Traditional Chinese Medicine
Remedy for SARS

**Prescription 1**
Function: Clear and purge heat; supplementing energy and dispels excessive humidity

<table>
<thead>
<tr>
<th>Contents</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Astragalus mongholicus</td>
<td>10g</td>
</tr>
<tr>
<td>Valerianaceae</td>
<td>15g</td>
</tr>
<tr>
<td>Job’s tears</td>
<td>15g</td>
</tr>
<tr>
<td>Platycodon grandiflorum</td>
<td>6g</td>
</tr>
<tr>
<td>(Root of balloon flower)</td>
<td></td>
</tr>
<tr>
<td>Licorice root</td>
<td>3g</td>
</tr>
</tbody>
</table>

Preparation: Brew using water. Bring to boil.
Consumption: Consume half a dosage at a time.

**Prescription 2**
Function: Clear and purge heat.

<table>
<thead>
<tr>
<th>Contents</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cordate houttuynia</td>
<td>15g</td>
</tr>
<tr>
<td>Wild chrysanthemum</td>
<td>6g</td>
</tr>
<tr>
<td>Capillary artemisia</td>
<td>15g</td>
</tr>
<tr>
<td>Fragrant thoroughwort</td>
<td>10g</td>
</tr>
<tr>
<td>Amomum</td>
<td>3g</td>
</tr>
</tbody>
</table>

Preparation: Brew using water. Bring to boil.
Consumption: Consume half a dosage at a time.

**Prescription 3**
Function: Clear and purge heat; dispel vapors.

<table>
<thead>
<tr>
<th>Contents</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dandelion</td>
<td>15g</td>
</tr>
<tr>
<td>Nasturtium</td>
<td>6g</td>
</tr>
<tr>
<td>Da Qing Ye</td>
<td>10g</td>
</tr>
<tr>
<td>Root of Kudzu vine</td>
<td>10g</td>
</tr>
<tr>
<td>Su Ye</td>
<td>6g</td>
</tr>
</tbody>
</table>

Preparation: Brew using water. Bring to boil.
Consumption: Consume half a dosage at a time.

**Prescription 4**
Function: Clear and purge heat; dispel vapors.

<table>
<thead>
<tr>
<th>Contents</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rhizoma phragmitis</td>
<td>15g</td>
</tr>
<tr>
<td>Yin Hua</td>
<td>10g</td>
</tr>
<tr>
<td>Golden bell</td>
<td>10g</td>
</tr>
<tr>
<td>Field Mint</td>
<td>6g</td>
</tr>
<tr>
<td>Licorice root</td>
<td>5g</td>
</tr>
</tbody>
</table>

Preparation: Brew using water. Bring to boil.
Consumption: Consume half a dosage at a time.

**Prescription 5**

<table>
<thead>
<tr>
<th>Contents</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Honeysuckle (jin yin hua)</td>
<td>30 g</td>
</tr>
<tr>
<td>Isatis roots (ban lan gen)</td>
<td>10 g</td>
</tr>
<tr>
<td>Rhizoma polystichii (guan zhong)</td>
<td>10 g</td>
</tr>
<tr>
<td>Almond</td>
<td>10 g</td>
</tr>
<tr>
<td>Ji geng</td>
<td>10 g</td>
</tr>
<tr>
<td>Ophiopogon japonicus (mai dongi)</td>
<td>15 g</td>
</tr>
<tr>
<td>Orange peel (chen pi)</td>
<td>6 g</td>
</tr>
<tr>
<td>Sheng gan cao</td>
<td>6 g</td>
</tr>
<tr>
<td>Hang ju hua</td>
<td>6 g</td>
</tr>
</tbody>
</table>

Preparation: Use 300 ml of water and mix to boil till 100 g is left.
Consumption: Consume twice a day, morning and night.

(Information provided by Zhang Wenqu, Chinese Physician)
### Prescription 6

**Contents** | **Amount**
---|---
Betel (bing lang) | 6 g
Pachydermia (hou pu) | 6 g
Cao guo ren | 3 g
Rhizoma anemarrhenae (zhi mu) | 6 g
Radix paeoniae alba (bai shao) | 6 g
Huang ling | 6 g
Liqorice (gan cao) | 3 g

Preparation: Use two bowls of water and mix to boil, then use a weaker flame to boil for another 5 to 10 minutes.
Consumption: Consume when medicine is lukewarm. After consumption, drink waters every hour.

(Information provided by Dr. Chen Hongneng of Singapore’s ECM Chinese Medical Center Pte. Ltd.)

### Prescription 7

Provided by Professor Xie Ming from the Beijing University of Chinese Medicine.

#### A. Suitable for the General Public

**Contents** | **Amount**
---|---
Yin hua | 9 g
Astragalus mongholicus (huang qi) | 10–12 g
Saposhirukovia divaricata (fang feng) | 6 g
Bai shu | 9 g
Golden bell (liang qiao) | 9 g
Rhizoma phragmitis (lu gen) | 15–20 g
Field mint (bohe) | 6 g
Root of balloon flower | 6 g

Preparation: Brew using water, bring to boil.
Consumption: Consume when lukewarm. Half of dosage at a time, two times a day. Total dosage — 5 consecutive days.

#### B. Suitable for Those with a Thick Loading on the Tongue

**Contents** | **Amount**
---|---
Cang shu | 9 g
Huo xiang | 9 g
Yin hua | 9 g
Astragalus mongholicus (huang qi) | 9 g
Saposhirukovia divaricata (fang feng) | 6 g
Seed of job’s tears (yi ren) | 9 g
Golden bell (liang qiao) | 9 g
Rhizoma phragmitis (lu gen) | 15 g
Root of balloon flower (jie gen) | 6 g
Toasted liquorice (zhi gan cao) | 5 g

Preparation: Brew using water and ring to boil.
Consumption: Consume when lukewarm. Half of dosage at a time, two times a day. Total dosage — 5 consecutive days.