



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

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### 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.

### 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 23<sup>rd</sup>, 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.

### 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

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Table 1: Treatment scheme of medical observation period.

	Clinical feature	Recommended Chinese patent drug	Dose/day	Medication method
Medical observation period	Feeble with gastrointestinal discomfort	Huoxiang Zhengqi Capsule	3.6 g	Oral
	Feeble with fever	Lianhua Qingwen capsule	4.2 g	Oral

Table 2: Treatment scheme of clinical treatment period.

		Clinical feature	Recommended prescription	Dose/day
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 15 g, tangerine peel 10 g, magnolia officinalis 10 g, huoxiang 10 g, caoguo 6 g, raw ephedra 6 g, notopterygium 10 g, ginger 10 g, betel 10 g	600 ml

**Table 3:** 14 patient's 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	Liquiritigenin	Atractylodin	Emodin	Apigenin	Lauric acid
Target	TP53 Caspase	ICAM1, ICAM2	Toll-like receptors (TLR4, TLR9)	TNF receptor	Interferon	PTGS1/2, HSP90

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.

## Discussion

The incubation period of 2019-nCoV infection is 19 days; the longest can reach 24 days [2]. It turns out that asymptomatic virus carriers can also infect people. The epidemic has seriously endangered the lives and health of all human beings, so it is necessary to develop specific antiviral drugs.

According to the results of the treatment of the 2019-nCoV in Henan Province of China, the Chinese medicine has played an important role. Therefore, we strongly recommend Chinese medicine's strategy for the prevention and treatment of new coronavirus to all countries in the world.

## Author Contributions

Dr. Li had full access to all of the data in the study and take responsibility for the integrity of the data and the accuracy of the data analysis.

Concept and design: Sun.

Acquisition, analysis, or interpretation of data: Li, Sun.

Drafting of the manuscript: Li, Sun.

Critical revision of the manuscript for important intellectual content: Li, Sun.

Statistical analysis: Li, Sun.

Administrative, technical, or material support: Li, Sun.

Supervision: Li, Sun.

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