

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, rash, local or entire body, any age, any season.

Shi Zhen: Dampness rash

Two Divisions of Eczema

Eczemiuns 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.

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Pathologies	Indications	Tongue/Pulse	Tx Method	Formulas	Points
<p>Heat</p> <p>Predominant Damp Heat</p> <p>Acute</p>	Often acute, redness and itching of the skin. There is a rapid eruption of growing patches of papules and vesicles that ulcerate, exude fluid and form scars after being scratched open. Accompanying symptoms may include abdominal pain, constipation or diarrhea, dark scanty urine	T- yellow slimy P- rapid, slippery	Clear heat, Drain dampness	<p>Long dan xie gan tang</p> <p>With</p> <p>Er miao san</p> <p>or</p> <p>Bei xie shen si tang</p>	Du13, Du14, Ub13, Sp9, Li11, Ht7, Sp10, St36, Zhi Yang Xue, Ub17, Ub18, Ub20 No moxa for acute
<p>Damp</p> <p>Predominant Damp Heat</p> <p>Acute</p>	Eczema develops gradually with abundant damp exudate, accompanied by tiredness, fatigue, and loss of appetite, loose stools and copious clear urine	T- white slimy coat P- wiry, slippery	Fortify the Spleen, drain damp, clear heat	Chu shi wei ling tang	Ub20, Li11, St36, Ht7, Sp9, Sp10, Ren9
<p>Blood Deficiency with Wind-Dryness</p> <p>(Internal Wind)</p> <p>Heart and Liver Blood Deficiency</p> <p>Chronic</p>	Often Chronic, recurring over an extended period of time and including itching, desquamation, crusting, lichenoid thickening and pigmentation. Accompanying symptoms may include dizziness and vertigo, fatigue, lower backache and weakness of the limbs	T- pale with thin white coat P- wiry, thready, forceless	Nourish the blood, moisten dryness, dispel wind	<p>Si wu xiao feng yin</p> <p>Four agents wind-dispersing beverage. Base is Si Wu Tang. This is good for any skin disorders</p>	St36, Sp9, Li11, Sp10, Pc 4, Ub17, Moxa with supplementing

Notes: