

Differentiation, Treatment and Prevention for COVID-19 Based on Theories of Six conformations and Warm-Pathogen Disease

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Demographics in Oregon updated on April 14, 2020

Age group	Cases	Percent	Ever hospitalized‡	Deaths*
0 to 19	38	2%	3	0
20 to 29	182	11%	18	0
30 to 39	249	15%	21	0
40 to 49	303	19%	54	1
50 to 59	289	18%	54	1
60 to 69	287	18%	103	10
70 to 79	178	11%	76	16
80 and over	107	7%	52	27
Not available	0	0%	-	0
Total	1633	100%	381	55

Pao Ding, a chef, breaks down a cow for Mr. Wen-hui. He grasps it with his hands, pushes it up with his shoulders, steps on it with his feet and supports it with his knees. All movement is nimble and exact as they should be. The sound of crashing from the ox is either gentle or loud, and the sound to move his knife is swishy. All of sound are in accordance with music, and they are in harmony with Sang Lin and Jing Shou.

Mr. Wen Hui shouts: "excellent! How can you reach such level to disassemble a cow?"

Pao Ding replies: "what I am favor for is Dao, which has gone beyond the skill. When I first learnt to break down a cow, what I have seen is a whole cow. Three year later, I do not need to see a whole cow any more. Now, when I break down a cow, I only use my mind to analyze how to do it instead of seeing it, and my sensory organs do no play their roles in this process any more. With moving my knife, I only **follow its natural interspaces**, open the space between bones, and finally let the knife get into the space of joints. All of these movement is to **go along the natural structure of a cow**. There is no damage of the mixture of tendons and vessels, to say nothing of big bones .Good chefs change their knives once a year as they use their knives to cut fleshes. Ordinary chefs change their knife once a month since they use their knives to cut bones. I have used my knife for 19 years and broken down more than 1000 cows. But my knife is still as sharp as one that has just sharpened on the grindstone. Because there must be gaps between bones, and the edge of the knife is very, very thin. **Applying this very thin edge of the knife to gaps between bones should accomplish the task easily**. Therefore, my knife is still as sharp as one that has just sharpened on the grindstone. Although the job sounds ease. Every time, I know the difficulties when there are mixture of bones and tendons. I have **to concentrate**

my mind, move a knife carefully, gently and slowly. When crashing sound is heard, a cow is broken down and scattered on the ground. Then, I stand up with my knife, looking around with carefree and content feeling. Finally, I clean my knife and put it back to the box of knives.

Mr. Wen-hui say: "A good job! After listening what Pao ding have explained, **I have learned the principle of preserving life.**"

- << Health Master>> by Zhuang Zi

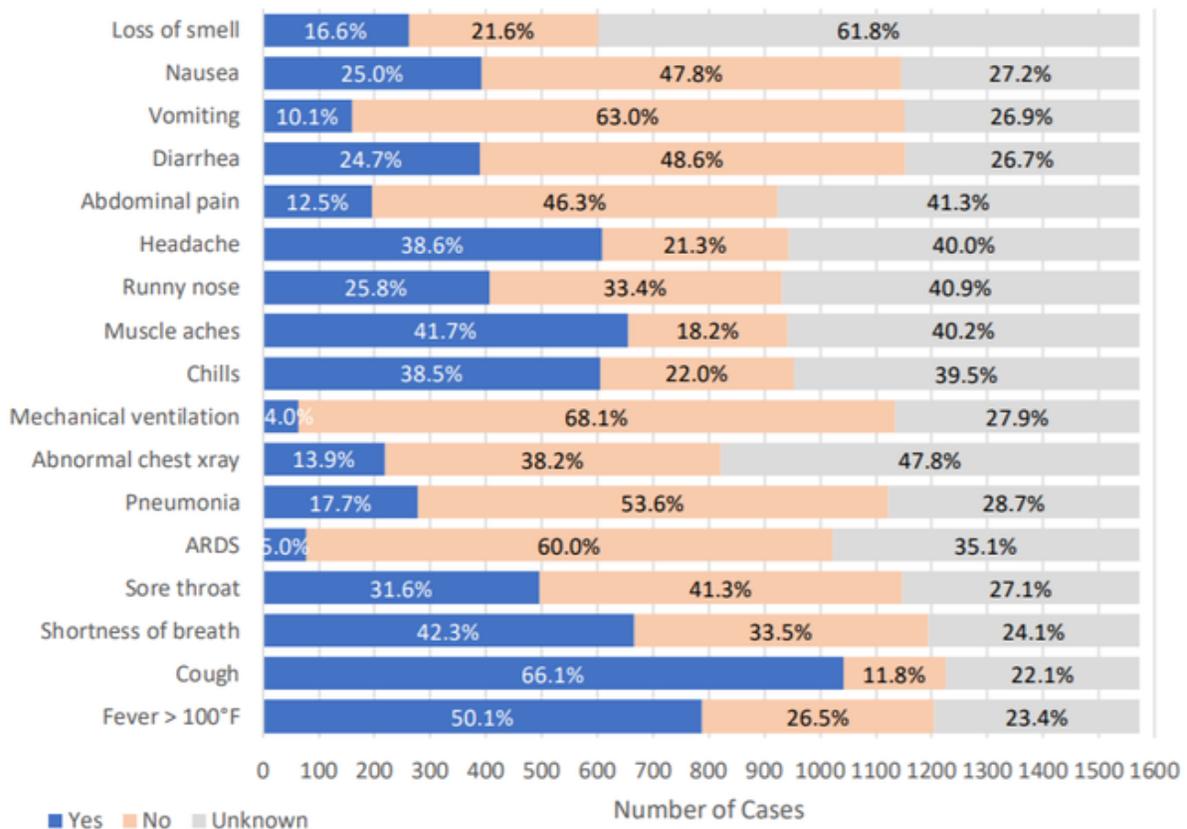
1. Pathogen - Pestilential Qi

a. Season factors

b. combined with six pathological factors: dampness, cold, heat and so on

2. Onset of COVID-19

Figure 1. Reported signs and symptoms for all confirmed COVID-19 cases (n=1574)



a. nose: diminishing of smell, running nose, sore throat, cough (lung, shao yang)

Discussion of Warm Epidemics by Wu You-Xing: Epidemic Disease is caused by a pestilential qi that circulated between heaven and earth..... when the pestilential qi occurs, people are attacked by it no matter how old they are or how strong they are. The disease related will take place when it attack human body through mouth and nose.

Discussion of Warm-heat Pathogen Disorder by Ye Gui: when warm-heat pathogen first attack the upper part of the body and the lung is the first organ it attacks.

Shang Han Lun by Zhang Ji

line 263: (The typical manifestation of) shao yang disease is bitter taste in the **mouth**, dry **throat** and dizziness.

line 264: In zhong feng syndrome of shao yang disease, when there is deafness in **the ears, red eyes**, fullness in the chest and vexation. Vomiting and purging cannot be employed. Otherwise, palpitation and fright ensue.

b. mouth: diminishing of taste, nausea, vomiting, abdominal pain diarrhea (spleen)

line 273: (The typical manifestations of) tai yin disease is fullness in the abdomen and vomiting, poor appetite, spontaneous and progressive diarrhea, and abdominal pain at times. If the purging is applied, there would be hardening, fullness in the epigastric region.

c. skin and muscle: fever, body pain (tai yang, shao yang, yang ming and wei level)

Line 7: When a disease presents with fever and aversion to cold, it indicates that the disease occurs in yang; while a disease has aversion to cold but the absence of fever, it indicates that the disease takes place in yin.

d. damage of zheng qi on whole body: fatigue

3. Progression of COVID-19

a. wei - qi - blood - ying level

b. tai yang - tai yin (lung)

c. shao yang - tai yin (lung)

d. foot tai yin (spleen) to hand tai yin (lung)

4. The key pathology: the complex of qi stagnation in the lung, the production of heat, phlegm and blood stasis and their vicious cycle.

5. Treatment

1) find ways to discharge pestilential qi and other pathological factors

a. venting pestilential qi and other pathological factors: "the venting method should be applied to treat the disorders in the upper burner, the herbs to do this job should be as light as feather of birds" - Systematic Differentiation of Warm Pathogen Disease.

jin yin hua, bo he, lu gen, man jing zi, sang ye.

b. discharge pathological factor via bowel movement: da huang, lai fu zi, xing reng, tao ren, gua lou ren, rou cong rong

2) deal with substantial pathological factors

a. resolve phlegm: zhe bei mu, yu xing cao, jin qiao mai; ban xia, bai qian, lai fu zi.

b. promote blood circulation: tao ren, hong hua, dan shen.

3) dispersing qi and descending qi in the lung: zhi shi, zhi ke, xie bai.

4) support zheng qi: huang qi, ren shen.

5) comments on several formulas used in China

lian hua qing wen jiao lang (modified ma xing gan shi tang): ma huang, xing ren, shi gao, jin yin hua, lian qiao, ban lan gen, guan zhong, yu xing cao, huo xiang, bo he, da huang, gan cao.

qing fei pai du tang (xiao chai hu tang, bai hu tang, she gan ma huang tang and wu ling san): ma huang, zhi gan cao, xing ren, shi gao, gui zhi, ze xie, zhu ling, bai zhu, fu ling, chai hu, huang qin, ban xia, sheng jiang, zi wan, kuan dong hua, she gan xi xin, shan yao, zhi shi, chen pi, huo xiang)

huo xiang zheng qi san: huo xiang, da fu ling, zi su ye, gan cao, jie geng, chen pi, fu ling, bai zhu, hou po, ban xia, bai zhi, sheng jiang, da zao

6) two formulas to deal with damp-heat in the lung from Systematic Differentiation of Warm-pathogen Disease:

san xiang tang: dan dou chi, yu jin, jiang xiang, zhi ke, zhi zi, chen pi, gua lou pi

shang jiao xuan bi tang: pi pa ye, yu jin, she gan, tong cao, dan dou chi.

6. Prevention:

a. keep social distance, avoid public gathering.

b. avoid panic, worry, anxiety and rest, relax for better qi circulation.

c. have regular life (health diet; good sleep) to keep you zheng qi in good shape

d. support defensive qi to fend off this virus:

yu ping feng san

xiao chai hu tang

sang ju yin

qing qi wan