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Discussion on the Treatment of Skin Diseases based on Six-meridian Syndrome Differentiation

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Abstract: The causes of skin diseases are complex, and the incidence rate is also increasing in recent years. The syndrome differentiation of six meridians is an important syndrome differentiation system of traditional Chinese medicine, and many of these prescriptions also have good curative effect in the treatment of skin diseases. The author hopes that the treatment principles and methods can provide a wider range of treatment ideas for the clinical treatment of skin diseases.

Keywords: Treatise on Exogenous Febrile and Miscellaneous Disease; Six-meridian Differentiation; Skin Diseases.

1. Introduction

Skin diseases mainly refer to the diseases that occur in the skin, mucous membranes and skin appendages [1]. Its causes are complex. From the perspective of traditional Chinese medicine, it can be divided into external and internal causes. The external causes are mostly caused by six pathogens, insects and toxins, while the internal causes are mostly caused by internal damage due to seven emotions, diet and strain, liver and kidney deficiency, etc. Its impact on patients is not only physical pain, but also psychological impact. In recent years, the incidence of skin diseases is on the rise, among which the incidence of eczema is the highest, followed by acne, urticaria and psoriasis [2]. Ancient and modern Chinese and foreign doctors have many experiences in treating skin diseases with classical prescriptions in the theory of typhoid fever. The syndrome differentiation of six meridians is a syndrome differentiation system established by Zhang Zhongjing. In traditional Chinese medicine, it is often said that different diseases are treated with the same method and one prescription is used in many ways. Treating different types of skin diseases with the syndrome differentiation system of six meridians can provide new ideas for clinical practice, hoping to be helpful in clinical practice.

2. Taiyang Syndrome Differentiation Treatment of Skin Diseases

The taiyang meridian has the most yangqi, and its yangqi comes from the warming effect of kidney yang, which is produced by the Qi transformation of the bladder. The taiyang meridian yangqi is generated in the lower energizer, supplemented in the middle energizer, and disprsing in the upper energizer, so the complications and complications of taiyang disease are the most extensive. taiyang meridian yangqi reaches the body surface, so skin diseases are closely related to taiyang diseases, and its treatment is mostly sweating. The rational use of sweating method can achieve the effect of eliminating exterior pathogenic factors, dredging meridians and dispersing body fluid.

2.1. Guizhi Decoction and Mahuang Decoction

Guizhi Decoction and Mahuang Decoction are the representative prescriptions of taiyang disease, which can be used to treat many initial stage of various skin diseases.Such as urticaria, neuroedema, acute eczema, etc,which accompanied by symptoms such as wind-cold, wind-heat evils repression the skin cause aversion to cold and wind, head and neck stiffness, local skin damage and swelling. In addition, modern studies have shown that Mahuang Decoction and Guizhi Decoction do have anti-inflammatory, anti-allergic and anti-inflammatory effects [3]. In the early stage of psoriasis vulgaris, most people have obvious seasonality. Winter is heavy and light in summer. Most of them are caused by the accumulation of heat in the skin and re-feeling wind evil.,that blocked in the skin, accumulate knot not scattered.The patients with no sweat can be treated with Mahuang decoction with herbs that nourish blood and moisten dryness, which can not only give a way out of pathogenic factors, but also make the herbs penetrate and moisten the muscle surface.

2.2. Guizhi-Mahuang Decoction Mixture

taiyang disease on skin disease has a most typical article, is the Guizhi Mahuang each half soup : “taiyang disease, get the eight or nine days,be similar to malaria, fever aversion to cold, heat more cold less, the person does not vomit, the stool and urine are normal, two or three times a day..... the complexion is hot instead, not yet a trend to relieve, cause it can not get a sweat, itchy body, should Guizhi Mahuang each half soup. ”This is both the exterior and interior deficiency, cold evil light depression in the skin but not heavy, Qi and blood of meridian present like pain but not pain, so it is itching. Guizhi-Mahuang decoction mixture also has two Guizhi one Mahuang Decoction and two Guizhi one Yuebi Decoction. These three prescriptions all have the symptoms of blushing and itching, fever and aversion to cold, more heat and less cold, and the pathogenesis of cold evil closing the skin. But Guima each half soup attack two or three times a day, two Guizhi one Mahuang soup attack two times a day, indicating that the latter evil is more mild, and two Guizhi one Yuebi Decoction in the above symptoms have the case, superadd with the performance of the vexation. Modern studies have found that these three prescriptions have a certain effect on the treatment of skin allergic diseases [4].The main symptoms include unexplained itching, hot flashes, allergies, etc. The curative effect of Guizhi Mahuang each half soup in the treatment of chronic urticaria is not only better than that of

western medicine, but also can reduce the recurrence rate [5].

2.3. Taiyang Fu-organ Syndrome and Skin Diseases

In addition to the taiyang syndrome, the six-meridian taiyang disease also has the taiyang fu-organ syndrome. The representative syndromes are the Wuling San syndrome of hydraulic retention of exogenous febrile disease and the Taohe Chengqi Decoction syndrome of taiyang disease with stagnated blood syndrome. Wuling powder is often used to treat skin diseases such as abnormal Qi transformation of triple energizer and loss of body fluid distributiont. For example, in Qing · Gao Bingjun 's ' Yangke Xindeji ', Wuling powder was used to treat damp-heat sore toxin in the lower part of the human body. Wuling powder can be used to treat eczema, erysipelas, herpes zoster and other skin diseases. Long illness and blood stasis, for blood stasis and Yangming Fu syndrome, the use of Taohe Chengqi Decoction often has a curative effect. Taohe Chengqi Decoction is often used in the symptoms of heavy internal heat but light blood stasis，with heat discharge as the main and blood stasis as the auxiliary. Taohe Chengqi Decoction can be used to treat superficial infection, acne, eczema, urticaria, frostbite, furuncle and other skin diseases.

In addition, we should also pay attention to the contraindications of taiyang disease at the same time of differential treatment. For example, exgenous febrile disease detesting emetic therapy, external evils fight against the exterior and cannot care for the interior. If use , the lower energizer is weaker, the exterior evils will take advantage of the deficiency and inward sinking. Damp-heat syndrome is also banned Guizhi Decoction, sweet help wet and warm help hot, will inevitably increase the middle energizer damp-heat.

3. Yangming Meridian Syndrome Differentiation Treatment of Skin Diseases

Yangming disease includes Yangming meridian syndrome and Yangming fu-organ excess syndrome. The representative prescription of Yangming meridian syndrome is Baihu decoction, and the representative prescription of Yangming fu-organ excess syndrome is Chengqi decoction. Chronic skin diseases such as acne, seborrheic dermatitis and rosacea often occur on the head and face. They are often accompanied by symptoms such as thirst, constipation and short red urine. In the early stage, they are mostly due to heat exuberance in lung and stomach and attack the head and face. The lung and the large intestine are interior-exteriorly related. According to the degree of heat evil and dry feces aggregation, it is judged to use Sanchengqi Decoction to relieve heat. In the ' Baochi Quanshu ' of Guanshun in Ming Dynasty, it was recorded that Baihu Jiashen Decoction was used to treat summer fever and pox does not erupt, and Xiaochaihu Decoction was used to treat facial acne. Ke Yunbo has three methods of Yangming starting :use clearing stagnated heat method when heat in the upper energizer, use pungent-cold clear heat method when heat in the middle energizer, use heat-clearing and diuresis and yin-nourishing method when heat in the lower energizer. Yangming excessive heat, damp heat intrinsic to the rule of law. Yangming meridian change syndrome has Yinchenhao Decoction, and Zhizi Baipi Decoction can be used when damp-heat has not retreat but splenogastric Qi has waken ,it is also to avoid the rhubarb hurt Qi, and Mahuang Lianqiao Chixiaodou Decoction can be used for damp-heat has not retreat but still have superficies-syndrome. Studies have shown that Yinchenhao Decoction has a significant effect on the treatment of skin diseases with damp-heat accumulation, such as damp-heat urticaria, jaundice skin itching, drug eruption, acne, contact dermatitis and so on [6]. Mahuang Lianqiao Chixiaodou Decoction can treat a variety of skin diseases, such as urticaria, atopic dermatitis, chickenpox, skin itching, eczema, etc. For the syndrome of damp-heat accumulation and external wind toxicity, relieving the superficies and clearing away damp-heat. Patients often have dry mouth and thirst, thirst for drinking water, red tongue and slippery pulse [7]. Zhizi Baipi Decoction has the effect of clearing heat, purging fire and cooling blood. It can be used to treat erysipelas, solar dermatitis, acne and eyelid erosion. Foot Yangming has universal significance for cutting off the course of the disease, and is not limited to the pathogenic factors into the Yangming meridian. Needle foot yangming, mainly refers to the needle Walking Three Miles, for daily health care, improve the immune function has a very good help, for patients with deficiency-cold skin disease is very suitable, but for the internal heat flourishing should not be used.

4. Shaoyang Meridian Syndrome Differentiation Treatment of Skin Diseases

Shaoyang treatment of skin diseases often soothing liver Qi and regulating Qi movement, so that the evil is solved with stagnation, There are many additional symptoms of Shaoyang disease,so for the treatment of skin diseases Shaoyang disease has important significance. Shaoyang is the last yang meridian for the transmission of pathogenic factors. For patients with dialectical half-exterior and half-interior, there are eight syndromes of Shaoyang, bitter mouth, dry throat, dizziness, cold and heat exchanges, fullness in chest and hypochondrium, silent and reluctance to eat, thin white fur, and stringy pulse. However, if one syndrome is seen, Xiaochaihu Decoction can be used in combination with dialectics. Most of the young and middle-aged people and menopausal patients with skin diseases are often accompanied by Shaoyang disease, skin disease for a long time heart depression is often in turn affect liver Qi catharsis, such as chronic eczema, urticaria, acne mood is not smooth more recurrent. In modern research, Xiaochaihu Decoction has the effects of anti-inflammatory, anti-allergic reaction, regulating immune response and protecting liver cells. At the same time of dialectics, Xiaochaihu Decoction can be used to eliminating meridian pathogens, clear fu-organ heat, smooth Qi movement, phlegm turbidity, and reinforcing healthy Qi. Both attack and supplement, cold and heat homology, it can be applied to allergic skin diseases, viral skin diseases, vascular skin diseases, erythema and scaly skin diseases, sexually transmitted diseases, and skin appendage diseases [8]. Chaihu Decoction is also used in ' Yangke Xindeji ' for skin diseases such as scrofula phlegm, ear carbuncle and breast carbuncle caused by liver and gallbladder wind-heat pathogenic factors. Shaoyang disharmony with exterior syndrome, with Chaihu Decoction and Guizhi Decoction combined prescription ; has both Yangming Lishi with Dachaihu Decoction. Dachaihu Decoction can be used to treat many types of skin diseases, such as acne, drug rash, erysipelas, etc. [9]. Chaihu Guizhi Ganjiang Decoction is

used for patients with Shaoyang disharmony and Taiyin spleen deficiency. The pathogenesis focuses on ' Shaoyang stagnation heat, Taiyin deficiency-cold ', and the main symptoms focus on ' hypochondriac pain, bitter mouth, loose stools '. It can be used to treat hormone-dependent dermatitis, acne, chloasma, chronic urticaria and other diseases [10]. Shaoyang discord, restless hearts are used Chaihu Longgu Muli Decoction ,and it can be used for alopecia areata, urticaria, acne, hormone-dependent dermatitis and so on in skin diseases.

5. Three Yin Meridian Treatment of Skin Diseases

The excess is Yangming, and the deficiency is Taiyin. Taiyin disease is the main syndrome of spleen yang and spleen Qi deficiency, transportation and transformation disorder, ascending and descending disorder, evil into cold, cold-dampness diffusing downward. The herbs for the treatment of skin diseases are mostly cold, cool and bitter, so excessive damage to the spleen yang will lead to loss of appetite, abdominal fullness, diarrhea and other symptoms of Taiyin, or the patients themselves have light skin lesions, loose stools, pale tongue, menstrual abdominal pain, clear leucorrhea and other symptoms of Taiyin deficiency and cold. According to the treatment principle of Taiyin organ deficiency and cold syndrome should be warmed, it can be used to warming middle energizer, dissipating dampness and invigorating yang by a series of prescriptions of Sini Decoction. Qi deficiency is full, blood deficiency is pain, skin diseases are closely related to blood. If the Taiyin meridians are affected by evil, the meridians promote blood circulation, and the Qi promote Yin and Yang circulation, so the sometimes pain when the abdomen is full can be treated with Guizhi plus Shaoyao decoction. If there is limb pain, also known as Taiyin wind stroke, Guizhi decoction should be used. If accompanied by fever with cold aversion, restless arthralgia of limbs, skin itching and other symptoms, it is the middle energizer deficiency-cold and exogenous syndrome, should be treated together with internal and external, appropriate Guizhi Renshen Decoction, or Lizhong Decoction warm Taiyin deficiency-cold, plus Guizhi to eliminat exopathogenic factors of Taiyang. For the skin disease of Taiyin deficiency-cold and Shaoyang gallbladder fire accumulation and ministerial fire inflammation, the application of heat-clearing and fire-purging herbs should not be reduce but should be aggravated, and there are symptoms such as loose stool diarrhea, which is cold and heat mixed, and can be treated with Chaihu Guizhi Ganjiang Decoction.

Shaoyin disease is mainly based on heart and kidney yang deficiency, among which kidney yang deficiency is obvious, which is mainly divided into cold transformation of Shaoyin disease and heat transformation of Shaoyin disease. Cold syndrome of shaoyin, Yang decline Yin sthenia with Sini Decoction, Yin sthenia upfloating of nephroyang with Baitong Decoction, excessive Yin rejecting yang with Tongmai Sini Decoction, Yang deficiency body pain with Fuzi Decoction, hydroretention with asthenic yang with Zhenwu Decoction. Heat syndrome of shaoyin asthenic yin causing excessive pyrexia and imbalance between heart-yang and kidney-yin with Huanglian Ejiao Decoction ; yin deficiency and binding of water-heat with Zhuling Decoction. Dermatosis for a long time Yin blood deficiency, no to nourish the skin lead to dry and hypertrophic skin, dandruff off, if both thirst insomnia symptoms, can be used Huanglian Ejiao Decoction to clear the heat of heart and nourish kidney. For deficiency cold urticaria, dialectical for shaoyin cold syndrome can be treated with Fuzi Decoction addition or subtraction. 'Shengji Zonglu 'has the records of Ganjiang Fuzi Decoction in the treatment of frozen feet and sores. The record of Lizhong Decoction in the treatment of ulcer unhealed in the 'Golden Mirror of Medicine · Surgical Heart Method '. In the 'surgical authentic ', Lizhong decoction was also used to treat sore throat. Danggui Sini Decoction can warm meridian to expel cold and nourishing blood, dispelling wind and dredging pulse,it can be used to treat a variety of cold skin diseases, such as cold urticaria and cold erythema multiforme. For example, modern physician Zhu Renkang used Danggui Sini Decoction to treat erythema multiforme and Raynaud 's disease [11].

The pathogenesis of Jueyin disease is complex, but some of the prescriptions are of great application value, such as Baitouweng Decoction which treat damp-heat pouring downward, Danggui Sini Decoction to cure blood deficiency and cold syncope, Wuzhuyu Decoction, Wumei Pill and so on. The syndrome of intermingled cold and heat is more common in skin diseases. Acne and papule patients have many facial acne and oral ulcers, but they are also accompanied by soreness and weakness of waist and knees, untemperate limbs and diarrhea. This is the upper heat and lower cold, which is similar to the intermingled cold and heat of Jueyin disease, and can be treated with Wumei Pill.

6. Conclusion

The idea of protecting yin fluid in Treatise on Cold Pathogenic Diseases is very important for the treatment of skin diseases dominated by heat. For example, sores in Mahuang Decoction should not sweat. Because of its toxic heat excessive but Qi and blood damage, Qi and blood are damaged so that the yingfen and xuefen are not nourished, therefore Mahuang Decoction should not be more pungent and warm sweating, and then damage yin fluid. More attention should be paid to the treatment of skin diseases dominated by heat. Zhangzhongjing attaches great importance to healthy Qi and yangqi in Treatise on Cold Pathogenic Diseases, and there is a saying that ' virtual human catch cold should strengthen middle enertgizer '. Both superficies-syndrome and internal deficiency, even if the deficiency of the interior is not heavy, if the treatment of the exterior and the interior is still not recovery, the deficiency of the interior should also be the main. For chronic skin diseases, more attention should be paid to healthy Qi and yangqi, so as not to cause disease mistreatment and further consumption of yang. Observe the pulse syndrome, know what is wrong, and treat it with the syndrome. The treatment of skin diseases is also inseparable from this sentence. It is necessary to take yin and yang as the main body, first distinguish yin and yang, then distinguish the six meridians, treat them according to syndrome differentiation, and use them flexibly in clinical practice, so as to provide more ideas for the clinical treatment of skin diseases.

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