



SUN TEN

July/August 2004

NEWSLETTER

TCM and Chronic Skin Disorders



The role of Chinese Medicine in the treatment of chronic skin disorders cannot be over-emphasised, especially in the areas of psoriasis and atopic dermatitis. Successful treatment outcomes are well-documented in numerous studies conducted in mainland China and Japan. Dermatology in Western Medicine has to face up to the fact that, according to a recent study, "...51% of a population of psoriasis patients opted to use such alternative therapies as herbal remedies, vitamin supplements and dietary manipulation ...". Another study found that "...in a population of patients with psoriasis, those interested in getting alternative treatment (69%) were willing to spend an average of \$450 for alternative treatment. Dissatisfaction with their conventional treatment was the most common reason cited by patients for their interest in alternative therapy."¹

This newsletter explores chronic skin disorders in terms of yin and/or blood vacuity, both from a traditional and modern perspective, including the scientific mechanism of action of some therapies mentioned.

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Yin-enriching therapy: Chen Tongyun's experience in treating stubborn skin disorders

Lu Zhongxi, Beijing Zhongyi Magazine, 2001; (3):3 [excerpt] Translated by Dagmar Riley

Yin-nourishing prescriptions eliminate stubborn disorders

In clinical practice we often encounter stubborn skin disorders that seem to linger and resist any attempt of treatment, and are accompanied by symptoms such as damaged dry skin, dry mouth, red tongue with little coating, and other symptoms of yin-blood insufficiency. The corresponding treatment method would be to enrich yin and blood, however, yin-nourishing medicinals tend to be rich and greasy and not easily absorbed, and many doctors don't dare using large doses of yin-enriching medicinals for that reason.

Hence, treatment results in these cases of yin-blood insufficiency are slow and not according to expectation.

Chronic skin disorders tend to have elements of wind, dampness and stagnation. Therefore, it is important to understand the connection between yin vacuity and wind, dampness and stagnation: Yin vacuity means that there is a relative hyperactivity of yang that can lead to yin vacuity wind stirring. When yin is vacuous, qi easily stagnates, and qi stagnation can bring about blood stasis or impair splenic movement and transformation, leading to dampness obstruction. If the doctor does not act in time and there is delay in yin supplementation, it will be hard to extinguish wind, transform dampness and eliminate stasis. This is why, on the basis of careful diagnosis and pattern differentiation, Prof. Chen advocates the use of a large variety of yin-enriching medicinals in large doses to address this type of disorder. She tends to use 5 or 6 yin-enriching medicinals together, such as: Sheng Di Huang [Raw Rehmannia], Xuan Shen [Scrophularia], Mai Dong [Ophiopogon], Sha Shen [Radix glehniae], Shi Hu [Dendrobium], Tian Hua Fen [Trichosanthes Root], Yu Zhu [Polygonatum], Huang Jing [Polygonatum Root] etc. In order to increase the yin-enriching action in cases of severe yin vacuity, Prof. Chen sometimes adds sour-sweet medicinals, such as: Bai Shao [White Peony], Wu Mei [Fructus mume], Wu Wei Zi [Schizandra], Gan Cao [Liquorice].

When using large quantities of yin-enriching medicinals, one has to be careful to combine these with other medicinals according to pattern differentiation e.g.:

- **If the patient suffers from concurrent spleen-stomach weakness:** Strong use of yin-enriching medicinals can disturb digestion and cause bloating and diarrhoea. In this case, Tai Zi Shen [Radix pseudostellariae], Shan Yao [Dioscorea], Hou Po [Magnolia Bark], Sha Ren [Cardamon], Chen Pi [Citrus] should be added to strengthen the spleen, rectify qi and transform dampness.
- **Concurrent yin vacuity heat:** Add Qing Hao [Artemisia annua], Di Gu Pi [Lycium Bark], to clear vacuity heat.
- **Concurrent yin vacuity engendering wind resulting in severe itching:** Add Bai Ji Li [Tribulus], Long Gu [Dragon Bone] to calm the liver, extinguish wind and effectively stop itching.
- **Concurrent dampness evil:** Add Yin Chen Hao [Capillaris], Dong Gua Pi [Exocarpium benincase], Yi Yi Ren [Coix] to percolate dampness without damaging yin.

- **Concurrent blood stasis:** Add Ji Xue Teng [Milettia], Ye Jiao Teng [Polygonum Stem], Ren Dong Teng [Caulis Ionicerae] to nourish yin-blood and simultaneously strongly transform stasis and free the network vessels.
- **Concurrent menstrual irregularities in female patients:** Add Nu Zhen Zi [Ligustrum], Han Lian Cao [Eclipta], Yi Mu Cao [Leonorus] to nourish yin, quicken blood and regulate menstruation.

Using this treatment approach, Prof. Chen is able to achieve outstanding results with patients that have not found cure elsewhere e.g.: A patient suffering from psoriasis for 20 years, whose skin condition improved dramatically after only 7 doses of Prof. Chen's prescription. The most outstanding example, described in detail below, is a patient suffering excruciating skin itchiness for over 40 years. After only 21 doses of Prof. Chen's prescription, the patient was cured and the condition never relapsed.

Case study - Mr. Li, 68 years old, skin itchiness:

First consultation 13th April 2000. The skin of the patient's entire body has been itching excruciatingly for over 40 years, with no obvious skin eruptions. The condition exacerbated in winter and was better in summer. The patient has undergone numerous treatment approaches without results. The patient is diabetic, has a dry mouth with desire to drink, passes stool twice a day (the patient self-medicates with laxatives), normal urine, dry red tongue with white coating, fine wiry pulse. Skin is dry all over the body.

TCM diagnosis: Itch-wind. Western diagnosis: Pruritus cutanea. The pattern belongs to the category insufficiency of yin-blood with vacuity wind stirring internally.

Treatment method: Enrich yin and nourish blood, calm the liver and extinguish wind.

Prescription: Sha Shen [Radix glehniae] 20 g, Tian Hua Fen [Trichosanthes Root] 15 g, Sheng Di Huang [Raw Rehmannia] 15 g, Shi Hu [Dendrobium] 10 g, He Shou Wu [Ho-Shou-Wu] 15 g, Huang Jing [Polygonatum Root] 15 g, Di Gu Pi [Lycium Bark] 15 g, Qing Hao [Artemisia annua] 15 g, Bai Xian Pi [Dictamnus desycarpus] 20 g, Bai Ji Li [Tribulus] 20 g, Long Gu [Dragon Bone] 30 g, Bai Shao [White Peony] 20 g, Wu Mei [Fructus mume] 15 g, Wu Wei Zi [Schizandra] 10 g, Gan Cao [Liquorice] 6 g. Seven doses taken as a decoction. Gui Shuang (Silicon Frost) for external application twice daily. After only one dose, the patient felt significant improvement. After taking 7 doses, the itch had largely stopped. The patient took another 14 doses of the same prescription and was completely cured, with no relapses since.

Blood supplementation with Si Wu Tang [Dang Gui Four Combination] and suggested variations in Psoriasis

Si Wu Tang is the fundamental formula for blood supplementation; it also quickens blood. Si Wu Tang consists of Dang Gui [Angelica sinensis] supplementing and quickening blood, Shu Di Huang [Cooked Rehmannia] supplementing blood and yin, Bai Shao [White Peony] supplementing blood, constraining yin and emolliating the liver, and Chuan Xiong [Cnidium] quickening blood and regulating the qi within blood.

Blood vacuity can lead to internal dryness (*Nei Zao*), manifesting as dryness of skin and scaly skin. Insufficiency of liver yin-blood can cause liver wind stirring internally, manifesting as itchy skin or skin disorders that change location. The close association between both liver and blood, and liver and emotions, explains why mental and emotional stress can easily trigger or exacerbate skin disorders, and why blood supplementing and regulating medicinals should be considered in the treatment of the psychosomatic aspect of skin disorders.

“The close association between both liver and blood, and liver and emotions, explains why mental and emotional stress can easily trigger or exacerbate skin disorders...”

A study treating 162 cases of psoriasis with a variation of Si Wu Tang (Zicao Biejia Siwu Tang) found that, although the causes of psoriasis are often complicated and intermingled, over 90% of the cases presented with a string-like pulse at the left Guan (liver) position.² The large majority of cases also experienced itching of the skin and a close connection between their emotional/mental state and the severity of the outbreak. Many cases also had weak and brittle finger nails. It was concluded that liver yin-blood vacuity played a strong role in the development of psoriasis. To address liver blood vacuity, the base formula for treatment was a variation of Si Wu Tang adding Zi Cao [Lithospermum] and Bie Jia [Carapax]. The choice was also supported by previous research, that had shown Si Wu Tang to lower blood viscosity and markedly improve microcirculation.

When blood is vacuous and pathogenic factors invade the body, depending on the nature of the pathogenic factor, the condition easily transforms into heat or dryness that may lead to internal wind. This study differentiated patients into two chief patterns:

- **Blood heat, adding:**
 - In the beginning stages of the disorder or if the disorder was triggered by common cold: Jin Yin

Hua [Lonicera], Lian Qiao [Forsythia], Niu Bang Zi [Arctium], Sang Bai Pi [Morus], Bai Hua She She Cao [Oldenlandia] etc.

- If female patients reported exacerbation of their skin condition before menstruation and also experienced premenstrual symptoms (such as moodiness and irritability): Mu Dan Pi [Moutan], Yu Jin [Curcuma aromatica], Chai Hu [Bupleurum], Zhi Ke [Citrus Ripe], Long Dan Cao [Gentiana], Chi Shao [Red Peony], Yi Mu Cao [Leonorus] etc.
- If the skin condition was exacerbated because patients stopped using hormones or other external medication: Increase the dose of Bai Shao [White Peony] and add Chi Shao [Red Peony], Gan Cao [Liquorice], Long Dan Cao [Gentiana], Bai Hua She She Cao [Oldenlandia], Ku Shen [Sophora Root] etc.

- **Blood dryness**, adding; Tian Men Dong [Asparagus], Mai Men Dong [Ophiopogon], Tai Zi Shen [Pseudostellaria], Xuan Shen [Scrophularia], Nu Zhen Zi [Ligustrum], Huang Qi [Astragalus].

The study also differentiated several concurrent patterns (adding medicinals to the prescription of the chief pattern):

- **Concurrent wind:** Bai Xian Pi [Dictamnus desicarpus], Fu Ling [Hoelen], Bai Ji Li [Tribulus], Zao Jiao Ci [Spina gelditsiae sinensis], Quan Xie [Scorpion] etc.
- **Concurrent dampness:** Fu Ling [Hoelen], Cang Zhu [Atractylodes], Long Dan Cao [Gentiana], Huang Bai [Phellodendron], Che Qian Zi [Plantago], Ze Xie [Alisma] etc.
- **Concurrent blood stasis:** Tao Ren [Persica], Hong Hua [Carthamus], Dan Shen [Salvia], Chi Shao [Red Peony] etc.
- **Concurrent kidney vacuity:** Xian Mao [Curculigo], Yin Yang Huo [Epimedium], Ji Xue Teng [Milettia], Su Mu [Sappan Wood], Dan Shen [Salvia], Hai Feng Teng [Kadsura Stem], Hu Zhang [Bushy Knotweed Root], Huai Niu Xi [Achyranthes] etc.

The cured rate was 46%, with a total effective rate of 89%. The study appears to confirm that liver yin-blood vacuity plays an important role in the development of psoriasis.

Wen Qing Yin [Dang Gui & Gardenia Combination], a combination of the formulas Si Wu Tang [Dang Gui Four Combination] and Huang Lian Jie Du Tang [Coptis & Scute Combination], used in treatment of 76 cases of Psoriasis

Cheng Qiu Sheng, Translated by Dagmar Riley

Wen Qing Yin with variations was used to treat 76 cases of psoriasis, with an overall improvement rate of 90.8%. A complete cure was achieved in 34 cases, 20 cases achieved marked improvement, 15 cases showed improvement and 7 cases showed no improvement.

“Wen Qing Yin is unique, in that it is warming but not drying, supplementing but not too greasy, with simultaneous supplementation and attack, supporting right and dispelling evil. Using this formula (with additions) in the treatment of psoriasis produces excellent results.”



Introduction

Wen Qing Yin [Dang Gui & Gardenia Combination] is a combination of the formulas Si Wu Tang [Dang Gui Four Combination] and Huang Lian Jie Du Tang [Coptis & Scute Combination] with the unique properties of warming and supplementing blood, whilst also clearing heat and draining fire. Shu Di Huang [Cooked Rehmannia], Dang Gui [Angelica sinensis], Shao Yao [White Peony] and Chuan Xiong [Cnidium] supplement and quicken blood and moisten dryness: Huang Lian [Coptis], Huang Qin [Scute], Huang Bai [Phellodendron] and Shan Zhi Zi [Gardenia] clear heat and dry dampness, drain fire and resolve toxins, clearing the heat within blood. The combination of medicinals nourish blood and harmonise ying, clear heat and resolve toxins. Wen Qing Yin is unique, in that it is warming but not drying, supplementing but not too greasy, simultaneously supplementing and attacking, supporting right and dispelling evil.

Using this formula (with additions) in the treatment of psoriasis produces excellent results. Amongst the different patterns of psoriasis, Wen Qing Yin is particularly useful in the pattern of blood heat, during the active stage, in patients with a short duration of illness. However, Wen Qing Yin has also achieved satisfactory results in the chronic stages.

Clinical data:

Amongst the 76 cases, 46 were male, 30 were female. Age: 10-65 years, with most cases between 21-40 years old. Duration of disease: 10 days to 34 years, with 21 cases suffering the disorder for less than 1 year, 25 cases between 1-5 years, 13 cases between 6-10 years, 10 cases between 11-20 years, and 7 cases suffering the disorder for longer than 21 years.

Clinical type: 51 cases were in the active stage, 25 cases were in the resting stage.

TCM pattern differentiation: Blood heat pattern – 50 cases, blood dryness pattern – 21 cases, blood stasis pattern – 5 cases.

Trigger factor for outbreak of disorder: Upper respiratory tract infection – 19 cases, mental shock – 7 cases, focal infection – 5 cases,

consumption of shellfish – 8 cases, consumption of alcohol – 9 cases, presumed heredity – 4 cases, reaction to pharmaceuticals – 2 cases, pregnancy – 1 case, living in a damp environment – 2 cases, external trauma – 7 cases, unclear – 12 cases.

Season: Exacerbated in winter season – 23 cases, exacerbated in summer season – 34 cases, not linked to season – 19 cases.

Treatment method:

Base formula: Wen Qing Yin [Dang Gui & Gardenia Combination], decocted in water, one dose per day split into 2-3 servings. One month was defined as one treatment cycle.

Variations: *Active stage:* Tu Fu Ling [Smilax], Jin Yin Hua [Lonicera], Mu Dan Pi [Moutan].

Resting stage: San Leng [Scirpus], E Zhu [Zedoaria], Dan Shen [Salvia].

Blood heat: Zi Cao [Lithospermum], Qing Dai [Indigo pulverata levis], Shui Niu Jiao [Cornu bubali], Mu Dan Pi [Moutan], Shi Gao [Gypsum], Ban Lan Gen [Isatis Root].

Blood dryness: Tian Dong [Asparagus], Mai Dong [Ophiopogon], Xuan Shen [Scrophularia], Tian Hua Fen [Trichosanthes Root].

Blood stagnation: San Leng [Scirpus], E Zhu [Zedoaria], Dan Shen [Salvia], Ji Xue Teng [Milettia], Di Long [Lumbricus], Chuan Shan Jia [Pangolin Scales].

Dampness evil: Yin Chen [Capillaris], Yi Ren [Coix], Fu Ling [Hoelen], Pei Lan [Eupatorium] to clear heat and eliminate dampness.

Sore throat: Ma Bo [Lasiosphaera], She Gan [Belamacanda], Ge Gen [Pueraria], Shan Dou Gen [Mountain Bean Root].

Itching of skin: Bai Xian Pi [Dictamnus desycarpus], Jiang Can [Silkworm], Di Fu Zi [Kochia], Ku Shen [Sophora root], Fang Feng [Siler], Chan Yi [Cicada Moulting], to dispel wind and stop itching.

Young, strong body and constipation: Da Huang [Rhubarb] to clear heat and free the bowels.

Weak body or aged patients with yin vacuity and constipation: Huo Ma Ren [Linum], Rou Cong Rong [Cistanche] to moisten dryness and free the bowels.

Heat damaging the body fluids: Substitute Sheng Di Huang [Raw Rehmannia] for Shu Di Huang [Cooked Rehmannia], and add Xuan Shen [Scrophularia], Mai Dong [Ophiopogon] to enrich yin and clear heat.

Stubborn conditions that do not seem to improve: Qin Jiao [Gentiana macroph], E Zhu [Zedoaria], Ban Bian Lian [Chinese lobelia], Ban Zhi Lian [Scutellaria barbata], Bai Hua She She Cao [Oldenlandia].

Long course of illness: Quan Xie [Scorpion], Wu Gong [Centipede], Wu She [Zaocys].

Definitions of clinical results:

“Completely cured”: Is defined as complete recovery of the affected skin or barely any remnants of small dots of affected skin.

“Marked improvement”: Is defined as recovery of more than 60% of the affected skin.

“Improvement”: Is defined as recovery of more than 30% of the affected skin.

“No improvement”: Is defined as recovery of less than 30% of the affected skin or no change at all.



Treatment results:

Treatment with Wen Qing Yin [Dang Gui & Gardenia Combination] - with variations according to pattern - took 7-40 days to take effect and show results, with an average time-frame of 21.5 days. The shortest course of treatment was 15 days, the longest 150 days, with an average course of treatment lasting 95 days. Three months after treatment, 34 cases were completely cured, 20 cases achieved marked improvement, 15 cases showed improvement and 7 cases showed no improvement. Thus, the overall improvement rate was 90.8%. None of the patients experienced adverse reactions during treatment. At their follow-up visit, 6 cases had relapsed within one year,

27 cases had relapsed within 2 years, 15 cases had relapsed within 3 years, 16 cases had relapsed within 4 years, 9 cases had relapsed within 5 years. Three cases had not relapsed after a period of 5 years. The relapsed patients received further treatment using Wen Qing Yin [Dang Gui & Gardenia Combination] with variations, achieving good results.

Research investigating possible mechanisms of Wen Qing Yin [Dang Gui & Gardenia Combination]

Inhibitory effect of repeated treatments with Wen Qing Yin [Dang Gui & Gardenia Combination] on substance P-induced itch-associated responses through the downregulation of the expression of NK(1) tachykinin receptor in mice.

Andoh T, Honma Y, Kawaharada S, Al-Akeel A, Nojima H, Kuraishi Y.
Department of Applied Pharmacology, Faculty of Pharmaceutical Sciences, Toyama Medical and Pharmaceutical University, 2630 Sugitani, Toyama 930-0194, Japan.

Wen Qing Yin [Dang Gui & Gardenia Combination], a traditional medicine, is prescribed against pruritic cutaneous diseases, but the mechanisms of antipruritic action are still unknown. In the present study, we examined the antipruritic effects of Wen Qing Yin in mice. A single administration of Wen Qing Yin did not inhibit substance P-induced itch-associated response (scratching) in mice. However, repeated treatments with Wen Qing Yin for 7 doses significantly inhibited substance P-induced scratching. The same repeated treatment with Wen Qing Yin suppressed the expression of NK(1) tachykinin receptors in the skin. These results suggest that Wen Qing Yin inhibits substance P-associated itching and that the inhibition is at least partly due to the suppression of the expression of NK(1) tachykinin receptors in the skin.

“Repeated treatments with Wen Qing Yin for 7 doses significantly inhibited substance P-induced scratching.”

Wen Qing Yin [Dang Gui & Gardenia Combination] inhibits rheological activity of leukocytes: Mechanism of action in neutrophil-related skin diseases.

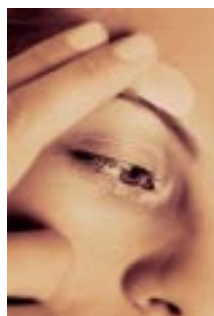
Iijima S, Otsuka F, Kikuchi Y.
Division of Dermatology, Mito Red Cross Hospital, Ibaraki, Japan.

To investigate the efficacy of Wen Qing Yin [Dang Gui & Gardenia Combination] on skin diseases such as Behcet's

disease, palmoplantar pustulosis and psoriasis vulgaris, the rheological activity of leukocytes as manifested by adhesiveness, deformability and aggregability was studied in-vitro using a micropore filtration method. Wen Qing Yin inhibited the rheological activity of leukocytes at a statistical significance of $p < 0.01$ in normal individuals whose leukocytes had been stimulated with N-formyl-methionyl-leucyl-phenylalanine (FMLP). It did not, however, inhibit the activity of cells that had not been stimulated by FMLP.

“These results indicate that Wen Qing Yin has an inhibitory effect on rheologically-activated neutrophils, which are involved in the healing mechanisms of the above skin diseases, and it also has a satisfactory effect in the form of a mixture of Si Wu Tang [Dang Gui Four Combination] and Huang Lian Jie Du Tang [Coptis & Scute Combination].”

In contrast, in Behcet's disease, Wen Qing Yin inhibited rheological activity of non-stimulated leukocytes ($p < 0.01$) but did not inhibit the rheological activity of FMLP-stimulated leukocytes. In a study using Huang Lian Jie Du Tang [Coptis & Scute Combination] and Si Wu Tang [Dang Gui Four Combination], the main constituents of Wen Qing Yin, the latter inhibited the activity of FMLP-stimulated leukocytes in normal individuals ($p < 0.02$). These results indicate that Wen Qing Yin has an inhibitory effect on rheologically-activated neutrophils, which are involved in the healing mechanisms of the above skin diseases, and it also has a satisfactory effect in the form of a mixture of Si Wu Tang [Dang Gui Four Combination] and Huang Lian Jie Du Tang [Coptis & Scute Combination].



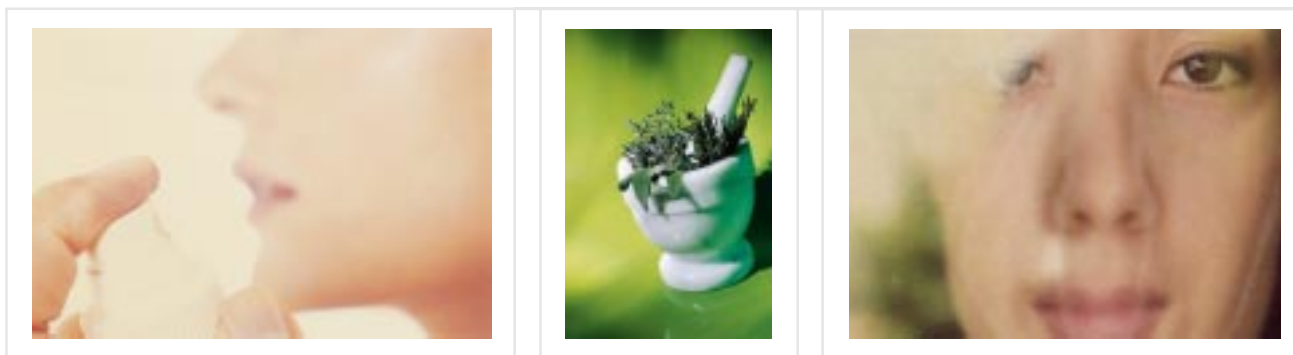
Integrated Medicine: TCM formulas and examples of area of use in the treatment of Atopic Dermatitis in a Japanese treatment approach:¹

Patients suffering from atopic dermatitis were treated with a combination of Kampo (TCM) formulas and diet, as TCM/Kampo views food as having important medicinal (or detrimental if unsuitable) effects. Diet therapy consisted mostly of eliminating high calorie, fatty or sweet western foods and returning to a traditional Japanese diet. Formulas were only prescribed on the basis of a diet and, if applicable, lifestyle change. Every patient received treatment with several formulas, taking their individual pattern and different

Huang Lian Jie Du Tang [Coptis & Scute Combination]: Used to reduce inflammation. Anti-inflammatory, prevents platelet aggregation, relieves oxidative stress, stops bleeding, sedative.

Traditional action: Clears heat, transforms damp.

Gui Zhi Fu Ling Wan [Cinnamon & Hoelen Combination]: Used to improve conditions of excessive inflammatory responses, activates blood circulation.



aspects of their disorder into account. Typically, a clinical examination based on Western Medicine was performed first, followed by an additional examination using the traditional Kampo diagnostic methods. Formulas were prescribed on the basis of both their western and TCM indications e.g Huang Lian Jie Du Tang [Coptis & Scute Combination] was used for its anti-inflammatory properties (western indication) and patient whose skin condition was exacerbated by recurring colds or tiredness was given Bu Zhong Yi Qi Tang [Ginseng & Astragalus Combination] to strengthen defence qi (Wei Qi) (TCM indication). Formulas were taken as quality-controlled herbal extracts (such as Sun Ten formulas) as they are used in Japan in modern medical care alongside synthetic drugs. Results demonstrated that this approach is worth serious consideration as an alternative treatment in atopic dermatitis.

Some of the main formulas used:

Wen Qing Yin [Dang Gui & Gardenia Combination]: Used to reduce dryness and desquamation, anti-inflammatory, stops itching.

Traditional action: Clears heat and drains fire, supplements and quickens blood.

Traditional indication: Indicated for mixed conditions between blood stasis and phlegm.

Bu Zhong Yi Qi Tang [Ginseng & Astragalus Combination]: Improves general susceptibility to infection and weakened immunity, and mental and physical fatigue.

Traditional action: Supplements qi, improving skin function by strengthening defence qi.

Jia Wei Xiao Yao San [Bupleurum & Peony Formula]: Used for treatment of psychosomatic aspects of the disease, restores balance to the autonomic nervous system.

Traditional action: Removes liver qi stagnation, strengthens the spleen, clears heat.

Chai Hu Jia Long Gu Mu Li Tang [Bupleurum & Dragon Bone Combination]: Sedative, regulates nervous system, used in cases of mental stress exacerbating the skin condition.

Traditional action: Harmonises interior and exterior, calms the spirit.

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- 2 Observation of Therapeutic Effect in 162 Cases of Psoriasis Treated with Zicao Biejia Siwu Tang(ZBS), *中医杂志*, 2000;41(2):97-98.
- 3 An Alternative Approach to Atopic Dermatitis: Part I—Case-Series Presentation Hiromi Kobayashi, Kuniaki Takahashi, Nobuyuki Mizuno, Haruo Kutsuna and Masamitsu Ishii Department of Dermatology, Osaka City University Graduate School of Medicine, Osaka, Japan, and Takahashi Dermatology Clinic, Daito City, Osaka, Japan.

Treating Pain with Traditional Chinese Medicine

This book examines the causes of pain according to TCM pathomechanisms and pattern differentiation.



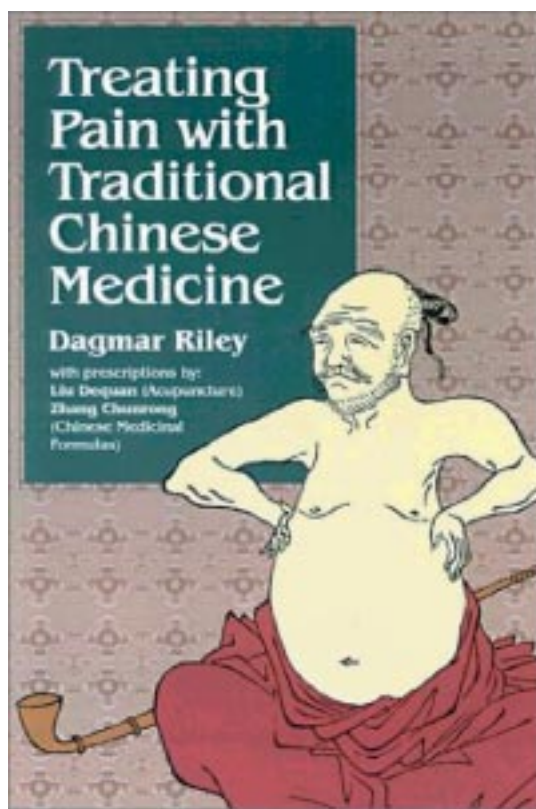
Dagmar Riley's work casts light on the causes of pain as the basis for choosing the right treatment method (several patients may display the identical pain symptom brought about by different causes). This concept of "unlike treatment of like disease" is universal in TCM, but is given little consideration in the current Western biomedical model. Causes, pathomechanism and symptom diagnosis are

broadly discussed, then given focus in ensuing chapters on specific conditions which include full prescriptions for both Chinese medicinal and acupuncture therapy.

The Chinese medicinal formulas in this book have been written by Professor Zhang Chunrong, who divides his time between researching, writing, teaching and seeing patients at the Beijing University of Chinese Medicine. The acupuncture prescriptions were written by Dr. Liu Dequan, vice-chief doctor of the Beijing Xuanwu TCM Hospital, who has seen patients all day, six days a week, for over 40 years, averaging more than 80 patients on a normal day.

New TCM Publication: Treating Pain with Traditional Chinese Medicine by Dagmar Riley. ISBN: 0912111712, Paradigm Publications, Paperback, 272 pages.

Available at Amazon.com and China Books (Melbourne), 2nd Floor, 234 Swanston Street, Melbourne, Victoria 3000. Phone (03) 9663 8822 Free Call 1800 44 88 55, and China Books (Sydney), Shop F7, Level 1, Citymark Building, 683 George Street, Sydney, NSW 2000. Phone (02) 9280 1885, Fax (02) 9280 1887.



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