Analysis on the Advantages and Values of Characteristic Therapies of Traditional Chinese Medicine in the Prevention and Treatment of COVID-19

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Abstract

Since the outbreak of new coronavirus pneumonia (coronavirus disease 2019, COVID-19), the widespread use of Chinese medicine has played an important role in controlling the epidemic, and the auxiliary participation of special Chinese medicine therapies, such as acupuncture, moxibustion, and acupoint sticking application, traditional Chinese medicine sachets, health-preserving methods, etc., have also played an extraordinary role in the prevention treatment and rehabilitation of COVID-19, improving the symptoms of patients, strengthening the body's immunity, and reducing the transformation of suspected and mild patients to severe cases. Probability and other aspects have shown good clinical effects, and compared with Western medicine treatment, its advantages of simplicity, convenience, low cost, and experience are extremely significant, and there is a huge potential value in the treatment of COVID-19. Therefore, this article summarizes the advantages and value of acupuncture, moxibustion, acupoint application, incense and guidance, etc. in the prevention and treatment of COVID-19, with a view to seeking more methods for epidemic prevention and control.

Keywords

COVID-19, Acupuncture, Moxibustion, Acupoint Application, Traditional Chinese Medicine Sachet, Health Regimen, Prevention and Treatment

1. Summary of characteristic TCM therapies

The characteristic therapy of traditional Chinese medicine is the valuable experience inherited and accumulated in the Chinese medicine for thousands of years. It achieves the purpose of curing diseases by regulating the whole body state. It has a unique theoretical system and has been repeatedly verified in rich clinical practice. Traditional medical treatment of disease prevention is more important than treatment and health care and the ideological characteristics of health care [1]. This therapy has certain representative characteristics in traditional medicine. It usually has a rapid therapeutic effect on a certain disease or a specific course of disease. The method is simple, no pain or less pain, and easy to master and apply. The effect is remarkable, the price is low, the use is safe, and it is non-toxic, side effects [2]. It has been widely used in the treatment of various hospitals and people's daily health care.

There are nearly 80 types of TCM characteristic therapies issued by the Administration of Traditional Chinese Medicine. Among them, the most widely used, definite curative effects, and more familiar to people include acupuncture, moxibustion, cupping, massage, acupoint pressing, acupoint application, Cupping, Gua Sha, Chinese medicine enema, etc. The scope of diagnosis and treatment of characteristic therapies of traditional Chinese medicine is extremely wide, covering almost all clinical medicine including categories, specialties, and specialized diseases. It mainly includes special treatment methods for various common diseases, frequently-occurring diseases, and characteristic treatment techniques for various difficult diseases. After the outbreak of the new type of coronavirus pneumonia (hereinafter referred to as new coronary pneumonia), the “New Coronavirus Pneumonia Recovery Period TCM Rehabilitation Guidance Recommendations (Trial Version)” issued by the State Administration of Traditional Chinese Medicine clearly mentioned acupuncture, acupoint application, and traditional Chinese medicine sachets, such as the intervention of traditional Chinese medicine therapies. The author believes that the traditional Chinese medicine characteristic therapy has a long history and a positive effect. It has a certain application value in the prevention and treatment of new coronary pneumonia. It has the advantages of safety and simplicity, easy operation, wide adaptability, and low price, and it is worthy of clinical promotion.

2. Acupuncture therapy

The first record of acupuncture used for disease prevention and treatment appeared in *Inner Canon of Huangdi*, the *Suwen Acupuncture Method* clearly pointed out that “there are only five methods for the five epidemics”, and related records also appeared in the *A-B Classic of Acupuncture and Moxibustion* “Cholera pierced Yu Bangwu, foot Yangming and upper side three”; “Yang reverses cholera, pierces people to welcome”; “Cholera, vent without knowing it, take Taixi first, and then take the original Taicang”; *Essential Recipes for Emergent Use Worth A Thousand Gold* and *Compendium of Acupuncture and Moxibustion* have detailed records on the dialectical acupoint selection of diseases such as cholera and dysentery.

During the COVID-19 epidemic, the Provincial Health Commission and the Administration of Traditional Chinese Medicine jointly issued the *Notice on Further Doing a Good Job in the Prevention and Treatment of COVID-19 with Traditional Chinese Medicine*, two recommended prescriptions for the treatment of new coronary pneumonia were issued in Chinese medicine prescriptions and acupuncture prescriptions. In the *Guiding Opinions on Acupuncture Intervention for New Coronavirus Pneumonia (Second Edition)*, corresponding acupuncture and moxibustion have been formulated for the medical observation period (suspected cases), clinical treatment period (confirmed cases), recovery period and other household personnel of new coronary pneumonia prescription. The author believes that acupuncture therapy can improve the symptoms of patients by regulating the functions of various viscera, purging heat and detoxification, and regulating human body functions in both directions, so as to achieve the purpose of preventing and treating new coronary pneumonia.

2.1 Regulating the internal organs

COVID-19 is an acute respiratory infectious disease caused by human infection with a new type of coronavirus (2019-nCoV). Academician Xiaolin believes that the disease is located in the lungs and spleen, and the main symptoms are fever and dry cough, Fatigue, body aches, nausea, vomiting, diarrhea, constipation, etc. [3]; in the early stage of the disease, cold and dampness invades the human body, showing symptoms such as aversion to cold and fever, body aches; respiratory system manifestations; as the course progresses, cold and dampness traps the spleen, digestive system manifestations such as vomiting, anorexia, diarrhea, etc appear; some patients with sudden onset and severe illness may have respiratory distress or even shock and other life-threatening symptoms symptom. Acupuncture has been used in traditional Chinese medicine for thousands of years since its inception. It has good and definite curative effects on diseases of the respiratory system, digestive system, circulatory system, nervous system, endocrine system, etc. [4-5], it can better improve the patient's symptoms and regulate the function of the viscera. In the prevention and treatment of new coronary pneumonia, Yabin Gong and others [6] performed acupuncture treatment on 33 patients with new coronary pneumonia. The main points were Lieque, Hegu, Neiguan, Quchi, Zusanli, Taichong, and patients with insomnia. Add Shenmai and Zhaohai; each time acupuncture unilateral acupoints, alternating bilaterally, flattening and relieving, leaving the needle for 30 minutes, once every other day, the results showed that the patient had chest tightness, chest pain, fatigue, palpitation, anxiety, nervousness, anorexia, symptoms such as insomnia were significantly improved, and no adverse reactions or complications occurred, all 33 patients were cured and discharged.

2.2 Reducing fever and detoxification

Fanrong Liang believes that diarrhea is the key to disease treatment [7]. The nature of the disease is mostly warm, and fever is its more prominent symptom, which can run through the entire process of the occurrence and development of the disease; therefore, it is effective the diarrhea of fever has become the key to the treatment of the epidemic. Acupuncture has a definite heat-reducing effect. Many acupoints, such as Twelve Jing points, Twelve xing points, Quchi, Dazhui, Quze, Chize, etc, have good and definite heat-reducing effects. Many ancient books also have related records, For example, *Achieving the effect of Acupuncture and Moxibustion* “The plague is incomprehensible for six or seven days, causing heat to enter the blood room, yellowing body like smoke, eyes like gold, dry mouth and hot knots, Bianstone stabbing Quchi to produce evil Blood, or use a sharp needle to pierce the big collaterals in the elbow, so that evil toxins can flow out with the blood, which is extremely effective”; *Notes of Acupuncture Points* records when infections such as disease, plague, and Sha, etc. If the patient has symptoms such as cholera turning tendons, headache, dizziness, stiffness of the whole body, inflexible movement of the limbs, etc., bloodletting can be performed at Yintang and temples, and the blood will stop immediately; acupuncture at Quze and Weizhong to make a small amount “Bleeding”; take “Jinjin and Yuye acupoints for pricking, with bleeding as the main point”. There are clinical studies [8]. In patients with chronic hepatitis B, injection of interferon at Quchi acupoints combined with Dazhui acupoint massage therapy has shown that it can reduce patient. The post-primitive fever response can improve fever, chills, headache, muscle aches and fatigue and other uncomfortable symptoms, and the effect of lowering body temperature is significantly better than that of patients treated with ordinary subcutaneous interferon injection, confirming the heat-reducing effect of Quchi and Dazhui points. This new crown Pneumonia, the first symptoms of most infected patients are fever, cough, fatigue, etc. On the basis of Western medicine treatment, acupuncture therapy should be actively promoted to improve patients with fever and other uncomfortable symptoms. It is easy to operate, inexpensive, and has no side effects. It has significant clinical Advantage.

3. Moxibustion Therapy

Moxibustion therapy mainly uses the heat of moxibustion and the action of drugs, through the channels and collaterals, to warm the blood, strengthen the body and eliminate evil, and achieve the purpose of preventing and curing diseases. *Bian Que Heart Book* mentioned that “the deficiency of true qi leads to illness, and the loss of true qi leads to death. The way to save life is the first to burn moxa”. *Introduction to Medicine* contains “Anyone who is not sick with a needle, and the medicine is not as good as the medicine, must be moxibustion”; in *Mencius*, there is a saying “for seven years of disease, seeking moxibustion for three years”. Modern studies have shown that moxibustion has a regulatory effect on multiple system functions such as the respiratory system, immune system, and digestive system. It can not only promote the body’s metabolism and enhance the body’s immune function, but also has significant advantages in the prevention and treatment of various chronic diseases [9-12]. This new type of coronary pneumonia, moxibustion is widely used in various medical institutions, family communities, and its prevention and treatment effects on COVID-19 are mainly reflected in three aspects: detoxification, warming the sun and eliminating cold, and improving immunity.

3.1 Decontamination and disinfection

The moxa leaf fumigation can play a role in disinfection and sterilization, killing a variety of pathogenic bacteria in the air, and effectively preventing the occurrence of influenza. *Artemisia argyi* has been used for the prevention of epidemic diseases for thousands of years. The *Handbook of Prescriptions for Emergency* records “The four corners of the patient’s bed are densely moxibustion and moxibustion is used to prevent infection”. *Essential Recipes for Emergent Use Worth A Thousand Gold* also contains “Mortal Wushu places you official, often need three or two moxibustion on the body, do not make the sore temporarily worse, the malaria and malaria gas cannot be infected, so Wushu often practice moxibustion”. The use of moxibustion can prevent plague infection. Studies have confirmed that fumigation with Mugwort leaves for 30-60min can kill beta-hemolytic streptococcus, *Staphylococcus aureus*, *Escherichia coli*, *Bacillus diphtheria*, *Bacillus typhi*, *Bacillus tuberculosis*, *Pseudomonas aeruginosa*, *Bacillus subtilis* and *Pseudomonas aeruginosa* to varying degrees. A variety of pathogenic bacteria such as monospores and molds can effectively inhibit adenovirus, influenza virus and herpes virus, etc. [13-14], and have varying degrees of resistance to various dermatophytes such as *Trichophyton gypsum*, *Trichophyton flavum* and other dermatophytes. Inhibition [15]. Aixu Wu [16] using moxa to disinfect the air in surgical wards for 60 minutes, and comparing it with ultraviolet disinfection, it was found that the two have the same disinfection effect, but moxa disin-

fection can avoid ultraviolet disinfection on human skin, mucous membranes and eyes, the irritation and adverse reactions such as chest tightness and suffocation. Ruihong Li [17] investigated the incidence of influenza after disinfecting hospitals with moxa fumigation method and found that moxa fumigation and disinfection can significantly prevent the occurrence of influenza, and the effect is better than natural ventilation and dynamic disinfection methods. For this COVID-19, Huanggang City in Hubei Province recommended to the general public to use moxa fumigation as a prevention and control measure. Major hospitals have also reported using moxibustion fumigation for air disinfection to actively prevent COVID-19.

3.2 The warming

Effect of warming the yang to drive the cold is an important curative mechanism of moxibustion [18], so it is the first to be good at the treatment of cold diseases. The red light produced by moxibustion and the infrared resonance radiation of acupoints also plays an important role in the treatment [19]. *Suwen Different Methods Yilun Pian* contains “Zang cold is full of disease, its cure should be moxibustion”. Bin Nie [20] Using Fuyang fire moxibustion to treat patients with Yang deficiency syndrome in sub-healthy people, applying moxibustion to the patients’ governor channel and bladder meridian on both sides, and spraying Fuyang medicinal wine, the results showed that it can significantly improve the spirit of patients with sub-health Yang deficiency syndrome Symptoms such as fatigue and coldness can prevent the further progress of chronic diseases. Lvhui Wu [21] in the clinical observation of improving Yang-deficiency physique, it was found that compared with Shenfu injection acupoint injection and oral Jinkui Shenqi pill treatment, moxibustion and acupoint warming moxibustion had the best effect on improving Yang-deficiency constitution, which One of the first choices for the treatment of people with healthy yang deficiency physique. This COVID-19 is considered by academician Xiaolin [3] to be a “cold and damp disease”, Cold and dampness are both yin and evil. Its qi invades the human body, damages the body’s yang qi, and prevents lung qi from affecting the lungs. It should be based on warming yang, that is, “the cold is hot”, which happens to be the master of moxibustion. The application of moxibustion has the effect of warming the yang to eliminate cold, activating the meridians, strengthening the body and eliminating evil, and many clinical studies have confirmed it, Moxibustion has a clear effect in enhancing lung function and improving the quality of life.

3.3 Enhance immunity

Moxibustion can regulate the human immune system and enhance the body’s ability to resist diseases and resist external evils. *Bianque heart book* says: “When a person is free of illness, he often moxibusts Guanyuan, Qihai, Mingguan, and Zhongwan. Although he cannot live long, he can still live for a hundred years”. Modern clinical and experimental studies show that moxibustion the way to improve the immune function of the body is achieved by regulating immune organs, immune cells, immune regulatory factors, immunoglobulins, etc. [22]. Studies have found [23] that moxibustion at its Dazhui point can significantly enhance the phagocytic function of mouse macrophages in mice with low immunity, but has little effect on the phagocytic function of normal mouse macrophages. Lin Yuan [24] Moxibustion at Zusanli, Guanyuan, and Qihai points is used to treat patients with leukopenia caused by various reasons. The acupoints are Zusanli, Guanyuan, and Qihai, and the treatment lasts for 2 weeks. And compared with the treatment of western medicine, the results found that the moxibustion group was more effective than the traditional western medicine group, indicating that moxibustion can effectively treat leukopenia, with low cost and no side effects, and has good clinical application value.

4. Acupoint application therapy

The acupoint application therapy was first recorded in *Prescriptions for Fifty-two Diseases*, Lingtai Xu said in Qing Dynasty: “Paste it with plasters to block the qi, so that the medicinal properties can flow from the pores into the body, and the meridian it is more powerful than taking medicine. This is the method of seconds”. The latest review shows [25] that acupoint application can stimulate the body through the local stimulation of the medicine and conduction through the meridian. The three aspects of transdermal absorption play a role in regulating the yin and yang of the viscera and dredging the qi and blood of the meridians, so as to achieve the purpose of preventing and treating diseases. Studies have shown that acupoint application has significant effects on the prevention and treatment of chronic respiratory diseases such as asthma, chronic obstructive pulmonary disease, chronic bronchitis, allergic rhinitis, and repeated upper respiratory tract infections [26-31]. Yiying Zhang [32] divided 60 patients with mild fever and influenza into Western medicine group and Chinese medicine group with 30 cases each. Western medicine group received conventional treatment (oseltamivir capsules, podilan oral liquid) combined with ibuprofen, and traditional Chinese medicine group received conventional treatment. Combined with traditional Chinese

medicine acupoint application, treatment results show that the sweating time, antipyretic onset time and recovery time of patients in the traditional Chinese medicine group are shorter than those in the western medicine group, and the clinical total effective rate is higher, and there are fewer adverse reactions. The *New Coronavirus Pneumonia Expert Consensus on Traditional Chinese Medicine Rehabilitation (first edition)* [33] issued during the period of the new coronary pneumonia recommends the use of acupoint application therapy for patients with mild, common and convalescent types. Acupoint selection: Tiantu, Dazhui, Lung For Yu, Dingchuan, Gaoluo, Tanzhong, Fenglong, etc., white aconite, asarum, chuanxiong, evodia, etc, are ground into fine powder, and then made into medicinal cakes for application (conventional disinfection of acupoints before application), each time for 6-8 hours, 7 to 10 days once.

5. Xiangpei Therapy

Xiangpei therapy is also called wearing therapy. This therapy has a long history. *Shanhaijing Xishanijing* contains: “Fumigation, you can wear it out”; the Han Dynasty *Zhongzangjing* records the use of crimson The end of benzoin prevents and cures corpse transmission, pulmonary atrophy, qi, miasma, etc. The Ming Dynasty *Compendium of Material Medical* records the use of musk to make incense to treat nightmares. In this epidemic, the Department of Traditional Chinese Medicine of Tongji Hospital made a self-made anti-influenza sachet. The prescription: Atractylodes 10 g, Ai Ye 10 g, Acorus calamus 10 g, Mint 10 g, Agastache 10 g, made into traditional Chinese medicine sachets, which can be worn on the body, and also It can be hung in the car and replaced every 5 days to prevent COVID-19 [34]. Masters of traditional Chinese medicine Diangui Li, Zhongying Zhou, and Qi Wang announced 3 sachet prescriptions [35], including 14 Chinese medicines such as Agastache, Atractylodes, Artemisia argyi, Shichangpu, etc., all of which have the effect of fragrant and cleansing. Modern pharmacological studies have confirmed that the volatile oils and other active ingredients contained in the above-mentioned traditional Chinese medicines have the effects of inhibiting viruses and bacteria, anti-inflammatory, sedative, and resuscitation, and can regulate the body’s immune function to a certain extent [36-39]. A clinical study [40] of using traditional Chinese medicine sachets to interfere with influenza patients found that wearing traditional Chinese medicine sachets can increase the levels of IgA and IgG in susceptible patients, increase the body’s ability to resist influenza viruses, and reduce the incidence of colds. The clinical study [41] of using anti-influenza sachets (Agastache, Atractylodes, Acorus, Clove) to intervene in patients with influenza has shown that traditional Chinese medicine sachets can effectively relieve symptoms of fever, sore throat, cough, fatigue and other symptoms of influenza patients, and are useful for the onset of influenza. It also has a certain preventive effect. Therefore, for both susceptible people and people who are already infected, traditional Chinese medicine sachets can be used to improve their immunity to prevent and treat COVID-19.

6. Guiding therapy

Guiding therapy is a fitness method that combines body movement, breathing, breathing, and mental regulation under the guidance of TCM theories. *Zhuang Zi* records “Spit out the turbid air in the body, breathe in fresh air, like a bear climbing a tree and hanging on its own, a bird-like flying in the air and stretching its feet, it’s nothing more than a longevity. This is the favorite of people who lead and maintain health, such as Peng Zu and longevity”. This time, Qingquan Liu [42] believes that for patients in the recovery period, on the basis of traditional Chinese medicine treatment, it is recommended to supplement traditional Chinese medicine physiotherapy methods such as Taijiquan and Baduanjin to enhance their own resistance, through deep breathing, etc. Actions can expand the rib cage, improve lung function, and promote the rehabilitation process. In Wuhan Fangcang Hospital, the medical team of Shaanxi University of Traditional Chinese Medicine Affiliated Hospital used Baduanjin and health exercises in rehabilitation exercises for light patients to reduce the occurrence of deep vein thrombosis, relieve patients’ anxiety, improve patients’ sleep quality, and enhance The body’s immunity prevents the suspected and mildly ill patients from turning into severe ones, which is conducive to the recovery of the disease. Traditional TCM exercises regulate the body, breath, and the heart. It has the effects of reconciling qi and blood, balancing yin and yang, dredging the meridians, and regulating viscera. It has a good regulatory effect on multiple systems and mental states such as breathing, nerves, exercise, cardiovascular, etc. It has a great reference and application value in the rehabilitation and guidance of patients with COVID-19.

7. Conclusion

In summary, the characteristics of traditional Chinese medicine have a deep history and a positive effect. They

can effectively improve the lung function of patients with new coronary pneumonia, relieve anxiety, improve sleep quality, and strengthen the body's immunity, so that the probability of suspected and mild patients becoming severe is reduced. It can play different roles in prevention, treatment and rehabilitation, and has the advantages of simple operation, low price, wide adaptability and high feasibility. In order for the prevention and control of the epidemic to be carried out effectively, the advantages of traditional Chinese medicine's characteristic therapies of simplicity, convenience, cheapness, and experience should be fully utilized to make them an effective means of epidemic prevention and control, and be more widely used in the prevention and control of the COVID-19, and play a more important role in the prevention and control of the epidemic.

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