

The Important Role of Traditional Chinese Medicine in Epidemic Situation

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Abstract

Traditional Chinese medicine is not only the characteristic of medical science, but also an important part of the excellent culture of the Chinese nation. It has made an indelible contribution to the multiplication and prosperity of the Chinese nation for thousands of years, and has had a positive impact on the progress of world civilization. In the new stage of socialist modernization, we should further develop the distinctive features of traditional Chinese medicine and better serve the people's health.

Keywords

Traditional Chinese medicine; anti epidemic; function; challenge.

1. Introduction

Compared with other epidemic situations in history, NCP (COVID-19) is still a serious one because of strong infectivity and rapid spread. Although the disease is not as serious as SARS in 2003, it is still more serious than the flu. In addition, the period of Spring Festival holidays poses a serious challenge to the prevention and control of the epidemic.

In China, traditional medicine has been widely used in the treatment of NCP, and it was deeply involved in the whole process of diagnosis and treatment. It played an unprecedented positive role and became an important part of the "China method" of anti epidemic.

At present, more than 50000 discharged patients in China have mostly used traditional Chinese medicine. According to the Hubei Provincial Health Committee, the cumulative utilization rate of traditional medicine in Hubei Province has reached 91.91%, while in Fangcang hospital has exceeded 99%, and in centralized isolation points has reached 94%. From the current situation, the number of TCM Intervention in epidemic diagnosis and treatment is expected to be further improved.

2. The Role of Traditional Chinese Medicine in Fighting Epidemic

2.1. Great Healing Power

Thousands of years of history has proved that traditional Chinese medicine can avert pestilence. According to the history of Chinese epidemics, 321 epidemics have occurred in China since the Western Han Dynasty. Due to the effective prevention and treatment of traditional Chinese medicine, the spread of the epidemic has been controlled in a limited area and time. For another example, in the fight against SARS in 2003, traditional Chinese medicine (TCM) was praised by the World Health Organization expert group for its remarkable achievements in improving the cure rate, shortening the treatment time, and reducing the mortality rate.

Recently, 102 cases of clinical controlled study in Wuhan by academician Zhang Boli of Chinese Academy of Engineering and Professor Liu Qingquan's team showed that the treatment of mild patients with traditional Chinese and Western medicine reduced the time for clinical symptoms

to disappear, the time to the body temperature returned to normal one and the average length of stay in hospital reduced by 2 days, 1.7 days, and 2.2 days.

"The NCP is the result of the virus's invasion into the body and its own resistance, so improving body resistance is a very effective way." Speaking of coronavirus treated with Chinese medicine, Zhang Boli, a general consultant of Jiangxia hospital, said that Chinese medicine is aimed at treating the overall condition of patients to mobilize their own endogenous disease resistance. In clinical examination and research, he found that traditional Chinese medicine has a significant effect in reducing fever, controlling disease progress, reducing hormone dosage and reducing complications.

2.2. National Policies to Promote TCM Anti-Epidemic

On February 8th, Toujie Quwen granule was declared by Guangdong provincial drug administration and approved by the Eighth People's Hospital of Guangzhou. It was used by 30 patients in Guangdong Province.

On February 12, the Sichuan Provincial Drug Administration and the Sichuan Administration of Traditional Chinese Medicine jointly issued a notice that during the outbreak response, they agreed to the "NCP No. 1" declared by the Chinese Medicine Hospital affiliated to Southwestern Medical University and the Affiliated Hospital of Chengdu University of Traditional Chinese Medicine (Sichuan Province Chinese Medicine Hospital). The declared "NCP No. 2" and "NCP No. 3" are directly used in 205 new coronary pneumonia designated treatment hospitals in the province, and there is no need to apply for a transfer to the Provincial Drug Administration.

On February 14, the Shanxi Provincial Drug Administration and the Shanxi Provincial Health Commission jointly approved the application of the Shanxi Hospital of Provincial Traditional Chinese Medicine for the declaration of 5 preparations for the treatment of new coronary pneumonia. These 5 preparations can be treated in the province for new coronary pneumonia. It is used in designated hospitals, and is used in the observation period, early stage, middle stage, severe stage and recovery period of new coronary pneumonia, covering all treatment stages.

In February 19th, the NCP diagnosis and treatment plan (trial version sixth) issued by the national health and Health Commission (TCM) increased more prescriptions in the treatment of Chinese medicine. The Qingfei Paidu Decoction was officially introduced into the treatment plan as a universal prescription, and it was clear that each place could be treated dialectically according to the condition, local climate characteristics and different constitution.

NCP preparations are being developed in various localities under policy assistance. A batch of Chinese medicine preparations are applied through emergency review and approval. According to a rough calculation, 21 Chinese medicine preparations have been approved by the provincial drug regulatory bureaus for prevention and control of new coronary pneumonia.

3. The Thinking Mode of Traditional Chinese Medicine Plays A Strong Role in Relieving Social Panic

In terms of the prevention and control of the psychological injury of patients, their families and the whole society as well as the injury of the whole social operation order, thinking mode of TCM and logic behavior has more obvious advantages.

Firstly, the explanation logic of traditional Chinese medicine theory for epidemic situation and disease with a deep mass basis is simple, easy to understand, and easy to accept by the common people. The western medicine theory explains the epidemic situation from the virus, immunity, killing, epidemiology and other theories. It is difficult for the people who are not medical professionals to understand, and are prone to anxiety and panic.

Secondly, on the operational level, traditional Chinese medicine is simple and easy to implement, and the common people have strong executive power and self consciousness, so

that they can be confident and not panic. We still remember that in 2003, when fighting against SARS, some units and the community brewed some traditional Chinese medicine compound decoction to prevent it, which could improve the mood much better than the behavior of citizens panic buying masks everywhere.

Thirdly, from the perspective of implementation effect, prevention by traditional Chinese medicine will not affect the normal operation of social order, the physical and mental health of the majority of normal people, the limited medical resources will not be seized by the whole people, the key and difficult points of prevention and control work will be handed over to the professional medical team. The best quality medical resources will be returned to the most needed medical staff and sick personnel.

4. Future Development Direction of Traditional Chinese Medicine

Behind the push of novel coronavirus pneumonia in TCM is the importance of the state in the development and the recognition of the efficacy of TCM. Compared with the SARS period in 2003, the intervention of traditional Chinese medicine in this epidemic is earlier, and the scope and strength of the intervention is unprecedented. It will certainly have a great role in promoting Chinese people's re understanding of traditional Chinese medicine, but the better development of traditional Chinese medicine industry still needs continuous strengthening of the popularization of traditional Chinese medicine knowledge by the state.

The development of traditional Chinese medicine should focus on clinical practice, improve clinical efficacy, and highlight the advantages of traditional Chinese medicine in disease treatment, prevention and health care. It is necessary to summarize and form a diagnosis and treatment plan in a timely manner around the advantageous diseases, so as to promote the characteristic development, carry out collaborative research of Chinese and Western medicine, and establish an effective mechanism to play the traditional role of Chinese medicine in the prevention and treatment of emerging diseases and public health emergencies. We should also strengthen the role of traditional Chinese medicine in disease and prevention and improve the rehabilitation ability of traditional Chinese medicine.

5. Challenges of traditional Chinese Medicine

At the same time, we must face the challenges and problems that restrict the development of TCM.

From the reality of traditional Chinese medicine industry, although the policy level and support from the government is strong, there are still some problems in the grass-roots implementation and supervision level. At the same time, there are many practical problems in the development of Chinese medicine industry, such as no standards or outdated standards and confusion, as well as regulatory difficulties caused by Chinese medicine as agricultural and sideline products and local government poverty alleviation policies.

Some insiders believe that after the outbreak, due to the improvement of people's understanding of traditional Chinese medicine, it will have a better development prospect in the fields of chronic disease treatment, rehabilitation, health management, etc., while institutions with famous doctors, as well as users' education and promotion will have a better prospect. For traditional Chinese medicine enterprises, due to the higher requirements for product quality and traceability, as well as the further improvement of industry standards, in the short term, the industry will experience a painful period of transformation and upgrading. But in the long term, it will be more conducive to the development of high-quality and standardized Chinese medicine enterprises and partial consumption Chinese medicine enterprises will also receive more attention.

In my view, Chinese medicine has achieved good results in this epidemic and make a greater contribution to the fight against pneumonia caused by the new coronavirus infection. At present, the NCP is a challenge to the development of Chinese medicine, and is also an opportunity to accelerate internationalization. We should actively build a classified development management system of traditional Chinese medicine, promote the integration of traditional Chinese medicine into the public health and epidemic prevention system of integrated traditional Chinese and Western medicine, and contribute our wisdom and strength to the promotion of "going out" of traditional Chinese medicine on the basis of good internal skills.

References

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