

Clinical Application of Classic Prescription in Treating Alopecia

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Abstract: *Zhang Zhongjing's works treatise on Febrile Diseases and synopsis of the Golden Chamber record many famous prescriptions. This paper has sorted out 6 famous prescriptions of rhubarb and Coptis purgative decoction, licorice purgative decoction, cassia twig plus dragon bone and oyster decoction, small bupleurum decoction, gegen decoction and Cassia Twig Fuling pill, and analyzed their dialectical thinking in the treatment of alopecia, to realize the subtleties of all sides and fully explore Zhongjing Fang, so as to provide new ideas for the clinical treatment of hair loss.*

Keywords: Alopecia, Zhongjing Fang, Clinical application, Classical prescription.

1. Introduction

Alopecia is a common disease in dermatology, which can be divided into many types according to the cause of the disease, among which seborrheic alopecia, androgen alopecia and alopecia areata (including alopecia areata and alopecia areata) are the most common. With the development of society, People's life style has changed, the incidence of alopecia is increasing year by year, and there is a younger trend. The disease is easy to diagnose and difficult to treat, which has a great impact on patients' work and life, and even affects patients' mental health [2].

Traditional Chinese medicine called this disease "Oil wind", "Hair borers ringworm", "Plain question. Ancient naive" said: "Women seven years old... longer teeth... 57... hair began to fall. Husband 8 years old... hair long teeth more... 58... hair haggard teeth." The earliest records of the normal growth of hair; "Surgery authentic oil wind": "Oil Wind is blood deficiency can not be with the Qi to nourish the skin... this is the wind-heat attack on the weak but, "The whole book of surgical treatment of head syndrome": "Hair borers ringworm, bald spots growing on the head... Blood is not damp and become", the etiology and pathogenesis of hair loss are discussed. Zhang Zhongjing is a famous doctor in the east Han Lun of our country. He wrote a book named "Treatise on Febrile and Miscellaneous Diseases", the name and prescription of alopecia are not mentioned in treatise on Febrile Diseases and synopsis of the Golden Chamber, flexible use of "Zhongjing prescription" treatment of various types of alopecia, achieved satisfactory results. This article summarizes the clinical application of several classical prescriptions used in Zhongjing prescription to treat alopecia.

2. Summary of the Parties

2.1 Rhubarb, Huanglian and Xiexin Soup:

From "Treatise on typhoid fever: syndrome differentiation and treatment of diseases of the Sun under the law": article 154 "The heart under the ruffian, according to the moistening, the pulse close floating, rhubarb, Coptis purgative soup master. The original square for rhubarb two two, Coptis one

two, on the two flavor, to hemp boiling soup two litre besmirch, instant ground to waste, sub-temperature to take. Rhubarb discharge accumulation, Heat Xiehuo, detoxification, blood stasis, Huanglian heat dry wet, Xiehuo detoxification. This prescription is used to treat the spleen and stomach diseases, such as epigastric syndrome and gastritis, and some doctors use this prescription to treat diabetes mellitus [3]. Liu Yuling proposed that rhubarb, Coptis chinensis and xiexin decoction could be used to treat the syndrome of heart fire exuberance in clinic [4]. In the treatment of alopecia, it is believed that hair is left with blood, and the growth of hair needs blood to nourish, while the heart is the main blood vessel, if the heart fires, the blood gas flow overflows, loses its normal degree, the hair loses the nourishment of the blood fine substance, will dry out. In the treatment, rhubarb-coptis-purging-heart decoction was used to remove heat from the fu-organs, which had a good clinical effect.

2.2 Licorice Xiexin Decoction

From "Treatise on typhoid fever: differentiation and treatment of diseases of the sun pulse": article 158 "Typhoid stroke, the reverse of the treatment, the benefit of the people... Licorice Xiexin soup." This side in the "Synopsis of the golden chamber" also mentioned, "Synopsis of the Lily Fox confused yin and Yang virus pulse treatment third" "Fox confused disease, such as typhoid fever, silent desire to sleep... Licorice xiexin soup master. In the prescription licorice tonify the stomach; banxia Sanjie Xiaopi, Jiangni antiemetic; Dry Ginger Wenzhong Sanxie; scutellaria baicalensis Georgi, Coptis chinensis bitter cold xiere; jujube tonifying spleen and qi. It can be used to treat gastroesophageal acid reflux disease, recurrent oral ulcer and insomnia in clinic [5]. Ren Hui thought that licorice xiexin decoction was suitable for skin diseases of blood-heat type, and that licorice xiexin decoction was used to treat seborrheic alopecia with damp-heat syndrome. It is worth noting that the records of licorice in the treatise on febrile diseases and synopsis of the Golden Chamber are divided into raw and baked licorice. The general rule is: when using raw licorice, take its heat, detoxification, and do not hinder evil not to help the heat of the work;

2.3 Cassia Twig Plus Dragon Bone Oyster Soup

From the "Synopsis of the Golden Chamber, blood stasis deficiency syndrome and treatment of the sixth pulse" "Weak and astringent pulse of men... men, men, women, dreams, cinnamon and dragon bone oyster soup master Keel, oyster dive town to absorb; guizhi soup, add keel, oysters, not only warm the cold, release muscle, and the effect of Ying Wei, but also has a calm, astringent convergence. It can be used in clinical treatment of spermatorrhea, sweating syndrome, palpitation and other diseases [8] Zhu Xiaodong used guizhi and longgu muli decoction to treat hair loss in children, it was found in clinic that most of the hair loss in children was not firm and easy to fall. In treatment, the ying-wei and the zang-fu should be adjusted, and the decoction of Cassia twig and dragon bone and oyster should be used [9]. Chen Zhihua treated 25 cases of seborrheic alopecia with Guizhi and Longgu Muli decoction combined with ginger smear, 2 cases were ineffective, the effective rate was 92.00% [10]. Fan Qianwen treated alopecia areata with Guizhi plus Longgu Muli decoction and Erzhi pill, after 12 weeks of treatment, the total effective rate was 93.33% in the treatment group and 74.19% in the control group. There was significant difference between the two groups ($p < 0.05$).

2.4 Xiao Chaihu Tang

According to article 37 of treatise on typhoid fever: differentiation and treatment of pulse and syndrome of Taiyang disease, "Taiyang disease, after ten days, the pulse is thin and prone to lying, the external solution has also been solved. "Synopsis of the Golden Chamber · Volume of vomiting, and under the benefit pulse syndrome and treatment of the seventeenth" "Vomiting and fever, small chaihu soup master. Qing dynasty physician ke Yunbo called this prescription "The medicine of Shaoyang, the total prescription of reconciling exterior and interior". In the formula, chaihu relieves pathogenic heat and disperses meridian qi; scutellaria baicalensis Georgi relieves pathogenic heat; Pinellia ternata reduces adverse reaction and mediates stomach; ginseng and baked licorice support healthy qi and resist pathogenic diseases; ginger and jujube benefit qi and generate fluid. It can be used in the treatment of vascular headache, reflux esophagitis, superficial gastritis, gastrointestinal dysfunction, chronic cholecystitis, chronic fatigue syndrome and so on [12]. Article 101 of treatise on febrile diseases, "There is syndrome of radix bupleuri in typhoid apoplexy, but it is not necessary to know it when one sees the syndrome," provides a theoretical basis for the development and application of Xiao-chaihu decoction in clinical practice, xu Jingchuan believes that the head is the meeting of the yang, hair for the blood. Yang Qi up, yin blood to offer, Yin-yang harmony is prosperity, run, otherwise it is out of nourishment and off. In the clinical application of small bupleurum decoction treatment of alopecia, alopecia areata, quite effective [13].

2.5 Gegen Decoction and Guizhi Fuling Pill

Gegen decoction is derived from Article 31 of treatise on typhoid fever: differentiation and treatment of diseases of the sun, "The disease of the Sun, a few strong back, no sweat, evil wind, gegen decoction is the main." This prescription is made of guizhi decoction plus gegen and ephedra, in the prescription, pueraria root relieves muscle and disperses evil, generates body fluid and unblocks collaterals; Ephedra and

cassia twig disperse wind-cold, sweat and relieve exterior; peony and liquorice nourish liquid to generate body fluid and relieve pain; ginger and jujube harmonize the spleen and stomach. It can be used to treat febrile diseases, cervical spondylosis, diabetes, ocular diseases and so on in clinic [14]. Guizhi fuling pill from the "Golden Chamber of Synopsis · roll under the woman's pregnancy pulse syndrome and treatment of the 20th", "Women have symptoms of disease, after broken not three months, and get more than under the leak, fetal movement in the navel, The disease does not pass away At the moment, his illness is caused by Guizhi Fuling Maru." In the prescription, the cassia twigs warm the blood vessels and act stasis; the peach kernel promotes blood circulation and removes blood stasis; the Paeonia lactiflora and the Paeonia lactiflora can not only promote blood circulation and remove blood stasis and heat, but also alleviate pain and pain. can be used in clinical treatment of coronary heart disease, ovarian cancer, etc. [15]. Gong Xuan thought that the Xuanfu is not connected, the hair orifice is blocked to cause alopecia, it used gegen decoction and Guizhi Fuling Pill to treat alopecia, used gegen decoction to Tong Xuanfu, used Guizhi Fuling Pill to regulate qi and blood [16]. Therefore, the Xuanfu is dispersed, the Xuanfu is ventilated and the blood circulates [17], and the hair is finally restored.

3. Conclusion

The effects of Guizhi Plus Dragon Bone and oyster decoction, Xiaochaihu decoction, gegen decoction, Guizhi Fuling Pill, rhubarb coptis purging decoction and licorice purging decoction on hair loss are not mentioned in treatise on Febrile Diseases and synopsis of the Golden Chamber, however, later doctors in clinical work, found that the above prescription in the treatment of alopecia can also be used, and the clinical efficacy is better. Treatise on typhoid fever and synopsis of the Golden Chamber are the works of Zhang Zhongjing, a famous doctor in the Eastern Han dynasty. The preface of treatise on typhoid fever begins by saying, "There are more than 200 of the Yu clans, but they have not been 10 years old since Jian 'an, and two-thirds of them have died. Typhoid fever ranks seven of the ten." The original prescription is mainly used to treat typhoid diseases, however, the holistic concept of traditional Chinese medicine, such as treating different diseases with the same idea, so that future generations of physicians use "Zhongjing Fang" treatment of hair loss, and achieved good results. The increasing pressure of work and study, the change of diet and living habits and other factors, leading to a higher incidence of alopecia, and the disease is easy to diagnose and difficult to treat, longer treatment cycle. Western medicine treatment of this disease is not good, high costs, making it difficult for patients to adhere to treatment, Chinese medicine treatment of this disease methods of diversity, high safety, significant efficacy, side effects, low price, easy for patients to accept. "Treatise on febrile diseases" and "Synopsis of the Golden Chamber", as the works handed down from generation to generation by the medical saint, the classic works of traditional Chinese medicine, are naturally the treasure-house that the later generations of doctors dig up, it is also the embodiment of Zhongjing's thought of "Observing his pulse, knowing why he is against it and treating it according to the syndrome".

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