Eczema (Shi Zhen)

Heat Predominant Damp Heat
Damp Predominant Damp Heat
Blood Deficiency with Wind-Dryness

Overview

Eczema: is a western term referring to a commonly observed allergic inflammatory skin condition. It is characterized by itchy polymorphic skin lesions of symmetrical distribution, repeated recurrence and the tendency to develop into a chronic condition. Severe itching, blisters, tash, local or entire body, any age, any season.

Shi Zhen: Dampness rash

Two Divisions of Eczema
Eczemius Dermatitis: External factor
Indulgence Eczema: constitutional factor, not external

5 Types of Eczema:
Atopic: Usually starts at childhood, mostly in distal flexors (behind elbow and knees). Review, family and/or personal history
Discoid: Mostly on extremities (extensors). Well-defined coin shaped skin lesions
Pompholyx: Characterized by blisters only on the palms or soles. Usually bacterial or fungal
Sebrahoeic: Rash, which appears on ears, scalp, face, neck, or groin (diaper rash)
Varicose or Stasis: Lower leg, extremities, mostly in elderly

Patient Education: Avoid scratching, moxa only chronic, avoid hot showers and external stimulants, diet, no caffeine, drugs, avoid stress.

Notes:

General Points:
Li11, Sp10, Ub13, Qi Zhu Ma - 1 cun lateral to Du8 or T-9 (UB18) Prick to bleed and cup

Herbs:
Animal products are good for itching, blood invigorating herbs like Dan Shen are used for skin thickening.
<table>
<thead>
<tr>
<th>Pathologies</th>
<th>Indications</th>
<th>Tongue/Pulse</th>
<th>Tx Method</th>
<th>Formulas</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Heat Predominant</strong></td>
<td><strong>Damp Heat Acute</strong></td>
<td>T- yellow slimy coat, P- rapid, slippery</td>
<td>Clear hear, Drain dampness</td>
<td><strong>Long dan xie gan tang</strong> With <strong>Er miao san</strong> or <strong>Bei xie shen si tang</strong></td>
<td>Du13, Du14, Ub13, Sp9, Li11, Ht7, Sp10, St36, Zhi Yang Xue, Ub17, Ub18, Ub20 No moxa for acute</td>
</tr>
<tr>
<td><strong>Damp Predominant</strong></td>
<td><strong>Damp Heat Acute</strong></td>
<td>T- white slimy coat, P- wiry, slippery</td>
<td>Fortify the Spleen, drain dampness, clear heat</td>
<td><strong>Chu shi wei ling tang</strong></td>
<td>Ub20, Li11, St36, Ht7, Sp9, Sp10, Ren9</td>
</tr>
<tr>
<td><strong>Blood Deficiency</strong></td>
<td><strong>with Wind-Dryness (Internal Wind)</strong>&lt;br&gt;Heart and Liver Blood Deficiency&lt;br&gt;<strong>Chronic</strong></td>
<td>T- pale with thin white coat, P- wiry, thready, forceless</td>
<td>Nourish the blood, moisten dryness, dispel wind</td>
<td><strong>Si wu xiao feng yin</strong>&lt;br&gt;Four agents wind-dispersing beverage. Base is Si Wu Tang. This is good for any skin disorders</td>
<td>St36, Sp9, Li11, Sp10, Pc 4, Ub17, Moxa with supplementing</td>
</tr>
</tbody>
</table>

**Notes:**

- Dermatology - Eczema Pathologies and Patterns by John Wahnish, D.Ac., L.Ac