

Efficacy of Traditional Chinese Medicine in Treating Common Cold

The treatment and prevention of the common cold are difficult due to the absence of effective vaccines against rhinovirus



In this context, Traditional Chinese Medicine (TCM) can be an effective long-term clinical practice to treat colds and flu



TCM theory identifies four external contributors to the common cold



Cold



Heat



Dryness



Dampness

TCM is effective in relieving symptoms of the common cold



Fever



Nasal congestion



Sore throat



Runny nose



Cough

Systematic analysis



Theoretical principles



Pharmacological perspectives



Randomized controlled trials

TCM's active ingredients exhibit



Antiviral properties



Immune-regulating properties



Anti-inflammatory properties



Antioxidative properties

Advantages of TCM



Reduced disease duration



Lower risk of disease sequelae



Clinically proven active ingredients



Non-toxic at prescribed doses

TCM is an effective and safe alternative to Western medicine for preventing and treating the common cold