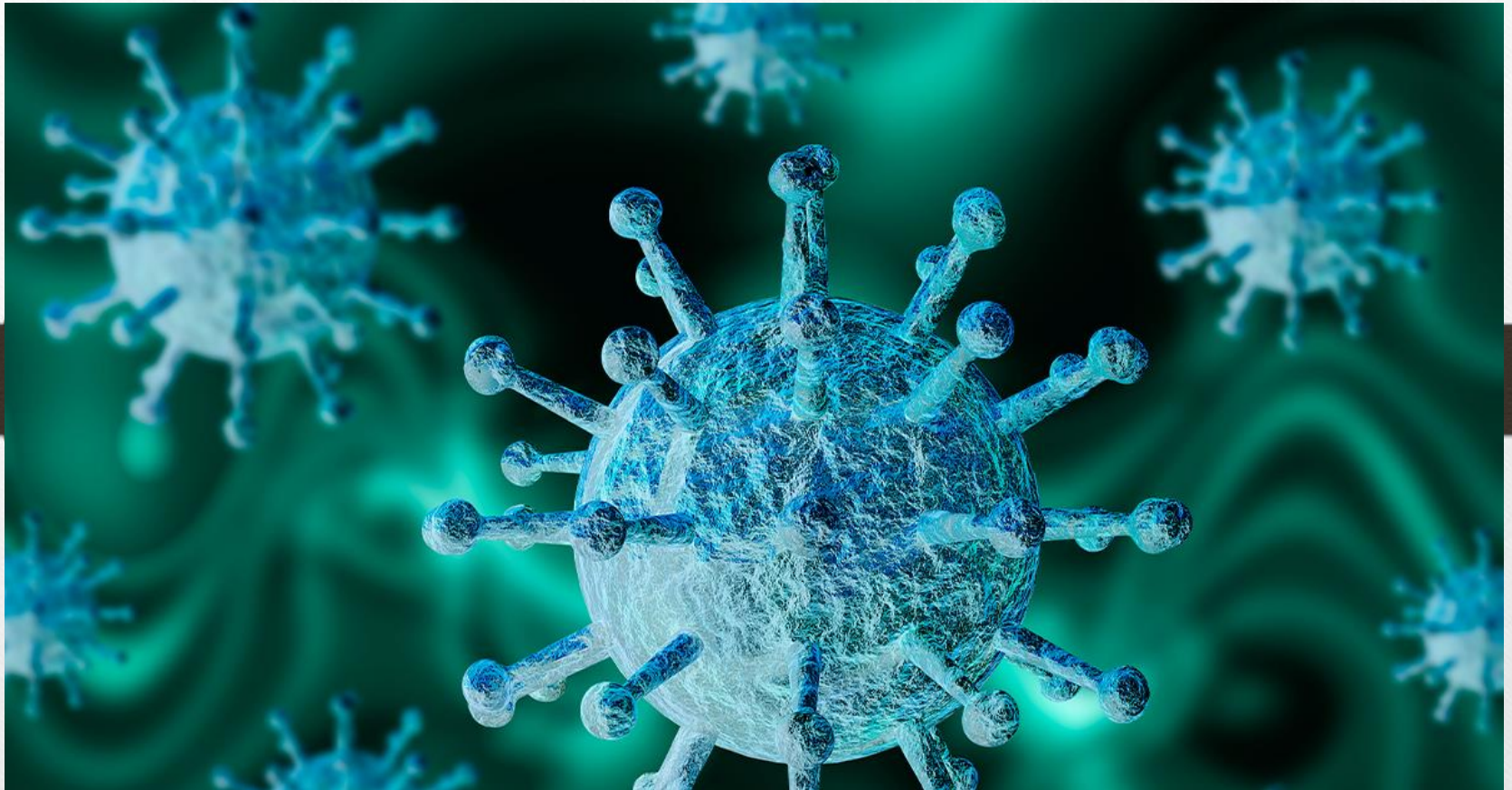


CAM and COVID-19

Dr. Mahboubeh Valiani
Assistant Professor in IUMS

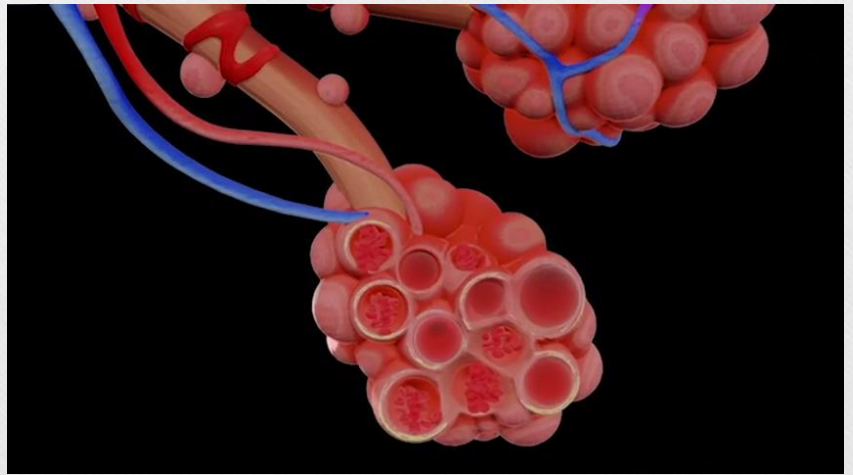
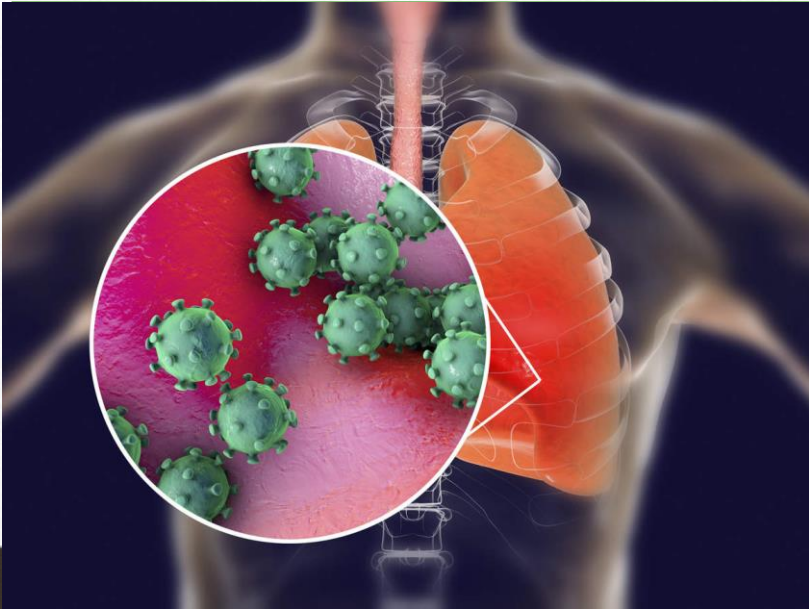


Signs and Symptom

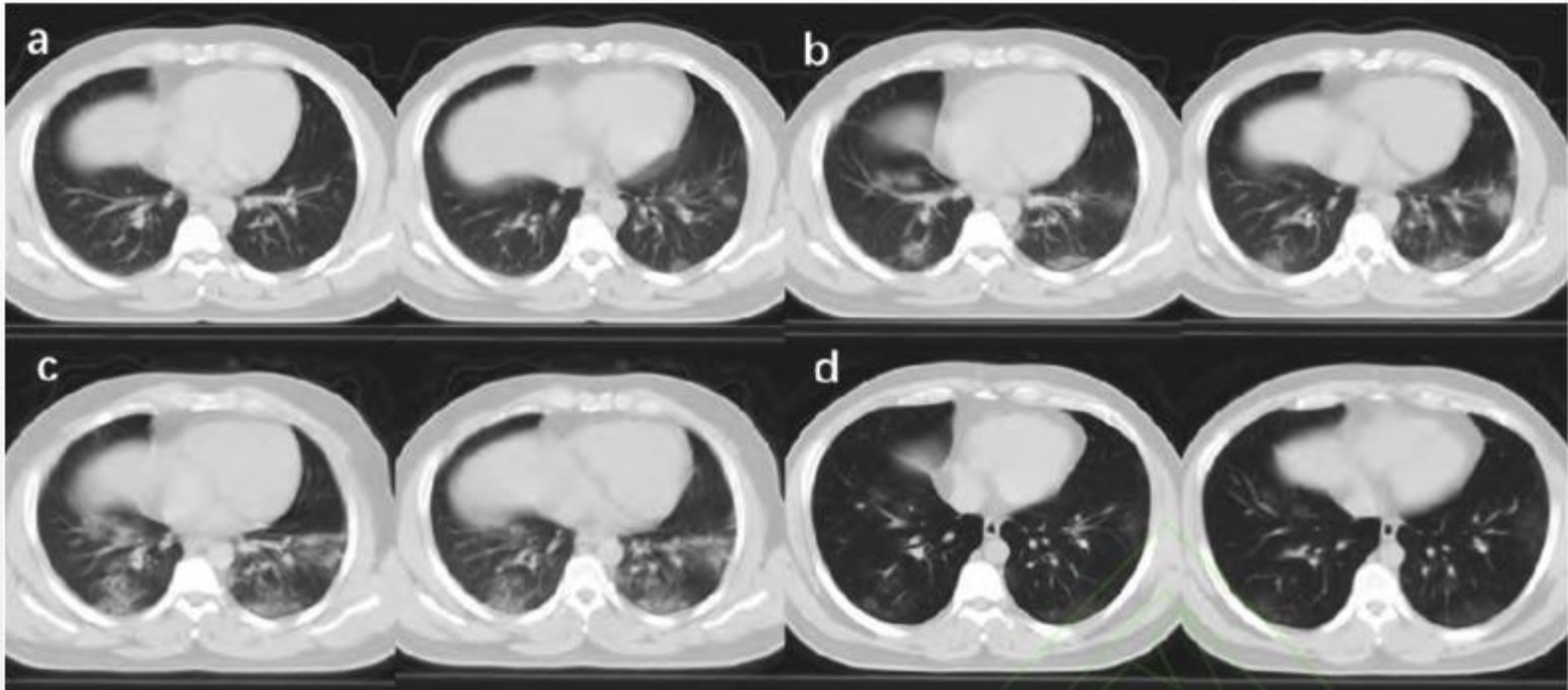


علائم و نشانه ها

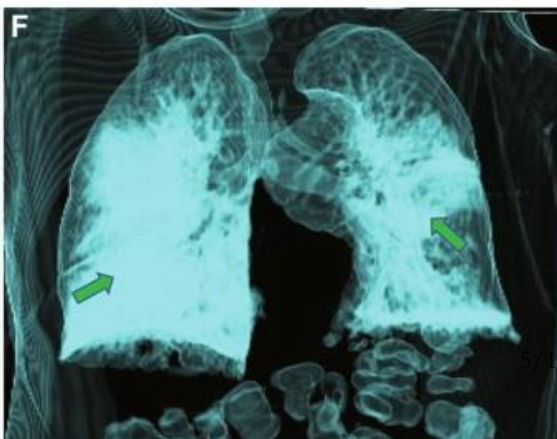
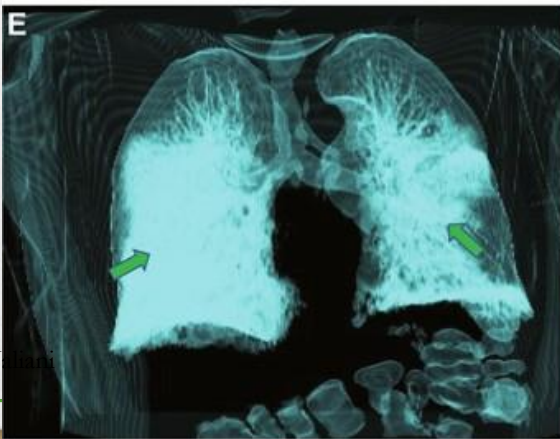
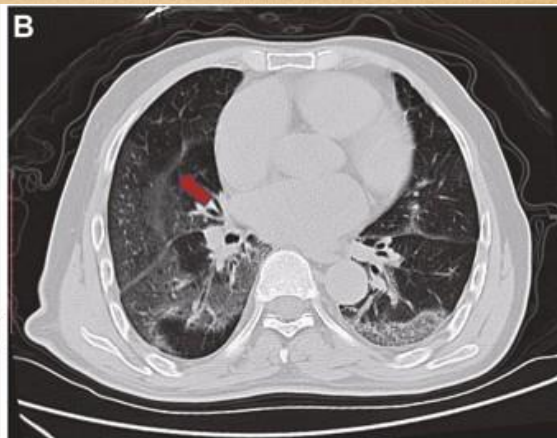
- بیماری کوید ۱۹ (COVID-19) به عنوان یک بیماری نوظهور، با انتشار سریع و عوارض متعدد در جهان مشاهده شده است که علائم بالینی آن شامل تب ۸۸ درصد، سرفه خشک ۶۸ درصد، خستگی ۳۸ درصد، تنگی نفس ۱۹ درصد، درد عضله ۱۵ درصد، سردرد ۱۴ درصد، تهوع ۵ درصد، اسهال ۴ درصد و التهاب چشم و خلط خونی ۱ درصد می باشد.
- از علائم دیگر آن می توان به کاهش حس بویایی و چشایی اشاره نمود.

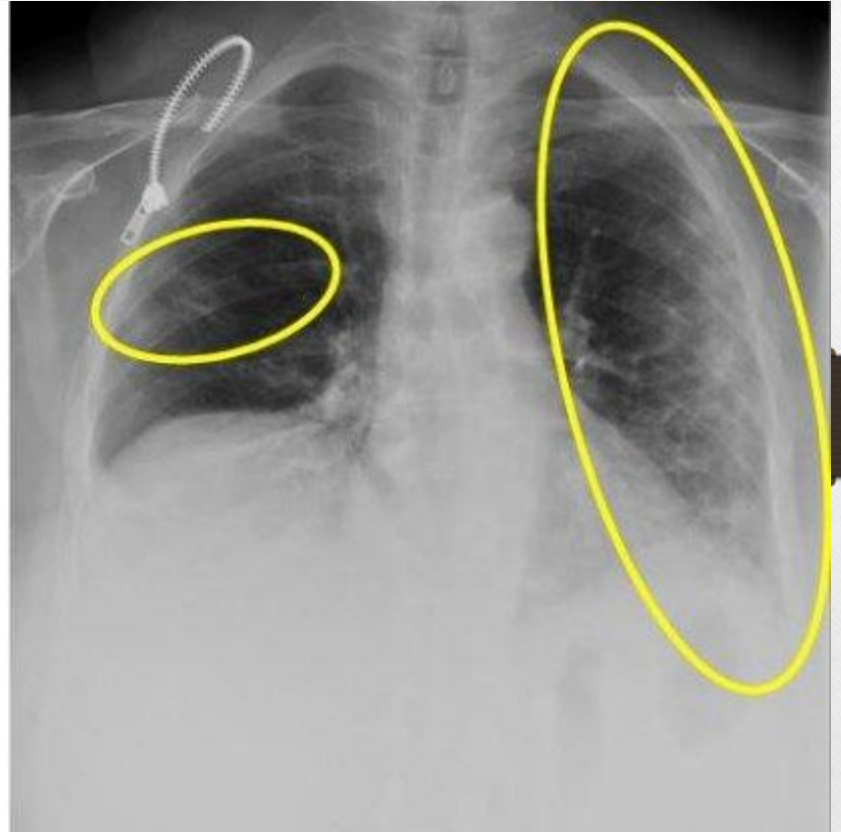


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Comparison of chest CT results of patients. (a), chest CT on January 24; (b), chest CT on January 28; (c), chest CT on January 30; (d), chest CT on February 4.





COVID-19:

- **Certain Strains Of SARS-CoV-2 Coronavirus Also Causes Skin Eruptions In COVID-19 Patients**
- Source: COVID-19 Clinical Care Apr 24, 2020 14 hours ago
- According to research findings outlined in a letter published in the Journal of the European Academy of Dermatology and Venereology, certain COVID-19 patients might show manifestations of skin conditions and eruptions.



HOW CONTROL COVID19

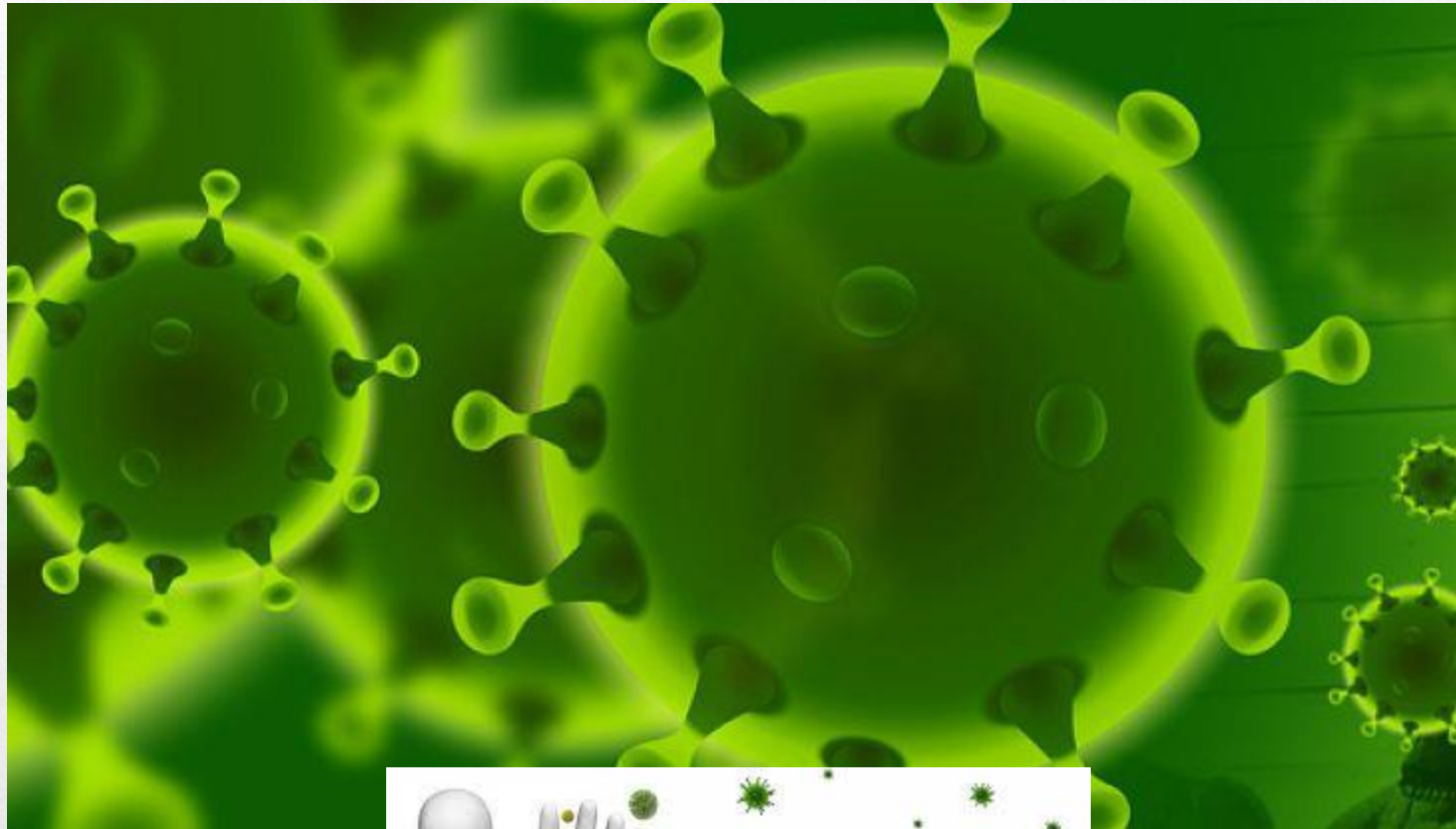




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Acupressure Point



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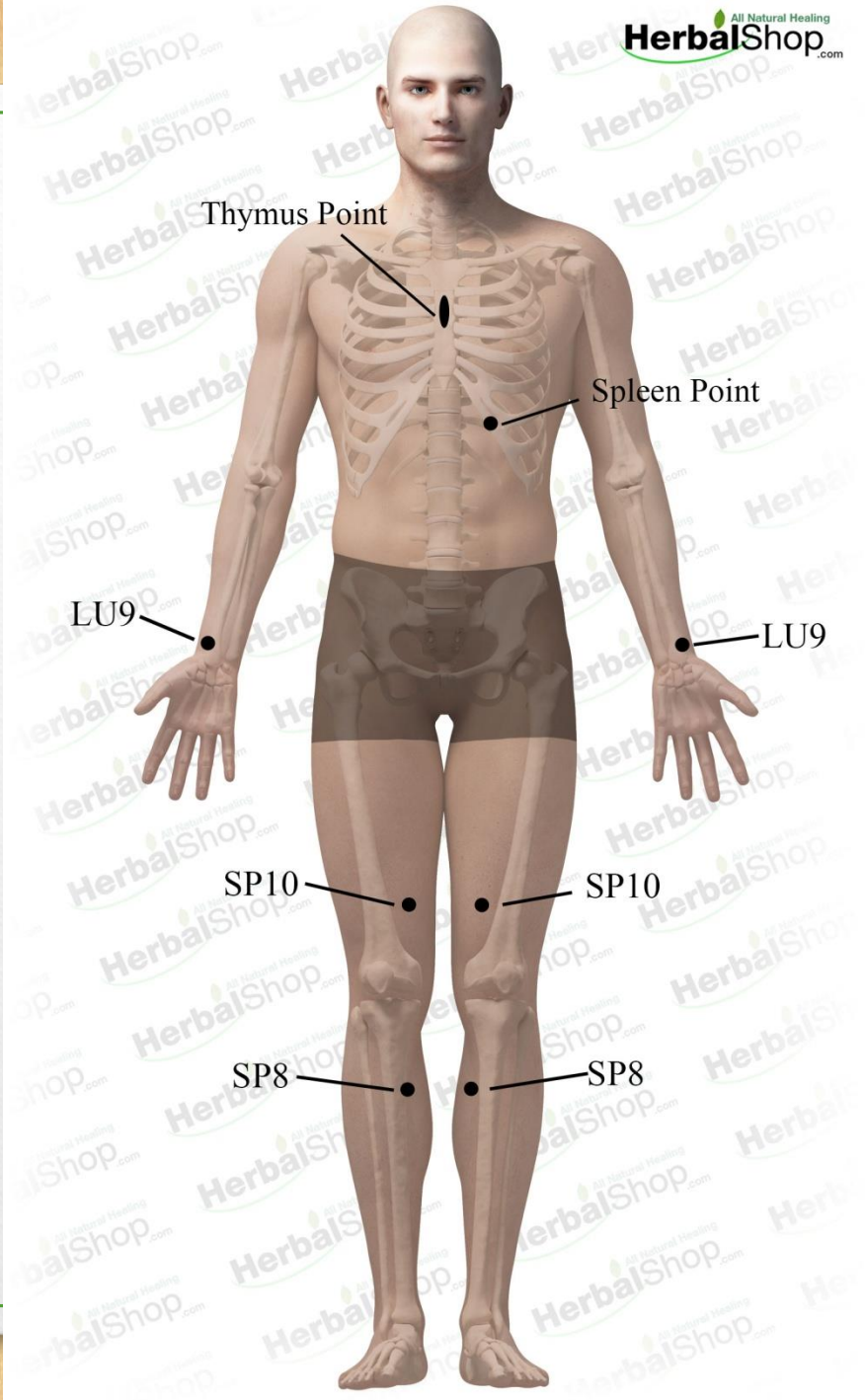


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Acupressure Point Thymus point

Location: beginning from the lower border of the supraclavicular fossa and extends to the upper border of the xyphoid process of the sternum.

Benefits: immune disorders, aids, low immunity, cancer, epstein-barr virus diseases, frequent colds, frequent viral infections, constant allergic reactions, long term sickness, chronic fatigue syndrome, blood disorders, leukemia, spleen disorders, platelet imbalance, immature blood cell production, bone marrow diseases.





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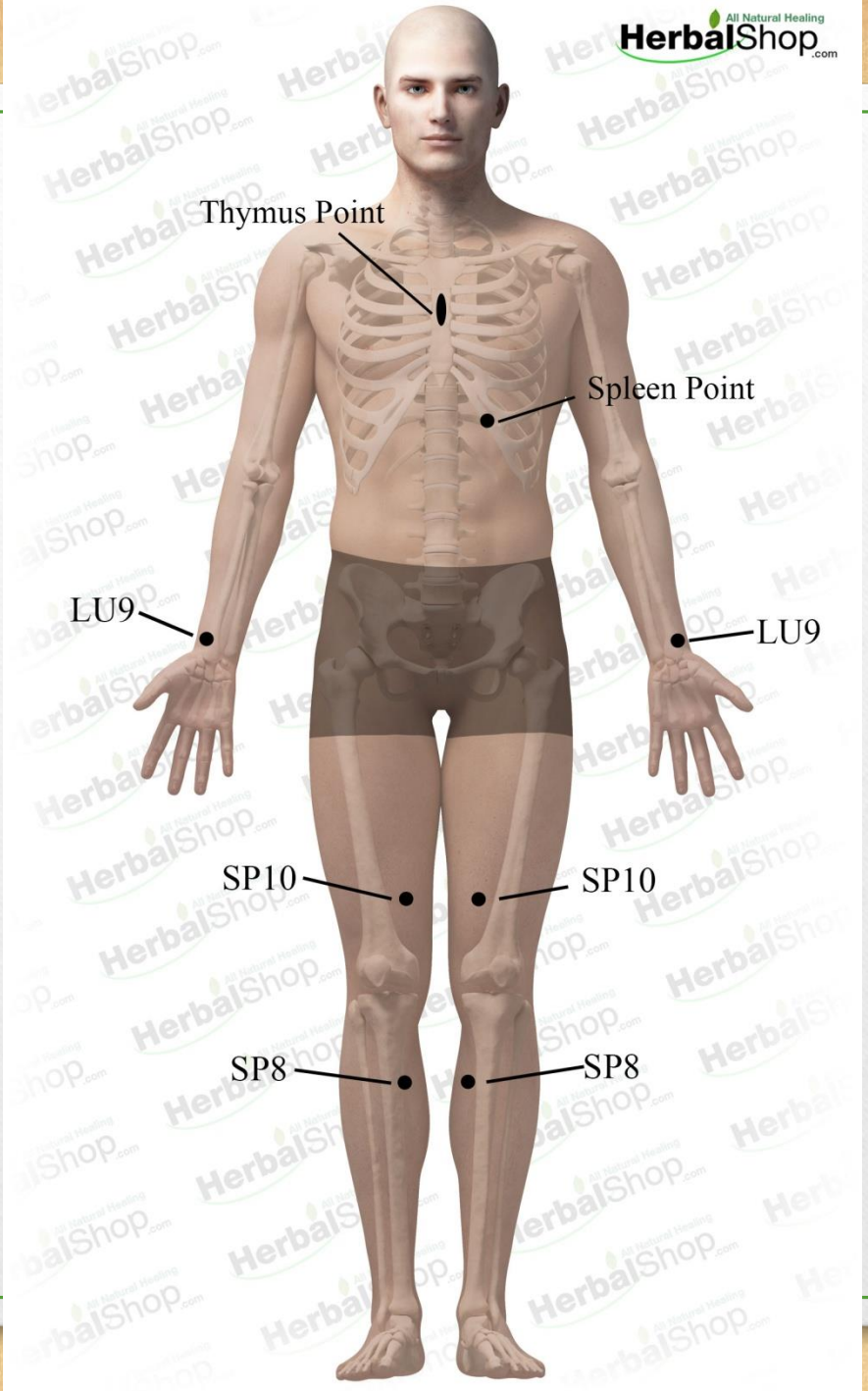
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Acupressure Point Spleen Point

Location: on the left side, 2 body inches lateral to cv12, on the lower border of the rib cage.

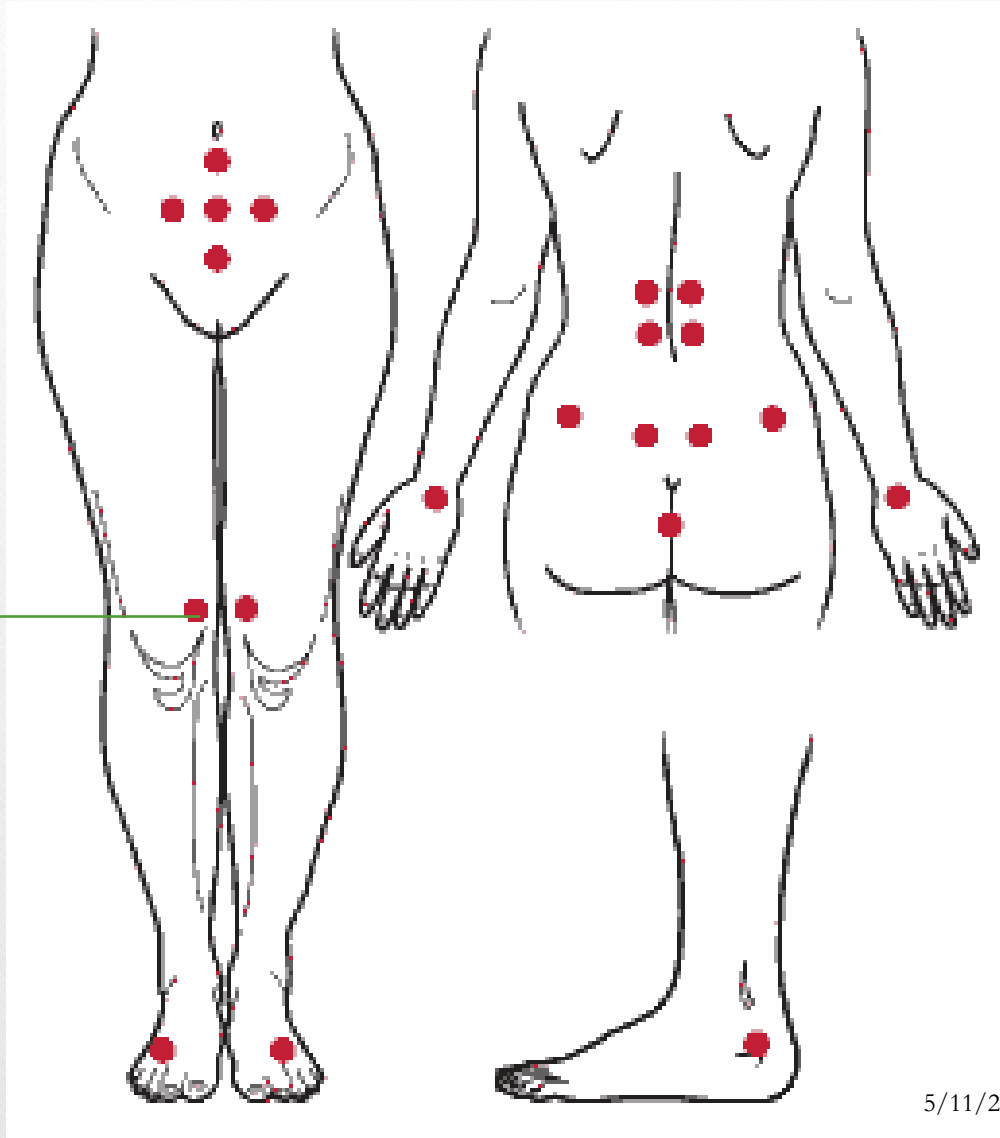
Benefits: hormone imbalances in male or female, some blood disorders, low platelet count, low white blood cell count, low red blood cell count, leukemia, imbalances in the weight (weight gain).



Acupressure Point SP10 —Yin Bai

Location: when the knee is flexed, 3 finger width above the superior border of the patella, on the medial side of the thigh. Feel for pain or tenderness at the spot.

Benefits: uterine bleeding, irregular menstruation, painful menstrual periods, premenstrual symptoms, absence of periods in fertile women without pregnancy, skin disorders, eczema, hives, sores in the mouth, cold sores, diabetes, sea food poisoning, any blood poisoning, acne, boils, carbuncles, furuncles etc. On the skin, kidney infection, bladder infection, septicemia, anywhere in the body, aids, immune deficiency disorders, decreased white blood cells in the blood, blood diseases, leukemia, cancer of any type, thyroid disorders, pain in the knee, pain in the medial part of the thigh.

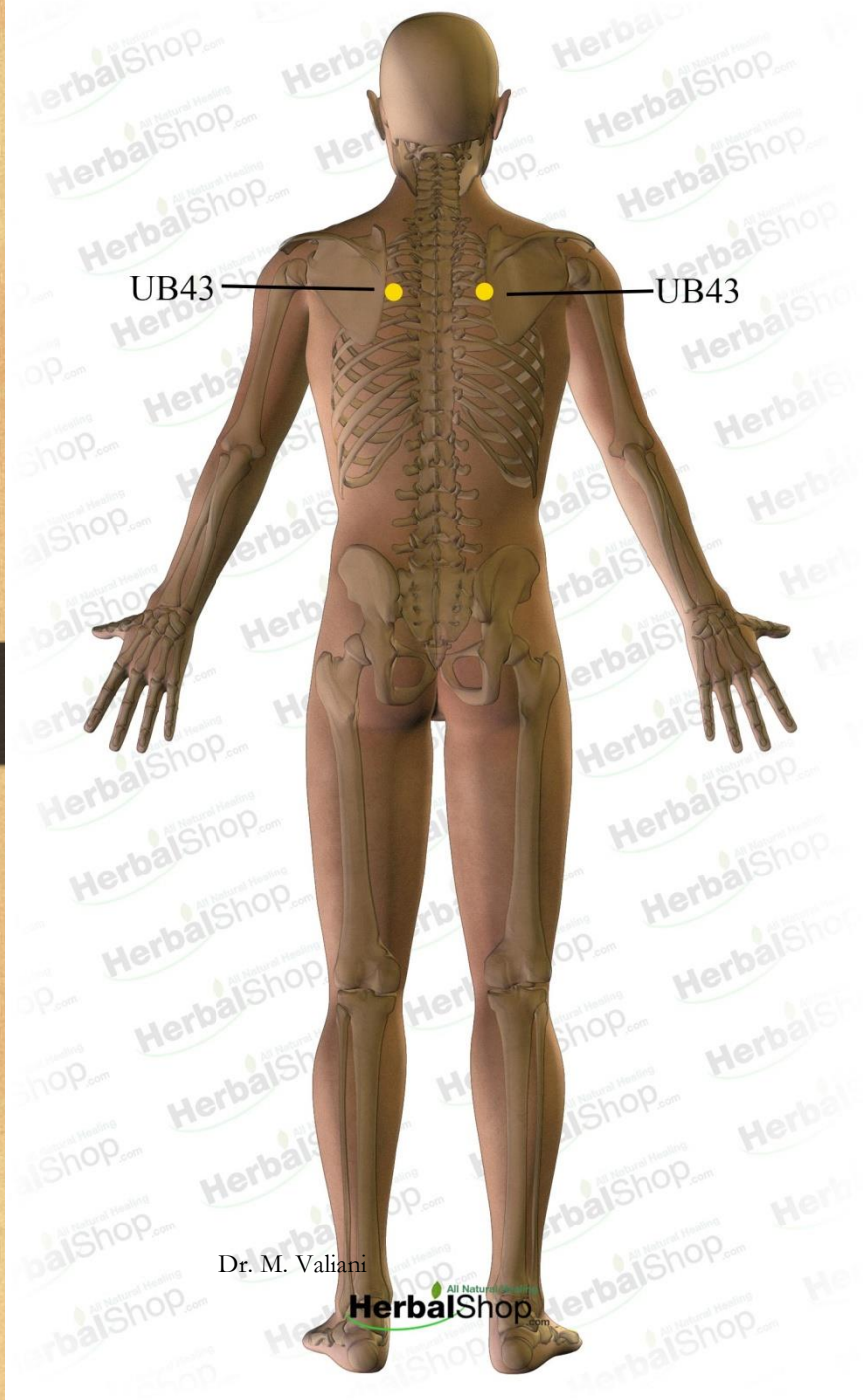


SP10

Acupressure Point UB43 or Gao Huang Shu

Location: 4 finger width lateral to the spinous process of the 4th thoracic vertebra.

Benefits: cough, asthma, blood in the sputum, night sweating, tuberculosis, poor memory, indigestion, emphysema, immune deficiency disorders, cancer, chronic fatigue syndrome, low energy.



Thai Acupressure Massage for Orthopedic Disorders Extended Points Overview

11
10
9
8
7
6
5
4
3
2
1

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This diagram illustrates the upper back and neck area with several numbered points (1-11) marked along the spine and shoulder blades. Point 7 is highlighted with a red circle. The diagram is overlaid on a light blue background with the title 'Thai Acupressure Massage for Orthopedic Disorders Extended Points Overview'.



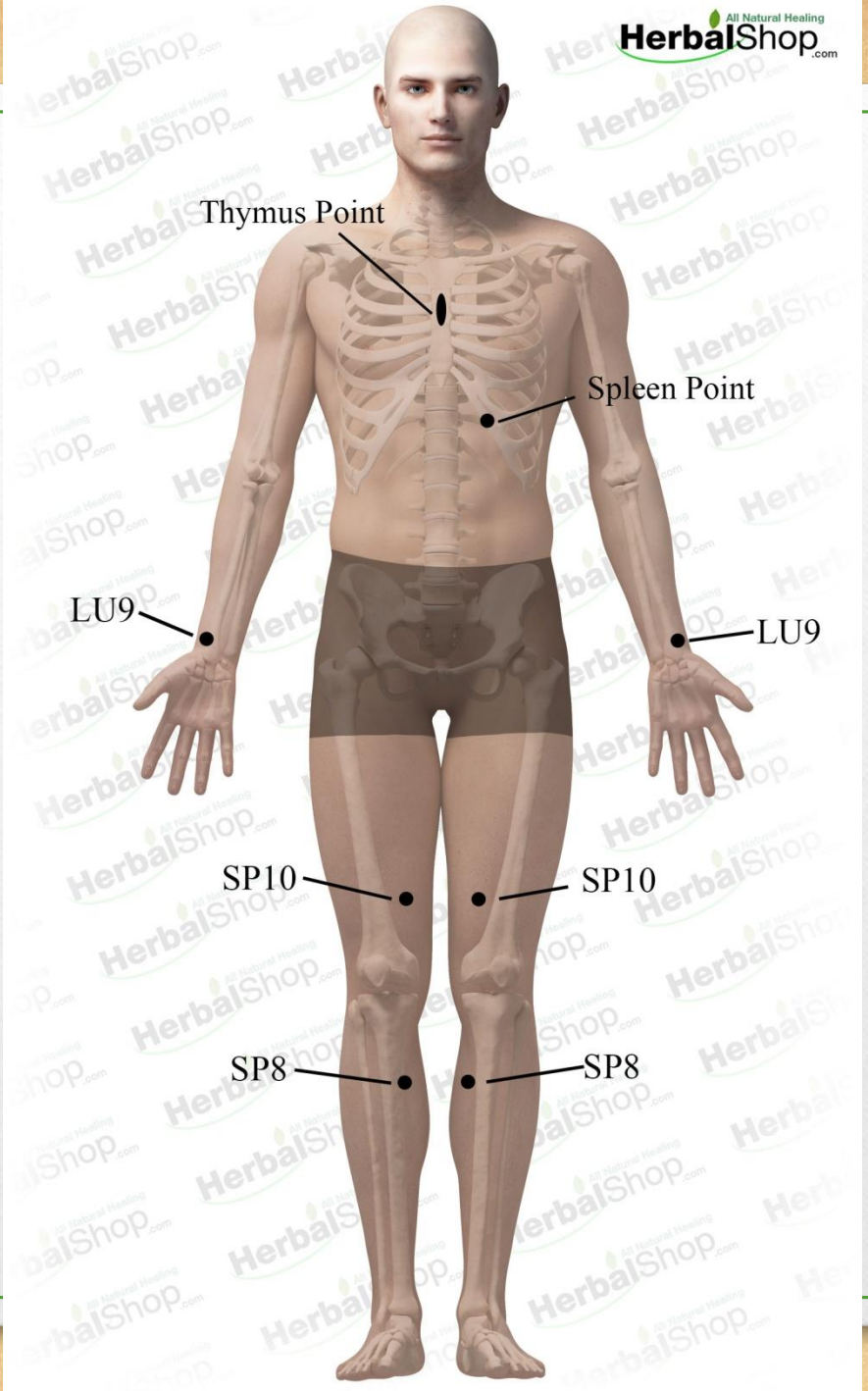
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Acupressure Point SP8 — Di Ji

Location: 3 body inches below SP9, on the medial border of the tibia.

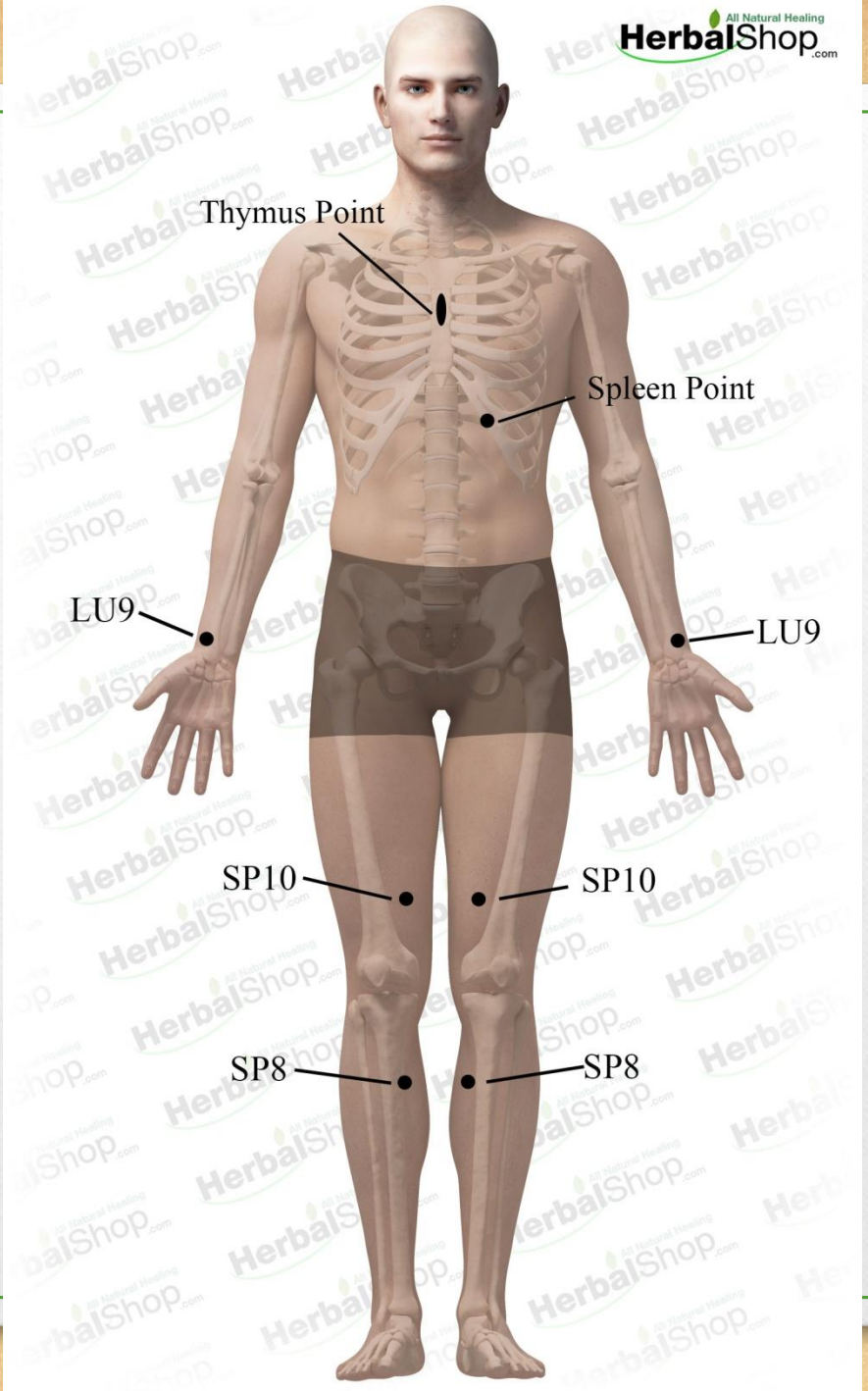
Benefits: anorexia, bulimia, neurotic vomiting, abdominal distention, dysentery, severe uterine bleeding, severe uterine cramps, post partum hemorrhage, impotency, abdominal pain, diarrhea, edema, difficulty in urination, side effects of radiation and chemotherapy.



Acupressure Point LU9 — Tai Yuan

Location: distal to the styloid process of the radius, at the radial side of the wrist crease.

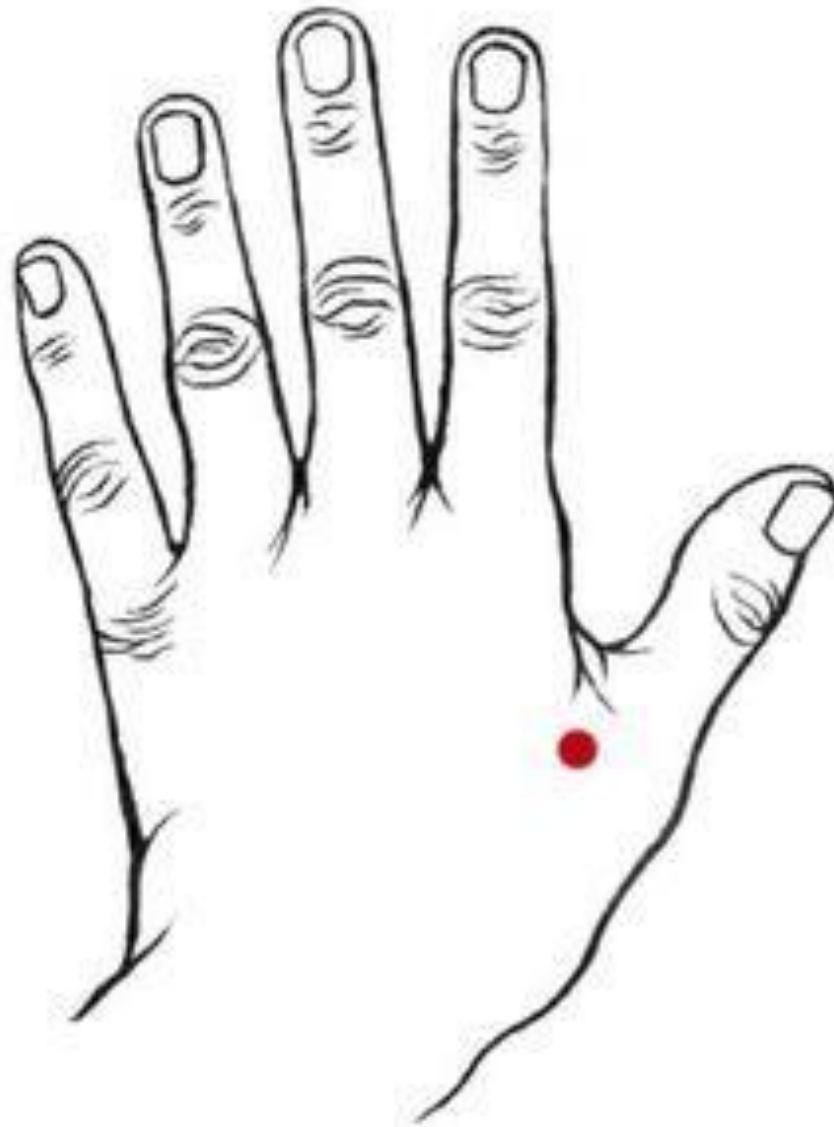
Benefits: poor circulation, arterial sclerosis, headache, migraine, neck rigidity, cough, asthma, sore throat, facial paralysis, toothache, pain and weakness of the wrist, blood disorder

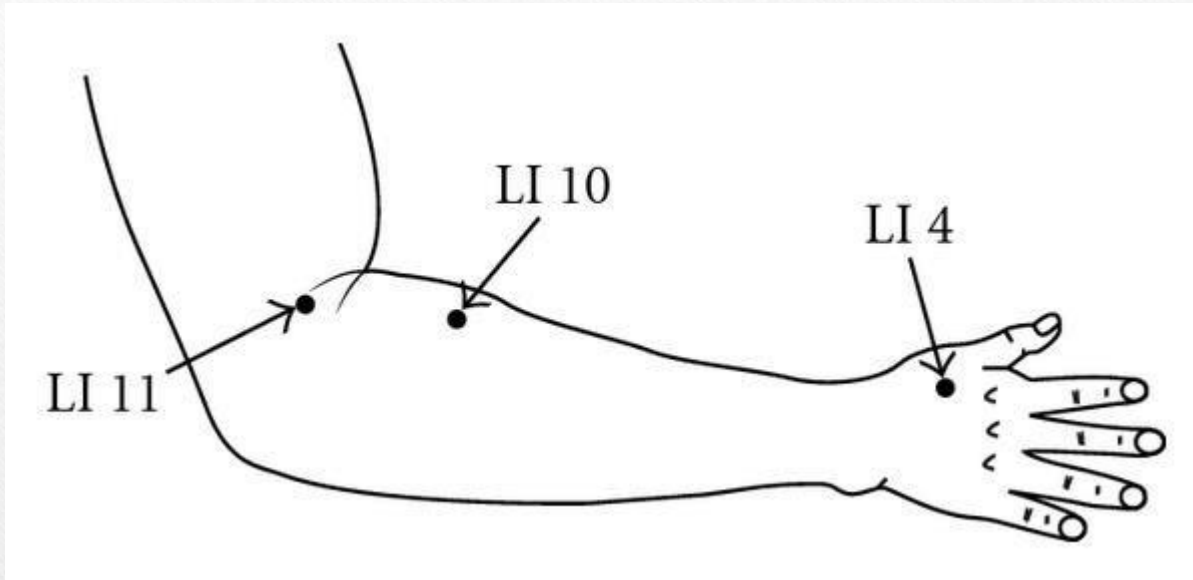




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SP6







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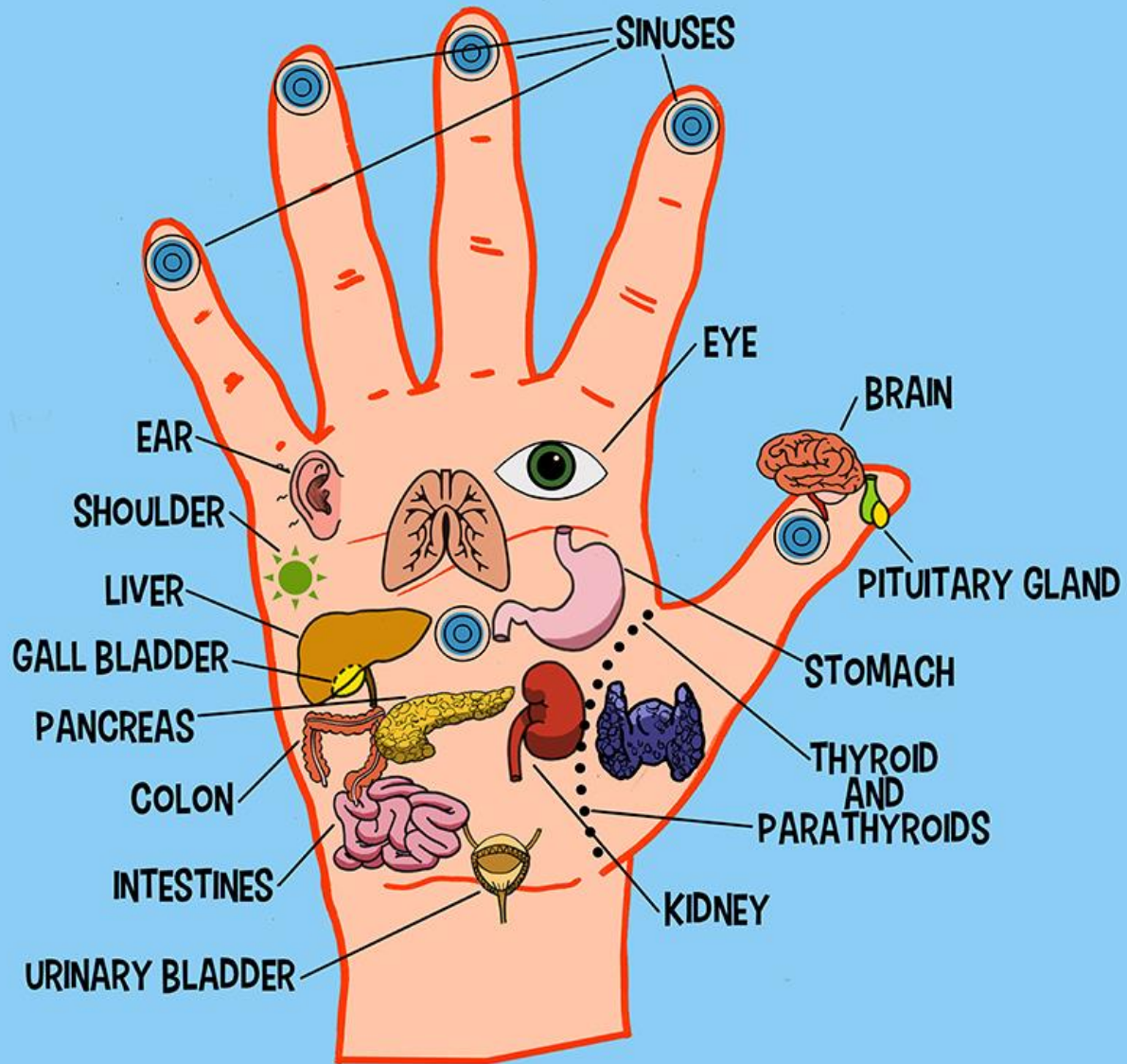


Neiguan

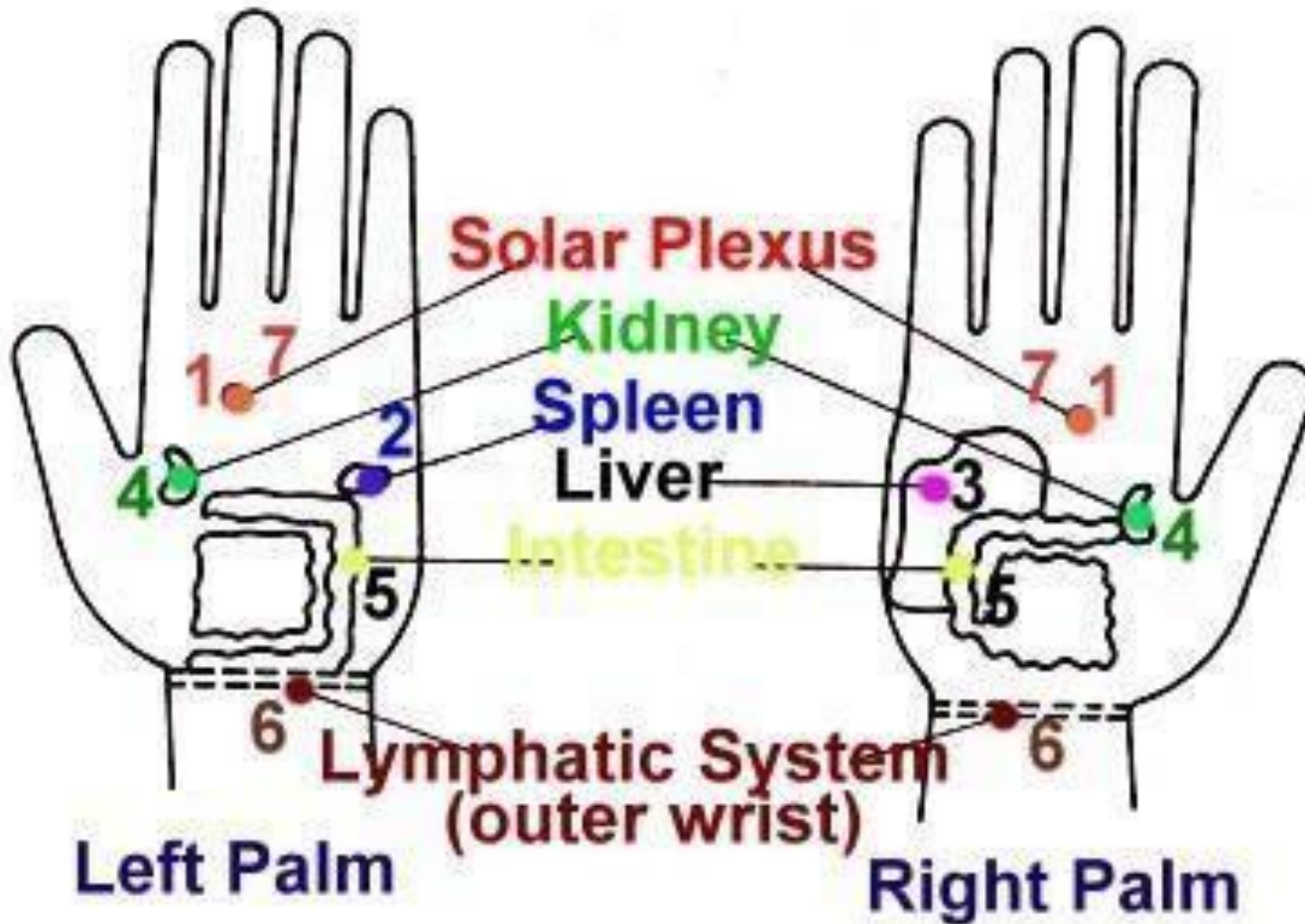


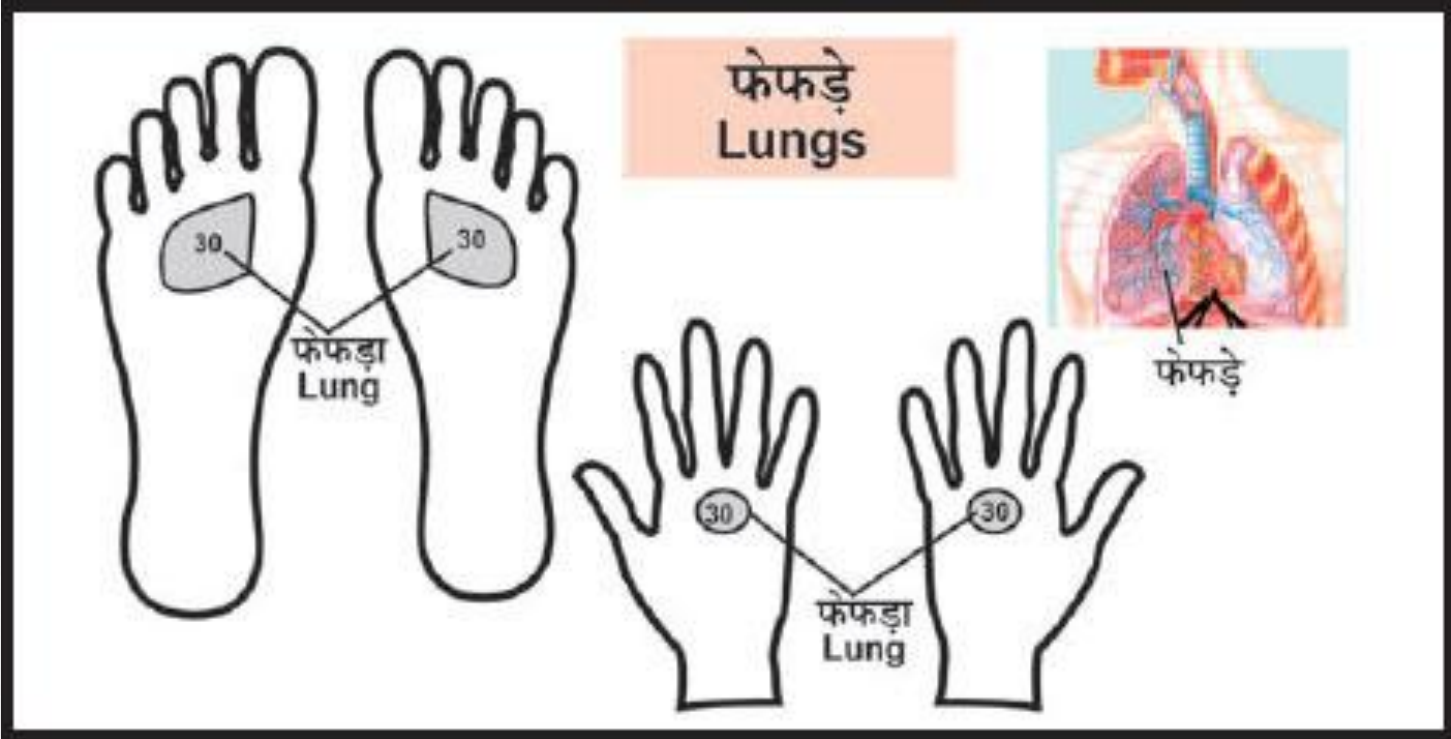
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Waiguan

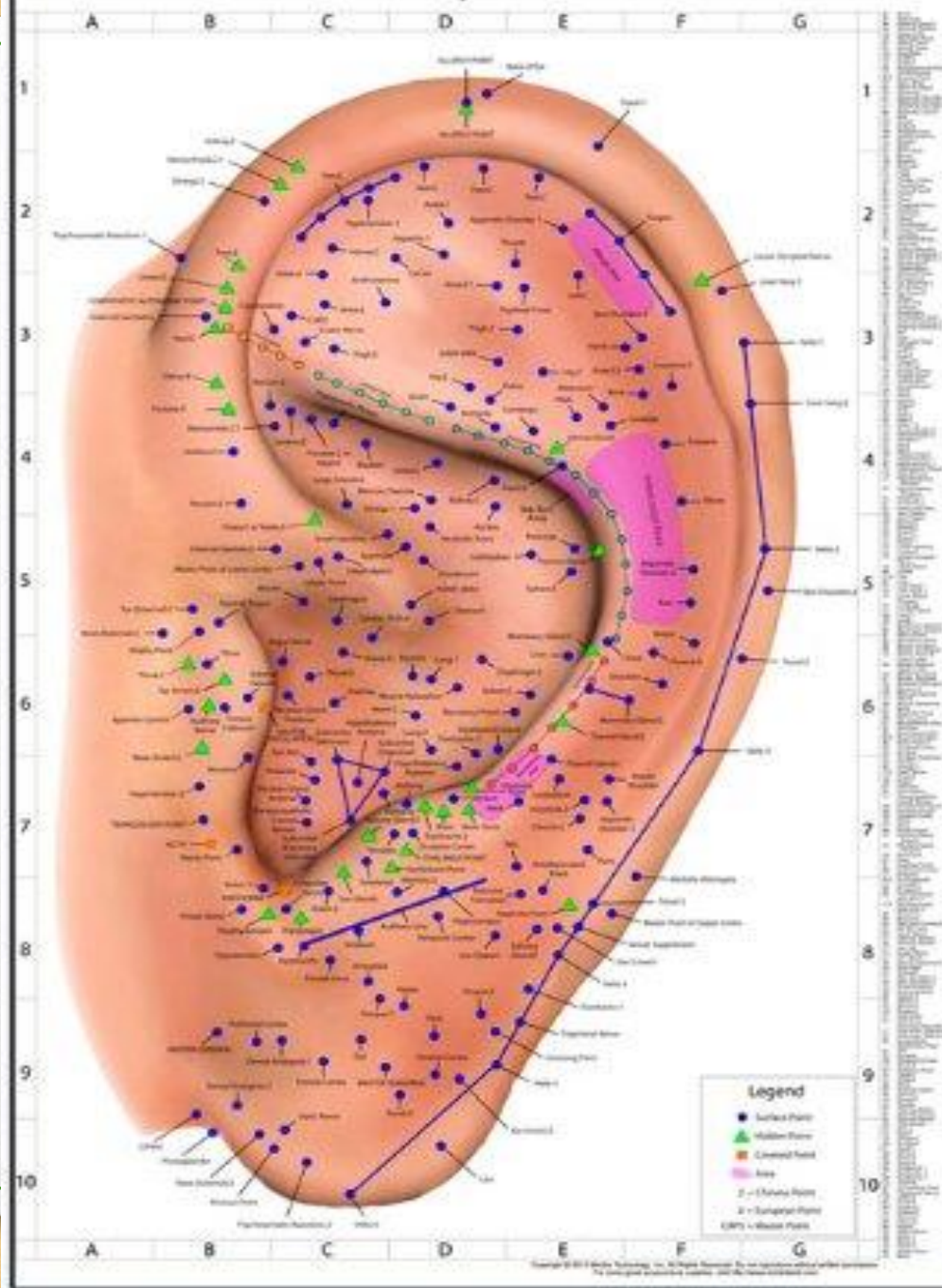


Immune System Workout



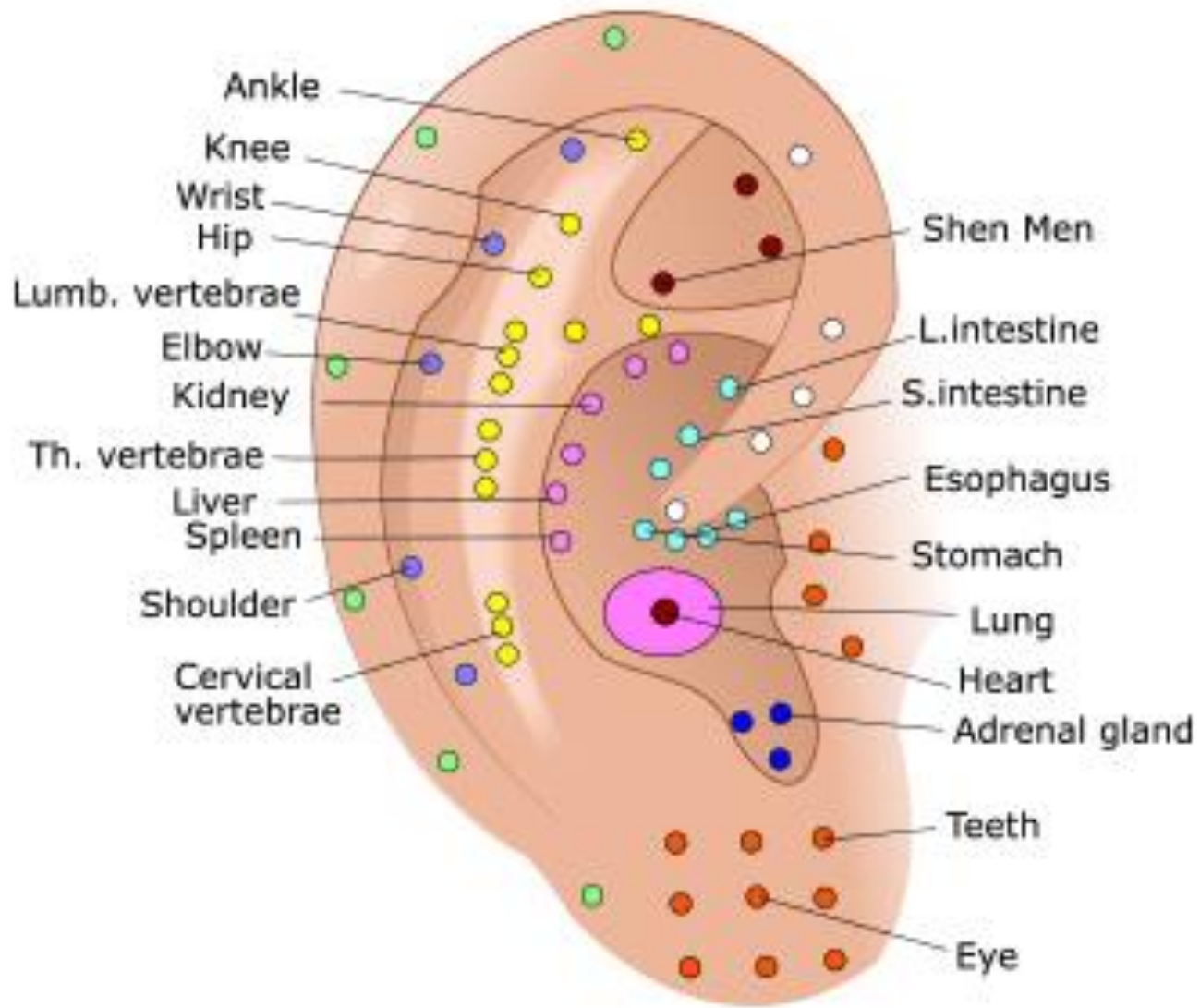


Auricular Acupuncture Points

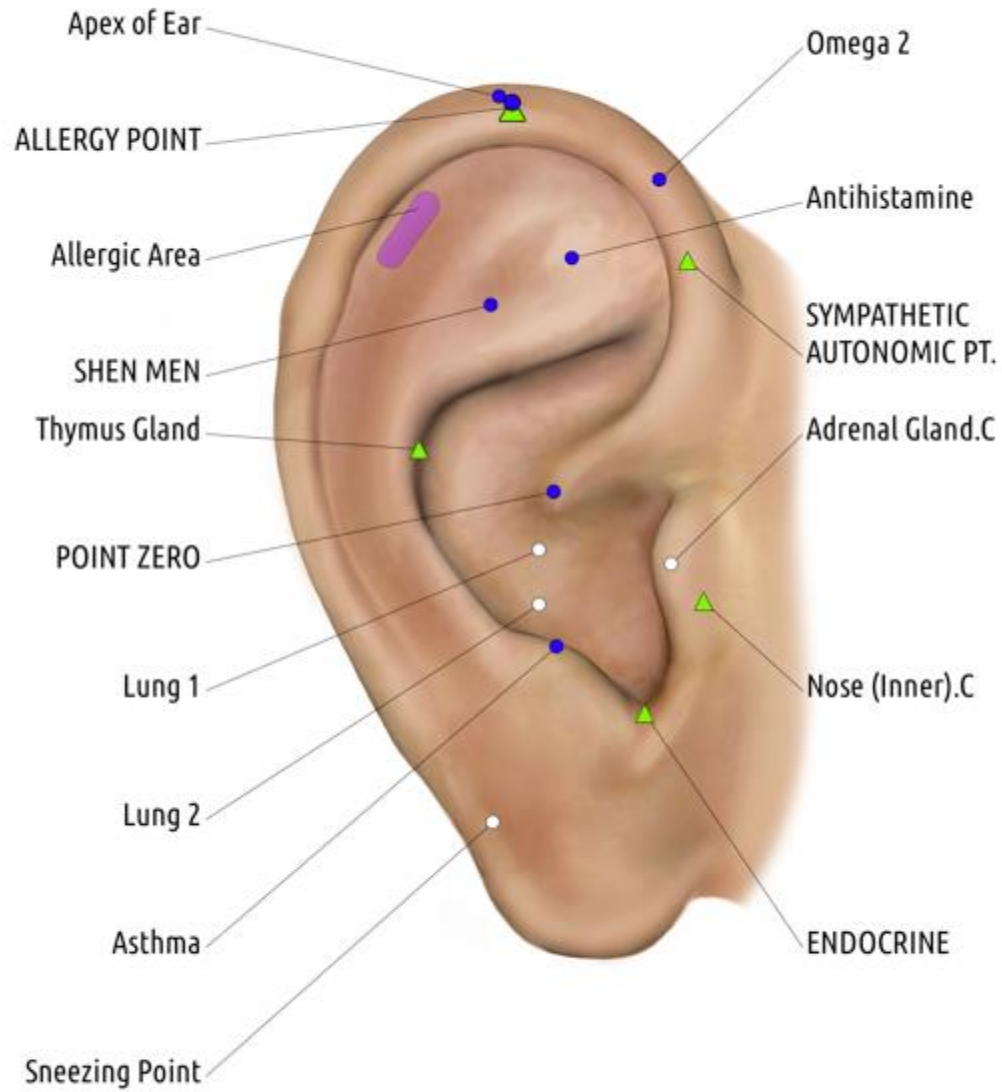


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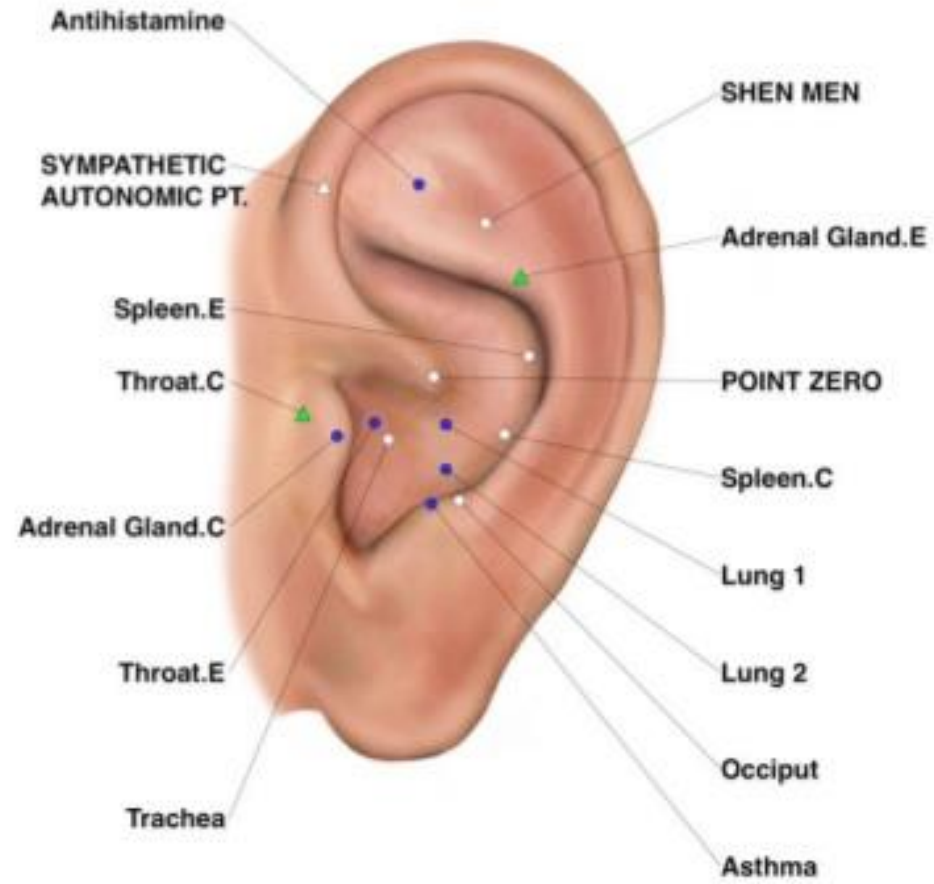
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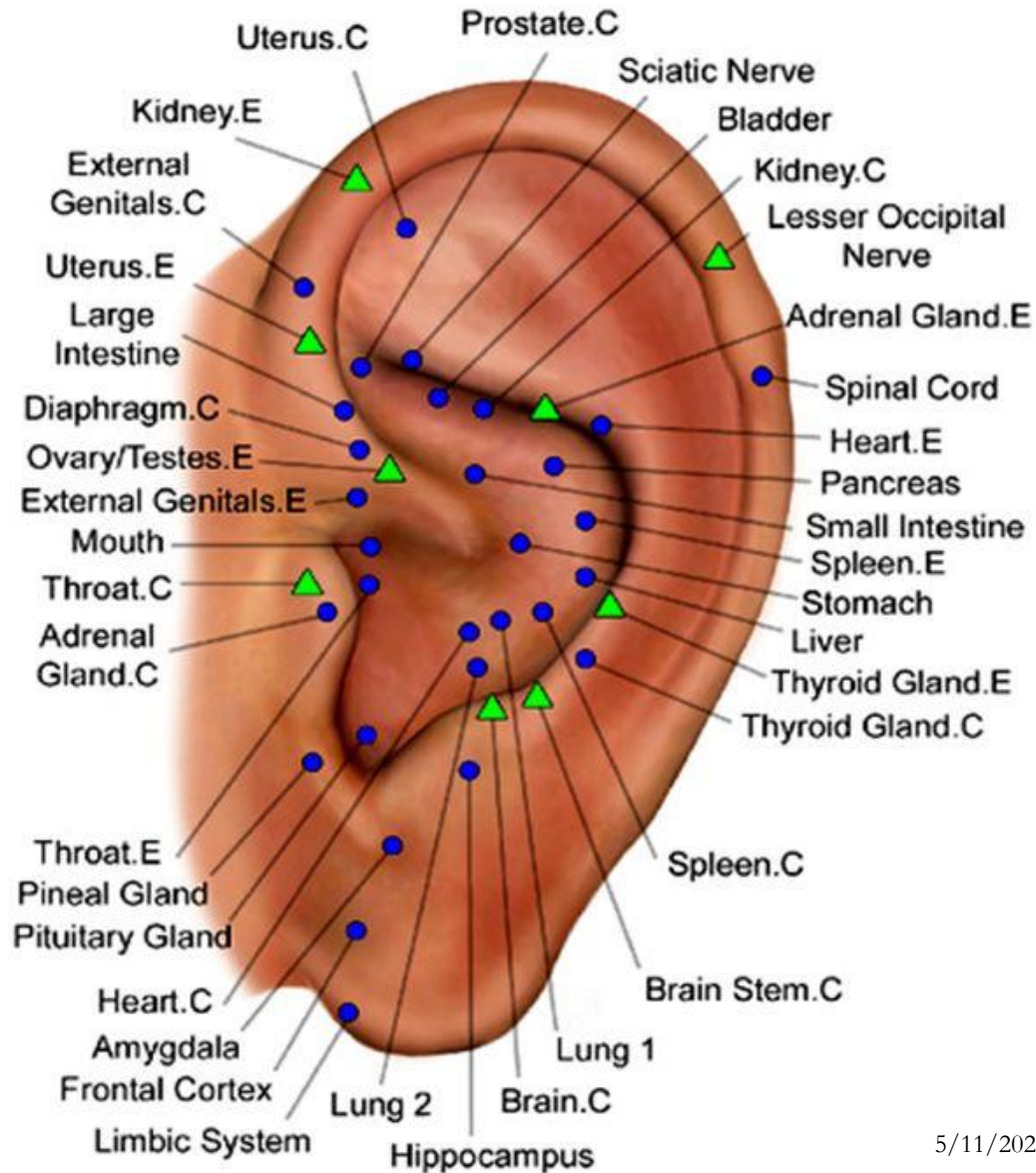


Allergy



Cough





Massage

- It is important to drink plenty of warm water after the massage, to help clear away toxic substances in our body.

Traditional Chinese herbal medicine for treating novel coronavirus (COVID-19) pneumonia: protocol for a systematic review and meta-analysis

Background: A new type of coronavirus, novel coronavirus (COVID-19), is causing an increasing number of cases of pneumonia and was declared a Public Health Emergency of International Concern by the World Health Organization on 30 January 2020. The virus first appeared in Wuhan, China, in late December 2019, and traditional Chinese herbal medicine is being used for its treatment. This systematic review and meta-analysis will assess studies of the effects of traditional Chinese herbal medicine in COVID-19 pneumonia.

Methods: We will search electronic databases including PubMed, Embase, the Cochrane Central Register of Controlled Trials (CENTRAL), Chinese Biomedical Literature Database (CBM), China National Knowledge Infrastructure (CNKI), Chinese Science and Technology Periodical Database (VIP), and Wanfang database using keywords related to COVID-19 and traditional Chinese herbal medicine. Reference lists of relevant trials and reviews will be searched. We will manually search gray literature, such as conference proceedings and academic degree dissertations, and trial registries. Two independent reviewers will screen studies (XL and DZ), extract data (YL and LG), and evaluate risk of bias (YL and DZ). Data analysis will be conducted using the Review Manager software (version 5.3.5) and R software (version 3.6.1). Statistical heterogeneity will be assessed using a standard chi-square test with a significance level of $P < 0.10$. Biases associated with study size (e.g., publication bias) will be investigated using funnel plots, Egger's test and Begg's test, and Trim and Fill analysis.

Discussion: This study will provide a high-quality synthesis of the effects of traditional Chinese herbal medicine for COVID-19. The use of traditional Chinese herbal medicine for treatment or prevention of these novel viral infections affecting the pneumonia will be investigated.

COVID-19 Pneumonia Drugs: Colchicine Being Studied To Prevent Cytokine Storms In Patients

- Source: COVID-19 Pneumonia Drugs Apr 23, 2020 1 day ago
- COVID-19 Pneumonia Drugs: **Colchicine**, an oral anti-inflammatory that has long been prescribed for gout, a form of arthritis with a long history dating back thousands of years is being studied as a possible treatment protocol for COVID-19. Besides treating gout, the drug that is made from phytochemicals of the autumn crocus flower has also been used by medical experts to treat pericarditis, a con...