

Class 4: Cinnabar toxin, Wind rash, Snake Cinnabar, Eczema, Ox-hide tinea, Clove sores, Flat Warts

Xianhui Li

Cinnabar toxin

dan du

- Acute infectious disease spread through direct contact
- Includes:
 - Erysipelas

Etiology and pathogenesis

- An external injury, invasion of toxins via the wound
- Head and face: wind heat
- Lower limbs: damp heat
- Chest and hypochondrium: liver fire

Patterns

- Invasion of wind heat
- Accumulation of damp heat
- Liver fire

Invasion of wind heat

- **Key symptoms:**
 - Rash mainly on head and face. Rapid onset of a well demarcated patch of redness, hotness and burning pain, rapidly extending in size, change in color of the patch from bright red to dark red and then healing with desquamation (flaky skin). Chills and fever, acute headache, thin yellow coating and superficial rapid pulse. Delirium, convulsion.
- **Treatment method:** dispel wind, clear heat, cool the blood, resolve toxins
- **Formula:** Pu Ji Xiao Du Yin (Universal Benefit Decoction to Eliminate Toxin)
- **Acupuncture:** LI11 qu chi, SP10 xue hai, ST41 jie xi, UB40 wei zhong (bleed), UB12 feng men, A-shi points a shi xue

Formula and modifications

- Pu Ji Xiao Du Yin (Universal Benefit Decoction to Eliminate Toxin):
 - Jiu chao chuang lian, Jiu chao huang qin, Niu bang zi, Lian qiao, Bo he, Jiang can, Xuan shen, Ma bo, Jie geng, Gan cao, Chen pi, Chai hu, Sheng ma
- Modifications:
 - For treating cinnabar toxin of the head and face, increase bai jiang can to 9 g and add chan tui
 - For high fever, delirium, oppression in the chest, vomiting, loss of consciousness and convulsions, combine xi jiao di huang tang: xi jiao, sheng di huang, bai shao yao, mu dan pi; and huang lian jie du tang: huang lian, huang qin, huang bai, shan zhi zi

Accumulation of damp heat

- **Key symptoms:**
 - Rash mainly on the lower limbs. Fever, irritability, thirst, stuffy sensation in the chest, poor appetite, constipation, dark urine. Red tongue, yellow sticky tongue coating and rapid pulse.
- **Treatment method:** clear heat, disinhibit dampness, cool the blood, resolve toxins
- **Formula:** Bi xie sheng shi tang (Fish poison yam dampness percolating decoction), with Wu shen tang (Five spirit decoction)
- **Acupuncture:** LI4 he gu, ST36 zu san li, SP10 xue hai, LI11 qu chi, SP9 yin ling quan, A-shi points a shi xue

Formula and modifications

- Bi xie sheng shi tang (Fish poison yam dampness percolating decoction):
 - Fu ling, Che qian zi, Jin yin hua, Niu xi, Zi hua di ding
- Wu shen tang (Five spirit decoction)
 - Fu ling, Che qian zi, Jin yin hua, Niu xi, Zi hua di ding

Liver fire

- **Key symptoms:**
 - Rash mainly over the chest and hypochondria, headache, red eyes, bitter taste in mouth, hypochondria distention, restlessness, irritability and dark urine.
- **Treatment method:** drain liver fire, cool the blood, resolve toxins
- **Formula:** Long Dan Xie Gan Tang (Gentiana Longdanco Decoction to Drain Liver)
- **Acupuncture:** SP10 xue hai, SP6 san yin jiao, LV2 xing jian, UB40 wei zhong, LI11 qu chi, A shi points a shi xue

Formula and modifications

- Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain Liver):
 - Long dan cao, Huang qin, Zhi zi, Mu tong, Che qian zi, Ze xie, Chai hu, Sheng di huang, Dang gui, Gan cao

Wind Rash, urticaria

Feng zhen

- Appear in patches, bright red or pale white in color, and tend to be itchy
- Includes:
 - Urticaria or hives

Etiology and pathogenesis

- Weakened tone of the pores, invasion wind cold or wind heat
- Improper diet---damp heat
- Qi and blood deficiency---internal wind or exterior wind evil
- Liver and kidney deficiency

Patterns

- Invasion of wind cold
- Invasion of wind heat
- Damp heat in stomach and intestine
- Qi and blood deficiency
- Dysfunction of Chong and Ren

Invasion of wind cold

- **Key symptoms:**
 - White colored patchy rash, worse after exposure to cold or wind, some relief with application of heat. Most predominant in winter. thin white tongue coating. Floating tight pulse.
- **Treatment method:** course wind and cold, regulate and harmonize constrution and defense
- **Formula:** Gui zhi tang (Cinnamon Twig Decoction), or Jing Fang bai du san (Schizonepeta and Ledebouriella Powder to overcome pathogenic influences)
- **Acupuncture:** LI4 he gu, SP10 xue hai, LU7 lie que, LI11 qu chi, ST36 zu san li, GB20 feng chi

Formula and modifications

- Gui zhi tang (Cinnamon Twig Decoction):
 - Gui zhi , Bai shao , Sheng jiang, Da zao, Gan cao (zhi)
- Jing Fang bai du san (Schizonepeta and Ledebouriella Powder to overcome pathogenic influences):
 - Jing jie, Fang feng, Qiang guo, Du huo, Chai hu, Bo he, Qian hu, Chuan xiong, Zhi ke, Fu ling, Jie geng, Gan cao, Sheng jiang
- Modifications:
 - For increase dispersion of wind and cold, add ma huang

Invasion of wind heat

- **Key symptoms:**
 - Red rashes with severe itching, rashes comes and goes quickly, Abrupt onset with itching wheals of various sizes or with pimples rising one after another. Aggravated or lessened by the changing of weather. Thin yellow tongue coating, superficial and rapid pulse.
- **Treatment method:** course wind, clear heat
- **Formula:** Xiao feng san (Wind dispersing Powder)
- **Acupuncture:** LI11 qu chi, LI4 he gu, UB40 wei zhong, SP10 xue hai, SP6 san yin jiao, DU14 da zhui

Formula and modifications

- Xiao feng san (Wind dispersing Powder):
 - Sheng di huang, Dang gui, Fang feng, Chai hu, Zhi mu, Ku shen, Hei zhi ma, Jing jie, Cang zhu, Niu bang zi, Shi gao, Mu tong, Gan cao
- Modifications:
 - For blood heat, add chi shao yao, mu dan pi

Damp heat in stomach and intestine

- **Key symptoms:**
 - Abrupt onset with itching wheals of various sizes or with pimples rising one after another. Red itching rashes complicated by abdominal or epigastric pain, constipation or diarrhea, yellow coating and rapid pulse.
- **Treatment method:** clear heat, disinhibit dampness, free the stool
- **Formula:** Fang Feng Tong Sheng San (Ledebouriella Powder that Sagely Unblocks) With Yin chen hao tang (Capillaris Decoction)
- **Acupuncture:** LI11 qu chi, ST36 zu san li, SP9 yin ling quan, SP10 xue hai, SP6 san yin jiao, ST25 tian shu

Formula and modifications

- Fang Feng Tong Sheng San (Ledebouriella Powder that Sagely Unblocks):
 - Ma huang, Fang feng , Jiu da huang, Mang xiao, Jing jie, Bo he, Zhi zi, Hua shi, Shi gao, Lian qiao, Huang qin, Jie geng, Chuan xiong, Dang gui, Bai shao, Bai zhu, Gan cao, Sheng jiang
- Yin chen hao tang (Capillaris Decoction):
 - Yin chen hao, Zhi zi, Da huang
- Modifications:
 - For constipation, add zhi shi
 - For diarrhea, delete da huang, add jin yin hua, can sha
 - For intestinal parasites, add wu mei, shi jun zi, bing lang

Qi and blood deficiency

- **Key symptoms:**
 - Recurring wind rash over several months or years, worse after strain or fatigued. Pale tongue thin coating, deep thready pulse.
- **Treatment method:** rectify and supplement qi and blood
- **Formula:** Ba zhen tang (Eight Gem Decoction)
- **Acupuncture:** LI11 qu chi, SP10 xue hai, SP6 san yin jiao, ST36 zu san li, UB17 ge shu, UB20 pi shu

Formula and modifications

- Ba zhen tang (Eight Gem Decoction):
 - Shu di huang, Dang gui, Bai shao yao, Chuan xiong, Ren shen, Bai zhu, Fu ling, Zhi gan cao, Sheng jiang, Da zao
- Modifications:
 - For predominant qi vacuity, add yu ping feng san: huang qi, bai zhu, fang feng
 - For predominant blood vacuity, add dang gui yin zi: dang gui, chuan xiong, bai shao yao, sheng di huang, fang feng, ci ji li, jing jie, he shou wu, huang qi, gan cao

Dysfunction of Chong and Ren

- **Key symptoms:**
 - Wind rash generally occurring several days prior to menstruation and disappearing with termination of menstruation, recurrence of rash at each period with dysmenorrhea or irregular menstruation.
- **Treatment method:** regulate and rectify the chong and ren
- **Formula:** Si wu tang (Four Agents Decoction), with Er xian tang (Two Immortal Decoction)
- **Acupuncture:** LI11 qu chi, SP6 san yin jiao, SP10 xue hai, Ren3 zhong ji, LI4 he gu, SP8 di ji

Formula and modifications

- Si wu tang (Four Agents Decoction):
 - Shu di huang, Dang gui, Bai shao yao, Chuan xiong
- Er xian tang (Two Immortal Decoction):
 - Xian mao, Yin yang huo, Ba ji tian, Huang bai, Zhi mu, Dang gui
- Modifications:
 - For stagnation of liver qi, combine xiao yao san: chai hu, bai shao yao, dang gui, bai zhu, fu ling, zhi gan cao, bo he, sheng jiang

Snake Cinnabar

(She dan, Herpes Zoster)

- Acute viral inflammatory disease of the skin
- Includes:
 - Herpes zoster or shingles

Etiology and pathogenesis

- Stagnation of fire in the liver
- Damp heat in the spleen channel

Liver fire and damp heat

- **Key symptoms:**
 - Start with inflammatory erythema and papules, forming a band like distribution with clear interspaces between the patches. They evolve into vesicles of varying sizes usually filled with clear transparent fluid. In three or four days, the fluid inside the vesicles becomes turbid. Vesicles rupture and soon dry up leaving a crust. Crusts drop off in two to three weeks, leaving temporary pinkish marks or pigmentation locally, usually without scarring.
 - Patients have subjective sensations of burning or stabbing pain, which makes it difficult to sleep. Dry throat, bitter taste in the mouth, yellow urine, constipation. Red tongue with yellow dry coat. Wiry and rapid pulse.
- **Treatment method:** clear the liver, drain fire, disinhibit dampness, relieve pain
- **Formula:** Long Dan Xie Gan Tang (Gentiana Longdanco Decoction to Drain Liver)
- **Acupuncture:** LI11 qu chi, LI4 he gu, LV tai chong, SP10 xue hai, SP6 san yin jiao

Formula and modifications

- Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain Liver):
 - Long dan cao, Huang qin, Zhi zi, Mu tong, Che qian zi, Ze xie, Chai hu, Sheng di huang, Dang gui, Gan cao
- Modifications:
 - For lumbar and costal rashes, add ban lan gen, zao xiu, zi cao
 - For face rash, add niu bang zi, ye ju hua
 - For abdomen and lower limbs rash, add cang zhu, huang bai
 - For pain after the disappearance of the rash, use xiao yao san: chai hu, bai shao yao, dang gui, bai zhu, fu ling, zhi gan cao, bo he, sheng jiang and add dan shen, yan hu suo, zhen zhu mu, ci shi

Eczema

Shi zhen

- Itchy polymorphic skin lesions of symmetrical distribution, repeated recurrence and the tendency to develop into a chronic condition

Etiology and pathogenesis

- Wind, heat, dampness
- Obstruction of the channels and connections of the skin

Patterns

- Heat predominant damp heat
- Dampness predominant damp heat
- Blood deficiency with wind dryness

Heat predominant damp heat

- **Key symptoms:**
 - Acute eczema with red macula, or rash, scratching marks, Severe itching. There is rapid eruption of growing patches of papules and vesicles that ulcerate, exude fluid and form scars after being scratched open. Dry mouth, red tongue, yellow sticky tongue coating, slippery rapid pulse.
- **Treatment method:** clear heat, drain dampness
- **Formula:** Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain Liver), with Er miao san (Mysterious Two Powder)
- **Acupuncture:** DU13 tao dao, BL13 fei shu, SP9 yin ling quan, LI11 qu chi, HT7 shen men, SP10 xue hai

Formula and modifications

- Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain Liver):
 - Long dan cao, Huang qin, Zhi zi, Mu tong, Che qian zi, Ze xie, Chai hu, Sheng di huang, Dang gui, Gan cao
- Er miao san (Mysterious Two Powder):
 - Huang bai, Cang zhu
- Modifications:
 - For rash on the upper parts of the body, add sang ye, ye ju hua, chan tui
 - For severe itching, add bai xian pi, di fu zi, xu chang qing
 - For bright red and feverish skin, add sheng di huang, chi shao yao, mu dan pi

Heat predominant damp heat

- **Key symptoms:**
 - Acute eczema, Red skin lesion with blisters, oozing, ulcer, poorly-defined border, Very itchy, Accompanied with chest fullness, constipation, dark urine, Yellow greasy tongue coating and slippery rapid pulse.
- **Treatment method:** fortify the spleen, drain dampness, clear heat
- **Formula:** Chu shi wei ling Tang (dampness eliminating stomach calming poria decoction)
- **Acupuncture:** UB20 pi shu, LI11 qu chi, ST36 zu san li, HT7 shen men, SP9 yin ling quan, SP10 xue hai

Formula and modifications

- Chu shi wei ling Tang (dampness eliminating stomach calming poria decoction):
 - Cang zhu, Hou po, Chen pi, Zhu ling, Ze xie, Fu ling, Bai zhu, Hua shi, Fang feng, Shan zhi zi, Mu tong, Deng xin cao, Rou gui, Gan cao

Blood deficiency with wind dryness

- **Key symptoms:**
 - Chronic eczema, lichenification, rough skin, scaling, scratching marks, intensive itching, Repeated attacks with a long history, dizziness, fatigue, Pale tongue with dry white coating, thin pulse.
- **Treatment method:** nourish the blood, moisten dryness, dispel wind
- **Formula:** Si Wu Xiao feng yin (Four agents Wind dispersing decoction)
- **Acupuncture:** ST36 zu san li, SP6 san yin jiao, LI11 qu chi, SP10 xue hai, PC4 xi men, UB17 ge shu

Formula and modifications

- Si Wu Xiao feng yin (Four agents Wind dispersing decoction)
 - Sheng di huang, Dang gui, Chi shao, Chuan xiong, Fang feng, Jing jie, Bai xian pi, Chan tui, Bo he, Du huo, Chai hu, Da zao
- Modifications:
 - For extreme itching that prevents patients from sleeping, add zhen zhu mu, mu li, ye jiao teng, suan zao ren
 - For lower backache and weak limbs, add gou ji, yin yang huo, tu si zi
 - For the skin is rough and thickening, add dan shen, yi mu cao, ji xue teng

Ox-Hide Tinea

Niu pi xian

- The thick leathery skin of affected areas resembles the skin of an ox's neck
- Papules can spread large patches, the skin thickens, dries out and becomes crisscrossed by wrinkles, a condition known as lichenification,
- Includes:
 - neurodermatitis

Etiology and pathogenesis

- External wind, heat and dampness
- Obstruction of the channels and connections of the skin

Patterns

- External wind heat and dampness
- Blood deficiency with wind dryness

External wind heat and dampness

- **Key symptoms:**
 - Relatively short duration, affected area presenting papules, redness, ulceration, moistness and scabs. Slightly red with thin yellow or yellow sticky coating. Soft rapid pulse.
- **Treatment method:** course wind, clear heat, disinhibit dampness
- **Formula:** Xiao feng san (Wind dispersing Powder)
- **Acupuncture:** SP9 yin ling quan, SP3 tai bai, LU9 tai yuan, GB20 feng chi, LI4 he gu, A-Shi points a shi xue

Formula and modifications

- Xiao feng san (Wind dispersing Powder):
 - Sheng di huang, Dang gui, Fang feng, Chai hu, Zhi mu, Ku shen, Hei zhi ma, Jing jie, Cang zhu, Niu bang zi, Shi gao, Mu tong, Gan cao
- Modifications:
 - For emotional stress, add zhen zhu mu, ye jiao teng, fu shen

Blood deficiency with wind dryness

- **Key symptoms:**
 - Relatively short duration, affected area presenting papules, redness, ulceration, moistness and scabs. Slightly red with thin yellow or yellow sticky coating. Soft rapid pulse.
- **Treatment method:** nourish the blood, dispel wind, moisten dryness
- **Formula:** Si Wu Xiao feng yin (Four agents Wind dispersing decoction). Dang gui yin zi (Tangkuei Beverage)
- **Acupuncture:** LI11 qu chi, SP10 xue hai, SP6 san yin jiao, UB17 ge shu, ST36 zu san li, Z-Shi points a shi xue

Formula and modifications

- Si Wu Xiao feng yin (Four agents Wind dispersing decoction):
 - Sheng di huang, Dang gui, Chi shao, Chuan xiong, Fang feng, Jing jie, Bai xian pi, Chan tui, Bo he, Du huo, Chai hu, Da zao
- Dang gui yin zi (Tangkuei Beverage):
 - Sheng di huang, Dang gui, Bai shao, Chuan xiong, Fang feng, Jing jie, Ci ji li, He shou wu, Huang qi, Gan cao
- Modifications:
 - For insomnia, add zhen zhu mu, wu wei zi, ye jiao teng

Clove sores

Ding chuang

- An acute local suppurative inflammation appearing mainly on the skin of the face, hands or feet
- Includes:
 - Inflammation by staphylococcal bacteria

Etiology and pathogenesis

- Fire toxin
 - Indulgence in spicy foods and alcohol
 - Poor hygiene

Exuberant fire-toxin

- **Key symptoms:**
 - Small seed like lesion at first, yellow or purple in color, hard root. Later become blisters or pustules. Red, hot and swollen. Numbness, itching and local pain. Fever, thirst, dry stools and dark urine. Yellow or yellow sticky tongue coating. Rapid wiry or slippery pulse .
- **Treatment method:** clear heat, resolve toxin, relieve pain
- **Formula:** Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
- **Acupuncture:** LI11 qu chi, LU10 yu ji, GB20 feng chi, LI1 shang yang, A-Shi points a shi xue

Formula and modifications

- Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity):
 - Huang qin , Huang lian , Huang bai , Zhi zi
- Modifications:
 - To strengthen the heat-clearing and toxin-resolving actions, add jin yin hua, ye ju hua, pu gong yin, zi hua di ding
 - For high fever and excessive thirst, add shi gao, zhi mu, zhu ye
 - For constipation, add da huang mang xiao

Flat Warts

Bian ping you

- A small flattish neoplasm that develop in the superficial layers of the skin
- Size is variable, the surface is generally smooth and their color light brown
- Includes:
 - Verruca plana

Etiology and pathogenesis

- Wind and heat in the skin
- Liver fire and dryness of the blood

patterns

- Wind heat
- Liver heat and dryness of blood

Wind heat

- **Key symptoms:**
 - Flat warts of short duration, often accompanied by aversion to wind and fever. Thin yellow coating. Floating and rapid pulse.
- **Treatment method:** course wind, clear heat, resolve toxins, disperse warts
- **Formula:** Xiao feng san (Wind dispersing Powder)
- **Acupuncture:** LI11 qu chi, LU10 yu ji, GB20 feng chi, LI1 shang yang, A-Shi points a shi xue

Formula and modifications

- Xiao feng san (Wind dispersing Powder):
 - Sheng di huang, Dang gui, Fang feng, Chai hu, Zhi mu, Ku shen, Hei zhi ma, Jing jie, Cang zhu, Niu bang zi, Shi gao, Mu tong, Gan cao
- Modifications:
 - For reinforcing clearing heat, resolving toxins, quickening the blood and dispelling blood stasis, add da qing ye, pu gong ying, ye ju hua, dan shen, chi shao yao, e zhu

Liver heat and dryness of blood

- **Key symptoms:**
 - Warts of long duration, accompanied by distention of hypochondrium, bitter taste in mouth and irritability. Red or normal tongue. Wiry pulse.
- **Treatment method:** nourish the blood, soothe the liver, moisten dryness, disperse warts
- **Formula:** Tian Ma Gou Teng Yin (Gastodia and Uncaria decoction)
- **Acupuncture:** TB3 zhong zhu, GB40 qiu xu, LV2 xing jian, GB43 xia xi

Formula and modifications

- Tian Ma Gou Teng Yin (Gastodia and Uncaria decoction) :
 - Tian ma, Gou teng, Shi jue ming, Zhi zi, Huang qin, Yi mu cao, Chuan niu xi, Du zhong, Sang ji sheng, Ye jiao teng, Fu shen
- Modifications:
 - For reinforcing clearing heat, resolving toxins, quickening the blood, dispelling blood stasis, add da qing ye, pu gong ying, ye ju hua, dan shen, chi shao yao, e zhu