

新型冠状病毒肺炎非药物干预方案汇总分析*

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摘要: **目的** 全面检索整理国内各地官方发布的新型冠状病毒肺炎(以下简称:COVID-19)中医药诊疗方案中的非药物治疗方法,为此病的预防和治疗提供参考。**方法** 收集并整理国家卫健委、中医药管理局及国内各省市、自治区防治 COVID-19 中医药方案中涉及的非药物防治方法,时间截至 2020 年 2 月 28 日,用 Excel 表格整理相关信息包括与 COVID-19 有关的省市自治区、发布时间、是否官方发布、网址以及非药物防治的方法,对于提取的资料进行总结和分析。**结果** 共检索出 15 种非药物治疗方法:艾灸、食疗、中医情志、中医功法、香囊、空气熏蒸、按摩、代茶饮、足浴、耳穴、刮痧、针刺、拔罐、穴位贴敷、皮内针;其中香囊方案有 8 个,代茶饮方案有 7 个,空气熏蒸方案有 6 个,按摩穴位方案有 5 个,艾灸方案有 5 个,食疗方案有 3 个,其中 8 个地区写到中医功法,6 个地区中写到了中医情志疗法,足浴方案有 4 个,耳穴、刮痧、针刺、拔罐、穴位贴敷、皮内针方案较少。**结论** 15 种中医非药物疗法在 COVID-19 的预防、治疗和愈后恢复中发挥重要作用,其各自在新冠肺炎防控的不同时期发挥着应有作用,可供大家参考,并值得全国推广应用。

关键词: 新型冠状病毒肺炎;非药物疗法;防治方案;预防;艾灸;食疗;中医功法;香囊;代茶饮预防

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An Overall Analysis of Non-drug Intervention Programs for COVID-19

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Abstract: **Objective** To comprehensively search and sort out the non-drug treatment methods in the traditional Chinese medicine diagnosis and treatment schemes of new coronavirus-infected pneumonia officially released throughout the country, to provide a reference for the prevention and diagnosis of this disease. **Method** As of February 28, 2020, the non-drug treatment methods involved in the prevention and treatment of COVID-19 Chinese medicine program of the National Health Commission, the Chinese Medicine Administration and the provinces, municipalities and autonomous regions of the country were collected and collated. Including (provinces, municipalities and autonomous regions, release time, official release, website), non-drug treatment methods, and summary analysis of the extracted data. **Result** A total of 15 non-drug treatment methods were retrieved, including moxibustion, diet therapy, Chinese medicine sentiment, traditional Chinese medicine methods, sachets, air fumigation, massage, tea replacement, foot bath, ear acupoints, scraping, acupuncture, cupping, acupoint stick Apply, intradermal needle. Among them, there are 5 moxibustion schemes, 3 diet therapy schemes, 6 districts write Chinese medicine sentiment, 8 districts write traditional Chinese medicine methods, 8 sachet schemes, 6 air fumigation schemes, and massage point schemes. There are five, seven tea replacement programs, and four foot bath programs. Ear acupoints, scraping, acupuncture, cupping, acupoint application, and intradermal needle programs are fewer. **Conclusion** 15 kinds of Chinese medicine non-drug therapies play an important role in the pre-

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