ISSN: 2006-2745

DOI: 10.53469/jcmp.2025.07(06).07

Progress in the Diagnosis and Treatment of Itchy Skin in Uremia in Chinese Medicine

Jiao Lu¹, An Na¹, Yanyun Ren^{2,*}, Chen Zhang¹

¹Shaanxi University of Chinese Medicine, Xianyang 712046, Shaanxi, China ²Affiliated Hospital of Shaanxi University of Chinese Medicine, Xianyang 712000, Shaanxi, China *Correspondence Author

Abstract: Itchy skin in uremia is one of the common complications in the uremic stage of chronic renal failure, which seriously affects the life of patients. Western medical treatment is mostly based on local use of emollient drugs, improving the quality of dialysis and oral antihistamine drugs, but the efficacy is not satisfactory. In recent years, the research on the treatment of itchy skin in uremia by traditional Chinese medicine has become more and more in-depth, and both oral Chinese medicine compound and external Chinese medicine treatments have gained better efficacy in the clinic with fewer adverse reactions. This article reviews the understanding and treatment of itchy skin in uremia from Chinese medicine, with a view to providing useful methods and ideas for the clinical treatment of this disease.

Keywords: Itchy skin in uremia, Etiology, Chinese medicine treatment, Review.

1. Introduction

Uremic pruritus is one of the common symptoms in patients with end-stage renal disease, and the clinical manifestation is mainly local or generalised itching of varying degrees, the site of which is predominantly in the limbs and chest and back, with paroxysmal episodes of varying durations, especially at night, which seriously affects the patients' lives [1]. A Dialysis Outcomes and Practice Patterns Study abroad (DOPPS) found that about 70% of haemodialysis patients from 17 countries experienced itchy skin from 2012 to 2015, and 40% of these patients suffered from at least moderate itching [2]. The etiology of uremic pruritus is complex and involves a variety of underlying mechanisms, and modern studies have found that in addition to immune-inflammatory responses, histamine mechanisms, and opioid mechanisms, factors such as uremic toxin accumulation, secondary hyperparathyroidism, neurological dysfunction, and skin dryness may be involved in the development of UP [3]. In recent years, activation of dialysis-related complement pathway, activation of substance P/neurokinin-1 receptor signalling pathway, and abnormal secretory function of sweat glands have also been associated with UP [4]. In addition to this, relevant studies have shown that dialysis age, primary morbidity, Kt/V values, i PTH levels, blood phosphorus levels, hepatitis virus infections, dialyser materials, and dry skin may influence the occurrence of pruritus in MHD patients [5]. Western medical treatment of UP is guided by emollient topical medication and improvement of dialysis quality as a general preventive guide, and systemic medication includes calcium channel modulators, opioids, sodium thiosulphate, antihistamines, and antidepressants, etc. Though it can partially relieve itchy symptoms in patients with uremia, it does not achieve long-term and complete relief [6]. Traditional Chinese medicine (TCM) treatment means are more diversified, and have significant advantages in improving itching symptoms of uremic patients, which can significantly improve the quality of life of patients.

2. Chinese Medicine's Understanding of Itchy Skin in Uremia:

2.1 TCM Doctors' Understanding

Chinese medicine ancient books do not have a clear record of uremic skin itching of the name of the disease, because of its most important feature is to no primary skin damage of itching, 'surgical evidence of the whole book' has seen: 'itchy wind: itching all over the body, and no sores and scabies, scratching more than.' The origin of the disease theory' has the cloud: 'wind itch, is the body of the wind, wind into the coupling, and the gas and blood fight, and the club to and from the skin. Evil gas micro, can not impact for pain, so but itching.' Accordingly, the modern medical practitioners will be called 'itchy wind' 'wind itch' and so on. The cause of the disease has two categories: positive deficiency and external evil. Danxi Xinfa contains: 'the itch for the virtual, blood does not glorify in the muscle coupling, so itch.' The difficult classic forty-eight difficult' and cloud: 'diagnosis of the virtual, itchy for the virtual, pain for the real.' Can be seen itching more than false. Positive deficiency is more responsible for the spleen and kidney qi, blood, yin and yang deficiency, true gas depletion, skin loss and itch.

Hua Tuo's 'Hua's Zhongzangjing': 'its external addiction rash, itchy, all start in the wind also', 'Jin Gui Yao Liao' has recorded that 'wind gas wrestling, the wind is strong for the hidden rash, the body for itch, "Su Wen - four times pricked from the theory of inversion, "said: 'wind evil guest in the muscle, the muscle is weak, the real gas dispersion, and hostage to the cold beat the skin, the external hair coupling, open hair, obscenity delusional, it is itchy also.' All described wind evil itch. Wind can be divided into external wind, internal wind, external wind, cold, dampness and heat, the external wind lead to internal wind and the onset of 'the origin of all diseases - wind itch wait' cloud: 'This is by the travelling wind is in the skin itchy when it is hot.' The internal wind is mostly due to the body hosts wind and dampness, dampness and turbidity agglomeration, dampness and heat within the birth, injury to the blood, blood stasis, blood heat (dry), blood deficiency and wind, internal and external wrestling knot, guest in the surface of the muscle, hair for itching, such as the 'Surgical evidence of the treatment of the whole book' cloud: 'Itchy wind, itching all over the body, and there is no sores and scabies. Scratch more

than, liver blood deficiency, dry heat generates wind.' Therefore, the internal wind and dampness, heat, dryness, stasis related, mostly responsible for the deficiency of the liver, spleen and kidney, resulting in blood stasis, blood heat, blood deficiency generates wind, internal and external Bojie itching. It can be seen that the itch, the cause of the disease is no more than deficiency and wind, deficiency is blood does not glorify the skin, the skin is not nourished and itchy; wind away from the skin, the wind fight knot, or lead to the internal wind, entrainment of dampness, heat, dryness, stasis and other evils, inside and outside the fight knot, hair itchy.

2.2 Modern Medical Doctors' Understanding

Modern medical doctors also have their own opinions about the etiology and pathogenesis of uremic pruritus in clinical observation. Professor Chen Hongyu summarised his many years of experience that the pathogenesis of uremic pruritus is based on deficiency of the spleen and kidney, and the key mechanisms are blood deficiency and wind dryness, internal dampness and heat, and itching caused by stasis and heat interconnection [7]. Professor Ma Jipei, by extracting from ancient texts and based on his own clinical experience, believes that the pathogenic characteristics of uremic pruritus are the presenting deficiency, mixed deficiency and reality, and the key pathogenesis is spleen and kidney deficiency, blood deficiency and wind dryness, and dampness and stasis [8]. Zhang Wenyu et al. [9] explored the role of the kidney in the itchy nexus of uremia from the theory of 'wind ambush kidney complex', analysed the etiology and pathogenesis of UP, and concluded that the pathogenesis of UP is always a syndrome of deficiency, with deficiency of the spleen and kidney as the root cause, and evil qi as the standard cause, which involves wind and evil disease, deficiency of yang qi, blood dysfunction, and other illnesses and kidneys, etc., and that there is a dysfunction of qi and blood in the course of the disease, and a loss of transmission of fluid, resulting in water and dampness. During the course of the disease, there is imbalance of qi and blood, loss of transmission and distribution of fluid, producing pathological products such as water-dampness, phlegm-drinking, stasis of blood, turbid poison, etc., which makes the disease recurring and difficult to cure. Liu Xianli et al. [10] concluded from the observation of itchy skin in dialysis patients that dialysis patients had insufficient blood chemistry, excessive consumption, stasis and blood obstruction, which resulted in the loss of moisturisation of the skin, and under the effect of the external wind triggering factors, it resulted in intolerable itchiness of the skin. Yang Yuehua and others, based on the theory of 'collaterals - xuanfu', believe that the collaterals are not glorified, the collaterals are stagnant, and the opening and closing of the xuanfu is not in order, which is related to the occurrence of itchy skin in uremia [11]. Tang Rongchuan 'blood evidence theory' put forward 'blood stasis does not go, new blood does not generate' theory, Huang Lin et al. According to the theory, blood stasis is one of the common pathological products of chronic renal failure patients, long-term disease is stasis, blood stasis blocked in the veins, qi and blood running poorly, leading to abnormal function of internal organs, affecting the generation of new blood, which leads to the skin loss of moistening and nourishment, appear skin A wrong, itching, etc [12].

3. Traditional Chinese Medicine Treatment of Itchy Skin in Uremia

ISSN: 2006-2745

3.1 Internal Treatment

Zhao Qianying et al. randomly grouped patients with itchy skin of uremia into experimental group and control group, the experimental group was treated by using Dihuang Drinking Seed Addition and the control group was treated with conventional treatment, the results of the study showed that the total effective rate of the experimental group was higher than that of the control group (P<0.05), which suggests that Dihuang Drinking Seed Addition has a good effect of treating UP, and at the same time, it can regulate the levels of high phosphorus and low calcium, i PTH, and improve the renal function [13]. Han Yuhang et al. analysed the efficacy of the addition and subtraction of elimination of wind dispersal for the treatment of itchy skin in uremia, the control group took oral medicinal charcoal tablets and glycerite lotion, and the treatment group added flavoured elimination of wind dispersal for oral and collapsing treatment, and the itchiness degree of the treatment group was significantly lower than that of the control group (P<0.05), and it was concluded that the treatment of itchy skin in uremia with the addition and subtraction of elimination of wind dispersal can significantly improve the symptoms of itchy skin of this kind of patients, improve the calcium-phosphorus metabolism, and improve the patient's life quality [14]. Wang Jianting, in his clinical observation on the treatment of itchy skin in uremia with blood deficiency and wind dryness, found that Jiawei Nourishing Blood Emollient Drink could improve the itchy symptom, sleep and improve the quality of life of this kind of patients with good efficacy and high safety, which was considered to be an effective formula worthy of clinical promotion and application [15]. Wang Zhiyi et al. found that the increase of fluid and Chengqi Tang can significantly improve the symptoms of yin deficiency and heat toxicity in patients with itchy skin in uremia, to achieve the role of Chinese medicine to nourish yin and increase fluid, clearing heat and draining toxins, and to improve the clinical therapeutic effect of patients with itchy skin in uremia [16]. Li Qiangnan explored the clinical effect of ephedra and forsythia and red bean soup in the treatment of itchy skin in patients with uremia, and the results showed that the itchiness score of patients was significantly reduced after the oral treatment of ephedra and forsythia and red bean soup, and there was a significant difference with the external use of glycerite lotion group, suggesting that ephedra and forsythia and red bean soup can effectively improve the symptoms of itchy skin in patients with uremia [17]. Zhang Mingqing believes that the exhaustion of the kidneys leads to the deficiency of qi and blood, and the internal movement of the deficiency wind leads to the loss of skin nourishment and itching, so the principle of treatment is to tonify the kidneys and fix the wind, and the principle of treatment is to tonify the kidneys and fix the wind, and the principle of treatment is to tonify the kidneys and fix the wind, and the principle of treatment is to tonify the kidneys and fix the wind, and the principle of treatment is to tonify the kidneys and fix the wind, and the principle of treatment is to tonify the kidneys and fix the wind and the itching is to tonify the kidneys and fix the wind and the principle of treatment is to tonify the kidneys and fix the wind and the principle of treatment is to tonify the kidneys and fix

the wind. In the observation of skin itching, it was found that tonifying the kidney and fixing wind soup was economical and effective, and worth promoting its application [18]. Liu Ziyang et al. explored the clinical effect of expectorant formula in the treatment of uremic pruritus, 100 patients who met the diagnostic criteria of uremic pruritus were randomly divided into treatment group and control group, and the treatment group used expectorant formula, while the control group used tretinoin acetate cream, and the results of the experiment showed that the total effective rate of the treatment group was 82.00%, which was higher than that of the control group of 54.00%, and the difference was statistically significant (P<0.05), and the difference of the total effective rate of the treatment group was 82.00%, which was higher than that of the control group of 54.00%. 0.05), the expectorant formula can effectively alleviate the itching of the skin caused by uremic pruritus, and this formula provides a reference content for the development of the late standard of chronic kidney disease-associated pruritus [19]. In clinical observation, Jiang Bingqian found that the combination of Nourishing Blood, Removing Dampness and Relieving Itch Soup with loratadine had better efficacy than loratadine alone in treating patients with uremic itchy skin, and it was better than loratadine alone in improving itch scores, regulating calcium-phosphorus balance, and controlling inflammatory reactions (P<0.05) [20].

3.2 External Treatment Method

Pan Yongjin divided patients with itchy skin of uremia into observation group and control group, the observation group received western medicine basic treatment combined with the oil ointment made of traditional Chinese medicine formula, and the control group received western medicine basic treatment combined with the basic oil ointment made of no traditional Chinese medicine formula, and it was found that the oil ointment containing the traditional Chinese medicine formula was more effective in improving the symptoms of UP after 4 weeks of treatment, and there were no adverse reactions, which reflected the simplicity and safety of traditional Chinese medicine treatment, The simplicity and safety of TCM treatment [21]. Gua Sha is the traditional external treatment method of Chinese medicine, tiger copper acupuncture Gua Sha is the use of special brass Gua Sha board for Gua Sha treatment, due to the brass can reach the optimal resonance frequency with the human body, raise the temperature of the scraping site, its penetration is stronger than the effect of ordinary Gua Sha. Related research found for uremia skin itching, tiger copper acupuncture gua sha treatment has good efficacy and safety, can significantly improve the clinical efficacy, effectively alleviate the patient itching symptoms, its mechanism of action may be to reduce serum P, PTH and inflammatory factor CRP, IL-6 levels [22]. As the skin has a strong excretory function, the application of herbal baths can promote the secretion of sweat glands so that toxins can be eliminated from sweat, and reducing the skin irritation of uremic toxins becomes one of the ideas of clinical treatment. In order to observe the clinical efficacy of the self-proposed wind nourishing blood emollient bath for the treatment of blood deficiency, wind dryness and blood stasis type of uremic skin itching, Chen Yangyang et al. divided 80 cases of uremic skin itching patients into the control group and the observation group, 40 cases of the control group were

given basic treatment with Western medicine, and 40 cases of the observation group were added with the self-proposed wind nourishing blood emollient bath on the basis of the control group, and the results of the experiments showed that the total effective rate of the observation group was 87.5% (35/40). (35/40), significantly higher than the 65.0% (26/40) of the control group, the difference was statistically significant (P<0.05), suggesting that the self-proposed dispelling wind and nourishing blood emollient bath treatment of itchy skin in uremic uremia of the blood deficiency, wind and dryness, and blood stasis type is effective in relieving itchy skin and improving renal function, and it can also down-regulate the levels of hs-CRP, TNF-α, and IL-6, and inhibit microinflammation state of the body [23]. Ding Tongfeng et al. in 65 cases of maintenance peritoneal dialysis uremia itching patients performed auricular acupoint pressure kidney, heart, lung, Shenmen, endocrine, subcortical and other acupoints control treatment, and concluded that auricular acupoint pressure can significantly improve the itching symptoms of patients with uremia itching, and improve the quality of life, and the mechanism of this mechanism may be closely related to IL-6, but the specific mechanism needs to be further studied [24]. Wang Rui et al. concluded through Mata analysis of systematic evaluation of acupuncture for itchy skin in uremia that acupuncture can relieve itching symptoms and reduce itching scores in patients with itchy skin in uremia, with no obvious adverse effects [25]. Zhang et al. evaluated the effect of Chuanbai Itch Relieving Wash on patients with itchy skin in uremia through multidimensional indicators such as itch score, serum inflammatory indexes, and use of antipruritic medication, confirming that it can significantly improve itching symptoms, reduce the level of inflammatory factors, and reduce the use of antipruritic medication [26]. Qu Zhenzhen applied acupoint acupuncture combined with bloodletting in the commission to treat uremic patients with itchy skin undergoing haemodialysis, and found that it could effectively reduce the degree of itchy skin, improve the quality of sleep, and effectively improve the relevant blood indexes of the patients, which is worthy of clinical promotion and application [27].

ISSN: 2006-2745

4. Clinical Experience of Medical Practitioners

Ding Haihua, on the basis of Zhang Zhongjing's classic provisions, combined with many years of clinical experience, treatment from the patient's overall situation, that uremia itchy skin evil stagnation of the Xuanfu, Yingwei disorders of the pathogenesis and Gui Zhi, Ma Huang, half of a soup of 'can not get a small sweat, the body will be itchy,' the mechanism of the disease, found that Gui Zhi, Ma Huang, half of a soup for itchy skin uremia patients can play a role in detoxification, dispersal of evil, harmonisation of Yingwei efficacy, significantly improve the symptoms of itching [28]. It was found that applying Gui Zhi, Ma Huang and Huan Huan Tang to patients with itchy skin in uremia could relieve the symptoms of itching by dispersing the evils and regulating the Ying and Wei functions [28]. Professor Ruan Shiwei believes that the basic pathogenesis of uremia is the internal retention of turbid toxins, the external development of poisonous evils, the deficiency of fluid and blood, skin loss of nourishment, and puts forward the 'tonic, clear, down, sweat' treatment law [29], summing up the deficiency of tonic to supplement but not to hinder the evil, in order to prevent the closure of the

door to keep the invader, and the actual leakage of the emphasis of the theory of the situation in order to get rid of turbid toxins. Sun Jie from the lung theory of treatment, proposed to tonify the lung, moisturise the lung, clear the lung, promote the lung four major principles of treatment, according to the identification of the proposed complementary spleen and kidney, blood circulation and blood stasis, clearing dampness and turbidity and dispelling wind and other treatments [30]. Professor Shen Hongchun, in his clinical diagnosis, considered wind, dampness, stasis and toxicity as the basic pathogenesis of the disease, and proposed that the treatment of the disease starts from the lungs and the skin as the key point, and adopted the sweating method in order to promote lung qi, open the couperous tissue, perspire to dispel the wind, and dry the dampness to stop the itching, and formulated the agreement prescription for the treatment of the disease - Bohuang Itch Relief Soup, which has remarkable therapeutic efficacy in the clinical application [31]. Professor Ma Jiwei proposed uremic skin itching patients with 'wind' as the main mechanism, there are external heat toxicity wind outside the wind, but also blood deficiency, blood dryness, blood heat within the wind, and uremia patients with low immunity, susceptible to dampness and heat wind, treatment when the wind to stop the itch, clearing heat and dampness detoxification [32]. Zhang Xianbin, et al. that uremic pruritus on the treatment of positive cultivation, elimination of evil and detoxification, the use of complementary viscera detoxification as the principle of complementary viscera, liver, spleen and kidney deficiency, ventilation and drainage of the six viscera and triple jiao toxicity, attack and complementary, internal and external method and use, so that the positive security and evil to go, the toxicity of clear itch stop [33].

5. Summary

The pathogenesis of itchy skin in uremia is complex, and Western medicine treats itchy skin in uremia in a variety of ways, but the efficacy is mostly unsatisfactory, and there is no specific treatment means and drugs. Chinese medicine treatment means more diverse, can significantly improve the itching discomfort symptoms of uremia patients, significantly improve the quality of life of patients. At present, scholars in the Chinese medicine field have conducted in-depth research on itchy skin in uremia, and there are obvious efficacies in oral Chinese medicine compound and external treatments such as ointment rubbing, medicinal bath and gua sha. However, most of the current studies on UP are targeted at dialysis patients, and there are relatively few studies on UP in non-dialysis patients, and there is no uniform clinical standard for TCM diagnosis and diagnostic typing. Strengthening the exploration of the TCM pathogenesis of UP, and carrying out basic research on effective prescriptions and medicines with reference to the modern medical research methods are the main directions of TCM research in the future. In the process of promoting the development of Chinese medicine, we must respect its intrinsic law, not only to inherit the traditional essence, but also adhere to the development of innovation, specific to clinical practice, should be widely absorbed by the strengths of various schools of thought, according to the patient's specific circumstances and flexibility of treatment, to avoid sticking to a single therapy or prescription and the constraints of diagnosis and treatment of ideas.

References

[1] LU Ying, WANG Disheng, YU Junnan, et al. Clinical analysis of pruritus in uremic patients on maintenance haemodialysis [J]. Jiangsu Medicine, 2024, 50(08): 766-769.

ISSN: 2006-2745

- [2] Rayner Hugh C, Larkina Maria, et al. International Comparisons of Prevalence, Awareness, and Treatment of Pruritus in People on Hemodialysis [J]. Clinical journal of the American Society of Nephrology: CJASN, 2017, 12(12): 2000-2007.
- [3] Li Lan, Shen Qing. Research progress in the pathogenesis and treatment of uremic pruritus[J]. International Journal of Urology, 2023, 43(4):757-760.
- [4] Dai Jiacheng, Wang Yi, Han Sisheng. Research progress on the pathogenesis of pruritus in uremia[J]. Medical Review, 2022, 28(13):2562-2566.
- [5] JIANG Xinai, YU Fang. Analysis of the occurrence and influencing factors of skin itching in maintenance haemodialysis patients[J]. China Medical Innovation, 2023, 20(03):73-76.
- [6] YANG Xing, LUO Yankun. Current status and future prospects of the treatment of chronic kidney disease-associated pruritus[J]. Journal of practical clinical medicine, 2023, 27(06):141-144+148.
- [7] Luo Jing, Jiang Mengjie, Zhu Xingyu, et al. Experience of Professor Chen Hongyu in treating uremic pruritus with internal and external therapy[J/OL]. Chinese Medicine Clinical Research, 1-6[2025-05-18]. http://kns.cnki.net/kcms/detail/11.5895.R.20250421.11 27.006.html.
- [8] Xie Chao, Ma Jipei. Clinical experience of Chinese medicine in treating uremic pruritus[J]. Modern Medicine and Health Research Electronic Journal, 2024, 8(04):142-144.
- [9] ZHANG Wenyu, ZHANG Lin. Discussion on uremia-associated itching of skin from 'wind-vulnerable kidney complex'[J]. Journal of Shandong University of Traditional Chinese Medicine, 2023, 47(05): 599-602+679.
- [10] LIU Xianli, ZHAO Kaiwei, LIU Baoli. Treatment of itchy skin in maintenance haemodialysis patients from blood deficiency[J]. Global Chinese Medicine, 2020, 13(06):1090-1092.
- [11] YANG Yuehua, DU Yupeng, XU Zhiyuan, et al. Discussion on the pathogenesis and treatment of itchy skin in uremia based on the theory of 'Luo pulse-Xuanfu'[J]. Journal of Hunan University of Traditional Chinese Medicine, 2023, 43(09):1714-1719.
- [12] WANG Zheng Xinyi, HUANG Lin. Study on the correlation between pruritus and Chinese medicine evidence in uremic peritoneal dialysis patients[J]. New Chinese Medicine, 2024, 56(19):76-80.
- [13] ZHAO Xi-Ying, LI Jun. Clinical observation on the treatment of pruritus in uremia by adding flavour to dihuang drink[J]. Journal of Practical Chinese Medicine, 2024, 40(05):826-828.
- [14] HAN Yuhang, WANG Kuigang. Discussion on the therapeutic efficacy of the treatment of itchy skin in uremia with the addition and subtraction of elimination of wind dispersal[J]. Systemic medicine, 2023, 8(18): 58-60+68.

- [15] WANG Jian-Ting, LI Shu-Jie, RUAN Shi-Wei, et al. Addition of flavour to nourish blood and emollient drink for the treatment of itchy skin in blood deficiency and wind dryness type uremia in 32 cases[J]. Fujian Traditional Chinese Medicine, 2019, 50(06):13-14+17.
- [16] WANG Zhiyi, XU Weiwei, LU Jingjing, et al. A case example of itchy skin in uremia treated with addition and subtraction of Zengye Chengqi Tang[J]. Chinese ethnic folk medicine, 2017, 26(12):92+95.
- [17] Li Qiangnan, Qiangnan Li. Observation on the effect of ephedra and forsythia and red bean soup in the treatment of itchy skin in uremia[J]. China Medical Guide, 2020, 18(08):181.
- [18] Zhang Mingqing. Clinical observation on the treatment of itchy skin in uremia by tonifying kidney and fixing wind soup[J]. World Digest of Latest Medical Information, 2017, 17(16):82.
- [19] LIU Ziyang, DUAN Lianxiang, LIU Wenrui, et al. Effect of expectorant formula in treating uremic pruritus [J]. China Health Standard Management, 2024, 15(02): 161-164.
- [20] Jiang Bingqian. Nourishing blood, removing dampness and stopping itching soup combined with loratadine in the treatment of itchy skin in 43 cases of uremia haemodialysis [J]. China Traditional Chinese Medicine Science and Technology, 2025, 32(01):175-178.
- [21] PAN Yongjin, WU Fengfen, ZHOU Aizhen, et al. Observation on the efficacy of Chinese medicine formula ointment in improving pruritus in uremia[J]. Zhejiang Clinical Medicine, 2024, 26(11):1637-1639.
- [22] Deng Caichun, Zeng Cuiqing, Huang Rizhen, et al. Effectiveness of copper counselling and scraping with tiger acupuncture in the treatment of itchy skin in uremia and its effect on the levels of C-reactive protein and interleukin-6[J]. Journal of Clinical and Pathological Sciences, 2023, 43(06):1213-1219.
- [23] CHEN Yangyang, FANG Chao, GUO Weiyi, et al. Study on the treatment of itchy skin in blood deficiency, wind dryness and blood stasis type uremia by self-proposed wind dispelling, blood nourishing and emollient liquid bath[J]. Modern Journal of Integrative Chinese and Western Medicine, 2022, 31(16): 2244-2248.
- [24] DING Tongfeng, YAO Xingmei, PENG Wen, et al. Clinical efficacy observation and mechanism discussion of auricular pressure to improve pruritus in uremic patients on peritoneal dialysis[J]. Chinese Journal of Nephrology with Integrative Medicine and Western Medicine, 2019, 20(03):243-245.
- [25] WANG Rui, WANG Yuyang, ZHAN Yongli. Meta-analysis of acupuncture for itchy skin in uremia[J]. Chinese medicine introduction, 2024, 30(12):181-188.
- [26] ZHANG Jiandong, CHEN Gangyi, TANG Shuifu. Clinical study on the treatment of itchy skin in haemodialysis-combined uremia with Chuanbai Itch Relief Wash[J]. New Chinese Medicine, 2022, 54(13): 192-195.
- [27] Qu Zhenzhen. Therapeutic effect of acupoint acupuncture combined with bloodletting in the commission on skin itching in haemodialysis patients with uremia[J]. Dialysis and Artificial Organ, 2023, 34(02): 21-24.

[28] Ding Haihua. Four cases of haemodialysis complications treated with meridian prescription[J]. National Medical Forum, 2024, 39(01):12-14.

ISSN: 2006-2745

- [29] ZHOU Shao-Feng, XU Yong-Zhen, RUAN Shi-Wei. Professor Ruan Shiwei's experience in treating uremic pruritus[J]. Asia-Pacific Traditional Medicine, 2020, 16(07):92-94.
- [30] Sun Jie, Li Yibei, Ge Zhiqiang, et al. Discussion on the Treatment of Uremic Pruritus from Lung[J]. World Journal of Integrated Traditional and Western Medicine, 2023, 18(12):2527-2530.
- [31] XU Chuanlan, CHEN Mengying, MING Yao, et al. Diagnostic and treatment experience of pruritus associated with uremia[J]. Hunan Journal of Traditional Chinese Medicine, 2020, 36(03):28-30.
- [32] DONG Leipeng, LU Xiaobei, MA Jiwei. Clinical insights of Ma Ji-Wei's use of ephedra and forsythia and azuki bean soup in the treatment of itchy skin in uremia[J]. China Traditional Chinese Medicine Modern Distance Education, 2018, 16(10):63-65.
- [33] ZHANG Xianbin, SHI Qianlin, CAO Fengzhen, et al. Exploration of traditional Chinese medicine in the treatment of uremic pruritus[J]. Asia-Pacific Traditional Medicine, 2022, 18(04):216-219.