

Emerging protective measures and strategies of COVID-19: From lifestyle to traditional Chinese medicine

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Abstract

This article introduces current status of COVID-19 and its side-effects, and reviews emerging protective measures and strategies from lifestyle to traditional Chinese medicine (TCM) for fighting against the SARS-CoV-2 and its major variants (Delta and Omicron) as well as the global COVID-19 pandemic, which include “Carassius auratus lifestyle” for high effective isolation, social and high-tech related medical strategies, traditional Chinese herbs “Bark-Flower-Fruit-Grass-Leaf-Nucleolus-Root (BF-FGLNR)”, as well the combination of Chinese and western medicine. As a choice, little is known whether Chinese acupuncture is an effective method for confirmed and suspected COVID-19 patients, which include imported and asymptomatic cases. Definitely, acupuncture is effective for the recovery of COVID-19 cases. However, its effects and related mechanisms need further animal experiments and clinical trials to confirm and disclose. In conclusion, these emerging protective measures and strategies for COVID-19 will help to effectively combat the SARS-CoV-2 and its variants during the pandemic and post-COVID-19 era.

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