Reporting Summary

Nature Research wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Research policies, see Authors & Referees and the Editorial Policy Checklist.

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

- The exact sample size (n) for each experimental group/condition, given as a discrete number and unit of measurement
- A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
- The statistical test(s) used AND whether they are one- or two-sided
- A description of all covariates tested
- A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
- A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
- For null hypothesis testing, the test statistic (e.g. F, t, r) with confidence intervals, effect sizes, degrees of freedom and P value noted
- Give P values as exact values whenever suitable.
- For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
- For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
- Estimates of effect sizes (e.g. Cohen's d, Pearson's r), indicating how they were calculated

Software and code

Policy information about availability of computer code

Data collection

The chemical compounds of each of the twenty plants used to make LCTE were found by examining three comprehensive Chinese herbal databases: the Traditional Chinese Medicine Systems Pharmacology database (TCMSP, http://www.tcmspw.com/), the Encyclopedia of Traditional Chinese Medicine (ETCM, http://www.nrc.ac.cn:9090/ETCM/) and SymMap (https://www.symmap.org/). The proteins related to the main symptoms of COVID-19 were found through searching the DisGeNET (https://www.disgenet.org/) database. Literature about the anti-inflammation properties of the main compounds was retrieved by searching PubMed.

Data analysis

The data were analyzed using R and its related packages igraph, ggplot2, and clusterProfiler.

Data

Policy information about availability of data

All manuscripts must include a data availability statement. This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A list of figures that have associated raw data
- A description of any restrictions on data availability

All the data are available in manuscript and supplementary file, the supplementary files are also deposited at DOI: https://doi.org/10.6084/m9.figshare.12063372.
Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

☒ Life sciences ☐ Behavioural & social sciences ☐ Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see nature.com/documents/nr-reporting-summary-flat.pdf

Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

| Sample size | no involvement |
|-------------|----------------|
| Data exclusions | in selection of the compounds, we have excluded those that are not absorbable orally. |
| Replication | no involvement |
| Randomization | in the network pharmacology analysis, we have set up random networks by using random combinations of compounds. |
| Blinding | no involvement |

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

| Materials & experimental systems | Methods |
|---------------------------------|---------|
| n/a | Involved in the study |
| ☒ | Antibodies |
| ☒ | Eukaryotic cell lines |
| ☒ | Palaeontology |
| ☒ | Animals and other organisms |
| ☒ | Human research participants |
| ☒ | Clinical data |
| n/a | Involved in the study |
| ☒ | ChIP-seq |
| ☒ | Flow cytometry |
| ☒ | MRI-based neuroimaging |