

WHO PUBLISHES SHUFENG JIEDU STUDIES ON COVID-19

"10 current studies on the positive results of Shufeng Jiedu in relation to the treatment of Covid-19 have now been published on the official website of the WHO. We have summarized the results. "

Traditional Chinese medicines have been widely used in China to treat this condition since the COVID-19 outbreak in Wuhan. A number of clinical practice results have shown that TCM preparations play an important role in treatment. Therefore, various guidelines and the consensus of experts now recommend the use of TCM for the treatment of COVID-19.

Shufeng Jiedu (SFJD), which is widely used in China as an antiviral, antibacterial and anti-inflammatory drug, is one of the top 10 traditional TCM recipes recommended for this.

Much research has examined Shufeng Jiedu's pharmacology and mechanism of action to assess efficacy and safety as a basis for clinical decisions and the development of guidelines for the treatment of Covid-19.

Existing studies have shown that Shufeng Jiedu can lower the clinical pulmonary infection score (CPIS) and the cooldown time of fever, rattle, cough and wheezing, and improve the lung function score and the ADL (Activities of Daily Living) score. Shufeng Jiedu is also widely used to treat mild COVID-19.

The basic research on Shufeng Jiedu for the treatment of COVID-19 shows that with early use of this TCM formulation, the progression of the disease, an improvement in symptoms with regard to the anti-inflammatory and immune-regulating effects and the suppression of the dreaded cytokine storm is possible. The viral pneumonia and the sudden cytokine storm in the course of Covid-19 are among the dreaded symptoms of the febrile illness.

The SARS-CoV-2 viral genome encodes more than 20 proteins, including two proteases, which are vital for the virus to replicate.

The investigations into the mechanisms of the 8 herbs and 176 active components in Shufeng Jiedu are based on so-called network pharmacology, which tries to elucidate the mutual interaction of active ingredients and targets in the human body.

Apparently, the compounds in Shufeng Jiedu can regulate the signaling pathway of the infection by binding to SARS-CoV-2 3CL hydrolase and ACE2.

Thus, Covid-19 can be treated through the potential signaling pathways and targets of Shufeng Jiedu and thus take on the role of an antipyretic, anti-inflammatory and antiviral agent that balances immunity.

In a systematic review and meta-analysis of 11 studies evaluating the efficacy and safety of integrated traditional Chinese medicine, different TCM preparations were compared with Western medicines.

The TCM formulas, including Shufeng Jiedu, had better overall response rate, cure rate, disease severity, and length of hospital stay compared to the Western drug group. In addition, Integrated Medicine can improve the cure rate of fever, cough, sputum, fatigue, chest tightness and anorexia, and reduce the fever and fatigue time of patients.

The rational selection of drugs already on the market is made based on their ability to inhibit the proteins that are essential for the interaction between the virus and its receptors and the life cycle of the virus.

The combination of Shufeng Jiedu with Western drugs for the treatment of Covid-19, however, shows an improved effect than the Western drugs alone.

Research in China found that the combination of Shufeng Jiedu and arbidol hydrochloride was better than treatment with arbidol alone in the treatment of COVID-19. Of 70 patients with COVID-19 diagnosed and treated at Bozhou People's Hospital, China, 40 patients were given a combination of arbidol hydrochloride and Shufeng Jiedu and 30 patients were given arbidol hydrochloride only. The results showed that in the combination treatment group compared to the control group there were significant differences in the fever reduction time, the resolution of dry cough, stuffy and runny nose, throat pain, fatigue and diarrhea.

[Preview \(opens in a new tab\)](#)

In summary, it can be said that the more recent study results show that integrated medicine for COVID-19 with TCM preparations such as Shufeng Jiedu alone or in combination has better effects compared to Western medicine.

The link to the WHO: https://search.bvsalud.org/global-literature-on-novel-coronavirus-2019-ncov/?output=site&lang=en&from=0&sort=&format=summary&count=20&fb=&page=1&skfp=&index=tw & q = shufeng + jiedu & search_form_submit =