

Study on TCM Syndrome Differentiation and Treatment of Psoriasis

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Abstract: *The pathogenesis of psoriasis is complex, and its etiology is not very clear. At present, there is no ideal treatment plan for psoriasis in western medicine, and it is still being explored. In traditional Chinese medicine, according to the principle of overall syndrome differentiation and treatment of traditional Chinese medicine, traditional Chinese medicine has a good therapeutic effect on psoriasis, and has few side effects. Clinically, 'blood' is the core, based on syndrome differentiation of traditional Chinese medicine, and treated in a combination of traditional Chinese and Western medicine, which is very effective. This article is based on the author's reference to many literature materials, from the etiology and pathogenesis of psoriasis, clinical manifestations, syndrome differentiation and treatment experience and other aspects of TCM syndrome differentiation and treatment of psoriasis research and discussion.*

Keywords: Psoriasis, TCM syndrome, Syndrome differentiation and treatment.

1. Introduction

Psoriasis is a typical chronic inflammatory skin disease, which is characterized by red papules on the skin or multiple silvery white scales on the spots. This disease is equivalent to 'Baibi' in traditional Chinese medicine. At the same time, the disease names of 'pineal ringworm', 'dry ringworm', 'snake lice' and 'white shell sore' are recorded in ancient literature [1]. Its clinical features are: the surface of these erythemas is covered with a number of silver-white small scales, and a thin layer and punctate bleeding points can be seen after scraping [2]. In spring and winter, it is easy to occur or aggravate, while in summer and autumn, it is more likely to alleviate symptoms, and a few patients have a family history. The condition is serious and difficult to cure. Psoriasis is a chronic skin disease characterized by inflammation, keratinization and cell proliferation. The average prevalence of psoriasis in the world is about 1 % to 0.3%, mainly in low-incidence areas, but the prevalence has gradually increased in recent years [3]. Psoriasis can cause changes in the skin, causing great damage to the appearance of the patient's image. Traditional Chinese medicine is also the most important treatment for psoriasis at present. Practice has proved that traditional Chinese medicine has a good effect in the treatment of psoriasis.

2. Etiology and Pathogenesis

In traditional Chinese medicine, the main etiology and pathogenesis of psoriasis are mostly considered as follows: internal injury of seven emotions, uncontrolled diet, accumulation of heat evil in the body, or invasion of the human body due to wind, cold and dampness evil, internal and external evil, resulting in abnormal operation of Yingwei qi and blood, qi stagnation and blood stasis, long-term disease and blood deficiency, resulting in weathering and dryness, skin malnutrition, and ultimately leading to the occurrence of psoriasis [4]. In western medicine, it is still not clear the reason, mainly that its occurrence is related to genetic, environmental, infection, metabolic dysfunction, immune and endocrine effects and other reasons [5].

3. Clinical Manifestations

According to the symptoms of psoriasis, it can be divided into common type, pustular type, erythrodermic type and arthropathy type [6].

3.1 Ordinary Type

It is more common in clinical practice, and the rate of occurrence is very fast; it occurs mostly in young people, with thin layer and punctate bleeding on the skin lesions; the initial onset is mostly in the skin and elbows and knees. According to its symptoms, it can be generally divided into progressive, quiescent and degenerative periods [7].

3.2 Pustular Type

It is rare in clinical practice, but clinically includes the generalized type of palmoplantar pustular type. The palmoplantar pustule type mainly appears in the palmoplantar part of the hand, and there may be large miliary pustules on the erythema of the skin herpes system.

3.3 Red Skin Disease Type

It is rare in clinical practice and occurs in adults. The clinical manifestations are mainly diffuse flushing, swelling and desquamation, accompanied by systemic symptoms such as headache, fever and aversion to cold. This type of disease is mostly changed by some stimulating factors that appear in the acute progression of psoriasis [8].

3.4 Type of Joint Disease

It is relatively rare in clinical practice. In addition to the common basic skin lesions of psoriasis vulgaris, patients can also have rheumatoid arthritis. The joint manifestations usually occur or relieve with the skin manifestations, and can also be seen in the spine, but the small joints of hands and feet are more common. This type often coexists with the pustular

type, and the injury of the pustular nail (toe) often occurs at the same time as the joint symptoms, which are aggravated or alleviated together [9].

4. TCM Internal Treatment based on Syndrome Differentiation

'Psoriasis Vulgaris (Baibi) Chinese Medicine Evidence-based Clinical Practice Guidelines (2013 Edition)' [10] pointed out that the rule of syndrome differentiation and treatment of psoriasis vulgaris is 'mainly based on blood differentiation and treatment from blood', and its basic syndromes are blood heat syndrome, blood dryness syndrome and blood stasis syndrome. On this basis, other syndrome differentiation methods can be added to adapt to the complex situation of the disease. Therefore, 'treatment from blood' plays a very important role in the syndrome differentiation and treatment of psoriasis. Syndrome differentiation is a prerequisite for treatment, and its purpose is to examine the cause. Treatment is the ultimate goal of syndrome differentiation. According to the syndrome differentiation, the corresponding treatment methods are obtained. Therefore, the treatment of psoriasis must be based on syndrome differentiation and treatment. After clarifying its etiology, targeted treatment can achieve good clinical efficacy.

4.1 Blood-heat Intrinsic Syndrome

The main syndrome: acute onset, fast, rashes are mostly drip-shaped brown-red rashes or maculopapules, continuous new onset. Throughout the body, but the number of scales is not much, easy to fall off, bleeding after scratching, slight itching. The tongue is red, the coating is thin white or thin yellow, and the pulse string is slippery or floating. Optional heat purging fire, detoxification and cooling blood method [11]; choose to use Xijiao Dihuang Decoction and Huaban Decoction [12]. Patients with sore throat swelling can be added with Radix Isatidis, Radix Sophorae Tonkinensis, Rhizoma Belamcandae, Radix Scrophulariae, etc.; caused by influenza, can add honeysuckle, forsythia, etc.; for those with dry stool, raw rhubarb can be added to assist defecation. Pei Wentao et al [13] used Xijiao Dihuang Decoction to treat 40 cases of psoriasis with blood heat and wind dryness, and the results showed that the total effective rate was 97.5 %.

4.2 Blood Deficiency and Wind Dryness Syndrome

Main syndrome: Longer onset, red rashes are mostly small patches, pink in color, less scales, dry skin chapped, patients consciously have itching, accompanied by dry mouth, pink tongue, less white fur, and thin pulse. The treatment is appropriate to nourish yin and blood, extinguish wind and moisten dryness. Keyin No.2 prescription and self-made Yinxieling tablets can be selected. Zhu Renkang used Keyin II to cure 37 cases of psoriasis with blood deficiency and wind dryness, and the total effective rate was about 90 % [14]. The clinical effect of Xuan Xuan Guowei's self-made Yinxieling tablets in the treatment of psoriasis with blood deficiency and wind dryness is good and accurate [15].

4.3 Qi and Blood Stasis Syndrome

Main syndrome: The main clinical features are long course of

disease, skin damage after the site revealed blood spots, more hypertrophy, dark red color, joint pain, several years of unhealed, dark purple tongue or see ecchymosis and ecchymosis, pulse astringent and slow. In the treatment of heat-clearing and detoxifying, promoting blood circulation and removing blood stasis, modified Taohong Siwu Decoction can be used [16]. The onset of a long time, persistent unhealed, you can add soil Poria, Hedyotis diffusa and other drugs; for those with hypertrophic and dark skin lesions, Sparganii Rhizoma, Curcumae Rhizoma, Mylabris, etc. can be added; menstrual dark, or premenstrual aggravation, can add motherwort, Zelan, Wangbuliuxing and so on. Zhang Zhaobo [17] reported that he had used Jiawei Taohong Siwu Decoction to treat 43 cases of psoriasis of blood stasis type. At the same time, tretinoin ointment was used to prevent and treat the skin lesions, twice a day, one month as a course of treatment, a total of two courses of treatment, the total effective rate was 83 %.

4.4 Damp Toxin Accumulation Syndrome

Main symptoms: skin damage is mainly seen in the armpit, groin and other parts, and manifested as erythema erosion, thick scabs, and strong itching; palmoplantar erythema, pustules and molting also occur [18]; red tongue, yellow and greasy fur, slippery pulse. The treatment method is to clear damp heat, detoxification and dredging collaterals. The prescription can be selected with Bixie Shenshi decoction. If there are patients with generalized pustules, add dandelion, violet flower, scutellaria barbata; for patients with severe joint swelling and pain, Qianghuo, Duhuo, Qinjiao, Rendongteng, etc. can be added; patients with severe itching of the skin can add white skin, ground skin, etc. [19].

4.5 Fire Toxin Flourishing Syndrome

Main symptoms: whole body skin flushing, edema, burning itching pain, large skin loss, or dense small blisters. Accompanied by strong heat, thirst, headache, chills, dry stool, yellow urine. Red tongue, yellow and greasy fur, wiry and slippery pulse. The treatment can choose heat-clearing and fire-purging, cooling blood and detoxification. The prescription can be selected as Qingwen Baidu Decoction. If there are patients with chills and high fever, raw hawkbill can be added; if there are a large number of peeling, dry mouth patients, you can add Radix Scrophulariae, Radix Trichosanthis, etc., if there are patients with dry stool, you can add rhubarb to purge.

5. Traditional Chinese Medicine External Treatment

'The origin of medical tradition' said: 'Surgical syndrome pays the most attention to external treatment. Because of its rich treatment, strong pertinence, simple operation, easy to master, it can achieve the effect of internal and external treatment, eliminating evil and strengthening the body and saving people, so it has an important position in the treatment of psoriasis [20]. The external treatment of psoriasis in traditional Chinese medicine is based on the overall thought of traditional Chinese medicine, combined with the principle of syndrome differentiation and treatment, using different methods, the drug is directly applied to the surface layer of the

human body, through the penetration of the skin, acupoints, meridian stimulation, local physical stimulation to improve the local symptoms of the skin, so as to achieve the purpose of treatment [21]. At present, the external treatment of traditional Chinese medicine for psoriasis mainly includes traditional Chinese medicine bath, traditional Chinese medicine fumigation, traditional Chinese medicine collapse stains, cupping and pricking cupping, acupuncture treatment and traditional Chinese medicine rubbing.

5.1 Chinese Medicine Bath

This method refers to an external treatment method that boils Chinese herbal medicine into liquid medicine to wash the body and local area. Any syndrome can be, but if the patient's skin is damaged, exudation, or rash is bright red and rapid development, it is not suitable for application.

5.2 Herbal Fumigation

The principle of traditional Chinese medicine fumigation treatment of psoriasis is mainly through the role of fumigation, open the pores of the human body, remove a variety of evils of the human body; on the other hand, after opening the pores, the absorption of drugs, especially some drugs of traditional Chinese medicine, through the absorption of local pores, can achieve the elimination of rheumatic fever and evil, which is helpful for the treatment of psoriasis. It is suitable for patients with blood deficiency and wind dryness syndrome and qi and blood stasis syndrome, with hypertension and coronary heart disease, and should not be used. The elderly and children are accompanied by their families.

5.3 Chinese Medicine Collapse Stains

Traditional Chinese medicine collapse stains therapy is the modern said 'wet compress' method, the choice of heat and cool blood, dry wet detoxification of traditional Chinese medicine decoction, 8 layers of gauze soaked, and then wring dry, applied to the affected part, once a day, 30 minutes each time. This therapy is suitable for various syndromes of psoriasis.

5.4 Retention and Pricking Cupping

The method of pricking and cupping refers to the operation of cupping in traditional Chinese medicine after pricking and bleeding at the affected area, which has the effects of promoting blood circulation and removing blood stasis, soothing the meridians and dredging the meridians, but it is prohibited to be applied to the development period of the disease. Retention pot is suitable for blood deficiency and wind dryness syndrome, qi and blood stasis syndrome; pricking and cupping is suitable for qi and blood stasis syndrome.

5.5 Acupuncture Therapy

In clinical practice, it can be seen that filiform needle acupuncture has a wide range of applications in skin diseases. Whether it is dialectical acupoint selection or local acupuncture, it can achieve better curative effect. Modern scientific research has confirmed that [22], acupuncture can

not only adjust the function of capillaries, promote circulation, but also adjust immunity. It has a two-way effect on all immune bacteria, immune gene molecules, such as T lymphocytes, white blood cells, phagocytic bacteria, immunoglobulins, interleukins, etc. In the clinical treatment of traditional Chinese medicine, fire needle therapy is widely used, and the curative effect is obvious. The fire needle therapy refers to the doctor's burning the needle on the alcohol lamp, or reaching the degree of whitening, and quickly needling the injury site under the skin, so as to achieve the effect of treating heat with heat and eliminating evil.

5.6 Chinese Medicine Rubbed

The rubbing method of traditional Chinese medicine refers to the method of processing Chinese herbal medicine. The final decoction, tincture, lotion, ointment and other dosage forms are applied to the damaged skin of the patient, and the skin is absorbed by the drug to achieve the goal of clinical treatment. The skin during the period can be treated with mild drugs, such as Huanglian ointment, once a day; the skin damage in stationary phase and degenerative phase can be decocted with traditional Chinese medicine compound preparation, and then smeared with Huanglian ointment and Pulian ointment after soaking.

6. Treatment Experience

Psoriasis is a disease caused by the combination of internal and external evils of the body. At present, the clinical treatment is mainly based on blood heat, blood deficiency and qi and blood stasis [23-24]. Professor Li Boyi, a famous old doctor of traditional Chinese medicine, [25] pointed out that 'blood heat' is not only the fundamental pathogenesis of psoriasis, but also the key factor in the transformation of its pathogenesis. If the heat toxin with flourishing blood is not eliminated in time, it may consume a lot of money to nourish blood for a long time, so that yin and blood deficiency, weathering and dryness, will produce blood dryness syndrome. Or because of the toxic heat in the body, leading to the blockage of meridians, the formation of blood stasis [26]. Professor Xia Zhibo [27] proposed that the center of the pathogenesis of psoriasis is blood heat, and the pathological process is from blood heat to blood dryness and then to blood stasis. The blood dryness caused by blood heat, which in turn leads to blood stasis, is the main cause of the pathological changes of psoriasis [28]. Therefore, the patient's medication should always grasp the pathogenesis of 'blood heat', and the disease is mainly based on clearing heat, cooling blood and detoxification; in the static stage, it is necessary to distinguish between 'blood stasis' and 'blood dryness', and use the method of cooling blood and activating blood, cooling blood and nourishing yin and moistening dryness. We should do the correct syndrome differentiation, grasp the law of change, careful diagnosis of pulse, check the tongue, in order to judge the deficiency and excess state of yin and yang qi and blood. Silver scurf lesions are a manifestation of pathological changes. Its transmission is from 'weiqi' to 'yingxue', 'shangxue' and 'shangqi'. The empirical pulse is more floating, string, slippery, and number, and the pulse of the deficiency syndrome is more weak. It is necessary to combine its local characteristics with the whole picture to make a correct diagnosis. We should grasp the three key points of

strengthening the body and dispelling evil, nourishing blood and moistening dryness, dispelling wind and detoxification, and correctly grasp the relationship between dispelling evil and strengthening the body, so as to truly treat this disease.

Internal and external application of traditional Chinese medicine, acupuncture and moxibustion are all effective ways to treat psoriasis. The results of Meta-analysis showed that the curative effect of traditional Chinese medicine on psoriasis vulgaris was significantly better than that of Acitretin Capsules and Diyin Tablets, and better than that of Western medicine [29]. However, it should be noted that the cure rate of traditional Chinese medicine treatment for psoriasis is relatively low, and the curative effect still needs to be further improved. Due to the stubbornness of psoriasis, it is necessary to strengthen the follow-up treatment of patients with psoriasis and the intervention of life factors. In clinical practice, the convenience of using drugs is also an important factor affecting the treatment method, and the traditional Chinese medicine compound has the advantages of definite curative effect and simple use, so it is more popular in clinical practice. [30]. In short, the effect of internal and external treatment of traditional Chinese medicine is obvious, but the cure rate is low. In the future, the treatment of psoriasis should strengthen the prevention and treatment of the disease, find out the inducing factors, and prevent the deterioration and recurrence of the disease.

Psoriasis is an easily recurrent disease. The key to reducing recurrence is the patient's own conditioning. Therefore, the prevention of psoriasis should do the following four points: first, to avoid skin infection and trauma; second must have a regular life, do not stay up late, can not be too nervous; third, do not eat spicy food and do not drink alcohol; four to ensure the smooth flow of normal defecation [31].

7. Summary

In recent years, traditional Chinese medicine has rich experience in the treatment of psoriasis. Its treatment methods are various and the effect is gradually improved. It has made great progress in experimental research and has good therapeutic effect and application prospect. However, the disease is still an insurmountable incurable disease, which poses a great threat to the physical and psychological health of the majority of patients. In view of the fact that the existing legislative prescriptions for the treatment of psoriasis are mostly similar or similar, the clinical effects are also similar. It is hoped that in the future, we will work with colleagues to develop thinking, combine traditional Chinese medicine with modern medical science, and explore and develop new prevention and treatment methods from the huge treasure of Chinese medicine. Due to the limited knowledge and ability of the author, there are still many deficiencies in this article. The views expressed may be biased, and the self-ability will be continuously improved and improved in the future study and clinical practice.

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