

**Beyond Topical
Steroids:
TCM, The Practical
Solution for
Paediatric Eczema
(Atopic Dermatitis)!**

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Elephant in the Dark

Some Hindus have an elephant to show.
No one here has ever seen an elephant.
They bring it at night to a dark room.

One by one, we go in the dark and come out
Saying how we experience the animal.

One of us happens to touch the trunk.
"A water-pipe kind of creature."

Another, the ear.
"A very strong, always moving back forth, fan animal."

Another, the leg.
"I find it still, like a column on a temple."

Another touches the curved back.
"A leathery throne."

Another, the cleverest, feels the tusk.
"A round sword made of porcelain."
He's proud of his description.

Each of us touches one place
and understands the whole in that way.

The palm and the fingers feeling in the dark are
how the senses explore the reality of the elephant.

If each of us held a candle there,
and if we went in together,
we could see it.

By Rumi

The Wisdom of Dr. Chen Tong-yun's

- i. Do not put a formula to a label. The biggest mistake is matching a formula to a disease.
- ii. Stay calm and centered enough to stop and look at the patient as an individual.
- iii. Take your time. If you do not take your time you will not be respectful to the patient.
- iv. Look at the whole person.
- v. View every patient as a personal relative.

“At a certain point everyone has the same amount of education and knowledge so it is really in your thinking that makes the difference. You have to have a heart that love’s your patients and therefore will take your time and then you will get a better response. Not only does your medical skill have to be very high but your virtue has to be very high. You must have a compassionate heart and compassionate skill. If your compassionate heart is more than your compassionate skill you will get even better results”

“It is important to know there is a limit to how much knowledge you can have at any given moment therefore if a problem comes into your office that you do not know. Listen carefully to the problem, pay attention to what has been said by other hospitals, do your best and then go home to read all your books to learn about that disease. You cannot know everything and the only way you can be responsible to your patients is to do that reading. That reading is the most important. *“If you live to an old age, you should read to an old age”*. Everyday read a book.”

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Introduction

- Atopic dermatitis is a common, chronic, life-altering disease that affects the skin.
- Atopic dermatitis is often referred to as “eczema”.
- Eczema is a general term for several types of inflammation of the skin (of which AD is the most common).
- “Dermatitis” means inflammation of the skin.
- “Atopic” refers to a group of diseases where there is a tendency to develop other allergic diseases such as asthma and hay fever.
- Eczema comes from the Greek word meaning ‘weeping skin’.
- In Chinese, one name for eczema is *Shi Zhen* (‘damp sore’).
- The most common skin disease in children and affects 12-25% of children worldwide.
- Of these children, 49-75% will develop eczema before they are 6 months old and 80-90% before they are 5 years old.
- There are three phases of eczema – the infantile, childhood phase and adult phase.
- Tendency for spontaneous improvement during childhood and relapse during adolescence but about 6 out of 10 children will continue to have eczema after puberty and 10-15% of adults continue to suffer from their childhood eczema.
- Over 2 million Canadians and 15 million Americans suffer from eczema.
- Changes in the reported prevalence of childhood eczema since World War 2 were studied in 3 national cohorts of children born in 1946, 1958, and 1970. The

overall rates of this disease rose from 5.1% in children born in 1946, to 7.3% in those born in 1958, to 12.2% in the 1970 cohort.

- Since 1970, the prevalence of eczema has nearly tripled. The latest research from England of 14,000 children born in the 90's showed that 1/3 of these children developed this disease by the age of 3 ½ years old.
- Eczema often starts in babies when food is first introduced or when new foods are introduced.
- Eczema is most common in children who have family members with asthma, allergies and/or eczema.
- Overall atopic eczema is more common in males but in children under 2-3 years old it is more common in females.
- According to a recent study, more than 50 per cent of eczema sufferers are not satisfied with their current treatment¹.
- Several studies suggest that atopic eczema has a more profound effect on the quality of life than other skin diseases, such as acne and psoriasis.
- Children may experience sleep disturbance due to the "itch-scratch-itch" cycle and lack of confidence due to low self-esteem. Families of sufferers also experience sleep loss.
- If eczema runs in the family, it is more likely to be a lifelong condition. Even so, it is often worse in the first years of life and therefore is important to treat at this time.
- There is no cure for this disease in modern medicine and management of this disease is the only treatment available.
- The chronic and recurring nature of this disease, has made it difficult for Western physicians to treat and frustrating for children and their parents.
- Traditionally in modern medicine eczema has been treated or managed with:
 - moisturizers
 - topical corticosteroids
 - oral antihistamines
 - antibiotics
- Topical corticosteroids have been used for 30 years to treat eczema but they are not an ideal treatment because they do not produce a cure and they have side effects.

TCM and Atopic Dermatitis (Eczema)

- ❖ Chinese medicine has been proven over 2000 years to be effective in treating various diseases including eczema.
- ❖ TCM is very effective in the treatment of this disease and can reduce the discomfort and severity of almost every individual's eczema.
- ❖ TCM offers a long-term solution to this chronic disease and because it treats the root-cause of the disease TCM can often produce a cure for pediatric eczema.
- ❖ Many clinical studies have been completed on the effectiveness of various Chinese herbal formulas in the treatment of eczema.
- ❖ Unfortunately, these studies are completed in China and therefore written in the Chinese language making them not accessible to modern medical doctors or English speaking TCM doctors. (This course will focus on the review of TCM articles that have been translated into English that focus on the clinical experience of *Old Doctors* of TCM).
- ❖ Multiple studies were conducted and reported in British medical journals. All studies concluded that Chinese herbal medicine was an effective treatment for atopic dermatitis and there were no side effects to these treatments.
- ❖ One of these research projects (placebo-controlled double-blind trial) was a one-year study² of 37 children suffering from eczema conducted at The Hospital for Sick Children, London, England.
- ❖ This study revealed that Chinese herbal medicine offered an effective treatment particularly for those children who failed to respond to modern medical treatments. At the end of the study, 18 (49%) had at least a 90% reduction in the severity of their atopic dermatitis after 8 weeks of treatment. Another 5 cases (14%) improved to a lesser degree during the same length of time.

An Introduction to TCM Pediatrics

- Pediatrics is one of the oldest specialties within Chinese medicine and dates from the early first millennium.
- Books written over 1800 years ago contain chapters specifically related to pediatrics.
- *Qian Yi* was one of the earliest and most famous Chinese pediatric specialists and he lived in the *Song* Dynasty (approximately 900-1000 years ago).
- *Qian Yi* wrote the first book solely devoted to pediatrics in Chinese medical literature. This doctor pointed out the unique characteristics of infants and young children and he introduced new methods of diagnosis and treatment based on those characteristics.

- Since that time, there has been continuous development in the diagnosis and treatment of children's diseases.

The last 100 generations of Chinese doctors have discovered various characteristics that are common in all children.

- Children are not just considered miniature adults but they are also believed to be immature both physically and functionally.
- Most pediatric complaints are due to this immaturity.
- Susceptible to diseases that affect the lungs such as colds, coughs, allergies and asthma and the spleen (or digestive complaints) such as colic, vomiting, diarrhea, indigestion, and stomach aches.
- There is a close relationship between the lungs and spleen. For example, in clinical practice it is common for respiratory problems to either begin or be aggravated by faulty digestion due to an improper diet.
- Children easily and quickly return to health when the root of their illness is addressed.

Finger Vein Examination

- Observing the vein at the base of the palmar side of the index finger.
- Special diagnostic tool developed in the Tang dynasty and used for children under 2-3 years of age.
- This vein is called *hu kou san guan zhi mai* or vessel of the three bars at the tiger's mouth (which is the angle between the thumb and the index finger when both are fully extended). The three bars are the three joints of the index finger.
- "wind, qi and life bar"

Criteria

- Depth
 - Normal - dimly visible .
 - Superficial – exterior pattern.
 - Deep and indistinct – interior pattern.
- Colour – *determines what is accumulating.*
 - Normal – light red or light purplish red .
 - Light red - vacuity cold or qi and blood dual vacuity.
 - Red –replete heat
 - Dark red or purplish – food accumulation and/or depression of heat..
 - Bluish purple – spasms, tremors, painful conditions and blood stasis.
- Size – *determines if there is accumulation*
 - Thicker than normal - repletion (/some accumulation)
 - Thinner than normal - vacuity.
- Location
 - Wind Bar – traditionally indicated that there was an externally invading evil qi in the exterior. In modern clinical practice, a visible vein here means the disease is not severe. An engorged, slightly purplish or red purplish vein here indicates food stagnation with depressive heat (according to some doctors). Wind bar

symptoms include headache, bodily heaviness, loss of appetite and a slight fever.

- Qi Bar – disease has either entered the channels or is more serious. Symptoms include high fever, no appetite, fatigue, somnolence and diarrhea.
- Life Bar – disease has entered the viscera and is therefore more serious. Symptoms are severe and include: possible vomiting, continued or even higher fever, nightmares, delirium, and convulsions. Requires speedy professional treatment and if left untreated, the consequences may be permanent or life-threatening.

HOW TO DESCRIBE A LESION: Introduction to Different Types of Dermatological Lesions and Terminology

The importance of effective verbal and written medical communication is nowhere more graphically illustrated than in dermatology. In modern medicine the distinction and categorization of over 2000 skin diseases depends upon the reproducibility of observation. Therefore, precise descriptive dermatological terms are absolutely indispensable for proper clinical management.

1) Primary Lesions :

The lesions described here are called primary because they represent initial clinical pathology (i.e. physical alteration of the skin).

1. Macule (including patch)

Circumscribed flat discoloration (lesion) that cannot be palpated (because it is not elevated or depressed). If larger than 1 cm it is called a patch in modern medicine but this is not differentiated in TCM. A macule is usually smooth, although a fine scale sometimes can be discerned. Macules come in various colors and sizes.

- White - qi stagnation or qi & blood not harmonized
- Red which disappears on pressure - heat in the qi or blood level
- Red which does not disappear on pressure - extreme heat or blood stasis
- Purple - stagnant heat in the blood or blood stasis

2. Papule (including Plaque)

Superficial, raised solid lesion up to 1 cm in diameter. Multiple papules frequently coalesce into larger plaques. Plaques are described as superficial elevated solid lesions > 1cm (with a flat top). Plaques are not differentiated from papules in TCM. This is a solid lesion and the surface may be smooth or rough. Papules may or may not be colored differently from the surrounding skin.

- Red - wind heat, blood heat, or qi level heat.
- Flesh colored - stagnant fire toxin, i.e. warts, moles etc..
- Purple - stagnant heat in the blood or blood stasis

Note: The heat in a macule is deeper than heat of a papule.

3. Vesicle

Raised lesions that contain clear fluid (less than 1cm in diameter). Turns murky after time.

- fire-toxin
- damp heat

4. Pustule

Raised lesion less than 1cm in diameter containing yellow or opaque fluid. Or described as a vesicle containing pus (inflammatory cells).

- fire-toxin.

5. Wheal:

Transient (short lived), elevated, irregular lesion, often with central pallor. It is an edematous plaque (made up of non-localized interstitial fluid). Wheals result from vascular reactions and as such they can grow, move and disappear in a matter of minutes and do not leave any mark after resolving.

- White - wind, wind cold or yang vacuity.
- Red - wind heat or yin vacuity.

6. Nodule/Tumor

Raised, depth implied solid lesion greater than 1 cm in diameter. Nodules can involve any layer of the skin and can be edematous or solid. Same as a papule but larger - like an iceberg most of its size is under the surface.

- stagnant qi with blood stasis
- stagnant damp & phlegm

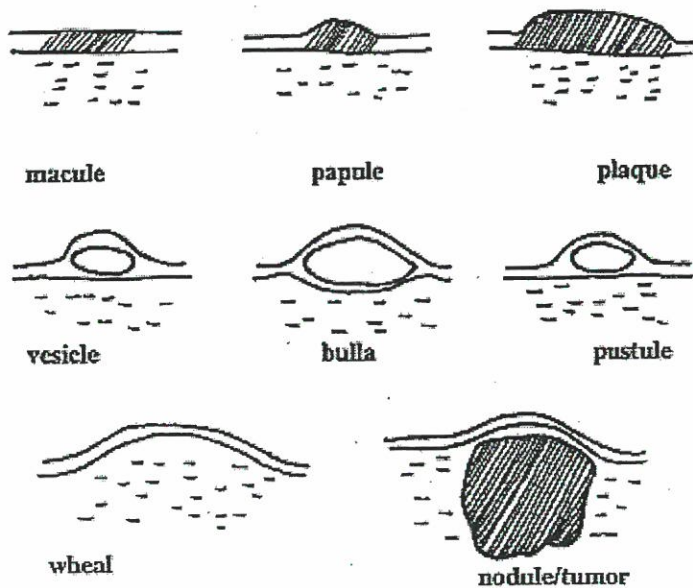
7. Bulla (blister)

A large raised lesion (vesicle) filled with fluid (must be clear). Note the lesion must be greater than 1 cm in diameter.

- fire-toxin

8. Erythema

Redness of the skin due to vascular dilatation and according to TCM this relates to heat.



Primary Lesions in Review

- **Colored, Flat?** Macule/Patch
- **Raised?** Papule/Plaque
- **Flat Topped, Transitory?** Wheal
- **Fluid Filled?**
- **Clear Fluid?** Vesicle/Bulla
- **Cloudy Fluid?** Pustule

2) Secondary Lesions:

The lesions described here are called secondary because they represent the subsequent manifestations of primary lesions caused by external factors such as scratching, trauma, infection or changes caused by healing.

1. Scale : *implies wind in TCM.*

A scale is an accumulation of thickened, horny-layer keratin in the form of readily detached fragments. Scales usually indicate inflammatory changes and thickening of the epidermis. They may be fine as in pityriasis; white and silvery as in psoriasis; or large and fish-like as ichthyosis.

- Dry and white - extreme heat (acute) generates wind or blood vacuity (chronic) generates wind.
- Greasy & yellow – damp-heat with wind or fire-toxin

2. Erosion:

Partial break in the epidermis. No scarring after healing. Usually secondary to scratching of a vesicle/blister. .

- damp heat

3. Ulcer : *deeper than erosion.*

Loss of epidermis. Scarring after healing.

- damp heat
- fire-toxin

4. Crust:

Dried exudate which is usually secondary to clear, purulent or bloody discharge.

- damp heat
- fire-toxin
- blood heat

5. Excoriation:

Shallow hemorrhagic excavations due to scratching. (either linear or discreet). Pruritus (itching) in general relates to wind in TCM.

- extreme wind
- blood heat

6. Fissure:

Cracks in the skin.

Always linear usually found in creases and are like cracks in the earth.

- extreme dryness due to cold, dry blood, or heat

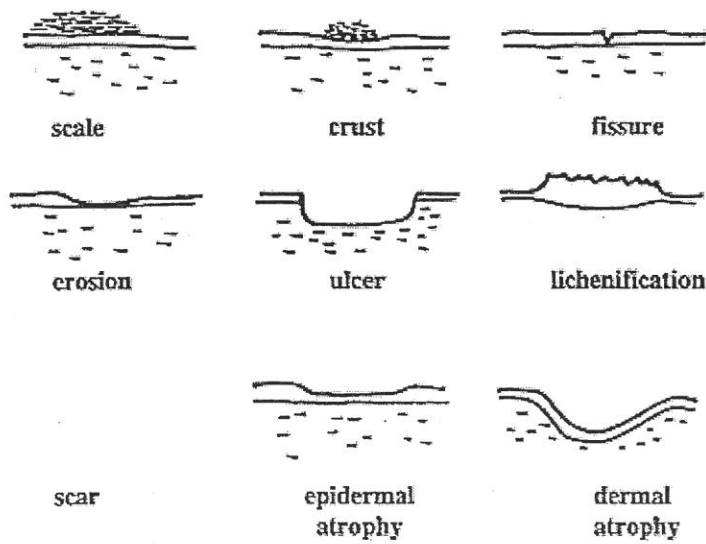
7. Lichenification:

(Chronic) Thickening of the skin with accentuated skin creases, a result of rubbing or scratching.

- Blood vacuity
- Blood Stasis with dryness

8. Hypo- or hyper-pigmentation :

- Malnourishment of qi & blood in the local area / qi and blood not harmonized.
- Kidney vacuity



3) Configuration :

The term "configuration" refers to the shape or morphology of lesions.

- margination: sharp?, ill-defined?
- circinate: round, circular >
- arciform: partial circle
- annular: round or circular with *central clearing*
- iris or target: bull's eye lesions, annular with central internal activity zone
- serpiginous: meandering
- gyrate: connecting arcs
- linear: straight
- zosteriform: dermatomal



SHARP



ILL-DEFINED

↖ MARGIN ↗



CIRCINATE



ARCIFORM



ANNULAR



IRIS



SERPIGINOUS



GYRATE



LINEAR

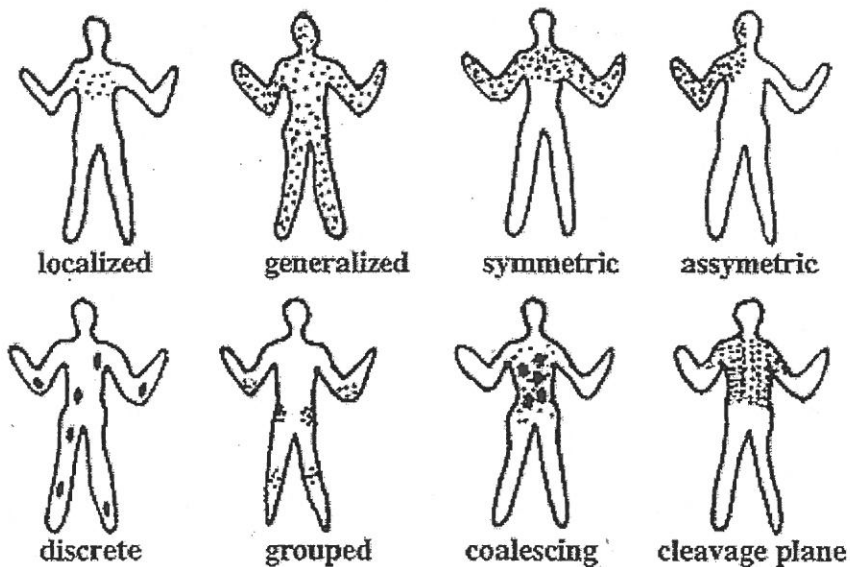


ZOSTERIFORM

4) Distribution :

The term "distribution" refers to the clinical arrangement of skin lesions on the body.

- localized: grouped into specific areas
- generalized: dispersed all over
- symmetric: no pattern
- asymmetric: pattern lacking randomness
- discrete: separate
- grouped: clustered
- confluent (coalescing): smaller into larger
- cleavage plane: arranged along lines of skin tension



Symptoms of Atopic Dermatitis (Eczema)

- Extreme itching (pruritus)
- Papules
- Vesicles
- Erythema
- Xerosis (Dryness)
- Crusting
- Fissures (Cracking)
- Exudation
- Scaling
- Lichenification

Regardless of how minor or severe a person's eczema is, everyone has the same basic symptoms – **dry skin, sore rashes, and terrible itching**. The management and prevention of 'flare-ups' can be both frustrating and uncomfortable, especially for a young child. When atopic dermatitis is severe, it can lead to serious health problems and negatively affect their quality of life by interfering with normal, everyday activities. Symptoms (signs) vary from person to person. **Extreme itching (pruritus)** is the most important symptom of atopic dermatitis. Scratching and rubbing in response to itching irritates the skin and leads to the other common symptoms of eczema such as redness of the skin, swelling, cracking, "weeping" clear fluid (**exudation**), and finally, dryness (**xerosis**), **crusting** and **scaling**. Itching is a particular problem during sleep when conscious control of scratching is lost. The appearance of the skin that is affected by atopic dermatitis depends on the amount of scratching and the presence of secondary skin infections. One other type of lesion common in atopic dermatitis is **lichenification**, which appears when the skin over time becomes thick and leathery due to repeated damage from scratching and rubbing.

According to modern medicine the symptoms of atopic dermatitis discussed above are associated with malfunction of the body's immune system and appear when the body reacts to elements in the environment which would normally be harmless. Scientists have found that people with atopic dermatitis have a low level of a cytokine (a protein) that is essential to the healthy function of the body's immune system and a high level of other cytokines that lead to allergic reactions. For example in atopic dermatitis, the immune system may fight against common house-dust mites or pollen allergens causing the skin to become red, itchy and inflamed (see *Triggers* below). In most cases, the severity of this disease fluctuates with sometimes the disease being worse (called exacerbations or flare-ups) followed by periods of time when the skin improves or clears up (called remissions).

In some cases, the itching and redness is so serious and intense sufferers scratch themselves until they bleed, increasing the risk of secondary infection. Commonly, eczema can produce a vicious cycle. Something irritates the child's skin, making it red and inflamed and because it itches, the child scratches it. The outer protective layer of the skin is lost. The affected area is even more sensitive to irritants, and dries out easily. The child's skin continues to be exposed to whatever it was that triggered the initial episode and the rashes develop. The cycle perpetuates itself. Several studies suggest that atopic eczema has a more profound effect on the quality of life than other skin diseases, such as acne and psoriasis. Children may experience sleep disturbance due to the "itch-scratch-itch" cycle and lack of confidence due to low self-esteem. Families of sufferers also experience sleep loss. If eczema runs in the family, it is more likely to be a lifelong condition. Even so, it is often worse in the first years of life and therefore is important to treat at this time.

Common Triggers and Tips to Prevent Flare-ups of Paediatric Atopic Dermatitis

If a person experiences sudden, unexpected bouts of the red, sore, itchy rash of eczema, then they have experienced an eczema 'flare-up'. Many factors or conditions can make symptoms of atopic dermatitis worse (i.e. flare-up). Thus, the further triggering of the already overactive immune system, aggravates the itch-scratch cycle, and increases the damage to the skin. These factors can be divided into two main categories: *irritants and allergens*.

Irritants are substances that directly affect the skin. When present in high enough concentrations with long enough contact, irritants cause the skin to become red, and itchy or burning. Specific irritants affect people with atopic dermatitis to different degrees.

Allergens are substances from foods, plants, animals, or the air that inflame the skin because the immune system overreacts to the substance. Inflammation occurs even when the person is exposed to small amounts of the substance for a limited time. Although it is known that various allergens in the air can worsen eczema, scientists are not certain whether inhaling these allergens or their actual penetration of the skin causes the problems. When people with atopic dermatitis come into contact with an irritant or allergen they are sensitive to, inflammation-producing cells become active. These cells release chemicals cause itching and redness. As the person responds by scratching and rubbing the skin, further damage occurs.

A number of studies have shown that foods may trigger or worsen atopic dermatitis in some people, particularly infants and children. In general, the worse the atopic dermatitis and the younger the child, the more likely a food allergy will be present. An allergic reaction to food can cause skin inflammation (generally an itchy red rash), gastrointestinal symptoms (abdominal pain, vomiting, diarrhea), and/or upper respiratory tract symptoms (congestion, sneezing, and wheezing). A recent analysis of a large number of studies on allergies and breastfeeding indicated that breastfeeding an infant for at least 4 months may protect the child from developing allergies. However, some studies suggest that mothers with a family history of atopic diseases should avoid eating common allergenic foods during late pregnancy and breastfeeding.

In addition to irritants and allergens, emotional factors, skin infections, and temperature and climate play a role in atopic dermatitis. Although the disease itself is not caused by emotional factors, it can be made worse by stress, anger, and frustration (and is more of a factor in older individuals more so than children).

Irritants and allergens are closely related and sometimes a substance can be both an allergen and an irritant. Irritants and allergens are often grouped together with environmental and miscellaneous factors and called "triggers". Triggers differ from one person to another and it is only over a period of time that many patients and their family members learn to identify the triggers that cause the most trouble or cause the individual's eczema to flare-up. Below is synopsis of triggers that are often associated with children suffering from atopic dermatitis.

- **Wool and Synthetic materials** and rough or poorly fitting clothing can rub the skin, trigger inflammation, and cause the itch-scratch cycle to begin. Avoid nylon and wool and use 100% cotton bedding and clothing. Cotton is more comfortable against the skin and allows the skin to 'breathe' to keep the skin cool.

- **Excessive moisture** such as from saliva or milk causes frequent wetting and drying of the skin which can affect the skin barrier function.
- **Pests** - Dust mites, fungus, and mold may irritate a child's eczema. The environment where the child lives should be as free of these irritants as possible. Having hardwood floors, washing the bedding at high temperatures using special high-powered vacuum cleaners and allergen/dust proof mattress and pillow covers can help to better manage these microscopic creatures.
- **Pollen** - Avoid freshly mown grass, as children with eczema are often allergic to grass pollen.
- **Soaps and Irritating detergents** may have a drying effect and worsen itching. Avoid using soap if possible because even the mildest soap may worsen the eczema. An option is to use a bath emollient or an emollient cleansing bar instead of soap. The parent may also have to experiment with different washing powders/liquids for clothes because some of these may make eczema worse. Good advice is to wash clothing and bedclothes using a mild soap product (avoiding bleach and fabric softeners), and make sure everything is rinsed thoroughly (i.e. twice).
- **Cigarette smoke** - ban smoking in the home because tobacco fumes may irritate the skin.
- **Avoid pets** - if your child has eczema try to avoid pets – contact with fur and feathers can irritate the skin. Keep your child away from household pets. Pets such as cats and dogs often aggravate eczema. They don't have to come into direct contact with the child to cause a problem, so it really is best not to have any furry pets in the house.
-
- **Perfumes and cosmetics** may irritate the skin.
- **Solvents, or sand** may also make the condition worse
- **Food** - The World Allergy Congress in 2003 highlighted that 38% of infants and children with infantile eczema have an underlying food allergen cause as the trigger. Common foods that are most commonly allergenic (allergy causing) include cow's milk protein, hen's egg white, peanuts, soya, cod fish and even wheat. These allergies can be identified by Skin Scratch Tests and UniCAP RAST tests on a blood sample. Once identified, withdrawal of the offending food can lead to rapid improvement in the individuals' eczema. Infants with eczema have a four times higher risk of being sensitized to milk and an eight times higher risk of sensitization to eggs than infants without eczema. It is suggested that introduction of the potential allergy-provoking foods such as cow's milk, wheat and peanut not be introduced before 12 months of age, and it is recommended that eggs and fish only be introduced after 18 months. Food additives and colorings may also aggravate eczema in older children. Other foods that commonly cause adverse reactions in eczema sufferers include citrus fruit, tomatoes, pineapples and Marmite. Infants can be skin tested for food allergies from 4 months of age.

- **Excessive Dryness** – the low humidity of winter or a dry year-round climate in some geographic areas can make the disease worse. The skin should be kept well moisturized, even when a rash is not present. Bathing without moisturizing properly afterwards is a common factor that triggers a flare of atopic dermatitis.
- **Overheating** - Prevent overheating. Use cool, light bedding, loose clothing and always keep the bedroom somewhat cool at night. Avoid long, hot baths or showers.
- **Cold air**
- **Avoid rubbing and scratching the skin**
- **Bacterial infections**

****Associated Disorders and Complications of Eczema**

1. It is also common for individuals with eczema to have a higher incidence of **asthma** and **hay fever** (i.e. allergic rhinitis) with 30% of these patients presenting with these associated diseases.
2. **Urticaria, anaphylactic reactions and food allergies/intolerances**
Xerosis, Ichthyosis Vulgaris and Keratosis Pilaris – Xerosis is reported in 75% of patients with atopic dermatitis. It appears as a non-inflammatory scaling over a large surface area of the body and it is usually more visible in winter than in spring. It's been shown that xerosis is the result of a hereditary deficiency in the keratinocyte (the cell that forms the superficial layer of the skin) in retaining water.
 Keratosis pilaris occurs most commonly during childhood and produces small, rough spots (papules) that are typically skin-colored. They usually appear over the outer surface of the upper arms and thighs, but may also occur elsewhere on the body. Dry skin (especially during winter months) makes the condition worse. Keratosis pilaris tends to be inherited and may be associated with atopic dermatitis.
 Ichthyosis describes large fish-scale plaques of the skin.
6. **Bacterial and Viral infection.** Virtually an integral part of the clinical picture.
7. **Low anterior hairline, Hertoghe's sign and eyefolds (Dennie-Morgan lines), periorbital darkening.**
8. **White dermographism, pallor, cold hands and feet.** -hot skin but white skin - false signs of deficiency.
9. **Pityriasis Alba.** - fine scaling if scratched. Seen in children. (good sign)
10. **Alopecia areata.** More common with a worse prognosis.

11. **Retarded growth.** In severe cases, or long-term strong steroid therapy. These children eat and sleep less well and also steroids are known to retard growth.
12. **Eyes.** - conjunctival irritation, photophobia & cataract.
13. **Exfoliative Erythroderma.** – called '*hong ren*' in Chinese - so severe it spreads everywhere causing chills, thirst, dark urine but the skin is cold.
14. **Follicular papular** - darkening of skin - more common in dark skin and Japanese patients.
15. **Parrot beak** - fissuring of the lips and lots of lines on the hands is also a poor sign.
16. **Plantar dermatitis** - hot, shiny- toes and bottom of feet in children.

****Worse prognosis if :**

- late onset (after age one),
- both parents are affected,
- patient also has asthma or allergic rhinitis,
- reverse presentation in childhood and adulthood (normal in infancy) – women on knees and elbows
- hyperlinearity of palms, pronounced periorbital darkening and dennie-morgan lines
- severe course during infant and childhood stages,
- persistent during teenage years.
- unable to develop lichenification

**Mazin Al-khafaji “Discussion of Eczema” Dermatology Course, June, 2002.

Stages of Atopic Dermatitis (Eczema)

- Distribution and morphology (described above) of the lesions of eczema vary with age. When atopic dermatitis occurs during infancy and childhood, it affects each child differently in terms of both onset and severity of symptoms.

1. Infantile Phase (up to 18-24 months):

- In infants, atopic dermatitis typically first presents around 6 to 12 weeks and in most individuals begins in the first 2-6 months of life.
- It may first appear on the face and scalp and specifically around the cheeks and chin as a patchy facial rash, which can progress to red, scaling, oozing skin.
- Lesions described as edematous macular-papular lesions that weep easily and are intensely itchy.

- Extensor areas are usually affected. Sparring of napkin area is common. Lesions are symmetrical.
- After this, the skin tends to become thick, dry and scaly. Generalized xerosis and dry hair and scalp is very often a feature and useful for diagnosis.
- Once the infant becomes more mobile and begins crawling, exposed areas such as the inner and outer parts of the arms and legs, may also be affected.
- The severity tends to fluctuate with a number of factors including: acute respiratory disease, teething, bacterial infections, emotional stress, climatic changes, diet and immunization (sometimes this is when it first appears).
- Fewer than half of these cases will clear by 18 months.
- The infant is often restless and irritable because of the intense itching and discomfort of the disease at this stage which may lead to crying and disturbed sleep.

2. Childhood disease (18-24 months-puberty):

- In childhood, the rash tends to (leave the face and) occur behind the knees and inside the elbows; on the sides of the neck; around the mouth; and on the wrists, ankles, and hands.
- Another Chinese name for atopic eczema is *Si Wan Feng*, which means "Four Flexure (or Bends) Wind". This name indicates that TCM recognizes the tendency of this disease (at this stage) to occur in anecubital and popliteal fossae.
- Often, the rash begins with red papules that become hard and scaly when scratched. The face is less frequently affected at this stage.
- Due to the chronic nature of this disease at this stage, problems with schooling may occur.
- The eczematous (i.e. edematous and papular) lesions tend to be replaced by erythematous papules and lichenification.
- At this phase, extensor distribution, tend to take longer to remit.
- Vesicular, discoid eczema also does occur.
- Involvement of the hands, often with rather exudative lesions and sometimes with nail changes is common.
- In some children, the disease goes into remission for a long time, only to come back at the onset of puberty when hormones, stress, and the use of irritating skin care products or cosmetics may cause the disease to flare.

3. Adult Phase (puberty (i.e. 12 years old) onwards):

- Similar to Childhood phase, with increased lichenification especially flexures, and dorsum of hands. Face often involved.
- Generally less exudation and more diffuse erythema and scaling.
- In severe cases rippled brown macular discoloration around the neck is common, "dirty neck syndrome".

- Sometimes only small area of stubborn eczema may persist, especially around the anus or vulva, nipples (especially in young women), neck and dorsum of hands.

Differential Diagnosis

Infantile Seborrheic Eczema (i. Dermatitis)

- Occurs in babies shortly after birth.
- Lesions – grayish-yellow or brownish-yellow oily scales partially or completely covering the scalp (known as cradle cap).
- Itching is present but not pronounced.

Contact Dermatitis

- Difficult to differentiate allergic contact dermatitis from AE, especially at the chronic stage.
- Identification of possible causes is usually the best guide to differentiation and treatment.
- Individuals with a history of AE are often more susceptible to irritants causing dermatitis.

Etiology and Pathology

1) Fetal Heat

- Caused by the individual's constitution that is acquired from their parents.
- TCM concept that a form of pathological heat can be passed to the child from the mother in the womb.
- This heat may be generated or affected by the intake of certain foods during pregnancy and/or the general constitution of the mother.
- This form of AD is caused by fetal heat generating fire in the body and weakness of the spleen generating dampness. Dampness quickly obstructs nourishment to the skin which then becomes susceptible to exterior attack by wind, damp, heat and wind which generates dryness and blood and yin vacuity.
- This pathological heat can manifest as various diseases when the child is born and atopic dermatitis is one of the most common.
- In modern medicine, this stage has also been linked to the intake of dairy. [A study in the journal of Clinical and Experimental Allergy (2002) indicated that diet during pregnancy influences the fetal immune system in such a way as to affect the incidence of childhood atopy. Also, family history of atopic eczema was found to be the strongest risk factor to develop this disease.]
- The fact mentioned earlier that 49-75% of children who develop eczema do so in the first 6 months. In modern medicine, recent studies have shown that if both

parents have eczema or have a history of eczema there is an 80% chance their child will also have the disease.

- The Chinese medicinals chosen for this pattern are based on the treatment principles to clear fetal heat, resolve toxins, disinhibit dampness and dispel wind.

2) Wet Eczema (Damp-Heat)

- The cause of this pattern is related to malfunction of the digestion (spleen/stomach in TCM) leading to *damp-heat* accumulation (causing inflammation of the skin).
- Diet is important in the treatment and prevention of atopic dermatitis.
- TCM medical theory says that children's spleens (i.e. digestion) are inherently immature until they are at least five or six years of age.
- The spleen and stomach function as a unit, and this means that infants and young children do not digest foods and liquids as efficiently as adults.
- This is the primary reason why most children develop eczema before the age of 6 years old and also why some cases resolve by themselves.
- The younger the child, the more immature their digestion is and this is why the first onset of eczema is in the first 6 months and often coincides with the introduction of food.
- This disease mechanism of *damp-heat* could be caused by improper introduction of solid foods or the child has been allowed to eat the wrong diet.
- Improper introduction of food includes introducing a particular food to a child before they are able to digest it, introducing more than one food at a time and/or not recognizing when the child reacts negatively (i.e. skin reaction, digestive upset, etc.) to the introduction of a specific food.
- If the child is unable to digest the food, the digestion does not work efficiently and a turbid residue (i.e. dampness) accumulates within the body.
- Certain foods are harder to digest than other foods.
- For instance, many foods that are considered triggers of eczema in modern medicine are considered difficult to digest in TCM and easily lead to dampness in the body. These foods include cow's milk, wheat and peanuts.
- The wrong diet includes a diet high in sugars and sweets that will weaken the spleen and cause an accumulation of dampness within the body.
- Antibiotics are overused in our society and are known to easily harm the digestion and lead to dampness in the body.

- If this dampness lingers and accumulates it will give rise to *damp-heat* (in the intestines). Once in the intestines this pathological inflammation or damp-heat may be passed to various parts of the body (including the skin) to cause disease (like eczema).

3) Dry Eczema (Blood-Dryness)

- The cause of this pattern is often a progression of the first two patterns in which the skin has become drier due to prolonged heat. Moreover, secondary skin changes are present due to prolonged scratching.
- This pattern can also be caused by a lack of nourishment to the skin. This second cause of this pattern in a child is due to a digestive weakness (i.e. spleen vacuity) giving rise to blood vacuity.
- In Chinese medicine, blood (and qi) is made out of the essence of food and liquids digested and refined by the spleen.
- Damage to the spleen leads to deficiency of the source for generating transformation of qi and blood; damage to the lung causes weakness of Wei Qi. As a result, it is easy for external pathogenic factors to invade.
- At the initial stage, these factors are obstructed in the skin and interstices (cou li), causing dryness and itching, at the latter stage, yin is damaged and blood is consumed, making the skin rough and leathery.
- Therefore, the 'clear, bland' diet described in this course is also important to treat and prevent this pattern of eczema as well (see Appendix 2) because lack of proper care after birth (Later Heaven) results in damage to the spleen and lungs.
- The Chinese medicinals chosen for this pattern are based on what disease mechanism caused the eczema. The treatment principles could either be to clear heat, cool the blood and dispel wind to fortify the spleen and dry dampness, nourish blood and dispel wind.

Treatment of Atopic Dermatitis (Eczema) Based on TCM Patterns

Patterns of Eczema in Infants

1. Damp-Heat in Infants (Predominance of Dampness)

- Fat babies are particularly likely to be affected.
- Mainly face, head, and neck but may spread to other areas.
- Lesions –erythema, papules and vesicles with thick exudation. Crusts appear as itching becomes pronounced leading to disturbance of sleep patterns.
- Other symptoms – constipation and short voidings of yellow urine.

- Tongue – pale red with thin a yellow coating. Pulse – slippery and rapid.

2. Fetal Heat

- More common in thin, weak, undernourished babies with a yellow complexion.
- Scalp, face or neck but occasionally spread to the trunk and limbs
- Lesions – papules and large pale red or red edematous patches covered by oily scales or crusts (indicating exudation). Skin is rough and itchy, disturbing sleep. Itching will cause slight bleeding or bloody crusts.
- Other symptoms – indigestion manifesting as vomiting of milk shortly after feeding and loose stools, possibly with undigested food. Symptoms indicating heat include red lesions, thirst, and pronounced heat during sleeping, nocturnal restlessness and crying, constipation or foul smelling diarrhea.
- Tongue – pale with scanty coating. Pulse – moderate.

Patterns of Eczema in Children

1. Damp-Heat

- More common in thin, weak, undernourished babies with a yellow complexion.
- Mainly involve the antecubital and popliteal fossae.
- Lesions – presents with a red rash, with pin point papules papulovesicles and vesicles some of which coalesce; slight infiltration and severe itching are likely. Bleeding or exudation follows rupture of the skin after scratching. Erosion of the skin is often apparent and blisters are followed by yellow scabs and crust formations. Secondary infections are more common with this pattern.
- Accompanying symptoms may include a dry mouth with no great desire for fluids, a hot sensation at night usually with sweating, a red tongue with a thick yellow fur and a fast slippery pulse.
- Tongue – red with thin yellow coating. Pulse – soggy, slippery and rapid.

2. Spleen and Stomach Vacuity

- More common in children and adults with a weak constitution and is liable to recur.
- Lesions – papules and vesicles with erosion and exudation; the skin is dry and rough with some scaling and localized itching.
- Accompanying Symptoms – pale complexion, lassitude poor appetite, abdominal distension and diarrhea.
- Tongue – pale with a greasy coating.
- Pulse – thready and weak or deep and slippery.

3. Blood-Dryness

- More often occurs in the adult phase. Compared to the above patterns this disease tends to be more chronic in nature.
- Elbow, knee and neck areas involved.
- Lesions – dry, rough ill-defined, red macular (flat) and papular (raised) lesions, with pronounced scratch marks and possibly bloody scabs. The amount of redness of the dry type indicates the degree of heat. Lichenification and thickened skin is often present in this type of eczema as well as scaling. Dry and cracked skin is likely and there is only slight bleeding or exudation after scratching or rubbing. Itching is severe especially at night disturbing the child's sleep.
- Accompanying Symptoms – could include various blood-yin vacuity symptoms such as pronounced thirst, restlessness, agitation and 'feeling of heat' especially at night (usually with the absence of sweating).
- Tongue – pale-red with a scanty coating. Pulse – thready and rapid.

Itching

- Itching is the most common symptom of eczema and according to TCM, itching indicates the presence of *wind*.
- Scratching is an instinctive reaction to itching, and it is particularly difficult for babies and children to resist the urge to scratch.
- Scratching does not stop the itch and addition it also aggravates the skin and makes the condition worse. The skin becomes sore and inflamed and eventually cracks and bleeds. It may then become infected.
- The only effective way to stop a baby or child from scratching is to stop the itch. CM has many medicinals that are effective for reducing and stopping itching.
- The likelihood of curing this disease increases immensely when a doctor is able to stop the itch-scratch cycle.
- In TCM dermatology medicinals to stop itching are chosen based on the patients TCM pattern and their presenting skin disease

The Treatment of Pediatric Eczema with Traditional Chinese Medicine

Categories of Medicinals Commonly Used for AD

- Resolve Dampness
- Dispel Wind (i.e. Stop Itching)
- Damp Heat/Dispel Wind Meds.
- Clear Heat
- Resolve Fire Toxin

1. Dampness Resolving Medicinals

a) Fortify the Spleen

b) Promote Urination and/or Clear Damp-Heat

c) Aromatically Transform Dampness

2. Dispel Wind and Stop Itching

3. Damp-Heat Medicinals that Dispel Wind

4. Clear Heat Medicinals

a) Clear Heat and Transform Dampness

b) Drain Fire

c) Cool the Blood Medicinals

d) Resolve Fire Toxin Medicinals

5. Substances for External Application

1. Dampness Resolving Medicinals

1. Fortify the Spleen

- 1) *Fu Ling* (Sclerotium *Poriae Cocos*)
- 2) *Yi Yi Ren* (Semen *Coicis Lachryma-jobi*)
- 3) *Bai Zhu* (Rhizoma *Atractylodis Macrocephaleae*)
- 4) *Cang Zhu* (Rhizoma *Atractylodis*)
- 5) *Bai Bian Dou* (Semen *Dolichoris Lablab*)

2. Medicinals that Promote Urination and/or Clear Damp-Heat

- 1) *Zhu Ling* (Sclerotium *Polypori Umbellati*)
- 2) *Hua Shi* (Talcum)
- 3) *Che Qian Zi* (Semen *Plantaginis*)
- 4) *Bi Xie* (Rhizoma *Dioscoreae Hypoglaucae*)
- 5) *Ze Xie* (Rhizoma *Alismatis*)
- 6) *Yin Chen Hao* (Herba *Artemesiae Capillaris*)
- 7) *Mu Tong* (Caulis *Akebiae*)
- 8) *Deng Xin Cao* (Caulis *Akebiae*)
- 9) *Tong Cao* (Medulla *Tetrapanacis Papyriferi*)

3. Aromatically Transform Dampness

- 1) *Huo Xiang* (Herba *Agastachis seu Pogostemi*)
- 2) *Hou Po* (Cortex *Magnoliae Officinalis*)

2. Wind Medicinals (i.e. Stop Itching)

- 1) *Fang Feng* (Radix *Lederbouriellae*)
- 2) *Chan Tui* (Periostracum *Cicadae*)
- 3) *Jing Jie* (Herba seu Flos *Schizonepetae Tenuifoliae*)
- 4) *Bai Ji Li* (Fructus *Tribuli Terrestris*)
- 5) *Jiang Can* (Bombyx *Batricatus*)
- 6) *She Chuang Zi* (Fructus *Cnidi Monnieri*)
- 7) *Xu Chang Qing* (Herba cum Radice *Cynanchi Paniculati*)
- 8) *Quan Xie* (*Buthus Martenis*)
- 9) *Wu Gong* (*Scolopendra Subspinipes*)
- 10) *Gou Teng* (*Scolopendra Subspiripes*)

3. Damp-Heat Medicinals that Dispel Wind

- 1) *Bai Xian Pi* (Cortex Radicis *Dictamni Dasycarpi*)
- 2) *Ku Shen* (Radix *Sophorae Flavescens*)
- 3) *Di Fu Zi* (Fructus *Kochiae Scopariae*)
- 4) *Xi Xian Cao* (Herba *Siegesbeckiae*)

4. Clear Heat Medicinals

a) Damp-Heat

- 1) *Huang Qin* (Radix Scutellariae)
- 2) *Huang Lian* (Rhizoma Coptidis)
- 3) *Huang Bai* (Cortex Phellodendri)
- 4) *Long Dan Cao* (Radix Gentianae Scabrae)

b) Drain Fire

- 1) *Shi Gao* (Gypsum)
- 2) *Zhi Zi* (Fructus Gardeniae Jasminoidis)
- 3) *Dan Zhu Ye* (Herba Lophatheri Gracilis)

c) Cool the Blood Medicinals

- 1) *Sheng Di* (Radix Rehmanniae)
- 2) *Mu Dan Pi* (Cortex Moutan Radicis)
- 3) *Zi Cao* (Radix Arnebiae seu Lithospermi)
- 4) *Bai Mao Gen* (Rhizoma Imperatae Cylindrica)
- 5) *Chi Shao* (Radix Paeoniae Rubrae)

5. Resolve Fire Toxin Medicinals

- 1) *Jin Yin Hua* (Flos Lonicerae Japonicae)
- 2) *Lian Qiao* (Fructus Forsythiae Suspensae)
- 3) *Tu Fu Ling* (Rhizoma Smilacis Galbrae)
- 4) *Pu Gong Ying* (Herba Taraxaci Mongolici cum Radice)
- 5) *Zi Hua Di Ding* (Herba Viola Yedoensis Cum Radice)
- 6) *Ye Ju Hua* (Flos Chrysanthemum Indici)
- 7) *Ma Chi Xian* (Herba Portulacae Oleraceae)
- 8) *Ban Lan Gen* (Radix Isatidis Seu Baphicacanthi)

6. Substances for External Application:

- 1) *Bai Bu* (Radix Stemonae)
- 2) *Di Yu* (Radix Sanguisorbae Officinalis)
- 3) *Bing Pian* (Borneol)
- 4) *Da Huang* (Radix et Rhizoma Rhei)
- 5) *Mang Xiao* (Mirabilitum)
- 6) *Ming Fan* (Alumen)
- 7) *Qing Fen* (Calmelas)
- 8) *Xiong Huang* (Realgar)
- 9) *Lu Gan Shi* (Smithsonitum)
- 10) *Liu Huang* (Sulphur)
- 11) *Da Feng Zi* (Semen Hydnocarpi Anthelminticae)
- 12) *Lu Feng Fang* (Nidus Vespae)
- 13) *He Shi* (Fructus Carpesii seu Daucusi)

- 14) *Bing Lang* (Semen Arecae Catechu)
- 15) *Long Gu* (Os Draconis)
- 17) *Mu Li* (Concha Ostreae)
- 18) *Han Shui Shi* (Calcitum)
- 19) *Cang Er Zi* (Fructus Xanthii Sibirici)
- 20) *Wu Bei Zi* (Galla Rhois Chinensis)
- 21) *Tian Hua Fen* (Radix Trichosanthis Kirilowii)
- 22) *Chuan Jiao* (Pericarpium Zanthoxyli Bungeani)
- 23) *Guan Zhong* (Rhizoma Guanzhong)
- 24) *Qing Dai* (Pulvis Indigo)

Addition Categories of Medicinals Added . . .

7. **Resolve Food Stagnation** – *Gu Ya* (Fructus Germinatus Oryzae Sativae), *Mai Ya* (Fructus Germinatus Hordei Vulgaris), *Ji Nei Jin* (Endothelium Corneum Gigeriae Galli), *Shan Zha* (Fructus Craetagus) and *Lai Fu Zi* (Semen Raphani Sativi), *Shen Qu* (Massa Fermentata), *Chen Pi* (Pericarpium Citri Reticulatae), *Zhi Ke* (Fructus Citri Aurantii) etc..
8. **Nourish Yin and Blood** – *Sha Shen* (Radix Glehniae/Adenophorae), *Dang Gui* (Radix Angelicae Sinensis), *Bai Shao* (Radix Albus Paeoniae Lactiflorae), *He Shou Wu* (Radix Polygoni Multiflori), *Shu Di Huang* (Radix Rehmanniae Glutinosae), *E Jiao* (Gelatinum Corii Asini), *Mai Dong* (Tuber Ophiopogonis Japonici), etc..
9. **Supplement the Spleen** – *Gan Cao* (Radix Glycyrrhizae), *Shan Yao* (Rhizoma Dioscoreae Oppositae), *Huang Qi* (Radix Astragalus), *Dang Shen* (Radix Codonopsis Pilosulae), *Tai Zi Shen* (Radix Pseudostellariae) etc..
10. **Resolve the Exterior** *Bo He* (Herba Menthae), *Ju Hua* (Flos Chrysanthemum), *Sang Ye* (Folium Mori Albae), *Fu Ping* (Herba Lemnae seu Spirodela), *Niu Bang Zi* (Fructus Arctii Lappae), *Qiang Huo* (Rhizoma et Radix Notopterygii), *Chai Hu* (Radix Bupleuri) etc..
11. **Quicken the Blood and Resolve Stasis** – *Hong Hua* (Flos Carthami), *Tao Ren* (Semen Persicae), *Dan Shen* (Radix Salviae Miltzhorrhizae), *Yi Mu Cao* (Herba Leonuri), *Ji Xue Teng* (Radix et Caulis Jixueteng), *Chuan Xiong* (Radix Ligustici Chuanxiong) etc..
12. **Quiet the Spirit and Nourish the Heart** – *Ye Jiao Teng* (Caulis et Folium Polygoni Multiflorii), *He Huan Pi* (Cortex Albizziae), *Suan Zao Ren* (Semen Ziziphi Spinosa), *Bai Zi Ren* (Semen Biotae Orientalis), *Zhen Zhu Mu* (Concha Margaritifera Usta), *Long Chi* (Dens Draconis), *Mu Li* (Concha Ostreae) etc..

Formula Analysis Exercise

Please write:

- i. What is the main TCM pattern this formula addresses?
- ii. What is the function of each medicinal in the formula?
- iii. What are the treatment principles this formula addresses?

Formula #1

Chao Bai Zhu (stir-fried Rhiz. *Atractylodis Macrocephalae*)
Cang Zhu (Rhizoma *Atractylodis*)
Hou Po (Cortex *Magnoliae Officinalis*)
Chen Pi (Pericarpium *Citri Reticulatae*)
Fu Ling (Sclerotium *Poriae Cocos*)
Ze Xie (Rhizoma *Alismatis Orientalis*)
Zhu Ling (Sclerotium *Polypori Umbellati*)
Liu Yi San (Six-to-One Powder) [wrapped]
Di Fu Zi (Fructus *Kochiae Scopariae*)
Bai Xian Pi (Cortex *Diectamni Dasycarpi Radicis*)

Formula #2

Dang Gui (Radix *Angelicae Sinensis*)
Chao Bai Shao (stir-fried Radix *Paeoniae Lactiflorae*)
Chai Hu (Radix *Bupleuri*)
Huang Qin (radix *Scutellariae Baicalensis*)
Shu Di Huang ((Rx. *Rehmanniae Glutinosae Conquita*)
Di Gu Pi (Cortex *Lycii Radicis*)
Yi Mu Cao (Herba *Leonuri Heterophylli*)
Chao Zhi Mu (stir-fried Rz. *Anemarrhenae Aspheloidis*)
Ze Xie (Rhizoma *Alsimatis Orientalis*)
Fang Feng (radix *Lederbouriellae Divaricatae*)
He Shou Wu (Radix *Polygoni Multiflori*)
Gan Cao (Radix *Glycyrrhizae*)

Formula #3

Lian Qiao Xin (Plumula Forsythiae Suspensae)
Zhi Zi Xin (Plumula Gardeniae Jasminoidis)
Lian Zi Xin (Plumula Nelumbinis Nuciferae)
Sheng Di Huang (Radix Rehmanniae Glutinosae)
Xuan Shen (Radix Scrophulariae Ningpoensis)
Chan Tui (Periostracum Cicadae)
Shan Yao (Rhizoma Dioscoreae Oppositae)
Bai Zhu (Rhizoma Atractylodis Macrocephalae)
Chao Bai Shao (stir-fried Radix Paeoniae Lactiflorae)
Chao Gu Ya (stir-fried Fructus Setariae Italicae Germinatus)
Chao Mai Ya (stir-fried Fructus Hordei Vulgaris Germinatus)
Gan Cao (Radix Glycyrrhizae)
Deng Xin Cao (Medulla Junci Effusi)

Formula #4

Huo Xiang (Herba Agastaches seu Pogostemi)
Chao Huang Bai (stir-fried Cortex Phellodendri)
Fu Ling Pi (Cortex Poria Cocos)
Chao Huang Qin (stir-fried Radix Scutellariae Baicalensis)
Shi Gao (Gypsum Fibrosum) [decocted first]
Shan Yao (Rhizoma Dioscoreae Opposiateae)
Fang Feng (radix Ledebouriellae Divaricatae)
Jiao Zhi Zi (scorched-fried Fructus Gardeniae Jasminoidis)
Gan Cao (Radix Glycyrrhizae)

Formula #5

Fu Ling Pi (Cortex Poriae Cocos)
Chao Huang Bai (stir-fried Cortex Phellodendri)
Chen Pi (Pericarpium Citri Reticulatae)
Ku Shen (Radix Sophorae Flavescens)
Di Fu Zi (Fructus Kochiae Scopariae)
Bai Xian Pi (Cortex Dictamni Dasycarpi Radicis)
Huang Qi (Radix Astragalus seu Hedysari)
Yi Yi Ren (Semen Coicis Lachryma-jobi)
Chi Xiao Dou (Semen Phaseoli Calcarti)
Cang Er Zi (Fructus Xanthii Sibirici)
Chan Tui (Periostracum Cicadae)

Textbooks, Articles, Research and Experience in Treating Eczema with Traditional Chinese Medicine

Textbooks

1. **Dermatology in Traditional Chinese Medicine** by Prof. Xu Yihou, Donica Publishing.

Internal Treatment

Patterns of Eczema in Infants

1. **Damp-Heat in Infants** (Predominance of Dampness)

Treatment Principle – clear heat, transform dampness and alleviate itching.

Formula: *Xie Huang San Jia Jian* (Yellow Draining Powder with Additions and Subtractions)

Ingredients

<i>Huo Xiang</i> (Herba Agastaches seu Pogostemi)	6 g
<i>Chao Huang Bai</i> (stir-fried Cortex Phellodendri)	6 g
<i>Fu Ling Pi</i> (Cortex Poria Cocos)	6 g
<i>Chao Huang Qin</i> (stir-fried Radix Scutellariae Baicalensis)	6 g
<i>Shi Gao</i> (Gypsum Fibrosum) [decocted first]	10 g
<i>Shan Yao</i> (Rhizoma Dioscoreae Opposiateae)	4.5g
<i>Fang Feng</i> (radix Ledebouriellae Divaricatae)	4.5g
<i>Jiao Zhi Zi</i> (scorched-fried Fructus Gardeniae Jasminoidis)	4.5g
<i>Gan Cao</i> (Radix Glycyrrhizae)	3g

2. **Fetal Heat**

Treatment Principle – Clear heat from the heart and guide out reddish urine, support the spleen and foster yin.

Formula: *San Xin Dao Chi San Jia Jian* (Three Plumules Powder for Guiding Out Reddish Urine)

Ingredients

<i>Lian Qiao Xin</i> (Plumula Forsythiae Suspensae)	3g
<i>Zhi Zi Xin</i> (Plumula Gardeniae Jasminoidis)	3g
<i>Lian Zi Xin</i> (Plumula Nelumbinis Nuciferae)	6g
<i>Sheng Di Huang</i> (Radix Rehmanniae Glutinosae)	6g
<i>Xuan Shen</i> (Radix Scrophulariae Ningpoensis)	6g
<i>Chan Tui</i> (Periostracum Cicadae)	6g
<i>Shan Yao</i> (Rhizoma Dioscoreae Oppositae)	10g
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	10g
<i>Chao Bai Shao</i> (stir-fried Radix Paeoniae Lactiflorae)	10g

<i>Chao Gu Ya</i> (stir-fried Frucuts <i>Setariae Italicae Germinatus</i>)	10g
<i>Chao Mai Ya</i> (stir-fried Frucuts <i>Hordei Vulgaris Germinatus</i>)	10g
<i>Gan Cao</i> (<i>Radix Glycyrrhizae</i>)	4.5g
<i>Deng Xin Cao</i> (<i>Medulla Junci Effusi</i>)	5g

Patterns of Eczema in Children

1. Damp-Heat

Treatment Principle – Clear heat and dispel dampness, support the righteous (i.e. Zheng Qi) and alleviate itching.

Formula: *Chu Shi Wei Ling Tang Jia Jian* (Poria Five Decoction for Eliminating Dampness and Calming the Stomach with Modifications)

Ingredients:

<i>Fu Ling Pi</i> (<i>Cortex Poriae Cocos</i>)	10 g
<i>Chao Huang Bai</i> (stir-fried <i>Cortex Phellodendri</i>)	10 g
<i>Chen Pi</i> (<i>Pericarpium Citri Reticulatae</i>)	10 g
<i>Ku Shen</i> (<i>Radix Sophorae Flavescentis</i>)	10 g
<i>Di Fu Zi</i> (<i>Fructus Kochiae Scopariae</i>)	12 g
<i>Bai Xian Pi</i> (<i>Cortex Dictamni Dasycarpi Radicis</i>)	12 g
<i>Huang Qi</i> (<i>Radix Astragalus seu Hedysari</i>)	12 g
<i>Yi Yi Ren</i> (<i>Semen Coicis Lachryma-jobi</i>)	15 g
<i>Chi Xiao Dou</i> (<i>Semen Phaseoli Calcarti</i>)	15 g
<i>Cang Er Zi</i> (<i>Fructus Xanthii Sibirici</i>)	6 g
<i>Chan Tui</i> (<i>Periostracum Cicadae</i>)	6 g

2. Spleen and Stomach Vacuity

Treatment Principle – Fortify the spleen and eliminate dampness.

Formula: *Jian Pi Chu Shi Tang He Chu Shi Wei Ling Tang Jia Jian* (Decoction for Fortifying the Spleen and Eliminating Dampness Combined with Poria Five Decoction for Eliminating Dampness and Calming the Stomach with Modifications)

Ingredients:

<i>Chao Bai Zhu</i> (stir-fried <i>Rhiz. Atractylodis Macrocephalae</i>)	10 g
<i>Cang Zhu</i> (<i>Rhizoma Atractylodis</i>)	10 g
<i>Hou Po</i> (<i>Cortex Magnoliae Officinalis</i>)	10 g
<i>Chen Pi</i> (<i>Pericarpium Citri Reticulatae</i>)	10 g
<i>Fu Ling</i> (<i>Sclerotium Poriae Cocos</i>)	12 g
<i>Ze Xie</i> (rhizome <i>Alismatis Orientalis</i>)	12 g
<i>Zhu Ling</i> (<i>Sclerotium Polypori Umbellati</i>)	10 g
<i>Liu Yi San</i> (Six-to-One Powder) [wrapped]	10 g
<i>Di Fu Zi</i> (<i>Fructus Kochiae Scopariae</i>)	15 g
<i>Bai Xian Pi</i> (<i>Cortex Dictamni Dasycarpi Radicis</i>)	15 g

3. Blood-Dryness

Treatment Principle – Enrich yin and eliminate dampness, moisten dryness and alleviate itching.

Formula: *Zi Yin Chu Shi Tang Jia Jian* (Decoction for Enriching Yin and Eliminating Dampness with Modifications)

Ingredients:

<i>Dang Gui</i> (Radix Angelicae Sinensis)	6 g
<i>Chao Bai Shao</i> (stir-fried Radix Paeoniae Lactiflorae)	6 g
<i>Chai Hu</i> (Radix Bupleuri)	6 g
<i>Huang Qin</i> (radix Scutellariae Baicalensis)	6 g
<i>Shu Di Huang</i> ((Rx. Rehmanniae Glutinosae Conquita)	15 g
<i>Di Gu Pi</i> (Cortex Lycii Radicis)	15 g
<i>Yi Mu Cao</i> (Herba Leonuri Heterophylli)	15 g
<i>Chao Zhi Mu</i> (stir-fried Rz. Anemarrhenae Aspheloidis)	10 g
<i>Ze Xie</i> (Rhizoma Alismatis Orientalis)	10 g
<i>Fang Feng</i> (radix Lederbouriellae Divaricatae)	10 g
<i>He Shou Wu</i> (Radix Polygoni Multiflori)	10 g
<i>Gan Cao</i> (Radix Glycyrrhizae)	10 g

General Modifications

1. For profuse exudation, add *Tong Cao* (Medulla tetrapanacis Papyriferi), *Dong Gua Pi* (Epicarpium Benincasae Hispidae) and *Bai Mao Gen* (Rhizoma Imperatae Cylindrica).
2. For severe itching, add *Qiang Huo* (Rhizoma et Radix Notopterygii), *Wu Shao She* (Zacocys Dhumnades) and *Chan Tui* (Periostracum Cicadae).
3. For thickening and lichenification of the skin, add *Chi Shi Zhi* (Halloysitum Rubrum), *Dan Shen* (Radix Salviae Miltiorrhizae), *Ji Xue Teng* (Caulis Spatholobi), and *Ye Jiao Teng* (Caulis Polygoni Multiflori).
4. For asthma, add *Wu Wei Zi* (Fructus Schisandrae), *Kuan Dong Hua* (Flos Tussilaginis Farfare), *Chao Zhi Ke* (stir-fried Fructus Citri Aurantii) and *Shan Zhu Yu* (Fructus Corni Officinalis).
5. For hay fever (allergic rhinitis), add *Xin Yi Hua* (Flos Magnoliae), *Man Jing Zi* (Frucuts Viticis) and *Bai Zhi* (Radix Angelicae Dahuricae).

Clinical Notes

- Treatment depends on the phase – infantile, childhood or adult.
 1. Infantile – clear fetal heat and relieve toxicity with the focus on the heart.
 2. Childhood – clear and regulate damp-heat with the focus on the spleen.
 3. Adult – emoliate the liver and extinguish wind with the focus on the liver and kidneys.
- Pruritus is the most significant and distressing symptom and no matter which phase medicinals should be included to extinguish wind and alleviate itching such as *Gou Teng* (Ramulus Uncariae cum Uncis) or *Bai Ji Li* (Fructus Tribuli Terrestris) or medicinals to quiet the spirit and alleviate itching such as *Ye Jiao Teng* (Caulis Polygoni Multiflori), *He Huan Pi* (Cortex Albizziae Julibrissin) or *Suan Zao Ren* (Semen Zizyphi Spinosae) should be added.

- Great care should be used in using ingredients with the sole function of dissipating wind and alleviating itching [such as *Wei Ling Xian* (Radix Clematidis) and *Xu Chang Qing* (Radix Cynathi Paniculati)] because these medicinals may damage yin and consume blood.

2.

**Manual of Dermatology In Chinese Medicine by Shen De-hui et al.,
Blue Poppy Press.**

1. Fetal Heat

Formula: *San Xin Dao Chi San Jia Jian* (Three Plumules Powder for Guiding Out Reddish Urine)

Ingredients

<i>Lian Qiao Xin</i> (Plumula Forsythiae Suspensae)	1 g
<i>Gui Zhi Xin</i> (Medulla Cinnamomi Cassiae)	1 g
<i>Lian Zi Xin</i> (Plumula Nelumbinis Nuciferae)	2 g
<i>Sheng Di Huang</i> (Radix Rehmanniae Glutinosae)	2 g
<i>Xuan Shen</i> (Radix Scrophulariae Ningpoensis)	2 g
<i>Fu Ling</i> (Sclerotium Poriae Cocos)	2 g
<i>Chi Fu Ling</i> (Sclerotium Poriae Cocos Rubrum)	2 g
<i>Che Qian Zi</i> (Semen Plantaginis)	3 g
<i>Shan Yao</i> (Rhizoma Dioscoreae Oppositae)	3 g
<i>Sha Shen</i> (Radix Adenophorae seu Glehniae)	4 g
<i>Mu Tong</i> (Caulis Akebiae)	0.5 g

2. Damp-Heat

Formula: *Chu Shi Wei Ling Tang Jia Jian* (Poria Five Decoction for Eliminating Dampness and Calming the Stomach with Modifications)

Ingredients:

<i>Fu Ling Pi</i> (Cortex Poriae Cocos)	10 g
<i>Chao Huang Bai</i> (stir-fried Cortex Phellodendri)	10 g
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	10 g
<i>Ku Shen</i> (Radix Sophorae Flavescentis)	10 g
<i>Di Fu Zi</i> (Fructus Kochiae Scopariae)	12 g
<i>Zhu Ling</i> (Sclerotium Polypori Umbellati)	12 g
<i>Bai Xian Pi</i> (Cortex Dictamni Dasycarpi Radicis)	12 g
<i>Huang Qi</i> (Radix Astragalus seu Hedysari)	12 g
<i>Yi Yi Ren</i> (Semen Coicis Lachryma-jobi)	15 g
<i>Chi Xiao Dou</i> (Semen Phaseoli Calcarti)	15 g
<i>Cang Er Zi</i> (Fructus Xanhii Sibirici)	6 g
<i>Chan Tui</i> (Periostracum Cicadae)	6 g

Modifications:

1. For severe weeping of lesions, add 30 g each of *Fang Ji* (Radix Aristolochiae Fangchi) and *Dong Gua Pi* (Epicarpium Benincasae Hispidae).
2. For severe itching, add *Qiang Huo* (Rhizoma et Radix Notopterygii), *Wu Shao She* (Zacocys Dhumnades) and *Chan Tui* (Periostracum Cicadae).
3. For lichenification of the skin, increase the dosage of *Dang Gui* and add *Chi Shi Zhi* (Haloysitum Rubrum), *Dan Shen* (Radix Salviae Miltiorrhizae) and *Ji Xue Teng* (Caulis Spatholobi).
4. For accompanying asthma, add *Wu Wei Zi* (Fructus Schisandrae), *Kuan Dong Hua* (Flos Tussilaginis Farfare), *Chao Zhi Ke* (stir-fried Fructus Citri Aurantii) and *Shan Zhu Yu* (Fructus Corni Officinalis).

3. Blood-Dryness

Formula: *Zi Yin Chu Shi Tang Jia Jian* (Decoction for Enriching Yin and Eliminating Dampness with Modifications)

Ingredients:

<i>Dang Gui</i> (Radix Angelicae Sinensis)	6 g
<i>Chao Bai Shao</i> (stir-fried Radix Paeoniae Lactiflorae)	6 g
<i>Chai Hu</i> (Radix Bupleuri)	6 g
<i>Huang Qin</i> (radix Scutellariae Baicalensis)	6 g
<i>Shu Di Huang</i> ((Radix Rehmanniae Glutinosae Conquita)	15 g
<i>Di Gu Pi</i> (Cortex Lycii Radicis)	15 g
<i>Yi Mu Cao</i> (Herba Leonuri Heterophylli)	15 g
<i>Chao Zhi Mu</i> (stir-fried Rhizoma Anemarrhenae Aspheloidis)	10 g
<i>Ze Xie</i> (Rhizoma Alismatis Orientalis)	10 g
<i>Fang Feng</i> (radix Lederbourniellae Divaricatae)	10 g
<i>He Shou Wu</i> (Radix Polygoni Multiflori)	10 g
<i>Gan Cao</i> (Radix Glycyrrhizae)	10 g

External

a) Infants – administer any one of the following three formulas: Indigo Powder mixed with vegetable oil to form a paste, and applied twice daily; Dispel Dampness Powder; or Eczema Powder.

1. Qu Shi San (Dispel Dampness Powder)

Ingredients:

Huang Lian (Rhizoma Coptidis)
Huang Bai (Cortex Phellodendri)
Huang Qin (Radix Scutellariae)
Bing Lang (Semen Arecae Catechu)

Preparation: Grind all the ingredients together into a powder fine powder. Mix with vegetable oil to form a paste, or sprinkle some of the powder directly on the affected area. Apply once or twice daily.

2. Shi Zhen San (Eczema Powder)

Ingredients:

Huang Qin (Radix Scutellariae)
Duan Shi Gao (calcined Gypsum)
Han Shui Shi (Calcitum)
Wu Bei Zi (Galla Rhois Chinensis)

Preparation: Grind all the ingredients together into a powder fine powder. Mix with vegetable oil to form a paste, or sprinkle some of the powder directly on the affected area. Apply once or twice daily.

Clinical Note (from this textbook): External remedies should not be applied to the face, since infants may accidentally rub them into the mouth, nose or eyes.

b) Older children: older children may be given Black Ointment or Light Yellow Powder.

1. Hei You Gao (Black Ointment)

Duan Shi Gao (calcined Gypsum)
Ku Fen (Alumen Praeparatum)
Qing Fen (Calomelas)
Duan Long Gu (calcined Os Draconis)
Han Shui Shi (Calcitum)
Wu Bei Zi (Galla Rhois Chinensis)
Ge Li Fen (Conchae Pulvis Mactrae Quadrangularis)
Bing Pian (Borneol)
Menthol

Preparation: In a glass jar with an airtight lid, combine the ingredients together with petroleum jelly to form an ointment for two days before using. Apply a thin layer on the affected area 3-5 times daily.

2) E Huang San (Light-Yellow Powder)

Shi Gao (Gypsum Fibrosum)
Huang Bai (Cortex Phellodendri)
Qing Fen (Calomelas)

Preparation: Grind equal amounts of the ingredients together into a fine powder. Mix with vegetable oil to form a paste, or sprinkle directly on the affected area. Apply 2-3 times daily.

Empirical Remedies for Eczema

1) Xin Zhi Jing Fang San (Asarum, Dahurica, Schizonepetae, Ledebouriella Powder)

Ingredients:

Jing Jie (Herba seu Flos Schizonepetae Tenuifoliae)
Fang Feng (Radix Ledebouriellae Divaricatae)
Xi Xin (Herba cum Radice Asari)

Bai Zhi (Radix Angelicae Dahuricae)

Preparation: Grind equal amounts of the herbs together into a fine powder, and store in airtight glass jar. Prior to treating with the herbal powder, decoct 3 grams of *Chuan Jiao* (Fructus Zanthoxyli Bungeani) in water, and wash the affected area with the warm decoction for 5-10 minutes, then pat dry with a clean towel. Combine a portion of the herbal with rice vinegar to form a paste, and apply to the lesions. The entire procedure should be performed twice daily. Three days constitute one course of therapy, with 1-2 days rest between courses. Most patients should experience – if not healing – within three courses.

2) Qing Dai Ku Jiao San (Indigo, Alumen and Zanthoxylum Powder) (4)

Ingredients:

<i>Qing Dai</i> (Indigo Pulverata Levis)	30g
<i>Ku Fan</i> (Alumen Praeparatum)	30g
<i>Chuan Jiao</i> (Fructus Zanthoxyli Bungeani)	30g
<i>Xiong Huang</i> (Realgar)	6g
<i>Qing Fen</i> (Calomelas)	10g
<i>Liu Huang</i> (Sulphur)	20g
<i>Huang Lian</i> (rhizome Coptidis)	10g
<i>Huang Bai</i> (Cortex Phellodendri)	18g

Preparation – grind all the ingredients into a fine powder and store in an airtight glass jar. Prior to application, wash the affected area with a dilute solution of saltwater, pat dry, and disinfect the skin with rubbing alcohol. Mix a portion of the herbal powder together with vegetable oil to form a paste. Apply to the lesions and cover with a sterile dressing.

If weeping from the lesions is severe, first prepare a decoction of 30g *Chuan Jiao*, 10g of *Huang Lian* and 18g of *Huang Bai* in 500 ml of water. Wash the area with this warm decoction 2-3 times daily until the weeping stops (usually within 2 days). The herbal powder can then be applied according to the above procedure. Treat once daily until the lesions are healed, generally within 2-3 weeks.

Note: Because of the toxicity of some of the ingredients, this formula should not be taken orally.

3) Mang Xiao Xi Ji (Mirabilitum Wash)

Mang Xiao (Mirabilitum) 150-300g

Preparation: Dissolve the *Mang Xiao* in cold tap water. Use a sterile gauze pad to apply the medicinal fluid as a cold compress on the affected sites for 30-60 minutes, 2-3 times a day. This formula is particularly suited for the acute stage of dermatitis. Symptoms are usually relieved within 3-4 days and healing occurs within one week.

3. "A Handbook of TCM Pediatrics" by Bob Flaws, Blue Poppy Press, pages 211-214.

Treatment Based on Pattern Discrimination

1. Wet Eczema (Damp-Heat Brewing and Steaming)

Main Symptoms: Eczematous lesions that begin as a red rash. Over time, this rash develops blisters that eventually burst and weep. If these are scratched, a secondary infection may easily occur.

Treatment Principles: Clear heat, disinhibit dampness and dispel wind,

Guiding Formulas:

1. *Bei Xie Shen Shi Tang* (Dioscorea Hypoglauca Percolate Dampness Decoction)

Uncooked *Yi Ren* (Semen Lachryma-jobi)
Hua Shi (Talcum)
Bei Xie (Rhizoma Dioscoreae Hypoglaucae)
Fu Ling (Sclerotium Poriae Cocos)
Huang Bai (Cortex Phellodendri)
Dan Pi (Cortex Moutan Radicis)
Ze Xie (Rhizoma Alismatis)
Tong Cao (Medulla Tetrapanacis Papyriferi)

2. *Bei Xie Shen Shi Tang Jia Jian* (Dioscorea Hypoglauca Percolate Dampness Decoction with Additions and Subtractions)

Uncooked *Yi Ren* (Semen Lachryma-jobi)
Hua Shi (Talcum)
Bei Xie (Rhizoma Dioscoreae Hypoglaucae)
Fu Ling (Sclerotium Poriae Cocos)
Huang Bai (Cortex Phellodendri)
Ze Xie (Rhizoma Alismatis)
Tong Cao (Medulla Tetrapanacis Papyriferi)
Ku Shen (Radix Sophorae Flavescens)
Long Dan Cao (Radix Gentianae Scabrae)
Chan Yi (Periostracum Cicadae)

3. *Er Miao San* (Two Wonders Powder)

Cang Zhu (Rhizoma Atractylodis)
Huang Bai (Cortex Phellodendri)

Additions:

- 1) Upper body added *Sang Ye* (Folium Mori Albi), *Ju Hua* (Flos Chrysanthemum Morifolii) and *Chan Tui* (Periostracum Cicadae).

- 2) Lesions on the abdomen added *Huang Lian* (Rhizoma Coptidis) and *Huang Qin* (Radix Scutellariae).
- 3) Lower Limbs added *Niu Xi* (Radix Acyranthis Bidentatae) and *Che Qian Zi* (Semen Plantaginis).
- 4) Constipation added *Da Huang* (Radix et Rhizoma Rhei).
- 5) Abdominal distention, bad breath, diminished appetite and other signs and symptoms of food stagnation and turbid dampness added *Shan Zha* (Fructus Crataegi), *Shen Qu* (Massa Medica Fermentata) and *Huo Xiang* (Herba Agastachis Seu Pogostemi).

4. *Shu Feng Qu Shi Tang* (Course Wind and Eliminate Dampness Decoction)

** see Bob Flaws translated article below**

2. Dry Eczema (Spleen Vacuity and Blood Depletion)

Main Symptoms: a red swollen rash that is scaly and hard. Itching is relatively mild. There may be yellow-colored, fatty exudates.

Treatment Principles: Fortify the spleen and dry dampness, nourish the blood and dispel wind.

Guiding Formulas:

***Ping Wei San* (Calm the Stomach Powder) plus *Si Wu Tang* (Four Materials Decoction) with additions and subtraction.**

Cang Zhu (Rhizoma Atractylodis)
Hou Po (Cortex Magnoliae Officinalis)
Chen Pi (Pericarpium Citri Reticulatae)
Gan Cao (Radix Glycyrrhizae)
Dang Gui (Radix Angelicae Sinensis)
Bai Shao (Radix Albus Paeoniae Lactiflorae)
Chi Shao (Radix Rubrus Paeoniae Lactiflorae)
Ku Shen (Radix Sophorae Flavescentis)
Bai Xian Pi (Cortex Radicis Dictamni Dasycarpi)
Di Fu Zi (Fructus Kochiae Scopariae)
Huang Bai (Cortex Phellodendri)

Adjunctive Treatments

1) External Wash

San Huang Xi Ji (Three Yellows Washing Prescription)

Da Huang (Radix et Rhizoma Rhei)
Huang Bai (Cortex Phellodendri)
Huang Qin (Radix Scutellariae)
Ku Shen (Radix Sophorae Flavescentis).

Method of Preparation and Use: Decoct equal amounts of the above medicinals in water and wash the affected area.

2) Poultice – made from fresh grated potato and held in place by gauze and changed every 3 hours. Potatoe has the ability to clear heat and eliminate dampness.

3) Paste

Qing Dai San (Indigo Powder)

<i>Qing Dai</i> (Pulvis Indigonis)	20 g
<i>Huang Bai</i> (Cortex Phellodendri)	20 g
<i>Shi Gao</i> (Gypsum Fibrosum)	40 g
<i>Hua Shi</i> (Talcum)	40 g

Method of Preparation and Use: combine the medicinals and grind into a fine powder. This powder is then mixed with roasted sesame oil. The resulting paste is then applied to the affected area. This paste is used for dry eczema as oil-based external treatments will aggravate skin lesion that are damp or weeping.

4. *Jian Ming Zhong Yi Er Ke Chu Fang Shou Ce* (The Concise Handbook of Chinese Medicine Pediatric Prescriptions) by Zhu Bian et al., Shanghai Chinese Medical University Press, 2001, pages 227-229.

Pattern Identification and Treatment:

1. Wind-Damp-Heat Excess (*Ying*)

Symptoms: skin on the face has erythema (i.e. *Chao Re*), papules, vesicles which when broken have exudation, erosion, crusting, extreme itching and when dried is yellow, red tongue, thin-slimy and/or yellow tongue coating and purplish finger vein.

Treatment Principles: clear heat, disinhibit dampness and dispel wind.

Formula: *Xiao Feng San Jia Jian* (Disperse Wind with Additions and Subtractions): stir-fried *Cang Zhu* (Rhizoma Atractylodis) 10 grams, *Chan Tui* (Periostracum Cicadae) 3 grams, *Fang Feng* (Radix Lederbouriellae) 6 grams, *Ku Shen* (Radix Sophorae Flavescentis) 6 grams, *Huang Qin* (Radix Scutellariae) 6 grams, *Jing Jie* (Herba Seu Flos Schizonepetae Tenuifoliae) 6 grams, *Sheng Yi Yi Ren* (Semen Coicis Lachryma-jobi) 10 grams, *Liu Yi San* (Six to One Powder) [pouch] 10 grams and *Chen Pi* (Pericarpium Citri Reticulatae) 6 grams.

Additions and Subtractions:

- Itching without restraint added *Di Fu Zi* (Fructus Kochiae Scopariae) and *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi) 10 grams.
- Profuse exudation added *Fu Ling* (Sclerotium Poriae Cocos) 10 grams and *Che Qian Cao* (Herba Plantaginis) 10 grams.
- Reddish urine and heart vexation added *Huang Lian* (Rhizoma Coptidis) 3 grams and *Deng Xin Cao* (Medulla Junci Effusi) 6 grams.

- d) Blood-heat added *Chi Shao Yao* (Radix Rubrus Paeoniae Lactiflorae) 6 grams and *Mu Dan Pi* (Cortex Moutan Radicis) 6 grams.

2. Spleen Vacuity, Damp Exuberance

Symptoms: skin on the face has red macule, papule, scaling, scanty exudation, sloppy stool, poor appetite, pale tongue, white-slimy tongue coating and pale-red finger vein.

Treatment Principles: fortify the spleen, transform dampness and dispel wind.

Formula: *Er Chen Tang Jia Jian* (Two-Aged Decoction with Additions and Subtractions): *Ban Xia* (Rhizoma Pinelliae Ternatae) 10 grams, *Cang Zhu* (Rhizoma Atractylodis) 10 grams, *Chuan Hou Po Hua* (Sichuan Flos Magnoliae), *Chan Tui* (Periostracum Cicadae) 3 grams, *Fang Feng* (Radix Lederbouriellae) 6 grams, *Sheng Yi Yi Ren* (Semen Coicis Lachryma-jobi) 10 grams, and *Chen Pi* (Pericarpium Citri Reticulatae) 3 grams.

Additions and Subtractions:

- a) Itching and the child is uncalm added *Bai Ji Li* (Fructus Tribuli Terrestris) and *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi) 10 grams.
- b) Sloppy stool with undigested food added *Tai Zi Shen* (Radix Peudostellariae) 6 grams and stir-fried *Mai Ya* (Fructus Germinatus Hordei Vulgaris) 10 grams.

3. Blood Vacuity, Wind Dryness

Symptoms: the skin appears dry, profuse scaling, pigmentation of the skin, when the skin breaks after scratching there is a small amount of exudation, pale tongue with thin tongue fur, the finger vein is slightly red and the pulse is thin.

Treatment Principles: fortify the spleen, nourish blood and dispel wind.

Formula: *Gui Pi Wan Jia Jian* (Restore the Spleen Decoction with Additions and Subtractions) composed of: *Huang Qi* (Radix Astragalus Membranaceae) 10 grams, *Dang Gui* (Radix Angelicae Sinensis) 10 grams, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 10 grams, *Fu Ling* (Sclerotium Poriae Cocos) 10 grams, *Suan Zao Ren* (Semen Zizyphi Spinosae) 6 grams, *Fang Feng* (Radix Lederbouriellae) 6 grams, *Wu Wei Zi* (Fructus Schisandrae Chinensis) 6 grams, *Tu Fu Ling* (Rhizoma Smilacis Galbrae) 10 grams, *Shan Yao* (Rhizoma Dioscoreae Oppositae) 10 grams, *Pu Gong Ying* (Herba Taraxaci Mogolici Cum Radice) 10 grams and *Gan Cao* (Radix Glycyrrhizae) 3 grams.

Simple and Experienced Formula:

Formula 1: *Wu Bei Zi* (Galls Rhois) 50 grams.

Administration Method: stir-fry until yellow and then grind into a fine powder and use 10-15% of Vaseline and make into a paste and apply externally.

Pattern: Wind-Heat-Damp Excess Pattern.

Formula 2: *Huang Lian* (Rhizoma Coptidis) 10 grams, *Ming Fan* (Alumen) 90 grams and *Qing Jiu* 30 grams.

Administration Method: crush and grind the above medicinals into a powder and then add *Qing Jiu* and water to form a paste then apply to the skin 2-3 times each day.

Pattern: Wind-Heat-Damp Excess Pattern.

Prepared Medicine:

Formula 1: *Liu Shen Wan* (Six Spirits Pill)

Pattern: Wind-Heat-Damp Excess Pattern.

Formula 2: *San Miao Wan* (Three Wonders Powder)

Pattern: Spleen Vacuity Damp Exuberance.

Formulas of Food:

Formula 1: *Che Qian Cao* (Herba Plantaginis) 5 grams, *Dong Gua Pi* (Pericarpium Benincasae Hispidae) 15 grams and *Yi Yi Ren* (Semen Coicis Lachryma-jobi) 50 grams.

Administration Method: Decoct the first two ingredients and use the resulting decoction to cook *Yi Yi Ren*. This results in a soup that is divided and taken.

Pattern: spleen vacuity with damp exuberance pattern.

Formula 2: *Chi Xiao Dou* (Semen Phaseoli Calcarti) 15 grams, *Yi Yi Ren* (Semen Coicis Lachryma-jobi) 30 grams and *Yu Mi Xu* (Stylus Mays) 10 grams.

Administration Method: take the resulting liquid from decocting *Yi Mu Xu* and cook *Yi Yi Ren* and *Chi Xiao Dou*. This results in a soup that is then divided and taken.

Pattern: spleen vacuity with damp exuberance pattern.

Formula 3: *Shan Yao* (Rhizoma Dioscoreae Oppositae) 100 grams, *Da Zao* (Fructus Zizyphi Jujubae) 5 pieces, *Sang Shen* (Fructus Mori) 15 grams and *Bai He* (Bulbus Lilli) 15 grams.

Administration Method: grind *Shan Yao* into a fine powder, *Da Zao* (with its pit removed), *Bai He* and *Sang Shen* were decocted in water until they became soft. *Shan Yao* powder was then added to the above decoction to make a soup that was divided and taken.

Pattern: Blood vacuity, wind dryness pattern.

5) "The Characteristic and Treatment of Skin Disease with TCM" by Chen Kai et al.

Infantile Eczema

1. Heat >

Jin Yin Hua (Flos Lonicerae Japonicae)
Huai Hua (Flos Immaturus Sophorae Japonicae)
Huang Qin (Radix Scutellariae)
Zhu Ye (Herba Lophatheri Gracilis)
Deng Xin Cao (Medulla Junci Effusi)
Sheng Di (Radix Rehmanniae)
Che Qian Cao (Herba Plantaginis)
Bai Xian Pi (Cortex Radicis Dictamni Dasycarpi)
Liu Yi San (Six to One Powder)

2. Damp >

Bai Zhu (Rhizoma Atractylodis Macrocephalae)
Fu Ling (Sclerotium Poriae Cocos)
Yi Yi Ren (Semen Coicis Lachryma-jobi)
Jiao San Xian (Scorched Three Immortals)
Hou Po (Cortex Magnoliae Officinalis)
Chen Pi (Pericarpium Citri Reticulatae)
Zhi Ke (Fructus Aurantii Immaturus)
Che Qian Zi (Semen Plantaginis)
Bai Xian Pi (Cortex Radicis Dictamni Dasycarpi)
Huai Hua (Flos Immaturus Sophorae Japonicae)
Zhi Gan Cao (prepared Radix Glycyrrhizae)

Childhood and Adult Eczema/Atopic Dermatitis

1. Damp-Heat (Dampness >)

Sheng Shi Gao (Gypsum)
Ban Lan Gen (Radix Isatidis seu Baphicacanthi)
Che Qian Cao (Herba Plantaginis)
Gan Sheng Di (dried Radix Rehmanniae)
Ma Chi Xian (Herba Protulacae Oleraceae)
Liu Yi San (Six to One Powder)
Long Dan Cao (Radix Gentianae Scabrae)
Huang Qin (Radix Scutellariae)
Mu Dan Pi (Cortex Radicis Moutan)
Chi Shao (Radix Peoniae Rubrus)
Bai Mao Gen (Radix Imperatae Cylindrica)
Da Qing Ye (Folium Daqingye)

2. Damp-Heat (Heat >)

a)

Chi Fu Pi (Cortex *Poriae Rubra*)
Sheng Bai Zhu (Rhizoma *Atractylodis Macrocephalae*)
Huang Qin (Radix *Scutellariae*)
Zhi Zi (Fructus *Gardeniae Jasminoidis*)
Ze Xie (Rhizoma *Alismatis*)
Yin Chen (Herba *Artemesiae Capillaris*)
Zhi Ke (Fructus *Aurantii Immaturus*)
Sheng Di (Radix *Rehmanniae*)
Zhu Ye (Herba *Lophatheri Gracilis*)
Deng Xin Cao (Medulla *Junci Effusi*)
Sheng Gan Cao (Radix *Glycyrrhizae*)

b)

Sheng Bai Zhu (Rhizoma *Atractylodis Macrocephalae*)
Zhi Ke (Fructus *Aurantii Immaturus*)
Yi Yi Ren (Semen *Coicis Lachryma-jobi*)
Qian Shi (Semen *Euryalis Ferocis*)
Bai Bian Dou (Semen *Dolichoris Lablab*)
Huang Bai (Cortex *Phellodendri*)
Zhi Zi (Fructus *Gardeniae Jasminoidis*)
Sheng Di (Radix *Rehmanniae*)
Huang Qin (Radix *Scutellariae*)
Chi Fu Pi (Cortex *Poriae Rubra*)
Che Qian Zi (Semen *Plantaginis*)
Che Qian Cao (Herba *Plantaginis*)
Ze Xie (Rhizoma *Alismatis*)
Yin Chen (Herba *Artemesiae Capillaris*)
Zhu Ye (Herba *Lophatheri Gracilis*)
Bai Xian Pi (Cortex *Radicis Dictamni Dasycarpi*)
Ku Shen (Radix *Sophorae Flavescentis*)

3. Spleen Vacuity and Blood Dryness

Cang Zhu/Dang Shen (Rz. *Atractylodis* or Rx. *Codonopsis*)
Fu Ling (*Sclerotium Poriae Cocos*)
Bai Zhu (Rhizoma *Atractylodis Macrocephalae*)
Chen Pi (Pericarpium *Citri Reticulatae*)
Dang Gui (Radix *Angelicae Sinensis*)
Dan Shen (Radix *Salviae Miltiorrhizae*)
Ji Xue Teng (Caulis *Milletiae* Seu *Spatholobii*)
Chi Shao (Radix *Paeoniae Rubrus*)
Bai Shao (Radix *Paeoniae Lactiflorae*)
Sheng Di (Radix *Rehmanniae*)

Severe itching add:

Bai Xian Pi (Cortex *Radicis Dictamni Dasycarpi*)
Ku Shen (Radix *Sophorae Flavescentis*)

6) External Formulas to Treat Pediatric Eczema

“Complete External Therapies of Chinese Drugs” by Xu Xiang-gai, Foreign Language Press, Beijing, China, 1998, p 235-247.

Eczema

With its onset in every season, its recurrence often in winter and its focus on any part of the body, eczema is an allergic dermatosis characterized by skin lesions differently shaped and symmetrically located, subjective pruritus, repeated attack and tending to become chronic. In TCM, that on the ear called *Xuan Er Chuang* (eczema of the ear); that on the navel, *Qi Chuang* (umbilical sore); that on the lower limbs, *Si Wan Feng* (atopic eczema); that in infants, *Nai Xuan* (infantile eczema); and that with profuse exudate and involving the whole body, *Jin Yin Chuang* (eczema through out the body).

Etiology and Pathogenesis

This disease is due to hypersensitive constitution combined with accumulation of pathogenic wind, dampness and heat in the muscles and skin.

Clinical Manifestations

Eczema is clinically classified into three kinds: acute, subacute and chronic.

1. Acute eczema:

Sudden onset and rapid development; skin lesion which appears on a certain part at first, maybe developed to symmetrical soon, and spreads all over the body in severe cases; the skin lesion which is differently-shaped, manifested in the beginning as diffuse flush and swelling but then as patches of indistinctly-bordered papulae, papulo-vesicles and blisters; exudate, erosion and scab maybe occurring due to scratching of the blisters; one or two or many kinds of skin rashes maybe occurring on any part of the body but usually on the head, face, anterior limbs, dorsum of a hand or foot, scrotum, vulva and breast; subjective serious itch and calor; low fever in the cases with extensive skin lesion; cure maybe resulting from proper treatment within 2-3 weeks; repeated attacks usually seen; tending to become chronic.

2. Subacute eczema:

Failure of a derivation of acute eczema to be treated in time or properly; acute inflammation in acute eczema manifested as swelling and exudate having become mild; skin lesion manifested mainly as papulae, scab and scale; existence of a small number of blisters, mild erosion and subjective pruritus.

3. Chronic eczema:

A derivation of acute or subacute eczema which lasts longer or attacks repeatedly; distinctly-bordered skin lesion which is mainly manifested as pachyderma, pachylosis and even muscus-like skin, and often localized on a certain part such as the hand, foot, leg, fossa cubitalis, thigh, scrotum and posterior ear; subjective paroxysmal pruritus; mild erosion and occasionally a small amount of exudate and scab.

Differentiation and Treatment

In general, both external and internal therapies are used to treat this dermatosis

especially when it has extensive skin lesion, remarkable inflammation and even general symptoms. If it has just localized small skin lesion neither accompanied by remarkable inflammation nor general symptoms, mere external therapy may be considered. In the course of treatment, the following should be avoided: scratch, a hot-water-and-soap bath, and a diet with seafood, eggs, beef, mutton, pungent food and spirits.

1. General treatment suitable for every kind of eczema

(1) Acute Eczema

Main Symptoms:

Localized flush appears at first on the skin, it is soon followed by papulae and blisters, either of which could be overwhelming; erosion and exudate occur due to scratch, subjective serious itch exists.

Method of Treatment:

To clear heat, dispel dampness and alleviate itch.

Prescription 1:

Number 1: *San Huang Xi Ji* (Three Yellows Wash)

Ingredients:

<i>Da Huang</i> (Radix et Rhizoma Rhei)	2.5 portions
<i>Huang Bai</i> (Cortex Phellodendri)	2.5 portions
<i>Huang Qin</i> (Radix Scutellariae)	2.5 portions
<i>Ku Shen</i> (Radix Sophorae Flavescentis)	2.5 portions

Preparation: Grind all the above drugs together into a fine powder. Mix every 10-15 grams of the powder with 100 ml of distilled water and 1ml of medicinal carboic acid into a watery mixture called *San Huang Xi Ji*.

Application: Apply it to the affected part with a cotton stick, 5-6 times daily.

Number 2: *Qing Dai San* (Indigo Powder) [see Lactigo below for ingredients]

Application: Dust the powder of *Qing Dai San* onto the affected part, or mix 15g of it with 100 ml of 1-2% solution of *Bing Pian* (Borneolum Syntheticum) into a paste and apply the paste to the affected part, 4-5 times daily.

Number 3:

Recipe: *San Miao San* (Three Wonders Powder)

Ingredients:

<i>Huang Bai</i> (Cortex Phellodendri)	100g
<i>Mu Li</i> (Concha Ostreae)	200g
<i>Qing Dai</i> (Indigo Naturalis)	15g

Preparation: Grind the above drugs respectively into powder and mix them evenly.

Application: Dust the powder onto the affected part, or mix 15 g of it with 100

ml. of 1-2% solution of *Bing Pian* into a paste and apply the paste to the affected part 4-5 times daily.

Notes: With the effects of clearing heat, dispelling dampness and alleviating itch, all three prescriptions are suitable for skin lesion with erythema, papulae or a small number of blisters without exudate and erosion. The paste of *Qing Dai San* or *San Miao San* becomes stronger than its powder form in clearing heat and alleviating itch. But it should be cautiously used on the scrotum lest pain be induced there.

Prescription 2:

Ingredients:

<i>Ma Chi Xian</i> (Herb Portulacae)	60g
<i>Huang Bai</i> (Cortex Phellodendri)	30g
<i>Di Yu</i> (Radix Sanguisorbae)	30g

Preparation: Decoct any one of the above drugs in 1,000-1,500 ml. of water for 15 minutes after the water boils to obtain the decoction.

Application: Make a cold wet compress with the decoction on the affected part for 20-30 minutes each time, 2-3 times daily. In the interval of every 2 times of compress, apply *Qing Dai San You* or *Er Miao San You* to the affected part. [For ingredients of these two oils see the section on lection.]

Notes: With the effects of clearing heat, removing toxins, dispelling dampness and astringing, all the above drugs are indicated for local secondary infection due to eczema. When there is remarkable inflammation, wet compress could be made some more times. When mild erosion, exudate and scab appear, wet compress may be omitted with only *Qing Dai San You* or *Er Miao Gao* used externally and once daily. While dressing change is carried out, the applied drug, if hard to remove, could be diluted with sesame oil or one of the other vegetable oils and then wipe it away gently.

Prescription 3:

Recipe: *Qing Se Fen*

Ingredients:

<i>Qing Dai</i> (Indigo Naturalis)	15g
<i>Qing Fen</i> (Calomelas)	15g
<i>Huang Bai</i> (Cortex Phellodendri)	18g
<i>Cang Zhu</i> (Rhizoma Atractylodis)	10g
<i>Duan Ge Qiao</i> (Concha Meretricis seu Cyclinae Usta)	30g
<i>Duan Shi Gao</i> (Gypsum Fribrosum Usta)	30g

Preparation: Grind the above drugs into powder and mix them evenly.

Application: Dust the powder directly on the affected part, twice daily. When the affected part is dry and there is scab on it, mix the powder with sesame oil or Vaseline into an ointment and apply it to the affected part about 0.1-0.2 cm thick. Dressing change is to be made 1-2 times daily.

Notes: *Qing Se Fen* has the effects of clearing heat, removing toxins, dispelling dampness and astringing. It can be also used to treat local pyogenic infection and impetigo herpetiformis developed from eczema. Dressing change should be conducted gently. The applied ointment, if hard to remove, can be diluted with sesame oil and then wipe it off.

(2) Subacute Eczema

Main Symptoms:

Skin eruption milder than that in acute eczema and manifested mainly as papulae, scab and scale; a small number of blisters, mild erosion and subjective pruritus.

Method of Treatment:

To clear heat, dispel dampness, alleviate itch and get rid of scab.

Prescription: Same as what has been introduced in using Prescription 2 to treat acute eczema.

(3) Chronic Eczema

Main Symptoms:

Distinctly bordered skin lesion without obvious inflammation, which is usually localized on a certain part of the body; thickened, rough and even muscus-like skin of the affected part, on which there are scales, marks due to scratch, blood scabs, pigmentation and paroxysmal pruritus; repeated acute or subacute attacks which often occur.

Method of Treatment:

To moisten skin, soften hard mass, promote blood circulation, expel wind and alleviate itch.

Prescription I:

Recipe: *Zhi Yang Xi Yao*

Ingredients:

<i>She Chuang Zi</i> (Fructus Cnidii)	15g
<i>Di Fu Zi</i> (Fructus Kochiae)	15g
<i>Ku Shen</i> (Radix Sophorae Flavescentis)	15g
<i>Huang Bai</i> (Cortex Phellodendri)	15g
<i>He Shi</i> (Fructus Carpesii)	15g
<i>Fen Dang</i> (Nidus Vespaee)	9g
<i>Da Huang</i> (Radix et Rhizoma Rhei)	9g
<i>Xing Ren</i> (Semen Armeniacae Amarum)	9g
<i>Ku Fan</i> (Alumen Exsiccatum)	9g
<i>Bai Xian Pi</i> (Cortex Dictamni Radicis)	9g
<i>Da Feng Zi</i> (Semen Chaulmoograe)	9g
<i>Pu Xiao</i> (Natrii Sulfas)	9g
<i>Chan Yi</i> (Periostracum Cicadae)	9g
<i>Dan Pi</i> (Pericarpium Citri Reticulatae)	9g

Preparation: Grind all the above drugs together into a coarse powder, put it into

a cloth bag and tie up its opening and decoct it in 3,000 ml. of water for 20 minutes after the water boils to obtain the decoction.

Application: Make drip-washing or wet compress on the affected part with the decoction a little warmer than the body temperature, 1-2 times daily, for 20-30 minutes each time.

Notes: *Zhi Yang Xi Yao* has the effects of clearing heat, drying dampness, promoting blood circulation, expelling wind, killing worms and alleviating itch. Drip-washing with the warmer decoction can also improve local blood circulation and promote the absorption of chronic inflammatory infiltration. But the decoction should not be too hot, better be around 40°C.

Prescription 2:

Recipe: *Da Feng Zi You Gao*

Ingredients:

<i>Da Feng Zi You</i> [Oleum Chaulmoograe]	200g
<i>Qing Dai Mo</i> [Indigo Naturalis (powder)]	15g
<i>Huang Bai Mo</i> [Cortex Phellodendri (powder)]	30g
<i>Duan Shi Gao Mo</i> [Gypsum Fibrosum Usta (powder)]	320g
<i>Tian Hua Fen Mo</i> [Radix Trichosanthis (powder)]	180g
<i>Fanshilin</i> [Vaseline]	400g

Preparation: Put all the above 4 kinds of medicinal powder together and mix them with the 1st and last drugs evenly into an ointment called *Da Feng Zi You Gao*.

Application: Apply the ointment to the affected part about 0.1-0.2 cm thick and bind it up with dressing. Dressing change is to be made daily.

Notes: As a proven prescription to treat chronic eczema, *Da Feng Zi You Gao* has the effects of clearing heat, dispelling dampness, expelling wind, moistening skin and alleviating itch.

Prescription 3:

Number 1: *Huang Lian Gao* (Coptidis Paste)

Ingredients:

<i>Huang Lian</i> (Rhizoma Coptidis)	20g
<i>Fan Shi Lin</i> (Vaseline)	100g

Preparation: Decoct *Huang Lian* in water and concentrate it into an extract. Mix with Vaseline into an ointment called *Huang Lian Gao*.

Application: The same as above.

2) Lactigo

Usually seen on the head and face of a baby of 1-6 months old, lactigo is a common infantile dermatosis. It is called *Nai Xuan* (infantile eczema) in TCM.

Etiology and Pathogenesis

Over-intake of too much seafood, fatty or pungent food would have pathogenic heat produced in the interior. A pregnant woman who likes such food could pass this heat to her fetus, and the baby could be attacked by lactigo after born. Improper feeding would lead to impairment of the spleen and stomach. The impaired spleen and stomach would then be in dysfunction. The dysfunctional spleen and stomach would have damp-heat produced in the interior. This damp-heat and exogenous wind get together to enter and stay in the muscles and skin of a baby with allergic constitution, so that lactigo is brought about.

Clinical Manifestations

Skin rash usually appearing on the cheek, forehead and head, seldom spreading to the chest, back and upper limbs and occasionally involving the whole body; differently shaped and often symmetrically distributed skin lesion with serious pruritus; sometimes mild sometimes serious and repeated attacks.

Lactigo clinically may be classified as the following three types:

1. Type of wetness:

Onset often in a fat baby of 1-6 months old; skin lesion manifested as erythema, papula, blister, erosion and exudate; fever, poor appetite, crying and irritability and enlarged nearby lymphatic nodes, all of which are due to secondary infection.

2. Type of dryness:

Onset often in an emaciated infant above one year old; skin lesion manifested as light or deep red patch of erythema, on which there are crowded small papulae, xerocitis and chaff-like grayish white scales which are not accompanied by blisters and exudate; history of bronchial asthma or rhinallergosis in part of the cases.

3. Type of seborrhea:

Onset is often on the head, face and the part rich in sebaceous glands of a baby of 1-2 months old; erythema appears on the face with greasy scales; yellow seborrheic scab occurs on the scalp or the area around the eyebrow; mild erosion happens on the nape, groin or the axillary region; cure may be brought about following weaning.

Symptoms in all the above three types manifested as:

Subjective pruritus; irritability, dystithia and somniphathy due to serious pruritus; indigestion such as vomiting of milk and diarrhea; the symptoms which, sometimes mild sometimes serious, attack repeatedly, often disappear suddenly when there is fever or diarrhea, and re-appear after the fever is brought down or the diarrhea is stopped; automatic cure maybe brought about in part of the cases within 1-2 years old;-possible atopic dermatitis marked by repeated attack and lasting a longer time in cases above 2 years old.

Differentiation and Treatment

Lactigo is usually treated externally with Chinese drugs. Internal therapy is added

only when there is extensive skin lesion, remarkable inflammation and more severe disease condition. As a part of treatment, careful nursing matters a lot. For instance, only bland and easily digested food should be given; and over satiation, intake of fish, egg and their products, washing with soap and hot water and scratch should all be avoided.

1. Type of wetness

Main Symptoms:

Skin lesion manifested as erythema, papula, blister, erosion and exudate.

Method of Treatment:

To clear heat, dispel dampness and alleviate itch.

Prescription I:

Ingredients:

<i>Jin Yin Hua</i> (Flos Lonicerae)	30 g
<i>Pu Gong Ying</i> (Herba Taraxaci)	30 g
<i>Di Yu</i> (Radix Sanguisorbae)	30 g
<i>Gan Cao</i> (Radix Glycyrrhizae)	30 g
<i>Huang Bai</i> (Cortex Phellodendri)	30 g
<i>Huang Lian</i> (Rhizoma Coptidis)	30 g

Preparation: Decoct any 2-3 kinds of the above drugs in 1,500 ml of water until 15 minutes after the water boils to obtain the decoction.

Application: When the decoction is cooled down, apply wet compress with it on the affected part, twice daily, for 20-30 minutes each time.

Notes: The decoction is usually used 4 times. Heat it whenever use it again. If there is more secretions and even secondary pyogenic infection on the affected part, the decoction is used only once. Usually in the interval of every two applications of wet compress, medicinal oil such as *Qing Dai San You* or *Er Miao San You* (for ingredients see below).

Qing Dai San You

Ingredients:

<i>Qing Dai</i> (Indigo Naturalis)	60g
<i>Huang Bai</i> (Cortex Phellodendri)	60g
<i>Shi Gao</i> (Gypsum Fibrosum)	120g
<i>Hua Shi</i> (Talcum)	120g

Preparation: Grind the above drugs together into a fine powder and mix it with 20-30 ml of sesame oil to form *Qing Dai San You*.

Er Miao San You

Ingredients:

<i>Huang Bai</i> (Cortex Phellodendri)	5 portions
<i>Cang Zhu</i> (Rhizoma Atractylodis)	5 portions

Preparation: Grind the above two drugs together into a fine powder. Mix the powder with 100 ml of sesame oil into a paste and apply the paste to affected area.

Prescription 2:

Recipe: *Di Du Qu Shi Tang*

Ingredients:

<i>Cang Er Zi</i> (Fructus Psoraleae)	30 g
<i>She Chuang Zi</i> (Fructus Cnidii)	15 g
<i>Bai Xian Pi</i> (Cortex Dictamni Radicis)	15 g
<i>Cang Zhu</i> (Rhizoma Atractylodis)	15 g
<i>Ku Shen</i> (Radix Sophorae Flavescentis)	15 g
<i>Da Huang</i> (Radix et Rhizoma Rhei)	15 g
<i>Huang Bai</i> (Cortex Phellodendri)	15 g
<i>Di Fu Zi</i> (Fructus Kochiae)	15 g

Preparation: Soak the above drugs in 1,500-2,000 ml. of water for one hour and decoct them until 15 minutes after the water boils to obtain the decoction.

Application: When the decoction is cooled down to 20 to 30 degrees C, drip-wash the affected part with it, 3 times daily, in the morning, afternoon and evening. The decoction prepared with one dose of the drugs can be used only 3 times.

Notes: The dosage of each drug in this prescription is for cases above 2-3 years old. Only 2/3 of it is administered for cases within one year old.

2. Type of seborrhea

Main Symptoms:

Skin lesion manifested mainly as erythema, scab and seborrheic scales, not as erosion and exudate.

Method of Treatment:

To clear heat, dispel dampness and soften scab.

Prescription 1:

Recipe: *Huang Lian You* (Coptidis Oil)

Ingredients:

<i>Huang Lian Fen</i> [Rhizoma Coptidis (powder)]	25g
<i>Bi Ma You</i> (Oleum Ricini)	75ml

Preparation: Mix the two drugs evenly into a medicinal oil called *Huang Lian You*.

Application: Apply *Huang Lian You* to the affected part, 1-2 times daily. The affected part, if on the exposed parts, needn't be bandaged, if on the other parts, bind it up with a piece of sterile gauze.

Notes: Clinical observations have shown that *Huang Lian You* can be used not only to treat lactigo of this type but also lactigo of other types and eczema in adults whether it is acute or chronic, has or has no exudate, with no side effects seen.

Prescription 2:

Recipe: *Si Miao Shuang* (Four Wonders Cream)

Ingredients:

<i>Bai Xian Pi</i> (Cortex Dictamni Radicis)	3g
<i>Di Fu Zi</i> (Fructus Kochiae)	3g
<i>Ku Fan</i> (Alumen Exsiccatum)	3g
<i>Qing Dai</i> (Indigo Naturalis)	1g
<i>Dan Chun Shuang</i> (simple face cream)	100g

Preparation: Grind the first four drugs into very fine powder and mix them with the last ingredient evenly into an emulsion called *Si Miao Shuang*.

Application: Apply *Si Miao Shuang* to the affected part, twice daily. Bandaging is not necessary.

Notes: *Si Miao Shuang* tends to spoil. It's better to prepare it just before use.

3. Type of dryness

Main Symptoms:

Xerosis cutis and desquamation of the affected part, which may be accompanied by erythema and papula.

Method of Treatment:

To clear heat, moisten skin and alleviate itch.

Prescription 1:

Recipe: *Dan Huang You* (Borneol and Egg Oil)

Ingredients:

<i>Bing Pian</i> (Borneolum Syntheticum)	2g
<i>Dan Huang You</i> (Egg Oil)	100ml

Preparation: Boil 10 or more eggs until well done, remove the shells and heat them in a dry pot for the oil. Mix the oil evenly with *Bing Pian* into a medicinal oil called *Dan Huang You*.

Application: Apply *Dan Huang You* to the affected part 1-2 times daily to treat lactigo with xerosis cutis, pachylosis, desquamation and rhagas.

Notes: With the effects of moistening skin and promoting tissue regeneration, *Dan Huang You* can accelerate the normal growth of healthy epidermis.

Prescription 2:

Recipe: *Run Ji Gao*

Ingredients:

<i>Dang Gui</i> (Radix Angelicae Sinensis)	15g
<i>Zi Cao</i> (Radix Arnebiae)	3g
<i>Ma You</i> (Oleum Sesami)	120g
<i>Huang La</i> (Wax)	15g

Preparation: Heat the first two drugs together in *Ma You* in a pot until they become scorched and remove them with only the oil left. Heat the oil in the pot again. Put *Huang La* into the pot, melt it and mix it with the oil into a mixture. When the mixture is cooled, it becomes an ointment. This ointment is called *Run Ji Gao*.

Application: Apply *Run Ji Gao* to the affected part, 1-2 times daily to treat lactigo with skin lesion and a flush base.

Notes: With the effects of clearing heat from blood and alleviating itch, *Run Ji Gao* can be also used to treat lactigo with erythema, papula and remarkable pruritus.

Various Doctors Experience in the Treatment of Pediatric Eczema

A) Mazin Al-Khafaji –TCM Skin Specialist – Brighton, England.

TCM Differentiation and Treatment

1. Damp-heat

Lower body more commonly affected.

Common type in babies.

Exudation, erosion, yellow crusting.

Well circumsized edematous lesions with clear demarcation between normal and eczematous skin (nummular type)

Vesicular lesions, pompholyx type eczema.

Eczema of the ears nipples, intertriginous regions, inner thighs and genitals.

Erythema and erosion at the base of the nail, reverse presentation.

Yellow greasy or slippery tongue coating.

Tendency for less severe itching with erosion and crusting

More likely to sweat, less prone to thirst

The more damp there is the less wind there is.

2. Blood heat with wind

Upper body more commonly affected.

Diffuse erythema of the face, neck, chest, back and arms with dry scaling.

Bloody excoriation with little tendency to form crusting.

White dermatographism, pallor, cold extremities.

Urticarial lesions (wind) – almost never dampness.

Tendency for more intense itching

Red tongue tip or red prickles on the tongue with red sides.

3. Fire Toxins

Tendency to form infected eczema (bacterial or viral), erosion and exudation, pustules. Severe itching, pain and burning of the skin.

Vesicular eruption, pompholyx type eczema or dry red lesions of the palms or soles, intensely red well circumsized lesions, reverse presentation.

Suddenly active eczema after a period of quiescence.

Recalcitrant nature.

Widespread eczema, exfoliative erythroderma

4. Miscellaneous

Nodules

Lichenification

Hyper/hypopigmentation

Itching with no erythema

Fissures.

Formulas and TCM Patterns

1. Infantile Phase/Fetal Heat

Formula:

<i>Lian Qiao</i> (Fructus Forsythiae)	3g
<i>Jin Yin Hua</i> (Flos Lonicera Japonicae)	3g
<i>Mu Dan Pi</i> (Cortex Radicis Moutan)	3g
<i>Chi Fu Ling</i> (Sclerotium Poriae Cocos)	4g
<i>Cang Zhu</i> Rhizoma Atractylodis)	3g
<i>Gan Cao</i> (Radix Glycyrrhizae)	3g
<i>Zhi Zi</i> (Fructus Gardeniae Jasminoidis)	3g
<i>Sheng Di</i> (Radix Rehmanniae)	6g
<i>Bai Xian Pi</i> (Cortex Radicis Dictamni Dasycarpi)	3g
<i>Huang Lian</i> (Rhizoma Coptidis)	1.5g
<i>Deng Xin Cao</i> (Medulla Junci Effusi)	1.5g
<i>Gan Cao</i> (Radix Glycyrrhizae)	3g

Additions:

- Pronounced erythema added *Chi Shao* (Radix Rubrus Paeoniae Lactiflorae) 3g and *Zi Hua Di Ding* (Herba Violae Yedoensis) Cum Radice) 6g (dry or damp)
- Exudation, yellow crusting and erosion added *Ma Chi Xian* (Herba Portulacae), *Zi Hua Di Ding* (Herba Violae Yedoensis), *Che Qian Zi* (Semen Plantaginis) 3g and use external treatment.
- Pustules added *Zi Hua Di Ding* (Herba Violae Yedoensis) 6g, *Pu Gong Ying* (Herba Taraxaci Mongolici Cum Radice) 6g, *Huang Qin* (Radix Scutellarriae) and increase the dosage of *Huang Lian*.
- Pronounced itching added *Fang Feng* (Radix Lederbouriellae) 3 grams, *Chan Tui* (Periostracum Cicadae) 3g and *Bai Ji Li* (Fructus Tribuli Terrestris) 4g.

External Treatment

1) No or Little Exudation

Da Huang (Radix et Rhizoma Rhei) 12g, *Huang Bai* (Cortex Phellodendri) 12g, *Huang Qin* (Radix Scutellariae) 12 g and *Ku Shen* (Radix Sophorae Flavescentis) 12g.

2) With exudation:

Di Yu (Radix Sanguisorbae) 12g, *Huang Bai* (Cortex Phellodendri) 12g, *Ma Chi Xian* (Herba Portulacae) 15g and *Ku Shen* (Radix Sophorae Flavescentis) 12g.

Use as a compress two times daily.

Childhood and Adult Phases of Eczema:

2. Spleen Vacuity with Dampness

Duller colored lesions, either pale, red or brownish in color, few scattered vesicles in the midst of dry skin, edematous lesions.

Poor appetite, loose stools, withered hair, yellow complexion.

Pale tongue with a white slippery or greasy coating.

Formula:

<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	12 g
<i>Cang Zhu</i> (Rhizoma Atractylodis)	12 g
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	6-9 g
<i>Huo Xiang</i> (Herba Agastachis Pogostemi)	6-9 g
<i>Fu Ling</i> (Sclerotium Poriae Cocos)	9-12 g
<i>Huang Qin</i> (Radix Scutellariae)	6-9 g
<i>Ze Xie</i> (Rhizoma Alismatis)	9-12 g
<i>Bai Xian Pi</i> (Cortex Radicis Dictamni Dasycarpi)	12 g
<i>Yin Chen</i> (Herba Artemisiae Capillaris)	6-9 g
<i>Gan Cao</i> (Radix Glycyrrhizae)	6 g

Additions:

- Poor appetite added *Pei Lan* (Herba Eupatorii Fortunei) 6-9 g and *Mai Ya* (Fructus Germinatus Hordei Vulgaris) 9-15 g.
- Oppression of the chest added *Hou Po* (Cortex Magnoliae Officialnalis) 6-9 g and *Zhi Ke* ((Fructus Citri Aurantii) 6-9 g.
- Loose bowels or diarrhea added *Shan Yao* (Rhizoma Dioscoreae) 9-15 g and replace *Bai Zhu* with stir-fried *Bai Zhu*.
- Severe itching added *Ku Shen* (Radix Sophorae Flavescentis) 9 g, *Di Fu Zi* (Fructus Kochiae Scopariae) 12 g and *Chan Tui* (Periostracum Cicadae) 9 g.

3. Hot Blood with Wind

Dry, ill-defined, red macular and papular lesions, pronounced excoriation with bloody scabs.

Much scaling especially from the scalp. Scaling can be so pronounced that the skin takes on a silvery sheen.

Complete absence of exudation or only a slight amount when the skin is particularly bad.

Severe itching that often disturbs the sleep, pronounced thirst, restlessness and agitation especially in the evening and at night.
 Much heat at night usually with the absence of sweating.
 Red, dry tongue or with red prickles at the sides.

Formula:

<i>Sheng Di Huang</i> (radix Rehmanniae)	30g
<i>Mu Dan Pi</i> (Cortex Radicis Moutan)	9g
<i>Chi Shao</i> (Radix Rubrus Paeoniae Lactiflorae)	9g
<i>Fang Feng</i> (Radix Ledebouriellae)	9g
<i>Jing Jie</i> ((Herba Seu Flos Schizonepetae Tenufoliae) (added at the end),	9g
<i>Chan Tui</i> (Periostracum Cicadae)	9g
<i>Ze Xie</i> (Rhizoma Alismatis) (replace with <i>Mu Tong</i> if possible)	9g
<i>Shi Gao</i> (Gypsum)	15g
<i>Bai Xian Pi</i> (Cortex Radicis Dictamni Dasycarpi)	12g
<i>Gan Cao</i> (Radix Glycyrrhizae)	4g

Additions:

- Pronounced erythema added *Zi Cao* (Radix Lithospermi Seu Arnebiae) 12 g, *Jin Yin Hua* (Flos Lonicerae Japonicae) 12 g and *Zi Hua Di Ding* (Herba Violae Yedoensis).
- Wide spread lesions added *Bai Mao Gen* (Rhizoma Imperatae Cylindrica) 30 g, *Jin Yin Hua* (Flos Lonicerae Japonicae), *Lian Qiao* (Fructus Forsythiae Suspensae) each 12 g and *Zi Hua Di Ding* (Herba Violae Yedoensis).
- Pronounced itching added *Bai Ji Li* (Fructus Tribuli Terrestris) and *Xu Chang Qing* (Herba Cynanchi Paniculati cum Radice) 9 g (added at the end).
- Some exudation added *Huang Qin* (Radix Scutellariae) 9 g, *Huang Bai* (Cortex Phellodendri) 9 g, *Xi Xian Cao* (Herba Siegesbeckiae) 12 g, *Fu Ling* (Sclerotium Poriae Cocos) 12 g and *Cang Zhu* (Rhizoma Atractylodis) 9 g.
- Much restlessness added *Dan Zhu Ye* (Herba Lophatheri Gracilis) 9 g, *Zhi Mu* (Rhizoma Anemarrhenae) 9 g and increase the dosage of *Shi Gao*.
- Heat with sweating remove *Jing Jie* and added *Huang Qin* (Radix Scutellariae) 9 g and *Bai Zhu* (Rhizoma Atractylodis).
- Urticarial lesions added *Fu Ping* (Herba Lemnae Seu Spirodela) 12 g, *Niu Bang Zi* (Fructus Arctii Lappae) 12 g and *Ku Shen* (Radix Sophorae Flavescentis) 9 g.

4. Damp with Heat: Damp>Heat

Damp red edematous lesions, scattered vesicles and pustules, yellow exudate along with yellow scabs and erosion of skin.
 Dry mouth often with no great desire to drink, heat sensation at night usually with sweating.
 Itching is severe, although typically less so than Blood Heat with Wind.
 Red tongue with thick, yellow coating.

Formula:

<i>Sheng Di Huang</i> (Radix Rehmanniae)	15g
<i>Long Dan Cao</i> (Radix Gentianae Scabrae)	9g

<i>Zhi Zi</i> (Fructus Gardeniae Jasminoidis)	9g
<i>Yin Chen Hao</i> (Herba Artemesiae Capillaris)	12g
<i>Bai Ji Li</i> (Fructus Tribuli Terrestris)	12g
<i>Mu Dan Pi</i> (Cortex Radicis Moutan)	9g
<i>Huang Qin</i> (Radix Scutellarriae)	12g
<i>Chi Fu Ling</i> (Sclerotium Poriae Cocos)	12g
<i>Che Qian Zi</i> (Semen Plantaginis)	12g
<i>Bai Xian Pi</i> (Cortex Radicis Dictamni Dasycarpi)	12g
<i>Gan Cao</i> (Radix Glycyrrhizae)	4g

Additions:

- Pronounced exudation – *Ma Chi Xian* (Herba Portulacae) 15g, *Zi Hua Di Ding* (Herba Violae Yedoensis Cum Radice) 15g & use external compress.
- Pronounced itching - *Di Fu Zi* ((Fructus Kochiae Scopariae) 12 g, *Bai Ji Li* (Fructus Tribuli Terrestris) 15g and *Xi Xian Cao* (Herba Siegesbeckiae) 12g.
- Pronounced erythema - *Chi Shao* (Radix Rubrus Paeoniae Lactiflorae) 9g, *Zi Hua Di Ding* (Herba Violae Yedoensis Cum Radice) 15g and *Pu Gong Ying* (Herba Taraxaci Mongolici Cum Radice) 15g.
- Vesicles and pustules, or complicated with pompholyx eczema - *Zi Hua Di Ding* (Herba Violae Yedoensis Cum Radice) 15g and *Pu Gong Ying* (Herba Taraxaci Mongolici Cum Radice) 15g and *Lian Qiao* (Fructus Forsythiae Suspensae) 12g.
- Edema, or edematous lesions - *Fu Ling Pi* (Cortex Sclerotii Poriae Cocos) 15g and *Ze Xie* (Rhizoma Alismatis) 15g.
- Constipation – *Yu Li Ren* (Semen Pruni) 15g and *Da Qing Ye* (Folium Daqingye) 15g.

If the lesions are entirely on the lower limbs:

<i>Bei Xie</i> (Rhizoma Dioscoreae Hypoglaucae)	12g
<i>Mu Dan Pi</i> (Cortex Radicis Moutan)	9g
<i>Cang Zhu</i> (Rhizoma Atractylodis)	9g
<i>Chi Fu Ling</i> (Sclerotium Poriae Cocos)	12g
<i>Hua Shi</i> (Talcum)	12g
<i>Bai Xian Pi</i> (Cortex Radicis Dictamni Dasycarpi)	12g
<i>Sheng Yi Ren</i> (Semen Coicis Lachryma-jobi)	15g
<i>Huang Bai</i> (Cortex Phellodendri)	9g
<i>Niu Xi</i> (<i>Chuan</i>) (Radix Acyranthis Bidentatae)	12g
<i>Ze Xie</i> (Rhizoma Alismatis)	12g
<i>Ku Shen</i> (Radix Sophorae Flavescens)	9g
<i>Gan Cao</i> (Radix Glycyrrhizae)	6g

Additions:

- Pronounced exudation – *Ma Chi Xian* (Herba Portulacae) 15g (uses more and more for eczema), *Zi Hua Di Ding* (Herba Violae Yedoensis Cum Radice) 15g, increase dosage of *Sheng Yi Ren* & use external compress.
- Pronounced itching - *Di Fu Zi* ((Fructus Kochiae Scopariae) 12 g and increase the dosage of *Ku Shen*.
- Pronounced erythema - *Chi Shao* (Radix Rubrus Paeoniae Lactiflorae) 9g.

- Vesicles and pustules, or complicated with pompholyx eczema - *Zi Hua Di Ding* (Herba *Violae Yedoensis* Cum Radice) 15g and *Pu Gong Ying* (Herba *Taraxaci Mongolici* Cum Radice) 15g and *Lian Qiao* (Fructus *Forsythiae Suspensae*) 12g.

5. Heat with Dampness and Wind

Well-circumscribed, edematous, red lesions with evidence of some exudation or no exudation. Erosion of the skin, excoriated skin with scabs and scattered yellow crusts, much itching,
Red tongue with moist coating or moist yellow coating.

Formula:

<i>Sheng Di Huang</i> (Radix <i>Rehmanniae</i>)	20g
<i>Chi Shao</i> (Radix <i>Rubrus Paeoniae Lactiflorae</i>)	9g
<i>Xi Xian Cao</i> (Herba <i>Siegesbeckiae</i>)	12g
<i>Bai Ji Li</i> (Fructus <i>Tribuli Terrestris</i>)	12g
<i>Mu Dan Pi</i> (Cortex Radicis <i>Moutan</i>)	9g
<i>Huang Qin</i> (Radix <i>Scutellariae</i>)	9g
<i>Hai Tong Pi</i> (Cortex <i>Erythinae</i>)	12g
<i>Cang Zhu</i> (Rhizoma <i>Atractylodis</i>)	9g
<i>Bai Xian Pi</i> (Cortex Radicis <i>Dictamni Dasycarpi</i>)	12g
<i>Hua Shi</i> (Talcum)	12g
<i>Gan Cao</i> (Radix <i>Glycyrrhizae</i>)	6g

- Widespread lesions with severe itching added *Zi Hua Di Ding* (Herba *Violae Yedoensis* Cum Radice) 15g, *Pu Gong Ying* (Herba *Taraxaci Mongolici* Cum Radice) 15g and *Lian Qiao* (Fructus *Forsythiae Suspensae*) 12g.
- Much heat at night with sweating added *Fang Feng* (Radix *Leberbouriellae*) 9g and *Jing Jie* (Herba seu Flos *Schizonepetae Tenufoliae*) 9g.
- Suppressed emotions strongly associated with worsening of eczema added *Chai Hu* (Radix *Bupleuri*) 12g and *Xu Chang Qing* (Herba cum Radice *Cynanchi Paniculati*) 12g and increase the dosage of *Chi Shao*.
- Increased exudation treat as Damp-Heat type.

B) Dr. Yu Discussion of Paediatric Eczema, November/2003

Wind and Dampness – most important – therefore you must course wind and disinhibit dampness

Wind medicinals – *Jing Jie* (Herba seu Flos *Schizonepetae Tenufoliae*), *Fang Feng* (Radix *Lederbouriellae*), *Chan Tui* (Periostracum *Cicadae*), *Jiang Can* (*Bombyx Batryticatus*).

Dampness medicinals – *Cang Zhu* Rhizoma *Atractylodis*), *Bai Xian Pi* (Cortex Radicis *Dictamni Dasycarpi*), *Tu Fu Ling* (Rhizoma *Smilacis Galbrae*), *Ku Shen* (Radix *Sophorae Flavescens*), *Di Fu Zi* (Fructus *Kochiae Scopariae*).

Additions:

- a) Clear heat (if necessary) – *Huang Bai* (Cortex Phellodendri), *Huang Lian* (Rhizoma Coptidis), *Huang Qin* (Radix Scutellariae).
- b) Nourish the Blood – *Dan Pi* (Cortex Radicis Moutan), *Chi Shao* (Radix Rubrus Paeoniae Lactiflorae), *Sheng Di* (Radix Rehmanniae), *He Shou Wu* (Radix Polygoni Multiflori)
- c) Toxins
 - exterior symptoms add *Jin Yin Hua* (Flos Lonicerae Japonicae) and *Lian Qiao* (Fructus Forsythiae Suspensae).
 - stomach add *Huang Qin* (Radix Scutellariae) and *Huang Lian* (Rhizoma Coptidis).

Location:

- a) Face – *Jing Jie* (Herba seu Flos Schizonepetae Tenusifoliae) and *Fang Feng* (Radix Lederbouriellae) are chief.
- b) Lower body – *Niu Xi* (Radix Achyranthis Bidentatae) and *Huang Bai* (Cortex Phellodendri).
- c) Upper limbs – *Sang Zhi* (Ramulus Mori Albi) and *Ren Dong Teng* (Caulis Lonicerae Japonicae).

External Wash

Ye Ju Hua (Flos Chrysanthemum Indici) 30 grams, *Huang Bai* (Cortex Phellodendri) 30 grams, *Tao Ren* (Semen Pruni Persicae) 30 grams, *Di Fu Zi* (Fructus Kochiae Scopariae) 30 grams and *Ming Fan* 1 gram.

Decoct until 400 ml remain and use for one week. Apply with a gauze. More important in the summer.

Modern Clinical Experience

INTERNAL TREATMENT

Treatment According Pattern Discrimination

1. Zhang Zhi-li differentiated among three patterns in the treatment of atopic eczema:

Zhang Peng, Zhong Zhi-li's experience in Treating Atopic Eczema, *Zhong Yi Za Zhi* (Journal of Traditional Chinese Medicine) 39, 8 (1998); 402-404.

a) Internal accumulation of *Damp-Heat* due to Spleen Deficiency and Stomach Heat

This pattern is seen more often in the infantile phase of atopic eczema. Materia medica he commonly used to treat this pattern included:

<i>Huang Lian</i> (Rhizoma Coptidis)	6g
<i>Huang Qin</i> (Radix Scutellariae)	10g
<i>Ma Chi Xian</i> (Herba Portulacae Oleraceae)	15g
<i>Bai Xian Pi</i> (Cortex Dictamni Dasycarpi Radicis)	15g
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	10g
<i>Zhi Ke</i> (fructus Citri Aurantii)	10g
<i>Yi Yi Ren</i> (semen Coicis Lachyrma-jobi)	10g
<i>Jiao Zhi Zi</i> (scorch-fried Fructus Gardeniae Jasminoidis)	6g
<i>Jiao Bing Lang</i> (scorch-fried Semen Arecae Catechu)	6g
<i>Ji Nei Jin</i> (Endothelium Corneum Gigeriae Galli)	10g

For local management, *Ma Chi Xian* (Herba Portulacae Oleraceae) 30g was decocted for use as a wet compress. This followed by external application of *Qu Shi San* (Dispel Dampness Powder) and *Huang Lian Ruan Gao* (Coptis Ointment).

2) Food Stagnation due to *Spleen Deficiency* with accumulation of Dampness

This pattern is more often seen in the childhood phase of atopic eczema. Materia medica he commonly used to treat this pattern included:

<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	6g
<i>Fu Ling</i> (Sclerotium Poriae Cocos)	6g
<i>Yi Yi Ren</i> (Semen Cocis Lachryma-Jobi)	6g
<i>Zhi Ke</i> (fructus Citri Aurantii)	10g
<i>Bai Xian Pi</i> (Cortex Dictamni Dasycarpi Radicis)	6g
<i>Ku Shen</i> (radix Sophorae Flavescens)	6g
<i>Che Qian Zi</i> (Semen Plantaginis)	10g

<i>Ze Xie</i> (Rhizoma Alsimatis Orientalis)	10g
<i>Jiao Bing Lang</i> (scorch-fried Semen Arecae Catechu)	6g
<i>Jiao Shan Zha</i> (scorched-fried Semen Arecae Catechu)	6g
<i>Jiao Shen Qu</i> (scorched-fried Massa Fermentata)	6g
<i>Jiao Mai Ya</i> (scorched-fried Fr. Hordei Vulgaris Vulgaris Germinatus)	6g
<i>Ji Nei Jin</i> (Endothelium Corneum Gigeriae Galli)	10g
<i>Chao Lai Fu Zi</i> (stir-fried Semen Raphani Sativi)	6g

3) Spleen Deficiency and *Blood-Dryness* leading to obstruction of Wind Damp and depriving the skin and flesh of nourishment.

This pattern is most often seen in the adolescent and adult phase of atopic eczema. Materia medica he commonly used to treat this pattern included:

<i>Fu Ling</i> (Sclerotium Poria Cocos)	10g
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	10g
<i>Yi Yi Ren</i> (Semn Coicis Lachryma-jobi)	15g
<i>Zhi Ke</i> (Fructus Citri Auranti)	10g
<i>Hou Po</i> (Cortex Magnoliae Officinalis)	6g
<i>Dang Gui</i> (Radix Angelicae Sinensis)	15g
<i>Ye Jiao Teng</i> (Caulis Polygoni Multiflori)	15g
<i>Chi Shao</i> (Radix Paeoniae Rubra)	10g
<i>Bai Shao</i> (Radix Paeoniae Lactiflorae)	10g
<i>Bai Ji Li</i> (Fructus Tribuli Terrestris)	15g
<i>Bai Xian Pi</i> (Cortex Dictamni Dasycarpi Radicis)	30g
<i>Ku Shen</i> (Radix Sophorae Flavescentis)	15g
<i>Fang Feng</i> (Radix Ledebourielae Divaricatae)	6g

2. Wang also differentiated between three patterns when giving treatment.

Wang Ping, Experiences in Treating Infantile Eczema and Atopic Eczema, *Shi Yong Zhong Xi Yi Jie Je Za Zhi* (Practical Journal of Integrated TCM and Western Medicine) 11, 7 (1998); 620.

1) Damp Heat

Treatment Principle – clear and transform damp-heat while fortifying the spleen, dispersing food stagnation and guiding out accumulation.

Ingredients

<i>Jin Yin Hua</i> (Flos Lonicerae)	6g
<i>Ye Ju Hua</i> (Flos Chrysanthemi Indici)	6g
<i>Ban Lan Gen</i> (Ban Lan Gen (Radix Isatidis seu Baphicacanthi)	6g

<i>Ma Chi Xian</i> (Herba Portulacae Oleraceae)	4g
<i>Bai Xian Pi</i> (Cortex Dictamni Dasycarpi Radicis)	8g
<i>Dan Zhu Ye</i> (Herba Lophatheri Gracilis)	2g
<i>Deng Xin Cao</i> (Medulla Junci Effusi)	2g
<i>Jiao Shan Zha</i> (scorched-fried Fructus Craetagus)	8g
<i>Jiao Shen Qu</i> (scorched-fried Massa Fermentata)	8g
<i>Jiao Mai Ya</i> (scorched-fried Fr. Hordei Vulgaris Germinatus)	8g
<i>Jiao Bing Lang</i> (scorched-fried Semen Arecae Catechu)	8g

2) Spleen Deficiency

Treatment Principle - fortify the spleen, disperse food stagnation and guide out accumulation.

Ingredients

<i>Fu Ling</i> (Sclerotium Poria Cocos)	6g
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	6g
<i>Bai Bian Dou</i> (Semen Dolichoris Lablab)	6g
<i>Yi Yi Ren</i> (Semen Coicis Lachryma-jobi)	6g
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	6g
<i>Ma Chi Xian</i> (Herba Portulacae Oleraceae)	4g
<i>Bai Mao Gen</i> (Rhizoma Imperatae Cylindricae)	4g
<i>Mu Dan Pi</i> (Cortex Moutan Radicis)	4g
<i>Bai Xian Pi</i> (Cortex Dictamni Dasycarpi Radicis)	8g
<i>Jiao Shan Zha</i> (scorched-fried Fructus Craetagus)	8g
<i>Jiao Shen Qu</i> (scorched-fried Massa Fermentata)	8g
<i>Jiao Mai Ya</i> (scorched-fried Fructus Hordei Vulgaris Germinatus)	8g

3) Blood-Dryness

Treatment Principle – cool and nourish blood and moisten dryness, clear heat and relieve toxicity, fortify the spleen, disperse food stagnation and guide out accumulation.

Ingredients

<i>Sheng Di Huang</i> (Radix Rehmanniae Glutinose)	10g
<i>Bai Shao</i> (Radix Paeoniae Lactiflorae)	6g
<i>Mai Men Dong</i> (Radix Ophiopognise Japonici)	6g
<i>Mu Dan Pi</i> (Cortex Moutan Radicis)	6g
<i>Bai Mao Gen</i> (Rhizoma Imperatae Cylindricae)	6g
<i>Ban Lan Gen</i> (Radix Isatidis seu Baphicacanthi)	6g
<i>Huang Bai</i> (Cortex Phellodendri)	6g
<i>Jiao Shan Zha</i> (scorched-fried Fructus Craetagus)	8g
<i>Jiao Shen Qu</i> (scorched-fried Massa Fermentata)	8g
<i>Jiao Mai Ya</i> (scorched-fried Fr. Hordei Vulgaris Germinatus)	8g
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	6g

EMPIRICAL FORMULAE

1. Liu treated atopic eczema with an empirical formula accompanied by an external wash.

Liu Tian-ji, Treatment of 60 Cases of Atopic Eczema with *Yang Xue Qu Feng Tang* (Nourish the Blood and Dispel Wind Decoction), *Si Chuan Zhong Yi* (Sichuan Journal of Traditional Chinese Medicine) 16, 9 (1998): 29.

Internal Treatment

Prescription

Yang Xue Qu Feng Tang (Nourish the Blood and Dispel Wind Decoction)

Ingredients:

<i>Zhi He Shou Wu</i> (prepared Radix Polygoni Multiflori Praeparata)	30g
<i>Dang Gui</i> (radix Angleicae Sinensis)	15g
<i>Ji Xue Teng</i> (Caulis Spatholobi)	15g
<i>Bai Xian Pi</i> (Cortex Dictamni Dasycarpi Radicis)	15g
<i>Di Fu Zi</i> (Fructus Kochiae Scopariae)	15g
<i>Bai Ji Li</i> (fructus Tribuli Terrestris)	15g
<i>Xu Chang Qing</i> (radix Cynanchi Paniculati)	10g
<i>Jing Jie</i> (Herba Schizonepatae tenuifoliae)	10g
<i>Quan Xie</i> (Buthus Martensi)	10g
<i>Wu Shao She</i> (Zaocys Dhumnades)	10g

One bag a day was used to prepare a decoction, taken twice a day. A course of treatment consisted of 20 consecutive days, with a five day break between courses. The treatment was continued for two to three courses.

External Prescription

Ingredients:

<i>Ku Shen</i> (Radix Sophorae Flavescentis)	30g
<i>Bai Xian Pi</i> (Cortex Dictamni Dasycarpi Radicis)	15g
<i>Di Fu Zi</i> (Fructus Kochiae Scopariae)	15g
<i>Hua Jiao</i> (Pericarpium Zanthoxyli)	15g
<i>Ku Fan</i> (Alumen Praeparatum)	15g
<i>Bai Bu</i> (radix Stemonae)	15g

The ingredients were soaked in 1000 ml of 75 percent alcohol for one week. After removing the residues, the medicated liquid was applied to wash the affected area two or three times a day.

2. Dong reported on his treatment of infantile atopic eczema.

Dong Zi-liang, Clinical Observation of the Treatment of Atopic Eczema with Qi Miao Yin (Marvelous Beverage), *Zhong Guo Zhong Yi Yao Xin Xi Za Zhi* (Traditional Chinese Medicine and Materia Medica News), 4, 12 (1997); 36-37.

Prescription

Qi Miao Yin (Marvelous Beverage)

Ingredients:

<i>Huang Qi</i> (Radix Astragalus)	3g
<i>Bai Zhu</i> (Rz. <i>Atractylodis Macrocephalae</i>)	3g
<i>Fang Feng</i> (Radix <i>Ledebouriellae Divaricatae</i>)	3g
<i>Gan Cao</i> (Radix <i>Glycyrrhiza</i>)	3g
<i>Mu Dan Pi</i> (Cortex <i>Moutan Radicis</i>)	3g
<i>Zhi Zi</i> (Fructus <i>Gardeniae Jasminoidis</i>)	3g
<i>Di Fu Zi</i> (Fructus <i>Kochiae Scopariae</i>)	3g
<i>Hong Hua</i> (Flos <i>Carthami Tinctorii</i>)	2g

Modifications

- 1) *Jin Yin Hua* (Flos *Lonicerae*) 6g and *Huang Lian* (Rhizoma *Coptidis*) 3g were added for an accumulation of Damp-Heat.
- 2) *Yu Li Ren* (Semen *Pruni*) 3g and *E Jiao* (Gelatinum *Corii Asini*) 3g were added for Blood-Dryness due to yin deficiency.

The ingredients were decocted twice in 500ml of water to obtain a 200 ml decoction, with 100 ml taken morning and evening. The ingredients were decocted again in 2000 ml of water to obtain a preparation for an external wash once a day.

Of 41 cases of Damp-Heat, 21 recovered completely, 16 experienced some improvement and 4 had no improvement. Of the 35 cases of Blood-Dryness due to Yin Deficiency, 15 recovered completely, 15 experienced some improvement and 5 had no improvement.

3. Yu prepared Pi Yan Xiao Jing Yin Er Hao (No. 2 Dermatitis Dispersing Beverage) to treat atopic dermatitis.

Yu Shi-gen, Clinical and Experimental Study on the Treatment of Atopic Eczema with Pi Yan Xiao Jing Yin Er Hao (No. 2 Dermatitis Dispersing Beverage), *Zhong Yi Za Zhi* (Journal of Traditional Chinese Medicine), 40, 3 (1999): 165-167.

Prescription

Ingredients:

Cang Zhu (Rhizoma <i>Atractylodis</i>)	2g
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Dang Gui (Radix Angelicae Sinensis)	2g
Che Qian Zi (Semen Plantaginis)	2g
Huang Qin (Radix Scutellariae)	2g
Chai Hu (Radix Bupleuri)	2g

Each bag therefore contained 10 grams. One bag each time was prescribed for patients in the 5-9 year age group, one and a half bags each time for patients in the 10-14 age group and two bags each time for patients older than 14. The bags were used to prepare a decoction taken three times a day for three months.

Observations that a decrease in CD3, CD 8 and IgE occurred with Pi Yan Xiao Jing Yin Er Hao (No. 2 Dermatitis Dispersing Beverage) indicated that it may be effective against inflammation and delayed allergic reaction.

4. Zhan reported on his treatment of atopic eczema at the infantile stage.

Zhan Nai-jun, The Treatment of 36 Cases of Eczema in Infants and Young Children with the Principles of Coursing Wind and Dispelling Dampness, *Zhe Jiang Zhong Yi Za Zhi* (Zhejiang Journal of Traditional Chinese Medicine), 29, 6 (1994): 262.

Prescription

Shu Feng Qu Shi Tang (Course Wind and Dispel Dampness Decoction)

<i>Ren Dong Teng</i> (Caulis Lonicerae Japonicae)	9g
<i>Chao Huang Qin</i> (stir-fried Radix Scutellariae)	2g
<i>Chan Tui</i> (Periostracum Cicadae)	2g
<i>Chao Zhi Ke</i> (stir-fried Fructus Citri Auranti)	2g
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	2g
<i>Chao Jiang Can</i> (stir-fried Bombyx Batryticatus)	6g
<i>Bai Xian Pi</i> (Cortex Dictamni Dasycarpi Radicis)	6g
<i>Chao Bai Zhu</i> (stir-fried Rz. Atractylodis Macrocephalae)	5g
<i>Chao Cang Zhu</i> (stir-fried Rhizoma Atractylodis)	5g
<i>Huo Xiang</i> (Herba Agastaches seu Pogostemi)	5g

Modifications

1. For severe heat, *Zhi Zi* (Fructus Gardeniae) and *Bai Mao Gen* (Rhizome Imperate Cylindrica) were added.
2. For severe wind, *Fang Feng* (Radix Ledebouriellae Divaricatae) and *Sang Ye* (Floium Mori Albae) were added.
3. For severe dampness, *Yi Yi Ren* (Semen Coicis Lachryma-jobi) was added.
4. For smelly stools, *Shan Zha Tan* (Fructus Crataegi Carbonisatus) was added.

One bag a day was used to prepare the decoction, taken twice a day. Initial results were seen after two weeks.

5. Zhang combined *Ge Gen Qin Lian Tang* (Kudzu, *Scutellariae* and *Coptis* Decoction) and *Ping Wei San Jia Wei* (Calming the Stomach Powder with additions) to treat the infantile phase on atopic eczema.

Zhang Xiang-xin, The Treatment of Infantile Eczema by Combining *Ge Gen Qin Lian Tang* (*Puerariae*, *Scutellariae* and *Coptis* Decoction) with augmented *Ping Wei San* (Calm the Stomach Powder), *Si Chuan Zhong Yi* (Sichuan Journal of Traditional Chinese Medicine), 7 (1987): 12.

Prescription

Ingredients

<i>Ge Gen</i> (<i>Radix Puerariae</i>)	10g
<i>Huang Qin</i> (<i>Radix Scutellariae</i>)	6g
<i>Chen Pi</i> (<i>Pericarpium Citri Reticulatae</i>)	5g
<i>Cang Zhu</i> (<i>Rhizoma Atractylodis</i>)	5g
<i>Huang Lian</i> (<i>Rhizoma Coptidis</i>)	3g
<i>Hou Po</i> (<i>Cortex Magnoliae Officinalis</i>)	3g
<i>Gan Cao</i> (<i>Radix Glycyrrhizae</i>)	3g

Modifications

1. *Ren Dong Teng* (*Caulis Lonicerae Japonicae*) was added to clear heat and relieve toxicity.
2. *Chan Tui* (*Perisotracum Cicadae*) was added to clear heat and course wind.
3. *Hong Hua* (*Flos Carthami Tinctorii*) was added to invigorate and nourish the blood.

One bag a day was used to prepare a decoction for oral administration at four different times during the day.

Ge Gen Qin Lian Tang (Kudzu, *Scutellariae* and *Coptis* Decoction) has the functions of releasing the flesh and clearing heat and *Ping Wei San Jia Wei* (Calming the Stomach Powder with Additions) arouses the spleen and dispels dampness. This is an example of combining ingredients of hot and cold nature to treat this disease.

EXTERNAL TREATMENT (Infantile Phase)

1. Peng prepared an external wash to treat atopic eczema in infants.

Peng Jin-Fang, The Treatment of 139 Cases of Infantile Eczema with *Qu Feng Zhi Yang Tang* (Decoction for Dispelling Wind and Alleviating Itching), *Guang Xi Zhong Yi Yao* (Guangxi Journal of Traditional Chinese Medicine and Materia Medica), 22, 4 (1999): 27.

Prescription

Ingredients:

<i>Ku Shen</i> (Radix Sophorae Flavescentis)	15g
<i>Huang Lian</i> (Rhizoma Coptidis)	15g
<i>Huang Bai</i> (Cortex Phellodendri)	15g
<i>She Chuang Zi</i> (Fructus Cnidii Monnieri)	12g
<i>Di Fu Zi</i> (Fructus Kochiae Scopariae)	12g
<i>Bai Xian Pi</i> (Cortex Dictamni Dasycarpi Radicis)	12g
<i>Wu Bei Zi</i> (Galla Rhois Chinensis)	10g
<i>Ming Fan</i> (Alumen)	6g
<i>Bing Pian</i> (Borneol)	2g

The ingredient were decocted in 1500 ml of water for 30 minutes to obtain 1000 ml of decoction. When it had cooled to around 40 C, it was used to wash the affected areas twice daily for five days.

Modifications

1. *Fang Feng* (Radix Ledebouriellae Divaricatae) 15g was added for severe itching.
2. *Hua Shi* (Talcum) was added for profuse exudation.

2. Qian external wash and wet compress.

Qian Chun-mei, The Treatment of Infantile Eczema with Chinese Materia Medica External Wash Preparations, *Jiang Su Zhong Yi* (Jiangsu Journal of Traditional Chinese Medicine), 20, 9 (1999): 46.

Prescription

Ingredients:

<i>Jin Yin Hua</i> (Flos Lonicerae)	20g
<i>Wu Mei</i> (Fructus Pruni Mume)	20g
<i>Lian Qiao</i> (Fructus Forsythiae Suspensae)	15g
<i>Bai Xian Pi</i> (Cortex Dictamni Dasycarpi Radicis)	15g
<i>Pu Gong Ying</i> (Herba Taraxaci cum Radice)	30g
<i>Ma Huang</i> (Herba Ephedrae)	10g

One bag a day was used to prepare a decoction for application to the affected areas twice a day.

COMBINED INTERNAL AND EXTERNAL TREATMENT

1. Fu treated atopic eczema with a combination of internal and external medications.

Fu Hong-wei, Chinese Materia Medica Used in Combined Internal and External Treatment of 160 Cases of Infantile Atopic Eczema – Attachment of Comparative Treatment of 100 Cases with Western Medications, *Zhe Jiang Zhong Yi Za Zhi* (Zhejiang Journal of Traditional Chinese Medicine), 34, 8 (1999): 334.

- **Internal treatment for acute conditions characterized by erythema, papules, erosion and exudation.**

Treatment Principle: clear heat and relieve toxicity, fortify the spleen and eliminate dampness.

Prescription

Pi Yan Yi Hao (Dermatitis Formula No. 1)

Ingredients:

<i>Jin Yin Hua</i> (Flos Lonicerae)	30g
<i>Fu Ling</i> (Sclerotium Poriae Cocos)	30g
<i>Yi Yi Ren</i> (semen Coicis Lachryma-jobi)	30g
<i>Lian Qiao</i> (Fructus Forsythiae Suspensae)	15g
<i>Ze Xie</i> (Rhizoma Alismatis Orientalis)	15g
<i>Dan Zhu Ye</i> (Herba Lophatheri Gracilis)	10g
<i>Huang Lian</i> (Rhizoma Coptidis)	10g
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	10g
<i>Gan Cao</i> (Radix Glycyrrhizae)	10g

The ingredients were ground into a very fine powder. Six grams of the powdered mixture were infused in hot boiled water for 30 minutes three times a day; after the tea had cooled, the residues were removed and tea was drunk.

- **Internal treatment for conditions at the remission stage or for conditions marked by dry skin and fine, thin scales**

<i>Tai Zi Shen</i> (Radix Pseudostellariae Heterophyllae)	15g
<i>Xuan Shen</i> (Radix Scrophulariae Ningpoensis)	15g
<i>Dang Gui</i> (Radix Angelicae Sinensis)	15g
<i>Sheng Di Huang</i> (Radix Rehmanniae Glutinosae)	30g
<i>Fu Ling</i> (Sclerotium Poriae Cocos)	30g
<i>Duan Long Gu</i> (calcined Os Draconis)	30g
<i>Duan Mu Li</i> (calcined Concha Ostreae)	30g

The ingredients were ground into a very fine powder. Three times a day, six grams of the powdered mixture were wrapped in a cloth and decocted for 5 minutes. The decoction was then filtered and drunk.

- **External Treatment of erosive and exudative lesions**

Prescription

Shi Fu Fang (Wet Compress Formula)

Ingredients:

<i>Ye Ju Hua</i> (Flos Chrysanthemi Indici)	15g
<i>Gan Cao</i> (Radix Glycyrrhizae)	15g
<i>Bai Zhi</i> (Radix Angelicae Dahuricae)	15g
<i>Ku Shen</i> (radix Sophorae Flavescentis)	30g
<i>Huang Bai</i> (Cortex Phellodendri)	30g

These ingredients were decocted and the resulting liquid was used as a cold wet compress.

- **External treatment of erythematous, papular and scaling lesions.**

Prescription

Huang Fu Shuang (Yellow Skin Frost)

Ingredients:

<i>Huang Lian</i> (Rhizoma Coptidis)	15g
<i>Bo He</i> (Herba Menthae Haplocalycis)	15g
<i>Huang Bai</i> (Cortex Phellodendri)	30g
<i>Gan Cao</i> (Radix Glycyrrhizae)	30g

A cold cream was prepared from a filtered decoction of the ingredients.

COMBINED TREATMENT OF TCM AND WESTERN MEDICINE

Zheng treated atopic eczema used Western medicine along with TCM according to pattern identification.

Zheng Ji-da, The Treatment of 36 Cases of Atopic Eczema with a Combination of TCM and Western Medicine, *Guang Xi Zhong Yi Yao* (Guangxi Journal of Traditional Chinese Medicine and Materia Medica) 19, 2 (1996): 15-16.

1) Damp Heat

Treatment Principle – clear heat, benefit the movement of dampness and dispel wind.

Ingredients:

<i>Long Dan Cao</i> (Radix Gentianae Scabrae)	20g
<i>Ma Chi Xian</i> (Herba Portulacae Oleraceae)	20g
<i>Di Yu</i> (Radix Sanguisorbae Officinalis)	14g
<i>Ku Shen</i> (Radix Sophorae Flavescentis)	14g
<i>Hou Po</i> (Cortex Magnoliae Officinalis)	14g
<i>Fang Feng</i> (Radix Ledebouriellae Divaricatae)	14g
<i>Chai Hu</i> (Radix Bupleuri)	14g
<i>Bi Xie</i> (Rhizoma Dioscoreae Hypoglaucae)	18g
<i>Bai Xian Pi</i> (Cortex Dictamni Dasycarpi Radicis)	18g
<i>Tong Cao</i> (Medulla Tetrapanacis Papyriferi)	16g
<i>Jing Jie</i> (Herba Schizonepetae Tenuifoliae)	16g
<i>Di Fu Zi</i> (Fructus Kochiae Scopariae)	16g
<i>Chan Tui</i> (Periostracum Cicadae)	10g

- **Blood-Dryness due to Spleen Deficiency**

Treatment Principle – nourish the blood, dispel wind and fortify the spleen.

Ingredients:

<i>Huang Qi</i> (Radix Astragalus)	20g
<i>Sheng Di Huang</i> (Radix Rehmanniae Glutinose)	20g
<i>Shu Di Huang</i> (Radix Rehmanniae Glutinose Conquita)	20g
<i>Dang Gui</i> (Radix Angelicae Sinensis)	16g
<i>Fu Ling</i> (Sclerotium Poria Cocos)	16g
<i>Bo He</i> (Herba Menthae Haplocalycis)	16g
<i>Hong Hua</i> (Flos Carthami Tinctorii)	12g
<i>Fang Feng</i> (Radix Ledebouriellae Divaricatae)	12g
<i>Chuan Xiong</i> (Rhizoma Ligustici Chuanxiong)	14g
<i>Zhi Mu</i> (Rhizoma Anemarrhenae Asphodeloidis)	14g
<i>Chan Tui</i> (Periostracum Cicadae)	10g
<i>Di Fu Zi</i> (Fructus Kochiae Scopariae)	18g

For all pattern, one bag a day of the ingredients was used to prepare a decoction for internal administration twice a day. The residues were decocted again with the addition of *Guan Zhong* (Rhizoma Dryopteris Crassirhizomae) 18g for use as an external wash.

Western medicines used included antihistamines, hormones, tranquilizers, calcium preparations and vitamin C

C) *Giovanni Maccioca (1996)

Eczema of Infants and Children

1) Damp type (Damp-Heat with a prevalence of dampness)

a) Empirical Prescription by Dr. Li Lin

<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	3 g
<i>Cang Zhu</i> (Rhizoma Atractylodis Lancelet)	3 g
<i>Fu Ling</i> (Sclerotium Poriae Cocos)	4 g
<i>Chao Mai Ya</i> (Fructus Hordei Vulgaris Germinatus)	6 g
<i>Ze Xie</i> (Rhizoma Alismatis Orientalis)	3 g
<i>Hua Shi</i> (Talcum)	6 g
<i>Huang Qin Radix</i> Scutellariae)	3 g
<i>Bai Xian Pi</i> (Cortex Radicis Dictamni Dasycarpi)	3 g

b) *Xiao Feng Dao Chi San* (Variation of Disperse Wind Decoction combined with Abduct the Red Decoction)

<i>Sheng Di Huang</i> (Radix Rehmanniae)	4 g
<i>Jin Yin Hua</i> (Flos Lonicerae Japonicae)	4 g
<i>Zhu Ling</i> (Sclerotium Polypori Umbellati)	4 g
<i>Fu Ling</i> (Sclerotium Poria Cocos)	4 g
<i>Mu Tong</i> (Caulis Mutong)	1.5g
<i>Bai Xian Pi</i> (Cortex Radicis Dictamni Dasycarpi)	3 g
<i>Gan Cao</i> (Radix Glycyrrhizae)	2 g
<i>Deng Xin Cao</i> (Medulla Junci Effusi)	3 g
<i>Niu Bang Zi</i> (Fructus Arctii Lappae)	3 g
<i>Zhu Ye</i> (Herba Lophatheri Gracilis)	3 g

c) Empirical Prescription Dr. Zhou Mu Xin “Differentiation of Infantile Eczema” in Collection of Dermatologists, p. 127.

<i>Di Fu Zi</i> (Fructus Kochiae Scopariae)	12 g
<i>Bai Xian Pi</i> (Cortex Radicis Dictamni Dasycarpi)	12 g
<i>Jing Jie</i> (Herba seu Schizonepetae Tenufoliae)	6 g
<i>Shan Zhi Zi</i> (Fructus Gardeniae Jasminoidis)	12 g
<i>Jin Yin Hua</i> (Flos Lonicerae Japonicae)	15 g
<i>Lian Qiao</i> (Fructus Forsythiae Suspensae)	15 g
<i>Fu Ping</i> (Herba Lemnae Seu Spirodela)	6 g
<i>Chan Tui</i> (Periostracum Cicadae)	3 g
<i>Huang Bo</i> (Cortex Phellodendri)	6 g
<i>Hua Shi</i> (Talcum)	12 g
<i>Gan Cao</i> (Radix Glycyrrhizae)	12 g

d) Empirical Prescription by Dr. Wang Jin-an

“The Experiential Use of *Huang Lian Xiao Feng San* to Treat Stubborn Infantile Eczema” in Collection of Dermatologists, p. 141.

<i>Huang Lian</i> (Rhizoma Coptidis)	10 g
<i>Da Qing Ye</i> (Folium Isatidis seu Baphicanthi)	30 g
<i>Zi Cao</i> (Radix Lithospermi seu Arnebiae)	10 g
<i>Ku Ding Cha</i> (Folia Ilicis Latifoliae)	30 g
<i>Bai Xian Pi</i> (Cortex Radicis Dictamni Dasycarpi)	15-30 g
<i>Tu Fu Ling</i> (Rhizoma Smilacis Glabrae)	15-30 g
<i>Wu Gong</i> (Scolopendra Subspinipes)	5 pieces
<i>Quan Xie</i> (Buthus Martensi)	5 pieces
<i>Jiang Can</i> (Bombyx Batrycatus)	10 g
<i>Mu Dan Pi</i> (Cortex Moutan Radicis)	10 g
<i>Chi Shao</i> (Radix Paeoniae Rubrae)	9 g

2) Dry Type (Damp-Heat with Predominance of Heat)

a) Empirical Prescription by Dr. Li Lin

<i>Sheng Di Huang</i> (Radix Rehmanniae)	3 g
<i>Mu Tong</i> (Caulis Mutong)	1 g
<i>Zhu Ye</i> (Herba Lophatheri Gracilis)	4 g
<i>Gan Cao</i> (Radix Glycyrrhizae)	
<i>Fu Ling</i> (Sclerotium Poriae Cocos)	
<i>Shan Yao</i> (Radix Dioscoreae Oppositae)	4 g
<i>Jin Yin Hua</i> (Flos Lonicerae Japonicae)	3 g
<i>Fang Feng</i> (Radix Ledebouriellae Divaricatae)	3 g
<i>Bai Xian Pi</i> (Cortex Radicis Dictamni Dasycarpi)	4 g

b) *San Xin Dao Chi San* Variation (Variation of Three Pith Abduct Redness Powder)

<i>Lian Qiao</i> (Fructus Forsythiae Suspensae)	1 g
<i>Gui Zhi</i> (Ramulus Cinnamomi Cassiae)	1 g
<i>Lian Zi Xin</i> (Plumula Nelumbinis Nuciferae)	2 g
<i>Xuan Shen</i> (Radix Scrophulariae Ningpoensis)	2 g
<i>Sheng Di Huang</i> (Radix Rehmanniae)	2 g
<i>Fu Ling</i> (Sclerotium Poria Cocos)	3 g
<i>Shan Yao</i> (Radix Dioscoreae Oppositae)	3 g
<i>Che Qian Zi</i> (Semen Plantaginis)	3 g
<i>Nan Sha Shen</i> (Radix Adenophorae)	3 g
<i>Mu Tong</i> (Caulis Mutong)	0.5 g

c) Empirical Prescription by Dr. Ma Lian-xiang

<i>Shou Wu</i> (Radix Polygoni Multiflori)	30 g
<i>Xu Chang Qing</i> (Radix et Rhizoma Cynanchi Paniculati)	9 g

<i>Jin Yin Hua</i> (Flos Lonicerae Japonicae)	6 g
<i>Ju Hua</i> (Flos Chrysanthemi Morifolii)	9 g
<i>Ku Shen</i> (radix Sophorae Flavescentis)	6 g
<i>Gan Cao</i> (Radix Glycyrrhizae)	5 g
<i>Di Fu Zi</i> (Fructus Kochiae Scopariae)	9 g
<i>Bai Xian Pi</i> (Cortex Radicis Dictami Dasycarpi)	6 g
<i>Yi Yi Ren</i> (Semen Coicis Lachryma Jobi)	9 g
<i>Fu Ling Pi</i> (Cortex Poriae Cocos)	9 g

“Infantile Eczema” in Collection of Dermatologists, p. 131.”

External Formulas

1) *Qu Chi San* (Expelling Dampness Powder)

<i>Huang Lian</i> (Rhizoma Coptidis)	
<i>Huang Bai</i> (Cortex Phellodendri)	240g
<i>Huang Qin</i> (Radix Scutellariae)	144g
<i>Bing Lang</i> (Semen Arecae Catechu)	96g

2) *E Huang San* (Light-Yellow Powder)

<i>Shi Gao</i> (Gypsum Fibrosum)	
<i>Huang Bai</i> (Cortex Phellodendri)	
<i>Qing Fen</i> (Calomelas)	

3) *Di Yu Er Cang Hu Gao* (Sanguisorba-Xanthium-Atractylodis Paste)

<i>Huang Bai</i> (Cortex Phellodendri)	18g
<i>Cang Zhu</i> (Rhizoma Atractylodis)	18g
<i>Cang Er Zi</i> (Fructus Xanthii Sibirici)	18g
<i>Di Yu</i> (Radix Sanguisorbae Officinalis)	36g
<i>Bing Pian</i> (Borneol)	1.5g
<i>Qing Fen</i> (Calomelas)	1.5g

4) Empirical Prescription by Dr. Liu Fa-qing

<i>Shan Zha</i> (Fructus Crataegi)	60g
<i>Da Huang</i> (Radix et Rhizoma Rhei)	60g
<i>Ku Shen</i> (Radix Sophorae Flavescentis)	60g
<i>Chan Tui</i> (Periostracum Cicadae)	30g
<i>Mang Xiao</i> (Mirabilitum)	60g

“Chinese Herbal Wash in the Treatment of Eczema” by Liu Fa-qing, *Zhong Yi Za Zhi* (The Journal of Chinese Medicine), Vol. 26, #3, p. 42.

Translated Articles by Robert Helmer D.TCM

1. Treatment Based On Experience for Infantile Eczema by Li Kai-zhu

Note: This article was first published in issue #2, 1984 of the *Zhen Jiang Zhong Yi Xue Yuan Xue Bao (Academic Journal of the Zhejiang College of Chinese Medicine)* on page 25

Infantile eczema is one of the commonly seen pediatric diseases [occurring before] two years of age. This type of disease often appears in the autumn and winter seasons. It appears bilaterally on the infant's head and face region and can spread to affect the whole body. [This disease] is often caused [during pregnancy] by the mother's eating spicy, hot, greasy food, with this heat being passed to the fetus. After birth, recurrent contraction of wind evils, dietary irregularities, impairment of spleen movement and transformation, internal steaming of depressive heat, or obstruction in the skin and muscles may result in the movement of blood becoming unsmooth [or uneasy] with loss of harmony of the constructive and defensive. Thus this disease may appear.

Overwhelmingly, the treatment methods commonly used to treat eczema are to clear heat and disinhibit dampness or fortify the spleen and transform dampness. In both cases, the one variable is "dampness." The main formulas to use for this are *Chu Shi Wei Ling Tang* (Eliminate Dampness Stomach Poria Decoction), *Liu Yi San* (Six to One Powder), and *Long Dan Xie Gan Tang* (Gentiana Drain the Liver Decoction). Although one can obtain definite treatment effects [from these formulas, these effects are] not fully satisfactory. [Therefore,] in recent years, the author has linked the empirical [knowledge] of his predecessors with his own clinical practice to determine that "toxins" and "wind" are important disease mechanisms and causes of eczema. [Thus, during] treatment, it is [also] important to employ the methods of clearing heat and resolving toxins, dispelling wind and stopping itch. [If these methods are employed, one] can often achieve a comparatively better treatment effect.

Formula composition: Flos Lonicerae Japonicae (*Jin Yin Hua*), Fructus Forsythiae Suspensae (*Lian Qiao*), Fructus Kochiae Scopariae (*Di Fu Zi*), and Fructus Cnidii Monnieri (*She Chuang Zi*), 6g each, Radix Ledebouriellae Divaricatae (*Fang Feng*), 4g, and Radix Sophorae Flavescens (*Ku Shen*), Herba Menthae Haplocalycis (*Bo He*), Periostracum Cicadae (*Chan Tui*), and Radix Glycyrrhizae (*Gan Cao*), 3g each

In this formula, *Jin Yin Hua* and *Lian Qiao* clear heat and resolve toxins. *Ku Shen*, *Di Fu Zi*, and *She Chuang Zi* clear heat, kill worms, and relieve itching. *Bo He* and *Fang Feng* dispel wind and stop itching. *Chan Tui* courses wind and clears heat, and *Gan Cao* regulates all the [other] medicinals.

Method of use: The first decoction [of the medicinals] was divided and taken by mouth three times a day. The second decoction was [used] externally to wash the affected area.

Case presentation: Liang, female, 53 days old

Initial visit: March 5, 1983

The mother informed [the writer] that the [condition] appeared [after] the child was one month old. [The condition] appeared suddenly on the face as a red rash and gradually increased. The last 10 days, the red rash had also appeared on the neck, [the baby's] sleep had been unquiet, and [the child had been] wailing and noisy. [The patient] had already been to the hospital many times for treatment with internal and external medicines with no effect. On examination, the infant's body was fat, both cheeks had a dense [concentration of] small papules and small vesicles, and the neck also had small papules. The tongue body was slightly red, its fur was thin and white, and the [vein at *San Guan* on the] palmar [surface of the index] finger was purple. The diagnosis was infantile eczema.

Prescription: Flos Lonicerae Japonicae (*Jin Yin Hua*), 4g, Fructus Forsythiae Suspensae (*Lian Qiao*), Radix Ledebouriellae Divaricatae (*Fang Feng*), Herba Menthae Haplocalycis (*Bo He*), Periostracum Cicadae (*Chan Tui*), and Herba Lophatheri Gracilis (*Dan Zhu Ye*), 3g each, Fructus Kochiae Scopariae (*Di Fu Zi*), 5g, Radix Sophorae Flavescentis (*Ku Shen*) and Radix Glycyrrhizae (*Gan Cao*), 2g each

[The mother was] advised to divide the first decoction into 3-4 [doses] and administer this orally 3-4 times a day while using second decoction as a external wash [on the effected area]. After three packets, the red papules had decreased and the vesicles were already dry. The wailing and noise were [also] lessened. After continuing to use four more packets, the red papules disappeared and [the patient] could quietly fall asleep.

[Therefore, the following formula was] administered: Flos Lonicerae Japonicae (*Jin Yin Hua*), 5g, Fructus Forsythiae Suspensae (*Lian Qiao*), 4g, Periostracum Cicadae (*Chan Tui*), Herba Lophatheri Gracilis (*Dan Zhu Ye*), 3g each, and Radix Glycyrrhizae (*Gan Cao*), 2g, to consolidate the treatment. A follow-up visit three months later showed no recurrence.

2. "The Treatment of Eczema & Dermatitis Using *Qing Li He Ji* (Clearing & Disinhibiting Mixture)" by Wang Chao-xia, *Jilin Zhong Yi Yao (Jilin Chinese Medicine & Medicinals)*, #4, 2002, page 24.

Cohort description:

Of the 68 cases included in this study, 19 were male and 49 were female. The oldest patient was 62 years old and the youngest patient was 1.5 years old. The clinical manifestations included either localized or generalized skin lesions characterized by erythema, swelling, blisters, erosion, exudation, crusting, desquamation, and severe itching. If the condition was severe, the skin appeared darkened, course, hypertrophic, and/or lichenified.

Treatment method:

Qing Li He Ji (Clearing & Disinhibiting Mixture) was composed of: *Sheng Di* (uncooked Radix Rehmanniae Glutinosae), 8g, *Chi Shao* (Radix Rubrus Paeoniae Lactiflorae), 5g, *Jin Yin Hua* (Flos Lonicerae Japonicae), 10g, *Huang Qin* (Radix Scutellariae Baicalensis), 6g, *Shi Gao* (Gypsum Fibrosum), 6g, *Mu Dan Pi* (Cortex Radicis Moutan), 6g, *Fu Ling* (Sclerotium Poriae Cocos), 6g, *Che Qian Zi* (Semen Plantaginis), 6g, *Bai Mao Gen* (Radix Imperatae Cylindrica), 6g, and *Gan Cao* (Radix Glycyrrhizae Uralensis). One packet of these medicinals was decocted in water and administered per day in three divided doses.

Additions based on various presentations:

- a) If dampness was more prominent, *Cang Zhu* (Rhizoma Atractylodis) and *Bai Dou Kou* (Fructus Cardamomi) were added.
- b) If there was poor sleep at night, *Shi Chang Pu* (Rhizoma Acori Graminei) and *He Huan Pi* (Cortex Albizziae Julibrissinis) were added.
- c) If heat was more prominent, *Zhi Zi* (Fructus Gardeniae Jasminoidis) and *Yin Chen Hao* (Herba Artemesiae Capillaris) were added.
- d) If there was severe itching, *Ku Shen* (Radix Sophorae Flavescens) and *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi) were added.

Case Example:

Wang 1 year and 8-month-old male. During the initial assessment the doctor observed erythema, coarse skin and thin scales on the child's entire face. The mother told the doctor that the child had a history of eczema for more than 6 months. The child had been treated with many external pastes and creams without success. The severity of the skin fluctuated between mild and severe. The eczema was accompanied by agitation and vexation, crying, scratching of the face with his hand, poor appetite, dry stool, red tongue and a slightly greasy tongue fur.

The doctor prescribed *Qing Li He Ji* (Clearing & Disinhibiting Mixture) composed of: *Sheng Di* (uncooked Radix Rehmanniae Glutinosae) 8g, *Chi Shao* (Radix Rubrus Paeoniae Lactiflorae) 5g, *Jin Yin Hua* (Flos Lonicerae Japonicae) 10g, *Huang Qin* (Radix Scutellariae Baicalensis) 6g, *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi) 8 grams, *Ku Shen* (Radix Sophorae Flavescens) 8 grams, *Mu Dan Pi* (Cortex Moutan Radicis) 6 grams, *Fu Ling* (Sclerotium Poriae Cocos) 6 grams, *Bai Mao Gen* (Rhizoma Imperatae Cylindrica) 6 grams, *Bai Zhu* (Rhizoma Atractylodis Macrocephaleae) 6 grams, *Chen Pi* (Pericarpium Citri Reticulatae) 5 grams and *Gan Cao* (Radix Glycyrrhizae) 3 grams.

One ji was decocted, divided into 3 doses and taken each day. After 3 days of medicine the appetite was increased, the stool was regulated, the essence-spirit was good and the erythema of the face was decreased. The child continued to take the same basic formula above with slight additions and subtractions for one week at which time the case was cured.

Treatment outcomes:

Cure: The skin lesions had completely disappeared = 60 cases.

Improvement: The skin lesions had improved more than 30% after treatment = 4 cases.

No improvement: The skin lesions had improved less than 30% after treatment = 4 cases.

Therefore, the total amelioration rate was 94%, and the total cure rate was 88%. Among the patients that were cured, 15 cases were cured after two weeks of treatment, 35 cases after two weeks to one month of treatment, and 10 cases after more than four weeks of treatment.

Discussion:

According to Dr. Wang, *Qing Li He Ji* has the ability to disinhibit dampness, clear heat, and resolve toxins. Within this formula, *Sheng Di*, *Chi Shao*, *Shi Gao*, and *Mu Dan Pi* cool the blood and clear heat. *Jin Yin Hua*, *Huang Qin*, and *Bai Mao Gen* clear heat and resolve toxins. *Fu Ling* and *Che Qian Zi* were added to the formula to disinhibit dampness and fortify the spleen. *Gan Cao* harmonizes all the other ingredients in the formula, thus helping to insure that all the cool and cold medicinals do not damage the spleen and stomach.

3. "The Treatment of 46 Cases of Pediatric Eczema with *Jian Pi Li Shi Fang* (Fortify the Spleen and Disinhibit Dampness Formula) by Peng Yue Heng et al., *Shan Xi Zong Yi* (Shanxi Journal of Chinese Medicine), Vol. 15, #2, page 87.

Treatment Method:

Formula: *Sheng Huang Qi* (Radix Astragalus), stir-fried *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), *Yi Mi Ren* (Semen Coicis Lachryma-jobi), *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi), stir-fried *Mai Ya* (Fructus Germinatus Hordei Vulgaris), *Tu Fu Ling* (Rhizoma Smilacis Galbrae), *She She Cao* (Herba Hedyotis) each 12 grams, *Bei Fang Feng* (Radix Lederbouriellae), *Ji Li Ci* (Fructus Tribuli), *Yi Mu Cao* (Herba Leonuri Heterophylli), *Che Qian Zi* (Semen Plantaginis) each 10 grams and *Sheng Gan Cao* (Radix Glycyrrhizae).

Each day one ji was decocted and taken.

Additions:

- a) Diarrhea added *Bai Yun Ling* (Sclerotium Poriae Cocos) and stir-fried *Lai Fu* (Semen Raphani Sativi).
- b) Qi vacuity and profuse sweat added *Dang Shen* (Radix Codonopsis Pilosulae) and *Wu Wei Zi* (Fructus Schisandrae Chinensis).
- c) If itching was severe added *Fu Ping* (Herba Lemnae Seu Spiodelae) and *Quan Chong* (Buthus Martensis).
- d) Fright-crying and uncalm added *Shuang Gou Er* (Ramulus Uncariae cum Unco) and *Chan Tui* (Periostracum Cicadae).
- e) Wind-cold assailing the exterior added *Jing Jie* (Herba Seu Flos Schizonepetae Tenuifoliae) and *Zi Su Ye* (Folium Perillae Frutescentis).
- f) Wind-heat congesting in the lungs added *Sang Bai Pi* (Cortex Radicis Mori Albi) and *Huang Qin* (Radix Scutellariae).

- g) Secondary infection added *Jin Yin Hua* (Flos Lonicerae Japonicae) and *Lian Qiao* (Fructus Forsythiae Suspensae).

Treatment Outcome: 34 cases cured, 5 cases had obvious improvement, 4 cases had improvement and 3 cases had no improvement. The total amelioration rate was 93.4%. The length of treatment was from one week to one month.

Discussion:

According to the author the key disease mechanisms of pediatric eczema are liver heat and spleen vacuity. In the formula, *Huang Qi*, *Bai Zhu* and *Yi Mi Ren* are used to fortify the spleen and eliminate dampness because when the spleen is fortified then the liver is level. *Bai Shao*, *Fang Feng* and *Ji Li* clear, emolliate, soften and resolve and also have the ability to eliminate dampness. *Bai Xian Pi* and *Tu Fu Ling* were added to clear heat, resolve toxins, eliminate dampness and stop itching. *Zhi Ke*, *Mai Ya* and *Gan Cao* were used to disperse food and harmonize the stomach in order to disinhibit the qi mechanism.

4. "The Treatment of 150 Cases of Pediatric Eczema with *Long Dan Zi Tiao Tu Dai Bai San* (Gentianae Violet Mix Application with Phellodendri and Indigo) by Peng Wei-xin et al., *He Bei Zhong Yi* (Hebei Journal of Chinese Medicine), Vol. 16, #2, 1994, page 14.

Cohort Description:

There were 150 cases of pediatric eczema in the study; 79 males and 71 females. These patients were between the ages of 2 months and 3 years old. The area involved was the face in 98 cases, neck and creases of elbows and knees in 23 cases and the buttocks, abdomen and groin area in 29 cases. In 127 cases the eczema was acute and in 23 patients it was chronic. Thirty-nine cases had developed an infection due to broken skin.

Treatment Method:

External Formula: *Huang Bai* (Cortex Phellodendri) and *Qing Dai* (Indigo Pulverata Levis) each 100 grams and *Bing Pian* (Borneolum) 3 grams. The above medicinals were combined and ground into a fine powder and stored in a container.

Administration Method: an appropriate amount of the above powder was mixed with 1% *Long Dan Zi Tiao* (Gentianae Violet Mix) to make a paste. This paste was applied one time each day.

Chronic Stubborn or Severe Eczema: the above medicine can be combined with Chinese medicinals to nourish blood, dispel wind, clear heat and resolve toxins. Decocted and took the following medicinals *Dang Gui* (Radix Angelicae Sinensis), *Sheng Di* (Radix Rehmanniae) and *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi) each 5-10 grams, *Shou Wu* (Radix Polygoni Multiflori), *Dan Pi* (Cortex Radicis Moutan), *Bai Shao* (Radix Albus Paeoniae Lactiflorae) and *Di Fu Zi* (Fructus Kochiae Scopariae) each 3-6 grams, *Chuan Xiong* (Radix Ligusticum Wallichii), *Chan Tui* (Periostracum Cicadae), *Da Hu Ma Ren* (big Semen Sesami Atrum)?, *Jing Jie* (Herba Seu Flos

Schizonepetae Tenufoliae) and *Bai Ji Li* (Fructus Tribuli Terrestris) each 2-4 grams. The dosage was based on the age of the patient and the patient was reevaluated every five days.

Additions:

Severe itching added *Zhen Zhu Mu* (Concha Margaritiferae) and *Sheng Mu Li* (Concha Ostreae) each 10-15 grams.

Treatment Outcome Criteria and Treatment Outcome:

Cure: the eczema completely disappears (including the erosion, exudation and itching).

Obvious Improvement: the eczema basically disappears, the size of the area involved was less and the erosion, exudation and itching had basically stopped.

No Improvement: the eczema did not change.

Acute Eczema (127 cases): 100 cases (78.7%) were cured and 27 cases (21.3%) had obvious improvement.

Chronic Eczema (23 cases): 13 cases were cured and 10 cases had obvious improvement.

The overall amelioration rate for both groups was 100%.

Case Example 1:

Female, 9 months old.

Eczema behind her ear for more than 10 days. The lesions first appeared as red papules then changed to small blisters, itching and when the skin was broken from itching the exudation was yellow water. The diagnosis was infantile eczema and this case was cured after using the above treatment method for 3 days.

Case Example 2:

Boy, 2 months old. Facial eczema for 8 days. This skin condition started as many small red papules on both cheeks that then spread to the forehead, between eyes and hairline, with itching with exudation. The diagnosis was *Nai Xian* (suckling lichen). The above external treatment was used together with the internal administration of calcium, vitamin C and chlorpheniramine (this treatment was given above as an alternative treatment to taking the Chinese herbs internally). After 4 days this case was cured.

Discussion:

In the formula, *Huang Bai* clears heat, dries dampness, clears vacuity heat and resolves toxic-heat. *Qing Dai* has the functions to clear heat, cool the blood and resolve toxins.

Bing Pian stops pain, disperses swelling and stops itching. *Long Dan Zi Tiao* (1%) kills bacteria and dries dampness and prevents skin infections.

5. "Clinical Experience in the Treatment of Eczema with Chinese Medicinals" by Sun Shu-feng et. al., *Zhong Yi Yao Xue Bao* (ACTA Chinese Medicine and Pharmacology), Vol. 1, #2, 1996, page 35.

Cohort Description:

In this study, there were 150 cases of pediatric eczema: 85 males (56.7%) and 65 females (43.3%). There were 30 cases (20%) less than one month old, 50 cases (33.3%) between 2-12 months old and 70 cases (46.7%) more than one year old.

Treatment Method:

External Formula: *Ku Shen* (Radix Sophorae Flavescentis), *Bai Bu* (Radix Stemonae), *Huang Lian* (Rhizoma Coptidis) and *Sheng Gan Cao* (Radix Glycyrrhizae) in equal amounts. The above medicinals were decocted and applied externally for 15 minutes.

Internal Formula: *Si Miao Wan Jia Jian* (Four Wonders Pills with Additions and Subtractions) composed of *Cang Zhu* (Rhizoma Atractylodis), *Sheng Di* (Radix Rehmanniae), *Huang Bai* (Cortex Phellodendri), *Fu Ling* (Sclerotium Poria Cocos), *Yi Ren* (Semen Coicis Lachyrma-jobi) and *Gan Cao* (Radix Glycyrrhizae). Each day the medicinals were decocted and taken by mouth two times a day.

Case Example:

Ren, 9-month-old female.

Initial Visit: April 10th, 1988.

The child's essence-spirit was fatigued and for the last two months the child had red papules the size of a pin head on the whole body and some had coalesced to form larger lesions. The lesions were accompanied by exudation, crusting and because of itching the child had caused bacterial infections. The author used their self-devised wash (above) and 2 ji of *Si Miao Wan Jia Jian* (Four Wonders Powder with Additions and Subtractions) internally.

Second Visit (April 12th): the essence spirit was improved compared to the first visit and the larger lesions had disappeared and the papules were dry. The patient continued using the external wash and taking 3 more ji internally.

Third Visit (April 15th): the skin lesions had totally disappeared and did not return. The child's skin was smooth with luster and there was no trace of the eczema.

Discussion:

All painful sores are caused by *chong* (i.e. worms) and if there is "no chong [there is] no itch". When *chong* move there is itching and when *chong* bite [then the sores] *kui* (i.e. open/fester/ulcerate). The external wash of the author kills worms. In the formula, *Huang Lian* nature is bitter and cold and therefore it has the ability to dry dampness and clear heat. *Bai Bu* has the function to kill worms. *Ku Shen* nature is cold and has the functions to clear heat, eliminate dampness, resolve toxins and kill worms. *Sheng Gan Cao* drains fire and resolves toxins.

6. "The Examination of the Treatment of Cases of Fetal-Toxins by Zhang Guang-li" by Lian Bing-shan, *Shan Xi Zhong Yi* (Shanxi Journal of Chinese Medicine), 1984, 1, (2), page 17.

Shen Shi Bai Du Yin (Percolate Dampness and Vanquish Toxins Drink) by Zhang Guang-li.

Formula: *Tu Fu Ling* (Rhizoma Smilacis Galbrae) 10 grams, *Sheng Yi Yi Ren* (Semen Coicis Lachryma-jobi) 10 grams, *Cang Zhu* (Rhizoma Atractylodis) 6 grams, *Lian Qiao* (Fructus Forsythiae Suspensae) 4 grams, *Mu Dan Pi* (Cortex Moutan Radicis) 6 grams, *Chan Tui* (Periostracum Cicadae) 4 grams, *Ban Lan Gen* (Radix Isatidis Seu Baphicacanthi) 6 grams, *Huang Lian* (Rhizoma Coptidis) 2 grams, *Zhi Zi* (Fructus Gardeniae Jasminoidis) 4 grams, *Quan Xie* (Buthus Martensis) 4 grams, *Huang Bai* (Cortex Phellodendri) 4 grams, *Wu Gong* (Scolopendra Subspinipes) 2 pieces and *Che Qian Zi* (Semen Plantaginis) 9 grams.

Administration Method: Each day one ji was decocted two times. Five-ten ml of the resulting liquid (200 ml) was taken many times throughout the day.

Function: clear heat, resolve toxins, eliminate dampness and stop itching.

Indications: infantile eczema

Discussion:

Eczema is often caused when the mother eats too much spicy, hot, fatty and/or sweet food or irregular eating during pregnancy. These above factors cause fire in the mother's viscera, which may be passed on to the fetus and are therefore referred to as fetal toxins. After the child is born they contract wind-damp-heat toxins, which enters the skin causing internal, and external evils simultaneously occur and this then usually manifests on the face.

In the formula *Shen Shi Bai Du Yin* (Percolate Dampness and Vanquish Toxins Drink), *Tu Fu Ling*, *Sheng Yi Yi Ren* and *Cang Zhu* resolve toxins and eliminate dampness. The bitter flavor of *Huang Lian*, *Zhi Zi* and *Huang Bai* dries dampness and clears and eliminates toxic-heat. *Jin Yin Hua*, *Lian Qiao* and *Ban Lan Gen* clear heat and resolve toxins. *Quan Xie* and *Wu Gong* dispel wind and attack toxins. *Mu Dan Pi* cools the blood, transforms stasis and courses and frees the flow of the blood vessels. *Chan Tui* dispels wind and stop itching of a damp nature. *Che Qian Zi* abducts damp-heat to be expelled via urination providing the evils an avenue to exit.

7. "The Basic Clinical Formulas of Ma Lian-xiang Used in Pediatrics" by Sheng Li-xian, Zhe Jiang Zhong Yi Xue Yuan Xue Bao (Journal of Zhejiang College of Traditional Chinese Medicine), 1988, 12, (6), page 24.

Base Formula for Eczema by Ma Lian-xiang

Internal Formula: *Ye Ju Hua* (Flos Chrysanthemi Indici) 6 grams, *Jin Yin Hua* (Flos Lonicerae Japonicae) 6 grams, *Che Qian Cao* (Herba Plantaginis) 9 grams, *Sheng Gan Cao* (Radix Glycyrrhizae) 5 grams, *Di Fu Zi* (Fructus Kochiae Scopariae) 9 grams, *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi) 6 grams, *Yi Yi Ren* (Semen Coicis Lachryma-jobi) 9 grams, *Fu Ling Pi* (Cortex Sclerotii Poriae Cocos) 9 grams, *Cang Zhu* (Rhizoma Atractylodis) 6 grams, *Chuan Huang Bai* (Sichuan Cortex Phellodendri) 4 grams, *Sheng Shou Wu* (Radix Polygoni Multiflori) and *Gan Chan Pi* (dried Corium Bufonis) 4 grams. This above medicinals were decocted and taken each day.

External Formula: *She Chuang Zi* (Fructus Cnidii Monnieri) 9 grams, *Ye Ju Hua* (Flos Chrysanthemi Indici) 9 grams, *Jin Yin Hua* (Flos Lonicerae Japonicae) 9 grams and *Sheng Gan Cao* (Radix Glycyrrhizae) 6 grams. These medicinals were decocted and there resulting liquid was applied to or used to wash the effected area 2-3 times per day for 10 minutes each time.

Function: clear heat, resolve toxins, disinhibit dampness and desensitize.

Indications: infantile eczema that is more severe on the head with vesicles, erosion, exudation and uncalm due to itching.

Discussion: *Ye Ju Hua*, *Gan Chan Pi*, *Jin Yin Hua* and *Sheng Gan Cao* clear heat and resolve toxins. *Fu Ling Pi*, *Che Qian Cao*, *Di Fu Zi*, *Bai Xian Pi* and *Yi Yi Ren* disinhibit dampness by bland percolation. *Cang Zhu* and *Huang Bai* dry dampness. *Sheng Shou Wu* is one flavor Old Doctor Ma uses to treat *Nai Xian* (suckling lichen) and by doing so achieves good clinical results. This doctor suggests that this is due to this medicinals anti-allergic function and further research should be preformed to determine if this is so.

8. "Old Doctor Zhang Zui-Zhou's Instruction Based on Experience the Method of Boosting the Qi and Regulating the Spleen as the Main Treatment for Skin Diseases" by Liu Li-ping, *Xin Zhong Yi* (Journal of New Chinese Medicine), 1988, (9):6.

In clinic eczema is divided into infantile eczema, subacute dermatitis eczema, prurigo etc. and is caused by damp-heat combined with a vacuous body and commonly presents with lesions that are pale red that have blisters/vesicles (*Shui Pao*), crusting, scurf/scaling etc. that may resolve for a long period of time only to reappear and are [because of this are] difficult to cure. To treat this above condition the method that is commonly used is to clear heat and dispel dampness. The doctor must always make sure that this treatment does not consume qi or damage yin. In order to treat this syndrome Dr. Zhang uses the method of using sweet, cold dispel dampness medicinals and in doing so has a natural tendency to use the self-devised formula *Ye Ju Hua Fang Jia Jian* (Wild Chrysanthemum Flower Formula with Additions and Subtractions).

Case Example #1:

Shen, 2-year-old female.

The patient developed eczema at the age of two months and the eczema spread around the whole body with symptoms of redness, papules, itching and when scratched the lesions would have exudation, crusting, scurf (scaling), with crusting (*jia pi*) being worse in the winter. The child's facial complexion was withered and yellow, the tongue was pale-red with white fur and the pulse was slippery. The patient had used many formulas but none could cure her condition. The diagnosis was sub acute eczema.

Formula: *Ye Ju Hua* (Flos Chrysanthemi Indici) 10 grams, *Bai Mao Gen* (Rhizoma Imperatae Cylindrica) 10 grams, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 6 grams, *Fu Ling* (Sclerotium Poriae Cocos) 6 grams, *Chen Pi* (Pericarpium Citri Reticulatae) 6 grams, *Jiao Bing Lang* (Semen Arecae Catechu) 6 grams, *Che Qian Zi* (Semen Plantaginis) 6 grams, *Deng Xin Cao* (Medulla Junci Effusi) 3 grams, *Zhu Ye* (Herba Lophatheri Gracilis) 3 grams, *San Xian* (Three Immortals) each 10 grams.

After 7 ji, the lesions changed to a darker (duller) color and the appetite was increased. After seven more ji the crusting disappeared and the skin lesion was still dry with scurf (*pi xue*). The doctor then subtracted *Che Qian Zi* and added *Sheng Di Huang* (Radix Rehmanniae) 10 grams and *Qing Hao* (Herba Artemesiae Apiaceae) 10 grams. After taking four ji of this formula the skin lesions were resolved and after *Xiang Ju An Shen* ? was used it was cured.

Discussion:

Dr. Zhang says that the yin and yang of a child's body are both immature, the spleen is insufficient, the skin and muscles are thin and delicate. If the constitution is not strong or dietary irregularities are present and then the spleen is unable to perform its duty of transportation and dampness is internally engendered which over a period of time can develop into eczema. Therefore it is important to treat the spleen and stomach by supplementing the spleen and priority is first given to this method while adding and subtracting different methods based on the patients symptoms.

Case Example #2:

Zhuo, 2-year-old girl.

This child presented clinically with itching of the whole body and papules for more than one year. Initially the patient had lesions on both lower extremities and the abdomen had small red papules but this then spread to the whole body with obvious itching. In addition the child had a poor appetite, regular stools and urination, pale tongue and thin white tongue fur. On observation the complexion was yellow with scanty bloom, the body was emaciated and weak and the whole body had large red macules, papules and some areas of the body had thick *Ban Pian* (plaque) with a small amount of scaling. Dr. Zhang's pattern discrimination was spleen vacuity and dampness brewing [and the body] not performing its duty of transportation and transformation. The treatment principle was to fortify the spleen and disinhibit dampness.

Internal Formula: *Jiao San Xian* (scorched Three Immortals) 30 grams, *Dang Shen* (radix Codonopsis Pilosulae) 10 grams, *Fu Ling* (Sclerotium Poria Cocos) 6 grams, *Ze Xie* (Rhizoma Alismatis) 6 grams, *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi) 6 grams, *Ji Li* (Fructus Tribuli Terrestris) 6 grams, *Bai Shao* (Radix Albus Paeoniae Lactiflorae) and *Gan Cao* (Radix Glycyrrhizae) 6 grams. Seven ji were given and one ji was decocted and taken each day.

External Formula: *Jia Wei Wu Shi Gao* (Five Stone Paste with Added Flavors) composed of *Ge Fen* (Clam Shell Powder), *Lu Gan Shi* (Smithsonitum), calcined *Shi Gao* (Gypsum), *Hua Shi Fen* (Talcum), *Qing Dai* (Pulverata Indigo Levis), *Huang Bai* (Cortex Phelodendri), with the addition of Vaseline and sesame oil and made into a paste.

After taking the medicinals most of the lesions on the body and the itching was obviously reduced. The patient continued to take the primary formula for 12 more ji. Then externally a combination of *Zhi Yang Run Fu Shuang* (Relieve Itch and Moisten Skin Frost) and *Qu Yan Sun Shuang* (Dispel Inflammation Cream?) were used. After this treatment the skin damage was almost cured and seven more ji were prescribed at which time no more treatment was needed.

Discussion:

Dr. Zhang says in this case the child developed eczema when they were an infant, the spleen and stomach were vacuous and weak and therefore not performing its duty of transportation and transformation, [causing] qi and blood to be insufficient, the body fluid to not be full and the muscles and skin were not nourished causing the skin to be thick with scaling. Therefore in the formula the main focus was to use ingredients such as *Dang Shen* and *Fu Ling* to fortify the spleen and boost the qi. Ingredients like *Jiao San Xian* were used to move the qi and open the stomach to assist in transportation and transformation. The assistants such as *Bai Xian Pi*, *Ze Xie* etc. were used to clear and disinhibit damp-heat. The doctor stated that if spleen transportation returns to normal then damp evils will be eliminated and the disease will be cured.

9. "Li Zi-feng's Supplementary Amplifications of Clinical Symptoms in Pediatrics" by Li Jian-juan and Li Zi-feng, *Jiang Su Zhong Yi (Jiangsu Journal of Traditional Chinese Medicine)*, 1989, 10 (2):3.

Infantile eczema is related to damp-heat and wind evils. According to Dr. Li internal herbal medicine can treat this disorder but children have difficulty taking the medicine. External medicine is better because it provides a treatment directly to the area involved and this treatment achieves quick results. Dr. Li uses the self-devised formula called *Zhi Yang Fen* (Stop Itching Powder). This formula is composed of *Huang Bai* (Cortex Phellodendri), which has the functions to clear heat and eliminate dampness. *Ku Fan* (Alumen Praeparatum), which due to its sour, constraining nature dries dampness, and *Hua Shi* is added for its action to clear heat and contract dampness. For anti-inflammatory and anti-allergic function dexamethasone and Benadryl were added. The area affected was first prepared by applying to the surface a wet, hot towel because after removing the towel the powder will easily stick to the surface and the warmth will allow the medicinals to more easily enter the body. This method of administration is safe and simple and has no side effects.

Case Example:

Wang, 6-month-old girl.

The eczema manifested with recurrent red papules at the age of 5 months. The patient had used *Fu Qing Song Run Gao* (Fluocinonide Acetonide Cream) but the condition did not improve. On observation by the doctor the whole face had red bumps like corn, heat made it worse and there was exudation of a yellow fluid at times and the child used their hand to scratch the area. The appetite, urination and stools were normal, the tongue coating was thin and yellow and the finger vein was dark (an) red. The powder was applied 3-4 times each day after applying a hot towel for 2 minutes and after 2 days the eczema was cured.

10. "The Knowledge of Old Zhou Mu-xian Based on Experience in Treating Infantile Eczema with Chinese Medicine" by Sun Ke-lian, *Liao Ning Zhong Yi Za Zhi (Liaoning Journal of Chinese Medicine)*, 1985, 9 (1): 16.

Dr. Zhou says in eczema the first factor is the body is vacuous and because of this the interstices are not dense and the exterior defense is not secure. Due to this weakness, evils such as wind, dampness, heat, fire and toxins [may affect the body]. Irregular

eating or excessive eating of seafood causes stirring of wind and damages the spleen and stomach. Since the spleen cannot fortify transportation, dampness is engendered and dampness brewing transforms into heat. Therefore eczema is caused by a combination of both internal and external factors. The disease is recurrent because the constitution is insufficient, the kidney-liver yin depletion, [causing] a tendency to liver fire effulgence which consumes blood and damages yin that transforms dryness and engenders wind. If the skin lesion is red this is due to fire exuberance and if there is scorching hot (Zuo Re) itching this often belongs to wind evils. If there is swelling, exudation that is profuse in amount or the eczema joins together to form a large area then this is due to a tendency of damp-evil exuberance. If the sore is festering or ulcerated for many days this is caused by yin depletion and blood consumption and liver fire harassing upwards. If the disease is in the upper it is mostly due to wind exuberance and if it is in the lower body is mostly due to exuberance of dampness. The main characteristic of this disease is itching and it first appears [as a lesion that looks] like a chestnut and the appearance of the skin is red and hot and/or swollen, exudation of yellow fluid, peeling, crusting etc.. The condition is also recurrent in nature and if chronic the skin becomes thick. In addition to the visual characteristics of the skin there may also be crying with shaking of the head, scratching with their hand, crying and uncalm etc.. It is said "all painful, itchy sores are caused by fire". Dr. Zhou says "this disease is because of intense heart fire, spleen stomach damp-heat combining with wind evils".

A summary of the treatments include the methods to dispel wind, clear heat, transform dampness, cool the blood, resolve toxins, desensitize and stop itching. After this stage the methods used are to nourish yin and moisten dryness. Dr. Zhou also says nursing including the avoidance of wind-cold and making sure the child has sufficient warmth are also important in the treatment of this disease. In addition the doctor advised not to eat seafood or rich food or spicy hot food. These foods include fish, shrimp, chicken, lamb etc..

Case Example:

Zhou, 2-year-old male.

The eczema or red papules (*Zhen Pao Zhen*) with itching first began behind the ears and then spread to the armpits and after itching these areas became larger and included the inner thighs and eventually spread to the whole body. The sores when scratched had a yellow watery exudation (which stuck to clothing and the bed sheets), crusting, gradually the lesions became larger and all day the child cried without stopping. The tongue was red with a yellow slimy tongue fur and the pulse was deep, bowstring, slippery and rapid. The diagnosis was eczema caused by spleen-stomach damp-heat, dampness greater than heat, in addition wind-evils contending resulting in the sores or eczema.

Treatment Principles: Dry dampness and in addition course wind, clear heat and resolve toxins.

Formula:

Internal Formula: *Huang Lian* (Rhizoma Coptidis) 3 grams, *Huang Qin* (Radix Scutellariae) 3 grams, *Huang Bai* (Cortex Phellodendri) 6 grams, *Zhi Pi Tan* (carbonized Cortex Gardeniae) 6 grams, *Qing Dai* (Indigo Pulverata Levis) 3 grams, *Mu Tong* (Caulis Akebiae) 3 grams, *Dan Pi* (Cortex Moutan Radicis) 9 grams, *Zi Cao* (Radix Lithospermi Seu Arnebia) 15 grams, *Cao He Che* (Rhizoma Paradis) 10 grams, *Jin Yin Hua* (Flos

Lonicerae Japonicae) 15 grams, *Lian Qiao* (Fructus Forsythiae) 15 grams, *Hua Shi Fen* (Talcum Powder) 15 grams, *Cang Zhu* (Rhizoma Atractylodis) 12 grams, *Ku Shen* (Radix Sophorae Flavescentis) 15 grams, *Jing Jie* (Herba seu Flos Schizonepetae Tenufoliae) 3 grams, *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi) 6 grams, *Fu Ling Pi* (Cortex Sclerotii Poriae Cocos) 15 grams, *Ze Xie* (Rhizoma Alismatis) 12 grams and *Gan Cao* (Radix Glycyrrhizae) 6 grams.

External Formula: *Qing Dai* (Indigo Pulverata Levis) 15 grams, *Huang Bai* (Cortex Phellodendri) 15 grams, and *Hua Shi* (Talcum) 20 grams. These medicinals were ground into a fine powder and applied to skin.

After 6 ji (of the internal formula) used simultaneously with the external formula the damp evils disappeared, the toxic heat was decreased, the lesions had shrunk and the itching was eliminated, the tongue coating was thin yellow and slightly slimy and the pulse was bowstring and slippery. *Huang Qin* and *Huang Lian* were eliminated and *Cang Zhu* was increased to 15 grams and *Yi Yi Ren* (Semen Coicis Lachryma-jobi) and *Sheng Shan Yao* (Rhizoma Dioscoreae Oppositae) were added. After taking 6 ji of this new formula the disease was cured.

11. "The Knowledge of Professor Gu Bo-kang Based on Experience in Treating Diseases of the Skin" by Pan Bin, *Liao Ning Zhong Yi Za Zhi* (Liaoning Journal of Chinese Medicine), 1990, 14 (1):3.

Another name for eczema is atopic dermatitis and this allergic disease has three stages: infant, child and adult. Eczema is associated with other allergic diseases including asthma, hives and allergic rhinitis. Dr. Gu says this disease has a relationship to the child's constitution which when vacuous allows the disease to develop. In adults this disease is not easy to cure because the kidneys function declines as a person ages. Eczema and asthma often develop in the same child. The lung and kidney are viscera that share a son-mother relationship. If the disease is delayed or chronic these are characteristics of the lung and kidneys. The reason this disease is often not cured is in relation to the fullness of the liver and the kidney. Therefore the strength of a individual's kidney qi determines whether a person will develop this disease or if and when the disease will reoccur.

If a person's former heaven essence is insufficient, the constitution is not strong, the interstices will not be dense and this will allow damp-heat evils to enter the skin and eczema will develop. When kidney yang is insufficient, defensive yang is not secure cannot reach the external evils and therefore these evils linger.

Case Example:

Gu, 6-year-old female.

The child developed red macules and papules on the chest, back and hip areas. The skin was itchy and when scratched oozed fluid and then these initial lesions combined together to form larger lesions. Scaling and scratch marks were also observed. These symptoms would alternate with some symptoms always being present. The eczema was accompanied by enuresis and asthma, which was present before the eczema. The tongue coating was thin and slimy and the pulse was slippery. The syndrome was kidney vacuity, constitution not strong, damp-heat congesting and obstructing the skin and muscles.

Treatment Principles: Boost the kidney, clear and disinhibit damp-heat.

Formula: *Rou Cong Rong* (Herba Cistanchis Deserticolae) 9 grams, *Ba Ji Tian* (Radix Morindae Officinalis) 9 grams, *Zhu Ling* (Sclerotium Polypori Umbellati) 9 grams, *Pu Gong Ying* (Herba Taraxace Mongolici Cum Radice) 9 grams, *Bai Hua She She Cao* (Herba Hedyotis) 15 grams, *Bi Xie* (Rhizoma Dioscoreae Hypoglaucae) 12 grams, *Jin Qian Cao* (Herba Jinqiancao) 30 grams, *Sheng Gan Cao* (Radix Glycyrrhizae) 3 grams. Fourteen 14 ji were given and one ji was decocted and taken each day.

Second Visit: the eczema disappeared, the itching stopped and the tongue and pulse were normal. In order to secure the treatment results *Cong Rong Pian* (Cistanchis Pills) were taken two times (3 pills each time and 0.3 grams raw herbs per pill) each day for 6 months. During follow-up visits the eczema did not reoccur and the enuresis also recovered.

Discussion: In the formula *Rou Cong Rong* and *Ba Ji Tian* warm the kidneys and boost the essence in order to secure the former essence. *Pu Gong Ying*, *Bai Hua She She Cao*, *Zhu Ling* and *Jin Qian Cao* clear heat, disinhibit dampness in order to eliminate external evils. The whole formula addresses vacuity and repletion at the same time and simultaneously uses cold and warm medicinals to successively support the righteous and dispel evils.

12. "An Introduction to Old Doctor Zhou Ming-qi's Treatment of Skin Disease Based on Experience" by Zhang Hong-en, *Liao Ning Zhong Yi Za Zhi* (Liaoning Journal of Chinese Medicine), 1981, (11): 10.

Dr. Zhou says when eczema develops it is mainly due to wind and dampness but heat, toxins, dryness and itching must also be considered and identified. In acute cases, dampness is important to consider because there is often exudation, lesions on whole body, along with erosion of the skin and itching. In chronic cases, wind is important because the wind spreads to the whole body causing itching with bleeding and scabs due to wind exuberance. Based on the pathological changes heat, toxins, dryness and itching may all also be combined with the wind and dampness. In acute cases eczema skin often presents with exudation, erythema (flush *Chao Re*) with red macules indicating heat exuberance. Therefore in this situation treating dampness is most important and this method is assisted by the method to clear heat. If accompanied by fever, heart vexation, reddish urine, bound stools, red tongue with a yellow fur and a rapid pulse is due to heat producing toxins. In this situation it is most important to clear heat and resolve toxins while simultaneously fortifying the spleen and drying dampness. In chronic cases usually there is itching of the whole body manifested as thicker skin, striations (*Xi Wen*) normally accompanied by bloody scabs and hyper-pigmentation. Chronic disease consumes blood and damages yin which leads to blood vacuity engendering wind [which] engenders dryness and as a result wind and dryness become depressed and bound. In this situation it is important to moisten dryness. In eczema, itching is among the most common symptoms and itching is the main symptom of wind. If damp exuberance is the main problem then the severity of the erosion is the same as the itching. If heat exuberance is the main pattern then there is

scorching redness with itching and there will be other systemic symptoms of heat exuberance.. If dryness is the main problem then dry skin with scaling accompanies the itching.

If wind exuberance accompanies the itching use *Fang Feng* (Radix Lederbouriellae), *Chan Tui* (Periostracum Cicadae), *She Chuang Zi* (Fructus Cnidi Monnieri), *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi) etc.. If heat-toxins accompanies the itching then use *Jin Yin Hua* (Flos Lonicerae Japonicae), *Lian Qiao* (Fructus Forsythiae Suspensae), *Zi Hua Di Ding* (Herba Violae Yedoensis Cum Radice), *Mu Dan Pi* (Cortex Radicis Moutan) etc.. If damp exuberance accompanies the itching use *Hua Shi* (Talcum), *Yi Yi Ren* (Semen Coicis Lachyrma-jobi), *Huang Bai* (Cortex Phellodendri), *Di Fu Zi* (Fructus Kochiae Scopariae), *Ku Shen* (Radix Sophorae Flavescentis) etc.. If dryness is prominent with itching use *Sheng Di Huang* (Radix Rehmanniae), *Tian Hua Fen* (Radix Trichosanthis Kirlowii) and *Dang Gui* (Radix Angelicae Sinensis), *Tao Ren* (Semen Persicae), *Hong Hua* (Flos Carthami) may be added to nourish the blood and transform stasis depending on the clinical presentation.

Dr. Zhou said equal attention must be paid if there is eczema on the whole body or just in one particular area and after the lesions disappear the treatment should support the righteous and nourish yin. Also during treatment the child should avoid eating seafood or spicy food.

Case Example:

Zheng, 4-month-old male. For the last two months the skin of the infants head and ears became red with vesicles with exudation and dried (i.e. crust) pus. The patient went through various treatments but they achieved no results. The days prior to the first visit the eczema was accompanied by fever (T 37.8 degrees C), thirst, cough, wheezing, red tongue tip and slimy white tongue fur and the finger vein was greenish-blue. The diagnosis was acute eczema caused by dampness developing in the exterior muscles, causing depression over many days that engendered heat and the heat produced toxins.

Treatment Principles: clear heat, resolve toxins, clear the lung and disinhibit dampness.

Internal Formula: *Jin Yin Hua* (Flos Lonicerae Japonicae) 25 grams, *Zhi Zi* (Fructus Gardeniae Jasminoidis) 7.5 grams, *Sheng Di Huang* (Radix Rehmanniae) 25 grams, *Ku Shen* (Radix Sophorae Flavescentis) 15 grams, *Hua Shi* (Talcum) 20 grams, *Xing Ren* (Semen Pruni Armeniaca) 10 grams, *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi) 15 grams, *Sang Bai Pi* (Cortex Radicis Mori Albi) 15 grams, *Gan Cao* (Radix Glycyrrhizae) 10 grams, *Tian Hua Fen* (Radix Trichosanthis Kirlowii) 10 grams and *She Chuang Zi* (Fructus Cnidi Monnieri) 10 grams. Water decoction was the preparation method used and the fluid was reduced to 100 ml. The patient took 10 ml/ 3 times per day.

External Formula: In addition externally the patient used: *Jing Jie* (Herba Seu Flos Schizonepetae Tenuifoliae) 20 grams, *Fang Feng* (Radix Lederbouriellae) 20 grams, *Ku Shen* (Radix Sophorae Flavescentis) 25 grams, *Ai Ye* (Folium Artemisiae Argyii) 15 grams, *Chuan Jiao* (Pericarpium Zanthoxyli Bungeani) and *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi) 15 grams.

This formula was decocted in water and used externally to wash the skin in combination with the authors self-devised Eczema Powder. After one week of treatment the eczema disappeared.

13.

Guang An Men Hospital of Chinese Medical Research, *Yi Hua Yi Lun Hui Yao* (Name of Journal), "Dr. Zu Ren-kang Speaks", Beijing: *Ren Ming Wei Sheng Chu Ben She?* (Press), 1982.50.

Dr. Zu says the spleen is the root treatment in pediatric eczema and this disease is a common skin disease in children. In TCM this disease is called "*tai lian chuang*" or "*nai xian*" which refers to the relationship between fetal heat and breast milk. If before the baby is born the mother eats the *five acrids* then after the child is born the mother will develop this disease. The cause of this disease include spleen dampness-heart fire and damp-heat. In the beginning stages the methods of treatment include the methods to clear heat and disinhibit dampness. In chronic cases that have not been cured the disease mechanism is often the spleen not performing its duty of transportation causing dampness to be engendered internally that is then externally effused to the muscles and skin. In these cases it is important to treat the spleen, which is the root. A child's development relies on the nourishment supplied by the spleen and stomach's function of transportation and transformation. If this nourishment is not attained because the child has no restraints on what they eat this will cause damage and accumulation in the spleen and stomach leading to their inability to fortify transportation which will cause dampness to be engendered. Therefore in the treatment of pediatric eczema it is important to regulate the spleen and stomach. If bitter-cold medicinals are taken excessively this may damage the spleen and stomach.

Case Example:

7-year-old male.

Not long after being born the child developed eczema that repeatedly occurred with the disease sometimes being mild and sometimes severe.

Symptoms: withered yellow facial complexion, emaciated body, eczema on the whole body, itching that was worse at night and effected sleep, poor essence-spirit, poor appetite usually, thin sloppy stools, pale tongue with a thin coating overall and a slimy coating at the root of the tongue and the pulse was thin weak and lacked force. The diagnosis was spleen vacuity fortification and transportation not regulated and damp evil effused to the muscles and skin [causing eczema].

Formula: *Xiao Er Hua Shi Tang* (Child Transform Dampness Decoction): *Cang Zhu* (Rhizoma Atractylodis), *Bai Zhu* (Rhizoma Atractylodis Macrocephaleae), *Chen Pi* (Pericarpium Citri Reticulatae), *Fu Ling* (Sclerotium Poriae Cocos), *Ze Xie* (Rhizoma Alismatis), stir-fried *Mai Ya* (Fructus Germinatus Hordei Vulgaris) 6 grams and *Liu Yi San* (Six-One Powder) each 6 grams.

After 5 ji the itching was reduced, sleep was calm and the child's appetite had increased. After continuing to take more than 20 of medicine the eczema completely disappeared and the itching was eliminated.

Discussion: In this case the symptoms of an emaciated body, withered yellow facial complexion, poor appetite, sloppy stools etc. were all symptoms of spleen vacuity damp exuberance. The main treatment principles were to fortify the spleen and eliminate

dampness therefore the formula chosen to accomplish this was *Xiao Er Hua Shi Tang* (Child Transform Dampness Decoction). In the formula, *Cang Zhu*, *Bai Zhu*, *Chen Pi*, *Fu Ling* and *Mai Ya* are included to fortify the spleen and assist in transportation. *Ze Xie* and *Liu Yi San* are used for their function of bland-percolation that disinhibits dampness. If the spleen is fortified and the dampness is eliminated then the eczema will be cured.

14. "The Treatment of Atopic Dermatitis Based on the Experience of Zhang Zhi-li" by Zhang Fan and Wang Ping, *Zhong Yi Za Zhi* (Journal of Chinese Medicine), 1998, 39 (7): 402.

Dr. Zhang says this disease is related to the genetics predisposition of the child and the poor immunity. According to Chinese medicine medical theory, the former heaven constitution is insufficient and the mother passes to the infant the fetal-toxins or after being born the diet is irregular and the spleen engenders dampness internally or the child has a body which has a vacuous spleen and heat in the stomach and there is an external contraction with internal damp-heat evils which become depressed in the skin and interstices and eczema develops. Therefore to treat the root one must fortify the spleen and disperse abduction and to treat the tip one must dispel wind, eliminate dampness and clear heat.

Children who develop eczema within their first year often present with the pattern of damp-heat brewing internally. In clinic this is often referred to as "infantile eczema [*ying er shi zhen*]" or "suckling lichen [*nai xian*]".

Treatment Principle: Clear heat and eliminate dampness, fortify the spleen, disperse and abduct.

Commonly used medicinals in the formula included: *Huang Lian* (Rhizoma Coptidis) *Huang Qin* (Radix Scutellariae), *Ma Chi Xian* (Herba Portulacae Oleraceae), *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), *Zhi Ke* (Fructus Citri Aurantii), *Yi Yi Ren* (Semen Coicis Lachryrma-jobi), *Jiao Zhi Zi* (scorched Fructus Gardeniae Jasminoidis), *Jiao Bing Lang* (scorched Semen Arecae Catechu), *Ji Nei Jin* (Endothelium Corneum Gigeriae Galli) etc. with additions and subtractions.

If there was eczema with exudation 30 grams of *Ma Chi Xian* (Herba Portulacae Oleraceae) could be boiled and applied externally. Alternatively *Qu Shi San* (Eliminate Dampness Powder) composed of *Da Huang* (Radix et Rhizoma Rhei) 30 grams, *Huang Qin* (radix Scutellariae) 30 grams, *Han Shui Shi* (Gypsum seu Calcitum) 30 grams and *Qing Dai* (Indigo Pulverata Levis) 3 grams could be ground into a fine powder and mixed with *Gan Cao* (Radix Glycyrrhizae) oil and applied topically.

Case Example:

Zhang, 5 months old.

At one month of age the child developed a red rash on the forehead and cheeks that was sometimes slight and sometimes severe. The child had treatment for a long time but did not cure their condition. In the last month [the condition] was made worse by soap and the eczema spread to the neck and chest and the skin of the face was damaged and appeared red, swollen with exudation that did not stop and on the four

limbs there was scattered red macules and papules with vesicles. The child usually ate a large amount [of food] but was still hungry and the stools were dry and bound.

Treatment Principle: Clear heat and eliminate dampness, fortify the spleen, disperse abduction.

Formula: *Huang Qin* (Radix Scutellariae) 6 grams, *Sheng Di Huang* (Radix Rehmanniae) 10 grams, *Ma Chi Xian* (Herba Portulacae Oleraceae) 10 grams, *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi) 6 grams, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 6 grams, *Zhi Ke* (Fructus Citri Aurantii) 6 grams, *Jiao Zhi Zi* (scorched Fructus Gardeniae Jasminoidis) 6 grams, *Jiao Bing Lang* (scorched Semen Arecae Catechu) 6 grams, *Ji Nei Jin* (Endothelium Corneum Gigeriae Galli) 3 grams, stir-fried *Lai Fu Zi* (Semen Raphani Sativi) 6 grams, *Zhu Ye* (Herba Lophatheri Gracilis) 3 grams and *Fu Ling Pi* (Cortex Scleroti Poriae Cocos) 10 grams.

External Formula: In addition, *Ma Chi Xian* was decocted in water and used externally applied to the face and *Qu Shi San* (Eliminate Dampness Powder) 15 grams was combined with 30 grams of *Gan Cao* (Radix Glycyrrhizae) oil and applied. On the sides of the neck, chest and four limbs *Qu Yan Sun Shuang* (Triancinolone Acetonide Frost i.e cream) was combined with *Huang Lian Gao* (Coptidis Paste) composed of *Huang Lian Fen* (Coptidis Powder) 10 grams mixed with 90 grams of Vaseline. Each night the child also took 2 mg of chlorpheniramine .

After seven days of the decoction the exudation stopped and after continuing to take 7 more days the eczema totally disappeared.

Children with eczema between the ages of 2-10 years old often present with spleen vacuity, damp exuberance pattern. The eczema is often on the four limbs on the extensor regions and on flexor region of the knees and elbows and appears as red macules and papules and vesicles with slight exudation and crusting the individual may present with chronic thickened skin that is pigmented or has lichenification. Alternatively, the individual may have a sub-acute or chronic eczema with thickened skin slight lichenification and after scratching there is slight erosion with exudation. This stage of eczema is often accompanied by the following symptoms: sloppy stools, a pale tongue with a white slimy tongue coating and a moderate pulse.

Treatment Principle: fortify the spleen, eliminate dampness, abductive dispersion and stop itching.

Commonly used medicinals: *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), *Fu Ling* (Sclerotium Poriae Cocos), *Yi Yi Ren* (Semen Coicis Lacyrma-jobi), *Zhi Ke* (Fructus Citri Aurantii), *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi), *Ku Shen* (Radix Sophorae Flavescentis), *Che Qian Zi* (Semen Plantaginis), *Ze Xie* (Rhizoma Alismatis), *Jiao Bing Lang* (scorched Semen Arecae Catechu), *Jiao San Xian* (Scorched Three Immortals), *Ji Nei Jin* (Endothelium Corneum Gigeriae Galli), stir-fried *Lai Fu Zi* (Semen Raphani Sativi) etc. with additions and subtractions.

On the rough or damaged skin, *Huang Lian Gao* with 5% of Distilled Black Bean oil added was applied externally. If lichenification was present 5% of Salicylate Paste was added.

Case Example:

Gao, 5-year-old female.

From the age of one year old the child had eczema and sometimes it was slight and sometimes it was severe. The following was observed: rough skin on the face, yellow crusting on the external ears, dry skin on the neck, four limbs and body were scattered with red papules and bloody scabs with scaling plaques and slightly thick skin. The facial complexion was slightly yellow, the stools were thin, the appetite was poor, the tongue was pale with teethmarks and a white tongue fur and a moderate pulse.

Diagnosis: atopic dermatitis due to spleen vacuity, damp stagnation and lack of nourishment of the skin and muscles.

Formula: *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 6 grams, *Sheng Yi Yi Ren* (Semen Coicis Lachryma-jobi) 10 grams, *Zhi Ke* (Fructus Citri Aurantii) 6 grams, *Huang Qin* (Radix Scutellariae) 6 grams, *Ma Chi Xian* (Herba Portulacae Oleraceae) 10 grams, *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi) 10 grams, *Ku Shen* (Radix Sophorae Flavescentis) 6 grams, *Jiao Bing Lang* (scorched Semen Arecae Catechu) 6 grams, *Jiao San Xian* (Scorched Three Immortals) 10 grams, stir-fried *Lai Fu Zi* (Semen Raphani Sativi) 6 grams and *Gan Cao* (Radix Glycyrrhizae) 6 grams.

After taking 7 ji large areas of the skin were flat and the skin of the face had basically returned to normal. The doctor then subtracted *Huang Qin* and *Gan Cao* from the above prescription and added *Dang Gui* (Radix Angelicae Sinensis) 6 grams and *Chi Shao* (Radix Rubrae Paeoniae Lactiflorae) 6 grams. After taking 14 ji of this modified formula this case was cured.

15. "The Clinical Observations of the Pattern Identification and Treatment of 200 cases of Pediatric Eczema" by Shang Er-shu et al., *Ji Lin Zhong Yi Yao* (Jilin Journal of Traditional Chinese Medicine), Vol. 1, #5, 1994, page 17.

Treatment Method:
Acute Eczema

Treatment Principles: Transform dampness, clear heat, course wind and stop itching.

Formula: *Bai Xian Pi* (Cortex Radicis Dictamni Dasycarpi) 15 grams, *Zi Cao* (Radix Lithospermi Seu Arnebiae) 10 grams, *He Ye* (Folium Nelumbinis Nuciferae) 15 grams, *Di Fu Zi* (Cortex Radicis Lycii Chinensis) 15 grams, *Sheng Di* (Radix Rehmanniae) 15 grams, *Yi Yi Ren* (Semen Coicis Lachryma-jobi) 10 grams and *Qing Lian Qiao* (blue-green Fructus Forsythiae) 10 grams.

Chronic Eczema:

Treatment Principles: Nourish the blood, dispel wind and kill worms as the main principles assisted by the method of disinhibiting dampness.

Formula: *Dang Gui* (Radix Angelicae Sinensis) 6 grams, *Sheng Di* (Radix Rehmanniae) 12 grams, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 10 grams, *Yi Yi Ren* (Semen Coicis Lachryma-jobi) 10 grams, *Guan Chong* (Rhizoma Guanchong) 10

grams, *Chi Shao* (Radix Rubrus Paeoniae Lactiflorae) 10 grams, *Bai Ji Li* (Fructus Tribuli Terrestris) and *Tu Fu Ling* (Rhizoma Smilacis Galbrae) 15 grams.

Additions and Subtractions For Both Acute and Chronic Eczema:

- a) Mainly on the face added *Chan Yi* (Periostracum Cicadae) and *Ju Hua* (Flos Chrysanthemi) each 10 grams.
- b) Mainly on the four limbs added *Ku Shen* (Radix Sophorae Flavescentis) 10 grams and *Huang Bai* (Cortex Phellodendri) 6 grams.
- c) Enduring eczema with severe itching added *He Shi* (Fructus Carpesii Seu Daucusi) 10 grams and *Guan Chong* (Rhizoma Guanchong) 10 grams.

The above formulas were decocted in water, divided into 3 doses and taken each day.

External Medicine for Acute and Chronic Eczema:

Qing Hao (Herba Artemisiae Apiaceae) 50 grams and *Ku Shen* (Radix Sophorae Flavescentis) 50 grams. These medicinals were wrapped in a cotton bag and decocted in water. The liquid was then used to wash the affected area two times per day.

Treatment Outcome Criteria and Outcome:

Cure (the skin symptoms and accompanying symptoms were all eliminated and did not reoccur): 110 cases.

Improvement (the skin symptoms and accompanying symptoms were all obviously decreased): 70 cases.

No Improvement: 20 cases (10%).

The total amelioration rate was 90%.

APPENDIX 1:

Translated Articles of Pediatric Eczema by Bob Flaws, Copyright Blue Poppy Press.

Article #1

(From "The Treatment of Pediatric Eczema with *Shu Feng Qu Shi Tang* [Course Wind & Eliminate Dampness Decoction" by Zhan Nai-jun, *Zhe Jiang Zhong Yi Za Zhi* (Zhejiang Journal of Chinese Medicine), #6, 1994, p.262.

Cohort description

The author of this article used *Shu Feng Qu Shi Tang* in the treatment of 36 cases of pediatric eczema with entirely good results. Of the 36 cases, 22 were boys and 14 were girls. The course of disease had lasted from as long as one month to as short as one week, with a median duration of 10 days. Eleven cases also had asthma, diarrhea, and other such diseases.

Treatment Method

Shu Feng Qu Shi Tang consisted of: Caulis Lonicerae Japonicae (*Ren Dong Teng*), 9g, stir-fried Radix Scutellariae Baicalensis (*Dan Qin*), Periostracum Cicadae (*Chan Tui*), stir-fried Fructus Citri Aurantii (*Zhi Ke*), Pericarpium Citri Reticulatae (*Chen Pi*), 2g @,

processed Bombyx Batryticatus (*Jiang Can*), Cortex Radicis Dictamni Dasycarpi (*Bai Xian Pi*), 6g @, stir-fried Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), Herba Agastachis Seu Pogostemi (*Huo Xiang*), stir-fried Rhizoma Atractylodis (*Cang Zhu*) 5g@.

Additions & subtractions:

- a) If heat was heavy, Cortex Gardeniae Jasminoidis (*Zhi Zi Pi*) and Rhizoma Imperatae Cylindrica (*Bai Mao Gen*) were added.
- b) If wind was severe, Radix Ledebouriellae Divaricatae (*Fang Feng*) and Folium Mori Albi (*Sang Ye*) were added.
- c) If dampness was severe, Semen Coicis Lachryma-jobi (*Mi Ren*) was added.
- d) If the bowel movements were rough or coarse with foul smelling flatulence, carbonized Fructus Crataegi (*Shan Zha*) was added.

Treatment Outcomes

Of the 36 cases, 34 were completely cured after taking the above medicinals internally for one week. The other two patients were cured after taking it for half a month.

Case History

Girl, 5.5 months old. Eczema had broken out one half month previously. Originally, it had been on the head and face but had spread to the four limbs. Her spirit was vexed and her sleep was restless. When the lesions were scratched, a fatty water flowed out. Her appetite was ok, her stools were dry, there was smelly flatulence, yellowish urine, white, slimy tongue fur, and her fingernails were pale purplish. In order to course wind and eliminate dampness aided by leveling the liver, she was given the basic formula minus Rhizoma Atractylodis (*Cang Zhu*) and Pericarpium Citri Reticulatae (*Chen Pi*) but with Flos Chrysanthemi Morifolii (*Gan Ju*) 6g, Fructus Tribuli Terrestris (*Bai Ji Li*) 9g, Folium Lophatheri Gracilis (*Dan Zhu Ye*), 5g, and Medulla Junci Effusi (*Chen Deng Xin*) 2 bundles. The child was given three ji.

On the return examination after taking the above medicinals, the lesions on the head and face were still apparent, but the itching sensation was markedly diminished. At night, her sleep was more restful, her appetite was ok, and her bowel movement was loose and one to two times per day. At this time, her tongue fur was thin and slimy. Therefore, Atractylodes, Orange Peel; and Cicada Moultings were removed from the basic formula and stir-fried Semen Coicis Lachryma-jobi (*Mi Ren*), stir-fried Fructus Germinatus Oryzae Sativae (*Gu Ya*), Sclerotium Poriae Cocos (*Fu Ling*), and stir-fried Semen Dolichoris Lablab (*Bian Dou*) 9g @, and Fructus Kochiae Scopariae (*Di Fu Zi*) 6g, were added in order to strengthen the fortifying of the spleen and transforming of the dampness. After four ji of the above formula, the eczema was cured.

Discussion

According to the author, this disease is known as milk tinea (*nai xuan*) in TCM. Usually, it is due to fetal fire and damp heat. Internally, it is caused by damp heat internally smoldering, while externally it is due to wind evils externally invading. Thus wind and dampness become depressed in the flesh and exterior causing the onset of this disease. Because children's spleens are normally insufficient, it is not appropriate to use too many bitter, cold materials. Rather one should mainly use sweet, cold ones. In this formula, Caulis Lonicerae and a small amount of Scutellaria are the main medicinals for

clearing wind, damp, and heat evils. Folium Mori and Cicada Moultings course the wind and clear heat. Bombyx and Dictamnus eliminate wind dampness and stop itching. Orange Peel and Agastaches aromatically and fragrantly arouse the stomach and eliminate dampness. While the two Atractylodes and Orange Peel transport the spleen, rectify the qi, and eliminate dampness at its root. When wind evils are coursed and damp heat eliminated, there are the results.

Article #2

(From "The Treatment of 40 Cases of Pediatric Eczema with *Jian Pi Chu Shi Tang* [Fortify the Spleen & Eliminate Dampness Decoction" by Zhou Guo-xiu et al., *He Nan Zhong Yi* [Henan Chinese Medicine], #6, 1995, p.375)

Treatment method

Self-composed *Jian Pi Chu Shi Tang* was composed of: Radix Codonopsis Pilosulae (*Dang Shen*), 10g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 10g, uncooked Semen Coicis Lachryma-jobi (*Yi Ren*), 15g, Cortex Sclerotii Poriae Cocos (*Fu Ling Pi*), 15g, Flos Campsitis Grandiflorae (*Ling Xiao Hua*), 10g, Herba Pycnostelmae (*Xu Chang Jing*), 10g, Cortex Radicis Dictamni Dasycarpi (*Bai Xian Pi*), 6g, Fructus Kochiae Scopariae (*Di Fu Zi*), 10g, Radix Lithospermi Seu Arnebiae (*Zi Cao*), 15g, Periostracum Cicadae (*Chan Yi*), 3g, Radix Scutellariae Baicalensis (*Huang Qin*), 6g, Fructus Crataegi (*Shan Zha*), 15g, Radix Glycyrrhizae (*Gan Cao*), 6g.

Additions & subtractions:

- a) If oozing fluids were profuse, Herba Artemisiae Capillaris (*Yin Chen*) and Semen Plantaginis (*Che Qian Zi*) were added.
- b) If the outbreak was on the facial region, Flos Chrysanthemi Morifolii (*Ju Hua*) was added.
- c) If the outbreak was on the upper limbs, Rhizoma Curcumae Longae (*Jiang Huang*) was added.
- d) If the outbreak was on the lower limbs, Radix Achyranthis Bidentatae (*Niu Xi*) was added.
- e) If the outbreak was on the lower and upper back, Cortex Eucommiae Ulmoidis (*Du Zhong*) was added.

One ji was decocted in water and administered each day in three divided doses, morning, midday, and night.

External Formula:

If there was acute stage eczema with discharge of fluids, a Chinese medical formula was applied to the affected area. This consisted of: Herba Portulacae Oleraceae (*Ma Chi Xian*) 30g, Cortex Phellodendri (*Huang Bai*) 30g and Radix Sophorae Flavescentis (*Ku Shen*) 20g.

These medicinals were boiled in 2000-3000ml of water for 15-20 minutes. Then a piece or pieces of cotton gauze approximately the size of the lesion(s) was soaked in the resulting fluid and placed over the affected area(s). This was left in place for five to six minutes, removed, and left to dry for 30 minutes. This was done two to three times each day.

Discussion

Pediatric eczema is a commonly seen skin disease in the summer and fall. Within this formula, Radix Angelicae Sinensis (*Dang Gui*), Lithospermum, uncooked Radix Rehmanniae (*Sheng Di*), and Pycnostelma are the sovereign medicinals, which nourish the blood, course wind, and clear heat toxins from the blood division. (note: this line suggests that several medicinals are missing from the original. Uncooked Coix, Poria Skin, Codonopsis, Atractylodes, and Campsis are the ministerial medicinals, which fortify the spleen, eliminate dampness, and resolve toxins. Kochia, Dictamnus, Cicada Moultings and Scutellaria are the assistant medicinals which clear heat, course wind, and stop itching. While uncooked Licorice is the messenger medicinal which resolves toxins and harmonizes and regulates all then other medicinals. Therefore, this formula has the ability to clear heat and resolve toxins, fortify the spleen and disinhibit dampness, cool the blood, course wind, and stop itching. The authors have used it to treat 40 cases with a relatively good (yet unspecified) treatment effect.

Article #3

(From "The Treatment of 96 Cases of Pediatric Eczema by Applying *Xiao Feng Dao Chi San* [Disperse Wind & Abduct the Red Powder] to the Navel" by Liu Tou-shun & Liu Tian-ji, *Zhe Jiang Zhong Yi 7a Zhi* [Zhejiang Journal of Chinese Medicine], #7, 1996, p.323)

Cohort description

Of the 96 children in this study, 39 were boys and 57 were girls. They ranged in age from as young as 15 days to as old as six months. Their disease course had lasted from as short as three days to as long as two months. Their diagnosis was based on *Zhong Yi Wai Ke Xue* (A Study of Chinese Medicine External Medicine) by Gu Bo-kang, Shanghai Science & Technology Press, Shanghai, 1986, p. 140. The main clinical characteristics of the eczematous lesions were red macules, water blisters, ulceration, and oozing of water.

Treatment method

The formula consisted of: uncooked Radix Rehmanniae (*Sheng Di*), Sclerotium Rubrum Poriae Cocos (*Chi Fu Ling*) 15g @, Fructus Arctii Lappae (*Niu Bang Zi*), Cortex Radicis Dictamni Dasycarpi (*Bai Xian Pi*), Flos Lonicerae Japonicae (*Yin Hua*), Herba Menthae Haplocalycis (*Bo He*), Caulis Akebiae Mutong (*Mu Tong*) 10g @, Rhizoma Coptidis Chinensis (*Huang Lian*), Radix Glycyrrhizae (*Gan Cao*), 30g @, Herba Schizonepetae Tenuifoliae (*Jing Jie*), Cortex Cinnamomi Cassiae (*Rou Gui*), 6g @.

These medicinals were ground into powder and sifted through an 80 eye screen and then bottled for use. Every two days, the navel was cleaned with saline solution and then 24g of this powder was placed in the baby's navel. This was then held in place with an adhesive plaster. This constituted one time or treatment and three such times equaled one course of treatment. After two courses of treatment, the medicinals were stopped for evaluation. If there was ulceration with a small amount of seepage afterwards, the lesion was first dabbed with roasted sesame oil (*Xiang you*) and then a suitable amount of powdered Coptidis was applied externally. This was done one time each day. During this course of treatment, all other treatment was suspended. The mother was forbidden to eat acrid, peppery foods, fishy, foul-smelling foods, or stimulating foods.

Treatment Outcome Criteria and Outcomes

Of the 96 children, 53 were cured. This meant that their itching disappeared and that their skin lesions receded. One year later, there had been no recurrence. Sixteen children got a marked effect. This meant that their itching disappeared, their skin lesions receded, and within three months there was no recurrence. Twenty cases got some effect. This meant that their itching diminished and that their skin lesions receded to half their size but then stopped. Seven cases experienced no effect. Their itching did not diminish and their skin lesions either did not get smaller or actually increased in size. Thus the total amelioration rate was 92.7%.

Discussion

According to the author, pediatric eczema is mostly due to natural endowment fetal toxins and external invasion of wind dampness. These smolder and bind in the muscles and skin, thus resulting in this condition. The *Zheng Zhi Zhun Sheng* (Patterns & Treatments Norms & Standards) says, "Fetal toxin sores are due to natural fetal heat, toxins from the mother's eating and drinking during pregnancy, or fire from the seven affects." Therefore, the treatment principles are to course wind and clear heat, disinhibit dampness and resolve toxins. Usually, *Xiao Feng Dao Chi San* is administered internally. However, it is difficult to administer medicinals internally to babies. Therefore, the formula is powdered and applied to the navel. The navel is a channel point of the conception vessel which mutually corresponds to the governing vessel's Ming Men (GV 4). The controlling and governing vessels regulate the channel qi of the entire body and have the ability to balance the yin and yang of the entire body.

Article #4

(From "The Treatment of 20 Cases of Pediatric External Ear Eczema with *Lian Bing Gao* [Coptis & Borneol Paste" by Zheng Xian-fu & Gao Feng-qin, *Si Chuan Zhong Yi* [Sichuan Chinese Medicine], #9, 1996, p. 50)

Cohort description

Among these 20 cases, there were seven boys and 13 girls. Nine cases were between one and three years of age, six were three to five, four were five to 10, and one case was 16 years old. Their disease course was as short as one half month to as long as two months. The shortest length of treatment was three days and the longest was one week.

Treatment method

Formula: *Lian Bing Gao* (Coptis and Borneol Paste) composed of *Rhizoma Coptidis Chinensis* (*Huang Lian*) 50g, *Radix Et Rhizoma Rhei* (*Da Huang*) 25g, *Cortex Phellodendri* (*Huang Bai*) 30g, *Radix Glycyrrhizae* (*Gan Cao*) 20g, were dried and then powdered. This was then mixed with Borneol (*Bing Pian*) 10g and a suitable amount of sesame oil. The affected area was disinfected with a 3% solution of peroxide and dried with cotton. Following this, the *Lian Bing Gao* was applied externally. This was done one time each day and continued for three to five days.

Treatment Outcome Criteria and Outcomes

All 20 cases were cured, all the symptoms disappeared, and, on follow-up after a half year, there had been no recurrences. Thus the total amelioration rate was 100%.

Discussion

According to the authors, external ear eczema is categorized in Chinese medicine as yellow water sores. It is mostly due to damp toxins lying deeply (or hidden) internally and external affection by wind heat. It is mostly a pediatric disease. Within this formula, Coptis, Rhubarb, and Phellodendron clear heat, dry dampness, and drain fire. Licorice regulates and harmonizes all the other medicinals, controlling the excessively cold, bitter, drying (natures) of the "three yellows". Simultaneously, it resolves toxins and dispels externally invading wind heat. Borneol constrains and astringes and engenders muscle (i.e., flesh). When used together, damp toxins are dispelled, wind heat is cleared, muscles (flesh) are engendered, and the sores or lesions are cured.

Appendix 2: Beyond the Doctor - Tips for Treating Atopic Dermatitis (Eczema) in Infants and Children

- **Healthy Diet** - The implications of the theory that indigestion is the main cause of disease in Chinese pediatrics are several. Diet is considered of utmost importance in the treatment and prevention of allergic diseases such as eczema. Besides avoiding known food allergens, other basic dietary concepts should be firmly adhered to. First, children should be fed a light, easily digestible diet. In Chinese medicine, this is called the "clear, bland diet" because clear, bland foods are easily digestible. These foods make the child's digestion work less and therefore more efficiently. For infants, this also means not overfeeding. Breast milk is the single best food for infants, but many mothers overfeed their children. Breast milk has been shown to decrease the incidence of eczema. Although breast milk is the best source of nutrition, the infant cannot completely digest it if they are overfed and this may lead to stagnant food in the stomach, dampness and heat. When solid foods are first introduced, one should start with easily digestible foods such as cooked vegetables (peas, carrots, sweet potatoes etc.) and well-cooked grains such as rice. Rice is easy to digest and is well tolerated due to its hypoallergenic nature. The process of digestion in Chinese medicine is likened to the process of cooking and distillation. Cooked foods are more easily digested than uncooked foods. In other words, cooking is a form of predigestion. Therefore, infants and very young children do best when they are fed mostly cooked, mashed, partially predigested foods. When children eat uncooked, chilled, or cold foods these foods "douse" the digestive fire. Likewise, drinking *too* many liquids (especially with meals) "swamps" the spleen and hampers its function. In addition, foods that Chinese medicine term very "*dampening*" or fluid producing easily harm the spleen when overeaten. *Dampening foods* include sugars and sweets, dairy products, peanut and other nut butters, and bread. Individuals with allergic conditions often benefit from reducing or eliminating foods that are made through fermentation or which mold easily. This includes bread, cheese, vinegar, tomatoes, peaches, strawberries, etc.. I believe (like my teacher) that young children do best when they eat a wide variety of foods including well-cooked, easily digestible grains, cooked vegetables, cooked fruits,

some raw fruit such as apples, pears, and bananas, and small amounts of lean meat. In addition, liquids should be drunk at room temperature or warmer.

- **Give lukewarm baths.** Healing the skin and keeping it healthy are important to prevent further damage and enhance the quality of your child's life. Bathing helps keep the skin free from crusts and scales, which in turn helps to prevent infection. Keeping a moderate amount of moisture in the skin is a cornerstone of treatment. To keep skin healthy, it is better to avoid long baths. Experts once thought that cutting down on all baths was important. Now we know that long baths and soaps are the problem for most children. When the skin 'prunes', this disrupts the moisture-retaining layer of sensitive skin.

Bathe your child frequently in tepid, not hot, water for 5 to 10 minutes. If necessary, use mild cleansers free of perfumes and harsh irritants. These brief baths help to cleanse and moisturize the skin without drying it excessively and will hydrate the skin, while not drying it out. Bath emollients are widely prescribed by doctors to treat eczema and they are formulated to work with the bath water to rehydrate and moisturize the skin. The water penetrates the skin and is then sealed in by the emollient, which creates a protective barrier.

- **Apply moisturizer (emollient) at least two times per day and especially immediately following a bath.** Using moisturizers regularly on your child's skin is important and is the mainstay therapy used by Western doctors and dermatologists in the treatment of eczema. Normal skin has an oily layer which controls moisture loss. Children with eczema have a defective oily layer and excessive moisture loss causes itchiness and irritation. Emollients which are composed of a mixture of oil, fat and water leave an oily layer on the skin. This oily nature repairs the barrier reducing moisture loss and rehydrates the skin by restoring its oil and moisture content. After a bath, air-dry the skin, or pat it dry gently (avoiding rubbing or brisk drying). While the skin is still damp, apply moisturizers (to the child's entire body) to create a barrier against water loss. In addition to restoring the skin's moisture, lubrication increases the rate of healing, reduces roughness, scaling and itching and establishes a barrier against further drying and irritation. Lotions that contain a large amount of water or alcohol evaporate more quickly, and alcohol may cause stinging. Instead, make sure any moisturizers or emollients you use are rich enough (have a high oil to water ratio) to help keep moisture in the skin.
- **Keep child's fingernails filed short and clean.** If necessary, use cotton gloves or mittens at night to prevent scratching during sleep.
- **Select soft cotton fabrics when choosing clothing**
- **Keep the child cool;** avoid situations where overheating occurs
- **Avoid scratching** - attempt to distract the child with activities to keep him or her from scratching.
- **Identify and remove irritants and allergens**

- **Be Patient** - Eczema is a chronic disease and must be managed daily. Find a routine both you and your child can manage and be consistent with it.
- **Involve the patient** – It is important to involve the child in the treatment of their eczema and their own skincare. It helps them achieve a sense of control over their disease and helps them feel that they can do something to improve their own symptoms.

Successful Treatment

Regardless of the TCM pattern, the treatment of eczema is only effective when a partnership develops that includes the patient, family members, and the TCM doctor. The TCM doctor will suggest a treatment plan based on a traditional diagnosis using the Four Examinations. The patient or family member providing care plays a large role in the success of the treatment plan by carefully following the doctor's instructions and paying attention to what aspects of the treatment are or are not helpful.

The TCM practitioner has two main goals in treating atopic dermatitis: healing the skin and preventing flare-ups. The healing of the skin aspect is accomplished mainly via an individually prescribed herbal formula administered internally and a healthy diet based on their pattern discrimination. Sometimes the use of an external herbal wash or compress is also used. The internal formula is professionally prescribed and contains multiple ingredients. The dosage and administration method of the formula varies depending on the age of the child.

In addition, the TCM treatment may be assisted by the patient's developing skin care routines and avoiding substances that lead to skin irritation, *trigger* the immune system and the itch-scratch cycle. Regular check-ups with the TCM provider allows the practitioner to note any changes in the skin's condition in response to treatment and to make appropriate changes in the herbal formula to increase the rate of improvement.

Conclusion

In most cases of eczema, Western medicine can only temporarily soothe the irritation with balms, or cortisone, the powerful but hazardous anti-inflammatory. Possible side effects of repeated or long-term use of topical corticosteroids include thinning of the skin, infections, growth suppression (in children), and stretch marks on the skin. These steroid creams are really only a 'bandaid' solution to this chronic problem. Topical steroids sometimes alleviate symptoms, but do not improve the health of the skin.

Any long-term treatment of disease has to have properties that will make you want to continue using it. That means it must be:

- Effective and provide relief of symptoms.
- Safe, with few unwanted side effects.
- Easy to use.

When prescribed appropriately TCM accomplishes the above criteria. From my experience the compliance of taking the Chinese herbal medicine in children depends on the method of administration and the encouragement of the parents for their child to

continue taking their medicine.

TCM is often superior to modern medicine in the treatment of chronic diseases. According to current research 50% of eczema sufferers are dissatisfied with their current treatment (and the other 50% may not realize there may be a more effective treatment for their condition). Skin diseases (including eczema) are a good example of where Chinese medicine can offer substantial clinical benefits to patients who have been unresponsive to other forms of treatment. The TCM treatment of eczema has less side effects and unlike modern medicine, is curative not palliative, as it aims to eliminate the pathology of the skin disease instead of controlling or suppressing the symptoms.

Websites for Pictures of Skin Lesions and Other Information

1. <http://www.pediatrics.wisc.edu/education/derm/> - tutorial and test
2. <http://tray.dermatology.uiowa.edu/home.html>
3. http://www.dermis.net/index_e.html
4. http://www.dermis.net/acadermis/lectures/atopic_dermatitis/
5. Self teaching module for the influence of culture and pigment on skin conditions in children
http://healthlinks.washington.edu/ethnomed/clin_topics/dermatology/pigmented_main.html
6. <http://www.derm.ubc.ca/teaching/>
7. <http://www.nottingham.ac.uk/dermatology/eczema/contents.html>
8. <http://www.dermnet.com/moduleIndex.cfm?moduleID=8>
9. <http://www.dermnet.com/moduleIndex.cfm?moduleID=2>
10. <http://dermnetnz.org/dermatitis/atopic.html>
11. <http://www.healthandage.com/Home/gid2=1681> - criteria for diagnosis of AD

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2. Sheehan, M.P., Atherton, D.J., One-year follow up of children treated with Chinese medicinal herbs for atopic eczema. *British Journal of Dermatology (ENGLAND)* Apr 1994, 130 (4) p488-93.

