

Treatment Plans—Viral Infections, Respiratory Tract

- Respiratory tract infections
- All likely viral, with subsequent bacterial infection possible
 - Common cold
 - Sinusitis (viral subsequent to cold)
 - Influenza
 - Bronchitis
 - Pneumonia

Common Cold (and to a large extent, other viral-based URI)

- U.S. average—2.5 colds/year = 0.75 billion
- Myalgia, fatigue, rhinitis, excessive mucus discharge (watery), sore throat, usually no fever
- Pulse and tongue often normal, “surface” condition
- Appetite often not affected

Treatment Plan-common cold

- Warming herbs to dispel wind and/or cold from surface (ginger, cinnamon, elecampane)
- Antiviral herbs (direct or by host immunity)
- Symptomatic relief (cough, sore throat, energy, mucus, pain, etc.)
- Ephedra (and moderating herbs)

Suggested Herbal Protocol Common cold (standard practice)

- **Antiviral herbs** (andrographis, elderberry, pelagonium, etc.)
- **Diaphoretics** (to ease symptoms of myalgia, congestion)
 - cup of hot chamomile, elderflower, yarrow, linden tea (Weiss)
 - elder flower (lowers fever, increases non-specific resistance, antiviral)
 - linden flower tea (calming, diaphoretic)
 - ginger tea (warming, diaphoretic, anodyne)
 - **Baths:** lavender, ginger, rosemary, camphor (diaphoretic, anodyne, calming, invigorating)
- **Immunomodulating**
 - echinacea (immune enhancement, antiviral through host immunity)

- Thyme tea (reduce chance of secondary bacterial infections, expectorant)
- Licorice tea (expectorant, reduces inflammation, immunomodulating)
- Sage tea (a gargle for sore throats)

Common Cold (science-based)

- **Antiviral** (also can reduce symptoms, shortens duration)
 - Andrographis, standardized extract (dose)
 - Elderberry syrup or concentrated extract (tablets, capsules)
 - Pelargonium, standardized extract (liquid or tablets)
 - Garlic syrup (with honey and orange oil), allicin-insured capsules
- **Antibacterial** (helps prevent secondary infections)
 - Thyme, oregano tea, essential oil in tea (1-2 drops)
 - Berberine (in goldenseal, coptis, or berberine sulfate tablets)
 - Garlic syrup, garlic enteric-coated allicin-insured capsules, tincture

Colds—symptomatic relief

- Expectorant
 - Licorice, yerba santa, elecampane, cayenne, lemon tea or tincture
- Congestion
 - Eucalyptus (steam, tea, baths, use oil, 2-3 drops in tea or bath)
 - Cang er zi (cocklebur fruit, extract in tablets, capsules)
- Cough
 - Coltsfoot tea, yerba santa tea, peppermint, eucalyptus, pine bark, mullein leaf tea, loquat syrup
- Prevention
 - Turkey tail, shiitake, cordyceps, reishi extracts, teas
- Myalgia
 - Peuraria, meadowsweet, wintergreen, willow bark (standardized or not; high salicin content), cayenne liniment, St. John's wort oil, hot bath with strong yarrow, meadowsweet, rosemary, and/or lavender tea added (consider adding EOs)

- Headache
 - Liver/GB (temples and over eyes): blue vervain, centaury, feverfew, fringe tree, blessed thistle, boldo, wormwood tea, mugwort tea
 - Tension (occiput, general): rosemary, willow bark, meadowsweet, wintergreen tea, shepherd's purse, betony*, greater periwinkle*, hops, *kava*, birch bark tea or tincture, catnip, chamomile (both), skullcap
 - External application, baths: rosemary, lavender essential oils (30-70 with fixed oil), liniment, or tea compress, St. John's wort oil, liniment
- Fever
 - Diaphoretics: yarrow, elder flower, blue vervain, ma huang, boneset, catnip, mormon tea, life everlasting, lobelia, feverfew
 - Antipyretics: willow bark, meadowsweet, birch bark, dogwood bark (either pacific or streamside), quaking aspen bark
 - With deficiency of yin: coral root (*Coralorrhiza* spp.), American ginseng
 - With fast pulse: add linden flower, passionflower
- Fatigue:
 - With fever: eat lightly, especially broths made with green leafy vegetables, barley, a little fish or chicken; add herbs like American ginseng, turkey tails, cordyceps, witch's butter; use gentian or centaury tincture before meals sparingly
 - With deficiency of Kidney yin or Qi or Spleen Qi deficiency: American ginseng, codonopsis, burdock root, false Solomon's seal
- Rhinorrhea
 - Clear mucus: magnolia buds, cayenne, sage leaf, eyebright
 - Highly viscous mucus: saponin-containing herbs (violet leaf, evening primrose root, *Trillium* spp., *Smilacina* spp., fenugreek, licorice, cayenne, primrose root (cowslip), starflower (*Trientalis* spp.), shooting stars (*Dodecatheon* spp.), *Eryngium* spp., English ivy tips
- Nasal congestion
 - Antihistamines: nettle leaf, goldenseal, Oregon grape root, goldthread, goldenrod, ginger*, lemon, orange, tangerine peel, aged tangerine peel (also contains a sympathomimetic alkaloid, synephrine), *Eucalyptus*, and steams
 - Sympathomimetics: ma huang tincture, tea; tangerine or orange peel

Warming herbs, release surface: elecampane, wild ginger, ginger, pine bark, yerba mansa, osha