

April 13, 2020

Let Chinese Herbs Help to Fight COVID-19

Dear CDC Director Redfield, CA Governor Newsom, and Dr. Heidi Behforouz,

First, we want to express our great thanks to you for organizing to fight COVID-19.

As licensed acupuncturists who have practiced in the U.S. for over a decade, we are writing to request officially participating in fighting COVID-19 with Chinese herbs and make a contribution to help the infected people with our expertise.

Chinese herbs have made a great contribution to fighting COVID-19 in China. Briefly, several thousand patients who were only treated with Western medicine died at the beginning of the outbreak in Wuhan, including a dozen physicians who were treating the patients. Fortunately, when Chinese herbs were integrated with Western medicine in the treatment, the mortality rate decreased significantly and the cure rate increased dramatically. The pandemic was well controlled within two months. According to the report, about 90% (more than 70,000) COVID-19 patients in China drank the herbal tea.

The Chinese National Health Commission has published "Chinese Clinical Guidance for COVID-19 Pneumonia Diagnosis and Treatment." In its 7th version, it updated the clinical manifestations and pathological features of the disease and "the accumulation of experience in diagnosis and treatment," including prevention and treatment of Chinese medicine.¹

Chinese herbal formulas have been used for infectious diseases in China since ancient times with written records.² Chinese herbs have played an important role during the pandemics of 2003 SARS³ and current COVID-19 in combination with Western medicine. In fact, the efficacy of Chinese herbs for virus infection was also demonstrated in the U.S. a hundred years ago by "Doc" Hay, with a record that "all his patients survived the fatal Spanish Flu".⁴

Modern pharmacological studies in the past decades have revealed that certain Chinese herbs have inhibitory activity on influenza, HIV, hepatitis, herpes, and other viruses.⁵ Research literature can be easily found by searching PubMed. Publications on the use of Chinese herbs to treat COVID-19 in English are also now available.⁶⁻¹¹

In addition, researches have demonstrated that many Chinese herbs can effectively inhibit inflammation and restore the functions of immune and circulatory systems and the injured organs.⁵ The death of COVID-19 patients was mostly due to inflammation caused by the functional failure of the lung and other organs caused by COVID-19 virus. The application of Chinese herbs for COVID-19 patients is not simply killing the virus. Rather, Chinese herbs, regulated by FDA as dietary supplements, can relieve the symptoms by helping the impacted systems and organs recover their regulatory function.

Chinese herbs are especially effective for those patients at the early stage of the infection. Our service can be carried out by giving the herb preparation (capsule, granules, or sachet) to the patients after distance consultation through FaceTime or other medias. The herbs can be mailed to patients. In fact, we have helped some patients with the symptoms but not willing to get testing for diagnosis and being treated in the hospital. We wish we could help those patients who are diagnosed at an early stage with mild symptoms and requested home quarantine with Chinese herbal formulas. We will also recommend our members who have solid foundation of both modern and traditional medicine, rich clinical practice experience and professional communication skills to participate. To achieve safe and effective results, we will co-operate with the physicians and other care professionals, carefully collect the data from the patients and physicians, and keep each case well documented.

We will ensure the quality and safety of the ingredients we use by identifying them and testing the microbes and heavy metal in the lab, and make sure there will be no drug-herb interactions by carefully recording the medicines the patients are using.

Regards

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(www.aachineseherbs.org)

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