

Research Progress on the Treatment of Skin Diseases with Xiaofeng Powder

Yu Wang¹, Xiaoning Yan^{2,*}

¹Shaanxi University of Chinese Medicine, Xianyang 712046, Shaanxi, China

²Dermatology of Shaanxi Provincial Hospital of Chinese Medicine, Xi'an 710003, Shaanxi, China

*Correspondence Author

Abstract: *Objective To summarize the clinical application of Xiaofeng powder in the treatment of skin diseases and to investigate its mechanisms of action. This study analyzes the chemical constituents of the individual herbs in Xiaofeng powder, summarizes common causes of skin diseases, and examines how Xiaofeng powder addresses these underlying causes. Xiaofeng powder can treat inflammatory conditions and possesses antioxidant, anti-allergic, and immunomodulatory effects. Conclusion: Xiaofeng powder is primarily indicated for various skin diseases characterized by “wind, dampness, and heat” and can serve as a standard treatment option for such conditions.*

Keywords: Skin diseases, Xiaofeng powder, Research progress, Chemical composition analysis.

1. Introduction

The skin is the body's largest organ and performs multiple functions, including protection, sensory perception, and temperature regulation. Medically speaking, a skin disease refers to any condition that affects the skin and its appendages (such as hair and nails). Due to internal and external factors, the skin's appearance, structure, and function may change, leading to pathological processes and manifesting as various clinical symptoms. Skin diseases come in many forms and present with a wide range of symptoms; they can range from minor ailments to serious health threats.

2. Clinical Applications

Xiaofeng powder is a traditional Chinese medicine formula commonly used in dermatology, and it has demonstrated significant clinical efficacy in treating a variety of skin conditions. Its primary functions include dispelling wind and relieving exterior symptoms, clearing heat and eliminating toxins, and relieving itching and reducing inflammation. In clinical practice, Xiaofeng San can be used in combination with other treatment methods to achieve better therapeutic outcomes. Additionally, it is recommended to consult a medical professional before using Xiaofeng powder to develop a personalized treatment plan tailored to the patient's specific needs.

2.1 Urticaria

Urticaria is a common allergic skin condition. Its main characteristics are red, swollen, itchy patches or papules on the skin, sometimes accompanied by localized swelling and a burning sensation. Urticaria can be caused by food, medications, environmental factors, or infections, or it may be a manifestation of the body's allergic reaction to certain irritants. Treatment for urticaria includes avoiding triggers, using antiallergic medications such as antihistamines, and applying topical anti-itch medications. Xiao Feng powder primarily alleviates these symptoms by clearing heat, eliminating toxins, dispelling wind, and relieving itching. It has demonstrated certain clinical efficacy in the treatment of urticaria. Zhang Zhijun [1] found that the combination of

Xiaofeng powder and the “Blood-Clearing and Anti-Allergy” acupuncture formula demonstrated significant efficacy in treating chronic urticaria with a wind-heat pattern. The control group received loratadine treatment, while the experimental group received the same treatment as the control group plus Xiaofeng powder combined with the “Blood-Clearing and Anti-Allergy” acupuncture formula. In summary, the combination of Xiaofeng powder and the “Blood-Clearing and Anti-Allergy” acupuncture formula significantly improves symptoms and reduces inflammatory factor levels in patients with chronic urticaria characterized by wind-heat syndrome, while demonstrating good safety. Feng Xingzhi [2] compiled and analyzed his own clinical case records from recent years regarding the use of Xiaofeng powder to treat skin diseases. He found that through analysis of different pathogenic mechanisms and symptomatic treatment, Xiaofeng powder effectively improved symptoms in patients with skin diseases, demonstrating its important role and promising prospects in the treatment of skin diseases according to Traditional Chinese Medicine.

2.2 Eczema

The main characteristics of eczema are inflammatory reactions on the skin, such as redness, swelling, itching, and oozing. These symptoms may recur, causing significant discomfort to patients. The skin lesions primarily occur in skin folds and are accompanied by marked itching, which can easily lead to scratching and skin damage. Eczema tends to have a recurrent course, with acute and chronic phases alternating. Common triggers include chemical irritants, foods, allergens, infections, and psychological factors. The etiology of eczema is complex and may be related to genetic, immunological, and environmental factors. Xiaofeng powder plays a supportive role in the treatment of eczema; it achieves therapeutic effects through multiple mechanisms, including clearing heat and dispelling wind, promoting blood circulation and resolving stasis, and combating bacteria and reducing inflammation. Tian Xinke [3] treated chronic eczema using modified Xiaofeng powder combined with Sanling needle puncture therapy. The study included a control group (receiving conventional Western medication supplemented with Sanling needle puncture) and an experimental group (receiving conventional Western

medication supplemented with modified Xiaofeng powder combined with Sanling needle puncture). It was found that the treatment group achieved better therapeutic outcomes than the control group, and patients in the treatment group also had a lower recurrence rate. Professor Li Cando [4] emphasized that eczema is a localized skin manifestation of one's overall health status, and treatment should take into account the combined effects of the three pathogenic factors: wind, dampness, and heat. He advocates the use of traditional Chinese medicines such as Xiao Feng powder, which has the effects of dispelling wind and eliminating pathogenic factors, removing dampness and transforming turbidity, and cooling the blood to clear heat; it is particularly suitable for cases of eczema involving the coexistence of wind, dampness, and heat. In clinical practice, based on specific pathological changes, corresponding herbs can be appropriately combined to achieve the goals of expelling wind pathogens, clearing heat and detoxifying, eliminating dampness and turbidity, resolving blood stasis, and nourishing qi and blood.

2.3 Psoriasis

Psoriasis is a complex, chronic skin condition characterized by red patches and silvery-white scales on the skin. The exact cause of this disease has not yet been fully determined, but research indicates that it is closely related to the immune system, genetic factors, and environmental factors. The skin lesions typically appear on the elbows, knees, and scalp, and are sometimes accompanied by itching; the lesions may also be painful or become dry and cracked. Nails may become pitted, discolored, or thickened. The causes of psoriasis include genetic predisposition, infections, medications, stress, and environmental factors. It is typically diagnosed by observing the appearance of the skin and its symptoms. In some cases, a doctor may need to perform a skin biopsy to confirm the diagnosis. Lu Xiuqin et al [5] conducted a study exploring treatment methods for pediatric psoriasis. They randomly divided patients with psoriasis into two groups: a control group (treated with traditional Chinese medicine starch baths and NB-UVB phototherapy) and a treatment group (which additionally took a modified formulation of "Xiaofeng powder"). Both groups received continuous treatment for 6 months. The results showed that the treatment group achieved more significant therapeutic effects, and the treatment was found to be safe and reliable.

2.4 Neurodermatitis

Neurodermatitis is a skin condition that typically presents with symptoms such as redness, itching, and inflammation, though it is not caused by actual inflammation. The onset of this condition is associated with emotional stress and psychological tension, which is why it is called neurodermatitis. Treatment usually includes methods for managing emotional stress, such as relaxation techniques and psychotherapy; topical medications are sometimes used to alleviate symptoms. The primary causes of neurodermatitis include nervous system dysfunction, immune dysfunction, psychological factors, abnormalities in inflammatory mediators, genetic factors, and skin barrier dysfunction. In summary, the pathogenesis of neurodermatitis is relatively complex, involving the interaction of multiple factors, including neurological, immunological, and genetic

components. Psychological and emotional factors play a significant role in the onset and progression of diseases. Xiaofeng powder has anti-inflammatory effects; its herbal ingredients—such as Ephedra, Platycodon, and Asarum — possess strong anti-inflammatory activity and can effectively suppress inflammatory skin reactions. Xiaofeng powder helps regulate the body's immune function and improve the immune dysregulation commonly seen in patients with neurodermatitis. Xiaofeng powder helps repair and strengthen the skin barrier, enhancing the skin's resistance to irritants and alleviating symptoms such as itching. It contains various anti-allergic active ingredients that can suppress allergic skin reactions and relieve symptoms. In summary, Xiaofeng powder exerts multiple mechanisms of action in the treatment of neurodermatitis and represents a highly effective traditional Chinese medicine treatment option. He Xiaodan [6] conducted a study to evaluate the clinical efficacy of modified Xiaofeng powder combined with dexamethasone ointment in treating neurodermatitis. She selected patients with neurodermatitis as study subjects and divided them into two groups: a control group (treated with dexamethasone ointment) and an observation group (treated with modified Xiaofeng powder in combination with dexamethasone ointment). The study found that the combination of modified Xiaofeng powder and dexamethasone ointment was superior to dexamethasone ointment alone in treating neurodermatitis, as it alleviated symptoms such as skin itching and accelerated the recovery of skin lesions. Pan Aihua's [7] study examined the efficacy of two different treatment methods for neurodermatitis. One group of patients received combined treatment with modified Xiaofeng powder and compound dexamethasone acetate ointment, while the other group served as a control and was treated with compound dexamethasone acetate ointment alone. The results indicated that the combination of modified Xiaofeng powder and compound dexamethasone acetate ointment was more effective in treating neurodermatitis, effectively alleviating symptoms and improving patients' quality of life.

2.5 Pityriasis Rosea

Pityriasis rosea is a common skin condition characterized by the appearance of rose-colored spots or patches on the skin, usually accompanied by mild itching. It generally affects young people, particularly those between the ages of 10 and 35. The exact cause of pityriasis rosea is not yet fully understood, but one theory suggests it may be related to a viral infection. Pityriasis rosea usually begins with a large patch on the skin, known as the "mother patch," which may be red or pink in color. Within one or two weeks after the mother patch appears, additional patches typically develop; these patches follow the skin's texture, forming a "Christmas tree"-like pattern. Most people may experience only mild itching, though the itching can occasionally be more pronounced. The edges of the patches are well-defined, and there may be slight scaling on the surface. Pityriasis rosea generally does not cause serious health problems and is not contagious. Chen Fang [8] investigated the efficacy of the modified Chinese herbal decoction "Xiaofeng San" in treating pityriasis rosea of the "wind-heat accumulating in the skin" type. Patients received a two-week course of oral treatment with the modified Xiaofeng powder decoction. The results showed that this treatment method was significantly effective for pityriasis

rosea of the “wind-heat accumulating in the skin” type and is worthy of wider clinical application.

2.6 Sunburn

Sunburn refers to skin damage caused by prolonged exposure to sunlight and ultraviolet (UV) radiation, typically manifesting as redness, swelling, pain, blisters, or peeling. Try to avoid going outside during peak sunlight hours. Huang Yifan [9] and colleagues compiled Professor Li Cando's treatment cases to summarize his experience in treating skin diseases. They found that Professor Li's approach to treating skin diseases is characterized by the integration of traditional Chinese and Western medicine, the application of syndrome differentiation, and a focus on addressing both the symptoms and the root causes, reflecting the holistic concept of traditional Chinese medicine and its unique advantages in treating skin diseases. During this analysis, they also discovered a case in which Professor Li successfully treated sunburn using Xiaofeng powder.

3. Chemical Analysis of the Individual Herbs in Xiao Feng San

Xiao Feng powder is documented in Chen Shigong's Authentic Treatise on Surgery from the Ming Dynasty. Prior to this, there were several versions of Xiao Feng powder, such as those found in Formulas of the Taiping Huimin Pharmacy and Formulas for Universal Relief. However, it is Mr. Chen's version alone that demonstrates the best therapeutic efficacy, far surpassing all previous versions. It is indicated for various skin diseases caused by wind-dampness invading the blood vessels. The primary symptom of such skin diseases is persistent, unbearable itching. As the saying goes, “Pain can be endured, but itching cannot be endured.” Xiao Feng powder is a specialized formula for treating skin itching; it is a classic formula for clearing heat, eliminating toxins, dispelling wind, and relieving itching.

3.1 Schizonepeta, Fangfeng

Schizonepeta, regarded as the foremost herb for treating wind-related conditions, has a wide range of clinical applications and is a highly distinctive Chinese medicinal herb. It has a pungent taste and is slightly warm in nature; it enters the Lung and Liver meridians. Belonging to the Lamiaceae family, it has the effects of dispelling wind and relieving exterior syndromes, promoting the eruption of rashes, and stopping bleeding. Raw Schizonepeta can be used to treat external wind-pathogen invasions; it can be combined with other herbs to treat both wind-cold and wind-heat patterns. Schizonepeta can also be used for conditions characterized by incomplete eruption of rashes. Charred Schizonepeta can be used to treat various bleeding disorders. Modern research indicates that the primary active component of Schizonepeta is its essential oil, which mainly contains monoterpenes and sesquiterpenes; these terpenoid compounds exhibit significant anti-inflammatory effects [10]. Jingjie contains flavonoids, such as apigenin and quercetin, which possess antioxidant, anti-inflammatory, and anti-oxidative effects [11]. It also contains phenylpropanoid compounds, such as schizoneptalide, which have immune-modulating and anti-inflammatory functions. The organic acids in

Schizonepeta, such as malic acid and acetic acid, may play a supporting role in its pharmacological effects.

Saposhnikovia root was first documented in the Shennong Bencao Jing and is commonly used to treat diseases caused by wind pathogens. It has a pungent, sweet, and warm nature and enters the Bladder, Liver, and Spleen meridians. Its high efficacy and low toxicity have earned it an important place in traditional Chinese medicine. Modern pharmacological research indicates that Fangfeng contains essential oils, including various terpenoid compounds such as α -pinene and β -pinene; these components exhibit certain antibacterial and anti-inflammatory effects [12]. Like Jingjie, Fangfeng also contains flavonoids, which possess potent antioxidant, anti-inflammatory, and anti-allergic properties. The saponin-like compounds it contains regulate the immune system and possess anti-inflammatory and antiviral effects. Fangfeng polysaccharides found in Fangfeng exert immunomodulatory and anti-fatigue effects. The primary components measured in Fangfeng herbal material are corydaline and 5-O-methylvisamido alcohol glycoside. These two components exhibit pharmacological effects such as antipyretic, analgesic, and anti-inflammatory actions. HPLC-TOF/MS analysis revealed that the primary component of Fangfeng in plasma is corynoline, suggesting that corynoline glycoside and 5-O-methylvisamyl alcohol glycoside may be metabolized into corynoline in the body. This finding indicates that corynoline may be the primary active metabolite of Fangfeng [13].

3.2 Gypsum and Anemarrhena

Gypsum is actually a mineral with a very cold nature. It clears heat, purges fire, relieves restlessness, and quenches thirst. Anemarrhena nourishes yin, moistens dryness, clears the lungs, resolves phlegm, generates body fluids, quenches thirst, promotes bowel movements, and alleviates dryness. When Gypsum and Anemarrhena are combined in a 3:1 ratio, the content of saponins and neomangiferin is at its highest [14]. Neomangoside possesses potent antioxidant properties; it neutralizes free radicals in the body and protects cells from oxidative damage, which helps slow the aging process and reduce the risk of certain chronic diseases. Neomangoside also inhibits the release of inflammatory mediators, thereby alleviating inflammatory responses. In some experiments, it has demonstrated antibacterial and antiviral activity, making it helpful in combating certain microbial infections.

3.3 Raw Rehmannia, Angelica Sinensis

Raw Rehmannia has a sweet and bitter taste and a cold nature, and enters the Heart, Liver, and Kidney meridians. It clears heat, cools the blood, nourishes yin, and generates body fluids. Raw Rehmannia contains cycloether terpenes, which possess a variety of pharmacological effects. It has antibacterial properties; cycloether terpenes often exhibit significant antibacterial activity, inhibiting the growth of various bacteria and fungi, and can be helpful in combating infections. It also possesses anti-inflammatory properties, which can alleviate inflammatory responses and may aid in the treatment of inflammation-related diseases. Its antioxidant properties protect cells from oxidative damage. Additionally, it exhibits antiparasitic effects; cycloether terpenes have a lethal effect

on certain parasites and may play a role in the treatment of infectious diseases. Raw rehmannia root contains violones, a class of organic compounds with chemical structures that include benzene and indole rings, belonging to the quinoline family. Among these, phenethyl alcohol compounds are also used in drug synthesis; some derivatives may possess biological activity, serving as drug precursors or exhibiting pharmacological effects [15].

Angelica sinensis is warm in nature, sweet and pungent in taste, and enters the Heart, Liver, and Spleen meridians. Modern medical research has found that *Angelica sinensis* is rich in vitamin A, volatile oils, arginine, and various minerals. The essential oils [16], possess antibacterial and anti-inflammatory properties and can boost immunity. Arginine plays a role in protein synthesis within the body and supports vascular health and immune function, among other benefits. Various minerals, such as calcium, iron, and zinc, are essential for bone health, metabolism, and immunity.

3.4 Cicada Shedding, Sesame Seeds

Cicada shedding primarily has multiple benefits, including clearing heat and detoxifying, dispelling wind and soothing the throat, and improving eyesight. It is sweet and cold in nature and enters the Lung and Liver meridians. Its natural components primarily include chitin, protein, amino acids, and various trace elements [17]. Chitosan extracted from cicada slough exhibits anticancer properties; it may inhibit cancer cell metastasis by interfering with the normal function of cancer cell membranes. Chitosan also possesses immunomodulatory properties and offers medicinal benefits for protecting the liver and kidneys.

Black sesame seeds, also known as *hu ma ren*, have the effects of moistening dryness, promoting bowel movements, and nourishing the liver and kidneys. Flaxseeds also tonify the liver and kidneys and can be used to treat conditions such as premature graying of hair. The chemical constituents of flaxseeds include oils, with the main components being unsaturated fatty acids, such as linoleic acid, linolenic acid, and oleic acid, which are beneficial for cardiovascular health. The protein content is rich in essential amino acids such as lysine and methionine. Vitamins primarily include vitamin E (mainly in the form of tocopherol), which has antioxidant properties.

3.5 *Sophora flavescens*, *Atractylodes lancea*

In traditional Chinese medicine, *Sophora flavescens* is primarily used to clear heat, dry dampness, eliminate parasites, and promote diuresis; it is indicated for symptoms caused by damp-heat. *Sophora flavescens* contains a proline, its main alkaloid component, which inhibits bacterial and fungal growth, reduces inflammatory responses, and exhibits antioxidant effects [18]. The maleic acid in *Sophora flavescens* is an organic acid that helps clear heat, eliminate toxins, and regulate liver qi. Quercetin is a flavonoid compound—such as 9-methyl-3,4-methylenedioxy-7-hydroxyisobisphenol—that possesses pharmacological effects including antibacterial and anti-inflammatory properties. Polysaccharides, which include various types, can enhance the body's immune function. Fatty acids, such as

linoleic acid and arachidonic acid, have anti-inflammatory effects and help regulate energy metabolism.

Atractylodes is classified as a dampness-resolving herb; clinically, it is effective in dispelling dampness, strengthening the spleen, dispelling wind, and unblocking the meridians. The main chemical constituents of *Atractylodes* include essential oils, terpenoids, and flavonoids. Among these, essential oils are the primary active components and play a crucial role in the herb's therapeutic effects. The essential oil contains various components, such as terpenes, phenols, aldehydes, and esters. These compounds confer on *Atractylodes* the medicinal properties of pungent, bitter, and warm, and exhibit biological activities such as anti-inflammatory, antibacterial, and antioxidant effects. In addition, the flavonoids in *Atractylodes* possess anti-inflammatory, antioxidant, and antitumor effects, which are of great significance for regulating immune function and inhibiting tumor cell growth [19].

3.6 Burdock Seed, *Akebia*, and Licorice

Burdock seed has the effects of clearing heat and detoxifying, dispersing wind-heat, promoting lung function and eliminating phlegm, relieving sore throat and promoting the eruption of rashes, and reducing swelling. As a common Chinese herbal medicine, its chemical composition is relatively complex. The polysaccharides it contains primarily include various polysaccharides and cellulose. These polysaccharides possess certain physiological activities, such as immunomodulation and antioxidant effects [20]. Phenolic compounds, such as oxidized aromatic acids and cinnamic acid, exhibit antioxidant and anti-inflammatory effects. Terpenoids possess biological activities such as antitumor and anti-inflammatory effects. Sterol compounds, such as β -sitosterol, may be involved in regulating immune function. *Akebia* has a bitter and cold nature and enters the Heart, Small Intestine, and Bladder meridians. Lignin and polysaccharides are the primary chemical constituents of *Akebia*, followed by some volatile compounds and other nutrients. These chemical constituents determine *Akebia*'s physicochemical properties and its applications in fields such as traditional Chinese medicine.

Licorice has a sweet and neutral nature and, in Traditional Chinese Medicine, possesses various therapeutic effects, including tonifying the spleen and boosting qi, as well as eliminating phlegm and relieving coughs. Its main component, glycyrrhizic acid, is a 5,6-dihydroxy-11-oxo-3 β ,20 α -dihydroxy-30-nor-20 (29)-triene-3-sulfonic acid diaminodipotassium salt, as well as flavonoids such as isoflavones, ergosterol, alkaloids like psoralen, and polyphenolic compounds. These chemical constituents confer significant immunomodulatory and anti-inflammatory effects on licorice, endowing it with broad application value [21].

4. Mechanism of Action of Xiaofeng San in the Treatment of Skin Diseases

4.1 Inhibition of Inflammatory Mediator Production

Xiaofeng powder contains various traditional Chinese medicinal ingredients, such as Fangfeng and Cangzhu, which

inhibit the activation of inflammatory cells—including neutrophils, mast cells, and macrophages—thereby reducing the levels of inflammatory factors and chemokines they release and alleviating skin inflammation. **Inhibition of Enzyme Activity:** The formation of certain inflammatory mediators requires the participation of specific enzymes. The components in Xiaofeng San can inhibit the activity of inflammatory enzymes such as cyclooxygenase-2 (COX-2) and 5-lipoxygenase (5-LO), thereby reducing the synthesis of inflammatory mediators such as prostaglandins and leukotrienes. Xiaofeng San inhibits inflammatory signaling pathways. By regulating inflammation-related signaling pathways—such as NF- κ B and MAPK—it suppresses the activation of these pathways, thereby reducing the synthesis and release of inflammatory mediators [22].

4.2 Regulation of Immune Function

Certain ingredients in Xiaofeng powder, such as *Bupleurum* and *Angelica sinensis*, can regulate the immune system, enhance the body's immune capacity, and help defend against external pathogens. By reducing the infiltration and activation of inflammatory cells and suppressing excessive immune responses in the skin, they exert an anti-inflammatory effect. In some skin conditions, immune system abnormalities may exacerbate symptoms; Xiaofeng powder can alleviate these symptoms by regulating the immune system.

4.3 Inhibiting Oxidative Stress

Xiaofeng powder contains antioxidant components, such as flavonoids, which can scavenge excess reactive oxygen species, alleviate localized oxidative stress in the skin, and reduce inflammation. Xiaofeng powder can regulate the body's redox balance, maintain the stability of intracellular redox states, and prevent excessive oxidative stress. Some of its components can enhance the antioxidant capacity of cell membranes, reduce lipid peroxidation, and preserve the integrity of cellular structure and function. In summary, Xiaofeng powder has potential therapeutic value for certain diseases caused by oxidative stress.

4.4 Improving Microcirculation

Ingredients such as *Angelica sinensis* can promote skin microcirculation and improve nutrition and metabolism, thereby indirectly inhibiting the onset and persistence of inflammatory responses. Some ingredients in Xiaofeng powder can promote blood flow and improve blood viscosity and rheology, thereby enhancing microcirculation. At the same time, Xiaofeng powder contains ingredients that inhibit platelet aggregation, such as *Sophora flavescens*, which can reduce thrombus formation and alleviate microcirculatory disorders. Xiaofeng powder also contains active ingredients that regulate the function of vascular endothelial cells and enhance vascular vasodilation and vasoconstriction, thereby improving vascular tone and promoting blood circulation.

5. Pathogenesis of Skin Diseases

The pathogenesis of skin diseases can be analyzed from the following aspects: **Immune Mechanisms:** Many skin diseases are associated with an imbalance in the human immune

system, such as autoimmune skin diseases and allergic skin diseases. Abnormal activation of immune cells and inflammatory mediators can lead to skin inflammation and damage. **Genetic Factors:** Certain skin diseases have a genetic predisposition, such as psoriasis and atopic dermatitis, which are often associated with specific gene mutations or the combined effects of multiple genes. **Environmental Factors:** Exposure to external factors such as allergens, bacteria, and viruses can trigger allergic reactions and infections in the skin. **Chemicals and ultraviolet radiation,** for example, can also cause skin damage. **Endocrine Factors:** Endocrine disorders, such as imbalances in estrogen or testosterone, can also cause skin symptoms, including acne and acanthosis nigricans. **Neurological Factors:** Psychological stress and emotional disorders can affect skin function through neuroendocrine regulation, leading to an exacerbation of skin symptoms. **Metabolic Factors:** Metabolic abnormalities, such as diabetes and thyroid dysfunction, may also trigger skin symptoms.

6. Conclusion and Outlook

According to Traditional Chinese Medicine, skin diseases are caused by both internal and external factors. External factors primarily include wind, cold, dampness, dryness, heat, parasites, and toxins, while internal factors mainly involve emotional disturbances affecting the zang-fu organs. Xiaofeng powder derived from *The Authentic Treatise on Surgery*, is composed of *Schizonepeta tenuifolia*, *Saposhnikovia divaricata*, *Cicada Slough*, and *Arctium lappa* seeds, among others. It possesses the therapeutic effects of dispelling wind and removing dampness, clearing heat, and nourishing the blood, and is a classic formula for treating skin diseases. Research has revealed that Xiaofeng powder acts through mechanisms that inhibit the release of inflammatory mediators, modulate the immune system, suppress oxidative stress, and improve microcirculation. Further research is needed to elucidate its mechanisms of action in treating skin diseases. At the same time, additional pharmacological and toxicological studies should be conducted on Xiaofeng powder and the active components of its individual herbs to identify the primary pharmacological basis for its efficacy in treating skin diseases, thereby ensuring its safe and effective clinical application.

References

- [1] Zhang Zhijun. Clinical Study on Xiaofeng San Combined with Acupuncture with Qingxue Kangmin Prescription for Chronic Urticaria [J]. *New Chinese Medicine*, 2024, 56(10): 47–51.
- [2] Feng Xingzhi. Brief Discussion on Clinical Application of Xiaofeng Powder of “Waiké Zhengzong” [J]. *Journal of Zhejiang University of Traditional Chinese Medicine*, 2019, 43(09): 1000-1001+1005.
- [3] Tian Xinke. Observation on the Efficacy of Modified Xiao Feng Powder Combined with Sanling Acupuncture for the Treatment of Chronic Eczema [J]. *Journal of Practical Traditional Chinese Medicine*, 2023, 39(07): 1306–1308.
- [4] Lü Jiaoshou. Professor Li Cando's Experience in Treating Eczema with Modified Xiao Feng Powder [J]. *Fujian Journal of Traditional Chinese Medicine*, 2020, 51(01): 65-66.

- [5] Lu Xiuqin, Yang Maoqin, Wang Hongbo, et al. CLINICAL OBSERVATION ON THE TREATMENT OF PEDIATRIC PSORIASIS WITH XIAOFENG SAN COMBINED WITH TRADITIONAL CHINESE MEDICINE STARCH BATH AND NB-UVB [J]. Journal of Shandong Medical College, 2021, 43(04): 291-293.
- [6] Yu [J]. Bulletin of Traditional Chinese Medicine, 2023, 22(01): 9-11. He Xiaodan. Clinical Efficacy of Modified Xiaofeng Powder Combined with Dexamethasone Ointment in the Treatment of Neurodermatitis [J]. Inner Mongolia Journal of Traditional Chinese Medicine, 2021, 40(08): 68-69.
- [7] Pan Aihua. Clinical Efficacy of Modified Xiaofeng Powder Combined with Dexamethasone Ointment in the Treatment of Neurodermatitis [J]. Inner Mongolia Journal of Traditional Chinese Medicine, 2019, 38(05): 42-43.
- [8] Chen Fang. Clinical Observation on the Treatment of Pityriasis Rosea of the "Wind-Heat Accumulated in the Skin" Type with Modified Xiaofeng Powder [J]. Asia-Pacific Traditional Medicine, 2016, 12(20): 137-138.
- [9] Huang Yifan, Zhang Qi, Wang Yang. A Case Study of LI Can-dong's Application of Xiaofeng Powder in the Treatment of Dermatitis [J]. Traditional Chinese Medicine Journal, 2023, 22(1):9-11.
- [10] Yang Dong, Lei Genping, Ma Yu. Recent Advances in Research on the Pharmacological Effects of Active Components in Schizonepeta [J]. Jiangsu Journal Of Traditional Chinese Medicine, 2023, 55(12): 78-82.
- [11] Lian Xia, Huang Bingwen. Progress in the Chemical Composition, Pharmacological Effects, and Clinical Research of Tu Jingjie [J]. Fujian Journal of Medicine, 2021, 43(03):126-128.
- [12] Wang Chengzhang, Zhang Chongxi. Progress in Domestic and International Research on Fangfeng [J]. Ginseng Research, 2008, (01):35-41.
- [13] Li Yueyue, Wang Hui, Chen Jun, et al. Determination of prim-O-glucosylcimifugin, cimifugin, 4'-O-glucosyl-5-O-methylvisaminol and sec-O-β-D-glucosylhamamelitol in Radix Saposhnikovia by HPLC [J]. Journal of Pharmaceutical Practice, 2010, 28 (06): 445-447+474.
- [14] Yang Sudé. Study on the Changes in Chemical Constituents and Pharmacodynamic Effects of the Traditional Chinese Medicine Combination of Anemarrhena asphodeloides and Gypsum fibrosum [D]. Shandong University of Traditional Chinese Medicine, 2012.
- [15] Li Xueli, Lei Genping, Lu Xian, et al. Recent Advances in the Pharmacological Effects of Raw Rehmannia glutinosa [J/OL]. Journal of Liaoning University of Traditional Chinese Medicine, 1-12 [2024-08-05]
- [16] Zhou Meili, Han Niping. Research progress on active components and pharmacological action of Angelica sinensis [J/OL]. Global Traditional Chinese Medicine, 2024, (07): 1420-1427 [2024-08-05].
- [17] Zhao Zijia, Zhou Guirong, Wang Yu, et al. Study on chemical constituents and pharmacological effects of periostracum cicada [J]. Jilin Journal of Traditional Chinese Medicine, 2017, 37(05): 491-493.
- [18] Zhi Xin, Chen Xiao, Su Jiagan. Study of Pharmacological Effects of Matrine [J]. Journal of Chengdu University of Traditional Chinese Medicine, 2017, 40(01): 123-127.
- [19] Deng Aiping, Li Ying, Wu Zhitao, et al. Advances in studies on chemical compositions of Atractylodes lancea and their biological activities[J]. Chinese Journal of Traditional Chinese Medicine, 2016, 41(21): 3904-3913.
- [20] Cai Enbo, Wang Ruiqing, Liu Demin, et al. Research Progress on Modern Pharmacological Effects of Arctigenin [J]. World Science and Technology — Modernization of Traditional Chinese Medicine, 2016, 18(01): 130-134.
- [21] Li Qingyuan, Jin Yuji, Huang Qianqian, et al. Overview of the role of licorice and its extract on bodily systems [J]. Journal of Jilin Medical College, 2014, 35(02): 139-144.
- [22] Hu Xia. A Study on the Immunological Mechanisms of the Modified Liangxue Xiaofeng Powder in Regulating the Th17/Treg Axis During the Progressive Phase of Recurrent Psoriasis (Blood-Heat Syndrome) Based on the Theory of "Latent Pathogenic Factors" [D]. Chengdu University of Traditional Chinese Medicine, 2020.