

PRECISION USING CHINESE HERBAL MEDICINE FOR  
OPTIMAL EFFICACY IN THE TREATMENT OF  
VARIOUS MICROBIAL PATHOGENS

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by

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## ABSTRACT

Problem: The discovery of antibiotics is one of modern medicine's most significant successes. Since its discovery in the last century, the abundant use of antibiotics does not appear to be as potent as they once were, and, over time, some bacteria have developed ways to resist the effects of antibiotics. Current conventional thought is that the overuse of antibiotics causes mutations within specific bacteria, and these mutations may be a main culprit for antibiotic resistance. While antibiotic resistance is beneficial to microbes, it presents humans with two major problems: it makes it more difficult to eliminate infections from the body; and it heightens the risk of acquiring infections in hospitals. Antimicrobial resistance is driving up health care costs, increasing the severity of disease, and increasing the death rates from certain infections.

Method: The data used for this capstone consisted of charts that were translated from Chinese to English. These charts were from a book, A Comparison of the Anti-Microbial Functions of Commonly Used Chinese Herb, by Chinese authors Zhou Bang Jing & Bian Zhu. These 255 charts outline commonly used Chinese herbs and their efficacy in inhibiting various microbial pathogens (bacteria, viruses, fungi).

Results: Chinese herbal medicine has been used for many centuries to combat disease, such as various bacteria and viral infections. Like antibiotics, certain Chinese herbs are more effective against certain bacteria than others. The data in these charts

quantify the potency of specific Chinese herbs on a scale of 0 (no effect), +, ++, +++ (strong effect). The analysis of the data indicate that there is a positive effective in using Chinese herbs to eliminate certain bacteria, viruses, and fungi.