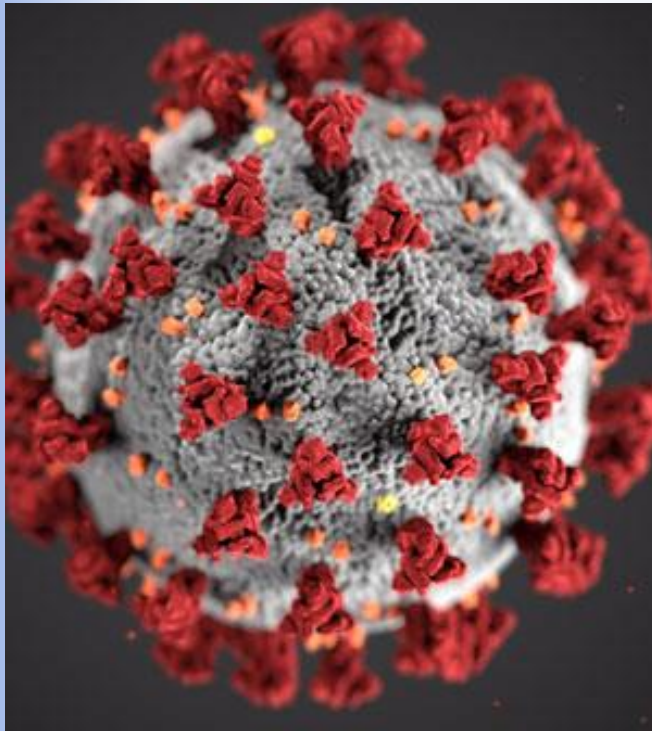


Which research is needed why?



[Photo by CDC on Unsplash]

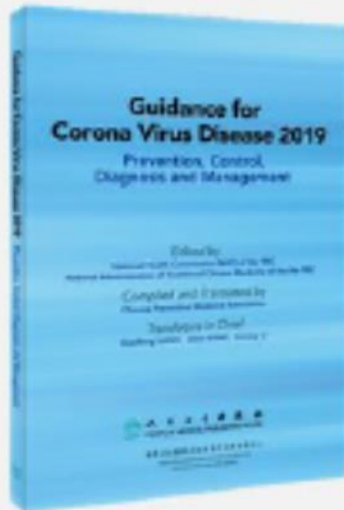
- Chinese herbal medicine during initial outbreak of COVID-19 in China
 - Treatment protocols
 - Evidence reports
- Post-/Long-COVID Syndromes
 - Conventional medicine
 - Chinese medicine

Integrative Medicine and Health for COVID-19 and long COVID

Chinese herbal medicine treatment of infections with SARS-CoV-2

COVID-19: Initial outbreak in China in early 2020

- National Health Commission (NHC) of the PRC
- National Administration of Traditional Chinese Medicine of the PRC



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

新型冠状病毒肺炎防控和诊疗指南（英文版）

国家卫生健康委员会
国家中医药管理局

组织编写

中华预防医学会

组织编译

主译 梁晓峰 冯子健 李立明



Corona Guidance – content:

- General strategies
 - Aspects of hygiene, nursing etc.
 - Conventional medical treatment
- Prevention and Treatment strategies by means of Chinese Medicine
 - Mainly Chinese herbal medicine prescriptions



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Corona Guidance: Chinese herbal medicine

Herbal prescriptions for:

- Initial Stages (infection without symptoms)
- Clinical Stages:
 - Mild symptoms
 - Normal symptoms
 - Severe symptoms
 - Critical resp. life threatening conditions
 - „one for all“ formula:
Qing Fei Pai Du Tang ~ „Lung clearing, toxin eliminating formula“
- Reconvalescence



Chinese herbal medicine (CHM) vs COVID-19 Clinical evidence (1)

- Focus on combined CHM + conventional medicine vs conventional medicine alone
- Different prescriptions according to symptoms and severity of disease
- **Criteria:**
 - Progression/no progression of disease to severe COVID-19
 - Reducing development of other complications
 - Relieving resp. shortening of disease symptoms
 - Reducing mortality rate
 - Safety of administration of CHM



Chinese herbal medicine (CHM) vs COVID-19 Clinical evidence (2)

- Randomized clinical trials (RCT):
15 published until December 2021
- Retrospective cohort studies (RCS):
15+ published until December 2021
- Case reports: numerous



Chinese herbal medicine (CHM) vs COVID-19 Clinical evidence (3)

Effects of combining CHM with conventional medicine

- Reduced rate of progression to severe Covid-19 (RCT)
- Acceleration of symptom recovery (RCT)
- Improving post-infectional lung function (RCT)
- Reduced mortality rate (RCS)



Long-/ Post-COVID Syndromes (1)

- Respiratory symptoms
- Neurological symptoms
- Psycho-emotional symptoms
- Cardiovascular symptoms
- ...
- Symptoms resembling Myalgic encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS)

Long-/ Post-COVID Syndromes (2)

- Prevalence: 10 - > 20 %
Disease mechanisms: unclear resp. Inconsistent
→ Conventional treatment options severely limited
- Vaccinations not completely preventing Post-Covid-Syndrome
- „Symptom shifts“ after infections with different variants of SARS-CoV-2
- Similarity to long-term infections with Epstein-Barr-Virus (EBV)
→ possible interaction resp. association



Long-/ Post-COVID Syndromes (3)

Chinese medicine vs Post-COVID Syndromes

- Treatment of chronic conditions
- Individual treatment according to symptoms
- Effectiveness
 - regardless of biological disease mechanism
 - not affected by different Corona-Virus variants

Long-/ Post-COVID Syndromes (4)

Chinese medicine vs Post-COVID Syndromes

- Preliminary evidence by numerous case reports:
→ promising results
- 30+ registered protocols of clinical trials until 12/2021
None on www.clinicaltrialsregister.eu
- Publicly funded research needed
- Individualized approach of Chinese Medicine
→ strong advantage of CM
→ should be taken into account



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■ Chinese Medicine vs Covid-19

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- Diagnosis and treatment of novel coronavirus pneumonia based on the theory of traditional Chinese medicine; Shi-xin Wang et al, J Integr Med. 2020 Apr 15, doi: 10.1016/j.joim.2020.04.001 [Epub ahead of print] PMID: PMC7159848
- Analysis of Traditional Chinese Medicine Diagnosis and Treatment Strategies for COVID-19 Based on “The Diagnosis and Treatment Program for Coronavirus Disease-2019” from Chinese Authority; Zhi-Hui Zhao et al, The American, Journal of Chinese Medicine, Vol. 48, No. 5, 1035–1049
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- Analysis on herbal medicines utilized for treatment of COVID-19; Luo L, Jiang J, Wang C, Fitzgerald M, Hu W, Zhou Y, Zhang H, Chen S, Acta Pharmaceutica Sinica B, <https://doi.org/10.1016/j.apsb.2020.05.007>



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~ „Treatment of Long-Covid-Syndrome with chinese herbal medicine in adults and children“
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