

Wuhan 8 Feb, 2020

## Part I Chinese Medicine Diagnosis and Treatment Plans

### 一、发病早期：（临床治疗期）

#### 1. Early On-set: (Once clinical manifestations are seen)

##### （一）有发热者：

#### 1.1. Manifesting with Heat Effusion

##### 1.寒湿郁肺型

#### 1.1.1 Cold-Dampness Stagnating in the Lung Pattern

- 1) 体温情况：发热或伴恶寒；
- 2) 呼吸道症候群：咳嗽，少痰或白痰，胸闷；
- 3) 全身症候群：乏力，或肌肉酸痛，腹胀，纳差，或便溏；
- 4) 舌脉：舌淡红，苔白，或微腻，脉沉濡。

Symptoms: heat effusion with or without an aversion to cold; cough, small amount of phlegm or white if there is more; feeling of oppression in the chest; lack of energy and/or muscle aches; abdominal distention; poor appetite and/or thin stool.

Tongue: pale red with a white coating or slightly greasy coating

Pulse: deep and soggy

推荐中成药：藿香正气丸。

建议处方：生麻黄 6g，炒苍术 15g，藿香 10g，草果 6g，陈皮 10g，厚朴 10g，羌活 10g，生姜 10g，姜半夏 10g，炒苦杏仁 10g。

Formula: Huo Xiang Zheng Qi Wan (Pogostemin Correct Qi Pill)

sheng mahuang 6g, chao cangzhu 15g, huoxiang 10g, caoguo 6g, chenpi 10g houpou 10g, qianghuo 10g, sheng jiang 10g, jiang banxia 10, chao ku xingren 10g.

##### 2.湿温郁肺型

#### 1.1.2 Warm-Dampness Stagnating the Lung Pattern

- 1) 体温情况：发热，热势较高或身热不扬，恶寒轻，或无恶寒；

- 2) 呼吸道症候群：咳嗽，痰或黄稠，胸闷，活动后气短；
- 3) 全身症候群：乏力，口干，纳差、腹胀，大便干结或大便粘滞不爽，小便黄；
- 4) 舌脉：舌淡红或红，苔薄黄或黄腻，脉滑数。

Symptoms: fever; feeling of heat is strong or abnormal; minor or no aversion to cold; cough; yellow and thick phlegm; chest oppression; shortness of breath after exercise; lack of energy; dry mouth; lack of appetite; abdominal distention; stool dry and bound or pasty and sluggish with a feeling like defecation is not complete; urination is yellow.

Tongue: pale red or red body; coating thin yellow or yellow and greasy.

Pulse: slippery and rapid

推荐中成药：三仁合剂，或金叶败毒颗粒合藿香正气丸。

建议处方：炒苦杏仁 10g，白豆蔻 12g，生薏苡仁 20g，姜半夏 12g，陈皮 10g，茯苓 15g，滑石 20g，藿香 12g，厚朴 15g，白术 15g，茯苓 20g，淡竹叶 15g，生姜 10g。

Formula: San Ren He Ji or Jin Ye Bai Du Ke Li with Huo Xiang Zheng Qi Wan

chao ku xingren 10g; baidoukou 12g; sheng yiyiren 20g; sheng banxia 12g; chenpi 10g; fuling 15g; huashi 20g; huoxiang 12g; houpo 15g; baizhu 15g; fuling 20g\*, danzhuye 15g; sheng jiang 10g.

\*NOTE: there is obviously a mistake here, which "fuling" is 15g and which is 20g, AND what is the missing herb?

### 3. 邪郁少阳型

#### 1.3 Pathogen Stagnate in the Shaoyang Pattern

- 1) 体温情况：寒热往来，或寒甚热微；
- 2) 呼吸道症候群：咳嗽，有痰，或少痰，胸闷；
- 3) 全身症候群：乏力，腹胀，纳差，小便黄少，或大便溏；
- 4) 舌脉：舌淡红，苔白腻，或兼见杂色，脉滑。

Symptoms: Alternating sensations of heat and cold or mostly cold with slight heat; cough with phlegm (could be little or copious); chest oppression; lack of energy; abdominal distention; poor appetite; scant yellow urination or a thin stool.

Tongue: pale red; coating greasy white or a mix of colors [white, yellow, black, etc.].

Pulse: slippery

推荐中成药：柴胡口服液合藿香正气丸。

建议处方：柴胡 12g, 黄芩 12g, 姜半夏 10g, 党参 10g, 甘草 6g, 藿香 10g, 草果 10g, 陈皮 12g, 茯苓 15g, 炒苦杏仁 10g, 竹茹 12g, 紫苏 10g。

Formula: Chai Hu Kou Fu Ye with Huo Xiang Zheng Qi Wan (Bupleurum [single herb] Decoction with Pogostemin Correct Qi Pill)

chaihu 12g; huangqin 12g; jiang banxia 10g; dangshen 10g; gancao 6g; huoxiang 10g; caoguo 10g; chenpi 12g; fuling 15g; chao ku xingren 10g; zhuru 12g; zisu[ye] 10g.

(二) 无发热者：

2.0 Without Heat Effusion

疫湿伤肺型

2.1 Pestilence Dampness Damaging the Lung Pattern

- 1) 体温情况：体温正常；
- 2) 呼吸道症候群：咳嗽，无痰或少痰，胸闷，或动则气短；
- 3) 全身症候群：神疲倦怠，或自汗，心悸，或有纳差；
- 4) 舌脉：舌淡红，苔白，或微腻。

Symptoms: normal body temperature; cough with small amount or no phlegm; chest oppression or shortness of breath after exertion; lassitude of spirit and fatigue or spontaneous sweating; palpitations or poor appetite.

Tongue: pale red with a white coating or slightly greasy

推荐中成药：藿香正气丸合玉屏风散。

建议处方：炙麻黄 10g, 苍术 10g, 薏苡仁 15g, 藿香 10g, 草果 10g, 党参 10g(或人参 10g), 瓜蒌皮 15g, 法半夏 10g, 茵陈 10g, 丹参 30g, 陈皮 10g。

Formula: Huo Xiang Zheng Qi Wan with Yu Ping Feng San (Pogostemin Correct Qi Pill with Jade Wind Screen Powder)

zhi mahuang 10g; cangzhu 10g; yiyiren 15g; huoxiang 10g; caoguo 10g; dangshen 10g (or renshen 10g); gualoupi 15g; fa banxia 10g; yinchen[hao] 10g; danshen 30g; chenpi 10g.