

Traditional Chinese Medicine Remedy for SARS

Prescription 1

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

Contents	Amount
Astragalus mongholicus	10g
Valerianaceau	15g
Job's tears	15g
Platycodon grandiflorum (Root of balloon flower)	6g
Licorice root	3g

Preparation: Brew using water. Bring to boil.

Consumption: Consume half a dosage at a time.

Prescription 2

Function: Clear and purge heat.

Contents	Amount
Cordate houttuynia	15g
Wild chrysanthemum	6g
Capillary artemisia	15g
Fragrant thoroughwort	10g
Amomum	3g

Preparation: Brew using water. Bring to boil.

Consumption: Consume half a dosage at a time.

Prescription 3

Function: Clear and purge heat; dispel vapors.

Contents	Amount
Dandelion	15g
Nasturtium	6g
Da Qing Ye	10g
Root of Kudzu vine	10g
Su Ye	6g

Preparation: Brew using water. Bring to boil.

Consumption: Consume half a dosage at a time.

Prescription 4

Function: Clear and purge heat; dispel vapors.

Contents	Amount
Rhizoma phragmitis	15g
Yin Hua	10g
Golden bell	10g
Field Mint	6g
Licorice root	5g

Preparation: Brew using water. Bring to boil.

Consumption: Consume half a dosage at a time.

Prescription 5

Contents	Amount
Honeysuckle (jin yin hua)	30 g
Isatis roots (ban lan gen)	10 g
Rhizoma polystichi (guan zhong)	10 g
Almond	10 g
Ji geng	10 g
Ophiopogon japonicus (mai dong)	15 g
Orange peel (chen pi)	6 g
Sheng gan cao	6 g
Hang ju hua	6 g

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
Liquorice (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.