

## Herbal Decoction for the Prevention and Treatment of Influenza

Influenza is a virus-caused acute respiratory tract infection. The initial major clinical symptoms include fever, aversion to cold, headache, muscle ache, fatigue, sneezing, runny nose, coughing and sore throat. Respiratory symptoms usually are not noticeable at the early stage but become obvious after two to three days when high fever starts to subside. Examples of these respiratory symptoms are cough, profuse sputum, and in more severe cases, pneumonia symptoms like shortness of breath or difficulty in breathing. Three herbal decoctions for the prevention or treatment of influenza are listed below for reference:

### 1. **Lonicerae Flos and Chrysanthemi indici Flos Flu Tea**

#### 銀菊感冒茶 (Yin Ju Flu Tea)

Ingredients	-	Lonicerae Flos (金銀花 jin yin hua)	15g
		Chrysanthemi indici Flos (野菊花 ye ju hua)	15g
		Baphicacanthis Radix (板藍根 ban lan gen)	30g
		Phragmitis Rhizoma (蘆根 lu gen)	24g
		Taraxaci Herba (蒲公英 pu gong ying)	15g
		Glycyrrhizae Radix (生甘草 raw gan cao)	6g

Preparation - Taken as a decoction; it can be administered throughout the day. One dose per day.

Actions and indications - Disperse wind-heat, clear heat and resolve toxicity; it is used mainly for the prevention of influenza or for patients with early stage symptoms of flu.

### 2. **Phaseoli radiate Semen and Puerariae Radix Decoction**

#### 綠豆葛根湯 (Lu Dou Ge Gen Decoction)

Ingredients	-	Baphicacanthis Radix (板藍根 ban lan gen)	15g
		Puerariae Radix (葛根 ge gen)	30g
		Phaseoli radiate Semen(綠豆 lu dou)	30g

Preparation - Taken as a decoction; one dose per day.

Actions and Indications - Clear heat and resolve toxicity, alleviate thirst by generating body fluids; it is used mainly for the prevention of influenza.

### 3. **Taraxaci Herba and Cyrtomii Rhizoma Decoction**

#### 公英貫眾湯 (Gong Ying Guan Zhong Decotion)

Ingredients	-	Baphicacanthis Radix (板藍根 ban Lan gen)	30g
		Taraxaci Herba (蒲公英 pu gong ying)	30g
		Isatidis Folium(大青葉 da qing ye)	30g
		Cyrtomii Rhizoma(貫眾 guan zhong)	15g

Preparation - Taken as a decoction; one dose per day.

Actions and Indications - Clear heat and resolve toxicity; it is indicated for influenza patients with high fever.