damp-Phlegm Invading the Lung)**
Ma Huang, Zhi Gan Cao, Xing Ren, Shi Gao, Gui Zhi, Ze Xie, Zhu Ling , Bai Zhu, Fu Ling, Chai Hu, Huang Qin, Ban Xia, Sheng Jiang, Zi Wan, Kuan Dong Hua, She Gan, Xi Xin, Shan Yao, Zhi Shi, Chen Pi, Huo Xiang
- **Yin Qiao San (Wind-Heat Toxicity)**
Jin Yin Hua, Lian Qiao, Jie Geng, Niu Bang Zi, Bo He, Zhu Ye, Jing Jie, Gan Cao, Dan Dou Chi, Lu Gen
- **Pu Ji Xiao Du Yin...**



- **Cough**

1. She Gan Ma Huang Tang 射干麻黃湯
2. Wu Ling San 五苓散
3. Qing Fei Yin 清肺飲

- **Loss of smell and taste; digestion issues**

1. Huo Xiang Zheng Qi San 藿香正氣散
2. Huang Qi Jian Zhong Tang 黃耆建中湯
3. Xin Yi San 辛夷散

- **Brain Fog: dizziness and fatigue**

1. Sheng Mai San 生脈散
2. Wu Ling San/Ling Gui Zhu Gan Tang 五苓散 / 苓桂朮甘湯
3. Ban Xia Tian Ma Bai Zhu Tang with modification 半夏天麻白朮湯



Cough: Dampness Invasion

- Dampness and Coldness accumulate and stagnate in the Lung
- The Lung energy FAILED to Descend and Disperse
 - lots of productive coughing with *thin watery* sputum or even *bubble* sputum; lots of post-nasal, irritable the throat
- Good feedback Formulas:
 - *She Gan Ma Huang Tang* 射干麻黃湯
 - *Wu Ling San* 五苓散
 - *Qing Fei Yin* 清肺飲
 - ❖ Use in combination or individually with other modifications

Cough: *She Gan Ma Huang Tang*

- Ingredients: Ma Huang, Ban Xia, Sheng Jiang, Kuan Dong Hua, Zi Wan, Da Zao, She Gan, Xi Xin, Wu Wei Zi
- Cold-damp-phlegm coughing and wheezing
 - She Gan: dissipates the phlegm; reduces the swollen and especially good for *sore, tight and dry throat* during Covid
 - Xi Xin + Ma Huang: warm and disperse the Lung Qi, expel the cold, and thinning the mucus.
 - Zi Wan + Kuan Dong Hua + Ban Xia: help She Gan descend the Lung Qi and dissipate the phlegm and nodules.
 - Wu Wei Zi: astringes the Lung Qi to help stop coughing.
- **Key Symptoms:**
 - **sore or tight throat**, swallow uncomfortable, have some mucus sound at the throat with coughing, and splitting out **bubble like or thin white** sputum. Maybe lots of saliva.
- **With chest tightness and wiry pulse → + Xiao Chai Hu Tang**

Cough: *Wu Ling San*

- Ingredients: Ze Xie, Zhu Ling, Fu Ling, Bai Zhu, Gui Zhi
- Typical formula to promote urination and drain dampness
 - Fu Ling + Zhu Ling + Ze Xie: open the water passage, drain the dampness
 - Bai Zhu: strengthens the Spleen and dry the dampness
 - All these four herbs together with Gui Zhi can warm up and unblock the urinary bladder channel.
- Good to correct the symptoms from HEAD to the BOTTOM due to the improper fluid transformation and transportation (T&T Function):
 - headache, **heaviness in the head**, **dizziness**, post-nasal dripping, coughing, urine retention, edema.
 - **Wet cough** with lots of post-nasal and white or watery sputum with thirsty and dry mouth
- **KEY Symptoms:**
 - Excessive saliva or post-nasal with **dizziness**; shortness of breath, cough with **white or watery sputum**; sometimes with dry mouth.
- With abdominal fullness, or indigestion, white slippery tongue coating → + Ping Wei San (Wei Ling Tang)
- Urine retention, edema, nephritic syndrome, proteinuria, diabetic nephropathy → + Xiao Chai Hu Tang (Chai Ling Tang)

Cough: *Qing Fei Yin*

- Ingredients: Xing Ren, Bei Mu, Fu Ling, Jie Geng, Gan Cao, Wu Wei Zi, Ju Hong, Sheng Jiang
- Clearing Lungs and resolving the damp-phlegm, *descending Lung Qi* and nourishing the Qi to moisten the dryness.
 - Xing Ren: relieves muscle and disperses cold, descends the Lung Qi and moistens the dryness
 - Wu Wei Zi: astringents Lung Qi to calm the coughing
 - Bei Mu: clears Heat and transforms phlegm
 - Fu Ling: strengthens the Spleen to drain the dampness
 - Fu Ling + Ju Hong: promote the Lung and Spleen Qi Circulation and clear the lungs
 - Jie Geng: soothes the Lung and dissipates the phlegm; *guiding* other herbs to target the upper body
- **Key Symptoms:**
 - Cough due to excess damp-phlegm and **Qi rebel!** **Cough more when talking** (Wear mask, cover the neck and chest)
- With Chest tightness → + Xiao Chai Hu Tang
- Lung Qi rebels with lots of sputum, slightly yellow → + Jin Fei Cao San



Loss of Taste and Smell

- Weak Stomach Qi and failure of Spleen T & T function → weaken the taste
- Dampness and Coldness accumulate and stagnant in the Lung and block the nasal passage → weaken of smell
- Formulas:
 - *Huo Xiang Zheng Qi San* 霍香正氣散
 - *Huang Qi Jian Zhong Tang* 黃耆建中湯
 - *Xin Yi San* 辛夷散
 - ❖ Use in combination or individually with modification

Loss of Taste: *Huo Xiang Zheng Qi San*

- Ingredients: Huo Xiang, Zi Su Ye, Bai Zhi, Da Fu Pi, Fu Ling, Bai Zhu, Ban Xia, Chen Pi, Hou Pu, Jie Geng, Gan Cao, Sheng Jiang, Da Zao
- Damp-Cold Attack Exterior and Interior, and Middle Jiao Disharmony
 - Huo Xiang + Zi Su Ye+Bai Zhi: release the Exterior
 - Huo Xiang + Da Fu Pi + Fu Ling + Bai Zhu: transform the dampness
 - Er Chen Tang + Hou Pu, Jie Geng and Sheng Jiang: regulate the Qi, dry the dampness and harmonies the Middle Jiao.
- **Key Symptoms:**
 - muscle and head **heaviness**, bloatingness, weak digestion or **very bland or no taste** in the mouth, and the tongue coating is slippery or even greasy

- Ingredients: Huang Qi, Gui Zhi, Bai Shao, Gan Cao, Sheng Jiang, Da Zao, Maltose
- Combination of formula Xiao Jian Zhong Tang + Huang Qi → strongly tonify the spleen and stomach energy and improve appetite.
- **Spleen is the Mother of Lung**
 - Tonifying the spleen and stomach will be greatly improve the Lung Qi to improve the sense of smell
- Weak appetite, indigestion, bloated with dampness accumulation in the Middle Jiao → Huang Qi Jian Zhong Tang + Ping Wei San

Loss of Smell: *Xin Yi San*

- Ingredients: Xin Yi Hua, Chuan Xiong, Mu Tong, Xi Xin, Fang Feng, Qiang Huo, Gao Ben, Sheng Ma, Bai Zhi, Zhi Gan Cao
- Expel the wind-cold and unblocks nasal passage
 - Chuan Xiong + Xin Yi: alleviates the headache from the cold and unblock the stuffiness
 - Xi Xin also help to unblock the Qi of the nasal orifices (通鼻竅) → unblock the smell
- *Huo Xiang Zheng Qi San + Huang Qi Jian Zhong Tang + Xin Yi San → smell and taste recovery*
- *Xin Yi San + Cang Er San + Wu Mei, Wei Ling Xian, Jiang Chan, Yi Yi Ren, Dan Shen, Ting Li Zi, Shi Chang Pu → Nasal Polyp with stuffy nose*

- *NIH research: brain fog could be caused by the immune system's response.*
- Human immune cell in the brain stayed more reactive even weeks after Covid infection, which cause the brain has trouble keeping up with some of its regular tasks
- IN TCM
 - **Mind and Spirit are housed by the Heart**
 - Excessive heart fluid depletion during infection will lead to Heart Qi, Heart Yin and Yang deficiency
 - Spleen Yang deficiency with fluid retention, damp-phlegm obstructing the orifices
 - Lack of focus, easy to feel fatigue and sleepy, loss of memory, sometimes feeling dizziness.
- Formulas
 - *Sheng Mai San 生脈散*
 - *Wu Ling San/Ling Gui Zhu Gan Tang 五苓散/苓桂朮甘湯*
 - *Ban Xia Tian Ma Bai Zhu Tang with modification 半夏天麻白朮湯*

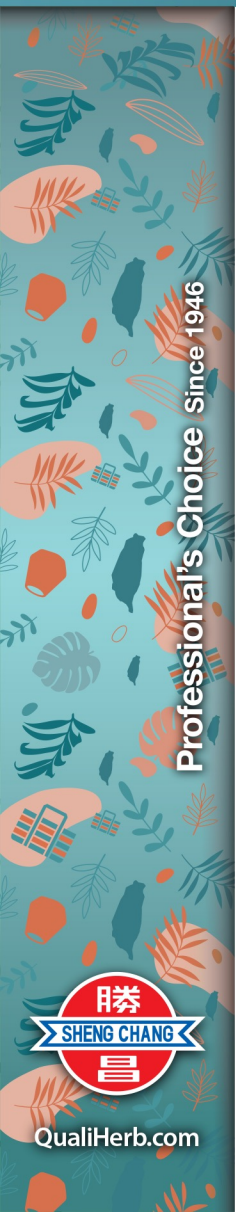


Brain Fog: *Sheng Mai San*

- Ingredients: Ren Shen, Mai Men Dong, Wu Wei Zi
- **Tonifies Heart, Spleen and Lung Qi and generates Fluids.**
 - *Mai Men Dong* strongly generates body fluids.
 - *Wu Wei Zi* rescues Qi and Yin → *Stringent sweat to rescues Qi*
 - Body more hydrated and have more Qi → less fatigue
 - *Ren Shen* greatly tonifies Qi, calm the spirit and strengthen the mind
- Anemia → Use Korean Ginseng/Hong Shen
- Underlying deficient heat → Change Ren Shen to Xi Yang Shen
- Severe Heart Yang deficiency, cold hand and feet, edema → + Zhen Wu Tang



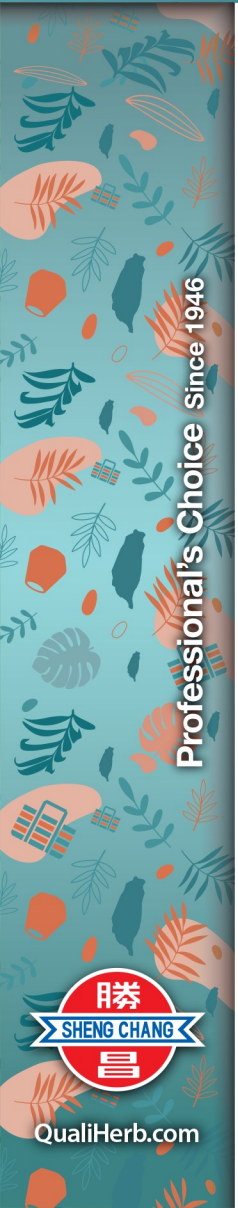
- Both formulas strengthen the Spleen and Stomach Yang
- Drain and transform the dampness to clear out the mind
- Fu Ling is the significant herb in both formulas
 - Promote urination INDIRECTLY by guiding the middle burner to transform and transport the body fluid properly.
- ***Wu Ling San*** (**Zhe Xie**, **Zhu Ling**, Fu Ling, Bai Zhu, Gui Zhi) → Zhu Ling and Ze Xie which is *stronger in promoting urination*, drain out the dampness and is *cooler in function*.
- ***Ling Gui Zhu Gan Tang*** (Fu Ling, Gui Zhi, Bai Zhu, Gan Cao): more focus on Upper and Middle Jiao
 - The *dose of Gui Zhi is higher* → tonify the Yang more
 - *Tongue more red* (also has some underlying deficiency heat) → use *Wu Ling San* instead
- Meniere's disease → *Ling Gui Zhu Gan Tang + Ban Xia Tian Ma Bai Zhu Tang*
- Glaucoma, eye pressure high → *Wu Ling San + Ling Gui Zhu Gan Tang + Che Qian Zi*



Brain Fog: *Ban Xia Tian Ma Bai Zhu Tang Modified*

- Ingredients: Huang Bai, Ban Xia, Ze Xie, Tian Ma, Chen Pi, Shen Qu, Sheng Jiang, Huang Qi, Gan Jiang, Mai Ya, Ren Shen, Bai Zhu, Fu Ling
- *Spleen and Kidney Yang deficiency with dizziness, vertigo or fuzzy brain.*
 - Other associate symptoms: fatigue, talk relatively weak, hands are feet are cold, loose or watery stool, poor appetite.
 - Strengthen the spleen and stomach, transform the dampness and dissipate the phlegm, also get away the wind (dizziness, fuzzy mind can also be a sign of internal wind)
- Modifications:
 - + **Gan Jiang and Fu Zi (Fu Zi Li Zhong Tang)**: warm the middle burner and tonify the Kidney Yang to warm up the whole body
 - + **Kong Sheng Zhen Zhong Dan** (Long Gu, Mu Li, Shi Chang Pu, Yuan Zhi) + **Xi Xin + Xin Yi**: open the orifices, improve circulation in the brain
 - + **Ling Gui Zhu Gan Tang** or **Wu Ling San**: tonify Spleen Yang, T&T function greatly improved
 - Lingering heat with the damp-phlegm invading the head → + **Wen Dan Tang** (Ban Xia, Gan Cao, Chen Pi, Zhu Ru, Sheng Jiang, Zhi Shi, Da Zao, Fu Ling)
 - More phlegm heat → + **Huang Qin, and San Zi Yang Qin Tang** (Su Zi, Bai Jie Zi, and Lai Fu Zi) to thinning the phlegm and clear the heat.

- 46 years old females started with severe fatigue and sore throat, and she confirmed with a positive antigen test
- Fever continued about 2 days at 101F; **Lost taste and appetite 70%, and smell reduce** and taste everything bland; sinus congestion, and some post-nasal cough with clear white mucus
 - *Lian Hua Qing Wen + Huo Xiang Zheng Qi San + Ge Gen Tang Jia Xin Yi Chuan Xiong (Dispel Wind-Cold and unblock the sinus) + Ren Shen Bai Du San (release the exterior and protect the Righteous Qi)*
- By the 7th day, her antigen test back to normal.
- By the 10th day, her energy, appetite, smell and bowel movement were about 80% back to normal.
- Continues with post-covid herbal treatment about 2 weeks, back to normal
 - *Ren Shen Bai Du San + Huo Xiang Zheng Qi San + Wu Ling San*



- 42 years old housewife tests positive with Covid, turned negative after 10 days:
- Severe fatigue, “knives cutting” type of sore throat, voice lost, lost taste and difficult to swallow, high fever 102, diarrhea, severe fatigue, and productive cough with white clear bubble like mucus
- On Paxlovid from the second day on
- Long term history of over tired and lack of sleep, lower backache and easy to have allergy.
 - *Ma Xing Gan Shi Tang (disperse Wind-Heat to subside the Fever) + Lian Hua Qing Wen + Huo Xiang Zheng Qi San + Wei Ling Tang + She Gan Ma Huang Tang*



- 52 years old female tested Covid positive; she was on Paxlovid
- Severe fatigue, “knives cutting” type sore and dry throat with difficulty swallow, non-stop low-grade fever in the afternoon and evening, and cough with lots of post-nasal and clear mucus, acid reflex, dizziness, heaviness of the head.
 - *Chai Hu Gui Zhi Tang (harmonize Shao Yang, subside Low-Grade Fever) + Lian Hua Qing Wen + She Gan Ma Huang Tang + Wu Ling San + Wu Zhu Yu Tang (Dispels Stomach Cold)*

- 38 years old female recover from Covid for a month
- Still Complains stuffy nose, lingering cough with lots of post-nasal dripping, cough with white watery bubble-like mucus worse before meal, cough more when exhale, exposed to wind and cold, acid reflex with lots of saliva.

➤ *Ge Gen Tang Jia Xin Yi Chuan Xiong (release the exterior and open the sinus) + She Gan Ma Huang Tang + Wu Ling San + Wu Zhu Yu Tang (tonify and warm up the stomach)*

- 37 years old male, 6 feet, 220 lbs had Covid in September 2022
- Very easy to feel fatigue in the afternoon, sweat a lot even with a little exertion; unclear mind and brain fog sometimes in the afternoon. Disturbed sleep.
- Fast heart rate
 - *Sheng Mai San + Yu Ping Feng San (stabilized the exterior and stop the sweat) + Tian Wang Bu Xin Tang (tonify the heart, nourish the Yin) + Shi Chang Pu*

- 73 years old female, had Covid in 2021 when traveling to UK
- Complains of body heaviness, easy to **feel tired**, **upper eyelid hard to lift** and feel very tired after reading for about 20 minutes continuously, feeling very fuzzy in the afternoon, loss of voice in the afternoon.
- Tearing in the eyes got worse since then with **cloudy tears and red eyes**. Metallic taste in the mouth.
 - *Huo Xiang Zheng Qi San + Wu Ling San + Xi Gan Ming Mu Tang Modified (dispel Liver heat to brighten the eye and reduce redness and swollen) + Ge Gen Tang (Raise Spleen Yang to strengthen the upper eyelid muscle)*





Questions?
Thank you!!!

