

ActiveHerb's Guide to Manage Swine Flu with Chinese Medicine

The coming flu season is to be dominated by the swine flu. Most people have to rely on themselves to manage it, from prevention to treatment. Traditional Chinese Medicine may offer the solution we need.

Now summer is behind us, we are entering the flu season. While it comes each year, this time something is different. It is the new swine flu (H1N1) virus. Since the virus first jumped in host from pigs to human in the last spring, it has made its way to become a pandemic worldwide through the summer. Luckily, the virus so far turns out mild and is not as virulent as we initially feared. Medical experts and health authorities nevertheless remain highly alerted. They have their reasons.

The 1918 Spanish flu that killed 50 million people worldwide may serve us a lesson. That flu virus started as a mild form that spring, then mutated to the lethal form during the fall when it spread to more and more people. And the flu virus also belongs to a H1N1 subtype of flu virus. When the number of people who get infected by the virus increases rapidly, probability of mutations of the virus is much higher and the risk thus exists that a more virulent form of the H1N1 flu virus may emerge.

In this flu season most flu cases will be swine flu and tens of millions of Americans may get infected by the swine flu virus based on the flu cases reported this summer. The US health care system may get overwhelmed if serious symptoms develop from the flu. Vaccines for the H1N1 flu virus have already been developed and will be soon made available for free by the US government. The vaccines will be first available to those who have higher risks of developing serious illness after the flu. Realistically, most people who have swine flu will not see doctors and will not be treated with Tamiflu, the sole antiviral drug on the market. We will have to manage the swine flu or whatever flu we contract by ourselves.

Traditional Chinese medicine (TCM) has a long history of fighting various pandemic diseases. Currently in China, swine flu cases have been successfully treated purely with Chinese herbal medicines, according to official Chinese news reports. As a leading provider of Chinese medicines in USA, ActiveHerb is privileged to help our customers better prepare for the swine flu and the flu season with time-tested Chinese herbal formulas. Among the list below, Sang Ju Yin and Ren Shen Bai Du San are recommended by the Chinese health authorities for swine flu prevention and treatment while others are commonly used for cold and flu, each with its own unique consideration. Please read more about each formula to make a suitable choice. Consultation with a doctor is advised.

1. **Sang Ju Wan (Pian)** (Sang Ju Yin): The ancient formula has emerged as a major Chinese medicine used by the Chinese health authorities for the prevention as well as the treatment of the swine flu. It is best to take it as soon as someone around you has the flu or you just appear to have some flu symptoms like cough and sore throat.

2. **Ren Shen Bai Du Wan (Pian)** (Bai Du San): The classic formula is another major Chinese medicine recommended by Chinese medicine experts and health authorities for the prevention and treatment of the swine flu. The application of Bai Du San fits well with the common symptoms of the swine flu, for example, high fever but feeling chill with shivering, headache, stiffness and pain in the head and neck, soreness and pain of the body.

3. **Yu Ping Feng Wan (Pian)** (Jade Screen formula): A classic formula that is well known in Chinese medicine to strengthen our body's defense to pathogenic factors as if it forms a protective layer of "jade screen" around the body. Studies showed it might reduce the occurrence of flu and act to enhance the immune function. It is suitable for use in a longer period to offer general benefits for the immune function. We highly recommend it to those who are used to catch the common cold or flu easily.

4. **Cold Signoff™ (Yin Qiao Jie Du Pian)**: The classic formula is popular in China for the cold and flu, especially when the first symptoms such as sore throat, cough, or running nose occur. Its application is similar to Sang Ju Wan (Pian) but the action is stronger.

5. **Ling Qiao Jie Du Pian**: The formula is modified from Yin Qiao Jie Du Pian. It has the same application as Cold Signoff but is stronger on heat clearance. It is best applied if fever is evident in the flu symptoms.

6. **Shuang Huang Lian Wan (Pian)**: The formula is considered as a major natural antibiotic in Chinese medicine and used widely for the common cold or flu in China. Its action is comparable to Ling Qiao Jie Du Pian.

7. **Chuan Xin Lian Kang Yan Pian (Wan)**: It is another natural antibiotic in Chinese medicine that can be used even when the cold/flu symptoms are fully developed. It may be combined with other Chinese cold remedies like Cold Signoff.

8. **Zhi Qi Guan Wan (Pian)**: The cough Chinese medicine can be used if cough is a predominant symptom of the common cold or flu and if bronchitis or asthma is a concern.

9. **Xiao Qing Long Wan (Pian)**: The classic Chinese medicine is used for cough and asthma. It is applicable if upper respiratory track infection, bronchitis, or asthma is developed after the common cold or flu.

10. **Bi Yan Pian**: The Chinese medicine is used to clear the congested nasal passages. It may be combined with other Chinese cold remedies like Cold Signoff.

11. **Chuan Xiong Cha Tiao Wan (Pian)**: It is used when headache is a main complaint among the cold or flu symptoms.

All Chinese Herbs ActiveHerb carries are 100% natural herbal remedies. They are time-tested and safe, contain no pharmaceuticals, no preservatives, no artificial colors.

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