



## POSTER COMPETITIONS

# Traditional Mongolian Mana-4, Norov-7 Medicine Used in the Treatment of COVID-19 Infection: A Comparative Study

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## Introduction

Due to the global outbreak of the Coronavirus Disease 2019 (COVID-19) pandemic, many countries took explicit measures. As for Mongolia, we implemented policies such as strictening quarantine, disseminating the infection prevention and control guidelines by social media, and using traditional herbal medicine for treatment. However, studies considering the benefits of this treatment were insufficient and misuse was common amongst citizens. Therefore, studying accurate results regarding these issues is necessary.

## Objective

We aimed to study the effects of using traditional Mongolian medicine, such as Mana-4 and Norov-7, by themselves or in combination with conventional medicine in the treatment of Covid-19 pandemics.

## Method

185 recovered COVID-19 patients from six districts of general hospitals in Ulaanbaatar were randomly selected as participants. The permission and questionnaires were obtained through Google form and the questionnaire was developed based on the "Traditional Mongolian medicine Guidelines" and "COVID-19 Clinical Guidelines" issued by the Ministry of Health of Mongolia.

## Result

69.7% of the participants used traditional Mongolian herbal medicine. The group that had both traditional medicine and European treatment recovered the quickest and 41.9% of them improved in a week

( $p < 0.001$ ). 89.7% of the total participants had frequent symptoms such as sore throat, nasal congestion, and dry cough. 57.1% of those who used the traditional treatment, the symptoms decreased 1.7 times than the other groups ( $p < 0.05$ ). Furthermore, the ones that took the traditional medicine inappropriately recovered 3.5 times slower than the group that used it appropriately ( $p < 0.05$ ).

### Conclusion

In this study, it could be concluded that the recovery rate is faster when using traditional Mongolian medicine Mana-4, Norov-7, and non-traditional medicine together. Therefore, traditional medicine ought to be used in a broad spectrum with appropriate, convenient, and cost-effective methods.

### Keywords

*Mongolian Traditional Medicine, Herbal Medicine, COVID-19 treatment*