

Application of Earth Generating Metal Theory of Traditional Chinese Medicine to Fight against COVID-19

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Abstract

The prescription aimed at fighting against the challenging COVID-19 is presented and prescribed to the patient presented in this case report. Treatment outcomes show 90% of the COVID-19 patients are averagely relieved from the threat of COVID-19 within 5 days, while 10% are relieved within 4~5 days with this prescription.

Keywords: COVID-19; Yin-Yang; Five elements; Pattern; Generating circle

Introduction

COVID-19 that broke out in Wuhan, China, in December 2019 is currently a challenging issue to the health system around the world.

The major concepts of Traditional Chinese Medicine (TCM) and acupuncture, such as Yin-Yang, the Five Elements, Qi-Blood, Pattern, and Wei-Qi-Yin-Blood sequence, are based on the observations of the nature. These concepts are viewed as philosophical and abstract by the modern medicine science, even though these have been viewed as the major healthcare tool in China and the Chinese communities like Taiwan, Singapore, Hong Kong, and Macau for more than two thousand years [1].

These unique and abstract concepts distinguish TCM and acupuncture based on the inductive reasoning from the Western medicine derived from the deductive reasoning. Acupuncture at present is recommended by the WHO for pain management with its efficacy and has been recognized and gained the popularity in the West, though it's still classified as primarily the complementary or alternative medicine [1].

A disease is the presentation of the imbalance between Yin referring to material and Yang representing internal Zang-Fu organs' functions from the perspective of TCM and acupuncture. The Yin-Yang imbalance serves as the foundation of Pattern that varies among people with unique constitution [2], which is the key to the successful TCM, acupuncture, and acupressure treatments and must be identified strictly with the Yin-Yang theory for prescriptions [3,4].

The Five Elements theory refers to the associations of the five elements-wood, fire, earth, metal, and water as shown in **Figure 1** [5], while each element corresponds to a specific organ. In addition, this theory describes interactions and relationships

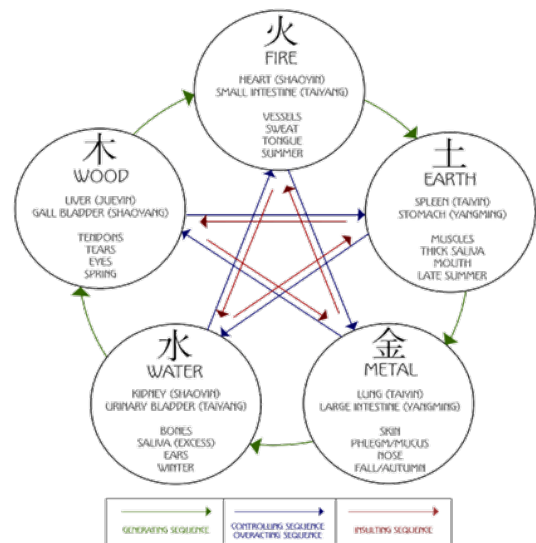


Figure 1: The Five Elements diagram.

between organs, including Generating, Controlling, and Insulting Sequences and highlights both TCM and acupuncture treat a body as a whole system.

Case Report

Chief complaints

Chief complaints of the patient aged 45 are sore throat with a little fever (38.50C), bloating, lethargy, poor appetite, and poor sleep.

Diagnosis

Tongue diagnosis as presented in Figure 2 shows cracks in the middle Jiao indicating the Stomach qi deficiency (1), while a little red in the tip of the tongue presents there exists heat in the upper Jiao responding to especially the Lung affected with COVID-19 virus (2). Thin white and coating in the lower Jiao refers to dampness and heat (3).

Treatment plan

It is definitely Earth plays the key to treating this case in accordance with the TCM theories.

In order to clear Heat that results from the deficient Stomach qi, the prescription that includes Shanyao, Fuling, Baizhu, Huangqi, Gancao, Jiegeng, Chaihu, Huangqin, Chenpi, and Jinyinhua for this patient is based on the critical principle that Earth (Spleen/Stomach) generates Metal (Lung) since Earth is the mother of Metal.

Treatment outcomes

The treatment outcomes are positive following 2 decoctions (1 decoctions per day, 2 times per day). The patient felt totally relieved from all of the symptoms and became energetic. Finally the test result showed NEGATIVE (-).



Figure 2: Patient's tongue.

Discussion

The key to this successful case within two days is following the principle that Earth generates Metal.

Spleen plays the role of the postnatal existence and is the central organ to produce Qi and extract food Qi (Gu Qi) from food and liquids one takes into the body. Food Qi equaling nutrition is the basis for the formation of Qi and Blood that can circulate in the body to balance Yin-Yang. In the meanwhile, Spleen and Stomach remain the exterior-interior relation.

One of the functions of Lung is to dominate the overall Qi. Qi can facilitate the flow of energy throughout our body for exchanging and regulating Qi in the body.

In fighting against COVID-19, Spleen, Heart, and Lung play a triangle relation as in **Figure 3**. Generating circle shows Heart is the mother of Spleen and Spleen generates Lung. Spleen-Stomach (Earth) qi deficiency can result in malnutri-

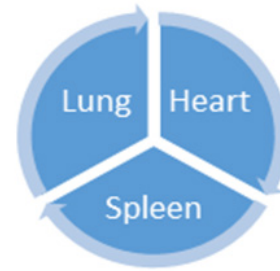


Figure 3: Generating circle.

tion. In addition, Heart (Fire) controls Lung (Metal), which can lead to pulmonary circulation of the West medicine malfunctions.

In this prescription, Shanyao, Fuling, Baizhu, Huangqi, Chenpi, and Gancao are included to tonify Spleen/Stomach (Earth) qi while Jiegeng, Chaihu, Huangqin, and Jinyinhua are to clear Lung Heat and drain phlegm.

In total, there are up to 110 patients who were given this prescription. Averagely, 90% of the patients affected with COVID-19 are relieved from the threat of COVID-19 within 5 days, while 10% are within 4~5 days with this prescription.

Conclusion

The Yin-Yang theory that is picture of the observation of the nature distinguishes Traditional Chinese Medicine and acupuncture from the Western medicine.

The treatment outcomes show this prescription and the Yin-Yang theory can apply to the clinical issues, such as the covid-19. However, the Yin-Yang theory deserves more attention in the future because it is abstract and needs scientific approaches to examine its efficacy.

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