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Herbs

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Treatment of Influenza with Chinese Medicine

Dear Practitioners and students,

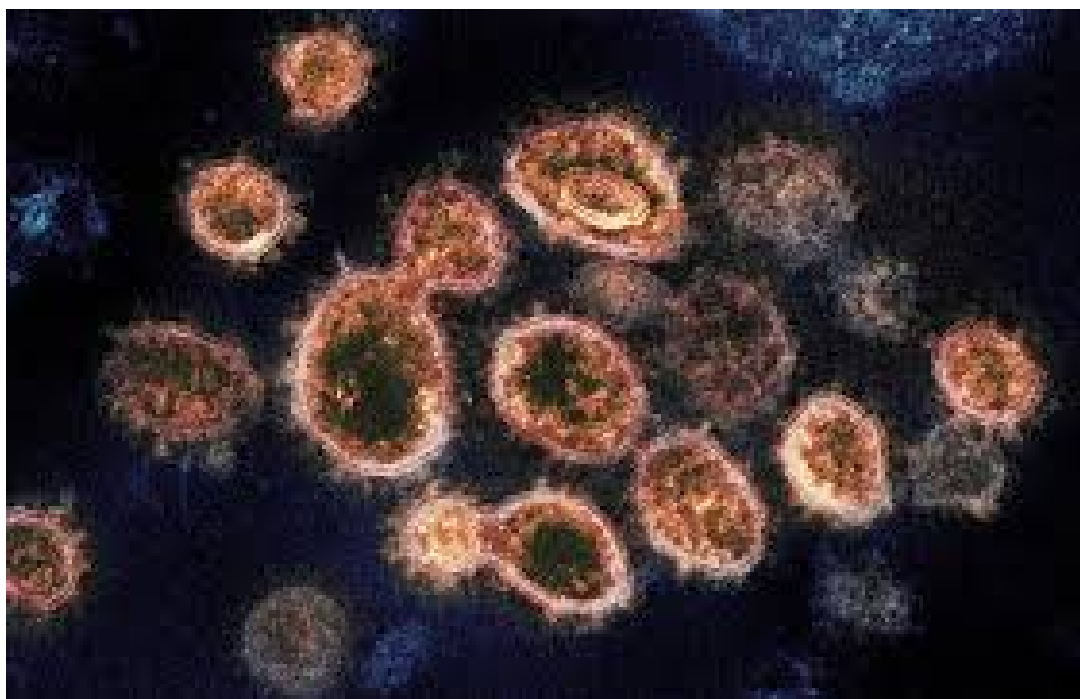
With the number of confirmed cases of the Coronavirus Disease (COVID-19) increasing worldwide, I bring to you [this article](#) in which Giovanni discusses previous outbreaks of strains of influenza, the Western and Chinese view of influenza and the theory and its treatment using Chinese Medicine. In [The Three Treasures](#) range, [Expel Toxic Heat™](#) can be used to treat acute bacterial or viral infections.

Best wishes,

Sebastian Maciocia
Su Wen Herbs

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INFLUENZA



WESTERN MEDICINE VIEW

Influenza spreads every winter and accounts for a substantial mortality every year. Influenza viruses are characterized by a high variability and high infection rate. The so-called “Spanish Flu” of 1918 killed an estimated 40-50 million people world-wide, more than did the First World War.¹

Two other pandemics occurred in 1957 with 2 million deaths and 1968 with 1 million deaths (“Asian” and “Hong Kong” Flu respectively).²

The most recent large epidemic in the United Kingdom was in 1989-1990, when an estimated 26,000 people died in association with influenza.³

There are three types of influenza virus, A, B and C. Influenza A viruses are found in humans and animals, whereas B and C are found only in human beings. Infection with influenza produces an immune response with the production of antibodies in the blood which neutralize the virus. If the person encounters the same influenza virus again while the antibodies are still present, the body is

protected and the person should not develop the infection.

It is a characteristic of influenza viruses, and especially of the A virus, that they frequently mutate into sub-types so that the virus is “one step ahead” of the natural immunity created by the body. It is usually when sub-types develop that epidemics occur because the antibodies produced will not protect individuals against an influenza virus in which the surface proteins have undergone a significant change since the previous infection.

An example of a new subtype a number of years ago was the H5N1 “avian influenza” virus, first isolated in Hong Kong in May 1997, which previously had only been found in birds and was not associated with disease in humans. The latest example of a sub-type is the H1N1 virus responsible for the so-called “swine flu”.

Influenza viruses spread from person to person by tiny droplets produced by coughing and sneezing. The initial site of infection is the lining of the respiratory tract, and the infection has a short incubation period of up to five days. The virus is shed in respiratory secretions starting about one day before the onset of the illness and lasting for about three to five days.

The classic symptoms of influenza include fever, malaise, headache, aches and pains in the muscles and joints, and a characteristic dry cough and sore throat. The acute illness usually lasts for three to five days but recovery may be slow, and cough and tiredness may persist for two to four weeks post infection.

Complications may occur in groups of patients who are particularly at risk (e.g. those with underlying lung disease or those with defective immune systems), and usually affect the lungs and the heart. Upper and lower respiratory tract infections are common and subsequent invasion of the lungs by bacteria may result in the development of pneumonia.

CHINESE MEDICINE VIEW

The “Shang Han Lun” by Zhang Zhong Jing(c. AD 220) provided the earliest framework for the diagnosis and treatment of diseases from exterior Wind-Cold. Although this classic does also discuss invasions of Wind-Heat and their treatment, a comprehensive theory of exterior diseases from Wind-Heat was not developed until the late 1600s by the School of Warm Diseases (Wen Bing)...[Read more](#).

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