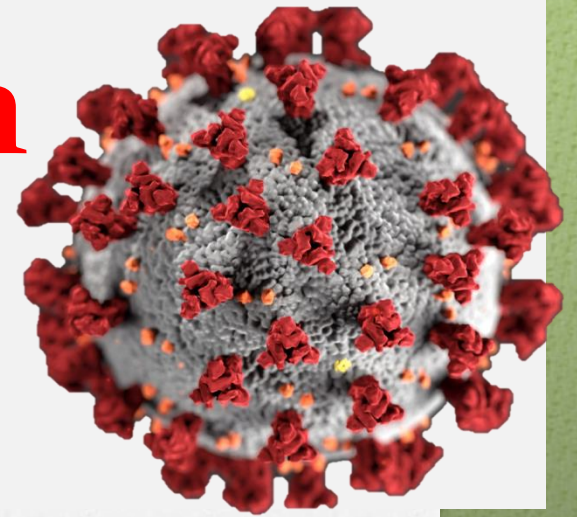


Integrated Treatment in patients with **Covid-19 Infection**

Northern Thailand



Kannika Phornphutkul M.D

Professor Emeritus

Chiangmai Medical School, Chiangmai University, Thailand

Pandemic Outbreak of Infection in every 100 years



In 1720 : Plague



In 1820 : Cholera



In 1920 : Spanish flu



In 2020 : COVID-19 Corona



World Incidence of Covid-19 Infection, 2021

Confirmed

179,924,989

(+10,737)

Deaths

3,897,835
(+428)

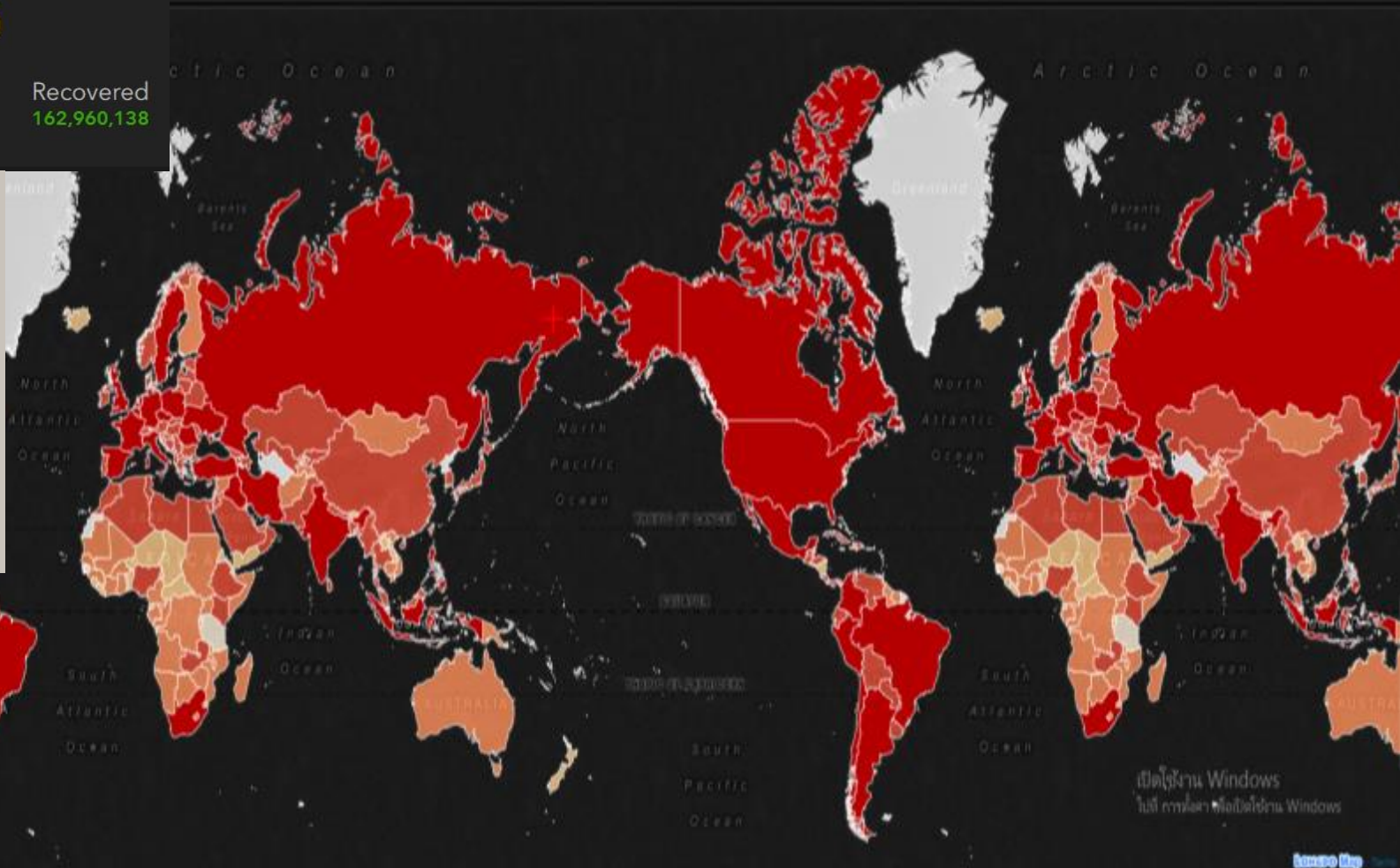
ActiveCase

9,074

Recovered

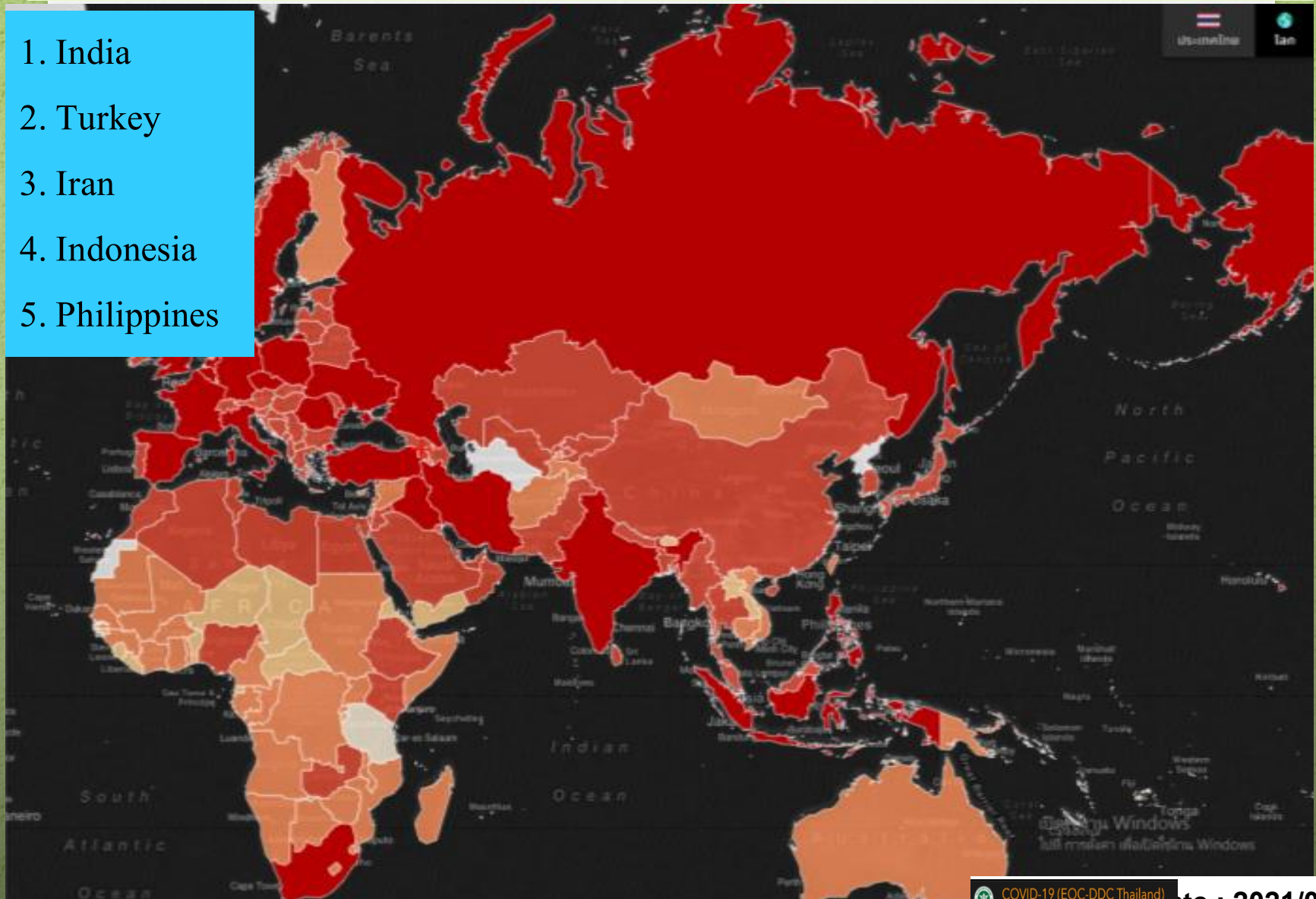
162,960,138

1. USA
2. India
3. Brazil
4. France
5. Russia



Asian Incidence of Covid-19 Infection, 2021

1. India
2. Turkey
3. Iran
4. Indonesia
5. Philippines



Thailand Incidence of Covid-19 Infection, 2021

No.76

Confirmed

254,515

(+4,662)

Deaths

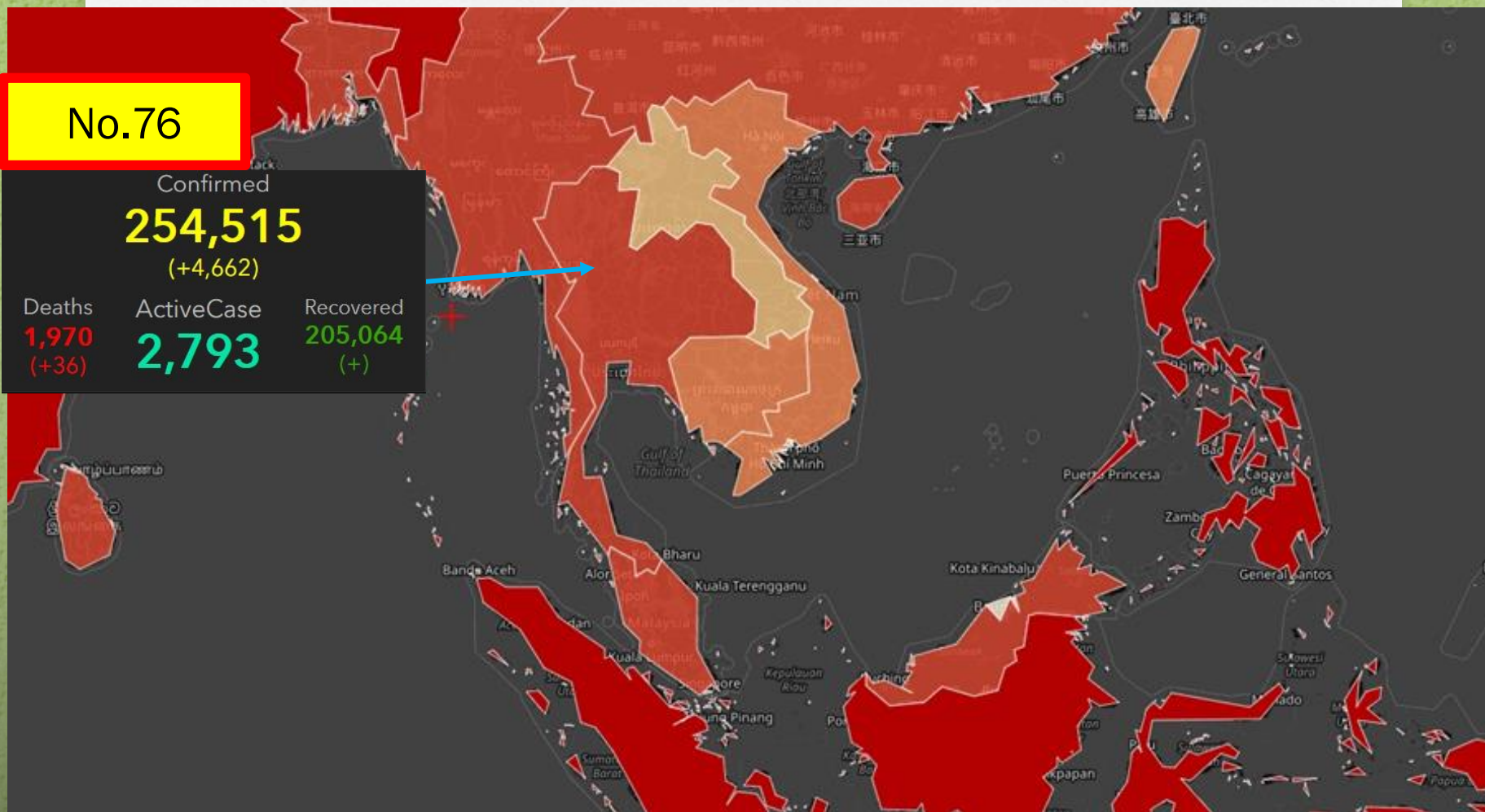
1,970
(+36)

ActiveCase

2,793

Recovered

205,064
(+)












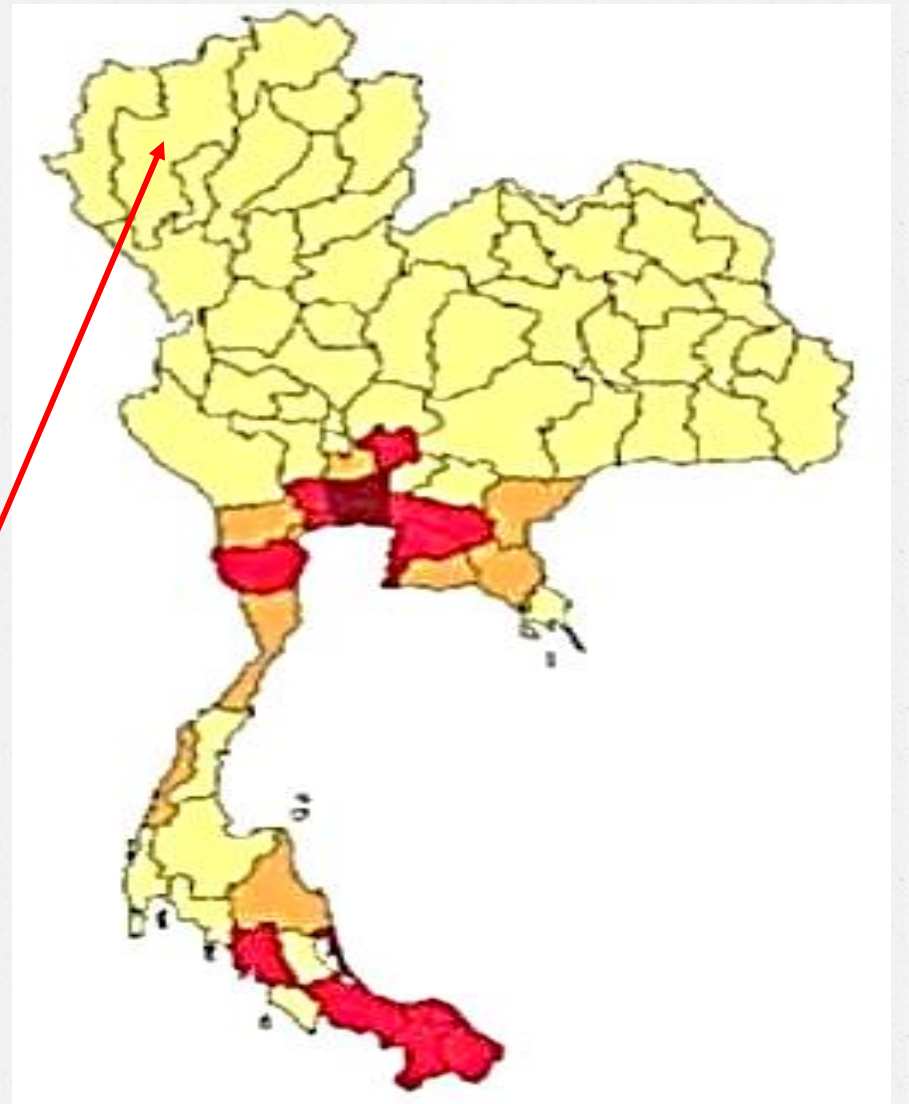
Chiangmai Incidence of Covid-19 Infection, 2021

Confirmed : 4,122

Recovered : 4,068

Deaths : 26

Province	Confirmed	Recovered	Deaths
 Bangkok	39,295	4,228	348
 Samut Sakhon	19,553	19,012	24
 Samut Prakan	6,035	4,415	67
 Nonthaburi	5,574	3,281	35
 Chonburi	5,048	4,094	21
 Chiang Mai	4,122	4,068	26
 Pathum Thani	3,758	1,646	26
 Phetchaburi	3,083	581	4
 Surat Thani	1,679	1,070	7
 Prachuap Khiri Khan	1,673	1,319	6



Management of COVID-19 Infection in Thailand

Protection and Prevention

- Screening
- Telemedicine
- Social Distancing
- ARI Clinic
- Mask
- PPI



Vaccination COVID-19



Management of COVID-19 Infection in Thailand

Treatment

- Conventional Therapy

- * Antiviral drugs
- * General Supportive
- * O2 Therapy
- * I.C.U

- Hospital for COVID-19 infection patients
- Field hospital for mild to moderate cases
- Hospital for observation and quarantine cases



Management of COVID-19 Infection in Thailand

Integrated Medicine



Treatment of COVID-19 infection has not been standardized yet. We, in medical profession, try to seek any available or possible alternatives that, we think, might help in decreasing the symptom relating to the infection and to look back to our local therapeutic experience such as some herbs, massage or acupuncture to help adding to the conventional medical treatment.

Integrated Medicine

Holistic, Nature friendly, Human friendly, Environment friendly and Pocket friendly Medicine System



Integrated Medicine



Thai Traditional Medicine :Herbal
therapy, Massage



Chinese Traditional Medicine :
Acupuncture, Herbal therapy



Hydrogen Therapy



Mind fullness, Meditation

Integrated Medicine

Thai traditional Medicine



Thai traditional medicine deals with Thai massage, steaming, compressing, and applying productions of Thai traditional products, and Thai style meditation in conjunction with the standard modern physical examination, diagnosis, treatment, prevention of disease, health promotion and rehabilitation.



Integrated Medicine

The role of Thai traditional medicine in COVID-19 infection



Integrated Medicine

Thai traditional Medicine in COVID-19 infection

To prevent

- Health promotion
- Local herbs therapy
- Massage, compression



For treatment

- Local herbs

= *Andrographis paniculata* (Faa Lai Jone)

= *Boesenbergia rotunda* (Finger Root)

Integrated Medicine

Thai Herbs



สูตรที่ 1 น้ำกระสายยาจากใบไม้



Integrated Medicine

Thai Herbs



Scientific name : *Andrographis paniculata* (Burm.f.)

Family (family Acanthaceae)

Other name : Faa Lai, snake-proof grass, mongoose saliva, cloud paniculata, sky shake

From past to present there have been extensive research studies on the herb *Andrographis paniculata*.

There is data supported by clinical research showing that *Andrographis paniculata* is effective in treating symptoms of acute respiratory tract infections such as cough and sore throat.

Integrated Medicine

Thai Herbs



Drug name : *Kaempferia* (Finger Root)

Synonyms *Boesenbergia rotunda* (L.) Mansf.

Other name : Red Ginger, Ginger Krachai

Properties : reduce indigestion, fever, phlegm lessening , improve the sexually impaired

References :

1.Charoensin S, Punvittayagul C, Pompimon W, Mevatee U, Wongpoomchai R, Toxicological and clastogenic evaluation of pinocembrin and pinostrobin isolated from *Boesenbergia pandurata* in wistar rats. *Thai J Toxicology*, 2010;25(1):29-40.

Integrated Medicine

Thai Herbs

Thai herbs have been used for mild to moderate symptom of many simple diseases and health promotion.

Currently, there has been a wide spread revival of Thai Traditional Medicine.

The ministry of Public Health has established the Thai Traditional Medicine and Pharmacology co-ordination center to co-ordinate the development and research to establish the effectiveness of treatment and safety.

Integrated Medicine

Traditional Chinese Medicine (TCM)



The Science of Healing The Balance of Nature

The Balance of an invisible energy

YIN is a negative energy, coldness, darkness, and a symbol of femininity.

YANG is a positive energy, heat, light, and represents the masculine gender.

Integrated Medicine

The traditional Chinese medicine treatments

Acupuncture

Cupping

Chinese
Herbs

Tai Chi or Tai
Chi

Moxibustion

Integrated Medicine

Traditional Chinese Medicine (TCM)

TCM. Could help treat COVID-19 symptom

- Acupuncture

 - * to calm YANG energy

 - * to stimulate YIN energy

- TCM. in chronic fatigue syndrome in COVID-19

- Gingeng root

- Yinguae power

Group of Yunnan university developed herb to treat COVID-19

infection

Integrated Medicine

Traditional Chinese Medicine



Acupuncture

Integrated Medicine

Chinese Herbal therapy in COVID-19



ฮั่วเจียง (藿香)



Amomum (砂仁)



ว่านน้ำ (菖蒲)



มู่เจียง (木香)



เฉินปี (陈皮)



กระวาน (豆蔻)



ลูกจันทร์เทศ (肉豆蔻)



กระวานดำ (草果)



ฮั่วยู่ (厚朴)



เพ็ชหลาน (佩兰)

Integrated Medicine

Traditional Chinese Medicine



Massage area for health promotion

Integrated Medicine

Traditional Chinese Medicine



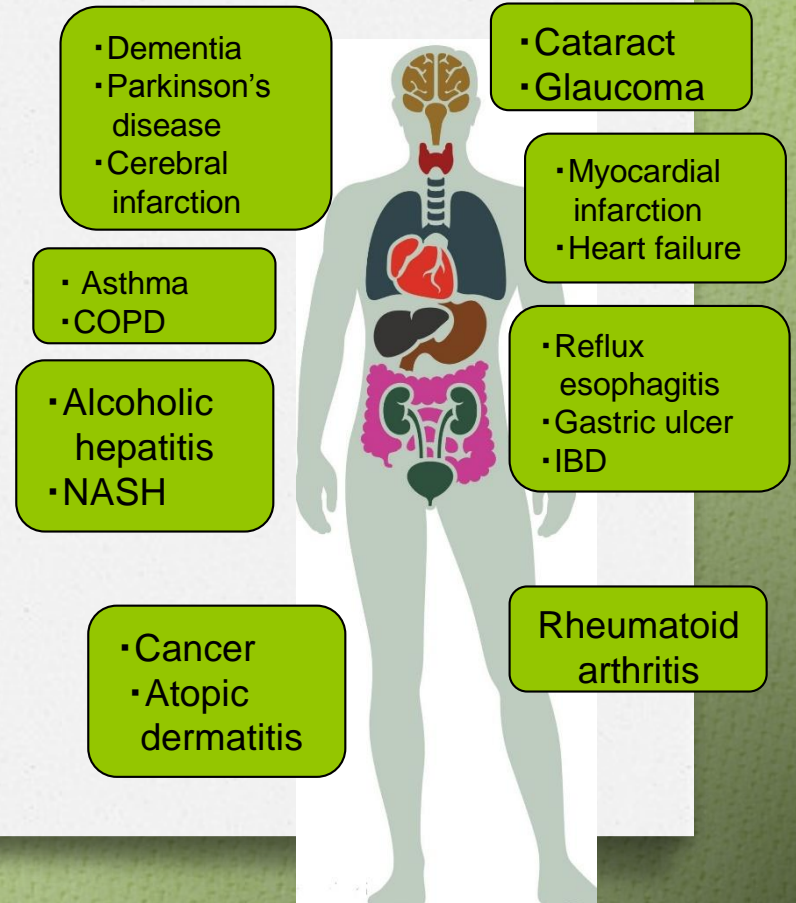
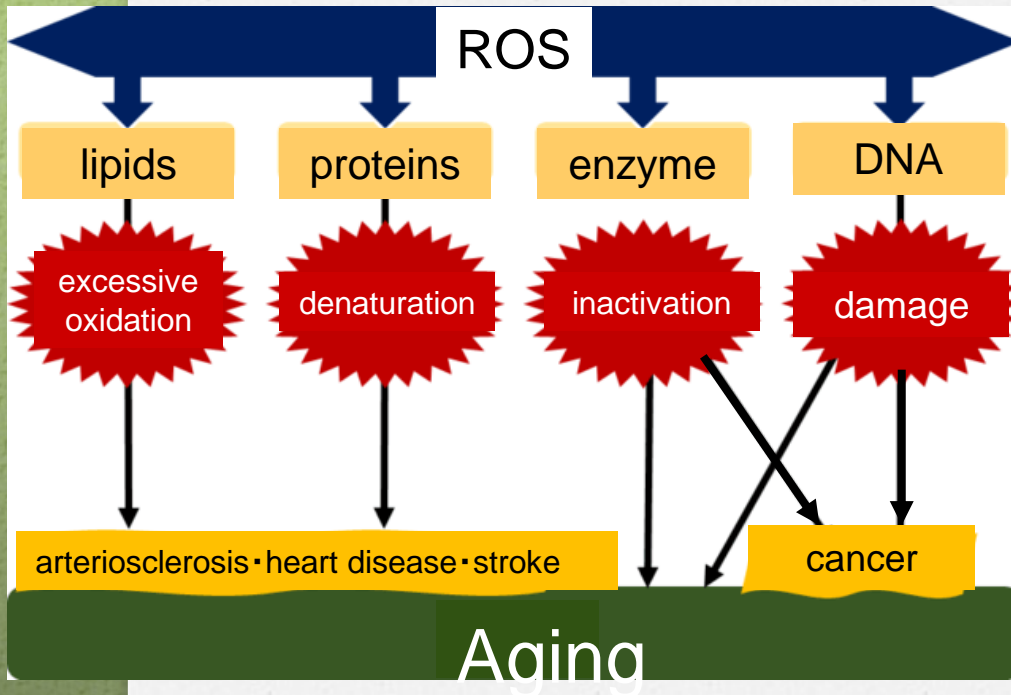
Massage area for health promotion

Medical Benefits of Molecular Hydrogen (H₂)

H(2) has :

- Anti-oxidant properties
- Anti-apoptotic, Anti-inflammatory and Anti-allergy effects.
- Improve lipid and glucose metabolism in diabetes etc.

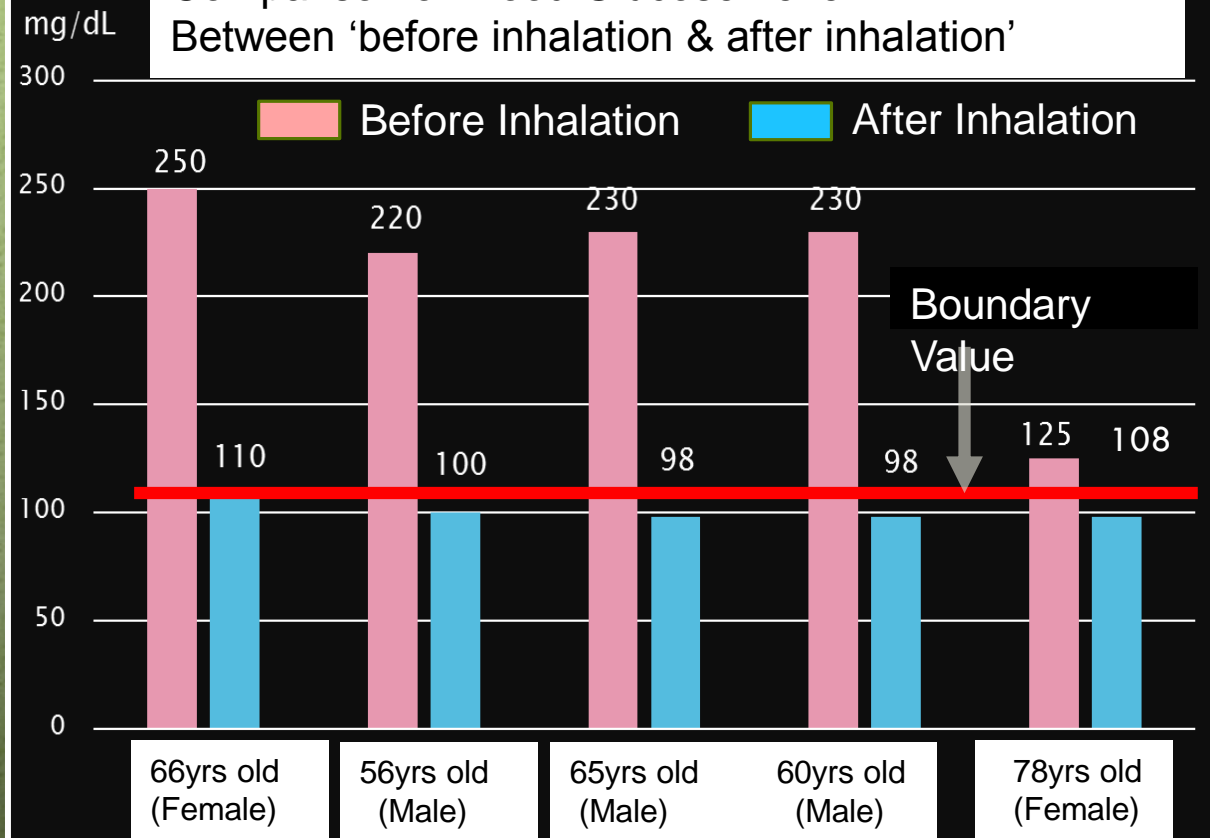
Damaging effects of ROS on a human body



Effect of HHO gas on Diabetes①

Results of Blood Glucose Level by the Inhalation of High Density Hydrogen-Oxygen Gas (HHO gas) for Diabetes

Comparison of Blood Glucose Level Between 'before inhalation & after inhalation'



Location of Medical Institution

Implemented by

Evans Co.,Ltd. (Dr. Kondo)

Bio-venture Medical Institute

in Osaka Univ. Medical Dep.

Implemented Term

From Feb.9 to April 8 in 2015

(For two months)

Implemented Equipment

Model No. : LHG L Type (1 Set)

High Density Hydrogen-Oxygen Generator

Manufactured by Legarsi Inc.

Total Nos. of Patients : 39

Inhalation Time : 1 hour per day for two months

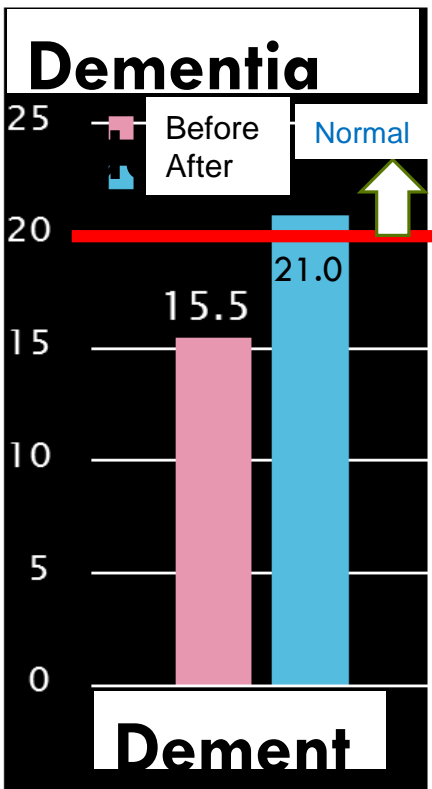
LHG L-Type Appearance



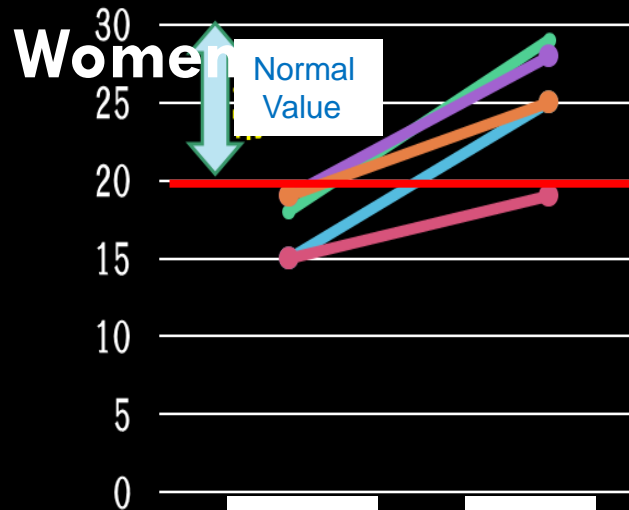
Effect of HHO gas on Dementia

Dementia (All)

Average Value of 10 Patients

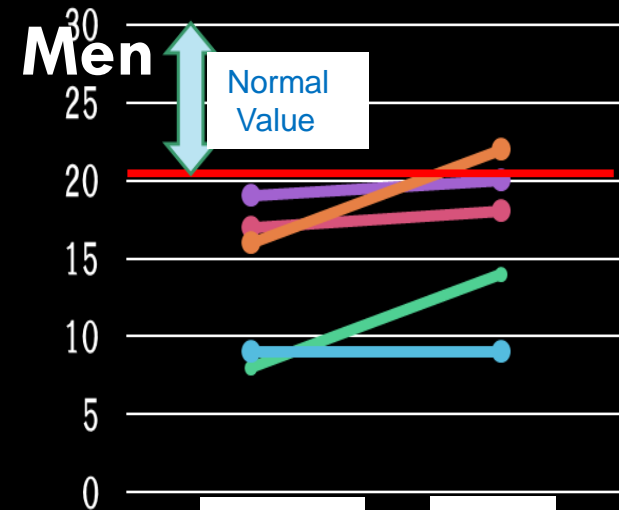


Dementia Index of Women



After Inhalation of HHO gas, Women were well recovered .

Dementia Index of Men

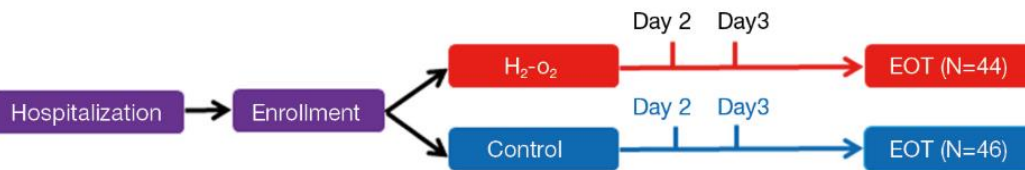


After Inhalation of HHO gas, Men were not well recovered .

Effect of HHO gas on COVID-19

Hydrogen/oxygen mixed gas inhalation improves disease severity and dyspnea in patients with Coronavirus disease 2019 in a recent multicenter, open-label clinical trial Wei-Jie Guan et al. J Thorac Dis 2020;12(6):3448-52

H₂-O₂ inhalation for Covid-19: A multicenter open-label clinical trial (total N=90)

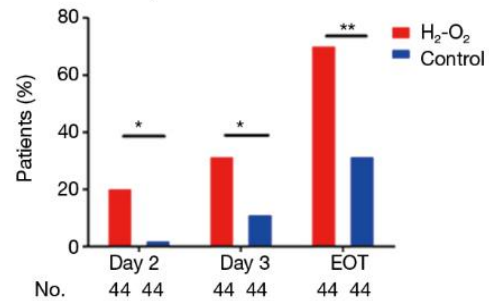


Primary endpoint

Secondary endpoints

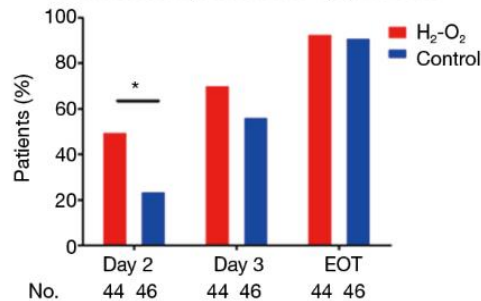
Disease severity improvement

Patients with improvement in five-scale disease severity



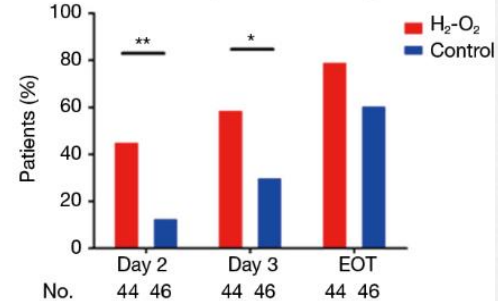
Dyspnea improvement

Patients with improvement in dyspnea scale



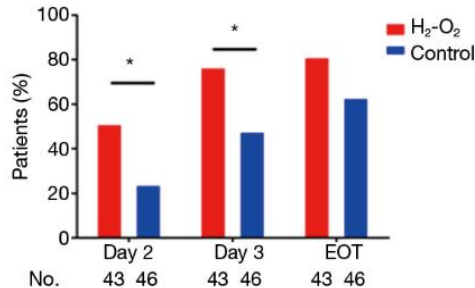
Cough improvement

Patients with improvement in cough scale



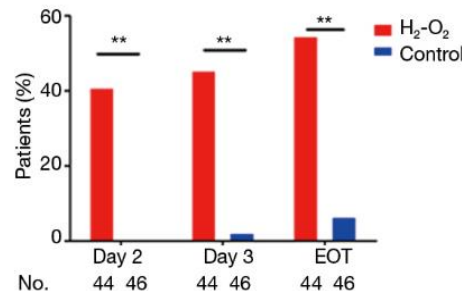
Chest distress improvement

Patients with improvement in chest distress scale



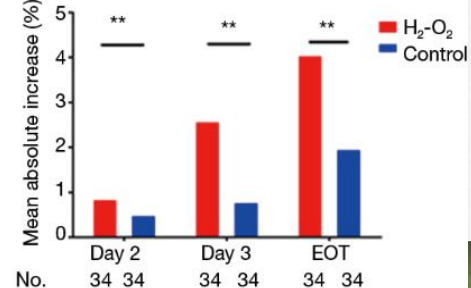
Chest pain improvement

Patients with improvement in chest pain scale



Oxygen saturation improvement

Median improvement in resting oxygen saturation



All endpoints but oxygen saturation were treated as categorical variable (improved vs. not improved) compared with baseline

Integrated Medicine

Meditation

Meditation is considered a type of mind-body complementary medicine that can give a sense of calm, peace and balance that can benefit emotion, well-being and overall health.

Integrated Medicine

Meditation



Integrated Medicine

Meditation and illness

The emotional benefits of meditation include :

- * Gaining a new perspective on stressful situations
- * Building skills to manage your stress
- * Increasing self – awareness
- * Focusing on the present
- * Reducing negative emotions
- * Increasing imagination and creativity
- * Increasing patience and tolerance

Integrated Medicine

Meditation and illness

With that in mind, some research suggests that meditation may help people manage symptoms of conditions such as :

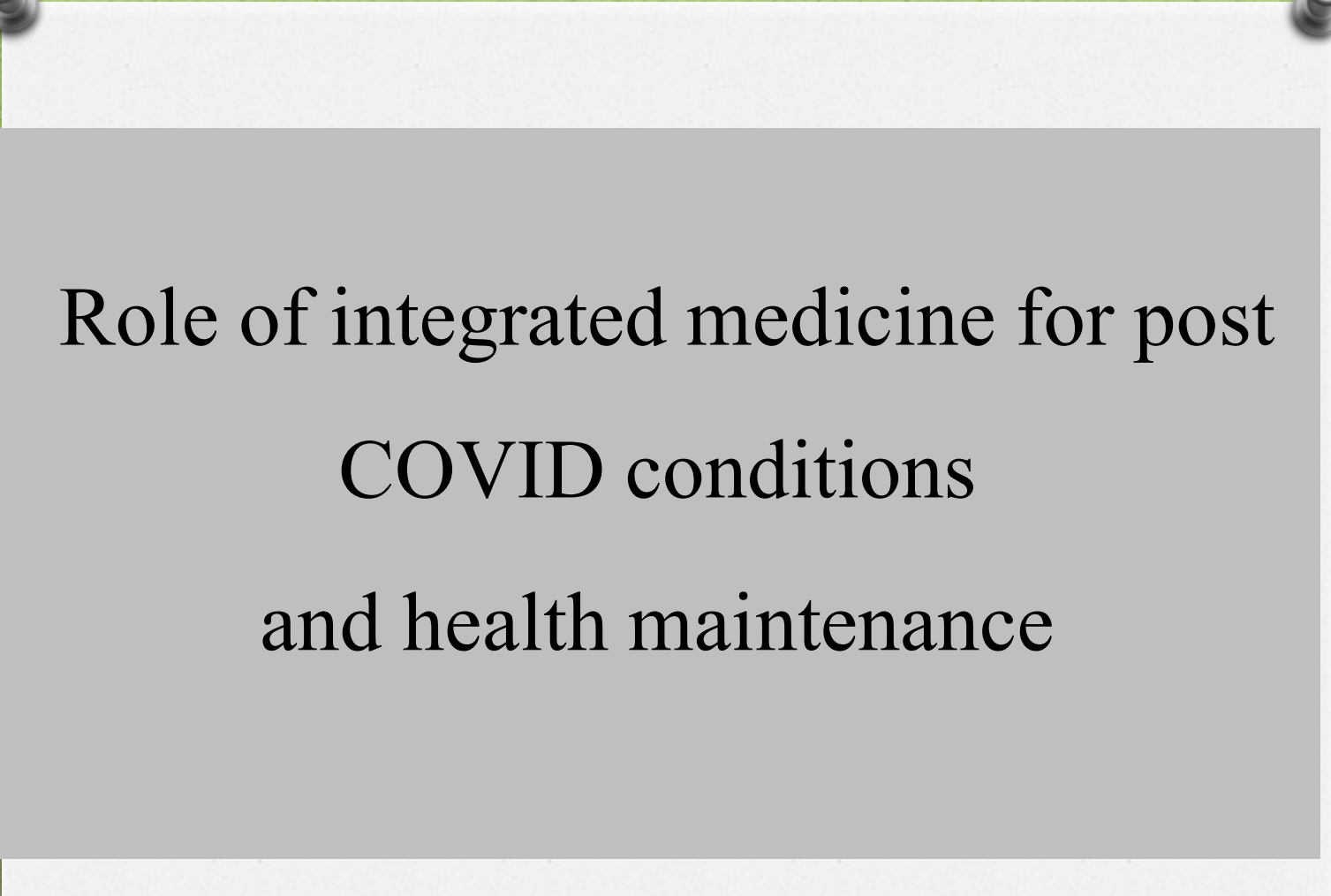
- * Anxiety
- * Asthma
- * Cancer
- * Chronic pain
- * Sleep problems
- * Depression
- * Heart disease
- * High blood pressure
- * Irritable bowel syndrome
- * Tension headaches

Post COVID condition (Long COVID)

WHO report : New policy briefings call on decision-makers to support patients as 1 in 10 of the patients report symptoms of “long COVID” 25-02-2021

Known manifestations of Post-COVID conditions

- Severe fatigue
- Depression, Anxiety
- Lung sequelae, breathlessness
- Dizziness, headache
- Heart and brain symptoms



Role of integrated medicine for post
COVID conditions
and health maintenance

Comparison of Death Rate

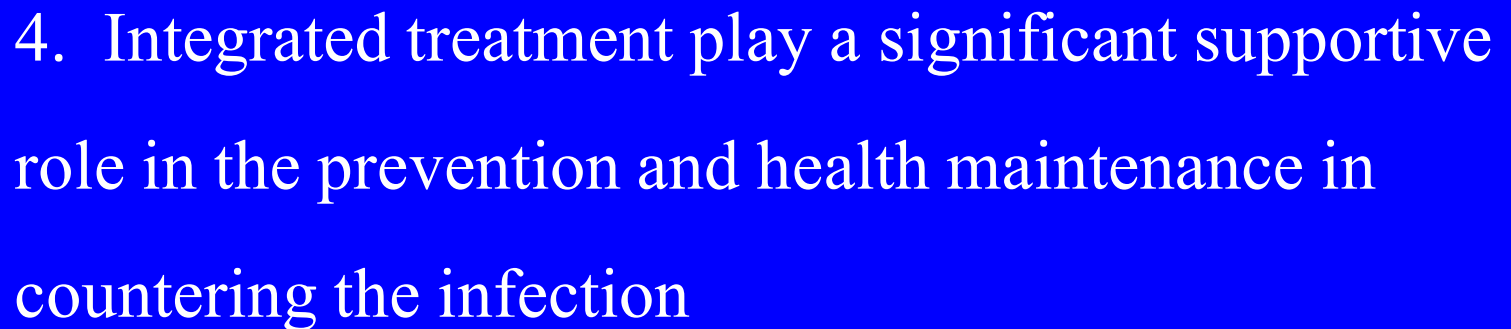
	World	U.S.A	Thailand	Chiangmai
Confirmed	179,924,989	34,527,493	254,515	4,122
Death	3,897,835	619,980	1,970	26
%	2.16	1.79	0.77	0.58

1. COVID-19 infection is a viral infection with highly transmission. To date Million cases have been confirmed and over 2 millions people have lost their lives.

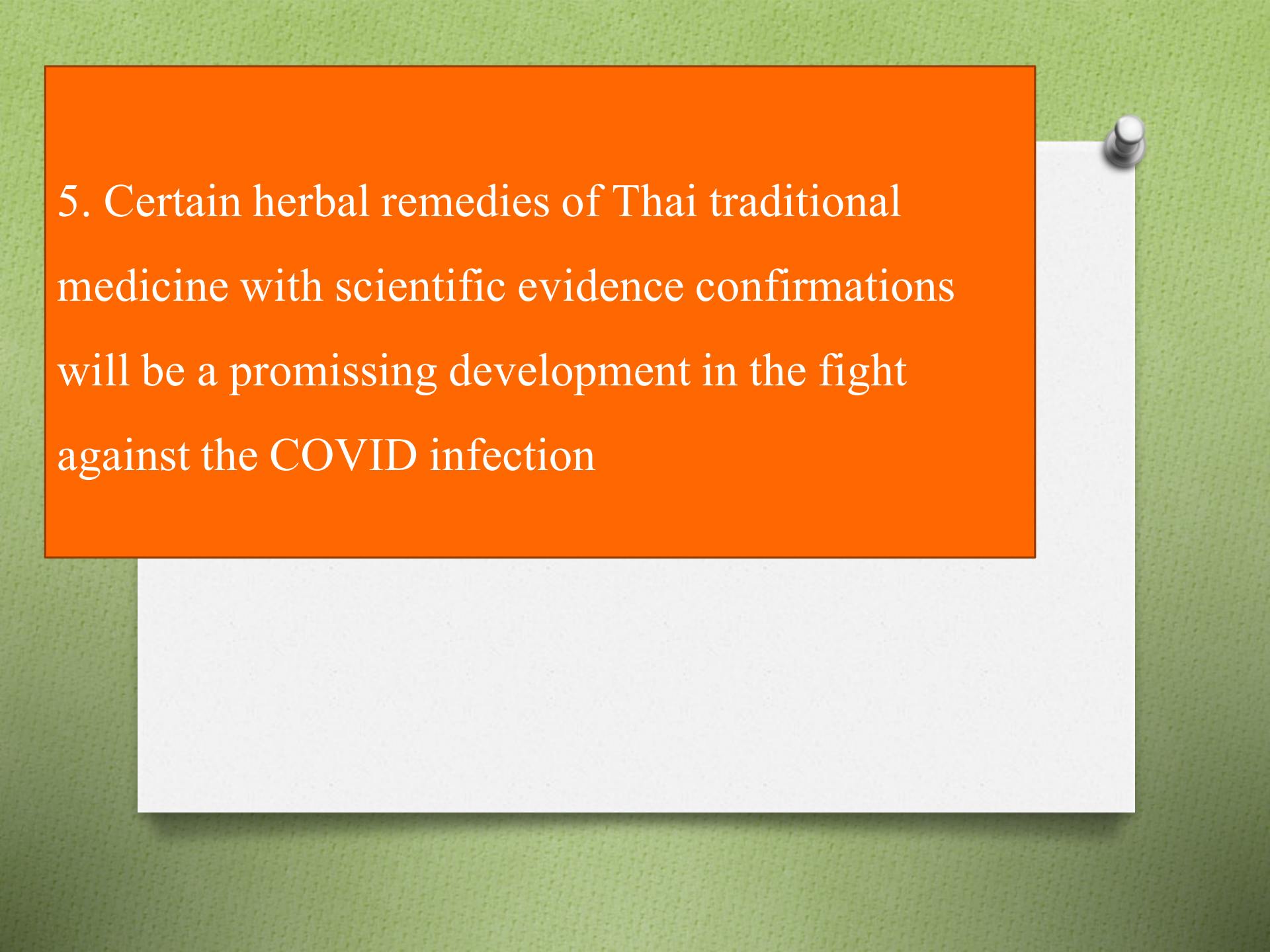
2. Anti-viral drugs and symptomatic supports are the key success in management of moderate to severe COVID-19 infection

An orange rectangular box with a thin white border, containing text. It is positioned in the upper left quadrant of the slide.

3. Vaccination and other preventive measures play active roles in the prevention of this infection

A blue rectangular box with a thin white border, containing text. It is positioned in the lower right quadrant of the slide, overlapping the orange box.

4. Integrated treatment play a significant supportive role in the prevention and health maintenance in countering the infection



5. Certain herbal remedies of Thai traditional medicine with scientific evidence confirmations will be a promising development in the fight against the COVID infection



COVID's lingering on

Be realistic

Come, visit us

Stay optimistic



Thank you

checkin Chiang Mai