

# Complete External Therapies of Chinese Drugs

Xu Xiangcai



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# **COMPLETE EXTERNAL THERAPIES OF CHINESE DRUGS**

*Chief Editor-translator*

**Xu Xiangcai**

*Deputy Chief Editors*

**Jiang Zhaojun**

**Du Xixian**

**Chen Guangzhen**

**Ouyang Bing**

**You Ke**

**Wang Xuhong**

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**Authors and Translators:**

|                |                   |
|----------------|-------------------|
| Xu Xiangcai    |                   |
| Jiang Zhaojun  | Du Xixian         |
| Chen Guangzhen | You Ke            |
| Ouyang Bing    | Wang Xuhong       |
| Cui Hongjiang  | Xu Meng           |
| Xu Ling        | Jia Gang          |
| Zhang Dayong   | Fei Liping        |
| Song Mingquan  | Wang Xin          |
| Ma Jun         | Wang Lei          |
| Sun Shiping    | Zhang Xiaolin     |
| Han Ning       | Wang Lei (female) |
| Lu Yunfang     | Zhang Hongying    |

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## Foreword

Traditional Chinese medicine (TCM) is unique in theories, drugs and therapies. Its therapies are classified as drug-one and non-drug-one with the latter mainly referring to acupuncture, moxibustion and *Tuina* massage. But they can also be divided into internal therapy and external therapy with the latter including not only therapies of acupuncture, moxibustion, *Tuina* but also external therapy with Chinese drugs which is an important component part of TCM.

External therapy with Chinese drugs is effective and practical, and has wide indications. Recently, books on theories of TCM, on Chinese drugs, on acupuncture and moxibustion, and on *Tuina* have been translated into English one after another and distributed abroad successively. But it's a pity that not a single book on external therapy with Chinese drugs has been published in English. Even in the domestic market, a comprehensive, systematic and practical book on external therapy with Chinese drugs in Chinese has not yet been found published.

Therefore as early as in 1988, I decided and worked out a plan to compile such a book. I thought the book must be comprehensive, systematic, practical and easy to read, and then had it translated into plain English. Later, with the help of Mr. You Ke, I chose and invited several writers, who are either professors, associate professors or doctors and masters of TCM, and started to work on it. By 1991, the Chinese manuscripts of the book entitled *The Encyclopedia of Diseases Treated Externally with Chinese Drugs* had been completed. But I hadn't had a time to put it into English until last year. Recently, I have revised the book again and put it into English with the help of my assistants. I do think this is just what I wanted it to be.

Consisting of five volumes, this encyclopedia is a unique comprehensive monograph dealing with external therapy with Chinese drugs. It was co-written through one collective discussion after another by the authors who had consulted plenty of both ancient and modern relevant materials, studied relevant experiences of many others' and summed up our own clinical practice. Its features are as follows.

### 1. Comprehensive and Systematic

This encyclopedia covers nearly all the clinical departments of TCM such as medicine, surgery, gynecology, pediatrics, dermatology, orthopedics, proctology, ophthalmology, otology, rhinology, laryngology, stomatology and dentology; deals with nearly all the main external therapeutic methods with Chinese drugs such as *Yan Xun Fa* method of drug-smoking, *Xun Xi Fa* method of steaming and drip-washing with drug decoction, *Tie Fa* method of sticking a plaster to the skin, *Fu Fa* method of coating the affected part with drug paste, *Tu Fa* method of painting the affected part with drug paste, *Re Hong Fa* method of drug-toasting, *Qi Wu Ji Xi Ru*

*Fa* method of aerosol inhalation, *Se Ru Fa* method of tucking drug into a cavity, etc.; introduces the external treatment of 167 diseases with Chinese drugs, and involves more than 600 prescriptions. In other words, in this encyclopedia, not a single clinical department is not included, not a single common or frequently-encountered disease is not dealt with, not a single chief prescription for external use is not interpreted, and not a single chief external therapeutic method with Chinese drug(s) is not referred to.

## **2. Diseases Followed by Prescriptions and Methods**

As a monograph dealing with external therapy with Chinese drugs, this encyclopedia centers not only on prescriptions for external use not only on external therapeutic methods with Chinese drugs as some other books of the same kind. It introduces not only "prescription" and "method" but also "disease." And in the book "disease" comes first, "prescription" second, and "method" third. That is, before a method, a prescription is given; before a prescription, a disease is discussed. The purpose is to enable the reader not only to select a prescription according to the disease but also to choose a method according to the prescription. And the prescription selected in such a way would be applicable to the disease, and the method chosen in such a way would be a sound one.

In this encyclopedia, a disease is presented by its "name first in Western medicine then in Chinese medicine," followed by its "etiology and pathogenesis," "clinical manifestations," and its "differentiation and treatment." "Differentiation and treatment" are presented by "main symptoms," "method of treatment," and "prescription." "Prescription" is presented by "recipe," "ingredient," "preparation," "application," and relevant "notes." And "ingredient" is presented by its latinized "Chinese name" (in Pinyin) followed by its "Latin name," and "dosage."

## **3. More Practical**

In this encyclopedia, how to make up a prescription, how to process a medicinal paste, ointment, powder, etc., how to apply and conserve a prepared medicine, how to make a dressing change, how attention should be paid when a particular medicine is prepared or applied or a dressing change should be made, what are the relationships between an external treatment and an internal one and the parallel therapeutic method of Western medicine, what are the effects of a certain prescription or method and why it works, ... are all introduced explicitly under the headings of "ingredient," "preparation," "application" and "Notes." This, as a creative feature among literature of this kind, is a distinguished merit of this book.

The above features make this encyclopedia a good reference book of a medical worker and a good consultant of a patient, and all of them can put what is written in the book into practical use and enjoy being a self-taught doctor of traditional Chinese medicine.

Chief Editor-translator: Xu Xiangcai

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## Introduction

### 1. The History and Development of External Therapy with Chinese Drugs

External therapy with Chinese drugs is one of the external therapies in Traditional Chinese Medicine (TCM). It is a method of treatment by applying drugs to certain part of the body. The practice of it has a very long history in China. As early as in the primitive society, our forefathers have begun to heal a wound by covering it with certain kind of leaf, grass or clay plaster, to relieve pain by compressing certain part of the body with a warm stone heated on fire, to mention but a few. So we can say that "external therapy with Chinese drugs" has been put into practice as early as that time.

By the time of the slave society, there was even more progress in the practice of external therapy with Chinese drugs. We know this from the classical work *Zhou Li*. In the chapter entitled *Tian Guan Zhong Zai* of *Zhou Li*, it is recorded that "Drugs for external application are always prescribed by a surgeon treating a painful swelling of the body surface, or some ulcerative disorder, incised wound and traumatic injury before or after an operation to remove the pus." ... "All surgical disorders can be treated by applying externally a patent medicine called *Dan*, which is made with the five poisonous drugs of *Shidan*, *Dansha*, *Xionghuang*, *Fanshi* and *Cishi*." This indicates that some drugs with corrosive action had been administered in external treatment before *Zhou Li* was compiled in the Warring States Period (BC 475—221).

In the same period, another two works were compiled. One work is entitled *Wu Shi Er Bing Fang*, of which a large part is devoted to external treatment of diseases. In this book, a few kinds of external therapy with Chinese drugs such as medicated bath, fumigation, ironing with drugs, etc. are dealt with for the first time. Another work is called *Huang Di Nei Jing*, in which external therapy is valued as highly as internal therapy. It draws a parallel between external therapy and internal one as to which should be chosen for a certain case depends on its applicability to the case. In addition, it records several kinds of external therapy with Chinese drugs in practice at that time including "treating muscular spasm with plaster," "ironing with drugs in treating arthralgia due to cold," "painting method used in treating apoplexy," as well as the "smoking method." These two works laid a foundation for the practice and development of external therapy with Chinese drugs.

In the Eastern Han Dynasty (25-220), Zhang Zhongjing, a famous physician, contributed to the development of external therapy by his detailed description in his book *Shang Han Za Bing Lun* the following external treatments with Chinese drugs: "rubbing with drug," "sitting on drug," "taking medicated bath," "steeping the feet in

drug decoction," "filling the ear with drug," etc.

Later on, more and more about external therapy with Chinese drugs were recorded in works written in the later dynasties. These include: *Zhou Hou Bei Ji Fang* written by Ge Hong in the Jin Dynasty (265-420), *Qian Jin Bei Ji Yao Fang* and *Qian Jin Yi Fang* written by Sun Simiao in the Tang Dynasty (618-907), *Wai Tai Mi Yao* written by Wang Tao in the Tang Dynasty, *Sheng Ji Zong Lu* compiled by a team of court physicians in the Northern Song Dynasty (960-1127), *Ben Cao Gang Mu* written by Li Shizhen in the Ming Dynasty (1368-1644), *Chuan Ya Nei Pian* and *Chuan Ya Wai Pian* written by Zhao Xuemin in the Qing Dynasty (1644-1911), *Yan Fang Xin Bian* written by Bao Xiangao in the Qing Dynasty, etc. These writers and their books took an active role in popularizing external therapy with Chinese drugs.

Scattered in different works and documents, the learning of traditional external therapy with Chinese drugs remained unsystematic until Wu Shangxian, an outstanding specialist in external therapy with Chinese drugs, compiled the first monograph on external therapy in China's medical history in 1864. This work is entitled *Li Yue Pian Wen*. Including hundreds of prescriptions, it sums up external therapy systematically, and plays a considerable part in the further development of traditional external therapy with Chinese drugs in later years. Following *Li Yue Pian Wen*, another two works in the same field appeared one after the other. One is called *Fu Xi Wai Zhi Fang Xuan* written by Lu Jinsheng. The other is *Wai Zhi Shou Shi Fang* written by Shao Lisheng. These writers' works have practically brought the external traditional therapy with Chinese drugs to the stage of perfection.

After the establishment of the People's Republic of China, external therapy with Chinese drugs was widely used in clinical practice. Further researches on it was carried out with great successes. Consequently, quite a number of books dealing with this subject were written and published. This book, although is one about the same subject, is different from all the others in its presentation and language. Written lucidly and translated into plain English, it is a very practical, comprehensive and systematic book for foreign readers.

## 2. Advantages of External Therapy with Chinese Drugs

- (1) Most of the drugs used in this therapy are easy to obtain.
- (2) Drugs chosen are easy to be prepared and applied. Both doctors and patients can learn to prepare and apply them easily.
- (3) Drugs prepared are, more often than not, applied to certain exposed area of the body surface which is easy to locate.
- (4) This therapy has a wide range of indications. Either as principal or accessory treatment, it can be used to treat diseases belonging to every clinical department, including departments of medicine, surgery, gynecology, pediatric, dermatology, orthopedics, ophthalmology, otorhinolaryngology, stomatology, etc.
- (5) This therapy is especially suitable for patients who are not able to take or who

have an aversion to taking medicine, such as those who are too young, those who are in a coma, those who are afraid to take injection or decoction, those who are allergic to oral medicine, and those who have the symptom of vomiting.

(6) This therapy is safe. Side effects are seldom seen, because the drugs are usually applied to the body surface. Even if there might appear dermoreaction on rare occasions, it can be readily eliminated.

(7) This therapy brings little suffering to patients, and it can be easily accepted by them.

### 3. Brief Accounts to Commonly-used Methods of External Therapy with Chinese Drugs

#### (1) *Fu Fa* (coating the affected part with drug paste)

Pound fresh drug(s) into a pulp or grind dry drugs into powder. Mix the pulp or powder well into a paste with one of the following mediums: water, vinegar, honey, vegetable oil, egg white, vaseline, juice of chrysanthemum, or juice of honeysuckle flower. Coat directly with the paste the affected part of the body surface. Dressing change is made after a certain interval to prolong the drug effect. This method is called *Fu Fa*. Using this method, the purpose of healing can be reached owing to the drug effects of preventing or removing, the poisonous actions of toxic substances, dispersing cold, promoting blood circulation, clearing heat, eliminating pus, relieving pain, stopping bleeding, etc.

#### (2) *Tu Fa* (painting the affected part with drug paste)

Grind drugs into fine powder. Mix the powder into a paste with spirits, honey or egg white. Paint the affected part with the paste. Dressing change is made several times a day. This method is called *Tu Fa*, by which the effects of clearing heat, removing toxins, relieving pain, and astringing can be achieved.

#### (3) *Dian Fa* (point-painting body surface with paste or liquid medicine)

Paint a certain specific point of the body surface with paste or liquid medicine is called *Dian Fa*. As what is recorded in the book *Zhang Shi Yi Tong* (written by Zhang Lu in 1695), for example, *Dian Fa* is used to treat bronchial asthma successfully by grinding *Bai Jie Zi*, *Gan Sui*, *Yan Hu* and *She Xiang*, into powder and mixing it with ginger juice into a paste to paint the acupoints Pailao (Extra), Feishu (BL 13) and Gao Huang (BL 43).

#### (4) *Tie Fa* (sticking a plaster to the skin)

The method of sticking a piece of plaster on the skin of certain part of the body surface and treating a disease by the actions of the drugs the plaster contains is called *Tie Fa*. Semi-solid under normal atmospheric temperature, plasters of different ingredients have different effects. Some have the effects of expelling wind, dispersing cold, regulating the flow of *Qi*, promoting blood circulation, eliminating stagnated phlegm, and strengthening the muscles and bones. Others play a part in subduing swelling, relieving pain, promoting formation and drainage of pus, and speeding

tissue-regeneration and wound-healing. Their indications are various sorts of disorder due to pathogenic wind-dampness, traumatic injury, and furuncle or carbuncle. A plaster is often applied together with dusting some medicinal powder to enhance its curative effect. Itching, erythema, pappule or blister might appear occasionally on the area where the plaster is stuck, but it is only seen in a few cases. This is a sign of *Gao Yao Feng* (contact dermatitis). If so, plaster-sticking should be stopped immediately.

**(5) *Pu Fen Fa* (dusting medicinal powder on the body surface)**

Grind drugs into fine powder and scatter the powder on the body surface or the affected part in order to obtain the effects of clearing heat, removing toxins, astringing, drying up dampness, relieving pain, and alleviating itching. This method is called *Pu Fen Fa*. Scattering prickly-heat powder on the body surface to treat sudamina is an example.

**(6) *Fa Pao Fa* (vesicating the skin with drug)**

Promoting vesiculation of the skin by applying drugs having the action of vesicating the skin on a specific part or point of the body surface is called *Fa Pao Fa*. It can be successfully applied like this: locate exactly the target part or point and carry out routine disinfection on it, mark it with gentian violet solution, take a small piece of adhesive plaster with a small hole at its center, stick the adhesive plaster on the area around with the mark in the hole, put the drug with the action of vesicating the skin into the hole, and cover the small piece of adhesive plaster with a larger one. After the drug is applied, stabbing pain will appear. But after the skin is vesicated, the pain will decrease gradually and disappear. Vesiculation will occur in 4-5 hours in the summer and 4-8 hours in the winter. The blister will be absorbed naturally and usually no need for further treatment. But if the blister is too big, the following measures should be taken: prick it with a sterilized needle, paint it with gentian violet solution, and cover it with sterile dressing. When you don't know the size of the blister but find that the adhesive plaster has stuck out a little after vesiculation, you should take away the adhesive plaster from the wound, paint it with gentian violet solution and cover it with sterile dressing so as to keep it clean and prevent it from being infected. For example virus hepatitis is treated this way by putting the drug *Langdang* on the acupoint Lieque (LU 7) to make the skin there vesicates.

**(7) *Qi Liao Fa* (coating the navel with drug)**

Put certain drug on the navel with a piece of plaster or sterile gauze is called *Qi Liao Fa*. The center of the navel is where Shenque (RN 8), a main acupoint along the Ren Channel, is located. The advantages of this method are that on the one hand the drug can be absorbed directly. And on the other hand the drug can give a longer optimal stimulation on the acupoint. Having wide indications, *Qi Liao Fa* is often used to treat infectious diseases such as malaria, virus hepatitis and dysentery, diseases of the digestive system such as acute or chronic gastritis and habitual constipation, diseases of the urinary system such as acute or chronic nephritic edema and uroschesis, diseases of the respiratory system such as chronic bronchitis and



bronchial asthma, and diseases of the nervous system such as neuronism, neurogenic headache and facial paralysis.

**(8) *Chan Yao Fa* (applying medicinal powder to the affected part)**

Grind drug(s) into fine powder, scatter small amount of the powder onto the center of a plaster and stick the plaster to the affected part, or scatter the powder onto a wound or sore directly, or make the powder adhere to a thread and insert the thread into a wound or sore. This is called *Chan Yao Fa*, which would obtain the effects of subduing swelling, removing toxins, impelling formation and drainage of pus, speeding tissue-regeneration and wound-healing, relieving pain, and stopping bleeding.

**(9) *Wo Yao Fa* (holding drug in hand)**

Process drugs into a bolus and ask the patient keep it in his hand. This is called *Wo Yao Fa*, which is effective in curing some diseases with the drugs acting on the acupoint *Laogong* (PC 8) continuously.

**(10) *Dou Du Fa* (covering the abdomen with a drug-carrying undergarment)**

Grind drugs into fine powder, wrap the powder up in cotton, put the cotton into an undergarment, sew the undergarment up, wear the undergarment with the abdomen covered and let the drugs within the undergarment exert a lasting action on the abdomen. This is called *Dou Du Fa*, which is used to treat disorders such as a mass in the abdomen, emission, irregular menstruation and dysmenorrhea. Drug is usually changed once a month, and a course of treatment would usually last several months.

**(11) *Zhen Fa* (using a drug pillow)**

Putting drugs into a cloth pillowcase to make a drug pillow to treat some diseases is called *Zhen Fa*. There are different drug pillows to be chosen for different diseases. Drug pillows are often used to treat hypertension, neuronism and headache. For instance, a drug pillow with the drug *Sheng Shigao* is used to treat high blood pressure, while a drug pillow with the drugs *Sangye* and *Juhua* is used to treat wind syndrome of head.

**(12) *Pu Fa* (using a drug bed)**

Use the same method as above to make a drug bed to treat some diseases is called *Pu Fa*. Like making a bed with the drug *Cansha* to treat paralysis is one of the examples. Sometimes, in stead of using a drug bed, drugs can be spreaded on the bed or on the ground and ask the patient to lie on it.

**(13) *Pei Dai Fa* (wearing a drug bag on the chest)**

Grind drugs into powder, put the powder into a particular cloth bag, sew the bag up, and wear the bag on the chest to prevent and treat some diseases. This is called *Pei Dai Fa*. Wearing a bag called *Qi Bao Ru Yi Dan* to prevent infectious epidemic diseases is a good example. Another example is wearing a bag called *Zhong Yao Xiang Nang* to prevent and treat insect dermatitis and papular urticaria.

**(14) *Mo Ca Fa* (rubbing the body surface with drug)**

Drugs are made into liquid, powder or ointment, touch the drug with your palm

and rub certain part of the body surface with it. This method is called *Mo Ca Fa*, which is effective in impelling blood circulation, relieving pain, and clearing and activating the channels and collaterals. It is often used when disorders of surgery or traumatology are treated. It is also effective in treating other acute or chronic diseases. For instance, rubbing with *An Mo Ru* (massage emulsion) is used to treat swelling and pain due to soft tissue injury, while rubbing the loins with a warm solution prepared by dissolving *Wutou Wan* (a pill) in ginger juice is used to treat senile lumbago and leukorrhagia.

In addition to its lubricating action on the skin, drugs applied by rubbing can act, through subcutaneous tissue, directly on the focus. Therefore, *Mo Ca Fa* has the advantages of both the massage and the actions of the drugs.

**(15) *Yun Fa* (ironing with drug)**

Drugs are ground into fine powder, mixed with spirits or vinegar, heated, wrapped in a piece of cloth or put into a bag, and placed on certain area of the body surface or on the affected part, where ironing is done for the purpose of expelling wind, dispersing cold, activating the collaterals, and relieving pain in order to treat some diseases. This is called *Yun Fa*. For instance: buckwheat powder is stir-fried and wrapped within a piece of cloth, iron it on the acupoint *Taiyang* (EX-HE 5) to treat migraine. Another example involves ironing with *Re Fu Ling* (a drug used for hot compress) to treat lumbar muscle strain, myofibrositis and scapulohumeral periarthritis.

**(16) *Chan Yao Fa* (using a drug waistband)**

Drugs are ground into fine powder, stir-fried hot, and put into a long but narrow cloth bag like a waistband, which is then sewn up. Ask the patient to wear the bag around the waist to treat some lower-*Jiao* syndromes. This is called *Chan Yao Fa*. For instance, women's lumbago due to weak kidney can be treated with this method like this: stir-fry black soya beans in spirit and put it into a bag like a belt, and ask the patient to wear it around the waist.

**(17) *Yan Xun Fa* (drug-smoking)**

Burn some drugs to smoke certain area of the body surface or the affected part to treat some diseases is called *Yan Xun Fa*. This method is efficacious to treat certain diseases owing to the actions of the heat as well as the drugs. One example which works is: make a fire inside an earthen bowl and fix a funnel made with galvanized iron sheet over it; put in the drugs and let it burn; make sure that its smoke comes out through the opening of the funnel; lay the affected part over the opening and have it smoked to treat alopecia areata, neurodermatitis and rheumatic arthritis.

**(18) *Re Hong Fa* (drug-toasting)**

Scattering medicinal powder or applying medicinal paste on the affected part and then toasting the powder or paste to treat some chronic diseases is called *Re Hong Fa*. Applying and toasting *Feng You Gao* to successfully treat neurodermatitis and rhagades of hand and foot is an example. But the method is contraindicated for all acute pyogenic infections and dermatosis.

**(19) *Jiu Ku Dan Shao Jiu Fa* (burning drug on a pressure pain point)**

Find exactly the point of pains under pressure and mark it with gentian violet solution, put one pill of *Jiu Ku Dan* on the point and light it up, cover the pill with *Wan Ying Gao* (a patent Chinese medicine) or *Shang Shi Zhi Tong Gao* (a kind of plaster) when 2/3 of it has been burnt, remove the *Wan Ying Gao* or *Zhi Tong Gao* and the rest of the pill from the wound the next day, paint the wound with gentian violet solution and cover it with sterile gauze to protect it from infection. This process is called *Jiu Ku Dan Jiu Fa*, which is used to treat lumbago of cold nature, hyperosteogeny and arthralgia-syndrome. But it is contraindicated for syndromes with evident heat nature.

This is how the *Jiu Ku Dan* is made.

**Ingredients:**

|                            |     |
|----------------------------|-----|
| <i>Shexiang</i> (Moschus)  | 3 g |
| <i>Zhusha</i> (Cinnabaris) | 6 g |
| <i>Liuhuang</i> (Sulphur)  | 6 g |

Preparation: Put *Liuhuang* into a bronze ladle over an alcohol lamp. After it has melted, add *Zhusha* to it and then stir it evenly; take the ladle away from the lamp and put *Shexiang* into it immediately. After the mixture in the ladle is stirred evenly, pour it out on a piece of glass; when it is cooled, make a number of wheat grain-sized pills with it. Keep the pills in a sealed bottle for future use.

**(20) *Xun Xi Fa* (steaming and drip-washing with drug decoction)**

Boil the drugs to obtain the decoction. Steam and drip-wash the affected part with it and then steep the affected part in the hot decoction. This is called *Xun Xi Fa*, which combines the drug efficacy with heat to obtain the effects of expelling pathogenic factors from the superficial muscles; promoting the flow of *Qi* and blood, improving local nourishment and the functions of the whole body so as to have swelling subdued, pain relieved, and itch alleviated. This method is used to treat not only the disorders of surgery, orthopedics, dermatology and ophthalmology but also some diseases of medicine, gynecology and pediatrics.

**(21) *Xun Zheng Fa* (steaming muscles and skin with drug vapor)**

Making use of the vapor evaporated from the boiling drugs to steam the muscles and skin to attain the effects of expelling wind, alleviating itching, activating the collaterals, relieving pain, removing exterior syndrome and promoting eruption is called *Xun Zheng Fa*, which is used to treat tinea, numbness and pain due to pathogenic wind-dampness and delayed eruption of measles in infants. While this method is used, the basin or pot used to decoct drugs should be covered with a sheet or similar things to protect the steam from dispersed and, a proper distance should be kept between the affected part being steamed and the basin or pot lest scalds occur.

**(22) *Yan Fa* (compress with drug)****A. *Leng Yan Fa* (cold wet compress)**

Soak the towel or gauze in the cold drug decoction; take it out and twist it until there is no decoction dripping, fold the towel into 4 layers or the gauze into 6-8 layers,

put it on the treated part. This is called *Leng Yan Fa*. With the effects of clearing away heat, dispelling dampness, subduing swelling, and stopping bleeding, this method is often used to treat acute eczema, dermatitis and their like.

**B. *Re Yan Fa* (hot wet compress)**

Soak the towel or clean cloth in hot drug decoction; take it out and twist it a little; put it on the affected part. This is called *Re Yan Fa*. With the effects of promoting blood circulation, subduing swelling, activating the collaterals, and relieving pain, this method is often used to treat acute mastitis, styne and soft tissue injury.

**(23) *Zuo Yao Fa* (sitting on drug)**

Boil the drugs in water to obtain the decoction; pour the decoction into a basin, take a hip bath on the basin to let the decoction get into the anus or vagina directly. Or grind the drugs into fine powder; heat the powder by stir-frying in a pot; wrap the heated powder in a piece of cloth, sit on the wrapped hot powder making the anus or perineum touch the cloth. This method is called *Zuo Yao Fa*. It is suitable for the treatment of hemorrhoid, proctoptosis, hysteroptosis, etc. For instance, hysteroptosis may be treated through taking a hip bath on the drug decoction of *Wubeizi*.

**(24) *Guan Chang Fa* (enema with drug decoction)**

Introduce the drug decoction into the rectum through the anus with an enemator. This method is called *Guan Chang Fa*. With the effects of subduing swelling, killing parasite, and stopping bleeding, it is used to treat disorders of intestinal tract.

**(25) *Han Shu Fa* (gargling with drug decoction)**

Keep a drug decoction, a tablet or pill in mouth; spit it out or swallow it slowly after gargling or sucking; 3-4 or 5-6 times a day. This is called *Han Shu Fa*. With the effects of clearing away heat, removing toxins, subduing swelling, and relieving pain, this method is used to treat stomatopathy and pharyngolaryngeal disorders.

**(26) *Dian Yan Fa* (eye-dropping)**

Dropping solution or highly soluble fine powder into the eye to treat certain diseases is called *Dian Yan Fa*. It is suitable for the treatment of eye symptoms due to epidemic hemorrhagic conjunctivitis, erosion of canthus and other eye disorders as swelling, pain, lacrimation when facing the wind, photophobia and windphobia. Besides, *Dian Yan Fa* is used to treat diseases of other clinical departments. For instance, hiccup of cold nature can be cured through dropping the juice of *Dingxiang* and *Shidi* into the eye.

**(27) *Qu Ti Fa* (inducing sneezing)**

Unless the patient is in a coma, ask him to keep some water in his mouth and to inhale the medicinal powder or have it puffed into his nostrils to induce sneezing by irritating nasal mucosa to prevent and cure diseases. This is called *Qu Ti Fa*. A unique method of TCM, it has a wide range of indications, including not only syndromes of the upper-*Jiao* such as headache, stuffy nose, bloodshot eyes, lacrimation, and swollen and sore throat, but also syndromes of the lower-*Jiao* such as retention of urine, proctoptosis, and hysteroptosis. But it is contraindicated for patients having a history

of epistaxis or suffering from cerebral hemorrhage.

**(28) *Bi Xiu Fa* (taking a sniff at drug)**

Put drugs into a bottle, place the bottle under the nose, and sniff at the drug odor. Or, boil drugs in water for hot decoction and sniff at the vapor of the decoction. Or, roll drugs into a piece of paper to make a papertube with the drug in it, light the papertube and smell its smoke. These are called *Bi Xiu Fa*. It is suitable for infants or patients unable to take oral medicine. But it is necessary to point out that the smoke must be ascertained through analysis not to have too much toxic substances. Here is an example of the application of *Bi Xiu Fa*.

Ingredients:

|   |          |
|---|----------|
| <i>Zisuye</i> (Folium Perillae)               | 7 pieces |
| <i>Congbai</i> (Caulis Allii Fustulosi)       | 7 pieces |
| <i>Shengjiang</i> (Rhizoma Zingiberis Recens) | 7 pieces |
| <i>Baihujiào</i> (Fructus Piperis)            | 7 grains |
| <i>Dandouchi</i> (Semen Sojae Preparatum)     | 7 grains |

Preparation: Put all the drugs into an earthen pot with water, cover the pot tightly and heat it until it boiled.

Application: Take out the cover and ask the infant patient to sniff at the vapor.

Indication: infantile cold due to wind-cold.

**(29) *Qi Wu Ji Xi Ru Fa* (aerosol inhalation)**

Make an aerosol with certain drugs and ask the patient to inhale its colloidal dispersion to treat bronchitis, mild bronchopneumonia and bronchial asthma. This is called *Qi Wu Ji Xi Ru Fa*. It is simple and effective. However, the drugs used must be water soluble, stable, and suitable for the colloid osmotic pressure of body tissues. And the drug decoction must be prepared according to the order and kept fresh and disinfected regularly to prevent pollution. It must have a lower viscosity, a nearly moderate acid-base scale and without irritant action on the mucosa.

**(30) *Sai Bi Fa* (tucking drug into the nasal cavity)**

Put fine medicinal powder on a piece of gauze, roll the gauze into a twig, and tuck the twig-shaped gauze into the nasal cavity. Or, dip a thin-paper roll in medicinal powder and put the roll into the nose. This is called *Sai Bi Fa*. "Fill in the nasal cavity with *Xinyisan* to cure suppurative nasal sinusitis" is an example of its application. This method is simple and easy to carry out except that its dosage and time of its application must be controlled cautiously.

**(31) *Sai Gang Men Fa* (tucking drug into the anus)**

Referring to tucking the drug or troche into the anus to treat constipation due to dry feces, abdominal pain due to ascarides and oxyuriasis.

**(32) *Sai Yin Dao Fa* (tucking drug into the vagina)**

Referring to tucking the pill, troche or tablet drug, or powder drug wrapped in gauze into the vagina to treat leukorrhagia, itching in the pudendum, etc. Here is an example of its application.

Ingredients:

COMPLETE EXTERNAL THERAPIES OF CHINESE DRUGS

|   |     |
|---|-----|
| <i>Dasuan</i> (Bulbus Allii)              | 9 g |
| <i>Kushen</i> (Radix Sophorae Flavescens) | 6 g |
| <i>Shechuangzi</i> (Fructus Cnidii)       | 6 g |
| <i>Baitang</i> (white sugar)              | 3 g |

Preparation: Bake the drugs dry, grind them into powder, and put the powder into capsules for future use.

Application: Before going to bed in the evening, boil *Congbai* (Caulis Allii Fustulosi) in water to obtain its decoction, take a hip bath in it, and then, tuck two of the above capsules into the vagina. Repeat the process for several days to cure trichomonal vaginitis.

External therapy with Chinese drugs is popular both in the clinics and among the people. Its therapeutic methods are too many to be introduced one by one here. Some of those listed above are not completely introduced. Further information about drug selection, drug preparation and drug application, will be introduced in the following volumes.

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# **Volume One** **SURGERY**

*Written by: Jiang Zhaojun*  
*Translated by: Xu Xiangcai*



# 1. Surgical Infection

## 1.1 Boil

Boil is an acute pyogenic infective disease due to invasion of pyogenic bacteria into a hair follicle and its sebaceous gland or sweat gland. It has other names in TCM. For instance, it is called as summer boil if its onset is in summer, as mole-cricket boil if its site is on the scalp of an infant and its shape looks like a mole-cricket hole.

### Etiology and Pathogenesis

Attack of exopathogenic summer-dampness and noxious-heat occurring when the superficial-*Qi* is weak and the vital-*Qi* fails to beat the pathogenic factors is the common cause of summer-boil or boil. Sometimes, it may also be caused by endopathogenic heat accumulated due to long-time stagnation of *Qi* and blood when sweating is disturbed and over-body-heat fails to be removed. When a boil on the scalp fails to be treated properly and spreads with noxious pus, a mole-cricket boil forms.

### Clinical Manifestations

#### 1. Summer boil or boil

It is subdivided into two kinds. One has a tip, the other has not. The one with a tip is manifested as: a yellowish white tip at the onset, red swelling and burning pain around the tip, pus formed after the pain becomes severe, self-diabrosis, the swelling and pain alleviated after the pus flows out. The one without a tip is marked by: a red, swollen, burning and painful mass at the onset which is, then, softened and festered; the swelling and pain relieved after the mass is cut open to let the pus go out. Usually, mild boils are not accompanied by general symptoms. Only the severe ones may be accompanied by such general symptoms as fever, aversion to cold, thirst, constipation, deep-colored urine, yellow tongue coating, and rapid pulse.

#### 2. Mole-cricket boil

Manifested as follows: several boils appear on the infant's scalp and they would link together after broken with stagnant pus in the boils, skull trauma might occur in protracted cases.

### Differentiation and Treatment

#### 1. In the early stage

##### Main Symptoms:

Local red swelling, burning pain, sudden onset and short root.

##### Method of Treatment:

To clear heat, remove toxins, eliminate blood stasis, and subdue swelling.

##### Prescription 1:

Number 1:

Recipe: *Ru Yi Jin Huang San* (1) - No. 1 of the Attached Prescriptions.

Ingredients:

|   |        |
|---|--------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)        | 2500 g |
| <i>Huangbai</i> (Cortex Phellodendri)         | 2500 g |
| <i>Jianghuang</i> (Rhizoma Curcumae Longae)   | 2500 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)     | 2500 g |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)      | 1000 g |
| <i>Chenpi</i> (Pericarpium Citri Reticulatae) | 1000 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)         | 1000 g |
| <i>Houpo</i> (Cortex Magnoliae Officinalis)   | 1000 g |
| <i>Gancao</i> (Radix Glycyrrhizae)            | 1000 g |
| <i>Tianhuafen</i> (Radix Trichosanthis)       | 5000 g |

Preparation: Grind all the above drugs into a powder, mix an adequate amount of the powder with an adequate amount of tea, juice of *Xian Pugongying* (fresh Herba Taraxaci) or juice of *Xian Machixian* (fresh Herba Portulacae) into a paste. Or, mix 1 portion of the powder with the same 3 portions of vaseline into an ointment.

Application: Spread a proper amount of the paste or ointment over a proper-sized piece of gauze and cover the affected part with it. Dressing change is to be made once a day.

Number 2:

Recipe: *Yu Lu San* (2) - No. 2 of the Attached Prescriptions.

Ingredient: *Furongye* Folium Hibisci a proper amount

Preparation: Grind the drug into a powder, mix the powder with the juice of *Xian Juhuaye* (fresh Folium Chrysanthemi), *Xian Pugongying* (fresh Herba Taraxaci) or *Xian Zihuadiding* (fresh Herba Violae) into a paste. Or, mix 1 portion of the powder with 3 portions of vaseline into an ointment.

Application: The same as that of *Ru Yi Jin Huang San*.

Prescription 2:

Ingredients:

|  |
|--|
| <i>Xian Juhuaye He Juhuagen</i> (fresh Folium et Radix Chrysanthemi) |
| <i>Xian Pugongying</i> (fresh Herba Taraxaci)                        |
| <i>Xian Zihuadiding</i> (fresh Herba Violae)                         |
| <i>Xian Machixian</i> (fresh Herba Portulacae)                       |

Preparation: Pound a proper amount of any of the above 3 drugs into a pulp.

Application: Spread a thick layer of the pulp over a piece of gauze, cover the affected part with the gauze, moisten the gauze now and then with the juice of the fresh drug to ensure the curative effects. Dressing change is to be made when the pulp is dry. Or, boil any two of the herbs (the whole plants) in water for the decoction, steam the affected part over the hot decoction and then wash it with the decoction when it is cooled but warm, for 30 minutes, once a day.

Notes: With sudden onset but condition comparatively mild and usually without

neral symptoms, a boil can be cured with only external treatment mentioned above. With the effects of clearing heat, removing toxins, eliminating blood stasis, and subduing swelling, both prescription 1 and 2 can restrain pyococcus. Besides, *Ru Yi n Huang San* is especially suitable for the treatment of boils with obvious inflammatory mass, because it contains drugs with the action of promoting the flowing of blood and *Qi* to eliminate blood stasis and subdue swelling. As to the external application of the pulp of fresh drugs, its advantages lies in promoting the absorption of the available principles of the drugs and has evident curative effects when used to treat a red and swollen boil with burning sensation but without a mass. And it gives the patient a cool, comfortable and less irritant sensation. When a pulp is applied to the patient, make sure that it must be thick enough (about 0.2-0.4 cm in thickness) and extensive enough to have the swollen area covered. Generally speaking, external application of pulp has no side effects. In case allergic reaction occurs, stop the treatment immediately.

## 2. In the suppurative stage

### Main Symptoms:

With sticking out and softened boil and an undulant sensation.

### Method of Treatment:

To promote suppuration and drain pus.

### Prescription:

Recipe: *Yao Tou Gao*

### Ingredients:

|  |       |
|--|-------|
| <i>Tonglu</i> (verdigris)                | 3 g   |
| <i>Songxiang</i> (Colophonium)           | 3 g   |
| <i>Ruxiang</i> (Resina Olibani)          | 3 g   |
| <i>Moyao</i> (Myrrha)                    | 3 g   |
| <i>Mubiezi</i> (Semen Momordicae)        | 3 g   |
| <i>Bimazi</i> (Semen Ricini)             | 3 g   |
| <i>Xingren</i> (Semen Armeniacae Amarum) | 3 g   |
| <i>Badou</i> (Fructus Crotonis)          | 6 g   |
| <i>Baifan</i> (Alumen)                   | 0.3 g |

Preparation: Pound the drugs together and make them into pills each as big as a mung bean.

Application: Put one pill on a piece of plaster called *Ba Du Gao* (3) and stick the plaster to the boil with the pill on its tip or at the softened point of its centre.

Notes: Pressing a boil to drain the pus is strictly prohibited lest the noxious factors scatter leading to serious symptoms. *Yao Tou Gao* can be used in stead of an operation. It is suitable for a festered boil with a tip which has not broken or a suppurated boil without a tip but with thin skin which is not suitable to operate. The boil will break with the pus flowing out on the following day. Then, replace it with other drugs. With strong erosive action owing to its components *Badou* and *Baifan*, *Yao Tou Gao* should be used cautiously in treating a facial boil. Of course, it is

contraindicated for patients who are allergic to *Badou*.

3. In the healing stage

Main Symptoms:

Subdued swelling and relieved pain followed by less pus, exfoliation of the slough and faster-healing of the wound, seen after the diabrosis of a summer-boil or a boil; the wounds hard to heal due to usual linking together of several ones with healing of this followed by recurring of that, usually seen after the diabrosis of a mole-cricket boil.

Method of Treatment:

To drain pus, remove putridity, promote regeneration of muscles, and heal wound.

Prescription 1:

Recipe: *Jiu Yi Dan* (12) - No. 12 of the Attached Prescriptions.

Ingredients:

|   |     |
|---|-----|
| <i>Shu Shigao</i> (Gypsum Fibrosum Praeparata)  | 9 g |
| <i>Hongshengdan</i> (Hydrargyrum Oxydum Rubrum) | 1 g |

Preparation: Grind the above drugs into a powder and put the powder into a bottle for future use.

Prescription 2:

Recipe: *Da Huang You Sha Bu* (10) - No. 10 of the Attached Prescriptions.

Ingredient:

|  |       |
|--|-------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 100 g |
|--|-------|

Preparation: Boil the drug in 300 ml. of water for 20 minutes, filter it to get the decoction; boil the filtered drug in another 300 ml. of water again for 15 minutes to get the decoction; mix the above decoctions and condense it into 100 ml, which is called 100% *Dahuang* decoction. Mix 100 g of vaseline with 30 ml. of 100% *Dahuang* decoction to get 30% *Dahuang* ointment. Spread the ointment evenly on strips of gauze and sterilize the strips under high pressure. The sterilized strips are called *Da Huang You Sha Bu*.

Prescription 3:

Recipe: *Ba Du Gao* (6) - No. 6 of the Attached Prescriptions.

Ingredients:

|   |      |
|---|------|
| <i>Bailian</i> (Radix Ampelopsis)         | 96 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)     | 96 g |
| <i>Lianqiao</i> (Fructus Forsythiae)      | 96 g |
| <i>Huangqin</i> (Radix Scutellariae)      | 96 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 96 g |
| <i>Mubiezi</i> (Semen Momordicae)         | 96 g |
| <i>Chuanshanjia</i> (Squama Manitis)      | 96 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)     | 96 g |
| <i>Zhizi</i> (Fructus Gardeniae)          | 96 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)    | 96 g |
| <i>Bimazi</i> (Semen Ricini)              | 96 g |

|  |      |
|--|------|
| <i>Jinyinhua</i> (Flos Lonicerae)          | 96 g |
| <i>Shengdi</i> (Radix Rehmanniae)          | 96 g |
| <i>Danggui</i> (Radix Angelicae Sinensis)  | 96 g |
| <i>Huangbai</i> (Cortex Phellodendri)      | 96 g |
| <i>Huanglian</i> (Rhizoma Coptidis)        | 96 g |
| <i>Wugong</i> (Scolopendra)                | 18 g |
| <i>Ruxiang</i> (Resina Olibani)            | 18 g |
| <i>Moyao</i> (Myrrha)                      | 18 g |
| <i>Xuejie</i> (Resina Drasconis)           | 18 g |
| <i>Ercha</i> (Catechu)                     | 18 g |
| <i>Qingfen</i> (Calomelas)                 | 18 g |
| <i>Zhangnao</i> (Camphora)                 | 18 g |
| <i>Hongfen</i> (Hydrargyrum Oxydum Rubrum) | 18 g |

Preparation: Grind *Ruxiang*, *Moyao*, *Xuejie*, *Ercha*, *Qingfen* and *Hongfen* together into a fine powder, put 7,200 g of sesame oil and the other drugs except *Zhangnao* into a pot, heat the pot on intense-and-gentle fire until the drugs become dark-brown, take away the dark-brown drug residue from the pot and put into it 2,150 - 3,050 g of minium, stir the content evenly and heat the pot again until the content is warm, add the powder and *Zhangnao* to the content, stir the content evenly, cool the content until it is condensed into a plaster, put the plaster into cold water to steep it for 5 days and in the duration change the water once a day so as to remove the "fire-evil," take the plaster out of the water and spread it on an oil paper after toasting it over fire. The medicine is then ready for use.

Prescription 4:

Recipe: *Qian Chui Gao* (5) - No. 5 of the Attached Prescriptions.

Ingredients:

|  |       |
|--|-------|
| <i>Songxiang</i> (Colophonium)                 | 120 g |
| <i>Bimazi</i> (Semen Ricini)                   | 120 g |
| <i>Tonglu</i> (verdigris)                      | 3 g   |
| <i>Ercha</i> (Catechu)                         | 3 g   |
| <i>Qingfen</i> (Calomelas)                     | 3 g   |
| <i>Sheng Xingren</i> (Semen Armeniacae Amarum) | 3 g   |
| <i>Ruxiang</i> (Resina Olibani)                | 6 g   |
| <i>Moyao</i> (Myrrha)                          | 6 g   |
| <i>Xuejie</i> (Resina Drasconis)               | 6 g   |

Preparation: The preparation of this recipe has to be made in hot summer days. Pound *Bimazi* into a pulp in a stone mortar, put all the other drugs slowly into the mortar and continue the pounding until the content becomes a plaster. When using it in winter, put it into a container to cook it warm in water.

Application: Dressing change is made with *Jiu Yi Dan* and *Dai Huang You Sha Bu* just after the diabrosis of a boil so as to drain the pus, eliminate the erosive elements, remove the toxins and subdue the swelling. Later, when the boil has no more erosive

elements and only a little pus, dressing change is made with *Ba Du Gao* instead so as to clear the heat, promote blood circulation and induce regeneration of tissues. To treat a mole-cricket boil, dressing change is made with *Jiu Yi Dan* and *Qian Chui Gao* so as to drain the pus, eliminate the erosive elements, subdue the swelling and relieve the pain.

Notes: The drugs used in the dressing change to treat summer-boils or boils should be chosen according to different conditions of the wounds. Those for mole-cricket boils should be effective in making the pus to flow out smoothly so as to prevent the formation of vomicae. Patients who are allergic to drugs containing *Dan* should be excluded from using the above prescriptions. Those who have general symptoms in using the above prescriptions should be given internal treatment at the same time.

## 1.2 Furunculosis

Furunculosis refers to cases of many boils occurring at the same time or with repeated recurrences. It is characterized by the healing of one boil followed by the onset of another lasting several months or years. It tends to attack those with weak constitution, malnutrition or diabetes. A furunculosis is usually located on the posterior neck, the back and the hip. In TCM, the one on the posterior neck or at the hairline is called *Fa Ji Chuang*, while the one on the hip is called *Zuo Ban Chuang*.

### Etiology and Pathogenesis

Endopathogenic damp-heat combines with exopathogenic wind-heat to block the channels and collaterals, leading to stagnation of *Qi* and blood to cause this disease. Or, endopathogenic heat due to *Yin* deficiency and failure of the weak spleen to function properly results in deficiency of both *Qi* and *Yin*, making pathogenic factors stronger than the vital-*Qi*. Hence this disease occurs.

### Clinical Manifestations

There appear many boils on a certain part of the body or repeated recurrences of many boils on various parts of the body which last long and hard to heal. Those on the posterior neck are red and hard with yellowish white tips. Those due to diabetes or other chronic diseases are dark-red and soft with mild burning-pain.

### Differentiation and Treatment

#### 1. Furunculosis due to pathogenic damp, heat and wind.

##### Main Symptoms:

Marked by many red, hard, itching, painful, broomcorn-millet-like boils with white tips and much pus; scattering usually on the posterior neck, the back or the hip; with constipation and scanty deep-colored urine, red tongue with yellow greasy coating, and slippery rapid or taut rapid pulse.

##### Method of Treatment:

To clear heat, remove toxins, expel wind and dispel dampness.

##### Prescription 1:

Recipe: *Yuan Hua Xi Yao*

Ingredients:

|  |      |
|--|------|
| <i>Yuanhua</i> (Flos Genkwa)             | 15 g |
| <i>Chuanjiao</i> (Percarpium Zanthoxyli) | 15 g |
| <i>Huangbai</i> (Cortex Phellodendri)    | 30 g |

Preparation: Grind all the drugs together into a coarse powder, put the powder into a gauze bag, put the bag into a pot with 2,500 ml of water, heat the pot until 30 minutes after the water boiled, take out the bag to get the hot decoction.

Application: As soon as the decoction is not scalding hot, dip a soft towel into it and wash the affected part with the towel for 20 minutes. Then wipe the affected part dry and spread an ointment made of *Ru Yi Jin Huang San* and a proper amount of honey on it, once a day.

Prescription 2:

Number 1:

Recipe: *Ma Ju Xi Fang*

Ingredients:

|  |      |
|--|------|
| <i>Machixian</i> (Herba Portulacae)        | 30 g |
| <i>Ye Juhua</i> (Flos Chrysanthemi Indici) | 30 g |
| <i>Gancao</i> (Radix Glycyrrhizae)         | 10 g |

Number 2:

Recipe: *Hua Du San Ruan Gao*

Ingredients:

|   |   |
|---|---|
| <i>Fanshilin</i> (vaseline)             | 20 g and the powder of the following drugs: |
| <i>Ruxiang</i> (Resina Olibani)         | 4.5 g                                       |
| <i>Moyao</i> (Myrrha)                   | 4.5 g                                       |
| <i>Huanglian</i> (Rhizoma Coptidis)     | 4.5 g                                       |
| <i>Chishao</i> (Radix Paeoniae Rubra)   | 4.5 g                                       |
| <i>Gualou</i> (Fructus Trichosanthis)   | 6 g   |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)  | 6 g   |
| <i>Gancao</i> (Radix Glycyrrhizae)      | 3 g   |
| <i>Zhenzhu</i> (Margarita)              | 0.9 g                                       |
| <i>Niuhuang</i> (Calculus Bovis)        | 0.9 g                                       |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.45 g                                      |
| <i>Xionghuang</i> (Realgar)             | 4.5 g                                       |

Preparation: Mix all the medicinal powder evenly with the vaseline into an ointment and keep it for future use.

Application: Boil the drugs of *Ma Ju Xi Fang* in water to obtain the decoction. While it is hot, wash the affected part with it for 20 minutes. Wipe the affected part dry and cover it with a piece of gauze spread with *Hua Du San Ruan Gao* about 0.2 cm thick. Repeat this once a day.

Notes: Furunculosis due to pathogenic damp, heat and wind is usually seen in youth who are strong in constitution. The reason of its onset often on the posterior



neck, the back or the hip is that the pathogenic damp and heat tend to go along the urinary bladder channel and do harms on the way. *Yuan Hua Xi Fang* and *Ru Yi Jin Huang San* should be prescribed in the early stage when the boils are red and itching because they have the effects of clearing heat, removing toxins, expelling wind and dispelling dampness so that the inflammation may be absorbed. But *Yuanhua* is poisonous, be sure not to get it into the mouth. *Ma Ju Xi Fang* and *Hua Du San Ruan Gao* are usually used together in treating red, swollen, burning-painful boils with white tips or broken boils with much pus for the purpose of clearing away heat, draining pus, promoting blood circulation and subduing swelling. External application of the oilment made of *Hua Du San Ruan Gao* evenly mixed together with 4.5 g of the powder of *Wubeizi* (*Galla Chinensis*) and 0.3 g of the powder of *Wugong* (*Scolopendra*) would achieve stronger effects in clearing away heat, eliminating poisonous substances, activating blood flowing to get rid of blood stasis, softening hard mass and subduing swelling. It is a good choice if masses due to boils are hard.

2. Furunculosis due to prevailing of pathogenic factors over the vital-*Qi*

Main Symptoms:

Scattered dark-red swollen boils with little pus which are usually accompanied by low fever, thirst, lassitude, weak limbs, red tongue with thin coating, and thready rapid pulse.

Method of Treatment:

To supplement *Qi*, remove toxins, and drain pus.

Prescription: (prescribed by the writer)

Ingredients:

|  |       |
|--|-------|
| <i>Bimazi</i> ( <i>Semen Ricini</i> )    | 250 g |
| <i>Dazao</i> ( <i>Fructus Jujubvae</i> ) | 250 g |

Preparation: Clean the *Dazao*, boil them in a pot until they are well done, and remove their cores. Remove the peels of *Bimazi*. Put the two drugs into an iron mortar and pound them into a paste.

Application: Spread the paste on the foci about 0.3 cm thick and larger than the swollen area of the boils, cover the applied paste with a piece of clean plastic film, and fix it with bandage. Dressing change is made every 2-3 hours.

Notes: Moderate in nature and sweet in taste, *Bimazi* has the action of subduing swelling and draining pus. Warm in nature and sweet in taste, *Dazao* has the action of supplementing *Qi*, regulating the *Ying* system, and removing toxins. Combination of these two drugs would strengthen the effects of supplementing *Qi*, removing toxins, subduing swelling, and draining pus. A little *Bingpian* (*Borneolum Syntheticum*) may be added to this prescription so as to enhance the effects of relieving pain and draining pus. It is easy to prepare and has no toxic and side effects.

In treating furunculosis, different oral medicines should be prescribed according to different cases. After diabrosis of the boils, external treatment of furunculosis of either kind is the same as that of common boils.

### 1.3 Facial Furuncle

Facial furuncle is an acute pyogenic infective disease due to the invasion of pyogenic bacteria into a hair follicle and its sebaceous gland or sweat gland. Because head and face are where all the *Yang* of the body gathers and abundant vascular nets are distributed, a furuncle on the face, especially around the nose, lips or ears, is liable, if treated not in time or not in a proper way, to be turned into serious disorders such as intracranial infection or pyosepticemia (*Zouhuang*). Sudden onset, with serious symptoms, the top of the boil sticking-out, deep rooted and hard are characteristics of facial furuncle. Therefore, facial furuncles are classified as *Ding Chuang* (furuncle) in TCM, but are given different names according to their sites, such as *Mei Xin Ding*, *Bi Ding*, *Ren Zhong Ding*, *Suo Kou Ding*, *Chun Ding*, *Er Ding*, etc. In spite the different names, their cause and treatment are the same. So, collectively they are called facial furuncle, and presented here as a whole.

#### Etiology and Pathogenesis

Endopathogenic noxious-heat, due to over-intake of heavy, fatty and pungent food, accumulated in *Zang-Fu*, gets together with exopathogenic noxious-fire or with toxins, due to infection caused by insect-bite, to stay in the muscles and skin and block the channels and collaterals there, leading to stagnation of *Qi* and blood. And facial furuncle results. If the noxious-fire is so intense as to scatter into the *Ying* blood, this disease will be complicated by *Zouhuang* — intracranial infection or pyosepticemia.

#### Clinical Manifestations

##### 1. In the early stage

Boil with a white tip the size of a millet, a deep root, as hard as a nail; subsequent red-swelling and burning-pain and general symptoms in a severe case.

##### 2. In the suppurative stage

Obvious inflammatory infiltration around the swollen area which gradually becomes larger and larger, with worsened pain, diabrosis of the tip, and evident general symptoms.

##### 3. In the healing stage

The purulent core drained out with pus, swelling subdued, pain alleviated, and general symptoms disappeared gradually.

##### 4. Complication

Improper treating, squeezing, pressing, knocking or too early cutting a furuncle on the wing of nose or the upper lip would lead to caved black furuncle-top without pus, dark-red skin around the caved top, enlarged swollen area on which there would be ecchymoses, or progressive red swelling and plank-like infiltration around the eye, and general symptoms such as shiver, high fever, dysphoria, coma, thirst, delirium, nausea, vomiting, bright red tongue with yellow, dry coating, and full, rapid pulse. This is the sign of *Zouhuang*.

## Differentiation and Treatment

### 1. In the early stage

#### Main Symptoms:

Hard deep-rooted millet-like boil with red swelling and burning pain, and general symptoms in severe cases such as chills, fever, thin yellow tongue coating, and rapid pulse.

#### Method of Treatment:

To limit the spreading of toxins, subdue swelling and drain the pus.

#### Prescription 1:

Recipe: *Ru Yi Jin Huang San* (1) and *Yu Lu San* (2)

Preparation: Mix the above two medicines with honey into an ointment.

Application: Spread the ointment on a piece of gauze with a hole at the centre, cover the furuncle with the furuncle-tip in the hole of the gauze. Dressing change is made once daily. Or, mix the two medicines with cool tea into a paste, paint the furuncle except its tip with the paste 3-5 times daily. When the ointment or paste becomes dry, moisten it with cool tea to ensure the curative effects.

#### Prescription 2:

Recipe: *Ba Du San*

#### Ingredients:

|   |       |
|---|-------|
| <i>Xionghuang</i> (Realgar)             | 15 g  |
| <i>Baifan</i> (Alumen)                  | 12 g  |
| <i>Bingpian</i> (Borneolum Syntheticum) | 4.5 g |
| <i>Chansu</i> (Venenum Bufonis)         | 1.5 g |

Preparation: Grind the above drugs into a fine powder; mix egg-white with the same amount of cool tea into a mixture. Put a proper amount of the powder into the mixture and stir the mixture until it becomes a paste.

Application: Paint the affected part with the paste 3-5 times a day.

#### Prescription 3:

Recipe: *Zi Jin Ding* (4) - No. 4 of the Attached Prescriptions.

#### Ingredients:

|  |      |
|--|------|
| <i>Shancigu</i> (Pseudobulbus Cremastrae seu Pleiones) | 60 g |
| <i>Wubeizi</i> (Galla Chinensis)                       | 60 g |
| <i>Qianjinzi</i> (Semen Euphorbiae)                    | 30 g |
| <i>Xionghuang</i> (Realgar)                            | 23 g |
| <i>Zhusha</i> (Cinnabaris)                             | 23 g |
| <i>Hongdaji</i> (Radix Knoxiae)                        | 45 g |
| <i>Shexiang</i> (Moschus)                              | 6 g  |

Preparation: Grind the above drugs into a fine powder and mix it with the paste of polished glutinous rice into troches, each weighing 3 g.

Application: Grind *Zi Jin Ding* in vinegar and paint the red, swollen area except the tip with it. Then, mix a proper amount of *Ru Yi Jin Huang San* with cool tea into a paste, and coat the furuncle with it except the furuncle-tip. The treatment is to be

repeated once daily.

Notes: A facial furuncle (*Yanmian Dingchuang*) has a deep root. Once it occurs, it is difficult to disappear automatically. Therefore to treat it in the early stage is very important. The reason of not covering the tip of the furuncle with drug is to make it exfoliate and let the pus flow out early. Since a facial furuncle is due to noxious fire, early internal and external treatments after its onset is of great importance. If treatment is not given in time nor given properly, or harms is done by squeezing, pressing, knocking, premature cutting up, moxibustion on it, or over-intake of irritant pungent food in the course of treatment, the pathogenic factor would spread and serious symptoms would result.

## 2. In the suppurative stage

### Main Symptoms:

With enlarged swollen area, severe pain, diabrosis of the tip, fever, thirst, constipation, dark urine, yellow greasy tongue coating, and taut slippery rapid pulse.

### Method of Treatment:

To promote suppuration and remove putridity.

Prescription 1: *Jiu Yi Dan* (12)

Prescription 2: *Da Huang You Sha Bu* (10)

Prescription 3: *Qian Chui Gao* (5)

Prescription 4:

Recipe: *Yao Zhi Cang Er Zi Chong*

Ingredient: one insect in a fresh stem of cocklebur

Preparation: Soak the insect in sesame oil for 7 days, then, take it out and keep it in castor oil containing a little *Zhusha* and a little *Bingpian*.

Application: Scatter a little *Jiu Yi Dan* or put *Yao Zhi Cang Er Zi Chong* on the wound around the tip, and, then, cover the area where the furuncle is located with *Da Huang You Sha Bu* or *Qian Chui Gao*. Dressing change is to be made daily.

Notes: Festered and with broken tip in the suppurative stage, a facial furuncle is not to be squeezed, pressed or pricked with a needle to drain the pus. If the purulent core refuses to come out, pick it out with a small tweezers gently. *Jiu Yi Dan* has the effects of draining pus and removing the erosive; *Da Huang You Sha Bu* and *Qian Chui Gao*, the effects of draining pus, removing the putrefaction, detoxicating, and subduing swelling; *Yao Zhi Cang Er Zi Chong*, the effects of eliminating swelling and poison of furuncles. They have very good curative effects if properly applied. In case a facial furuncle suppurates limitedly and does not break, cut it open to drain the pus. In treating a facial furuncle, external therapy must be combined with internal treatment.

## 3. In the healing stage

### Main Symptoms:

Marked by the putrefaction removed, little pus, subdued swelling, arrested pain, and the growth of neogenetic granulation.

### Method of Treatment:

To promote the growth of neogenetic granulation so as to heal the wound.

Prescription 1:

Recipe: *Sheng Ji San* (13) - No. 13 of the Attached Prescriptions.

Ingredients:

|  |       |
|--|-------|
| <i>Zhi Ruxiang</i> (Resina Olibani Praeparata) | 6 g   |
| <i>Zhi Moyao</i> (Myrrha Praeparata)           | 6 g   |
| <i>Duan Xiangpi</i> (prepared elephant-skin)   | 6 g   |
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta)      | 12 g  |
| <i>Xuejie</i> (Resina Draconis)                | 9 g   |
| <i>Bingpian</i> (Borneolum Syntheticum)        | 3 g   |
| <i>Zhenzhu</i> (Margarita)                     | 0.9 g |

Preparation: Grind the above drugs together into a powder and put it into a bottle for future use.

Prescription 2:

Recipe: *Dan Shen Tong Ruan Gao*

Ingredients:

|  |        |
|--|--------|
| <i>Danshentong Fen</i> (powder of transhinone) | 30 g   |
| <i>Fanshilin</i> (vaseline)                    | 1000 g |

Preparation: Sift *Danshentong Fen* to get its fine powder with a No. 7 sieve. Heat and melt *Fanshilin*. Mix the melted *Fanshilin* while it is warm with the fine powder of *Danshentong* and stir the mixture until it is cold. Then you get *Dan Shen Tong Ruan Gao*.

Application: Scatter a little *Sheng Ji San* on the wound, spread 1-cm thick *Dan Shen Tong Ruan Gao* on a piece of gauze and stick the gauze to the affected part. Dressing change is made once a day.

Notes: In the healing stage, the pathogenic factors would be discharged along with the drained pus and the swelling subdued, the pain arrested, neogenetic granulation has begun to grow, the wound would heal automatically, and, generally speaking, there is no need to give any oral medication.

*Dan Shen Tong Ruan Gao* has the effects of removing toxins, subduing swelling, promoting blood circulation, activating regeneration of tissues, and restraining the action of staphylococcus aureus and staphylococcus albus obviously. Therefore, it may be administered alone if the wound is small and has fresh granulation on it.

## 1.4 Carbuncle

Common in the middle-aged and the aged groups and usually located on the neck and back, carbuncle is an acute pyogenic infection due to invasion of pyogenic bacteria into a number of neighbourhood hair follicles and sebaceous glands. It tends to attack those with diabetes. Carbuncle is a kind of cellulitis with a tip known as *You Tou Zu* in TCM. It is named according to the location of the affected part. For example, the one in the very middle of the back neck, along the *Du Channel* and right

towards the mouth cavity is called *Nao Zu* (brain cellulitis), or *Dui Kou Zu* (cellulitis opposite the mouth); all those on the back and along the *Du Channel* are called *Fa Bei Zu* (back cellulitis); those in the scapular region and on the two flanks of the back and loins are called *Da Shou Zu* (lumbodorsal cellulitis).

### **Etiology and Pathogenesis**

Over-intake of heavy and fatty food leads to production of pathogenic damp, heat and fire in the interior; disorder of emotions leads to stagnation of *Qi*, which is then turned into pathogenic fire; impairment due to excessive sexual intercourse leads to deficiency of the kidney-*Yin* and hyperactivity of fire of deficiency type. The above endogenous pathogenic factors accumulate in *Zang-Fu* and combine with exogenous pathogenic wind-warm and damp-heat to obstruct the channels and collaterals, cause incoordination between *Ying* and *Wei* and stagnation of *Qi* and blood, and result in this disease.

### **Clinical Manifestations**

In the beginning, a swollen, burning and painful mass on which there is a miliary tip of pus occurs. Then the mass would grow larger, the pain would get severer, with more and more pus until the mass looks like a honeycomb. Finally, the skin among the tips becomes necrotic and form a larger ulcer. The patient might have such general symptoms as fever, chills, thirst, etc. In severe cases, *Nei Xian Zheng*, invasion of the toxins into the interior of the body, i.e. pyosepticemia might occur. A carbuncle which attacks the debilitated or the diabetics would be more serious.

### **Differentiation and Treatment**

#### **1. In the early stage**

#### **Main Symptoms:**

A highly-sticking-out, red, burning, and painful mass with a miliary tip accompanied by fever and chills is the sign of excess syndrome. A flat and lower, purple or grey mass with scattering roots but without obvious swelling and burning sensation accompanied by high or mild fever is the sign of deficiency syndrome.

#### **Method of Treatment:**

Cases of excess syndrome should be treated through clearing away heat, removing toxins, eliminating blood stasis, and subduing swelling, while cases of deficiency syndrome through promoting the flowing of *Qi* and blood, eliminating blood stasis, and subduing swelling.

#### **Prescription 1:**

Recipe: *Ru Yi Jin Huang San* (1)

#### **Ingredients:**

*Ru Yi Jin Huang San*

1 portion

*Fanshilin* (Vaseline)

3 portions

Preparation: Mix the two drugs into an ointment.

Application: Coat the affected part with the ointment, and conduct dressing change once a day. Or, mix the juice of *Xian Yejuhua* (fresh *Flos Chrysanthemi*

Indici), *Xian Pugongying* (fresh *Herba Taraxaci*) or *Xian Machixian* (fresh *Herba Portulacae*) with *Ru Yi Jin Huang San* into a paste, coat the affected part with the paste, and make dressing change 3 times a day. The action of the drugs will be strengthened this way.

Notes: This prescription is only for carbuncles of excess syndrome.

Prescription 2:

Recipe: a prescription prescribed by the writer

Ingredients:

|   |      |
|---|------|
| <i>Gan Machixian</i> (dried <i>Herba Portulacae</i> ) | 30 g |
| <i>Qingdai</i> ( <i>Indigo Naturalis</i> )            | 3 g  |

Preparation: Grind the two drugs together into a fine powder and mixed it with honey into a paste.

Application: Coat the affected part with the paste and make dressing change twice a day, in the morning and in the evening.

Notes: This prescription is only for carbuncles of excess syndromes.

Prescription 3:

Recipe: *Rong Fu Gao*

Ingredients:

|   |      |
|---|------|
| <i>Fu Rong Ye</i> ( <i>Folium Hibisci</i> )             | 30 g |
| <i>Zhi Ruxiang</i> ( <i>Resina Olibani Praeparata</i> ) | 6 g  |
| <i>Zhi Moyao</i> ( <i>Myrrha Praeparata</i> )           | 6 g  |
| <i>Daqingye</i> ( <i>Folium Isatidis</i> )              | 15 g |

Preparation: Grind the above drugs together into a fine powder, one portion of which is mixed with three portions of vaseline into an ointment.

Application: Coat the affected part with the ointment and make dressing change once daily.

Notes: This prescription is for carbuncles of excess syndrome.

Prescription 4:

Recipe: *Chong He Gao* (7) - No. 7 of the Attached Prescriptions.

Ingredients:

|  |       |
|--|-------|
| <i>Zijingpi</i> ( <i>Cortex Cercis Chinensis</i> )     | 150 g |
| <i>Duhuo</i> ( <i>Radix Angelicae Pubescentis</i> )    | 90 g  |
| <i>Chishao</i> ( <i>Radix Paeoniae Rubra</i> )         | 60 g  |
| <i>Baizhi</i> ( <i>Radix Angelicae Dahuricae</i> )     | 30 g  |
| <i>Shichangpu</i> ( <i>Rhizoma Acori Tatarinowii</i> ) | 45 g  |

Preparation: Grind the above drugs together into a fine powder and mixed it with warm yellow-rice wine, millet wine or juice of Chinese onion into a paste. Or, one portion of the powder is mixed with three portions of vaseline into an ointment.

Application: Coat the affected part with the paste or the ointment and make dressing change daily.

Notes: This prescription is for treating carbuncles of deficiency syndrome.

Treatment must be adapted to the types of syndrome. Having the effects of

clearing away heat, removing toxins, eliminating blood stasis, and subduing swelling, prescriptions 1, 2, 3 can restrain pyogenic bacteria. They are very effective in treating a carbuncle of excess syndrome. Prescription 4, being effective for promoting the flowing of *Qi* and blood, eliminating blood stasis, subduing swelling, warming and removing wind, is more effective in treating carbuncles of semi-*Yin* and semi-*Yang* syndrome of deficiency type. In treating a carbuncle, external treatment and oral medication of Chinese medicine or antibiotics should be given at the same time. Treating a carbuncle in time and properly in its early stage is of critical importance. This will hold back the growth of the carbuncle even if its symptoms can not be reduced. For the cases of diabetics with carbuncle the primary disease, diabetes, should be actively treated while treating the carbuncle. Local pressing of a carbuncle is strictly prohibited lest the swelling be enlarged or pyosepticemia, a complication, might occur.

## 2. In the suppurative stage

### Main Symptoms:

Gradual diabsrosis of many pus-tips in the form of a honeycomb and with severe swelling and pain, yellow-white thick pus seen in excess syndrome, watery pus seen in deficiency syndrome, all of which may be accompanied by fever, thirst, yellow tongue coating, and full slippery taut pulse.

### Method of Treatment:

Draining pus, removing putridity, subduing swelling, and relieving pain.

### Prescription 1:

Recipe: *Jie Du Xi Yao* (9) - No. 9 of the Attached Prescriptions.

### Ingredients:

|   |      |
|---|------|
| <i>Pugongying</i> (Herba Taraxaci)          | 30 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 12 g |
| <i>Huangbai</i> (Cortex Phellodendri)       | 12 g |
| <i>Lianjiao</i> (Fructus Forsythiae)        | 12 g |
| <i>Mubiezi</i> (Semen Momordicae)           | 12 g |
| <i>Jinyinhua</i> (Flos Lonicerae)           | 10 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)   | 10 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)       | 10 g |
| <i>Danpi</i> (Cortex Moutan)                | 10 g |
| <i>Gancao</i> (Radix Glycyrrhizae)          | 10 g |

Preparation: Heat the above drugs in water and filter the drugs to get 500-1,000 ml. of decoction after the water boils for 20 minutes.

Application: While the decoction is hot, steam the affected part over it. When the decoction turns warm, wash the affected part with it.

### Prescription 2:

Recipe: *Zhui Du Dan*

### Ingredients:

|   |     |
|---|-----|
| <i>Hongshengdan</i> (Hydrargyrum Oxydum Rubrum) | 6 g |
|---|-----|



|   |       |
|---|-------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)    | 6 g   |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 6 g   |
| <i>Bingpian</i> (Borneolum Syntheticum)   | 0.6 g |
| <i>Xiangya Xiao</i> (ivory powder)        | 0.6 g |

Preparation: Grind the above drugs together into a fine powder and make an ointment with it.

Application: Steam and wash the wound with the decoction of *Jie Du Xi Yao* for 30 minutes, wipe it dry, coat it evenly with *Zhui Du Dan* with a cotton stick dipped into the decoction, and cover it with *Da Huang You Sha Bu* (10). Or, use a piece of sterilized paper spill rubbed with *Da Huang You Sha Bu*, dip it into *Zhui Du Dan* then insert it to the bottom of the wound, and cover the wound with *Da Huang You Sha Bu*. Repeat the process once daily to promote the lifting of toxins, the removing of putridity, and the draining of pus.

Prescription 3:

Recipe: *Shen Deng Zhao Fa Fang*

Ingredients:

|                                 |       |
|---------------------------------|-------|
| <i>Zhusha</i> (Cinnabaris)      | 6 g   |
| <i>Xionghuang</i> (Realgar)     | 6 g   |
| <i>Xuejie</i> (Resina Draconis) | 6 g   |
| <i>Moyao</i> (Myrrha)           | 6 g   |
| <i>Shexiang</i> (Moschus)       | 1.2 g |

Preparation: Grind the above drugs together into a fine powder.

Application: Scatter 1 g of the powder evenly over a piece of 20 cm long and 10 cm wide red tissue paper, roll it up into a spill, soak the paper spill in sesame oil, light the spill to smoke the affected part for 30 minutes. Then, apply *Zhui Du Dan* and *Da Huang You Sha Bu* (10) to the affected part in the same way as introduced above.

Prescription 4:

Recipe: *Yao Tong Ba Fa*

Ingredients:

|   |      |
|---|------|
| <i>Xian Changpu</i> (fresh Rhizoma Acori Tatarinowii) | 15 g |
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii)      | 15 g |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)            | 15 g |
| <i>Zisu</i> (Perilla)                                 | 15 g |
| <i>Qiai</i> (Rhizoma Dioscoreae)                      | 15 g |
| <i>Baizhi</i> (Radix Angelicaem Dahuricae)            | 15 g |
| <i>Gancao</i> (Radix Glycyrrhizae)                    | 15 g |
| <i>Congbai</i> (Caulis Allii Fistulosi)               | 90 g |

Preparation: Heat the above drugs in about 5,000 ml. of clear water, wait until the water boils for some time and then filter them to obtain the decoction. Choose several pieces of fresh tender bamboo, each measures 23 cm long with a joint on one end and a mouth 4.2 cm in diameter on the other end. Scrape off the green peel of a piece

and drill a hole near the joint. Stuff the hole tightly with a slip of China fir. Place this piece of bamboo into the decoction and heat it until the decoction boils for some time. Use something to press down the bamboo under the surface of the decoction while heating.

Application: Take boiled bamboo tube out with the decoction it contains. Pour out the decoction and cup it tightly on the wound while the bamboo tube is still hot. It will be fixed on the wound. About 5-10 minutes later, take the slip of China fir off and the bamboo tube will fall off from the wound naturally. This is the process of *Yao Tong Ba Fa*. This process is to be repeated 1-2 times a day according to both the condition of the disease and that of the patient's health; use a new piece of bamboo each time.

Notes: The onset of a carbuncle is usually on the posterior neck or the back where the skin is more compact and the muscles are more abundant. And that's why pus and toxin of a carbuncle are hard to drain and deterioration cases might occur. Therefore, it is necessary to be cautious in its differentiation and treatment.

But when a carbuncle is treated with internal therapy, local application of *Jie Du Xi Yao*, *Zhui Du Dan* and *Da Huang You Sha Bu* would bring about earlier draining of pus, removing of putridity, subduing of swelling, and relieving of pain. Among the drugs listed in the above prescriptions, the representative one is *Hongshengdan* in the prescription *Zhui Du Dan*. It is most reliable in its action of draining pus and removing putridity through promoting the exfoliation of necrotic tissue and regeneration of granulation tissue. Experiments have shown that *Hongshengdan* plays a sterilizing (detoxicating in TCM) role through the ions of mercury it contains. The mercury ions can be combined with the hydrophobic groups of bacteria's respiratory enzymes so as to decrease their activity and have the bacteria killed through destroying their respiratory ability. Because mercury (Hg) can be absorbed leading to the possible danger of intoxication, its dosage should be small, and the span of its administration should be short. And it is contraindicated for patients who are allergic to *Dan* kind of medicine.

*Shen Deng Zhao Fa Fang* has remarkable curative effects in treating the debilitated with swelling and pain due to toxins, for it has the effects of dispelling poisons, draining pus, removing toxins, subduing swelling, promoting blood circulation, relieving pain, and inducing the suppuration of a carbuncle while changing its colour from purple, grey to red.

After the diabrosis of a carbuncle, if the wound would not heal and has pus accumulated in it, *Yao Tong Ba Fa* is a treatment of choice. This is because it has the effects of promoting the flow of *Qi* and blood, draining pus, and clearing heat. So, once it is applied, the pus will flow out, the toxins will be dispelled, and the wound will be healed.

When there are extensive necrotic tissues which block the flowing-out of the pus, an operation should be performed to remove the necrotic tissues radically. If the putridity and pus are not dispelled in time, pyosepticemia might occur.

### 3. In the healing stage

#### Main Symptoms:

Carbuncle of excess syndrome: with swelling subdued, pain relieved, putridity removed, pus reduced, red granulation generated, the wound would gradually heal. Carbuncle of deficiency syndrome: with dark affected part, retarded growing of granulation, the wound would heal slower.

#### Method of Treatment:

To promote the regeneration of muscles and heal the wound.

Prescription 1: *Sheng Ji San* (13).

Prescription 2

Recipe: *Bai Yu Gao*

#### Ingredients:

*Shu Shigao Fen* (Gypsum Fibrosum Praeparata in the form of powder)

9 portions

*Zhi Luganshi* (Calamina Praeparata in the form of powder) 1 portion

Preparation: Mix the above two kinds of powder with a little sesame oil into a paste and mix it with vaseline into a 70% ointment called *Bai Yu Gao*.

Application: Scatter a little *Sheng Ji San* evenly on the wound, spread a thin layer of *Bai Yu Gao* (about 0.1 cm thick) over a piece of gauze and stick this gauze to the affected part. Do this once a day.

Notes: In this stage, a carbuncle belonging to excess syndrome can be cured with external therapy alone; while a carbuncle belonging to deficiency syndrome should be treated by combining external with internal therapy. Oral medicines with the action of restoring *Qi*, strengthening the body resistance, and removing toxins should be given with the purpose of supplementing *Qi* and blood in the body. Thus all the signs of deficiency type will be wiped out, and the wound will turn into a positive one and heal gradually. If a wound does not heal on account of a cavity which makes the skin fail to be combined with the regenerated tissues quickly, pressure bandage is used to press the skin closely to the regenerated tissues. Then the wound would be healed.

## 1.5 Acute Phlegmon

Acute phlegmon is an acute pyogenic inflammation due to invasion of pyogenic bacteria into subcutaneous and subfascial tissues, intermuscular septum or deep areolar tissue. It is included in the category of *Fa* of TCM, which means phlegmon.

#### Etiology and Pathogenesis

This disease is usually resulted from the invasion of pathogenic factors into the body through skin injuries, or from obstruction of the channels and collaterals, incoordination between *Ying* and *Wei* and stagnation of *Qi* and blood, all of which are due to pathogenic heat derived from damp-heat in the spleen and stomach and noxious-fire retended in the body. If the noxious-fire is too intense, necrotic tissue

and pus will result.

### Clinical Manifestations

Abrupt onset is characteristic of either the shallow one or the deep one. The former is marked by local red-swelling and burning-pain, dark-red color especially at the centre, indistinct border, tenderness, milder pain but more obvious swelling in the flaccid affected part, and severe pain but milder swelling in the solid affected part. The latter is marked by not obvious local red-swelling, usually seen edema and deep tenderness, and necrosis and liquefaction at the center of the affected part; in severe case they may be followed by abscess. If the affected part is at the bottom of the submaxillary fossa, dyspnea and lymphnoditis will appear. All the above may be accompanied by fever, chills, headache, high white cell count, etc., no matter their differences in degree.

### Differentiation and Treatment

#### 1. In the early stage

##### Main Symptoms:

Local red-swelling and burning-pain or burning-swelling, tenderness, fever, chills, thin yellow tongue coating, and taut slippery rapid pulse.

##### Method of Treatment:

To clear away heat, remove toxins, resolve blood stasis, and subdue swelling.

##### Prescription 1:

Recipe: *Da Qing Gao* (3) - No. 3 of the Attached Prescriptions.

##### Ingredients:

|  |      |
|--|------|
| <i>Daqingye</i> (Folium Isatidis)      | 60 g |
| <i>Ruxiang</i> (Resina Olibani)        | 30 g |
| <i>Moyao</i> (Myrrha)                  | 30 g |
| <i>Huangbai</i> (Cortex Phellodendri)  | 30 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 30 g |
| <i>Baifan</i> (Alumen)                 | 30 g |
| <i>Qiandan</i> (red lead)              | 30 g |
| <i>Huanglian</i> (Rhizoma Coptidis)    | 30 g |
| <i>Tonglu</i> (verdigris)              | 30 g |
| <i>Danfan</i> (Chalcanthitum)          | 30 g |
| <i>Furongye</i> (Folium Hibisci)       | 30 g |
| <i>Wubeizi</i> (Galla Chinensis)       | 30 g |

Preparation: Grind the above drugs together into a fine powder, 1 portion of which is mixed with 3 portions of vaseline into a paste.

##### Prescription 2: *Ru Yi Jin Huang San* (1)

Application: Mix 1 portion of *Da Qing Gao* or *Ru Yi Jin Huang San* with 3 portions of vaseline into an ointment. Spread it about 0.3 cm thick over a piece of gauze and stick the gauze over the affected part. Dressing change is to be made everyday.

##### Prescription 3:

Recipe: *Shuang Bai San*

Ingredients:

|  |      |
|--|------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 30 g |
| <i>Cebaiye</i> (Cacumen Platycladi)    | 30 g |
| <i>Huangbai</i> (Cortex Phellodendri)  | 15 g |
| <i>Zelan</i> (Herba Lycopi)            | 15 g |
| <i>Bohe</i> (Herba Menthae)            | 15 g |

Preparation: Grind the above drugs together into a fine powder and mix it with a proper amount of honey into a paste.

Application: Spread the paste about 0.3 cm thick over a piece of gauze and stick the gauze to the affected part. Make a dressing change everyday.

Notes: The above drugs applied externally can moisten the skin so that the active principles can go deep into the skin to exert their actions of clearing away heat, removing toxins, eliminating blood stasis, and subduing swelling. In clinical practice they should be administered according to their different actions and the disease condition. For instance, *Da Qing Gao* has stronger action of removing toxins and eliminating blood stasis. It is used to treat phlegmon with red, burning, and very painful hard mass with good curative effects. With the action of removing pathogenic heat from the blood, *Shuang Bai San* is suitable for the treatment of phlegmon with evident red-swelling and burning-pain. As for *Ru Yi Jin Huang San*, it is remarkably effective in treating phlegmon with tissue edema due to inflammatory diffusion or with hard inflammatory mass.

2. In the suppurative stage

Main Symptoms:

Marked by the affected part with consistent or severe pain, dark-red color, swelling and distension, evident tenderness, and possible wave motion; by remarkable general symptoms; and by yellow tongue coating and full rapid pulse.

Method of Treatment:

To drain the pus and subdue swelling.

Prescription 1: *Da Huang You Sha Bu* (10).

Prescription 2: *Da Qing Gao* (3).

Prescription 3: *Jiu Yi Dan* (12).

Application:

Following timely incision and drainage after the formation of an abscess, tuck the *Da Huang You Sha Bu* coated with *Jiu Yi Dan* into the vomica, around which if swelling, distension, hot sensation and pain still exist, apply *Da Qing Gao* externally.

Notes: *Da Huang You Sha Bu* may be used for both drainage and clearing heat, removing toxins, eliminating the erosive and lifting pus. It has the evident effects of restraining pyogenic bacteria. External application of *Da Qing Gao* may accelerate the absorption and repercussion of the distending-swelling and burning-pain due to inflammatory infiltration. Be sure not to make *Da Qing Gao* enter into the wound lest the infection be worsened.

### 3. In the healing stage

#### Main Symptoms:

Marked by less pus, removed putridity, red and active granulation tissue, and disappearance of general symptoms.

#### Method of Treatment:

To promote regeneration of muscles and healing of wound.

Prescription: the same as those prescribed for carbuncle at its healing stage.

## 1.6 Hand Infection

Hand infection is a general name of the acute pyogenic infections under the skin, beneath the nails and in the tendon sheath or midpalmar space. It is usually due to invasion of pyogenic bacteria through mild trauma in the hands. In TCM, it is included in the category of *Ding Chuang* (carbuncle on hand) with the following names: the one around the nail is called *Yan Zhao Ding*; the one on the tip of a finger, *She Dou Ding*; the one on the finger belly, *She Du Ding*; the one on the palm, *Tuo Pan Ding*.

### Etiology and Pathogenesis

Noxious-fire from *Zang-Fu* combined with toxins infected due to hand trauma stays between the skin and muscles and in the channels and collaterals, leading to stagnation of *Qi* and blood and accumulation of noxious-fire and resulting in this disease.

### Clinical Manifestations

#### 1. Paronychia (*Yan Zhao Ding*)

Red-swelling and burning-pain on one side of a nail or at the nail root occur in the beginning, then spread to the opposite side, setting up inflammation around the nail; abscess beneath the nail appears when the pus reaches there.

#### 2. Felon (*She Tou Ding*)

In the beginning, red-swelling and burning-pain on the tip of a finger appear. Then the swelling spreads, making the finger swollen like a snake head. Following that, severe jumping pain accompanied by such general symptoms as chills, fever, etc. occur. If the disease is not treated timely, it will be followed by digital osteomyelitis.

#### 3. Pyogenic Tendinous Synovitis (*She Du Ding*)

The whole finger, swollen, distended, red in color, and with burning sensation and pain has been caused to be in the shape of a cylinder and slightly-curved. It is seriously painful when stretched. Along the involved tendon sheath there is evident tenderness. Besides, there are general symptoms, such as fever, chills, anorexia, etc.

#### 4. Midpalmar Space Infection (*Tuo Pan Ding*)

A swollen and distending palm, disappearance of the palm hollow, tight skin of the palm with evident tenderness, severe edema of the dorsum of the palm with terrible pain, half-curved 3rd, 4th and 5th fingers which would be painful when stretched straight, and general symptoms such as fever, chills, headache, anorexia,

etc.

### Differentiation and Treatment

#### 1. In the early stage

##### Main Symptoms:

Local burning sensation accompanied by swelling, distension, numbness, itching, and pain, may be followed by mild chills, fever, thin yellow tongue coating, and taut slippery rapid pulse.

##### Method of Treatment:

Removing toxins and subduing swelling.

##### Prescription 1:

Recipe: *Jia Wei Ba Du San*

##### Ingredients:

|   |      |
|---|------|
| <i>Xionghuang</i> (Realgar)             | 10 g |
| <i>Baifan</i> (Alumen)                  | 10 g |
| <i>Duan Muli</i> (Concha Ostreae Usta)  | 3 g  |
| <i>Huanglian</i> (Rhizoma Coptidis)     | 6 g  |
| <i>Chansu</i> (Venenum Bufonis)         | 1 g  |
| <i>Wugong</i> (Scolopendra)             | one  |
| <i>Bingpian</i> (Borneolum Syntheticum) | 1 g  |

Preparation: Grind the above drugs together into a fine powder.

Application: Put 3 g of the powder into a gallbladder of a pig or an egg with one end broken and stir it evenly. Place the infected finger into the gallbladder or egg and keep it there until the medicinal paste is nearly coagulated. Then, repeat the process. This treatment is suitable for the infection at the tip of a finger.

##### Prescription 2: *Da Qing Gao* (3)

Application: Spread *Da Qing Gao* over a piece of gauze about 0.3 cm thick and stick this gauze to the affected part. Repeat the process once daily. This treatment is suitable for healing the infection on the palm.

##### Prescription 3:

Recipe: *Ding Du Xi Yao*

##### Ingredients:

|   |      |
|---|------|
| <i>Jinyinhua</i> (Flos Lonicerae)           | 10 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 10 g |
| <i>Huangbai</i> (Cortex Phellodendri)       | 10 g |
| <i>Zihuadiding</i> (Herba Violae)           | 10 g |
| <i>Pugongying</i> (Herba Taraxaci)          | 10 g |
| <i>Lianqiao</i> (Fructus Forsythiae)        | 10 g |
| <i>Zelan</i> (Herba Lycopi)                 | 10 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)      | 10 g |
| <i>Jingjie</i> (Herba Schizonepetae)        | 10 g |
| <i>Fangfeng</i> (Radix Ledebouriellae)      | 10 g |
| <i>Gancao</i> (Radix Glycyrrhizae)          | 10 g |

**Preparation:** Soak the above drugs in water for 30 minutes and boil them for 30 minutes to obtain about 500 ml. of decoction. Then, soak them in the same amount of water and boil them again for 20 minutes to obtain another 500 ml. or so of decoction. Put together the decoction twice obtained from the above process and boil it again.

**Application:** While the decoction is hot, steam the affected part over it. When the decoction turns warm, drip-wash the affected part with it. The treatment, lasting for 20 minutes each time, is to be repeated twice daily. The decoction prepared with 1 dose of the drugs can be used twice. Hand infection with swelling, distension, numbness and itching can be treated by this method with good results.

**Notes:** *Jia Wei Ba Du San* has the effects of removing toxins, subduing swelling, clearing heat and relieving pain. A pig's gallbladder is cold in nature and has the action of promoting the flowing of blood, clearing heat from blood, and eliminating noxious-fire. Curative effects can be raised when they are used together. Using them in treating an early infection at the tip of a finger, the inflammation would be absorbed and dismissed. With the action of clearing heat, removing toxins, subduing swelling and relieving pain, *Da Qing Gao* is a common medicine to treat surgery infections. With its decoction reaching the focus through the skin of the affected part, *Ding Du Xi Yao* plays its part in clearing heat, removing toxins, promoting blood circulation, dismissing blood stasis, dispelling pathogenic factors from the skin and the superficial muscles, activating the flow of *Qi*, and expelling the stagnated noxious-fire. Although the above medicines are highly effective, oral drugs have to be taken in order to make sure that the noxious-fire in *Zang-Fu* is eliminated. In addition, the forearm involved should be suspended with a triangular or ordinary bandage to let it have a good rest. That would be helpful for the subsidence of the infection.

## 2. In the suppurative stage

### Main Symptoms:

Marked by expanded swelling, severe jumping pain; thick yellow pus seen and swelling, distension and pain relieved after incision; chills, fever, thirst, yellow tongue coating, and full rapid pulse.

### Method of Treatment:

To clear heat, remove toxins, drain pus, and subdue swelling.

**Prescription 1:** *Da Huang You Sha Bu* (10) and *Jiu Yi Dan* (12).

**Application:** Incision and drainage of pus should be carried out after suppuration. If there is an abscess beneath the nail, part of the nail should be cut off or the whole nail eradicated. After incision, tuck *Da Huang You Sha Bu* with a little *Jiu Yi Dan* on into the opening for drainage. Dressing change is to be made daily.

### Prescription 2:

Number 1: *Jie Du Xi Yao* (9)

Number 2: Recipe: *Ping Nu Dan*

### Ingredients:



Preparation: Soak the above drugs in water for 30 minutes and boil them for 30 minutes to obtain about 500 ml. of decoction. Then, soak them in the same amount of water and boil them again for 20 minutes to obtain another 500 ml. or so of decoction. Put together the decoction twice obtained from the above process and boil it again.

Application: While the decoction is hot, steam the affected part over it. When the decoction turns warm, drip-wash the affected part with it. The treatment, lasting for 20 minutes each time, is to be repeated twice daily. The decoction prepared with 1 dose of the drugs can be used twice. Hand infection with swelling, distension, numbness and itching can be treated by this method with good results.

Notes: *Jia Wei Ba Du San* has the effects of removing toxins, subduing swelling, clearing heat and relieving pain. A pig's gallbladder is cold in nature and has the action of promoting the flowing of blood, clearing heat from blood, and eliminating noxious-fire. Curative effects can be raised when they are used together. Using them in treating an early infection at the tip of a finger, the inflammation would be absorbed and dismissed. With the action of clearing heat, removing toxins, subduing swelling and relieving pain, *Da Qing Gao* is a common medicine to treat surgery infections. With its decoction reaching the focus through the skin of the affected part, *Ding Du Xi Yao* plays its part in clearing heat, removing toxins, promoting blood circulation, dismissing blood stasis, dispelling pathogenic factors from the skin and the superficial muscles, activating the flow of *Qi*, and expelling the stagnated noxious-fire. Although the above medicines are highly effective, oral drugs have to be taken in order to make sure that the noxious-fire in *Zang-Fu* is eliminated. In addition, the forearm involved should be suspended with a triangular or ordinary bandage to let it have a good rest. That would be helpful for the subsidence of the infection.

## 2. In the suppurative stage

### Main Symptoms:

Marked by expanded swelling, severe jumping pain; thick yellow pus seen and swelling, distension and pain relieved after incision; chills, fever, thirst, yellow tongue coating, and full rapid pulse.

### Method of Treatment:

To clear heat, remove toxins, drain pus, and subdue swelling.

Prescription 1: *Da Huang You Sha Bu* (10) and *Jiu Yi Dan* (12).

Application: Incision and drainage of pus should be carried out after suppuration. If there is an abscess beneath the nail, part of the nail should be cut off or the whole nail eradicated. After incision, tuck *Da Huang You Sha Bu* with a little *Jiu Yi Dan* on into the opening for drainage. Dressing change is to be made daily.

### Prescription 2:

Number 1: *Jie Du Xi Yao* (9)

Number 2: Recipe: *Ping Nu Dan*

### Ingredients:

COMPLETE EXTERNAL THERAPIES OF CHINESE DRUGS

|   |       |
|---|-------|
| <i>Wumei</i> (Fructus Mume Usta with its nature maintained) | 4.5 g |
| <i>Pengsha</i> (Borax)                                      | 4.5 g |
| <i>Qingfen</i> (Calomelas)                                  | 1.5 g |
| <i>Bingpian</i> (Borneolum Syntheticum)                     | 0.9 g |

Preparation: Grind all the drugs into a fine powder.

Number 3:

Recipe: *Niu Huang San*

Ingredients:

|  |       |
|--|-------|
| <i>Bingpian</i> (Borneolum Syntheticum)        | 0.3 g |
| <i>Shexiang</i> (Moschus)                      | 0.3 g |
| <i>Niuhuang</i> (Calculus Bovis)               | 0.3 g |
| <i>Zhenzhu</i> (Margarita)                     | 0.3 g |
| <i>Xiongdan</i> (Fel Ursi)                     | 1.5 g |
| <i>Qingfen</i> (Calomelas)                     | 1.5 g |
| <i>Shijueming</i> (Concha Halotidis)           | 4.5 g |
| <i>Huanglian</i> (Rhizoma Coptidis)            | 9 g   |
| <i>Zhi Ruxiang</i> (Resina Olibani Praeparata) | 3 g   |
| <i>Zhi Moyao</i> (Myrrha Praeparata)           | 3 g   |
| <i>Muli</i> (Concha Ostreae)                   | 3 g   |
| <i>Longgu</i> (Os Draconis)                    | 3 g   |

Preparation: Grind all the drugs together into a fine powder.

Application:

1. For a wound with much pus, with erosive tissue hard to scale, and with swelling and pain difficult to subdue.

Boil one dosage of *Jie Du Xi Yao* in water to get 500 ml. of decoction. Steam and then wash the affected part with the decoction while it is hot and warm for 20 minutes. Wipe the steamed and washed part clean and tuck *Da Huang You Sha Bu* with a little *Niu Huang San* on into the sore. Make a dressing change every day.

2. To treat the wound with protruded mass:

After the mass is cut off, paint the affected part with a little *Ping Nu Dan* and cover it with *Da Huang You Sha Bu*. Make a dressing change every day.

Notes: When suppuration occurs around or beneath the nail, yellow-white pus would accumulate in the nail groove or on the dorsum of the nail. When suppuration occurs in other parts, severe jumping pain would be felt. Once pus forms, incision and decompression drainage should be performed as soon as possible and must before wave motion appears, because the skin of the finger is hard and thick. This is especially essential in case of pyogenic infection at the tip of a finger. If timely incision and decompression drainage is not performed, the tip phalanx will become a necrotic one due to the disturbance of blood circulation, and digital osteomyelitis will result. A dressing change is made with *Da Huang You Sha Bu* and *Jiu Yi Dan* after incision and drainage because they work together in exerting the effects of clearing heat, removing toxins, eliminating putridity, and draining pus so as to have

the swelling subdued, the pain relieved, the putridity removed and the pus reduced. The sore with pus more than usual in the wound, with putridity hard to remove on the wound, and with swelling and pain relieved rather slowly around the wound is usually due to noxious-fire which has not been weakened or due to obstructed drainage of pus. If it is treated through steaming and washing with *Jie Du Xi Yao*, and through dressing change with *Da Huang You Sha Bu* and *Niu Huang San*, the putridity will gradually exfoliate, the pus will gradually become less and less, and the swelling and pain will be relieved sooner. Protruded mass having been eradicated with *Ping Nu Dan* will not recur, and this is the advantage of *Ping Nu Dan*. As noxious-fire is intense in this stage, internal therapy must be added to the treatment.

### 3. In the healing stage

#### Main Symptoms:

Diabrosis and discharge of pus occur, swelling and pain subside, general symptoms relieve gradually, and the wound heals within short term. The occurrence of retarded diabrosis, pus with bad smell, and lingering swelling are usually the sign of bone injury.

#### Method of Treatment:

To promote tissue regeneration so as to heal the wound.

Prescriptions: Same as those prescribed in the healing stage of a facial furuncle. See "1.3 Facial Furuncle."

Application: Same as those introduced in the healing stage of a facial furuncle. See "1.3 Facial Furuncle."

Notes: In this stage, drugs with the action of promoting tissue regeneration must be administered at the time when there is no more pus and there is new tissue regenerating. If drugs are used when there are pus and putridity left, the ulceration will be worsened and the healing will be retarded. If there is a necrotic ungual phalanx, wait until it is movable, take it out with a pair of blood vessel forceps, and the wound will heal sooner. When there is pale and slow-growing granulation on the ulcerative area, some tonics should be prescribed to supplement the treatment so as to strengthen *Qi*, to enrich the blood, and to promote tissue regeneration. Right after the healing of the wound, functional exercises of the finger should be taken.

## 1.7 Acute Lymphangitis

Acute lymphangitis is an acute inflammation due to diffusion of pyogenic bacteria through lymphatic vessels after they enter from some skin wound. TCM includes it in the category of "Hong Si Ding," (red-streaked infection), because after its onset, there appears a red line from the wound to the proximal end of the limb.

### Etiology and Pathogenesis

This disease is due to the flowing up of toxins through the channels owing to pyogenic infections on the hands or feet, due to erosion from Hongkong foot or injuries on the skin or due to affection of exogenous oxious fire.

**Clinical Manifestations**

After a wound on the hands or feet is infected, a longitudinal red line would appear on the skin of the inward side of the forearm or shank. The line would stretch from the wound to the proximal end of the limb. It may stop at the elbow or armpit in the upper limbs or at the popliteal fossa or the groin in the lower limbs, causing lymphadenectasis and tenderness there. When the pathologic change is superficial, the line is apparent, burning and tender. When the pathologic change is deep, the line is invisible, the affected limb is swollen, distending and tender around a hard cord-like thing. In mild cases, there are no evident general symptoms as chills, fever, etc. But in severe cases, there are symptoms as chills, fever, headache, acratia, yellow tongue coating, and rapid pulse. In most severe cases, the toxins enter deep into the blood-system and *Zang-Fu*, resulting in high fever, coma, delirium, etc. This is a sign of *Zou Huang* (septicemia).

**Differentiation and Treatment**

## 1. Superficial lymphangitis

## Main Symptoms:

Apparent red line which is burning and tender, pain in the affected enlarged lymph node, and even general symptoms such as chills, fever, etc. in the severe cases.

## Method of Treatment:

To remove toxins and subdue swelling.

## Prescription 1:

## Number 1:

Recipe: *Xiong Huang San*

## Ingredients:

|   |      |
|---|------|
| <i>Xionghuang</i> (Realgar)             | 80 g |
| <i>Ru Yi Jin Huang San</i> (1)          | 50 g |
| <i>Baifan</i> (Alumen)                  | 10 g |
| <i>Bingpian</i> (Borneolum Syntheticum) | 1 g  |
| <i>Chansu</i> (Venenum Bufonis)         | 1 g  |

Preparation: Grind the above drugs together into a kind of fine powder called *Xiong Huang San*.

## Number 2:

Recipe: *Zi Jin Ding* (4)

Application: Mix 1 portion of the powder of *Xiong Huang San* with 3 portions of vaseline into an ointment, cover the part where the red line is located with it. Dressing change is to be made once a day. Or, mix a proper amount of the powder of *Xiong Huang San* with boiled water into a paste, and apply it externally. When the applied paste is about dry, moisten it with cool tea to maintain its effects. Dressing change is to be made twice a day. Or, rub *Zi Jin Ding* in vinegar, and apply the vinegar containing *Zi Jin Ding* to the affected part, 3 times a day.

## Prescription 2:

## Ingredient:

*Xian Juhuae* (fresh *Folium Chrysanthemi*) a proper amount

Preparation: Wash the drug clean, soak it in 75% alcohol for 30 minutes, take it out to dry in the air, soak it again in sterilized normal saline for 6 hours, take it out again, and grind it into a pulp, wrap it in a piece of gauze, and press it to obtain a deep-green liquid.

Application: Disinfect the affected part with alcohol, dip a gauze into the liquid, and make wet dressing with the gauze on the affected part 3-5 times a day.

Notes: *Xiong Huang San* and *Zi Jin Ding* have the action of clearing heat, removing toxins, resolving blood stasis, and subduing swelling, while *Xian Juhuae*, clearing heat, removing toxins, and subduing swelling. They are the main drugs used to treat furunculosis. Whenever there appear such signs or symptoms as an apparent red line, burning sensation, swelling and pain, they are applied externally to limit and allay the inflammation. When there occur general symptoms, oral Chinese drugs or antibiotics should be given.

## 2. Deep lymphangitis

### Main Symptoms:

The red line which is not apparent, cord-like swelling, tenderness, mild swelling and distension of the affected limb; and general symptoms in severe cases such as chills, fever, yellow tongue coating, and taut pulse.

### Method of Treatment:

To clear heat, dispell dampness, resolve blood stasis, and subdue swelling.

### Prescription 1:

#### Ingredients:

|   |                 |
|---|-----------------|
| <i>Ru Yi Jin Huang San</i> (1)                        | a proper amount |
| <i>Xian Juhua</i> (fresh <i>Flos Chrysanthemi</i> )   | a proper amount |
| or  |                 |
| <i>Xian Pugongying</i> (fresh <i>Herba Taraxaci</i> ) | a proper amount |

Preparation: Pound *Xian Juhua* or *Xian Pugongying* into pulp to obtain its juice, and mix it with *Ru Yi Jin Huang San* to form a paste.

Application: Coat the affected part with the paste once a day.

### Prescription 2:

#### Recipe: *Wen Ga San*

#### Ingredients:

|  |           |
|--|-----------|
| <i>Wenga</i> ( <i>Galla Chinensis</i> )          | 90 g      |
| <i>Congbai</i> ( <i>Caulis Allii Fistulosi</i> ) | 10 pieces |

Preparation: Boil the above drugs in water to get 1,000 ml. of decoction and repeat the process for another 1,000 ml. of decoction. Pour the decoctions obtained from above together.

Application: While the decoction is hot, drip-wash the affected part for 30 minutes each time, once daily. In the course of washing, heat the decoction when it is cooled. The decoction prepared with 1 dosage of the drugs can be used twice.

Notes: *Ru Yi Jin Huang San* and *Wen Ga San* have the effects of clearing heat,

dispelling dampness, resolving blood stasis, and subduing swelling. Their active principles would go through the skin to absorb the mass and allay the burning-pain due to deep lymphangitis.

Acute lymphangitis with general symptoms should be treated with drugs for external use in combination with oral Chinese drugs or antibiotics.

The diagnosis of this disease is easily made according to case history and the results of local examination. But, sometimes, no typical symptoms and signs can be found, and the diagnosis might be mistaken, mixing it up with that of migratory thrombophlebitis. Therefore, there is need to make it clear that migratory thrombophlebitis is characterized by a red, tender line which goes along the vein, has non-pyogenic nodes but has no pigmentation after the inflammation allays, and no infection focus found on the end of the limb.

Free drainage is essential to the primary infection wound. To ensure it, dressing change is made with *Da Huang You Sha Bu* (10), or scatter a little *Jiu Yi Dan* (12) onto the wound, and then, cover it with *Ba Du Gao* (6).

## 1.8 Acute Lymphnoditis

This disease is an acute inflammation due to invasion of pyogenic bacteria in the infection focus into local lymph nodes through lymphatic vessels. TCM includes it in the category of *Yong* (carbuncle), and names the one in the neck as *Jing Yong*, the one under the armpit as *Ye Yong*, the one in the groin as *Kua Fu Yong*, and the one in the popliteal fossa as *Wei Zhong Du*.

### Etiology and Pathogenesis

When noxious-fire in the liver and stomach accompanied by phlegm, stagnation of *Qi* of both the liver and spleen and downward-flowing of damp-heat is complicated by exopathogens such as wind-warmth, wind-heat, damp-heat, and toxins on the head, face and limbs, the pathogenic factors will flow through the channels to the neck, axillary fossa, groin or popliteal fossa, thereby leading to local stagnation of *Qi* and blood there, and causing this disease.

### Clinical Manifestations

Lymphadenectasis and the skin with normal color in the early stage are followed by gradually-enlarged mass with evident tenderness and burning-pain. The formation of an abscesses indicated by lumpy red skin and which is movable when pressed. Other symptoms usually seen are fever, chills, thirst, yellow tongue coating, and rapid pulse.

### Differentiation and Treatment

#### 1. In the early stage

##### Main Symptoms:

Lymphadenectasis, the skin kept in normal color, a burning sensation, pain, and other general symptoms in more serious case.

## Method of Treatment:

To clear heat, dispell dampness, resolve blood stasis, dissolve phlegm, subdue swelling, so as to promote the dispersal of the mass.

## Prescription 1:

Recipe: *Ru Yi Jin Huang San Ruan Gao* (1)

## Ingredients:

|                                |      |
|--------------------------------|------|
| <i>Ru Yi Jin Huang San</i> (1) | 10 g |
| <i>Fanshilin</i> (vaseline)    | 30 g |

Preparation: Put the drugs on a piece of glass and mix them into an ointment.

Application: Spread the ointment about 0.3 cm thick over a piece of gauze and stick it to the affected part. Dressing change is to be made every day.

## Prescription 2:

## Number 1:

Recipe: *Ba Du Gao* (6)

## Number 2:

Recipe: *Xiao Zhong San*

## Ingredients:

|  |      |
|--|------|
| <i>Bibo</i> (Fructus Piperis Longi)              | 30 g |
| <i>Caowu</i> (Radix Aconiti Kusnezoffii)         | 15 g |
| <i>Shannai</i> (Rhizoma Kaempferiae)             | 15 g |
| <i>Ercha</i> (Catechu)                           | 15 g |
| <i>Gansong</i> (Radix seu Rhizoma Nardostachyos) | 15 g |
| <i>Xuejie</i> (Resina Draconis)                  | 10 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)        | 10 g |
| <i>Ruxiang</i> (Resina Olibani)                  | 3 g  |
| <i>Moyao</i> (Myrrha)                            | 3 g  |
| <i>Dingxiang</i> (Flos Caryophylli)              | 3 g  |

Preparation: Grind all the drugs together into a fine powder and keep it in a bottle for future use.

Application: Scatter a little powder of *Xiao Zhong San* evenly onto a piece of heated *Ba Du Gao* and stick the piece to the affected part. Dressing change is to be made every 2-3 days.

## Prescription 3:

## Ingredients:

|   |      |
|---|------|
| <i>Xian Pugongying</i> (fresh Herba Taraxaci) | 60 g |
| <i>Xian Diding</i> (fresh Herba Violae)       | 30 g |
| <i>Baifan</i> (Alumen)                        | 10 g |

Preparation: Wash the first two drugs clean and pound them together with the third one into a paste.

Application: Cover the part where a mass is located with the paste as thick as possible. Dressing change is to be made 3-4 times a day.

Notes: *Ru Yi Jin Huang San*, as well as *Ba Du Gao* and *Xiao Zhong San* have the

effects of clearing heat, dispelling dampness, resolving blood stasis, dissolving phlegm, subduing swelling, and dispersing the mass. Satisfactory curative effects would be attained when they are used to treat acute lymphnoditis before color change of the skin. Having the action of clearing heat, removing toxins, subduing swelling, dispersing the mass, promoting blood circulation, and resolving blood stasis, *Xian Pugongying*, *Xian Diding* and *Baifan* work together to achieve good curative effects in treating acute lymphnoditis with evident red-swelling and burning-pain. In the course of treating acute lymphnoditis, both internal and external therapies are important. As long as the differentiation and treatment are accurate, the inflammation would be absorbed and allayed in most cases.

## 2. In the suppurative stage

### Main Symptoms:

Localized red swollen and bright mass accompanied by distending or jumping pain and evident wave motion, persistent chills and fever, thirst, yellow tongue coating, and full rapid pulse.

### Method of Treatment:

Incision and drainage of pus.

### Prescription:

Number 1:

Recipe: *Da Huang You Sha Bu* (10)

Number 2:

Recipe: *Ru Yi Jin Huang San* (1)

Application: After the incision and drainage of pus, packing drainage is conducted with a strip of *Da Huang You Sha Bu*. Then put a sterilized gauze and bind it up. Around the incision, where there is swelling, distension and burning-pain, *Ru Yi Jin Huang San* is applied. For its preparation, see Prescription 1 for the early stage of this disease. Dressing change is to be made once a day.

Notes: After suppuration, incision and drainage of pus is carried out so that the toxins would be discharged along with the pus, the swelling would then be subdued, the pain would be relieved, and the disease would be gradually cured.

Drainage with *Da Huang You Sha Bu* would make the pus flow out freely from the cavity, and, its action of eliminating blood stasis and clearing heat can also play its role. As long as the heat is cleared away, toxins would be dispelled and the blood stasis eliminated; while blood follows freely, the swelling would be subdued and the pain relieved. Hence, *Da Huang You Sha Bu* plays a very important role here. Suitable for the treatment of early-stage swelling and ulcer, *Ru Yi Jin Huang San* can also be used to treat swelling, distension, burning sensation and pain due to toxins lingered after diabrosis. When applied externally, it must cover the swollen area fully but leave the incision uncovered, letting it play its part in limiting the sore, removing toxins and subduing swelling.

While external therapy is applied, oral Chinese drugs should also be used.

## 3. In the healing stage



**Main Symptoms:**

Thick pus drained, the swelling subdued, the pain relieved, the general symptoms retired, the wound healed sooner, all of which are usually seen in most cases; pus and swelling lingered after suppuration, which are usually due to too small incision or small wound formed after natural festering or such a wound over-upwards.

**Method of Treatment:**

To remove the putridity and promote the regeneration of muscles.

**Prescription:**

1. *Jiu Yi Dan* (12)
2. *Da Huang You Sha Bu* (10)
3. *Sheng Ji San* (13)
4. *Bai Yu Gao* See also 1.4 carbuncle.

**Application:** In the initial period after suppuration, dressing change is conducted once a day with a piece of *Da Huang You Sha Bu* which has had a dip in *Jiu Yi Dan*. At the time when putridity has been eliminated and fresh muscles begin to grow, scatter a little *Sheng Ji San* over the wound, then cover it with *Bai Yu Gao*. Dressing change is made once a day.

**Notes:** In the initial period after suppuration, application of *Jiu Yi Dan* and *Da Huang You Sha Bu* would achieve the healing purpose of draining pus, eliminating putridity, clearing heat, removing toxins, dismissing blood stasis, and subduing swelling.

Medicines with the action of activating the regeneration of muscles and promoting the healing of wound should not be administered before the putridity has fallen off and the fresh flesh begin to grow.

If pus stays in a cavity far below its opening, pressure bandage method is conducted with cotton-pad. If this doesn't work, drainage could be made through enlarging the opening.

In the healing stage, there is usually no need to give oral medicines, except to give patients with weak constitution some drugs with the actions of enriching the blood and strengthening *Qi*.

## 1.9 Acute Pyogenic Parotitis

This disease is an acute pyogenic inflammation due to invasion of pyogenic bacteria into the parotid gland through the parotid duct. Because it is located in the lower cheek, TCM names it *Fa Yi*—suppurative inflammation of cheek.

**Etiology and Pathogenesis**

Exhaustion of body fluid, insufficiency of *Qi* and *Yin* and the weakened functioning of the parotid gland in secretion, which are usually due to toxins lingered after a febrile disease or due to the results of a major operation, are complicated by invasion of wind-warm and wind-heat pathogens into the parotid gland, leading to the stagnation of *Qi* and blood in *Shaoyang* and *Yangming* channels and causing this disease.

**Clinical Manifestations**

In the early stage, pain and tension occur around the parotid gland and the patient has difficulty in opening his mouth. In the suppurative stage, there would be evident red-swelling and tenderness and possibly a sensation of wave motion. And local pressure on the affected part may make you see the red-swelling around the opening of the parotid duct where pus is seeping out. In this case, if timely incision for pus drainage is not carried out diabrosis would happen locally, in the mucous membrane of mouth or in the external auditory canal. The above symptoms will be accompanied by general symptoms such as chills, fever, etc. Occasionally, it might result in temporary facial paralysis, which could be healed following the cure of this disease.

**Differentiation and Treatment**

## 1. In the early stage

## Main Symptoms:

Swelling and pain around the parotid gland, difficulty in opening the mouth, probable mild fever, white greasy tongue coating, and slightly rapid pulse.

## Method of Treatment:

To clear heat, remove toxins, expell wind, and subdue swelling.

## Prescription 1:

Recipe: *Er Wei Ba Du San*.

## Ingredients:

|  |      |
|--|------|
| <i>Xionghuang</i> (Realgar)                            | 6 g  |
| <i>Baifan</i> (Alumen)                                 | 6 g  |
| <i>Xian Machixian</i> (fresh <i>Herba Portulacae</i> ) | 45 g |

Preparation: Grind the first two drugs together into fine powder and, then, pound it with the third one into a paste.

Application: Cover the affected part thickly with the paste, to which vinegar or juice of *Xian Machixian* is applied now and then to keep it moist. Dressing change is to be performed twice daily.

## Prescription 2:

Recipe: *Ru Yi Jin Huang San* (1)

Preparation: Mix a proper amount of *Ru Yi Jin Huang San* with the same amount of cold tea and honey into a paste. The amount of the paste to be prepared depends on the size of the swelling and painful area.

Application: Cover the affected part with the paste which is moistened with cold tea now and then. Dressing change is carried out twice daily.

## Prescription 3:

## Ingredient:

|  |      |
|--|------|
| <i>Chixiaodou</i> (Semen <i>Phaseoli</i> ) | 30 g |
|--|------|

Preparation: Grind the drug into a fine powder and mix it with equal amount of egg white and cold tea, or vinegar, into a paste.

Application: Apply the paste thickly to the affected part. The applied paste is moistened with cold tea to prevent it from drying up. Dressing change is to be made

twice daily.

Notes: *Er Wei Ba Du San* works together with *Machixian* to produce the effects of clearing heat, promoting suppuration, expelling wind, and subduing swelling. *Ru Yi Jin Huang San* acts in clearing heat, removing toxins, resolving blood stasis, subduing swelling. *Chixiaodou* plays its part in expelling wind and removing toxins. They are all efficacious drugs in treating acute pyogenic inflammation.

The purpose of keeping the applied paste moist is to propel the drug effects infiltrating deep into the body through the skin. When dried, it would lose its curing effects.

Although this disease is easy to diagnose, it is different with mumps in that the latter is common in children with contact history, usually with the onset on both sides, marked by diffuse swelling and distending, and not pyogenic.

## 2. In the suppurative stage

### Main Symptoms:

Multiplied pain, slightly red skin, remarkable tenderness, probable sensation of wave motion, chills, fever, thirst, anorexia, yellow tongue coating, and taut slippery rapid or full rapid pulse.

### Method of Treatment:

Incision and drainage of pus.

### Prescription 1:

Recipe: *Da Huang You Sha Bu* (10)

Preparation: It is made into strips.

### Prescription 2:

Recipe: *Jiu Yi Dan* (12)

Application: After incision, the pus cavity is filled with the strip on which there is a little *Jiu Yi Dan* for drainage and, then, covered it with sterilized gauze and bandage. The area around the opening where there is swelling, distension, burning sensation and pain can be treated according to "Prescription 2" included under the paragraph "in the early stage" of this disease with dressing change to be made daily.

Notes: On account of the pus is not easy to penetrate the compact and hard capsule of the parotid gland to flow out, once a sure diagnosis is made, incision and drainage should be made as soon as possible in order to prevent the pus from flowing through the external auditory canal and leading to perforation or other complications.

Drainage after incision with *Da Huang You Sha Bu* aims at clearing heat, removing toxins, draining pus, and eliminating putridity and application of *Ru Yi Jin Huang San* around the incision aims at clearing away heat, removing toxins, resolving blood stasis, subduing swelling and limiting the diffusion of pathogenic factors.

The external therapy must be combined with an internal therapy at this stage of treatment.

## 3. In the healing stage.

### Main Symptoms:

Marked by less putridity and pus in the pus cavity, subdued swelling, relieved pain, disappearance of general symptoms, and the wound tending to be healed following the appearance of fresh granulation.

Method of Treatment:

To eliminate putridity and promote regeneration of muscles.

Prescription: Same as treating general pyogenic infection, such as hand infection.

Notes: Same as treating general pyogenic infection, such as hand infection.

### 1.10 Infection of Umbilicus

Infection of umbilicus refers to a pyogenic infection in the umbilical region not including secondary infection of residual disorder of vitelline duct or dysraphism of urachus. In TCM, it is included in the category of *Qi Yong* (umbilical carbuncle).

#### Etiology and Pathogenesis

Accumulation of noxious-fire in the small intestine and under the umbilicus due to pathogenic warmth and heat developed in the heart and spleen leads to stagnation of both the pathogens and blood and results in this disease. Infection due to scratching an itch in the umbilical region caused by exuding of liquids out of the umbilicus may also result in this disease.

#### Clinical Manifestations

Swelling and pain, or itching and exudate, in the umbilical region appearing in the beginning; a bell-like mass which sticks out gradually and which is deep-red or white-yellow, tender, and seriously painful in the suppurative stage; probable general symptoms; thick pus, subdued swelling, relieved pain, gradual healing of the wound and disappearance of the general symptoms, all of which happen after diaphoresis.

#### Differentiation and Treatment

##### 1. In the early stage

##### Main Symptoms:

Swelling, pain or itching and exudate in the umbilical region, the swelling which develops gradually into a bell-like highly-sticking-out mass with evident tenderness, and probable mild general symptoms.

##### Method of Treatment:

Dispelling fire, removing toxins, dispelling dampness, and alleviating itch.

##### Prescription 1:

Recipe: *Yu Lu Gao*

##### Ingredients:

*Furongye* (Folium Hibisci)

30 g

Preparation: Grind the drug into a very fine powder. Mix 1 portion of the powder with 3 portions of vaseline into an ointment called *Yu Lu Gao*.

Application: Spread the ointment over a piece of gauze about 0.3 cm thick. Stick the gauze to the affected part. Dressing change is to be made once daily.

## Prescription 2:

Recipe: *Chu Shi Zhi Tong San*

## Ingredients:

|   |      |
|---|------|
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta) | 15 g |
| <i>Huangbai</i> (Cortex Phellodendri)     | 10 g |
| <i>Wubeizi</i> (Galla Chinensis)          | 10 g |
| <i>Zhangdan</i> (minium)                  | 6 g  |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 6 g  |
| <i>Qingdai</i> (Indigo Naturalis)         | 10 g |

Preparation: Grind the above drugs together into very fine powder, a proper amount of which is mixed with sesame oil into a paste. This paste is called *Chu Shi Zhi Tong San*.

Application: According to the range of the pathogenic change, make an adequate quantity of the paste and apply it to the affected part. Then cover it with a piece of plastic film, and fix it up with gauze. Dressing change is to be made twice daily.

## Prescription 3:

## Ingredient:

|  |      |
|--|------|
| <i>Xian Machixian</i> (fresh Herba Portulacae) | 60 g |
|--|------|

Preparation: Wash the drug clean and boil it in water to get 200 ml. of decoction. Boil the drug again for another 200 ml. of the decoction. Put together the decoction obtained from the boiling at twice.

Application: Dip-wash the affected part with the decoction while it is hot and warm. Do this for 20 minutes each time, 1-2 times daily.

Notes: Suitable for the treatment of acute pyogenic infection with local red-swelling and burning-pain, *Yu Lu Gao* has the effects of clearing heat, cooling blood, removing toxins, and subduing swelling. It has been confirmed by the report that *Furongye* can restrain *Staphylococcus aureus*. With the effects of clearing heat, removing toxins, dispelling dampness, and alleviating itch, *Chu Shi Zhi Tong San* is fit for the treatment of infections with exudate, itching and pain. *Machixian* is used to treat infections with erosion, exudate, red-swelling and burning-pain for its curative effects in clearing heat, removing toxins, resolving blood stasis and subdue swelling.

In the early stage of umbilicus infection, to coordinate and enhance the effects of *Machixian*, *Yu Lu Gao* and *Chu Shi Zhi Tong San*, it is advisable to dip-wash the affected part with the decoction of *Machixian* first, and then apply *Yu Lu Gao* or *Chu Shi Zhi Tong San*.

## 2. In the healing stage

## Main Symptoms:

With thick pus discharged and swelling and pain relieved after diabrosis, gradual healing of the wound take place when it has little pus but has red and active granulation.

## Method of Treatment:

To drain the pus, eliminate putridity, promote regeneration of muscles and heal wound.

Prescription 1:

Recipe: *Jiu Yi Dan* (12)

Prescription 2:

Recipe: *Sheng Ji Yu Hong Gao You Sha Bu* (11) - No. 11 of the Attached Prescriptions.

Ingredients:

|   |       |
|---|-------|
| <i>Danggui</i> (Radix Angelicae Sinensis) | 60 g  |
| <i>Baila</i> (white wax)                  | 60 g  |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 15 g  |
| <i>Qingfen</i> (Calomelas)                | 12 g  |
| <i>Xuejie</i> (Resina Draconis)           | 12 g  |
| <i>Zicao</i> (Radix Arnebiae)             | 6 g   |
| <i>Gancao</i> (Radix Glycyrrhizae)        | 36 g  |
| <i>Mayou</i> (Oleum Sesami)               | 500 g |

Preparation: Soak *Danggui*, *Baizhi*, *Zicao* and *Gancao* in *Mayou* for 3 days, boil them with gentle fire until scorched. Then remove the drugs with the oil left. Put *Baila* into the oil and have it dissolved. Grind *Xuejie* and *Qingfen* into fine powder and add it to the oil and stir it evenly. Have the oil cooled and condensed into a paste. Spread the paste on pieces of square strips of gauze and have the strips sterilized under high pressure. These sterilized square strips of gauze are called *Sheng Ji Yu Hong Gao You Sha Bu*.

Prescription 3:

Recipe: *San Huang Xi Ji*

Ingredients:

|  |           |
|--|-----------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 1 portion |
| <i>Huangbai</i> (Cortex Phellodendri)  | 1 portion |
| <i>Huangqin</i> (Radix Scutellariae)   | 1 portion |

Preparation: Grind the drugs together into a fine powder. Mix 3 g of the powder with 30 ml. of normal saline into a mixture and stir it evenly. This mixture is called *San Huang Xi Ji*.

Application: Clear the pus away in the wound gently with cotton sticks wetted with *San Huang Xi Ji*. Scatter a little *Jiu Yi Dan* onto the wound. Finally, cover the wound with *Sheng Ji Yu Hong Gao You Sha Bu*. Dressing change is to be made once a day.

Notes: *San Huang Xi Ji* has the effects of clearing heat, removing toxins, resolving blood stasis, subduing swelling, drying dampness, astringing sore, and restraining pyococcus. With the effects of draining pus and eliminating putridity, *Jiu Yi Dan* can be used to treat any wound with pus and putridity. *Sheng Ji Yu Hong Gao You Sha Bu* plays its part in promote blood circulation, eliminating putridity, clearing heat, relieving pain, moistening the skin, and activating the regeneration of muscles.

Clinical observations and experimental administration have proved that it can speed the liquefaction and clearance of necrotic tissue and promote the growth of granulation tissue. The medicine is suitable for the treatment of wounds with pus and putridity and without fresh tissue growing, or wounds nearly without pus but with slowly-growing fresh granulation tissue.

It must be pointed out that pus growing in quantity on the wound after application of *Sheng Ji Yu Hong Gao You Sha Bu* is a sign of hypermetabolism of local tissues due to the effects of the drugs, not a sign of deterioration of the infection on the wound.

### 1.11 Lymphoid Tuberculosis

Lymphoid tuberculosis is a chronic specific infection due to invasion of *Mycobacteria tuberculosis* into the lymphonodi cervicales. It is common in children and youth. Since the tubercles are in the form of strings of beads, TCM calls this disease as *Luo Li*, scrofula.

#### Etiology and Pathogenesis

This disease is usually due to the fire caused by the stagnation of liver-*Qi* which turns the body fluid into phlegm. And the coagulation of the fire and phlegm is its main cause. Or, the deficiency of both the lung and kidney leads to the exhaustion of body fluid, the accumulation of fire, and the blocking of the distribution of the lung fluid. Thus, the accumulated fire burns the obstructed fluid into phlegm. The fire and phlegm are combined to cause this disease. When the disease reaches its advanced stage, fever due to *Yin* deficiency or syndromes due to deficiency of both *Qi* and blood might occur.

#### Clinical Manifestations

In the early stage, one or more hard movable lymphoid masses in different sizes with normal skin but without burning sensation and pain appear on one or both sides of the neck. Then the masses grow larger, cement with the skin and combine into lumps. With the development of the disease, the central part of a mass becomes soft, wavy and dark in color, and forms abscess of cold nature. After diabrosis, thin pus and caseous necrotic tissue are discharged out of the wound, within which a creeping cavity is formed and around which the skin turns dark-purple, and sinuses and hard-to-heal ulcer occur. In the suppurative and healing stages, tidal fever, night sweating, or pale complexion, acratia, etc might appear.

#### Differentiation and Treatment

##### 1. In the early stage

##### Main Symptoms:

Swollen hard movable cervical lymph nodes on normal skin but without burning-sensation and pain, which are not accompanied by general symptoms generally.

##### Method of Treatment:

To promote blood circulation in order to soften mass, to resolve phlegm in order

to disperse mass.

Prescription 1:

Recipe: *Xiao He Gao*

Ingredients:

|  |            |
|--|------------|
| <i>Zhi Gansui</i> (Radix Kansui Praeparata)                  | 30 g       |
| <i>Hongdaji</i> (Radix Knoxiae)                              | 60 g       |
| <i>Tiannaxing</i> (Rhizoma Arisaematis)                      | 48 g       |
| <i>Jiang Banxia</i> (Rhizoma Pinelliae prepared with ginger) | 48 g       |
| <i>Baijiezi</i> (Semen Sinapis Albae)                        | 24 g       |
| <i>Mahuang</i> (Herba Ephedrae)                              | 12 g       |
| <i>Mangxiao</i> (Natrii Sulfas)                              | 48 g       |
| <i>Tenghuang</i> (Resina Garcinia)                           | 48 g       |
| <i>Jiangcan</i> (Bombyx Batryticatus)                        | 48 g       |
| <i>Qidan</i> (minium)  | 210 -240 g |
| <i>Mayou</i> (Oleum Sesami)                                  | 500 g      |

Preparation: Put the above drugs except *Tenghuang* and *Qidan* into a pot containing *Mayou*, boil them until scorched and take them out of the pot with the *Mayou* left. Heat the *Mayou* again up to the time when "a drop of the oil dripped in water looks like a pearl." Then add *Qidan* to the *Mayou* and keep stirring it until "a drop of the oil dripped on a piece of glass becomes a bit of paste," and the temperature of the *Mayou* reaches 80°-90°C. Then, mix the *Tenghuang* which has been ground into a fine powder with the *Mayou* in the pot and stir them evenly into a paste. Finally, place the paste into cold water and steep it for 5 days to have the fire-toxin removed.

Application: Toast a proper amount of the paste based on the size of the mass to be treated, spread it on a piece of paper up to 0.15 cm thick, and stick it to the affected part. Dressing change is to be made every 5-7 days.

Prescription 2:

Number 1:

Recipe: *Yang He Jie Ning Gao* (8) - No. 8 of the Attached Prescriptions.

Ingredients:

|   |        |
|---|--------|
| <i>Gen, Ye and Geng of Niubangzi</i> (Radix et Folium et Caulis Arctii) | 1500 g |
| <i>Baifengxian</i> (Flos Impatientis)                                   | 120 g  |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)                                  | 120 g  |
| <i>Fuzi</i> (Radix Aconiti Lateralis Praeparata)                        | 60 g   |
| <i>Guizhi</i> (Ramulus Cinnamomi)                                       | 60 g   |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)                                  | 60 g   |
| <i>Danggui</i> (Radix Angelicae Sinensis)                               | 60 g   |
| <i>Rougui</i> (Cortex Cinnamomi)  | 60 g   |
| <i>Chuanwu</i> (Radix Aconiti)  | 60 g   |
| <i>Caowu</i> (Radix Aconiti Kusnezoffii)                                | 60 g   |
| <i>Dilong</i> (Lumbricus)   | 60 g   |



|  |        |
|--|--------|
| <i>Jiangcan</i> ( <i>Bombyx Batryticatus</i> )         | 60 g   |
| <i>Chishao</i> ( <i>Radix Paeoniae Rubra</i> )         | 60 g   |
| <i>Baizhi</i> ( <i>Radix Angelicae Dahuricae</i> )     | 60 g   |
| <i>Bailian</i> ( <i>Radix Ampelopsis</i> )             | 60 g   |
| <i>Baiji</i> ( <i>Rhizoma Bletillae</i> )              | 60 g   |
| <i>Ruxiang</i> ( <i>Resina Olibani</i> )               | 60 g   |
| <i>Moyao</i> ( <i>Myrrha</i> )                         | 60 g   |
| <i>Xudian</i> ( <i>Radix Dipsaci</i> )                 | 30 g   |
| <i>Fangfeng</i> ( <i>Radix Ledebouriellae</i> )        | 30 g   |
| <i>Jingjie</i> ( <i>Herba Schizonepetae</i> )          | 30 g   |
| <i>Wulingzhi</i> ( <i>Faeces Trogopterori</i> )        | 30 g   |
| <i>Muxiang</i> ( <i>Radix Aucklandiae</i> )            | 30 g   |
| <i>Xiangyuan</i> ( <i>Fructus Citri</i> )              | 30 g   |
| <i>Chenpi</i> ( <i>Pericarpium Citri Reticulatae</i> ) | 30 g   |
| <i>Suhexiang</i> ( <i>Styrax</i> )                     | 120 g  |
| <i>Shexiang</i> ( <i>Moschus</i> )                     | 30 g   |
| <i>Mayou</i> ( <i>Oleum Sasami</i> )                   | 5000 g |

Preparation: This plaster is processed in the following order. *Baifengxian* is boiled in *Mayou* in a pot until scorched and take it away from the *mayou*. The next day, all the drugs except *Ruxiang*, *Moyao*, *Shexiang* and *Suhexiang* are put into *mayou* pot, boil until scorched and remove them away from the *Mayou* again. The *Mayou* is filtered and then heat again in a pot up to the time when "a drop of it drip into water looks like a pearl." 210 g of fully-toasted *Qiandan* minium is added to every 500 g of the *Mayou* in the pot and stir evenly. The pot is moved away from the fire. *Ruxiang* and *Moyao* which have been ground into powder, and *Shexiang* and *Suhexiang* are put into the pot and mix them up evenly into a plaster. The plaster is kept for half a month. Then, it is toasted on a fire and spread on oil paper or a piece of cloth.

Usage: The plaster is heated until melted down and stuck to the affected part.

Number 2:

Recipe: *Hei Tui Xiao*

Ingredients:

|  |      |
|--|------|
| <i>Chuanwu</i> ( <i>Radix Aconiti</i> )                                  | 15 g |
| <i>Caowu</i> ( <i>Radix Aconiti Kusnezoffii</i> )                        | 15 g |
| <i>Tiannanxing</i> ( <i>Rhizoma Arisaematis</i> )                        | 15 g |
| <i>Banxia</i> ( <i>Rhizoma Pinelliae</i> )                               | 15 g |
| <i>Cishi</i> ( <i>Magnetitum</i> )                                       | 15 g |
| <i>Dingxiang</i> ( <i>Flos Caryophylli</i> )                             | 15 g |
| <i>Rougui</i> ( <i>Cortex Cinnamomi</i> )                                | 15 g |
| <i>Zhi Ruxiang</i> ( <i>Resina Olibani Praeparata</i> )                  | 15 g |
| <i>Zhi Moyao</i> ( <i>Myrrha Praeparata</i> )                            | 15 g |
| <i>Zhi Gansong</i> ( <i>Radix seu Rhizoma Nardostachyos Praeparata</i> ) | 9 g  |
| <i>Naosha</i> ( <i>Sal Ammoniaci</i> )                                   | 9 g  |

|   |     |
|---|-----|
| <i>Bingpian</i> (Borneolum Syntheticum) | 6 g |
| <i>Shexiang</i> (Moschus)               | 6 g |

Preparation: Grind the above drugs together into a very fine powder and put them into a bottle for future use.

Application: Scatter a little of *Hei Tui Xiao* onto a piece of *Yang He Jie Ning Gao*, then stick the piece to the affected part. Dressing change is to be made twice every week.

Prescription 3:

Recipe: *Bai Jiang Dan Ba He Fa*

Ingredients:

|                                      |      |
|--------------------------------------|------|
| <i>Zhusha</i> (Cinnabaris)           | 6 g  |
| <i>Xionghuang</i> (Realgar)          | 6 g  |
| <i>Shuiyin</i> (Hydrargyrum)         | 30 g |
| <i>Pengsha</i> (Borax)               | 15 g |
| <i>Xiaoshi</i> (Nitrum)              | 45 g |
| <i>Shiyan</i> (table salt)           | 45 g |
| <i>Baifan</i> (Alumen)               | 45 g |
| <i>Lufan</i> (Ferrosi Sulfas Crudus) | 45 g |

Preparation: Grind *Xionghuang*, *lufan*, *Baifan*, *Shiyan*, *Pengsha* and *Zhusha* together into an even powder, put it into an earthenware jar, and heat it on gentle fire until the drugs it contains have melted. Mix *Shuiyin* with the melted powder into an even mixture. When the mixture becomes dry, place the container upside down in an earthenware basin with water in it. Put layers of *Chishizhi* (Halloysitum Rubrum) and *Yanlu* (bittern) around the jar and the seam between the jar and the basin to fix the jar firmly and keep the seam tightly sealed. Heat the jar with fire for 3 hours. Then take it out of the basin when it is cooled and in the jar, you will find white powder in the form of crystalline thin pieces and that is what TCM called *Bai Jiang Dan*.

Application: Pound the fine powder of *Bai Jiang Dan* together with rice into oblate pills the size of a mung bean. Place one of such pills on the pit of swelling and cover it with *Ba Du Gao* (6). Dressing change is to be made once every 3 days.

Notes: After the application of *Bai Jiang Dan*, the affected part would become most painful in the second day but the pain stops in the third day. The pit of swelling will be drawn out in 4 days in children, and in 10 days in adults.

In the early stage of this disease, the application of *Xiao He Gao*, *Hei Tui Xiao* and *Yang He Jie Ning Gao* aims at their co-effects of promoting blood circulation, softening solidness, resolving phlegm, and dispersing mass. According to clinical observations combined application of *Hei Tui Xiao* and *Yang He Jie Ning Gao* would make the pit of a swelling subside within 1-2 months. *Bai Jiang Dan* is fit for the treatment of the swelling with a small and superficial pit which does not easily subside and the patient has a good constitution. After the pit is drawn out, the wound is treated with *Sheng Ji San* (13) and *Sheng Ji Yu Hong Gao You Sha Bu* (11). Since

*Bai Jiang Dan* is a strong corrosive, it is important to be cautious in prescribing it for suitable cases. It is definitely contraindicated for cases of a large pit of swelling, a swelling pit cemented with the peripheral tissues, or for patients who are aged or weak in constitution.

## 2. In the suppurative stage

### Main Symptoms:

Dark-red tender wavy pit of swelling cemented with the skin, and probably general symptoms:

### Method of Treatment:

To clear heat, limit toxins, and drain pus.

### Prescription 1:

Recipe: *Ju Du Ba Nong Dan*

### Ingredients:

|  |          |
|--|----------|
| <i>Baizhi</i> (Radix Angelicae Dahuricae)        | 10 g     |
| <i>Zhebeimu</i> (Bulbus Fritillariae Thunbergii) | 10 g     |
| <i>Tianhuafen</i> (Radix Trichosanthis)          | 10 g     |
| <i>Huangqin</i> (Radix Scutellariae)             | 10 g     |
| <i>Wugong</i> (Scolopendra)                      | 2 pieces |
| <i>Zaojiaoci</i> (Spina Gleditsiae)              | 6 g      |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)           | 10 g     |

Preparation: Grind the drugs together into a fine powder. Mix 30 g of the powder evenly with 60 g of honey into a paste.

Application: Spread the paste on a piece of gauze up to about 0.3 cm thick. Stick the gauze to the affected part. Dressing change is to be made once daily.

### Prescription 2:

Recipe: *Qian Chui Gao* (5)

Application: Spread it on a piece of gauze up to 0.2 cm. Stick the gauze to the affected part. Dressing change is to be made once every 2 days.

Notes: *Ju Du Ba Nong San* and *Qian Chui Gao* have the effects of clearing heat, limiting toxins, draining pus, and subduing swelling. Apply them to swelling parts which have suppurated, diabrosis would follow; to those which have not suppurated, resolution would result.

If the disease does not react to the drugs, incision and drainage of pus should be performed.

## 3. In the healing stage

### Main Symptoms:

Diabrosis of the abscess, thin pus with caseous necrotic tissue, greyish white or pale granulation, retarded healing of the wound with creeping cavity; probable general symptoms such as tidal fever, night sweat, lassitude, weakness, etc.

### Method of Treatment:

To eliminate putridity and promote regeneration of muscles.

### Prescription 1:

Recipe: *Wu Wu Dan*

Ingredients:

*Duan Shigao* (Gypsum Fibrosum Usta) 5 g

*Hongshengdan* (Hydrargyrum Oxydum Rubrum) 5 g

Preparation: Grind the drugs together into a fine powder called *Wu Wu Dan*.

Application: Spread a little *Wu Wu Dan* on a strip of vaseline gauze. Insert this strip into the wound or sinus, then cover it with *Qian Chui Gao* (5). Dressing change is to be made once every other day.

Prescription 2:

Ingredient:

*Maoyancao* (Herba Euphorbiae Lunulatae) 500 g

Preparation: Boil the drug in 2,000 ml. of water for 30 minutes to get the first decoction, then, boil it again in 1,500 ml. of water for 20 minutes to get the second decoction. Mix the decoctions got from above together and boil it until it is condensed into a paste.

Application: According to the size of the wound, spread a proper amount of the paste on a piece of gauze, then, stick the gauze to the affected part. Dressing change is to be made once every other day. Or, spread the paste on a strip of vaseline gauze, then, insert it into the sinus. Dressing change is to be made once every other day.

Prescription 3:

Ingredients:

*Xian Zipidasuan* (fresh purple-skinned Bulbus Allii) 30 g

*Xian Shengjiang* (fresh Rhizoma Zingiberis Recens) 30 g

Preparation: Wash the drugs clean with cold boiled water, skip their skin, cut them into slices, and pound them into a pulp. Mix the pulp with a proper amount of 95% alcohol into a mixture and stir the mixture into a thin paste. Put the paste in a container, seal the container tightly and keep it in a cool, dark place for 3-5 hours. Finally, filter the paste in the container with a single layer of sterilized gauze to get the juice. The juice is the finished product. If use it to treat a wound with much stinking pus, mix it evenly with a little furacilin.

Application: The wound is cleaned with normal saline. Soak 2 layers of sterilized gauze in the medicinal juice and, then, twist it to half dry and spread it flat on the wound, and, then, cover it with sterilized gauze pad. Then fix the pad with adhesive plaster. Dressing change is to be made once a day for 2-3 days, then, once every 1-2 days, which depends on the wound.

Notes: With *Hongshengdan* as the main ingredient, *Wu Wu Dan* acts on the focus to promote conglutination and necrosis of the protein of morbid tissue, which would then be separated from the normal tissues step by step. Its sedimentary and lytic poisonous juice can diffuse around the pus cavity and result in extensive erosion. Therefore, not only can it inhibit and kill bacteria but also erode and remove the residual part and necrotic tissue of the pus focus so as to have the wound enlarged and the drainage freed.

*Hongshengdan* has its dual-adjusting functions: eliminating putridity and promoting regeneration of muscles. That is, when it is applied, removing of putridity will be followed by regenerating of fresh tissue and gradual healing of the wound.

*Qian Chui Gao* with the effects of promoting blood circulation, subduing swelling, draining pus, and eliminating putridity and *Mao Yan Cao Gao* with the action of removing toxins, resolving mass, draining pus, and eliminating putridity can both act in the treatment of tuberculous ulcer, manifested by playing a part in erosion. When the necrotic tissue is eradicated, fresh granulation tissue will grow from there.

It is reported that the first time of application of the juice of *Dasuan* and *Shengjiang* will reduce pus quantity. After 2-3 times of dressing change, the granulation tissue on the wound would begin to turn red while the wound would be healed soon.

Irritant in different degree, the above drugs should be applied within the focus of a wound to avoid irritating the normal skin.

In the whole course of treatment, attention should be paid to strengthening the body resistance so as to eliminate pathogenic factors. Hence, proper antiphthisic medicines should be given.

## 1.12 Acute Appendicitis

Acute appendicitis, the common acute abdomen in surgery, is the acute inflammation of the appendix due to various pathogenic factors. It is included in the category of *Chang Yong* (intestinal abscess) by TCM.

### Etiology and Pathogenesis

This disease is due to disorder of *Qi* in the intestinal tract and dysfunction of the appendix owing to affection of the six pathogenic factors, improper diet, overstrain and emotional disturbance which lead to stagnation of *Qi* and blood. Prolonged, the stagnation results in production of heat. Long time of excessive heat causes formation of necrotic tissue and pus. As the intense heat turns into fire, syndromes due to fire are usually seen.

### Clinical Manifestations

#### 1. Symptoms:

Paroxysmal migratory pain begins in the upper abdomen or around the umbilicus. Several hours to 24 hours later, the pain shifts to the right lower abdomen and becomes fixed and persistent. This shifting pain which finally stays in the right lower abdomen is a typical symptom of acute appendicitis. Probably, it is accompanied by such general symptoms as nausea, vomiting, constipation, lassitude, fever, thirst, yellow urine, etc.

#### 2. Sign:

Localized evident tenderness in the right lower abdomen, rebound pain in severe cases, guarding of the abdominal muscles, appendiceal abscess usually developed when painful mass is palpable in the right lower abdomen, positive psoas test, positive

colic retrograde air test, probable tenderness in the right upper side found in digital examination of rectum, possible tenderness on the acupoint of Lanwei (EX-LE 7) one *Cun* between the acupoint of Zusanli (ST 36), higher sensitivity of the *Lanwei* point of the ear, white tongue coating and taut tense pulse are common in the early stage, then yellow greasy or yellow dry tongue coating and taut rapid or slippery rapid or full rapid pulse due to interior heat, higher white blood cell and neutrophil counts are seen in most cases.

### Differentiation and Treatment

1. In the early stage (stage of stagnation of *Qi* and blood)

#### Main Symptoms:

TCM believes that the early stage of this disease is due to stagnation of *Qi* and blood. This stage is marked by the symptoms of simple acute appendicitis such as tenderness and rebound pain in the right lower abdomen without evident guarding of the abdominal muscles, nausea, anorexia, normal stools or constipation, no or mild fever, normal or slightly higher white blood cell count, thin and white tongue coating, and taut tense or taut slightly rapid pulse.

#### Method of Treatment:

To clear heat, remove toxins, resolve blood stasis and subdue swelling.

#### Prescription 1:

Recipe: *Suan Xiao Huang Cu Hu Ji*

#### Ingredients:

|  |                 |
|--|-----------------|
| <i>Dasuan</i> (Bulbus Allii)                                     | 60 g            |
| <i>Mangxiao</i> (Natrii Sulfas)                                  | 30 g            |
| <i>Dahuang Fen</i> (Radix et Rhizoma Rhei in the form of powder) | 30 g            |
| <i>Cu</i> (vinegar)  | a proper amount |

Preparation: *Dasuan* is stripped of its skin and pounded together with *Mangxiao* into a thin paste, which is called *Suan Xiao Hu*. *Dahuang Fen* and *Cu* are also mixed into a thin paste, which is called *Dahuang Fen Cu Hu*.

Application: Spread *Suan Xiao Hu* about 0.4 cm thick on the most painful part of the right lower abdomen where a layer of vaseline has been painted to prevent the skin from being burnt. After 2 hours replace the paste by *Dahuang Fen Cu Hu*, and keep it there for 6-8 hours, and to prevent it from dry up moisten it with vinegar or cover it with a plastic film.

#### Prescription 2:

Number 1: *Ru Yi Jin Huang San* (1)

Number 2: *Da Qing Gao* (3)

Preparation: Mix 1 portion of *Ru Yi Jin Huang San* with 3 portions of vaseline into an ointment.

Application: Spread the ointment on a piece of gauze. Stick the gauze to the tender part of the right lower abdomen. Dressing change is to be made daily. *Da Qing Gao* may be used in stead of the ointment.

#### Prescription 3:

## Ingredient:

*Mangxiao* (Natrii Sulfas)

250 g

Preparation: Put the drug into a gauze flattered bag.

Application: Place the bag on the evidently tender part of the right lower abdomen, and repeat the process 3-4 times a day.

Notes: As an ingredient of *Suan Xiao Huang Cu Hu Ji*, *Dasuan*, pungent in taste and heat in nature, has the action of resolving mass, subduing swelling, clearing and activating the channels and collaterals, and discharging toxins from the interior. It contains garlicin and many kinds of sulfur compounds and can inhibit and kill many kinds of gram-positive and gram-negative bacteria. Before it is applied, however, the skin must be painted with a layer of vaseline, for the garlicin in it will irritate the skin to cause such damage as dermatitis or blister. But slightly reddened skin doesn't matter.

With the action of clearing heat, resolving blood stasis, softening hardness, and subduing swelling, *Mangxiao* is widely used to treat tenderness in the abdomen and guarding of the abdominal muscles due to inflammation of the abdominal cavity. With the action of resolving blood stasis, clearing heat from the blood, subduing swelling and removing toxins, *Dahuang* can strongly restrain *Staphylococcus aureus*. *Cu* can resolve blood stasis, remove toxins, soften hardness and subdue swelling. The above drugs work together to exert the effects of clearing heat, resolving blood stasis, removing toxins, subduing swelling, and dispersing endogenous pathogens.

It is reported that when *Suan Xiao Huang Cu Hu Ji* is applied to treat acute simple appendicitis, remarkable curative effects can be attained; when applied to treat pyogenic appendicitis in the early stage, good curative effects will also be achieved.

*Ru Yi Jin Huang San* and *Da Qing Gao* have the effects of clearing heat, removing toxins, resolving blood stasis, and subduing swelling. When they are applied to treat early acute pyogenic infections in the abdominal cavity or on the surface of the body, satisfactory curative effects can be obtained.

*Mangxiao*, salty in taste, can soften hardness, cold in nature, can clear away heat. It is applied externally for the very purpose of softening hardness and subduing swelling. Several hours after *Mangxiao* is applied, it will dry up and break into pieces. Then it is necessary to apply it again to ensure its curative effects. This drug is especially suitable for the treatment of acute appendicitis with guarding of the abdominal muscles.

## 2. In the suppurative stage (stage of accumulated heat)

## Main Symptoms:

TCM believes that in the suppurative stage of this disease heat is being produced due to the stagnation of *Qi* and blood, and symptoms due to damp-heat would be usually seen. Like pyogenic appendicitis and acute appendicitis complicated by localized peritonitis and periappendicular abscess, it is marked by worsened pain in the right lower abdomen with evident guarding of the abdominal muscles or localized masses, red tongue with yellow greasy or yellow dry coating, and taut slippery rapid

pulse or taut rapid or full rapid pulse.

Method of Treatment:

To clear heat, remove toxins, resolve blood stasis, dismiss mass, subdue swelling, and relieve pain.

Prescription 1:

Recipe: *Xiao Yan San*

Ingredients:

|   |       |
|---|-------|
| <i>Furongye</i> (Folium Hibisci)        | 300 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)  | 300 g |
| <i>Huangqin</i> (Radix Scutellariae)    | 250 g |
| <i>Huangbai</i> (Cortex Phellodendri)   | 250 g |
| <i>Zelan</i> (Herba Lycopi)             | 250 g |
| <i>Bingpian</i> (Borneolum Syntheticum) | 10 g  |

Preparation: Grind the above drugs together into a fine powder, a proper amount of which is mixed with millet wine or vinegar into a paste as thick as sesame paste.

Application: Spread the paste evenly on a piece of oil paper or plastic cloth about 0.3-0.4 cm thick. Stick this paper or cloth to the right lower abdomen with the tender part fully covered. Generally, dressing change is to be made once a day or every other day.

Prescription 2:

Recipe: *Xiao Jie Gao*

Ingredients:

|   |      |
|---|------|
| <i>Banxia</i> (Rhizoma Pinelliae)               | 30 g |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)        | 30 g |
| <i>Chuanwu</i> (Radix Aconiti)                  | 30 g |
| <i>Zhuyazao</i> (Fructus Gleditsiae Abnormalis) | 30 g |
| <i>Tubeimu</i> (Rhizoma Bolbostemmae)           | 30 g |
| <i>Jianghuang</i> (Rhizoma Curcumae Longae)     | 30 g |
| <i>Huangqin</i> (Radix Scutellariae)            | 30 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)          | 30 g |
| <i>Huangbai</i> (Cortex Phellodendri)           | 60 g |
| <i>Baijiangcao</i> (Herba Patriniae)            | 60 g |
| <i>Furongye</i> (Folium Hibisci)                | 60 g |
| <i>Shanjiashu</i> (Squama Manitis Praeparata)   | 45 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)       | 15 g |

Preparation: Grind the above drugs into a fine powder. According to the area of the pathogenic change, 1 portion of the powder is used to mix with the same 3 portions of vaseline into an ointment. Spread the ointment on a piece of gauze about 0.3 cm thick.

Application: Stick the gauze with the ointment to the location of the mass in the right lower abdomen. Dressing change is to be made daily.



Notes: With the effects of clearing heat, removing toxins, resolving blood stasis, and subduing swelling, *Xiao Yan San* can relieve inflammation, stop pain, and subdue swelling. According to a report, it has good curative effects to a certain extent when applied to treat pyogenic appendicitis and appendicular abscess complicated by peritonitis.

*Xiao Jie Gao* could achieve good curative effects when applied to treat mass due to appendicitis, and appendicular abscess, owing to its actions of clearing heat, removing toxins, resolving blood stasis, activating the channels and collaterals, dismissing mass, and subduing swelling.

The medicine applied externally should be thick enough and kept moist. Too dry, it would lose its therapeutic action; too thin, its therapeutic effects would be weakened. If leptochoa occurs, it should be removed.

### 3. In the diabrotic stage (stage of noxious-heat)

#### Main Symptoms:

TCM believes that in the diabrotic stage of this disease excessive heat is turning into fire and deteriorated syndromes tend to occur. Like severe gangrenous appendicitis or acute appendicitis complicated by diffuse peritonitis, it is marked by severe abdominal pain, obvious stimulation sign due to peritonitis, higher white cell count, etc. probably accompanied by high fever or chills and fever, thirst, constipation, dark-red or dry tongue with yellow dry or black coating, and taut rapid or full rapid pulse.

#### Method of Treatment:

To clear heat, remove toxins, subdue swelling, and relieve pain.

#### Prescriptions:

The same as what is prescribed in the suppurative stage.

Notes: The condition of acute appendicitis is rather complex. Mere external treatment may bring satisfactory curative effects to mild cases of acute simple appendicitis. But when pyogenic appendicitis, appendicular abscess and localized peritonitis are to be treated, external treatment should be carried out in combination with other 2-3 or 3-4 kinds of treatment. As for cases of acute gangrenous appendicitis, phlegmonous appendicitis, acute appendicitis complicated by diffuse peritonitis, recurrent appendicitis and specific acute appendicitis, integrated therapies of TCM and Western medicine should be considered.

## 2. Mastosis

### 2.1 Cracked Nipple

Named due to fissure of nipple, this is a common disease of women in breast feeding period. It may induce acute mastitis. TCM calls it as *Ru Dou Po Sui* (broken nipple) or *Ru Dou Feng*, (cracks in nipple).

**Etiology and Pathogenesis**

The impairment of the liver and the stagnation of the liver-*Qi* due to anger produce fire. The dysfunction of spleen and stomach due to too much pungent and fatty food produces damp-heat. The combination of the fire and the damp-heat in the interior constitutes the internal cause of this disease. The external cause can be traced to the tenderness of nipple skin which can not stand the maceration of saliva and the suck, crater nipple or inverted nipple or hypomastia which can not bear the suck of strong kind, and hyperlactation which dampness the nipple too much.

**Clinical Manifestations**

Cracks in different sizes throughout the nipple are seen, a sharp and cutting pain hard to endure occur in the nipple when being sucked, sticky fluid comes out of the cracks and then turns into yellow scabs, pain occurs after the scabs dried up, cracks in the areola would lead to erosion with fat fluid, itch and pain, and probably secondary acute mastitis might occur with white or yellow tongue coating, and taut pulse.

**Differentiation and Treatment**

## 1. Syndrome due to retention of fire

## Main Symptoms:

Dry cracked nipple with itch and pain, vexation, thirst, thin yellow tongue coating, and taut pulse.

## Method of Treatment:

To remove toxins, relieve pain, moisten the skin, promote regeneration of muscles, expell wind, and arrest itch.

## Prescription 1:

Recipe: *Sheng Ji Run Fu Gao*

## Ingredients:

|   |       |
|---|-------|
| <i>Danggui</i> (Radix Angelicae Sinensis) | 30 g  |
| <i>Shengdihuang</i> (Radix Rehmanniae)    | 30 g  |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 15 g  |
| <i>Gancao</i> (Radix Glycyrrhizae)        | 30 g  |
| <i>Huanglian</i> (Rhizoma Coptidis)       | 10 g  |
| <i>Xuejie</i> (Resina Draconis)           | 6 g   |
| <i>Huangla</i> (Cera Flava)               | 100 g |
| <i>Mayou</i> (Oleum Sesami)               | 500 g |

Preparation: Put *Danggui*, *Shengdihuang*, *Baizhi*, *Gancao* and *Huanglian* into *Mayou* in a pot and have them soaked for one day. Then, the pot is heated on gentle fire until the drugs are scorched. Take the scorched drugs out with the *Mayou* left, to which *Huangla* is added. When *Huangla* is melted and the *Mayou* is warm again, *Xuejie* which has been ground into fine powder is put into the pot and stirred evenly. Cooled, what is in the pot will condense into a paste called *Sheng Ji Run Fu Gao*.

Application: Paint the cracked nipple with a piece of gauze with a thin layer of

the paste on, twice a day.

Prescription 2:

Recipe: *Ji Zi Huang You*

Ingredient:

*Jizihuang* (yolk of cooked egg)

3 ones

Preparation: Place *Jizihuang* into an iron ladle. Heat the ladle on slow fire until the drug turns black and some oil appears. The oil is collected for use.

Application: Apply the oil when it is cooled to the cracked nipple, 3 times a day.

Notes: With the effects of moistening the skin, promoting regeneration of muscles, removing toxins, relieving pain, expelling wind, and arresting itch, *Sheng Ji Run Fu Gao* can soften and moisten the skin of the cracked nipple to heal its splits gradually.

With the effects of moistening wound, promoting regeneration of muscles, and arresting itch, *Ji Zi Huang You* is efficacious in treating cracked nipple, superficial ulcer and erosion.

In the course of the treatment, a rubber nipple may be used to cover the cracked nipple for breast-feeding, or reduce the breast-feeding times to lessen the irritation to be inflicted on the nipple so as to quicken the healing of the splits. The oil or paste on the nipple must be removed before breast-feeding. In the course of treatment, even weaning may be suggested. During weaning period, regular milk ejection should be conducted to avoid the retention of milk. Breast-feeding may be resumed after the splits are healed.

2. Syndrome due to damp-heat

Main Symptoms:

Itching and painful nipple with splits and erosion, from which fat fluid flows out and on which there are yellow scabs; yellow greasy tongue coating, and slippery pulse.

Method of Treatment:

To clear heat, dispel dampness, activate the flowing of blood, promote regeneration of muscles, expell wind, and arrest itch.

Prescription 1:

Recipe: *Fu Fang Bai Zhi Xi Yao*

Ingredients:

*Baizhi* (Radix Angelicae Dahuricae) 15 g

*Pugongying* (Herba Taraxaci) 10 g

*Kushen* (Radix Sophorae Flavescens) 10 g

*Pengsha* (Borax) 10 g

*Gancao* (Radix Glycyrrhizae) 10 g

Preparation: Boil the above drugs (one dose) in 500 ml. of water for the decoction.

Application: Wash the affected part for 15-20 minutes with a piece of sterilized gauze being soaked in the hot or warm decoction again and again. Repeat the process the same day after the decoction has been heated again. A new dose of the drugs is to be used each day.

Prescription 2:

Recipe: *Bai Cha San*

Ingredients:

|   |       |
|---|-------|
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 10 g  |
| <i>Ercha</i> (Catechu)                    | 7.5 g |
| <i>Bingpian</i> (Borneolum Syntheticum)   | 2.5 g |

Preparation: Grind the above drugs together into a fine powder called *Bai Cha San*.

Application: The powder is dusted directly, or mixed with sesame oil and the applied, on the affected part, 2-3 times daily. Before breast feeding is given, the applied powder is to be washed away.

Prescription 3:

Recipe: *Qing Dai San You Gao*

Ingredients:

|   |      |
|---|------|
| <i>Qingdai</i> (Indigo Naturalis)         | 30 g |
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta) | 60 g |
| <i>Huashi</i> (Talcum)                    | 60 g |
| <i>Huangbai</i> (Cortex Phellodendri)     | 30 g |

Preparation: The above drugs are ground into a fine powder. A proper amount of the powder is taken according to the size of the affected part and mixed slowly with warm vaseline 3 times as much as the powder into an ointment.

Application: Rub the affected part with a piece of sterilized gauze coated with the ointment, twice daily.

Notes: With the effects of clearing heat, removing toxins, subduing swelling, relieving pain, drying dampness, astringing, expelling wind, and arresting itch, prescription 1 plays its part in eliminating noxious damp-heat, activating the flowing of *Qi* and blood, and promoting the faster healing of the splits by means of the action of both its drugs and the warmth of the decoction. Clinical observations have shown that 3-5 days of treatment with this prescription will, generally speaking, bring cure.

Prescription 2 has the effects of clearing heat, dispelling dampness, activating the flowing of blood, and promoting regeneration of muscles. Its good curative effects have been proved in clinical practice.

Prescription 3 is suitable for treating mastitis with erosion, exudate, itch and pain because of its effects of absorbing dampness, arresting itch, clearing heat, and removing toxins.

Mild cases of this disorder may be cured only with the above external treatments alone. For satisfactory curative effects, the wound should be washed with the decoction of 10 g of *Gancao* (Radix Glycyrrhizae) and 10 g of *Jinyinhua* (Flos Lonicerae) before the above either oil, paste, ointment or powder is applied. Severe or recurrent cases should be treated with both internal and external therapies, and weaning is perhaps necessary.

Active treatment of this disorder will play an important part in preventing the onset and recurrence of mastitis.

## 2.2 Acute Mastitis

Common among breast-feeding women and most common among primiparae, acute mastitis is an acute pyogenic inflammation of the mammary tissue. It is called *Ru Yong* (mammary abscess) in TCM.

### Etiology and Pathogenesis

The main internal cause of this disease is stagnation of the liver-*Qi* and accumulation of excessive stomach-heat. The nipple and areola of mamma are dominated by the Liver Channel of Foot-*Jueyin*, and the liver in charge of dispersion can regulate the secretion of milk. When the liver-*Qi* is stagnated, the liver would dysfunction, leading to retention of milk, which is the cause of this disease. The breast is controlled by the Stomach Channel of Foot-*Yangming*. Postpartum over-intake of fatty and sweet food would produce excessive stomach-heat, leading to the accumulation of turbid damp-heat in the breast, which is also a cause of this disease.

Retention of milk is an important condition for the onset of this disease. Cracked nipple, deformity of nipple, crater nipple, hyperlactation or crushing of the nipple may well lead to retention of milk. Retention of milk would, in turn, result in pathogenic heat which is responsible for the disease.

The above pathogenic factors complicated by the affection of exogenous wind-heat and noxious-fire would lead to obstruction of the channels and collaterals and stagnation of *Qi* and blood, thus resulting in the onset of this disease.

### Clinical Manifestations

Red-swelling and burning-pain or distension and burning-pain, a mass seen or not, difficulty in excreting milk; worsened swelling and pain and a mass not only with softened centre but with a sensation of wave motion, all of which are seen in suppurative stage; deep abscess with normal skin and without obvious wave motion which is diagnosed usually by puncture, usually-enlarged lymph nodes seen in the axillary fossa of the affected side; probable general symptoms such as chills, fever, thirst, yellow tongue coating, taut or taut rapid or full rapid pulse; and raised total number of white blood cells and neutrophilic granulocytes.

### Differentiation and Treatment

#### 1. In the stage of stagnation of the liver-*Qi*

##### Main Symptoms:

Swelling and distension of the affected breast with difficulty in excreting milk, a mass or masses, tenderness, mildly feverish sensation and normal skin; no obvious general symptoms; white tongue coating, and taut or taut and slightly rapid pulse.

##### Method of Treatment:

Activating the flowing of *Qi* and blood, removing blood stasis, and subduing swelling.

##### Prescription 1:

Recipe: *Pu Gong Ying Jia Wei Xi Fang*

**Ingredients:**

|  |      |
|--|------|
| <i>Pugongying</i> (Herba Taraxaci)     | 30 g |
| <i>Bohe</i> (Herba Menthae)            | 30 g |
| <i>Juye</i> (Folium Citri Reticulatae) | 20 g |

**Preparation:** Boil the above drugs in 1,000 ml. of water for the decoction.

**Application:** Apply a hot compress with the decoction on the affected part, twice daily. After each compress, perform a mammary massage as follows either by a doctor or by the patient herself: The affected part is painted with a little liquid wax or vaseline; gentle massage is done with the five fingers of one hand; move the fingers round the breast and, then, gradually towards the nipple; during the massage, avoid crush or revolving pressure but pulling the nipple many times is needed so as to have the lactiferous ducts dilated and the accumulated milk discharged step by step.

**Prescription 2:**

**Recipe:** *Ru Yi Jin Huang San* (1)

**Preparation:** Mix 1 portion of *Ru Yi Jin Huang San* with the 3 portions of vaseline into an ointment.

**Application:** Spread the ointment over a piece of gauze about 0.3 cm thick, and stick the gauze to the affected part. Dressing change is to be made daily.

**Prescription 3:**

**Ingredient:**

|                                      |       |
|--------------------------------------|-------|
| <i>Fajiao Mian</i> (fermented dough) | 120 g |
|--------------------------------------|-------|

**Preparation:** Make a dough the shape of a round flat cake.

**Application:** Stick the cake to the affected part, cover it with a piece of plastic film and fix it with a piece of gauze. Dressing change is to be made daily.

**Notes:** Prescription 1 has the effects of relieving the depressed liver, activating the flow of *Qi*, resolving mass, removing toxins and subduing swelling. Administered by way of hot compress, the actions of the drugs could go into the muscles so as to dilate the capillaries there and improve both local and general blood circulation. Thus the channels will be dredged, *Qi* and blood regulated, and swelling and pain eliminated. And massage would be helpful in expelling accumulated milk little by little.

With the effects of clearing heat, removing toxins, activating the flow of *Qi*, promoting blood circulation, resolving blood stasis, and subduing swelling, prescription 2 is especially suitable for the treatment of mastitis with swelling and mass.

Prescription 3 is effective in dilating lactiferous ducts, improving blood circulation, and promoting local metabolism, with the results of activating the flow of *Qi* and blood, the discharge of accumulated milk, and bringing cure.

In this stage, cure will be seen in most cases as long as local external treatment is administered in combination with oral Chinese drugs.

**2. In the stage of production of stomach-heat**

**Main Symptoms:**

Swollen, distending, burning, painful and slightly-red affected breast; difficulty in the excretion of milk; swollen and painful axillary lymph nodes of the affected side;

fever, chills, thirst, anorexia, yellow tongue coating, and taut rapid pulse.

Method of Treatment:

To clear heat, remove toxins, resolve blood stasis, and subdue swelling.

Prescription 1:

Recipe: *Da Qing Gao* (3)

Application: Spread the *Da Qing Gao* on a piece of gauze about 0.3 cm thick, stick the gauze to the swollen and painful area. Repeat the process daily.

Prescription 2:

Ingredients:

|                              |      |
|------------------------------|------|
| <i>Xianrenzhang</i> (cactus) | 90 g |
| <i>Baifan</i> (Alumen)       | 10 g |

Preparation: Wash the *Xianrenzhang* clean, have its thorns removed, and pound it together with *Baifan* into a pulp.

Application: Spread the pulp on a piece of plastic film about 0.4 cm thick. Cover the swollen and painful area with the film and fix it with a bandage. Dressing change is to be made 1-2 times a day.

Prescription 3:

Ingredients:

|   |      |
|---|------|
| <i>Xian Pugongying</i> (fresh <i>Herba Taraxaci</i> ) | 60 g |
| <i>Xian Zihuadiding</i> (fresh <i>Herba Viola</i> )   | 30 g |

Preparation: Wash the above two drugs clean and pound them together into a pulp.

Application: Spread the pulp on a piece of clean plastic film about 0.4 cm thick. Stick this film to the swollen and painful area, cover it with gauze, and fix it with bandage. Dressing change is to be made twice a day.

Notes: Prescription 1 has the effects of clearing heat, removing toxins, resolving blood stasis and subduing swelling. It is suitable for treating cases with red-swelling and burning-pain, usually with good curative effects.

With the effects of clearing heat, removing toxins, subduing swelling, and relieving pain, prescription 2 is especially suitable for the treatment of cases with red skin, burning sensation and pain. Its pulp feels cool and comfortable.

Prescription 3 can clear heat, remove toxins, resolve mass, and subdue swelling. Good curative effects can be surely achieved when used to treat cases with red-swelling, burning-pain and accumulated milk.

Pulp from fresh medicinal herbs tends to turn dry and become useless. Therefore, when the pulp turns dry, it should be replaced by another fresh one or moistened with the juice of the drugs. Its curative effects can thus be ensured.

In this stage, satisfactory curative effects come from the integration of external therapy and proper internal therapy.

3. In the suppurative stage

Main Symptoms:

A swollen, burning, bright-red and raised affected part, which gives a waving

sensation when pressed; or the affected part with local diffuse swelling and jumping pain where pus could be sucked out through puncture; fever, yellow tongue coating, and full rapid pulse.

Method of Treatment:

To drain pus and subdue swelling.

Prescription:

Recipe: *Ru Yi Jin Huang San* (1)

Preparation: Mix 1 portion of *Ru Yi Jin Huang San* with 3 portions of vaseline into an ointment.

Application: Carry out routine disinfection on the area where a bigger vomica is located. Insert a thick syringe needle from the point where the wave sensation is most obvious into the vomica to suck the pus up. Douche the vomica with normal saline solution and then suck it out. Press the sty for a moment. Finally, apply the ointment to the affected part. Dressing change is to be carried out once every other day.

Notes: Once an abscess is formed and it doesn't respond to drug therapy, puncture for sucking out the pus or incision for drainage should be considered lest the toxins may sink into the interior of the body. In treating a smaller unilocular abscess, puncture for sucking out pus may be followed by application of the ointment of *Ru Yi Jin Huang San*, accompanied by proper oral Chinese drugs. Thus a part of the patients with smaller unilocular abscesses may be cured. In treating a larger multilocular or a multilocular which fails to respond to the treatment "puncture for sucking out pus," routine incision for drainage is suggested.

4. In the postulcerative stage

Main Symptoms:

Syndrome due to weakened body resistance and lingering pathogens is marked by red-swelling and burning-pain relieved after diaphoresis, yellow-white and thick pus, gradually retreated fever, slightly yellow tongue coating, and thready taut slightly-rapid pulse; while syndrome due to deficiency of both *Qi* and blood, by thin pus, slowly-growing pale granulation, pale tongue with white coating, and thready weak pulse.

Method of Treatment:

To drain pus, eliminate putridity, promote regeneration of muscles, and heal wound.

Prescription 1:

Number 1:

Recipe: *Ba Er Dan*

Ingredients:

*Duan Shigao* (Gypsum Fibrosum Usta) 8 g

*Hongshengdan* (Hydrargyrum Oxydum Rubrum) 2 g

Preparation: Grind the two drugs together into a fine powder called *Ba Er Dan*.

Number 2:

Recipe: *Da Huang You Sha Bu* (10)



Number 3:

Recipe: *Jiu Yi Dan* (12)

Application: In the beginning of this stage, dressing change to drain pus and eliminate putridity is carried out with a strip of *Da Huang You Sha Bu* coated with a little *Ba Er Dan*, once everyday. After 3-5 days, substitute *Ba Er Dan* for *Jiu Yi Dan*.

Prescription 2:

Number 1:

Recipe: *Sheng Ji Yu Hong Gao You Sha Bu* (11)

Number 2:

Recipe: *Sheng Ji San* (13)

Application: When there is less pus and putridity, dressing change is made with a strip of *Sheng Ji Yu Hong Gao You Sha Bu*, once a day. If the process of granulation is slow, *Sheng Ji San* may be added.

Notes: Syndrome due to weakened body resistance and lingering pathogens is common in this stage.

When drainage of pus is free, *Ba Er Dan* is used for the purpose of draining pus, eliminating putridity, removing toxins, subduing swelling, wiping out the necrotic tissue from a vomica, and reducing inflammation. Up to the time when necrotic tissue has decreased, *Jiu Yi Dan* is used instead, for its weaker effects of draining pus and eliminating putridity. It is better to use the strips of *Sheng Ji Yu Hong Gao You Sha Bu* for wound with less pus and putridity on which fresh granulation tissue begins to grow, since the drug not only can eliminate putridity but also promote regeneration of muscles. *Sheng Ji San* may be added to *Sheng Ji Yu Hong Gao You Sha Bu* when the process of the growth of fresh granulation tissue is slow.

In this stage, relevant oral Chinese drugs should be given according to the condition of the disease.

## 2.3 Mammary Tuberculosis

Mammary tuberculosis is usually due to invasion of *Mycobacteria tuberculosis* through blood circulation or due to direct spreading of thoracic tuberculosis to mammae. TCM names it as *Ru Lao* (mammary consumptive disease) because it develops slowly and has the symptoms of a consumptive disease, or as *Ru Tan* (mammary phlegm) because the pus discharged after its diabsiosis is as thin as phlegm.

### Etiology and Pathogenesis

General debility leads to *Yin* deficiency of the lung and kidney. *Yin* deficiency of the lung and kidney results in hyperactive fire which would burn body fluid into phlegm. The combination of the phlegm and the fire result in this disease. Or, depression of the liver-*Qi* weakens the spleen. The weakened spleen is responsible for damp-phlegm which blocks the channels and collaterals and stagnates the flow of *Qi* and blood, causing this disease.

### Clinical Manifestations

Being common in women of 20-40 years old who have given birth to children and having a long course; one or more not so tender masses appearing in the affected breast in the early stage (hard-mass stage), the masses separated indistinctly from the surrounding tissues before cementing gradually with the skin, the masses becoming larger, softened and dark-purpled and turning into cold-natured abscesses several months later; ulceration of the abscesses followed by the discharged of bean-dreg-like thin pus from the umbilicate wounds and the formation of a few sinuses or ulcers; no evident general symptoms found in the early stage; tidal fever, night sweat, anorexia, listlessness, etc. maybe seen in the middle and late stages (suppurative and postulcerative stages).

### Differentiation and Treatment

#### 1. In the stage of hard-mass

##### Main Symptoms:

One or more indistinctly-bordered, hard, not or slightly painful masses on normal skin appear in the affected breast.

##### Method of Treatment:

To promote the flow of *Qi* by warming the channels, dissolve phlegm to resolve mass, and activate the flow of blood to subdue swelling.

##### Prescription 1:

##### Number 1:

Recipe: *Yang He Jie Ning Gao* (8)

##### Number 2:

Recipe: *Gui She San*

##### Ingredients:

|   |       |
|---|-------|
| <i>Mahuang</i> (Herba Ephedrae)                 | 15 g  |
| <i>Xixin</i> (Herba Asari)                      | 15 g  |
| <i>Rougui</i> (Cortex Cinnamomi)                | 30 g  |
| <i>Zhuyazao</i> (Fructus Gleditsiae Abnormalis) | 9 g   |
| <i>Banxia</i> (Rhizoma Pinelliae)               | 24 g  |
| <i>Dingxiang</i> (Flos Caryophylli)             | 30 g  |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)        | 24 g  |
| <i>Shexiang</i> (Moschus)                       | 1.8 g |
| <i>Bingpian</i> (Borneolum Syntheticum)         | 1.2 g |

Preparation: Grind the above drugs together into a fine powder called *Gui She San*.

Application: Dust a little *Gui She San* evenly on the melted *Yang He Jie Ning Gao* and apply it to the area where mass or masses are located. Dressing change is to be made once every 5-7 days.

##### Prescription 2:

Recipe: *Xiao He Gao*

##### Ingredients:

|  |             |
|--|-------------|
| <i>Zhi Gansui</i> (Radix Kansui Preparata)                         | 30 g        |
| <i>Hongdaji</i> (Radix Knoxiae)                                    | 60 g        |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)                           | 48 g        |
| <i>Jiang Banxia</i> (Rhizoma Pinelliae prepared with ginger juice) | 48 g        |
| <i>Baijiezi</i> (Semen Sinapis)                                    | 24 g        |
| <i>Mahuang</i> (Herba Ephedrae)                                    | 12 g        |
| <i>Puxiao</i> (Natrii Sulfas)                                      | 48 g        |
| <i>Tenghuang Fen</i> (Resina Garcinia in the form of powder)       | 48 g        |
| <i>Jiangcan</i> (Bombyx Batryticatus)                              | 36 g        |
| <i>Qندان</i> (minium)  | 210 - 240 g |
| <i>Xiangyou</i> (sesame oil)                                       | 500 g       |

Preparation: *Xiangyou* is put into a pot. Place all the drugs except *Tenghuang Fen*, *Qندان* and *Baijiezi* into the pot and heat it on a fire. *Baijiezi* is added to the drugs in the pot in the middle or later period of the process. When the contents are fried up until scorched, take them out with the medicated *Xiangyou* left. The pot is heated continually until a drop of the oil dripped into water would take the shape of a pearl. Put *Qندان* into the pot and stir it evenly. When the pot is cooled a little, place *Tenghuang Fen* into it and stir them again. Then the contents take shape of a plaster. Put the plaster into cold water and steep it for 5 days so as to have its noxious-fire removed. After steeping, the plaster *Xiao He Gao* is ready for use.

Application: Take a proper amount of the plaster and make a slice of it according to the size of a mass, and stick it to the affected part, then cover it with a piece of gauze and fix it with adhesive plaster. Dressing change is to be made once every week.

Notes: Either prescription 1 or prescription 2 has its own strong points. They are used in clinical practice according to different symptoms. Prescription 1 with the main effects of activating the flow of *Qi* and blood is used to treat a mass due to accumulated phlegm and stagnated *Qi*, and prescription 2 with the main effects of dissolving phlegm and resolving mass is used to treat a mass mainly due to accumulated phlegm.

2. In the stage of ulceration

Main Symptoms:

Ulceration occurs just after a mass is softened and gives a wave sensation. Thin and bean-dreg-like thing flow out from the wound with pale and edematous inflammation seen and sinus or ulcer formed. There are tidal fever, night sweat, acratia,

Method of Treatment:

To drain pus, eliminate putridity, promote regeneration of muscles, and heal

Prescription 1:

Number 1:

Recipe: *Da Huang You Sha Bu* (10)

Number 2:

Recipe: *Wu Wu Dan*

Ingredients:

*Duan Shigao* (Gypsum Fibrosum Usta) 5 g

*Hongshengdan* (Hydrargyrum Oxydum Rubrum) 5 g

Preparation: Grind the above drugs together into a fine powder called *Wu Wu Dan*.

Application: Dust a little *Wu Wu Dan* onto the surface of ulcer and cover it with *Da Huang You Sha Bu*. Dressing change is to be made once a day. Or, a strip of *Da Huang You Sha Bu* coated with *Wu Wu Dan* is stuffed into the sinus, and this process is to be repeated once a day.

Prescription 2:

Number 1:

Recipe: *Ba Du Gao* (6)

Number 2:

Recipe: *Qi Xian Tiao*

Ingredients:

*Hongshengdan* (Hydrargyrum Oxydum Rubrum) 30 g

*Duan Shigao* (Gypsum Fibrosum Usta) 15 g

*Bingpian* (Borneolum Syntheticum) 1.5 g

*Zhi Ruxiang* (Resina Olibani Preparata) 10 g

*Zhi Moyao* (Myrrha Preparata) 10 g

*Xuejie* (Resina Draconis) 10 g

Preparation: Grind the above drugs together into a very fine powder, mix it with flour paste, and make thin bars out of it. The bars are dried in the air for future use.

Application: Insert 1-2 bars to the bottom of a sinus, then pull them 0.3 cm out of the opening of the sinus, and cut the ends off at the point a little higher than the opening of the sinus. The sinus is, then, covered with *Ba Du Gao*. The next day, the bar or bars are taken out of the sinus, the pus and necrotic tissue would be removed, and dressing change is to be made 3-4 times before the walls of the sinus eroded and exfoliated.

Prescription 3:

Number 1:

Recipe: *Sheng Ji San* (13)

Number 2:

Recipe: *Sheng Ji Yu Hong Gao You Sha Bu* (11)

Application: Dust a little *Sheng Ji San* on the wound with fresh flesh and little pus but without putridity, then, cover it with *Sheng Ji Yu Hong Gao You Sha Bu*. Dressing change is to be made daily. After the exfoliation of the walls of the sinus, dressing change may be made daily by stuffing a strip of *Sheng Ji Yu Hong Gao You Sha Bu* coated with *Sheng Ji San* loosely into the sinus. The stuffing of the strip should be gradually changed from deep to shallow so as not to disturb the growth of the fresh granulation at the base of the sinus.

Notes: *Wu Wu Dan* has the effects of draining pus, eliminating putridity, and eroding sinus. It is suitable for the treatment of ulcer due to mammary tuberculosis and shallower sinus. With *Baijiangdan* and *Hongshengdan* as the main ingredients, *Qi Xian Tiao* has stronger erosive potency than *Wu Wu Dan*. It also has the effects of promoting blood circulation, eliminating putridity, clearing heat, and relieving pain, because it contains ingredients such as *Ruxiang*, *Moyao*, *Xuejie* and *Bingpian*. Therefore it is suitable in treating deeper sinus due to mammary tuberculosis. After the administration of *Wu Wu Dan* and *Qi Xian Tiao*, more exudate and thick yellow pus would appear in the wound, and the necrotic tissue and the walls of the sinus will exfoliate one after another without causing any damage to normal granulation tissue and epithelium. But this treatment is contraindicated for patients who are allergic to mercury which both recipes contain.

When the putridity has been eliminated, the walls of the sinus have exfoliated, and fresh granulation tissue has grown, it is time to use *Sheng Ji San* and *Sheng Ji Yu Hong Gao You Sha Bu* in dressing change to gradually heal the wound.

In case the sinus doesn't respond to drug therapy or the sinus is complex, operation should be considered to remove it.

In the whole course of the treatment, oral Chinese drugs or oral antiphthisic medicines may be given.

## 2.4 Mammary Sinus

Common in breast-feeding women, it is called *Ru Lou* in TCM.

### Etiology and Pathogenesis

Injury of the mammary collaterals owing to improper treatment of mammary abscess or unskilled incision of the abscess results in incontinent flowing out of milk and pus from the vomica connecting with the collaterals by way of the wound. Protraction of the wound which remain unhealed usually leads to this disease.

### Clinical Manifestations

A history of a mammary abscess, a prolonged nonunion wound following the diaphoresis of the abscess, edematous and dark granulation seen on the wound, and milk and pus flowing out from the wound.

#### Method of Treatment

##### Prescription 1:

##### Number 1:

Recipe: *Qian Chui Gao* (5)

##### Number 2:

Recipe: *Hua Fu San*

##### Ingredients:

|   |      |
|---|------|
| <i>Zhi Ruxiang</i> (Resina Olibani Preparata) | 12 g |
| <i>Zhi Moyao</i> (Myrrha Preparata)           | 12 g |
| <i>Xionghuang</i> (Realgar)                   | 30 g |

|   |       |
|---|-------|
| <i>Qingfen</i> (Calomelas)                      | 6 g   |
| <i>Bingpian</i> (Borneolum Syntheticum)         | 1.8 g |
| <i>Wumei</i> (Fructus Mume)                     | 3 g   |
| <i>Hongshengdan</i> (Hydrargyrum Oxydum Rubrum) | 1.5 g |

Preparation: Grind the above drugs together into a fine powder called *Hua Fu San*.

Application: Dip a sterilized paper spill into the powder of *Hua Fu San*, insert it to the bottom of a sinus and then pull it out a little and cut off the part above 0.3 cm from the opening, bent the remaining part over the side of the wound, cover it with *Qian Chui Gao*, and fix it with sterile gauze and adhesive plaster. Dressing change is to be made once daily.

Prescription 2:

Number 1:

Recipe: *Sheng Ji Yu Hong Gao You Sha Bu* (11)

Number 2:

Recipe: *Sheng Ji Shou Kou San*

Ingredients:

|   |       |
|---|-------|
| <i>Zhi Ruxiang</i> (Resina Olibani Preparata) | 10 g  |
| <i>Zhi Moyao</i> (Myrrha Preparata)           | 10 g  |
| <i>Xuejie</i> (Resina Draconis)               | 6 g   |
| <i>Ercha</i> (Catechu)                        | 6 g   |
| <i>Bingpian</i> (Borneolum Syntheticum)       | 1.5 g |
| <i>Zhi Xiangpi</i> (prepared elephant skin)   | 3 g   |
| <i>Zhenzhu</i> (Margarita)                    | 1.5 g |

Preparation: Grind the above drugs together into a fine powder called *Sheng Ji Shou Kou San*.

Application: Dip a sterilized paper spill into the powder of *Sheng Ji Shou Kou San* and insert it to the bottom of the sinus, cut it off at the point 0.3 cm above the wound, bent it over the side of the wound, cover it with *Sheng Ji Yu Hong Gao You Sha Bu*, and fix it with sterilized gauze and adhesive plaster. Dressing change is to be made once a day.

Notes: A paper spill coated with *Hua Fu San* is inserted into a sinus so as to have the walls of the sinus eroded. Application of *Qian Chui Gao* aims at draining pus and eliminating putridity. The paper spill is replaced with a new one the next day. Dressing change is made in this way for 3-5 days. Then, local increase of purulent secretion would be seen, and the walls of the sinus would have been eroded to the extent of exfoliation and dropped out. When there is little pus, *Sheng Ji Shou Kou San* and *Sheng Ji Yu Hong Gao You Sha Bu* are used instead in the next dressing change. Later on, the part of the paper spill to be inserted is to be made shorter and shorter to allow the growth of the granulation tissue and the healing to begin from the bottom of the sinus. This will bring a true healing of the wound.

In treating a superficial sinus, the erosive tissues around the sinus are scraped off

with a small curet under local anesthesia, the wound surface is rubbed gently again and again with 75% alcohol cotton balls and saline cotton balls, the opening of the sinus is pulled and sealed with saucer-shaped adhesive plaster, and this is to be repeated once every 1-2 days to promote the healing process.

In the course of the treatment, Chinese oral drugs with the actions of clearing heat, removing toxins, invigorating *Qi*, draining pus, and delactating may be given so as to enhance the curative effects.

If the above treatments are not effective as desired, weaning and operation should be considered.

## 2.5 Fistula of Areola

Called also as fistula of nipple, this disorder refers to duct dilatation syndrome of mammary glands of modern medicine. Common in women not in breast feeding period, it is usually accompanied by retracted nipple. The fistula opens to the areola at one end and to the nipple at the other.

### Etiology and Pathogenesis

The nipple and areola are dominated by the Liver Channel of Foot-Jueyin. When the liver-*Qi* is depressed, the liver dysfunctions. When the liver dysfunctions, the ducts of mammary glands under the nipple and areola fail to function. When this happens, local block of the channels and collaterals follows, leading to stagnation of *Qi* and blood. Long-time stagnation of *Qi* and blood would result in the production of heat. Strong and excessive heat would turn flesh into pus. After the pus is discharged, fistula forms.

### Clinical Manifestations

Crater nipple with comedo-like or fatty secretion is seen; a hard tough mass with nodular skin appears in the areola in the early stage; red-swelling and burning-pain occur, after which the mass becomes softened and suppurated; comedo-like or fatty pus flows out after the ulceration of the mass; the wound is a hard-healing or repeatedly relapsed one, and fistula opening to the nipple would form at last; there might be mild fever in the suppurative stage and enlarged lymph nodes of the axillary fossa at the affected side.

#### Method of Treatment

##### Prescription 1:

Recipe: *Qi San Dan*

##### Ingredients:

*Shu Shigao* (Gypsum Fibrosum Preparata) 7 g

*Hongshengdan* (Hydrargyrum Oxydum Rubrum) 3 g

Preparation: Grind the above drugs together into fine powder and keep it in a bottle for future use.

##### Prescription 2:

##### Number 1:

Recipe: *Jiu Yi Dan* (12)

Number 2:

Recipe: *Sheng Ji Yu Hong Gao You Sha Bu* (11)

Number 3:

Recipe: *Sheng Ji San* (13)

Application: After routine disinfection and local anesthesia are carried out, a thin-silver-wire probe with bulb-shaped tip is bent and inserted into the fistula from the opening in the areola with the tip extending out of the fistula from the other opening in the nipple. The tip is pulled with the other hand so as to incise the fistula (and the nipple) along the wire. If the fistula has any branches or cavities, have them incised also and the allergic necrotic tissue is removed, the edges at the both sides of the incision are trimmed somewhat like a butterfly. Then, a piece of gauze prepared with vaseline is dipped into *Qi San Dan* and stuffed into the wound so as to have the walls of the fistula eroded. Dressing change is to be made once daily. After 3 days, dressing change is made by dusting a little *Jiu Yi Dan* on the surface of the wound and covering it with *Sheng Ji Yu Hong Gao You Sha Bu* for the purpose of draining pus and eliminating putridity. When the putridity has been eliminated and fresh tissue begins to grow, *Sheng Ji San* and *Sheng Ji Yu Hong Gao You Sha Bu* are used for dressing change in order to promote the regeneration of muscles and healing of the wound.

Notes: Inserting the probe must be gentle and skillful lest a false fistula be made. The key for incising a fistula is to incise it from the areola to the nipple.

In making a dressing change, be sure to set the *You Sha Bu* evenly and fill it not too loose and not too tight, so that granulation tissue may begin to grow, and healing starts from the bottom of the wound and so that bridge cementation and false healing would be avoided.

Routine pathological examination after the operation is needed in order to identify the diagnosis.

Proper oral Chinese drugs or antibiotics should be given according to the disease condition.

Simple operation, less suffering, small scar, and good curative effect are characteristics of the above treatment.

## 2.6 Hyperplasia of Mammary Glands

Hyperplasia of mammary glands, neither inflammatory nor tumorous, is a proliferative disease, which is included, in TCM, in the categories of *Ru Bi* (nodules of breast), and *Ru Zhong Jie He* (nodules in breast). Pathologically, it is subdivided into 2 types: hyperplasia of lobules of mammary glands and cystic hyperplasia of breast. The latter may develop into cancer. Most of its subjects are women of 30-45 years old. The incidence of that age group is 5-15%, even as high as 30%.

### Etiology and Pathogenesis

When anger impairs the liver, its *Qi* is depressed, and blood stasis results. When



anxiety or hyperactivity of the liver impairs the spleen, it dysfunctions, and damp-phlegm results. The depressed liver-*Qi*, blood stasis and damp-phlegm accumulate in the mammary collaterals to form lumps and cause this disease. The depressed liver-*Qi* itself can cause this disease directly or by way of disturbing the *Chong* and *Ren* channels.

### Clinical Manifestations

Tough and different-sized masses usually appearing in both the mammae but occasionally localized in one which are divided as flat nodular, mixed, diffuse and cystic types; the masses which are movable and indistinctly bordered, more painful and enlarged when menstruation is coming or in a moment of anger, but less or not painful and shrivelled when menstruation has gone or in a happy mood; exudate in the nipple seen in a small number of cases; irregular menstruation or a history of miscarriage found in a large number of cases.

### Differentiation and Treatment

#### 1. Syndrome due to depressed liver-*Qi*, blood stasis and accumulated phlegm

##### Main Symptoms:

Breasts with distending pain or stabbing pain; tough masses which are shrivelled in a happy mood but enlarged in a moment of anger; choking sensation in the chest, nervous irritability, dry mouth, thin white tongue coating, and taut pulse.

##### Method of Treatment:

To clear heat, activate the flow of the liver-*Qi*, promote blood circulation, remove blood stasis, dissolve phlegm, and resolve mass.

##### Prescription 1:

Recipe: *Mu Xiang Bing Jia Wei*

##### Ingredients:

|  |      |
|--|------|
| <i>Shengdihuang</i> (Radix Rehmanniae)                                     | 45 g |
| <i>Muxiang Fen</i> (Radix Aucklandiae in the form of powder)               | 12 g |
| <i>Zhebeimu Fen</i> (Bulbus Fritillariae Thunbergii in the form of powder) | 10 g |
| <i>Honghua Fen</i> (Flos Carthami in the form of powder)                   | 6 g  |
| <i>Fengmi</i> (Mel)  | 12 g |

Preparation: Wash *Shengdihuang* clean and soak it in warm water, pound it with the other drugs except *Fengmi* into a pulp, and mix the pulp with *Fengmi* into a paste.

Application: Spread a proper amount of the paste on a piece of gauze about 0.3 cm thick. Apply the gauze to the affected part. Dressing change is to be made once a day.

##### Prescription 2:

Recipe: *Zhong Yao Re Fu Fang*

##### Ingredients:

|  |      |
|--|------|
| <i>Gualou</i> (Fructus Trichosanthis)  | 30 g |
| <i>Lianqiao</i> (Fructus Forsythiae)   | 30 g |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong) | 30 g |

# COMPLETE EXTERNAL THERAPIES OF CHINESE DRUGS

|   |      |
|---|------|
| <i>Xiangfu</i> (Rhizoma Cyperi)             | 30 g |
| <i>Honghua</i> (Flos Carthami)              | 30 g |
| <i>Zelan</i> (Herba Lycopi)                 | 30 g |
| <i>Sangjisheng</i> (Herba Taxilli)          | 30 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)      | 30 g |
| <i>Mangxiao</i> (Natrii Sulfas)             | 30 g |
| <i>Sigualuo</i> (Retinervus Luffae Fructus) | 30 g |
| <i>Jixueteng</i> (Caulis Spatholobi)        | 30 g |

Preparation: Pound the above drugs together into pieces and mix the pieces evenly.

Application: Put the drug pieces into 2 white cloth bags, each one just big enough to cover a breast. Steam the drug bags in a pot, taken them out, spray some alcohol or spirits on them, and place one on the affected breast. When it is cooled, steam it again, and use the other hot one instead. Do not use a too hot bag lest scald may occur. This hot compress is carried out 1-2 times daily, for 30-60 minutes each time. 1 dose of the drugs may be used 10 times or so.

Notes: Both prescription 1 and 2 have the effects of clearing heat, activating the flow of the liver-*Qi*, promoting blood circulation, removing blood stasis, dissolving phlegm, and resolving mass. Prescription 1 is suitable for the treatment of hyperplasia of lobules of mammary glands with a small number of localized masses, while prescription 2, cystic hyperplasia of breast with a large number of masses developing in quite a few quadrants.

It is reported that hot compress with prescription 2 has sure curative effects. But the drugs should be dried in the air after they are used each time. Or, they will go mouldy.

2. Syndrome due to disorder of the *Chong* and *Ren* channels caused by stagnation of the liver-*Qi*

Main Symptoms:

Distending pain of the breast before menstruation; tough mass with indistinct border; aching of the loins; irregular, scanty and pale menstruation; with pale tongue with light-red coating, and taut thready or deep thready pulse.

Method of Treatment:

To strengthen the kidney, promote blood circulation, dissolve phlegm, and resolve mass.

Prescription:

Recipe: *Bu Shen Huo Xue San Jie Gao*

Ingredients:

|  |      |
|--|------|
| <i>Xianmao</i> (Rhizoma Curculiginis)            | 10 g |
| <i>Xianlingpi</i> (Herba Epimedii)               | 10 g |
| <i>Lujiaoshuang</i> (Cornu Cervi Degelatinatum)  | 10 g |
| <i>Xiangfu</i> (Rhizoma Cyperi)                  | 10 g |
| <i>Meiguihua</i> (Flos Rosae Rugosae)            | 10 g |
| <i>Zhebeimu</i> (Bulbus Fritillariae Thunbergii) | 10 g |

*Chishao* (Radix Paeoniae Rubra)

15 g

**Preparation:** Grind the above drugs together into a fine powder and mix it with 50-70% vaseline into an ointment.

**Application:** Spread a proper amount of the ointment on a piece of gauze about 0.3 cm thick. Stick this gauze to the area where the mass is located. Dressing change is to be made once daily.

**Notes:** This prescription has the effects of soothing the liver to activate the flow of the liver-*Qi*, strengthening the kidney, promoting blood circulation, regulating the *Chong* and *Ren* Channels, dissolving phlegm, and resolving mass. In it, there are drugs with androgenic hormone elements which are capable to invigorate kidney-*Yang*. They may enhance the actions of other drugs in promoting blood circulation, dissolving phlegm, and resolving mass, and, thereby aid in dismissing the masses.

Attention should be paid to the following items.

1. Oral Chinese drugs should be given according to the differentiation of the disease condition.
2. Keep a joyful mood.
3. Live a natural and regular life.
4. Take active measure in birth control and avoid artificial abortion, which would be helpful in the treating of this disease.
5. In case of fast-growing hard masses, biopsy pathological section is needed to identify whether cancer has developed.

### 3. Diseases of Male External Genitalia

#### 3.1 Balanoposthitis

This disease is an inflammation of both the balanus and prepuce due to reproduction of bacteria resulting from intracystic smegma and uncleanness in redundant phimosis or prepuce. It is included in the category of *Gan Chuang* (chancre) in TCM.

#### Etiology and Pathogenesis

The penis is controlled by the liver; and the anus and external genital organ are dominated by the kidney. In the acute stage, damp-heat in the Liver Channel goes downwards to meet the one invaded due to abrasion of the balanus and local uncleanness in the redundant prepuce at the external genitalia, where they stay and turn into heat which spoils the tissue into pus. If fire due to long accumulation of damp-heat in the Liver Channel goes downwards to burn the kidney-*Yin*, there will appear such symptoms as dark-red wound surface, soreness and weakness of the loins and knees, etc. in the chronic stage.

#### Clinical Manifestations

In the acute stage: marked by red and moist erosion and even small superficial

ulcer with cream-white purulent secretion on the balanus and the tunica intima of the prepuce; swelling, fever; mild pain and itch of the prepuce; enlarged and tender inguinal lymph nodes in most cases; no general symptoms other than chills and fever in severe cases; yellow greasy tongue coating, and taut slippery rapid pulse.

In the chronic stage: marked by dark-red and prolonged-unhealing wound, and soreness and weakness of the loins and knees.

Improper treatment of the prolonged case may lead to cementation of the prepuce and the balanus, incapability of the prepuce to be everted, stricture of external orifice of the urethra, and dysuria.

### Differentiation and Treatment

#### 1. In the acute stage

##### Main Symptoms:

Hot sensation, swelling, pain and itch of the balanus and the tunica intima of the prepuce on which there is even ulceration with purulent secretion; accompanied with chills, fever, deep-colored urine, yellow greasy tongue coating, and taut slippery rapid pulse in severe cases.

##### Method of Treatment:

To clear heat, remove toxins, eliminate putridity, and drain pus.

##### Prescription 1:

Ingredient: *Weilingxian* (Radix Clematidis) 15 g

Preparation: Boil the drug in 500 ml. of water for a thicker decoction.

Application: Wash the affected part with the hot and warm decoction, 3 times daily, for 20 minutes each time. Heat the decoction when it is cooled.

##### Prescription 2:

Ingredient: *Mabiancao* (Herba Verbenae) 60 g

Preparation: Boil the drug in water for 500 ml. of its decoction.

Application: While the decoction is hot, fumigate the affected part over it. When the decoction becomes warm, drip-wash the affected part with a piece of sterile gauze dipped into it repeatedly. This is carried out 1-2 times a day, for 30 minutes each time.

##### Prescription 3:

##### Number 1:

Recipe: *Jie Du Xi Yao* (9)

##### Number 2:

Recipe: *Da Huang You Sha Bu* (10)

##### Number 3:

Recipe: *Niu Huang San*

##### Ingredients:

|   |       |
|---|-------|
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.3 g |
| <i>Shexiang</i> (Moschus)               | 0.3 g |
| <i>Niuhuang</i> (Calculus Bovis)        | 0.3 g |
| <i>Zhenzhu</i> (Margarita)              | 0.3 g |

|   |       |
|---|-------|
| <i>Xiongdan</i> (Fel Ursi)                    | 1.5 g |
| <i>Qingfen</i> (Calomelas)                    | 1.5 g |
| <i>Shijueming</i> (Concha Haliotidis)         | 4.5 g |
| <i>Huanglian</i> (Rhizoma Coptidis)           | 9 g   |
| <i>Zhi Ruxiang</i> (Resina Olibani Preparata) | 3 g   |
| <i>Zhi Moyao</i> (Myrrha Preparata)           | 3 g   |
| <i>Muli</i> (Concha Ostreae)                  | 3 g   |
| <i>Longgu</i> (Os Draconis)                   | 3 g   |

Preparation: Grind the above drugs together into a fine power called *Nie Huang San* and keep it in a bottle for future use.

Application: Boil the drugs of 1 dose of *Jie Du Xi Yao* in water for 500 ml. of its decoction. While it is hot, steam the affected part over it. When it becomes warm, wash the affected part with it and wipe it dry. Dust a little *Niu Huang San* on the ulcer, then cover it with *Da Huang You Sha Bu* and bandage it with a sterile gauze. Dressing change is to be made once daily.

Notes: Containing pulsatilla camphor and pulsatilla alcohol, the drug *Weilingxian* of prescription 1 has the action of clearing heat, tranquilizing pain, and strongly resisting staphylococcus and *Pseudomonas aeruginosa*. It is reported that washing with the decoction of *Weilingxian* 3-4 times would allay the inflammation and swelling of infantile balanitis. The writer's own experiences have proved that good curative effects could be achieved in patients at any age when 10 g of *Huangbai* (Cortex Phellodendri), 10 g of *Xian Sigua* (fresh *Luffa Cylindrica*) and 10 g of *Gancao* (Radix Glycyrrhizae) are added to prescription 1.

*Mabiancao* of prescription 2 has the action of removing toxins, subduing swelling, cooling blood, and eliminating blood stasis. Washing with its decoction would obtain the effects of subduing swelling and relieving pain.

Prescription 1 and 2 are suitable for the treatment of localized swelling and pain not accompanied by ulceration.

*Jie Du Xi Yao* and *Niu Huang San* of prescription 3 have the effects of clearing heat, removing toxins, eliminating putridity, and draining pus. They are used to treat ulceration of the balanus and the tunica intima of the prepuce. Their satisfactory curative effects depend on the following order of dressing change: The process of fumigating and washing the affected part with the decoction of *Jie Du Xi Yao* is followed by the dusting of *Niu Huang San*. Only after the pus and drugs attached to the ulcer are washed away, and the surface of the ulcer is wiped dry, could *Niu Huang San* be applied. In case there is redundant prepuce, it should be first everted and steep-washed.

Oral Chinese drugs should be given at the same time for patients with general symptoms.

## 2. In the chronic stage

### Main Symptoms:

Dark-red granulation slowly grown on the surface of ulcer, accompanied by

soreness and weakness of the loins and knees, a reddened tongue with little coating, and thready and a bit rapid pulse; or fresh granulation grown on the surface of the ulcer with purulent secretion, no general symptoms.

Method of Treatment:

To remove toxins, activate the flow of blood, promote regeneration of muscles, and heal wound.

Prescription 1:

Recipe: *Man Xing Kui Yang Xi Yao*

Ingredients:

|   |     |
|---|-----|
| <i>Bailian</i> (Radix Ampelopsis)             | 12g |
| <i>Danggui</i> (Radix Angelicae Sinensis)     | 15g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)     | 15g |
| <i>Aiye</i> (Folium Artemisiae Argyi)         | 12g |
| <i>Gancao</i> (Radix Glycyrrhizae)            | 12g |
| <i>Chishao</i> (Radix Paeoniae Rubra)         | 10g |
| <i>Shichangpu</i> (Rhizoma Acori Tatarinowii) | 10g |
| <i>Jinyinhua</i> (Flos Lonicerae)             | 15g |
| <i>Xian Zhugu</i> (fresh pig bone)            | 30g |

Preparation: Boil the *Xian Zhugu* in water in a pot for 1,000 ml. of its decoction. Remove the floating oil on the decoction. Add all the other drugs to the decoction and boil it for 30 minutes. While the decoction is hot, fumigate the surface of the wound over it. When the decoction is warm, wash the wound with it. The process of fumigating and washing which last for 15 minutes is to be repeated once daily to carry out the dressing change.

Prescription 2:

Number 1:

Recipe: *Sheng Ji Yu Hong Gao You Sha Bu* (11) or  
*Da Huang You Sha Bu* (10)

Number 2:

Recipe: *Sheng Ji Zhen Zhu San*

Ingredients:

|   |       |
|---|-------|
| <i>Ruxiang</i> (Resina Olibani)                         | 10 g  |
| <i>Moyao</i> (Myrrha)                                   | 10 g  |
| <i>Qiandan</i> (minium)                                 | 10 g  |
| <i>Xuejie</i> (Resina Draconis)                         | 10 g  |
| <i>Ercha</i> (Catechu)                                  | 10 g  |
| <i>Duan Longgu</i> (Os Draconis Usta)                   | 10 g  |
| <i>Luhui</i> (Aloe)                                     | 10 g  |
| <i>Duan Xiangpi</i> (forged elephant skin)              | 10 g  |
| <i>Duan Shijueming</i> (Concha Haliotidis Usta)         | 10 g  |
| <i>Duan Haige</i> (Concha Meretricis seu Cyclinae Usta) | 10 g  |
| <i>Duan Zhenzhu</i> (Margarita Usta)                    | 0.6 g |

*Bingpian* (Borneolum Syntheticum)

0.6 g

*Qingfen* (Calomelas)

3 g

Preparation: Grind the above drugs together into a very fine powder called as *Sheng Ji Zhen Zhu San*. Keep it in a bottle for future use.

Application: Dust a little *Sheng Ji Zhen Zhu San* evenly on the surface of the wound, then cover it with *Sheng Ji Yu Hong Gao You Sha Bu* or *Da Huang You Sha Bu*. Dressing change is to be made once daily.

Notes: With the effects of removing toxins, activating the flow of blood, promoting regeneration of muscles, and healing the wound, *Man Xing Kui Yang Xi Yao*, if applied in the way introduced, is effective in allaying inflammation, eliminating putridity, improving blood circulation, promoting epithelial growth, and speeding the healing of ulcer. After it is applied, a little *Sheng Ji Zhen Zhu San* is administered for the purpose of promoting the regeneration of muscles and healing of the wound; *Sheng Ji Yu Hong Gao You Sha Bu* is used, when there is dark granulation and lingering putridity on the wound, for the purpose of eliminating putridity and promoting regeneration of muscles; *Da Huang You Sha Bu* is used, when there is fresh granulation but purulent secretion, for the purpose of draining pus and promoting regeneration of muscles.

Patients with general symptoms should be given oral medicines at the same time.

In treating cases due to redundant prepuce, circumcision should be performed after the healing of the ulcer and the allaying of the inflammation to prevent its relapse.

### 3.2 Induration of Penis

Induration of penis refers to fibrosis of cavernous body of penis. It is due to fibrous masses produced between tunica albuginea corporum cavernosorum and fascia penis. It didn't have a definite name in TCM, but some symptoms and signs similar to those of this disease were recorded in some literature. Modern physicians of TCM have named it *Yin Jing Tan He*.

#### Etiology and Pathogenesis

The penis, where all the tendons get together and the *Taiyin* Channel and *Yangming* Channel meet, is controlled by the Liver channel of Foot-Jueyin. Both *Qi* and blood stagnated in the Liver channel and phlegm produced in the interior due to dysfunction of the spleen go downwards to the penis, where they accumulate and cause this disease.

#### Clinical Manifestations

This disease is common in middle-aged males and manifested as: A distinctly-bordered, usually fixed, hard-cord-like thing or hard mass is palpable on the dorsum penis. It generally doesn't make any trouble but during an erection it makes the penis painful and bent, even influences sexual life in severe cases. However, it does not disturb urination nor fester. Shadow of calcification or ossification may be seen in

dissolving phlegm to resolve mass, Prescription 1 is suitable for the treatment of the masses with medium hardness and mildly-distending pain. Prescription 2 has the effects of dissolving phlegm to soften hard lumps, and promoting blood circulation to resolve masses. It is adapted to the treatment of the masses which are harder but not painful.

External application of Chinese drugs may overcome the local symptoms and signs of each type of this disease. If oral Chinese drugs are added, the treated masses will be softened, reduced or wiped away.

If both the external and internal therapies with Chinese drugs are ineffective, local injection of steroid, oral intake of vitamin E or operation might be suggested.

### 3.3 Hydrocele

Hydrocele refers to cystitis due to hypersecretion or hypoabsorption of fluid caused by some pathogenic factor in the cavity of tunica vaginalis. Being one of the common disorders of scrotum, it used to be called "hydrocele of tunica vaginalis." TCM names it as *Shui Shan*.

#### Etiology and Pathogenesis

Congenital weakness leads to inadequate functional activity of the kidney-*Qi*, which, in turn, results in retention of fluid in the scrotum. Retention of fluid in the scrotum is responsible for hydrocele in infants and very young children. Damp-heat in the Liver channel or cold-damp due to inadequate functional activity of the kidney-*Qi* goes downwards to the scrotum and accumulates there to cause hydrocele in adults. It may be caused, too, by retention of water in the scrotum due to obstruction of blood stasis in the channels which results from trauma.

#### Clinical Manifestations

The gradually-enlarged, pear-shaped or round, smooth and not painful unilateral scrotum is felt like suffering from a case of elastic cystitis, then felt like a case of tenesmus when it becomes big enough; and then the penis is buried by the surrounding skin when it becomes too big; and the too big scrotum makes urination and sexual intercourse difficult and has itself polluted by urine in the course of passing water; the urine pollution would result in eczema; then the testes and epididymes are impalpable in examination owing to the surrounding hydrops; the testes could be palpable in funicular hydrocele because the cystitis is above them; positive transillumination is seen in both hydrocele and funicular hydrocele.

#### Differentiation and Treatment

##### 1. Type of retention of water due to weak kidney

##### Main Symptoms:

Common in infants and very young children and marked by enlarged scrotum which is neither feverish nor painful; type of cold-dampness due to weak kidney which is common in adults and marked by enlarged, cold and moist scrotum, with



cold-pain of the loins and knees, pale tongue with white coating, and deep thready pulse.

Method of Treatment:

To warm the kidney and dispel dampness.

Prescription 1:

Recipe: *Wu Bei Zi Jia Wei Xi Fang*

Ingredients:

|   |      |
|---|------|
| <i>Wubeizi</i> (Galla Chinensis)        | 10 g |
| <i>Kufan</i> (Alumen Exsiccatum)        | 10 g |
| <i>Xiaohuixiang</i> (Fructus Foeniculi) | 10 g |

Preparation: Boil the above drugs in 500 ml. of water for 30 minutes and filter the drugs for the decoction.

Application: Steep the scrotum in the warm decoction and apply warm compress with a bandage gauze on the affected part. This is to be done for 30 minutes each time, 2-3 times daily. When the decoction is cooled, heat it again. Use 1 dose each day.

Prescription 2:

Recipe: *Duan Long Gu Jia Wei Xi Fang*

Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Duan Longgu</i> (Os Draconis Usta) | 20 g |
| <i>Wubeizi</i> (Galla Chinensis)      | 15 g |
| <i>Rougui</i> (Cortex Cinnamomi)      | 10 g |
| <i>Kufan</i> (Alumen Exsiccatum)      | 15 g |

Preparation: Boil the above drugs in 1,000 ml. of water for 30 minutes and filter the drugs for the decoction, which is collected in a basin.

Application: While the decoction is hot, fumigate the affected part over it for a moment. When the hot, decoction becomes warm, take a hip bath to have the scrotum steeped for 30 minutes. This treatment is to be made daily. The decoction prepared with one dose of the drugs can be used twice. When it is cooled, heat it again.

Notes: With the action of warming the kidney to disperse cold, *Rougui* or *Xiaohuixiang* is administered in order to warm and dispel cold-dampness. With the action of absorbing water and dampness, *Wubeizi*, *Kufan* or *Duan Longgu* is used so as to reduce the quantity of water in the scrotum. They are put together to make up Prescription 1 and 2 with sure effects of warming the kidney, dispelling cold, and absorbing water and dampness.

It is reported that using 10 g of *Wubeizi* and 10 g of *Kufan* in 50 cases, the hydrops vanished in 46 of them. Enlightened by this report, the writer made up a prescription by adding *Xiaohuixiang* to *Wubeizi* and *Kufan* and cured many patients with it. It is also reported that carrying out fumigation and hip bath with the decoction of prescription 2 achieved curative effects with no side effects. This Prescription is a good one for infants and very young children. When it is prescribed for young patients, satisfactory curative effects have also been attained. This has been proved

in clinical practice.

2. Type of damp-heat in the Liver channel

Main Symptoms:

Manifested by damp and hot enlarged scrotum, swelling and pain of the testes and epididymes, yellow urine, yellowish greasy tongue coating, and taut slippery rapid pulse.

Method of Treatment:

To clear heat, absorb dampness, remove blood stasis, and subdue swelling.

Prescription:

Recipe: *Xiao Fan Xi Yao* (14) - No. 14 of the Attached

Prescriptions.

Ingredients:

|                                 |      |
|---------------------------------|------|
| <i>Mangxiao</i> (Natrii Sulfas) | 12 g |
| <i>Pengsha</i> (Borax)          | 10 g |
| <i>Baifan</i> (Alumen)          | 10 g |

Preparation: Grind the drugs together into a fine powder called *Xiao Fan Xi Yao* and keep it in a bottle for future use.

Application: Infuse the powder into 500 ml. of hot boiled water, fumigate and then wash the affected part with it for 30 minutes each time, twice daily. When the water is cooled, heat it again. Use 1 dose a day.

Notes: With the effects of clearing heat, absorbing dampness, dismissing blood stasis, and subduing swelling, *Xiao Fan Xi Yao* takes the advantage of the combination of the drug action and the heat to get localized liquid reduced and absorbed. After washed with it, the scrotum should be rinsed with clear water and wiped clean lest the drug powder left makes one uncomfortable.

3. Type of stagnation of blood stasis

Main Symptoms:

Swollen and painful scrotum and dark-purple skin, purple tongue with white coating, and taut uneven pulse.

Method of Treatment:

To promote blood circulation so as remove blood stasis and subduing swelling to relieve pain.

Prescription:

Recipe: *Huo Xue Zhi Tong San* (31) - No. 31 of the Attached

Prescriptions.

Ingredients:

|  |      |
|--|------|
| <i>Fengxiantougucao</i> (Caulis Impatiensis) | 30 g |
| <i>Chuanlianzi</i> (Fructus Toosendan)       | 15 g |
| <i>Danggui</i> (Radix Angelicae Sinensis)    | 15 g |
| <i>Jianghuang</i> (Rhizoma Curcumae Longae)  | 15 g |
| <i>Haitongpi</i> (Cortex Erythrinae)         | 15 g |
| <i>Weilingxian</i> (Radix Clematidis)        | 15 g |

|  |      |
|--|------|
| <i>Chuanniuxi</i> (Radix Cyathulae)              | 15 g |
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii) | 15 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)        | 15 g |
| <i>Sumu</i> (Lignum Sappan)                      | 15 g |
| <i>Wujiapi</i> (Cortex Acanthopanax)             | 15 g |
| <i>Honghua</i> (Flos Carthami)                   | 15 g |
| <i>Tufuling</i> (Rhizoma Smilacis Glabrae)       | 15 g |
| <i>Chuanjiao</i> (Pericarpium Zanthoxyli)        | 6 g  |
| <i>Ruxiang</i> (Resina Oblibani)                 | 6 g  |

Preparation: Boil all the drugs in water to get 1,000 ml. of their decoction.

Application: While the decoction is hot, fumigate the affected part over it. When the decoction becomes warm, wash the affected part with it. Do these for 30-60 minutes each time, twice daily. Cooled, the decoction is heated again. Use 1 dose a day.

Notes: This treatment works in activating the flow of blood to remove blood stasis and subduing swelling to relieve pain due to the combination of the drugs action and the heat, because they would have the local capillaries dilated and the blood circulation promoted.

The decoction used to wash the scrotum should be kept at 30°C. Too-high temperature will disturb the development of sperm, and too low temperature will hold back the drug action.

In addition when the above external therapies are conducted, corresponding oral Chinese drugs should be given.

When curative effects is not seen after treating a case of super hydrocele or congenital hydrocele for 1 month, operation should be suggested.

### 3.4 Hematocele of Scrotum

Hematocele of scrotum is usually due to direct trauma of the scrotum or due to incomplete hemostasis in an operation of the scrotum.

#### Etiology and Pathogenesis

With blood accumulated in the scrotum due to traumatic injury which damages the blood vessels, incomplete hemostasis during an operation, or injury of the blood vessels due to puncture.

#### Clinical Manifestations

In the early stage: swollen and distending scrotum with dark-purple skin or with ecchymosis on it, and with falling and distending pain; injury of the testes and epididymis due to trauma; positive transillumination; dark-brown blood which could be drawn out when puncture is performed.

In the advanced stage: the hematocele in the shape of a smooth mass which is tough but not painful.

### Differentiation and Treatment

1. In the early stage

Main Symptoms:

Dark-purple enlarged scrotum with falling-distending pain, purplish tongue with white coating, and uneven pulse.

Method of Treatment:

To promote blood circulation and remove blood stasis, to subdue swelling and relieve pain.

Prescription 1:

Recipe: *Huo Xue Hua Yu Gao*

Ingredients:

|  |      |
|--|------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 30 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)  | 30 g |
| <i>Zhizi</i> (Fructus Gardeniae)       | 10 g |
| <i>Zhi Moyao</i> (Myrrha Preparata)    | 10 g |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong) | 10 g |
| <i>Sanqi</i> (Radix Notoginseng)       | 6 g  |

Preparation: Grind the above drugs together into fine powder. A proper amount of it is used each time according to the area of the pathologic change.

Application: Mix 1 portion of the powder with 3 portions of vaseline into an ointment and spread it on a piece of gauze about 0.3 cm thick. Stick the gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made once daily.

Prescription 2:

Recipe: a proven prescription

Ingredients:

|  |                                   |
|--|-----------------------------------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | a proper amount                   |
| <i>Xuejie</i> (Resina Draconis)        | the same amount as <i>Dahuang</i> |

Preparation: Grind the two drugs together into fine powder and mix it with rice vinegar into a thin paste.

Application: Smear the paste on the affected part and keep it moistened with vinegar. Dressing change is to be made daily.

Prescription 3:

Recipe: *Huo Xue Zhi Tong San* (31)

Application: Boil the drugs in water to get 1,000 ml. of decoction. While the decoction is hot, fumigate the affected part over it. When the decoction becomes warm, wash the affected part with it. When the decoction is cooled, heat it again. Carry out this treatment for 30-40 minutes each time, twice a day. Use 1 dose a day.

Notes: Generally speaking, no operation is considered when hematocele of scrotum due to trauma is treated, unless it is complicated by severe bleeding or damage of the testis or epididymis.

Raise the injured scrotum high, use prescription 1 or 2 and bandage it with

moderate pressure. This would attain the purpose of stopping bleeding and removing blood stasis. After 24 hours, use prescription 3 for promoting blood circulation to remove blood stasis and subduing swelling to relieve pain.

Faster improvement and cure of this disease would be achieved by integration of external and internal therapies with Chinese drugs.

## 2. In the advanced stage

### Main Symptoms:

Manifested by smooth, hard and tough mass of the not-painful scrotum with thickened skin, dark-purple tongue with white coating, and deep uneven pulse.

### Method of Treatment:

To remove blood stasis and hard mass.

### Prescription:

Recipe: *Hua Jian Gao*

### Ingredients:

|  |        |
|--|--------|
| <i>Baijiezi</i> (Semen Sinapis Albae)        | 60 g   |
| <i>Gansui</i> (Radix Kansui)                 | 60 g   |
| <i>Dilong</i> (Lumbricus)                    | 60 g   |
| <i>Mahuanggen</i> (Radix Ephedrae)           | 90 g   |
| <i>Weilingxian</i> (Radix Clematidis)        | 90 g   |
| <i>Jixingzi</i> (Semem Impatientis)          | 90 g   |
| <i>Fengxiantougucuo</i> (Caulis Impatientis) | 90 g   |
| <i>Wumei</i> (Fructus Mume)                  | 120 g  |
| <i>Chuanshanjia</i> (Squama Manitis)         | 120 g  |
| <i>Xueyutan</i> (Crisis Carbonisatus)        | 30 g   |
| <i>Badou</i> (Fructus Crotonis)              | 30 g   |
| <i>Quanxie</i> (Scorpio)                     | 30 g   |
| <i>Fangfeng</i> (Radix Ledebouriellae)       | 30 g   |
| <i>Caowu</i> (Radix Aconiti Kusnezoffii)     | 30 g   |
| <i>Xixin</i> (Herba Asari)                   | 9 g    |
| <i>Zinaosha</i> (Sal Ammoniaci)              | 18 g   |
| <i>Xiangyou</i> (Oleum Sesami)               | 2500 g |

Preparation: Decoct the first 15 drugs in the 2,500 g of *Xiangyou* in a pot until they are scorched and then have them removed with the medicated oil left. The pot is heated continually until a drop of the oil dripped into water looks like a pearl. Every 500 g of the oil is evenly mixed first with 240 g of *Qiandan* (minium) and then with the 18 g of *Zinaosha* into a mixture called *Hua Jian Gao*.

Application: Take a proper amount of *Hua Jian Gao* according to the size of the mass, and spread it on a piece of gauze about 0.15 cm thick. Stick it to the affected part. Dressing change is to be made every 5-7 days.

Notes: *Hua Jian Gao* has the effects of promoting blood circulation to remove blood stasis, and dissolving phlegm to resolve hard mass. When it is administered to treat old mass due to stagnation of *Qi* and blood, good curative effects would be

attained. If it is accompanied by giving along with oral Chinese drugs, the curative effects will be higher.

Operation is suggested for cases with the scrotum being pressed by the mass or cases not responsive to drug therapy.

### 3.5 Epididymitis

This disorder often begins after a case of urinary tract infection, and is usually due to invasion of bacteria by way of the posterior urethra, prostata or seminal vesicle. TCM includes it in the category of *Zi Yong* (orchitis and epididymitis).

#### Etiology and Pathogenesis

This disease is due to retention of noxious-damp-heat in the channels. The downwards going of damp-heat in the Liver channel leads to stagnation of *Qi* and blood in the testis, causing this disease. Excessive damp-heat will turn flesh into pus. Or the retaining of *Qi* and blood for a long time will turn the inflammation into a chronic one.

#### Clinical Manifestations

Sudden onset in acute cases; swollen, distending and painful epididymis; the testis enlarged when it is involved; red-swelling and burning-pain of the scrotum with red, swollen and bright skin and with a softened and raised centre in the course of suppuration; the wound tending to gradually heal after the incision or ulceration of the abscess; chills, fever, thirst, deep-colored urine, etc.; enlarged and tender epididymis and testis seen through examination; probable complications of funiculitis and hydrocele; slightly-tender or falling-distending, cold-painful and tough mass or hard node found in the epididymis or testis of chronic cases.

#### Differentiation and Treatment

1. In the acute stage (type of downwards-going of damp-heat)

##### Main Symptoms:

Swollen, painful and tender epididymis, testis or skin of the scrotum; chills, fever, thirst, yellow urine, yellowish greasy tongue coating, and taut slippery rapid pulse.

##### Method of Treatment:

To clear heat, remove toxins, subdue swelling, and relieve pain.

##### Prescription 1:

##### Number 1:

Recipe: *Da Qing Gao* (3)

##### Number 2:

Recipe: *Ru Yi Jin Huang San* (1)

Preparation: Mix 1 portion of either of the above two medicines with 3 portions of vaseline into an ointment.

Application: Spread the ointment on a piece of gauze about 0.3 cm thick. Stick the gauze to the affected part and fix it with a piece of adhesive plaster. Dressing

change is to be made daily.

Prescription 2:

Recipe: *Xiao Jian Ruan Gao*

Ingredients:

|  |       |
|--|-------|
| <i>Furongye</i> (Folium Hibisci)         | 120 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)   | 30 g  |
| <i>Tiannanxing</i> (Rhizoma Arisaematis) | 12 g  |
| <i>Shengma</i> (Rhizoma Cimicifugae)     | 15 g  |

Preparation: Grind the above drugs together into a fine powder and mix it with 70% vaseline into an ointment for use.

Application: Spread a proper amount of the ointment on a piece of gauze about 0.3 cm thick. Stick the gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made daily.

Prescription 3:

Recipe: *Pu Xiao Shi Fu*

Ingredients:

|                                       |        |
|---------------------------------------|--------|
| <i>Puxiao</i> (Natrii Sulfas)         | 50 g   |
| <i>Wenkaishui</i> (warm boiled water) | 50 ml. |

Preparation: Dissolve *Puxiao* in the water for the solution.

Application: Put a six-layer square gauze into water, take it out and twist it until there is no water dripping from it, and spread it evenly on the affected part for 30 minutes. This is to be carried out 3-4 times daily.

Notes: Prescription 1 has the actions of clearing heat, removing toxins, eliminating blood stasis, dispelling dampness, subduing swelling, and relieving pain. It consists of two medicines: *Da Qing Gao* and *Ru Yi Jin Huang San*. The former also has the actions of cooling blood and resolving ecchymosis, and it is indicated for the inflammation involving scrotum with swollen skin. The latter also has the actions of activating the flow of *Qi* and blood, dissolving phlegm and resolving mass. When it is used to treat swollen, hard and painful epididymis, good curative effects would be obtained.

With the effects of clearing heat, relieving pain, softening hard mass, and subduing swelling, prescription 2 is indicated for this disorder with localized red and hard mass and burning pain.

Prescription 3 has the effects of clearing heat, dismissing blood stasis, softening hard mass, and subduing swelling. Its curative effects would be quickly seen when used in treating epididymitis with localized inflammatory edema.

In this stage, oral Chinese drugs with the actions of clearing heat from the liver, inducing diuresis, removing toxins, and subduing swelling should be given, too. In addition, if the case is accompanied by high fever, bacteriuria or pyuria, or prostatitis, broad-spectrum antibiotics may also be given. If there is abscess, routine incision for drainage and corresponding dressing change should be carried out.

Active treatment is needed in this stage so as to prevent infertility. Bed rest is

suggested with the scrotum supported with bandage or a scrotal support.

2. In the chronic stage (type of stagnation of *Qi* and blood)

Main Symptoms:

Tough mass or hard node and mild tenderness in the affected part; tenesmus, distension, cold-pain in the lower abdomen; white tongue coating, and thready taut pulse.

Method of Treatment:

To activate the flow of *Qi* so as to promote blood circulation, to remove blood stasis so as to subdue swelling.

Prescription 1:

Recipe: *Chong He Gao* (7)

Preparation: Put 30 g of the powder of *Chong He Gao* into 300 ml. of boiled water at 30°C and stir it evenly.

Application: Immerse the affected part in the water for 30 minutes each time, twice daily. Heat the water when it is cooled. Use 1 dose a day.

Prescription 2:

Recipe: *Ju Li Xi Fang*

Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Juhe</i> (Semen Citri Reticulatae) | 30 g |
| <i>Lizhihe</i> (Semen Litchi)         | 20 g |

Preparation: Boil the above drugs in water for 30 minutes to get 500 ml. of decoction.

Application: When the decoction is warm, immerse the affected part in it for 30 minutes each time, twice a day. Cooled, the decoction is heated again. Use 1 dose daily.

Notes: Prescription 1 has the effects of activating the flow of *Qi* to promote blood circulation, and removing blood stasis to subdue swelling, while prescription 2, activating the flow of *Qi*, resolving mass, and relieving pain. Therefore, they bring better curative effects when used to treat masses due to stagnation of *Qi* and blood. If oral Chinese drugs with the action of relieving the depressed liver, removing blood stasis, and resolving mass are given also, higher curative effects will result.

Relapse is seldom seen after it is cured.

### 3.6 Tuberculosis of Epididymis

Being one of the common types of tuberculosis of the reproductive system and existing together with tuberculosis of the urinary system, tuberculosis of epididymis is usually due to invasion of *Mycobacterium tuberculosis* into the epididymis by way of the posterior urethra and spermatic duct. TCM names it as *Zi Tan*.

#### Etiology and Pathogenesis

Phlegm, as a pathogen, takes advantage of the channels weakened due to the impairment of the liver and kidney to go downwards into the epididymis, where it



stays and causes this disease. Heat is produced because of long retention of phlegm and pus comes from the flesh spoiled due to excessive heat.

### Clinical Manifestations

Common in the young and middle-aged of 20-35 years old; slow development; a hard node usually appearing at the tail of unilateral epididymis and then diffusing to the whole epididymis and testis; the node with usual tenderness, mild pain or tenesmic-distending pain; such symptoms and signs occurring months or years later as cementation of the node with the skin gradually becomes evident swelling and distension, dark-red skin, and formation of abscess of colde nature; thin pus with necrotic tissue like caseous thing discharged after the ulceration of the abscess; unhealing sinus; no general symptoms usually seen in the early stage; general symptoms such as low fever, night sweat, aching of the loins, etc. maybe occurring in the stages of suppuration and diabrosis; slightly enlarged prostata and hard node found in examination; accelerated blood sedimentation and higher lymphocyte count seen in blood test; red blood cells usually shown in mycroscopy of urine; and positive tuberculin test in most cases.

### Differentiation and Treatment

#### 1. In the early stage

##### Main Symptoms:

Not painful or mildly-distending mass with normal skin and temperature, no remarkable general symptoms in most cases, white tongue coating, and deep thready pulse.

##### Method of Treatment:

To dissolve phlegm, soften hard lump, and resolve mass.

##### Prescription 1:

Recipe: *Xiao He Gao*

##### Ingredients:

|  |           |
|--|-----------|
| <i>Zhi Gansui</i> (Radix Kansui Praeparata)                  | 30 g      |
| <i>Hongdaji</i> (Radix Knoxiae)                              | 60 g      |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)                     | 48 g      |
| <i>Jiang Banxia</i> (Rhizoma Pinelliae prepared with ginger) | 48 g      |
| <i>Baijiezi</i> (Semen Sinapis Albae)                        | 24 g      |
| <i>Mahuang</i> (Herba Ephedrae)                              | 12 g      |
| <i>Mangxiao</i> (Natrii Sulfas)                              | 48 g      |
| <i>Tenghuang</i> (Resina Garciniae)                          | 48 g      |
| <i>Qiandan</i> (minium)                                      | 210-240 g |
| <i>Mayou</i> (Oleum Sesami)                                  | 500 g     |

Preparation: Put the above drugs except *Tenghuang* and *Qiandan* into a pot containing the *Mayou*, boil it until the contents are scorched. Take them out of the pot with the medicated *Mayou* left. Heat the *Mayou* again until "a drop of the oil dripped into water takes the shape of a pearl." At this time, add *Qiandan* to the *Mayou*

and keep stirring it until "a drop of the oil dripped on a piece of glass becomes a bit of paste" and the temperature of the *Mayou* reaches 80°-90°C. Then, mix *Tenghuang* which has been ground into fine powder with the *Mayou* in the pot into a mixture, and then stir the mixture evenly into a paste. Finally, place the paste into cold water and have it steeped for 5 days so as to have the fire-toxin removed.

Application: Take a proper amount of the paste according to the size of the mass, toast it on fire, and spread it on a piece of cloth about 0.1-0.15 cm. Stick this cloth to the affected part, and dressing change is to be made every 5-7 days.

Prescription 2:

Number 1:

Recipe: *Yang He Jie Ning Gao* (8)

Number 2 :

Recipe: *Hei Tui Xiao*

Ingredients:

|  |      |
|--|------|
| <i>Chuanwu</i> (Radix Aconiti)                                 | 15 g |
| <i>Caowu</i> (Radix Aconiti Kusnezoffii)                       | 15 g |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)                       | 15 g |
| <i>Banxia</i> (Rhizoma Pinelliae)                              | 15 g |
| <i>Cishi</i> (Magnetitum)                                      | 15 g |
| <i>Dingxiang</i> (Flos Caryophylli)                            | 15 g |
| <i>Rougui</i> (Cortex Cinnamomi)                               | 15 g |
| <i>Zhi Ruxiang</i> (Resina Olibani Preparata)                  | 15 g |
| <i>Zhi Moyao</i> (Myrrha Preparata)                            | 15 g |
| <i>Zhi Gansong</i> (Radix seu Rhizoma Nardostachyos Preparata) | 9 g  |
| <i>Naosha</i> (Sal Ammoniaci)                                  | 9 g  |
| <i>Bingpian</i> (Borneolum Syntheticum)                        | 6 g  |
| <i>Shexiang</i> (Moschus)                                      | 6 g  |

Preparation: The above drugs are ground together into very fine powder. This powder is called as *Hei Tui Xiao* and kept in a bottle for future use.

Application: Dust a little *Hei Tui Xiao* on a piece of toasted *Yang He Jie Ning Gao*. Then, stick it to the affected part. Dressing change is to be made twice every week.

Prescription 3:

Recipe: *Da Hong Gao*

Ingredients:

|  |      |
|--|------|
| <i>Shihui</i> (lime, which has been parched together with 9 g of <i>Dahuang</i> Radix et Rhizoma Rhei until its color has turned red.) | 30 g |
| <i>Ruxiang</i> (Resina Olibani, with its oil removed)  | 6 g  |
| <i>Qingfen</i> (Calomelas)   | 6 g  |
| <i>Xuejie</i> (Resina Draconis)  | 90 g |
| <i>Zhangnao</i> (Camphora)   | 90 g |
| <i>Xiaoshi</i> (Natrii Sulfas)   | 90 g |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)   | 60 g |

Preparation: Grind the above drugs together into a very fine powder. Take a proper amount of the powder each time and mix it with old rice vinegar into a paste called *Da Hong Gao*.

Application: Spread the paste on a piece of gauze. Stick the gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be carried out every 2-3 days.

Notes: With the effects of dissolving phlegm, softening hard lumps, subduing swelling, and resolving masses, Prescription 1, 2 or 3 can soften, shrivel and eliminate early-stage masses due to accumulation of phlegm. If allergic reactions such as erythema, papular eruption, blister or itch occur after the paste or plaster is applied, take it away and change to other method of treatment.

## 2. In the suppurative stage

### Main Symptoms:

Manifested as: enlarged scrotum, cementation of the mass in the epididymis and testis with the dark-red skin, slightly-burning and tender sensation; probable general symptoms; reddened tongue with little coating, and thready rapid pulse.

### Method of Treatment:

To clear heat, dissolve phlegm, subdue swelling, and drain pus.

### Prescription 1:

Recipe: *Ke Ke Gao*

### Ingredients:

|   |       |
|---|-------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)        | 120 g |
| <i>Jianghuang</i> (Rhizoma Curcumae Longae)   | 90 g  |
| <i>Rougui</i> (Cortex Cinnamomi)              | 90 g  |
| <i>Baijiezi</i> (Semen Sinapis Albae)         | 90 g  |
| <i>Qingdai</i> (Indigo Naturalis)             | 30 g  |
| <i>Zhi Ruxiang</i> (Resina Olibani Preparata) | 10 g  |
| <i>Zhi Moyao</i> (Myrrha Preparata)           | 10 g  |
| <i>Zhangnao</i> (Camphora)                    | 6 g   |

Preparation: Grind the above drugs except *Zhangnao* together into a fine powder and mix it evenly with 70% melted vaseline into a mixture. Cooled, the mixture is mixed evenly with *Zhangnao* into an ointment.

Application: Spread a proper amount of the ointment on a piece of gauze about 0.3 cm thick. Stick the gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made daily.

### Prescription 2:

Recipe: *Ju Du Ba Nong San*

### Ingredients:

|  |      |
|--|------|
| <i>Baizhi</i> (Radix Angelicae Dahuricae)        | 10 g |
| <i>Zhebeimu</i> (Bulbus Fritillariae Thunbergii) | 10 g |
| <i>Tianhuafen</i> (Radix Trichosanthis)          | 10 g |
| <i>Huangqin</i> (Radix Scutellariae)             | 10 g |

|  |      |
|--|------|
| <i>Wugong</i> (Scolopendra)            | 2 g  |
| <i>Zaojiaoci</i> (Spina Gleditsiae)    | 6 g  |
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 10 g |

Preparation: Grind the above drugs together into a fine powder called *Ju Du Ba Nong San*.

Application: Mix 30 g of *Ju Du Ba Nong San* evenly with 60 g of honey into a paste. Spread the paste on a piece of gauze 0.2 cm thick. Stick the gauze to the affected part. Dressing change is to be made daily.

Notes: With the effects of promoting blood circulation to remove blood stasis, dissolving phlegm to resolve masses, and clearing the channels to subdue swelling, *Ke Ke Gao* is indicated for the mass in the epididymis which has cemented with the skin. Cold and warm in nature, it is more effective when used to treat masses in the early stage while long-accumulated phlegm is turning into heat.

*Ju Du Ba Nong San* has the effects of clearing heat, dissolving phlegm, drawing out toxins, and draining pus. It is indicated for dark-red, slightly-burning and tender masses. Not only can it subdue a mass before suppuration but also break a mass after suppuration.

3. In the post-ulcerative stage

Main Symptoms:

With pus as thin as sputum, grey and dark granulation on the surface of the wound, hard-healing sinus, probable general symptoms, whitish tongue coating, and deep thready pulse.

Method of Treatment:

To drain pus, eliminate putridity, promote regeneration of muscles, and heal the opening of wound.

Prescription:

Number 1:

Recipe: *Qian Chui Gao* (5)

Number 2:

Recipe: *Qi San Dan*

Ingredients:

|   |      |
|---|------|
| <i>Shu Shigao</i> (Gypsum Fibrosum Preparata)   | 30 g |
| <i>Hongshengdan</i> (Hydrargyrum Oxydum Rubrum) | 3 g  |

Preparation: Grind the two drugs into a fine powder called *Qi San Dan* and keep it in a bottle for future use.

Application: Insert a strip of gauze coated with vaseline and *Qi San Dan* into the sinus. Then, cover it with *Qian Chui Gao*. Dressing change is to be made daily.

Notes: In this stage, *Qi San Dan* and *Qian Chui Gao* are administered in order to drain pus, eliminate putridity, activate the flow of blood, and subdue swelling. The use of *Wu Wu Dan* must be cautious owing to its stronger corrosive action. The use of other medicines and rules of dressing change are similar to what have been introduced in Section 11 of Chapter 1: lymphoid tuberculosis.

The scrotum should be supported with a cloth band or a scrotum support. Attention should also be paid to general treatment. In the early stage, oral Chinese drugs are used for both "reinforcement and elimination." In the post-ulcerative stage, they are used for strengthening the body resistance to dispel pathogenic factors. And, anti-tuberculotics are given properly. For cases of very painful masses or sinuses of no healing effects after long treatment, operation is suggested.

## 4. Anorectal Disorders

### 4.1 Hemorrhoid

Hemorrhoid refers to venous lumps due to enlarged and varicose submucous venous plexus of the lower end of the rectum or subcutaneous venous plexus of the anal canal. According to its different sites, it falls into the categories of "internal hemorrhoid," "external hemorrhoid" and "mixed hemorrhoid." TCM has stated it early in the book "Nei Jing" that hemorrhoid means bleeding from the anus due to over-intake and disordered display of the tendons and vessels.

#### Etiology and Pathogenesis

Impairment of the spleen and stomach due to irregular diet and over intake of alcohol leads to heat produced in the interior. Or, constipation due to prolonged sitting or squatting or distant walk with heavy loads leads to derangement of *Qi* and blood. The heat or constipation complicated by exogenous wind, dryness, dampness or heat leads to obstruction of the channels and collaterals around the anus and rectum. Later on, the disturbed *Qi* and blood and pathogenic factors going downwards combine to result in this disorder.

#### Clinical Manifestations

##### 1. External hemorrhoid:

Developed due to varicose exterior hemorrhoidal venous plexus, located under the dentate line and at the subcutaneous part of the anal canal and edge, and subdivided into the following kinds:

##### (1) Varicose external hemorrhoid:

A common disorder which brings no suffering to the subject in general; it would be enlarged obviously by difficult defecation, and usually occurs together with internal hemorrhoid.

##### (2) Connective tissue external hemorrhoid:

Also a common disorder, it is actually the proliferous skin tag of the anal edge, and usually brings no evident suffering to the subject in cases of no acute inflammation.

##### (3) Thrombotic external hemorrhoid:

A comparatively common disorder, manifested by lumps of blood stasis, due to phleborrhesis of the subcutaneous veins of anal edge, which painful, in a blue-purple

colour, hard and evidently tender, occurs suddenly and may be automatically absorbed or changed into a hard node several days after its onset.

(4) Inflammatory external hemorrhoid:

Swelling and pain of the plicae of anal edge.

2. Internal hemorrhoid:

Located above the dentate line and beneath the mucosa where there is varicose venous plexus, with its course being divided into 3 stages:

(1) In the first stage:

Small hemorrhoid which does not relapse out of the anus, blood or blood drops maybe seen in the course of defecation.

(2) In the second stage:

Enlarged hemorrhoid which relapses out of the anus in the course of defecation and shrinks back after defecation, and with severe or mild hematochezia.

(3) In the third stage:

Large hemorrhoid which relapses out of the anus in the course of defecation and can not shrink back automatically after defecation, with mild or no hematochezia.

3. Mixed hemorrhoid:

Developed due to varicose external and internal hemorrhoidal venous plexuses, located above and under the dentate line and beneath the mucosa and skin, and marked by the features of both external and internal hemorrhoids.

**Differentiation and Treatment**

1. Type of stagnation of *Qi* and blood (external hemorrhoid)

Main Symptoms:

Enlarged hemorrhoid as hard as a bead which has a blue-purple surface, with a burning sensation and falling pain; with possible symptoms and signs such as thirst, constipation, deep-colored urine, blue-purple tongue with white and yellow coating, and taut or taut rapid pulse.

Method of Treatment:

To promote blood circulation, remove blood stasis, clear heat, dry dampness, expel wind, and arrest pain.

Prescription 1:

Recipe: *Fu Fang Jing Jie Xi Yao*

Ingredients:

|   |      |
|---|------|
| <i>Jingjie</i> (Herba Schizonepetae)            | 15 g |
| <i>Fangfeng</i> (Radix Saposhinkoviae)          | 15 g |
| <i>Weilingcai</i> (Herba Potentillae Chinensis) | 15 g |
| <i>Machixian</i> (Herba Portulacae)             | 15 g |
| <i>Sumu</i> (Lignum Sappan)                     | 15 g |
| <i>Chuanwu</i> (Radix Aconiti)                  | 10 g |
| <i>Caowu</i> (Radix Aconiti Kusnezoffii)        | 10 g |
| <i>Gancao</i> (Radix Glycyrrhizae)              | 10 g |
| <i>Jinyinhua</i> (Flos Lonicerae)               | 12 g |

|   |      |
|---|------|
| <i>Lianqiao</i> (Fructus Forsythiae)        | 12 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 12 g |

Preparation: Boil the above drugs in water in an enamel basin to get 1,500 ml. of decoction.

Application: While the decoction is hot, fumigate the affected part over it until it no longer scalds the skin, then take a hip bath in it. This treatment is to be carried out for 30-60 minutes, 1-2 times a day. When the decoction is cooled, heat it again. 1 dose is to be used in 2 days. Then boil the drugs again for a new dose of decoction.

Prescription 2:

Recipe: *Que Du Tang*

Ingredients:

|   |      |
|---|------|
| <i>Wasong</i> (Herba Orostachyos)             | 15 g |
| <i>Machixian</i> (Herba Portulacae)           | 15 g |
| <i>Gancao</i> (Radix Glycyrrhizae)            | 15 g |
| <i>Haige</i> (Concha Meretricis sew Cyclinae) | 10 g |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)       | 10 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)         | 10 g |
| <i>Fangfeng</i> (Radix Ledebouriellae)        | 10 g |
| <i>Congbai</i> (Caulis Allii Fistulosi)       | 10 g |
| <i>Zhiqiao</i> (Fructus Aurantii)             | 10 g |
| <i>Cebaiye</i> (Cacumen Platycladi)           | 10 g |
| <i>Puxiao</i> (Natrii Sulfas)                 | 30 g |

Preparation: The same as that of Prescription 1.

Application: The same as that of Prescription 1.

Notes: The method of fumigation and hip bath with hot and warm decoction of Chinese drugs is one of the important traditional therapies of TCM.

Prescription 1 and 2 have the effects of promoting blood circulation, eliminating blood stasis, clearing heat, removing toxins, subduing swelling, and arresting pain. When they are prescribed to treat external hemorrhoid with inflammation, swelling and pain or internal hemorrhoid with incarceration, remarkable curative effects will be attained. If they are used in combination with oral Chinese drugs, the curative effects will be even better.

The patients are asked to take bed rest, avoid pungent food, and eat plenty of vegetables to keep their bowel movements free.

In treating cases of repeatedly recurrent external hemorrhoid, operation will be suggested.

2. Type of accumulation of noxious-dampness (herniation of internal hemorrhoid with polyinfection)

Main Symptoms:

Prolapse and incarceration of internal hemorrhoid with swelling, distension, falling-pain, dark surface, erosion, and exudate; probable constipation, deep-colored urine, yellow greasy tongue coating, and taut slippery rapid pulse.

Method of Treatment:

To remove toxins, dispel dampness, eliminate blood stasis, and subdue swelling.

Prescription 1:

Number 1:

Recipe: *Fu Fang Jing Jie Xi Yao*

Number 2:

Recipe: *Que Du Tang*

Preparation: The same as what is introduced in "type of stagnation of *Qi* and blood" of this disorder.

Application: Same as above.

Prescription 2:

Recipe: *Fu Fang Ma Chi Xian Xi Ji*

Ingredients:

|   |      |
|---|------|
| <i>Machixian</i> (Herba Portulacae)         | 30 g |
| <i>Puxiao</i> (Natrii Sulfas)               | 30 g |
| <i>Huangbai</i> (Cortex Phellodendri)       | 15 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 15 g |

Preparation: Boil the above drugs in water in an enamel basin to obtain about 1,500 ml. of decoction.

Application: While the decoction is hot, fumigate the affected part over it. Until the decoction becomes warm, take a hip bath in it. When the decoction is cooled, heat it again. The fumigation and hip bath are carried out for 30-60 minutes each time, twice a day. Boil 1 dose twice for a day's treatment.

Prescription 3:

Recipe: *Si Huang Gao*

Ingredients:

|  |      |
|--|------|
| <i>Huanglian</i> (Rhizoma Coptidis)    | 15 g |
| <i>Huangqin</i> (Radix Scutellariae)   | 15 g |
| <i>Huangbai</i> (Cortex Phellodendri)  | 15 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 15 g |

Preparation: Grind the above drugs together into a very fine powder. Sift it with a No. 8 sieve and mix it with vaseline into a 20% ointment.

Application: Spread a proper amount of the ointment on a piece of gauze. Stick the gauze to the affected part and fix it with bandage. Dressing change is to be made daily.

Notes: Ask the patient to take bed rest and avoid constipation. After *Fu Fang Jing Jie Xi Yao*, *Que Du Tang* or *Ma Chi Xian Xi Ji* is used, the affected part is wiped and covered with *Si Huang Gao*. By doing so, the actions of both the heat therapy and drugs are utilized so that the channels and collaterals would be cleared, the flow of *Qi* and blood freed, the toxins removed, the pathogenic damp dispelled, the blood stasis eliminated, and the swelling subdued.

Oral Chinese drugs should be given to the cases with general symptoms.



Different operations should be considered according to different conditions for cases which do not respond well to drug therapy.

3. Type of blood vessels injured by pathogenic heat (internal hemorrhoid with bleeding)

Main Symptoms:

With dry stools or constipation, blood drops or blood flow in the course of defecation, or prolapse of hemorrhoid, yellow tongue coating, and taut pulse.

Method of Treatment:

To astringe in order to arrest bleeding.

Prescription 1:

Recipe: *Ming Fan Ye*

Ingredient: *Baifan* (Alumen) a proper amount

Preparation: Mix *Baifan* with cold boiled water into a 0.5-3% solution.

Application: Carry out a retention-enema with 100-200 ml. of the solution for over 30 minutes each time, once daily or twice daily when needed.

Prescription 2:

Recipe: *Zhi Chuang Shuan*

Ingredients:

*Diyutan Fen* (Radix Sanguisorbae Carbonisatus in the form of powder) 20 g

*Huangbai Fen* (Cortex Phellodendri in form of powder) 10 g

*Cimoshizisuanbi* (bismuth subgallate) 10 g

*Xianhecaosu Pian* (tablet of agrimonine) 6 g

*Dikayin* (dicaine) 0.7 g

*Bingpian* (Borneolum Syntheticum) 0.7 g

*Shuanjijizhi* (matrix of suppository) 100 g

Preparation: 70 pieces of suppository are made from the above drugs.

Application: Put 1 piece into the anus daily.

Prescription 3:

Recipe: *Zhi Xue San*

Ingredients:

*Xuejie* (Resina Draconis) 15 g

*Ercha* (Catechu) 10 g

*Zhi Ruxiang* (Resina Olibani Preparata) 10 g

*Zhi Moyao* (Myrrha Preparata) 10 g

*Bingpian* (Borneolum Syntheticum) 0.3 g

*Zhenzhu* (Margarita) 0.6 g

*Zhi Xiangpi* (prepared elephant's skin) 4.5 g

Preparation: Grind the above drugs together into a very fine powder called *Zhi Xue San*.

Application: A piece of gauze prepared with vaseline is made into a roll. Dip the roll into *Zhi Xue San* to coat it with 3-6 g of the powder, and stuff it into the anus. The treatment is to be repeated daily or every other day.

Notes: *Ming Fan Ye* has the effects of clearing heat to remove toxins, and astringing to stop bleeding. When it is administered to treat bleeding due to internal hemorrhoid or secondary bleeding following hemorrhoidal operation, satisfactory curative effects may be obtained. After each time of retention-enema with *Ming Fan Ye*, the patient is to be advised to take quiet bed rest and retard defecation so as to let the drug solution stay as long as possible.

With the effects of removing heat from the blood, stopping bleeding, clearing heat, and arresting pain, *Zhi Chuang Shuan* may be applied to treat bleeding due to internal hemorrhoid, swelling and pain following ligation of internal hemorrhoid, and inflammation of rectum.

*Zhi Xue San* can stop bleeding, heal wound, subdue swelling, and arrest pain. It is effective when used to treat bleeding due to internal hemorrhoid and postoperative oozing of blood from the surface of wound.

At the same time when hemostatics for external use are applied, other hemostatics for internal use such as vitamin K, adranosem salicylate, *San Qi Fen* [powder of *Sanqi* (*Radix Notoginseng*)], or decoction of Chinese drugs should be also considered.

If the above treatments fail to stop bleeding, a sclerosing agent may be injected from beneath the mucosa over the bleeding area to make the hemorrhoid sclerosed and shrivelled and stop the bleeding.

In cases with considerable large quantity of bleeding, ligating and suturing the hemorrhagic spot are necessary to stop it.

4. Type of sinking weakened *Qi* (internal hemorrhoid of the 3rd stage seen in patients with general debility due to prolonged illness)

Main Symptoms:

With laxation of anus, relapsed internal hemorrhoid which does not voluntarily shrink back, dizziness, shortness of breath, pale tongue with white coating, and thready weak pulse.

Method of Treatment:

To invigorate and lift *Qi* and induce astringency.

Prescription 1:

Recipe: *Wu Bei Zi Xi Fang*

Ingredients:

|  |      |
|--|------|
| <i>Wubeizi</i> ( <i>Galla Chinensis</i> )      | 30 g |
| <i>Baifan</i> ( <i>Alumen</i> )                | 15 g |
| <i>Shengma</i> ( <i>Rhizoma Cimicifugae</i> )  | 15 g |
| <i>Huangqi</i> ( <i>Radix Astragali</i> )      | 15 g |
| <i>Shiliupi</i> ( <i>Pericarpium Granati</i> ) | 15 g |
| <i>Zhiqiao</i> ( <i>Fructus Aurantii</i> )     | 15 g |

Preparation: Boil the above drugs in water in an enamel basin for 20 minutes to obtain about 1,500 ml. of decoction.

Application: While the decoction is hot, fumigate the affected part over it until the decoction becomes warm, take a hip bath in it. The fumigation and hip bath are

carried out for 30 minutes, during which the decoction, if cooled, is heated. Then, wipe clean the affected part and take a deep breath to make the anus contract. Following that, support the hemorrhoid with gauze and gently push it into the anus. The process is to be repeated twice daily.

**Prescription 2:**

Recipe: *Wu Bei Zi San*

Ingredients:

*Wubeizi* (*Galla Chinensis*)

one

*Cheqiancao* (*Herba Plantaginis*)

a proper amount

**Preparation:** Dig a hole on the *Wubeizi*, break up the *Cheqiancao* into pieces, put the *Cheqiancao* pieces into the *Wubeizi* through the hole, stuff the hole with a paper plug, wrap the *Wubeizi* with a piece of damp paper and toast it, tear down the wrapping paper when it is cooled and grind it into a fine powder called *Wu Bei Zi San*.

**Application:** Dust a little powder of *Wu Bei Zi San* evenly on the relapsed hemorrhoid. Then support the hemorrhoid with some gauze or tissues and push it gently into the anus. This is to be carried out 1-2 times daily.

**Notes:** Prescription 1 has the effects of invigorating and lifting *Qi*, and inducing astringency, and Prescription 2, the effect of inducing astringency. Generally, Prescription 1 is used first, then Prescription 2, and do the inhaling and lifting anus exercise. By doing so, the symptom of the relapse of internal hemorrhoid would be remarkably subsided.

Pushing a hemorrhoid into the anus is to be carried out step by step as follows: Keep pressing one side of the hemorrhoid until it is shrivelled a little, press the center of the hemorrhoid until it is shrivelled, press the hemorrhoid a little harder and push it into the anus, and, finally, fix the retreated hemorrhoid with gauze, adhesive plaster and the T-bandage.

If oral Chinese drugs are also given, the curative effects will be better.

Serious hemorrhoid or hemorrhoid which does not respond to drugs for external use should be operated on.

## 4.2 Perianorectal Abscess

Perianorectal abscess is an acute pyogenic disorder due to infection of perianorectal space. It is included in the categories of *Zang Du*, *Pan Gang Yong*, *Xuan Yong* and *Guan Dou Zu* in TCM.

### Etiology and Pathogenesis

Any of the following causes may spoil the perianorectal blood and flesh and lead to this disorder:

1. Heat produced in the interior due to over-intake of fatty and pungent food and alcohol goes downward to the large intestine and accumulates in the anus.
2. Toxins infected due to injury of the anus goes into the muscles under the skin.

3. Damp-heat due to deficiency of both the lung and spleen goes downwards and blocks the channels and collaterals, leading to stagnation of *Qi* and blood.

### **Clinical Manifestations**

#### **1. Symptoms and Signs**

Perianorectal abscess is marked by perianal swelling and pain which are accompanied by general symptoms of different degree. Hard to subside, it might be turned into an anal fistula after its ulceration. In general, this disorder falls into 2 categories: cases of deficiency syndrome and excess syndrome.

##### **(1) Excess Syndrome (acute abscess):**

With severe symptoms and signs, fast development, localized red-swelling and burning-pain in the early stage; yellow thick and foul pus seen after ulceration; with general discomfort, alternate chills and fever, constipation, yellow greasy tongue coating, and taut slippery rapid pulse.

##### **(2) Deficiency Syndrome (tuberculous abscess):**

With mild symptoms and signs, slow development, no evident localized red-swelling and burning-pain in the early stage; slower suppurating, thin pus perhaps with corrupted cotton-like thing seen after ulceration; with lassitude, low fever, night sweat, thin greasy tongue coating, and taut thready or soft slow pulse.

#### **2. Examination**

##### **(1) Subcutaneous abscess by the anus:**

Localized small perianal subcutaneous abscess.

##### **(2) Ischiorectal abscess:**

Large and deep abscess at one or two sides of the anus, with evident general symptoms, fullness of the affected side with remarkable tenderness and a sensation of wave motion found in digital examination of the anus.

##### **(3) Abscess of pelvirectal space:**

No evident local symptoms and signs due to its deep location, mere tenesmus of rectum felt sometimes, with remarkable general symptoms, projection and tenderness and a sensation of wave motion found in digital examination of the rectum walls.

##### **(4) Abscess of retrorectal space:**

The symptoms are the same as those of abscess of pelvirectal space in addition to the ones such as projection, tenderness and a sensation of wave motion found only in digital examination of the posterior rectum.

### **Differentiation and Treatment**

#### **1. In the early stage**

##### **Main Symptoms:**

Red-swelling and burning-pain found in excess syndrome, not red but slightly-burning diffuse swelling with mild pain found in deficiency syndrome, with probable general symptoms of different degree.

##### **Method of Treatment:**

To clear heat, remove toxins, eliminate blood stasis, and subdue swelling for excess syndrome; to activate the flow of *Qi*, promote blood circulation, eliminate blood

stasis, and subdue swelling for deficiency syndrome.

Prescription 1:

Recipe: *Fu Fang Fu Rong Gao*

Ingredients:

|  |       |
|--|-------|
| <i>Furongye</i> (Folium Hibisci)       | 250 g |
| <i>Zelan</i> (Herba Lycopi)            | 250 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 250 g |
| <i>Huangbai</i> (Cortex Phellodendri)  | 250 g |
| <i>Huanglian</i> (Rhizoma Coptidis)    | 250 g |
| <i>Huangqin</i> (Radix Scutellariae)   | 250 g |

Preparation: Grind the above drugs together into a fine powder and mix it with 30% vaseline into an ointment.

Application: Take a proper amount of the ointment according to the area of swelling and pain, and spread it on a piece of gauze about 0.3 cm thick. Stick this gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made daily.

Prescription 2:

Recipe: *Jie Du Xi Yao* (9)

Preparation: Boil the drugs of *Jie Du Xi Yao* in water in an enamel basin for 20 minutes and filter them to get about 1,500 ml. of decoction.

Application: While the decoction is hot, fumigate the affected part over it until it no longer scalds the skin, take a hip bath in it. When it is cooled, heat it again. The fumigation and hip bath are carried out for 30 minutes each time, 1-2 times a day. Use 1 dose of the drugs for 1 day's treatment.

Prescription 3:

Recipe: *Chong He Gao* (7)

Preparation: Take a proper amount of the powder of *Chong He Gao* according to the need, mix it with the juice of green Chinese onion or yellow millet wine into a paste.

Application: Smear the affected part with the paste and moisten it when it is going to dry so as to maintain its action. Remove the dried paste from the affected part, and apply another fresh one the next day.

Notes: Fit for excess syndrome, Prescription 1 and 2 have the effects of clearing heat, removing toxins, eliminating blood stasis, and subduing swelling. In general, fumigation and hip bath carried out with drugs of Prescription 2 is followed by persistent application of the ointment of Prescription 1. By so doing, the action of the drugs of the 2 prescriptions will get straight to the affected part through the skin and be fully exerted.

Fit for deficiency syndrome, Prescription 3 has the effects of activating the flow of *Qi* and blood, promoting blood circulation, eliminating blood stasis, and subduing swelling.

In this stage, more cases are severe. Therefore, oral Chinese drugs, antibiotics or

antituberculotics should be also given.

If the above treatments do not work and the inflammation has not been absorbed or driven away but has been suppurated, timely incision for drainage of pus should be undertaken.

## 2. In the postulcerative stage

### Main Symptoms:

With thick foul pus and gradually disappearing general symptoms in excess syndrome; with thin pus which might be mixed with corrupted cotton-like thing in deficiency syndrome; and with probable listlessness, anorexia, sallow complexion, or tidal fever after noon, night sweat, etc.

### Method of Treatment:

To drain pus, eliminate putridity, promote regeneration of muscles, and heal wound.

#### Prescription 1:

Recipe: *Jiu Yi Dan* (12)

#### Prescription 2:

Recipe: *Sheng Ji San* (13)

#### Prescription 3:

Recipe: *Sheng Ji Yu Hong Gao You Sha Bu* (11)

#### Prescription 4:

#### Ingredients:

*Huajiao* (Pericarpium Zanthoxyli) 10 g

*Aiye* (Folium Artemisiae Argyi) 10 g

Application: Wrap *Huajiao* and *Aiye* of Prescription 4 in a piece of gauze, soak it in boiled water for 5 minutes, and take it out with the medicated water left. Take a hip bath in the water after defecation. Dip a strip of gauze prepared with vaseline into *Jiu Yi Dan* to coat a little of it on and stuff it into the vomica for drainage after the affected part is wiped clean. When the wound is clean and has some reddish granulations, a strip of *Sheng Ji Yu Hong Gao You Sha Bu* coated with a little *Sheng Ji San* is used instead. The above is to be carried out repeatedly until the disorder is completely healed.

Notes: The above treatments will bring complete healing to a part of the cases. However, anal fistula is easy to occur owing to factors such as invasion of feces into the inside opening, the small thin winding passage and the inadequate drainage. Hence, incision of perianal abscess or incision and ligation with medicated silk is usually suggested to avoid the occurrence of anal fistula.

When external treatment is applied, oral Chinese drugs, antibiotics or antituberculotics should also be given.

## 4.3 Anal Fissure

Anal fissure refers to fusiform ulcer due to total fissure of the skin of anal canal.

Common in the young and the middle-aged groups and with periodic pain as the main symptom, it usually occurs in the posterior or anterior of the anus. TCM includes it in the categories of *Mai Zhi*, *Gou Chang Zhi* and *Lie Gang Zhi*.

### **Etiology and Pathogenesis**

Dry intestines due to accumulated heat or scanty fluid due to *Yin* deficiency would cause constipation and difficulty in defecation, and that in turn would lead to fissure of the anal skin. The broken skin would then be infected by toxins, resulting in this disorder. In addition, there are other factors as follows: injury of the skin of anal canal due to dry feces, anal subcutaneous infection, sphincterismus, etc.

### **Clinical Manifestations**

#### **1. Symptoms and Signs**

Anal fissure is mainly marked by periodic pain, hematochezia and constipation.

##### **(1) Periodic pain:**

Cutting pain appearing in defecating, relieved for a moment after defecation, coming back again, and keeping on perhaps for several hours.

##### **(2) Hematochezia:**

Dripping of a small amount of bright-red blood, feces with blood attached or tissues dyed red with blood seen in the course of defecation.

##### **(3) Constipation:**

Constipation; times of defecation reduced due to fear of the pain during defecation, which worsens the constipation and turns it into habitual; the greater the fear, the worse the constipation, and vice versa.

#### **2. Stages**

##### **(1) Stage 1:**

With a short course, a superficial split which usually takes the shape of "I" or "◇," and the wound which is bright-red in colour and has a regular and soft edge.

##### **(2) Stage 2:**

With a longer course, a fusiform shaped deep wound which is light red or greyish white in colour and has an irregular border which turns hard like the edge of a jar.

##### **(3) Stage 3:**

In addition to symptoms of the above two stages, there are zone of comb membrane, sentinel pile, or hypertrophy of anal papilla and anal sinusitis.

### **Differentiation and Treatment**

#### **1. Early anal fissure**

##### **Main Symptoms:**

A fresh, superficial wound with regular and elastic border, constipation, pain of the anus, and hematochezia.

##### **Method of Treatment:**

To remove toxins, arrest pain, activate the flow of blood, promote regeneration of muscles, stop bleeding, and heal wound.

##### **Prescription 1:**

Number 1:

Recipe: *Fu Fang Jing Jie Xi Yao*

For the ingredients, preparation and application please see 4. 1 (section 1 of chapter 4), hemorrhoid.

Number 2:

Recipe: *Que Du Tang*

For the ingredients, preparation and application please see 4.1 (section 1 of chapter 4), hemorrhoid.

Prescription 2:

Recipe: *Sheng Ji Gao*

Ingredients:

|  |                 |
|--|-----------------|
| <i>Bingpian</i> (Borneolum Syntheticum)      | 6 g             |
| <i>Duan Longgu</i> (Os Draconis Usta)        | 6 g             |
| <i>Zhusha</i> (Cinnabaris)                   | 7.5 g           |
| <i>Duan Luganshi</i> (Radix Echinopsis Usta) | 64 g            |
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta)    | 143 g           |
| <i>Fanshilin</i> (vaseline)                  | 240 g           |
| <i>Mayou</i> (Oleum Sesami)                  | a proper amount |

Preparation: Grind the first 5 drugs together into a very fine powder, mix it with vaseline and stir it fully, then mix it with a proper amount of *Mayou* into an ointment called *Sheng Ji Gao*. Keep it in a jar for future use.

Application: Coat the affected part with the ointment by a cotton stick, cover it with gauze and fix it with a piece of adhesive plaster. Dressing change is to be made 1-2 times daily.

Prescription 3:

Recipe: *Jiu Hua Gao*

Ingredients:

|   |       |
|---|-------|
| <i>Huashi</i> (Talcum)                            | 600 g |
| <i>Pengsha</i> (Borax)                            | 90 g  |
| <i>Longgu</i> (Os Draconis)                       | 120 g |
| <i>Chuanbeimu</i> (Bulbus Fritillariae Cirrhosae) | 18 g  |
| <i>Bingpian</i> (Borneolum Syntheticum)           | 18 g  |
| <i>Zhusha</i> (Cinnabaris)                        | 18 g  |

Preparation: Grind the above drugs together into a very fine powder and mix it with melted vaseline into a 20% ointment, to which a proper amount of sesame oil may be added in winter.

Application: Coat the affected part with the ointment by a cotton stick, cover it with gauze and fix it with a piece of adhesive plaster. Dressing change is to be made 1-2 times daily.

Notes: After a bowel movement, fumigate the affected part over and take a hip bath in the decoction prepared with the drugs of prescription 1 for 30 minutes to achieve the effects of promoting blood circulation to eliminate blood stasis, clearing



heat to remove toxins, and subduing swelling to arrest pain. Then, wipe the affected part clean and smear *Sheng Ji Gao* or *Jiu Hua Gao* on it, for the purpose of subduing swelling to arrest pain, and promoting muscle-growing to heal the wound.

Oral Chinese drugs with the action of moistening the intestines to relieve constipation should also be given. Only when constipation is relieved, could external therapy work and ideal curative effects be achieved.

## 2. Old anal fissure

### Main Symptoms:

Manifested by grey fusiform wound and proliferation of fibrous tissue found on its edge and base; constipation, pain and hematochezia of the anus, probable sentinel pile or hypertrophy of anal papilla and anal sinusitis.

### Method of Treatment:

To eliminate putridity and promote regeneration of muscles.

### Prescription 1:

#### Number 1:

Recipe: *Qi San Dan*

#### Ingredients:

*Shu Shigao* (Gypsum Fibrosum Preparata) 7 g

*Hongshengdan* (Hydrargyrum Oxydum Rubrum) 3 g

Preparation: Grind the above drugs together into a fine powder called *Qi San Dan* and keep it in a bottle for future use.

### Prescription 2:

Recipe: *Da Huang You Sha Bu* (10)

### Prescription 3:

Recipe: *Sheng Ji San* (13)

### Prescription 4:

Recipe: *Sheng Ji Yu Hong Gao You Sha Bu* (11)

Application: Wrap 10 g of *Huajiao* (Pericarpium Zanthoxyli) and 10 g of *Aiye* (Folium Artemisiae Argyi) in a bandage gauze, soak it in 1,000 ml. of boiling water for 5 minutes and then remove it with the medicated water left. Take a hip bath in the water until it is cooled. Wipe the affected part dry and dust a little *Qi San Dan* on the wound. Cover it with *Da Huang You Sha Bu* and a bandage gauze, and then fix it with a piece of adhesive plaster. When the surface of the wound becomes fresh, dressing change is made with *Sheng Ji San* and *Sheng Ji Yu Hong Gao You Sha Bu* instead until it is completely healed.

Notes: Taking a hip bath in the medicated water is for the purpose of promoting blood circulation, relieving inflammation, and arresting pain; dressing change with *Qi San Dan* and *Da Huang You Sha Bu* for the purpose of draining pus and eliminating putridity, then with *Sheng Ji San* and *Sheng Ji Yu Hong Gao You Sha Bu* for the purpose of speeding the healing of the wound.

Oral Chinese drugs with the action of moistening the intestines to induce defecation should be given to keep free movements of bowels. Habitual constipation should

Number 1:  
 Recipe: *Fu Fa* For the internal and external use of the affected rectum.  
 For the internal use of the rectum.  
 Number 2:  
 Recipe: *Fu Fa* For the internal and external use of the affected rectum.  
 For the internal use of the rectum.  
 Number 3:  
 Recipe: *Fu Fa* For the internal and external use of the affected rectum.  
 For the internal use of the rectum.  
 Number 4:  
 Recipe: *Fu Fa* For the internal and external use of the affected rectum.  
 For the internal use of the rectum.

ugs.

It brings good curative effects to anal fissure of stage 1 to that of stage 3. Anal fissure of stage 3 operation.

mucosa, rectum and part of the sigmoid colon of the anus is called proctoptoma. It is common in the category of *Tuo Gang* in TCM.

Due to deficiency of *Qi* and blood leads to failure to be fixed in its place, and its relapse follows.

Relapse of *Qi* of the middle-*Jiao* may be caused by the following factors: weak *Qi* and blood in infants, insufficient *Qi* of the middle-*Jiao* due to weakened *Qi* and blood in the aged, prolonged diarrhea, protracted dysentery, chronic cough, and habitual constipation.

### Clinical Manifestations

#### 1. Symptoms and Signs

A slow onset and absence of evident general symptoms; the rectal mucosa relapsing out of the anus during defecation but coming back automatically after defecation, which is seen in the early stage; the total rectum relapsing automatically again and again but coming back always when supported by hyperemia and edema and erosion of the rectal mucosa due to the protracted and repeated relapse, perianal pruritus due to the perianal skin irritated by the bloody mucus flowing out of the anus, all of which are seen in the middle stage; sense of unfinished or obstructed defecation due to every layer of the rectum dislocated and the rectum and part of the sigmoid colon relapsing out of the anus, falling pain of the lower abdomen in severe cases, the relapse even caused by cough or walking and sometimes hard to correct, and dry, inflammatory, erosive and bleeding rectal mucosa which is often exposed to the open, all of which occur in the advanced stage.

#### 2. Degree

##### (1) Degree I:

Nearly bloodless relapse of the rectal mucosa which is about 3-5 cm long, pale red in color, soft and inelastic; the relapse induced by defecation which could be corrected automatically after defecation.

##### (2) Degree II:

Relapse of total rectum conical in shape, 5-10 cm long, comparatively thick, elastic and pale red in colour, on the surface of which are ring-like and neatly arranged mucosal folds; the relapse maybe stuffed back by hand after defecation; and usually accompanied by laxation of rectum.

##### (3) Degree III:

Relapse of the rectum and part of sigmoid colon, which is over 10 cm long, cylindrical in shape and very thick; relax and weakness of sphincter of anus.

### Differentiation and Treatment

#### Main Symptoms:

Relapse of the anus during defecation which could even be caused by coughing, long time standing or distant walking; the relapsed anus which could be reduced automatically in some cases or not in other cases; swelling, erosion and bloody mucus sometimes found on the surface of the relapsed anus; accompanied by falling distension of the anus, dizziness and lassitude.

#### Method of Treatment:

To invigorate *Qi* in order to overcome the sinking of *Qi* of the middle-*Jiao*, astringe in order to correct relapse.

#### Prescription 1:

Recipe: *Wu Bei Zi Xi Fang*

#### Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Wubeizi</i> (Galla Chinensis)      | 30 g |
| <i>Baifan</i> (Alumen)                | 15 g |
| <i>Shengma</i> (Rhizoma Cimicifugar)  | 15 g |
| <i>Huangqi</i> (Radix Astragali)      | 15 g |
| <i>Shiliupi</i> (Pericarpium Granati) | 15 g |
| <i>Zhiqiao</i> (Fructus Aurantii)     | 15 g |

Preparation: Boil the above drugs in water in an enamel basin for 20 minutes to get about 1,500 ml. of decoction.

Application: While the decoction is hot, fumigate the affected part over it until the decoction becomes warm, take hip bath in it. The fumigation and hip bath are conducted for 30 minutes, during which the decoction, when cooled, is heated. Then, the affected part is wiped, the patient is asked to take a strong breath and lift his/her anus.

#### Prescription 2:

Recipe: *Tuo Gang Gao*

#### Ingredients:

|   |       |
|---|-------|
| <i>Chantui</i> (Periostracum Cicadae)   | 15 g  |
| <i>Duan Longgu</i> (Os Draconis Usta)   | 30 g  |
| <i>Shetui</i> (Periostracum Serpentis)  | 10 g  |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.5 g |

Preparation: Bake *Chantui* and *Shetui* dry on a tile, grind them together with *Duan Longgu* and *Bingpian* into a very fine powder and mix it with 100 g of vaseline into an ointment called *Tuo Gang Gao* and keep it for future use.

Application: Wash the affected part clean with salt water and wipe it. Spread the ointment evenly around the rectum about 0.1 cm thick. Then support the relapsed rectum with a bandage gauze prepared with vaseline and push it gently into the anus. Cover the anus with a sterier gauze and fix it first with a piece of adhesive plaster

then with a T-bandage. The above treatment is to be carried out 1-2 times daily.

Prescription 3 (a proven prescription):

Ingredients:

|   |       |
|---|-------|
| <i>Bietou</i> (the head of a tortoise)  | one   |
| <i>Chantui</i> (Periostracum Cicadae)   | 3 g   |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.3 g |
| <i>Wubeizi</i> (Galla Chinensis)        | 3 g   |

Preparation: Grind the above drugs together into a fine powder and mix it with sesame oil into a paste.

Application: Smear the paste evenly on the relapsed rectum. A piece of brick is burnt up to 30°C and wrap it in a piece of cloth. Carry out a hot compress with the wrapped brick on the relapsed rectum for 30 minutes. Finally, push the rectum gently into the anus. The above treatment is to be carried out 1-2 times daily.

Notes: With the effects of invigoration *Qi* to overcome the sinking of *Qi* of the middle-*Jiao* and as an astringent to correct relapse, Prescription 1 is used to treat proctoptoma of degree I and II. With the effects of clearing heat to remove toxins, subduing swelling to correct relapse, Prescription 2 is used to treat proctoptoma of degree II and III. With the effects of clearing heat to remove toxins, astringing to correct relapse, Prescription 3 is used to treat infantile proctoptoma.

While external treatment is undertaken, oral drugs with the action of invigorating the body to overcome the sinking of *Qi* of the middle-*Jiao* and astringing to correct relapse should be also given to enhance the tone of the muscles of the pelvic cavity and increase their effects in rectum control.

External therapy with Chinese drugs will bring good curative effects to infantile proctoptoma of degree I. When used to treat proctoptoma of degree II and III, it can do no more than relieve the symptoms and control its development. It is hard to expect a complete healing. Therefore, severe cases of proctoptoma should be treated through other means such as injection, ligation, operation, etc.

## 4.5 Perianal Pruritus

Perianal pruritus refers to protracted stubborn itch of the perianal skin.

### Etiology and Pathogenesis

*Yin* damaged by fire from prolonged accumulation of wind-dampness in the perianal skin leads to wind-dryness due to deficiency of blood and malnutrition of the skin, causing this disorder. Irritation of the skin due to the mucus from hemorrhoid and anal fistula or oxyuriasis may also result in the disorder.

### Clinical Manifestations

Itching appearing around the anus; the perianal skin turning moist and grey white or pale after scratched or rubbed; pachynsis of the anal plicae marked by radiation slits, which is seen in some cases; the skin roughed and thickened and turned to lichenification as time passes by; scratch mark, blood scab and pigmentation found

on the skin; the itching which is paroxysmal and gets more severe at night.

### Differentiation and Treatment

#### 1. Type of wind-dampness

##### Main Symptoms:

With perianal itching on the moist skin which turns grey white or pale white in colour.

##### Method of Treatment:

To clear heat, dry dampness, expell wind, and stop itch.

##### Prescription 1:

Recipe: *Zhi Yang Xi Yao*

##### Ingredients:

|   |      |
|---|------|
| <i>Shechuangzi</i> (Fructus Cnidii)         | 15 g |
| <i>Difuzi</i> (Fructus Kochiae)             | 15 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 15 g |
| <i>Huangbai</i> (Cortex Phellodendri)       | 15 g |
| <i>Heshi</i> (Fructus Carpesii)             | 15 g |
| <i>Fengfang</i> (Nidus Vespae Preparata)    | 10 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)      | 10 g |
| <i>Xingren</i> (Semen Armeniacae Amarum)    | 10 g |
| <i>Kufan</i> (Alumen Exsiccatum)            | 10 g |
| <i>Baixianpi</i> (Cortex Dictamni)          | 10 g |
| <i>Dafengzi</i> (Semen Hydnocapi)           | 10 g |
| <i>Mangxiao</i> (Natrii Sulfas)             | 10 g |
| <i>Chantui</i> (Periostracum Cicadae)       | 10 g |
| <i>Mudanpi</i> (Cortex Moutan)              | 10 g |

Preparation: Boil the above drugs in water in an enamel pot for 20 minutes and filter them to obtain about 1,500 ml. of decoction, which is poured into a basin.

Application: While the decoction is hot, fumigate the affected part over it until it becomes warm. Then take a hip bath in it. The fumigation and hip bath are carried out for 30 minutes altogether, during which the decoction, when cooled, is heated. This treatment is repeated with the same decoction in the same day. In the following day, the drugs are boiled in new water for a new dose of the decoction and the treatment is repeated. Use 1 dose of the drugs for 2 days of fumigation and hip bath.

##### Prescription 2:

Recipe: *Qing Dai San*

##### Ingredients:

|   |       |
|---|-------|
| <i>Qingdai</i> (Indigo Naturalis)         | 60 g  |
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta) | 120 g |
| <i>Huashi</i> (Talcum)                    | 120 g |
| <i>Huangbai</i> (Cortex Phellodendri)     | 60 g  |

Preparation: Grind the above drugs together into a fine powder called *Qing Dai San*.

Application: Dust 1.5 g of the powder onto the affected part each time, twice daily.

Prescription 3:

Recipe: *Bai Bu Ye*

Ingredient:

*Baibu* (Radix Stemonae) 30 g

Preparation: Boil the drug in 200 ml. of water in an earthenware pot to obtain 30 ml. of decoction.

Application: Undertake retention-enema with the decoction in the late evening each day for 7 days.

Notes: With the effects of clearing heat, drying dampness, expelling wind, and stopping itching, Prescription 1 is indicated for perianal pruritus due to wind-dampness. Generally speaking, one week's treatment with it would usually bring a change for the better or cure.

Prescription 2 has the effects of drying dampness, stopping itch, clearing heat, and removing toxins. When it is administered to treat perianal pruritus due to wind-dampness, good curative effects will be attained. If it is used following Prescription 1, the curative effects will be raised due to their co-work.

Prescription 3 has the effects of destroying parasites and stopping itch. When it is used to treat perianal pruritus due to oxyuriasis, satisfactory curative effects will be achieved.

If perianal pruritus results from hemorrhoid or anal fistula, the pruritus and the primary disease should both be treated. If perianal pruritus is caused by oxyuriasis, antiscotics should be given. Removal of its causes is the premise of a complete cure.

2. Type of wind-dryness due to deficiency of blood

Main Symptoms:

Perianal itching which is more severe in the night; toughened and thickened perianal skin with scratch mark, blood scab and pigmentation.

Method of Treatment:

To nourish blood, expel wind, moisten skin, and stop itch.

Prescription 1:

Recipe: *Yang Xue Qu Feng Tang*

Ingredients:

|   |      |
|---|------|
| <i>Danggui</i> (Radix Angelicae Sinensis)       | 20 g |
| <i>Weilingcai</i> (Herba Potentillae Chinensis) | 15 g |
| <i>Jili</i> (Fructus Tribuli)                   | 15 g |
| <i>Xuchangqing</i> (Radix Cynanchi Paniculati)  | 10 g |
| <i>Mujinpi</i> (Cortex Hibisci)                 | 10 g |
| <i>Qinjiao</i> (Radix Gentianae Macrophyllae)   | 10 g |
| <i>Gancao</i> (Radix Glycyrrhizae)              | 10 g |

Preparation: Boil the above drugs in water in an enamel basin for 20 minutes and filter them to obtain about 1,500 ml. of decoction.

Application: While the decoction is hot, fumigate the affected part over it until

the decoction becomes warm, take a hip bath in it. The fumigation and hip bath are carried out for 30 minutes altogether, during which, the decoction, when cooled, is heated. This may be repeated in the same day. The following day, boil the drugs in new water for new decoction to continue the treatment. Use 1 dose of the drugs for 2 days of fumigation and hip bath.

Prescription 2:

Recipe: *Liu Geng Gao*

Ingredients:

|                                  |       |
|----------------------------------|-------|
| <i>Liuhuang</i> (Sulphur)        | 45 g  |
| <i>Shuiyin</i> (Hydrargyrum)     | 10 g  |
| <i>Wuzhuyu</i> (Fructus Evodiae) | 24 g  |
| <i>Zhangnao</i> (Camphora)       | 12 g  |
| <i>Huangla</i> (wax)             | 15 g  |
| <i>Zhuyou</i> (lard)             | 500 g |

Preparation: Grind the first 4 drugs together into a powder, mix it evenly with just melted *Zhuyou* and *Huangla*, and wait till it is cooled to obtain an ointment.

Application: Smear the ointment evenly on the affected part, 1-2 times daily.

Notes: Prescription 1 has the effects of nourishing blood, expelling wind and stopping itch. It works together with the heat action to dilate local blood vessels and promote blood circulation so as to get the pathogenic factors removed, to have the skin nourished and the disease cured.

Prescription 2 has the effects of destroying parasites, healing wound, moistening skin, and stopping itch. It is effective in treating toughness, thickness and itching of localized skin.

Good curative effects come from "smearing ointment after fumigation and hip bath" and "combining external therapy with internal therapy."

## 5. Other Surgical Diseases

### 5.1 Burn

Damage of the body surface due to fire, hot water, hot vapour, hot oil or other high temperature liquids, strong flashing light, radioactive energy, electricity, strong acid, strong base, etc. has a common name—burn, which was called as *Tang Huo Shang* in ancient literature of TCM.

#### Etiology and Pathogenesis

This disorder is brought about by the attack of noxious fire and heat on the body. In mild cases, the damage to the skin is only superficial. In severe cases, the damage is deep and not only to the skin but also to the muscles and bones. Other serious general symptoms due to the impairment of *Yin*-fluid and attack of the noxious fire on *Zang-Fu* organs would also occur.

### Clinical Manifestations

#### 1. Calculation of burn extent

##### (1) Palm Method:

Taking the patient's palm with the five fingers stretching abreast as 1% of the area of the whole body is a convenient and usually used method to measure small or scattered burns.

##### (2) Chinese Rule of Nine:

The body surface area (BSA) is divided into 11 anatomic areas, each area is 9% of the total BSA. The area of the head, face and neck is 9%, the upper limbs  $9\% \times 2$ , the front and back of the trunk including the vulva  $9\% \times 3$ , and the lower limbs including the hips  $9\% \times 5$  plus 1%.

#### 2. Calculation of burn depth

In general, 3 degrees are subdivided into 4, that is, the depth of burn is classified as first degree, superficial second degree, deep second degree, and third degree.

##### (1) First Degree:

Marked by skin damage with the horny layer involved, red-swelling and burning-pain of the skin with hyperesthesia and dry surface, desquamation and healing occur 2-3 days later without scars left.

##### (2) Superficial Second Degree:

Marked by skin damage with the dermis involved and part of the germinative layer not damaged; with megalgia and hyperesthesia of the evenly-red, damp and swollen wound with blisters on it; healing coming 1-2 weeks later without scars but with pigmentation left.

##### (3) Deep Second Degree:

Marked by skin damage with the deep layer of dermis involved and appendages of the skin not removed; hypoalgesia of the pale, damp and erythemas-dotted wound with blisters on it; healing coming 3-4 weeks later perhaps with scar left.

##### (4) Third Degree:

Marked by skin damage with all the layers of the skin involved; even subcutaneous tissue, muscles and bones are damaged; with analgesia of the dry, leather-like, wax-white, brown or carbonated skin without its resilience; twig-like veins due to subcutaneous phlebothrombosis; eschar scaling 2-4 weeks later followed by formation of granulation; except burn cases of small areas healing attained usually after skin grafting, perhaps with scar or contracture of scar left.

#### 3. Kinds of burn condition

##### (1) Mild Burn:

Burn of second degree with the total area below 10% in adults and below 5% in children.

##### (2) Moderate Burn:

Burn of second degree with total area between 11-30% (between 6-15% in children) or third degree with the total area below 10% (below 5% in children).

##### (3) Severe Burn:



Total area of burn between 31-50% or burn of third degree with the total area between 11-20% in adults; total area of burn between 15-25% or burn of third degree with the total area between 5-10% in children; total area of burn below 31% but with any of the following conditions: poor general condition or shock, other serious trauma or chemical poisoning, severe burn of the respiratory tract, or burn of the head, face, neck, hand or perineum.

(4) Serious Burn:

Total area of burn between 51-80% (between 26-40% in children) or burn of third degree with the total area between 21-50% (between 11-25% in children).

(5) Most Serious Burn:

Total area of burn above 80% (above 40% in children) or burn of third degree with the total area of burn above 50% (above 25% in children).

4. Mild or severe case

(1) Mild Case:

Skin damage of small area with the epiderm involved, with mild red-swelling and burning-pain or blisters, moist bright-red wound seen after the walls of blisters scale off, no scar left, and general symptoms usually not found if there is no infection.

(2) Severe Case:

Skin damage of Large area; with subcutaneous tissue, muscles and bones involved; hypoalgesia or analgesia; blisters; dry, wax-white, brown or carbonated skin without its resilience; healing followed by formation of scar; severe general symptoms usually due to impairment of Yin-fluid and attack of noxious-fire on the interior of the body.

**Differentiation and Treatment**

1. Burn of first degree or superficial second degree

Main Symptoms:

With red-swelling, burning-pain, blisters, moist bright-red wound, and general symptoms seldom found if there is no infection.

Method of Treatment:

To clear heat, arrest pain, induce astringency, and promote regeneration of muscles.

Prescription 1:

Recipe: *Qing Liang Gao*

Ingredient:

*Sheng Shihui* (quick lime)

250 g

Preparation: Mix 1,000 ml. of clear water with the 250 g of quick lime, stir the mixture up and wait until it is settled to get the clear solution. Mix the clear solution with the same amount of sesame oil, stir the mixture slowly and evenly and wait until it is fully saponified and becomes a milk-like paste.

Application: Paint the affected part with the paste coated on a cotton ball, 1-2 times daily.

Prescription 2:

Recipe: *Zi Cao You Sha Bu*

## Ingredients:

|   |       |
|---|-------|
| <i>Zicao</i> (Radix Arnebiae)             | 30 g  |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 30 g  |
| <i>Rendongteng</i> (Caulis Lonicerae)     | 30 g  |
| <i>Diyu</i> (Radix Sanguisorbae)          | 30 g  |
| <i>Huangla</i> (wax)                      | 15 g  |
| <i>Bingpian</i> (Borneolum Syntheticum)   | 1.5 g |
| <i>Mayou</i> (Oleum Sesami)               | 500 g |

Preparation: Heat the *Mayou* in a pot. Put the first 4 drugs into the pot, boil them until scorched, and have them removed with the medicated oil left. Place the *Huangla* and *Bingpian* into the oil and have them melted. Immerse some sterile gauze in the oil. The drugged gauze with the oil is called *Zi Cao You Sha Bu*.

Application: After local debridement, stick *Zi Cao You Sha Bu* tightly to the surface of the wound, cover it with gauze and cotton pad, and bind it up with a bandage.

## Prescription 3:

Recipe: *Da Huang Di Yu Fen*

## Ingredients:

|   |       |
|---|-------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)  | 30 g  |
| <i>Diyu</i> (Radix Sanguisorbae)        | 30 g  |
| <i>Bingpian</i> (Borneolum Syntheticum) | 1.5 g |

Preparation: Wash the first 2 drugs clean, have them dried, and grind them together with *Bingpian* into a fine powder. Then sift the powder with a No. 7 sieve to obtain the powder drug called *Da Huang Di Yu Fen*.

Application: Dust a proper amount of the powder of *Da Huang Di Yu Fen*, or mix the powder with some sesame oil into a paste and then smear it, on the surface of a wound. Then cover it with 3-5 layers of gauze and a piece of cotton pad and have it bandaged.

Notes: It is not necessary to give special treatment to the surface of the wound of a burn of degree 1. After cleaning the surface of the wound, just apply *Qing Liang Gao* to clear away heat and arrest pain. There is no need of any dressing.

The surface of the wound of a burn of superficial degree 2 should be cleaned strictly with aseptic manipulation. The procedure is: Wash the surface of the wound with asepsis or disinfectant such as benzalkonium bromide of 1:1,000, domiphen bromide of 1:1,000, etc. Remove the polluted thing and foreign body from the surface. Let the small blister on the surface remain the same. But cut the large one open to let the fluid flow out, smooth its skin if intact, and suck it dry with a piece of sterile gauze. Finally, apply *Qing Liang Gao*, *Zi Cao You Sha Bu* or *Da Huang Di Yu Fen* to the surface. The above treatment is fit for a burn of superficial degree 2 with small or moderate area. Attention should be paid to bandaging: making it not too tight and not too loose and to have the limbs fixed in their functional positions, and to keep the fingers or toes separated. If the wound is treated as above, its exudate

will vanish within 48 hours and then eschars begin to appear. There is no need to make dressing change frequently if there is no infection. About 2 weeks later when the first dressing change is to be made, the wound will heal automatically. A burn of superficial degree 2 with large area and on the head, face, neck or vulva should be treated with exposure therapy in a isolated sterilized room.

## 2. Burn of deep second degree

### Main Symptoms:

Hypoalgesia, blisters, moist pale wound-surface dotted with red spots, and general symptoms of different degrees in a burn case of large area.

### Method of Treatment:

To clear heat, aid in the formation of scab, drain pus, eliminate putridity, induce astringency, and promote regeneration of muscles.

### Prescription 1:

Recipe: *An Yi San Hao Zhi Jia Ding*

### Ingredients:

|                                       |       |
|---------------------------------------|-------|
| <i>Huangqin</i> (Radix Scutellariae)  | 100 g |
| <i>Huangbai</i> (Cortex Phellodendri) | 100 g |
| <i>Ercha</i> (Catechu)                | 100 g |

Preparation: Grind the above drugs together into a fine powder, sift it with a No. 7 sieve, soak it in 1,000 ml. of 80% alcohol for 24 hours, and filter it to get the solution.

Application: Spray the surface of the wound with the solution every 2-4 hours until 12-24 hours or so later when eschar appears on the surface. Then, apply the solution 3-4 times daily.

### Prescription 2:

Recipe: *Hu Zhang Hu Ji*

### Ingredients:

|   |         |
|---|---------|
| <i>Huzhang</i> (Rhizoma Polygoni Cuspidati) | 800 g   |
| <i>Chaye Ye</i> (tea)                       | 2,800 g |

Preparation: Wash the *Huzhang* clean, dry and grind it into a fine powder. Infuse 100 g of old tea in 3,000 ml. of water to get the solution after a while. Mix the powder and the solution into a paste and put it into a container. Warm the container in hot water for half an hour. The warmed paste is called *Hu Zhang Hu Ji*.

Application: After debridement, smear the surface of the wound with *Hu Zhang Hu Ji*. When it is about to dry, cover it with a moist one, and this is done repeatedly to prevent the eschar from drying up and splitting. The eschar will scale off after the wound is healed.

### Prescription 3:

Recipe: *Hu Zhang Di Jian Ye*

### Ingredients:

|   |      |
|---|------|
| <i>Huzhang</i> (Rhizoma Polygoni Cuspidati) | 60 g |
| <i>Diyu</i> (Radix Sanguisorbae)            | 30 g |

# COMPLETE EXTERNAL THERAPIES OF CHINESE DRUGS

Preparation: Boil the above drugs in water in an enamel basin for 20 minutes and filter them to get 1,000 ml. of the decoction. Keep the decoction at 38°-39°C.

Application: Steep the affected part in the decoction or apply damp compress on the affected part with it for 30 minutes. Then use a piece of gauze to dry up the surface of the wound. The treatment is to be repeated daily, 1 dose a day.

## Prescription 4:

Recipe: *Huang Lian Jie Du Gao*

## Ingredients:

|  |                 |
|--|-----------------|
| <i>Diyutan</i> (Radix Sanguisorbae Carbonisatus) | 180 g           |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)           | 180 g           |
| <i>Huangbai</i> (Cortex Phellodendri)            | 180 g           |
| <i>Zhi Ruxiang</i> (Resina Olibani Preparata)    | 60 g            |
| <i>Zicao</i> (Radix Arnebiae)                    | 60 g            |
| <i>Wubeizi</i> (Galla Chinensis)                 | 60 g            |
| <i>Honghua</i> (Flos Carthami)                   | 30 g            |
| <i>Sheng Dihuang</i> (Radix Rehmanniae)          | 120 g           |
| <i>Jinyinhua</i> (Flos Lonicerae)                | 120 g           |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)        | 60 g            |
| <i>Mubiezi</i> (Semen Momordicae)                | 30 g            |
| <i>Danggui</i> (Radix Angelicae Sinensis)        | 120 g           |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)           | 60 g            |
| <i>Shengma</i> (Rhizoma Cinicifugae)             | 60 g            |
| <i>Huangqin</i> (Radix Scutellariae)             | 60 g            |
| <i>Taoren</i> (Semen Persicae)                   | 60 g            |
| <i>Bailian</i> (Radix Ampelopsis)                | 120 g           |
| <i>Zhi Moyao</i> (Myrrha Preparata)              | 60 g            |
| <i>Chishao</i> (Radix Paeoniae Rubra)            | 60 g            |
| <i>Huanglian</i> (Rhizoma Coptidis)              | 90 g            |
| <i>Huhuanglian</i> (Rhizoma Picrorhizae)         | 60 g            |
| <i>Hanliancao</i> (Herba Ecliptae)               | 120 g           |
| <i>Lizhicao</i> (Herba Salviae Plebeiae)         | a proper amount |
| <i>Huangla</i> (wax)                             | 3,000 g         |

Preparation: Soak the above drugs except *Huangla* in 12,500 g of *Mayou* (Oleum Sesame) for 2 days, boil them in a pot with gentle heat until *Baizhi* turns brown, then filter away the drugs with the medicated oil left. Mix *Huangla* with the oil into an ointment. Soak pieces of gauze in the ointment making them into *You Sha Bu*.

Application: Cover the surface of the wound with the gauze. Dressing change may be made once every 3-5 or 6-7 days if the surface doesn't smell foul and the dressing on it doesn't look damp, once every day or every other day if the wound is infected.

Notes: First of all, debridement should be carried out according to the rules. Then, *An Yi San Hao Zhi Jia Ding* and *Hu Zhang Hu Ji* both with the effects of clearing heat, removing toxins, arresting pain, and inducing astringency are applied in the

early stage of a burn of deep degree 2, so that drug scab will form to prevent the surface of the wound from infection and to heal the wound. It has been proved in clinical practice that the above medicines have the actions of resisting exuding, arresting pain, relieving inflammation, restricting bacteria, and inducing astringency. And they are good for the formation of the scab.

On the surface of the wound of a burn of deep degree 2, there is necrotic tissue. And when there is pus accumulated under the eschar due to infection, soaking the wound-surface in or applying damp compress with *Hu Zhang Di Jian Ye* may be considered first of all. Being a procedure before skin grafting, this soaking or compress treatment has the effects of cleaning the surface, reducing the bacteria and toxins on the surface, inducing scaling-off of eschar, and draining the pus accumulated under the eschar. However, it shouldn't take too long a time or involve too large an area lest to have too large a wound-surface exposed too long. During the application of soaking or damp-compress treatment on a large wound area, attention should be paid to the change of the patient's body temperature, pulse and respiration. After the treatment, the surface of the wound should be sucked dry with gauze and covered with *Huang Lian Jie Du Gao You Sha Bu* for the purpose of removing toxins, arresting pain, draining pus, eliminating putridity, inducing astringency, and promoting regeneration of muscles.

### 3. Burn of third degree

#### Main Symptoms:

With analgesia; dry skin without its resilience, wax-white or brown in colour or carbonated; twig-like veins due to subcutaneous phlebothrombosis; with evident or serious general symptoms.

#### Method of Treatment:

To drain pus, eliminate putridity, activate blood circulation, and promote regeneration of muscles.

#### Prescription 1:

Recipe: *Dong Fang Yi Hao*

#### Ingredients:

|   |         |
|---|---------|
| <i>Cangzhu</i> (Rhizoma Atractylodis)                           | 30 g    |
| <i>Huangbai</i> (Cortex Phellodendri)                           | 30 g    |
| <i>Fangji</i> (Radix Stephaniae Tetrandrae)                     | 30 g    |
| <i>Xuanmugua</i> (Fructus Chaenomelis)                          | 30 g    |
| <i>Yanhusuo</i> (Rhizoma Corydalis)                             | 30 g    |
| <i>Yujin</i> (Radix Curcumae)                                   | 30 g    |
| <i>Diyu</i> (Radix Sanguisorbae)                                | 30 g    |
| <i>Baiji</i> (Rhizoma Bletillae cut into slices)                | 60 g    |
| <i>Bingpian</i> (Borneolum Syntheticum ground into powder)      | 3 g     |
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta in the form of powder) | 240 g   |
| <i>Duan Ganlushi</i> (Calamina Usta in the form of powder)      | 240 g   |
| <i>Mayou</i> (Oleum Sesami)                                     | 1,000 g |

Preparation: Boil the first 8 drugs in the last one *Mayou* in a pot until they become brown and then filter them to get the medicated oil. Mix *Duan Shigao*, *Duan Ganlushi* and *Bingpian* evenly with the oil into a paste. Or, heat the medicated oil in a pot until "a drop of the oil dripped into water will take the shape of a pearl," mix it with *Duan Shigao* and *Duan Ganlushi* into a mixture, heat the mixture again until there is no oil floating and keep on the heating for about 2 hours or so until semi-solid ointment-like thing is left in the pot. When this ointment-like thing becomes warm, add *Bingpian* to it, stir it evenly to obtain the medicated ointment.

Application: Smear the paste directly on the surface of the wound. Or, spread the ointment thinly on a piece of oil paper. Stick the paper to the surface of the wound and have it bandaged. Dressing change is to be made every day or every other day.

Prescription 2:

Recipe: *Shui Huo Tang Shang Gao*

Ingredients:

|   |         |
|---|---------|
| <i>Zhi Ruxiang</i> (Resina Olibani Preparata) | 30 g    |
| <i>Zhi Moyao</i> (Myrrha Preparata)           | 30 g    |
| <i>Hanshuishi</i> (Calcitum)                  | 45 g    |
| <i>Dahuang</i> (Radix et Rhizoam Rhei)        | 45 g    |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)     | 45 g    |
| <i>Danggui</i> (Radix Angelicae Sinensis)     | 60 g    |
| <i>Huangbai</i> (Cortex Phellodendri)         | 21 g    |
| <i>Mudanpi</i> (Cortex Moutan)                | 45 g    |
| <i>Dihuang</i> (Radix Rehmanniae)             | 90 g    |
| <i>Huangla</i> (wax)                          | 500 g   |
| <i>Zicao</i> (Radix Arnebiae)                 | 21 g    |
| <i>Mayou</i> (Oleum Sesami)                   | 2,500 g |

Preparation: Boil the above drugs except *Huangla* in *Mayou* in a pot until they look brown and then filter them to get the medicated oil. Mix the oil with pieces of *Huangla* and stir the mixture with a piece of bamboo evenly into an ointment.

Application: Smear the ointment directly on the eschar or necrotic tissue, once daily.

Prescription 3:

Recipe: *Fu Fang Sheng Ji Gao*

Ingredients:

|   |                 |
|---|-----------------|
| <i>Shu Shigao</i> (Gypsum Fibrosum Preparata) | 70 %            |
| <i>Luganshi</i> (Calamina)                    | 20 %            |
| <i>Songxiang</i> (Colophonium)                | 10 %            |
| <i>Mayou</i> (Oleum Sesami)                   | a proper amount |
| <i>Fanshilin</i> (vaseline)                   | a proper amount |

Preparation: Grind the above drugs together into a very fine powder and mix it with a proper amount of *Mayou* into a paste. Mix the paste with a proper amount of vaseline into an ointment. The proportion between the powder and the total amount

of *Mayou* and vaseline is 7:3.

**Application:** Spread a proper amount of the ointment on a piece of gauze. Stick the gauze to the surface of the wound. Dressing change is to be made every day or every other day. Here, half-exposure or bandaging therapy is used.

**Notes:** *Dong Fang Yi Hao*, *Shui Huo Tang Shang Gao* and *Huang Liang Gao* are good choices for treating a burn of degree 3 to promote the exfoliation of necrotic tissue and the growth of epithelium so as to reduce the chance for the formation of scars.

During the administration of the above medicines, it is a normal phenomenon to see more exudate on the surface of the wound. Once the necrotic tissue exfoliates, the exudate will reduce. After the exfoliation of the necrotic tissue, use *Fu Fang Sheng Ji Gao* instead, and the wound would heal without skin grafting.

If Chinese drugs are used to treat a burn of small or moderate area so as to quicken the scaling off of the eschar, the treatment course could be shortened, the chances of skin grafting and the formation of a scar will be decreased, the sufferings due to dressing change will be reduced, the eschar will be easier to scale, the bleeding will be lessened, and the granulation grown from the surface of the wound will be fresher.

As only small area is involved and the eschar of degree 3 is limited, the application of Chinese drugs shouldn't result in evident general reactions. If this is not the case, the patient's general condition should be explicitly observed and appropriate treatments should be given.

When the eschar of a burn of deep degree 2 with large area involved or of degree 3 is separated from the normal tissue, subcrustal infection tends to occur and pus will accumulate and toxins will be produced. Hence chances for the occurrence of toxemia and septicemia will be increased. In that case, removal of the eschar is necessary.

In treating a burn with its surface polluted more severely or a burn of superficial degree 2 with 5% or more area involved, routine preventive injection of 3,000 IU (1,500 for children) of antitetanic serum or an antibiotic should be administered.

In treating a burn with large area involved, efforts should be made to avoid syndrome due to deficiency of both *Yin* and *Yang* (shock), and syndrome due to attack of noxious-fire on the interior of the body (general infection). In such cases oral Chinese drugs should be given in different stages of the burn and according to its clinical manifestations in addition to fluid infusion, antibiotics, tranquilizing pain, dietotherapy, and correct local treatment.

## 5.2 Cold Injury

Cold injury is a seasonal disorder seen in cold area. It is an injury due to attack of cold on certain parts of the body such as hand, foot, ear, nose and face which are exposed to the air. TCM includes this disorder in the category of *Dong Chuang* (chilblain).

**Etiology and Pathogenesis**

Invasion of cold pathogen into the body due to physical weakness during convalescence after a severe disease, general debility, hunger, fatigue, thin clothes and too small headgears and shoes and socks in cold winter, lack of exercise, and weak cold-resistance ability lead to obstruction of part of the channels and collaterals. This obstruction causes stagnation of *Qi* and blood in turn, which is the cause of this disorder. In mild cases, it damages the skin. In severe cases, it damages not only the skin but also the muscles and bones.

**Clinical Manifestations**

A mild case is marked by local injury common in the hand, foot, nose tip, auricle or cheeks, and the pale and cold skin with erythemas, burning-pain, numbness, itch, or blisters and obvious swelling; superficial or all layers of the skin damaged with no scar left after healing.

A severe case is marked by anaesthetic and analgesic affected part, of which the skin changes from pallor successively to blue and black, around which there are swelling and big hematic blisters, on which dry or damp gangrenes is even caused, infection of which may be accompanied by general symptom such as shiver, high fever, etc., from which, if toxins sink into the interior, the patient's life is endangered, and the healing of which is followed by the healing of the injured skin, muscle and bone and the formation of scar as well.

**Differentiation and Treatment**

## 1. Mild cold injury

## Main Symptoms:

Marked by cold and pale injured skin and red-swelling, burning-pain, numbness and itch.

## Method of Treatment:

To warm the channels, disperse cold, promote blood circulation, and subdue swelling.

## Prescription 1:

Recipe: *Dong Qie Xi Yao*

## Ingredients:

|  |      |
|--|------|
| <i>Dongguapi</i> (Exoparpium Benincasae) | 30 g |
| <i>Qieyang</i> (sprout of eggplant)      | 30 g |
| <i>Qiegen</i> (root of eggplant)         | 30 g |
| <i>Aiye</i> (Folium Artemisiae Argyi)    | 15 g |
| <i>Guipi</i> (Cortex Cinnamomi)          | 10 g |

Preparation: Boil the above drugs in water for 20 minutes to get 1,500 ml. of decoction.

Application: While the decoction is hot, fumigate the injured part over it. When the decoction is warm and kept at 35-40°C, steep the injured part in it or apply hot compress on the injured part with it. The treatment takes about 20 minutes each time,



(during which the decoction, when cooled, is heated.) 1-2 times daily.

Prescription 2:

Recipe: *Hong Hua Ding*

Ingredients:

|   |          |
|---|----------|
| <i>Shengjiang Zhi</i> (juice of ginger) | 150 ml.  |
| <i>Honghua</i> (Flos Carthami)          | 90 g     |
| <i>Zhangnao</i> (Camphora)              | 90 g     |
| <i>Jiujing</i> (75% alcohol)            | 3000 ml. |

Preparation: Soak *Honghua* in *Jiujing* for 5 days and filter it with the medicated *Jiujing* left. Put *Shengjiang Zhi* and *Zhangnao* into the medicated *Jiujing* and have them dissolved. Filter the medicated *Jiujing* again to obtain the *Hong Hua Ding* tincture and keep it in a bottle for future use.

Application: Smear *Hong Hua Ding* on the injured part with a cotton stick, 3 times daily.

Prescription 3:

Recipe: *Dong Chuang You*

Ingredients:

|                                  |      |
|----------------------------------|------|
| green-purple pepper without base | 50 g |
| phenol                           | 2 g  |
| glycerin                         | 50 g |

Preparation: Wash the pepper clean, boil it in a proper amount of water for 30 minutes, and filter it to get 50 ml. of decoction. Mix the phenol and glycerin with the decoction into a mixture. Put it into a bottle and shake the bottle until its content is evenly mixed. The evenly-mixed content is *Dong Chuang You*.

Application: Wash the injured part clean with warm water. Smear *Dong Chuang You* on the injured part with a cotton stick, 2-3 times daily.

Prescription 4:

Recipe: *Ru Yi Jin Huang San* (1)

Preparation: Take a proper amount of *Ru Yi Jin Huang San* according to the area of the injured part and mix it with a proper amount of honey into a paste.

Application: Spread the paste on a piece of gauze about 0.3 cm thick. Stick this gauze to the injured part and fix it with a piece of adhesive plaster. Dressing change is to be made daily.

Notes: In treating local cold injury, the first thing to do is to have the patient get away from the cold environment, take off his/her cold, damp or tight clothes, shoes or socks, warm his/her injured part in the decoction (38-40°C) of Prescription 1. After 10 minutes take the injured part out of the decoction and wipe it dry and keep it warm. Then use Prescription 2 and 3 to warm the channels, disperse cold, promote blood circulation, eliminate blood stasis, subdue swelling, and arrest pain. The above treatment is suitable for the treatment of mild cold injury at its early stage.

Mild cold injury with red-swelling and burning-pain is treated with Prescription 4 for the purpose of clearing heat, subduing swelling, promoting blood circulation, and

eliminating blood stasis.

In treating a cold injury, roasting the injured part with fire, rubbing it with snow or soaking it in cold water are strictly forbidden.

## 2. Severe cold injury

### Main Symptoms:

Hematic blisters on the injured skin which turns pale or dark-red and then becomes black and putrefactive; a slow-healing wound; the damage even involving muscles, tendons and bones and marked by dry or damp gangrene; with evident or serious general symptoms.

### Method of Treatment:

To eliminate blood stasis, subdue swelling, get rid of putridity, and promote regeneration of muscles.

### Prescription 1:

#### Ingredient:

*Machixian* (Herba Portulacae) 100 g

Preparation: Boil the drug in a proper amount of water for 20 minutes to obtain about 1,000 ml. of decoction.

Application: While the decoction is hot, drip-wash the surface of the wound with it for 15 minutes daily.

### Prescription 2:

#### Recipe: *Sheng Ji Gao*

#### Ingredients:

|  |        |
|--|--------|
| <i>Mayou</i> (Oleum Sesami)                    | 2000 g |
| <i>Xueyutan</i> (Crinis Carbonisatus)          | 50 g   |
| <i>Xiangpi</i> (elephant skin)                 | 125 g  |
| <i>Guiban</i> (Carapax et Plastrum Testudinis) | 94 g   |
| <i>Danggui</i> (Radix Angelicae Sinensis)      | 156 g  |
| <i>Dihuang</i> (Radix Rehmanniae)              | 94 g   |
| <i>Shigao</i> (Gypsum Fibrosum)                | 125 g  |
| <i>Ganlushi</i> (Calamina)                     | 156 g  |
| <i>Huangla</i> (wax)                           | 375 g  |

Preparation: Heat 1,000 g of the *Mayou* in a pot. Put *Xiangpi*, *Xueyutan* and *Guiban* into the pot and decoct them in the oil. Take *Xiangpi* out when it turns brown and grind it into fine powder. Remove the other 2 drugs from the oil when they turn black. Place *Dihuang* and *Danggui* into the pot, decoct them until they turn black, and filter them away with the medicated oil left. Take the medicated oil out from the pot, and put another 1,000 g of the *Mayou* into it. Put *Shigao* and *Ganlushi* into the pot and heat it with gentle fire for about 1 hour. Then, put *Huangla* into the pot to mix with what is in it into a mixture. Finally, add the medicated oil and the powder of *Xiangpi* to the mixture and mix them into an ointment, which is called *Sheng Ji Gao*.

Application: Wash the surface of the wound clean with the decoction made

according to Prescription 1. Dust a little fine sugar on the surface. Take a proper amount of *Sheng Ji Gao* according to the area of the surface and spread it on a piece of gauze about 0.2 cm thick. Stick this gauze to the surface and have it bandaged. Dressing change is to be made every other day.

Notes: It shouldn't take too long to warm the injured limbs with warm water at constant temperature (38-40°C) or the decoction of *Dong Qie Xi Yao*. Make sure that the temperature of water or decoction is not so high. When the limbs are warm, they shouldn't be steeped in warm water any longer (different from the local fumigation and washing in treating mild cases of cold injury). Or else, it would make the injury getting worse.

Routine disinfection should be carried out on a big blister, draw the fluid up with a hollow needle. Then, bandage the blister and have the involved limb raised.

Disinfection should be carried out on the blackened necrotic skin with iodine tincture and alcohol. Then, use exposure therapy to keep the surface of the wound dry and prevent secondary infection.

Timely drainage should be carried out when pus appears under the eschar.

Incision of necrotic tissue or amputation should be considered when the necrotic tissue is separated distinctly with the normal one.

Skin grafting should be considered if the surface of a wound is large. If not, it may be treated with Prescription 1 and 2 to clear heat, remove toxins, activate the flow of blood, eliminate blood stasis, get rid of putridity, and promote regeneration of muscles.

According to the case of the injury, drugs of antishock, cardiac tonic, anticoagulant, vasodilator, antitetanic serum, etc. may also be given.

### 5.3 Thromboangiitis Obliterans

Thromboangiitis obliterans is a chronic obstructive pathologic change of the medium-sized and small arteries and veins of the whole body. It is characterized by periodic exacerbation, onset usually at the far ends of the four limbs and more often in the lower limbs, tending to attack young or middle-aged males, higher incidence in cold places. TCM calls this disease as *Tuo Ju* (gangrene of finger or toe), for it is manifested as panangiitis, thrombosis, occlusion of lumen, necrosis of extremities, and exfoliation of the toe or finger knuckles.

#### Etiology and Pathogenesis

Dysfunction of the heart, liver, spleen and kidney due to over anxiety leads to accumulation of exogenous cold-dampness in the channels. This accumulation leads to stagnation of *Qi* and blood in turn. And this stagnation results in this disease.

As the heart blood is insufficient, abnormal blood circulation results. When the function of the liver and spleen is impaired, *Qi* and blood cannot be delivered normally. When the kidney-Yang is deficient, *Yang-Qi* fails to move to the fingers and toes, hence *Qi* and blood cannot flow freely in the four limbs, and this disease results.

In addition, long-time indulging in smoking, trauma, sexual hormone disturbance, hyperadrenalism and hypercoagulable blood are all factors contributing to the cause of this disease.

### **Clinical Manifestations**

This disorder is marked by (1) a slow onset; (2) symptoms occurring in the early stage which include old-pain, numbness, soreness and distension of the toes or fingers; intermittent claudication, cord-like thing or node perhaps found in the affected limb; and weak pulse of the dorsal artery of foot and the posterior tibial artery. (3) Symptoms appearing in the middle stage which include further development of the symptoms of the previous stage; more and more obvious intermittent claudication; persistent pain worsened in the night; disappearance of arterial pulse of the affected limb, no sweat from foot; slow-growing and thickened nails; no fine hair on the dorsum of foot; dry flushed purplish-red or greenish-yellow skin of foot; and the development of muscular atrophy of the shank; and (4) symptoms happening in the advanced stage which include gradual worsening of the disease; blackened shrivelled affected limb and tow with gangrene and ulceration due to severe disturbance of blood circulation; damp ulceration due to probable secondary infection; terrible pain, which makes the patient unable to go to sleep all night but sit with his/her knees held in the arms and even with the affected limb hanging down from bed so as to relieve the pain, unfortunately causing the limb extremely swollen and dotted with ecchymoses; and general symptoms such as fever, anorexia, emaciation, anemia, high fever and irritability.

This disease is subdivided into 3 degrees according to the range of gangrene.

Degree 1: Gangrene is localized on the toe.

Degree 2: Gangrene stretches to the metatarsophalangeal joint.

Degree 3: Gangrene extends to the dorsum of foot or above ankle joint.

#### **1. Thromboangiitis Obliterans**

Often seen among young and middle-aged male groups (between 20-40 years old) usually with a smoking history; marked by long course, slow development; persistent cold limb with pain and numbness at its extremity; intermittent claudication; subsequent aggravated rest pain; ulcer and gangrene and disappearance of pulse of the arteries of the affected limb in severe cases; and probably with migratory superficial thrombotic phlebitis.

#### **2. Arteriosclerosis Obliterans**

Common in males above 50 years old; usually accompanied by hypertension, hyperlipemia, coronary heart disease and diabetes; local symptoms and signs nearly the same as those of thromboangiitis obliterans with the exception of onset in both the lower limbs at the same time, shorter course, quicker development, early and extensive gangrene, both the shank and thigh maybe involved, and pain milder than that of thromboangiitis obliterans; usually with a hard and zigzag superficial temporal artery and such unaffected arteries of the limbs; with fundus arteriosclerosis of retina; and shadow of calcification of the arterial walls of the affected limb shown

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in roentgenogram.

### 3. Raynaud's Disease

Often seen among young and middle-aged female groups; generally marked by symmetrical and paroxysmal onset which occurs more in the fingers than in the toes; the color of fingers and toes which changes from normal to pale, then to grey purple and to flush; and with localized superficial ulcer of finger or toe tips in some cases in the advanced stage.

### 4. Diabetic Gangrene

Diabetes often complicated by arteriosclerosis; with cold, numb and painful affected limb; intermittent claudication; weakened or unfelt pulse of the arteries of the limb; gangrene of dampness type with larger scope and quick onset possibly complicated in the lower limbs; with high level of blood sugar and positive glucose in urine.

### Differentiation and Treatment

#### 1. In the early stage

##### Main Symptoms:

Marked by numb, painful, icy and pale toes and fingers of the affected limb which would be relieved by warmth but aggravated by cold; with intermittent claudication; weakened pulse of the artery; no purple skin or ulcer or gangrene.

##### Method of Treatment:

To warm the channels, disperse cold, remove blood stasis, and arrest pain.

##### Prescription 1:

Recipe: *Jiang Cao Cong Xi Yao*

##### Ingredients:

|   |          |
|---|----------|
| <i>Shengjiang</i> (Rhizoma Zingiberis Recens) | 120 g    |
| <i>Gancao</i> (Radix Glycyrrhizae)            | 60 g     |
| <i>Conggen</i> (Allium Fistulosi)             | 7 pieces |

Preparation: Boil the above drugs in a proper amount of water in an enamel basin for 20 minutes and filter them to get 2,000 ml. of decoction.

Application: While the decoction is hot, fumigate the affected part over it until the decoction is warm (38°C or so), steep the affected part in it. The fumigation and steeping are to be carried out for 15 to 20 minutes daily. The following day, repeat the treatment with the same drugs.

##### Prescription 2:

Recipe: *Lu Feng Fang Hu*

##### Ingredients:

|  |                 |
|--|-----------------|
| <i>Lufengfang</i> (Nidus Vespae Preparata) | several ones    |
| <i>Mayou</i> (Oleum Sesami)                | a proper amount |

Preparation: Burn *Lufengfang* into ashes with the action maintained, grind it into a very fine powder, and mix it with *Mayou* into a paste.

Application: Smear the paste on the affected part every morning, noon and evening.

Prescription 3:

Recipe: *Fu Qu Hu*

Ingredients:

|   |      |
|---|------|
| <i>Sheng Fuzi</i> (Radix Aconiti Lateralis) | 6 g  |
| <i>Jiuqu</i> (distiller's yeast)            | 10 g |

Preparation: Grind the above drugs together into a fine powder and mix it with spirits containing 60 per cent alcohol into a paste.

Application: Spread the paste on a piece of plastic film about 0.3 cm thick. Stick this film to where the acupoint *Yongquan* (KI 1) is located on the affected limb. Cover the film with a piece of gauze and fix it with a piece of adhesive plaster. Dressing change is to be made daily.

Notes: Prescription 1 has the effects of warming the channels, dispersing cold, removing blood stasis, and arresting pain; Prescription 2, removing toxins, subduing swelling, and arresting pain; Prescription 3, warming the channels, clearing the collaterals, and replenishing *Yang* to keep up with *Yin*.

Using too hot a decoction or conducting too long a fumigation in the treatment should be avoided lest local metabolism be over-activated under inadequate blood circulation and more damage be caused.

2. In the middle stage

Main Symptoms:

Marked by cool or feverish skin of the toes and fingers of the affected limb in a purplish red, dull red or blue purple color and even more so when the limb hangs down but pale when it is raised high; and with evident rest pain.

Method of Treatment:

To promote blood circulation in order to remove blood stasis, to subdue swelling in order to arrest pain.

Prescription 1:

Recipe: *Chong He Gao* (7)

Preparation: Mix 3 portions of the powder of *Chong He Gao* with 7 portions of vaseline into an ointment.

Application: Spread the ointment on a piece of gauze about 0.2 cm thick. Stick the gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made daily.

Prescription 2:

Recipe: *Hong Ling Jiu*

Ingredients:

|   |      |
|---|------|
| <i>Danggui</i> (Radix Angelicae Sinensis) | 60 g |
| <i>Honghua</i> (Flos Carthami)            | 30 g |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)   | 30 g |
| <i>Zhangnao</i> (Camphora)                | 15 g |
| <i>Rougui</i> (Cortex Cinnamomi)          | 60 g |
| <i>Xixin</i> (Herba Asari)                | 15 g |

*Ganjiang* (Rhizoma Zingiberis)

30 g

*Jiujing* (95% alcohol)

1,000 ml.

Preparation: Grind the above drugs together into a coarse powder. Soak the powder in the alcohol for 7 days and filter it to get the medicated alcohol, which is called *Hong Ling Jiu*. Keep it in a bottle for future use.

Application: Smear *Hong Ling Jiu* on the affected part with a cotton stick repeatedly to keep the affected part moistened for 10 minutes, and do it twice daily.

## Prescription 3:

Recipe: *Fu Ju Cao Gao*

## Ingredients:

*Furongye* (Folium Hibisci)

30 g

*Yejuhua* (Flos Chrysanthemi Zindici)

30 g

*Gancao* (Radix Glycyrrhizae)

60 g

*Mayou* (Oleum Sesami)

a proper amount

Preparation: Grind the first 3 drugs together into a fine powder, mix the power with *Mayou* into an ointment, which is called *Fu Ju Cao Gao*, and keep it in a chinaware pot for use.

Application: Smear the ointment thickly on and around the dull purple skin, then cover it with a piece of gauze. Dressing change is to be made every morning, noon and evening.

Notes: The purplish red, dull red or blue purple skin is due to stagnation of *Qi* and blood. Before heat is produced due to the stagnation, localized cool pain is the main symptom. And Prescription 1 and 2 are used to promote blood circulation, disperse cold, subdue swelling and arrest pain. After heat is produced due to the stagnation, localized burning pain is the main symptom. And Prescription 3 is used to clear heat, remove toxins, subdue swelling and arrest pain.

## 3. In the advanced stage

## Main Symptoms:

Marked by blackened and necrotic toes and fingers; or ulcerative toes and fingers both with much pus; the toes and fingers which are red, swollen, burning and painful; or probable chills, fever, etc.; putridity falls off by and by from an old unhealing wound on which there is dull red or pale red granulation and little pus.

## Method of Treatment:

To remove toxins, arrest pain, eliminate putridity, and promote regeneration of muscles.

## Prescription 1:

Recipe: *Quan Xie Gao*

## Ingredients:

*Quanxie* (Scorpio)

21 pieces

*Wugong* (Scolopendra)

3 pieces

*Bingpian* (Borneolum Syntheticum)

6 g

vaseline

375 g

Preparation: Put *Quanxie* and *Wugong* into the melted vaseline, decoct them until white smoke is seen, and filter them with the medicated vaseline left. Add *Bingpian* which has been ground into fine powder to the vaseline, stir it evenly, and have it cooled into an ointment, which is called *Quan Xie Gao*.

Application: Paint the ulcerative part with the ointment, cover it with a piece of gauze, and have it bandaged. Dressing change is to be made every or every other day.

Prescription 2:

Recipe: *Wo Niu Ni*

Ingredient:

*Huo Woniu* (live snail) several

Preparation: Wash the live snails with shells clean and pound them into a pulp.

Application: Spread the pulp on the ulcerative wound and cover it with a piece of moist gauze. Dressing change is to be made every 1-2 days.

Prescription 3:

Recipe: *Huang Lian Gao You Sha Bu*

Ingredients:

|   |       |
|---|-------|
| <i>Huanglian</i> (Rhizoma Coptidis)         | 10 g  |
| <i>Danggui</i> (Radix Angelicae Sinensis)   | 15 g  |
| <i>Huangbai</i> (Cortex Phellodendri)       | 10 g  |
| <i>Dihuang</i> (Radix Rehmanniae)           | 30 g  |
| <i>Jianghuang</i> (Rhizoma Curcumae Longae) | 10 g  |
| <i>Mayou</i> (Oleum Sesami)                 | 260 g |
| <i>Huangla</i> (wax)                        | 12 g  |

Preparation: Soak the above drugs except *Huangla* in *Mayou* in a pot for one day, decoct them with gentle heat until the contents are scorched, filter the drugs, put *Huangla* into the decoction, melt and stir it evenly to get an ointment. Add pieces of gauze to the ointment and then sterilize them under high pressure. This gauze is called *Huang Lian Gao You Sha Bu*.

Application: Cut off a piece of gauze of needed size and stick it to the surface of the wound. Dressing change is to be made every or every other day.

Prescription 4:

Number 1:

Recipe: *Da Huang You Sha Bu* (10)

Number 2:

Recipe: *Sheng Ji Yu Hong Gao You Sha Bu* (11)

Application: Same as that of *Huang Lian Gao You Sha Bu*.

Notes: The purpose of disinfecting the affected part of a gangrene of dry nature with cotton balls soaked in 75% alcohol and bandaging it with dry sterile gauze is to keep the surface of the wound dry so as to avoid secondary infection. Here, ointment, no matter what kind it is, is usually not suggested.

Applying *Quan Xie Gao* to the surface of the wound with much pus and severe pain of a gangrene of damp nature is for the purpose of removing toxins, eliminating



putridity, and arresting pain. Here, *Wo Niu Ni* may be used instead for clearing and activating the channels and collaterals, eliminating putridity, and promoting regeneration of muscles. First application of *Wo Niu Ni* may induce mild pulling-pain and itching-pain. But these symptoms would be gradually alleviated and vanish in later applications.

The purpose of using *Da Huang You Sha Bu* or *Huang Lian Gao You Sha Bu* in dressing change is to remove toxins, eliminate putridity, promote blood circulation, and arrest pain.

Finally, when there is little pus and putridity, but with dull red, pale red or fresh granulation on the surface of the wound, use *Sheng Ji Yu Hong Gao You Sha Bu* in dressing change up to the healing of the wound.

In this stage, clean dressing change is important. Strong erosive drugs are prohibited lest severe pain be induced.

In treating severe gangrene or necrotic toe (finger) separated distinctly from the healthy tissue, amputation or incision of the toe (finger) should be considered. Large surface of a wound may be treated by skin grafting after blood circulation is improved, infection is controlled, and granulation turns fresh.

Whatever stage this disease is in, using appropriate oral Chinese drugs or western medicines as well as the application of hyperbaric oxygen chamber therapy could usually achieve satisfactory curative effects.

Giving up smoking, keeping in a happy mood, keeping warm in the winter, avoiding trauma and paying attention to foot hygiene would all be contributive to ensuring the curative effects and preventing a relapse.

## 5.4 Phlebothrombosis and Thrombophlebitis

Phlebothrombosis usually affects the deep veins of the lower limbs and the pelvic veins, seldom attacking the veins of the upper limbs, upper body and internal organs, while thrombophlebitis usually affects the superficial veins of the lower limbs and thoracoabdominal walls, seldom attacking the veins of the upper limbs. The former involves thrombus due to slow blood-flow through the veins and high blood coagulation, the thrombus is cemented slightly with the venous walls and easy to exfoliate, resulting in pulmonary embolism. The latter involves thrombus due to inflammation of the venous walls, the thrombus is cemented more tightly with the venous walls and hard to exfoliate. According to its symptoms and characteristics, TCM includes this disease in the categories of *E Mai*, *Qing She Du*, etc.

### Etiology and Pathogenesis

Disturbed flowing of *Qi* and blood due to lying or sitting too long, giving birth or being operated leads to the accumulation of blood stasis in the collaterals with the channels blocked. Under such conditions, nutritious blood can not flow back freely and fluid overflows. The overflowing fluid accumulates and turns into pathogenic dampness. The dampness goes downwards to the lower limbs and causes this disease.

Or, exogenous damp-heat or drugs given through intravenous injection irritates the collaterals and leads to stagnation of *Qi* and blood. The stagnated *Qi* and blood block the channels and cause this disease.

### **Clinical Manifestations**

#### **1. Deep venous thrombosis**

##### **(1) Deep Venous Thrombosis of Shank:**

Marked by pain and tenderness of gastrocnemius muscle of shank aggravated when the foot is bent dorsally-wards, edema and superficial venous engorgement below the ankle joint, and no general symptoms or just low fever.

##### **(2) Thrombosis of Femoral Vein:**

Marked by tenderness in the adductor canal and popliteal fossa and the part deep in the shank, swelling in the lower part of the thigh or below the knee joint, pain or no pain occurring when the foot is bent dorsally-wards, and probable fever.

##### **(3) Thrombosis of Iliofemoral Vein:**

Incidence higher on the left than on the right; marked by sudden onset, evident tenderness in the part around the femoral canal and iliac fossa, pain of the obviously-swollen whole lower limb below the hip with the skin warmer than usual and pale or blue purple in color, dilation of the superficial vein on the wall of the lower abdomen and at the proximal and same side of the thigh, possible general symptoms such as fever, rapid pulse, listlessness, acratia, etc. and other symptoms and signs due to prolonged course such as soreness of the loins, and a not obviously pitted, cold, numb, swollen and hardened leg.

#### **2. Superficial thrombotic phlebitis**

##### **(1) Superficial Thrombotic Phlebitis of Limb:**

The attack seen on large or small saphenous veins in most cases; onset usually after venous transfusion or in patients who are suffering from varicose vein; with a cord-like line or node along the swollen, red and tender vein; the affected limb not swollen; hard cord-like thing with cutaneous pigmentation left on the limb after the inflammation vanishes; and several veins involved at the same time.

##### **(2) Thoraco-epigastric Superficial Thrombotic Phlebitis**

A swollen subcutaneous cord-like thing as long as ten or some tens cm appears usually on the thoraco-epigastric walls of one side, mild stabbing-pain of the cord-like thing and pulling-pain occur when it is moved, and a shallow ditch is seen on the skin when the cord-like thing is pulled tightly by the 2 ends with the fingers.

##### **(3) Migratory Superficial Thrombotic Phlebitis**

In most cases the attack is on the superficial veins of the lower limbs; a nodal, red, burning and painful mass, erythema or hard cord-like thing appears in the diseased superficial vein, migrating, rising here and subsiding there; and a pigmental cord-like thing or hard mass is left after the inflammation vanishes.

### **Differentiation and Treatment**

#### **1. In the acute stage**

##### **Main Symptoms:**

With swelling, pain and burning of the affected limb, rapid pulse, or red-swelling and tenderness of cord-like thing.

Method of Treatment:

To clear heat, dissolve blood stasis, and subdue swelling.

Prescription 1:

Recipe: *Ru Yi Jin Huang San* (1)

Preparation: Mix a proper amount of the powder of *Ru Yi Jin Huang San* with honey and water (the proportion is 1 : 1) into a paste.

Application: Spread the paste on a piece of gauze about 0.3 cm thick. Stick it to the part where there is swelling, pain and burning sensation. Dressing change is to be made daily.

Prescription 2:

Recipe: *Zi Jin Ding* (4)

Preparation: Grind 1 piece of *Zi Jin Ding* in vinegar to get the medicated vinegar, or grind it into fine powder and mix it with vinegar or honey into a paste.

Application: Paint the affected part with the medicated vinegar or the paste when the cord-like thing is red, swollen, burning and painful, 2-3 times daily. The applied drug is moistened and then removed before a fresh one is applied.

Prescription 3:

Recipe: *Da Qing Gao* (3)

Preparation and Application: Spread a proper amount of *Da Qing Gao* on a piece of gauze about 0.3 cm thick. Stick it to the affected part. Dressing change is to be made daily.

Prescription 4:

Recipe: *Xun Xi Yao*

Ingredients:

|   |      |
|---|------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)      | 25 g |
| <i>Huangbai</i> (Cortex Phellodendri)       | 30 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 30 g |
| <i>Lianqiao</i> (Fructus Forsythiae)        | 30 g |
| <i>Honghua</i> (Flos Carthami)              | 30 g |
| <i>Pugongying</i> (Herba Taraxaci)          | 40 g |
| <i>Banlangen</i> (Radix Isatidis)           | 25 g |
| <i>Zexie</i> (Rhizoma Alismatis)            | 30 g |
| <i>Mutong</i> (Caulis Clematidis Armandii)  | 25 g |
| <i>Mahuang</i> (Herba Ephedrae)             | 30 g |

Preparation: Boil the above drugs in a proper amount of water in an enamel basin for 20 minutes and filter them to obtain 2,000 ml. of decoction.

Application: While the decoction is hot, fumigate the affected part over it until the decoction is not scalding, steep the affected limb in it, or soak a piece of towel in it and carry out a hot compress with the towel. The treatment is to be applied daily.

Notes: In the acute stage of deep venous thrombosis, the patient is asked to take a bed rest with his/her affected limb and pelvis raised 30°C and to practise ankle joint's flexion and extension movement frequently so as to assist venous return.

The purpose of using *Ru Yi Jin Huang San* is to alleviate the swelling and pain below the ankle joint through clearing heat, dispelling dampness, dissolving blood stasis, and subdue swelling. Applying *Xun Xi Yao* is to alleviate the swelling and pain below the shank 1 week after the onset through clearing heat, dispelling dampness, promoting blood circulation, and subdue swelling.

When the swelling and pain are relieved, and the body temperature and pulse are returned to normal (usually after 3 weeks), venous return may be activated by mourning around after binding an elastic bandage around the leg from the foot to the root of the thigh or wearing an elastic stocking.

In the acute stage of superficial thrombotic phlebitis, *Zi Jin Ding* and *Da Qing Gao* are used for clearing heat, removing toxins, promoting blood circulation, and subduing swelling. Usually, the red-swelling and pain would be remarkably relieved after 3-5 days of treatment.

## 2. In the chronic stage

### Main Symptoms:

With a swelling and a little hard affected limb, mild in the morning but severe in the evening; a sensation of soreness, weakness and heaviness; or with a cord-like thing and a mass with pigmentation and mild tenderness.

### Method of Treatment:

To promote blood circulation, remove blood stasis, and subdue swelling.

### Prescription 1:

Recipe: *Huo Xue Zhi Tong San* (31) - No. 31 of the Attached Prescriptions.

### Ingredients:

|  |      |
|--|------|
| <i>Tougucao</i> (Herba <i>Speranskiae Tuberculatae</i> ) | 30 g |
| <i>Chuanlianzi</i> (Fructus <i>Toosendan</i> )           | 15 g |
| <i>Danggui</i> (Radix <i>Angelicae Sinensis</i> )        | 15 g |
| <i>Jianghuang</i> (Rhizoma <i>Curcumae Longae</i> )      | 15 g |
| <i>Weilingxian</i> (Radix <i>Clematidis</i> )            | 15 g |
| <i>Chuanniuxi</i> (Radix <i>Cyathulae</i> )              | 15 g |
| <i>Qianghuo</i> (Rhizoma seu Radix <i>Notopterygii</i> ) | 15 g |
| <i>Baizhi</i> (Radix <i>Angelicae Dahuricae</i> )        | 15 g |
| <i>Sumu</i> (Lignum <i>Sappan</i> )                      | 15 g |
| <i>Wujiapi</i> (Cortex <i>Acanthopanax</i> )             | 15 g |
| <i>Honghua</i> (Flos <i>Carthami</i> )                   | 15 g |
| <i>Tufuling</i> (Rhizoma <i>Similacis Glabrae</i> )      | 15 g |
| <i>Huajiao</i> (Pericarpium <i>Zanthoxyli</i> )          | 6 g  |
| <i>Ruxiang</i> (Resina <i>Olibani</i> )                  | 6 g  |

Preparation: Boil the above drugs in a proper amount of water in an enamel basin for 20 minutes and filter them to obtain 2,000 ml. of decoction.

**Application:** While the decoction is hot, fumigate the swollen part of the affected limb over it until the decoction is not scalding, steep the affected limb in it. Or soak a piece of towel in it and carry out a hot compress with the towel on the swollen part. The treatment is carried out for 30 minutes daily.

**Prescription 2:**

**Recipe:** *Mao Gu Gao*

**Ingredients:**

|  |       |
|--|-------|
| <i>Furongye</i> (Folium Hibisci)         | 15 g  |
| <i>Tenghuang</i> (Resina Garciniae)      | 10 g  |
| <i>Tiannanxing</i> (Rhizoma Arisaematis) | 10 g  |
| <i>Chuanwu</i> (Radix Aconiti)           | 10 g  |
| <i>Caowu</i> (Radix Aconiti Kusnezoffii) | 10 g  |
| <i>Baifan</i> (Alumen)                   | 4.5 g |
| <i>Tonglu</i> (verdigris)                | 4.5 g |
| <i>Xionghuang</i> (Realgar)              | 4.5 g |
| <i>Pengsha</i> (Borax)                   | 4.5 g |

**Preparation:** Grind the above drugs together into a fine powder and mix it with 50-70% vaseline into an ointment called *Mao Gu Gao*.

**Application:** Spread the ointment on a piece of gauze about 0.3 cm thick. Stick the gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made every or every other day.

**Prescription 3:**

**Recipe:** *Fu Fang Xue Jian Chou Xi Yao*

**Ingredients:**

|   |      |
|---|------|
| <i>Qiancao</i> (Radix Rubiae)                 | 30 g |
| <i>Chenpi</i> (Pericarpium Citri Reticulatae) | 15 g |
| <i>Tunluxi</i> (Radix Achyranthis Bidentatae) | 30 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)         | 15 g |
| <i>Haitongpi</i> (Cortex Erythrinae)          | 15 g |

**Preparation:** Same as that of Prescription 1.

**Application:** Same as that of Prescription 1.

**Notes:** The swelling, heavy sensation, thickened skin, etc. in the advanced stage of deep venous thrombosis will stay long and have a slow recovery. In addition, it will take at least 3 months (usually 1-10 years) for the thrombus to be removed. Fumigation and washing with *Huo Xue Zhi Tong San* have the effects of promoting blood circulation, removing blood stasis, and subduing swelling, so that the veins may be kept soft and elastic and the thrombus can be removed earlier.

The purpose of applying *Mao Gu Gao* and *Fu Fang Xue Jian Chou Xi Yao* to treat advanced superficial thrombotic phlebitis is for these effects of promoting blood circulation, dissolving blood stasis, and subdue swelling. The inflammation is usually relieved or driven away after the treatment.

Whatever stage this disease is in, either acute or chronic, appropriate oral Chinese

drugs should be given while external therapy is carried out. In the acute stage of deep venous thrombosis, therapy of TCM should be integrated with that of Western medicine in order to prevent pulmonary embolism due to exfoliation of thrombus.

## 5.5 Chronic Ulcer of Lower Limb

Chronic ulcer of lower limb refers to the chronic ulcer in both the medial and lateral sides of the lower part of the shank. TCM calls it as *Lian Chuang* (ulcus cruris), *Qun Bian Chuang* (skirt-edge sore), and *Ku Kou Du* (trouser-leg toxin). With the characteristics of hard-healing and recurrence, it gets a popular name, ie. *Lao Lan Jiao* (old ulcerative foot). Patients with varicose vein of the lower limb or superficial thrombotic phlebitis tend to be the subjects of this disease.

### Etiology and Pathogenesis

Both exhaustion and impairment of *Qi* and blood and sinking of *Qi* of the middle-*Jiao* usually due to long standing or distant loaded walking would lead to dysfunction of the channels and collaterals of the lower limbs and disturbance in the flow of *Qi* and blood, causing stagnation of blood stasis in the vessels and malnutrition of the skin. Under this condition, if damp-heat goes downwards, or an injury of the skin, a bite by an insect or damp sore occurs, this disease is liable to be induced.

### Clinical Manifestations

Manifested by itch followed by pain on the red and swollen affected part in the beginning; fluid which flows out with ulcer formed days later after diabrosis; formation of the circular or elliptic ulcer with an umbilicate centre and a raised edge; dark-red or grey-white granulation; stinking foul smell and thin pus; whitened skin with pigmentation around the ulcer; eczema occurring often due to infusion of pus; swelling of the heavy and easily-weakened affected limb worsened in the evening; veins maybe exposed on the limb; a long course and difficult healing.

### Differentiation and Treatment

#### 1. In the early stage

##### Main Symptoms:

With red-swelling and burning-pain, or with fluid flowing out and itch.

##### Method of Treatment:

To clear heat, dispel dampness, arrest pain, and alleviate itch.

##### Prescription 1:

Recipe: *Ru Yi Jin Huang San* (1)

Preparation: Mix 3 portions of *Ru Yi Jin Huang San* with 7 portions of vaseline into an ointment.

Application: Spread the ointment on a piece of gauze about 0.3 cm thick. Stick the gauze to the affected part and bind it up with bandage. Dressing change is to be made every or every other day.

##### Prescription 2:

Recipe: *Huang Bai San*

## Ingredients:

|   |       |
|---|-------|
| <i>Huangbai</i> (Cortex Phellodendri)   | 30 g  |
| <i>Huanglian</i> (Rhizoma Coptidis)     | 6 g   |
| <i>Luhui</i> (Aloe)                     | 6 g   |
| <i>Cangzhu</i> (Rhizoma Atractylodis)   | 10 g  |
| <i>Huashi</i> (Talcum)                  | 10 g  |
| <i>Songxiang</i> (Colophonium)          | 12 g  |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.6 g |

Preparation: Grind the above drugs together into a fine powder.

Application: Dust the powder thinly on the affected part with exudate flowing out and bandage it with a piece of sterilized gauze. Dressing change is to be made every other day. Or, mix the powder with sesame oil into a paste. Smear the affected part with the paste, cover it with a piece of plastic film, and bandage it with a piece of sterilized gauze. Dressing change is to be made every other day.

## Prescription 3:

Recipe: *Shi Fu Yao*

## Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Machixian</i> (Herba Portulacae)   | 60 g |
| <i>Baijiangcao</i> (Herba Patriniae)  | 30 g |
| <i>Huangbai</i> (Cortex Phellodendri) | 15 g |

Preparation: Boil the above drugs in water in an earthen pot for 20 minutes to obtain 500 ml. of decoction.

Application: When the decoction is cooled, soak 4-6 layers of gauze in it and then put the gauze on the affected part, and repeat this treatment every hour. When there is less exudate flowing out from the injured skin, cover the affected part with the gauze and bandage it with a piece of oil paper. Dressing change is to be made twice daily.

Notes: In the early stage, symptoms and signs are mainly due to damp-heat. Red-swelling and burning-pain are due to excessive heat, itch is due to moderate heat, blisters and exudate are due to excessive dampness accumulated in the muscle and skin.

The purpose of using Prescription 1 to treat chronic ulcer of lower limbs with red-swelling and burning-pain is to achieve the effects of clearing heat, dispelling dampness, subduing swelling, and arresting pain; the purpose of using Prescription 3 to treat the one with much exudate is to achieve the effects of clearing heat, dispelling dampness, subduing swelling, and inducing astringency; the application of Prescription 2 to treat the one with less exudate is because the powder has the effects of clearing heat and dispelling dampness; the application of its paste to treat the case with dry surface, scab and exudate is because it has greater effects of cooling and moistening the skin.

When the above external treatments are applied, oral Chinese drugs with the action

of clearing heat, promoting diuresis, regulating the *Ying* system, and subduing swelling should be also given. In addition, bed rest with the affected limb raised high so as to promote blood return should also be taken.

2. In the middle stage

Main Symptoms:

Putrefaction of the ulcer with much stinking pus, red-swelling and burning-pain of the skin around the ulcer.

Method of Treatment:

To clear heat, remove toxins, drain pus and eliminate putridity.

Prescription 1:

Number 1:

Recipe: *Jie Du Xi Yao* (9)

Number 2:

Recipe: *Da Huang You Sha Bu* (10)

Number 3 :

Recipe: *Niu Huang San*

Ingredients:

|   |       |
|---|-------|
| <i>Bingpian</i> (Borneolum Syntheticum)       | 0.3 g |
| <i>Shexiang</i> (Moschus)                     | 0.3 g |
| <i>Niuhuang</i> (Calculus Bovis)              | 0.3 g |
| <i>Zhenzhu</i> (Margarita)                    | 0.3 g |
| <i>Xiongdan</i> (Fel Ursi)                    | 1.5 g |
| <i>Qingfen</i> (Calomelas)                    | 1.5 g |
| <i>Shijueming</i> (Concha Haliotidis)         | 4.5 g |
| <i>Huanglian</i> (Rhizoma Coptidis)           | 9 g   |
| <i>Zhi Ruxiang</i> (Resina Olibani Preparata) | 3 g   |
| <i>Zhi Moyao</i> (Myrrha Preparata)           | 3 g   |
| <i>Sheng Muli</i> (Concha Ostreae)            | 3 g   |
| <i>Longgu</i> (Os Draconis)                   | 3 g   |

Preparation: Grind the above drugs together into a fine powder for future use.

Application: Boil the drugs of *Jie Du Xi Yao* in water for 20 minutes and filter them to get 1,000 ml. of decoction. While the decoction is hot, fumigate the affected part over it. When the decoction becomes warm, drip-wash the surface of the wound with a piece of gauze dipped into it again and again. The treatment last for 15 to 20 minutes. Then, suck the surface of the wound dry with a piece of dry gauze. Dust a little powder of *Niu Huang San* on the surface. Finally, cover the surface with *Da Huang You Sha Bu* and bandage it with gauze. Dressing change is to be made daily.

Prescription 2:

Recipe: *Ma Chi Xian Gao*

Ingredients:

|   |      |
|---|------|
| <i>Machixian</i> (Herba Portulacae in the form of very fine powder) | 50 g |
| <i>Fengla</i> (Cera Flava)  | 10 g |



*Zhuyou* (lard)

40 g

Preparation: Melt *Fengla* and *Zhuyou* with gentle heat and mix it evenly with *Machixian* into an ointment.

Application: Take a proper amount of the ointment according to the area of the ulcer and spread it on a piece of gauze about 0.2 cm thick. Stick the gauze to the affected part, fix it with a piece of adhesive plaster, and bind it up with bandage. Dressing change is to be made daily.

Prescription 3:

Recipe: *Huang Lian Jie Du Gao*

Ingredients:

|  |                 |
|--|-----------------|
| <i>Diyutan</i> (Radix Sanguisorbae Carbonisatus) | 180 g           |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)           | 180 g           |
| <i>Huangbai</i> (Cortex Phellodendri)            | 180 g           |
| <i>Zhi Ruxiang</i> (Resina Olibani Preparata)    | 60 g            |
| <i>Zicao</i> (Radix Arnebiae)                    | 60 g            |
| <i>Wubeizi</i> (Galla Chinensis)                 | 60 g            |
| <i>Honghua</i> (Flos Carthami)                   | 30 g            |
| <i>Dihuang</i> (Radix Rehmanniae)                | 120 g           |
| <i>Jinyinhua</i> (Flos Lonicerae)                | 120 g           |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)        | 60 g            |
| <i>Mubiezi</i> (Semen Momordicae)                | 30 g            |
| <i>Danggui</i> (Radix Angelicae Sinensis)        | 120 g           |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)           | 60 g            |
| <i>Shengma</i> (Rhizoma Cinicifugae)             | 60 g            |
| <i>Huangqin</i> (Radix Scutellariae)             | 60 g            |
| <i>Taoren</i> (Semen Persicae)                   | 60 g            |
| <i>Bailian</i> (Radix Ampelopsis)                | 120 g           |
| <i>Zhi Moyao</i> (Myrrha Preparata)              | 60 g            |
| <i>Chishao</i> (Radix Paeoniae Rubra)            | 60 g            |
| <i>Huanglian</i> (Rhizoma Coptidis)              | 90 g            |
| <i>Huhuanglian</i> (Rhizoma Picrorhizae)         | 60 g            |
| <i>Hanliancao</i> (Herba Ecliptae)               | 120 g           |
| <i>Lizhicao</i> (Herba Salviae Plebeiae)         | a proper amount |
| <i>Huangla</i> (wax)                             | 3,000 g         |
| <i>Mayou</i> (Oleum Sesami)                      | 12,500 g        |

Preparation: Soak the above drugs except *Huangla* in *Mayou* for 2 days, decoct them in a pot with gentle heat until *Baizhi* becomes brown, and filter the drugs with the medicated oil left. Mix *Huangla* with the oil into an ointment. Put pieces of gauze in the ointment and make them into *You Sha Bu*.

Application: Disinfect the area around the ulcer with a cotton ball soaked in 75% alcohol. Wipe the surface of the ulcer clean with a dry cotton ball. Take a proper amount of the ointment according to the area of the ulcer, spread it thinly on a piece

of *Fan Shi Lin You Sha Bu*, stick this piece to the surface of the ulcer and bandage it with gauze. Dressing change is to be made daily.

Notes: This is a stage in which secondary infection tends to occur. The pathogenic factor is mainly excessive heat. That's why there exist red-swelling, burning-pain, pus, etc.

With remarkable curative effects, Prescription 1 has the effects of clearing heat, removing toxins, eliminating putridity, and draining pus. Easy to make, prepare and apply, Prescription 2 has the effects of clearing heat, removing toxins, dissolving blood stasis, and subduing swelling. And Prescription 3 has the effects of clearing heat, removing toxins, eliminating putridity, and promoting regeneration of muscles. Any of them may be used according to the disease condition.

Oral Chinese drugs with the action of clearing heat, removing toxins, dispelling dampness, and draining pus should be also given.

The patient is usually asked to lie flat with his/her affected limb raised high so as to activate the return of blood in the veins and the relief of inflammation.

### 3. In the advanced stage

#### Main Symptoms:

With the surface of the ulcer pitted, granulation dark-red or grey-white, and pus thin and stinking; skin thinned with pigmentation around the ulcer.

#### Method of Treatment:

To eliminate putridity and promote regeneration of muscles.

#### Prescription 1:

Recipe: *Jia Zhi Gao*

#### Ingredients:

|                                  |            |
|----------------------------------|------------|
| <i>Qندان</i> (minium)            | 3 portions |
| <i>Qingsen</i> (Calomelas)       | 3 portions |
| <i>Ercha</i> (Catechu)           | 3 portions |
| <i>Moyao</i> (Myrrha)            | 3 portions |
| <i>Xionghuang</i> (Realgar)      | 3 portions |
| <i>Xuejie</i> (Resina Draconis)  | 3 portions |
| <i>Wubeizi</i> (Galla Chinensis) | 3 portions |
| <i>Kufan</i> (Alumen Exsiccatum) | 3 portions |

Preparation: Grind the above drugs together into a fine powder and keep it in a bottle for future use.

Application: Boil 3 pieces of *Congbai* (*Allium Fistulosi*) in water to obtain 500 ml. of decoction. Drip-wash the surface of ulcer with the decoction while it is warm, and then suck it dry with sterile gauze. Take 2 pieces of proper-sized sterilized oil paper according to the area of the ulcer. Scatter the powder of *Jia Zhi Gao* evenly on one piece of the paper, then cover it with the other. Stick the edges of the 2 pieces together with flour paste. Puncture the stuck paper with a needle to make many small holes. Put the punctured paper on the surface of the ulcer and cover it with layers of gauze. Finally, bind up the paper together with

the whole shank with bandage and fix it with an elastic shinguard. Dressing change is to be made 2-3 times every week.

Prescription 2:

Recipe: *Jia Xue Dan*

Ingredients:

|  |      |
|--|------|
| <i>Zhutijake</i> (crust of pig's trotters)                   | 40 g |
| <i>Xuejie</i> (Resina Draconis)                              | 10 g |
| <i>Duan Ganlushi</i> (Calamina Usta)                         | 30 g |
| <i>Qingfen</i> (Calomelas)                                   | 6 g  |
| <i>Gancao Fen</i> (Radix Glycyrrhizae in the form of powder) | 20 g |
| <i>Qian Fen</i> (powder of minium)                           | 10 g |
| <i>Bingpian</i> (Borneolum Syntheticum)                      | 10 g |

Preparation: Bake *Zhutijake* in sand until the crust turns brown and grind it together with the other drugs into a fine powder. Keep the powder in a bottle for future use.

Application: Boil 20 g of *Huajiao* (Pericarpium Zanthoxyli) in water to obtain 500 ml. of decoction. While the decoction is warm, drip-wash the surface of the ulcer for 20 minutes and wipe it dry. Mix the powder with vaseline into an ointment in a proportion of 4:6. Take a proper amount of the ointment according to the area of the ulcer and spread it on a piece of gauze. Stick this gauze to the affected part and bind it up with bandage. Dressing change for cases with much pus is about every 1-2 days, for cases with less pus is about every 2-3 days.

Prescription 3:

Recipe: *Qing Chen Mo*

Ingredients:

|   |      |
|---|------|
| <i>Qingdai</i> (Indigo Naturalis)       | 20 g |
| <i>Chen Shihui</i> (old lime)           | 20 g |
| <i>Zhusha</i> (Cinnabaris)              | 10 g |
| <i>Qingfen</i> (Calomelas)              | 10 g |
| <i>Qiandan</i> (minium)                 | 10 g |
| <i>Bingpian</i> (Borneolum Syntheticum) | 5 g  |
| <i>Huangbai</i> (Cortex Phellodendri)   | 20 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)  | 20 g |
| <i>Mituozen</i> (Lithargyrum)           | 30 g |
| <i>Kufan</i> (Alumen Exsiccatum)        | 30 g |

Preparation: Put the first 6 drugs into an ox's gallbladder with the bile. Hang the gallbladder at a shady spot on a wall and dry it in the air. Take the 6 drugs out of the gallbladder and grind them together with the other 4 drugs into a very fine powder. Place the powder into a bottle and sterilize it under high pressure. Keep the sterilized powder for future use.

Application: Wash the affected part with 3% hydrogen dioxide solution. Mix a proper amount of the powder with 2% methyl violet into a paste. Smear the paste on

the affected part about 0.1 cm thick. Finally, cover the affected part with *Fan & Lin You Sha Bu* and bandage it with gauze. Dressing change is to be made every every other day.

Prescription 4:

Number 1:

Recipe: *Sheng Ji San* (13)

Number 2:

Recipe: *Sheng Ji Yu Hong Gao You Sha Bu* (11)

Application: Disinfect the skin around the ulcer with a cotton ball soaked in 75% alcohol. Wipe the pus on the ulcer with sterile dry cotton balls. Then, dust a little powder of *Sheng Ji San* on the affected part, cover it with *Sheng Ji Yu Hong Gao You Sha Bu* and sterile gauze, fix it with a piece of adhesive plaster and bind it up with bandage. Dressing change is to be made every 2 days.

Notes: This disease at its advanced stage is, in fact, a syndrome due to deficiency or due to deficiency complicated by excess. So, corresponding oral Chinese drugs should be given. Whether the syndrome is due to deficiency or excess, external therapy is used to eliminate putridity and promote regeneration of muscles.

With the effects of eliminating putridity, promoting regeneration of muscles, activating the flow of blood, and arresting pain, Prescription 1 is indicated for unhealing ulcer, dark-purple granulation, dirty fluid flowing out now and then, and pitch black skin; clearing heat, dispelling dampness, promoting regeneration of muscles, and healing sore, Prescription 2 and 3, for ulcer with more pus, slough hard to remove, and moist and itch of the skin around the ulcer; activating the flow of blood, eliminating putridity, promoting regeneration of muscles, and healing wound, Prescription 4, for ulcer with little pus, and dark-red or grey-white granulation.

Complicated by superficial thrombotic phlebitis, this disease may be treated with *Ru Yi Jin Huang San*.

Raising the affected limb high, avoiding long-time standing and distant walking, and winding the shank with elastic band are all good for promoting blood return in the veins of lower limbs and speeding the healing of ulcer.

Incision of an unhealing ulcer for skin grafting may be performed after the surface of the ulcer is clean.

If there is also varix of lower limb but no obstruction of deep vein or insufficiency of valve, high ligation of great saphenous vein and venous stripping may be conducted after the ulcer is healed or when skin grafting is being carried out.

If the ulcer is cauliflower-like and easy to bleed, biopsy is suggested to see whether there is canceration.

## 5.6 Bed-sore

Rubbing due to lying for a long time on straw mat or bedclothes is the cause of this disease. Also called *Xi Chuang* (mat-sore), it is common in patients with coma,

paralysis or prolonged lying in bed with its onset usually on the pressed and rubbed body portion such as the back, cauda, femoral trochanteric part, anterior superior iliac spine, lateral malleolus or heel.

### **Etiology and Pathogenesis**

Prolonged or severe disease weakens the vital-*Qi*. When the *Qi* is weakened, blood is weak. When blood is weakened, blood vessels are weak. Weakened blood and blood vessels are responsible for disturbance of blood circulation. If this is worsened by prolonged staying in bed, local stagnation of *Qi* and blood will occur on certain part of the body adhering to mat or bedclothes and continuously pressed. And, failing to be nourished, the muscles and skin of the pressed part will be necrotic, infected and turned into sore.

### **Clinical Manifestations**

Manifested by: a reddened and dark-purple skin of the pressed part maybe seen in the beginning, an injured surface tending to appear subsequently on the skin, the injured surface turning into slough soon, a hard-to-heal and perhaps-painful ulcer resulting after the slough scales; good prognosis in some cases manifested in separation of the slough from the normal skin and muscle and gradually-localized swelling around the ulcer; or bad prognosis in severe cases with endlessly-spreading ulceration, continually developing swelling, foul thin pus, and with such general symptoms as listlessness, poor appetite, etc.

### **Differentiation and Treatment**

#### **1. In the early stage**

##### **Main Symptoms:**

Reddened and slightly-swollen skin of the pressed part which becomes dark-purple with blisters.

##### **Method of Treatment:**

To activate the flow of blood, eliminate blood stasis, remove toxins, and subdue swelling.

##### **Prescription 1:**

Recipe: 3% *Huong Hua Jiu*

##### **Ingredients:**

*Honghua* (Flos Carthami)

3 g

*Jiujing* (50 % alcohol)

100 ml.

Preparation: Put *Honghua* into the alcohol, soak it for 2 to 3 days and filter it with the medicated alcohol left. The medicated alcohol is called 3% *Hong Hua Jiu*.

Application: Dip a dry cotton ball into the alcohol and smear the alcohol on the affected part with the cotton ball. When it dries up, do massage gently on it for 15 minutes. Repeat it 1-2 times daily. Or, soak 4-6 layers of clean gauze in the alcohol and spread them on the affected part. 2 hours later, take the gauze away, and dust the powder of *Huashi* (Talcum) on the affected part. Repeat it 1-2 times daily.

##### **Prescription 2:**

Recipe: *Ru Yi Jin Huang San* (1)

Preparation: Take a proper amount of *Ru Yi Jin Huang San* according to the area of the injured skin and mix it with honey into an ointment.

Application: Spread the ointment on a piece of gauze about 0.3 cm thick. Stick the gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made daily.

Notes: The application of 3% *Hong Hua Jiu* followed by massage in the stage in which bed-sore begins with reddened skin not yet accompanied by acute inflammation would be effective in promoting blood circulation and dismissing stagnated *Qi* and blood. The application of 3% *Hong Hua Jiu* plus powder of *Huashi* (Talcum) in the stage in which there is mild infiltration of inflammation would be effective in activating the flow of blood, relieving local burning-pain, alleviating the results of rubbing, and reducing inflammatory exudate. The application of *Ru Yi Jin Huang San* mixed with honey in the stage in which there is obvious inflammatory infiltration would be effective in promoting blood circulation, dissolving blood stasis, removing toxins, subduing swelling, and dismissing inflammation.

In treating cases with blisters: disinfect the blister, suck up its fluid with an injector, paint it with methyl violet, cover it with a piece of sterile gauze and bandage it. Then local scab would be formed, and secondary infection prevented.

While treating the disease with external therapy the pressure pressed directly on the afflicted part of the body must be relieved at once by putting an air cushion, a cotton-padded pad, or a foam-rubber cushion under the patient and helping the patient turn over in bed every 2-3 hours. The afflicted part should be kept clean, the bed used should be smoothed out, and the bedclothes should be dry, so that the blood circulation of the pressed part can be improved in order to prevent the necrosis of the muscle and skin.

2. In the stage of ulceration and putrefaction

Main Symptoms:

Marked by putrefaction of skin, ulceration of subcutaneous tissue, abundant foul pus, even injury of tendons and exposure of bone, with possible general symptoms such as fever, chills, etc.

Method of Treatment:

To drain pus, eliminate putridity, remove toxins, and subdue swelling.

Prescription 1:

Recipe: *Hong You Gao*

Ingredients:

|                             |       |
|-----------------------------|-------|
| <i>Fanshilin</i> (vaseline) | 300 g |
| <i>Jiuyidan</i> (12)        | 30 g  |
| <i>Qiandan</i> (minium)     | 4.5 g |

Preparation: Melt *Fanshilin* and mix it slowly with the other two drugs into an even ointment.

Application: Take a proper amount of the ointment according to the area of the

surface of wound and spread it on a piece of gauze, stick the gauze to the affected part. Dressing change is to be made daily. Or, put 20-30 pieces of 12 cm long and 6 cm wide gauze together with 60-90 g of *Hong You Gao* into an aluminium lunch-box and sterilize them with high pressure steam into *Hong You Gao You Sha Bu*. Dressing change is made with this drugged gauze.

## Prescription 2:

Number 1:

Recipe: *Jie Du Xi Yao* (9)

Number 2:

Recipe: *Zi Se Zu Chuang Gao*

## Ingredients:

|   |       |
|---|-------|
| <i>Zhi Ruxiang</i> (Resina Oblibani Preparata)                |       |
| <i>Hongfen</i> (Hydrargyrum Oxydum Rubrum)                    | 10 g  |
| <i>Qingfen</i> (Calomelas)                                    | 10 g  |
| <i>Xuejie</i> (Resina Draconis)                               | 10 g  |
| <i>Hubo</i> (Succinum)  | 10 g  |
| <i>Duan Zhenzhu</i> (Margarita Usta in the form of powder)    | 10 g  |
| <i>Bingpian</i> (Borneolum Syntheticum in the form of powder) | 1 g   |
| <i>Xiangyou</i> (Oleum Sesami)                                | 1 g   |
| <i>Fengla</i> (Cera Flava)                                    | 120 g |
|   | 30 g  |

Preparation: Grind the first 5 drugs together into a fine powder. Heat *Xiangyou* in a pot until it boils and then move the pot away from fire. Mix the powder slowly with *Xiangyou* in the pot. Put *Fengla* into the pot and have it melted in *Xiangyou*. When the content of the pot is cooled a little, add *Duan Zhenzhu* and *Bingpian*. Finally, stir the content evenly and cool it into an ointment called *Zi Se Zu Chuang Gao*.

Application: Boil *Jie Du Xi Yao* in water for 20 minutes to obtain 1,000 ml. of decoction. While the decoction is warm, wash the surface of the wound with it for 10 minutes. Use a piece of sterile gauze to suck up the remains on the surface. Take a proper amount of *Zi Se Zu Chuang Gao* according to the area of the surface and spread it on a piece of gauze. Stick the gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made daily.

## Prescription 3:

Number 1:

Recipe: *Zhui Du Dan*

## Ingredients:

|   |       |
|---|-------|
| <i>Hongshengdan</i> (Hydrargyrum Oxydum Rubrum) |       |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)          | 6 g   |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)       | 6 g   |
| <i>Bingpian</i> (Borneolum Syntheticum)         | 6 g   |
| <i>Xiangya Xiao</i> (ivory powder)              | 0.6 g |
|   | 0.6 g |

Preparation: Grind the above drugs together into a fine powder called *Zhui Du*

*Dan.*

Number 2:

Recipe: *Huang Lian Jie Du Gao*

Ingredients:

|  |                 |
|--|-----------------|
| <i>Diyutan</i> (Radix Sanguisorbae Carbonisatus) | 180 g           |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)           | 180 g           |
| <i>Huangbai</i> (Cortex Phellodendri)            | 180 g           |
| <i>Zhi Ruxiang</i> (Resina Oblibani Preparata)   | 60 g            |
| <i>Zicao</i> (Radix Arnebiae)                    | 60 g            |
| <i>Wubeizi</i> (Galla Chinensis)                 | 60 g            |
| <i>Honghua</i> (Flos Carthami)                   | 30 g            |
| <i>Dihuang</i> (Radix Rehmanniae)                | 120 g           |
| <i>Jinyinhua</i> (Flos Lonicerae)                | 120 g           |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)        | 60 g            |
| <i>Mubiezi</i> (Semen Momordicae)                | 30 g            |
| <i>Danggui</i> (Radix Angelicae Sinensis)        | 120 g           |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)           | 60 g            |
| <i>Shengma</i> (Rhizoma Cinicifugae)             | 60 g            |
| <i>Huangqin</i> (Radix Scutellariae)             | 60 g            |
| <i>Taoren</i> (Semen Persicae)                   | 60 g            |
| <i>Bailian</i> (Radix Ampelopsis)                | 120 g           |
| <i>Zhi Moyao</i> (Myrrha Preparata)              | 60 g            |
| <i>Chishao</i> (Radix Paeoniae Rubra)            | 60 g            |
| <i>Huanglian</i> (Rhizoma Coptidis)              | 90 g            |
| <i>Huhuanglian</i> (Rhizoma Picrorhizae)         | 60 g            |
| <i>Hanliancao</i> (Herba Ecliptae)               | 120 g           |
| <i>Lizhicao</i> (Herba Salviae Dlebeiae)         | a proper amount |
| <i>Huangla</i> (wax)                             | 3,000 g         |
| <i>Mayou</i> (Oleum Sesami)                      | 12,500 g        |

Preparation: Soak the above drugs except *Huangla* in *Mayou* for 2 days, decoct them in a pot with gentle heat until *Baizhi* turns brown, and filter them away with the medicated oil left. Mix *Huangla* with the oil into an ointment.

Application: Dust the powder of *Zhui Du Dan* on the surface of the wound. Spread the ointment of *Huang Lian Jie Du Gao* on a piece of gauze. Stick the gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made daily.

Notes: The purpose of using *Hong You Gao* to treat superficial ulceration is to achieve the effects of eliminating putridity and promoting regeneration of muscles; using *Jie Du Xi Yao* and then *Zi Se Zu Chuang Gao* to treat deep ulceration with abundant thick pus is to achieve the effects of draining pus, eliminating putridity, removing toxins and subduing swelling; using *Zhui Du Dan* and *Huang Lian Jie Du Gao* to treat spoiled tissue which is hard to exfoliate is to achieve the effects of



draining pus, eliminating putridity, removing toxins, subduing swelling and separating of necrotic tissue from the normal one quickly.

With stronger erosive action, *Zhui Du Dan* should be used cautiously when there is little spoiled tissue and exposed tendon and bone. In treating a bed-sore with large surface of wound, *Zhui Du Dan* shouldn't be used too long lest it be too much absorbed by the patient and hydrargyrisms induced.

When there is extensive necrotic tissue under which pus is accumulated, epluchage is suggested after the patient's blood circulation is improved.

When other general symptoms are induced due to secondary infection, antibiotics or corresponding oral Chinese drugs may be given according to the results of drug sensitivity tests.

### 3. In the healing stage

#### Main Symptoms:

Manifested by little pus and putridity or no slough, and dark-purple or bright-red granulation.

#### Method of Treatment:

To eliminate putridity, promote regeneration of muscles, astringe sore, and heal wound.

#### Prescription 1:

##### Number 1:

Recipe: *Sheng Ji Yu Hong Gao You Sha Bu* (11)

##### Number 2:

Recipe: *Lu Rong Sheng Ji San*

#### Ingredients:

|  |       |
|--|-------|
| <i>Duan Xiangpi</i> (forged elephant's skin) | 3 g   |
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta)    | 3 g   |
| <i>Duan Zhenzhu</i> (Margarita Usta)         | 0.6 g |
| <i>Qiandan</i> (minium)                      | 0.6 g |
| <i>Xuejie</i> (Resina Draconis)              | 0.9 g |
| <i>Qingfen</i> (Calemelas)                   | 0.9 g |
| <i>Wubeizi</i> (Galla Chinensis)             | 0.9 g |
| <i>Xueyutan</i> (Crinis Carbonisatus)        | 0.9 g |
| <i>Lurong</i> (Cornu Cervi Pantotrichum)     | 0.3 g |
| <i>Niu Huang</i> (Calculus Bovis)            | 0.3 g |
| <i>Ruxiang</i> (Resina Olibani)              | 1.5 g |
| <i>Moyao</i> (Myrrha)                        | 1.5 g |
| <i>Duan Luganshi</i> (Calamina Usta)         | 1.5 g |
| <i>Duan Longgu</i> (Os Draconis)             | 1.5 g |

Preparation: Grind the above drugs together into a very fine powder called *Lu Rong Sheng Ji San*. Keep it in a bottle for future use.

Application: Dust a little powder of *Lu Rong Sheng Ji San* evenly on the surface of the wound, cover it first with *Sheng Ji Yu Hong Gao You Sha Bu* then with a piece

of gauze and finally fix it with a piece of adhesive plaster. Dressing change is to be made daily.

Prescription 2:

Recipe: *Sheng Ji Xiang Pi Gao*

Ingredients:

|   |        |
|---|--------|
| <i>Xiangyou</i> (Oleum Sesami)                        | 2500 g |
| <i>Xueyutan</i> (Crinis Carbonisatus)                 | 60 g   |
| <i>Danggui</i> (Radix Angelicae Sinensis)             | 60 g   |
| <i>Xiangpi</i> (elephant's skin)                      | 90 g   |
| <i>Dihuang</i> (Radix Rehmanniae)                     | 120 g  |
| <i>Guiban</i> (Plastrum Testudinis)                   | 12 g   |
| <i>Shigao</i> (Gypsum Fibrosum in the form of powder) | 150 g  |
| <i>Luganshi</i> (Calamina in the form of powder)      | 250 g  |
| <i>Huangla</i> (yellow wax)                           | 180 g  |
| <i>Baila</i> (white wax)                              | 180 g  |

Preparation: Decoct *Dihuang*, *Guiban* and *Xiangpi* in *Xiangyou* in a pot until they are scorched. Then put *Xueyutan* and *Danggui* into the pot and decoct them until they are scorched too. Filter the decocted drugs in the pot away from the medicated oil. Finally, add *Huangla*, *Baila*, *Luganshi* and *Shigao* to the oil and have them melted in it, then stir the oil evenly and wait until it is cooled into an ointment called *Sheng Ji Xiang Pi Gao*.

Application: Take a proper amount of the ointment according to the area of the surface of the wound and spread it on a piece of gauze about 0.2 cm thick. Stick the gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made daily.

Prescription 3:

Ingredient:

|   |      |
|---|------|
| <i>Mabo</i> (Lasiosphaera seu Calvatia) | 30 g |
|---|------|

Preparation: Remove *Mabo* of its peel. Cut it into slices in different sizes, and have it sterilized under high pressure.

Application: Put a proper amount of the slices on the surface of the wound, then cover the surface with a piece of sterile gauze, and fix the gauze with a piece of adhesive plaster. Dressing change is to be made daily.

Notes: Though the course of this disease is divided into 3 stages, the treatment should not be limited by the division. The method of treatment should be based on the practical condition of the disease. For instance, although fresh granulation is growing in the healing stage, pus and putridity are, usually, not eliminated completely in this period. Hence, *Sheng Ji Yu Hong Gao You Sha Bu* and *Lu Rong Sheng Ji San* should still be used for removing toxins, activating blood circulation, eliminating putridity, promoting regeneration of muscles, astringing sore, and healing wound. After pus and putridity have been completely eliminated and fresh granulation is vigorously growing, *Sheng Ji Xiang Pi Gao* is then used instead of the above recipes

is to be

for promoting regeneration of muscles and skin, and healing wound.

It is reported that *Mabo* has the action of inducing astringency and relieving inflammation. When it is applied to treat bed-sore, good curative effects would always be attained.

When dressing change is performed, attention should be paid to sterilization to prevent any cross infection.

Therapies such as ultraviolet radiation, infra-red radiation, irradiation with an electric light, etc. could also be suggested.

In the treatment of a large surface of wound, when the infection has been controlled and the granulation is fresh, free skin grafting may be considered.

## 5.7 Congenital Auricular Fistula

Being a common congenital deformity, congenital auricular fistula is a blindgut formed in the embryonic period is due to the incomplete close of the first parotid arc. With frequent suppuration and diabrosis, it opens outwards at the point anterior and superior to the crus of helix or to the tragus.

### Etiology and Pathogenesis

When the secretion accumulated within the gut due to developmental deformity in the embryonic period is combined with noxious-heat due to heat accumulated in the liver and gallbladder and complicated by exogenous pathogenic factors, they ferment together into pus. Their repeated onsets due to toxins left after ulceration lead to this disease.

### Clinical Manifestations

Marked by unilateral or bilateral onset in infants, a black small hole maybe seen at the point anterior and superior to the crus of helix or to the tragus, a bean-dreg-like thing discharged out when the hole is pressed; a canal leading to the temple or periotic area maybe found in examination, no subjective symptom at ordinary time, red-swelling and burning-pain followed by abscess occurring shortly after secondary infection, stinking pus flowing out after the diabrosis of the abscess, temporal healing maybe occrring after the pus is out with fistula or scar left due to repeated relapse.

### Differentiation and Treatment

#### 1. In the acute stage

##### Main Symptoms:

Marked by local red-swelling and burning-pain, or bright-red raised swelling and burning-pecking-pain, and possible mild general symptoms in severe cases.

##### Method of Treatment:

To remove toxins, subdue swelling, and drain pus.

##### Prescription 1:

Recipe: *Jia Wei Yu Lu Gao*

Ingredients:

|  |      |
|--|------|
| <i>Furongye</i> (Folium Hibisci)       | 60 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 15 g |
| <i>Chixiaodou</i> (Semen Phaseoli)     | 15 g |

Preparation: Grind the above drugs together into a fine powder. Mix 3 portions of the powder with 7 portions of vaseline into an ointment.

Application: Take a proper amount of the ointment according to the area of swelling and pain and spread it on a piece of gauze about 0.3 cm thick. Stick the gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made once every or every other day.

Prescription 2:

Recipe: *Qing Fu Yao*

Ingredients:

|   |       |
|---|-------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)      | 240 g |
| <i>Jianghuang</i> (Rhizoma Curcumae Longae) | 240 g |
| <i>Huangbai</i> (Cortex Phellodendri)       | 240 g |
| <i>Baiji</i> (Rhizoma Bletillae)            | 180 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)   | 120 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)       | 120 g |
| <i>Tianhuaafen</i> (Radix Trichosanthis)    | 120 g |
| <i>Qingdai</i> (Indigo Naturalis)           | 120 g |
| <i>Gancao</i> (Radix Glycyrrhizae)          | 120 g |

Preparation: Grind the above drugs together into a fine powder.

Application: Take a proper amount of the powder and mix it with *Yitang* (Seccharum Granorum) or *Fengmi* (Mel) into a paste. Spread the paste on a piece of gauze about 0.3 cm thick. Stick the gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made daily.

Notes: There is no need to treat this disease when there isn't any inflammation. When there is inflammation, pressure and exploration of fistula are both forbidden lest infection be induced. When there is acute infection, Prescription 1 and 2 are used for clearing heat, removing toxins, dissolving blood stasis, and subduing swelling. Meanwhile, corresponding oral Chinese drugs and antibiotics are given in order to have the inflammation absorbed and dismissed sooner. After suppuration occurs, incision for drainage of pus is conducted so as to let the pathogenic factors discharged along with pus. In such case, general symptoms as well as local swelling and pain will disappear. When pus is out, healing would come. But relapse would most likely occur.

2. In the chronic stage

Main Symptoms:

With more thick yellow or clear thin pus flowing out from the opening of the fistula, and without red-swelling and burning-pain.

Method of Treatment:

To drain pus, eliminate putridity, promote regeneration of muscles, and heal wound.

## Prescription 1:

Number 1:

Recipe: *Qian Chui Gao* (5)

Number 2:

Recipe: *Ba Du Gao* (6)

Number 3:

Recipe: *Wu Wu Dan*

Ingredients:

*Duan Shigao* (Gypsum Fibrosum Usta) 5 g*Hongshengdan* (Hydrargyrum Oxydum Rubrum) 5 g

Preparation: Grind the 2 drugs together into a fine powder. Keep it in a bottle for future use.

Number 4:

Recipe: *Qi San Dan*

Ingredients:

*Shu Shigao* (Gypsum Fibrosum Praeparata) 7 g*Hongshengdan* (Hydrargyrum Oxydum Rubrum) 3 g

Preparation: Grind the 2 drugs together into a fine powder. Keep it in a bottle for future use.

Application: Roll long narrow pieces of mulberry bark paper into paper spills of different length and thickness and have them sterilized for future use. Smear one of the paper spills with a little sterilized vaseline to moisten it. Dip the spill into *Wu Wu Dan* and coat it with the drug, then insert it to the bottom and pull it 0.1 cm out of the fistula, cut off the end at 0.2 cm away from the opening, branch the end and bent it down sideways to the opening. Then cover it with a piece of *Qian Chui Gao*. After the treatment is repeated 2-3 times, *Wu Wu Dan* is replaced by *Qi San Dan*, and *Qian Chui Gao* may be replaced by *Ba Du Gao*. Dressing change is to be made every other day.

## Prescription 2:

Number 1:

Recipe: *Ba Du Gao* (6)

Number 2:

Recipe: *Sheng Ji Zhen Zhu San*

Ingredients:

*Ruxiang* (Resina Olibani) 10 g*Moyao* (Myrrha) 10 g*Qiandan* (minium) 10 g*Xuejie* (Resina Draconis) 10 g*Ercha* (Catechu) 10 g*Duan Longgu* (Os Draconis Usta) 10 g*Luhui* (Aloe) 10 g*Duan Xiangpi* (forged elephant's skin) 10 g

|   |       |
|---|-------|
| <i>Duan Shijueming</i> (Concha Haliotidis Usta)         | 10 g  |
| <i>Duan Haige</i> (Concha Meretricis seu Cyclinae Usta) | 10 g  |
| <i>Duan Zhenzhu</i> (Margarita Usta)                    | 0.6 g |
| <i>Bingpian</i> (Borneolum Syntheticum)                 | 0.6 g |
| <i>Qingfen</i> (Calomelas)                              | 3 g   |

Preparation: Grind the above drugs together into a powder and keep it in a bottle for future use.

Application: Dust a little powder on the part where the opening of the fistula is located and cover it with *Ba Du Gao*. Dressing change is to be made every other day.

Notes: In this stage, making dressing change with *Wu Wu Dan* and *Qian Chui Gao* 2-3 times would be able to take advantage of the physical action of the paper spills to draw pus, while give play to the drugs' action of draining pus and eliminating putridity to remove necrotic tissue and the wall of a fistula, and the action of the cover *Qian Chui Gao* to relieve the pain due to erosion. Then, *Qi San Dan* is used instead of *Wu Wu Dan* and shorter and thinner paper spills are chosen to facilitate the growth of granulation tissue from and around the bottom of a fistula. Dressing change with paper spill may be ended when the fistula is shortened to 0.2 cm, and *Sheng Ji Zhen Zhu San* would begin to be applied. Clinical observations show that dressing change conducted daily with only *Qian Chui Gao* may also heal a shallow fistula satisfactorily.

A fistula which doesn't respond to the therapy may be the one with branches. In such a case, resection is suggested.

## 5.8 Cyst of Sebaceous Glands

Cyst of sebaceous glands refers to a retention cyst due to obstruction of ducts of sebaceous glands. It is included in the categories of *Zhi Liu*, *Fen Liu* and *Nong Liu* in TCM.

### Etiology and Pathogenesis

This disease is due to prolonged accumulation of damp-phlegm in the skin.

### Clinical Manifestations

Manifested by a slowly grown, distinctly-bordered, round, soft cyst which is as small as a bean or as large as an orange or egg, usually located in the superficial layer of the skin of the head, face, neck, back or hip, and cemented with the skin around; the cyst with a base movable and a center dotted with a blue-black point; a foul fat serous fluid flowing out when the point is pressed hard; no subject symptoms seen usually; red-swelling, burning-pain, pus, etc. occurring after secondary infection.

### Differentiation and Treatment

1. In the stage of stagnation of damp-phlegm

Main Symptoms:

Manifested by round, soft, movable cysts in different size and cemented with the

skin around; no subject symptoms.

Method of Treatment:

To dissolve phlegm, resolve mass, and subdue swelling.

Prescription 1:

Ingredient:

*Tiannanxing* (Rhizoma Arisaematis)

one

Preparation: Grind *Tiannanxing* up in vinegar to obtain a thick medicated vinegar.

Application: Smear the medicated vinegar on the affected part, 3-4 times daily.

Wash away the dry thick drug powder left on the affected part before repeating the treatment.

Prescription 2:

Recipe: *Er Bai San*

Ingredients

*Tiannanxing* (Rhizoma Arisaematis)

15 g

*Zhebeimu* (Bulbus Fritillariae)

15 g

Preparation: Grind the above 2 drugs together into a fine powder.

Application: Take a proper amount of the powder according to the size of the cyst and mix it with vinegar into a paste. Smear the paste on the affected part, 3 times daily. Wash away the dry drug powder attached to the skin before a new dose is prepared and smeared.

Notes: In general, excision is the way to treat this disease. When a cyst is small, the above treatment may be tried with the possible results that the cyst absorbed and dismissed in some of the cases.

When the above treatment is being conducted, the medicated vinegar or paste should be smeared widely enough to have the affected part covered.

After the drugs is applied, mild itch and desquamation may occur on the skin.

In treating multiple cyst of sebaceous glands, oral Chinese drugs with the action of dissolving phlegm and resolving mass may be given.

2. In the stage of being polluted by toxins

Main Symptoms:

Enlarged cyst with red-swelling, burning-pain and evident tenderness.

Method of Treatment:

To clear heat, dissolve phlegm, remove toxins, and subdue swelling.

Prescription 1:

Recipe: *Ru Yi Jin Huang San* (1)

Preparation: Mix 3 portions of *Ru Yi Jin Huang San* with 7 portions of vaseline into an ointment.

Application: Take a proper amount of the ointment according to the size of a cyst and spread it on a piece of gauze about 0.3 cm thick. Stick the gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made daily.

Prescription 2:

Recipe: *Bei Mu Zhi Tong Gao*

Ingredients:

|   |       |
|---|-------|
| <i>Zhebeimu</i> (Bulbus Fritillariae)     | 15 g  |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 10 g  |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)    | 10 g  |
| <i>Bingpian</i> (Borneolum Syntheticum)   | 1.5 g |
| <i>Bohe</i> (Herba Menthae)               | 1.5 g |
| <i>Muxiang</i> (Radix Aucklandiae)        | 4.5 g |
| <i>Shexiang</i> (Moschus)                 | 0.6 g |

Preparation: Grind the above drugs together into a fine powder and mix it with 70% vaseline into an ointment.

Application: Take a proper amount of the ointment according to the size of a cyst and spread it on a piece of gauze about 0.3 cm thick. Stick the gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made daily.

Notes: *Ru Yi Jin Huang San* is indicated for a cyst with evident red-swelling and burning-pain, while *Bei Mu Zhi Tong Gao* for one which is slightly-red, a little hard and painful.

While external treatment is performed, corresponding oral Chinese drugs or antibiotics should also be given to control inflammation.

3. In the stage of suppuration

Main Symptoms:

Continually enlarged purple and bright cyst with burning pecking-pain and a sensation of obvious wave-motion.

Method of Treatment:

To drain pus, subdue swelling, eliminate putridity, and promote regeneration of muscles.

Prescription 1:

Number 1 :

Recipe: *Sheng Ji Yu Hong Gao You Sha Bu* (11)

Number 2:

Recipe: *Sheng Ji San* (13)

Number 3:

Recipe: *Qi San Dan*

Ingredients:

|   |     |
|---|-----|
| <i>Shu Shigao</i> (Gypsum Fibrosum Preparata)   | 7 g |
| <i>Hongshengdan</i> (Hydrargyrum Oxydum Rubrum) | 3 g |

Preparation: Grind the above 2 drugs together into a fine powder.

Application: After incision for complete drainage of pus and drugs, a piece of *Fan Shi Lin You Sha Bu* coated with a little *Qi San Dan* is tucked into the wound. Then, cover the wound with gauze and have it bandaged. Dressing change is to be made daily until the wall of the cyst is eroded and removed. Later on, *Sheng Ji Yu Hong Gao You Sha Bu* coated with *Sheng Ji San* is used instead to fill loosely into the wound with dressing change to be made once every or every other day until the wound is



healed.

Notes: Relapse would occur in case the wound heals before the exfoliation or the complete exfoliation of the wall of the cyst. In that case, another operation is needed. There are some diabetics, whose fresh flesh would not stick to the skin after the wall is eroded and removed. For them, applying a bandage with pressure 5-7 days after the application of *Sheng Ji Yu Hong Gao You Sha Bu* would bring healing.

## 5.9 Thecal Cyst

Thecal cyst refers to cystic mass around muscle, tendon or joint. It is included in the categories of *Jin Liu* and *Jin Jie* In TCM.

### Etiology and Pathogenesis

This disorder is due to accumulation of body fluid owing to stagnation of local channels and collaterals resulting from over-fatigue or trauma.

### Clinical Manifestations

Onset usually in the wrist joints of young people or those at the age of 30-50, most of whom are female; one (or several) round, movable and bright mass which is as small as a pea or as big as a peach core; the mass which has a cystic sensation in the beginning but by and by turns not evidently cystic but becomes hard in surface; and local sensation of aching, and acratia.

### Differentiation and Treatment

#### Main Symptoms:

Marked by a (or several) round and movable mass in normal skin color which feels cystic or tough when pressed.

#### Method of Treatment:

To relax muscles and tendons, promote blood circulation, subdue swelling, and resolve mass.

#### Prescription 1:

Recipe: *Fu Fang Ma Qian Zi Gao*

#### Ingredients:

|   |       |
|---|-------|
| <i>Maqianzi</i> (Semen Strychni)              | 90 g  |
| <i>Zhi Ruxiang</i> (Resina Olibani Preparata) | 90 g  |
| <i>Zhi Moyao</i> (Myrrha Preparata)           | 90 g  |
| <i>Gancao</i> (Radix Glycyrrhizae)            | 90 g  |
| <i>Mahuang</i> (Herba Ephedrae)               | 120 g |
| <i>Fanshilin</i> (vaseline)                   | 480 g |

Preparation: Grind the first 5 drugs together into a fine powder. Heat vaseline to have it melted. Mix the powder with the melted vaseline into a mixture. Cool the mixture into an ointment.

Application: Take a proper amount of the ointment according to the range of pathologic change and spread it on a piece of gauze. Stick the gauze to the affected

part with dressing change to be made every 3 days.

Prescription 2:

Recipe: *Bai Xing Hua San*

Ingredients:

|  |     |
|--|-----|
| <i>Baifan</i> (Alumen)                   | 1/3 |
| <i>Xingren</i> (Semen Armeniacae Amarum) | 1/3 |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)  | 1/3 |

Preparation: Grind the above drugs together into a fine powder. Keep it for future use.

Application: After local routine disinfection, insert a big hollow syringe needle into the cyst to suck out the colloid substance. Then, take a proper amount of the powder according to the size of the cyst and mix it with a proper amount of sesame oil into a paste. Spread the paste on a piece of plastic film about 0.2 cm thick. Stick this film to the affected part. Cover the film with gauze and fix it with a piece of adhesive plaster. Dressing change is to be made daily.

Prescription 3:

Recipe: *Shen Jin Gao*

Ingredients:

|   |      |
|---|------|
| <i>Maqianzi</i> (Semen Strychni)            | 10 g |
| <i>Tougucao</i> (Caulis Impatientis)        | 10 g |
| <i>Chuanshanjia</i> (Squama Manitis)        | 10 g |
| <i>Fangji</i> (Radix Stephaniae Tetrandrae) | 10 g |
| <i>Ruxiang</i> (Resina Olibani)             | 10 g |
| <i>Moyao</i> (Myrrha)                       | 10 g |
| <i>Wangbuliuxing</i> (Semen Vaccariae)      | 10 g |
| <i>Xixin</i> (Herba Asari)                  | 10 g |
| <i>Wujiapi</i> (Cortex Acanthopanax)        | 10 g |
| <i>Xiliancao</i> (Herba Siegesberckiae)     | 10 g |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)  | 10 g |
| <i>Caowu</i> (Radix Aconiti Kusnezoffii)    | 10 g |
| <i>Wubeizi</i> (Galla Chinensis)            | 10 g |
| <i>Rougui</i> (Cortex Cinnamomi)            | 10 g |
| <i>Zhishi</i> (Fructus Aurantii Immaturus)  | 10 g |
| <i>Niubangzi</i> (Fructus Arctii)           | 10 g |
| <i>Xueyutan</i> (Crinis Carbonisatus)       | 10 g |
| <i>Gusuibu</i> (Rhizoma Drynariae)          | 10 g |
| <i>Dilong</i> (Lumbricus)                   | 12 g |
| <i>Jiangcan</i> (Bombyx Batryticatus)       | 12 g |
| <i>Weilingxian</i> (Radix Clematidis)       | 12 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)      | 12 g |
| <i>Zelan</i> (Herba Lycopi)                 | 12 g |
| <i>Sigualuo</i> (Retinervus Luffae Fructus) | 12 g |

|   |          |
|---|----------|
| <i>Mahuang</i> (Herba Ephedrae)                 | 12 g     |
| <i>Dibiechong</i> (Eupolyphage seu Steleophage) | 12 g     |
| <i>Fangfeng</i> (Radix Lebebouriellae)          | 12 g     |
| <i>Danggui</i> (Radix Angelicae Sinensis)       | 15 g     |
| <i>Wugong</i> (Scolopendra)                     | 4 pieces |
| <i>Gonglaoye</i> (Folium Mahoniae)              | 30 g     |
| <i>Gansui</i> (Radix Kansui)                    | 30 g     |

Preparation: Decoct all the above drugs in 2,000 g of sesame oil in a pot until they are scorched and filter them away with the medicated oil left. Heat the oil continually until a drop of it dripped into water will take shape of a pearl. Put 1,000 g of minium into the pot and mix it evenly with the oil into a mixture. Cooled, the mixture becomes a plaster.

Application: Take a proper amount of the plaster according to the size of the cyst, melt it, and spread it about 0.15 cm thick on a piece of thick cloth. Stick the cloth to the affected part with dressing change to be made every 5 days.

Notes: *Fu Fang Ma Qian Zi Gao* has the effects of clearing and activating the channels and collaterals, subduing swelling, and resolving mass; *Bai Xing Hua San*, drying dampness, dissolving phlegm, removing blood stasis, and subdue swelling; *Shen Jin Gao*, promoting blood circulation, removing blood stasis, relaxing muscles and tendons, and activating the flow of *Qi* and blood in the channels. They works by means of dilating blood vessels, improving blood circulation and restoring the function of the wall of sheath so as to have the substance in a cyst absorbed or dismissed.

External application of Chinese drugs may cure part of the patients of this disease. If it is unsuccessful, crushing, needle, ligation or excision may be considered depending on the disease condition.

**Volume Two**  
**DERMATOLOGY**

*Written by:* Du Xixian  
*Translated by:* Xu Xiangcai

# 1. Viral Dermatoses

## 1.1 Herpes Simplex

Usually seen after or during high fever, herpes simplex is an acute viral dermatosis. That's why it is called by traditional Chinese physicians as Re Chuang (sore due to fever). It may occur on account of dyspepsia, irregular menstruation, overfatigue and pregnancy and is liable to attack repeatedly while the body resistance is weak.

### Etiology and Pathogenesis

When exogenous pathogenic wind-heat accumulated in the lung and stomach channels goes up, it will fumigate and steam the head and face, causing the herpes around the nostrils and on the cheeks. When pathogenic damp-heat in the liver and gallbladder channels goes downwards, it will accumulate in the pudendum, causing the herpes on the external genital organs.

### Clinical Manifestations

Its onset is accompanied by a tense, burning, itching and painful sensation on the affected skin; then erythema appears on the skin and groups of blisters with clear liquid inside and areola around occur rapidly on the erythema; the liquid becomes cloudy 2-3 days later; erosion may occur after diabrosis; scab will be formed 4-5 days later; the wound becomes gradually dry and healed following decrustation; slight pigmentation may be seen afterwards and will disappear soon. Its skin damage usually occurs near the lips, or on the cheeks or pudendum, only occasionally in the mouth, eyes, urethra and vagina, and its local itching and burning sensation is generally not accompanied by other general symptoms; only the nearby lymph nodes may inflict a swelling pain. The course of the disease may last one week or so; repeated relapses often take place at the affected area.

### Differentiation and Treatment

With self-determining course and mild symptoms, this disorder is usually treated only with external therapeutics. Corresponding internal therapeutics may be added when it affects the eyes or the external genital organs or has more serious symptoms and repeated relapses.

1. In the herpeses stage before diabrosis

Main Symptoms:

Groups of herpeses before diabrosis with red skin around them.

Method of Treatment:

To clear heat, relieve toxins and dry out dampness.

Prescription 1:

Recipe: *Er Wei Ba Du San* (15)—No.15 of the attached prescriptions.

Ingredients:

|                             |      |
|-----------------------------|------|
| <i>Xionghuang</i> (Realgar) | 10 g |
| <i>Baifan</i> (Alumen)      | 10 g |

Preparation: Mix the drugs and grind them into a fine powder to be kept in a bottle for future use.

Application: According to the size of the skin damage a proper amount of the powder is prepared and mixed into a paste with 75% alcohol to be spread on the affected part about 0.1 cm thick, twice daily. The old dose should be wiped off with alcohol before a new dose is applied.

Notes: With the effects of clearing away heat, removing toxins and drying out dampness, *Er Wei Ba Du San* shortens the course of the disease remarkably. Clinical observations show that 2 days after it is applied, the herpeses begin to astringe, dry, scab and heal.

Prescription 2:

Recipe: *Di Long Tang Jiang*

Ingredient:

|  |                |
|--|----------------|
| <i>Xian Dilong</i> (fresh <i>Lumbricus</i> ) | several pieces |
|--|----------------|

Preparation: Put the drug into clear water to remove mud and earth it carries, then take it out and place it on a piece of gauze to get rid of the water on its body, and have it kept in a clean container. A proper amount of white sugar is added to the container with the sugar to dilong proportion being 1:2. After one or two hours, the *Dilong* pieces would be shrunk with their fluid oozing out from its body. The fluid is then filtered and becomes what we call *Di Long Tang Jiang*.

Application: Apply *Di Long Tang Jiang* to the affected part, 4-6 times a day.

Notes: *Di Long Tang Jiang* should be kept in a refrigerator or a cool, dark place. Be sure not to use it if it becomes degenerate after long storage.

*Dilong* is another name for earthworm. Used as a Chinese drug, it is effective in removing toxins.

2. In the stage after the herpeses have broken

Main Symptoms:

Diabrosis of herpeses followed by erosion, exudate and even secondary infection.

Method of Treatment:

To clear heat, dispel dampness and relieve toxins.

Prescription 1:

Ingredient:

|   |       |
|---|-------|
| <i>Yuxingcao</i> ( <i>Herba Houttuyniae</i> ) | 500 g |
|---|-------|

Preparation: The drug is added to 1,500 ml. of water to obtain about 750 ml. of decoction through distillation.

Application: The decoction is used in cold compress on the affected part for 20-30 minutes in each treatment, 2-3 treatments daily.

Notes: *Yuxingcao* is effective in clearing away heat, removing toxins, inducing diuresis and subsiding swelling. Modern pharmacological experiments have also

shown that it has antibacteria and antiviral effects and is effective in relieving pain, stopping bleeding, inhibiting serous secretion and promoting organic regeneration.

**Prescription 2:**

**Ingredients:**

|                                       |      |
|---------------------------------------|------|
| <i>Huangbai</i> (Cortex Phellodendri) | 15 g |
| <i>Diyu</i> (Radix Sanguisorbae)      | 10 g |
| <i>Machixian</i> (Herba Portulacae)   | 15 g |

**Preparation:** Boil the drugs in 600 ml. of water to obtain about 300 ml. decoction.

**Application:** The decoction is used for cold compress on the affected part for 20-30 minutes in each treatment, 2-3 treatments daily.

**Notes:** This prescription has antiphlogistic and astringent effects. When used in cold compress it will stop the exuding of body fluid quicker, thus facilitating the skin wound to become dry, scabbed and healed. Between the intervals the applications of cold compress, the affected part should be kept clean. Scratching should be avoided by all means.

## 1.2 Herpes Zoster

A common disease in spring and fall and often seen in adults, herpes zoster is an acute dermatosis due to virus. It begins with erythema on the skin, followed by groups of blisters, accompanied by pain and usually located around the waist. TCM calls it as Chan Yao Huodan (erysipelas around the loins).

### Etiology and Pathogenesis

Liver-*Qi* will be stagnated in cases of mental depression and turns to heat in due time. When heat accumulates in the muscles and skin, herpes zoster occurs as a result. Or, when pathogenic damp-heat has accumulated in the body and is combined with foreign pathogens, this disease may also occur.

### Clinical Manifestations

Symptoms usually seen before the appearance of herpes are low or high fever, dysphoria, lassitude, poor appetite and localized hyperaesthetic skin with calor and paroxysmal stabbing pain, all of which are followed by erythema and groups of blisters on the affected skin. The blisters, each of which, as big as a millet or a mung bean and circled by areola, have a tense and solid wall and clear fluid. They are aligned like a belt, often along the peripheral nerve trunk, usually on one side of the body including the hypochondrium, waist and abdomen and occasionally on the head, face and limbs. Big blisters and bloody bullae may be seen in severe cases. Several days later, the fluid becomes cloudy, the blisters turn flaccid, or broken with wet erosion on the wounds. Soon the wounds will become dry and scabbed and healed after decrustation. In some cases, local pain will remain for a long time after the affected skin returns to normal.

### Differentiation and Treatment

Satisfactory curative effects can be achieved by external treatment with Chinese drugs alone for mild cases. Internal therapy with Chinese drugs should be used to accompany it for severe cases. If necessary, therapies of Western medicine can also be combined.

#### 1. Type of excessive heat

##### Main Symptoms:

Erythema, blister circled by areola with tense wall, accompanied by calor and stabbing pain.

##### Method of Treatment:

To clear away heat, remove toxins and relieve pain.

##### Prescription 1: *Xiong Bing Jiu*

##### Ingredients:

|   |         |
|---|---------|
| <i>Xionghuang</i> (Realgar)             | 5 g     |
| <i>Bingpian</i> (Borneolum Syntheticum) | 5 g     |
| <i>Jiujing</i> (75% alcohol)            | 100 ml. |

Preparation: Mix the above drugs into a kind of suspension.

Application: Apply the suspension on the affected part which has been washed clean, 3-6 times a day.

##### Prescription 2:

##### Recipe: *Da Qing Gao* (3)

Application: Spread *Da Qing Gao* on 6-8 layers of gauze according to the size of the blister and pile it up to about 0.1-0.2 cm thick. Cover the affected part with the gauze and fix it with an adhesive plaster. Change the dressing once every other day.

Notes: Stop this treatment if erythema and papulae accompanied by itching occur on the affected part as a sign of allergic reaction. The applied drug may be diluted with vegetable oil if it is not easy to remove during a change of the dressing.

##### Prescription 3:

##### Ingredients:

|  |                 |
|--|-----------------|
| <i>Xian Jiucail Gen</i> (fresh <i>Radix Allii Tuberosi</i> ) | 30 g            |
| <i>Xian Dilong</i> (fresh <i>Lumbricus</i> )                 | 20 g            |
| <i>Ma You</i> ( <i>Oleum Sesami</i> )                        | a proper amount |

Preparation: Wash the first two drugs clean and pound them into a pulp and mix the pulp with oleum sesami to form a paste.

Application: Cover the affected part with the paste and pile it up to about 0.2-0.3 cm thick, then bind it up with antiseptic gauze. Change the dressing twice daily.

Notes: *Jiucail* and *Dilong* can work together effectively in removing toxins, subduing swelling and relieving pain. Herpes zoster treated with this prescription alone will be cured in 2-5 days without any adverse reaction.

#### 2. Type of damp-heat

##### Main Symptoms:



Indistinct erythema, flaccid blisters, or erosion and exudate seen after diabrosis of blisters.

Method of treatment:

To dispel the dampness, clear away heat and remove toxins.

Prescription 1:

Number 1:

Recipe: *Machixian* (Herba Porpulacae) 60 g

Number 2:

Recipe: *Qu Shi San* (16)-No. 16 of the Attached Prescriptions.

Ingredients:

*Dahuang* (Radix et Rhizoma Rhei) 30 g

*Huangqin* (Radix Scutellariae) 30 g

*Fangjieshi* (Calcitum) 30 g

*Dingdai* (Indigo Naturalis) 3 g

Preparation: Grind the drugs together into fine-powder shaped *Qu Shi San* and keep it in a bottle for future use.

Application: Boil the *Machixian* in 2,000 ml. of water for 20 minutes and filter it to obtain the decoction. When it is cold, use it for wet compress on the affected part for 20 minutes each time, 2-3 times daily. Just after wet compress is done, spread *Qu Shi San* directly on the affected part.

Notes: *Machixian* and *Qu Shi San* work together to dispel dampness, clear away heat, remove toxins, and to prevent and treat secondary pyogenic infection due to erosion after diabrosis of blisters. *Qu Shi San* may also mix with sesame oil into a paste for the application.

Prescription 2:

Ingredients:

*Dahuang Fen* (Radix et Rhizoma Rhei in the form of powder) 10-30 g

*Xian Machixian* (fresh Herba Porpulacae) a proper amount

Preparation: Pound *Machixian* into a pulp for its juice, then mix the juice with *Dahuang Fen* to form a paste.

Application: Coat the affected part with the paste, pile it up to about 0.2-0.3 thick, then bind it up with gauze. Change the dressing twice daily in the morning and evening.

3. Type of stagnation of *Qi* and blood

Main Symptoms:

Skin damage disappears but with pain persistently felt on the affected part.

Method of treatment:

To regulate the flow of *Qi*, promote blood circulation, remove obstruction in the channels and relieve pain.

Prescription:

Number 1:

Recipe: *Ding Gui San*

Ingredients:

|                                     |     |
|-------------------------------------|-----|
| <i>Dingxiang</i> (Flos Caryophylli) | 50% |
| <i>Rougui</i> (Cortex Cinnamomi)    | 50% |

Preparation: Grind the two drugs together into fine-powder shaped *Ding Gui San*.  
Number 2:

Recipe: *An Yang Gao Yao*

Ingredients:

*Chuanwu* (Radix Aconiti)  
*Caowu* (Radix Aconiti Kusnezoffii)  
*Mubiezi* (Semen Momordicae)  
*Sanleng* (Rhizoma Sparganii)  
*Ezhu* (Rhizoma Curcumae)  
*Danggui* (Radix Angelicae Sinensis)  
*Chishao* (Radix Paeoniae Rubra)  
*Xuejie* (Resina Draconis)  
*Ruxiang* (Resina Olibani)  
*Moyao* (Myrrha)  
*Ercha* (Catechu)  
*Rougui* (Cortex Cinnamomi)  
*Dahuang* (Radix et Rhizoma Rhei)  
*Liangqiao* (Fructus Forsythiae)  
*Baizhi* (Radix Angelicae Dahuricae)  
*Bailian* (Radix Ampelopsis)

Preparation: Boil the above drugs in sesame oil into a plaster, called *An Yang Gao Yao* which is a patent medicine.

Application: Dust a little *Ding Gui San* thinly on *An Yang Gao Yao*, which is heated over fire and then used to cover the affected part. Change the dressing once every 3 days.

Notes: The neuralgia which remains after the herpes zoster is cured is due to stagnancy of *Qi*, blood stasis and obstruction in the channels. That's why we base our therapeutic method on regulating the flow of *Qi*, promoting blood circulation, removing obstruction in the channels and relieving pain.

*An Yang Gao Yao* has the effects of promoting blood circulation, eliminating blood stasis, reducing swelling and relieving pain, while *Ding Gui San* warms the channels, activates the flow of *Qi* and relieves pain. They interplays to ensure the curative effects.

Any plaster to be applied should be heated properly. Overheating may cause scalding. Under heating would make it fail to adhere to the affected part.

### 1.3 Verruca Vulgaris

Verruca vulgaris, a common viral vegetation, which is called by TCM as *You Mu* or *Qian Ri Chuang*, is a disease usually seen among children and youth.

### **Etiology and Pathogenesis**

Over anxiety and anger will damage the liver and weaken it. When the liver is weakened, pathogenic dryness will go into blood; then muscles and skin will fail to be nourished adequately. If exogenous pathogens are added, verruca vulgaris would possibly result. Mere invasion of pathogens through injuries on the skin may also cause this disorder.

### **Clinical Manifestations**

One to two or groups of papulae with a color of normal skin or greyish brown, a solid, dry and uneven surface like a pistil appear usually on the fingers, the dorsum of the hand, the head, the face, the neck and the foot; in the beginning they are as big as a millet but gradually grow up to as big as or bigger than a red bean like a hemispheric projection from the skin. Tender periungual verruca around the edge of a nail tends to spread downwards and split; digitate verruca usually projects in digitiform and appears in groups on the face and between the fingers but especially on the scalp; plantar verruca appears on the metatarsus or between the toes, not sticks out from the skin due to press and rub, having uneven surface, tending to bleed when rubbed, and becoming painful when touched or pressed due to walking; verruca filiform appears on the neck or eyelid and sticks out like a thin soft line which is brown or light red commonly seen among women of old or middle age.

This disease is usually without subjective symptom and with a slow course and most verruca may heal automatically without any marks left.

### **Differentiation and Treatment**

This disease is usually treated externally through promoting blood circulation and removing toxins or using the method of corrosion. If the skin damage is extensive, internal therapy may be considered.

Prescription 1:

Recipe: *Ban Mao Fang*

Ingredient:

*Huo Banmao* (live *Mylabris*)

1-several

Application: The verruca is disinfected with 75% alcohol or washed clean with soap water. Cut off the top of the verruca with a sharp knife until bleeding starts. Then cut off the head of a live *Banmao* so that yellow secretory juice like drops of water flows out from its neck. This juice is applied at once on the affected part which needn't be covered with any dressing. About 12-24 hours later, there may appear blister. The blister will disappear automatically about 48-72 hours later. The body of the verruca will vanish along with the blister. The juice from one live *Banmao* can be used to treat 1-2 verruca.

Notes: TCM believes that *Banmao* can be used to counteract toxins and remove blood stasis. It is especially effective in treating verruca. This is probably because the cantharidin in the body of *Banmao* can kill papovavirus. Further more, cantharidin is a strong acantholysis agent and can produce foaming action. While the tissue

infected by verruca is limited on the epiderm, so there is a very good chance for a verruca to be healed with *Banmao* without any marks left on the skin.

*Banmao* is strongly poisonous. Be sure to keep it away from the eyes and not to take it orally.

Prescription 2:

Ingredient:

*Xian Yutou* (fresh taro) one piece

Preparation: Cut the taro and there will be sticky fluid on the section.

Application: Rub the verruca gently and repeatedly with the section until the juice on it is dry.

Cut the taro again and repeat the process once more. The treatment is to be conducted twice daily and 4-6 days make a course.

Notes: Taro is efficacious in treating verruca because its juice has the effects of resolving mass.

In treating a bigger verruca the taro should be soaked soft in warm water and have its keratinized part cut off first.

Prescription 3:

Ingredient:

*Yadanzi* (Fructus Bruceae) 6 g

Preparation: The *Yadanzi* is shelled and pounded into a powder.

Application: Disinfect the verruca with 75% alcohol and puncture it until it starts bleeding. A hole as large as the base of the verruca is made at the centre of a piece of adhesive plaster larger than the verruca. This adhesive plaster is put on the affected part with the verruca in the hole. The powder is applied on the verruca. The verruca treated is covered with another piece of adhesive plaster. The above is done once every 3 days until healing comes.

Notes: See to it that the powder of *Yadanzi* never gets into the eyes.

Prescription 4:

Ingredients:

*Banlangen* (Radix Isatidis) 60 g

*Shandougèn* (Radix Sophorae Tonkinensis) 60 g

Preparation: Decoct the above drugs in 3,000 ml. of water for 10 minutes after it is boiled.

Application: When the decoction is cooled but still warm at about 40°C., soak the verruca in it for 30 minutes. Repeat the treatment daily. Warm the decoction before use, and each decoction can be used 2-3 times. If the verruca is big and very painful, moxibustion treatment can be added for 10 minutes each time.

Notes: Effective in clearing away heat and removing toxins, this prescription is suitable for the treatment of plantar verruca, especially in which cases the verruca is small but numerous.

Prescription 5:

Recipe: *Cuo You Yao Fen*

**Ingredients:**

|   |      |
|---|------|
| <i>Chao Shihui</i> (Calix prepared)                   | 5 g  |
| <i>Longgu Fen</i> (Os Draconis in the form of powder) | 30 g |
| <i>Procaine Fen</i> (powder of procaine)              | 30 g |
| <i>Bingpian</i> (Borneolum Syntheticum)               | 30 g |

**Preparation:** Grind the above drugs together into a powder and kept it for future use.

**Application:** Put a little of the powder on the surface of the verruca, and rub the verruca with the thumb until it is in a movable state, then twist it off with force.

**Notes:** This prescription is suitable for the treatment of verruca filiform because *Shihui* is effective in corrosion, relieving pain and stopping bleeding; *Longgu*, in stopping bleeding, healing sore and promoting tissue regeneration; *Bingpian* in reducing swelling and relieving pain. With the help of rubbing and twisting actions this treatment makes a verruca come off without pain and bleeding.

## 1.4 Flat Wart

Flat wart is a common viral dermatosis and is marked by papulae as big as grains of millet or sesame and located on the face or the dorsum of the hand. It usually attacks youth.

### **Etiology and Pathogenesis**

This disease is due to abnormal condition of the striae of the skin, incoordination of Qi and blood and accumulation of exogenous wind-heat on the outer surface of the body.

### **Clinical Manifestations**

Sudden onset of many papulae with smooth surface, distinct border and light-red or brown or normal skin color, often located symmetrically on the face and dorsum of hand, but seldom on the forearm, shoulder and knee, scattered here and there, one on another or in groups; usually no subjective symptoms; slight itching tending to be felt when papulae are spreading rapidly; new papulae maybe appearing due to scratching and often aligned in a line along the trace of the scratch; usually with a slow course which may last many years; sudden automatic disappearance which happens occasionally.

### **Differentiation and Treatment**

Healing may result from mere external therapy with Chinese drugs; the cure is usually based on the principles of clearing away heat, removing toxins, expelling wind, alleviating itch and corroding. When the papulae are spreading rapidly and accompanied by itching, the external therapy may be accompanied by medicine taken orally.

#### **Prescription 1:**

#### **Ingredient:**

*Yadanzi* (Fructus Bruceae)

15 g

Preparation: *Yadanzi* is shelled and pounded into small pieces or fine powder.

Application: Wrap the pieces with gauze, warm the gauze on the fire and rub the affected part with it until the skin becomes reddish. Or, mix the powder with water to form a paste and spread the paste on the verruca about 0.1 ml. thick. This is done twice, once in the early morning and then in the late evening, daily until the affected part scabs.

Notes: Take care that the *Yadanzi* do not get into the eye in treating a verruca on the face. Within 5-6 hours after the *Yadanzi* is applied, the affected part mustn't be washed or wiped lest the drug be wiped out or hurt the normal skin. In most cases, inflammatory reactions such as swelling, itching and burning sensation will appear on and around the affected part, but seldom seen in ineffective cases. After the inflammatory reactions disappear, if the treatment is continued, the affected part will turn dark-brown and healed several days later.

## Prescription 2:

## Ingredients:

|   |      |
|---|------|
| <i>Machixian</i> (fresh Herba Portulacae)     | 60 g |
| <i>Kushen</i> (Radix Sophorae Flavescens)     | 30 g |
| <i>Chenpi</i> (Pericarpium Citri Reticulatae) | 30 g |
| <i>Shechuangzi</i> (Fructus Cnidi)            | 24 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)         | 18 g |
| <i>Fengfang</i> (Nidus Vespae)                | 18 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)     | 18 g |
| <i>Xixin</i> (Herba Asari)                    | 12 g |

Preparation: Decoct the above drugs in 2,000 ml. of water until 15 minutes after the water boils to get the decoction.

Application: Wipe the affected part repeatedly with a piece of gauze or a cotton ball dipped frequently into the decoction cooled up to about 45°C. The wiping and rubbing should go on until the skin turns light-red but not bruised. The treatment should be carried on for about 30 minutes each time, twice daily. One dose of the drugs is for three days use. Warm the decoction each time before use.

Notes: *Xixin* is poisonous. For internal use, the dose must not exceed 3 g. Used externally, the 12 g dose is harmless.

## Prescription 3:

Recipe: *You Di Jing*

## Ingredients:

|  |      |
|--|------|
| <i>Cangzhu</i> (Rhizoma Atractylodis)                | 10 g |
| <i>Xixin</i> (Herba Asari)                           | 6 g  |
| <i>Chenpi</i> (Pericarpium Citri Reticulatae)        | 12 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)            | 12 g |
| <i>Banlangen</i> (Radix Isatidis)                    | 30 g |
| <i>Guanzhong</i> (Rhizoma Dryopteris Crassirhizomae) | 30 g |

**Preparation:** Decoct the above drugs in water until about 15 minutes after the water boils to obtain about 500 ml. of decoction.

**Application:** Wipe the affected part clean and rub it with a piece of clean gauze dipped repeatedly into the decoction when it is not too hot. The wiping and rubbing should go on until the skin turns red or when local burning pain is felt. The treatment is carried out repeatedly in the morning, noon and evening. Warm the decoction before it is used again. Use another dose of the drugs the next day.

**Notes:** It was reported that 378 cases of flat wart were treated with You Di Jing with 291 of them (76.98%) cured. The average successful treatment course is 3.84 days, while 231 cases of a control group were treated by applying 2.5% fluorouracil, 3 times daily, with 66 of them (28.57%) cured. The average successful treatment course is 14.90 days. This shows that Chinese drugs have better curative effects in treating flat wart.

### 1.5 Infectious Soft Wart

Infectious soft wart is a benign neoplasm caused by virus and usually seen in children and youth. It is a disease of mild infectivity and auto-inoculation. TCM calls it Shu Ru.

#### Etiology and Pathogenesis

This disease is due to exogenous pathogenic wind-heat and endogenous pathogenic damp-heat from the liver and gallbladder combined as one, manifested on the skin and in the muscle. Contagious infection may also be the cause of this disorder.

#### Clinical Manifestations

Onset of greyish-white or light-red or normally-colored, distinctly-bordered, smooth, soft, centrically-sunken and omphalos-like, hemispherical papulae in different number and size, each of which is as big as a millet in the beginning but becomes gradually bigger like a bean; the papulae usually located scatteredly or clusteredly without mixing together on the trunk or the proximal ends of the limbs; subjective mild itching which becomes more pronounced during acute attack; secondary bacterial infection often due to scratching; long course; and occasionally automatic heal.

#### Differentiation and Treatment

##### Prescription 1:

Recipe: *Jiu Yi Dan* (12)

**Application:** Pierce the tip of a soft wart gently with a three-edged needle to squeeze or prick out the molluscum body. Apply a little *Jiu Yi Dan* on the focus.

**Notes:** Application of *Jiu Yi Dan* after the removal of the molluscum body will obtain the effects of corroding and destroying the cyst wall and preventing bacterial infection.

##### Prescription 2:

Ingredients:



and *Muli*, to promote blood circulation, eliminate blood stasis, and soften and resolve hard mass.

**Prescription 2:**

**Ingredient:** tincture of 20% podophyllin

**Preparation:** Mix 20% podophyllin with 95% alcohol to get the tincture.

**Application:** Coat the skin around the affected part with paraffin for protection. Then, apply the tincture to the affected part; remove it 6 hours later. The treatment is given once each day, until healed.

**Notes:** Podophyllin is the active principle of the Chinese drug *Guijiu*. Its poisonous action kills the cells of a wart and makes them scale off. Attention should be paid to protect the normal skin in the course of treatment.

**Prescription 3:**

**Recipe:** *Ya Dan Zi You*

**Ingredients:**

*Yadanzi Ren* (Semen Fructus Bruceae)

1 portion

*Huasheng You* (peanut oil)

3 portions

**Preparation:** Steep the *Yadanzi Ren* in the peanut oil for 15 days to get the medicated oil which is called *Ya Dan Zi You*.

**Application:** Apply the *Ya Dan Zi You* to the affected part, 1-2 times daily, until scab appears.

**Notes:** Although the poisonous reactions of *Yadanzi Fructus Bruceae* diluted with oil and water are weakened, attention should still be paid to the protection of the normal tissue involved.

## 2. Bacterial Dermatoses

### 2.1 Impetigo Herpetiformis

Usually seen in summer and fall on the exposed part of the body of young children, impetigo herpetiformis is an acute pyogenic dermatosis due to pyococcus. It is infective and similar to what is called Huang Shui Chuang or Di Nong Chuang (impetigo) in TCM.

#### Etiology and Pathogenesis

Damp-heat from the spleen and stomach or excessive fire from the heart disturbs together with exogenous summer damp-heat on the skin to obstruct the flow of *Qi* and the normal metabolism, causing this disease. Infection due to scratching caused by the itch of pruritic dermatosis may also be the cause. Young children with weak body and hyperidrosis are more likely to be subjects of this disease when they are attacked by summer damp-heat.

#### Clinical Manifestations

With the onset usually on the exposed part of the body such as the face or the



limbs and occasionally throughout the body, impetigo herpetiformis is subdivided into vulgaris, bullous, newborn and deep. Here are their clinical manifestations.

**Impetigo herpetiformis vulgaris:** Many scattered erythemas or papulae or blisters appearing in the beginning, which soon become pustulae; thin but tense wall of each pustula, which, surrounded by areola, tends to be diabrotic; red erosive surface seen after diabrosis of the pustulae, all over which pus exudes; wax-yellow scab formed after the pus dries up; subjective itching; the course which is about one week but will extend for several months if the treatment is improper; possible fever, lymphnoditis, lymphangitis and even secondary hematosepsis or acute nephritis in severe cases.

**Bullous impetigo herpetiformis:** Pustula about the size of or bigger than a broad bean, around which there is no apparent areola; the wall of the pustula becoming flaccid gradually; pus sinking in the pustula due to the patient's body posture to make the pustula stick up like a semi-moon; light-yellow scab tending to form after the pustula is broken and the pus dries up; heals coming after scaling of the scab; temporal pigmentation left after healing.

**Newborn impetigo herpetiformis:** Sudden onset usually in a newborn whose constitution is weak; strong infectivity; rapid development; quick involving of larger area of the body; pustula as big as a soybean or walnut, which has easily-diabrotic thin wall; the wall which may expand; apparent general symptoms such as fever, listlessness, vomiting and diarrhea; life possibly endangered due to secondary hematosepsis or toxemia.

**Deep impetigo herpetiformis:** Onset usually on the low limbs; a scleroma as big as a soybean appearing in the beginning, which is followed by a blister or pustula profunda; areola round the blister or pustula; diabrosis of the pustula due to serious inflammation; ulcer with precipitous edge due to damage of the deep tissue; subjective burning-pain; thick scab which is hard to scale; scar left after healing.

### Differentiation and Treatment

When there are no general symptoms, external therapy is used. When there appear general symptoms, internal therapy is added. Differentiating and treating superficial and deep impetigo herpetiformis are introduced in the following.

#### 1. Superficial impetigo herpetiformis

##### Main Symptoms:

Superficial pustula which is easily-diabrotic, moist erosion seen after diabrosis of the pustula, yellow scab formed after the moist erosion becomes dry, subjective itching, and possible general symptoms such as fever.

##### Method of treatment:

To clear away heat, remove toxins, dry dampness and alleviate itch.

##### Prescription 1:

##### Ingredients:

|   |      |
|---|------|
| <i>Jinyinhua</i> (Flos Lonicerae)           | 15 g |
| <i>Yejuhua</i> (Flos Chrysanthemi Indici)   | 15 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 15 g |

|                                       |      |
|---------------------------------------|------|
| <i>Huangbai</i> (Cortex Phellodendri) | 15 g |
| <i>Baifan</i> (Alumen)                | 6 g  |

Preparation: Decoct the above drugs in water on gentle fire until 15 minutes after the water boils to obtain about 500 ml. of decoction.

Application: When the decoction becomes warm, dip a piece of clean gauze into it repeatedly, and wash and compress the affected part with the gauze. The treatment is carried on for 15-20 minutes each time, 3 times daily.

Notes: Before the washing and wet compress, the pustulae may also be pricked and the pus wiped clean with sterile cotton balls. When eroded wound with very much exudate is treated, the decoction should be thrown away after one treatment. When the wound becomes clean without exudate, the decoction may be used for 3 times. It should be heated before it is used again.

Prescription 2:

Recipe: *Fa Fan Fen*

Ingredients:

|   |       |
|---|-------|
| <i>Xueyutan</i> (Crinis Carbonisatus)   | 9 g   |
| <i>Kufan</i> (Alumen Exsiccatum)        | 6 g   |
| <i>Bingpian</i> (Borneolum Syntheticum) | 1.5 g |

Preparation: Grind the above drugs separately into very fine powder and mix them together.

Application: Wash the wound clean with warm normal saline or boiled water. The powder is mixed with a proper amount of sesame oil into a paste. Apply the paste to the wound about 0.1-0.2 cm thick, 2-3 times daily. Bandage is not needed.

Notes: *Xueyutan* eliminates blood stasis, stops bleeding and dispels dampness; *Kufan* dries dampness and removes toxins; *Bingpian* is efficacious in clearing away heat, alleviating itch, removing toxins and subduing swelling. Together they make Prescription 2 effective for the treatment of impetigo herpetiformis which is due to pathogenic damp-heat. The curative effects is remarkable without any harmful reaction and healing will come about after 2-6 days of treatment.

Prescription 3:

Recipe: *Fu Fang Liu Huang San*

Ingredients:

|   |       |
|---|-------|
| <i>Liuhuang Fen</i> (powder of sulphur) | 25 g  |
| <i>Baifan</i> (Alumen)                  | 8 g   |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.5 g |
| <i>Jidan</i> (egg)                      | 1     |

Preparation: The egg is holed and have the yolk removed but keep the white. The holed egg is filled fully with *Liuhuang Fen*. The egg filled with *Liuhuang Fen* is wrapped with dough. The wrapped egg is baked up to brown. The drug in the baked egg is taken out, put into a mortar and ground into a fine powder. *Banfan* is heated in an iron spoon to be dried and ground into a fine powder after it is cooled. *Bingpian* is ground into a fine powder as well. The three kinds of powder are mixed together

into what is called *Fu Fang Liu Huang San* and kept in a bottle for future use.

Application: Wash the wound clean with warm normal saline and coat it *Fu Fang Liu Huang San*, once daily.

Notes: Satisfactory curative effects will be achieved when this prescription is used to treat impetigo herpetiformis, because it works in clearing away heat, removing toxins, drying dampness and alleviating itch. In general, healing may come about after three times of treatment. To see it that the drug in the wrapped egg is not baked up to black charcoal, an oven may be used. The drug, if charred, must be thrown away.

## 2. Deep impetigo herpetiformis

### Main Symptoms:

Deeper pathologic change; pustulae either festered or not, or ulcerated; localized red-swelling and burning-pain.

### Method of treatment:

To clear away heat, remove toxins, subdue swelling, relieve pain, get rid of putridity and promote tissue regeneration.

### Prescription 1:

Recipe: *Hua Du San Ruan Gao*

### Ingredients:

|   |       |
|---|-------|
| <i>Huanglian</i> (Rhizoma Coptidis)     | 60 g  |
| <i>Ruxiang</i> (Resina Olibani)         | 60 g  |
| <i>Moyao</i> (Myrrha)                   | 60 g  |
| <i>Beimu</i> (Bulbus Fritillariae)      | 60 g  |
| <i>Tianhuafen</i> (Radix Trichosanthis) | 120 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)  | 120 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)   | 120 g |
| <i>Xionghuang</i> (Realgar)             | 60 g  |
| <i>Gancao</i> (Radix Glycyrrhizae)      | 45 g  |
| <i>Niuhuang</i> (Calculus Bovis)        | 12 g  |
| <i>Bingpian</i> (Borneolum Syntheticum) | 15 g  |

Preparation: Grind the above drugs together into even powder which is then mixed with 20 g of vaseline into an ointment.

Application: Spread the ointment about 0.2 cm thick on a piece of gauze, with which the affected part is covered. Dressing change is conducted once daily.

Notes: With the effects of clearing away heat, removing toxins, subduing swelling and relieving pain, this prescription is suitable for the treatment of deep impetigo herpetiformis with pustulae which have not festered. If the applied ointment is hard to remove from the affected part during dressing change, it may be moistened and diluted with sesame oil or other vegetable oils and, then, wiped clean. Whether a deep impetigo herpetiformis has general symptoms or not, internal therapy should be combined with this treatment and oral Chinese drugs should be given.

### Prescription 2:

Number 1: *Hua Du San Ruan Gao* (see above).

Number 2:

Recipe: *Zi Se Ju Chuang Gao*

Ingredients:

|  |       |
|--|-------|
| <i>Qingfen</i> (Calomeas)                  | 9 g   |
| <i>Hongfen</i> (Hydrargyrum Oxydum Rubrum) | 9 g   |
| <i>Hupo</i> (Succinum)                     | 9 g   |
| <i>Ruxiang</i> (Resina Olibani)            | 9 g   |
| <i>Xuejie</i> (Resina Draconis)            | 9 g   |
| <i>Bingpian</i> (Borneolum Syntheticum)    | 0.9 g |
| <i>Duan Zhenzhu</i> (Margarita Usta)       | 0.9 g |
| <i>Fengla</i> (Cera Flava)                 | 30 g  |
| <i>Mayou</i> (Oleum Sesami)                | 120 g |

Preparation: *Mayou* is put into a pot. The pot is heated until the *Mayou* in it boils several times and then taken away from the fire. The powder of the first 5 drugs is placed into *Mayou* and mixed with it evenly into a mixture. *Fengla* is added to the mixture and made fully melted. At the time when the mixture with *Fengla* is about to be cooled, it is further mixed with the powder of *Bingpian* and *Duan Zhenzhu* into an ointment called *Zi Se Ju Chuang Gao*.

Application: Mix a proper amount of *Zi Se Ju Chuang Gao* evenly with the same amount of *Hua Du San Ruan Gao* and apply it to the affected part, then bind up the affected part with gauze. The ointment applied is made about 0.1 cm thick and dressing change is conducted once daily.

Notes: With the effects of getting rid of putridity and promoting tissue regeneration, *Zi Se Ju Chuang Gao* is often used to treat ulcer or wounds with putridity. Applied externally together with the same amount of *Hua Du San Ruan Gao* it is suitable for the treatment of unhealing ulceration due to deep impetigo herpetiformis. But it is contraindicated for those who are allergic to mercury.

Prescription 3:

Recipe: *Gan Ru Gao*

Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Ruxiang</i> (Resina Olibani)       | 4 g  |
| <i>Luganshi</i> (Calamina)            | 4 g  |
| <i>Longgu</i> (Os Draconis)           | 4 g  |
| <i>Chishizhi</i> (Halloysitum Rubrum) | 4 g  |
| <i>Haipiaoxiao</i> (Os Sepiae)        | 4 g  |
| <i>Fanshilin</i> (vaseline)           | 80 g |

Preparation: The first five drugs are ground together into fine powder and mixed with *Fanshilin* into an ointment.

Application: Apply the ointment about 0.1-0.2 cm thick to the affected part directly or after it is spread on a piece of gauze. Dressing change is to be made daily or every other day.

Notes: With the effects of promoting the regeneration of the muscle, the flesh and the skin, this prescription is effective for the healing of chronic ulcer without putridity. When the ulcer of deep impetigo herpetiformis has been treated to the extent that there is no more putridity on it but the wound has not been healed up. *Gan Ru Gao* should be considered.

## 2.2 Folliculitis

Folliculitis is an inflammation due to invasion of pyococcus into a hair follicle or tissues around it. Its focus is usually on the scalp, face, neck, chest, back, hip and pudendum. TCM gives this disorder different names according to its different focuses. For example, the one on the hair-line of the posterior occiput is named as *Fa Ji Chuang* (hairline boils), the one on the buttock as *Zuo Ban Chuang* (furunculosis of buttock).

### Etiology and Pathogenesis

This disease is due to endogenous damp-heat combined with exogenous pathogens in the muscles and skin. Another cause of this disorder is that when there is some impairment of the normal functions of the muscles and skin, which weakens their resistance to pathogens, and then chanced on an invasion of wind cold.

### Clinical Manifestations

In the beginning a red papule as big as the tip of a needle or a millet with mild itching sensation appears at the follicular orifice; a very small yellowish-white pustula forms soon at the top of the papule; a hair might be seen at the centre of the pustula and around which a painful and itching inflammatory areola appears; the diabrosis of the pustula occurs several days later; then scabbing follows; heal comes after scaling of the scab; in case deep tissues are involved, the papilla of hair is usually destroyed, exfoliation of the hair happens and no new hair will grow; recurrence of this dermatosis may happen repeatedly; chronic folliculitis may occur if the course lasts as long as several weeks or months; when the tissues around and beneath the pustula are damaged and there is apparent red-swelling, a furuncle is formed as a result.

### Differentiation and Treatment

Generally speaking, folliculitis is treated merely by external therapy with Chinese drugs based on the principle of clearing away heat and removing toxins. Internal therapy is added only when multiple folliculitis is involved.

#### Prescription 1:

Recipe: *Zao Xiu Ding*

Ingredient:

*Zaoxiu* (Rhizoma Paridis)

a proper amount

Preparation: Put the drug into a wide-mouth bottle and pour 95% alcohol into the bottle until it is about 2-3 cm higher than the drug. Seal the bottle tightly and shake

it once every other day. One week later, the medicated alcohol in the bottle becomes a tincture called *Zao Xiu Ding*.

Application: Shake the bottle, dip a piece of absorbent cotton into the tincture in the bottle, apply a coat of the tincture with the cotton to the affected part, and this is done 3—4 times continually. There is an interval between every two times of application, during which the affected part with the tincture on will become dry. The above is carried out respectively in the morning, noon and evening.

Notes: Pharmacological experiments have shown that 100-percent preparation of *Zaoxiu* can resist many kinds of bacteria in vitro such as enteric bacilli, pyococcus, etc. That's why *Zao Xin Ding* is efficacious in treating multiple folliculitis.

Prescription 2:

Recipe: *Bei Bing You Gao*

Ingredients:

|   |       |
|---|-------|
| <i>Wubeizi Mo</i> (Galla Chinesis in the form of fine powder) | 3 g   |
| <i>Bingpian</i> (Borneolum Syntheticum)                       | 1.5 g |
| <i>Jidanhuang</i> (yolk)                                      | 2     |

Preparation: The two eggs are boiled up to well done. The yolks are taken out of the shells and pounded into small pieces. Then put them into an iron ladle, stir-fry them first with gentle fire until they become brown and then with strong fire until they become dregs with oil. The oil is collected and mixed with well-ground *Wubeizi Mo* and *Bingpian* into a paste which is called *Bei Bing You Gao*.

Application: Apply *Bei Bing You Gao* to the affected part which has been washed clean, 1-2 times daily, until it is healed.

Notes: *Bei Bing You Gao* has the effects of clearing away heat, removing toxins and relieving pain. Better curative effects will be achieved when it is used to treat multiple folliculitis. Healing may come about 2-5 days after it is applied.

Prescription 3:

Recipe: *Ru Yi Jin Huang San* (1)

Application: *Ru Yi Jin Huang San* is mixed with honey or green tea into an paste. Apply the paste to the affected part about 0.2-0.3 cm thick and bind it up with gauze. Change the dressing every day.

Notes: When this prescription is used in treating repeatedly recurring multiple folliculitis, *Jie Du Xi Yao* (9) should be administered first of all and cut short the hair of the affected part.

## 2.3 Perifolliculitis Capitis Abscedens et Suffodiens

This dermatosis is actually deep jointed-up abscesses on the head led by limited deep folliculitis capitis and perifolliculitis capitis both due to staphylococcus.

### Etiology and Pathogenesis

Fire due to damp-heat accumulated in the interior stays in the muscles and skin

and turns the flesh into pus, leading to this disease.

### Clinical Manifestations

At the beginning, folliculitis or perifolliculitis limited to the scalp gradually develops into jointed-up deep vomicae, the surface of the affected part looks like a semi-hemispherical or cord-like abscess as large as a broad bean or walnut, pus flows out after the diabrosis of the abscess, the opening of the sore takes the shape of the orifices of fistulae; many abscesses are linked up, pus comes out from more than one orifices when each of the abscesses is pressed, focus usually appears on the back of the head of a male adult, as the pus is absorbed, scars and irregular calvous maculae are gradually formed on the orifices of the fistulae hard to heal within short time; the course is usually long because relapses tend to occur in another place after the healing of this place.

### Differentiation and Treatment

Both internal and external therapies with Chinese drugs are used with the latter based on the principle of clearing away heat, removing toxins, draining pus and eliminating putridity.

#### Prescription 1:

Recipe: *Yuan Hua Shui Ji*

Ingredients:

|   |       |
|---|-------|
| <i>Yuanhua</i> (Flos Genkw)               | 15 g  |
| <i>Chuanjiao</i> (Pericarpium Zanthoxyli) | 15 g  |
| <i>Huangbai</i> (Cortex Phellodendri)     | 130 g |
| <i>Kushen</i> (Radix Sophorae Flavescens) | 130 g |

Preparation: Boil the above drugs in 3,000 ml. of water to obtain about 2,000 ml. of decoction.

Application: Wash the affected part with the decoction while it is warm for 20 minutes, twice daily, in the morning and evening.

Notes: *Yuan Hua Shui Ji* is effective in removing toxins, subduing swelling, killing worms and alleviating itch, often used as an adjuvant followed by other external treatment.

#### Prescription 2:

Recipe: *Qian Chui Gao* (5)

Application: Melt *Qian Chui Gao* with hot water, and spread it on a piece of gauze about 0.1-0.2 cm thick, then apply it to the affected part already washed with *Yuan Hua Shui Ji*. Dressing change is conducted once daily.

Notes: In order to make *Qian Chui Gao* stick to the surface of the sore tightly, the skin of any cavity must be cut off to eliminate the pus, and then wash and treat the affected part. If the skin is thick and hard, epluchage should be considered. If there is necrotic bone in the affected part, it has to be got rid of. Or else, the sore would not heal. *Qian Chui Gao* contains mercury. It is contraindicated for those who are allergic to it.

## 2.4 Erysipelas

Erysipelas is an acute inflammation of the skin and subcutaneous tissue due to haemolytic streptococcus. It has several names in TCM. For example, that on the head is called *Bao Tou Huo Dan*; that on the trunk, *Nei Fa Dan Du*; that on the leg, *Liu Huo*; and that on the newborn, *Chi You Dan*.

### Etiology and Pathogenesis

Endogenous heat in the blood system complicated by exogenous fire accumulates in the muscles and skin, resulting in this disease. Invasion of pathogens through mucocutaneous injuries may also be the cause of this disorder.

### Clinical Manifestations

Sudden onset; the following general symptoms appear before dermatic change: chills, fever, headache, nausea, vomiting, arthralgia and general discomfort; dermatic change begins with a small erythema which spreads rapidly, becomes large, bright-red, and swollen, grows slightly higher than the surrounding skin, distinctly bordered, tense and luminous, and less red when it is pressed; with local calor and pain; the nearby lymph nodes are swollen, and painful when they are pressed; blisters might appear on the red, swollen part; occasional suppuration and necrosis of the skin might occur; the color of the affected part turns to dark-red after one week or so; healing gradually comes following desquamation.

In case there exists excessive fire deep in the interior, such symptoms as high fever, dysphoria, nausea, vomiting and even coma and delirium might appear.

Erysipelas may be seen on all parts of the body but most frequently seen on the shank, its recurrence also mostly frequently occurs on the shank; what is called wandering erysipelas refers to the type which recurs at different places; chronic recurrent erysipelas refers to the type which recurs at the same place at intervals; lymphatic obstruction and even elephantiasis crus due to erysipelas can be found on rare occasions; erysipelas occurring among infants and the aged with weak constitution tend to become worsened without timely treatment.

### Differentiation and Treatment

This disease is usually treated by both internal and external therapies of Chinese drugs. In case of erysipelas with serious symptoms, the treatment should be combined with therapies of modern medicine. Only the cases without typical general symptoms and complications are treated with external therapy of Chinese drugs alone.

#### 1. In the acute stage

##### Main Symptoms:

Sudden onset, bright-red and swollen erythema with calor and pain and general symptoms such as chills, fever, etc.

##### Method of treatment:

To clear away heat, remove toxins, subdue swelling and relieve pain.

##### Prescription 1:



Recipe: *Yu Lu San* (2)

Preparation: Mix *Yu Lu San* with a proper amount of sesame oil into an ointment, or with vaseline into 25% ointment. Apply the ointment to the affected part about 0.2-0.3 cm thick, then bound it up with gauze. Dressing change is conducted when the applied ointment is dry.

Notes: Vinegar, honey and green-tea may be used instead of sesame oil or vaseline.

## Prescription 2:

## Ingredients:

|  |                       |
|--|-----------------------|
| <i>Xian Yazhicao Ye</i> (fresh <i>Folium Hibisci</i> ) | 50 blades of its leaf |
| <i>Shicu</i> (vinegar)                                 | 500 g                 |

Preparation: The 50 blades of *Yazhicao* leaf are soaked in the vinegar for one hour. Then, cover the affected part completely with the soaked leaves. Replace the applied leaves by new ones 4-6 times daily. The process is repeated until healing.

Notes: This prescription has the effects of clearing away heat, removing toxins, cooling blood and eliminating blood stasis. Among 86 cases of erysipelas, thirty-four cases were cured with this treatment within 1-2 days; forty-four, within 3-4 days; eight, within 4-5 days. In general, 30-40 blades are enough for healing a wound within 5 × 10 cm. A few of the eighty-six cases had complications and were treated also with internal treatment.

## Prescription 3:

## Ingredients:

|  |                 |
|--|-----------------|
| <i>Xionghuang</i> (Realgar)                      | 125 g           |
| <i>Baifan</i> (Alumen)                           | 250 g           |
| <i>Bingpian</i> ( <i>Borneolum Syntheticum</i> ) | 6 g             |
| <i>Chencu</i> (old vinegar)                      | a proper amount |

Preparation: Grind *Xionghuang*, *Baifan* and *Bingpian* together into a fine powder, and mix it with *Chencu* into a paste.

Application: Apply the paste to the affected part about 0.1-0.2 cm thick. Moisten it with vinegar when it becomes dry.

Notes: With the effects of clearing away heat, removing toxins, eliminating blood stasis and relieving pain, this prescription is especially suitable for the treatment of more acute erysipelas with erythema tending to spread. As dry drug paste would lose its curative effects, vinegar is used to moisten the paste when it becomes dry.

## 2. Elephantiasis cruris

## Main Symptoms:

The disease is due to repeated recurrence of chronic recurrent erysipelas on the lower limb and marked by swelling, distension and heaviness of the affected limb, which makes walk difficult; with a long course, it is hard to heal.

## Method of Treatment:

To promote the flow of *Qi* by warming the channel, to resolve mass and subdue swelling.

## Prescription:

Number 1:

Ingredient:

*Dasuan* (Bulbus Allii)

250 g

Preparation: *Dasuan* is cooked in 5 kg of water until 15 minutes after the water boils to obtain the decoction.

Application: Pour the decoction into a wooden bucket. Then put the affected limb over the bucket to get it fumigated by the vapour from the hot decoction, up to the time when the decoction is not scalding. Then steep the affected limb in it for 20-30 minutes daily in the evening.

Number 2:

Ingredients:

*Zisu* (Folium Perillae)

100 g

*Congbai* (Caulis Allii Fistulosi)

100 g

*Fengxianhua* (fresh Flos et Folium et Caulis Impatientis)

100 g

Preparation: Cook the above drugs in 5 kg of water until 15 minutes after the water boils to obtain the decoction.

Application: The same process as Prescription Number 1.

Notes: Prescription Number 1 has the effects of promoting the flow of *Qi*, resolving mass and subduing swelling, while Number 2, promoting the flow of *Qi*, activating blood circulation, eliminating blood stasis and subduing swelling. Both of them are efficacious. But elephantiasis crus is hard to treat. Only the application of the two prescriptions is carried on with persistence patiently, can the symptoms be turned for the better.

## 2.5 Ulcus Vulvae Acutum

Ulcus vulvae acutum is an acute inflammation on the vulva of a young woman, a girl or even an infant. Ulcer, severe pain and recurrence are its characteristics. It is similar to Yin Shi (erosion of vulva) in TCM.

### Etiology and Pathogenesis

Anxiety and anger impair the liver and spleen. The impaired liver will have fire produced, while the impaired spleen will dysfunction and have excessive dampness developed. The fire and dampness go downwards to the vulva and cause this disorder. Invasion of pathogens due to an unclean vulva is also the cause of it.

### Clinical Manifestations

Beginning with mild or severe premonitory symptoms such as fever, tiredness, general discomfort and leucorrhagia, followed by calor, itching and rapid ulceration on the vulva.

Type of soft chancre: Ulcer with greyish-white pus and bright-red background; the ulcer which is round or elliptic, deep or shallow, irregularly-bordered, soft and slightly painful.

Type of gangrene: Ulcers in small number which are deep, remarkably swollen and painful and indistinctly bordered; the ulcer on which there is a layer of dark-yellow/green pus-mucus which is hard to strip; vermiform destruction and even perforation of the labia minora; general symptoms such as high fever, poor appetite, dry stools, deep-colored urine and urodynia.

Type of milium: Numerous small ulcers as big as millets, sudden onset, easy healing and mild subjective symptoms.

Onset on all parts of the vulva, particularly on the two sides of the labia minora, the vestibule of the vagina and the meatus urinarius, mostly on the perineum and occasionally on the cunnus.

Atrophic scar left after the healing of every type of this dermatosis which tends to recur repeatedly, thick and big bacilli maybe found in the secretion of ulcer.

### Differentiation and Treatment

Both internal and external therapies with Chinese drugs are used to treat this disorder with the latter always based on the principle of clearing away heat, drying dampness, removing toxins, promoting tissue regeneration and relieving pain.

#### Prescription 1:

Recipe: *Zhen Zhu San*

#### Ingredients:

|  |      |
|--|------|
| <i>Zhenzhu</i> (Margarita)               | 5 g  |
| <i>Huangbai</i> (Cortex Phellodendri)    | 15 g |
| <i>Qingdai</i> (Indigo Naturalis)        | 10 g |
| <i>Xionghuang</i> (Realgar)              | 10 g |
| <i>Ercha</i> (Catechu)                   | 5 g  |
| <i>Bingpian</i> (Bornneolum Syntheticum) | 1 g  |

Preparation: *Zhenzhu* is roasted and ground together with all the other drugs into a fine powder. This powder is called *Zhen Zhu San*.

Application: The powder is dusted onto the affected part, which has been washed with normal saline, and made about 0.05-0.1 cm thick and extensive enough to cover the whole wound. This is done twice daily, respectively in the morning and evening.

Notes: *Zhen Zhu San* has the effects of clearing away heat, drying dampness, removing toxins, killing worms, healing wound and promoting tissue regeneration. After it is dusted on the wound, two hours of bed rest is needed. The pain will be a little severe in the first two days after it is applied. But this does not matter. From the third day, the worsened pain will be relieved step by step. Since it is difficult to dust this powder onto the surface of intravaginal mucosal ulcer, you can stuff 0.25 g of the powder into a capsule and ask the patient to slip it into her vagina.

#### Prescription 2:

Number 1:

Recipe: *Ta Yang Tang*

#### Ingredients:

|                                     |      |
|-------------------------------------|------|
| <i>Shechuangzi</i> (Fructus Cnidii) | 30 g |
|-------------------------------------|------|

|   |      |
|---|------|
| <i>Chuanjiao</i> (Pericarpium Zanthoxyli) | 15 g |
| <i>Baifan</i> (Alumen)                    | 9 g  |

Preparation: The above drugs are boiled in water to get 1,000 ml. of decoction.  
Number 2:

Recipe: *Yin Shi Huang Lian Gao*

Ingredients:

|   |      |
|---|------|
| <i>Ruxiang</i> (Resina Olibani)                           | 10 g |
| <i>Qingdai</i> (Indigo Naturalis)                         | 10 g |
| <i>Huangliangao</i> (ointment made with Rhizoma Coptidis) | 80 g |

Preparation: Grind *Ruxiang* and *Qingdai* together into a fine powder and mix it with *Huangliangao* into an ointment. *Huangliangao* is made by mixing ten grams of the powder of Rhizoma Coptidis with 90 grams of vaseline.

Application: Fumigate the affected part over the hot decoction of *Ta Yang Tang*, then wash it with the decoction for 20 minutes when the decoction is not scalding hot, and, finally, wipe it clean. Then, cover the affected part with *Yin Shi Huang Lian Gao* about 0.1-0.2 cm thick and bind it up with gauze. The dressing should be changed once daily.

Notes: If there is little secretion on the ulcer, apply *Yin Shi Huang Lian Gao* alone. When putridity has been removed and new tissue begin to grow but the wound refuses to heal, *Sheng Ji San* (13) may be added to quicken the healing.

Prescription 3:

Recipe: *Wu Bei Zi San*

Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Wubeizi</i> (Galla Chinensis)      | 15 g |
| <i>Gancao</i> (Radix Glycyrrhizae)    | 15 g |
| <i>Wumei</i> (Fructus Mume)           | 15 g |
| <i>Huangbai</i> (Cortex Phellodendri) | 15 g |
| <i>Huangbai</i> (Cortex phellodendri) | 15 g |
| <i>Kufan</i> (Alumen Exsiccatum)      | 15 g |

Preparation: The above drugs are ground together into a fine powder called *Wu Bei Zi San*.

Application: The powder of *Wu Bei Zi San* is dusted thinly on the affected part, which is then bound up with gauze. Dressing change is carried out once daily. Before it, *Ta Yang Tang* may be used to wash the affected part and this will bring about better curative effects.

Notes: *Wu Bei Zi San* has the effects of clearing away heat, dispelling dampness, healing sore, killing worms and relieving pain. Most of its ingredients, as pharmacological experiments have proved, have the anti-bacterial and apocrustic action.

## 2.6 Facial Miliary Lupus

This disorder is a chronic dermatosis on the face. Its subjects are usually adults.

### Etiology and Pathogenesis

While the superficial-*Qi* is weak and the muscles and skin fail to function normally, exogenous heat invades the body and causes this disorder. Or, heat accumulated in the spleen and stomach due to improper diet goes upwards to the face to cause red papulae, leading to this disorder.

### Clinical Manifestations

The papula which is round, like a semi-hemisphere, or a little flat, as big as a millet or a grain of pea, bright-red or purplish-red, or even yellowish-brown or reddish-brown due to long course, solid and smooth; or with a small yellow pustula or a scabbed necrotic brown tip seen at the top of a papula; several in a mild case or a face full of them in a severe case; papulae scattering usually symmetrically on the cheeks and around the eyes and mouth, sometimes on the neck, ears, shoulders and upper limbs; 2 or 3 papulae maybe fused together; a number of papulae fused at the eyelid into something like a dam, which is one of the features of this disorder; mild calor without any other subjective symptoms; probable recurrence of papulae in groups; long course which may last several months or years; disappearance of a papula replaced by appearance of an umbilicate scar as large as the papula.

### Differentiation and Treatment

Both internal and external therapies with Chinese drugs are usually used to treat this disorder.

Prescription:

Recipe: *Lang Du Ye*

Ingredients:

|   |         |
|---|---------|
| 50% juice of <i>Lang Du Ye</i> (euphorbia ebracteolata) | 100 ml. |
| <i>Luganshi</i> (Calamina)                              | 20 g    |
| <i>Bingpian</i> (Borneolum Syntheticum)                 | 0.1 g   |
| <i>Ganyou</i> (glycerin)                                | 10 ml.  |

Preparation: The above drugs are mixed into a suspension. This suspension is called *Lang Du Ye*. It is kept in a bottle.

Application: Apply *Lang Du Ye* on the affected part with a cotton stick soaked with it from the bottle, and this is repeated twice daily. Shake the bottle before this is done each time.

Notes: With euphorbia ebracteolata as the main active principle of *Lang Du Ye*, as pharmacological experiments have proved, it has the effect of resisting *Staphylococcus aureus*. It was reported that 6 cases of facial miliary lupus were treated by *Lang Du Ye* alone with the papulae swept away within 3-4 months, and the purplish-red scars were also absorbed 1-2 months later with the skin turning to normal. This treatment, simple and easy to perform, with satisfactory curative effects, brings no suffering to patients.

### 3. Dermatomycoses

#### 3.1 Porrigo

Porrigo is a mycosis located on the scalp of the head. It is manifested differently due to its different pathogens and subdivided as *tinea alba* and *tinea favosa*. Mainly attacking children, particularly boys, in the countryside, it is similar to *Tu Chuang* (*tinea capitis*) in TCM.

##### Etiology and Pathogenesis

Porrigo is mainly due to contact infection of fungi through barber's utensils, pillow, cap, etc. Accumulation of fungi has *Qi* and blood stagnated and the hair unable to be nourished, resulting in this disorder.

##### Clinical Manifestations

##### 1. Tinea alba:

A tiny light-red papula appears near the root of a hair in the beginning, on which there are greyish-white scales and through which the hair grows; then papulae spread into one or many nearly-round or irregular and distinctly-bordered lepidic spots, on which there are withered, loosened and easily-broken/fulled-out hairs, most of which would be automatically broken 0.2-0.4 cm from the scalp, some of which are longer, some of which are shorter, and each of which will not cause pain when it is pulled out; a greyish-white fungous sheath is often seen around each of the hairs near the scalp, which is one of the features of porrigo; there is no inflammatory reaction on the skin of the affected part; there is subjective itching; the long course tends to last several years; automatic healing usually comes about in puberty age of a patient with new hair growing out, and with no scar left, on the affected part; scar is only left where there has been suppuration due to secondary infection, on which hair will never grow.

##### 2. Tinea favosa:

A red papula or tiny pustula appears near the root of a hair in the beginning; yellow scab due to diabrosis of pastulae would spread and become thickened gradually into an edge-raised, umbilicated and saucer-shaped scutulum through which hairs grow, which is the feature of *tinea favosa*; the scutulum sticks to the scalp tightly and is hard to remove; bright-red and moist erosion or superficial ulcer is seen after the scutulum is removed; hairs on the affected part would be dry without gloss, neither broken nor lost together; healing comes about after a long course with atrophic scar left, on which hairs would not grow; pathologic change extends from the vertex in all directions gradually up to the whole scalp but an area about one cm wide around the scalp would not be involved; there is subjective itching; secondary pyogenic infection may appear due to scratch; long course usually begins when a subject is still a child and ends when he grows up; *tinea favosa* may involve the skin of the face and neck to cause erythemoid scales and typical scutulum, which is called

body favus; tinea favosa involving the nail of a finger or toe makes the nail turbid and out of shape and to have scutulum developed beneath the free margin, which is called nail favus.

### Differentiation and Treatment

Porrigo is usually treated externally with Chinese drugs with the action of killing fungi. Only when it is complicated by secondary pyogenic infection, is internal therapy considered. Having the hairs pull out or the head washed can also be combined as treatment. Body favus and nail favus are treated as tinea corporis and onychomycosis.

#### Prescription 1:

##### Number 1:

Recipe: 10% *Ming Fan Shui Ji* (10% hydrolytic reagent of alum)

##### Ingredient:

|                         |       |
|-------------------------|-------|
| <i>Mingfan</i> (Alumen) | 100 g |
|-------------------------|-------|

Preparation: The drug is infused in 1,000 ml. of boiling water to get the hydrolytic reagent.

##### Number 2:

Recipe: *Yi Sao Guang*

##### Ingredients:

|   |         |
|---|---------|
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 500 g   |
| <i>Huangbai</i> (Cortex Phellodendri)       | 500 g   |
| <i>Kufan</i> (Alumen Exsiccatum)            | 90 g    |
| <i>Mubiezi</i> (Semen Momordicae)           | 90 g    |
| <i>Dafengzi</i> (Semen Chaulmoograe)        | 90 g    |
| <i>Shechuangzi</i> (Fructus Cnidii)         | 90 g    |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)     | 90 g    |
| <i>Zhangnao</i> (Camphora)                  | 90 g    |
| <i>Liuhuang</i> (Sulphur)                   | 90 g    |
| <i>Mingfan</i> (Alumen)                     | 90 g    |
| <i>Shuiyin</i> (Hydrargyrum)                | 90 g    |
| <i>Qingfen</i> (Calomeas)                   | 90 g    |
| <i>Baipi</i> (Arsenolium)                   | 15 g    |
| <i>Shu Zhuyou</i> (prepared lard)           | 1,120 g |

Preparation: All the above drugs except the lard are ground together into fine powder. The powder is mixed with the lard to obtain an ointment called *Yi Sao Guang*.

##### Number 3:

Recipe: *Xiong Huang Gao* (20)—No.20 of the Attached Prescriptions.

##### Ingredients:

|                                |       |
|--------------------------------|-------|
| <i>Xionghuang</i> (Realgar)    | 30 g  |
| <i>Liuhuang</i> (Sulphur)      | 30 g  |
| <i>Yanghuaxin</i> (zinc oxide) | 30 g  |
| <i>Fanshilin</i> (vaseline)    | 300 g |

**Preparation:** Put *Xionghuang*, *Liuhuang* and *Yanghuaxin* slowly into the vaseline after it has been melted and cooled to obtain an ointment called *Xiong Huang Gao*.

**Application:**

1. Find the affected and possible affected parts. Shave the hairs one cm away around the parts completely or cut them evenly to be prepared for the application of the medicine.

2. Wash the head with 10% *Ming Fan Shui Ji* or warm soap water to remove the scab and scales. *Yi Sao Guang* or *Xiong Huang Gao* is applied to the affected part about 0.2-0.3 cm thick. Cover the medicine on the affected part with oil paper. Ask the patient to fix the paper with bandage or his own cap. Dressing change is done once daily.

3. One week later after the medicine is applied, the hairs would be loosened. They are pulled out with a forceps one by one within three days. If the hairs have not been loosened, application of the drug has to be continued until all the hairs are pulled out.

4. Then *Yi Sao Guang* or *Xiong Huang Gao* is used again in the same way but its thickness should be limited within one cm. Dressing change is conducted once daily for 2-4 weeks, during which all the remaining hairs in the affected area, if any, should be removed completely.

**Notes:** The key of the treatment is to pull out the hairs together with their roots. So, the procedure of pulling hairs should not be ignored. Whether a complete healing is obtained or not depends on the result of microscopy. If no fungous hypha or spore is found through three times of microscopy, clinical complete healing can be accepted. Or else, the treatment should be continued.

**Prescription 2:**

**Recipe:** *Chuan Lian Zi Gao*

**Ingredient:**

*Chuanlianzi* (Fructus Toosendan)

a proper amount

**Preparation:** Cut the *Chuanlianzi* open, have its core removed, bake it brown while preserve its medical action, grind it into very fine powder and then mix it with prepared lard or vaseline into 50% ointment.

**Application:** Shave the hair radically or cut them short. Wash the head first with warm water until the scab and scales are removed, then with 5%-10% *Ming Fan Shui Ji* for about 10 minutes and wipe it clean. Cover the affected part with either one of the above two ointment about 0.2-0.3 cm thick. Rub it a little while applying the ointment so that it may stick to the skin. Dressing change is carried out once daily for 10 days in one course of treatment.

**Notes:** External use of *Chuanlianzi* is for its action of clearing away heat, dispelling dampness and killing worms. Experiments have shown that alcohol infusion of *Chuanlianzi* has strong bacteriostasis. According to clinical observations, porriga may be healed without any bad reaction within 2-3 treatment courses, each of which involves 10 days and in which *Chuan Lian Zi Gao* is used. It is necessary to



repeat that the application of drugs must be combined with hair-pulling.

Prescription 3:

Recipe: *Yuan Hua Fang*

Ingredient:

*Yuanhau* (Flos Genkwa)

a proper amount

Preparation: April is the time for genkwa to blossom. Go out to pick some of it and put it into a glass bottle while it is still fresh. Seal the bottle and bury it into an earth pit 0.3 metre or so deep near your house. Wait until September after the hot summer has passed, take out the bottle and then you have a drug juice made.

Application: Wash the head with warm soap water to remove the scab and wipe it clean. Apply the drug juice to the affected part with a piece of gauze which has been dipped into the juice. Or, mix the juice with a proper amount of lard or vaseline into a paste, then apply it to the affected part. The treatment is to be repeated once everyday.

Notes: It is recorded in the documents of TCM that "Mix the powder of genkwa with lard and apply it externally." According to this instruction, if fresh genkwa is not available, dry powder can be used instead.

Generally speaking, ten times of treatment with *Yuan Hua Fang* would bring curative effects, after 20-30 days of treatment new hairs will be seen, without poisonous or side effects. But hair-pulling is still important in the course of treatment.

### 3.2 Tinea Manuum

Tinea manuum is a dermatomycosis of hand. It is similar to *E Zhang Feng* (tinea unguium) in TCM. Its symptoms are usually severe in winter but mild in summer.

#### Etiology and Pathogenesis

This disease is due to exogenous damp-heat accumulated in the skin or contact infection and auto-transmission.

#### Clinical Manifestations

Skin damage usually seen in the beginning near the thumb of one hand of an adult, which gradually spreads to the dorsum, nails and wrist and may even involve the other hand; tinea pedis as a complication mostly seen in this disease which subdivides clinically in three types.

##### 1. Type of blister:

A tiny blister with solid wall appears in the beginning on the palm, between the fingers and on the cyrtosides of the fingers; then the blister, the size as the tip of a needle, itches seriously, would grow into a big blister or is broken into exudate due to scratching; dryness and desquamation occur on the affected part after the absorption of the blister; the skin wound often extends gradually, around which new blisters will take shape after the centre part of the wound is healed; secondary infection may be seen in some cases.

## 2. Type of intertrigo:

Skin wound generally appearing between the fingers; wet and whitish affected part under which there is a bright-red erosive surface with exudate and desquamation; severe itching; secondary infection which tends to be induced.

## 3. Type of keratinized scales:

Scales of skin, pachyderma, pachylosis, xerosis cutis, distinctly bordered skin wound tending to spread and extend, decrease of skin resiliency, and rhagas and pain of skin tending to be induced.

This disorder has a long course often over a year and relapses tend to occur.

## Differentiation and Treatment

If there is secondary infection, internal therapy with Chinese drugs is added. Or else, mere external treatment is given.

### 1. Type of blister

#### Main Symptoms:

Blisters, probable less exudate or desquamation, severe itching.

#### Method of treatment:

To dry dampness, clear heat, kill worms and alleviate itching.

#### Prescription 1:

Recipe: *Xiao Fan Xi Yao* (14)

Preparation: Thirty grams of *Xiao Fan Xi Yao* is infused in a basin with about 1,000 ml. of boiling water to obtain the solution.

Application: When the solution is not scalding hot, the affected hand is steeped into it for 20-30 minutes each time, twice daily.

Notes: It was reported that borax contained in *Xiao Fan Xi Yao* has strong action of resisting fungus. Its minimal inhibitory concentration to red trichophyton, trichophyton gypseum and purple trichophyton is 0.05% to 0.1%, to white moniliasis and Epidermophyton floccosum, 0.5% to 1%. And, alum in this drugs has the action of resisting wool Microsporum, red trichophyton and Cryptococcus neoformans. Clinical observations have also shown that good curative effects not accompanied by side effects will be achieved when *Xiao Fan Xi Yao* is used to treat tinea manuum of this type.

#### Prescription 2:

Recipe: *Xuan Yao Shui* No.1 (21)—No.21 of the Attached Prescriptions.

#### Ingredients:

|  |         |
|--|---------|
| <i>Tujingpi</i> (Cortex Pseudolaricis)     | 300 g   |
| <i>Dafengzi</i> (Semen Hydnocarpus)        | 300 g   |
| <i>Difuzi</i> (Fructus Kochiae)            | 300 g   |
| <i>Shechuangzi</i> (Fructus Cnidii)        | 300 g   |
| <i>Liuhuang</i> (Sulphur)                  | 150 g   |
| <i>Baixianpi</i> (Cortex Dictamni Radicis) | 300 g   |
| <i>Kufan</i> (Alumen Exsiccatum)           | 1,250 g |
| <i>Kushen</i> (Radix Sophorae Flavescens)  | 300 g   |

*Zhangnao* (Camphora)

150 g

Preparation: *Tujingpi* is pounded into coarse powder, *Dafengzi* is broken down, *Liuhuang* is ground into fine powder, and *Kufan* is made loose through beating. The above four drugs together with all the other ones, except *Zhangnao*, are soaked in 8,000 ml. of 50% alcohol for two days to get the supernatant fluid for the first time, then soaked in 6,000 ml. of 50% alcohol for two days to get the supernatant fluid for the second time, and then in another 6,000 ml. of 50% alcohol for two days to get the supernatant fluid for the third time. The fluid got at three times is put together and mixed with *Zhangnao* dissolved in 95% alcohol to get the final supernatant fluid called *Xuan Yao Shui* No.1.

Application: *Xuan Yao Shui* No.1 is applied to the affected part, 2-3 times daily.

Notes: *Xuan Yao Shui* No.1 is not suitable for intertrigo type. If there is secondary infection, it should be controlled before the use of *Xuan Yao Shui* No.1.

## 2. Type of intertrigo

## Main Symptoms:

The affected part becomes red, erosive and itching and has exudate on it.

## Method of Treatment:

To clear heat, dry dampness and alleviate itch.

## Prescription 1:

## Ingredients:

|  |      |
|--|------|
| <i>Cangshu</i> (Rhizoma Atractylodis)      | 15 g |
| <i>Huangbai</i> (Cortex Phellodendri)      | 15 g |
| <i>Kushen</i> (Radix Sophorae Flavescents) | 30 g |
| <i>Baixianpi</i> (Cortex Dictamni Radicis) | 30 g |
| <i>Machixian</i> (Herba Portulacae)        | 30 g |
| <i>Cheqiancao</i> (Herba Plantaginis)      | 30 g |

Preparation: Decoct the above drugs in 2,000 ml. of water until 15 minutes after the water boils to obtain the decoction.

Application: Wet compress is done on the affected part with a piece of gauze which has been dipped into the cooled decoction. This is carried out for 20-30 minutes each time, once or twice daily.

Notes: With the effects of clearing away heat, removing toxins, drying dampness and alleviating itch, this prescription is not only suitable for intertrigo type but also for blister type.

## Prescription 2:

Recipe: *Huang Bai San* (23) — No.23 of the Attached Prescriptions.

## Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Huangbai</i> (Cortex Phellodendri) | 30 g |
| <i>Chuanlian</i> (Rhizoma Coptidis)   | 3 g  |
| <i>Luhui</i> (Aloe)                   | 6 g  |
| <i>Songxiang</i> (Colophonium)        | 12 g |
| <i>Huashi</i> (Talcum)                | 9 g  |

|   |       |
|---|-------|
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.6 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)   | 9 g   |

Preparation: The above drugs are ground together into a fine powder called *Huang Bai San*.

Application: Dust the powder on the affected part, or mix it with sesame oil into a paste and apply the paste to the affected part about 0.1-0.2 cm thick, 1-2 times daily.

Notes: With the effects of clearing away heat, dispelling dampness and astringing, *Huang Bai San* can dry a wet and erosive wound quickly. If prescription 1 is used together with it, better curative effects will be obtained. A dry wound due to intertrigo should follow up with tincture or acetum treatments until radical healing is achieved.

### 3. Type of squamous keratinization

#### Main Symptoms:

Marked by xerosis cutis, pachylosis, desquamation, pachyderma or rhagas and serious itching of the affected part.

#### Method of Treatment:

To moisten dryness, kill worms and alleviate itch.

#### Prescription 1:

Recipe: *E Zhang Feng Qin Pao Fang*

#### Ingredients:

|   |         |
|---|---------|
| <i>Dafengzirou</i> (Hydnocarpi Fructus) | 9g      |
| <i>Fengxianhua</i> (Flos Impatiensis)   | 9 g     |
| <i>Huajiao</i> (Percarpium Zanthoxyli)  | 9 g     |
| <i>Zaojia</i> (Spina Gleditsiae)        | 15 g    |
| <i>Tujingpi</i> (Cortex Pseudolaricis)  | 15 g    |
| <i>Digupi</i> (Cortex Lycii)            | 6 g     |
| <i>Huoxiang</i> (Herba Agastachis)      | 18 g    |
| <i>Baifan</i> (Alumen)                  | 12 g    |
| <i>Micu</i> (Rice Vinegar)              | 1,000 g |

Preparation: The drugs are soaked in the rice vinegar for 24 hours and, then, heated until it boils to obtain the medicated vinegar.

Application: Pour the medicated vinegar into a plastic bag. Put the affected hand into the bag and tie it up. Thus, keep the hand to be steeped in the vinegar for 1-2 hours each time, 1-2 times daily. This is done continually for 7 days, during which the vinegar is heated once every other day to keep it from rotten.

Notes: This prescription has the effects of promoting the flow of *Qi* and blood, killing worms and alleviating itch. But it is contraindicated for cases of intertrigo type and any type with rhagas. The affected hand should not be washed with soap water or water with soda during treatment. According to observations best curative effects would be achieved when *E Zhang Feng Qin Pao Fang* is used in hot summer.

#### Prescription 2:

Recipe: *Micu*

#### Ingredients:

*Pishi* (Arsenolium)

3 g

*Mayou* (Oleum Sesami)

30 ml

Preparation: Heat the above two drugs in a pot until *Pishi* turns brown and the smoke has disappeared. Then, remove the *Pishi* and collect the oil for use. This oil is called *Micu*.

Application: Apply the oil to the affected part with a cotton stick dipped into it, 2-3 times daily.

Notes: *Micu* has the effects of killing worms, moistening dryness and alleviating itch. As it contains *Pishi*, it is very poisonous. So, it must be used with great caution.

Prescription 3:

Recipe: *Feng Xian Hua Qin Pao Ji*

Ingredients:

*Fengxianhua* (Flos Impatiensis)

60 g

*Chuanjiao* (Pericarpium Zanthoxyli)

30 g

*Dafengzi* (Semen Hydnoca pi)

15 g

*Micu* (Rice Vinegar)

500 ml

Preparation: Heat the drugs in the rice vinegar for 15 minutes after it boils and filter the drugs to get the medicated vinegar called *Feng Xian Hua Qin Pao Ji* and keep the vinegar for use.

Application: Heat the medicated vinegar before bed time in the evening. Soak the affected hand in it for half an hour. Throw the vinegar away after it is used three times.

Notes: *Feng Xian Hua Qin Pao Ji* is efficacious in treating tinea manuum because its main ingredient *Fengxianhua* has the action of resisting many kinds of pathogenic fungi such as *Achorionschoenleini*, etc. This has been proved by modern pharmacological experiments.

### 3.3 Tinea Pedis

With its onset usually in summer, tinea pedis is a very common dermatosis due to invasion of fungi into the epiderm of foot. Usually severe in summer and fall but mild in winter and spring, it mainly attacks adults.

#### Etiology and Pathogenesis

This disease is due to damp-heat in the interior which sinks to the foot or dampness in the exterior which invades the foot. But more often it is due to cross infection through foot basin or slippers.

#### Clinical Manifestations

Skin damage often begins with one foot, and is located between the toes and on the sole, heel and lateral plantar of one foot; then the other foot may be involved; long course may last many years.

##### 1. Type of blister:

Groups of blisters may be fused; a blister is as big as a grain of millet and has a

thick wall not easy to break; there is seriously itch; exudate results from scratching; white scales appear after the exudate disappears.

2. Type of erosion:

Skin of the affected part becomes whitish due to erosion and exudate, focus is usually between the third and fourth toes or between every two toes in severe case, bright-red erosive surface appears after scratching, and there is seriously itch with foul odor.

3. Type of keratinized scales:

Focus usually on the heel or beside the toes but occasionally on the sole and lateral plantar or between the toes; pachyderma, xerosis cutis and pachylosis of the affected part, on which desquamation takes place again and again and rhagas often occurs in winter.

The above three types may exist separately or occur at the same time, and change from one to the other. The first two types may be followed by secondary infection.

**Differentiation and Treatment**

Only external therapy is used unless secondary infection occurs.

1. Type of blister

Main Symptoms:

Marked by blisters as big as millets, exudate due to scratching, desquamation seen sometimes, and seriously itching.

Method of treatment:

To dry dampness, clear heat, kill worms and alleviate itch.

Prescription 1:

Recipe: *Mu Huang Er Zi Jian*

Ingredients:

|  |      |
|--|------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 50 g |
| <i>Difuzi</i> (Fructus Kochiae)        | 50 g |
| <i>Shechangzi</i> (Fructus Cnidii)     | 50 g |

Preparation: The drugs are soaked in 2,000 ml. of water for half an hour, boiled and filtered to obtain about 1,000 ml. of concentrated decoction.

Application: The affected part is washed clean with warm boiled water and wiped with clean cotton balls or gauze. The blisters on the affected part are pricked with a sterilized needle. The concentrated decoction is poured into a container. While the decoction is not scalding hot, wash and rub the affected part in it for 30 minutes, 2-3 times daily.

Prescription 2:

Recipe: *Xiao Fan Xi Yao*

Application: Infuse thirty grams of *Xiao Fan Xi Yao* in a basin with about 1,000 ml. of boiling water to obtain a solution. When the solution is not scalding hot, steep the affected foot in it for 20-30 minutes, twice daily.

Prescription 3:

Number 1:

Recipe: *Xuan Yao Shui* No.1: (21)

Number 2 :

Recipe: *Tu Jing Pi Ding* (22)—No. 22 of the Attached Prescriptions.

Ingredients:

|  |                 |
|--|-----------------|
| <i>Tujingpi</i> (Cortex Pseudolaricis) | 100 g           |
| <i>Liusuan</i> (salicylic acid)        | 30 g            |
| <i>Zhangnao</i> (Camphora)             | 1.5 g           |
| <i>Ganyou</i> (glycerin)               | 25 ml.          |
| <i>Chun Jiujing</i> (pure alcohol)     | a proper amount |

Preparation: *Tujingpi* is soaked in the alcohol for seven days and filtered to get the medicated alcohol. The medicated alcohol is mixed with all the other drugs into a tincture.

Application: No. 1 or 2 is applied to the affected part, 3-4 times daily.

Notes: No. 1 or 2 is tincture. It is contraindicated for tineapedis with erosion and rhagas.

## 2. Type of erosion

Main Symptoms:

Wet and erosive affected part with exudate, or the skin of which becomes whitish due to wetness and exudate and the bright-red base of which is seen after the whitish skin is removed; subjective itch.

Method of Treatment:

To clear heat, dispel dampness, kill worms and alleviate itch.

Prescription 1:

Number 1:

Recipe: *Huang Bai San* (23)

Number 2:

Recipe: 5% *Ming Fan Rong Ye*

Ingredient:

|                         |       |
|-------------------------|-------|
| <i>Mingfan</i> (Alumen) | 500 g |
|-------------------------|-------|

Preparation: Dissolve 500 g *Mingfan* in 1,000 ml. of boiled water into a solution called 5% *Ming Fan Rong Ye*.

Application: Steep the affected part into the solution and wash it for 30 minutes and, then, wipe it dry. Finally, dust *Huang Bai San* onto it, twice daily.

Notes: This prescription may be replaced by *Xuan Yao Shui* No. 1, *Tu Jing Pi Ding*, etc. after the erosive wound dries.

Prescription 2:

Number 1:

Recipe: *Yi Gan Xi Yao*

Ingredients:

|                                    |      |
|------------------------------------|------|
| <i>Yiyiren</i> (Semen Coicis)      | 30 g |
| <i>Gancao</i> (Radix Glycyrrhizae) | 30 g |

Preparation: Soak the drugs in water for about one hour, decoct them for 15

minutes after the water boils and filter them to obtain about 1,000 ml. of decoction.

Number 2:

Recipe: *Jiao Qi Fen*

Ingredients:

|  |      |
|--|------|
| <i>Liu Yi San</i> (A powder made with powder of Talcum and Radix Glycyrrhizae) | 15 g |
| <i>Kufan</i> (Alumen Exsiccatum)   | 10 g |
| <i>Huangbai</i> (Cortex Phellodendri)  | 10 g |
| <i>Bingpian</i> (Borneolum Syntheticum)  | 1 g  |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)                                      | 10 g |

Preparation: Grind the above drugs separately into fine powders and mix them together. This mixed powder is called *Jiao Qi Fen*.

Application: When the decoction of *Yi Gan Xi Yao* is not scalding hot, apply wet compress with it for 20 minutes on the affected part after it is washed for 10 minutes with a piece of gauze dipped again and again into the decoction. Then, wipe the affected part clean and cover it with a layer of *Jiao Qi Fen*. This is repeated 2-3 times daily.

Notes: *Yi Gan Xi Yao* has the effects of clearing away heat, drying dampness and removing toxins, while *Jiao Qi Fen*, dispelling dampness, subduing swelling and alleviating itching. They can work together to exert the effects of drying the erosive wound soon and alleviating itch quickly.

### 3. Type of keratinized scales

Main Symptoms:

Marked by pachyderma, xerosis cutis and pachylosis of the affected part, on which desquamation of skin occurs again and again and rhagas of skin may be seen.

Method of treatment:

To moisten dryness, kill worms and alleviate itch.

Prescription 1:

Recipe: *Xiong Huang Gao* (20)

Application: Apply *Xiong Huang Gao* thinly to the affected part, twice daily.

Notes: Before *Xiong Huang Gao* is applied, it would be better to wash the affected foot with warm water and scale the foot with a blunt knife to remove the keratinized epiderm.

Prescription 2:

Recipe: *Cu Pao Fang*

Ingredients:

|  |      |
|--|------|
| <i>Jingjie</i> (Herba Schizonepetae)   | 15 g |
| <i>Fangfeng</i> (Radix Ledebouriellae) | 15 g |
| <i>Zaojia</i> (Spina Gleditsiae)       | 15 g |
| <i>Digupi</i> (Cortex Lycii)           | 15 g |
| <i>Honghua</i> (Flos Carthami)         | 15 g |
| <i>Dafengzi</i> (Semen Hydnocapi)      | 18 g |



|  |           |
|--|-----------|
| <i>Kulianzi</i> (Fructus Meliae Toosendan) | 15 g      |
| <i>Mingfan</i> (Alumen)                    | 12 g      |
| <i>Shicu</i> (Kitchen Vinegar)             | 1,500 ml. |

**Preparation:** The drugs are soaked in 1,500 ml. of vinegar in a container for seven days to obtain the medicated vinegar.

**Application:** Steep the affected foot in the medicated vinegar for about 30 minutes each time, twice daily.

**Notes:** With the effects of expelling wind, killing worms, promoting blood circulation and softening hard mass, *Cu Pao Fang* plays a full part in treating tinea pedis with keratinized scales. But it is contraindicated for the cases with erosion. The medicated vinegar prepared with one dose of the drugs may be, generally speaking, used 14 times; more time in cold temperature, less times in warm temperature, throw it away as soon as it becomes rotten. Treatment should be continued for 10 days after the symptoms have disappeared to prevent recurrence.

#### 4. Type of secondary infection

##### Main Symptoms:

Swelling, erosion, exudate and pustulae appear on the affected part; usually there are enlarged inguinal lymph nodes accompanied with tenderness.

##### Method of treatment:

To clear away heat, remove toxins, dispel dampness and subdue swelling.

##### Prescription 1:

###### Number 1:

Recipe: *Jie Du Xi Yao* (9)

###### Number 2:

Recipe: *Huang Bai San* (23)

**Preparation and Application:** Soak one dose of the drugs of *Jie Du Xi Yao* in 2,000 ml. of water for about one hour and decoct them for 15 minutes after the water boils to get the decoction. When the decoction is a little cooler than the body, a piece of gauze is dipped into it, and with this gauze, the secretion on the affected part is wiped away. Then, apply wet compress with the decoction on the affected part for 30 minutes. The treatment is repeated twice daily. Then mix the powder of *Huang Bai San* with a proper amount of sesame oil into a paste. When the affected part is wiped dry after each time of wet compress, the paste is applied on it about 0.1-0.2 cm thick.

**Notes:** This prescription is suitable for secondary infections due to tinea pedis limited on the foot. It is not indicated for lymphangitis, erysipelas, etc. although due to tinea pedis but not limited on the foot. The wet compress with *Jie Du Xi Yao* should be a cold one if there is swelling and exudate on the affected part. The decoction prepared with one dose of the drugs of *Jie Du Xi Yao* is used only once if there is much secretions on the affected part, 2-3 times if there is less. It should be heated up to the boiling point for five minutes before it is used again.

##### Prescription 2:

##### Ingredients:

|  |      |
|--|------|
| <i>Tujingpi</i> (Cortex Pseudolaricis)         | 30 g |
| <i>Shechuangzi</i> (Fructus Cnidii)            | 30 g |
| <i>Tougucao</i> (Caulis Impatiensis)           | 30 g |
| <i>Xuchangqing</i> (Radix Cynanchi Paniculati) | 30 g |
| <i>Huangqin</i> (Radix Scutellariae)           | 30 g |
| <i>Tufuling</i> (Rhizoma Smilacis)             | 25 g |
| <i>Kushen</i> (Radix Sophorae Flavescents)     | 25 g |
| <i>Kufan</i> (Alumen Exsiccatum)               | 20 g |

Preparation: Soak the above drugs in water for 30 minutes then boil them to obtain about 1,500-2,000 ml. of decoction. When the decoction is not scalding hot, steep the affected foot in it for 20-30 minutes each time, twice daily. Then bind the foot with gauze. The decoction prepared with one dose of the drugs is used twice and six doses are needed in one course of treatment.

Notes: This prescription has the effects of clearing away heat, removing toxins, subduing swelling, astringing, relieving pain and alleviating itching. According to a report, it was once used to treat 145 cases of secondary infection due to tinea pedis, among which 102 cases belong to local infection, 43 cases to eczematoid infection. The result was all were cured. It is clear that this prescription is very effective. Nevertheless, secondary infection due to severe tinea pedis should be treated not only with external therapy but also with internal therapy.

### 3.4 Tinea Unguium

Most frequently seen in adults, tinea unguium is a dermatosis on the nail of a finger or toe due to fungi. It attacks either at the same time with tinea manuum and tinea pedis or after them or more often the latter. It is similar to *E Zhao Feng* in TCM.

#### Etiology and Pathogenesis

Tinea manuum or tinea pedis spreads to the nail, bringing to it pathogenic dampness. Then, the nail fails to be nourished and tinea unguium results.

#### Clinical Manifestations

Pathological change occurs from the free or lateral edge of a nail and spreads gradually to the whole nail; the affected nail becomes greyish-brown or greyish-white, thickened step by step, disformed, fragile, rugged, fragmentary or separated from the nail-bed.

Clinically, there are three types:

1. Type of thickened nail:

A coarse nail becomes thickened from the edge gradually to the whole nail.

2. Type of atrophic nail:

There exists an atrophic, warped white nail under which hollows appear.

3. Type of fragmentary nail:

One or two (in mild cases) or all (in severe cases) the nails are involved; each nail

becomes rugged, a little grass-green in color and partly thickened; some nail grooves are red and swollen; subjective symptoms seldom occur except some pain which is induced by over-thickened or stripping of a nail.

### Differentiation and Treatment

By and large, mere external therapy with Chinese drugs is enough to treat this disorder with the therapeutic principle mainly based on removing putridity and killing worms. With a longer course, tinea unguium is hard to heal. Therefore, both the patient and doctor should have patience in order to achieve a better result, tinea manuum and tinea pedis, if any, should be treated at the same time.

#### Prescription 1:

Recipe: *Xian Feng Xian Hua*

#### Ingredients:

|  |            |
|--|------------|
| <i>Xian Fengxianhua</i> (fresh Flos Impatiensis) | 5 portions |
| <i>Mingfan</i> (Alumen)                          | 1 portion  |

Preparation: The drugs are pounded together into a paste.

Application: Cover the affected nail with the paste about 0.5 cm thick, and bind it up with a piece of plastic film or oil paper. Dressing change is carried out once every or every other day's evening until the affected nail is replaced by a fresh healthy one usually in 3-5 months.

#### Prescription 2:

Recipe: *Feng Xian Hua Mi Gao*

#### Ingredients:

|   |       |
|---|-------|
| <i>Gan Fengxianhua</i> (dried Flos Impatiensis) | 150 g |
| <i>Fengmi</i> (Mel)                             | 150 g |

Preparation: Grind the *Gan Fengxianhua* into powder and mix it with honey into a paste.

Application: Coat the affected nail with the paste about 0.5 cm thick, then cover it with a piece of oil paper and bind it up with gauze. Dressing change is undertaken once daily.

Notes: *Fengxianhua* is the flower of *Impatiens balsamina*. The flower falls into two categories. One is red, the other is white. In the past, the red one was often mixed with a little alum into a paste, and used by women as a cosmetics to dye the nails. Then people realized that the nails dyed with the paste were never attacked by tineaunguium.

It is recorded in TCM's documents that the flower of *Impatiens balsamina* has the action of promoting blood circulation, dispersing blood stasis and killing worms to treat tinea. The root, stem, leaf and seed of it have the same action. So, if flowers are not available, its stem and leaf may be used instead. Modern pharmacological studies have also shown that the flower of *Impatiens balsamina* has the action of inhibiting many kinds of pathogenic fungi.

Before the treatment with Prescription 1 and 2, if the affected nail is steeped in vinegar to make it softer and scrape it slightly to make it thinner, the curative effects

will be even better.

Prescription 3:

Recipe: *Ya Dan Zi You*

Ingredient:

*Yadanzi* (Fructus Bruceae)

a proper amount

Preparation: *Yadanzi* is shelled to get the kernels.

Application: The affected nail is steeped in warm normal saline to have it softened. Then remove the atrophic soft part of the nail with a clean knife. Hold one of the *Yadanzi* kernels wrapped in a piece of plastic film with the thumb and the index finger. Pinch the kernel hard with the two fingers to press out its oil. Finally apply the oil to the affected nail, and then cover it with adhesive plaster. In general, 1-2 grains of *Yadanzi* kernel would be enough for one affected nail. The treatment is applied once daily for 2-3 months.

Notes: *Ya Dan Zi You* is used to treat tinea because of its action of corrosiveness and killing worms. Although it is efficacious, it still takes a long time for tinea unguium to be healed. Therefore, patience matters in the course of uninterrupted treatment. *Ya Dan Zi You* is poisonous and it irritates the mucosa of skin strongly. Never touch it with your hands nor let it touch your eyes, mouth or nose.

### 3.5 Tinea Corporis

Tinea corporis refers to the dermatosis due to fungi on the body other than the scalp, hair, hands, feet and nails. It is similar to *Yuan Xuan* (tinea circinata) in TCM. Tinea corporis on the medial sides of the lower part of the shank and the hips is called tineacuris, which is similar to *Yin Xuan* (tinea inguinalis) in TCM. Its onset usually in warm and hot seasons, and it is most commonly seen among adults.

#### Etiology and Pathogenesis

This disease is due to a combination of damp-heat accumulated in the interior which is fumigating and steaming the skin with fungi or due to contact infection. Wetness and superficial injury of the skin are the conditions of the occurrence of this disorder.

#### Clinical Manifestations

Red small papulae or blisters appear in the beginning which gradually turn into different numbers of coin-shaped, distinctly-bordered and edge-projected erythemas; there are fine and thin scales on the erythemas, at the centre of which often-seen automatic healings spread in all directions to produce many ring-like traces, which would overlap each other; or a new papula occurs at the centre of an old ring-like trace, bringing about a new ring-like trace which is concentric with the old one; papulae, blisters, pustulae, scabs and scales are often found on the affected parts which are usually on the face, neck, trunk or limbs or even over the whole body; onset of tinea cruris mostly occurs on the medial sides of the lower part of the shank, occasionally round the vulva, hip, perineum and anus; eczematoid changes such as

erosion, exudate, scab, etc. might occur due to local wetness, hyperhidrosis, scratch and rubbing; there is subjective itch; probable lichenoid change might occur due to scratching.

### Differentiation and Treatment

Generally speaking, tinea corporis is treated with external therapy based on dispelling dampness, killing worms and alleviating itch; in case of serious inflammation violent Chinese drugs should not be used. If the skin is extensively damaged, and the inflammation is severe or there is eczematoid change, internal therapy may be added. In addition, if there are complications such as tinea manuum, tinea pedis, etc., they should also be treated along with tinea corporis.

#### Prescription 1:

Recipe: *Xuan Yao Shui* No. 1. (21)

Application: Paint the affected part with *Xuan Yao Shui* No. 1, 3-4 times daily.

Notes: The above medicine is not suitable for tinea corporis with serious inflammatory reactions or eczematoid change. Tinea corporis of this kind is treated as follows:

Prescription: *Zao Shi Xi Yao* (24)—No. 24 of the Attached Prescription.

#### Ingredients:

|  |      |
|--|------|
| <i>Baixianpi</i> (Cortex Dictamni Radicis) | 30 g |
| <i>Machixian</i> (Herba Portulacae)        | 30 g |
| <i>Kushen</i> (Radix Sophorae Flavescens)  | 30 g |
| <i>Huangbai</i> (Cortex Phellodendri)      | 15 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)      | 15 g |

Preparation: Boil the above drugs in water to obtain the decoction.

Application: Apply wet compress with the decoction on the affected part, then cover it with a paste made by mixing *Huang Bai San* (23) with sesame oil. Dressing change is conducted 1-2 times daily until the inflammation is reduced, the erosive wound is healed and then, *Xuan Yao Shui* No. 1. may be applied.

#### Prescription 2:

#### Ingredients:

|                                  |      |
|----------------------------------|------|
| <i>Xionghuang</i> (Realgar)      | 10 g |
| <i>Pengsha</i> (Borax)           | 10 g |
| <i>Kufan</i> (Alumen Exsiccatum) | 20 g |
| <i>Liuhuang</i> (Sulphur)        | 20 g |
| <i>Mituozen</i> (Lithargyrum)    | 5 g  |

Preparation: Grind the above drugs together into a very fine powder.

Application: Cut a piece of cucumber and dip it into the powder so as to have some powder adhered to it. Use it to rub the affected part with a little force. The treatment is conducted twice daily.

Notes: This prescription has the effects of dispelling dampness, killing worms and alleviating itch. The ingredients of it, modern pharmacological experiments have proved, can inhibit fungi to some extent. The section of a cucumber is moist, which

makes it easy to get the powder sticking to its surface and the affected part. This is an ancient method for applying drug.

Prescription 3:

Recipe: *Fu Fang Liu Huang You*

Ingredients:

|   |       |
|---|-------|
| <i>Liuhuang</i> (Sulphur)                 | 90 g  |
| <i>Kufan</i> (Alumen Exsiccatum)          | 90 g  |
| <i>Qingdai</i> (Indigo Naturalis)         | 30 g  |
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta) | 500 g |
| <i>Bingpian</i> (Borneolum Syntheticum)   | 15 g  |

Preparation: Grind the above drugs into a very fine powder and mix it with a proper amount of vegetable oil into a paste.

Application: The paste is applied to the affected part, 2-3 times daily.

Notes: With gentle action, this prescription can dispel dampness, clear away heat, remove toxins, kill worms and alleviate itch. It is used to treat either tinea corporis with obvious inflammation, erosion, exudate, scab and rhagas or the one with delicate skin. Bind the affected part with dressing after it is covered with the paste.

### 3.6 Dermatomycosis

Often seen in male adults living in hot and wet place, who sweat a lot and seldom take bath, dermatomycosis is a dermatosis due to fungi on the surface of skin. It is similar to *Zi Bai Dian Feng* (tinea versicolor) in TCM.

#### Etiology and Pathogenesis

This disease is due to exogenous wind-damp which invades the sweating body and stays in the muscles and skin. Another cause might be wearing clothes soaked with sweat followed by exposure to the sun, thus allowing the summer-dampness to infiltrate into the skin.

#### Clinical Manifestations

Onset of round or irregularly-shaped, distinctly-bordered, and slightly-bright macular eruptions, which are greyish-yellow or light-brown or greyish-black in color, in different numbers and sizes, and perhaps fused, each of which is as big as a soybean, and becomes greyish-white just before healing, on each of which there are scales like chaffs, more apparent if scraped; no subjective symptoms usually except mild sense of stabbing itch, which will be aggravated by profuse sweat; skin damage often found on the neck, chest, back, shoulder and armpit or even throughout the body in severe cases; long course during which symptoms and signs appear, turn severe in warm and hot seasons, and become mild or disappeared in cool and cold seasons.

#### Differentiation and Treatment

Dermatomycosis may be treated only with external therapy with Chinese drugs, which is based on the principle of dispelling dampness, killing worms and alle-

viating itch. This disorder is hard to heal and easy to recur. So, the treatment should be carried out continually and patiently for about more than one month. Even if the skin wound has been healed completely, 1-2 weeks of treatment is still needed.

**Prescription 1:**

**Recipe:** *Han Ban San*

**Ingredients:**

|   |      |
|---|------|
| <i>Mituozen</i> (Lithargyrum)             | 30 g |
| <i>Wuzeigu</i> (Os Speiae)                | 30 g |
| <i>Liuhuang</i> (Sulphur)                 | 15 g |
| <i>Chuanjiao</i> (Pericarpium Zanthoxyli) | 15 g |

**Preparation:** Grind the above drugs respectively into fine powders, mix them together and sift them with a No.7 sieve to obtain a very fine powder.

**Application:** Cut a piece of old raw ginger obliquely. Dust a little powder on the section of the ginger. Rub the affected part with the section until it looks light-red. The treatment is carried out twice daily, in the morning and evening.

**Notes:** The four drugs in this prescription work together to dispel dampness, act as an astringent, kill worms and alleviate itch. Warm in nature, the juice of raw ginger can make the skin of the affected part congestive so as to promote the full play of the potency of the four drugs. It also has the potency of resisting fungi. It is forbidden to wash the affected part with water after the application of the drug. The treatment should be continued for more than one week after the skin wound is healed to avoid recurrence.

**Prescription 2:**

**Number 1:**

**Ingredients:**

|                                   |      |
|-----------------------------------|------|
| <i>Mituozen</i> (Lithargyrum)     | 30 g |
| <i>Liuhuang</i> (Sulphur)         | 20 g |
| <i>Xionghuang</i> (Realgar)       | 10 g |
| <i>Baifuzi</i> (Rhizoma Typhonii) | 6 g  |

**Preparation:** Grind the above drugs respectively into fine powders and mix them evenly with vinegar into a thin paste.

**Application:** Paint the affected part with the thin paste, 1-2 times daily.

**Number 2:**

**Ingredients:**

|                               |      |
|-------------------------------|------|
| <i>Pengsha</i> (Borax)        | 30 g |
| <i>Mituozen</i> (Lithargyrum) | 9 g  |
| <i>Liuhuang</i> (Sulphur)     | 6 g  |

**Preparation:** Grind the above drugs together into a fine powder.

**Application:** Cut a piece of fresh cucumber. Dip the section of it into the powder, and then rub it against the affected part with a little force until the skin becomes slightly red. This is done twice daily, in the morning and evening.



Notes: As proved prescriptions indicated for dermatomycosis, both of the above have the effects of dispelling dampness, acting as an astrigent, killing worms and alleviating itch. Better result will be achieved if the affected part is washed with sulphur or boric-acid soap before either of the two treatments is applied. In the course of treatment, bath taking should be reduced in order to keep the applied drug and its potency on the affected part longer.

## 4. Dermatoses due to Insects

### 4.1 Scabies

Tending to attack people at any age, highly infective and spreading rapidly, scabies is a contagious dermatosis due to sarcoptic mite. It is usually epidemic in a family or a public place. TCM names it as Jie or Jie Chuang.

#### Etiology and Pathogenesis

This dermatosis is directly due to invasion of sarcoptic mite into the skin and indirectly due to direct contact with a patient, wearing his clothes or using his bedding and other private utensils, or coming into contact with animals which are hosts of sarcoptic mite.

#### Clinical Manifestations

Skin damage is mainly manifested as red papulae as big as millets, blisters, tunnels and nodes; a tunnel is a greyish-white or light-black and slightly bent and projected stria as thin as a thread, about one cm long, sometimes indistinct and linked at the end with a papula or blister in which sarcoptic mites often hide; a node which would appear on the scrotum, penis and greater lip of pudendum, is as big as a grain of pea, hemisphere-shaped and light-red; such secondary injuries due to scratch usually appear as scratch mark, bloody scab, pigmentation, or even pachyderma, possible pyogenic infection and even occasional acute nephritis; since sarcoptic mites tend to attack where the skin is delicate, skin damage usually locate at the following places: striae of finger, bracelet, cubital fossa, axillary fossa, female breast, the place around the navel, loins, lower abdomen, medial thigh, external genital organs, and even the head and face of a child; skin wound usually occurs symmetrically beginning from the striae of a finger, with seriously subjective itch which would be aggravated in the night; sarcoptic mites might be found in the wound.

#### Differentiation and Treatment

This dermatosis is treated mainly with external therapy based on the principle of killing worms and alleviating itch. Internal therapy should be added when there exists pyogenic infection, extensive skin wound or serious symptoms and signs.

Prescription 1:

Number 1:



Recipe: 5-10% sulphur ointment (25)—No. 25 of the Attached Prescription.

Ingredients:

|          |         |
|----------|---------|
| sulphur  | 5-10 g  |
| vaseline | 90-95 g |

Preparation: Grind the sulphur into fine powder and mix it with vaseline into an ointment. This ointment is called 5-10% sulphur ointment.

Number 2:

Recipe: *Jie Chuang Xi Fang*

Ingredients:

|   |      |
|---|------|
| <i>Xionghuang</i> (Realgar)                 | 15 g |
| <i>Baibu</i> (Radix Stemonae)               | 30 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 30 g |
| <i>Chuanjiao</i> (Pericarpium Zanthoxyli)   | 30 g |
| <i>Pengsha</i> (Borax)                      | 30 g |

Preparation: Decoct *Baibu*, *Kushen* and *Chuanjiao* in water until 15 minutes after the water boils and filter them to get about 2,000-3,000 ml. of hot decoction, then put *Xionghuang* and *Pengsha* into it.

Application: Wash the whole body except the head with the decoction and then wipe it clean. Use ten percent sulphur ointment (5% for infants) to cover the affected part, and immediately rub it with a little strength, then to coat the whole body thinly. The above is conducted twice daily, in the morning and evening. One course of treatment involves three days. In general, after 1-2 courses, there should be an interval of one week for observation, during which the patient is allowed to take a bath. If no new skin eruption occurs it means cure. Or else, another course of treatment should be undertaken.

Notes: With the effects of not only killing worms and alleviating itch but also removing toxins, *Jie Chuang Xi Fang* is especially suitable for scabies with secondary pyogenic infection.

Prescription 2:

Number 1:

Recipe: *Liuhuang Shuiyangsuan Ruangao*

Ingredients:

|                                      |      |
|--------------------------------------|------|
| <i>Liuhuang</i> (sulphur)            | 25 g |
| <i>Shuiyangsuan</i> (salicylic acid) | 3 g  |
| <i>Fanshilin</i> (vaseline)          | 72 g |

Preparation: Grind the first two drugs respectively into fine powders and mix them with vaseline into an ointment. This ointment is called *Liuhuang Shuiyangsuan Ruangao*.

Number 2:

Recipe: *Pu Fen*

Ingredients:

|                            |     |
|----------------------------|-----|
| <i>Zhangnao</i> (Camphora) | 2 g |
|----------------------------|-----|

|  |      |
|--|------|
| <i>Bohe</i> (Herba Menthae)                | 2 g  |
| <i>Chuanxinlian</i> (Herba Andrographitis) | 8 g  |
| <i>Furongye</i> (Folium Hibisci)           | 16 g |
| <i>Songhua Fen</i> (Pollen Pini)           | 24 g |
| <i>Huashi Fen</i> (Pulvis Talci)           | 48 g |

Preparation: Grind *Zhangnao* and *Bohe* together into a fine powder in a mortar. Grind *Chuanxinlian* and *Furongye* respectively into fine powders in other utensils for use. Put about 4 g of *Huashi Fen* into the mortar first, then put in the fine powder of *Chuanxinlian* and *Furongye* and finally, *Songhua Fen* and the rest of *Huashi Fen*. Mix them evenly in the mortar and sift them with a No.7 sieve to obtain a very fine powder which is called *Pu Fen*.

Application: The patient should first take a bath. Get some ointment on the hand and rub the ointment repeatedly first on the affected part, then on the limbs from above to below and finally on the trunk. Use 50-60 g of the ointment for 60 minutes rubbing. Wipe or scrape away the superfluous ointment with a piece of paper or bamboo. Dust *Pu Fen* all over the body and put on clean clothes. Take another bath 24 hours later and change clothes again. This is considered as one course of treatment and the process should be repeated in 2-3 weeks before cure comes.

Notes: Remarkable curative effects will be obtained if this prescription is used to treat common scabies, pyogenic scabies and scabies with pachyderm or scab. The ointment, however, should be used cautiously where the skin is delicate or for infants and pregnant women. *Pu Fen* is dusted after *Liuhuang Shuiyangsuan Ruangao* is applied for the purpose of decreasing greasiness, alleviating itch and reducing inflammation.

Prescription 3:

Number 1:

Recipe: *Jie Chuang Xi Fang*—See Prescription 1

Number 2:

Recipe: *Chu Jie Gao*

Ingredients:

|  |       |
|--|-------|
| <i>Liuhuang</i> (Sulphur)                  | 120 g |
| <i>Hongfen</i> (Hydrargyrum Oxydum Rubrum) | 20 g  |
| <i>Dafengzi</i> (Semen Hydnocapi)          | 40 g  |
| <i>Hetao Ren</i> (Semen Juglandis)         | 40 g  |

Preparation: Grind *Liuhuang* and *Hongfen* into a fine powder and pound it with *Dafengzi* and *Hetao Ren* into an ointment called *Chu Jie Gao*.

Application: Wash the whole body with the decoction of *Jie Chuang Xi Fang* for 30 minutes. Smear the whole body except the neck, head and face with the ointment of *Chu Jie Gao*. Places where there are skin eruptions should be rubbed repeatedly. This process should be repeated twice daily, in the morning and evening, for three days. Stop the application at the fourth day, take a bath, change clothes and bedding. If no skin eruptions are seen within one week of observation it means cure. Or else,

start another course of treatment.

Notes: *Chu Jie Gao* has the effects of removing toxins, killing worms and alleviating itch. But it is not considered as the first choice of treatment because one of the ingredients *Hongfen* is poisonous. And it should be used cautiously or contraindicated, for pregnant women.

Scabies is a highly infective disease. To prevent it from spreading, all who live in the same family or bedroom with a patient should be treated at the same time. As soon as a treatment is finished, a bath should be taken with soap and warm water, clothes, bedding and pillow cases should all be changed and sterilized through boiling, drying in the sun, ironing or spraying, and even fumigating with drugs. Drug-fumigating can be conducted this way: Hang what are to be sterilized in a room. Close all doors and windows. Put 50-100 g of sulphur at the centre of the floor, then burn it and let it smoke in order to kill all the remaining worms.

## 4.2 Insect Dermatitis

Insect dermatitis is a dermatic inflammation due to the poisonous fluid or down of insects, which usually include mosquito, midge, flea, mite, bedbug, staphylinid, *Euproctis similis*, pine moth, etc. It is commonly seen in late spring and early autumn. Its victims are often among children and youth.

### Etiology and Pathogenesis

This disease is due to insect bite or the irritation of insect down which brings toxic substance into the skin.

### Clinical Manifestations

Skin rashes appear due to insect bite, which are in different numbers, located scatteredly or in groups usually on the exposed parts of the body such as the limbs, head and face except those due to bedbug and flea which tend to occur on parts of the body covered by clothing; the skin rashes are manifested mainly as papulae, urticae or petechias or as erythemas or blisters, at the centre of any of which a stab point, small papulae or blister is often seen; the blister may lead to erosion or secondary infection after it is broken; the secondary infection tends to result in pustula; itching, calor or pain are not accompanied by general symptoms usually; swelling and pain of the nearby lymphatic nodes may occur due to secondary infection. There are different manifestations due to different insects:

Those due to mite: small red papulo-vesicle as big as a millet or soybean, or purple mass or urtica; mark due to mite bite seen sometimes, and mark and blood scab due to probable scratch.

Those due to staphylinid: linear, streak, petechial or macular acute edematous erythema with remarkable inflammation; crowded papulae, blisters or pustula on the erythema; subjective calor and pain.

Those due to *Euproctis similis*: bright-red acute edematous maculopapule, papulo-vesicle, urtica or patch, at the centre of any of which is a stab point as big as the tip

of a needle; subjective itch.

Those due to pine moth: light or deep red maculopapule, urtica or mass with serious itch or stabbing pain; swelling, pain and dysfunction of 1-2 exposed and usually unilateral joints such as toe, finger, knee, wrist, elbow and ankle; stiff joint and chronic osteomyelitis probably due to secondary infection, which may be left over after the dermatitis is healed.

### Differentiation and Treatment

Generally speaking, this dermatitis has only local symptoms, and is treated mainly with external therapy based on the principle of clearing away heat, removing toxins, alleviating itch and relieving pain. Internal therapy is added only when there is fever, arthralgia, extensive skin rashes or secondary infection. Before the dermatitis due to Euproctis similis or pine moth is treated externally with Chinese drugs, adhesive plaster or tape may be used to stick on and then take away from the affected part so as to have the poisonous down removed. Different kinds of treatments are introduced here:

#### 1. Type of noxious heat

##### Main Symptoms:

Skin eruption mainly manifested as erythema, papula and urtica or sometimes as pustula; subjective calor, itch or pain.

##### Therapeutic Method:

To clear away heat, remove toxins, alleviate itch and relieve pain.

##### Prescription 1:

Recipe: *Zi Jin Ding* (4)

Preparation: Grind *Zi Jin Ding* into fine powder and mix it with boiled water or white vinegar into a paste.

Application: Apply the paste to the affected part about 0.1 cm thick, 2-3 times daily.

##### Prescription 2:

Recipe: *Feng You Jing* (26)—No. 26 of the Attached Prescription.

##### Ingredients:

|  |     |
|--|-----|
| <i>Bohe</i> (Herba Menthae)                      | X g |
| <i>Anye You</i> (eucalyptus oil)                 | X g |
| <i>Xiangjing You</i> (essential oil)             | X g |
| <i>Shuiyangsuan</i> (salicylic acid)             | X g |
| <i>Jiazhi</i> (methyl ester)                     | X g |
| <i>DingXiang Fen</i> [Flos Caryophylli (powder)] | X g |
| <i>Yelus</i> (chlorophyl)                        | X g |
| <i>Zhangnao</i> (Camphora)                       | X g |
| <i>Lufang</i> (chloroform)                       | X g |

Preparation: This is a ready-made recipe.

Application: Smear the affected part with *Feng You Jing*, 2-3 times daily.

Notes: If local flush, swelling, blister and worsened itch appear after *Feng You*

*Jing* is applied, it would indicate the disorder is probably contact dermatitis instead of insect dermatitis. If this occurs, drugs indicated for contact dermatitis should be used immediately instead of *Feng You Jing*.

Prescription 3:

Number 1:

Recipe: *Xiong Huang Jie Du San*

Ingredients:

|                              |       |
|------------------------------|-------|
| <i>Xionghuang</i> (Realgar)  | 30 g  |
| <i>Hanshuishi</i> (Calcitum) | 30 g  |
| <i>Baifan</i> (Alumen)       | 120 g |

Preparation: Grind the above drugs together into an even fine powder which is called *Xiong Huang Jie Du San*.

Application: Mix the powder of *Xiong Huang Jie Du San* with cold boiled water into a paste. Apply the paste to the affected part, 2-3 times daily.

Number 2:

Recipe: *Xiong Huang Jie Du San Shui Ji*

Ingredients:

|   |       |
|---|-------|
| <i>Xiong Huang Jie Du San</i>             | 10 g  |
| <i>Luganshi Fen</i> [Calamina (powder)]   | 10 g  |
| <i>Huashi Fen</i> [Pulvis Talci (powder)] | 10 g  |
| <i>Ganyou</i> (glycerin)                  | 5 ml. |

Preparation: Put the above drugs into 100 ml. of water to obtain a mixture which is called *Xiong Huang Jie Du San Shui Ji*.

Application: Apply the mixture to the affected part, 2-3 times daily.

Number 3:

Recipe: *Xiong Huang Jie Du San Ding Ji*

Ingredients:

|                               |                 |
|-------------------------------|-----------------|
| <i>Xiong Huang Jie Du San</i> | 30 g            |
| 20% stemona tincture          | a proper amount |

Preparation: Mix the above two drugs into a tincture which is called *Xiong Huang Jie Du Ding Ji*.

Application: Apply the tincture to the affected part, 2-3 times daily.

Notes: Number 2 is good for drying and astringing effects, while No. 3, at killing worms and alleviating itch. Which should be chosen among No.1-3 depends on the clinical need.

2. Type of noxious dampness

Main Symptoms:

Skin damage mainly manifested as blister, pustula, erosion and exudate; or flush, swelling, itch and pain of the affected part.

Method of Treatment:

To clear away heat, remove toxins, dispel dampness and subdue swelling.

Prescription 1:

Number 1:

Recipe: *Qing Dai San You* (27)—No. 27 of the Attached Prescription.

Ingredients:

|                                       |       |
|---------------------------------------|-------|
| <i>Qingdai</i> (Indigo Naturalis)     | 60 g  |
| <i>Huangbai</i> (Cortex Phellodendri) | 60 g  |
| <i>Shigao</i> (Gypsum Fibrosum)       | 120 g |
| <i>Huashi</i> (Talcum)                | 120 g |

Preparation: Grind the above drugs together into fine powder. Mix it with 20-30 ml. of sesame oil into a medicated oil called *Qing Dai San You*.

Number 2:

Ingredients:

|                                       |                 |
|---------------------------------------|-----------------|
| <i>Machixian</i> (Herba Portulacae)   | a proper amount |
| <i>Zihuadiding</i> (Herba Violae)     | a proper amount |
| <i>Huangbai</i> (Cortex Phellodendri) | a proper amount |

Preparation: Choose 30 g each from any two of the above drugs and decoct them in 500-1,000 ml. of water until 15 minutes after the water boils and filter them for the decoction.

Application: Conduct cold wet compress with the decoction on the affected part, 2-3 times daily. Between every two times of cold wet compress, *Qing Dai San You* is applied to the affected part.

Notes: Blister, pustula, erosion and exudate, or flush and swelling are considered as signs of the syndrome of damp-heat. This syndrome responds well to the cold wet compress followed by the application of *Qing Dai San You*.

Prescription 2

Recipe: *Nan Tong She Yao Pian*—a patent medicine

Preparation: Grind six to eight tablets into fine powder and mix it with 10 ml. of cold boiled water into a paste.

Application: Apply the paste to the affected part about 0.1-0.2 cm thick, and this is done 4-10 times daily until cured.

Notes: *Nan Tong She Yao Pian* is a patent medicine made with many kinds of Chinese drugs. With the effects of clearing away heat, removing toxins, subduing swelling and relieving pain, it is particularly good at healing wound due to poisonous snake and insect. It was once used to treat dermatitis due to staphylinid with remarkable curative effects.

### 4.3 Insect sting or insect bite

Some kinds of insect's sting or bite of the skin of a human being cause a disorder, which usually occurs in late spring, summer or autumn. This disorder is marked by local red-swelling, burning-pain or serious itch, numbness and mild or severe general symptoms. The insects commonly seen are wasp, scorpion, centipede, leech and ant.

### Etiology and Pathogenesis

People are easy to be attacked by insects in the warm weather of late spring, summer or autumn. Once he is attacked by a poisonous insect, toxins will be sent into his body, causing the decrease called insect sting or insect bite.

### Clinical Manifestations

Flush, swelling and distension, or papula, urtica, ecchymosis, petechia and blister, which are often seen on the affected part, on which a mark due to insect bite or insect sting is usually found; subjective calor, severe pain or serious itch; focus mostly on the exposed parts of the body such as the face, nape and limbs.

Different individuals respond to insect sting or insect bite differently. In mild cases, there are only such subjective symptoms as pain, itch and calor. But in severe cases, there may appear numbness of limbs, dizziness, nausea, vomiting and even general toxic symptoms such as allergic shock which will endanger the life of a patient.

Insect sting or insect bite due to different insects is manifested differently. Different clinical manifestations due to different insects are discussed in the following paragraphs.

### Differentiation and Treatment

When there are mere local symptoms, external therapy is used. When there are also general symptoms, internal therapy is added. When general symptoms are severe, internal therapy is used first as emergent remedy. Then, when the condition is controlled, external therapy is used for complete heal.

#### 1. Injury due to bite or sting of many kinds of insects

##### Main Symptoms:

Local flush, swelling, papula, urtica, blister, petechia, pain, itch and calor occur after the bite of wasp, scorpion, centipede, etc.

##### Method of treatment:

To clear away heat, remove toxins, subdue swelling, relieve pain and alleviate itch.

##### Prescription 1:

##### Ingredients:

|   |      |
|---|------|
| <i>Banbianlian</i> (Herba Lobeliae Chinensis) | 30 g |
| <i>Zihuadiding</i> (Herba Violae)             | 30 g |
| <i>Foercao</i> (Herba Sedi Linearis)          | 30 g |
| <i>Baijiangcao</i> (Herba Patriniae)          | 30 g |
| <i>Xiakucao</i> (Spica Prunellae)             | 30 g |
| <i>Machixian</i> (Herba Portulacae)           | 30 g |
| <i>Pugongying</i> (Herba Taraxaci)            | 30 g |
| <i>Yejuhua</i> (Flos Chrysanthemi Indici)     | 30 g |
| <i>Bailian</i> (Radix Ampelopsis)             | 30 g |
| <i>Qinghao</i> (Herba Artemisiae)             | 30 g |
| <i>Bohe</i> (Herba Menthae)                   | 30 g |

Use fresh herbs of all the above.

Preparation: One or two of the above drugs are selected and pounded into a paste.

Application: Cover the affected part except for the stab point with the paste about 0.3-0.5 cm thick, and have it bandaged. Dressing change is made when the applied paste is about dry. This is done right up to the time when it is cured.

Notes: Each of the above fresh drugs has the action of clearing away heat, removing toxins, subduing swelling and relieving pain. Applied externally, it is able to relieve the symptoms in a short time.

Prescription 2:

Number 1: *Nan Tong She Yao Pian*—a patent medicine

Number 2: *Liu Shen Wan*—a patent medicine

Preparation: Dissolve a proper amount of either of the above medicines in cold boiled water into a paste.

Application: Smear the affected part except for the stab point with the paste about 0.05-0.1 cm thick. This is done twice daily, until it is cured.

## 2. Injury due to centipede bite

Main Symptoms:

Red-swelling around a petechia is seen on the stab point, accompanied by severe pain or serious itch in mild cases, numbness of the whole body, fever, headache, dizziness, nausea, vomiting and even palpitation, and rapid pulse, delirium and convulsion in severe cases.

Method of treatment:

To clear away heat, remove toxins, subdue swelling and relieve pain.

Prescription 1:

Ingredients:

*Xionghuang* (Realgar)

1 portion

*Xixin* (Herba Asari)

1 portion

Preparation: Grind the two drugs together into fine powder and mix it with water into a paste.

Application: Apply the paste to the affected part about 0.1 cm thick. This is done twice daily, until it is cured.

Notes: *Xionghuang* and *Xixin* work together to remove toxins and relieve pain. Applied externally, they will soon tranquilize pain and subdue swelling. In severe cases, internal therapy is added.

Prescription 2:

Recipe: *Xiong Ji Kou Xian*

Ingredient:

Saliva of a rooster

a proper amount

Application: Smear the affected part with the saliva of a rooster and repeat the treatment until cured.

Notes: Saliva of a rooster is a proven prescription. But the cause of it is still unknown.



### 3. Injury due to wasp sting

#### Main Symptoms:

In mild cases erythema and papula or urtica occurring around the stab point on which there may be petechia; a large area of flush and swelling on which blisters are often seen; severe pain or serious itch, and general symptoms in severe cases which even endanger the life of a patient such as dizziness, vertigo, nausea, vomiting, fall of blood pressure, etc.

#### Method of Treatment:

To clear away heat, remove toxins, subdue swelling and relieve pain.

#### Prescription 1:

Recipe: *Er Wei Ba Du San* (15)

Preparation: Mix a little of *Er Wei Ba Du San* with the extract of tea into a paste.

Application: Apply the paste to the affected part about 0.1-0.2 cm thick. Dressing change is made when the applied paste is about dry and repeat the treatment until it is cured.

Notes: With the effects of removing toxins, killing worms, subduing swelling and relieving pain, *Er Wei Ba Du San* is a commonly used medicine for insect bite or insect sting. With the action of clearing away heat, removing toxic material, drying dampness and astringing sore, the extract of tea works with *Er Wei Ba Du San* to ensure the curative effects. To get the extract, use 3 g of tea and soak it in 100 ml. of boiling water for about 5 minutes and, then, filter it for the extract.

#### Prescription 2:

#### Ingredient:

fresh leaf of taro

a proper amount

Preparation: Pound the leaves of taro into a pulp to get the juice.

Application: Smear the affected part again and again with the juice until cured.

Notes: The leaves of taro have the action of reducing swelling and removing toxins. It was recorded in documents, its juice is also efficacious in spider bite treatment.

### 4. Injury due to scorpion sting

#### Main Symptoms:

Onset of a large area of local red-swelling with severe pain, and even such general symptoms as shiver, high fever, nausea, vomiting, etc. in severe cases.

#### Method of treatment:

To clear away heat, remove toxins, subdue swelling and relieve pain.

#### Prescription 1:

#### Ingredient:

big snail

one

Preparation: Wash the snail with its shell clean and pound it into a paste.

Application: Apply the paste to the affected part.

Notes: Snail has the action of clearing away heat, subduing swelling and removing toxins. Its paste also can be used to treat wasps sting and centipede bite. Usually, one

application of it will bring cure.

Prescription 2:

Recipe: *Shou Gong Wai Tu Fang*

Ingredients:

|              |     |
|--------------|-----|
| egg          | one |
| house lizard | one |

Preparation: Hole the egg, put the lizard into the egg, seal the egg with the lizard inside, bury the sealed egg in a cool and dark place (about 20 cm below the earth surface), and take the buried egg out 20 day later.

Application: What is in the egg is what we need. Take it out and apply it to the affected part.

Notes: Both the egg and house lizard have the effects of removing toxins and subduing swelling. They work together to bring about remarkable curative effects in treating scorpion sting and wasp sting. Usually, one time of treatment will bring cure without any bad reaction.

As soon as scorpion sting occurs, apply cold compress with a piece of ice on the affected part. If the stab point is on a limb, a piece of tourniquet should be immediately tied on the proximal end of the limb and a milk-pump is used to suck the poisonous fluid out. Finally, apply external therapy with Chinese drugs.

5. Injury due to leech bite

Main Symptoms:

Sticking of a leech to the affected part or continued bleeding after the leech is removed.

Method of treatment:

To get rid of the leech and stop bleeding.

Prescription 1:

Ingredients:

vinegar  
spirit  
tobacco tar  
pepper powder

Application: Apply any of the above to where a leech is sticking, the leech would release its sucker and fall down.

Notes: If the above drugs are not within reach, pat around gently where a leech is sticking to force the leech to release its sucker and fall down. Don't pull it away with your hand.

Prescription 2:

Ingredients:

honey  
sesame oil

Application: Put either of the above around an orifice where a leech has gone in to make it come out.

Notes: A leech may have gone into a nasal cavity and vagina. If so, it is difficult to get it out. Use the above drugs to lure the leech out and take it away.

Prescription 3:

Ingredient:

*Xiaoji Ye* (Folium Cirsii)

4-6 pieces

Preparation: Wash *Xiaoji Ye* clean with clear water and press into a pulp it with your hand.

Application: Apply the pulp to the affected part and press it into a pulp with your hand for a moment. The bleeding will be stopped.

Notes: *Xiaoji Ye* has the action of removing pathogenic heat from blood and stopping bleeding. This has been proved through modern pharmacological experiments. And it has been found that it also has the potency to resist bacteria. So, when it is used externally, secondary infection could be prevented.

## 5. Physical Dermatoses

### 5.1 Spring Dermatitis

With onset mostly on the face of a women and usually in spring, spring dermatitis is marked by tiny squamous hypochromic spots. It is similar to *Chui Feng Xuan* (wind tinea) in TCM.

#### Etiology and Pathogenesis

Spring dermatitis is due to up-going of endogenous heat in the lung and stomach and the affection of exogenous wind.

#### Clinical Manifestations

Round or elliptic and light-red spots in different size appear at first on the cheeks or forehead; accompanied by tiny red papulae, the spots would soon change into an indistinctly bordered pale patch, the surface of which is dry and covered with small amount of tiny, chaff-like, white scales; there is subjective mild itch or discomfort due to dryness.

#### Differentiation and Treatment

This disorder may be treated only with external therapy based on the principle of clearing away heat, moistening skin and alleviating itch.

1. In the early stage

Main Symptoms:

Light-red spots and tiny papulae with mild itch which appear on the skin.

Method of treatment:

To clear heat and alleviate itch.

Prescription 1:

Recipe: *Ku Shen Jiu*

**Ingredients:**

|   |      |
|---|------|
| <i>Kushen</i> (Radix Sophorae Flavescentis)   | 30 g |
| <i>Yejuhua</i> (Flos Chrysanthemi Indici)     | 9 g  |
| <i>Baibu</i> (Radix Stemonae)                 | 9 g  |
| <i>Maoyancao</i> (Herba Euphorbiae Lunulatae) | 15 g |
| <i>Zhangnao</i> (Camphora)                    | 5 g  |

**Preparation:** Dissolve the *Zhangnao* in 250 ml. of 95% alcohol into a solution, to which add 200 ml. of cold boiled water. Soak all the rest of the drugs in the solution for one week and filter them to get the final medicated solution which is called *Ku Shen Jiu*.

**Application:** Apply the *Ku Shen Jiu* to the affected part with a cotton ball dipped into it, 3-5 times daily.

**Prescription 2:**

**Recipe:** *San Huang Xi Ji* (28)—No. 28 of the Attached Prescriptions.

**Ingredients:**

|   |              |
|---|--------------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)      | 2.5 portions |
| <i>Huangbai</i> (Cortex Phellodendri)       | 2.5 portions |
| <i>Huangqin</i> (Radix Scutellariae)        | 2.5 portions |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 2.5 portions |

**Preparation:** Grind all the drugs together into fine powder. Mix 10-15 g of the powder with 100 ml. of distilled water and 1 ml. of medicinal carbolic acid into a watery mixture called *San Huang Xi Ji*.

**Application:** Apply *San Huang Xi Ji* to the affected part with a cotton stick dipped into it, 3-5 times daily.

**Notes:** A choice may be made between *Ku Shen Jiu* and *San Huang Xi Ji*. The former is stronger than the latter in alleviating itch.

**2. In the late stage**

**Main Symptoms:**

Hypochromic patch with dryness, desquamation and mild itch.

**Method of treatment:**

To moisten skin and alleviate itch.

**Prescription:**

**Recipe:** *Sheng Ji Bai Yu Gao*

**Ingredients:**

|   |                 |
|---|-----------------|
| <i>Shigao</i> (Gypsum Fibrosum soaked in urine) | 90%             |
| <i>Luganshi</i> (Calamina prepared)             | 10%             |
| <i>Mayou</i> (Oleum Sesame)                     | a proper amount |
| <i>Fanshilin</i> (vaseline)                     | a proper amount |

**Preparation:** Wash the *Shigao* clean, then have it bleached for 2 months, calcined and ground into fine powder. Grind the *Luganshi* also into powder. Mix the two kinds of powder evenly. A little *Mayou* and a proper amount of the powder are made into an ointment. The ointment is mixed evenly with a proper amount of vaseline. This

final ointment is called *Sheng Ji Bai Yu Gao*. The proportion between the powder and oil (Oleum Sesame and vaseline) is 3:7.

Application: Coat the affected part with *Sheng Ji Bai Yu Gao*, 2-3 times daily.

Notes: *Sheng Ji Bai Yu Gao* has the effects of moistening the skin, promoting tissue regeneration and astringing a wound. It is better to have its ingredient *Shigao* soaked in the midstream urine, usually of a healthy child under 10 years old. Of course, common prepared *Shigao* may also be used instead.

## 5.2 Red Miliun

Red miliun is a common dermatosis in mid-summer when the temperature is high. It tends to attack infants and fat persons. Its popular name is sudamen. But TCM calls it *Re Fei* (miliaria).

### Etiology and Pathogenesis

Summer heat and dampness fumigate and steam the skin to have its orifices closed and lead to dyshidrosis. Under this condition, the summer heat and dampness will stay in the striae of muscles and skin, thus causing red miliun.

### Clinical Manifestations

The onset is sudden; needle-point sized, crowded but not fused red papulae or papulo-vesicles with stabbing itch and calor occur on the head, face, nape, chest, back, cubital fossa, popliteal fossa, inferior breast, groin, hip or the dorsum of a hand; the symptoms change with the weather marked by groups of skin rashes occurring when there is dyhidrosis due to high temperature, low atmospheric pressure and mugginess but they would dry, scale and heal within several days when cool weather comes; secondary infection due to scratch will be seen in part of the cases, which is manifested as pustulae or small boils.

### Differentiation and Treatment

There is no need to use internal therapy unless secondary infection occurs.

#### 1. Sudamen

##### Main Symptoms:

Skin rashes manifested as needle-point sized, crowded but not fused red papulae with stabbing itch.

##### Method of treatment:

To clear away heat, astringe skin rash, and alleviate itch.

##### Prescription 1:

##### Ingredients:

*Jiucai* (Chinese chive)

100-150 g

*Baijiangcao* (Herba Patriniae)

60-90 g

*Machixian* (Herba Portulacae)

60-90 g

Preparation: Decoct any of the above drugs in about 3,000 ml. of water until 10-15 minutes after the water boils and filter it for the decoction.

Application: Wash the affected part with the decoction when it is a little warmer than the skin for 15 to 20 minutes each time, twice daily.

Notes: With the action of clearing away heat and removing toxins, any of the three drugs *Jiucai*, *Baijiangcao* and *Machixian* is efficacious in treating sudamen and preventing secondary infection. The decoction with which the affected part is washed shouldn't be too hot or too cool.

Prescription 2:

Recipe: *Fei Zi Fen*

Ingredients:

|   |      |
|---|------|
| <i>Bingpian</i> (Borneolum Syntheticum) | 3 g  |
| <i>Bohe</i> (Herba Menthae)             | 3 g  |
| <i>Luganshi</i> [Calamina (powder)]     | 15 g |
| <i>Huashi</i> [Talcum (powder)]         | 30 g |
| <i>Huangbai</i> (Cortex Phellodendri)   | 6 g  |

Preparation: Grind the above drugs together into a very fine powder called *Fei Zi Fen* (prickly-heat powder).

Application: Dust the *Fei Zi Fen* directly onto the affected part, twice daily.

Notes: *Fei Zi Fen* has the effects of clearing away heat, drying dampness, alleviating itch and removing toxins. When it is dusted on the affected part having been washed with the decoction of Prescription 1, better curative effects will be achieved.

Prescription 3:

Recipe: *Fei Zi Ding*

Ingredients:

|   |      |
|---|------|
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 20 g |
| <i>Bingpian</i> (Borneolum Syntheticum)     | 10 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)      | 20 g |
| <i>Xionghuang</i> (Realgar)                 | 10 g |
| <i>Huanglian</i> (Rhizoma Coptidis)         | 10 g |

Preparation: Soak the above drugs in 300 ml. of 75% alcohol for 2-3 days and filter it to get the extract called *Fei Zi Ding*.

Application: Apply *Fei Zi Ding* to the affected part with a cotton ball dipped into it, 3-4 times daily.

Notes: More efficacious than *Fei Zi Fen* in removing toxins, *Fei Zi Ding* can be used to prevent and treat secondary infection due to sudamen. But it shouldn't be applied on too wide an area and especially not on external genitals, it is irritative.

2. Secondary infection due to sudamen

Main Symptoms:

Skin damage manifested usually as small pustulae, the skin around each of which is flushed, sometimes as boils with swelling; red swelling and burning pain; or pruritus.

Method of treatment:

To clear away heat and remove toxins.

Prescription:

Recipe: *Bing Pian Da Huang Ding*

Ingredients:

*Bingpian* (Borneolum Syntheticum) 10 g

*Dahuang* (Radix et Rhizoma Rhei) 10 g

Preparation: Soak the two drugs in 100 ml. of 75% alcohol for 1-2 days to get the extract called *Bing Pian Da Huang Ding*.

Application: Wash the affected part with warm water and soap. Then, apply *Bing Pian Da Huang Ding* to it with a sterile cotton stick. The above is done 3-4 times daily, until cured.

Notes: Either of the two ingredients of *Bing Pian Da Huang Ding* has the action of clearing away heat, removing toxins, eliminating blood stasis and relieving pain. But they shouldn't be applied to an affected part with ulceration and erosion.

### 5.3 Erythema Intertrigo

Usually seen in fat infants and women in summer, erythema intertrigo is an acute skin inflammation over the plicae. Closely related to the immersion of sweat, it is called as *Han Xi Chuang* (sore due to immersion of sweat) in TCM.

#### Etiology and Pathogenesis

One who is fat tends to sweat a lot. If he doesn't take a bath timely, sweat that cannot diffuse will accumulate between the plicae, leading to the immersion of the skin by the sweat. Both the immersion and friction of the skin of the relevant plicae are responsible for this dermatosis.

#### Clinical Manifestations

Flush, swelling, distension, immersion, intertrigo with distinct border appear on the affected part, usually occurring on the plicae of the nape, infra-axilla, groin, infra-breast and vulva of a woman; pyogenic secretions may be seen due to secondary infection; enlarged and painful lymph nodes nearby may be found in severe cases; there are subjective calor, itching and pain.

#### Differentiation and Treatment

By and large, mere external therapy with Chinese drugs is enough to treat this disorder. Internal therapy is added only when secondary infection happens. The therapeutic principle that external therapy is based on is to clear away heat, dry dampness, astringe and alleviate itch. In addition to the treatment with drugs, measures should be taken to keep the skin clean and dry.

Prescription 1:

Number 1:

Recipe: *Qu Shi San* (16)—No.16 of the Attached Prescriptions.

Ingredients:

|  |      |
|--|------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 30 g |
| <i>Huangqin</i> (Radix Scutellariae)   | 30 g |
| <i>Fangjieshi</i> (Calcitum)           | 30 g |
| <i>Qingdai</i> (Indigo Naturalis)      | 3 g  |

Preparation: Grind all the drugs together into a fine powder and keep it in a bottle for future use.

Number 2:

Recipe: *Liu Yi San*

Ingredients:

|                                    |            |
|------------------------------------|------------|
| <i>Huashi</i> (Talcum)             | 6 portions |
| <i>Gancao</i> (Radix Glycyrrhizae) | 1 portion  |

Preparation: Grind the two drugs respectively into powders, mix them together into one and keep it in a bottle for future use.

Number 3:

Recipe: *Er Miao San*

Ingredients:

|                                       |            |
|---------------------------------------|------------|
| <i>Huangbai</i> (Cortex Phellodendri) | 5 portions |
| <i>Cangzhu</i> (Rhizoma Atractylodis) | 5 portions |

Preparation: Grind the two drugs together into a fine powder called *Er Miao San*.

Application: Dust any of the above three kinds of powder onto the affected part, 2-3 times daily.

Notes: With the effects of clearing away heat, drying dampness and alleviating itch, any of the above three kinds of powder is used mainly in the stage of erythema in which intertrigo has not occurred. Before the powder is dusted, it's better to have the affected part washed with warm water and soap.

Prescription 2:

Number 1:

Recipe: *Qing Dai San You* (27)

Number 2:

Recipe: *Er Miao San You* (32)

Preparation: Mix 20—30 g of the powder of *Er Miao San* with 100 ml. of sesame oil into a medicated oil called *Er Miao San You*.

Application: Smear the affected part with either of the above two kinds of oil about 0.1-0.2 cm thick, and bind it up with gauze. Dressing change is made 1-2 times daily.

Notes: *Qing Dai San You* and *Er Miao San You* are both indicated for erythema intertrigo with erosion and exudate. The former, stronger than the latter in clearing away heat and removing toxins is more suitable for cases with secondary infection on the affected part. Before the oil is applied, it's better to have cold compress applied on the affected part with *Zao Shi Xi Yao* (24) or *Jie Du Xi Yao* (9).

Prescription 3:

Number 1: *Zao Shi Xi Yao* (24)



Number 2: *Jie Du Xi Yao* (9)

Preparation: Soak either of the above two drugs in 2,000 ml. of water for an hour and decoct it until 15 minutes after the water boils and filter it for the decoction.

Application: When the decoction is cooled, apply cold compress with it on the affected part. This is done for 20-30 minutes each time, twice daily.

Notes: Both Number 1 and 2 are suitable for erythema intertrigo with or without erosion. Without erosion, treat it through warm washing with the decoction, while with erosion, through cold compress with the decoction. If apply *Qing Dai San You* or *Er Miao San You* between the intervals of cold compress, faster curative effects will be achieved. Number 2 (*Jie Du Xi Yao*), stronger than Number 1 (*Zao Shi Xi Yao*) in clearing away heat and removing toxins, is more suitable for erythema intertrigo with secondary infection.

## 5.4 Rhagades of Hand and Foot

With onset usually in autumn, rhagades of hand and foot refers to a dermatosis characterized by fissures on the skin of hand and foot. It tends to attack workers, peasants, housewives and those with tinea manum or tinea pedis. TCM calls it as *Jun Lie Chuang* (crack of skin).

### Etiology and Pathogenesis

If the hands and feet are exposed in cold seasons to pathogenic cold, wind and dryness and further squeezed, pressed or rubbed, their blood circulation will become sluggish and their muscles and skin will fail to be nourished. The sluggish blood circulation and dystrophic muscles and skin of hand and foot are responsible for this dermatosis.

### Clinical Manifestations

Rhagades tend to occur often symmetrically on the finger tip and dorsum, the palm, the heel and the lateral toe; slight tension and hardness of the skin happen at first; the skin becomes rough, dry, thick and dark later; long or short and deep or shallow fissures appear then on the skin; the course is long often with onset in late autumn and winter and automatic healing in the following spring; some cases would never heal.

Rhagades are subdivided into the following three types:

1. Those limited on the epiderm: scale-like squamae and crackles appear on the epiderm, beneath which everything is normal.
2. Those deep to the dermis: cracks deep to the dermis with mild stabbing pain but without bleeding are seen.
3. Those deeper across the dermis: fissures deeper across the dermis often with pain and bleeding occur.

These three types may mix together.

### Differentiation and Treatment

This dermatosis is treated mainly with external therapy by Chinese drugs, of which

the principle is centered on moistening the skin to heal rhagades. If rhagades of hand and foot is due to primary disorders like tinea manum, tinea pedis and eczema, they should be treated first.

Prescription 1:

Recipe: *Feng La Gao*

Ingredients:

|   |      |
|---|------|
| <i>Mayou</i> (Oleum Sesame)               | 30 g |
| <i>Zhubanyou</i> (lard)                   | 30 g |
| <i>Fengla</i> (Cera Flava)                | 30 g |
| <i>Songxiang</i> (Colophonium)            | 6 g  |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 15 g |

Preparation: Fry the *Baizhi* with sesame oil and lard in a pot until it turns brown, then remove it and leave the medicated oil there. Put the *Fengla* into the pot and melt it. Take the pot away from the fire. Place the *Songxiang* which has been ground into powder into the pot and stir it steadily to obtain an ointment called *Feng La Gao*.

Application: Dip a finger in the ointment and apply it to the affected part, three times daily.

Notes: *Feng La Gao* has the effects of moistening the skin, healing rhagades and relieving pain. Before it is applied, steep the affected part in warm water and scrape off the thickened epiderm and the curative effects will be better as a result.

Prescription 2:

Recipe: *Jun Lie Shui*

Ingredients:

|                                    |                 |
|------------------------------------|-----------------|
| <i>Gancao</i> (Radix Glycyrrhizae) | 50 g            |
| <i>Ganyou</i> (glycerin)           | a proper amount |

Preparation: Soak the *Gancao* in 100 ml. of 50% alcohol for 48 hours and filter it to obtain the medicated alcohol. Mix it with the same amount of *Ganyou* and water into an aqueous agent called *Jun Lie Shui*.

Application: Apply the *Jun Lie Shui* to the affected part, three times daily.

Notes: *Jun Lie Shui* is efficacious in moistening the skin. Clinical observations have shown that two days treatment of rhagades of hand and foot with *Jun Lie Shui* could heal the fissures. Keeping on the application could prevent the rhagades from recurrence.

Prescription 3:

Ingredients:

|                              |       |
|------------------------------|-------|
| <i>Digupi</i> (Cortex Lycii) | 30 g  |
| <i>Baifan</i> (Alumen)       | 30 g  |
| <i>Yangzhi</i> (sebum)       | 30 g  |
| <i>Qingfen</i> (Calomelas)   | 1.5 g |

Preparation: Grind *Qingfen* into fine powder and mix it evenly with Yangzhi for the medicated sebum. Before bed time in the evening, decoct *Digupi* and *Baifan* in water until 15 minutes after the water boils and filter them to obtain about

1,000-1,500 ml. of the decoction.

**Application:** Before bed time, steep the hand or foot in the decoction for about 20 minutes when its horny layer is softened, wipe it clean and scrape off its too thickened epiderm with a razor or a pair of sorceries, and then coat it thinly with the medicated sebum. Finally, roast it over a fire or fumigate it with a piece of burning moxa-stick for a moment.

**Notes:** Remarkable curative effects can be attained when Prescription 3 is used to treat rhagades of hand and foot. That is because the decoction prepared with *Digupi* and *Baifan* is efficacious to soften the horny skin, and the sebum with *Qingfen* can moisten the skin to heal rhagades.

Prescription 3 is also suitable for rhagades of hand and foot due to *tinea manum* or *tinea pedis*. That is because both its ingredients *Baifan* and *Qingfen* are effective for killing worms.

As *Qingfen* is poisonous, it is only used externally.

Wait until the melted sebum cool off and congealed before *Qingfen* is mixed with it, otherwise contact dermatitis might happen in its application according to a clinical report.

This prescription is contraindicated for cases of contact dermatitis.

## 5.5 Corn

Corn refers to a dermatosis characterized by a limited conical proliferative thing with its point buried in the skin and its base exposed, looking like a chicken's eye. Usually attacking adults who often stand or walk for a longer time, it is similar to *Rou Ci* (flesh thorn) recorded in TCM's documents. For instance, a book entitled *Zhu Bing Yuan Hou Lun* written in the Tang Dynasty says *Rou Ci* is something due to friction of toes in narrow shoes.

### Etiology and Pathogenesis

Failure of the muscles and skin to be nourished due to sluggishness of blood circulation resulting from friction and pressure of the feet is the cause of this dermatosis.

### Clinical Manifestations

A corn is something conical due to over proliferation of the horny layer. Its base is projected from the skin, flat, round, usually light-yellow, pea-sized and looking like a chicken's eye. Its point is buried in the skin and pressed against the dermopapilla, causing pain when walking or when it is squeezed, pressed or rubbed.

These are two kinds of corn: hard and soft. The hard one is solid and located on the prominent parts of a foot where friction, squeeze and pressure between the shoe and the foot often occur, such as lateral small toe and anterior sole. The soft one is usually lateral to a toe and between two toes. It is soft and white due to immersion of sweat in between the toes.

Corns occur in different numbers, but usually 1-2 at a time.

**Differentiation and Treatment**

Corn may be treated externally only with Chinese drugs. Softening and eroding the hard mass is the therapeutic method.

**Prescription 1:**

Recipe: *Qian Jin San*

**Ingredients:**

|   |      |
|---|------|
| <i>Zhi Ruxiang</i> (Resina Olibani Preparata)           | 15 g |
| <i>Zhi Moyao</i> (Myrrha Preparata)                     | 15 g |
| <i>Qingfen</i> (Calomelas)                              | 15 g |
| <i>Zhusha</i> (Cinnabaris)                              | 15 g |
| <i>Duan Baipishi</i> (Arsenolitus Alba Usta)            | 6 g  |
| <i>Chishizhi</i> (Haloysitum Rubrum)                    | 15 g |
| <i>Chao Wubeizi</i> (Galla Chinensis baked)             | 15 g |
| <i>Duan Xionghuang</i> (Realgar Usta)                   | 15 g |
| <i>Cuzhi Shehanshi</i> (Calcitum prepared with vinegar) | 15 g |

Preparation: Grind all the above drugs into powder and mix the powder evenly.

Application: Cut the hard skin on a corn away with a knife. Make a hole at the center of a piece of adhesive plaster and stick it to the affected part with the corn exposed through the hole. Dust a little *Qian Jin San* on the corn about 0.1 cm thick. Use another piece of adhesive plaster to cover and seal the hole tightly. Finally, bind the affected part up with gauze. Six to seven days later, take the gauze and adhesive plaster away, and remove the yellowish white dreg-like putridity, if there is any, from the focus. If hard pressing of the corn doesn't induce pain, that means cure. If there is still tenderness on the focus, the treatment should be continued until cure results.

Notes: With erosive effects, *Qian Jin San* is indicated for corn. Pain occurring after *Qian Jin San* is applied and lasting about three days means good curative effects have achieved. No pain means curative effects have not achieved. The gauze and adhesive plaster shouldn't be taken off before cure comes in 6-7 days. Re-treatment of a non-healing corn should begin often a lapse of three days after a corn is healed, a piece of adhesive plaster is still needed to cover the affected part until the surface of the corn is the same as the surrounding skin.

**Prescription 2:****Ingredient:**

*Yadanzi* (Fructus Bruceae)

a proper amount

Preparation: Pound *Yadanzi* into a pulp.

Application: Wash the affected part and soften it in hot water, disinfect it according to the routine, and remove its prominent hardened part with a lancet until there appears mild pain or blood. A piece of adhesive plaster is holed at the centre and stuck to the affected part with the corn exposed at the hole. Apply the pulp of *Yadanzi* to the corn and cover it with another piece of adhesive plaster. Dressing change is to be made every six days.

Notes: Making dressing change three times will bring cure. Dressing change is to

be made continuously without interval. Mild pain occurs on the affected part the second day after *Yadanzi* is applied and lasts another two days or so. This is a sign of effectiveness. Be sure never to take off the adhesive plaster before the right time just because of the mild pain. Or else, all the efforts will be in vain.

#### Prescription 3:

##### Ingredients:

*Honghua* (Flos Carthami) 3 g

*Digupi* (Cortex Lycii) 6 g

**Preparation:** Grind the above drugs respectively into fine powder and mix them with a proper amount of sesame oil and a little flour into a paste. Keep the paste in a container and seal the container tightly.

**Application:** Remove the prominent part or the hardened epiderm with a lancet from the affected part. Spread the paste over and a little larger than the affected part about 0.2-0.3 cm thick and fix it with a piece of gauze. Dressing change is to be made every two days, until cure comes.

**Notes:** Gentle in nature, this paste has no erosive property. Therefore, the patient has no discomfort in the course of treatment.

Flour is used to make the paste more sticky. Too much of it is useless and generally about 2 g is enough.

## 6. Allergic Dermatoses

### 6.1 Contact Dermatitis

Contact dermatitis is an acute inflammation of skin or dermatic mucosa due to allergy or strong irritation induced by some substance. Common allergens include raw lacquer, pesticide, drugs used externally, plastics, man-made dress material, cosmetics, etc. In TCM, contact dermatitis is classified according to different allergens. The one due to raw lacquer is called *Qi Chuang*; the one due to adhesive plaster, *Gao Yao Feng*; the one due to greasepaint or cosmetics, *Fen Hua Chuang*.

#### Etiology and Pathogenesis

Constitution tending to be allergic to some substances plus dysfunction of the muscles and skin and irritation of some allergens are the factors which combine to have heat produced and kept in the muscles and skin, forming the cause of this dermatosis.

#### Clinical Manifestations

Before the onset, there is an incubation period, which lasts over 4-5 days after the first contact with an allergen and several hours or a day or so after the second contact with the same allergen.

What the skin lesion is like (shape, size and degree) depends on the allergen, the part that made the contact, the size of contact area, the property or concentration of

the allergen, the way of contact, the duration of contact and the reactivity of the organs.

Mild skin lesion is manifested as erythema, papula and tumefaction, while severe lesion is manifested as blister, erosion and exudate. Necrosis and ulcer are often caused if the allergen is a strong base, a strong acid or other strong chemicals.

As the parts that made the contact are usually limited, skin lesion is often seen on parts of the body exposed to the air such as the face, nape and limbs. Distinctly bordered, the skin lesion will have the same size and shape as the area the allergen contacts. But, if the allergen is a volatile substance or a dust, extensive skin lesion will be seen.

There is subjective burning itch or pain, which is accompanied in severe cases by general symptoms such as chills, fever, nausea, headache, etc.

If the allergen is removed in time and proper treatment is given at once, cure will come within 2 weeks. Or else, this disorder will last a longer time and become a chronic one, and its skin lesion will be manifested as pachylosis, pachyderma and muscus-like skin.

### Differentiation and Treatment

Limited small skin lesion can be treated externally with Chinese drugs alone. But internal therapy should be added when there is extensive skin eruption, remarkable inflammation, and even general symptoms such as chills, fever, etc. Drugs to be used externally should be simple, gentle and non-irritant. Scratch, rubbing, washing with hot water or soap water and their like should all be avoided in the course of treatment.

#### 1. Routine treatment

##### (1) In the acute stage

##### Main Symptoms:

Marked by flush, tumefaction, papulae, blisters, erosion, exudate and subjective calor and itching on the affected part.

##### Method of Treatment:

To clear heat, remove toxins, dry dampness, astringe wound and alleviate itch.

##### Prescription 1:

Recipe: *San Huang Xi Ji* (28)

Application: Apply *San Huang Xi Ji* to the affected part, 4-5 times daily.

Notes: *San Huang Xi Ji* is indicated for skin lesion manifested as flush, papula and blister but contraindicated for that with erosion and exudate. As for the tool used to apply the drug, a writing brush is the first choice, a chicken feather or a soft brush the second. In addition, *San Huang Xi Ji* is a suspension, it should be stirred evenly before application.

##### Prescription 2:

##### Ingredients:

*Machixian* (Herba Portulacae)

30-60 g

*Pugongying* (Herba Taraxaci)

30-60 g

|   |         |
|---|---------|
| <i>Yejuhua</i> (Flos Chrysanthemi Indici) | 30-60 g |
| <i>Kushen</i> (Radix Sophorae Flavescens) | 30-60 g |
| <i>Huangbai</i> (Cortex Phellodendri)     | 30-60 g |
| <i>Diyu</i> (Radix Sanguisorbae)          | 30-60 g |
| <i>Gancao</i> (Radix Glycyrrhizae)        | 30-60 g |

Preparation: Decoct any two of the above drugs with water and filter them 15 minutes after the water boils to obtain about 1,000-1,500 ml. of decoction.

Application: Make cold compress with the decoction on the affected part for 20-30 minutes each time, 2-3 times daily.

Notes: Slow in nature, each of the above drugs has the action of clearing heat, removing toxins, dispelling dampness, subduing swelling and alleviating itch. It is suitable for the treatment of skin lesion manifested mainly as red-swelling, blister, erosion and exudate. In the interval of every two cold compress, *Qing Dai San You* (27) or *Er Miao San You* (32) could be used externally.

(2) In the subacute stage

Main Symptoms:

Manifested as reduced red-swelling, mild erosion, less exudate, scab, scale and subjective itching.

Method of Treatment:

To clear heat, remove toxins, dispell dampness, alleviate itch and remove scab.

Prescription:

Number 1: *Qing Dai San You* (27)

Number 2: *Er Miao San You* (32)

Application: Apply either Number 1 or 2 to the affected part about 0.1 cm thick, twice daily.

Notes: Number 1 and 2 are both medicinal oil and have the effects of getting rid of scab. Prescription 2 prescribed in the acute stage may be also administered, for there is still mild erosion and less exudate in this stage.

(3) In the chronic stage

Main Symptoms:

Marked by xerosis cutis, pachylosis, pachyderma, desquamation and even muscus-like skin of the affected part; subjective itching.

Method of Treatment:

To moisten skin, soften hard mass and alleviate itch.

Prescription: 1:

Recipe: *Huang Lian Gao*

Ingredients:

|                                     |       |
|-------------------------------------|-------|
| <i>Huanglian</i> (Rhizoma Coptidis) | 20 g  |
| <i>Fanshilin</i> (vaseline)         | 100 g |

Preparation: Decoct *Huanglian* in water and concentrate it into an extract. Mix the extract with vaseline into an ointment called *Huang Lian Gao*.

Application: Coat the affected part with a proper amount of *Huang Lian Gao*,

twice daily.

Notes: With the effects of clearing heat, removing toxins, moistening skin and alleviating itch, *Huang Lian Gao* is particularly indicated for contact dermatitis at its chronic stage with pachyderma but without apparent keratoderma.

Prescription 2:

Recipe: unguentum picis fabae nigrae—a patent medicine

Application: Coat the affected part with a proper amount of the unguentum, twice daily.

Notes: With the effects of softening hard mass, moistening skin and alleviating itch, unguentum of this kind is particularly indicated for contact dermatitis at its chronic stage with pachyderma, pachylosis and keratoderma.

2. Selective treatment

(1) Paint dermatitis

Main Symptoms:

The affected part marked by flush, swelling, calor, small papula or blister and erosion and exudate due to scratch of the papula or blister; focus on the face marked by more severe edema, swelling and dysfunction of eyelids, and subjective itch and pain.

Method of Treatment:

To clear heat, remove toxins, dispel dampness and subdue swelling.

Prescription 1:

Ingredient:

*Mangxiao* (Natrii Sulfas) 20-100 g

Preparation: Infuse *Mangxiao* in a basin with 200-1,000 ml. of boiling water and stir it to have it dissolved for the solution.

Application: Make wet compress on the affected part with a piece of towel folded into 4 layers and having been soaked with the warm solution of *Mangxiao*, 3-4 times daily, for 20 minutes each time.

Notes: *Mangxiao* used externally will exert its action of clearing heat, subduing swelling, alleviating itch and cutting down exudate. Generally, 10% solution of *Mangxiao* is used. Its temperature depends on the disease condition. If swelling is apparent or erosion and exudate are obvious, the temperature of the solution should be lower than 20°C.

Prescription 2:

Recipe: *Jiu Cai Ca Ji*

Ingredient:

*Jiucai* (Chinese chive) 250 g

Preparation: Wash 250 g of fresh Chinese chive clean, cut them into small bits and put them into a coarse porcelain mortar with 30 ml. of cold boiled water and pound them into a pulp, wrap the pulp in a piece of gauze and press it to obtain the juice.

Application: Apply the juice to the affected part with an absorbent cotton ball or



a writing brush, 4-6 times daily.

Notes: Chinese chive may also be prepared without cold boiled water.

Prescription 3:

Recipe: *Pang Xie Zhi*

Ingredient:

Live crab

one

Preparation: Wash the crab clean, pound it into pulp, wrap it in two layers of clean gauze, and twist it for its sap.

Application: Apply the sap to the affected part with an absorbent cotton ball or a writing brush over 10 times round the clock.

Notes: The crab here means *Eriocheir sinensis*.

It was considered as a good drug for treating paint dermatitis in ancient times. For instance, the book *Zhou Hou Fang* written by Ge Hong (281-341) says that when paint dermatitis involves the whole body, pound a live crab into pulp, and apply it all over the body.

In the course of treatment it is advisable to drink the decoction of 60 g of *Cheqiancao* (*Herba Plantaginis*) or *Baimaogen* (*Rhizoma Imperatae*) instead of tea. It will be helpful to expel the toxins due to paint.

Crab sap is easy to get rotten. It should be timely prepared according to need.

(2) Contact dermatitis due to strong chemicals

Main Symptoms:

The affected part marked by a whitened skin, edema, a big blister with tense wall, ulcer or necrosis of tissues occurring after diaphoresis of the blister, and severe pain.

Method of Treatment:

To astringe wound, promote regeneration of skin, clear heat and remove toxins.

Prescription:

Recipe: *Wu Feng Shi Ruan Gao*

Ingredients:

*Wubeizi* (*Galla Chinensis*)

9 g

*Luganshi* (*Calamina*)

9 g

*Fengmi* (Mel)

18-24 g

Preparation: Grind the first two drugs respectively into powder, mix the powder together, sift it with a sieve and keep it in a bottle for use. When there is a need, prepare a proper amount of *Wu Feng Shi Ruan Gao* according to the area of the wound as follows: put *Fengmi* into a beaker and heat it on fire until *Fengmi* boils. Then put the powder of the two drugs into the beaker immediately and stir it into an ointment.

Application: After routine disinfection, apply the ointment directly to the wound or spread it on a piece of gauze with the drug about 0.1-0.2 cm thick. Stick the gauze to the affected part and bind it up with another piece of sterile gauze. Dressing change is to be made every 1-2 days.

Notes: *Wu Feng Shi Ruan Gao* has the effects of clearing heat, removing toxins, astringing wound and promoting regeneration of skin. It can also protect a wound from infection, because its ingredient *Wubeizi* is a powerful agent against staphylococcus and *Pseudomonas aeruginosa*.

In treating burns by strong chemicals, the first thing to do is to take first-aid measures such as washing the wound with a large quantity of water or rinsing and neutralizing it with certain solutions so as to remove the residual toxins radically.

## 6.2 Eczema

With its onset in every season, its recurrence often in winter and its focus on any part of the body, eczema is an allergic dermatosis characterized by skin lesions differently shaped and symmetrically located, subjective pruritus, repeated attack and tending to become chronic. In TCM, that on the ear called *Xuan Er Chuang* (eczema of the ear); that on the navel, *Qi Chuang* (umbilical sore); that on the lower limbs, *Si Wan Feng* (atopic eczema); that in infants, *Nai Xuan* (infantile eczema); and that with profuse exudate and involving the whole body, *Jin Yin Chuang* (eczema throughout the body).

### Etiology and Pathogenesis

This disease is due to hypersensitive constitution combined with accumulation of pathogenic wind, dampness and heat in the muscles and skin.

### Clinical Manifestations

Eczema is clinically classified into three kinds: acute, subacute and chronic.

#### 1. Acute eczema:

Sudden onset and rapid development; skin lesion which appears on a certain part at first, maybe developed to symmetrical soon, and spreads all over the body in severe cases; the skin lesion which is differently-shaped, manifested in the beginning as diffuse flush and swelling but then as patches of indistinctly-bordered papulae, papulo-vesicles and blisters; exudate, erosion and scab maybe occurring due to scratch of the blisters; one or two or many kinds of skin rashes maybe occurring on any part of the body but usually on the head, face, anterior limbs, dorsum of a hand or foot, scrotum, vulva and breast; subjective serious itch and calor; low fever in the cases with extensive skin lesion; cure maybe resulting from proper treatment within 2-3 weeks; repeated attacks usually seen; tending to become chronic.

#### 2. Subacute eczema:

Failure of a derivation of acute eczema to be treated in time or properly; acute inflammation in acute eczema manifested as swelling and exudate having become mild; skin lesion manifested mainly as papula, scab and scale; existence of a small number of blisters, mild erosion and subjective pruritus.

#### 3. Chronic eczema:

A derivation of acute or subacute eczema which lasts longer or attacks repeatedly; distinctly-bordered skin lesion which is mainly manifested as pachyderma, pachylosis

and even muscus-like skin, and often localized on a certain part such as the hand, foot, leg, fossa cubitalis, thigh, scrotum and posterior ear; subjective paroxysmal pruritus; mild erosion and occasionally a small amount of exudate and scab.

### Differentiation and Treatment

In general, both external and internal therapies are used to treat this dermatosis especially when it has extensive skin lesion, remarkable inflammation and even general symptoms. If it has just localized small skin lesion neither accompanied by remarkable inflammation nor general symptoms, mere external therapy may be considered. In the course of treatment, the following should be avoided: scratch, a hot-water-and-soap bath, and a diet with sea food, eggs, beef, mutton, pungent food and spirits.

#### 1. General treatment suitable for every kind of eczema

##### (1) Acute Eczema

##### Main Symptoms:

Localized flush appears at first on the skin, it is soon followed by papulae and blisters, either of which could be overwhelming; erosion and exudate occur due to scratch, subjective serious itch exists.

##### Method of Treatment:

To clear heat, dispel dampness and alleviate itch.

##### Prescription 1:

Number 1: *San Huang Xi Ji* (28)

Application: Apply it to the affected part, 5-6 times daily.

Number 2: *Qing Dai San* (27)

Application: Dust the powder of *Qing Dai San* onto the affected part, or mix 15 g of it with 100 ml. of 1-2% solution of *Bingpian* (Borneolum Syntheticum) into a paste and apply the paste to the affected part, 4-5 times daily.

##### Number 3:

Recipe: *San Miao San*

##### Ingredients:

|                                       |       |
|---------------------------------------|-------|
| <i>Huangbai</i> (Cortex Phellodendri) | 100 g |
| <i>Muli</i> (Concha Ostreae)          | 200 g |
| <i>Qingdai</i> (Indigo Naturalis)     | 15 g  |

Preparation: Grind the above drugs respectively into powder and mix them evenly.

Application: Dust the powder onto the affected part, or mix 15 g of it with 100 ml. of 1-2% solution of *Bingpian* into a paste and apply the paste to the affected part, 4-5 times daily.

Notes: With the effects of clearing heat, dispelling dampness and alleviating itch, all the 3 prescriptions are suitable for skin lesion with erythemas, papulae or a small number of blisters without exudate and erosion. The paste of *Qing Dai San* or *San Miao San* becomes stronger than its powder form in clearing heat and alleviating itch. But it should be cautiously used on the scrotum lest pain be induced there.

##### Prescription 2:

Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Machixian</i> (Herb Portulacae)    | 60 g |
| <i>Huangbai</i> (Cortex Phellodendri) | 30 g |
| <i>Diyu</i> (Radix Sanguisorbae)      | 30 g |

Preparation: Decoct any one of the above drugs in 1,000-1,500 ml. of water for 15 minutes after the water boils to obtain the decoction.

Application: Make a cold wet compress with the decoction on the affected part for 20-30 minutes each time, 2-3 times daily. In the interval of every 2 times of compress, apply *Qing Dai San You* (27) or *Er Miao San You* (32) to the affected part.

Notes: With the effects of clearing heat, removing toxins, dispelling dampness and astringing, all the above drugs are indicated for local secondary infection due to eczema.

When there is remarkable inflammation, wet compress could be made some more times. When mild erosion, exudate and scab appear, wet compress may be omitted with only *Qing Dai San You* or *Er Miao Gao* used externally and once daily. While dressing change is carried out, the applied drug, if hard to remove, could be diluted with sesame oil or one of the other vegetable oils and then wipe it away gently.

Prescription 3:

Recipe: *Qing Se Fen*

Ingredients:

|  |      |
|--|------|
| <i>Qingdai</i> (Indigo Naturalis)                        | 15 g |
| <i>Qingfen</i> (Calomelas)                               | 15 g |
| <i>Huangbai</i> (Cortex Phellodendri)                    | 18 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)                    | 10 g |
| <i>Duan Geqiao</i> (Concha Meretricis seu Cyclinae Usta) | 30 g |
| <i>Duan Shigao</i> (Gypsum Fribrosum Usta)               | 30 g |

Preparation: Grind the above drugs into powder and mix them evenly.

Application: Dust the powder directly on the affected part, twice daily. When the affected part is dry and there is scab on it, mix the powder with sesame oil or vaseline into an ointment and apply it to the affected part about 0.1-0.2 cm thick. Dressing change is to be made 1-2 times daily.

Notes: *Qing Se Fen* has the effects of clearing heat, removing toxins, dispelling dampness and astringing. It can be also used to treat local pyogenic infection and impetigo herpetiformis developed from eczema. Dressing change should be conducted gently. The applied ointment, if hard to remove, can be diluted with sesame oil and then wipe it off.

(2) Subacute Eczema

Main Symptoms:

Skin eruption milder than that in acute eczema and manifested mainly as papula, scab and scale; a small number of blisters, mild erosion and subjective pruritus.

Method of Treatment:

To clear heat, dispel dampness, alleviate itch and get rid of scab.

Prescription: Same as what has been introduced in using Prescription 2 to treat acute eczema.

### (3) Chronic Eczema

#### Main Symptoms:

Distinctly-bordered skin lesion without obvious inflammation, which is usually localized on a certain part of the body; thickened, rough and even muscus-like skin of the affected part, on which there are scales, marks due to scratch, blood scabs, pigmentation and paroxysmal pruritus; repeated acute or subacute attacks which often occur.

#### Method of Treatment:

To moisten skin, soften hard mass, promote blood circulation, expel wind and alleviate itch.

#### Prescription 1:

Recipe: *Zhi Yang Xi Yao*

#### Ingredients:

|  |      |
|--|------|
| <i>Shechuangzi</i> (Fructus Cnidii)          | 15 g |
| <i>Difuzi</i> (Fructus Kochiae)              | 15 g |
| <i>Kushen</i> (Radix Sophorae Flavescens)    | 15 g |
| <i>Huangbai</i> (Cortex Phellodendri)        | 15 g |
| <i>Heshi</i> (Fructus Carpesii)              | 15 g |
| <i>Fengfang</i> (Nidus Vespae)               | 9 g  |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)       | 9 g  |
| <i>Xingren</i> (Semen Armeniacae Amarum)     | 9 g  |
| <i>Kufan</i> (Alumen Exsiccatum)             | 9 g  |
| <i>Baixianpi</i> (Cortex Dictamni Radicis)   | 9 g  |
| <i>Dafengzi</i> (Semen Chaulmoograe)         | 9 g  |
| <i>Puxiao</i> (Natrii Sulfas)                | 9 g  |
| <i>Chanyi</i> (Periostracum Cicadae)         | 9 g  |
| <i>Danpi</i> (Pericarpium Citri Reticulatae) | 9 g  |

Preparation: Grind all the above drugs together into a coarse powder, put it into a cloth bag and tie up its opening and decoct it in 3,000 ml. of water for 20 minutes after the water boils to obtain the decoction.

Application: Make drip-washing or wet compress on the affected part with the decoction a little warmer than the body temperature, 1-2 times daily, for 20-30 minutes each time.

Notes: *Zhi Yang Xi Yao* has the effects of clearing heat, drying dampness, promoting blood circulation, expelling wind, killing worms and alleviating itch. Drip-washing with the warmer decoction can also improve local blood circulation and promote the absorption of chronic inflammatory infiltration. But the decoction should not be too hot, better be around 40°C.

#### Prescription 2:

Recipe: *Da Feng Zi You Gao*

Ingredients:

|   |       |
|---|-------|
| <i>Dafengzi You</i> [Oleum Chaulmoograe]              | 200 g |
| <i>Qingdai Mo</i> [Indigo Naturalis (powder)]         | 15 g  |
| <i>Huangbai Mo</i> [Cortex Phellodendri (powder)]     | 30 g  |
| <i>Duan Shigao Mo</i> [Gypsum Fibrosum Usta (powder)] | 320 g |
| <i>Tianhuafen Mo</i> [Radix Trichosanthis (powder)]   | 180 g |
| <i>Fanshilin</i> [vaseline]                           | 400 g |

Preparation: Put all the above 4 kinds of medicinal powder together and mix them with the 1st and last drugs evenly into an ointment called *Da Feng Zi You Gao*.

Application: Apply the ointment to the affected part about 0.1-0.2 cm thick and bind it up with dressing. Dressing change is to be made daily.

Notes: As a proven prescription to treat chronic eczema, *Da Feng Zi You Gao* has the effects of clearing heat, dispelling dampness, expelling wind, moistening skin and alleviating itch.

Prescription 3:

Number 1: *Huang Lian Gao*

Number 2: *Hei Dou Liu You Ruan Gao*

Preparation: Same as what has been introduced in Prescription 1 and 2 in the chronic stage of contact dermatitis.

Application: The same as above.

2. Selective treatment suitable for eczema on some specific parts

(1) Eczema on the ear

Main Symptoms:

Skin lesion usually occurring on the plicae of posterior ear, spreading throughout the auricle in severe cases and often involving both ears symmetrically; the skin lesion mainly manifested as erythema, exudate, erosion, scab and rhagas; subjective pruritus.

Method of Treatment:

To clear heat, dispel dampness and alleviate itch.

Prescription:

Recipe: *Lian Ge San*

Ingredients:

|  |       |
|--|-------|
| <i>Huanglian</i> (Rhizoma Coptidis)            | 3 g   |
| <i>Geqiao</i> (Concha Meretricis seu Cyclinae) | 3 g   |
| <i>Xionghuang</i> (Realgar)                    | 3 g   |
| <i>Haipiaoxiao</i> (Os Sepiae)                 | 3 g   |
| <i>Huangbai</i> (Cortex Phellodendri)          | 3 g   |
| <i>Qingdai</i> (Indigo Naturalis)              | 3 g   |
| <i>Kufan</i> (Alumen Exsiccatum)               | 1.5 g |
| <i>Bingpian</i> (Borneolum Syntheticum)        | 0.3 g |

Preparation: Grind the above drugs together into a fine powder called *Lian Ge San*.

Application: Dust *Lian Ge San* on the affected part, or mix it with sesame oil into a paste and apply it to the affected part, twice daily.

Notes: *Lian Ge San* has the effects of clearing heat, removing toxins, dispelling dampness and alleviating itch. It is recorded in TCM's documents that this prescription is specially recorded for treating eczema on the ear. But according to its ingredients, it may also be suitable for eczema on other parts and such superficial pyogenic infections as impetigo herpetiformis and secondary infection brought on by eczema.

## (2) Eczema on the scrotum

### Main Symptoms:

The focus occurring in the scrotum and even spreading to the perianal area, perineum and penis; the skin of the affected part thickened, dry, pigmented and seriously itching, on which there often have flush, erosion, exudate, scab and rhagas.

### Method of Treatment:

To clear heat, dispel dampness, expel wind and alleviate itch or promote blood circulation, moisten dryness, expel wind and alleviate itch.

#### 1. Type of dryness

##### Prescription:

Recipe: *Xun Xi Fang*

##### Ingredients:

|  |      |
|--|------|
| <i>Shechuangzi</i> (Fructus Cnidii)    | 30 g |
| <i>Tujingpi</i> (Cortex Pseudolaricis) | 30 g |
| <i>Gancao</i> (Radix Glycyrrhizae)     | 30 g |

Preparation: Decoct the above drugs in 1,000 ml. of water until 15 minutes after the water boils to obtain the decoction.

Application: While the decoction is hot, fumigate the affected part over it. Wait until it becomes warm, wash the affected part in it. The fumigation and washing are carried out for 20-30 minutes each time, 1-2 times daily.

Notes: Cases belonging to this type should be treated with a prescription with the effects of promoting blood circulation, moistening dryness, expelling wind and alleviating itch, and this recipe is just the one.

#### 2. Type of erosion

##### Prescription:

Recipe: *Leng Fu Fang*

##### Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Shechuangzi</i> (Fructus Cnidii)   | 30 g |
| <i>Huangbai</i> (Cortex Phellodendri) | 30 g |
| <i>Gancao</i> (Radix Glycyrrhizae)    | 30 g |

Preparation: Decoct the above drugs in 1,000 ml. of water for 15 minutes after the water boils to obtain the decoction.

Application: When the decoction turns cold, make a wet compress with it on the affected part for 20-30 minutes each time, twice daily. Right after the wet compress



is finished, dust *Qing Dai San* (27) on the affected part.

Notes: Cases of this type should be treated with a prescription having the effects of clearing heat, dispelling dampness, dispelling wind and alleviating itch. This is just the one.

Prescription for the two types

Recipe: *Zi Su Ye*

Ingredient:

*Zisuye* (*Folium Perillae*)

130 g

Preparation: Bake 30 g of *Zisuye* in an iron pot and grind it into fine powder. Decoct the rest (100 g) in 2,000 ml. of water for about 5-10 minutes after the water boils and pour it into a basin along with its decoction.

Application: While the decoction in the basin is hot, steam the affected part over it until it turns warm, drip-wash the affected part with it and cover the part with the powder of *Zisuye*. The above is conducted once daily.

Notes: This prescription is an empirical one specially for treating eczema on the scrotum. It is indicated for both the types of dryness and erosion. If there is remarkable swelling, exudate and erosion, it's better to carry out cold wet compress on the affected part with the decoction of *Zisuye* and then apply the powder of *Zisuye* on it.

(3) Eczema on the leg

Main Symptoms:

The focus often occurs symmetrically on the anteleg, the infra- 1/3 part of the leg or the ankle, which is usually complicated by varix of lower limb; skin of the affected part turns dark red, on which papula, blister, erosion and exudate often occur due to extrinsic stimulus; if the disorder lasts pigmented and thickened skin and ulcer may be developed on the affected part.

Method of Treatment:

To clear heat, dispel dampness, expel wind and alleviate itch.

Prescription:

Recipe: *Tuo Bai San*

Ingredients:

*Mituoseng* (*Lithargyrum*)

9 g

*Huangbai* (*Cortex Phellodendri*)

6 g

*Bingpian* (*Borneolum Syntheticum*)

3 g

Preparation: Grind the above drugs together into a fine powder and mix them with peanut oil into a paste.

Application: Apply the paste to the affected part about 0.1 cm thick and bind it up with gauze. Dressing change is to be made 1 to 2 times daily.

Notes: With the effects of clearing heat, dispelling dampness, expelling wind and alleviating itch, *Tuo Bai San* can be used to treat every kind of eczema, but best curative effects are often obtained in treating eczema on the leg. If secondary infection occurs on the leg, 3 g of *Qingfen* (*Calomeas*) may be added to *Tuo Bai San*.



to make up *Fu Fang Tuo Bai San*, for external applications.

(4) Eczema on the breast

Main Symptoms:

The onset often on the nipple, areola of mamma and the area around the areola of a breast-feeding woman; skin lesion which is distinctly bordered and usually manifested as erosion, exudate and scab or scale; subjective pruritus; pain sometimes due to rhagas.

Method of Treatment:

To clear heat, dispel dampness, expel wind and alleviate itch.

Prescription:

Ingredients:

|   |      |
|---|------|
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 10 g |
| <i>Qingdai</i> (Indigo Naturalis)         | 6 g  |
| <i>Huangbai</i> (Cortex Phellodendri)     | 10 g |
| <i>Kufan</i> (Alumen Exsiccatum)          | 6 g  |
| <i>Bingpian</i> (Borneolum Syntheticum)   | 1 g  |

Preparation: Grind all the drugs respectively into fine powder and mix them evenly.

Application: Dust the powder onto the affected part with erosion and exudate, 2-3 times daily. Or mix the powder with sesame oil into a paste and apply it to the affected part with rhagas due to dryness. The applied paste is made about 0.1-0.2 cm thick and fixed it with gauze. Dressing change is to be made twice daily.

Notes: As the principal drug of this prescription, *Baizhi* could be ground into powder, mixed with milk and applied to the affected part to treat eczema on the breast, especially the one with rhagas. This was recorded in TCM's documents.

(5) Eczema on the navel

Main Symptoms:

Distinctly-bordered localized skin lesion without the tendency to spread, which is manifested as erythema, erosion, exudate and yellow or brown scab, beneath which there often exists foul exudate.

Method of Treatment:

To clear heat, dispel dampness and alleviate itch.

Prescription:

Ingredients:

|  |     |
|--|-----|
| <i>Duan Longgu Fen</i> [Os Draconis Usta (powder)] | 6 g |
| <i>Kufan</i> (Alumen Exsiccatum)                   | 6 g |

Preparation: Grind the two drugs together into a very fine powder.

Application: Dust the powder onto the affected part, 1-2 times daily.

Notes: This prescription is especially effective when used to treat eczema with erosion, exudate and even secondary pyogenic infection. If it is used 20 minutes later after washing and carrying out wet compress with the decoction of *Huangbai* (Cortex Phellodendri) on the affected part, the curative effects will be even better. The

decoction of *Huangbai* is prepared like this. Decoct 30 g of *Huangbai* in 500 ml. water for 15 minutes after the water boils to obtain it.

(6) Eczema on the anus

Main Symptoms:

The focus usually localized on the anus and seldom involving the surrounding skin; skin lesion manifested mainly as flush, erosion and exudate in the stage attack and as pachynsis and infiltration in the chronic stage; pain due to radial rhagas maybe accompanied by decrease of pigment.

Method of Treatment:

To clear heat, dispel dampness, kill worms and alleviate itch.

Prescription:

Recipe: *Er Huang Zhu Shi San*

Ingredients:

|   |       |
|---|-------|
| <i>Liuhuang</i> (Sulphur)                 | 20 g  |
| <i>Qiandan</i> (minium)                   | 4 g   |
| <i>Zhusha</i> (Cinnabaris)                | 3 g   |
| <i>Luganshi</i> (Calamina)                | 30 g  |
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta) | 200 g |
| <i>Bingpian</i> (Borneolum Syntheticum)   | 3 g   |

Preparation: Grind the first 5 drugs respectively into very fine powder, put the powder together, sift it with a sieve and mix it with the last drug evenly to obtain very fine powder called *Er Huang Zhu Shi San*.

Application: Wash the anus clean. Coat the affected part with the powder by cotton stick, 2-3 times daily, until cure comes.

Notes: The powder should be applied just after the anus is washed to make it stick to the affected part easier.

(7) Eczema characterized by rhagas of palm and metatarsus

Main Symptoms:

A differently-sized, distinctly-bordered and light-brown patch of erythema with pachycutin, rhagas and pruritus; pain due to severe rhagas; other parts of the hand and foot which may also be inflicted.

Method of Treatment:

To promote blood circulation, moisten skin, clear heat, dispel dampness, expel wind and alleviate itch.

Prescription:

Number 1:

Ingredients:

|   |      |
|---|------|
| <i>Dafengzi</i> (Semen Chaulmoograe)      | 18 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)    | 15 g |
| <i>Jingjie</i> (Herba Schizonepetae)      | 9 g  |
| <i>Fangfeng</i> (Radix Saposhnikoviae)    | 9 g  |
| <i>Chuanjiao</i> (Pericarpium Zanthoxyli) | 9 g  |

|   |      |
|---|------|
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 15 g |
| <i>Digupi</i> (Cortex Lycii)                | 15 g |
| <i>Honghu</i> (Flos Carthami)               | 9 g  |
| <i>Huangbai</i> (Cortex Phellodendri)       | 15 g |

Preparation: Soak the above drugs in about 2,000 ml. of water for one hour and decoct them until 15-20 minutes after the water boils to obtain the decoction.

Number 2:

Recipe: *Niu Pi Xuan Yao Gao* — a patent medicine on sale

Application: When the decoction of Number 1 is cooled to about 40-45°C, steep-washing or wet compress with it is carried out on the affected part for 20-30 minutes. Following that, smear the ointment of Number 2 thinly on the affected part. The treatment is carried out twice daily. The decoction prepared with 1 dose of the drugs can be used 6 times. Heat it whenever use it again.

Notes: Eczema of this kind is a chronic one and it has to be treated for a longer time. In the course of treatment, irritations such as washing with hot and soap water and scratching should be avoided.

### 6.3 Lactigo

Usually seen on the head and face of a baby of 1-6 months old, lactigo is a common infantile dermatosis. It is called *Nai Xuan* (infantile eczema) in TCM.

#### Etiology and Pathogenesis

Over-intake of too much sea food, fatty or pungent food would have pathogenic heat produced in the interior. A pregnant woman who likes such food could pass this heat to her fetus, and the baby could be attacked by lactigo after born. Improper feeding would lead to impairment of the spleen and stomach. The impaired spleen and stomach would then be in dysfunction. The dysfunctional spleen and stomach would have damp-heat produced in the interior. This damp-heat and exogenous wind get together to enter and stay in the muscles and skin of a baby with allergic constitution, so that lactigo is brought about.

#### Clinical Manifestations

Skin rash usually appearing on the cheek, forehead and head, seldom spreading to the chest, back and upper limbs and occasionally involving the whole body; differently shaped and often symmetrically distributed skin lesion with serious pruritus; sometimes mild sometimes serious and repeated attacks.

Lactigo clinically may be classified as the following three types:

##### 1. Type of wetness:

Onset often in a fat baby of 1-6 months old; skin lesion manifested as erythema, papula, blister, erosion and exudate; fever, poor appetite, crying and irritability and enlarged nearby lymphatic nodes, all of which are due to secondary infection.

##### 2. Type of dryness:

Onset often in an emaciated infant above one year old; skin lesion manifested as

light or deep red patch of erythema, on which there are crowded small papulae, xeroderma and chaff-like greasy white scales which are not accompanied by blisters and exudate; history of bronchial asthma or rhinallergosis in part of the cases.

### 3. Type of seborrhea:

Onset is often on the head, face and the part rich in sebaceous glands of a baby of 1-2 months old; erythema appears on the face with greasy scales; yellow seborrheic scab occurs on the scalp or the area around the eyebrow; mild erosion happens on the nape, groin or the axillary region; cure may be brought about following weaning.

Symptoms in all the above three types manifested as:

Subjective pruritus; irritability, dystithia and somniphobia due to serious pruritus; indigestion such as vomiting of milk and diarrhea; the symptoms which, sometimes mild sometimes serious, attack repeatedly, often disappear suddenly when there is fever or diarrhea, and re-appear after the fever is brought down or the diarrhea stopped; automatic cure may be brought about in part of the cases within 1-2 years old; possible atopic dermatitis marked by repeated attack and lasting a longer time in cases above 2 years old.

### Differentiation and Treatment

Lactigo is usually treated externally with Chinese drugs. Internal therapy is added only when there is extensive skin lesion, remarkable inflammation and more severe disease condition. As a part of treatment, careful nursing matters a lot. For instance, only bland and easily-digested food should be given; and over satiation, intake of fish, egg and their products, washing with soap and hot water and scratch should all be avoided.

#### 1. Type of wetness

##### Main Symptoms:

Skin lesion manifested as erythema, papula, blister, erosion and exudate.

##### Method of Treatment:

To clear heat, dispel dampness and alleviate itch.

##### Prescription 1:

##### Ingredients:

|   |      |
|---|------|
| <i>Jinyinhua</i> (Flos <i>Lonicerae</i> )     | 30 g |
| <i>Pugongying</i> (Herba <i>Taraxaci</i> )    | 30 g |
| <i>Diyu</i> (Radix <i>Sanguisorbae</i> )      | 30 g |
| <i>Gancao</i> (Radix <i>Glycyrrhizae</i> )    | 30 g |
| <i>Huangbai</i> (Cortex <i>Phellodendri</i> ) | 30 g |
| <i>Huanglian</i> (Rhizoma <i>Coptidis</i> )   | 30 g |

Preparation: Decoct any 2-3 kinds of the above drugs in 1,500 ml of water until 15 minutes after the water boils to obtain the decoction.

Application: When the decoction is cooled down, apply wet compress with it on the affected part, twice daily, for 20-30 minutes each time.

Notes: The decoction is usually used 4 times. Heat it whenever use it again. If there is more secretions and even secondary pyogenic infection on the affected part,

the decoction is used only once. Usually in the interval of every two applications of wet compress, medicinal oil such as *Qing Dai San You* (27) or *Er Miao San You* (32) is applied.

**Prescription 2:**

Recipe: *Di Du Qu Shi Tang*

**Ingredients:**

|  |      |
|--|------|
| <i>Cangerzi</i> (Fructus Psoraleae)        | 30 g |
| <i>Shechuangzi</i> (Fructus Cnidii)        | 15 g |
| <i>Baixianpi</i> (Cortex Dictamni Radicis) | 15 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)      | 15 g |
| <i>Kushen</i> (Radix Sophorae Flavescens)  | 15 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)     | 15 g |
| <i>Huangbai</i> (Cortex Phellodendri)      | 15 g |
| <i>Difuzi</i> (Fructus Kochiae)            | 15 g |

Preparation: Soak the above drugs in 1,500-2,000 ml. of water for one hour and decoct them until 15 minutes after the water boils to obtain the decoction.

Application: When the decoction is cooled down to 20° to 30°C, drip-wash the affected part with it, 3 times daily, in the morning, afternoon and evening. The decoction prepared with one dose of the drugs can be used only 3 times.

Notes: The dosage of each drug in this prescription is for cases above 2-3 years old. Only 2/3 of it is administered for cases within one year old.

**2. Type of seborrhea**

**Main Symptoms:**

Skin lesion manifested mainly as erythema, scab and seborrheic scales, not as erosion and exudate.

**Method of Treatment:**

To clear heat, dispel dampness and soften scab.

**Prescription 1:**

Recipe: *Huang Lian You* (33)-No. 33 of the Attached Prescriptions.

**Ingredients:**

|  |       |
|--|-------|
| <i>Huanglian Fen</i> [Rhizoma Coptidis (powder)] | 25 g  |
| <i>Bima You</i> (Oleum Ricini)                   | 75 ml |

Preparation: Mix the two drugs evenly into a medicinal oil called *Huang Lian You*.

Application: Apply *Huang Lian You* to the affected part, 1-2 times daily. The affected part, if on the exposed parts, needn't be bandaged, if on the other parts, bind it up with a piece of sterile gauze.

Notes: Clinical observations have shown that *Huang Lian You* can be used not only to treat lactigo of this type but also lactigo of other types and eczema in adults whether it is acute or chronic, has or has no exudate, with no side effects seen.

**Prescription 2:**

Recipe: *Si Miao Shuang*

**Ingredients:**

|  |       |
|--|-------|
| <i>Baixianpi</i> (Cortex Dictamni Radicis) | 3 g   |
| <i>Difuzi</i> (Fructus Kochiae)            | 3 g   |
| <i>Kufan</i> (Alumen Exsiccatum)           | 3 g   |
| <i>Qingdai</i> (Indigo Naturalis)          | 1 g   |
| <i>Danchun Shuang</i> (simple face cream)  | 100 g |

Preparation: Grind the first four drugs into very fine powder and mix them with the last one evenly into an emulsion called *Si Miao Shuang*.

Application: Apply *Si Miao Shuang* to the affected part, twice daily. Bandaging is not necessary.

Notes: *Si Miao Shuang* tends to spoil. It's better to prepare it just before use.

### 3. Type of dryness

#### Main Symptoms:

Xerosis cutis and desquamation of the affected part, which may be accompanied by erythema and papula.

#### Method of Treatment:

To clear heat, moisten skin and alleviate itch.

#### Prescription 1:

Recipe: *Dan Huang You* (18)-No. 18 of the Attached Prescriptions:

#### Ingredients:

|   |         |
|---|---------|
| <i>Bingpian</i> (Borneolum Syntheticum) | 2 g     |
| <i>Danhuang You</i> (egg-oil)           | 100 ml. |

Preparation: Boil 10 or more eggs until well done, remove their shells and heat them in a dry pot for the oil. Mix the oil evenly with *Bingpian* into a medicinal oil called *Dan Huang You*.

Application: Apply *Dan Huang You* to the affected part, 1-2 times daily to treat lactigo with xerosis cutis, pachylosis, desquamation and rhagas.

Notes: With the effects of moistening skin and promoting tissue regeneration, *Dan Huang You* can accelerate the normal growth of healthy epiderm.

#### Prescription 2:

Recipe: *Run Ji Gao* (34)-No. 34 of the Attached Prescriptions

#### Ingredients:

|   |       |
|---|-------|
| <i>Danggui</i> (Radix Angelicae Sinensis) | 15 g  |
| <i>Zicao</i> (Radix Arnebiae)             | 3 g   |
| <i>Mayou</i> (Oleum Sesami)               | 120 g |
| <i>Huangla</i> (wax)                      | 15 g  |

Preparation: Heat the first two drugs together in *Mayou* in a pot until they become scorched and remove them with only the oil left. Heat the oil in the pot again. Put *Huangla* into the pot, melt it and mix it with the oil into a mixture. When the mixture is cooled, it becomes an ointment. This ointment is called *Run Ji Gao*.

Application: Apply *Run Ji Gao* to the affected part, 1-2 times daily to treat lactigo with skin lesion and a flush base.

Notes: With the effects of clearing heat from blood and alleviating itch, *Run Ji*

*Gao* can be also used to treat lactigo with erythema, papula and remarkable pruritus.

## 6.4 Urticaria

Mainly manifested as urticae disappearing as suddenly as appearing without any mark left on the skin and with serious pruritus, urticaria is a common dermatosis usually due to allergy. It attacks in any season and on all people, whether they are male or female and in whatever age group.

### Etiology and Pathogenesis

An allergic constitution complicated by invasion of wind-cold and wind-heat due to dysfunction of the superficial *Qi* would lead to this dermatosis. When damp-heat produced in the interior due to improper diet accumulates in the muscles and skin, it would also result in this dermatosis.

Besides, emotional disturbance, parasites staying in the spleen and stomach and dysfunction of the *Chong* and *Ren* channels are also responsible for this dermatosis.

### Clinical Manifestations

Rapid onset marked by itching suddenly occurring on the skin with the appearance of different-sized, light red, bright red or light yellow urticae, some as small as a bean petal and some as big as or bigger than a palm; the urticae disappearing a moment later without any mark left on the skin but appearing again and again in groups; subjective pruritus and calor; chills and fever in part of the cases; nausea, vomiting, abdominal pain and diarrhea happening when the mucosa of the digestive canal is involved; edema of the larynx, dyspnea and even coma taking place when urticae settle down in the throat; course lasting one week or so in acute urticaria but several weeks, months or even years in chronic one which tends to relapse again and again.

### Differentiation and Treatment

This dermatosis is treated mainly with internal therapy. External therapy is used just as an accessory treatment. But a part of mild cases may be treated externally with Chinese drugs alone.

#### 1. Type of wind-heat

##### Main Symptoms:

Red urticae with subjective or objective calor and serious pruritus, which are worsened by heat and relieved by cold, severe in summer and mild in winter.

##### Method of Treatment:

To expel wind, clear heat and alleviate itch.

##### Prescription 1:

##### Ingredients:

|                                     |       |
|-------------------------------------|-------|
| <i>Fuping</i> (Herba Sirodelae)     | 150 g |
| <i>Cansha</i> (Excrementa Bombycum) | 100 g |

Preparation: Put the above two drugs into a gauze bag, tie it up, and decoct it in 3,000-5,000 ml. of water until 10 minutes after the water boils to obtain the decoction.

**Application:** When the decoction is not scalding hot, drip-wash the affected part with it for about 20 minutes each time, twice daily.

**Notes:** The decoction prepared with one dose of the drugs can be used 2-4 times. Heat it when use it again. Drip-washing should be carried out in a warm room to avoid the attack of wind-cold.

**Prescription 2:**

**Ingredients:**

|                                    |         |
|------------------------------------|---------|
| <i>Taoye</i> (Folium Persicae)     | 500 g   |
| <i>Chun Jiujing</i> (pure alcohol) | 500 ml. |

**Preparation:** Pour *Chun Jiujing* into a container. Cut *Taoye* into small bits and put them into the container. Seal the container tightly and keep it still for 24-48 hours. Finally, *Taoye* is removed from the container with the medicated alcohol left.

**Application:** Apply the medicated alcohol to the affected part with a cotton ball, 3 times daily. One course of treatment involves 3 days.

**Notes:** This medicated alcohol is more suitable for chronic urticaria of wind-heat type.

**Prescription 3:**

**Ingredients:**

|  |      |
|--|------|
| <i>Shechuangzi</i> (Fructus Cnidii)        | 20 g |
| <i>Baifan</i> (Alumen)                     | 12 g |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)    | 6 g  |
| <i>Tufuling</i> (Rhizoma Smilacis Glabrae) | 30 g |
| <i>Baixianpi</i> (Cortex Dicamni Radicis)  | 15 g |
| <i>Kushen</i> (Radix Sophorae Flavescens)  | 30 g |
| <i>Jingjie</i> (Herba Schizonepetae)       | 12 g |
| <i>Shiyan</i> (salt)                       | 20 g |

**Preparation:** Boil the above drugs in 2,000 ml. of water until there is only about 1,000 ml. of decoction available. Mix this about 1,000 ml. of decoction with about 1,000 ml. of warm water in a basin.

**Application:** Immerse and drip-wash the infantile patient with the decoction until the water is a little cooler than the patient's body. The treatment is repeated daily. The decoction can be used 2-3 times. Heat it when use it again.

**Notes:** This prescription has the effects of expelling wind, dispelling dampness and alleviating itch. When it is used to treat infantile patients with urticaria, good curative effects would be attained. Generally, 2 doses of the drugs will bring cure to mild cases, and 6 doses to severe ones, with no bad reactions.

**2. Type of wind-cold**

**Main Symptoms:**

White urticae with serious pruritus, which is induced by cold, worsened by wind and cold and relieved by warmth, severe in winter and mild in summer.

**Method of Treatment:**

To disperse wind-cold and alleviate itch.



## Prescription 1:

Recipe: *Jing Jie Sui*

## Ingredient:

*Jingjiesui* (*Spica Schizonepetae*) a proper amountPreparation: Grind *Jingjiesui* into fine powder and sift it with a sieve to obtain a very fine powder. Put every 30 g of the powder into a bag and keep it for use.

Application: Dust the very fine powder evenly on the affected part. Then rub it over with a palm for several minutes, and the treatment is carried out twice daily.

Notes: This prescription is indicated for every type of urticaria, whether it is a type of wind-cold, wind-heat or blood-stasis.

## Prescription 2:

Recipe: *Da Feng Suan Jian Ji*

## Ingredients:

*Dafengzi* (*Semen Chaulmoograe*) 32 g*Dasuan* (*Bulbus Allii*) 16 gPreparation: Pound the above two drugs into pulp and boil the pulp for about 5 minutes to obtain a decoction called *Da Feng Suan Jian Ji*.Application: Apply *Da Feng Suan Jian Ji* to the affected part with a cotton stick 1-2 times daily.Notes: As a proven prescription for the treatment of acute urticaria, *Da Feng Suan Jian Ji* is more suitable for cases of wind-cold type. Usually, one application will see the subsidence of the urticae.

## 3. Type of blood stasis

## Main Symptoms:

Dark red urticae usually on the area pressed by a waistbelt or a watchband, which might be accompanied by grey complexion, purple lips and ecchymoses on the tongue.

## Method of Treatment:

To promote blood circulation, eliminate blood stasis, expel wind and alleviate itch.

## Prescription:

Recipe: *Tao Hong Xi Yao*

## Ingredients:

*Honghua* (*Flos Carthami*) 15 g*Danshen* (*Radix Salviae Miltiorrhizae*) 15 g*Chishao* (*Radix Paeoniae Rubra*) 15 g*Jingjie* (*Herba Schizonepetae*) 15 g*Fangfeng* (*Radix Ledebouriellae*) 15 g*Baijili* (*Fructus Tribuli*) 15 g*Baixianpi* (*Cortex Dictamni Radicis*) 15 g*Difuzi* (*Fructus Kochiae*) 15 g*Chantui* (*Periostracum Cicadae*) 15 g*Kushen* (*Radix Sophorae Flavescens*) 15 g

Preparation: Put the above drugs into a gauze bag, then tie the bag up, and decoct

it in 2,000-3,000 ml. of water until 15 minutes after the water boils to obtain the decoction. Pour the decoction into a basin.

**Application:** When the decoction becomes not scalding hot, wash the affected part with it and then rub the part with a piece of towel. The treatment lasts 20-30 minutes each time, and to be made 1-2 times daily. In the course of washing, a proper amount of boiling water could be added now and then to keep the decoction warm. The decoction prepared with one dose of the drugs could be used 2 to 4 times. Heat it again when use it next time.

**Notes:** With the effects of promoting blood circulation, eliminating blood stasis, expelling wind, dispelling dampness and alleviating itch, *Tao Hong Xi Yao* is indicated not only for urticaria of blood-stasis type and its like but for urticaria due to all kinds of wind such as wind-heat or wind-cold. But the washing should be carried out in a warm room.

## 6.5 Papular Urticaria

With onset usually in summer, papular urticaria is an allergic dermatosis often seen in babies and infants. It is characterized by scattered, red, hard and itching papulae, on each of which there may be a blister and around each of which there is a fusiform areola. TCM calls it as *Shui Jie* (watery scabies).

### Etiology and Pathogenesis

1. An allergic or weak constitution combined with the invasion of pathogens into the body due to the bites of insects such as mosquito and flea.
2. Climate sickness due to the change of residence.
3. Food allergy owing to intake of sea food.
4. Indigestion complicated by the attack of wind.

### Clinical Manifestations

Onset often in children of 2-7 years old, occasionally in adults and sometimes in the members of a family; scattered, isolated or crowded, urtica-like, red and solid papulae in different numbers usually located on the trunk and the proximal ends of limbs, each of which is as big as or bigger than a mung bean, on top of which there tends to be a small papulae or blister which may lead to scab after diabrosis or become a big tense one projected like a hemisphere with clear liquid inside but without an areola around, and around each of which there is a fusiform areola whose major axis is in the same direction as the striae of skin; long or short course generally involving one week or so, in which the papulae will automatically subside with temporary pigmentation left; new papulae maybe appearing one after another and existing together with the old ones; cure coming gradually as the weather turns cold and often followed by relapse in the following year; subjective serious pruritus which often disturbs sleep; infection due to scratch of the papulae seen in a small number of cases.

### Differentiation and Treatment

This dermatosis is generally treated mainly with internal therapy. External therapy only plays an auxiliary role. But good result might also be achieved through external therapy alone. The methods of external treatment with Chinese drugs include: to clear heat, remove toxins, kill worms, expel wind and alleviate itch.

#### Prescription 1:

##### Ingredients:

|  |            |
|--|------------|
| <i>Houzhengwan</i> (a patent medicine on sale) | 150 grains |
| <i>Shicu</i> (vinegar)                         | 3 ml.      |

Preparation: Dissolve *Houzhengwan* in *Shicu* and mix them evenly into a mixture.

Application: Coat the affected part with the mixture, 4 times daily.

Notes: *Houzhengwan* has the effects of clearing heat, removing toxins, astringing wound and relieving pain. In treating papular urticaria, curative effects could be achieved through external application of *Houzhengwan*. But it is contraindicated in cases with diabrosis and erosion on the affected part.

#### Prescription 2:

##### Recipe: *Zhong Yao Xiang Dai*

##### Ingredients:

|   |      |
|---|------|
| <i>Shechuangzi</i> (Fructus Cnidii)       | 20 g |
| <i>Dingxiang</i> (Flos Caryophylli)       | 20 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 20 g |
| <i>Xixin</i> (Herba Asari)                | 10 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)     | 10 g |
| <i>Aiye</i> (Folium Artemisiae Argyi)     | 10 g |
| <i>Xiangfu</i> (Rhizoma Cyperi)           | 10 g |
| <i>Xionghuang</i> (Realgar)               | 10 g |
| <i>Liuhuang</i> (Sulphur)                 | 10 g |

Preparation: Grind the above drugs together into fine powder, sift them with a sieve of No. 7 and mix them with 5 g of *Bingpian* (Borneolum Syntheticum) into a very fine powder. Put 25 g of it into a bag, tie it up. The bag, called *Zhong Yao Xiang Dai*, is kept for use.

Application: Use two of the bags each time. One is put into a pocket of the patient's underwear. The other is placed under his pillow. They are to be replaced by another two ones after two months.

Notes: *Zhong Yao Xiang Dai* has the effects of preventing the occurrence of and treating papular urticaria due to the bites of insects.

#### Prescription 3:

##### Recipe: *Pu Xiao Xi Yao*

##### Ingredients:

|                                     |      |
|-------------------------------------|------|
| <i>Puxiao</i> (Natrii Sulphas)      | 30 g |
| <i>Shechuangzi</i> (Fructus Cnidii) | 15 g |
| <i>Difuzi</i> (Fructus Kochiae)     | 15 g |

|   |      |
|---|------|
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 15 g |
| <i>Danggui</i> (Radix Angelicae Sinensis)   | 15 g |
| <i>Jingjie</i> (Herba Schizonepetae)        | 9 g  |
| <i>Fangfeng</i> (Radix Ledebouriellae)      | 9 g  |
| <i>Chishao</i> (Radix Paeoniae Rubra)       | 9 g  |
| <i>Chantui</i> (Periostracum Cicadae)       | 9 g  |

Preparation: Put the above drugs into a gauze bag, tie it up, soak it in 2,000 ml. of water for one hour and decoct it until 15 minutes after the water boils to obtain the decoction.

Application: When the decoction becomes not scalding hot, use a piece of towel dipped into the decoction repeatedly to drip-wash the affected part for 20-30 minutes each time, 1-2 times daily. The decoction prepared with one dose of the drugs could be used 6-9 times. Heat it whenever use it again.

Notes: Gentle in nature, *Pu Xiao Xi Yao* has the effects of expelling wind, alleviating itch, clearing heat, dispelling dampness, promoting blood circulation and killing worms. Using it to treat papular urticaria, good curative effects will be obtained without bad reaction. For an adult patient with extensive skin lesion two doses of the drugs may be used in one treatment, but the concentration of the decoction should remain the same.

## 7. Dermatoses due to Nerve Dysfunction

### 7.1 Cutaneous Pruritus

Cutaneous pruritus is a chronic and easily-recurrent dermatosis characterized by pruritus of the skin without primary skin lesion. It is called *Feng Yang*, *Feng Sao Yang*, etc. in TCM.

#### Etiology and Pathogenesis

1. Exogenous wind-cold or wind-dryness invades the superficies of the body and stays there. Or, damp-heat accumulates in the muscles and skin.
2. Deficiency of blood leads to dryness and dryness of blood leads to wind which in turn leads to failure of the skin to be nourished regularly.

#### Clinical Manifestations

Onset mostly in the aged group and on the skin of a certain part or the whole body; paroxysmal pruritus severe in the night, which will be induced and worsened by the intake of spirits or pungent food, emotional disorder, a bath, warm bedding and scratch or rub, could last several minutes or several hours and often disturbs sleep, in some cases all night, consequently making the patient listless and lose appetite in the daytime; the pruritus not accompanied by skin eruption in the beginning; skin lesion due to scratch occurring later and manifested as scratch mark, blood scab, pigmentation and eczematoid or muscus-like lesion; occasional secondary

infection due to bad scratch.

### Differentiation and Treatment

This dermatosis is treated mainly with internal therapy. External therapy is just an accessory one. Nevertheless, external therapy with Chinese drugs alone can bring about satisfactory curative effects. Expelling wind, alleviating itch, clearing heat, removing toxins, warming the channels, dispersing cold, promoting blood circulation and eliminating blood stasis are all the therapeutic methods of external treatment with Chinese drugs, with expelling wind to alleviate itch taking the lead. As for the treatment of possible eczematoid or muscus-like skin lesion, see section 2 of chapter 6: eczema.

#### Prescription 1:

##### Number 1:

Recipe: *Bai Bu Ding*

##### Ingredient:

*Baibu* (Radix Stemonae) 30 g

Preparation: Cut *Baibu* into small bits, soak them in 100 ml. of 75% alcohol for 24-48 hours and filter them to get the medicated alcohol called *Bai Bu Ding*.

##### Number 2:

Recipe: *Zhi Yang Ding*

##### Ingredients:

*Shechuangzi* (Fructus Cnidii) 25 g

*Baibu* (Radix Stemonae) 25 g

*Bingpian* (Borneolum Syntheticum) 2 g

Preparation: Soak the above drugs in 100 ml. of 75% alcohol for 24-48 hours and filter them to get the medicated alcohol. This alcohol is called *Zhi Yang Ding*.

Application: Apply *Bai Bu Ding* or *Zhi Yang Ding* to the affected part, 2-3 times daily.

Notes: Either *Bai Bu Ding* or *Zhi Yang Ding* has the effects of clearing heat, killing worms and alleviating itch. They are both applicable to cutaneous pruritus re-induced and worsened by heat and with localized itch. But both of them are irritable and should be used cautiously on the face and pudendum.

#### Prescription 2:

##### Ingredients:

*Aiye* (Folium Artemisiae) 90 g

*Xionghuang* (Realgar) 6 g

*Huajiao* (Pericarpium Zanthoxyli) 6 g

*Fangfeng* (Radix Saposhnikoviae) 30 g

Preparation: Decoct the above drugs in 2,000 ml. of water until 15 minutes after the water boils and pour them into a basin along with all the decoction.

Application: While the decoction is hot, steam the affected part over the basin. When the decoction becomes not scalding hot soak a piece of towel in the decoction

to wash the affected part for 30 minutes each time, once daily.

Notes: With the effects of expelling wind, warming the channels, killing worms and alleviating itch, this prescription is more aptly applicable to winter cutaneous pruritus, senile cutaneous pruritus or localized cutaneous pruritus. The decoction prepared with one dose of the drugs can be used 2 times. Heat it when use it again.

Prescription 3:

Recipe: *Zhi Yang Xi Ji*

Ingredients:

|   |      |
|---|------|
| <i>Cangerzi</i> (Fructus Xanthii)           | 50 g |
| <i>Aiye</i> (Folium Artemisiae)             | 50 g |
| <i>Lufengfang</i> (Nidus Vespae)            | 30 g |
| <i>Baixianpi</i> (Cortex Dictamni Radicis)  | 30 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 30 g |
| <i>Difuzi</i> (Fructus Kochiae)             | 30 g |
| <i>Tujingpi</i> (Cortex Pseudolaricis)      | 30 g |
| <i>Chuanjiao</i> (Pericarpium Zanthoxyli)   | 20 g |
| <i>Baifan</i> (Alumen)                      | 20 g |

Preparation: Put the above drugs into a gauze bag, tie it up, soak it in about 4,000 ml. of water for about one hour and decoct it until 15 minutes after the water boils to obtain the decoction.

Application: Pour the decoction into a basin. While it is hot, soak a towel in it and rub the affected part with this towel for 15-20 minutes each time, 1-2 times daily. One course of treatment involves 7 days. The decoction prepared with one dose of the drugs can be used 2-4 times. Heat it when use it again.

Notes: With the effects of expelling wind, clearing heat, killing worms and alleviating itch, *Zhi Yang Xi Ji* is more aptly applicable to summer cutaneous pruritus, cutaneous pruritus worsened by heat or mild dermatic infection due to scratch.

Prescription 4:

Recipe: *Qu Yu San*

Ingredients:

|  |                 |
|--|-----------------|
| <i>Honghua</i> (Flos Carthami)           | 10 g            |
| <i>Taoren</i> (Semen Persicae)           | 10 g            |
| <i>Xingren</i> (Semen Armeniacae Amarum) | 10 g            |
| <i>Zhizi</i> (Fructus Gardeniae)         | 10 g            |
| <i>Bingpian</i> (Borneolum Syntheticum)  | 3 g             |
| <i>Fanshilin</i> (vaseline)              | a proper amount |

Preparation: Grind the first 4 drugs into a fine powder and mix it evenly with *Bingpian* and vaseline into a paste.

Application: The paste is made in the shape of a pancake about  $3 \times 3 \times 1$  cm in size, stick it directly to the navel, press it gently and fix it with a dressing. Dressing change is to be made daily.

Notes: Clinical observations have shown that good short-term curative effects can

be attained when *Qu Yu San* is used to treat pruritic dermatosis this way. Ecchymoses may appear in the umbilical region after the pancake-like paste is applied, that is normal.

## 7.2 Neurodermatitis

Usually seen in male or female youth, neurodermatitis is a common chronic pruritic dermatosis characterized by paroxysmal pruritus and muscus-like change of the skin. TCM calls it as *Niu Pi Xuan* or *She He Chuang*.

### Etiology and Pathogenesis

Emotional disorder, irritability, mental stress, neurosis and overfatigue would weaken the vital-*Qi*. When the vital-*Qi* is weak, pathogenic wind-heat would invade the body and stay in the muscles and skin, leading to this dermatosis. A prolonged illness will impair *Yin*-fluid. When *Yin*-fluid is impaired, blood will be deficient, and pathogenic wind and dryness will be produced. When the wind and dryness are in full swing, muscus-like skin lesion forms. Rubbing of the skin with clothes collar, irritation due to scratch, solarization or drink would induce or worsen this disease.

### Clinical Manifestations

Paroxysmal pruritus occurs at first on the affected part without apparent skin lesion; erythemas or flat papulae, each of which is needle-point-sized, round or polygonal, normal or light red, dry, solid and bright-surfaced, appear due to scratch of the affected part; the papulae would be fused into patches and gradually widened, where there have pachyderma, muscus-like change, desquamation, scratch mark, blood scab and subjective paroxysmal itching which is serious at night and aggravated by mental stress; skin lesion easily becomes muscus-like due to frequent scratches induced by pruritus, and muscus-like skin lesion tends to induce, in turn, pruritus; the skin lesion often occurs on the parts tending to be rubbed such as the nape which is involved most often, or the elbow, popliteal fossa, sacrococcygeal region, perineum and legs; the skin lesion localized on the nape is called topical neurodermatitis; the skin lesion which is distributed on many parts of the body in a small number of cases is called disseminated neurodermatitis; the skin lesion which covers all over the body in few cases is called universal neurodermatitis; a long course maybe lasts several years; recurrence sometimes follows cure.

### Differentiation and Treatment

This dermatosis is mainly treated with external therapy which is based on the therapeutic methods of moistening dryness, promoting blood circulation, softening hard mass, clearing heat and alleviating itch. When there is flush skin lesion in the early stage, the method of clearing heat and alleviating itch is used. When muscus-like skin lesion appears sometime later, the method of moistening dryness, promoting blood circulation, softening hard mass and alleviating itch is used. In addition, the patients should be told to avoid pungent food, overfatigue, scratching or rubbing of

the affected part and irritability.

Internal therapy may be added in the treatment of disseminated or universal neurodermatitis, or flush skin lesion with serious pruritus.

Prescription 1:

Recipe: *Xiong Zhang Ruan Gao*

Ingredients:

|  |         |
|--|---------|
| <i>Xionghuang</i> (Realgar)            | 5 g     |
| <i>Kufan</i> (Alumen Exsiccatum)       | 5 g     |
| <i>Tujingpi</i> (Cortex Pseudolaricis) | 10-20 g |
| <i>Zhangnao</i> (Camphora)             | 2 g     |
| <i>Qingfen</i> (Calomelas)             | 3 g     |
| <i>Tonglu</i> (verdigris)              | 2 g     |
| <i>Liuhuang</i> (Sulphur)              | 10 g    |

Preparation: Grind all the above drugs together into a fine powder and mix it with 100 g of vaseline into an ointment called as *Xiong Zhang Ruan Gao*.

Application: Coat the affected part with *Xiong Zhang Ruan Gao*, twice daily.

Notes: With the effects of clearing heat, removing toxins, killing worms, alleviating itch, moistening dryness and promoting blood circulation, *Xiong Zhang Ruan Gao* is indicated for skin lesion of neurodermatitis either with flush color in the early stage or with muscus-like change in the advanced stage.

Prescription 2:

Recipe: *Feng You Jing*

Ingredients:

|                             |       |
|-----------------------------|-------|
| <i>Qingfen</i> (Calomelas)  | 4.5 g |
| <i>Qiandan</i> (minium)     | 3 g   |
| <i>Zhusha</i> (Cinnabaris)  | 3 g   |
| <i>Mayou</i> (Oleum Sesami) | 120 g |
| <i>Huangla</i> (wax)        | 30 g  |

Preparation: Grind the first 3 drugs into a fine powder. Heat the fourth in a pot on fire until it is on the verge of boiling. Put the fifth drug into the pot and go on heating the pot until yellow foams appear in it, then take it away from the fire. The powder of the first 3 drugs is added slowly into the pot and mix them evenly with the drugs in the pot into an ointment. This ointment is called *Feng You Gao*.

Application: Apply *Feng You Gao* to the affected part and heat it by the fire or with an electric blower for 10-20 minutes. This is to be repeated daily and one course of treatment involves 4 weeks.

Notes: With the effects of moistening dryness, killing worms and alleviating itch, *Feng You Gao* is indicated for neurodermatitis with xerosis cutis, pachyderma, desquamation and rhagas. The affected part should be heated to the extent that the patient feels warm and comfortable.

Prescription 3:

Recipe: *Ji Dan Pao Fang*



**Ingredients:**

|                        |        |
|------------------------|--------|
| <i>Jidan</i> (egg)     | 2 ones |
| <i>Shicu</i> (vinegar) | 250 g  |

**Preparation:** Immerse the 2 eggs in 250 g of vinegar in a container. Seal the container tightly and keep it in a cool, dark place for 7-10 days. Then, shell the eggs for the whites and yolks and stir them evenly in the used vinegar into a liquid medicine called *Ji Dan Pao Fang*.

**Application:** Wash the affected part clean and rub it for 1 to 2 minutes with cotton balls coated with *Ji Dan Pao Fang*, 2-3 times daily, until cure comes.

**Notes:** As a proven prescription for neurodermatitis, *Ji Dan Pao Fang* has the effects of clearing heat, removing toxins, subduing swelling, eliminating blood stasis, softening hard mass and alleviating itch. But it shouldn't be kept long lest it turns putrid.

### 7.3 Prurigo

Prurigo is a chronic dermatosis characterized by nodes with serious pruritus on the skin. It tends to attack adults especially women. TCM calls it as *Ma Jie* or *Wan Shi Ju Jie*.

#### Etiology and Pathogenesis

1. Pathogenic wind-dampness in the muscles and skin blocks the flow of blood and leads to stagnancy of *Qi* and blood stasis, which, in turn, helps wind-dampness settle down in the muscles and skin. This wind-dampness accumulated in the muscles and skin is responsible for prurigo.

2. Allergic constitution complicated by pathogenic heat in the blood and toxins brought into the body due to bites of mosquito provides the chance for prurigo to occur.

#### Clinical Manifestations

Marked by scattered, conically or hemispherically-shaped, smooth, dry, greyish brown or brownish red and solid nodes in different numbers, each of which is as small as a pea or as big as a cherry, the neighboring ones of which would be fused into a patch, often seen on the extension sides of limbs and the dorsum of a hand or foot, most often on the extension side of a leg and occasionally on the trunk; some nodes with hyperchromatosis around, which are rough, cover it with greyish white scales hard to scale, maybe wart-like and with serious pruritus, on which there may appear lesion, exudate, bleeding and blood scab due to scratch, and mucus-like change would occur sometime later; long course with skin lesion hard to heal completely.

#### Differentiation and Treatment

Usually, both internal and external therapies are used to treat this disorder. External therapy with Chinese drugs based on dispelling dampness, removing toxins,

softening and resolving hard mass, expelling wind and alleviating itch can be used alone.

**Prescription 1:**

**Recipe: *Du Jiao Lian Gao***

**Ingredients:**

|   |   |
|---|---|
| <i>Baifuzi</i> (Rhizoma Typhonii)           | 45 g  |
| <i>Zaojiaoci</i> (Spina Gleditsiae)         | 45 g  |
| <i>Baizhi</i> (Rhizoma Angelicae Dahuricae) | 45 g  |
| <i>Fangji</i> (Radix Stephaniae Tetrandrae) | 45 g  |
| <i>Lianqiao</i> (Fructus Forsythiae)        | 45 g  |
| <i>Chuanshanjia</i> (Squama Manitis)        | 45 g  |
| <i>Yinhua</i> (Flos Lonicerae)              | 45 g  |
| <i>Danggui</i> (Radix Angelicae Sinensis)   | 45 g  |
| <i>Haitongpi</i> (Cortex Erythrinae)        | 45 g  |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)    | 45 g  |
| <i>Sumu</i> (Lignum Sappan)                 | 45 g  |
| <i>Ciweipi</i> (Corium Erinacei)            | 45 g  |
| <i>Haizao</i> (Sargassum)                   | 45 g  |
| <i>Huomaren</i> (Fructus Cannabis)          | 45 g  |
| <i>Xiliancao</i> (Herba Siegesbeckiae)      | 45 g  |
| <i>Xueyutan</i> (Crinis Carbonisatus)       | 45 g  |
| <i>Chansu</i> (Venenum Bufonis)             | 3 ones  |
| <i>Ruxiang</i> (Resina Olibani)             | 36 g  |
| <i>Moyao</i> (Myrrha)                       | 36 g  |
| <i>Mayou</i> (Oleum Sesami)                 | 6,000 g                                       |
| <i>Qiandan</i> (minium)                     | 2,500 g used in winter 3,000 g used in summer |
| <i>Rougui</i> [Cortex Cinnamomi (powder)]   | 150 g   |

**Preparation:** Heat all the above drugs except *Qiandan*, *Rougui*, *Xueyutan*, *Ruxiang* and *Moyao* in *Mayou* in a pot until they turn brown and filter them with the medicated oil left in the pot. Heat the pot continually until the oil turns into the shape of pearls when dropped into water. Then, put *Qiandan* and *Rougui* into the pot and stir them evenly. Finally, add *Ruxiang* and *Moyao* and mix them with the drugs in the pot into an ointment. This ointment is called *Du Jiao Lian Gao*.

**Application:** Spread the ointment about 0.1-0.2 cm thick on a piece of cloth, and stick it to the affected part. Dressing change is to be made every or every other day.

**Notes:** *Du Jiao Lian Gao* has the effects of removing toxins, dispelling dampness, promoting blood circulation, resolving mass and alleviating itch. During the treatment, it is advisable to give oral Chinese drugs also. In case local allergic reaction occurs after it is applied, take it off immediately.

**Prescription 2:**

**Recipe: *She Chuang Zi Ding***

**Ingredient:***Shechuangzi* (Fructus Cnidii) 25 g

Preparation: Soak the drug in 100 ml. of 75% alcohol for 3 days and filter it to get the medicated alcohol. This medicated alcohol is called *She Chuang Zi Ding*.

Application: Paint the affected part with *She Chuang Zi Ding*, 3-4 times daily.

Notes: *She Chuang Zi Ding* has very strong action of alleviating itch. But do not use it when there is erosion or lesion on the skin.

**8. Erythroderma Desquamativum****8.1 Erythema Multiforme**

Erythema multiforme usually occurs in youth and people of 30-40 years old, mostly female and often in spring, autumn or winter but seldom in summer. It is an acute inflammatory dermatosis characterized by polymorphic skin lesion such as erythema, papula and blister, chiefly erythema, a typical one shaped like a cat eye. It is called in TCM as *Mao Yan Chuang* (a cat eye sore).

**Etiology and Pathogenesis**

1. This disease is mainly due to an allergic constitution.
2. It could be caused by the disharmony between *Ying* and *Wei* and stagnation of *Qi* and blood due to invasion of exogenous wind-cold.
3. Or due to exogenous wind-heat and endogenous damp-heat which meet, and pent-up in the skin.
4. Or due to improper diet or intake of sensitized thing such as drug or sea food.

**Clinical Manifestations**

Polymorphic skin eruption marked at first by erythema, then by urtica, papula or blister, erosion and purpura, all or some of which may exist at the same time; the erythemas, bright or dark or purplish red, maybe fused together and perhaps edge-projected like a dam and umbilicate at the centre; at the centre of a typical erythema there often existing overlapping blisters, shaped like a cat eye; skin lesion due to polymorphic eruption tending to be symmetrically located usually on dorsum of hand, palm, finger edge, dorsum of foot, sole, cheeks and lateroneck, sometimes on oral mucosa and genitals, and seldom on the skin all over the body; diabrosis of the lesion of mucosa often resulting in erosion.

Subjective calor, itch and pain generally not accompanied by general symptoms; extensive skin lesion and even visceral pathologic change in severe cases often accompanied by general symptoms such as fever, chills, headache, sore throat, arthralgia, anorexia and acratia; proteinuria, hematuria and high concentration of urea nitrogen occurring when the kidney is involved; course lasting 2-3 weeks or so and relapse often following cure.

### Differentiation and Treatment

This dermatosis is mainly treated with internal therapy. As an accessory means, external therapy may be used alone to treat mild cases.

#### 1. Type of damp-heat

##### Main Symptoms:

Bright red erythema, blister, and erosion and exudate both due to diabrosis of the blister or the lesion of mucosa.

##### Method of Treatment:

To clear heat and dry dampness.

##### Prescription 1:

Number 1: *San Huang Xi Ji* (28)

Number 2:

Recipe: *San Shi Shui*

##### Ingredients:

|   |         |
|---|---------|
| <i>Luganshi</i> (Calamina)              | 90 g    |
| <i>Huashi</i> (Talcum)                  | 90 g    |
| <i>Chishizhi</i> (Halloysitum Rubrum)   | 90 g    |
| <i>Bingpian</i> (Borneolum Syntheticum) | 9 g     |
| <i>Ganyou</i> (glycerin)                | 150 ml. |

Preparation: Grind the first 4 drugs into a fine powder and mix it with 10,000 ml. of water into hydrolytic reagent. Add the 5th drug to the reagent. This final product is called *San Shi Shui*.

Application: Apply either *San Huang Xi Ji* or *San Shi Shui* to the affected part, 4-5 times daily.

Notes: *San Huang Xi Ji* and *San Shi Shui* both have the effects of clearing heat, dispelling dampness and alleviating itch and both of them are indicated for skin lesion mainly with erythema and papula. *San Huang Xi Ji* may be also used for skin lesion with mild erosion and exudate.

##### Prescription 2:

Number 1: *Zao Shi Xi Yao* (24)

Number 2: *Huang Lian You* (33)

Application: Put the drugs of one dose of *Zao Shi Xi Yao* into a gauze bag, tie it up, soak it in about 2,000 ml. of water for 1 hour and decoct it until 15 minutes after the water boils to obtain the decoction. When the decoction is cooled, carry out a wet compress with it on the affected part for 20-30 minutes each time, 1-2 times daily. The decoction prepared with one dose of the drugs can be used 2-4 times in general, just 1 time when there is severe erosion and much exudate. Right after, or in the interval of every two times of wet compress, apply *Huang Lian You* to the affected part.

Notes: With the effects of clearing heat, removing toxins, dispelling dampness and alleviating itch, both *Zao Shi Xi Yao* and *Huang Lian You* are indicated for skin lesion with blister, exudate and erosion.

## Prescription 3:

## Ingredients:

|                                   |      |
|-----------------------------------|------|
| <i>Juhua</i> (Flos Chrysanthemi)  | 15 g |
| <i>Jinyinhua</i> (Flos Lonicerae) | 15 g |

Preparation: Soak the above drugs in about 300 ml. of boiling water until the water turns cold and filter them to get the extract.

Application: Rinse out the mouth frequently with the extract like this: have a mouthful of cold extract in the mouth, rinse out the mouth for several minutes until the extract in it turns warm, and then, spit out the warm extract.

Notes: This prescription is indicated for ulceration of oral mucosa in erythema multiforme.

## 2. Type of wind-cold

## Main Symptoms:

Onset usually in cold season; marked by purple and dark erythema; cold extremities; swollen fingers and toes induced or aggravated by cold but relieved or gradually healed by warmth.

## Method of Treatment:

To expel and disperse wind-cold and warm the channels to promote blood circulation.

## Prescription 1:

Recipe: *Er Hao Xi Yao* (30)—No. 30 of the Attached Prescriptions.

## Ingredients:

|  |     |
|--|-----|
| <i>Chuanwu</i> (Radix Aconiti)                   | 9 g |
| <i>Caowu</i> (Radix Aconiti Kusnezoffii)         | 9 g |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)          | 9 g |
| <i>Aiye</i> (Folium Artemisiae Argyi)            | 9 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)            | 9 g |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)       | 9 g |
| <i>Guizhi</i> (Ramulus Cinnamomi)                | 9 g |
| <i>Fangfeng</i> (Radix Ledebouriellae)           | 9 g |
| <i>Honghua</i> (Flos Carthami)                   | 9 g |
| <i>Qianliguang</i> (Herba Senecionis Scandentis) | 9 g |
| <i>Tongucào</i> (Caulis Impatientis)             | 9 g |
| <i>Shenjincao</i> (Herba Lycopodii)              | 9 g |

Preparation: Grind all the above drugs together into a coarse powder, decoct the powder in 2,000 ml. of water until 15-20 minutes after the water boils and pour it along with the decoction into a basin.

Application: While the decoction is hot, fumigate the affected part over it. When the decoction becomes not scalding hot, drip-wash the affected part with it. The treatment is carried out for 20-40 minutes each time, 1-2 times daily.

Notes: This prescription has the effects of expelling wind-cold, warming the channels, promoting blood circulation, dispelling dampness and subduing swelling. It

is indicated for erythema multiforme due to wind-cold not due to damp-heat. The decoction prepared with one dose of the drugs can be used 3-6 times. Heat it whenever use it again.

Prescription 2:

Recipe: *Er Gan Tang*

Ingredients:

|   |     |
|---|-----|
| <i>Gansui</i> (Radix Euphorbiae Kansui) | 9 g |
| <i>Gancao</i> (Radix Glycyrrhizae)      | 9 g |

Preparation: Decoct the drugs in 1,500 ml. of water until 10 minutes after the water boils and pour them along with the decoction into a basin.

Application: While the decoction is hot, fumigate the affected part over it. When the decoction becomes not scalding hot wash the affected part with it. The treatment is carried out for 10-15 minutes each time, each day. One course of treatment lasts 14 days.

Notes: It was reported that *Er Gan Tang* was used once to treat 42 cases of erythema multiforme due to wind-cold. Within 4 to 10 days, good curative effects were achieved without any side effects. The skin lesion in 30 cases was radically healed, and a large part healed in 7 cases and partly healed in 5.

## 8.2 Erythema Nodosum

Erythema nodosum is an acute inflammatory dermatosis characterized by subcutaneous nodule. Tending to attack female youth in spring and autumn, it is similar to *Gua Teng Chan* and *Shi Du Liu Zhu* in TCM.

### Etiology and Pathogenesis

1. Dampness kept in the interior unites with heat produced from this dampness to stagnate the flow of *Qi* and blood and block the channels of blood vessels, leading to this dermatosis.

2. Dampness due to deficiency of the spleen combines with exogenous cold to block the channels of blood vessels, resulting in this dermatosis.

### Clinical Manifestations

Marked by a sudden onset, before or after which there would appear mild or severe chills, fever, headache, sore throat, arthralgia, poor appetite, listlessness and acratia; the occurrence of several or several tens, solid, scattered, non-diabrotic, round subcutaneous nodules, each 1-5 cm in diameter, some higher some lower than the normal surface of skin, bright red at first, then dark red or purplish red or yellowish brown, and deeper in color at the centre; skin lesion usually located symmetrically on the extension sides of legs, and seldom on the flexion sides of legs or thighs; subjective calor and pain, local tenderness, and edema of the lower limbs in severe cases; course lasting usually 6 weeks or so, occasionally several months; repeated attacks happening especially after overfatigued or in menstrual period.

**Differentiation and Treatment**

External therapy is used to supplement internal therapy.

**1. Type of damp-heat****Main Symptoms:**

Sudden onset; general symptoms such as fever, headache, sore throat, arthralgia, constipation and deep-colored urine; red skin eruption with calor, swelling and pain.

**Method of Treatment:**

To clear heat, remove toxins, dry dampness, eliminate blood stasis and relieve pain.

**Prescription 1:**

Recipe: *Da Qing Gao* (3)

Application: Wash the affected part clean. Spread a proper amount of *Da Qing Gao* on a piece of sterile gauze about 0.1-0.2 cm thick and wide enough to cover the skin lesion. Stick this gauze to the affected part and fix it with a bandage. Dressing change is to be made every or every other day.

Notes: The appearance of erythema, papula, blister and pruritus after the application of *Da Qing Gao* is a sign of allergic reaction. If so, its application should be stopped.

**Prescription 2:**

Recipe: *Fu Rong Gao*

**Ingredients:**

|  |       |
|--|-------|
| <i>Furongye</i> (Folium Hibisci)       | 250 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 60 g  |
| <i>Chixiaodou</i> (Semen Phaseoli)     | 60 g  |

Preparation: Grind the above drugs together into a fine powder and mix it with a proper amount of vaseline into an ointment called *Fu Rong Gao*.

Application: Same as that of Prescription 1.

Notes: Dressing change is to be made every day when the inflammation is remarkable, once every other day when it is diminished.

**2. Type of cold-dampness****Main Symptoms:**

Marked by prolonged dark purple skin eruption, cold limbs, arthralgia aggravated by coldness, and even edema of legs.

**Method of Treatment:**

To warm the channels in order to promote blood circulation, to dispel dampness in order to subdue swelling.

**Prescription 1:**

Recipe: *Huo Xue Zhi Tong San* (31)

Preparation: Soak the drugs of this prescription in 3,000 ml. of water for 1 hour and decoct them until 15 minutes after the water boils to obtain the decoction.

Application: While the decoction is hot, fumigate the affected part over it for 10-15 minutes. When the decoction is not scalding hot wash the affected part with it for 10 to 15 minutes. The above is done twice daily.

Notes: The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it whenever use it again.

Prescription 2:

Recipe: *Hui Yang Yu Long Gao*

Ingredients:

|  |      |
|--|------|
| <i>Caowu</i> (Radix Aconiti Kusnezoffii parched) | 30 g |
| <i>Ganjiang</i> (Rhizoma Zingiberis roasted)     | 30 g |
| <i>Chishao</i> (Radix Paeoniae Rubra parched)    | 30 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)        | 30 g |
| <i>Tiannanxing</i> (Rhizoma Arisaematis roasted) | 30 g |
| <i>Rougui</i> (Cortex Cinnamomi)                 | 15 g |

Preparation: Grind the above drugs together into a fine powder. Mix 2 portions of the powder with 8 portions of vaseline into an ointment. This ointment is called *Hui Yang Yu Long Gao*.

Application: Apply *Hui Yang Yu Long Gao* to the affected part, once every other day.

Notes: This prescription has the effects of warming the channels to promote blood circulation and dispersing cold to resolve subcutaneous nodule.

### 8.3 Pityriasis Rosea

Seen usually in youth or people between 30-40 years old in spring or autumn, pityriasis rosea is an acute erythroderma desquamativum characterized by onset often on the trunk or the proximal ends of the limbs, bright red erythema covered with white scales with its long axis in the same direction as the cleavage lines. It is similar to *Feng Re Chuang* and *Xue Gan* recorded in TCM's documents.

#### Etiology and Pathogenesis

Heat in the blood meets with exogenous wind and pent-up in the muscles and skin to burn Yin-fluid and bring dryness into blood, leading to this dermatosis.

#### Clinical Manifestations

A roseate erythema appears at first, usually on the trunk or somewhere on the limbs, and enlarged gradually into mother-erythema which is round or elliptical, as big as a nail or coin, edge-projected, centre-flat, covered with bits of white scales, often ignored if it is not itching, darkened about 10 days later or so, and tending to diminish; groups of differently-sized, mother-erythema-like, distinctly-bordered and seldom-fused erythemas appearing as the mother-erythema is diminishing; the erythemas scattering usually symmetrically on the trunk, the proximal ends of the limbs or even the whole body but not on the head or face, each of which, smaller than the mother-one, has a long axis in the same direction as the dermatoglyph and minute wrinkles at the centre; subjective mild or severe sense of itch generally not accompanied by general symptoms; such symptoms as low fever, headache, sore throat, irritability, thirst, arthralgia and general discomfort appearing only in the



beginning and in part of cases; self-controlled course which may last 4-6 weeks, 2-3 months or even longer; relapse seen rarely.

### Differentiation and Treatment

This dermatosis is treated mainly with internal therapy. External therapy is used just as an accessory treatment. But it may be used alone when this dermatosis has only localized skin lesion, no remarkable pruritus. External therapy with Chinese drugs aims at clearing heat, expelling wind and alleviating itch. In the course of treatment, washing with hot water and intake of pungent or other irritating food should be avoided to prevent it from worsening.

#### Prescription 1:

Number 1: 5-10% *Liu Huang Ruan Gao* (25)

Application: Apply 5-10% *Liu Huang Ruan Gao* to the affected part, 2-3 times daily.

Notes: Avoid using this medicine to cover all over the body for a long time lest dermatitis or toxic reaction such as fever and diarrhea be induced.

#### Number 2:

Recipe: *Dian Dao San Xi Ji* (36)—No. 36 of the Attached Prescriptions.

#### Ingredients:

|  |         |
|--|---------|
| <i>Liu Huang</i> (Sulphur)             | 7.5 g   |
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 7.5 g   |
| <i>Shihuishui</i> (lime water)         | 100 ml. |

Preparation: Grind the first 2 drugs into a very fine powder and mix it with the 3rd one into a mixture called *Dian Dao San Xi Ji*.

Application: Apply *Dian Dao San Xi Ji* to the affected part, 3-4 times daily.

Notes: Avoid using this medicine to cover all over the body for a long time lest dermatitis or toxic reaction such as fever and diarrhea be induced.

#### Prescription 2:

Recipe: *Ku She Xi Ji*

#### Ingredients:

|   |      |
|---|------|
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 30 g |
| <i>Shechuangzi</i> (Fructus Cnidii)         | 30 g |
| <i>Difuzi</i> (Fructus Kochiae)             | 30 g |
| <i>Chuanjiao</i> (Pericarpium Zanthoxyli)   | 12 g |
| <i>Baifen</i> (Alumen)                      | 12 g |

Preparation: Soak the above drugs in water for 1 hour and decoct them until 15 minutes after the water boils to obtain about 2,000 ml. of decoction.

Application: When the decoction is a little warmer than the body, drip-wash the affected part with it for 20-30 minutes each time, 1-2 times daily. The decoction prepared with one dose of the drugs can be used 2-4 times. Heat it whenever use it again.

Notes: *Ku She Xi Ji* has the effects of clearing heat, expelling wind and alleviating itch. But the decoction applied shouldn't be too hot lest the disease condition be aggravated.

## 8.4 Psoriasis

Seen in men and women of all age-groups but mostly in youth and persons between 30-40 years old, psoriasis is a common erythroderma desquamativum characterized by layers of white scales on an erythema. It is similar to *Song Pi Xuan* recorded in TCM's documents.

### Etiology and Pathogenesis

1. Exogenous wind invades the body when the superficial-*Qi* is weak. It invades the muscles and skin, stays in the muscles and skin for a longer time, and turns into heat. The heat goes into the blood system, makes trouble there, and causes disorders of blood, leading to this dermatosis finally.

2. Deficiency of the liver and kidney, incoordination of the *Chong* and *Ren* channels, disharmony of the *Ying* and blood systems and imbalance of *Yin* and *Yang* of *Zang-fu* organs are all responsible for this dermatosis.

### Clinical Manifestations

Clinically, psoriasis is subclassified as the following types: ordinariness, joint, pustula and erythroderma. Type of ordinariness is most common.

#### 1. Type of ordinariness:

Skin eruption manifested as millet-to-soybean-sized red papulae or maculopapules in the beginning, which are then widened or fused into distinctly-bordered, point-or-coin-or-map-like patches with mild or serious pruritus, covered with layers of silvery white scales and looking like pine barks; semi-transparent film seen after the scales are scaled and petechial hemorrhage seen after the scales are scaled at the second time; papulae or maculopapules on the scalp which are dark red and covered with greyish white thick scales which turn hair into non-depilatory sheafs; the involved nails which are scattered with point-like pittings; focus maybe occurring all over the body but often on the scalp, the extension sides of the limbs and lumbosacral portion; abrupt onset which is seasonal, in most cases in winter and in less cases in the summer; long course during which relapse tends to occur.

Skin eruption is divided into: the active stage, the static stage and the subsidence stage.

#### (1) During the active stage:

Fresh skin eruptions appearing continually, old skin eruptions widened gradually, scales thickened, inflammation apparent, areolae round the rashes, and isomorphic reaction marked by skin eruptions of psoriasis type appearing on the skin without eruptions but with a wound or sty.

#### (2) During the static stage:

No fresh skin eruptions and no subsidence of old ones.

#### (3) During subsidence stage:

The eruptions which turn thin and shrink gradually and disappear, olipigmentation or pigmented spots seen on the locations of the disappeared eruptions.

#### 2. Type of joint:

Skin eruption of ordinary type; symptoms of rheumatoid arthritis occur such as fever and articular swelling and pain, which become serious or subside with the skin eruption; articular pathological change most probably involve small joints of fingers and toes and even major joints as well; the joints involved for a long time would turn stiff, become deformed and hard to move.

### 3. Type of pustula:

Onset usually on the palmar or plantar area in mild cases and spreading across the whole body in severe cases; skin eruption manifested as erythema on which there are small superficial pustulae each of which is as big as a needle point or a millet; negative pyoculture; chills, fever and arthralgia in cases with pustulae spreading extensively.

### 4. Type of erythroderma:

The erythroderma developed from the ordinary type or due to the administration of irritating drugs in the acute stage; manifested as infiltration, thickening or swelling of the skin, and lots of desquamation of the flush or purplish red skin of the whole body, only a few patches of normal skin left; and frequently accompanied by fever, palmar and plantar keratinization, and thickened nails of fingers and toes.

## Differentiation and Treatment

In the treatment of this dermatosis, internal therapy comes first and external therapy second. Only psoriasis of ordinary type at its static or subsidence stage and with localized skin lesion may be treated with external therapy alone. In some cases psoriasis at its acute stage may also be healed through the treatments of external therapy.

### 1. Type of wind-dryness due to heat in blood

#### Main Symptoms:

Skin lesion on the increase with bright or dark red basis, more scales, apparent cribriform hemorrhagic spots and with subjective pruritus; sore throat, thirst, dry stools and deep-colored urine.

#### Method of Treatment:

To clear heat, remove toxins, cool blood and moisten dryness.

#### Prescription:

#### Number 1:

Recipe: *Qing Liang Gao*

#### Ingredients:

|   |       |
|---|-------|
| <i>Danggui</i> (Radix Angelicae Sinensis)       | 30 g  |
| <i>Zicao</i> (Radix Arnebiae)                   | 6 g   |
| <i>Dahuang</i> [Radix et Rhizoma Rhei (powder)] | 4.5 g |
| <i>Huangla</i> (wax)                            | 120 g |
| <i>Mayou</i> (Oleum Sesami)                     | 480 g |

Preparation: Soak *Danggui* and *Zicao* in *Mayou* in a pot for 2-3 days, heat them on fire until they are scorched and filter them with the medicated oil left. When the oil is cooled, put *Dahuang* and *Huangla* into the pot and stir them evenly to obtain

an ointment.

Number 2:

Recipe: *Qing Dai Qing Liang Gao*

Ingredients:

|  |      |
|--|------|
| <i>Qingdai</i> [Indigo Naturalis (powder)] | 5 g  |
| <i>Qing Liang Gao</i>                      | 95 g |

Preparation: Mix the above drugs evenly into a new ointment called *Qing Dai Qing Liang Gao*.

Application: Wash the affected part with warm water and soap to have the scales cleared up and coat it with *Qing Dai Qing Liang Gao* 1-2 times daily.

Notes: With gentle nature and without irritation, *Qing Dai Qing Liang Gao* has the effects of clearing heat, removing toxins, cooling blood and moistening dryness. Used as an adjuvant, it is indicated for psoriasis of this type (psoriasis at its acute stage). If its ingredient *Qing Liang Gao* is prepared in summer, the amount of *Huang* should be increased to 180 g.

2. Type of wind-dryness due to deficiency of blood

Main Symptoms:

Dry or maybe cracked and not enlarging skin lesion with light or dark red basal layers of desquamation and subjective pruritus; and the possible occurrence of a few new papulae.

Method of Treatment:

To clear heat, moisten dryness, scrap scales and alleviate itch.

Prescription 1:

Recipe: 5% *Hong Sheng Dan Gao*

Ingredients:

|   |      |
|---|------|
| <i>Hongshengdan</i> (Hydrargyrum Oxydum Rubrum) | 5 g  |
| <i>Fanshilin</i> (vaseline)                     | 95 g |

Preparation: Mix the above drugs evenly into an ointment. This ointment is called as 5% *Hong Sheng Dan Gao*.

Application: Coat the affected part with this ointment, once daily.

Notes: With the effects of moistening dryness, scraping scales, removing toxins and alleviating itch, 5% *Hong Sheng Dan Gao* is indicated for psoriasis of this type (psoriasis at its static or diminishing stage). It is not to be used for patients who are allergic to mercury.

Prescription 2:

Recipe: *Qu Xie Wan*

Ingredients:

|                                   |                 |
|-----------------------------------|-----------------|
| <i>Maqianzi</i> (Semen Strychni)  | 35 g            |
| <i>Zhusha</i> (Cinnabaris)        | 6 g             |
| <i>Hetaoren</i> (Semen Juglandis) | 12 g            |
| <i>Shuiyin</i> (mercury)          | 35 g            |
| <i>Mayou</i> (Oleum Sesami)       | a proper amount |

**Preparation:** Boil *Maqianzi* in *Mayou* until it expands, take it out and grind it into a fine powder. *Hetaoren* is parched in an iron pot until scorched and grind it into a fine powder. Mix the powders of *Maqianzi*, *Hetaoren* and *Zhusha* evenly into a mixture. Add *Shuiyin* to a proper amount of *Mayou* and mix them evenly. The mixture and the *Mayou* containing *Shuiyin* are made into 15 boluses, each one as big as a yolk. This bolus is called *Qu Xie Wan*.

**Application:** Put 1 bolus on the navel which has been washed clean and fix it with a piece of gauze. Dressing change is to be made daily.

**Notes:** Once eczematoid skin lesion occurs, stop the treatment at once.

3. Type of abundant heat

**Main Symptoms:**

Burning-flush or dark red skin of the whole body on which are layers of desquamation or crowded small pustulae; fever, thirst, dry stools and deep-colored urine.

**Method of Treatment:**

To clear heat and remove toxins.

**Prescription:**

Number 1: *Jie Du Xi Yao* (9)

Number 2: *Qing Dai San You* (27)

**Preparation:** Soak the drugs of *Jie Du Xi Yao* in 2,000 ml. of water for 1 hour and decoct it until 15 minutes after the water boils to obtain the decoction.

**Application:** When the decoction is warm, carry out drip-washing or wet compress with it on the affected part for 20-30 minutes. Then, the affected part is wiped and coated with *Qing Dai San You*. The treatment is to be repeated 1-2 times daily.

**Notes:** If there is extensive skin lesion, 2-3 doses of *Jie Du Xi Yao* can be used at one time with the same concentration. Psoriasis of this type is usually severe. To ensure the curative effects, oral medicine must also be given.

## 8.5 Ichthyosis

With its onset usually in babies and infants and often with family history, ichthyosis is a common dermatosis due to congenital dyskeratosis characterized by dry and rough skin looking like fish scales, focus usually on the extension sides of the limbs, no subjective symptoms, mildness in summer but seriousness in winter. It is called *She Pi Xuan* in TCM.

### Etiology and Pathogenesis

Congenital insufficiency of *Ying*-blood leads to deficiency of blood. Deficiency of blood has wind produced. Abundant wind will turn into dryness. Dryness makes the skin fail to be nourished. And this dermatosis results.

### Clinical Manifestations

The onset often in a newborn or infant; focus on the extension sides of the limbs in mild cases, expanding to the whole body in severe cases and usually not involving

the flexion sides of the limbs and the face; mild or severe skin lesions, the typical one of which is marked by rhombic or polygonal dark brown or black scales with projecting edges attached closely to the skin which are hard to strip, between which there are weaving white fissures shaped like fish-scales or a snake skin; pachylosis, xerosis cutis and cutaneous hypohidrosis due to hyposecretion of the sebaceous glands and sweat glands, often accompanied by palmar and plantar hyperkeratosis; no subjective symptoms in general except general discomfort due to dyshidrosis and even mild fever in some cases; the symptoms worsened a little in winter but relieved or diminishing in summer; a long course due to retardative cure.

### Differentiation and Treatment

Both internal and external therapies are used to treat this dermatosis with internal one coming first. External therapy is based on the principle of nourishing blood, moistening skin and soften hard mass.

#### Prescription 1:

Recipe: *Run Fu Gao*

#### Ingredients:

|   |                 |
|---|-----------------|
| <i>Zaojia</i> (Gleditsia Sinensis)                | 9 g             |
| <i>Baiji Jingao</i> (Extractum Rhizoma Bletillae) | 12 g            |
| <i>Dingxiang You</i> (Oleum Flos Caryophylli)     | a proper amount |
| <i>Baila</i> (white wax)                          | a proper amount |
| <i>Mayou</i> (Oleum Sesami)                       | a proper amount |
| <i>Fanshilin</i> (vaseline)                       | a proper amount |

Preparation: Mix the above drugs evenly into an ointment. This ointment is called as *Run Fu Gao*.

Application: Melt *Run Fu Gao* and apply it thinly to the affected part, 1-2 times daily.

Notes: *Run Fu Gao* can have the dry and rough skin moistened and scales softened and removed.

#### Prescription 2:

Recipe: *Run Ji Gao* (34)

Application: Apply *Run Ji Gao* thinly to the affected part, 1-2 times daily.

Notes: In the course of treatment, wash the affected part with warm water and soap (1-2 times a week) will bring better curative effects.

#### Prescription 3:

Recipe: *She Pi Ling Gao*

#### Ingredients:

|   |      |
|---|------|
| <i>Danggui</i> (Radix Angelicae Sinensis)   | 30 g |
| <i>Jianghuang</i> (Rhizoma Curcumae Longae) | 60 g |
| <i>Baiji</i> (Rhizoma Bletillae)            | 30 g |
| <i>Huaihua</i> (Flos Sophorae)              | 25 g |
| <i>Zicao</i> (Radix Arnebiae)               | 10 g |
| <i>Gancao</i> (Radix Glycyrrhizae)          | 30 g |

|   |       |
|---|-------|
| <i>Qingfen</i> (Calomelas)              | 6 g   |
| <i>Bingpian</i> (Borneolum Syntheticum) | 6 g   |
| <i>Baila</i> (white wax)                | 90 g  |
| <i>Mayou</i> (Oleum Sesami)             | 600 g |

**Preparation:** Grind all the above drugs except *Baila* and *Mayou* together into a very fine powder. Heat *Mayou* and pour it into *Baila* to have it melted. When this *Mayou* with *Baila* is cooled, mix it with the very fine powder into an ointment. This ointment is called as *She Pi Ling Gao*.

**Application:** Apply *She Pi Ling Gao* thinly to the affected part, twice daily, in the morning and evening. Wash the affected part with a basin of warm water containing a spoonful of salt, twice a week. 20 days constitute 1 course of treatment.

**Notes:** According to a report by combining the treatments of *She Pi Ling Gao* and oral Chinese drugs to treat ichthyosis good curative effects have been achieved. The 126 cases to be treated were divided into 2 groups: the therapeutic group and the control group, with 84 cases in the former and 42 in the latter. Cases in the therapeutic group were treated with both *She Pi Ling Gao* and oral Chinese drugs, while those in the control group, with both 15% urea frost and oral Chinese drugs. The recent curative effects attained after 4 courses of treatment were: 98.8% total effective rate was achieved in the therapeutic group, while 59.5% in the control group. The remote curative effects found through 2-year-later-follow-up survey of those cured or greatly improved in the 2 groups were: 96.6% total effective rate was obtained in the therapeutic group, while 33% in the control group.

## 9. Disorders of Cutaneous Appendages

### 9.1 Acne Vulgaris

With its occurrence mainly on the face, chest and back of a male or female in adolescence, acne vulgaris is a common steatosis of hair follicle. It is called as *Fen Ci* or *Zuo* in TCM.

#### Etiology and Pathogenesis

1. Face fumigated by the blood-heat of the Lung Channel.
2. Heat accumulated in the spleen and stomach due to improper diet or over-intake of fatty, sweet or heavy food combined with exogenous wind.

#### Clinical Manifestations

Comedo, a papula as big as a needle tip, appears at first; the greyish white or skin-colored comedo is called "comedo with white tip," the comedo whose top is black is called "comedo with black tip;" a cream white or yellowish white fat embolism would be oozing out of a comedo when squeezed or pressed with fingers; a bigger red papula as big as a millet or red bean would occur due to an infection secondary to comedo; a small pustula may be seen on top of a comedo; a node, abscess, cystis

or scar may occur due to a comedo; a comedo would often be accompanied by hypersteatosis; comedoes usually would be located on the areas with abundant sebaceous glands such as the face, shoulders, chest and back; there are no subjective symptoms in general except for mild or serious pruritus in more severe cases; there is a long course during which comedoes would appear and disappear here and there and become mild or severe now and then; self-healing or diminishing would take place in most cases after adolescence.

### Differentiation and Treatment

In treating mild cases mere external therapy is used, but internal therapy should be added to treat severe cases. External therapy with Chinese drugs is often based on the principle of clearing heat, removing toxins, dispelling dampness and eliminating blood stasis.

#### Prescription 1:

Recipe: *Dian Dao San Xi Ji* (36)

Application: Shake the decoction of *Dian Dao San Xi Ji* fully before use and then apply it to the affected part with a cotton stick soaked with it. 3-4 times daily.

#### Prescription 2:

Recipe: *Zuo Chuang Cha Ji*

#### Ingredients:

|  |      |
|--|------|
| <i>Liuhuang</i> (Sulphur)              | 5 g  |
| <i>Kufan</i> (Alumen Exsiccatum)       | 10 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 5 g  |
| <i>Huanglian</i> (Rhizoma Coptidis)    | 3 g  |
| <i>Huangbai</i> (Cortex Phellodendri)  | 3 g  |

Preparation: Grind the above drugs together into a fine powder, sift it with a sieve of No. 7 and mix it with 70 ml. of cold boiled water into a thin paste called *Zuo Chuang Cha Ji*.

Application: Shake *Zuo Chuang Cha Ji* fully before bed time in the evening, apply it to the affected part at once with a piece of sterile absorbent cotton, and remove it the next morning. The treatment is to be repeated for 7-30 days.

Notes: *Zuo Chuang Cha Ji* has the effects of clearing heat, removing toxins, drying dampness and eliminating blood stasis. It is not to be kept more than 30 days in the winter and not more than 10 days in the summer.

#### Prescription 3:

Recipe: *Lu Hui Mei Rong Gao*

#### Ingredients:

|   |                 |
|---|-----------------|
| <i>Xuehuagao</i> (ordinary vanishing cream) | a proper amount |
| <i>Luhui</i> (5-7% fresh aloe)              | a proper amount |

Preparation: Mix the above two ingredients into a medicated cream called *Lu Hui Mei Rong Gao*.

Application: Apply *Lu Hui Mei Rong Gao* in the same way as ordinary vanishing cream but a little more in amount. Apply it only in the morning for mild cases, in



the morning and evening for moderate cases and 3 times, in the morning, afternoon and evening, for severe cases.

Notes: Cold in nature and bitter in flavor, *Luhui* has the action of clearing heat and dispelling dampness. And it is efficacious in treating acne vulgaris. According to clinical observations, it is particularly indicated for a comedo with pus-tip, swelling or secretion due to pathogenic dampness.

## 9.2 Brandy Nose

With its onset usually in the middle-aged group, brandy nose, also called as rosacea, is a chronic dermatosis due to dysfunction of the vasomotor ataxia, usually accompanied by papula, pustula and characterized by flush and telangiectasis of the affected part.

### Etiology and Pathogenesis

1. Up-going of blood-heat through the Lung Channel.
2. Up-going-to-face of heat due to over-intake of spirits.
3. Up-going of heat produced in the stomach and intestines due to over-intake of pungent or heavy food and complicated by exogenous cold.

### Clinical Manifestations

Marked by skin lesion seen first on the middle part of the face and the apex and wings of the nose then on the cheeks and forehead in most cases, only on the cheeks and forehead in a small number of cases; accompanied by seborrhea in most cases; three clinical stages without obvious demarcation line between them.

#### 1. Stage of erythema:

Temporary, paroxysmal and diffusely-distributed erythemas become remarkable when the patient is exposed to cold wind or given irritating food or gets excited; on prolonged erythemas telangiectasis like a twig would appear; development of stage of erythema into the stage of papula would take several years in some cases.

#### 2. Stage of papula:

Some usually-scatteredly-distributed, comedo-like, small papulae, especially those on the apex of the nose, will turn into small pustulae; skin color of the affected part changes gradually from bright red to purplish brown; there is obvious arachnoid telangiectasis; development of stage of papula into the stage of hammer-nose in a very small number of cases would take several years.

#### 3. Stage of hammer-nose:

Marked by proliferated and thickened tissue of the nose, nodular hypertrophy developed from the papula at the apex of the nose and uneven surface of the nose.

This disorder has no subjective symptoms in general except mild itch but has a long course.

### Differentiation and Treatment

In treating this disorder, internal or external therapy may be used alone, or both

of them are used in combination. External treatment with Chinese drugs is aimed at clearing heat, drying dampness, killing worms and eliminating blood stasis. It would bring good curative effects when used for brandy nose at its erythematous or papular stage. In the course of treatment, irritating food and irritation of the face due to cold or heat should be avoided and the patient should keep himself in a calm mood.

Prescription 1:

Recipe: *Dian Dao San* (35)-No. 35 of the Attached Prescriptions.

Ingredients:

|  |            |
|--|------------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 5 portions |
| <i>Liuhuang</i> (Sulphur)              | 5 portions |

Preparation: Grind the 2 drugs together into a fine powder called *Dian Dao San*.

Application: Mix 5 g of *Dian Dao San* with a proper amount of cold boiled water into a paste. Before bed time in the evening, paint the affected part thinly with a writing brush or an ordinary brush with soft hair coated with the paste, and wash it off the following morning. One course of treatment involves 2 weeks and 2-3 courses without interruption are usually needed.

Notes: *Dian Dao San* is indicated for brandy nose at its erythematous or papular stage. The treatment should be stuck to the end, for this disorder lasts longer and tends to relapse due to sunshine, wind, cold or irritating diet. The dosage of *Dian Dao San* is not limited to the prescribed prescription and may be decided according to the area of the skin lesion.

Prescription 2:

Recipe: *Mao Nang Chong Hu Ji*

Ingredients:

|  |       |
|--|-------|
| <i>Liuhuang</i> (Sulphur)                      | 20 g  |
| <i>Baijianggong</i> (ammoniated mercury)       | 10 g  |
| <i>Ercha</i> (Catechu)                         | 20 g  |
| <i>Kufan</i> (Alumen Exsiccatum)               | 5 g   |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)         | 10 g  |
| <i>Langdu</i> (Radix Euphorbiae Ebracteolatae) | 10 g  |
| <i>Fanshilin</i> (vaseline)                    | 100 g |

Preparation: Grind *Liuhuang*, *Baijianggong* and *Kufan* into a fine powder. Decoct *Dahuang*, *Langdu* and *Ercha* in about 500 ml. of water until 15 minutes after the water boils and filter them with the decoction left. Heat the decoction again until it is concentrated into a thin paste. Mix the paste with the powder and *Fanshilin* into a final paste called *Mao Nang Chong Hu Ji*.

Application: Apply *Mao Nang Chong Hu Ji* thinly to the affected part, 3 times daily.

Notes: As a proven prescription, *Mao Nang Chong Hu Ji* has the effects of killing worms and eliminating blood stasis. The treatment will bring basical cure in 4-6 weeks. But the paste shouldn't be kept long. What is prepared at one time should be used within 3 months.

**Prescription 3:**Recipe: *Da Feng Zi Gao***Ingredients:**

|  |                 |
|--|-----------------|
| <i>Dafengzi</i> (Semen Hydnocapi)        | 6 g             |
| <i>Hetaoren</i> (Semen Juglandis)        | 6 g             |
| <i>Shuiyin</i> (mercury)                 | 6 g             |
| <i>Chaye</i> (Folium Camelliae Sinensis) | 6 g             |
| <i>Mayou</i> (Oleum Sesami)              | a proper amount |

**Preparation:** Grind *Chaye* and *Shuiyin* together until the latter disappeared from sight in the mixture. Break *Dafengzi* and *Hetaoren* into bits. Grind the bits and the mixture together into powder. And, finally, mix the powder with *Mayou* into a paste.

**Application:** Coat the affected part with the paste, once every morning.

**Notes:** *Da Feng Zi Gao* is not to be used for patients who are allergic to mercury. Its use should be stopped immediately once local dermatitis appears, and the patient should be treated in time with cold compress with 2% boric acid water or other methods. After the dermatitis is cured, small dosage of *Da Feng Zi Gao* may be used to continue the treatment.

### 9.3 Syndrome of Seborrhea

With its occurrence usually in the young and people between 30-40 years old, syndrome of seborrhea refers to hypersteatosis due to dysfunction of the sebaceous glands. It is included in *Mian You Feng* and *Bai Xie Feng* in TCM.

#### **Etiology and Pathogenesis**

1. This disorder is due to pathogenic wind which invades the skin through sweat pores, stays there for a long time, leads to blood-heat, makes the skin fail to be nourished.
2. Or dampness and heat due to over-intake of fatty, sweet or heavy food go upwards, stay in the muscles and skin, and cause this disorder.

#### **Clinical Manifestations**

Manifested by a skin lesion usually on the parts where there are plenty of sebaceous glands such as the scalp and face; seborrhea subdivided clinically into oily one and dry one.

##### **1. Oily seborrhea:**

Hypersteatosis; oily and bright hair, scalp and face with the cheeks and nose particularly so; widened follicular orifices on the nose, from which yellowish white fat embolisms may be squeezed out.

##### **2. Dry seborrhea:**

Greyish white tiny scales all over the scalp, which tend to exfoliate; new scales appearing following the exfoliation of the old ones; scales fluttering to the floor when the head is scratched or the hair is combed; the hair becoming thinned, softened and crisped as time passes by, and easy to break and exfoliate; subjective pruritus on the

scalp; common complications such as juvenile acne, seborrheic dermatitis, seborrheic baldness and folliculitis.

### Differentiation and Treatment

Internal therapy alone or both internal and external therapies are used to treat this disorder. In the course of treatment, the patient should be asked to lead a regular life, be in a calm mood, eat a diet with more fresh vegetables and fruits, and avoid sweet, fatty or irritating food.

#### 1. Oily seborrhea

##### Main Symptoms:

With a skin lesion usually on the face, hypersteatosis, particularly oily and bright skin, widened and opened follicular orifices.

##### Method of Treatment:

To dry dampness, astringe, and clear heat.

##### Prescription 1:

##### Number 1:

Recipe: *Dian Dao San* (35)

Application: Take a proper amount of *Dian Dao San* according to the area of the skin lesion and mix it with a proper amount of warm boiled water into a paste. In the evening, wash the affected part clean with warm water and soap and coat it with the paste. The following morning, remove the applied paste from the affected part.

Notes: Polychromia is seen on the follicular orifices of the nose in some cases after *Dian Dao San* is applied. This may be related to the greatly-widened follicular orifices, hypersteatosis and the accumulation of sebum, the yellowish brown medicine and dirt. In such a case the patient should be asked to wash his affected part with warm water and soap in order to remove the local sebum before *Dian Dao San* is applied. If this doesn't help, *Dian Dao San* should be replaced by some other medicine.

##### Number 2:

Recipe: *Dian Dao San Xi Ji* (36)

Application: Paint the affected part with the decoction of *Dian Dao San Xi Ji*, 2-3 times daily.

Notes: Same as that of *Dian Dao San*.

##### Prescription 2:

##### Ingredients:

|                                      |      |
|--------------------------------------|------|
| <i>Tougucao</i> (Caulis Impatientis) | 30 g |
| <i>Zaojiao</i> (Spina Gleditsia)     | 30 g |
| <i>Baifan</i> (Alumen)               | 60 g |

Preparation: Soak the above drugs in 2,000 ml. of water for 1 hour and decoct them until 15-20 minutes after the water boils to obtain the decoction.

Application: When the decoction is a little warmer than the body, drip-wash with it the affected part with a piece of clean gauze for about 30 minutes each time, 1-2 times daily. The decoction prepared with one dose of the drugs can be used 2-6 times. Heat it when use it again.

Notes: Hypersteatosis and oily, bright skin are included in the syndrome of dampness in TCM. The 3 ingredients of this prescription can work together to release the very action of astringing dampness, having the symptoms relieved step by step. In addition, this prescription has the effects of clearing heat, removing toxins, promoting blood circulation and subduing swelling. As a result, when it is used, secondary infection may be prevented and treated.

## 2. Dry seborrhea

### Main Symptoms:

Marked by dry scalp with layers of white scales easy to exfoliate, new scales tending to appear after the exfoliation of the old ones, with subjective pruritus.

### Method of Treatment:

To moisten skin and get rid of scales and expel wind to alleviate itch.

### Prescription 1:

Recipe: *Run Ji Gao* (34)

Application: Wash the affected part with warm water and soap, wipe it and coat it with *Run Ji Gao*, twice daily.

Notes: *Run Ji Gao* has the effects of moistening skin, clearing heat, alleviating itch and getting rid of scales. But it is oily. And it should be applied thinly and rubbed again and again with a finger.

### Prescription 2:

Recipe: *Bai Xie Feng Ding*

### Ingredients:

|  |           |
|--|-----------|
| <i>Shechuanngzi</i> (Fructus Cnidii)       | 40 g      |
| <i>Kushen</i> (Radix Sophorae Flavescents) | 40 g      |
| <i>Tujingpi</i> (Cortex Pseudolaricis)     | 20 g      |
| <i>Bohenao</i> (menthol)                   | 10 g      |
| <i>Jiujing</i> (75% alcohol)               | 1,000 ml. |

Preparation: Soak *Shechuanngzi*, *Kushen* and *Tujingpi* in 80 ml. alcohol for 6 hours, mix them with the rest of the alcohol and filter them through diacolation to get the medicated alcohol, a tincture. If the quantity of the tincture is less than 1,000 ml., 75% alcohol is added to make up the deficiency. Finally, *Bohenao* is put into the tincture to obtain the final tincture called *Bai Xie Feng Ding*.

Application: Apply *Bai Xie Feng Ding* to the affected part with a cotton ball soaked with it 3 to 5 times daily.

Notes: In addition to the effects of expelling wind and getting rid of scales, *Bai Xie Feng Ding* is especially effective in alleviating itch and particularly indicated for seborrhea with layers of scales and serious pruritus. Be careful not to let the tincture got into the eyes and don't apply it to the part with erosion.

### Prescription 3:

### Ingredients:

|             |           |
|-------------|-----------|
| egg         | 3 ones    |
| clear water | 2,000 ml. |

**Preparation:** Heat some water up to boiling, pour it into a basin and let it cool down to about 40°C. Break the eggs shells and put the whites and yolks into the water and stir it evenly. Wash the head with this water first for 20-30 minutes and then with clear warm water. The treatment is to be repeated daily.

**Notes:** The white of egg has the effects of nourishing *Yin*, moistening dryness, clearing heat and subduing swelling. Many prescriptions were recorded in ancient medical books about how eggs are applied to get rid of scales. Experiences have proved their curative effects.

## 9.4 Seborrheic Dermatitis

Usually attacking adults and infants, seborrheic dermatitis is an inflammatory dermatosis at where seborrhea exists. It tends to spread from the head downwards to the parts where there is seborrhea. With mild or serious pruritus, it is similar to *Mian You Feng* and *Bai Xie Feng* is TCM.

### Etiology and Pathogenesis

1. Long-time accumulation of exogenous wind-heat in the interior impairs and weakens blood. When blood is weakened, wind-dryness is produced in the interior. When this wind-dryness gets to the muscles and skin and stays there, the muscles and skin would be weakened and seborrhea dermatitis results.

2. Damp-heat accumulated in the intestines and stomach due to over-intake of fatty, sweet, heavy and pungent food or spirits combines with wind settled down in the muscles and skin could also lead to this disorder.

### Clinical Manifestations

Usually, the focus is localized on, or originating from, the head. It spreads to the face, external ear, axillary fossa, scapular region, umbilicus, pubis and groin when the symptoms are aggravated, and occurs mostly on the parts with more sebum, hair or sweat, seldom throughout the body unless the case is very serious. Usually, skin lesion is manifested at first as red small papulae around hair follicles, then, fuse into differently-sized, irregularly-bordered, yellowish red erythemas. The skin lesion is clinically subdivided into type of scale and type of scab. The former is manifested as patches of erythemas with greasy scales; while the latter, mostly seen in infants, as yellow thick scabs made up of greasy scales and exudate. Skin lesion is manifested differently due to its different sites such as the head, face ear, trunk and rugosities. The lesion on the head is manifested as patchy, greyish-white, chaff-like scales with a little red bases and mild pruritus in mild cases, as greasy, squamous, map-like, patchy erythemas with exudate and thick scabs in severe cases, and as the whole scalp covered with greasy thick scabs with foul odor in very severe cases. The lesion on the face is manifested as erythemas with oily scales on the superciliary arch and nasolabial groove. The lesion on the ear is manifested as erosion, yellow scabs or rhagas. The lesion on the trunk is manifested as round or elliptical, or circular or polycircular like pityriasis rosea, yellowish red or light red patchy erythemas which,

scattering or fusing, are located often on the skin of the chest and scapula and covered it with oily scales. The lesion on the rugosities is manifested as yellowish red squamous erythemas often with eczematoïd erosion which are usually located on the groin, axillary fossa, gluteal groove, a male's scrotum or a female's inframammary region. The course is long, during which pruritus often appears. There exist infiltration and thickening of the skin and other manifestations in chronic dermatitis due to prolonged course.

### Differentiation and Treatment

Both internal and external therapies are usually used in combination and external therapy could be used alone if the symptoms are mild.

#### 1. Type of damp-heat

##### Main Symptoms:

Marked by flush and itching skin eruption on which there are greasy scales, and even erosion, exudate and scabs; choking sensation in the chest; bitter mouth; anorexia.

##### Method of Treatment:

To clear heat, astringe dampness, expel wind and alleviate itch.

##### Prescription 1:

Number 1: *Zao Shi Xi Yao* (24)

Number 2: *Huang Bai San* (23)

Application: Soak the drugs of *Zao Shi Xi Yao* in water for 1 hour and decoct them until 15 minutes after the water boils to obtain about 1,000 ml. of decoction. When the decoction is cooled down to about 30°C, carry out wet compress or drip-washing with it on the affected part for 20-30 minutes, twice daily. In the interval of every 2 times of wet compress or drip-washing, dust the powder of *Huang Bai San* onto the affected part. If it is difficult to make it stick to the affected part, the powder may be mixed with vegetable oil into a paste. Apply the paste to the affected part and make it about 0.05-0.1 cm thick.

Notes: Prescription 1 is mainly indicated for skin lesion with erosion and exudate. Number 2 *Huang Bai San* is usually applied to the part where there is no hair or the hair has been cut off or is short.

##### Prescription 2:

Recipe: *Zhu Dan Zhi*

##### Ingredient:

fresh pig gallbladder

one

Preparation: Pour the bile of the fresh pig gallbladder into a basin with about 2,000 ml. of warm water and stir it evenly.

Application: Drip-washing is conducted with the water containing pig bile with a piece of clean gauze for 30 minutes daily. In the course of drip-washing, the lipid scales and scabs should be removed as many as you can.

Notes: The bile of a pig has the action of clearing heat and removing toxins. Modern pharmacological studies have proved that it can reduce inflammation,

restrain bacteria and resist allergy. The method of drip-washing with water containing pig bile is particularly suitable for infantile seborrhea dermatitis. It may have the erosion and exudate astringed and dried, and thicker lipid scales and scabs softened and removed.

The pig gallbladder must be kept fresh when it is used. The scales and scabs should not be scraped with force.

**Prescription 3:**

**Recipe:** *Xiao Fan Xi Yao* (14)

**Preparation:** Put 30 g of *Xiao Fan Xi Yao* into a basin, and infuse and dissolve it with 1,000 ml. of boiling water.

**Application:** When the water containing *Xiao Fan Xi Yao* is just a little warmer than the body, wash the affected part with it for 20-30 minutes every or every other day.

**Notes:** In treating a seborrhea dermatitis of damp type with more sebum, the patient is asked to wash his head first with warm water and soap in order to have the sebum removed, then with the water containing *Xiao Fan Xi Yao*, and finally with clear water. According to the writer's observation, the hair will be greasy, uncomfortable and hard to comb if it is washed only with the water containing *Xiao Fan Xi Yao*.

**Prescription 4:**

**Recipe:** *Run Ji Gao* (34)

**Application:** Wash the affected part clean with warm water and soap and coat it with *Run Ji Gao* twice daily.

**Notes:** *Run Ji Gao* is indicated for seborrhea dermatitis of wind-dry type marked by dry scales and pruritus. Greasy, it should be applied thinly and rubbed over and over with a finger on the affected part. When it is applied the hair should be cut short or shaved beforehand.

## 9.5 Seborrheic Baldness

With its onset usually on the scalp of an adult with more sebum or white scales, seborrheic baldness is a common dermatosis characterized by pruritus on the scalp and exfoliation of hair which looks like has been bitten off by insects. That's why it is called *Zhu Fa Xuan* and *Fa Zhu Tuo Fa* in TCM.

### Etiology and Pathogenesis

1. Prolonged brain-racking, mental stress and irritability consume and impair Yin-blood and lead to Yin-deficiency and abundant heat, causing this disorder.
2. Dampness and heat accumulated due to over-intake of fatty, sweet or pungent food go upwards to the scalp to make the hair unable to be nourished, leading to the loosening of its roots and exfoliation in turn, and causing this disorder.

### Clinical Manifestations

Exfoliation of hair occurs first on the two frontal angles and then on the vertex.



In the beginning, the hair becomes thinned, softened and easily broken and exfoliated; as time passes by, there would be only sparse hair left. In severe cases with baldness of the super forehead and vertex, there is perhaps a little short hair on the bald scalp. In cases of oily seborrhea, the greasy and bright scalp seems to be coated with some oil. In cases of dry seborrhea there are a large amount of greyish white, chaff-like scales and dry, dark hair on the scalp. Remarkable pruritus on the scalp occurs almost in all cases.

### Differentiation and Treatment

Generally speaking, internal therapy is integrated with external one to treat this dermatosis. But the latter may also be used alone. In addition to the treatment with drugs, the patient should be asked to: avoid prolonged mental stress and brain-racking, limit the intake of fatty, pungent or other irritating food and eat more vegetables and fruits.

#### 1. Oily Type

##### Main Symptoms:

Marked by exfoliation of hair, oily and bright scalp and hair, or lipid scales on the scalp, subjective pruritus.

##### Method of Treatment:

To promote regeneration of hair, clear heat, dry dampness and alleviate itch.

##### Prescription 1:

##### Ingredients:

|                                   |      |
|-----------------------------------|------|
| <i>Sangbaipi</i> (Cortex Mori)    | 30 g |
| <i>Cebaiye</i> (Cacumen Biotae)   | 30 g |
| <i>Zaojiao</i> (Spina Gleditsiae) | 30 g |

Preparation: Soak the above drugs in 2,000 ml. of water, decoct them until 15 minutes after the water boils and filter them to obtain the decoction.

Application: When the decoction is not scalding hot drip-wash the head with it for 30 minutes daily.

Notes: Besides promoting regeneration of hair, this prescription can clear heat, dry dampness and alleviate itch. It is particularly suitable for seborrheic baldness with more sebum and remarkable pruritus. This treatment could be strengthened by taking oral Chinese drugs and regular washing of the head with sulfur soap or other kinds of medicated soap.

##### Prescription 2:

##### Recipe: *Ce Bai Ye Ding*

##### Ingredient:

|                                 |      |
|---------------------------------|------|
| <i>Cebaiye</i> (Cacumen Biotae) | 60 g |
|---------------------------------|------|

Preparation: Cut *Cebaiye* into bits, soak it in 250 ml. of 60% alcohol for 7 days and filter it to obtain the medicated alcohol called *Ce Bai Ye Ding*.

Application: Apply *Ce Bai Ye Ding* to the part where the hair has exfoliated for 5 minutes each time, 3 times daily.

Notes: This prescription has the same effects, and could be strengthened in the

same way as Prescription 1. Weaker than Prescription 1 in dispelling dampness and alleviating itch, it is more simple and easy to perform.

## 2. Dry Type

### Main Symptoms:

Marked by exfoliation of hair, less sebum, withered hair or greyish white dandruff scales, and pruritus.

### Method of Treatment:

To promote regeneration of hair, dispel dampness, get rid of scales and alleviate itch.

### Prescription:

Recipe: *Chuan Jiao Ding*

### Ingredients:

|   |         |
|---|---------|
| <i>Chuanjiao</i> (Pericarpium Zanthoxyli) | 10 g    |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 10 g    |
| <i>Yejuhua</i> (Flos Chrysanthemi Indici) | 10 g    |
| <i>Jiujing</i> (75% alcohol)              | 250 ml. |

Preparation: Soak the first 3 drugs in the last for 3 days and filter them to get the medicated alcohol called as *Chuan Jiao Ding*.

Application: Apply *Chuan Jiao Ding* to the part where the hair has exfoliated and rub it for 5 minutes 2-3 times daily.

Notes: As a proven prescription for the treatment of seborrheic baldness, *Chuan Jiao Ding* has the effects of promoting regeneration of hair, moistening hair and skin, getting rid of scales and alleviating itch. It is especially indicated for cases with exfoliated hair and serious pruritus on the scalp. While *Chuan Jiao Ding* is applied, rub the bald part until the skin looks slightly red in order to stimulate local blood circulation and promote regeneration of hair.

## 9.6 Alopecia Areata

With its possible onset in people of all ages, but mostly in the young and 30-40 years age-group, and usually due to overfatigue, hypsomnia and mental disturbance, alopecia areata is a dermatosis characterized by sudden exfoliation of patches of hair and no inflammation and subjective symptoms on the bald part. It is called as *Yong Feng* in the documents of TCM.

### Etiology and Pathogenesis

The causative factors of this disorder include:

1. Deficiency of blood: When blood is deficient, the skin fails to be nourished, the muscles dysfunction with the sweat pores opened, and then exogenous wind takes the chance to invade. When the invaded wind is abundant, endogenous heat would be produced in the blood. When there is heat in the blood, the hair would exfoliate.
2. Emotional disorder and overfatigue: When emotion is disturbed, the liver-*Qi* is stagnated. When the heart-*Qi* is impaired due to overfatigue, the flow of *Qi* is

disturbed and blood stasis is formed.

Under this condition, *Qi* and blood cannot go upward to nourish the hair. The under nourished hair would exfoliate.

3. Deficiency of both the liver and kidney: It's the liver that sustains the blood and hair and it's the kidney that sustains the bone which is closely related to hair. Therefore, when the liver and kidney are deficient, the hair would exfoliate.

### Clinical Manifestations

Its sudden onset often marked by patchy exfoliation of hair, which would be noticed inadvertently or found by others; round, elliptical or irregular, smooth, distinctly-bordered calvous areas in different-size and number, which may be unchanged or widened or increased in number; complete baldness marked by alopecia involving most of or the whole of the scalp; thorough baldness marked by exfoliation of the hair throughout the body including the eyebrow, eyelash, beard, axillary hair, pubis and fine hair; no subjective symptoms in general except for possible mild pruritus; probable general symptoms include dizziness, vertigo, irritability, insomnia and dreamfulness; a long course during which, automatic cure or repeated attacks are possible.

### Differentiation and Treatment

Internal or external therapy, or both may be used to treat this dermatosis. When calvous areas are many and large with general symptoms, internal therapy is the first choice.

#### 1. Type of wind-dryness due to deficiency of blood

##### Main Symptoms:

Recent onset of exfoliation of hair with mild or serious pruritus, even dizziness and insomnia.

##### Method of Treatment:

To nourish blood, expel wind and promote regeneration of hair.

##### Prescription:

Recipe: *Hai Ai Tang Jia Wei*

##### Ingredients:

|  |      |
|--|------|
| <i>Aiye</i> (Folium Artemisiae Argyi)            | 6 g  |
| <i>Juhua</i> (Flos Chrysanthemi)                 | 6 g  |
| <i>Gaoben</i> (Rhizoma Ligustici)                | 6 g  |
| <i>Manjingzi</i> (Fructus Viticis)               | 6 g  |
| <i>Fangfeng</i> (Radix Ledebouriellae)           | 6 g  |
| <i>Bohe</i> (Herba Menthae)                      | 6 g  |
| <i>Jingjiesui</i> (Spica Schizonepetae)          | 6 g  |
| <i>Huoxiang</i> (Herba Agastachis)               | 6 g  |
| <i>Gansong</i> (Radix seu Rhizoma Nardostachyos) | 6 g  |
| <i>Danggui</i> (Radix Angelicae Sinensis)        | 15 g |

Preparation: Soak all the above drugs in about 2,000 ml. of water, decoct them

until about 10 minutes after the water boils and pour them into a basin along with the decoction.

Application: While the decoction is hot, steam the face over it. When the decoction becomes not scalding hot, wash the affected part with it with a piece of clean gauze for 30 minutes each time, 2 to 3 times daily. The decoction prepared with one dose of the drugs can be used 6-9 times. Heat it whenever use it again.

Notes: *Hai Ai Tang Jia Wei* has the effects of expelling wind and nourishing blood. Steaming and washing a local part with it could have the wind expelled, heat in the blood decreased and new hair regenerated. In addition, oral Chinese drugs with the action of nourishing blood and expelling wind should also be given. Exposure to wind should be avoided after steaming and washing, in order not to be attacked by pathogenic wind. In the course of treatment, sea food should be kept off from the diet.

## 2. Type of blood stasis

### Main Symptoms:

Exfoliation of hair happened long ago; headache, pain in the hypochondriac region, insomnia and ecchymoses in the tongue.

### Method of Treatment:

To promote blood circulation, eliminate blood stasis and activate regeneration of hair.

### Prescription 1:

Recipe: *Jiang Xia Ca Ji*

### Ingredients:

|   |                 |
|---|-----------------|
| <i>Shengjiang</i> (Rhizoma Zingiberis Recens) | 6 g             |
| <i>Banxia</i> [Rhizoma Pinelliae (powder)]    | 15 g            |
| <i>Mayou</i> (Oleum Sesami)                   | a proper amount |

Preparation: Cut *Shengjiang* into slices. Mix *Banxia* with a proper amount of *Mayou* into a paste.

Application: Rub the affected part with the fresh sections of *Shengjiang* first for 1 minutes and wait until the affected part becomes dry then rub it for another 1-2 minutes, and paint the *Banxia* paste on it about 0.05-0.1 cm thick. This is carried out twice daily, in the morning and evening.

Notes: TCM believes that once blood stasis is eliminated, new hair would spurt. Therefore, the first thing in treating alopecia areata is to choose a medicine with the action to eliminate blood stasis. And *Jiang Xia Ca Ji* is just the choice. In application, the affected part should be rubbed over and over with a little more efforts until the skin becomes slightly red with a burning sensation. Only in this way, *Shengjiang's* action of promoting blood circulation to eliminate blood stasis can be enhanced. Attention should be paid that *Banxia* is not allowed to be taken orally, for it is poisonous. During the treatment, mild stripping effect may be seen on the skin which is normal.

### Prescription 2:

Recipe: *Ban Tu Ca Ji*

## Ingredients:

|   |       |
|---|-------|
| <i>Honghua</i> (Flos Carthami)            | 60 g  |
| <i>Ganjiang</i> (Rhizoma Zingiberis)      | 90 g  |
| <i>Shengdi</i> (Radix Rehmanniae)         | 100 g |
| <i>Danggui</i> (Radix Angelicae Sinensis) | 100 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)     | 100 g |
| <i>Cebaiye</i> (Cacumen Biotae)           | 100 g |

Preparation: Cut the above drugs into bits and put them into a container. Pour 3,000 ml. of 75% alcohol into the container and seal and keep it for 10 days. Finally, filter the drugs in the container with the medicated alcohol left. This medicated alcohol is called *Ban Tu Ca Ji*.

Application: Rub the affected part with a cotton ball soaked with *Ban Tu Ca Ji* until the skin becomes a little red, and repeated the treatment 3-4 times daily.

Notes: *Ban Tu Ca Ji* has the effects of promoting blood circulation, warming the channel to activate the flow of *Qi*, nourishing blood and aiding in hair's regeneration. It was reported that once using it to treat 33 cases, 21 of which were cured or basically cured.

## 3. Type of deficiency of both the liver and kidney

## Main Symptoms:

Exfoliation of hair happened long ago or happened repeatedly, or developed to complete baldness or thorough baldness; dizziness, insomnia, tinnitus, vertigo, pale tongue without fur, and thread pulse.

## Method of Treatment:

To replenish both the liver and kidney to promote regeneration of hair.

## Prescription:

Recipe: *Sheng Fa Ca Ji*

## Ingredients:

|   |           |
|---|-----------|
| <i>Heizhima</i> (Semen Sesami Nigrum)           | 50 g      |
| <i>Heshouwu</i> (Radix Polygoni Multiflori)     | 30 g      |
| <i>Sangshenzi</i> (Fructus Mori)                | 20 g      |
| <i>Banmaoding</i> (10% tincture cantharidinate) | 500 ml.   |
| <i>Lajiaoding</i> (10% capsicum tincture)       | 500 ml.   |
| <i>BiMayou</i> (5% Oleum Ricini)                | 100 ml.   |
| <i>Jiujing</i> (95% alcohol)                    | 1,000 ml. |

Preparation: Soak *Heizhima*, *Heshouwu* and *Sangshenzi* in *Jiujing* in a container for 20 days and then filter them off with the medicated alcohol left. Pour *Banmaoding* and *Lajiaoding* into the container and dissolve them fully into the alcohol. The next day, put *BiMayou* into the container and stir it evenly. Now, the tincture called *Sheng Fa Ca Ji* is ready for use.

Application: Rub the affected part with a cotton ball soaked with *Sheng Fa Ca Ji*, twice daily.

Notes: To ensure the curative effects, oral Chinese drugs with the action of tonifying both the liver and kidney should be given.

## 9.7 Pompholyx

With its onset usually on the hand and foot in summer, pompholyx is a hidra included in the category of chronic eczema in TCM.

### Etiology and Pathogenesis

Dampness and heat accumulated in the spleen and stomach go down and stay in the skin of hand and foot to cause this disorder.

### Clinical Manifestations

Manifested as: skin-colored, slightly-bright, millet-sized, a little projected small blisters often with clear, but seldom with turbid, fluid, which are located, scatteredly or in groups, often on the palm, lateral fingers and tips of fingers but seldom on the dorsum of a hand and the sole, deeply rooted in the epiderm, and usually distributed symmetrically; self-diabrosis of the blisters which occurs rarely; absorption and dried-up of the blisters followed by desquamation; thin and tender red neogenic epithelium exposed where there have had desquamation; mild or serious pruritus and burning sensation which often occur; onset usually in late spring or early summer, disease condition aggravated in summer, and automatic cure coming in winter; repeated attacks taking place regularly every year; the course lasting about 2-4 weeks, during which there would exist hyperhydrosis of hands and feet.

### Differentiation and Treatment

This dermatosis is usually treated chiefly with external therapy. Internal therapy may be added in treating severe cases.

#### 1. Stage of blister

##### Main Symptoms:

Marked by small blisters with tense walls and clear fluid, subjective pruritus and the complication of hyperhydrosis of hands and feet.

##### Method of Treatment:

To dry dampness, astringe and alleviate itch.

##### Prescription 2:

Recipe: *Xiao Fan Xi Yao* (14)

Preparation: Put 30 g of *Xiao Fan Xi Yao* into a basin, infuse it with 1,000 ml. of boiling water and stir it to have it dissolved in the water fully.

Application: While the water in the basin with *Xiao Fan Xi Yao* is hot, steam the affected part over it. When the water becomes not scalding hot, steep the affected part in it. The treatment lasts 20-30 minutes each time, and repeat it 2-3 times daily.

Notes: *Xiao Fan Xi Yao* is very effective in treating this disorder. Once it is used, blisters will be absorbed soon, hyperhydrosis controlled quickly, and pruritus disap-

pear subsequently. However, relapse is hard to avoid but may be prevented if *Xiao Fan Xi Yao* is used before a regular relapse occurs.

Prescription 2:

Ingredients:

|  |      |
|--|------|
| <i>Wangbuliuxing</i> (Semen Vaccariae) | 30 g |
| <i>Baifan</i> (Alumen)                 | 10 g |

Preparation: Decoct the above drugs in 1,500 ml. of water until 15 minutes after the water boils and pour them into a basin along with the decoction.

Application: While the decoction is hot, steam the affected part over it. When the decoction is a little warmer than the body, steep the affected part in it. The treatment takes 20 minutes each time, and repeat it 2-3 times daily. Heat the decoction when it is used again and throw it away after it is used 3 times.

Notes: Curative effects can be achieved when only 1% solution of *Baifan* is used. Here in this prescription, *Baifan* is strengthened with *Wangbuliuxing*, and *Wangbuliuxing* is the principal drug with the action of dispelling damp-heat. That's why this prescription is very effective in treating pompholyx.

2. Stage of desquamation

Main Symptoms:

Marked by diabrosis of blisters followed by a dry affected part with desquamation; thin and tender red epithelium seen where desquamation occurs; burning and itching sensations.

Prescription 1:

Recipe: *Run Ji Gao* (34)

Application: Apply *Run Ji Gao* with a finger to the affected part which has been washed clean, 2-3 times daily.

Notes: *Run Ji Gao* is suitable for an affected part with xerosis cutis and desquamation but unsuitable for pompholyx complicated by hyperhidrosis of hands and feet.

Prescription 2:

Recipe: *Li Lu Gao*.

Ingredients:

|   |       |
|---|-------|
| <i>Lilu</i> (Rhizoma et Radix Veratri)      | 30 g  |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 30 g  |
| <i>Songxiang</i> (Colophonium)              | 24 g  |
| <i>Kufan</i> (Alumen Exsiccatum)            | 24 g  |
| <i>Xionghuang</i> (Realgar)                 | 30 g  |
| <i>Zhuyou</i> (lard)                        | 240 g |

Preparation: Stir-fry *Lilu* and *Kushen* in lard in a pot until scorched and filter them off with the medicated lard left. Grind *Songxiang*, *Kufan* and *Xionghuang* respectively into fine powder and put them into the pot to mix evenly with the medicated lard into an ointment called *Li Lu Gao*.

Application: Apply *Li Lu Gao* to the affected part with a finger, 2-3 times daily.



Notes: As an ancient prescription for the treatment of pompholyx, *Li Lu Gao* has the effects of clearing heat, removing toxins, drying dampness, killing worms, alleviating itch and moistening skin. It is indicated for pompholyx at its stages of blister and desquamation. Like *Run Ji Gao*, it is also unsuitable for cases complicated by hyperhidrosis of hands and feet.

## 9.8 Bromhidrosis

Bromhidrosis refers to a dermatosis marked by foul secretions of sweat glands or foul odour sending forth during the decomposition of sweat. It is called as *Ti Qi* and *Hu Chou* in TCM.

### Etiology and Pathogenesis

Turbid *Qi* due to damp-heat accumulated in the interior going out through sweat pores along with sweat is responsible partly for some cases of this disorder, and the rest are caused by congenital defect.

### Clinical Manifestations

The focus usually on such parts where there tends to sweat a lot, where sweat is hard to evaporate, or where a large sweat gland is located, as axillary fossa, groin, foot, perianal area, vulva, umbilicus and infrabreast of a female; with bromhidrosis on the armpit most commonly seen.

#### 1. Bromhidrosis on the armpit:

Bromhidrosis on the armpit also called *tragomaschalia*, which is marked by: its onset usually in young people, male or female with female tending to be more frequently seen; sweat under the armpit sending forth foul odour especially in summer; when no sweat, almost no foul odor, in mild cases; the sweat in yellow color tending to dye the underwear; soft cerumen in the external auditory canal often found in most cases; parts such as the vulva, anus and areola of nipple maybe also sending forth such a special, foul odour in a small number of cases; this bromhidrosis often with hereditary tending to diminish or even disappear gradually after the patient becomes senile.

#### 2. Bromhidrosis on the foot:

Bromhidrosis on the foot also called foul foot and often complicated by hyperhidrosis of hands and feet, which is marked by: the foot sending forth pungent odour especially in summer or when the foot is not washed regularly, the socks not changed often, or the shoes don't have good air permeability.

### Differentiation and Treatment

This disorder is treated mainly with external therapy. Internal therapy is used only when there are the following symptoms: too many affected parts, with greasy and yellow sweat sending forth pungent odour, or distending abdomen, anorexia, irregular stools, deep-colored urine, yellowish and oily tongue coating, and slippery, rapid pulse. In the course of treatment, the affected part should be kept clean and dry, and



pungent and other irritating food avoided.

### 1. Tragomaschalia

#### Main Symptoms:

Marked by the armpit sending forth foul odor especially in summer, and yellow sweat.

#### Method of Treatment:

To control sweating and deodorize the armpit.

#### Prescription 1:

Recipe: *Fu Fang Mi Tuo Seng San*

#### Ingredients:

|                                      |      |
|--------------------------------------|------|
| <i>Mituoseng</i> (Lithargyrum)       | 20 g |
| <i>Sanxiandan</i> (mercuric oxide)   | 15 g |
| <i>Qingfen</i> (Calomelas)           | 15 g |
| <i>Huashifen</i> (Talcum Pulveratum) | 9 g  |

Preparation: Grind *Qingfen* into a fine powder, and mix it with *Mituoseng*, *Sanxiandan*, and *Huashifen* and grind them evenly into a powder medicine called *Fu Fang Mi Tuo Seng San*.

Application: Spread *Fu Fang Mi Tuo Seng San* all over a piece of hot steam bread and tuck it under the patient's arm and keep it there for 10-15 minutes. This treatment is to be repeated about every 4-7 days. 7-10 times make up 1 course of treatment.

Notes: *Fu Fang Mi Tuo Seng San* has the effects of astringing sweat, drying dampness and deodorizing. Its ingredient *Mituoseng* can play an effective part alone in treating bromhidrosis. In this prescription, it works along with all the others to bring about better curative effects. But it is contraindicated for patients who are allergic to mercury. Skin rash and pruritus due to allergic reaction to mercury would disappear 2 days after its application.

#### Prescription 2:

#### Ingredients:

|   |      |
|---|------|
| <i>Kufan</i> (Alumen Exsiccatum)                    | 30 g |
| <i>Gegiao</i> (Concha Meretricis seu Cyclinae Usta) | 15 g |
| <i>Zhangnao</i> (Camphora)                          | 15 g |

Preparation: Grind the above drugs together into a fine powder.

Application: Dust the powder onto the affected part, twice daily, in the morning and in the evening.

Notes: As a common treatment of tragomaschalia, this prescription has the effects of drying dampness, astringing sweat, deodorizing the armpit and resisting putrefaction. This prescription is moderate in nature, no side effects, easy to administrate, with good curative effects. Its ingredient *Kufan* is the principal drug for the treatment of tragomaschalia. The powder of *Kufan* may be dusted onto the armpit alone to treat tragomaschalia with good curative effects.

#### Prescription 3:

Recipe: *Ye Chou San*

**Ingredients:**

|                                  |       |
|----------------------------------|-------|
| <i>Mituoseng</i> (Lithargyrum)   | 240 g |
| <i>Kufan</i> (Alumen Exsiccatum) | 60 g  |

**Preparation:** Grind the above two drugs together into a fine powder called *Ye Chou San*.

**Application:** Dust the powder of *Ye Chou San* onto the armpit, once daily.

**Notes:** With the effects of controlling sweating and deodorizing, *Ye Chou San* can be used to treat not only trachomachalia but also hyperhidrosis of hands and feet and foul foot.

**2. Foul foot**

**Main Symptoms:**

The feet sending forth pungent odour, which is often accompanied by hyperhidrosis of hands and feet.

**Method of Treatment:**

To astringe sweat and deodorize feet.

**Prescription:**

**Ingredients:**

|                                |         |
|--------------------------------|---------|
| <i>Baifan</i> (Alumen)         | 15-30 g |
| <i>Gegen</i> (Radix Puerariae) | 15-30 g |

**Preparation:** Grind the above two drugs together into a coarse powder, decoct them in 1,500 ml. of water until 15 minutes after the water boils and pour them into a basin along with the decoction.

**Application:** When the decoction is a little warmer than the body, steep the feet in it for 30 minutes. Repeat the treatment daily until cure comes.

**Notes:** In the course of treatment, the shoes, socks and feet should be kept clean and dry.

## 10. Dermatoses due to Pigmentary Disturbance

### 10.1 Vitiligo

With its onset in people of all age-groups but more often in the young, vitiligo is a dermatosis characterized by white patches without any subjective symptoms appearing on the skin and the hair on these patches maybe also turning white. It is called *Bai Dian*, *Bai Bo Feng* or *Bai Dian Feng* in the documents of TCM.

**Etiology and Pathogenesis**

The causative factors of this disorder include:

1. Stagnation of the liver-*Qi* due to emotional disorder.
2. *Yin*-deficiency of the kidney and exogenous wind.

Either of the above two factors would slow down the flowing of both *Qi* and blood in the skin and make the skin fail to be nourished, resulting in this disorder.

### Clinical Manifestations

Skin lesion manifested as distinctly-bordered, round or elliptical or irregular, smooth, solitary or multiple white patches which are in different sizes and in different numbers, maybe fused as days pass by into a large patch; perhaps distributed symmetrically or unilaterally, segmentally or bandshapedly, and located probably on all parts of the body but usually on the face, nape and dorsum of a hand; whitened or normally colored hair in a patch, the area around which is often deeply pigmented; having no subjective symptoms in general except for mild itch in the progressive stage; a white patch which would be reddened and have burning pain and stabbing itch when exposed to the sun; the skin lesion maybe changing rapidly or staying as it is for a long time; long course during which automatic cure may come to a small number of cases, especially to those of young children.

### Differentiation and Treatment

Generally speaking, both internal and external therapies are used. When skin lesion is extensive, internal therapy is mainly used, when skin lesion is localized, external therapy is mainly used or used alone. There are many prescriptions in TCM for the treatment of vitiligo. They aim mainly at restoring the function of melanocytes so as to promote the local regeneration of pigment and normalize the color of white patches.

#### Prescription 1:

Recipe: *Bu Gu Zhi Ding*

Ingredients:

*Buguzhi* (Fructus Psoraleae)

180 g

*Jiujing* (75% alcohol)

360 ml.

Preparation: Break up the first drug, soak it in the alcohol for 7 days and nights and filter it to obtain the medicated tincture called *Bu Gu Zhi Ding*.

Application: Apply *Bu Gu Zhi Ding* to the affected part through brushing it with a cotton ball, 1 to 2 times daily. In addition, the treatment could be accompanied by 5-10 minutes solarization, or by 2-3 minutes ultraviolet radiation.

Notes: *Buguzhi* is a common drug used to treat vitiligo, and it is a substance with the power of photosensitization.

In the course of treatment, dermatitis may happen. If that happens and if the white patch is narrowed or there are petechiae of pigmentation on the white patch, it means curative effects has attained. Then the application of *Bu Gu Zhi Ding* can be reduced to once every 3-7 days. But if the white patch is not narrowed but widened, it means ineffectiveness, the application of *Bu Gu Zhi Ding* should be stopped. For the treatment of the dermatitis, please consult section 1, chapter 6.

It takes 3 weeks for the curative effects of *Bu Gu Zhi Ding* is shown. Therefore, its application should be practised long enough. If there is no pigment regenerated after 2-3 months of treatment, the treatment should be stopped.

#### Prescription 2:

Recipe: *Wu Mei Ding*

**Ingredients:**

|                              |         |
|------------------------------|---------|
| <i>Wumei</i> (Fructus Mume)  | 30-50 g |
| <i>Jiujing</i> (95% alcohol) | 100 ml. |

**Preparation:** Grind *Wumei* into pieces, soak it in alcohol for 1-2 weeks and filter it to obtain the medicated tincture called *Wu Mei Ding*.

**Application:** Apply *Wu Mei Ding* to the affected part through rubbing with a tincture-soaked cotton ball 3-4 times daily.

**Notes:** It has been found through initial studies that *Wumei*, containing tyrosine, can have melanocytes regenerated and melamin developed. If the application of it is practised along with taking decoctions of Chinese drugs with the action of strengthening the kidney, promoting blood circulation and removing heat from blood, the curative effects will be even better.

**Prescription 3:**

**Recipe:** *Gao Liang Gao*

**Ingredients:**

|   |                 |
|---|-----------------|
| <i>Gaoliangcu</i> (vinegar made with Chinese sorghum) | 500 g           |
| <i>Jidanqing</i> (egg white)                          | 3 eggs'         |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)             | 9 g             |
| <i>Bingpian</i> (Borneolum Syntheticum)               | 3 g             |
| <i>Huangjiu</i> (millet wine)                         | a proper amount |

**Preparation:** Grind *Baizhi* and *Bingpian* respectively into powder. Put *Jidanqing* and *Gaoliangcu* into a pot, stir them evenly, keep them there for one night, stir them once more, heat them on slow fire for one hour or so into a paste, and move the pot away from the fire. Put the powder of *Baizhi* and *Bingpian* into the pot through a sieve. As it is falling, keep on stirring. Finally, move the pot back onto the fire and heat it until what is in it boils into an ointment called *Gao Liang Gao*.

**Application:** Rub the affected part with a piece of gauze soaked with *Huangjiu* until the skin becomes reddish, and coat it with a layer of *Gao Liang Gao*, twice daily, in the morning and evening.

**Notes:** According to clinical observations, satisfactory curative effects will be achieved when *Gao Liang Gao* is used to treat white patch of small area, particularly that on a child's body. In the course of treatment, skin rash may appear with pruritus. It will disappear when the treatment is stopped. Then the application of *Gao Liang Gao* can be continued.

## 10.2 Chloasma

Chloasma is a dermatosis marked by hyperchromatosis on the skin of the face. Its subjects include married women, a small number of unmarried young women or men and patients with hepatic disease, tuberculosis and other chronic diseases. *Mian Chen* and *Li Hei Ban* recorded in the documents of TCM are similar to chloasma.

**Etiology and Pathogenesis**

1. The liver-*Qi* stagnated due to emotional disorder has both *Qi* and blood stagnated on the face, leading to this dermatosis.
2. Damp-heat produced in the spleen and stomach due to improper diet goes upwards and fumes the face, leading to this dermatosis.
3. Fire of deficiency type due to deficiency of the kidney-*Yin* goes upwards to the face and stays there, leading to this dermatosis.

**Clinical Manifestations**

Skin lesion manifested as yellowish or dark brown, distinctly or indistinctly bordered, differently-sized, smooth patches which would be fused sometimes into a large butterfly-like patch and worsened by sunshine; the color of the patches deepened in spring and summer; no subjective symptoms; a long course during which the patches may diminish automatically in a small number of cases.

**Differentiation and Treatment**

Internal and external therapies may be used separately or in combination to treat this dermatosis. The therapeutic method of the external one is: resolving mass, dispersing stagnancy, expelling wind, dispelling dampness and getting rid of colored patches. In the course of treatment, sunshine should be avoided, bland diet is suggested, and emotion should be kept stable.

**Prescription 1:**

Recipe; *Yu Rong San*

**Ingredients:**

|  |      |
|--|------|
| <i>Qianniuzi</i> (Semen Pharbitidis)               | 60 g |
| <i>Dianfen</i> (starch)                            | 60 g |
| <i>Xixin</i> (Herba Asari)                         | 60 g |
| <i>Baizhu</i> (Rhizoma Atractylodis Macrocephalae) | 60 g |
| <i>Jiangcan</i> (Bombyx Batryticatus)              | 60 g |
| <i>Fuling</i> (Poria)                              | 60 g |
| <i>Yingfenbai</i> (excrement of an eagle)          | 30 g |
| <i>Dingxiang</i> (Flos Caryophylli)                | 30 g |
| <i>Jingjie</i> (Herba Schizonepetae)               | 15 g |
| <i>Fangfeng</i> (Radix Ledebouriellae)             | 15 g |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)         | 15 g |
| <i>Qianghuo</i> (Rhizoma seu Radix Notoperygii)    | 15 g |

Preparation: Grind all the above drugs together into a very fine powder called *Yu Rong San*.

Application: Wash the face in the morning and then in the evening. Put a little of *Yu Rong San* in the palm, mix it with a little water into a paste and apply it to the whole face.

Notes: *Yu Rong San* is a prescription made up by Li Shizhen in the Ming Dynasty (1386-1644). It has the effects of expelling wind, dispelling dampness and getting rid

of colored patches. Because of its good curative effects, the prescription has been kept on being used up to now.

**Prescription 2**

**Ingredients:**

*Banxia* (Rhizoma Pinelliae)

60 g

*Micu* (vinegar made with millet)

a proper amount

**Preparation:** Bake the *Banxia* dry and grind it into a very fine powder.

**Application:** After the face is washed clean respectively in the morning and evening, put a little of the powder of *Banxia* in the palm, mix it with a little vinegar into a paste and apply it to the whole face.

**Notes:** A little irritating, never let it get into the eye.

**Prescription 3:**

**Recipe; *Shi Ye Qu Ban Gao***

**Ingredients:**

fresh green leaves of persimmon tree

a proper amount

vaseline

a proper amount

**Preparation:** Dry the leaves in the sun, grind them into a very fine powder, mix the powder with vaseline and stir them into an ointment called *Shi Ye Qu Ban Gao*.

**Application:** Before bed time in the evening, apply a little of the ointment to the affected part and wash it away next morning.

**Notes:** The fine powder of the leaves must constitute no less than 50% of the ointment.

### 10.3 Freckle

Freckle is a dermatosis characterized by sesame-seed-sized and sparrow-egg-colored petechiae scattered on the affected part. Its onset could be in both men and women but mostly in postpubertal women, and it has a genetic predisposition.

#### **Etiology and Pathogenesis**

1. Failure of the fluid of the kidney to flow upwards to the face due to congenital defect leads to accumulation of superficial fire on the face, causing this disorder.

2. Superficial fire stagnated in the tiny vessels of the blood system is combined with exogenous wind-heat in the muscles and skin, causing this disorder.

#### **Clinical Manifestations**

Marked by millet-or-sesame-seed-sized, distinctly bordered, crowded or scattered, never fused, yellowish brown or dark brown petechiae symmetrically distributed usually on the face, nape and dorsum of the hand but seldom on the chest and the extension sides of the limbs; the petechiae tending to be more in summer but less in winter, deep-colored in summer but light-colored in winter; no subjective symptoms whatsoever; onset in childhood, an increase in number in adolescence, and developing stopped in adulthood.

### Differentiation and Treatment

This disorder may be treated by external therapy with Chinese drugs alone or chiefly by it with its therapeutic principle based on softening hard mass, removing dirt and eroding petichia. When there is the syndrome of *Yin*-deficiency of the kidney, Chinese oral drugs with the action of nourishing *Yin* to reduce fire may also be given. And in summer sunshine should be kept off.

#### Prescription 1:

##### Ingredients:

|  |              |
|--|--------------|
| <i>Wumei</i> (Fructus Mume)              | 2.5 portions |
| <i>Yingtaozhi</i> (twigs of cherry tree) | 2.5 portions |
| <i>Zaojiaozi</i> (Spina Gleditsiae)      | 2.5 portions |
| <i>Fuping</i> (Herba Spirodela)          | 2.5 portions |

Preparation: Grind the above drugs together into a very fine powder.

Application: Wash the face with warm water. Put a little of the powder at the palm, mix it with a proper amount of water into an ointment and apply it to the face, knead and rub it gently until a slight hot sensation appears. About one hour or more later, wash the face clean with warm water. The treatment is to be repeated twice daily, in the morning and evening.

Notes: This prescription is recorded in both the very famous books "Yi Xue Ru Men" (Elementary Medicine) and "Ben Cao Gang Mu" (Compendium of Materia Medica). It is an ancient, proven and good prescription for the treatment of freckle.

#### Prescription 2:

##### Ingredients:

|                                      |                 |
|--------------------------------------|-----------------|
| <i>Qianniuzi</i> (Semen Pharbitidis) | 30-60 g         |
| <i>Jidanqing</i> (egg white)         | a proper amount |

Preparation: Grind *Qianniuzi* into a very fine powder.

Application: Mix a little of the powder of *Qianniuzi* with a little of *Jidanqing* into a paste, apply it thinly to the affected part in the evening, and wash it off with warm water the next morning. 5-7 days are involved in 1 course of treatment.

Notes: Having no erosive action but containing lipa, the drug *Qianniuzi* not only can eliminate freckles but also can moisten and protect the skin. It is a good medicine used externally to treat freckle.

#### Prescription 3:

##### Recipe: *Sheng Jiang Ding*

##### Ingredient:

|   |      |
|---|------|
| <i>Shengjiang</i> (Rhizoma Zingiberis Recens) | 25 g |
|---|------|

Preparation: Wash the *Shengjiang* clean, dry it in the air, cut it into bits and put it into a container with 500 ml. of 50% alcohol. Seal the container tightly and wait for 15 days. Then open the container to get the medicated alcohol called *Sheng Jiang Ding*.

Application: Wash the face with warm boiled water both in the morning and evening. Then, rub the affected part with a cotton ball soaked with *Sheng Jiang Ding*.

for 5 minutes.

Notes: Never let *Sheng Jiang Ding* get into the eye during the treatment.

## 10.4 Pigmented Mole

Pigmented mole is a skin incontinentia pigment characterized by congenital or acquired neoplasms with nevus cells, which are localized and in different numbers. It has different clinical manifestations and has got different names such as nevus spilus, freckle-like nevus, hairy nevus, animal-skin-like nevus, soft nevus, etc. It is included in *Hei Zi* in TCM. Often with a family history, most of the patients will never be completely-cured for life.

### Etiology and Pathogenesis

This disease is due to turbid *Qi* in the kidney which goes to the skin and stays there, causing this disorder.

### Clinical Manifestations

Its onset mostly in childhood or adolescence, occasionally in the middle aged period; its focus maybe at any part of the body; yellowish brown or dark brown small petechiae appearing at first which are distinctly bordered, big or small and in different numbers; a petechiae which may be enlarged or become darker, the skin lesion of which seems either like that of a patch or a papula, nipple, wart, node and stalk; it mole subdivided pathologically into 3 types according to its position in the skin.

#### 1. Junctional nevus:

Active nevus cell located on the top of dermis and in the layer of basal cells at the junctional point of epiderm and dermis; dark brown or light brown, smooth, unhaired and perhaps a little projected petechia whose diameter is several mm to several cm; onset probably at any part of the body; pigmented moles on the genitals or the palmar or plantar area usually belonging to this kind.

#### 2. Intradermal nevus:

Stable nevus cell located in the superficial layer of dermis; focus often on the head and nape not on the genitals or the palmar or plantar area; regularly bordered, dark brown or light brown and usually hairy petechia which, projected like a hemisphere, has a diameter of several mm to several cm; skin lesion which seems like that of a wart, nipple or stalk; a pigmented mole very common in adults.

#### 3. Compound nevus:

With the characteristics of both junctional and intradermal nevi; nevus cell in both the epiderm and dermis; its exterior looking like that of junctional nevus; most petechiae which are a little projected and a small number of petechiae looking like nipples.

### Differentiation and Treatment

Generally speaking, there is no need to treat them, and some pigmented moles on



the face or the part which is often rubbed can be eroded and cured with drugs.

**Prescription:**

**Recipe:** *Wu Miao Shui Xian Gao* — a patent medicine on sale which is produced in Jiangsu Huaiyin Factory of Traditional Chinese Drugs

**Application:** Get a little *Wu Miao Shui Xian Gao* on one end of a piece of thin and pointed stick and apply it directly to the pigmented mole. About 3-5 minutes later, the dried ointment of *Wu Miao Shui Xian Gao* on the mole is removed with a sterile cotton ball soaked with normal saline. The above is repeated 2-3 times within one day. Keep on the treatment until a border line appears between the skin lesion and the normal skin around it, and an edematous pale circle appears around the border line, the area around the pale circle is reddened, and the skin lesion is dark-reddened, withered and dried. About 7-10 days later, the mole will be exfoliated.

**Notes:** *Wu Miao Shui Xian Gao* has an erosive action. Before it is applied, the skin needn't be disinfected. After it has been applied, a bath can be taken regularly. And after it has eroded a mole away, there is no trace left. For that reason, it is counted as an ideal erosive Chinese drug at present. Applying *Wu Miao Shui Xian Gao* for the first time only has the superficial tissue eroded, which would not be enough. The times of its application should be determined according to the practical situation and the instruction of the medicine *Wu Miao Shui Xian Gao*. Usually, 3-4 times are enough to achieve the treatment purpose. Generally speaking, treatment of a mole with erosive drug is better indicated for smaller introdermal nevus.

A pigmented mole has a strong coneract for repeated irritation, which will induce canceration. For that reason, the treatment should be thorough. That is, either cure a mole radically at one time, or let it be without treatment.

*Wu Miao Shui Xian Gao* is contraindicated for patients with scar on the body or pigmented moles with canceration inclinations.

## 10.5 Keloid

Keloid is due to benign proliferation of dermal fibrous tissue. It may be primary or secondary to derma infection, trauma, scald or operative incision. *Rou Gui Chuang* in TCM is similar to keloid.

### Etiology and Pathogenesis

This disease is usually due to *Qi* and blood still being stagnated after the healing of skin disorders, incised wound, operative incision or scald. Keloid caused by mild abrasion or nothing at all is related to the patient's unique constitution.

### Clinical Manifestations

Keloid occurs at the scar due to a trauma 3-6 months after the skin is injured; it is gradually widened, a little projected, and might be small or large, round or elliptical or tenioid; the skin is smooth, basically unhaired, solid, light red or dark red; crab-like branches of the keloid stretch out from the edge; telangiectasis would be found in the keloid; it often stops growing when it is big enough;

automatic healing would happen in a small number of cases; the primary one is usually on the part where the sternum is located; there is subjective itch and pain in different degrees; there are no subjective symptoms in some cases; the function of a joint would be disturbed by a keloid located around it; the face might be uglified by contracture due to it.

### Differentiation and Treatment

This disorder is treated mainly with external therapy. Internal therapy is added only when the keloid is too big.

#### 1. In the early stage

##### Main Symptoms:

Swelling, burning pain and stabbing itch of the affected part.

##### Method of Treatment:

To cool blood, promote blood circulation and soften mass.

##### Prescription:

Recipe: *Hua Jian You*

##### Ingredients:

|  |       |
|--|-------|
| <i>Tougucao</i> (Caulis Impatientis)               | 3 g   |
| <i>Shenjincao</i> (Herba Lycopodii)                | 8 g   |
| <i>Qiancao</i> (Radix Rubiae)                      | 6 g   |
| <i>Mutong</i> (Caulis Aristolochiae Manshuriensis) | 8 g   |
| <i>Songjie</i> (Lignum Pini Nodi)                  | 5 g   |
| <i>Zicao</i> (Radix Arnebiae)                      | 8 g   |
| <i>Diyu</i> (Radix Sanguisorbae)                   | 6 g   |
| <i>Kunbu</i> (Thallus Laminariae)                  | 6 g   |
| <i>Qianliguang</i> (Herba Senecionis Scandentis)   | 3 g   |
| <i>Mayou</i> (Oleum Sesami)                        | 360 g |

Preparation: Soak the first nine drugs in *Mayou* for two days and nights, heat them in it on gentle fire until they are scorched and remove them with the medicated oil left. This medicated oil is called *Hua Jian You*.

Application: Apply the oil of *Hua Jian You* to affected part, twice daily.

Notes: With the effects of cooling blood, promoting blood circulation, clearing and activating the collaterals and softening mass, *Hua Jian You* is indicated for proliferative keloid with large area. It plays its part in preventing over-proliferation, and even eliminating, of a keloid. But it is not to be applied to a wound.

#### 2. In the proliferative stage

##### Main Symptoms:

Projected, swollen, hard, painful, itching, red keloid with telangiectasis and proleferation; the pain and itch aggravated due to the change of weather.

##### Method of Treatment:

To promote blood circulation, eliminate blood stasis, soften and resolve hard mass.

##### Prescription:

Recipe: *Hei Bu Gao*

## Ingredients:

|   |           |
|---|-----------|
| <i>Cu</i> (vinegar)   | 2,500 ml. |
| <i>Wubeizi</i> ( <i>Galla Chinensis</i> )                             | 840 g     |
| <i>Wugong</i> ( <i>Scolopendra</i> )                                  | 10 pieces |
| <i>Bingpian</i> ( <i>Borneolum Syntheticum</i> in the form of powder) | 3 g       |
| <i>Fengmi</i> (Mel)   | 180 g     |

Preparation: Grind *Wubeizi* and *Wugong* into powder. Heat the vinegar in an earthenware pot until 30 minutes after it boils. Add *Fengmi* to the vinegar in the pot and heat it until it is boiled. Put all the powder of *Wubeizi* into the pot slowly through a sieve, and at the same time stir the content of the pot in the same direction. Heat the pot again on gentle fire until the content has become an ointment. Finally, mix the ointment evenly with the powder of *Wugong* and *Bingpian* to get the final ointment called *Hei Bu Gao*, keep it in a china pot or a glass jar for future use.

Application: Wash the affected part clean. Use a thin piece of bamboo to apply *Hei Bu Gao* to the affected part about 0.2-0.3 cm thick and cover it with a piece of thick cloth. Or, spread the ointment about 0.2-0.3 cm thick on a piece of thick cloth larger than the skin lesion, and apply it to the affected part. Dressing change is to be made once every 2-3 days.

Notes: As a commonly used medicine for the treatment of keloid, *Hei Bu Gao* has effects of softening hard mass, promoting blood circulation, removing toxins and reducing swelling. But it dries quickly and would become spoiled whenever coming into contact with a metal. For that reason, it is not kept in a metal container and not used any longer when dried up. If the skin can not stand the irritation of vinegar or acute dermatitis occurs, *Hei Bu Gao* must be cautiously used.

## 3. In the sclerotic stage

## Main Symptoms:

The lingering keloid turned hard and black brown in colour, accompanied by stabbing itch which varies with the change of weather.

## Method of Treatment:

To eliminate blood stasis and soften hard mass.

## Prescription:

Recipe: *Po Yu Hua Jian Gao*

## Ingredients:

|  |           |
|--|-----------|
| <i>Tenghuang</i> ( <i>Resina Garciniae</i> ) | 30 g      |
| <i>Mangchong</i> ( <i>Tabanus</i> )          | 15 g      |
| <i>Shuizhi</i> ( <i>Hirudo</i> )             | 15 g      |
| <i>Wugong</i> ( <i>Scolopendra</i> )         | 60 g      |
| <i>Wubeizi</i> ( <i>Galla Chinensis</i> )    | 800 g     |
| <i>Cu</i> (vinegar)                          | 2,500 ml. |
| <i>Fengmi</i> (Mel)                          | 180 g     |
| <i>Honghua</i> ( <i>Flos Carthami</i> )      | 30 g      |

Preparation: Grind all the drugs except *Cu* and *Fengmi* respectively into powder

and have them kept for use. Heat *Cu* in an earthenware pot until it boils. Add *Fengmi* to *Cu* in the pot and heat it again until boiling. Put all the powder of *Wubeizi* slowly into the pot, and at the same time, stir the content of the pot in the same direction. The pot is heated again on gentle fire and moved away from the fire after the contents have turned into an ointment. When the ointment is cooled, mix it evenly with the powder of all the other drugs into the final ointment called *Po Yu Hua Jian Gao*, keep it in an earthenware jar for future use.

Application: The application of *Po Yu Hua Jian Gao* is the same as that of *Hei Bu Gao*.

Notes: Keloid at its sclerotic stage has very hard tissue which is hard to soften with ordinary medicines. However, it will be softened by *Po Yu Hua Jian Gao* with its stronger effects of eliminating blood stasis and resolving mass.

Keloid belongs to one of the dermatoses hard to heal. To attain good curative effects sooner, oral Chinese drugs with the action of promoting blood circulation, eliminating blood stasis, softening and resolving hard mass may be given while the external therapy is practised.

**Volume Three**  
**ORTHOPEDICS**

*Written by:* Chen Guangzhen  
*Translated by:* Xu Xiangcai

# 1. Pyogenic Osteomyelitis

Usually seen at the epiphyseal end of a boy's long bone below 10 years old, pyogenic osteomyelitis is an infection of bone due to pyogenic bacteria such as *Staphylococcus aureus*, hemolytic streptococcus and *Diplococcus pneumoniae*. It is divided into two types: acute and chronic. In TCM, the acute one is called *Fu Gu Yong*, while the chronic one, *Fu Gu Ju*.

## Etiology and Pathogenesis

1. Toxins lingered deep in the body for a long time after skin and external diseases are healed turns into abundant heat. The heat enters the bone and causes this disorder.

2. Dysfunction of the skin and muscles due to general debility or a prolonged disease provides a chance for pathogens to go deep into the bone and cause this disorder.

3. Lesion of the epiphyseal end due to traumatic injury leads to stagnation of both *Qi* and blood. At this time, pathogens accumulate in the bone and cause this disorder.

4. Exogenous pathogens enter the body through a wound on the skin, get together and turn into heat. The heat goes into the bone to have pus produced, causing this disorder.

## Clinical Manifestations

### 1. In the acute stage:

There exist general discomfort, lassitude, anorexia, shiver, high fever, local red swelling, megalgia, calor and tenderness; symptoms such as wave-motion at the centre, megalgia, probable hydrops within nearby joints, high hemogram, full and rapid pulse and yellowish, greasy tongue coating appear after pus is formed; the pain is reduced after the abscess breaks the periosteum or spreads into the bone canal; within 2 weeks after the onset change of bone is not shown on the roentgenrays, destruction of bone and onion-like periosteal proliferation happen while subperiosteal abscess is formed; sequester with high density may be found 4 weeks later.

### 2. In the chronic stage:

Marked by emaciation, lassitude, anorexia, low fever, pale tongue with white coating, and thready, weak pulse; local diabrosis and thin pus, protracted sinus; sudden appearance of granulation and edema, small sequesters discharged now and then; normal hemogram; hyperosteogeny and osteosclerosis, external fresh shell bone, and internal sequester and dead space seen on the roentgenrays.

## Differentiation and Treatment

### 1. In the acute stage

#### (1) Before pus is formed

**Main Symptoms:**

Marked by fever, chills, red-swelling, burning pain, and red tongue with yellow, greasy coating.

**Method of Treatment:**

To clear heat, remove toxins, eliminate blood stasis and subdue swelling.

**Prescription 1:**

**Number 1:**

Recipe: *Shuang Bai Gao*

**Ingredients:**

|  |         |
|--|---------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 1,000 g |
| <i>Bohe</i> (Herba Menthae)            | 500 g   |
| <i>Huangbai</i> (Cortex Phellodendri)  | 500 g   |
| <i>Zelan</i> (Herba Lycopi)            | 500 g   |
| <i>Cebaiye</i> (Cacumen Biotae)        | 1,000 g |

**Preparation:** Grind the above drugs together into a fine powder. Take a proper amount of the powder according to the area of the mass and mix it with boiled water into a paste called *Shuang Bai Gao*.

**Application:** Cover the area of the mass with the paste made about 0.2-0.3 cm thick. Dressing change is to be made 1-2 times daily.

**Number 2:**

Recipe: *Ru Yi Jin Huang Gao* (1)

**Preparation:** Grind all the drugs together into a fine powder. Mix 1 portion of the powder with 4 portions of vaseline into an ointment.

**Application:** Apply the ointment to the affected part, and dressing change is to be made 1-2 times daily.

**Notes:** Both Number 1 and 2 have the effects of clearing away heat, removing toxins, eliminating blood stasis and subduing swelling. When either of them is used in the early stage of this disorder, good curative effects will be attained.

The key to heal pyogenic osteomyelitis is timely treatment, that is, as early as possible. As soon as local red-swelling appears and osteomyelitis is suspected, medicines should be applied. If the swelling is complicated by fever, oral Chinese drugs and broad-spectrum antibiotics should be also given. Only in this way, can the disease be controlled.

**Prescription 3:**

Recipe: *Xiao Zhong Zhi Tong Tang*

**Ingredients:**

|  |      |
|--|------|
| <i>Juhua</i> (Flos Chrysanthemi)                 | 15 g |
| <i>Pugongying</i> (Herba Taraxaci)               | 15 g |
| <i>Zihuadiding</i> (Herba Violae)                | 15 g |
| <i>Chuanxinlian</i> (Herba Andrographitis)       | 15 g |
| <i>Mangxiao</i> (Natrii Sulfas)                  | 10 g |
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii) | 9 g  |

|   |     |
|---|-----|
| <i>Duhuo</i> ( <i>Radix Angelicae Pubescentis</i> ) | 9 g |
| <i>Xixin</i> ( <i>Herba Asari</i> )                 | 9 g |
| <i>Ruxiang</i> ( <i>Resina Olibani</i> )            | 6 g |
| <i>Moyao</i> ( <i>Myrrha</i> )                      | 6 g |

Preparation: Decoct the above drugs in 1,000-1,500 ml. of water until 15 minutes after the water boils and filter them to get the decoction kept in an enamel basin.

Application: While the decoction is hot, cover the affected limb with a piece of towel and steam it over the decoction. When the decoction is not scalding hot put the affected limb into the decoction and drip-wash it. The steaming and washing last 1-2 hours during which the decoction is heated again if cooled. The treatment is repeated twice daily. The decoction prepared with 1 dose of the drugs can be used 4-6 times.

Notes: If dermal sensitivity occurs, both the steaming and washing should be stopped at once.

(2) After pus is formed

Main Symptoms:

Marked by high fever, shiver, local wave-motion, and red tongue with yellow, dry coating.

Method of Treatment:

To remove toxins and discharge pus.

Prescription 1:

Recipe: *Chan Su Gao*

Ingredients:

|   |           |
|---|-----------|
| <i>Chansu</i> ( <i>Venenum Bufonis</i> )                      | 30 g      |
| <i>Zhanglang</i> (cockroach)                                  | 90 pieces |
| <i>Xionghuang</i> (Realgar)                                   | 150 g     |
| <i>Shexiang</i> ( <i>Moschus</i> )                            | 6 g       |
| <i>Suan</i> ( <i>Bulbus Allium</i> from big bulbs)            | 120 g     |
| <i>Yejuhua</i> ( <i>Flos Chrysanthemi Indici</i> )            | 120 g     |
| <i>Wugongcao</i> [ <i>(Herba Pteridis Vittatae (fresh))</i> ] | 120 g     |
| <i>Aiye</i> [ <i>Folium Artemisiae Argyi (fresh)</i> ]        | 90 g      |
| <i>Zhijiahua</i> (fresh flower of garden balsam)              | 120 g     |
| <i>Zhuyou</i> (prepared lard)                                 | 500 g     |

Preparation: Pound *Suan* and *Zhanglang* together into a pulp. Cut *Wugongcao*, *Yejuhua*, *Aiye* and *Zhijiahua* into bits, mix them evenly and grind them into a pulp. Grind *Xionghuang*, *Chansu* and *Shexiang* into a fine powder. Mix the 2 kinds of pulps evenly into one, to which the powder is added slowly. Mix and stir the pulp and the powder evenly and mix that with *Zhuyou* evenly and dry it in the sun for 5 days to get the final ointment. This ointment is called *Chan Su Gao*. It is kept in an earthenware jar for future use.

Application: Apply a proper amount of the ointment to the part where abscess is located, and cover it with *Ru Yi Jin Huang Gao* (1).

Notes: There is no doubt that *Chan Su Gao* is very effective. But it shouldn't be



applied to the affected part too long. This is because its ingredients *Chansu* and *Xionghuang* are very poisonous. If applied too long a protracted abscess will be worsened.

Prescription 2:

Recipe: *Er Hao Ti Nong San*

Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Huangqi</i> (Radix Astragali)      | 30 g |
| <i>Furongye</i> (Folium Hibisci)      | 30 g |
| <i>Mudanpi</i> (Cortex Moutan)        | 30 g |
| <i>Huangbai</i> (Cortex Phellodendri) | 18 g |
| <i>Baiji</i> (Rhizoma Bletillae)      | 15 g |
| <i>Bailian</i> (Radix Ampelopsis)     | 24 g |

Preparation: Grind the above drugs together into a powder called *Er Hao Ti Nong San*.

Application: Mix the powder with a proper amount of warm boiled water into a paste, spread it over a piece of oil paper or gauze and put it on the affected part but leave the head of the sore not covered by the paste.

Notes: When pyogenic osteomyelitis is suspected besides the external therapy with Chinese drugs, incision and drainage of pus should be conducted as soon as possible. Generally speaking, once suppuration happens to a over-ten-day pyogenic osteomyelitis with severe swelling and pain, incision and thorough drainage of pus should be carried out at once, regardless wave-motion is sensed or not. When a subperiosteal or intramedullary abscess is treated, decompression or fenestration drainage should be undertaken through drilling the bone.

2. In the chronic stage

Main Symptoms:

Marked by emaciation, local sinus between scars, edematous granulation projected, sequester shown in roentgenogram, and pale tongue with thin, white coating.

Method of Treatment:

To get rid of putridity, promote regeneration of muscles, remove toxins and astringe wound.

Prescription 1:

Recipe: *Dou Dao San*

Ingredients:

|  |       |
|--|-------|
| <i>Qingfen</i> (Calomelas)                 | 1.5 g |
| <i>Wubeizi</i> (Galla Chinensis)           | 30 g  |
| <i>Hongfen</i> (Hydrargyrum Oxydum Rubrum) | 1.5 g |
| <i>Bingpian</i> (Borneolum Syntheticum)    | 1.5 g |

Preparation: Grind the above drugs together into a fine powder called *Dou Dao San*.

Application: Roll a piece of mulberry paper or cotton yarn into a long narrow spill. Spread *Dou Dao San* all over this spill and tuck it into the sinus. Dressing change

is to be made daily.

Notes: Once the sequester and putridity are removed and fresh tissues are regenerated, the application of *Dou Dao San* should be stopped, for it has too strong an erosive action.

Prescription 2:

Recipe: *Jiu Yi Dan* (12)

Prescription: Same as that of *Dou Dao San*.

Application: Same as that of *Dou Dao San*.

Notes: In the course of treatment, the drainage of pus out of the sinus would be freed and smaller sequesters would flow out along with the pus. If there is a sequester which is held up at the opening of the sinus, it may be picked out with a pair of tweezers or break it with a pair of forceps and then pick it out. In case of a protracted sinus, its wall may be scratched to promote its healing.

Prescription 3:

Recipe: *Jia Wei Sheng Ji San* (19)

Preparation: Grind the drugs of *Jia Wei Sheng Ji San* into a powder and keep it for future use.

Application: Dust the powder on the surface of the sore, then cover it with a piece of vaseline gauze. Dressing change is to be made daily.

Notes: Dressing change with *Jia Wei Sheng Ji San* is better than simple dressing change in promoting the healing of the wound and restoring the function of the limb.

## 2. Bone and Joint Tuberculosis

Marked by slow onset and suppuration, hard to heal after diabsrosis and secondary to general tuberculosis, bone and joint tuberculosis is a tuberculous osteopathy due to invasion of *Mycobacterium tuberculosis* into the joints. It is included in the category of *Gu Lao* or *Liu Tan* in TCM.

### Etiology and Pathogenesis

1. Internal cause: deficiency of both the liver and kidney, failure of the bones and tendons to be nourished, and dysfunction of the skin and muscles.

2. External cause: *Qi* and blood stagnated in the tendons and vessels due to traumatic injury, turbid phlegm due to exogenous wind, cold and dampness accumulated in the joints.

### Clinical Manifestations

It often occurs in young children and teenagers and usually involves joints with bad blood circulation, less muscles, more load and over-movements such as joints of the spine and lower limbs; cases can be divided into these kinds: bone tuberculosis, synovial tuberculosis and total joint tuberculosis and several stages: early stage, suppurative stage, diabrotic stage, skin-regenerated stage, etc. Its manifestations are different.

**Differentiation and Treatment****1. In the early stage****Main Symptoms:**

Without obvious general symptoms; with only local aching sensation of the affected joint which is neither reddened nor swollen; the pain would be aggravated by movements but relieved after rest; the patient might wake up or even cry in the night due to the unbearable pain; a reddened tongue with thin yellowish coating; with rapid blood sedimentation; thickened periost, vague bone trabecula and thickened synovium would be seen in roentgenogram.

**Method of Treatment:**

To promote the flow of *Qi* and blood, warm the channels to remove obstruction in the collaterals, and eliminate stagnated phlegm.

**Prescription 1:**

Recipe: *Jiu Long Zhen Fang*

**Ingredients:**

|   |       |
|---|-------|
| <i>Liuhuang</i> (Sulphur)                           | 6 g   |
| <i>Xionghuang</i> (Realgar)                         | 18 g  |
| <i>Songxiang</i> (Colophonium)                      | 16 g  |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)              | 6 g   |
| <i>Zhuyazao</i> (Fructus Gleditsiae Abnormalis)     | 6 g   |
| <i>Chuanshanjia</i> (Squama Manitis parched)        | 12 g  |
| <i>Wugong</i> (Scolopendra)                         | 10 g  |
| <i>Quanxie</i> (Scorpio)                            | 18 g  |
| <i>Chuanwu</i> (Radix Aconiti)                      | 6 g   |
| <i>Caowu</i> (Folium Aconiti Kusnezoffii)           | 6 g   |
| <i>Aiye</i> (Folium Artemisiae Argyi)               | 18 g  |
| <i>Guizhi</i> (Ramulus Cinnamomi)                   | 12 g  |
| <i>Rougui</i> (Cortex Cinnamomi)                    | 12 g  |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)           | 6 g   |
| <i>Xixin</i> (Herba Asari)                          | 6 g   |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)          | 6 g   |
| <i>Duzhong</i> (Cortex Eucommiae)                   | 6 g   |
| <i>Gaoliangjiang</i> (Rhizoma Alpiniae officinarum) | 12 g  |
| <i>Xiangfu</i> (Rhizoma Cyperi)                     | 12 g  |
| <i>Zhiqiao</i> (Fructus Aurantii)                   | 6 g   |
| <i>Cangzhu</i> (Rhizoma Atractylodis)               | 12 g  |
| <i>Mangxiao</i> (Natrii Sulfas)                     | 18 g  |
| <i>Shexiang</i> (Moschus)                           | 0.1 g |

**Preparation:** Grind all the drugs together into a fine powder. Knead the powder and dried pulverized leaves of the Chinese mugwort plant into a floss, spread it flat on a piece of rough straw paper and roll it into a cylindrical roll 2 cm in diameter.

**Application:** Light one end of the roll, wrap it in 5-6 layers of rough straw paper.

and hang it under the affected part to fumigate and heat it slowly. The treatment lasts 30 minutes each time, twice daily.

Notes: Moxibustion treatment is a way that combines the actions of heat and drugs to attain the purpose of promoting the flow of both *Qi* and blood, clearing and activating the channels and collaterals, resolving mass and subduing swelling. Using this method, the roll should be suspended 2-3 cm from the affected part, and the range of fumigation gradually widened around the centre. The affected part is heated no more than making the skin flushed. This method is not used to treat syndrome due to excess heat such as furunculosis lest the excess heat be strengthened by the heat of the drug-roll.

Prescription 2:

Recipe: *Wu Xing San*

Ingredients:

|  |      |
|--|------|
| <i>Baiji</i> (Rhizoma Bletillae)               | 60 g |
| <i>Bailian</i> (Radix Ampelopsis)              | 60 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)      | 60 g |
| <i>Shichangpu</i> (Rhizoma Acori Tatariniowii) | 30 g |
| <i>Xixin</i> (Herba Asari)                     | 12 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)          | 60 g |
| <i>Zijingpi</i> (Cortex Cercis Chinensis)      | 60 g |
| <i>Rougui</i> (Caulis Allii Fistulosi)         | 30 g |

Preparation: Dry *Baiji*, *Bailian*, *Baizhi* and *Shichangpu* in the sun (never bake it). Parch *Xixin*, *Chishao* and *Zijingpi* and *Rougui* with gentle heat. Grind all the dried and parched drugs together into a fine powder called *Wu Xing San* and keep it for future use.

Application: Mix 3 portions of the powder and 1 portion of flour evenly with a proper amount of hot spirit into a paste. Apply the paste to the affected part about 0.2-0.3 cm thick and 1 cm wider than the range of the pathologic change, cover it with a piece of mulberry paper and fix it with a bandage or an adhesive plaster. Dressing change is to be made daily.

Notes: *Wu Xing San* has the effects of promoting the flowing of both *Qi* and blood, expelling wind, eliminating blood stasis, warming the channels, dispersing cold, subduing swelling and relieving pain. It is contraindicated for *Yang*-syndrome lest the fire should be worsened by it. In case papula, blister or wet ulceration appear on the affected part during the treatment which is a sign of drug allergy, the application of *Wu Xing San* should be stopped right away, and, scratching is to be avoided lest infection be induced.

Prescription 3:

Recipe: *Xiao He Gao*

Ingredients:

|                                   |      |
|-----------------------------------|------|
| <i>Banxia</i> (Rhizoma Pinelliae) | 30 g |
| <i>Gansui</i> (Radix Kansui)      | 30 g |

|                                      |       |
|--------------------------------------|-------|
| <i>Chuanshanjia</i> (Squama Manitis) | 30 g  |
| <i>Zaojiaoci</i> (Spina Gleditsiae)  | 30 g  |
| <i>Maqianzi</i> (Semen Strychni)     | 30 g  |
| <i>Xuejie</i> (Resina Draconis)      | 30 g  |
| <i>Xionghuang</i> (Realgar)          | 30 g  |
| <i>Shexiang</i> (Moschus)            | 1.5 g |
| <i>Mayou</i> (Oleum Sesami)          | 500 g |

Preparation: Soak *Banxia*, *Gansui*, *Chuanshanjia*, *Zaojiaoci* and *Maqianzi* in *Mayou* in a pot for one night, decoct them on gentle fire until they are scorched, move the pot away from the fire, filter them with the medicated oil left. Put a proper amount of minium into the pot, and heat it again on the fire, then move it away again. Place *Xionghuang* and *Xuejie* which have been ground into fine powder into the pot and stir them evenly. A moment later, add *Shexiang* which has been ground into fine powder to the pot, then, stir the content evenly into a plaster which is called *Xiao He Gao*.

Application: Melt a proper amount of *Xiao He Gao*, spread it on a piece of white cloth or mulberry paper about 0.2-0.3 cm thick and a little wider to cover the affected part. Dressing change is to be carried out daily.

Notes: The plaster to be applied should not be too hot or too cold. Too hot, it would scald the skin. Too cold, it couldn't stick to the affected part. After it is applied, mild sensation of itch and burning heat may occur. Be sure not to move it, otherwise its curative effects will be reduced. In the course of treatment, if erythema, papula or blister appear on the affected part, its application should be stopped at once. And this plaster is contraindicated for women in pregnancy or menstrual periods.

## 2. In the suppurative stage

### Main Symptoms:

Marked by low fever, lassitude, emaciation, anemia, formation of an abscess with wave-motion at the center, swelling and distension of the joint, amyotrophy, and red tongue with thin, yellowish coating.

### Method of Treatment:

To rupture abscess, gather and remove toxins.

### Prescription 1:

Recipe: *Tie Gu San*

### Ingredients:

|                                   |      |
|-----------------------------------|------|
| <i>Baiji</i> (Rhizoma Bletillae)  | 30 g |
| <i>Xionghuang</i> (Realgar)       | 18 g |
| <i>Banxia</i> (Rhizoma Pinelliae) | 15 g |
| <i>Baifan</i> (Alumen)            | 9 g  |

Preparation: Grind the above drugs together into a fine powder called *Tie Gu San*.

Application: Mix the powder of *Tie Gu San* with a proper amount of egg white or vinegar into a paste. Apply the paste to the abscess with its head not covered. Dressing change is to be made every 2-3 days.

Notes: *Tie Gu San* has the effects of restricting toxin, subduing swelling and relieving pain. It can accelerate the diabolism of an abscess. An abscess without a head may be covered completely with it. Its ingredients *Xionghuang* and *Baifan* can resist bacteria but have poisonous action. Therefore, *Tie Gu San* shouldn't be used on a large area nor for a long time. It is strictly forbidden for pregnant women.

## Prescription 2:

Recipe: *Ti Nong Gao*

## Ingredients:

|                                 |       |
|---------------------------------|-------|
| <i>Ruxiang</i> (Resina Olibani) |       |
| <i>Moyao</i> (Myrrha)           | 20 g  |
| <i>Songxiang</i> (Colophonium)  | 20 g  |
| <i>Chansu</i> (Venenum Bufonis) | 90 g  |
| <i>Xuejie</i> (Resina Draconis) | 9 g   |
| <i>Bimaren</i> (Semen Ricini)   | 24 g  |
| <i>Shexiang</i> (Moschus)       | 120 g |
|                                 | 3 g   |

Preparation: Grind *Songxiang* into a fine powder. Pound *Bimaren* into a pulp. Add the powder of *Songxiang* slowly to the pulp of *Bimaren* and pound them evenly into an ointment. Grind all the other drugs together into a fine powder, put it into the ointment and pound it evenly into a plaster which is called *Ti Du Gao*.

Application: Take a proper amount of the plaster according to the area of an abscess, knead it into a medicinal cake, stick it to the affected part and fix it with a piece of gauze. Dressing change is to be made daily.

Notes: The size of the medicinal cake should be large enough to cover the range of the abscess. Before an abscess is formed, *Ti Nong Gao* should not be used. When it is used for an abscess, incision for drainage of pus may be conducted when necessary.

## 3. In the ulcerative stage

## Main Symptoms:

Marked by emaciation, tidal fever, night sweat, diabolism of abscess, thin pus, sinus not cured for a long time, fusiform swelling of the joint accompanied by deformity, red tongue without or with little coating, thread and rapid pulse, and bone substance destroyed and sequester seen in roentgenogram.

## Method of Treatment:

To drain pus and remove toxins.

## Prescription 1:

Recipe: *San Xian Dan*

## Ingredients:

|                                  |      |
|----------------------------------|------|
| <i>Baifan</i> (Alumen)           |      |
| <i>Mangxiao</i> (Natrii Sulphas) | 90 g |
| <i>Shuiyin</i> (mercury)         | 90 g |
|                                  | 60 g |

Preparation: Grind the above drugs together into a fine powder and put it into a pot. Cover the pot closely with an enamel bowl. Use some pieces of mulberry paper

to seal the edge of the bowl. Pour some sand around the bowl until it reaches the same level as the bottom of the bowl and level it off. Put some rice grains on the bottom of the bowl and some pieces of rough straw paper on the rice; then hold them down with a brick. Heat the pot first on a strong charcoal fire then a gentle charcoal fire for 3 hours until the rice on the bottom of the bowl turns yellowish black. Then remove the brick, the straw paper, the yellowish rice, the sand and the mulberry paper. Uncover the bowl gently. What is in the inner wall of the bowl is a red coloured drug called *San Xian Dan*. Scrap it down with a knife and keep it for future use.

Application: Dust a little of *San Xian Dan* onto a wound, or spread it on a long narrow piece of mulberry paper and tuck it into a sinus, and cover it with *Ba Du Gao* (6). Dressing change is to be made daily.

Notes: *San Xian Dan* has very strong effects of killing worms and removing toxins. But its use must be stopped as soon as fresh granulation appears. Or else, the granulation will be corroded.

Prescription 2:

Recipe: *Tui Gu San*

Ingredients:

|                                    |       |
|------------------------------------|-------|
| <i>Qianglang</i> (dung beetle)     | 6 g   |
| <i>Rougui</i> (Cortex Cinnamomi)   | 0.8 g |
| <i>Muxiang</i> (Radix Aucklandiae) | 0.5 g |

Preparation: Bake *Qianglang* dry and grind it into a fine powder. Grind *Rougui* and *Muxiang* together into a fine powder, too. Mix the two powders evenly into one, which is called *Tui Gu San*. Keep it in a bottle for future use.

Application: Put the *Tui Gu San* on a slender roll of mulberry paper, and tuck it into a sinus and cover it with *Ba Du Gao* (6). Dressing change is to be made daily.

4. In the skin-regenerated stage.

Main Symptoms:

Marked by rosy cheeks; general recovery; a red tongue with thin, white or thin, yellowish coating; a sinus free of putridity and pus; fresh and tender granulation; and itching at the opening of the sore.

Method of Treatment:

To promote regeneration of muscle and heal sore.

Prescription 1:

Recipe: *Zhen Zhu Fen*

Ingredients:

|  |       |
|--|-------|
| <i>Zhenzhu</i> (Margarita)                   | 4.5 g |
| <i>Shigao</i> (Gypsum Fibrosum)              | 9 g   |
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta)    | 9 g   |
| <i>Duan Longgu</i> (Os Draconis Usta)        | 15 g  |
| <i>Duan Xiangpi</i> (forged elephant's skin) | 15 g  |
| <i>Zhusha</i> (Cinnabaris)                   | 3 g   |
| <i>Gancao</i> (Radix Glycyrrhizae)           | 6 g   |

*Bingpian* (Borneolum Syntheticum)

1 g

Preparation: Grind the above drugs together into a fine powder called *Zhen Zhu Fen* and keep it in a bottle for future use.

Application: Dust a proper amount of the powder of *Zhen Zhu Fen* directly into the sinus, then cover it with a piece of gauze. Dressing change is to be made once daily.

Notes: In the course of treatment, there will be more pus flowing out, which is normal. It shows the strong vital-*Qi* has defeated the pathogens. As the TCM saying goes: more pus means the healing of a sore.

Prescription 2:

Recipe: *Sheng Ji Gao*

Ingredients:

|   |       |
|---|-------|
| <i>Ruxiang</i> (Resina Olibani)           | 9 g   |
| <i>Moyao</i> (Myrrha)                     | 9 g   |
| <i>Xuejie</i> (Resina Draconis)           | 9 g   |
| <i>Ercha</i> (Catechu)                    | 9 g   |
| <i>Longgu</i> (Os Draconis)               | 9 g   |
| <i>Xiangpi</i> (elephant's skin parched)  | 9 g   |
| <i>Zhusha</i> (Cinnabaris)                | 6 g   |
| <i>Qingfen</i> (Calomelas)                | 3 g   |
| <i>Huangqi</i> (Radix Astragali)          | 9 g   |
| <i>Danggui</i> (Radix Angelicae Sinensis) | 9 g   |
| <i>Baishao</i> (Radix Paeoniae Alba)      | 9 g   |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 9 g   |
| <i>Zicao</i> (Radix Arnebiae)             | 9 g   |
| <i>Gancao</i> (Radix Glycyrrhizae)        | 6 g   |
| <i>Jinyinhua</i> (Flos Lonicerae)         | 6 g   |
| <i>Bimayou</i> (Oleum Ricini)             | 30 g  |
| <i>Huangla</i> (yellow lipid)             | 18 g  |
| <i>Zhuyou</i> (melted lard)               | 750 g |

Preparation: Grind *Ruxiang*, *Moyao*, *Xuejie*, *Ercha*, *Longgu*, *Xiangpi*, *Zhusha* and *Qingfen* respectively into fine powders and mix them evenly into one. Put all the rest drugs except *Huangla* into *Zhuyou* in a pot, decoct them until they are scorched and filter them with the medicated oil left. Melt *Huangla* in the oil and filter it again with the medicated oil left. When the oil is cooled a little, mix it with the drug powder evenly into a plaster which is called *Sheng Ji Gao*.

Application: Dust *Zhen Zhu Fen* onto the affected part. Then spread a proper amount of *Sheng Ji Gao* on a piece of gauze or mulberry paper, then stick it to the affected part. Dressing change is to be made daily.

Notes: When putridity has not exfoliated radically, *Sheng Ji Gao* should not be used. When it is used, the projected surface of a sore should be pressed or trimmed.



### 3. Fracture

Common in clinical practice, fracture refers to traumatic fracture in general. It is divided into a number of types, each with different soft tissue injury and even with injury of the nerves, vessels or viscera.

#### Etiology and Pathogenesis

1. External cause: Generally speaking, external violent force is the main cause of fracture.

2. Internal cause: Sometimes, weak constitution is the leading factor in fracture. For instance, fracture seldom happens to those who are young and fit with strong tendons and bones, but often to those who are infirm with age and with weak liver and kidney and easily broken bones, to those who are debilitated due to prolonged illness and with deficient *Qi* and blood as well as osteoporosis, or to children who have not yet developed kidney-*Qi* and strong tendons and bones.

#### Clinical Manifestations

Fracture is treated in 3 stages: initial stage, middle stage and advanced stage. In the initial stage, there would be swelling in different degree, pain, dysfunction and deformity. In complete fracture there would be sound of bone friction, abnormal movements and lowered sound of bone conduction, and condition in fracture with visceral injury would be severe and there would be syncope and shock due to serious trauma and polybleeding. In the middle stage, the broken bones would begin to unite and local swelling would be reduced. In the advanced stage, fracture is healed but stiff limbs or dysfunctional joints may be left.

#### Differentiation and Treatment

##### 1. In the early stage

##### Main Symptoms:

Marked by local swelling, severe pain, tenderness; a little burning skin, light red or dark purple tongue with thin, yellowish and greasy coating.

##### Method of Treatment:

To promote the flow of *Qi* and blood, eliminate blood stasis and remove obstruction from the collaterals.

##### Prescription 1:

##### Recipe: *Qi Li San*

##### Ingredients:

|   |       |
|---|-------|
| <i>Xuejie</i> (Resina Draconis)         | 30 g  |
| <i>Ercha</i> (Catechu)                  | 70 g  |
| <i>Ruxiang</i> (Resina Olibani)         | 4 g   |
| <i>Moyao</i> (Myrrha)                   | 4 g   |
| <i>Zhusha</i> (Cinnabaris)              | 4 g   |
| <i>Shexiang</i> (Moschus)               | 0.4 g |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.4 g |

*Honghua* (Flos Carthami)

5 g

Preparation: Grind the above drugs together into a fine powder called *Qi Li San* and keep it in a bottle for use.

Application: Take a proper amount of *Qi Li San* according to the area of a mass, mix it with honey into a paste. Apply it to the injured part and cover it first with mulberry paper then with 3-5 layers of gauze and finally bind it up with bandage. Dressing change is to be made every 3-5 days.

Notes: It is believed in TCM, whenever fracture occurs blood stasis forms; as long as the blood stasis is not eliminated, the broken bone can never be reduced; to make sure that the blood stasis is eliminated, blood circulation must be accelerated. For that reason, in the initial stage of fracture, the first thing to do is to promote blood circulation in order to eliminate blood stasis. On the other hand, *Qi* and blood are closely related to each other. Blood stasis would have *Qi* stagnated, conversely the flow of *Qi* would accelerate the circulation of blood. Therefore activating the flow of *Qi* should also be done in the initial stage of fracture. *Qi Li San* is the very prescription made of drugs with the action of promoting the flow of both *Qi* and blood and eliminating blood stasis. That's why it is effective in treating fracture. As long as the fracture is not a displaced one, external use of *Qi Li San* is enough. If it is a displaced one, reduction comes the first, *Qi Li San* the second, and splint immobilization the third. While dressing change is carried out, be sure not to bring about re-dislocation. It should be mentioned that don't forget to remove the applied *Qi Li San* before an X-ray re-examination.

## Prescription 2:

Recipe: *Qing Ying Tui Zhong Gao*

## Ingredients:

|   |      |
|---|------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)  | 60 g |
| <i>Huangbai</i> (Cortex Phellodendri)   | 30 g |
| <i>Huangqin</i> (Radix Scutellariae)    | 30 g |
| <i>Qindan</i> (minium)                  | 30 g |
| <i>Tianhuafen</i> (Radix Trichosanthis) | 30 g |
| <i>Huashi</i> (Talcum)                  | 30 g |
| <i>Furongye</i> (Folium Hibisci)        | 60 g |

Preparation: Grind the above drugs together into a fine powder and keep it in a bottle for use. Mix a proper amount of the powder with vinegar into a paste which is called *Qing Ying Tui Zhong Gao*.

Application: Apply the paste of *Qing Ying Tui Zhong Gao* directly to the affected part daily.

Notes: If there is extensive swelling with severe heat-syndrome, oral Chinese drugs or antibiotics should be also given.

## Prescription 3:

Recipe: *Huo Xue Zhi Tong San* (31)

Preparation: Decoct the drugs in 1,000-1,500 ml. of water until 15 minutes after

the water boils and pour them into a basin along with the decoction.

Application: While the decoction is hot, cover the injured part with a piece of towel and steam it over it. When the decoction is not scalding, drip-wash the injured part with it. The above is done twice daily, for 1-2 hours each time, during which the decoction is heated if cooled. The decoction prepared with one dose of the drugs can be used 4-6 times.

Notes: Within 24-48 hours after the fracture occurs, this prescription is forbidden to be practised, otherwise telangiectasis, polyhemorrhage and polyexudate might be brought about. In addition, dislocated fracture which remains to be fixed is not treated with this prescription. It is only indicated for fracture without dislocation or fracture dislocated but reduced and traction is being done.

Prescription 4:

Recipe: *Wai Fu Yao Fang*

Ingredients:

|  |      |
|--|------|
| <i>Rougui</i> (Cortex Cinnamomi)                     | 20 g |
| <i>Xuejie</i> (Resina Draconis)                      | 5 g  |
| <i>Liuhuang</i> (Sulphur)                            | 10 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)               | 10 g |
| <i>Ruxiang</i> (Resina Olibani)                      | 10 g |
| <i>Moyao</i> (Myrrha)                                | 10 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)            | 10 g |
| <i>Bailian</i> (Radix Ampelopsis)                    | 10 g |
| <i>Qingpi</i> (Pericarpium Citri Reticulatae Viride) | 10 g |
| <i>Chixiaodou</i> (Semen Phaseoli)                   | 10 g |

Preparation: Grind all the drugs together into a fine powder and keep it in a bottle for use.

Application: In the evening, decoct 10 g of *Zhechong* (*Eupolyphaga seu Steleophaga*) in water to get 150 ml. of its decoction. Steep the injured part in 100 ml. of the decoction which is cooled to about 40°C to remove the applied paste. Mix the powder with the rest of the decoction into a paste and apply it to the injured part about 0.3-0.5 cm thick.

Notes: The affected limb should be protected from being bumped and wetted. A hot sensation of the affected limb due to the applied paste is normal. If burning pain appears, omit the *Rougui* and increase the dosage of *Dahuang* until the pain is allayed.

Prescription 5:

Recipe: *Jiang Li San*

Ingredients:

|  |            |
|--|------------|
| <i>Jiangxiang</i> (Lignum Dalbergiae Odoriferae) | 5 portions |
| <i>Lizhihe</i> (Semen Litchi)                    | 5 portions |

Preparation: Grind the two drugs together into a fine powder and keep it in a bottle for use. This powder is called *Jiang Li San*.

Application: After debridement and suture have been done, mix the powder with 75% alcohol into a paste and apply it to the wound and then bandage it with gauze.

Remove the applied paste 7-10 days later.

Notes: This prescription is suitable for incomplete fracture with debridement and suture.

2. In the middle stage

Main Symptoms:

Marked by reduced swelling and pain, lingering blood stasis and early union of broken bones.

Method of Treatment:

To unite broken bones and tendons.

Prescription 1:

Recipe: *Wu Ji Jie Gu Dan*

Ingredients:

|   |       |
|---|-------|
| <i>Huo Wuji</i> [Gallus Domesticus (alive)] | one   |
| <i>Wujiapi</i> (Cortex Acanthopanax)        | 120 g |
| <i>Ruxiang</i> (Resina Olibani)             | 15 g  |
| <i>Moyao</i> (Myrrha)                       | 15 g  |
| <i>Gusuibu</i> (Rhizoma Drynariae)          | 15 g  |

Preparation: Kill the live chicken, cut its head off, remove its feather and internal organs and pound it in a stone mortar into a pulp. Grind all the other drugs into fine powders and mix them evenly. And finally, mix the powder and the pulp evenly into a mixture.

Application: Take a proper amount of the mixture according to the area of the injured part, spread it on a piece of white cloth and apply it to the injured part. Dressing change is to be made every 3-5 days.

Notes: This prescription has the effects of enriching both *Qi* and blood, strengthening the liver and kidney and promoting the healing of fracture.

Prescription 2:

Recipe: *Xiao Jie Gu Dan*

Ingredients:

|   |      |
|---|------|
| <i>Duan Muli</i> (forged Concha Ostreae)          | 30 g |
| <i>Haigeqiao</i> (Concha Meretricis seu Cyclinae) | 30 g |
| <i>Mubiezi</i> (Semen Momordicae)                 | 15 g |

Preparation: Grind all the drugs together into a fine powder and keep it in a bottle for use.

Application: Mix a proper amount of the powder with vinegar into a paste. Spread the paste on a piece of white cloth and stick the cloth to the injured part. Dressing change is to be made every 5-7 days.

Notes: Since *Xiao Jie Gu Dan* contains calcium salt its dried paste can play its part in fixing the connected bones. Fracture without dislocation or dislocated but reduced may be treated with *Xiao Jie Gu Dan* alone so that the inconvenience of external fixation can be avoided.

It takes rather long for a fracture to be healed. An X-ray re-examination should

be conducted 1-2 months after *Xiao Jie Gu Dan* is used to see whether there is a tendency to heal. If there is, *Xiao Jie Gu Dan* can be used continuously until the fracture is completely healed. But it mustn't be used any longer if allergic reaction occurs on the skin.

### 3. In the advanced stage

#### Main Symptom:

Marked by union of broken bones, spasm of muscles and restriction of joint function.

#### Method of Treatment:

To warm the channels, relax the tendons, activate the collaterals and soften hard mass.

#### Prescription 1 :

Recipe: *Er Hao Xi Yao* (30)

Preparation: Decoct the drugs in 1,000-1,500 ml. of water in an earthenware pot until 15 minutes after the water boils and pour them into an enamel basin along with the decoction.

Application: While the decoction is hot, the injured part is covered with a piece of towel and steamed over it. When the decoction is not scalding hot, put the injured part into it and drip-wash with it. The above is done twice daily, for 1-2 hours each time, during which the decoction is heated when cooled.

Notes: In the advanced stage, the fracture has been healed, but there still remain dysfunctional joint and stiff, numb, cold muscles. At this time, steaming and washing with *Er Hao Xi Yao* may help to restore the function of the joint and muscles.

#### Prescription 2:

Recipe: *Zi Jin Jiu* -

#### Ingredients:

|   |       |
|---|-------|
| <i>Xuejie</i> (Resina Draconis)                     | 60 g  |
| <i>Honghua</i> (Flos Carthami)                      | 60 g  |
| <i>Zhangnao</i> (Camphora)                          | 30 g  |
| <i>Gaoliangjiang</i> (Rhizoma Alpiniae Officinarum) | 120 g |
| <i>Bibo</i> (Fructus Piperis Longi)                 | 90 g  |
| <i>Xixin</i> (Herba Asari)                          | 60 g  |
| <i>Baijiezi</i> (Semen Sinapis Albae)               | 60 g  |
| <i>Bingpian</i> (Borneolum Syntheticum)             | 30 g  |
| <i>Shengdihuang</i> (Radix Rehmanniae)              | 30 g  |
| <i>Ebushicao</i> (Herba Centipedae)                 | 90 g  |
| <i>Ruxiang</i> (Resina Olibani)                     | 45 g  |
| <i>Moyao</i> (Myrrha)                               | 45 g  |

Preparation: Soak all the drugs in 5,000 ml. of spirit in a container. Seal the container and keep it still for 10 days. Filter the drugs to get the medicated spirit which is called *Zi Jin Jiu*.

Application: Paint the injured part with *Zi Jin Jiu* with absorbent cotton for 10

times or more and then massage on it. This is conducted 3-5 times daily.

Notes: This prescription may quicken the recovery of the function of the limb. While it is practised, the affected limb should be kept warm.

Prescription 3:

Recipe: *Hua Jian Gao*

Ingredients:

|   |         |
|---|---------|
| <i>Baijiezi</i> (Semen Sinapis Albae)     | 60 g    |
| <i>Gansui</i> (Radix Kansui)              | 60 g    |
| <i>Dilong</i> (Lumbrius)                  | 60 g    |
| <i>Weilingxian</i> (Radix Clematidis)     | 75 g    |
| <i>Jixingzi</i> (Semen Impatientis)       | 75 g    |
| <i>Tougucao</i> (Caulis Impatientis)      | 75 g    |
| <i>Mahuang</i> (Herba Ephedrae)           | 90 g    |
| <i>Xixin</i> (Herba Asari)                | 90 g    |
| <i>Wumei</i> (Fructus Mume)               | 120 g   |
| <i>Chanshanjia</i> (Squama Manitis)       | 120 g   |
| <i>Xuejie</i> (Resina Draconis)           | 30 g    |
| <i>Zinaosha</i> (Sal Ammoniaci)           | 18 g    |
| <i>Quanxie</i> (Scorpio)                  | 30 g    |
| <i>Fangfeng</i> (Radix Ledebouriellae)    | 30 g    |
| <i>Caowu</i> (Folium Aconiti Kusnezoffii) | 30 g    |
| <i>Mayou</i> (Oleum Sesami)               | 2,500 g |
| <i>Qiandan</i> (minium)                   | 1,250 g |
| <i>Badou</i> (Fructus Crotonis)           | 30 g    |

Preparation: Put all the drugs except *Qiandan* and *Zinaosha* into *Mayou* in a pot, heat them until they are scorched and filter them with the medicated oil left. Heat the oil again in the pot until a drop of it falls into water, taking the shape of a pearl. Mix *Qiandan* and *Zinaosha* evenly with the oil in the pot into an ointment called *Hua Jian Gao*. Keep it in a bottle for future use.

Application: Spread a proper amount of *Hua Jian Gao* on a piece of white cloth and stick it to the affected part. Dressing change is to be made daily.

Notes: The ingredient *Badou* is poisonous. When it comes into contact with the skin, acute contact dermatitis would be caused. When it is mistaken for common bean and got into the digestive tract, inflammation of the digestive system and even shock would be caused. For that reason, *Hua Jian Gao* should be prepared and used cautiously. Usually, it is prepared and applied at night so that safety may be ensured and treatment won't be interfered in the day.

#### 4. Traumatic Dislocation of Joint

Dislocation of joint is usually due to trauma and called clinically as traumatic

dislocation of joint in general. It may happen to many joints with limb joints most commonly involved. Dislocation is often complicated by fracture and injury of nerves and blood vessels.

### Etiology and Pathogenesis

1. Internal cause: weak constitution, deficiency of the liver and kidney, insufficiency of both *Qi* and blood, maldevelopment and flaccidity of tendons and muscles.

2. External cause: direct or indirect injury by external force.

Dislocation will bring about impairment of tendons and bones, internal hemorrhage, stagnation of *Qi* and blood and even injury of internal organs, all of which will have an effect on the normal functioning of *Qi* and blood of the whole body.

### Clinical Manifestations

It is divided clinically into initial stage and advanced stage of dislocation and manifested as a whole as local teratoswelling, ecchymoma, pain, deformity of joint, stiff joint and elastic fixation of joint, all of which may be accompanied by symptoms due to injury of nerves and blood vessels; the direction and degree of a dislocation and a possible fracture may be shown in roentgenogram; dysfunction of the *Zang-fu* organs and blood-stasis fever would occur due to severe trauma; stiff joint would remain 2-3 weeks after external fixation is removed.

### Differentiation and Treatment

1. In the initial stage

Main Symptoms:

Marked by swelling, pain, deformity and tenderness of joint.

Method of Treatment:

To promote blood circulation, remove blood stasis, subdue swelling and relieve pain.

Prescription 1:

Number 1:

Recipe: *Qu Yu Xiao Zhong Gao*

Ingredients:

|   |       |
|---|-------|
| <i>Xuejie</i> (Resina Draconis)         | 9 g   |
| <i>Ercha</i> (Catechu)                  | 6 g   |
| <i>Ruxiang</i> (Resina Olibani)         | 9 g   |
| <i>Moyao</i> (Myrrha)                   | 9 g   |
| <i>Yanhusuo</i> (Rhizoma Corgdalis)     | 12 g  |
| <i>Huajiao</i> (Pericarpium Zanthoxyli) | 6 g   |
| <i>Shexiang</i> (Moschus)               | 1.5 g |
| <i>Bingpian</i> (Borneolum Syntheticum) | 1.5 g |
| <i>Chixiaodou</i> (Semen Phaseoli)      | 30 g  |
| <i>Dilong</i> (Lumbricus)               | 30 g  |

Preparation: Grind all the above drugs together into a fine powder and keep it in a bottle for future use. Take a proper amount of the powder according to the area

of the injured part and mix it with some honey into an ointment called *Qu Yu Xiao Zhong Gao*.

Application: Spread *Qu Yu Xiao Zhong Gao* on a piece of white cloth about 0.2-0.3 cm thick. Stick this white cloth to the injured part and bind it up with a piece of bandage. Dressing change is to be made every 3-5 days.

Number 2:

Recipe: *Qing Yu Gao*

Ingredients:

|   |          |
|---|----------|
| <i>Mugua</i> (Fructus Chaenomelis)          | 5,000 g  |
| <i>Zhizi</i> (Fructus Gardeniae)            | 2,500 g  |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)      | 12,500 g |
| <i>Pugongying</i> (Herba Taraxaci)          | 5,000 g  |
| <i>Huangbai</i> (Cortex Phellodendri)       | 7,500 g  |
| <i>Jianghuang</i> (Rhizoma Curcumae Longae) | 5,000 g  |

Preparation: Grind all the above drugs together into a fine powder and mix it with honey and water half and half into an ointment called *Qing Yu Gao* and keep it in a bottle for future use.

Application: Same as that of Number 1.

Notes: Dislocation is usually accompanied by laceration of joint capsule, injury of periarticular ligament and tendons and hematoma. After diaplasis is performed, the deformity is corrected with the pain relieved. But the swelling due to blood stasis remains. If the blood stasis is not eliminated in time, cementation and contracture of the joint capsule and pericapsular tissue tend to occur, which would lead the joint to lose its function. For that reason, dislocation at its initial stage should be treated with drugs promoting blood circulation in order to eliminate blood stasis and to reduce swelling and pain.

Prescription Number 1 is centred on promoting blood circulation in addition to clearing the heat of blood, while, Number 2, on clearing the heat of blood in addition to promoting blood circulation. In the form of ointment, they wouldn't hinder external fixation and articular movement.

Prescription 2:

Recipe: *Zhi Zi Dang Gui San*

Ingredients:

|   |            |
|---|------------|
| <i>Zhizi</i> (Fructus Gardeniae)          | 5 portions |
| <i>Danggui</i> (Radix Angelicae Sinensis) | 5 portions |

Preparation: Grind the two drugs together into a fine powder and keep it in a bottle for future use. This powder is called *Zhi Zi Dang Gui San*.

Application: Take a proper amount of *Zhi Zi Dang Gui San* according to the area of the injured part and mix it with some vinegar into a paste. Apply the paste to the injured part. Dressing change is to be made daily.

Notes: At the initial stage of dislocation the application *Zhi Zi Dang Gui San* will lead to local telangiectasis and accelerate blood circulation, as well as quicken the



absorption of hematoma.

2. In the advanced stage

Main Symptoms:

Marked by stiff joint.

Method of Treatment:

To warm the channels and clear and activate the collaterals, restore the function of the joint.

Prescription 1:

Recipe: *Shang Zhi Xun Shang Xi Fang*

Ingredients:

|  |      |
|--|------|
| <i>Shenjincao</i> (Herba Lycopodti)              | 15 g |
| <i>Tougucao</i> (Caulis Impatientis)             | 15 g |
| <i>Jingjie</i> (Herba Schizonepetae)             | 9 g  |
| <i>Fangfeng</i> (Radix Ledebouriellae)           | 9 g  |
| <i>Honghua</i> (Flos Carthami)                   | 9 g  |
| <i>Qiannianjian</i> (Rhizoma Homalomenae)        | 12 g |
| <i>Qianliguang</i> (Herba Senecionis Scandentis) | 9 g  |
| <i>Guizhi</i> (Ramulus Cinnamomi)                | 12 g |
| <i>Sumu</i> (Lignum Sappan)                      | 9 g  |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)           | 9 g  |
| <i>Wilingxian</i> (Radix Clematidis)             | 9 g  |

Preparation: Decoct all the above drugs in 1,000-1,500 ml. of water in an earthenware pot until 15 minutes after the water boils and pour them into an enamel basin along with the decoction.

Application: While the decoction is hot, steam the injured part covered with a piece of towel over it. When the decoction is cooled a little, steep the injured part in it for 1-2 hours, during which time keep the decoction warm. The treatment is to be done twice daily. The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it whenever use it again.

Notes: Stop using this prescription if dermal allergy occurs in the course of treatment. It is advisable to perform massage during the steaming and washing process and to carry out dirigation after the process.

Prescription 2:

Recipe: *Xia Zhi Xun Shang Xi Fang*

Ingredients:

|   |      |
|---|------|
| <i>Shenjincao</i> (Herba Lycopodti)         | 15 g |
| <i>Tougucao</i> (Caulis Impatientis)        | 15 g |
| <i>Sumu</i> (Lignum Sappan)                 | 9 g  |
| <i>Honghua</i> (Flos Carthami)              | 9 g  |
| <i>Niuxi</i> (Radix Achyranthis Bidentatae) | 9 g  |
| <i>Mugua</i> (Fructus Chaenomelis)          | 9 g  |
| <i>Wujiapi</i> (Cortex Acanthopanax)        | 12 g |

|   |      |
|---|------|
| <i>Sanleng</i> (Rhizoma Sparganii)            | 12 g |
| <i>Ezhu</i> (Rhizoma Curcumae)                | 12 g |
| <i>Qinjiao</i> (Radix Gentianae Macrophyllae) | 12 g |
| <i>Haitongpi</i> (Cortex Erythrinae)          | 12 g |

Preparation: Same as that of *Shang Zhi Xun Shang Xi Fang*.

Application: Same as that of *Shang Zhi Xun Shang Xi Fang*.

Notes: Same as that of *Shang Zhi Xun Shang Xi Fang*.

Prescription 3:

Recipe: *Jiao Yan Jiu*

Ingredients:

|   |         |
|---|---------|
| <i>Huajiao</i> (Pericarpium Zanthoxyli) | 30 g    |
| <i>Shiyan</i> (table salt)              | 30 g    |
| <i>Baijiu</i> (spirit)                  | 240 ml. |

Preparation: Soak *Huajiao* and *Shiyan* in *Baijiu* for 1-2 days or more and filter them to get the medicated spirit which is called *Jiao Yan Jiu*.

Application: Rub the injured part with a piece of absorbent cotton soaked in *Jiao Yan Jiu* 2-3 times daily.

Notes: Be sure to practise massage on the injured part during the steaming and washing process and to carry out passive and active dirigation after the process. The above may be performed under the instruction of a doctor, if necessary, for ideal recovery of the joint depends on it.

## 5. Sprain of Joint

As a common disease called injury of muscles and tendons in TCM, sprain of joint refers to an injury of a joint of the body with much functional activity due to indirect external force. Although it is milder than dislocation of joint, it costs more time to heal. And if the case is severe, the curative effects will not be satisfactory.

### Etiology and Pathogenesis

The muscles are loosened when the body is debilitated. At this time, if an external force acts on a joint, local stagnation of *Qi* and blood will be brought about, which means laceration of part of periarticular soft tissues and injury of articular cartilage, both of which lead to exudation of serum, subcutaneous hemorrhage, and subsequent congestion, edema, exudate, pachynsis, adhesion and scar of the soft tissues, as well as other changes such as degeneration, calcification and contracture of the cells, retrograde degeneration of cartilage, etc.

### Clinical Manifestations

Marked by symptoms in the initial stage such as local swelling, pain, dark purple skin, tenderness, joint dysfunction, and even abnormal joint movement in severe cases; symptoms in the advanced stage such as local swelling and hardness, fusiform

swelling of the involved phalanged joint of hand or foot, stiff joint, etc.

### Differentiation and Treatment

#### 1. In the initial stage

##### Main Symptoms:

Marked by local swelling, subcutaneous hemorrhage, and pain aggravated when the joint is being moved in the adverse direction.

##### Method of Treatment:

To eliminate blood stasis and subdue swelling.

##### Prescription 1:

Recipe: *Xiao Yu Gao*

##### Ingredients:

|   |            |
|---|------------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)      | 1 portion  |
| <i>Zhizi</i> (Fructus Gardeniae)            | 2 portions |
| <i>Mugua</i> (Fructus Chaenomelis)          | 4 portions |
| <i>Pugongying</i> (Herba Taraxaci)          | 4 portions |
| <i>Jianghuang</i> (Rhizoma Curcumae Longae) | 4 portions |
| <i>Huangbai</i> (Cortex Phellodendri)       | 6 portions |

Preparation: Grind all the above drugs together into a fine powder, mix it with the same amount of water and honey into a paste which is called *Xiao Yu Gao* and keep it for future use.

Application: Spread a proper amount of *Xiao Yu Gao* on a piece of white cloth. Stick this cloth to the injured part. Dressing change is to be made every 3 days.

Notes: *Xiao Yu Gao* is particularly indicated for sprain of joint with spasm of muscles. But it comes as a secondary measure when used to treat sprain of joint with complete rupture of ligament and abnormal articular movement. Repair of the ruptured ligament by operation comes first. When it is used to treat sprain of joint with incomplete rupture of ligament, 3-4 weeks of keeping the movement of the involved limb under control is practised at the same time.

##### Prescription 2:

Recipe: *Tao Ren San Yu Tang*

##### Ingredients:

|  |      |
|--|------|
| <i>Taoren</i> (Semen Persicae)             | 12 g |
| <i>Honghua</i> (Flos Carthami)             | 12 g |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)     | 12 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)      | 6 g  |
| <i>Digupi</i> (Cortex Lycii)               | 6 g  |
| <i>Sumu</i> (Lignum Sappan)                | 9 g  |
| <i>Huangqin</i> (Radix Scutellariae)       | 12 g |
| <i>Sangzhi</i> [Ramulus Mori (fresh)]      | 9 g  |
| <i>Mutong</i> (Caulis Clematidis Armandii) | 9 g  |

Preparation: Decoct the above drugs in 1,000-1,500 ml. of water in an earthenware

pot until 15 minutes after the water boils and pour them into an enamel basin along with the decoction.

Application: While the decoction is hot, steam the injured part over it. When the decoction is not scalding hot wash the injured part with it. The above is performed for 1-2 hours each time, twice daily. The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it whenever use it again.

Notes: The steaming and washing should be stopped if dermal allergy appears.

Prescription 3:

Recipe: *Qing Yu Huo Xue Tang*

Ingredients:

|  |      |
|--|------|
| <i>Sumu</i> (Lignum Sappan)            | 30 g |
| <i>Honghua</i> (Flos Carthami)         | 10 g |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong) | 10 g |
| <i>Ruxiang</i> (Resina Olibani)        | 10 g |
| <i>Moyao</i> (Myrrha)                  | 10 g |
| <i>Danshen</i> (Radix Codonopsis)      | 15 g |
| <i>Weilingxian</i> (Radix Clematidis)  | 15 g |
| <i>Wujiapi</i> (Cortex Acanthopanax)   | 15 g |

Preparation: Same as that of *Tao Ren San Yu Tang*.

Application: Same as that of *Tao Ren San Yu Tang*.

2. In the advanced stage

Main Symptoms:

Marked by local swelling, hardness, and numbness; stiff joint.

Method of Treatment:

To warm the channels, disperse cold and activate the collaterals.

Prescription 1:

Recipe: *Kan Li Sha*

Ingredients:

|  |           |
|--|-----------|
| <i>Mahuang</i> (Herba Ephedrae)                  | 1 portion |
| <i>Danggui</i> (Radix Angelicae Sinensis)        | 1 portion |
| <i>Fuzi</i> (Radix Aconiti Lateralis Preparata)  | 1 portion |
| <i>Tougucao</i> (Caulis Impatiensis)             | 1 portion |
| <i>Honghua</i> (Flos Carthami)                   | 1 portion |
| <i>Ganjiang</i> (Rhizoma Zingiberis)             | 1 portion |
| <i>Niuxi</i> (Radix Achyranthis Bidentatae)      | 1 portion |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)        | 1 portion |
| <i>Jingjie</i> (Herba Schizonepetae)             | 1 portion |
| <i>Fangfeng</i> (Radix Ledebouriellae)           | 1 portion |
| <i>Mugua</i> (Fructus Chaenomelis)               | 1 portion |
| <i>Aiye</i> (Folium Artemisiae Argyi)            | 1 portion |
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii) | 1 portion |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)       | 1 portion |

Preparation: Decoct all the above drugs in a pot in the same amount of vinegar and water until the decoction becomes thick, then filter them to get the thick decoction. A proper amount of iron filings is parched until they become red hot and mix them with the decoction. The mixture is called *Kan Li Sha*.

Application: Mix 250-500 g of *Kan Li Sha* with 25 ml. of vinegar, wrap the mixture in 3-5 layers of cloth and press it on and move it about the injured part for 2 hours. This is to be repeated daily. These *Kan Li Sha* can be used for another 3-4 times. Add 25 ml. of vinegar each time when it is used again.

Notes: Keep the injured part warm lest cold pathogen invade the body through sweat pores and result in arthralgia of cold-damp type.

Prescription 2:

Recipe: *San Hao Xi Yao*

Ingredients:

|  |      |
|--|------|
| <i>Qianliguang</i> (Herba Senecionis Scandentis) | 30 g |
| <i>Sumu</i> (Lignum Sappan)                      | 30 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)            | 12 g |
| <i>Honghua</i> (Flos Carthami)                   | 12 g |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)       | 12 g |
| <i>Qinjiao</i> (Radix Gentianae Macrophyllae)    | 12 g |
| <i>Fangfeng</i> (Radix Ledebouriellae)           | 12 g |
| <i>Aiye</i> (Folium Artemisiae Argyi)            | 12 g |
| <i>Tougucao</i> (Caulis Impatientis)             | 15 g |
| <i>Chuanshanjia</i> (Squama Manitis)             | 9 g  |
| <i>Weilingxian</i> (Radix Clematidis)            | 15 g |
| <i>Wumei</i> (Fructus Mume)                      | 12 g |
| <i>Mugua</i> (Fructus Chaenomelis)               | 12 g |

Preparation: Decoct all the above drugs in 1,000-1,500 ml. of water in an earthenware pot until 15 minutes after the water boils and pour them into an enamel basin along with the decoction.

Application: While the decoction is hot, steam the injured part over it. When the decoction is not scalding hot wash the injured part with it. The above is done twice daily, for 1-2 hours each time, during which keep the decoction warm. The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it whenever use it again.

Notes: Stop using this prescription if dermal allergy appears in the course of treatment.

In the advanced stage of the disease, whether the function of the involved limb can be quickly restored depends in a great extent whether the patient undertakes dirigation perseveringly, in an orderly way and step by step. For that reason, dirigation must be ensured.

## 6. Lumbar Muscle Injury

As a common disease frequently-seen, lumbar muscle injury is usually divided into acute lumbar muscle sprain and chronic lumbar muscle strain. Having complex causes, comprehensive measures are to be taken in its treatment.

### Etiology and Pathogenesis

When the kidney is weak, the liver fails to be nourished. When the liver fails to be nourished, the muscles and tendons are weak. Then the pathogenic wind, cold and dampness would invade the body and settle down in the channels and collaterals. At this time, if an external force acts on the lumbar muscle, it would cause an injury with *Qi* and blood stagnated. Besides this, a prolonged improper body posture such as long-time bending of the waist would cause the lumbar muscle failed to be warmed by *Qi* and blood, which is also a causative factor of lumbar muscle injury.

### Clinical Manifestations

An acute case with swelling and severe pain of the loins would cause the waist unable to turn around; tenderness of the loins would be localized in a case with remarkable traumatic history; aching of the loins in a chronic case would be aggravated by chill and spreading to the lower limbs.

### Differentiation and Treatment

#### 1. Acute lumbar muscle sprain

##### Main Symptoms:

Marked by swelling, severe pain and tenderness of the loins.

##### Method of Treatment:

To activate the flow of *Qi* so as to promote blood circulation, to eliminate blood stasis so as to relieve pain.

##### Prescription 1:

Recipe: *Cong Huang San*

##### Ingredients:

*Dahuang* (Radix et Rhizoma Rhei) 60 g

*Congbai* (Caulis Allii Fistulosi) 5 pieces

*Shengjiang* (Rhizoma Zingiberis Recens) a proper amount

Preparation: Grind *Dahuang* into powder. Pound *Shengjiang* to get about 25 ml. of its juice. Then mix them into a paste. Parch *Congbai* in a pot and wrap it in a piece of white cloth.

Application: Knead and rub the injured part with hot *Congbai* wrapped in the cloth until the skin turns red with a burning sensation. Apply 1/4 of the paste to the injured part and cover it with layers of gauze or mulberry paper. Dressing change is to be made daily.

Notes: The 3 ingredients of *Cong Huang San* work together in eliminating blood stasis and preventing infection.

##### Prescription 2:

# COMPLETE EXTERNAL THERAPIES OF CHINESE DRUGS

**Preparation:** Decoct all the above drugs in a pot in the same amount of vinegar and water until the decoction becomes thick, then filter them to get the thick decoction. A proper amount of iron filings is parched until they become red hot and mix them with the decoction. The mixture is called *Kan Li Sha*.

**Application:** Mix 250-500 g of *Kan Li Sha* with 25 ml. of vinegar, wrap the mixture in 3-5 layers of cloth and press it on and move it about the injured part for 2 hours. This is to be repeated daily. These *Kan Li Sha* can be used for another 3-4 times. Add 25 ml. of vinegar each time when it is used again.

**Notes:** Keep the injured part warm lest cold pathogen invade the body through sweat pores and result in arthralgia of cold-damp type.

## Prescription 2:

**Recipe:** *San Hao Xi Yao*

## Ingredients:

|  |      |
|--|------|
| <i>Qianliguang</i> (Herba Senecionis Scandentis) | 30 g |
| <i>Sumu</i> (Lignum Sappan)                      | 30 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)            | 12 g |
| <i>Honghua</i> (Flos Carthami)                   | 12 g |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)       | 12 g |
| <i>Qinjiao</i> (Radix Gentianae Macrophyllae)    | 12 g |
| <i>Fangfeng</i> (Radix Ledebouriellae)           | 12 g |
| <i>Aiye</i> (Folium Artemisiae Argyi)            | 12 g |
| <i>Tougucao</i> (Caulis Impatientis)             | 15 g |
| <i>Chuanshanjia</i> (Squama Manitis)             | 9 g  |
| <i>Weilingxian</i> (Radix Clematidis)            | 15 g |
| <i>Wumei</i> (Fructus Mume)                      | 12 g |
| <i>Mugua</i> (Fructus Chaenomelis)               | 12 g |

**Preparation:** Decoct all the above drugs in 1,000-1,500 ml. of water in an earthenware pot until 15 minutes after the water boils and pour them into an enamel basin along with the decoction.

**Application:** While the decoction is hot, steam the injured part over it. When the decoction is not scalding hot wash the injured part with it. The above is done twice daily, for 1-2 hours each time, during which keep the decoction warm. The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it whenever use it again.

**Notes:** Stop using this prescription if dermal allergy appears in the course of treatment.

In the advanced stage of the disease, whether the function of the involved limb can be quickly restored depends in a great extent whether the patient undertakes dirigation perseveringly, in an orderly way and step by step. For that reason, dirigation must be ensured.

Recipe: *Xiao Tong San*

Ingredients:

|  |      |
|--|------|
| <i>Chuanwu</i> (Radix Aconiti)                   | 30 g |
| <i>Fuzi</i> (Radix Aconiti Lateralis Preparata)  | 30 g |
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii) | 30 g |
| <i>Rougui</i> (Cortex Cinnamomi)                 | 30 g |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)          | 30 g |

Preparation: Grind the above drugs together into a fine powder, mix them with honey into a paste to be made into boluses each weighing 6-9 g.

Application: The bolus is taken orally, 1 bolus each time, twice daily. Meanwhile, dissolve the bolus in ginger juice into a thick consistency. Then put some on your palm and rub the injured part with it for 10 minutes, and then ask the patient to sit by the fire to roast the injured part for 1 hour, cover it with a piece of white cloth and bind it up with bandage. Dressing change is to be made every 3 days.

Notes: During the treatment with *Xiao Tang San*, bed rest is needed. By so doing, the lumbar muscle is relaxed, the painful spasm of lumbar muscle is relieved, the inflammatory exudation is controlled, and the inflammatory exudate is absorbed soon.

2. Chronic lumbar muscle strain

Main Symptoms:

Marked by aching of the stiff loins, the pain is aggravated by chill.

Method of Treatment:

To warm the channels, activate the collaterals and expel wind to relieve pain.

Prescription 1:

Recipe: *Yao Bei Yun Fang*

Ingredients:

|  |      |
|--|------|
| <i>Duzhong</i> (Cortex Eucommiae)                | 30 g |
| <i>Tougucao</i> (Caulis Impatiensis)             | 30 g |
| <i>Qianliguang</i> (Herba Senecionis Scandentis) | 30 g |
| <i>Tubiechong</i> (Eupolyphaga seu Stelephaga)   | 30 g |
| <i>Qinjiao</i> (Radix Gentianae Macrophyllae)    | 30 g |
| <i>Bibo</i> (Fructus Piperis Longi)              | 30 g |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)           | 30 g |
| <i>Aiye</i> (Folium Artemisiae Argyi)            | 15 g |

Preparation: Soak all the above drugs in water in an enamel basin for one night and heat them on a 700-watt electric stove under a bed board with a round hole 25 cm in diameter drilled at the centre.

Application: The patient is asked to lie down in a supine position with the injured part of his loins at the hole. By so doing, the steam from the basin steams directly the injured part through the hole. This is done for 30 minutes daily. 6 times makes up 1 course of treatment.

Notes: Treated with this method, the patient would feel comfortable and satisfactory.



## Prescription 2:

Recipe: *Yao Han Shi Tong Fang*

## Ingredients:

|   |            |
|---|------------|
| <i>Jiuzao</i> (distillers' grains)                      | 500 g      |
| <i>Chen Shihui</i> (lime stored for a long time)        | 500 g      |
| <i>Tougucao</i> (Caulis Impatiensis)                    | 60 g       |
| <i>Shenjincao</i> (Herba Lycopodii)                     | 30 g       |
| <i>Jingjie</i> (Herba Schizonepetae)                    | 30 g       |
| <i>Fangfeng</i> (Radix Ledebouriellae)                  | 30 g       |
| <i>Zhi Ruxiang</i> (Resina Olibani Preparata)           | 15 g       |
| <i>Zhi Moyao</i> (Myrrha Preparata)                     | 15 g       |
| <i>Danggui</i> (Radix Angelicae Sinensis)               | 15 g       |
| <i>Congbai</i> (Caulis Allii Fistulosi with the tassel) | 5-7 pieces |

Preparation: *Chen Shihui* is broken up, mix it evenly with all the other drugs, wrap them in a piece of cloth, put them into a food steamer, steam them for 10 minutes, take them out and pack them up with a piece of towel.

Application: Hot compress with the steamed drugs in the towel is carried out on the injured part, 2-3 times daily.

Notes: Treatment with this method will attain the goal of expelling wind, promoting blood circulation, warming and activating the channels and collaterals and dispersing cold. It is particularly indicated for lumbar pain of cold-damp type. While it is practised, be sure not to have the skin scalded.

## Prescription 3:

Recipe: *Gou Pi Gao* (17)

Application: Soften and melt a piece of *Gou Pi Gao* through heating it with an alcohol lamp or a pot with boiling water in or by the fire and stick it to the injured part after it is not scalding hot. Dressing change is to be made every week.

Notes: When local itching of the skin due to the irritation from *Gou Pi Gao* appears, the treatment should be stopped. If the plaster does not stick to the skin, wash and wipe the injured part and try it again. If this doesn't help, use another piece of plaster. It should be pointed out that *Gou Pi Gao* is contraindicated for pregnant women and cases with skin lesion on the injured part.

## 7. Hypertrophic Spondylitis

Usually seen in the aged and middle-aged group and also called hyperplastic spondylitis, hypertrophic spondylitis refers to the retrograde change of a vertebra and its appendage. It tends to involve the lumbosacral portion charged with much movement and great load. TCM includes it in the category of *Gu Bi*.

### Etiology and Pathogenesis

1. Internal cause: When one is infirm with age, his kidney is weakened. When his

kidney is weakened, his liver is also involved, his tendons and bones would fail to be nourished and the dystrophic bones tend to go retrograde, loosened friable and weak.

2. External cause: Long time standing damages the bones, and long time walking damages the tendons. When the tendons are damaged, the bones would be over-loaded and worn. The worn bones tend to go hypertrophic.

### Clinical Manifestations

Symptoms do not approach in all the cases; in some cases lumbago occurs after mild trauma or attack of cold, hyperplastic vertebra is found in physical check-up in other cases; lumbago is at first marked by severe pain or aching and extensive tenderness of the loins, followed gradually by sciatic nerve syndrome, alternate and intermittent dull pain of the loins, and spasm and stiffness of the lumbar muscles; narrowed interplace between the 5th lumbar vertebra and the 1st sacrum as well as the 4th and 5th lumbar vertebrae would usually be found in roentgenogram.

### Differentiation and Treatment

#### 1. In the acute stage

##### Main Symptoms:

Marked by severe pain of the loins, and hyperplastic vertebrae found in roentgenogram.

##### Method of Treatment:

To activate the flow of *Qi*, eliminate blood stasis and relieve pain.

Prescription: Same as those in the treatment of acute lumbar muscle sprain.

#### 2. In the chronic stage

##### Main Symptoms:

Marked by dull pain of the loins and probably accompanied by sciatica.

##### Prescription 1:

Recipe: *Gu Zhi Zeng Sheng Yun Fang*

##### Ingredients:

|  |      |
|--|------|
| <i>Honghua</i> (Flos Carthami)                   | 6 g  |
| <i>Danggui</i> (Radix Angelicae Sinensis)        | 6 g  |
| <i>Gusuibu</i> (Rhizoma Drynariae)               | 6 g  |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)           | 12 g |
| <i>Taoren</i> (Semen Persicae)                   | 6 g  |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)         | 12 g |
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii) | 9 g  |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)       | 9 g  |
| <i>Bingpian</i> (Borneolum Syntheticum)          | 3 g  |
| <i>Zhangnao</i> (Camphora)                       | 15 g |
| <i>Songxiang</i> (Colophonium)                   | 6 g  |
| <i>Banxia</i> (Rhizoma Pinelliae)                | 12 g |
| <i>Chuanwu</i> (Radix Aconiti)                   | 9 g  |
| <i>Caowu</i> (Folium Aconiti Kusnezoffii)        | 9 g  |

|   |       |
|---|-------|
| <i>Baijiezi</i> (Semen Sinapis Albae)           | 3 g   |
| <i>Xixin</i> (Herba Asari)                      | 4.5 g |
| <i>Zhuyazao</i> (Fructus Gleditsiae Abnormalis) | 4.5 g |

Preparation: Grind all the above drugs together into a fine powder.

Application: Mix the powder with a proper amount of spirit to wet it, then parch it and wrap it in a piece of cloth and move it about the affected part for 30 minutes, during the treatment mix the powder with a proper amount of vinegar and parch it again if it is cooled. Then mix the powder with some spirit, parch it again and apply it to the affected part, and keep it there for 7-8 hours. The powder of one dose of the drugs can be used 2 times.

Notes: After the treatment with *Gu Zhi Zeng Sheng Yun Fang*, the symptoms would be relieved but the increased bone substance cannot be eliminated, therefore a relapse is possible. The drugs of this prescription cannot be taken orally but other prescriptions for oral use with the effects of enhancing both the liver and kidney may be given for the purpose of enhancing the curative effects.

#### Prescription 2:

Recipe: *Gu Zhi Zeng Sheng San*

#### Ingredients:

|   |      |
|---|------|
| <i>Rougui</i> (Cortex Cinnamomi)              | 12 g |
| <i>Baihuashe</i> (small long-nosed pit viper) | 1 g  |
| <i>Bingpian</i> (Borneolum Syntheticum)       | 2 g  |
| <i>Shexiang</i> (Moschus)                     | 1 g  |

Preparation: Grind the above drugs together into a fine powder. This powder is called *Gu Zhi Zeng Sheng San*.

Application: Dust a proper amount of the powder of *Gu Zhi Zeng Sheng San* on a piece of *Gou Pi Gao* which has been roasted and softened. Stick this piece of *Gou Pi Gao* with the powder to the affected part with dressing change to be made once a week.

Notes: A viper usually caught in summer or autumn is prepared like this: remove its internal organs, coil it up, fix it with a thin piece of bamboo, dry it, soak it in yellow rice wine to have its skin and bones removed, cut it into sections which are kept for future use.

#### Prescription 3:

Recipe: *Wen Jing Tong Luo Gao*

#### Ingredients:

|                                  |              |
|----------------------------------|--------------|
| <i>Ruxiang</i> (Resina Olibani)  | 2.5 portions |
| <i>Moyao</i> (Myrrha)            | 2.5 portions |
| <i>Mahuang</i> (Herba Ephedrae)  | 2.5 portions |
| <i>Maqianzi</i> (Semen Strychni) | 2.5 portions |

Preparation: Grind the above drugs together into a fine powder and mix them with a proper amount of honey into a paste. This paste is called *Wen Jing Tong Luo Gao*.

Application: Apply the paste of *Wen Jing Tong Luo Gao* to the affected part every 3-5 days.

## 8. Cervical Spondylopathy

A common disease in senior middle aged group and also called cervical spondylotic syndrome, cervical spondylopathy refers to retrograde change of the cervical vertebrae.

### Etiology and Pathogenesis

Same as those of hypertrophic spondylitis.

### Clinical Manifestations

Marked by dull pain or aching of the neck which would involve one or two upper limbs; narrowed interplace between the 4th and 5th or the 5th and 6th cervical vertebrae and hyperosteo-geny of vertebral body, both of which are seen in roentgenogram.

### Differentiation and Treatment

#### Method of Treatment:

To promote blood circulation, warm the channels and clear and activate the collaterals.

#### Prescription:

Recipe: *Jing Zhui Bing Xi Fang*

#### Ingredients:

|   |      |
|---|------|
| <i>Shenjincao</i> (Herba Lycopodii)             | 12 g |
| <i>Wujiapi</i> (Cortex Acanthopanax)            | 12 g |
| <i>Ruxiang</i> (Resina Olibani Preparata)       | 12 g |
| <i>Moyao</i> (Myrrha Preparata)                 | 12 g |
| <i>Qinjiao</i> (Radix Gentianae Macrophyllae)   | 9 g  |
| <i>Danggui</i> (Radix Angelicae Sinensis)       | 9 g  |
| <i>Honghua</i> (Flos Carthami)                  | 9 g  |
| <i>Tubiechong</i> (Eupolyphaga seu Steleophaga) | 9 g  |
| <i>Lulutong</i> (Fructus Liquidambaris)         | 9 g  |
| <i>Gusuibu</i> (Rhizoma Drynariae)              | 9 g  |
| <i>Guizhi</i> (Ramulus Cinnamomi)               | 9 g  |
| <i>Sangzhi</i> (Ramulus Mori)                   | 9 g  |
| <i>Chuanwu</i> (Radix Aconiti)                  | 9 g  |

Preparation: Decoct all the drugs in an earthenware pot in 1,000-1,500 ml. of water until 15 minutes after the water boils and filter them to get the decoction.

Application: While the decoction is hot, soak a piece of towel in it and wash the neck with this towel. The above is conducted twice daily, for 1 hour each time. When the decoction turns cool heat it again. 1 course of treatment consists of 6 days.

Notes: The neck should be protected from exposed to wind and cold in the course of treatment.

There are many ways to treat this disorder, but all with retarded curative effects and prolonged course of treatment. If the case is severe, operation should be considered.

## 9. Peripheral Tendinous Injury

Peripheral tendinous injury is a traumatic, aseptic inflammation due to acute sprain or chronic strain of the tendinous point of attachment. Clinically, it is a common disorder and manifested as external humeral epicondylitis, spinal periostitis and metatarsal fasciitis.

### Etiology and Pathogenesis

Failure of tendons to be nourished and warmed due to general deficiency of *Qi* and blood complicated by acute sprain or repeated injury of the tendinous ending results in flowing of blood out of the vessels, disturbance of blood circulation and stagnation of *Qi*. That is why the symptoms of peripheral tendinous injury such as spasm of tendon are presented.

### Clinical Manifestations

Marked by localized pain, mild swelling and tenderness; a little calor of the skin in the acute stage but no calor of the skin in the chronic stage; the pain worsened when the tendon is pulled; nothing found in roentgenogram in the initial stage but local periosteal pachynsis and hyperosteo-geny found in the advanced stage.

### Differentiation and Treatment

#### 1. In the acute stage

##### Main Symptoms:

Marked by localized pain and obvious pressure pain point.

##### Method of Treatment:

To activate the flow of *Qi*, promote blood circulation, warm the channels and relieve pain.

##### Prescription 1:

Recipe: *Hua Yu San*

##### Ingredients:

|   |      |
|---|------|
| <i>Chuanwu</i> (Radix Aconiti)              | 15 g |
| <i>Ruxiang</i> (Resina Olibani)             | 30 g |
| <i>Moyao</i> (Myrrha)                       | 30 g |
| <i>Caowu</i> (Radix Aconiti Kusnezoffii)    | 15 g |
| <i>Heshouwu</i> (Radix Polygoni Multiflori) | 30 g |
| <i>Chansu</i> (Venenum Buforis)             | 9 g  |

Preparation: Grind all the above drugs together into a fine powder called *Hua Yu San*.

Application: Mix the powder of *Hua Yu San* with a proper amount of spirit or ginger juice into a paste. Spread it on a piece of white cloth and stick the cloth to the affected part. Dressing change is to be made every 3 days.

Notes: In the course of treatment, the affected limb should be braked fully for a complete rest. And the treatment should be carried through to the end lest it go chronic.

Prescription 2:

Recipe: *Hong Hua Zhu She Ye*

Ingredient:

*Honghua* (Flos Carthami)

Dosage form: injection.

Preparation: a patent medicine on sale.

Application: After routine disinfection, mix 1-2 ml. of *Hong Hua Zhu She Ye* with 1 ml of 2% procaine and inject the solution into the pressure pain point, once every week.

Notes: With the effects of removing obstruction from blood vessels, *Hong Hua Zhu She Ye* can subdue swelling and relieve pain. But it should be injected no more than 5 times. If 5 injections haven't brought cure, this treatment should be changed to some other ways of treatment.

Prescription 3:

Recipe: *Di Long Ye*

Ingredient:

*Xian Dilong* (living Lumbricus)

scores of them

Preparation: Put the *Xian Dilong* into clear water and take them out 2 hours later. Mix some white granulated sugar with *Xian Dilong* with their ratio about 1 to 3 in weight. Then you get the *Di Long Ye* 1 hour later. Every 100 mg. of *Di Long Ye* are mixed with 3 g of *Bingpian* (Borneolum Syntheticum) and keep them in a bottle for future use.

Application: Apply *Di Long Ye* to the affected part with a writing brush. When it has dried up, apply some more, and this is carried on until both the swelling and pain vanish.

2. In the chronic stage

Main Symptoms:

Marked by intermittent local aching which would be aggravated by chill.

Method of Treatment:

To warm the channels and activate the flow of *Qi*, promote blood circulation to relieve pain.

Prescription 1:

Recipe: *Jiao Tong Fang*

Ingredients:

|   |      |
|---|------|
| <i>Chishao</i> (Radix Paeoniae Rubra)     | 15 g |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)    | 9 g  |
| <i>Sumu</i> (Lignum Sappan)               | 60 g |
| <i>Honghua</i> (Flos Carthami)            | 15 g |
| <i>Tougucao</i> (Caulis Impatientis)      | 30 g |
| <i>Ruxiang</i> (Resina Olibani)           | 15 g |
| <i>Danggui</i> (Radix Angelicae Sinensis) | 15 g |
| <i>Moyao</i> (Myrrha)                     | 15 g |

|   |        |
|---|--------|
| <i>Xudian</i> (Radix Dipsaci)                   | 30 g   |
| <i>Danshen</i> (Radix Salviae Miltiorrhizae)    | 60 g   |
| <i>Jixueteng</i> (Caulis Spatholobi)            | 30 g   |
| <i>Yiyiren</i> (Semen Coicis)                   | 60 g   |
| <i>Zelan</i> (Herba Lycopi)                     | 16 g   |
| <i>Taoren</i> (Semen Periscae)                  | 12 g   |
| <i>Tubiechong</i> (Eupolyphaga seu Steleophaga) | 12 g   |
| <i>Baijiu</i> (spirit)                          | 60 ml. |

Preparation: Decoct all the above drugs except the spirit in 3,000 ml. of water until 15 minutes after the water boils to get the decoction, into which a little spirit is added.

Application: When the decoction is not scalding hot, steep the affected part in it for 1-2 hours, during which the decoction is kept warm. This is performed twice daily. The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it whenever use it again.

Notes: With strong effects of subduing swelling and relieving pain, this prescription is a common cure used to treat footache including that due to calcaneal spur. The treatment may be followed by the application of *Gou Pi Gao* so that the curative effects can be enhanced. When the treatment proves to be ineffective and the symptoms are severe, an operation should be considered.

Prescription 2:

Recipe: *Teng Yao Fang*

Ingredients:

|   |      |
|---|------|
| <i>Shenjincao</i> (Herba Lycopodii)         | 30 g |
| <i>Tougucao</i> (Caulis Impatientis)        | 30 g |
| <i>Haitongpi</i> (Cortex Erythrinae)        | 30 g |
| <i>Mugua</i> (Fructus Chaenomelis)          | 30 g |
| <i>Fangfeng</i> (Radix Ledebouriellae)      | 30 g |
| <i>Daqingyan</i> (Halitum)                  | 30 g |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)  | 30 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)       | 30 g |
| <i>Honghua</i> (Flos Carthami)              | 30 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)   | 30 g |
| <i>Guizhi</i> (Ramulus Cinnamomi)           | 30 g |
| <i>Gusuibu</i> (Rhizoma Drynariae)          | 30 g |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)     | 30 g |
| <i>Ruxiang</i> (Resina Olibani)             | 30 g |
| <i>Niuxi</i> (Radix Achyranthis Bidentatae) | 30 g |
| <i>Jixingzi</i> (Semen Impatientis)         | 30 g |

Preparation: Mix all the drugs with 30 g of salt and a proper amount of yellow rice wine, stir them evenly and put them into cloth bags. The quantity of the drugs in each bag is determined according to the area of the affected part.

Application: Steam the bags with the drugs hot in a food steamer. Press the hot

bags on the affected part alternately with one replaced by another every 5 minutes, and keep on doing this for 1 hour each time, twice daily.

Notes: The used bags are kept in a place well ventilated for later use. Each bag can be used 14 times.

Prescription 3:

Recipe: *Ban Ding Fen*

Ingredients:

*Banmao Fen* [Mulabris (powder)]

5 portions

*Dingxiang Fen* [Flos Caryophylli (powder)]

5 portions

Preparation: Mix the 2 drugs evenly with a proper amount of 75% alcohol into a paste.

Application: Put a drop of the paste as big as a mung bean on the pressure pain point and cover it with a 2 cm square of adhesive plaster. After 3-4 hours when burning pain occurs, uncover the plaster, remove the drop of the paste from the skin which has flushed. If a blister occurs, prick it with a 3-edged needle and bandage it with a piece of sterile gauze to prevent infection. The pain due to the blister would vanish automatically 2-3 days later.

Notes: This prescription has the effects of promoting blood circulation to eliminate blood stasis, and dispersing cold to relieve pain. Since its ingredient *Banmao* is poisonous it should be administered very cautiously in clinical practice.

## 10. Traumatic Synovitis

Traumatic synovitis is caused by trauma of the joints of the limbs which includes not only injury of the ligament, muscle tendon, cartilage but also joint capsule marked by congestion, edema and exudate of the synovium as well. It often happens to knee joint.

### Etiology and Pathogenesis

1. Internal cause: soreness and flaccidity of the loins and knees due to deficiency of both the liver and kidney.
2. External cause: local stagnation of *Qi* and blood and retention of water in the joint both due to trauma.

### Clinical Manifestations

Marked by a sudden or slow onset, which is not as sudden as that of traumatic hematocele; swelling of the joint capsule, which is gradually aggravated and accompanied by pain, stiffness, incomplete flexion and extension of the joint, the skin with a little higher temperature and a sensation of wave-motion when pressed, positive crepitant rales, and positive floating patella phenomenon of the knee joint; thickening and adhesion of the synovium; atrophy of the peripheral muscles; light yellow or dark red transparent fluid seen after arthrocentesis is performed.



**Differentiation and Treatment****1. In the acute stage****Main Symptoms:**

Marked by swelling and pain of the joint and yellow fluid seen after arthrocentesis is performed.

**Method of Treatment:**

To promote blood circulation so as to clear and activate the channels and collaterals, dispel dampness so as to subdue swelling.

**Prescription 1:**

Recipe: *Dang Gui Ze Lan Tang*

**Ingredients:**

|  |      |
|--|------|
| <i>Danggui</i> (Radix Angelicae Sinensis)  | 12 g |
| <i>Zelan</i> (Herba Lycopi)                | 9 g  |
| <i>Honghua</i> (Flos Carthami)             | 6 g  |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)     | 9 g  |
| <i>Ezhu</i> (Rhizoma Curcumae)             | 9 g  |
| <i>Mutong</i> (Caulis Clematidis Armandii) | 9 g  |
| <i>Muxiang</i> (Radix Aucklandiae)         | 9 g  |
| <i>Songjie</i> (Lignum Pini Nodi)          | 9 g  |
| <i>Wangbuliuxing</i> (Semen Vaccariae)     | 9 g  |

Preparation: Decoct the above drugs in 1,000-1,500 ml. of water until 20 minutes after the water boils to get the decoction.

Application: While the decoction is hot, steam the affected part over it. When the decoction becomes not scalding hot wash the affected part with it. The above is conducted 2-3 times daily, for 1-2 hours each time, during which keep the decoction warm. The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it whenever use it again.

Notes: The steaming and washing should be stopped if dermal allergy happens. In the course of treatment, the affected limb should be braked and let it have a complete rest. In addition, the over-hydrops, if any, should be drained off through puncture.

**Prescription 2:**

Recipe: *Huo Xue Li Shui Fang*

**Ingredients:**

|  |      |
|--|------|
| <i>Muxiang</i> (Radix Aucklandiae)               | 15 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)           | 15 g |
| <i>Huangbai</i> (Cortex Phellodendri)            | 15 g |
| <i>Mutong</i> (Caulis Clematidis Armandii)       | 15 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)        | 15 g |
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii) | 15 g |
| <i>Fangji</i> (Radix Stephaniae Tetrandrae)      | 15 g |
| <i>Niuxi</i> (Radix Achyranthis Bidentatae)      | 15 g |
| <i>Xuejie</i> (Resina Draconis)                  | 15 g |

**Preparation:** Grind the above drugs together into a fine powder and mix it with a proper amount of honey and boiled water into a paste.

**Application:** Apply the paste to the affected part, and dressing change is to be made every 3 days.

**Notes:** This prescription is suitable for the treatment of traumatic synovitis not only with hydrops in the joint but with syndrome due to heat pathogen. It has remarkable effects of preventing infection within the joint.

**Prescription 3:**

**Recipe:** *Xiao Zhong San*

**Ingredients:**

|  |      |
|--|------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)           | 12 g |
| <i>Rougui</i> (Cortex Cinnamomi)                 | 6 g  |
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii) | 10 g |
| <i>Mutong</i> (Caulis Clematidis Armandii)       | 6 g  |
| <i>Chishao</i> (Radix Paroniae Rubra)            | 6 g  |
| <i>Mahuang</i> (Herba Ephedrae)                  | 3 g  |
| <i>Honghua</i> (Flos Carthami)                   | 6 g  |
| <i>Chixiaodou</i> (Semen Phaseoli)               | 9 g  |
| <i>Banxia</i> (Rhizoma Pinelliae)                | 3 g  |

**Preparation:** Grind the above drugs together into a fine powder and keep it in a bottle for future use.

**Application:** Within 3 days after the trauma occurs, mix the powder with a little egg white and cold boiled water into a paste. Apply the paste to the affected part and cover it with a piece of bandage. Dressing change is to be made daily. Three days after the trauma occurs, mix the powder with 2 times of melted vaseline into an ointment. Spread the ointment on a piece of cloth and stick the cloth to the affected part. Dressing change is to be made every 2 days. One or more day after the trauma occurs, mix the powder with a proper amount of alcohol into a paste, apply it to the affected part and cover it with a piece of bandage. Dressing change is to be made daily.

**2. In the chronic stage**

**Main Symptoms:**

Intermittent swelling of the joint.

**Method of Treatment:**

To warm the channels in order to clear and activate the collaterals, drain off water so as to subdue swelling.

**Prescription 1:**

**Recipe:** *Huo Xue Li Shui Wai Fu Fang*

**Ingredients:**

|   |      |
|---|------|
| <i>Fangji</i> (Radix Stephaniae Tetrandrae) | 15 g |
| <i>Zexie</i> (Rhizoma Alismatis)            | 15 g |
| <i>Fuling</i> (Herba Spirodela)             | 15 g |

|  |      |
|--|------|
| <i>Longgu</i> (Os Draconis)                | 15 g |
| <i>Mutong</i> (Caulis Clematidis Armandii) | 9 g  |
| <i>Gusuibu</i> (Rhizoma Drynariae)         | 15 g |

Preparation: Grind the above drugs together into a fine powder and mix it with a proper amount of honey and cold boiled water into a paste.

Application: Apply the paste to the affected part and dressing change is to be made daily.

Notes: When it exerts its effects of draining off water, this prescription can also tonify both the liver and kidney.

Prescription 2:

Recipe: *Li Shui Xiao Zhong Wai Fu Fang*

Ingredients:

|  |      |
|--|------|
| <i>Huangqi</i> (Radix Astragali)           | 12 g |
| <i>Bailian</i> (Radix Ampelopsis)          | 6 g  |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)   | 6 g  |
| <i>Mutong</i> (Caulis Clematidis Armandii) | 6 g  |
| <i>Fuling</i> (Herba Spirodela)            | 9 g  |

Preparation: Same as that of Prescription 1.

Application: Same as that of Prescription 1.

Notes: When it exerts its effects of strengthening both the spleen and stomach, this prescription can also drain off water.

Prescription 3:

Recipe: *Li Shui Shu Jin Fang*

Ingredients:

|  |      |
|--|------|
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii) | 15 g |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)       | 15 g |
| <i>Qinjiao</i> (Radix Gentianae Macrophyllae)    | 15 g |
| <i>Xixin</i> (Herba Asari)                       | 15 g |
| <i>Wujiapi</i> (Cortex Acanthopanax)             | 15 g |
| <i>Bixie</i> (Rhizoma Dioscoreae Septemlobae)    | 15 g |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)           | 15 g |
| <i>Rougui</i> (Cortex Cinnamomi)                 | 15 g |
| <i>Fangji</i> (Radix Stephaniae Tetrandrae)      | 15 g |
| <i>Weilingxian</i> (Radix Clematidis)            | 15 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)            | 15 g |

Preparation: Grind the above drugs together into a fine powder and mix it with a proper amount of honey and cold boiled water into a paste.

Application: Apply the paste to the affected part and dressing change is to be made daily.

Notes: In the course of treatment with this prescription, the involved joint should be kept warm and at a state of rest, and other physiotherapies may be carried out at the same time.

## 11. Muscular Fibrositis

As the total name of fibrositis of lumbar muscle, fibrositis of levator muscle of scapula, fibrositis of gluteal muscle, fibrositis of gastrocnemius muscle, scapulohumeral periarthritis, etc., muscular fibrositis refers to an aseptic inflammation of muscles. A disorder commonly seen in clinical practice, it usually manifests itself in 2 stages: acute and chronic, and often has the history of acute strain or attack by cold.

### Etiology and Pathogenesis

When both *Qi* and blood are weakened due to acute overstrain, the pathogenic wind, cold and dampness will seize the chance to enter the body and lead to local stagnation of *Qi* and blood. As time passes by, the invaded cold and dampness will go into the interior of the body. There, they disturb the channels, exhaust the tendons, induce spasm of muscle and cause muscular fibrositis finally.

### Clinical Manifestations

Marked by a history of acute overstrain or attack by cold; a sudden onset with severe pain; a slow onset with soreness; extensive tenderness and stiff muscle; intermittent pain in the chronic stage worsened in a cloudy or cold day and accompanied by a stiff joint.

### Differentiation and Treatment

#### 1. In the acute stage

##### Main Symptoms:

Marked by severe pain of the affected part, extensive tenderness.

##### Method of Treatment:

To activate the flow of *Qi*, promote blood circulation, disperse cold and relieve pain.

##### Prescription 1:

Recipe: *Ma Yao Dan*

##### Ingredients:

|   |     |
|---|-----|
| <i>Fuzi</i> (Radix Aconiti Lateralis Preparata) | 4 g |
| <i>Chuanwu</i> (Rhizoma Aconiti)                | 4 g |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)        | 4 g |
| <i>Zhusha</i> (Cinnabaris)                      | 4 g |
| <i>Ganjiang</i> (Rhizoma Zingiberis)            | 4 g |
| <i>Wuzhuyu</i> (Fructus Evodiae)                | 4 g |
| <i>Rougui</i> (Cortex Cinnamomi)                | 4 g |
| <i>Xionghuang</i> (Realgar)                     | 2 g |
| <i>Zhangnao</i> (Camphora)                      | 2 g |

Preparation: Grind the above drugs together into a fine powder and mix it with honey into boluses, each weighing 6-9 g.

Application: Dissolve 1 bolus in ginger juice, toast it hot in an oven and put it on

the centre of the palm and rub the affected part with the palm centre for 15 minutes and bind the part with a piece of bandages. Dressing change is to be made every 3 days.

Notes: This recipe is made of drugs pungent in flavour and warm in nature, with the effects of dispelling cold-dampness, promoting the circulation of *Qi* and blood and relieving arthralgia. It is indicated for pain due to cold-dampness.

Prescription 2:

Recipe: *Tong Bi Xun Xi Fang*

Ingredients:

|   |      |
|---|------|
| <i>Aiye</i> (Folium Artemisiae Argyi)     | 30 g |
| <i>Xiaohuixiang</i> (Fructus Foeniculi)   | 15 g |
| <i>Qiannianjian</i> (Rhizoma Homalomenae) | 12 g |
| <i>Mahuang</i> (Herba Ephedrae)           | 6 g  |
| <i>Rougui</i> (Cortex Cinnamomi)          | 10 g |
| <i>Dingxiang</i> (Flos Caryophylli)       | 6 g  |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)    | 12 g |
| <i>Songjie</i> (Lignum Pini Nodi)         | 15 g |
| <i>Gaoben</i> (Rhizoma Ligustici)         | 9 g  |

Preparation: Decoct the above drugs in 1,000-1,500 ml. of water in an earthenware pot until 15 minutes after the water boils to get the decoction.

Application: While the decoction is hot and warm, steam the affected part over it first and then wash with it, for 1-2 hours each time, 2-3 times daily. The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it when it is cooled or use it again.

Notes: If dermal allergic reaction occurs in the course of treatment, this prescription should not be used any longer.

Prescription 3:

Recipe: *Wen Re Fu Yao Fang*

Ingredients:

|  |     |
|--|-----|
| <i>Duhuo</i> (Radix Angelicae Pubescentis)       | 9 g |
| <i>Ruxiang</i> (Resina Olibani)                  | 9 g |
| <i>Moyao</i> (Myrrha)                            | 9 g |
| <i>Chuanwu</i> (Radix Aconiti)                   | 9 g |
| <i>Caowu</i> (Folium Aconiti Kusnezoffii)        | 9 g |
| <i>Mugua</i> (Fructus Chaenomelis)               | 9 g |
| <i>Honghua</i> (Flos Carthami)                   | 9 g |
| <i>Shenjinciao</i> (Herba Lycopodii)             | 9 g |
| <i>Lulutong</i> (Fructus Liquidambaris)          | 9 g |
| <i>Shichangpu</i> (Rhizoma Acori Graminei)       | 9 g |
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii) | 9 g |
| <i>Tubiechong</i> (Eupolyphaga seu Steleophaga)  | 9 g |
| <i>Guizhi</i> (Ramulus Cinnamomi)                | 9 g |

**Preparation:** Grind all the above drugs together into a fine powder and mix it with a proper amount of honey into a paste.

**Application:** Apply the paste to the affected part with dressing change to be made daily.

**Notes:** Local braking for a complete rest and gentle massage should be added.

2. In the chronic stage

**Main Symptoms:**

Marked by local soreness and stiffness which will be worsened by chill.

**Method of Treatment:**

To warm the channels in order to activate the collaterals, to promote the flow of *Qi* in order to relieve pain.

**Prescription 1:**

**Recipe:** *Qu Feng Sou Luo Gao*

**Ingredients:**

|   |      |
|---|------|
| <i>Mahuang</i> (Herba Ephedrae)                     | 15 g |
| <i>Baijiezi</i> (Semen Sinapis Albae)               | 60 g |
| <i>Jiucazi</i> (Semen Allii Tubersi)                | 30 g |
| <i>Chuanwu</i> (Radix Aconiti)                      | 9 g  |
| <i>Guizhi</i> (Ramulus Cinnamomi)                   | 15 g |
| <i>Bibo</i> (Fructus Piperis Longi)                 | 15 g |
| <i>Jianghuang</i> (Rhizoma Curcumae Longae)         | 15 g |
| <i>Gaoliangjiang</i> (Rhizoma Alpiniae Officinarum) | 15 g |
| <i>Ruxiang</i> (Resina Olibani)                     | 15 g |
| <i>Moyao</i> (Myrrha)                               | 15 g |
| <i>Xixin</i> (Herba Asari)                          | 3 g  |
| <i>Bingpian</i> (Borneolum Syntheticum)             | 9 g  |

**Preparation:** Grind the above drugs together into a fine powder and mix it with the same amount of vaseline into an ointment which is called *Qu Feng Sou Luo Gao*.

**Application:** Apply the ointment of *Qu Feng Sou Luo Gao* to the affected part with dressing change to be made every 3 days.

**Prescription 2:**

**Recipe:** *Shuang Ling Gao*

**Ingredients:**

|   |      |
|---|------|
| <i>Gaoliangjiang</i> (Rhizoma Alpiniae Officinarum parched) | 30 g |
| <i>Baijezi</i> (Semen Sinapis Albae slightly parched)       | 15 g |

**Preparation:** Grind the 2 drugs together into a fine powder. Mix 7.5 g of the powder with 15 g of flour and water into an ointment which is called *Shuang Ling Gao*.

**Application:** Spread the ointment of *Shuang Ling Gao* on a piece of oil paper or white cloth and stick it to the affected part. Dressing change is to be made every 3 days.

**Prescription 3:**

Recipe: *Er Hao Shang Yao*

Ingredients:

|  |      |
|--|------|
| <i>Huangqi</i> (Radix Astragali)                 | 9 g  |
| <i>Duzhong</i> (Cortex Eucommiae)                | 9 g  |
| <i>Haizao</i> (Sargassum)                        | 9 g  |
| <i>Xudian</i> (Radix Dipsaci)                    | 12 g |
| <i>Tubiechong</i> (Eupolyphaga seu Steleophaga)  | 12 g |
| <i>Zijingpi</i> (Cortex Cercis Chinensis)        | 6 g  |
| <i>Songjie</i> (Lignum Pini Nodi)                | 6 g  |
| <i>Honghua</i> (Flos Carthami)                   | 9 g  |
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii) | 9 g  |
| <i>Rougui</i> (Cortex Cinnamomi)                 | 9 g  |
| <i>Hehuanpi</i> (Cortex Albiziae)                | 9 g  |
| <i>Bixie</i> (Rhizoma Dioscoreae Septemlobae)    | 9 g  |

Preparation: Grind the above drugs together into a fine powder, mix it with a proper amount of honey and boiled water into a paste.

Application: Spread the paste on a piece of oil paper and stick it to the affected part with dressing change to be made every 3 days.

Notes: While muscular fibrositis at its chronic stage is treated with medicines, dirigation and TCM massage should never be neglected.

## 12. Tenovaginitis

Tenovaginitis is also called in its full name stenosing tenovaginitis. It occurs usually in the wrist, also but seldomly in the ankle.

### Etiology and Pathogenesis

Friction between tendon and its sheath due to overstrain or local stagnation of *Qi* and blood due to exogenous cold is the cause of this disorder.

### Clinical Manifestations

Middle-aged or aged women with a history of overstrain or attack by cold are usually the subjects; local mild swelling and pain are aggravated slowly and progressively; tenderness involves both the distal and proximal ends; pain is worsened when the affected part is flexed or extended; the fingers and wrist are stiff in an old case.

### Differentiation and Treatment

#### 1. In the acute stage

Main Symptoms:

Marked by local pain, mild swelling and tenderness.

Method of Treatment:

To activate the flow of *Qi*, promote blood circulation, disperse cold and relieve pain.

## Prescription 1:

Recipe: *Zhu Hong Gao*

## Ingredients:

|  |       |
|--|-------|
| <i>Songxiang</i> (Colophonium)                   | 300 g |
| <i>Zhangnao</i> (Camphora)                       | 200 g |
| <i>Yinzhu</i> (cinnabar)                         | 5 g   |
| <i>Zhebeimu</i> (Bulbus Fritillariae Thunbergii) | 200 g |
| <i>Bingpian</i> (Borneolum Syntheticum)          | 20 g  |

Preparation: Grind the above drugs except *Bingpian* together into a fine powder. Dissolve the powder in a proper amount of boiling water in an enamel container heated on fire. When the content of the container cools down a little, put *Bingpian* into it and stir it evenly until an ointment forms.

Application: Take a proper amount of the ointment according to the area of the affected part and apply it to that part. Dressing change is to be made daily.

Notes: In the course of the treatment the affected limb should be braked for a complete rest and steaming and washing it with Chinese drugs could be added to enhance the effects of the treatment.

## Prescription 2:

Recipe: *Si Zhi Sun Shang Xi Fang*

## Ingredients:

|  |       |
|--|-------|
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii) | 15 g  |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)       | 9 g   |
| <i>Danggui</i> (Radix Angelicae Sinensis)        | 15 g  |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)           | 6 g   |
| <i>Honghua</i> (Flos Carthami)                   | 3 g   |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)        | 3 g   |
| <i>Niuxi</i> (Radix Achyranthis Bidentatae)      | 9 g   |
| <i>Guizhi</i> (Ramulus Cinnamomi)                | 9 g   |
| <i>Wujiapi</i> (Cortex Acanthopanacis)           | 9 g   |
| <i>Xixin</i> (Herba Asari)                       | 1.5 g |

Preparation: Decoct the above drugs in 1,000-1,500 ml. of water in an earthenware pot until 15 minutes after the water boils then pour them into an enamel basin along with the decoction.

Application: While the decoction is hot, steam the affected part over it. When the decoction is not scalding hot wash the affected part with it. The treatment is repeated 2 or 3 times daily, lasting 1-2 hours each time. The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it when it is cooled in the course of steaming and washing or when use it again.

Notes: In the course of treatment, the affected limb should be kept warm and at a state of rest, local injection with *Honghua* (Flos Carthami) injection may be added to enhance the curative effects, block therapy with hormone may be added to shorten the course of treatment.



## Prescription 3:

Recipe: *Yun Yao Fang*

## Ingredients:

|  |      |
|--|------|
| <i>Fangfeng</i> (Radix Ledebouriellae)           | 60 g |
| <i>Jingjie</i> (Herba Schizonepatae)             | 60 g |
| <i>Haitongpi</i> (Cortex Erythinae)              | 60 g |
| <i>Danggui</i> (Radix Angelicae Sinensis)        | 60 g |
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii) | 30 g |
| <i>Fangji</i> (Radix Stephaniae Tetrandrae)      | 30 g |
| <i>Ruxiang</i> (Resina Olibani)                  | 30 g |
| <i>Moyao</i> (Myrrha)                            | 30 g |
| <i>Xuduan</i> (Radix Dipsaci)                    | 30 g |
| <i>Sangzhi</i> (Ramulus Mori)                    | 30 g |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)       | 30 g |
| <i>Fuzi</i> (Radix Aconiti Lateralis Preparata)  | 30 g |
| <i>Guizhi</i> (Ramulus Cinnamomi)                | 30 g |

Preparation: Grind the above drugs respectively into powder, mix them in a pot, parch them hot (but not scorched) then put them into a cloth bag.

Application: While the powder in the bag is hot, press the bag against the affected part for 30 minutes. Heat the bag again when it is cooled. The treatment is to be carried out 3 times daily.

Notes: Same as in Prescription 2.

## 2. In the chronic stage

## Main Symptoms:

Marked by local soreness, a hard mass and snap.

## Method of Treatment:

To promote blood circulation so as to resolve blood stasis, to clear and activate the collaterals so as to soften hard mass.

## Prescription 1:

Recipe: *San Hao Xi Yao*

## Ingredients:

|  |      |
|--|------|
| <i>Qianliguang</i> (Herba Senecionis Scandentis) | 30 g |
| <i>Sumu</i> (Lignum Sappan)                      | 30 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)            | 12 g |
| <i>Honghua</i> (Flos Carthami)                   | 12 g |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)       | 12 g |
| <i>Qinjiao</i> (Radix Gentianae Macrophyllae)    | 12 g |
| <i>Fangfeng</i> (Radix Ledebouriellae)           | 12 g |
| <i>Aiye</i> (Folium Artemisiae Argyi)            | 12 g |
| <i>Tougucao</i> (Caulis Impatientis)             | 15 g |
| <i>Chuanshanjia</i> (Squama Manitis)             | 9 g  |
| <i>Weilingxian</i> (Radix Clematidis)            | 15 g |

|                                    |      |
|------------------------------------|------|
| <i>Wumei</i> (Fructus Mume)        | 12 g |
| <i>Mugua</i> (Fructus Chaenomelis) | 12 g |

Preparation: Decoct the above drugs in 1,000-1,500 ml. of water in an earthenware pot until 20 minutes after the water boils and pour them into an enamel basin along with the decoction.

Application: While the decoction is hot, steam the affected part over it. When the decoction is not so scalding hot wash the affected part with it. The treatment is to be carried out for 1-2 hours each time, 2-3 times daily. The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it when it is cooled in the course of treatment or it is used again.

Notes: If dermal allergy occurs, this prescription should not be practised any longer. If no obvious curative effects are manifested 3-4 weeks after the treatment is performed, incision of the thickened sheath or partial removal of it should be considered.

Prescription 2:

Recipe: *Ruan Jin San*

Ingredients:

|                                      |      |
|--------------------------------------|------|
| <i>Haizao</i> (Sargassum)            | 30 g |
| <i>Muxiang</i> (Radix Aucklandiae)   | 90 g |
| <i>Chuanshanjia</i> (Squama Manitis) | 18 g |

Preparation: Grind the above drugs together into a fine powder and mix it with a proper amount of honey and cold boiled water into a paste.

Application: Apply the paste to the affected part. Dressing change is to be made daily.

Notes: As a good prescription, *Ruan Jin San* has the effects of activating the flow of *Qi* and blood to resolve hard mass. But its curative effects won't come until it is applied for a long time. In the course of treatment, steaming and washing with Chinese drugs and block therapy with hormone may be added to shorten the course of treatment. If necessary, incision of sheath may be considered.

Prescription 3:

Recipe: *Zhan Jin Dan*

Ingredients:

|   |       |
|---|-------|
| <i>Xuejie</i> (Resina Draconis)         | 15 g  |
| <i>Zhangnao</i> (Camphora)              | 1.5 g |
| <i>Ruxiang</i> (Resina Olibani)         | 6 g   |
| <i>Moyao</i> (Myrrha)                   | 6 g   |
| <i>Honghua</i> (Flos Carthami)          | 3 g   |
| <i>Shexiang</i> (Moschus)               | 1.5 g |
| <i>Bingpian</i> (Borneolum Syntheticum) | 1.5 g |

Preparation: Grind the above drugs together into a fine powder and keep it in a bottle for use.

Application: Use a proper amount of the powder to knead and rub the affected

part and this is to be conducted for 15 minutes each time, 3 times daily.

Notes: If the snapping and locking phenomena haven't been improved after a long-time treatment, operation should be suggested.

### 13. Scapulohumeral Periarthritis

Usually seen in women of 50 years old or so, scapulohumeral periarthritis is an aseptic inflammation of the joint capsule of shoulder and its peripheral tissues often due to overstrain and attack by wind-cold. It is common in clinical practice and characterized by slow onset and long course. TCM calls it as *Bi Zheng*.

#### Etiology and Pathogenesis

1. Internal cause: deficiency of both *Qi* and blood and weakened tendons and muscles due to infirmity with age.
2. External cause: overfatigue of the tendons and muscles due to overstrain of the shoulder, and impairment due to wind-cold and trauma.

#### Clinical Manifestations

Remarkable swelling of shoulder occurs in the initial stage which hinders the movements of the shoulder; a pressure pain point is usually located at the scapuloanterior intertubercular groove of humerus or at a scapuloposterior point; the swelling and pain are reduced in the advanced stage with the shoulder further hindered from movement and even made stiff, accompanied by extensive tenderness of the shoulder, and myophagism.

#### Differentiation and Treatment

1. In the initial stage

Main Symptoms:

Marked by pain and swelling of shoulder joint hindering its movements.

Method of Treatment:

To promote blood circulation and eliminate blood stasis, warm the channels to expel wind.

Prescription 1:

Recipe: *Lou Jian Feng Fu Fang*

Ingredients:

|  |         |
|--|---------|
| <i>Quanxie</i> (Scorpio)                   | 15 g    |
| <i>Honghua</i> (Flos Carthami)             | 15 g    |
| <i>Baijiu</i> (spirit)                     | 250 ml. |
| <i>Zhupanguang</i> (a pig urinary bladder) | one     |

Preparation: Grind the first 2 drugs together into a fine powder, put it into the pig urinary bladder along with *Baijiu* and stir it evenly.

Application: Take out the mixture in the pig urinary bladder and apply it to the shoulder. Keep it there for about 24 hours, and this is performed daily.

Notes: In the course of treatment, the shoulder joint should be braked to confine it for a complete rest.

Prescription 2:

Recipe: *Shan Jia Gu Cao Tang*

Ingredients:

|   |      |
|---|------|
| <i>Chuanshanjia</i> (Squama Manitis)        | 65 g |
| <i>Mahuang</i> (Herba Ephedrae)             | 16 g |
| <i>Tougucao</i> (Caulis Impatiensis)        | 16 g |
| <i>Mugua</i> (Fructus Chaenomelis)          | 10 g |
| <i>Niuxi</i> (Radix Achyranthis Bidentatae) | 10 g |
| <i>Danggui</i> (Radix Angelicae Sinensis)   | 10 g |
| <i>Honghua</i> (Flos Carthami)              | 65 g |
| <i>Lufengfang</i> (Nidus Vespae)            | 10 g |

Preparation: Decoct the above drugs in 1,000-1,500 ml. of water in an earthenware pot until 15 minutes after the water boils and pour them into an enamel basin along with the decoction.

Application: While the decoction is hot, steam the affected part over it. When the decoction is not scalding hot wash the affected part with it. Then, use a cotton-padded quilt to cover the affected part to make it sweat. The treatment lasts 1-2 hours each time, to be repeated twice daily. The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it whenever it cools off in the course of steaming and washing when use it again.

Notes: The steaming and washing should be stopped if dermal sensitivity occurs.

Prescription 3:

Recipe: *San Hao Xin Shang Yao*

Ingredients:

|   |      |
|---|------|
| <i>Xuejie</i> (Resina Draconis)             | 6 g  |
| <i>Rougui</i> (Cortex Cinnamomi)            | 15 g |
| <i>Dingxiang</i> (Flos Caryophylli)         | 3 g  |
| <i>Tanxiang</i> (Lignum Santali Albi)       | 3 g  |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)      | 9 g  |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)   | 15 g |
| <i>Ruxiang</i> (Resina Olibani)             | 6 g  |
| <i>Moyao</i> (Myrrha)                       | 6 g  |
| <i>Gusuibu</i> (Rhizoma Drynariae)          | 15 g |
| <i>Xudian</i> (Radix Dipsaci)               | 12 g |
| <i>Haitongpi</i> (Cortex Erythinae)         | 9 g  |
| <i>Niuxi</i> (Radix Achyranthis Bidentatae) | 6 g  |
| <i>Mutong</i> (Caulis Clematidis Armandii)  | 9 g  |
| <i>Difuzi</i> (Fructus Kochiae)             | 9 g  |

Preparation: Grind the above drugs together into a fine powder and mix it with a proper amount of honey and boiled water into an ointment.

Application: Spread a proper amount of the ointment on the shoulder and keep it here for 2 days, during which time the applied ointment may be mixed with more honey and boiled water if dried up. Dressing change is to be carried out every 2 days.

Notes: The curative effects will be enhanced if the ointment is applied after a steaming and washing process.

## 2. In the advanced stage

### Main Symptoms:

Marked by milder swelling and pain, severe dyscinesia and myophagism.

### Method of Treatment:

To promote the flow of *Qi* and blood, relieve rigidity of muscle and activate the collaterals.

### Prescription 1:

Recipe: *Shu Jin Xi Yao*

### Ingredients:

|   |      |
|---|------|
| <i>Chuanjiao</i> (Pericarpium Zanthoxyli)   | 9 g  |
| <i>Tougucao</i> (Caulis Impatientis)        | 9 g  |
| <i>Gusuibu</i> (Rhizoma Drynariae)          | 15 g |
| <i>Fangfeng</i> (Radix Ledebouriellae)      | 9 g  |
| <i>Ruxiang</i> (Resina Olibani)             | 15 g |
| <i>Jixingzi</i> (Semen Impatientis)         | 15 g |
| <i>Qiannianjian</i> (Rhizoma Homalomenae)   | 12 g |
| <i>Sumu</i> (Lignum Sappan)                 | 12 g |
| <i>Haitongpi</i> (Cortex Erythrinae)        | 12 g |
| <i>Niuxi</i> (Radix Achyranthis Bidentatae) | 12 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)   | 12 g |
| <i>Daqingyan</i> (Halitum)                  | 15 g |

Preparation: Decoct the above drugs in 1,000-1,500 ml. of water in an earthenware pot until 15 minutes after the water boils and pour them into an enamel basin along with the decoction.

Application: While the decoction is hot, steam the affected part over it. When the decoction is not scalding hot, wash the affected part with it. The above treatment lasts for 1-2 hours each time, to be repeated 2-3 times daily. The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it again when it cools in the course of steaming and washing or when use it again.

Notes: In the course of treatment, dirigation should be performed.

### Prescription 2:

Recipe: *Ying Diao San*

### Ingredients:

|   |      |
|---|------|
| <i>Rougui</i> (Cortex Cinnamomi)        | 30 g |
| <i>Jingjiesui</i> (Herba Schizonepetae) | 15 g |
| <i>Sanleng</i> (Rhizoma Sparganii)      | 30 g |
| <i>Ezhu</i> (Rhizoma Curcumae)          | 30 g |

COMPLETE EXTERNAL THERAPIES OF CHINESE DRUGS

|   |      |
|---|------|
| <i>Zhizi</i> (Fructus Gardeniae)          | 60 g |
| <i>Ruxiang</i> (Resina Olibani)           | 30 g |
| <i>Moyao</i> (Myrrha)                     | 30 g |
| <i>Honghua</i> (Flos Carthami)            | 30 g |
| <i>Danggui</i> (Radix Angelicae Sinensis) | 60 g |
| <i>Taoren</i> (Semen Persicae)            | 60 g |
| <i>Muxiang</i> (Radix Aucklandiae)        | 30 g |
| <i>Tanxiang</i> (Lignum Santali Albi)     | 90 g |
| <i>Sanqi</i> (Radix Notoginseng)          | 30 g |

Preparation: Grind the above drugs together into a fine powder and mix it with yellow rice wine into a paste.

Application: Spread a proper amount of the paste on the shoulder and keep it there for 2 hours, and this is to be repeated twice daily.

Notes: For better curative effects, this prescription may be used together with *San Hao Xin Shang Yao*, and the performance of dirigation should be kept on.

Prescription 3:

Recipe: *Er Hao Jiu Shang Yao*

Ingredients:

|  |     |
|--|-----|
| <i>Huangqi</i> (Radix Astragali)                 | 9 g |
| <i>Duzhong</i> (Cortex Eucommiae)                | 9 g |
| <i>Haizao</i> (Sargassum)                        | 9 g |
| <i>Xudian</i> (Radix Dipsaci)                    | 9 g |
| <i>Zijingpi</i> (Cortex Cercis Chinensis)        | 9 g |
| <i>Tubiechong</i> (Eupolyphaga seu Steleophaga)  | 9 g |
| <i>Honghua</i> (Flos Carthami)                   | 9 g |
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii) | 9 g |
| <i>Rougui</i> (Cortex Cinnamomi)                 | 9 g |
| <i>Hehuanpi</i> (Cortex Albiziae)                | 9 g |
| <i>Bixie</i> (Rhizoma Dioscoreae Septelobae)     | 9 g |
| <i>Ercha</i> (Catechu)                           | 6 g |
| <i>Niuxi</i> (Radix Achyranthis Bidentatae)      | 9 g |
| <i>Songjie</i> (Lignum Pini Nodi)                | 6 g |

Preparation: Grind the above drugs together into a fine powder and mix it with a proper amount of honey and boiled water into an ointment.

Application: Spread a proper amount of the ointment on the affected part once every other day. The applied ointment may be mixed with more honey and boiled water if it dried up on the affected part.

Notes: This prescription is suitable for the cases with general debility or severe myophagism. In the course of treatment, dirigation of shoulder joint should be carried out under the instruction of a doctor.

## 14. Inflammation of Peripheral Tissue of Tendon

Inflammation of peripheral tissue of tendon is an aseptic disorder due to friction between tendon and its peripheral tissue resulted from the frequent activity of the tendon. Marked by congestion and exudation of peripheral tissue of tendon, it tends to involve tendon of anterior tibia, Achilles tendon, tendon of quadriceps femoris, etc.

### Etiology and Pathogenesis

This disorder is caused by local stagnation of *Qi* and blood owing to muscular fatigue due to persistent muscular contraction and tension as well as friction between tendon and its peripheral tissue in activities.

### Clinical Manifestations

Marked by a history of muscular strain, local swelling and pain, slightly red and burning skin, muscular tension, crepitant rales, referred soreness in antiresistance test, and symptoms in the chronic stage such as local soreness, recurrence of pain due to overstrain and dysfunction of the affected limb due to adhesion.

### Differentiation and Treatment

#### 1. In the acute stage

##### Main Symptoms:

Marked by local swelling and pain, burning skin with crepitant rales.

##### Method of Treatment:

To promote the circulation of *Qi* and blood in order to subdue swelling and relieve pain.

##### Prescription 1:

Recipe: *Shu Jin Huo Luo Yao Gao*

##### Ingredients:

|  |         |
|--|---------|
| <i>Chuanwu</i> (Radix Aconiti)             | 240 g   |
| <i>Caowu</i> (Folium Aconiti Kusnezoffii)  | 240 g   |
| <i>Duhuo</i> (Radix Angelicae Pubescentis) | 240 g   |
| <i>Banxia</i> (Rhizoma Pinelliae)          | 240 g   |
| <i>Zhizi</i> (Fructus Gardeniae)           | 240 g   |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)   | 240 g   |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)     | 500 g   |
| <i>Mugua</i> (Fructus Chaenomeles)         | 500 g   |
| <i>Lulutong</i> (Fructus Liquidambaris)    | 500 g   |
| <i>Puhuang</i> (Pollen Typhae)             | 1,000 g |
| <i>Zijingpi</i> (Cortex Cercis Chinensis)  | 1,000 g |
| <i>Xuanfuhua</i> (Flos Inulae)             | 300 g   |
| <i>Sumu</i> (Lignum Sappan)                | 300 g   |
| <i>Chishao</i> (Radix Paeoniae Rubra)      | 240 g   |
| <i>Honghua</i> (Flos Carthami)             | 240 g   |

**Preparation:** Grind the above drugs together into a fine powder and mix it with the same amount of maltose and honey into an ointment called *Shu Jin Huo Luo Yao Gao*.

**Application:** Apply a proper amount of the ointment to the affected part. Dressing change is to be made daily.

**Notes:** In the course of treatment, the affected part should be kept warm and at a state of rest. If this ointment is applied just after steaming and washing with Chinese drugs, the curative effects will be even better.

**Prescription 2:**

**Recipe:** *Shen Xiao Gao*

**Ingredients:**

|   |      |
|---|------|
| <i>Huajiao</i> (Pericarpium Zanthoxyli) | 60 g |
| <i>Ruxiang</i> (Resina Olibani)         | 24 g |

**Preparation:** Parch *Huajiao* into a brown colour and grind it into a fine powder. Grind the prepared *Ruxiang* into a fine powder. Mix the powder of 2 kinds with good vinegar into a paste.

**Application:** Apply a proper amount of the paste to the affected part and cover it with a piece of oil paper. Dressing change is to be made daily.

**Notes:** Although consisting only 2 drugs, this prescription has the effects of dispelling cold-dampness, resolving blood stasis and subduing swelling.

**Prescription 3:**

**Recipe:** *Yi Hao Xi Yao*

**Ingredients:**

|  |      |
|--|------|
| <i>Qianliguang</i> (Herba Senecionis Scandentis) | 15 g |
| <i>Sumu</i> (Lignum Sappan)                      | 15 g |
| <i>Honghua</i> (Flos Carthami)                   | 9 g  |
| <i>Danshen</i> (Radix Salviae Miltiorrhizae)     | 15 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)            | 15 g |
| <i>Yimucuo</i> (Herba Leonuri)                   | 30 g |
| <i>Fangfeng</i> (Radix Ledebouriellae)           | 9 g  |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)       | 9 g  |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)          | 9 g  |
| <i>Jianghuang</i> (Rhizoma Curcumae Longae)      | 9 g  |
| <i>Tougucao</i> (Caulis Impatientis)             | 15 g |
| <i>Wujiapi</i> (Cortex Acanthopanax)             | 15 g |

**Preparation:** Decoct the above drugs in 1,000-1,500 ml. of water in an earthenware pot until 15 minutes after the water boils and pour them into an enamel basin along with the decoction.

**Application:** While the decoction is hot and warm, first steam the affected part over it and then wash with it. This is performed for 1-2 hours each time, 2-3 times daily. The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it when use it again.



Notes: This prescription is contraindicated for dermal sensitivity and ulcer.

2. In the chronic stage

Main Symptoms:

Intermittent local soreness and distension which are aggravated by chill.

Method of Treatment:

To relax tendons, activate the collaterals, disperse cold and relieve pain.

Prescription 1:

Recipe: *Lao Sun Shang Fang*

Ingredients:

|   |       |
|---|-------|
| <i>Chuanwu</i> (Radix Aconiti)              | 24 g  |
| <i>Caowu</i> (Folium Aconiti Kusnezoffii)   | 24 g  |
| <i>Cangzhu</i> (Rhizoma Atractylodis)       | 12 g  |
| <i>Fangfeng</i> (Radix Ledebouriellae)      | 24 g  |
| <i>Liuhuang</i> (Sulphur)                   | 6 g   |
| <i>Zaojia</i> (Semen Gleditsiae Sinensis)   | 6 g   |
| <i>Naoyanghua</i> (Flos Phododendri Mollis) | 12 g  |
| <i>Aiye</i> (Folium Artemisiae Argyi)       | 24 g  |
| <i>Shexiang</i> (Moschus)                   | 0.9 g |

Preparation: Grind the above drugs together into a fine powder and mix it with a proper amount of garlic juice into a paste.

Application: Apply a proper amount of the paste to the affected part with dressing change to be made daily.

Notes: The affected part should be protected from strain and attack by cold. It should be braked for a complete rest when a relapse occurs. If its skin turns red or blisters appear on it, use ginger juice instead of garlic juice.

Prescription 2:

Recipe: *Yun Yao Fang*

Ingredients:

|   |         |
|---|---------|
| <i>Shengma</i> (Rhizoma Cimicifugae)          | 2,500 g |
| <i>Bohe</i> (Herba Menthae)                   | 2,500 g |
| <i>Longdancao</i> (Radix Gentianae)           | 3,000 g |
| <i>Yuanzhi</i> (Radix Polygalae)              | 3,000 g |
| <i>Fangfeng</i> (Radix Ledebouriellae)        | 3,000 g |
| <i>Banxia</i> (Rhizoma Pinelliae)             | 3,000 g |
| <i>Gouteng</i> (Ramulus Uncariae cum Uncis)   | 4,000 g |
| <i>Chenpi</i> (Pericarpium Citri Reticulatae) | 5,000 g |
| <i>Baifuzi</i> (Rhizoma Typhonii)             | 2,000 g |
| <i>Xixin</i> (Herba Asari)                    | 2,000 g |
| <i>Zaojia</i> (Semen Gleditsiae Sinensis)     | 1,500 g |
| <i>Daocaogen</i> (Radix Oryzae Germinatus)    | 1,000 g |

Preparation: Grind the above drugs together into a powder and divide it into 82 portions. Put 1 portion of the powder into a pot with vinegar or spirit, parch it hot

and place it into a bag.

Application: Press the bag with the hot powder on the affected part and keep it there for 30 minutes or more. This is done 3 times daily. 1 portion of the powder can be used 9 times.

Prescription 3:

Recipe: *Si Zhi Sun Shang Xi Fang*

Ingredients:

|  |      |
|--|------|
| <i>Shenjincao</i> (Herba Lycopodii)              | 30 g |
| <i>Tougucao</i> (Caulis Impatiensis)             | 30 g |
| <i>Zhangmu</i> (Cinnamomum Camphora)             | 30 g |
| <i>Gansong</i> (Radix seu Rhizoma Nardostachyos) | 30 g |
| <i>Shannai</i> (Rhizoma Kaempferiae)             | 9 g  |

Preparation: Decoct the above drugs in 1,000-1,500 ml. of water in an earthenware pot until 15 minutes after the water boils and pour them into an enamel basin along with the decoction.

Application: While the decoction is hot and warm, first steam the affected part over it and then wash with it. This is done 2-3 times daily, for 1-2 hours each time. The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it when use it again.

Notes: To strengthen the potency of the 5 drugs of this prescription, add *Chuanxiong* (Rhizoma Chuanxiong) and *Jianghuang* (Rhizoma Curcumae Longae) to the recipe when the affected part is on the upper limbs, and add *Weilingxian* (Radix Clematidis) and *Wujiapi* (Cortex Acanthopanax), when it is on the lower limbs.

## 15. Osteochondrosis

Osteochondrosis refers to ischemia and necrosis of the osteoepiphyseal cartilage due to disturbance of blood circulation. It is common in young children with boys attacked more than girls.

### Etiology and Pathogenesis

1. Internal cause: Endogenous pathogenic cold due to general debility goes into tendons and bones and stay there to cause disturbances.

2. External cause: Stagnation of *Qi* and blood and obstruction of the channels due to trauma interfere with blood circulation and make bone fail to be nourished by *Qi* and blood.

### Clinical Manifestations

Symptoms in the initial stage such as local swelling and pain, and stiff joint; symptoms in the middle stage such as worsened stiff joint, and gradual myophagism; symptoms in the advanced stage such as improved joint function, reduced myophagism, aggravated pain, and destruction of bone substance seen in roentgenogram.

**Differentiation and Treatment**

1. In the initial stage

Main Symptoms:

Marked by local swelling and pain, and limited joint.

Method of Treatment:

To promote blood circulation in order to eliminate blood stasis, and to disperse cold in order to relieve pain.

Prescription 1:

Recipe: *Gui Ban San*

Ingredients:

|   |      |
|---|------|
| <i>Guiban</i> (Plastrum Testudinis)       | 75 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)    | 30 g |
| <i>Mubiezi</i> (Semen Momordicae)         | 10 g |
| <i>Danggui</i> (Radix Angelicae Sinensis) | 30 g |
| <i>Rougui</i> (Cortex Cinnamomi)          | 60 g |

Preparation: *Guiban* is prepared through being soaked in spirit, and *Mubiezi* is shelled and ground. Grind all the drugs together into a fine powder. Then decoct 50 ml. of good spirit until half of it is left. Mix 15 g of the powder with the decocted spirit and stir them with a piece of willow stick into an ointment.

Application: Spread a proper amount of the ointment on a piece of oil paper, stick this paper to the affected part. The treatment is to be repeated once every 3 days.

Notes: In the course of treatment, bracing of the affected limb for a complete rest should be carried on until there is nothing abnormal found in the roentgenogram.

Prescription 2:

Recipe: *Huo Xue San Han Xi Fang*

Ingredients:

|  |      |
|--|------|
| <i>Danggui</i> (Radix Angelicae Sinensis)        | 12 g |
| <i>Danshen</i> (Radix Salviae Miltiorrhizae)     | 9 g  |
| <i>Sumu</i> (Lignum Sappan)                      | 9 g  |
| <i>Tubiechong</i> (Eupolyphaga seu Steleophaga)  | 9 g  |
| <i>Ruxinag</i> (Resina Olibani Preparata)        | 9 g  |
| <i>Moyao</i> (Myrrha Preparata)                  | 9 g  |
| <i>Zicao</i> (Radix Arnebiae)                    | 9 g  |
| <i>Lulutong</i> (Fructus Liquibambaris)          | 9 g  |
| <i>Zelan</i> (Herba Lycopi)                      | 12 g |
| <i>Qianliguang</i> (Herba Senecionis Scandentis) | 12 g |

Preparation: Decoct the above drugs in 1,000-1,500 ml. of water in an earthenware pot until 15 minutes after the water boils and pour them into an enamel basin along with the decoction.

Application: While the decoction is hot and warm, first steam the affected part over it and then wash with it, and this is done 2-3 times daily, for 1-2 hours each time, during which the decoction is heated when it cools off. The decoction prepared

with one dose of the drugs can be used 4-6 times. Heat it when use it again.

Notes: This prescription has a very strong effect of promoting blood circulation to eliminate blood stasis and relieve pain.

Prescription 3:

Recipe: *Xiao Zhong Zhi Tong Gao*

Ingredients:

|   |            |
|---|------------|
| <i>Jianghuang</i> (Rhizoma Curcumae Longae) | 2 portions |
| <i>Ganjiang</i> (Rhizoma Zingiberis)        | 2 portions |
| <i>Zhizi</i> (Fructus Gardeniae)            | 2 portions |
| <i>Ruxiang</i> (Resina Olibani)             | 2 portions |
| <i>Moyao</i> (Myrrha)                       | 2 portions |

Preparation: Grind the above drugs together into a fine powder and mix it with vaseline into a 60% ointment. This ointment is called *Xiao Zhong Zhi Tong Gao*.

Application: Apply a proper amount of the ointment of *Xiao Zhong Zhi Tong Gao* to the affected part with dressing change to be made once daily.

2. In the middle stage

Main Symptoms:

Marked by pain, swelling, hard mass, myophagism, stiff joint, and a little cold skin, which would all be aggravated by chill.

Method of Treatment:

To relax tendons, activate the collaterals, disperse cold and relieve pain.

Prescription 1:

Recipe: *Shu Jin Huo Xue San*

Ingredients:

|   |         |
|---|---------|
| <i>Mangxiao</i> (Natrii Sulfas)           | 2,150 g |
| <i>Zhangnao</i> (Camphora)                | 2,150 g |
| <i>Chuanwu</i> (Radix Aconiti)            | 1,500 g |
| <i>Caowu</i> (Folium Aconiti Kusnezoffii) | 1,500 g |
| <i>Fangfeng</i> (Radix Ledebouriellae)    | 1,500 g |
| <i>Wujiapi</i> (Cortex Acanthopanax)      | 1,500 g |
| <i>Weilingxian</i> (Herba Clematidis)     | 1,500 g |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)   | 1,500 g |
| <i>Ruxiang</i> (Resina Olibani)           | 750 g   |
| <i>Moyao</i> (Myrrha)                     | 750 g   |

Preparation: Grind the above drugs together into a fine powder and divide it into 100 portions. Wrap each of them in a piece of paper. Decoct 1 portion of the powder in 1,000 ml. of water until 15 minutes after the water boils and pour it into an enamel basin along with the decoction.

Application: While the decoction is hot and warm, first steam the affected part over it and then wash with it. The whole process lasts 1 hour. The treatment is repeated 2-3 times daily. The decoction prepared with one portion of the powder can be used 4-6 times. Heat it when use it again.

Notes: The application of a bracing or traction device on the affected limb is still necessary in this stage.

Prescription 2:

Recipe: *Mo Yao Gao*

Ingredients:

|   |                 |
|---|-----------------|
| <i>Moyao</i> (Myrrha)                     | 15 g            |
| <i>Ruxiang</i> (Resina Olibani)           | 16 g            |
| <i>Zhi Gougu</i> (bone of a dog prepared) | 15 g            |
| <i>Wuzhuyu</i> (Fructus Evodiae)          | 3 g             |
| <i>Baijiezi</i> (Semen Sinapis Albae)     | 3 g             |
| <i>Baiji</i> (Rhizoma Bletillae)          | 3 g             |
| <i>Bailian</i> (Radix Ampelopsis)         | 3 g             |
| <i>Mifen</i> (rice flour)                 | 3 g             |
| <i>Jiangzhi</i> (ginger juice)            | a proper amount |
| <i>Jiu</i> (spirit)                       | a proper amount |

Preparation: Grind all the above drugs except ginger juice and spirit together into a fine powder. Boil the ginger juice and spirit together and then mix them with the fine powder into an ointment called *Mo Yao Gao*.

Application: Spread the hot ointment on a piece of oil paper and stick it to the affected part. Dressing change is to be made daily.

Notes: The ingredient *Baijiezi* used should be limited according to the amount prescribed. Or else, blisters would appear on the skin.

Prescription 3:

Recipe: *Jin Si Gao*

Ingredients:

|   |            |
|---|------------|
| <i>Songxiang</i> (Colophonium)                      | 120 g      |
| <i>Gaoliangjiang</i> (Rhizoma Alpiniae Officinarum) | 30 g       |
| <i>Chuanwu</i> (Radix Aconiti)                      | 9 pieces   |
| <i>Ruxiang</i> (Resina Olibani)                     | 9 g        |
| <i>Mubiezi</i> (Semen Momordicae)                   | 12 g       |
| <i>Xingren</i> (Semen Armeniacae Amarum)            | 100 pieces |
| <i>Xiangyou</i> (Oleum Sesami)                      | 250 ml.    |

Preparation: Grind *Gaoliangjiang* into fine powder, and also *Ruxiang*. *Mubiezi* is shelled first and ground into a fine powder. Heat *Xiangyou* in a pot. Decoct *Chuanwu* and *Xingren* in *Xiangyou* in the pot until they turn into a brown colour and then filter them with a sieve to get the medicated oil. *Songxiang* is melted with gentle heat, mixed with the powder of *Gaoliangjiang*, *Ruxiang* and *Mubiezi* and stirred evenly into a mixture. The medicated oil is added to the mixture and heated until an ointment is about to form. The liquid in the ointment is removed with a sieve to obtain the ointment called *Jin Si Gao* and keep it in a bottle for use.

Application: Spread a proper amount of the ointment of *Jin Si Gao* on a piece of oilpaper. Stick this paper to the affected part. Dressing change is to be made daily.

Notes: The ingredient *Mubiezi* is poisonous. When it is used externally, over-dosage should avoided.

3. In the advanced stage

Main Symptoms:

Marked by renovation of necrotic bone, deformity and hyperplasia of bone and bony articular processes.

Method of Treatment:

To soften and resolve hard mass, activate the collaterals and relieve pain.

Prescription:

Recipe: *Gu Ci Gao*

Ingredients:

|   |           |
|---|-----------|
| <i>Baizhi</i> (Radix Angelicae Dahuricae)       | 90 g      |
| <i>Shichangpu</i> (Rhizoma Acori Graminei)      | 30 g      |
| <i>Zhizi</i> (Fructus Gardeniae)                | 120 g     |
| <i>Shengdihuang</i> (Radix Rehmanniae)          | 120 g     |
| <i>Wujiapi</i> (Cortex Acanthopanax)            | 90 g      |
| <i>Zijingpi</i> (Cortex Cercis Chinensis)       | 30 g      |
| <i>Qianghuo</i> (Rhizoma seu Radix Notoperygii) | 60 g      |
| <i>Fangfeng</i> (Radix Ledebouriellae)          | 60 g      |
| <i>Chishao</i> (Radix Paeoniae Rubra)           | 90 g      |
| <i>Danggui</i> (Radix Angelicae Sinensis)       | 90 g      |
| <i>Gusuibu</i> (Rhizoma Drynariae)              | 60 g      |
| <i>Lufengfang</i> (Nidus Vespae)                | 30 g      |
| <i>Weilingxian</i> (Radix Clematidis)           | 60 g      |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)      | 60 g      |
| <i>Chuanwu</i> (Radix Aconiti)                  | 60 g      |
| <i>Caowu</i> (Folium Aconiti Kusnezoffii)       | 60 g      |
| <i>Chixiaodou</i> (Semen Phaseoli)              | 60 g      |
| <i>Xiangyou</i> (Oleum Sesami)                  | 2,500 ml. |

Preparation: The above drugs are prepared into an ointment. Heat the ointment thoroughly again and mix it with a fine powder made with the following drugs into a plaster:

|  |       |
|--|-------|
| <i>Shexiang</i> (Moschus)                      | 6 g   |
| <i>Ruxiang</i> (Resina Olibani Preparata)      | 60 g  |
| <i>Moyao</i> (Myrrha Preparata)                | 60 g  |
| <i>Chuanshanjia</i> (Squama Manitis Preparata) | 60 g  |
| <i>Xixin</i> (Herba Asari)                     | 15 g  |
| <i>Ejiao</i> (Colla Corii Asini)               | 120 g |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)       | 60 g  |

Application: Spread a proper amount of the plaster on a piece of white cloth and stick it to the affected part. Dressing change is to be made every 3 days.

Notes: The application of this prescription may have local blood circulation

promoted and local swelling and pain reduced. If local pain and other symptoms remain after the above systematic treatment, operation should be considered.

## 16. Cicatricial Adhesion and Contracture

This disorder refers to cicatricial adhesion left after a trauma or infection is cured, manifested in contracture of skin and muscle, stiff joint and deformity of limb.

### Etiology and Pathogenesis

Injury of tendons and bones or accumulation of heat leads to stagnation of *Qi* and blood, depriving the muscles from nourishment. Hence spasm and stiff joint will result.

### Clinical Manifestations

With a history of trauma or infection, it is marked by filiform or patchy scar on the skin, contracture of hard skin or muscles or normal skin with stiff muscles or joint, and deformity of the limb with its function reduced or lost.

### Differentiation and Treatment

#### 1. In the initial stage

##### Main Symptoms:

Marked by hard scar and stiff muscles or joint.

##### Method of Treatment:

To relax the tendons, promote blood circulation, soften and resolve the hard mass.

##### Prescription 1:

Recipe: *Ruan Gu Gao*

##### Ingredients:

|  |      |
|--|------|
| <i>Tiannanxing</i> (Rhizoma Arisaematis)           | 39 g |
| <i>Banxia</i> (Rhizoma Pinelliae)                  | 45 g |
| <i>Chuanshanjia</i> (Squama Manitis)               | 24 g |
| <i>Bādoushuang</i> (Pulvis Crotonis Tigilium)      | 24 g |
| <i>Niujiaotan</i> (Cornu Bubali Carbonisatus)      | 60 g |
| <i>Xueyutan</i> (Crinis Carbonisatus)              | 60 g |
| <i>Huomarentan</i> (Fructus Cannabis Carbonisatus) | 60 g |

Preparation: Grind the above drugs together into a fine powder, boil it in an earthenware pot with 950 ml. of vinegar on a strong fire until the vinegar boils, then heat it on a gentle fire until a paste is formed in the pot. The paste obtained is called *Ruan Gu Gao*. Keep it in a sealed earthenware mortar for use.

Application: Spread a proper amount of *Ruan Gu Gao* about 0.3 cm thick on a piece of oilpaper and stick it to the affected part with dressing change to be made every 2 days.

Notes: *Ruan Gu Gao* is indicated for cicatricial adhesion and contracture due to a healed trauma. When it is used to treat osteosclerosis and traumatic ossifying

myositis, curative effects may also be achieved. While it is being prepared, continuous stirring is necessary to prevent the content of the pot from burnt.

Prescription 2:

Recipe: *Shu Jin Huo Xue Xi Ji*

Ingredients:

|   |      |
|---|------|
| <i>Shenjinciao</i> (Herba Lycopodii)          | 15 g |
| <i>Tougucao</i> (Caulis Impatiensis)          | 15 g |
| <i>Sangjisheng</i> (Herba Taxilli)            | 15 g |
| <i>Gusuibu</i> (Rhizoma Drynariae)            | 15 g |
| <i>Niuxi</i> (Radix Achyranthis Bidentatae)   | 15 g |
| <i>Danggui</i> (Radix Angelicae Sinensis)     | 9 g  |
| <i>Honghua</i> (Flos Carthami)                | 9 g  |
| <i>Qinjiao</i> (Radix Gentianae Macrophyllae) | 9 g  |
| <i>Wujiapi</i> (Cortex Acanthopanax)          | 9 g  |
| <i>Mugua</i> (Fructus Chaenomeles)            | 9 g  |

Preparation: Decoct the above drugs in 1,000-1,500 ml. of water in an earthenware pot until 15 minutes after the water boils, mix them with 60 g of yellow rice wine and pour them into an enamel basin along with the decoction.

Application: While the decoction is hot, steam the affected part over it. When the decoction is not scalding hot wash the affected part with it. The above is undertaken 2 to 3 times daily, for 1-2 hours each time, during which time keep the decoction warm. The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it when use it again.

Notes: This prescription is contraindicated for dermal sensitivity and ulcer. In the course of treatment active dirigation is advocated as an important therapeutic measure.

Prescription 3:

Recipe: *Shu Jin San*

Ingredients:

|  |      |
|--|------|
| <i>Danggui</i> (Radix Angelicae Sinensis)        | 12 g |
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii) | 12 g |
| <i>Honghua</i> (Flos Carthami)                   | 12 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)        | 12 g |
| <i>Ruxiang</i> (Resina Olibani)                  | 12 g |
| <i>Moyao</i> (Myrrha)                            | 12 g |
| <i>Gusuibu</i> (Rhizoma Drynariae)               | 12 g |
| <i>Xudian</i> (Radix Dipsaci)                    | 12 g |
| <i>Fangfeng</i> (Radix Ledebouriellae)           | 12 g |
| <i>Mugua</i> (Fructus Chaenomeles)               | 12 g |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)          | 12 g |
| <i>Tougucao</i> (Caulis Impatiensis)             | 12 g |

Preparation: Grind the above drugs together into a fine powder and put it into a



cloth bag. Tie up the bag and steam it hot in a food steamer.

Application: Press the hot bag with drugs on the affected part and keep it there for 30 minutes. This is undertaken 3 times daily. The bag can be used 6 times. Steam it hot when use it again.

Notes: Steaming, washing or hot compress are better methods than the application of ointment or paste, for they don't hamper dirigation. This is a good example.

2. In the advanced stage

Main Symptoms:

Marked by softened scar, loosened adhesion and improped contracture.

Method of Treatment:

To perform an operation accompanied with steaming and washing with Chinese drugs as well as dirigation.

Notes: Dirigation may begin 24-48 hours later after an operation. Steaming and washing with Chinese drugs with the action of relaxing muscles and tendons and promoting blood circulation may be conducted after the wound has been healed. By so doing, the curative effects may be enhanced.

## 17. Traumatic Ossifying Myositis

By traumatic ossifying myositis, we mean perforation of subperiosteal hematoma and intramuscular hematoma in most cases due to acute injury but also in some cases due to chronic strain. This disorder contributes to the formation of something like callus usually in the cubital portion. It is, in fact, a muscular ossification originating from muscular degeneration.

Method of Treatment:

To eliminate blood stasis, soften and resolve hard mass and relax muscles and tendons.

Prescription 1

Recipe: *Hua Jian Gao*

Ingredients:

|  |       |
|--|-------|
| <i>Baijiezi</i> (Semen Sinapis Albae)  | 60 g  |
| <i>Dilong</i> (Lumbricus)              | 60 g  |
| <i>Gansui</i> (Radix Kansui)           | 60 g  |
| <i>Weilingxian</i> (Radix Clematidis)  | 75 g  |
| <i>Jixingzi</i> (Semen Impatientis)    | 105 g |
| <i>Xixin</i> (Herba Asari)             | 90 g  |
| <i>Tougucao</i> (Caulis Impatientis)   | 75 g  |
| <i>Wumei</i> (Fructus Mume)            | 120 g |
| <i>Chuanshanjia</i> (Squama Manitis)   | 120 g |
| <i>Xueyutan</i> (Crinis Carbonisatus)  | 30 g  |
| <i>Fangfeng</i> (Radix Ledebouriellae) | 30 g  |

|   |           |
|---|-----------|
| <i>Caowu</i> (Folium Aconiti Kusnezoffii) | 30 g      |
| <i>Quanxie</i> (Scorpio)                  | 30 g      |
| <i>Badou</i> (Fructus Crotonis)           | 30 g      |
| <i>Mahuang</i> (Radix Ephedrae)           | 90 g      |
| <i>Pengsha</i> (Borax)                    | 18 g      |
| <i>Xiangyou</i> (Oleum Sesami)            | 2,500 ml. |
| <i>Qiandan</i> (minium)                   | 1,250 g   |

Preparation: Soak all the drugs except *Qiandan* and *Pengsha* in 2,500 ml. of *Xiangyou* in a pot heated on a slow fire for 3 days, then decoct them on a gentle fire until they are scorched and filter them with the medicated oil left. Mix the medicated oil with *Qiandan* and heat it again in the pot until a drop of it dripped into water forms a pearl. Put *Pengsha* into the pot and stir them evenly until what is in the pot becomes a plaster. Divide the plaster into portions according to the area of the affected part and spread each of them on a piece of white cloth for use.

Application: Heat 1 piece of white cloth until the plaster on it is warm and melted and stick it to the affected part. Dressing change is to be made every 3-5 days.

Notes: In case stabbing pain is felt on the skin, stop the application at once.

Prescription 2:

Recipe: *Sun Shang Hou Yi Zheng Er Hao Xi Fang*

Ingredients:

|   |      |
|---|------|
| <i>Tiannanxing</i> (Rhizoma Arisaematis)  | 12 g |
| <i>Chuanwu</i> (Radix Aconiti)            | 12 g |
| <i>Caowu</i> (Folium Aconiti Kusnezoffii) | 12 g |
| <i>Xueyutan</i> (Crisis Carbonisatus)     | 12 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)     | 12 g |
| <i>Chuanshanjia</i> (Squama Manitis)      | 12 g |
| <i>Haitongpi</i> (Cortex Erythrinae)      | 12 g |
| <i>Bailian</i> (Radix Ampelopsis)         | 12 g |
| <i>Pengsha</i> (Borax)                    | 12 g |

Preparation: Decoct all the drugs in 1,000-1,500 ml. of water mixed with 50 g of vinegar in an earthenware pot until 15 minutes after the water boils and pour them into an enamel basin along with the decoction.

Application: While the decoction is hot and warm, first steam the affected part over it and then wash with it. This is carried out for 1 hour each time, 2-3 times daily. The decoction prepared with one dose of the drugs can be used 4-6 times. Heat it when it cools off in the course of steaming and washing or when use it again.

Notes: While this prescription is used, the affected limb should be braked for a complete rest. Dirigation begins 2-3 months after the acute stage has passed. Operation is forbidden in the initial stage. Incision of ossifying tissue can be considered 6 month-1 year after its onset. After the operation, dirigation as well as steaming and washing with Chinese drugs should both be undertaken.

**Volume Four**

**OPHTHALMOLOGY,  
OTORHINOLARYNGOLOGY,  
STOMATOLOGY AND  
DENTOLOGY**

*Written by: Ouyang Bing*  
*Translated by: Xu Xiangcai*

## 1. Ophthalmic Diseases

### 1.1 Palpebral Diseases

#### 1.1.1 Hordeolum

Included in the category of *Zhenyan* in TCM, hordeolum may be divided into two: external hordeolum and internal hordeolum. The former is an acute infection due to invasion of staphylococci into the sebaceous glands around the ciliary follicles, while the latter, an acute suppurative inflammation due to invasion of staphylococci into the tarsal glands.

#### Etiology and Pathogenesis

Any of the following:

1. Heat due to exogenous wind accumulated in the eyelids has body fluid consumed.
2. Heat accumulated in the spleen and stomach due to over-intake of food pungent in flavour and hot in nature goes upwards along the channel to the eyelids and stays there causing disturbances.
3. Heat due to pathogens lingering in the body acts on the eyelids.
4. Exogenous wind seizes the chance of dysfunction of the superficial-*Qi* due to general debility to invade the body and act on the eyelids.

#### Clinical Manifestations

Marked by slight itch and pain of the eyelid, and slight-red swelling of the skin near the palpebral margin in the beginning which then develops into localized mass with tenderness; severe red-swelling and burning pain due to focus on the canthus; tumefaction and tenderness of the preauricular or submaxillary lymph nodes sometimes even accompanied by general symptoms such as fever, headache, etc. in some cases; mild symptoms maybe disappearing automatically several days later; a yellowish white pus-head as big as a grain of wheat tending to appear at the root of a cilium along the palpebral margin in a severe case; diabrosis of the pus-head, drainage of the pus and vanishing of the swelling tending to be followed by healing; drainage of pus in the medial eyelid maybe occurring due to diabrosis of a pus-head in the medial eyelid.

#### Differentiation and Treatment

1. Type of exogenous wind-heat

Main Symptoms:

Marked by local slight red-swelling, itch and pain, which might be accompanied

by mild headache, fever and general discomfort.

Method of Treatment:

To expel wind and clear heat.

Prescription 1:

Recipe: *Yin Hua Gong Ying Gao*

Ingredients:

|  |      |
|--|------|
| <i>Jinyinhua</i> (Flos Lonicerae)        | 9 g  |
| <i>Pugongying</i> (Herba Taraxaci)       | 9 g  |
| <i>Tianhuaafen</i> (Radix Trichosanthis) | 9 g  |
| <i>Tiannanxing</i> (Rhizoma Arisaematis) | 9 g  |
| <i>Tianxianzi</i> (Semen Hyoscyami)      | 12 g |

Preparation: Grind the above drugs together into a fine powder and mix it in a sterile glass container with a proper amount of vinegar or paraffin oil into an ointment called *Yin Hua Gong Ying Gao*. Sterilize it under high pressure for 30 minutes and keep it for use.

Application: Spread a proper amount of the ointment of *Yin Hua Gong Ying Gao* according to the area of an affected part about 0.2 to 0.3 cm thick evenly on a piece of 2 layers of sterile gauze and stick it to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made every 24 hours.

Notes: This prescription is indicated for hordeolum at its initial stage. Before *Yin Hua Gong Ying Gao* is applied, wash the affected part clean and carry out a 5-minute hot compress with a piece of towel.

Prescription 2:

Ingredient:

*Shetui* (Periostracum Serpentis) one

Preparation: Wash the *Shetui* clean, dry it in the air and soak it in vinegar in a container for 7 days, take it out and cut it into 5 × 8 mm pieces.

Application: Cover the affected part with 1 piece of *Shetui*, and then have it covered with a piece of sterile absorbent cotton soaked with vinegar and fix it up with a piece of adhesive plaster. Dressing change is to be made every 8 hours.

Notes: This prescription is indicated for hordeolum with mild symptoms or hordeolum due to exogenous wind-heat at its initial stage. Dressing change could be performed once every 4 hours if necessary.

## 2. Type of up-going heat

Main Symptoms:

Marked by local swelling of the eyelid, on which there is a bigger mass with calor and pain.

Method of Treatment:

To clear heat, purge fire and remove toxins.

Prescription 1:

Recipe: *Di Ding Xun Xi Ye*

Ingredients:

|   |      |
|---|------|
| <i>Zihuadiding</i> (Herba Violae)           | 15 g |
| <i>Yejuhua</i> (Flos Chrysanthemi Indici)   | 15 g |
| <i>Zaojiaoci</i> (Spina Gleditiae)          | 9 g  |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 9 g  |
| <i>Pugongying</i> (Herba Taraxaci)          | 30 g |

Preparation: Soak the above drugs in 500 ml. of water in an earthenware pot for 30 minutes. Heat the pot on a strong fire until the water boils, then decoct the drugs on a gentle fire for 15 minutes and filter them to get the decoction. Pour the hot decoction into a small thermos bottle for future use.

Application: Get the affected eye near the opening of the thermos bottle and steam it with the wet and hot vapour of the decoction. This is carried out 3 times daily, for 15-20 minutes each time. The decoction prepared with one dose of the drugs can be used 4 times. Heat it in the earthenware pot when use it again.

Notes: With stronger bacteriostasis, *Di Ding Xun Xi Ye* is particularly indicated for hordeolum due to heat going up to attack the eye. While the steaming is undertaken, the distance between the eye and the opening of the bottle should be controlled properly to prevent scalds. If the inflammation is severe, the steaming may be carried out 4-6 times daily.

#### Prescription 2:

Recipe: *Ye Ju Jian*

#### Ingredients:

|   |      |
|---|------|
| <i>Yejuhua</i> (Flos Chrysanthemi Indici) | 15 g |
| <i>Huangqin</i> (Radix Scutellariae)      | 15 g |
| <i>Bohe</i> (Herba Menthae)               | 10 g |
| <i>Chishaoyao</i> (Radix Paeoniae Rubra)  | 10 g |
| <i>Gancao</i> (Radix Glycyrrhizae)        | 6 g  |

Preparation: Soak the above drugs in 500 ml. of water in an earthenware pot for 10 minutes. Heat the pot on a strong fire until the water boils, then decoct the drugs on a gentle fire for 10-15 minutes and filter them to get the decoction. The drug dregs are put into a 3-6 layer 5 × 10 cm sterile gauze bag.

Application: The decoction is divided into 2 portions, one is taken orally in the morning, the other in the evening. In addition to this, hot compress with the bag is conducted on the affected eye 6 times daily, for 15 minutes each time. Steam the drugs hot when use it again.

Notes: In case of intense heat complicated by constipation, 9 g of *Dahuang* (Radix et Rhizoma Rhei) is added and 20 g of *Huangqin* is used instead of 15 g. To conduct the hot compress, a supine position is adopted with the bag put on the affected eye and covered with a piece of hot towel. In case of a mild case or a patient who has an aversion to oral Chinese drugs, hot compress with the drug dregs may be conducted alone.

### 3. Type of latent heat in the spleen and stomach

#### Main Symptoms:

is not cemented with the skin of the eyelid.

Method of Treatment:

To resolve phlegm and clear heat.

Prescription 1:

Recipe: *Ban Xia Gao*

Ingredients:

|  |        |
|--|--------|
| <i>Banxia</i> (Rhizoma Pinelliae)        | 9 g    |
| <i>Tiannanxing</i> (Rhizoma Arisaematis) | 9 g    |
| <i>Shicu</i> (vinegar)                   | 20 ml. |

Preparation: Grind the first 2 drugs respectively into very fine powders and mix them with the vinegar into a paste which is called *Ban Xia Gao*.

Application: Fold a piece of sterile gauze into a small piece of 6 layers as large as the area of the affected part. Spread the paste of *Ban Xia Gao* evenly on the gauze and make it about 0.2-0.3 cm thick. Stick this gauze to the affected eyelid and fix it with a piece of adhesive plaster. Dressing change is to be made twice daily.

Notes: *Ban Xia Gao* is particularly indicated for chalazion at its initial stage and with smaller nucleus which has not yet broken. As the drug is poisonous, never get it into the eye. As soon as any allergic reaction occurs its application should be stopped.

Prescription 2:

Recipe: *Xing Bing San*

Ingredients:

|  |        |
|--|--------|
| <i>Tiannanxing</i> (Rhizoma Arisaematis) | 9 g    |
| <i>Bingpian</i> (Borneolum Syntheticum)  | 3 g    |
| <i>Shicu</i> (vinegar)                   | 10 ml. |

Preparation: Grind the first 2 drugs together into a fine powder and mix it with the vinegar into a paste.

Application: Apply the paste to the affected part and cover and fix it with a piece of sterile gauze. Dressing change is to be made every 8 hours.

Notes: Before the paste is applied, the affected part should be washed clean with warm boiled water.

2. Type of retention of phlegm-heat

Main Symptoms:

Marked by slightly red skin of the outer side of the eyelid where a mass is located and the purplish red corresponding part of the inner side of the eyelid.

Method of Treatment:

To clear heat and resolve mass.

Prescription 1:

Recipe: *Zi Jin Ding* (4)

Preparation: Grind 1 lozenge of *Zi Jin Ding* into bits in a clean chinaware bowl and mix it with vinegar into a paste.

Application: Apply the paste evenly to the skin of the affected eyelid and fix it

with a piece of sterile gauze. Dressing change is to be made every 6 hours.

Prescription 2:

Recipe: *Hua Fen Gao*

Ingredients:

|  |     |
|--|-----|
| <i>Tianhuafen</i> (Radix Trichosanthis)  | 9 g |
| <i>Tiannanxing</i> (Rhizoma Arisaematis) | 9 g |
| <i>Shengdihuang</i> (Radix Rehmanniae)   | 9 g |
| <i>Pugongying</i> (Herba Taraxaci)       | 9 g |

Preparation: Grind the above drugs together into a fine powder and mix it in a clean chinaware bowl with a same amount of vinegar and liquid paraffin into an ointment. Cover the bowl with a lid to have the ointment in it sterilized under high pressure for 30 minutes. The ointment in the bowl is called as *Hua Fen Gao*.

Application: Apply the ointment of *Hua Fen Gao* evenly to the skin of the affected eyelid and fix it with a piece of sterile gauze. Dressing change is to be made every 12 hours.

Prescription 3:

Recipe: *Ji Xing Zi San*

Ingredients:

|  |        |
|--|--------|
| <i>Jixingzi</i> (Semen Impatiensis)      | 6 g    |
| <i>Tiannanxing</i> (Rhizoma Arisaematis) | 6 g    |
| <i>Mayou</i> (Oleum Sesami)              | 10 ml. |

Preparation: Grind the first 2 drugs respectively into a fine powder and mix it in a clean chinaware cup with the sesame oil into a paste.

Application: Spread the paste evenly on a piece of 8 layers of sterile gauze. Stick this gauze to the affected part and fix it with a piece of adhesive plaster. Dressing change is to be made every 8 hours. While dressing change is performed, wash the affected part clean with warm boiled water, then carry out hot compress on it with a piece of clean towel for 15-30 minutes. And be careful not to get the paste into the eye.

Notes: Hot compress may enhance the curative effects. But it is contraindicated when the swelling is severe or the mass has suppured.

Generally speaking, external treatment with Chinese drugs is suitable for chalazion at its initial stage and with smaller swollen nucleus. If the nucleus is big, incision and curettage is needed. If self-diabrosis of the nucleus occurs and granulation appears, an operation should be conducted. If relapse happens after operation and the nucleus grows large rapidly, it must be made certain whether it belongs to tumor first.

In the course of external treatment with Chinese drugs, food pungent in flavour or other irritating food should be avoided.

### 1.1.3 Blepharitis Ciliaris

Blepharitis ciliaris refers to a subacute or chronic inflammation of the ciliary



folicle and its gland. It is a common disease with a long course and tending to recur. Clinically, it is usually divided into 3 types: squamous, ulcerative and canthal. In TCM, it is included in the category of *Jian Xuan Chi Lan* or *Lan Xuan Feng*.

### Etiology and Pathogenesis

The Following are the causes of this disorder and the 1st one is the leading cause.

1. Heat accumulated in the spleen and stomach which happens to be combined with the invasion of exogenous wind in the palpebral margin causes body fluid to be consumed and turns into dryness, finally leading to this disorder.

2. Damp-heat in the spleen and stomach and exogenous wind make disturbance in the palpebral margin and cause this disorder.

3. Both exogenous wind and intense heart-fire go upwards to burn the palpebral margin and cause this disorder.

### Clinical Manifestations

This disorder is basically marked by red ulceration, calor and stabbing itch of the palpebral margin; squamous blepharitis ciliaris is often marked by flush and stabbing itch of the palpebral margin, branny white desquamation near the roots of cilia, and frequent kneading and rubbing of the eye by the patient; ulcerative blepharitis ciliaris is marked by ulceration of the palpebral margin with pus and scab, cilia in a mess or exfoliation of them, itch and pain, photophobia and lacrimation, delacrimation and sticky tear; canthal blepharitis ciliaris is often marked by red canthi with erosion, calor and serious itch.

### Differentiation and Treatment

1. Type of wind-heat (squamous blepharitis ciliaris)

Main Symptoms:

Marked by red palpebral margin, branny desquamation near the roots of cilia, subjective calor and stabbing itch, and discomfort due to dryness.

Method of Treatment:

To expel wind, alleviate itch and clear heat from blood.

Prescription 1:

Recipe: *Jia Jian Wan Jin Gao*

Ingredients:

|  |       |
|--|-------|
| <i>Kushen</i> (Radix Sophorae Flavescents) | 9 g   |
| <i>Wubeizi</i> (Galla Chinensis)           | 9 g   |
| <i>Jingjiesui</i> (Herba Schizonepetae)    | 9 g   |
| <i>Fangfeng</i> (Radix Lebebouriellae)     | 9 g   |
| <i>Huanglian</i> (Rhizoma Coptidis)        | 9 g   |
| <i>Tonglu</i> (verdigris)                  | 1.5 g |

Preparation: Grind the above drugs together into a fine powder and keep it for future use. Soak 30 g of *Bohe* (Herba Menthae) in 300 ml. of water for 20 minutes, decoct it with gentle heat until 10 minutes after the water boils and filter it to get the decoction. Put the fine powder into a clean small chinaware bowl and mix it with

a proper amount of the decoction into a pasty mass. This mass is made into 3 g boluses.

**Application:** Dissolve 1 bolus in 100 ml. of hot water. Dip a small piece of sterile gauze into the hot water containing the bolus and wash the affected part with it. The treatment is to be performed 3 times daily, for 15 minutes each time.

**Notes:** The scales and scabs may be washed away beforehand with normal saline. As the drug-washing is being conducted, press and squeeze the glands of Zeis and the tarsal glands to have the secretion removed. In the course of treatment, food pungent and sour in flavor should be avoided.

**Prescription 2:**

**Recipe:** *Feng Huang You Gao*

**Ingredients:**

|   |      |
|---|------|
| <i>Luganshi</i> (Calamina Usta)         | 30 g |
| <i>Jidanhuan</i> (egg yolk)             | one  |
| <i>Bingpian</i> (Borneolum Syntheticum) | 3 g  |

**Preparation:** Boil 1 egg up to well done and break it to get the yolk. Put the yolk into a small iron ladle, pound it into bits with a spoon, bake it with gentle heat, stir it until it turns oily black, then remove it with the oil left. Grind *Luganshi* and *Bingpian* together into a fine powder. Scatter the powder into the hot oil and stir it evenly into an ointment. Wait until it cools off then keep it in a disinfected glass bottle for use.

**Application:** Apply about 0.5 g of the ointment to the affected part. Ask the patient to lie down on his back with his eyes closed for 20-30 minutes. Repeat the process 3-5 times daily. Before the ointment is applied, wash the affected part clean with a sterile cotton ball dipped into normal saline.

**Notes:** If the ointment is applied just before bed time in the evening, more ointment than the regular dosage may be used.

**2. Type of damp-heat (ulcerative blepharitis ciliaris)**

**Main Symptoms:**

Marked by ulceration of red palpebral margin with pain and itch, delacrimation, sticky tear, cilia in bundles or trichiasis, and exfoliation of cilia.

**Method of Treatment:**

To dispel dampness, clear heat, expel wind and alleviate itch.

**Prescription 1:**

**Recipe:** *Chu Shi Tang*

**Ingredients:**

|  |      |
|--|------|
| <i>Huashi</i> (Talcum)                     | 30 g |
| <i>Lianqiao</i> (Fructus Forsythiae)       | 10 g |
| <i>Cheqianzi</i> (Semen Plantaginis)       | 12 g |
| <i>Huangqin</i> (Radix scutellariae)       | 10 g |
| <i>Huanglian</i> (Rhizoma Coptidis)        | 6 g  |
| <i>Mutong</i> (Caulis Clematidis Armandii) | 10 g |

|  |      |
|--|------|
| <i>Jingjie</i> (Herba Schizonepetae)   | 10 g |
| <i>Fuling</i> (Poria)                  | 10 g |
| <i>Fangfeng</i> (Radix Lebebouriellae) | 10 g |
| <i>Gancao</i> (Radix Glycyrrhizae)     | 3 g  |

Preparation: Soak the above drugs in 600 ml. of water for 20 minutes, then boil the water on a strong fire and decoct the drugs on a gentle fire for 20 minutes then filter them and keep the decoction in a clean porcelain bowl.

Application: When the decoction is warm, wash the affected part with a piece of sterile gauze dipped into it repeatedly. This treatment is to be repeated 3 times daily, for 20 minutes each time. The used decoction is thrown away and a new dose is prepared in the same way as the used one. One dose of the drugs can be decocted 3 times.

Notes: The pus and scab are washed away with normal saline before the treatment and sea food, heavy food or mutton should be avoided in the course of treatment.

Prescription 2:

Recipe: *Yan Xuan Ruan Gao*

Ingredients:

|  |        |
|--|--------|
| <i>Binlang</i> (Semen Arecae)          | 12 g   |
| <i>Songxiang</i> (Colophonium)         | 90 g   |
| <i>Fengla</i> (Cera Flava)             | 60 g   |
| <i>Fupenziye</i> [Folium Rubi (fresh)] | 60 g   |
| <i>Caiziyu</i> (rapeseed oil)          | 80 ml. |

Preparation: Wash *Fupenziye* clean, pound it into pulp in a clean mortar, wrap it in a piece of 2 layers of sterile gauze then knead, rub and press it repeatedly to obtain 10 ml. of juice. Grind *Songxiang* into a fine powder. Pound *Binlang* into bits. Pour *Caiziyu* into a hot iron ladle and heat it on a gentle fire for about 10 minutes. Add the bits of *Binlang* to *Caiziyu* in the ladle, decoct them until they are scorched and filter them with the medicated oil left. Put the juice of *Fupenziye*, the powder of *Songxiang*, and *Fengla* into the ladle, mix them with the oil and heat them into an ointment. Finally, take the ladle away from the fire to have the ointment cooled off. The cooled ointment is called *Yan Xuan Ruan Gao* and kept in a sterile glass bottle for use.

Application: Wash the affected part clean with 2.5% solution of sodium bicarbonate. Apply 1 g of the ointment to it. Then have the patient lie down on his back with his eyes closed for 15-20 minutes. The treatment is to be repeated 4 times daily.

Notes: *Fupenziye* (fresh) may not be easy to obtain. If so, 30 g of *Fupenzi* (Semen Rubi) may be used instead. It is decocted in 100 ml. of water for 30 ml. of decoction.

3. Type of up-going heart-fire (canthal blepharitis ciliaris)

Main Symptoms:

Marked by red palpebral margin of the canthus with erosion, calor and stabbing

itch.

Method of Treatment:

To clear heart-fire.

Prescription 1:

Recipe: *Fan Ju Xi Yao*

Ingredients:

|                                  |      |
|----------------------------------|------|
| <i>Baifen</i> (Alumen)           | 10 g |
| <i>Juhua</i> (Flos Chrysanthemi) | 10 g |

Preparation: Soak the above drugs in 300 ml. of water in an electric heating cup for 10 minutes, boil them for 15 minutes and filter them to get about 50 ml. of decoction. Keep it in a clean container.

Application: While the decoction is warm, wash the affected part with a piece of sterile absorbent cotton soaked with it for 15 minutes each time, 3 times daily. Another 50 ml. of the decoction is prepared in the same way with the drug dregs, and the washing process with this decoction is repeated 5 times daily.

Notes: This prescription is indicated only for mild canthal blepharitis ciliaris. When a severe case is treated, oral Chinese drugs or other therapies should be added. In the course of treatment, food pungent in flavour should be avoided.

Prescription 2:

Recipe: *Yang Dan Shuang*

Ingredients:

|  |           |
|--|-----------|
| <i>Xian Yangdan</i> (fresh gallbladder of sheep) | 10 pieces |
| <i>Fengmi</i> (honey)                            | 300 ml.   |

Preparation: The drug is to be prepared in January. Select 10 sheep gallbladders, wash them clean, fill each of them with honey and hang them up outside the house. After some time a kind of powder would appear on the surface of the gallbladders. Collect this powder which is called *Yang Dan Shuang* and keep it in a sterile glass bottle for use.

Application: Wash the affected part with normal saline to remove the pus and scab. Dust 0.3 g of the powder on it. Then ask the patient to lie down on his back with his eyes closed for 15 minutes. The process is to be repeated 3 times daily.

Notes: Although it is efficacious, *Yang Dan Shuang* is only an adjuvant treatment to cure blepharitis ciliaris.

#### 1.1.4 Lid Dermatitis and Lid Eczema

Lid dermatitis or lid eczema may occur by itself or as a part of facial or general eczema. It is called *Feng Chi Chuang Yi* in TCM.

##### Etiology and Pathogenesis

This disorder is due to either of the following two causes:

1. Heat accumulated in the Spleen Channel and exogenous wind are combined with heart-fire to go upwards to the eyelid, making disturbance there.

2. Damp-heat accumulated in the spleen and stomach is combined with exogenous wind to go upwards along the channel to the eyelid and make disturbance there.

### Clinical Manifestations

Manifested in swelling of the eyelid, on which are plenty of papulae and blisters, yellow sticky exudate and scabs; subjective itching and a burning sensation.

### Differentiation and Treatment

#### 1. Type of wind-heat in the Spleen Channel

##### Main Symptoms:

Marked by calor, itch, swelling and pain of the eyelid; a red coloured skin on which are blisters and sticky exudate.

##### Method of Treatment:

To clear heat in the Spleen Channel, expel wind and dispel dampness.

##### Prescription 1:

Recipe: *Yan Yao Jing*

##### Ingredients:

- Pengsha* (Borax) 7.3%
- Zhusha* (Cinnabaris) 0.9%
- Liusuantong* (cupric sulfate) 1.8%
- Bingpian* (Borneolum Syntheticum) 18%
- Duan Luganshi* (Calamina Usta) 36%
- Biqi Fen* [Bulbus Eleocharis Tuberosae (powder) 36%

Preparation: Grind the above drugs into powders, mix them evenly into a mixture and keep the mixture in sterile glass bottle for use.

Application: Mix 3 g of the powder mixture with cold boiled water into a paste and apply it to the affected part. This is to be repeated 3 times daily.

##### Prescription 2:

Recipe: *Qian Li Guang Xi Ji*

##### Ingredients:

- |  |      |
|--|------|
| <i>Qianliguang</i> (Herba Senecionis Scandentis) | 15 g |
| <i>Fangfeng</i> (Radix Lebebouriellae)           | 9 g  |
| <i>Yejuhua</i> (Flos Chrysanthemi Indici)        | 12 g |
| <i>Pugongying</i> (Herba Taraxaci)               | 15 g |

Preparation: Soak the above drugs in 500 ml. of water in an electric heating cup for 20 minutes, heat the cup until the water boils, decoct the drugs for 10 minutes and filter them to get about 200 ml. of decoction. Pour it into a small porcelain bowl.

Application: While the decoction is hot, steam the affected part over it. When it is not so hot, wash the affected part with a piece of sterile gauze soaked with it. After that, apply *Yan Yao Jing* to the affected part. The treatment is carried out for about 10 minutes and repeated 3 times daily.

Notes: One dose of the drugs can be used 3 times in the same way.

Prescription 3:

Recipe: *Dai Bing San*

Ingredients:

|   |        |
|---|--------|
| <i>Qingdai</i> (Indigo Naturalis)       | 30 g   |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.3 g  |
| <i>Niudanzhi</i> (Fel Bovis)            | 30 ml. |

Preparation: Grind the first 2 drugs together into a fine powder and mix it with the third one into a paste.

Application: Wash the affected part clean with normal saline, apply the paste only to it, and repeat the treatment 3 times daily.

Notes: In a case of much exudate, add 30 g of *Duan Luganshi* (Calamina Usta) to this prescription.

2. Type of up-going wind-fire

Main Symptoms:

Marked by reddened eyelid and severe burning pain and local ulceration.

Method of Treatment:

To clear heat, remove toxins, expel wind, subdue swelling and relieve pain.

Prescription 1:

Recipe: *Bao Xian Yan Yao Shui*

Ingredients:

|   |       |
|---|-------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)      | 30 g  |
| <i>Huangbai</i> (Cortex Phellodendri)       | 30 g  |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 30 g  |
| <i>Yejuhua</i> (Flos Chrysanthemi Indici)   | 30 g  |
| <i>Huanglian</i> (Rhizoma Coptidis)         | 20 g  |
| <i>Fangfeng</i> (Radix Lebebouriellae)      | 15 g  |
| <i>Mangxiao</i> (Natrii Sulfas)             | 150 g |

Preparation: Soak the first 6 drugs in 1,000 ml. of water in an earthenware pot for 20 minutes, after boil them with intense heat, decoct them with gentle heat for 20 minutes and then filter them to get the decoction. The drug dregs are boiled again in another 500 ml. of water for 15 minutes and filter them to get the decoction. Mix the above decoctions and boil the mixed decoction again in the pot with gentle heat. Put *Mangxiao* into the pot and dissolve it in the decoction. The pot is covered with a lid and left in the open for one night. Then filter the drugs and pour the decoction finally obtained into a clean chinaware bottle for use.

Application: Pour 20 ml. of the decoction into a wine cup and put the cup into a bowl with boiling water. When the decoction in the cup turns warm, wash the affected part with some sterile absorbent cotton balls soaked with the decoction for 15 minutes, and this is repeated 2-3 times daily.

Notes: Before the treatment, wash the pus and sticky scab away with normal saline first.

Prescription 2:

Recipe: *Huang Lian Ye Ju He Ji*

Ingredients:

|   |     |
|---|-----|
| <i>Huanglian</i> (Rhizoma Coptidis)       | 3 g |
| <i>Yejuhua</i> (Flos Chrysanthemi Indici) | 9 g |

Preparation: Put the 2 drugs into a sterile 2-layer-gauze bag and steep the bag in 300 ml. of water in an electric heating cup for 10 minutes, boil it for 20 minutes and take it out to get the decoction. The bag is boiled again in another 300 ml. of water in the cup for 15 minutes and take it out to get the decoction. Mix the decoction got at two times in the cup and heat it until 200 ml. concentrated decoction is obtained.

Application: While the concentrated decoction is hot, steam the affected part over it. When it is not so hot, carry out washing and wet compress by means of a piece of sterile gauze soaked with it on the affected part. The treatment is to be repeated 4 times daily, for about 20 minutes each time. The decoction prepared with one dose of the drugs can be used 4 times but only 2 times in the summer time. Heat it when use it again.

Notes: This prescription is indicated only for mild lid dermatitis or acute lid eczema. Before the steaming, washing and wet compress are carried out, the affected part is washed with normal saline to have pus and scab removed from it. Once the decoction is polluted by pus and scab, throw it away.

3. Type of abundant wind, heat and dampness

Main Symptoms:

Marked by red-swelling and burning-pain of the eyelid, on which are groups of blisters or pustulae, and even erosion and sticky exudate due to diabrosis.

Method of Treatment:

To expel wind, dispel dampness, purge fire and remove toxins.

Prescription 1:

Recipe: *Dan Zhi Er Lian Gao*

Ingredients:

|  |        |
|--|--------|
| <i>Huanglian</i> (Rhizoma Coptidis)      | 3 g    |
| <i>Huhuanglian</i> (Rhizoma Picrorhizae) | 3 g    |
| <i>Niudanzhi</i> (Fel Bovis)             | 50 ml. |
| <i>Fengmi</i> (Mel refined)              | 50 ml. |
| <i>Bingpian</i> (Borneolum Syntheticum)  | 1 g    |

Preparation: *Huanglian* and *Huhuanglian* are washed clean, dried in the sun, ground together into coarse powder, put into a small earthenware pot, decocted in 200 ml. of distilled water with gentle heat for 20 minutes and filtered to get the decoction. The drug dregs and another 200 ml. of distilled water are put into the pot and decocted in the same way to get the decoction. The decoctions got through 2 times of process are put together, filtered, poured into a vaporating dish, and mixed with *Niudanzhi* and *Fengmi* as well as *Bingpian* which has been ground into fine powder into an ointment of normal acid-base scale. The ointment is neutralized into

neutrality through mixing it with a little borax, boric acid and refined salt, sterilized under high pressure for 60 minutes and put into a sterile glass bottle. Seal the bottle to keep this final ointment for future use.

**Application:** Apply a little ointment with a sterile absorbent cotton ball to the affected part which has been washed clean with normal saline. After that, the patient is asked to lie down on his back with his eyes closed for 20 minutes. The treatment is to be repeated 4 times daily.

**Notes:** This ointment may be applied 6 times daily for severe cases.

**Preparation 2:**

**Recipe:** *San Huang Xie Du San*

**Ingredients:**

|   |      |
|---|------|
| <i>Huanglian</i> (Rhizoma Coptidis)     | 30 g |
| <i>Huangbai</i> (Cortex Phellodendri)   | 30 g |
| <i>Xionghuang</i> (Realgar)             | 15 g |
| <i>Duan Luganshi</i> (Calamina Usta)    | 15 g |
| <i>Bingpian</i> (Borneolum Syntheticum) | 3 g  |

**Preparation:** Grind the above drugs respectively into a fine powder and mix it together with a proper amount of sesame oil into a paste.

**Application:** Wash the affected part clean with normal saline. Apply about 3 g of the paste evenly to it, 4 times daily.

**Notes:** This paste mustn't be heated, nor used more than the dosage prescribed. Be careful not to get it into the eye.

All the prescriptions introduced above are indicated for lid dermatitis or lid eczema which occurs by itself. For cases complicated by facial or general eczema, oral Chinese drugs or other therapies should be added. Lid dermatitis or lid eczema is at least in part due to drug allergy. As a result, any of the sensitizers is kept off or antiallergic agents are given in the course of external treatment with Chinese drugs. If the Chinese drug used externally leads to allergy, stop using it at once. Food pungent in flavour, sea food or liquor should also be avoided.

### 1.1.5 Lid Edema

Lid edema consists of two types of disorders: inflammatory and non-inflammatory. The former is often due to lid dermatitis, while the latter, usually due to a general disease. In TCM, the former is called *Bao Zhong Ru Tao*, while the latter, *Bao Xu Ru Qiu*.

#### Etiology and Pathogenesis

Inflammatory lid edema is due to accumulation in the eyelid both intense liver-fire and spleen-dampness, or mere abundant heat in the blood system resulting from heat of excess type in the Heart Channel; while non-inflammatory lid edema, due to up-going dampness resulting from *Qi*-deficiency of the spleen and lung, *Yang*-deficiency of the spleen and kidney or deficiency of both the heart and spleen.



**Clinical Manifestations**

Inflammatory lid edema usually involves one eye. It is marked by: more abrupt onset, edema, burning pain, a red eyelid hard to lift, symptoms and signs of the primary disease, and pyogenesis inside the eyelid. All the symptoms would disappear after diabrosis of the abscess, and local scar would usually be left. Non-inflammatory lid edema usually involves both eyes. It is marked by swollen and softened eyelid neither with tenderness nor with inflammatory manifestations.

**Differentiation and Treatment**1. *Bao Zhong Ru Tao* (inflammatory lid edema)

## Main Symptoms:

Marked by calor, swelling and pain of a red eyelid which is hard to lift.

## Method of Treatment:

To clear heat, purge fire, remove toxins and subdue swelling.

## Prescription 1:

Recipe: *Feng Jian Liu Shen Bing*

## Ingredients:

|  |         |
|--|---------|
| <i>Xian Furonghua</i> (fresh Flos Hibisci)                   | 9 g     |
| <i>Tuyujin</i> (seeds of day lily)                           | 9 g     |
| <i>Xian Dihuang</i> (fresh Radix Rehmanniae)                 | 9 g     |
| <i>Chuanbeimu</i> (Bulbus Fritillariae)                      | 9 g     |
| <i>Xingren</i> (Semen Armeniacae Amarum removed of the skin) | 9 g     |
| <i>Chixiaodou</i> (Semen Phaseoli not removed of the skin)   | 9 g     |
| <i>Zhulishui</i> (Succus Bambosae)                           | 100 ml. |

Preparation: Wash *Chuanbeimu*, *Xingren* and *Chixiaodou* clean, soak them in *Zhulishui* for 30 minutes, take them out and wash them again, and pound them together with all the other drugs into a pulp. Mix it with 20 ml. of honey into a paste.

Application: Apply 3-5 g of the paste on the affected eyelid. Dressing change is to be made every 8 hours.

## Prescription 2:

Recipe: *Wu Huang Gao*

## Ingredients:

|  |      |
|--|------|
| <i>Huanglian</i> (Rhizoma Coptidis)    | 15 g |
| <i>Huangqin</i> (Radix Scutellariae)   | 15 g |
| <i>Huangbai</i> (Cortex Phellodendri)  | 15 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 15 g |
| <i>Qiandan</i> (minium)                | 15 g |
| <i>Furongye</i> (Folium Hibisci)       | 50 g |

Preparation: Grind the first 5 drugs together into a fine powder. Soak 50 g of the last drug in 300 ml. of water in a small electric heating cup for 20 minutes and boil it for 10 minutes to get the decoction. Mix 15 g of the powder of the first 5 drugs

with a proper amount of this decoction into a paste.

Application: Wash the affected eyelid with the remaining decoction. Apply the paste to the affected eyelid and both sides of the acupoint Taiyang (EX-HE 5). Dressing change is to be made every 6 hours.

Notes: Before dressing change, remove the applied paste by washing with cold boiled water. Then, use 50 g of *Furongye* to prepare the decoction in order to wash the affected eyelid and to be mixed with 15 g of the powder into the paste to be used. Be sure not to get the paste into the eye, for its ingredient *Qiandan* is poisonous.

Preparation 3:

Recipe: *Si Sheng San*

Ingredients:

|  |      |
|--|------|
| <i>Xian Dihuang</i> (fresh Radix Rehmanniae) | 30 g |
| <i>Bohe</i> (Herba Menthae)                  | 10 g |
| <i>Aiye</i> (Folium Artemisiae Argyi)        | 10 g |
| <i>Danggui</i> (Radix Angelicae Sinensis)    | 10 g |
| <i>Mangxiao</i> (Natrii Sulfas)              | 10 g |

Preparation: Wash the first 4 drugs clean and pound them together with the 5th one in a clean container into a pulp.

Application: Apply 15-20 g of the pulp to the affected eyelid and the orbit. Dressing change is to be made every 6 hours. Be sure not to get the pulp into the eye.

2. *Bao Jian Ru Qiu* (non-inflammatory lid edema)

Main Symptoms:

Marked by swelling of the softened eyelid without tenderness.

Method of Treatment:

To invigorate the lung, strengthen the spleen, warm the kidney, nourish the heart, and promote diuresis in order to dispel dampness.

Prescription 1:

Recipe: *Jian Pi Wen Shen San*

Ingredients:

|  |     |
|--|-----|
| <i>Dangshen</i> (Radix Codonopsis)                 | 9 g |
| <i>Baizhu</i> (Rhizoma Atractylodis Macrocephalae) | 9 g |
| <i>Guizhi</i> (Ramulus Cinnamomi)                  | 9 g |
| <i>Ganjiang</i> (Rhizoma Zingiberis)               | 9 g |
| <i>Baishao</i> (Radix Paeoniae Alba)               | 9 g |
| <i>Liuhuang</i> (Sulphur)                          | 9 g |
| <i>Baifan</i> (Alumen)                             | 9 g |

Preparation: Grind the above drugs together into a fine powder and keep it in a bottle for use.

Application: Mix 3 g of the powder with a proper amount of spirit into a paste. Put the paste on the navel and fix it with a piece of sterile gauze in the evening and

take it away the next morning.

Prescription 2:

Recipe: *Tian Luo Gao*

Ingredients:

|                                       |          |
|---------------------------------------|----------|
| <i>Tianluo</i> (river snail)          | one      |
| <i>Dasuan</i> (Bullbus Allii)         | one bulb |
| <i>Cheqiancao</i> (Herba Plantaginis) | 30 g     |

Preparation: Wash *Tianluo* and *Cheqiancao* clean and remove the skin of *Dasuan*. Pound them together into a pulp in a clean container. Make the pulp into a flat piece like a pancake.

Application: In the evening, stick the pancake to the patient's abdomen with his navel beneath its centre, cover it with a piece of sterile gauze and fix it with a piece of adhesive plaster. The next morning, take the pancake off.

Notes: The above two prescriptions are used as adjuvants of a general treatment.

Generally speaking, mild inflammatory lid edema or inflammatory lid edema at its initial stage and without severe swelling may be treated externally mainly with Chinese drugs. Severe inflammatory lid edema with severe swelling is treated not only externally with Chinese drugs but also internally with oral Chinese drugs or other therapies. Once it is suppured, timely incision for drainage of pus is conducted instead of external treatment with Chinese drugs. As for non-inflammatory lid edema, it is treated mainly internally.

Lid edema is usually due to a general disease. And treatment of the primary disease should start as early as possible.

### 1.1.6 Herpes Zoster Ophthalmicus

This disease is due to infection of the semilunar ganglion or some branch of the trigeminal nerve by the varicella-zoster virus. It is included in the category of *Yan Jian Dai Chuang* or *Feng Chi Chuang Yi* in TCM.

#### Etiology and Pathogenesis

Damp-heat accumulated in the spleen and stomach complicated by exogenous wind or damp-heat in the liver and gallbladder goes up to the eye and makes disturbance there, causing this disorder.

#### Clinical Manifestations

This disorder is characterized by herpeses which appear on the area where the trigeminal nerve, especially the first branch of it, is distributed, and marked by the following: unilateral focus distinctly bounded on the median line of the forehead, severe neuralgia, groups of herpeses which appear several days later after the onset, the herpeses which are in different sizes and have transparent fluid at first, the fluid which turns turbid subsequently and suppuration which occurs afterwards, scabs which form in several weeks and scale then, scar which may be left for ever, general

symptoms which would appear such as fever and chills and general discomfort, and swelling and tenderness of local lymph nodes which would occur.

### Differentiation and Treatment

#### 1. In the initial stage

##### Main Symptoms:

Marked by countless small blisters with transparent fluid on one side of the face and forehead with severe pain.

##### Method of Treatment:

To clear heat, remove toxins, dispel dampness and relieve pain.

##### Prescription 1:

##### Recipe: *Yin Huang Gao*

##### Ingredients:

|   |       |
|---|-------|
| <i>Shuiyin</i> (Hydrargyrum)            | 10 g  |
| <i>Liuhuang</i> (Sulphur)               | 90 g  |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.5 g |
| <i>Fanshilin</i> (vaseline)             | 10 g  |

Preparation: Grind the first 2 drugs together in a mortar into a black fine powder. Then grind *Bingpian* into fine powder too. Mix the powders into one evenly and keep it in a bottle for use.

Application: Mix 1 g of the powder with 3 g of vaseline into an ointment and apply it evenly to the affected part which has just gone through routine disinfection. The applied ointment is made about 0.1 cm thick. Dressing change is to be made daily.

Notes: Be sure not to get the ointment into the eye or on normal skin, for its ingredients *Liuhuang* and *Shuiyin* are poisonous.

##### Prescription 2:

##### Ingredient:

|   |      |
|---|------|
| <i>Wuhuaguoye</i> (fresh Folium Fici Caricae) | 30 g |
|---|------|

Preparation: Wash the drug clean, cut it into bits, pound the bits into a pulp and mix the pulp in an porcelain bowl with a proper amount of vinegar into a thin paste.

Application: Apply this thin paste about 0.1 cm thick evenly to the affected part which has been washed clean with normal saline. Dressing change is to be made 3 times daily.

##### Prescription 3:

##### Recipe: *Xiong Dai San*

##### Ingredients:

|   |          |
|---|----------|
| <i>Xionghuang</i> (Realgar)               | 9 g      |
| <i>Wugong</i> (Scolopendra baked on tile) | 3 pieces |
| <i>Qingdai</i> (Indigo Naturalis)         | 10 g     |

Preparation: The above drugs are respectively ground into a fine powder and mixed together and evenly with a proper amount of sesame oil into a paste.

Application: Wash the affected part clean and apply the paste to it 3 times daily.

Notes: The paste is poisonous. Be careful not to get it into the eye and not to use it orally.

2. In the advanced stage

Main Symptoms:

Fluid in a herpes would turn turbid and supprate a week after the onset, with severe pain.

Method of Treatment:

To remove toxins and relieve pain.

Prescription 1:

Recipe: *Chen Shi You Gao Yan Yao*

Ingredients:

|   |                 |
|---|-----------------|
| <i>Haipiaoxiao</i> (Os Sepiae)            | 30 g            |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 30 g            |
| <i>Bohe</i> (Herba Menthae)               | 15 g            |
| <i>Manjingzi</i> (Fructus Viticis)        | 15 g            |
| <i>Yuzhu</i> (Rhizoma Polygonati Odorati) | 12 g            |
| <i>Qianshi</i> (Semen Euryales)           | 12 g            |
| <i>Cijili</i> (Fructus Tribuli)           | 12 g            |
| <i>Baidoukou</i> (Semen Amomi Cardamomi)  | 9 g             |
| <i>Chantui</i> (Periostracum Cicadae)     | 9 g             |
| <i>Duan Luganshi</i> (Calamina Usta)      | 500 g           |
| <i>Zhenzhu Fen</i> [Margarita (powder)]   | 1.5 g           |
| <i>Zhuyou</i> (lard)                      | a proper amount |

Preparation: Soak the first 9 drugs in 1,500 ml. of water in an earthenware pot for 20 minutes, then boil them with intense heat and decoct them with gentle heat for 20 minutes, and filter them to get the decoction. Mix 250 g of *Luganshi* with the decoction in a porcelain container. Then seal the container with cotton paper and leave it in the open for days and nights until the water in it is evaporated with only the *Luganshi* left. Mix it with 1.5 g of *Zhenzhu Fen* and the another 250 g of *Luganshi* evenly and grind them together into a very fine powder. Mix this powder with a proper amount of lard into an ointment called *Chen Shi You Gao Yan Yao*.

Application: Apply a proper amount of the ointment of *Chen Shi You Gao Yan Yao* about 0.1 cm thick to the affected part. Dressing change is to be made twice daily.

Notes: With strong effects of clearing heat, expelling wind and dispelling dampness, *Chen Shi You Gao Yan Yao* is particularly indicated for herpes zoster ophthalmicus with exudate due to diabrosis of papulae. However, it is weak at removing toxins to relieve pain. Therefore, oral Chinese drugs or other therapies should be given in good time for cases with severe pain accompanied by general

symptoms.

**Prescription 2:**

Recipe: *San Huang San*

**Ingredients:**

|   |      |
|---|------|
| <i>Huangbai</i> (Cortex Phellodendri)       | 30 g |
| <i>Liuhuang</i> (Sulphur)                   | 15 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)      | 15 g |
| <i>Yejuhua</i> (Flos Chrysanthemi Indici)   | 30 g |
| <i>Sangpiaoxiao</i> (Ootheca Mantidis)      | 24 g |
| <i>Longdancao</i> (Radix Gentianae)         | 12 g |
| <i>Qingdai</i> (Indigo Naturalis)           | 15 g |
| <i>Shetui</i> (Periostracum Serpents)       | 15 g |
| <i>Moyao</i> (Myrrha)                       | 15 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)   | 15 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 30 g |
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta)   | 30 g |
| <i>Bingpian</i> (Borneolum Syntheticum)     | 16 g |

Preparation: The above drugs are ground respectively into fine powder, mixed evenly and kept in a bottle for use.

Application: Treating a case with exudate, wash the affected part clean with normal saline, dust a proper amount of the powder directly on the affected part. Dressing change is to be made twice daily. Treating a case without exudate, mix 15 g of the powder with peanut oil into a paste. Wash the affected part clean with normal saline, then apply the paste about 0.1 cm thick on it. Dressing change is to be made twice daily.

Notes: A case without general symptoms and complications is generally cured only with *San Huang San*. It may also be used to treat herpes zoster ophthalmicus at its initial stage.

**Prescription 3:**

Recipe: *Er Huang Bei Fan San*

**Ingredients:**

|                                     |                 |
|-------------------------------------|-----------------|
| <i>Xionghuang</i> (Realgar)         | 9 g             |
| <i>Wubeizi</i> (Galla Chinensis)    | 9 g             |
| <i>Kufan</i> (Alumen Exsiccatum)    | 9 g             |
| <i>Huanglian</i> (Rhizoma Coptidis) | 9 g             |
| <i>Xiangyou</i> (Oleum Sesami)      | a proper amount |

Preparation: Grind the first 4 drugs together into a fine powder and keep it for use.

Application: Treating a case without exudate, wash the affected part clean with normal saline, mix the powder with sesame oil into a paste and apply it evenly to the part. Dressing change is to be made 3-4 times daily. Treating a case with exudate, wash the affected part clean with normal saline and dust the powder directly on it.

Dressing change is to be made 3 times daily.

Notes: Clinical observations show that the affected part will be cured 3-4 day after *Er Huang Bei Fan San* is applied.

Herpes zoster ophthalmicus without general symptoms and complications may be cured only by external treatment with Chinese drugs. Important thing is to carry out the treatment as early as possible. In the course of treatment, bed rest and food easy to digest are suggested, food pungent in flavour or other irritating food should be avoided.

### 1.1.7 Trachoma

Trachoma refers to a chronic infective conjunctival keratitis due to chlamydia trachoma. TCM calls it as *Jiao Mu*.

#### Etiology and Pathogenesis

Exogenous wind-heat and endogenous heat from the spleen and stomach combine and go upwards to the eyelid. There, they block the vessels and lead to the incoordination between *Qi* and blood, causing this disorder.

#### Clinical Manifestations

At first nothing unusual except perhaps slight itch and rub unsmoothness of the eyelid, on the inner side of which there are a small number of tiny red and hard granules, some of which may be millet-like, yellow and soft near the red canthus; then the inner side of the eyelid turns dark red, swollen, hard and difficult to lift due to more and more granules distributed all over, and red vessels above the black stretching inwards, both due to repeated attacks of the pathogens and progress of the disorder; visual acuity weakened due to reddened white and trachomatous pannus or punctate nebula in severe cases; streaky and reticular scar forms in the inner side of the eyelid and even occupied the whole inner side, which is then turned into a smooth surface, as the granules retire gradually; with itching and rubbing of the eyelid, photophobia and delacrimation, mild or severe; trichiasis and entropion occur in most severe cases.

#### Differentiation and Treatment

##### 1. Type of wind-heat in the eyelid

##### Main Symptoms:

Marked by itching and rubbing of the slightly red inner side of the eyelid, on which there are a small number of red granules; photophobia, and lacrimation.

##### Method of Treatment:

To expel wind and clear heat.

##### Prescription 1:

##### Ingredients:

|                               |     |
|-------------------------------|-----|
| <i>Baifan</i> (Alumen)        | 3 g |
| <i>Qinpi</i> (Cortex Fraxini) | 6 g |

Preparation: Soak the above drugs in 100 ml. of water in a small iron cup for 30

minutes, boil them with intense heat and then decoct them with gentle heat for 15 minutes and leave them there to obtain a clarified decoction. Filter the decoction to make it as pure as possible and put it into an eye-drop bottle for use.

Application: Apply the decoction frequently into the eye, 2-3 drops each time.

Notes: The decoction must be pure and may have it sterilized under high pressure if necessary.

Prescription 2:

Recipe: *Huang Lian Yan Ye*

Ingredients:

|                                       |         |
|---------------------------------------|---------|
| <i>Huanglian</i> (Rhizoma Coptidis)   | 10 g    |
| <i>Zhengliushui</i> (distilled water) | 140 ml. |

Preparation: The distilled water is prepared into an isosmotic solution with sodium chloride and poured into a small earthenware pot. Wash the *Huanglian* clean, soak it in the solution in the pot for 8 hours, decoct it with gentle heat for 15 minutes and filter it to obtain the decoction. The decoction is filtered first with 1 layer of gauze then with 3-4 layers of gauze to make it pure and turn out a bright yellow colour. The decoction is prepared into an isosmotic solution with sodium chloride, mix it with a little antiseptic and have it sterilized under high pressure. The solution finally obtained is called *Huang Lian Yan Ye*.

Application: Drip 2-3 drops of *Huang Lian Yan Ye* into the eye each time, 5-6 times daily.

2. Type of abundant heat in the spleen and stomach

Main Symptoms:

Marked by rubbing, itching and pain of the eyelid, more granules on the red inner side of the eyelid; delacrimation; and sticky secretion.

Method of Treatment:

To clear heat from the spleen.

Prescription 1:

Recipe: *Xi Huang San*

Ingredients:

|   |       |
|---|-------|
| <i>Niuhuang</i> (Calculus Bovis)        | 1.2 g |
| <i>Shexiang</i> (Moschus)               | 0.9 g |
| <i>Bingpian</i> (Bornéolum Syntheticum) | 9 g   |
| <i>Pengsha</i> (Borax)                  | 15 g  |

Preparation: Grind the above drugs together into a very fine powder, mix it evenly and keep it in a clean porcelain bottle for use.

Application: Dust a little of the powder into the inner canthus. After that, the patient is asked to lie on his back with his eyes closed for 5 minutes. The above is to be repeated 3 times daily.

Notes: With the effects of clearing heat, removing toxins and relieving pain, *Xi Huang San* is indicated for trachoma.

Prescription 2:



Recipe: *Huang Qin Dai Yan Yao Shui*

## Ingredients:

|  |                 |
|--|-----------------|
| <i>Huangqin Dai</i> (refined astragalin) | 3 g             |
| <i>Liuliugong</i> (thiomersalate)        | 0.01 g          |
| <i>Zhengliushui</i> (distilled water)    | a proper amount |

Preparation: Mix the refined astragalin with 80 ml. of distilled water into a solution, into which 2N sodium hydroxide solution is dripped slowly. The solution is stirred gently to have the 2N sodium hydroxide solution dissolved fully. When the acid-base scale of the solution has reached the range of 7.5-8.0, add 1 ml. of 1% thiomersalate solution to it. Then filter the solution repeatedly until it is clear and add distilled water into the filter up to 100 ml., shake the filter to mix the solution evenly and obtain what is called *Huang Qin Dai Yan Yao Shui*.

Application: Drip 2-3 drops of *Huang Qin Dai Yan Yao Shui* into the eye each time, 5-6 times daily.

Notes: *Huang Qin Dai Yan Yao Shui* may be used intermittently, that is, after one-week of treatment with it, stop the treatment for 2 weeks and start the treatment again. Then repeat the cycle.

## 3. Type of blood-heat.

## Main Symptoms:

Marked by dark red inner side of the thickened and hardened eyelid with groups of granules and scars on.

## Method of Treatment:

To cool blood and eliminate blood stasis.

## Prescription 1:

Recipe: *Hua Tie Dan Yan Yao Shui*

## Ingredients:

|  |     |
|--|-----|
| <i>Xiongji Pizang</i> (cock's spleen)          | 3   |
| <i>Wumei</i> (Fructus Meme)                    | 3   |
| <i>Xingren</i> (Semen Armeniacae Amarum)       | 7   |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)        | 6 g |
| <i>Sharen</i> (Fructus Amomi)                  | 3 g |
| <i>Xuanmingfen</i> (Natrili Sulfas Exsiccatus) | 9 g |
| <i>Qingyan</i> (Halitum)                       | 3 g |
| <i>Tonglu</i> (blue verditer)                  | 3 g |
| <i>Xin Tiezhen</i> (new iron needle)           | 3 g |

Preparation: Wash *Xingren* clean and break them up, and also *Huajiao*. Wash the *Xin Tiezhen* clean and disinfect them. The other 6 drugs are all washed clean. Soak all the drugs in 500 ml. of distilled water in a clean porcelain bottle. Seal it and keep it still for 7 days until *Xin Tiezhen* is dissolved. Open the bottle and filter out the drugs to get the medicated solution. The solution is filtered again with a filter and sterilized under high pressure. This solution finally obtained is called *Hua Tie Dan Yan Yao Shui*.

Application: Drip 2-3 drops of *Hua Tie Dan Yan Yao Shui* into the eye each time, 3-4 times daily.

Prescription 2:

Recipe: *Huang Lian Xi Gua Shuang Yan Yao Shui*

Ingredients:

|   |         |
|---|---------|
| <i>Yansuanhuangliansu</i> (berberine hydrochloride)   | 0.5 g   |
| <i>Xiguashuang</i> (powder collected from the outer surface of an earthenware pot with watermelon flesh and mirabilite in it) | 5 g     |
| <i>Pengsha</i> (Borax)  | 0.2 g   |
| <i>Xiaobengong</i> (nitrobenzene mercury)   | 0.002 g |
| <i>Zhengliushui</i> (distilled water)   | 100 ml. |

Preparation: Mix all the above drugs in a container, stir them until they are dissolved and sterilize them under high pressure. Cover the container and keep the solution in it for future use.

Application: Drip 2 drops of the solution into the eye each time, 5-6 times daily.

Notes: Used early, both Prescription 1 and 2 will bring about good curative effects.

For the following cases operation should be considered: cases with severe papillary hyperplasia, with folliculi, with trichiasis, or with entropion accompanied by trichiasis.

## 1.2 Canthal Diseases

### 1.2.1 Chronic Dacryocystitis

Usually seen in female adults and the aged, chronic dacryocystitis is a common disease of lacrimal passage often due to the obstruction of the nasolacrimal duct. It is called *Lou Jing* in TCM.

#### Etiology and Pathogenesis

Prolonged retention of exogenous wind-heat in the dacryocyst has pus produced in it. The pus macerates the dacryocyst and causes this disorder. Or, Latent fire in the heart and damp-heat in the spleen go upwards along the channels respectively to get to the inner canthus. There, they meet to have pus produced. The pus macerates the dacryocyst and causes this disorder.

#### Clinical Manifestations

Marked by delacrimation; wet eye; erosion and eczema on the flush skin of the inner canthus; congestion of the lacrimal caruncle and semilunar fold; chronic inflammation of the wet conjunctiva; symptoms in cases with a long course such as dacryocystectasia, appearance of a subcutaneous mass under a normal skin of the dacryocyst, and mucus or purulent secretion which overflows out of the dacryon when the dacryocyst is pressed with a finger.

#### Differentiation and Treatment

External treatment with Chinese drugs and irrigation of dacryocyst may be tried

in the initial stage of this disorder. If it doesn't prove effective, oral Chinese drugs may be given. If it doesn't prove effective either, operation should be considered. In the course of external treatment with Chinese drugs, food pungent in flavor or hot in nature should be avoided.

Prescription 1:

Recipe: *Fu Fang San Huang Yan Yao Shui*

Ingredients:

|                                       |     |
|---------------------------------------|-----|
| <i>Huanglian</i> (Rhizoma Coptidis)   | 6 g |
| <i>Huangqin</i> (Radix Scutellariae)  | 6 g |
| <i>Huangbai</i> (Cortex Phellodendri) | 6 g |
| <i>Longdancao</i> (Radix Gentianae)   | 6 g |
| <i>Lianqiao</i> (Fructus Forsythiae)  | 6 g |
| <i>Qinpi</i> (Cortex Fraxini)         | 6 g |
| <i>Juhua</i> (Flos Chrysanthemi)      | 6 g |
| <i>Sangye</i> (Folium Mori)           | 6 g |
| <i>Huangjing</i> (Rhizoma Polygonati) | 6 g |

Preparation: Soak the above drugs in 800 ml. of water in an earthenware pot for 15 minutes, boil them on a strong fire, then decoct them on a gentle fire for 60 minutes and filter out the dregs to get the decoction. Decoct the drug dregs in the same way again in 400 ml. of water for 30 minutes and filter them to get the decoction. Mix the decoction obtained from 2 times of boiling, concentrate it into a 200 ml. decoction, mix it with a proper amount of 2 N sodium hydroxide to get its acid-base scale down to between 7-8, have it filtered and sterilized through cooking it in water within a container. The decoction thus obtained is called *Fu Fang San Huang Yan Yao Shui*.

Application: After irrigation of the lacrimal passage with antibiotic solution or sulfa eye drops and having the secretion in the dacryocyst squeezed out and cleared, drip *Fu Fang San Huang Yan Yao Shui* into the eye, many times a day.

Notes: This prescription is suitable for cases with mucous secretion.

Prescription 2:

Recipe: *Bu Lou Sheng Ji San*

Ingredients:

|                                  |      |
|----------------------------------|------|
| <i>Kufan</i> (Alumen Exsiccatum) | 10 g |
| <i>Qingfen</i> (Calomelas)       | 10 g |
| <i>Xuejie</i> (Resina Draconis)  | 10 g |
| <i>Ruxiang</i> (Myrrha)          | 10 g |

Preparation: Grind the above drugs together into a very fine powder which is called *Bu Lou Sheng Ji San* and keep it in a bottle and seal it tightly.

Soak 10 g of *Huanglian* (Rhizoma Coptidis) in 300 ml. of water in an earthenware pot for 30 minutes, boil it first on a strong fire, then decoct it on a gentle fire for 30 minutes, have it cooled and filtered to get the decoction. The decoction should be filtered carefully many times to ensure its purity.

**Application:** Irrigate the lacrimal passage with the pure decoction and have the secretion in the dacryocyst squeezed out daily. Dust a proper amount of the powder of *Bu Lou Sheng Ji San* into the inner canthus, 4 times daily, one time after the irrigation of the lacrimal passage with the decoction, the rest three times after the inner canthus is washed clean with normal saline and the secretion in the dacryocyst is squeezed out.

**Notes:** This prescription is suitable for a case with purulent secretion.

**Prescription 3:**

**Recipe:** *Cang Ju Xun Ji*

**Ingredients:**

*Cangzhu* (Rhizoma Atractylodis) 10 g

*Juhua* (Flos Chrysanthemi) 10 g

**Preparation:** Put the 2 drugs into a small thermos bottle, and pour in 300-500 ml. of boiling water. Cover it for 15 minutes.

**Application:** Steam the affected eye over the opening of the bottle for 20 minutes. When the decoction in the bottle turns warm, wash the affected part with a piece of sterile absorbent cotton soaked with the decoction for 5 minutes. The treatment is to be carried out twice daily for 7-15 days. The decoction prepared with one dose of the drugs can be used 2 times.

**Notes:** This prescription is suitable for cases at its initial stage. In the steaming process, the eye is kept not too far not too near from the opening of the bottle, just at a point where the eye is heated but not scalded.

### 1.2.2 Acute Dacryocystitis

Acute dacryocystitis refers to perilacral phlegmon. Seldom primary, it is usually due to chronic dacryocystitis. TCM calls it *Lou Jing Chuang*.

#### Etiology and Pathogenesis

Heat in the Heart Channel and exogenous wind combine to worsen a chronic dacryocystitis, causing this disorder. Or, abundant heat accumulated in the heart and spleen due to long-time over-intake of food pungent in flavor and hot in nature goes upwards to the dacryocyst. There, it causes the stagnation of *Qi* and blood and leads to this disorder.

#### Clinical Manifestations

Marked by sudden onset; swollen and projected skin below the inner canthus and acupoint Jingming (BL 1), beneath which the mass with burning tenderness would be enlarged gradually; diffuse swelling of the cheek and nose and swelling of the eyelid seen in severe cases; tumefaction and tenderness of the preotic or submarillare lymph node and even general symptoms such as headache, chills and fever found in part of cases; obstruction of the lacrimal passage; diabrosis which happens on the swollen and projected skin after the mass is supplicated; vanishing of the swelling and tenderness after the pus is drained with lacrimal fistula seldom

left.

### Differentiation and Treatment

Timely treatment is most important. Before suppuration, external treatment with Chinese drugs can be used as an supplementary means of internal therapy. After suppuration, incision for drainage of pus should be performed. In the course of external treatment, the affected part is never squeezed and pressed, and food pungent in flavor, sea food or other irritating food should be avoided.

#### Prescription 1:

Recipe: *Jie Du Xiao Zhong Xi Yao*

#### Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Zhuye</i> (Folium Bambusae)        | 6 g  |
| <i>Chaihu</i> (Radix Bupleuri)        | 10 g |
| <i>Chishao</i> (Radix Paeoniae Rubra) | 10 g |
| <i>Huangqin</i> (Radix Scutellariae)  | 10 g |
| <i>Huanglian</i> (Rhizoma Coptidis)   | 6 g  |
| <i>Jinyinhua</i> (Flos Lonicerae)     | 12 g |
| <i>Lianqiao</i> (Fructus Forsythiae)  | 10 g |
| <i>Juhua</i> (Flos Chrysanthemi)      | 10 g |
| <i>Pugongying</i> (Herba Taraxaci)    | 12 g |
| <i>Gancao</i> (Radix Glycyrrhizae)    | 3 g  |

Preparation: Soak the above drugs in 1,000 ml. of water in a small iron basin for 20 minutes, first boil them on a strong fire, then decoct them on a gentle fire for 15 minutes and filter out them to get the decoction.

Application: While the decoction is hot, carry out hot compress with a piece of clean towel soaked with it on the affected part. When the decoction turns warm, wash the affected part with the towel dipped into it. After that, wash 30 g of *Xian Furongye* (fresh Folium Hibiscici) and 20 g of *Xian Yejuhua* (fresh Flos Chrysanthemi Indici) clean and pound them in a container into a pulp and apply it to the affected part. The treatment is to be carried out 3 times daily. The decoction prepared with one dose of the drugs can be used 3 times. Heat it when use it. The pulp should be made just before it is used.

Notes: This prescription is suitable for a mild case with smaller mass beneath the skin.

#### Preparation 2:

Recipe: *Huang Lian Gao*

#### Ingredients:

|   |       |
|---|-------|
| <i>Huanglian</i> (Rhizoma Coptidis)         | 10 g  |
| <i>Danggui</i> (Radix Angelicae Sinensis)   | 15 g  |
| <i>Huangbai</i> (Cortex Phellodendri)       | 10 g  |
| <i>Shengdihuang</i> (Radix Rehmanniae)      | 30 g  |
| <i>Jianghuang</i> (Rhizoma Curcumae Longae) | 10 g  |
| <i>Mayou</i> (Oleum Sesami)                 | 360 g |

*Fengla* (Cera Flava)

120 g

Preparation: Soak the first 5 drugs in the sesame oil in a pot for 24 hours, decoct them on a gentle fire until they are scorched and filter out the dregs with the medicated oil left in the pot. Mix the oil with the yellow wax and heat it on a gentle fire into an ointment called *Huang Lian Gao*.

Application: Spread a proper amount of *Huang Lian Gao* evenly on a piece of 8 layers of sterile gauze a little larger than the affected part. Stick this gauze to the affected part and dressing change is to be conducted twice daily.

Notes: This prescription is suitable for a case with obvious swelling but without severe pain.

## Prescription 3:

Recipe: *Tai Yi Gao*

## Ingredients:

|  |         |
|--|---------|
| <i>Baizhi</i> (Radix Angelicae Dahuricae)  | 60 g    |
| <i>Xuanshen</i> (Radix Scrophulariae)      | 60 g    |
| <i>Danggui</i> (Radix Angelicae Sinensis)  | 60 g    |
| <i>Rougui</i> (Cortex Cinnamomi)           | 60 g    |
| <i>Chishao</i> (Radix Paeoniae Rubra)      | 60 g    |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)     | 60 g    |
| <i>Shengdihuang</i> (Radix Rehmanniae)     | 60 g    |
| <i>Mubiezi</i> (Semen Momordicae)          | 60 g    |
| <i>Awei</i> (Resina Ferulae)               | 10 g    |
| <i>Qingfen</i> (Calomelas)                 | 12 g    |
| <i>Liuzhi</i> (willow twig)                | 50 g    |
| <i>Huaizhi</i> (Chinese scholar tree twig) | 50 g    |
| <i>Xueyutan</i> (Crinis Carbonisatus)      | 30 g    |
| <i>Qiandan</i> (minium)                    | 1,200 g |
| <i>Ruxiang</i> (Resina Olibani)            | 15 g    |
| <i>Moyao</i> (Myrrha)                      | 10 g    |
| <i>Mayou</i> (Oleum Sesami)                | 2,500 g |

Preparation: Soak the first 16 drugs except *Qiandan* in the sesame oil in a pot for 24 hours, boil them on a gentle fire until they are scorched and filter out the dregs with the medicated oil left in the pot. Mix the oil with *Qiandan* and stir it fully into an ointment which is called *Tai Yi Gao*. Keep it in a sterile glass bottle for use.

Application: Take a proper amount of the ointment of *Tai Yi Gao* according to the size of the affected part, toast it on a fire and spread it on a piece of 6-8 layers of sterile gauze. Stick the gauze to the affected part. Dressing change is to be carried out 1-2 times daily.

Notes: This prescription is suitable for a case with bigger mass and remarkable pain.

### 1.3 Diseases of the White of the Eye

#### 1.3.1 Acute Catarrhal Conjunctivitis

As a common infectious eye disease, acute catarrhal conjunctivitis is characterized by conjunctival congestion and mucous or purulent secretion. Usually seen in spring and autumn, it tends to attack and spread in collective living quarters. TCM calls it *Tian Xing Chi Yan*.

#### Etiology and Pathogenesis

This disorder is due to infection of exogenous epidemic pathogenic factors or due to retention in the eye of both exogenous epidemic pathogenic factors and endogenous heat in the lung and stomach.

#### Clinical Manifestations

Marked by sudden onset usually at the two eyes at the same time or at one eye after the other; hyperemia bulbar conjunctiva or subconjunctival ecchymosis of the affected eye and a dry and itching sensation which would be worsened by high temperature; photophobia, delacrimation and sticky secretion; the most intense stage of the disease usually appearing 3-4 days after the onset, after which symptoms would be relieved gradually; the whole course lasting about 10-14 days, during which complications are seldom seen except catarrhal corneal marginal infiltration or ulcer.

#### Differentiation and Treatment

External treatment with Chinese drugs may shorten its course, relieve its symptoms and prevent its complications. In the course of treatment, the affected eye should not be covered, food pungent in flavor or other irritating food should be avoided, patients' towel and handkerchief should be disinfected through boiling.

##### Prescription 1:

Recipe: *Jin Yin Hua Xi Yao*

##### Ingredients:

|  |      |
|--|------|
| <i>Jinyinhua</i> (Flos Lonicerae)                | 12 g |
| <i>Daqingye</i> (Folium Isatidis)                | 10 g |
| <i>Banlangen</i> (Radix Isatidis)                | 6 g  |
| <i>Yejuhua</i> (Flos Chrysanthemi Indici)        | 6 g  |
| <i>Pugongying</i> (Herba Taraxaci)               | 10 g |
| <i>Bohe</i> (Herba Menthae)                      | 6 g  |
| <i>Qianliguang</i> (Herba Senecionis Scandentis) | 6 g  |

Preparation: Soak the above drugs in 500 ml. of water in an earthenware pot for 20 minutes, first boil them on a strong fire, then decoct them on a gentle fire for 15 minutes and filter out the dregs to get the decoction. The decoction is filtered with 2 layers of sterile gauze.

Application: When the filtered decoction is warm, wash the affected eye with a piece of sterile absorbent cotton by frequently dipping it into the decoction. The

treatment is to be repeated 3 times daily. The decoction prepared with one dose of the drugs can be used 3 times. Heat it again before it is used.

Note: This prescription has the effects of clearing heat, purging fire, removing toxins and dispersing pathogens.

Prescription 2:

Recipe: *Yu Xing Cao Yan Yao Shui*

Ingredients:

|  |         |
|--|---------|
| <i>Gan Yuxingcao</i> (dried <i>Herba Houttuyniae</i> ) | 1,000 g |
| <i>Tuwen-80</i> (tween 80)                             | 20 ml.  |
| <i>Luhuana</i> (sodium chloride)                       | 17 g    |

Preparation: Wash the first drug clean, and obtain 1980 ml. of its decoction through distillation method. Mix the decoction with tween 80 and sodium chloride, filter and sterilize them under 100°C for 30 minutes to get 2,000 ml. of decoction. Keep this decoction in some bottles for future use.

Application: Drip 2-3 drops of the decoction into the eye each time, 5-6 times daily.

Notes: This prescription has the same effects as those of Prescription 1. If it is prescribed together with Prescription 1, curative effects will be even better.

Prescription 3:

Recipe: *Dan Cao Ju Hua Jian*

Ingredients:

|  |      |
|--|------|
| <i>Longdancao</i> ( <i>Radix Gentianae</i> )   | 10 g |
| <i>Juhua</i> ( <i>Flos Chrysanthemi</i> )      | 10 g |
| <i>Xiakucao</i> ( <i>Spina Prunellae</i> )     | 10 g |
| <i>Chantui</i> ( <i>Periostracum Cicadae</i> ) | 10 g |
| <i>Digupi</i> ( <i>Cortex Lycii</i> )          | 10 g |
| <i>Shijueming</i> ( <i>Concha Haliotidis</i> ) | 10 g |
| <i>Mimenghua</i> ( <i>Flos Buddlejae</i> )     | 10 g |
| <i>Xuanshen</i> ( <i>Radix Scrophulariae</i> ) | 15 g |
| <i>Baijili</i> ( <i>Fructus Tribuli</i> )      | 10 g |
| <i>Sangye</i> ( <i>Folium Mori</i> )           | 10 g |

Preparation: Soak the above drugs in 600 ml. of water in an earthenware pot for 20 minutes, decoct them on a gentle fire for 10 minutes and pour them into a small thermos bottle along with the decoction.

Application: Cover the opening of the thermos bottle with 4 layers of sterile gauze. Steam the affected eye over it for 20 to 30 minutes. In the steaming process, the eye is kept not too far nor too near the opening of the bottle, so that it is heated but not scalded. The treatment is repeated 3 times daily. The decoction prepared with one dose of the drugs can be used 3 times. Heat it when use it again.

Prescription 4:

Recipe: *Fei Xiong Dan*

Ingredients:

|  |      |
|--|------|
| <i>Xionghuang</i> (Realgar refined with water) | 12 g |
|--|------|



|   |       |
|---|-------|
| <i>Xuanmingfen</i> (Natrii Sulfas Exsiccatus) | 10 g  |
| <i>Pengsha</i> (Borax)                        | 6 g   |
| <i>Xiongdan</i> (Fel Ursi)                    | 3 g   |
| <i>Bingpian</i> (Borneolum Syntheticum)       | 1.5 g |

Preparation: Grind the above drugs together into a very fine powder and keep it in a clean porcelain bottle for future use.

Application: Dust a little of the powder into the affected eye. Then ask the patient to lie down on his back with his eyes closed for 5 minutes. The treatment is carried out 3-5 times daily.

Notes: If *Fei Xiong Dan* is dusted after the affected eye is steamed and washed with the decoction of *Dan Cao Ju Hua Jian*, the curative effects will be even better.

### 1.3.2 Episcleritis

Episcleritis refers to the inflammation of the superficial layer of the sclera. It is called *Huo Gan* or *Huo Yang* in TCM.

#### Etiology and Pathogenesis

The causative factors of the disease could be any of the following:

1. Endogenous intense heat in the Lung Channel goes upwards to attack the white of the eye.
2. Damp-heat stagnated in the channel leads to dysfunction of the lung-*Qi*.
3. Disorder of the liver-*Qi* in the menstrual period leads to stagnation of both *Qi* and blood.
4. Fire due to *Yin* weakened by a prolonged disease goes upwards to attack the white of the eye.

#### Clinical Manifestations

Marked by unsmoothness and pain of the affected eye with photophobia, lacrimation and blurred vision; one eye or one after the other or both eyes involved; a round or elliptical, big or small, immovable and tender purple-red node projected from the white, which is deep seated, with purple-red vessels spreading around it; the node which may increase in size gradually, seldom break, exist for a long time and often recur after disappearance; pain, photophobia, lacrimation and blurred vision, all of which may be aggravated as the disease develops.

#### Differentiation and Treatment

With favourable prognosis and tendency of recurrence, this disorder should be treated in time. External treatment with Chinese drugs is usually used for a case at its initial stage or as a supplementary measure of an internal therapy.

Prescription 1:

Recipe: *Fu Fang Long Dan Cao Xun Xi Ji*

Ingredients:

|                                    |      |
|------------------------------------|------|
| <i>Longdancao</i> (Radix Genianae) | 10 g |
| <i>Qinpi</i> (Cortex Fraxini)      | 10 g |

|  |      |
|--|------|
| <i>Honghua</i> (Flos Carthami)         | 10 g |
| <i>Shengdihuang</i> (Radix Rehmanniae) | 10 g |

Preparation: Soak the above drugs in 500 ml. of water in an earthenware pot for 20 minutes, boil them on a gentle fire for 10 minutes and pour them into a small thermos bottle along with the decoction.

Application: Steam the affected eye first over the opening of the bottle covered with 3 layers of sterile gauze and then wash it with a piece of sterile gauze dipped into the warm decoction now kept in a small container. This is carried out for 30 minutes each time, 3 times daily. The decoction prepared with one dose of the drugs could be used 3 times. Heat it when use it again.

Notes: While steaming is being done, the eye is kept not too far nor too near from the opening of the bottle, keep it heated but not scalded.

Prescription 2:

Recipe: *Long Nao Jian*

Ingredients:

|   |       |
|---|-------|
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.3 g |
| <i>Qinpi</i> (Cortex Fraxini)           | 45 g  |
| <i>Fangfeng</i> (Radix Ledebouriellae)  | 45 g  |
| <i>Xixin</i> (Herba Asari)              | 45 g  |
| <i>Gancao</i> (Radix Glycyrrhizae)      | 45 g  |
| <i>Huanglian</i> (Rhizoma Coptidis)     | 45 g  |

Preparation: Grind the above drugs respectively into very fine powders, mix them evenly, soak them in 800 ml. of water in a porcelain pot for 72 hours, then boil them on a gentle fire in an earthenware pot for 10 minutes and filter out the dregs to get the decoction. Mix the decoction with 120 g of honey in an earthenware pot, decoct it on a gentle fire for 3 minutes and put it into a porcelain pot. Then cover the pot with a lid and seal it tightly.

Application: Take a little of the decoction from the sealed pot and drip it into the eye. Then ask the patient to lie down on his back with his eyes closed for 10 minutes. The treatment is to be repeated 3 times daily.

Prescription 3:

Recipe: *Tui Yun San*

Ingredients:

|  |       |
|--|-------|
| <i>Bing Xiang San</i> [to be introduced following this prescription] | 10 g  |
| <i>Di Sai Mi Song</i> (dexamethasone)                                | 13 mg |

Preparation: Grind the second drug into a fine powder, mix it with the first one and keep it in a small glass bottle. Seal the bottle.

Application: Take a little of the powder from the bottle, use a sterile glass stick to dust it into the eye. After that, the patient is asked to lie down on his back with his eyes closed for 10 minutes. The treatment is to be repeated 3 times daily.

The preparation of *Bing Xiang San*

Ingredients:

COMPLETE EXTERNAL THERAPIES OF CHINESE DRUGS

Group A:

*Luganshi* (Calamina Preparata) 60 g

Group B:

*Huangbai* (Cortex Phellodendri) 3 g

*Huangqin* (Radix Scutellariae) 3 g

*Huanglian* (Rhizoma Coptidis) 3 g

*Fangfeng* (Radix Ledebouriellae) 3 g

*Chantui* (Periostracum Cicadae) 3 g

*Shanzhizi* (Fructus Gardeniae) 3 g

*Baizhi* (Radix Angelicae Dahuricae) 3 g

*Qianghuo* (Rhizoma seu Radix Notopterygii) 3 g

*Bohe* (Herba Menthae) 3 g

*Chuanxiong* (Rhizoma Chuanxiong) 3 g

*Juhua* (Flos Chrysanthemi) 3 g

*Jingjie* (Herba Schizonepetae) 3 g

*Danggui* (Radix Angelicae Sinensis) 3 g

*Dahuang* (Radix et Rhizoma Rhei) 3 g

*Chishaoyao* (Radix Paeoniae Rubra) 3 g

*Lianqiao* (Fructus Forsythiae) 3 g

*Muzeicao* (Herba Equiseti Hiernalis) 3 g

Group C:

*Haipiaoxiao* (Os Sepiae) 6 g

*Biqi Fen* (Bulbus Eleocharis Tuberosae powder) 9 g

*Bingpian* (Borneolum Syntheticum) 7.5 g

*Niu Huang* (Calculus Bovis) 0.6 g

*Zhenzhu Fen* (Margarita powder) 1.2 g

*Xiongdan* (Fel Ursi) 0.6 g

*Naosha* (Sal Ammoniaci) 0.3 g

*Zhusha* (Cinnabaris) 3 g

*Rui ren* (Nux Prinsepiae) 3 g

*Shexiang* (Moschus) 0.75 g

Preparation: Soak the drugs of Group B in 1,500 ml. of water in an earthenware pot for 30 minutes, first boil them on a strong fire, then decoct them on a gentle fire for 20 minutes, wait until the water cools down, filter the dregs to get the decoction. Mix this decoction with the drugs of Group A and have them dried in the sun into a dry crystal. Grind this crystal into a very fine powder, mix it with the drugs of Group C, grind them over and over, and sift them with a sieve to get a very fine powder called *Bing Xiang San*.

The above 3 prescriptions may be used together like this: after steaming and washing with *Fu Fang Long Dan Cao Xun Xi Ji*, drip the decoction of *Long Nao Jian* or dust the powder of *Tui Yun San* into the eye. The curative effects of this combined treatment will be even better.

## 1.4 Disease of the Black of the Eye

### 1.4.1 Herpes Simplex Keratitis

This disease is seen in people of any age and maybe complicated by herpes febrilis on the skin of the eyelid, angle of mouth or cheek. It is usually due to herpes simplex virus of type I after the attack of common cold, acute tonsillitis, upper respiratory tract infection or malaria. It is called *Ju Xing Zhang* in TCM.

#### Etiology and Pathogenesis

The causative factors of this disease could be any of the following:

1. The exogenous wind-heat and endogenous abundant liver-fire go upwards to invade the black of the eye and make disturbance there, resulting in this disorder.
2. Fibrile diseases consume the *Yin* of the lung and kidney. When the *Yin* of the lung and kidney is consumed, fire of deficiency type is brought about. The fire of deficiency type goes upwards to the black of the eye and leads to this disorder.
3. Endogenous excessive phlegm-dampness or damp-heat goes upwards to the black of the eye and causes this disorder.

#### Clinical Manifestations

Marked by astringing pain, photophobia and lacrimation of the eye which occur in the beginning; mild ciliary hyperemia; several or tens of greyish white or slight-yellow, long-standing, needle-point-sized nebulae which appear on the black of the eye at the same time or one after another and take the shape of a cloud or a twig; cicatrices which would be left after the disappearance of the nebulae usually without the tendency of suppuration, which weaken the vision; onset usually on one eye and seldom on two eyes in which case the eye may be involved at the same time or one after the other.

#### Differentiation and Treatment

External treatment with Chinese drugs is only used as an supplementary means to an internal treatment with Chinese drugs or other therapies. It is never used alone so that the chance of timely effective treatment would not be missed.

##### Prescription 1:

Recipe: *Huang Lian Ji Zi Qing Yan Yao Shui*

##### Ingredients:

berberine hydrochloride

0.05 g

egg

one

Preparation: Drill a hole on the shell of the egg which has been washed clean. Let the egg white flow into a small clean container, beat it about 100 times with a sterilized glass stick, mix it with the fine powder of berberine hydrochloride and stir them evenly with the glass stick into a mixture called *Huang Lian Ji Zi Yan Yao Shui*.

Application: Drip *Huang Lian Ji Zi Yan Yao Shui* into the eye every 2 hours, 1-2 drops each time.

Notes: As a supplementary treatment, *Huang Lian Ji Zi Yan Yao Shui* may be tried

at the initial stage of a case of keratitis. The drug tends to spoil and shouldn't be kept for a long time. Don't use it when it is spoiled.

Prescription 2:

Recipe: *Zhen Zhu San*

Ingredients:

|   |       |
|---|-------|
| <i>Zhenzhu</i> (Margarita)              | 0.5 g |
| <i>Luganshi</i> (Calamina)              | 2.5 g |
| <i>Bingpian</i> (Borneolum Syntheticum) | 1.5 g |
| <i>Zhusha</i> (Cinnabaris)              | 15 g  |

Preparation: Grind the above drugs respectively into very fine powders, mix them evenly into one and keep it for future use.

Application: Dust a little of the powder into the eye, 3 to 5 times daily.

Notes: A case of keratitis may be treated with this powder at any stage.

## 2. Diseases of Departments of Otorhinolaryngology, Stomatology and Dentology

### 2.1 Otopathy

#### 2.1.1 Inflammation and Furuncle of External Auditory Canal

Inflammation of external auditory canal is a diffuse, nonspecific inflammation of external auditory canal due to infection of bacteria, while furuncle of external auditory canal is due to infection of hair follicle around the external meatal cartilage. In TCM, the former is called *Er Chuang*, while the latter, *Er Jie*.

#### Etiology and Pathogenesis

The causative factors of this disorder could be any of the following:

1. Invasion of exogenous wind-heat through an injury on external auditory canal due to bad habit of picking the ear.
2. Maceration of pus due to dirty water in external auditory canal.
3. External auditory canal steamed and burned by intense heat of the liver and gallbladder due to abundant heat accompanied by dampness.

#### Clinical Manifestations

The inflammation of external auditory canal is usually located on the skin where external meatal cartilage is situated, and marked in the acute stage mainly by otalgia, swelling of local skin with erosive epiderm and a little thin purulent secretion, and sometimes tumefaction of periotic lymph nodes with tenderness; in the chronic stage mainly by entotic pruritus, a little watery pus, or scaly crust which will lead to bleeding when removed by force.

Otalgia is the main symptom of external auditory canal furuncle which will refer to part of the head on the same side; furuncle located on the anterior wall of external

auditory canal is marked by swelling and pain before the antilobium which would be aggravated while opening the mouth or chewing; furuncle posteroinferior to external auditory canal is marked by red retroauricular skin, disappearance of posterior sulcus of auricle and outwards displacement of auricle; furuncle blocking up external auditory canal is marked by possible hypoacusis; hemisphere-like projection with congestion and remarkable tenderness would be found where external meatal cartilage is located; the otalgia would be worsened when the auricle is pulled or the antilobium is pressed; the projection would be reddened and softened when the furuncle has festered; a little pure pus would flow out after diabrosis of the furuncle; cure would arrive after all the necrotic tissue is drained off from the inside of the furuncle; multiple furuncles would possibly occur due to infection of other hair follicles with more severe local symptoms.

### Differentiation and Treatment

Mild cases may be treated only with external therapy with Chinese drugs.

#### 1. Type of exogenous wind-heat

##### Main Symptoms:

Marked by calor and pain of the ear, the pain tending to be aggravated while opening the mouth, chewing or pulling the auricular concha; localized swelling and peper-seed-like projections, or diffuse swelling and yellow white secretion found in external auditory canal.

##### Method of Treatment:

To expel wind, clear heat, remove toxins, subdue swelling and relieve pain.

##### Prescription 1:

Recipe: *Ye Ju Xi Ji*

##### Ingredients:

|  |      |
|--|------|
| <i>Yejuhua</i> (Flos Chrysanthemi Indici)  | 30 g |
| <i>Rendongteng</i> (Caulis Lonicerae)      | 30 g |
| <i>Chuanxinlian</i> (Herba Andrographitis) | 30 g |
| <i>Yidianhong</i> (Herba Emiliae)          | 30 g |

Preparation: Wash the above drugs clean, put them into an earthenware pot, soak them in 500 ml. of water for 10 minutes, first boil them on a strong fire, then decoct them on a gentle fire for 15 minutes and filter out the dregs to get the decoction and keep it in a clean container.

Application: Dip a small piece of sterile gauze into the decoction again and again, and conduct washing and wet compress with this gauze on the affected part of the ear. The treatment is performed for 15-20 minutes each time, 3 times daily. The decoction prepared with one dose of the drugs can be used 3 times. Boil it again when it is used.

Notes: This prescription has the effects of clearing heat, removing toxins, subduing swelling and relieving pain. When it is prescribed to treat a case without severe swelling and pus, curative effects will be surely achieved. While the washing and wet compress are being performed, keep the earhole in a downwards position to prevent the decoction from getting into the ear.

Prescription 2:

Ingredients:

Any one of the following drugs can be used to attain the healing purpose.

|   |                 |
|---|-----------------|
| <i>Xian Yuxingcao</i> (fresh <i>Herba Houttuyniae</i> ) | 30 g            |
| <i>Ru Yi Jin Huang Gao</i> (1)                          | a proper amount |
| <i>Zi Jin Ding</i> (4)                                  | a proper amount |

Preparation: Wash *Xian Yuxingcao* first with clear water then with water left after washing rice, then pound it in a small clean container into a pulp. Grind either *Ru Yi Jin Huang Gao* or *Zi Jin Ding* into small pieces and mix the pieces with some vinegar into a paste.

Application: Apply the pulp or paste to the affected part and dressing change is to be made every 8 hours.

Notes: The pulp is indicated for furuncle of external auditory canal at its initial stage and with mild swelling, while the paste, for furuncle with more severe swelling but without pus. Either of them may be applied after the affected part is washed with the decoction of Prescription 1, *Xian Ju Xi Ji*. With the pulp or paste applied on the affected part, the patient should lie on his back in sleep to keep the affected ear from being pressed.

2. Type of damp-heat in the liver and gallbladder

Main Symptoms:

Marked by severe pain of the ear which refers to part of the head on the same side, red skin or diffuse swelling around the ear, forming of a hemisphere-like projection due to local swelling in external auditory canal.

Method of Treatment:

To clear damp-heat from the liver and gallbladder, subdue swelling and relieve pain.

Prescription 1:

Recipe: *Chan Su San*

Ingredients:

|  |                 |
|--|-----------------|
| <i>Chansu</i> ( <i>Venenum Bufonis</i> )               | 1.5 g           |
| <i>Xionghuang</i> ( <i>Realgar</i> )                   | 6 g             |
| <i>Bingpian</i> ( <i>Borneolum Syntheticum</i> )       | 3 g             |
| <i>Shengjiang</i> ( <i>Rhizoma Zingiberis Recens</i> ) | 9 g             |
| <i>Mayou</i> ( <i>Oleum Sesami</i> )                   | a proper amount |

Preparation: Wash *Shengjiang* clean, scorch it on fire and grind it into a fine powder. Grind *Chansu*, *Xionghuang* and *Bingpian* respectively into fine powders. Mix all of them and *Mayou* into a paste.

Application: Apply the paste to the affected part. Dressing change is to be made every 8 hours.

Notes: This prescription is suitable for cases with severe swelling and pain but without pus.

Prescription 2:

**Recipe: *Huang Lian Gao*****Ingredients:**

|   |         |
|---|---------|
| <i>Huanglian</i> (Rhizoma Coptidis)         | 30 g    |
| <i>Danggui</i> (Radix Angelicae Sinensis)   | 30 g    |
| <i>Huangbai</i> (Cortex Phellodendri)       | 30 g    |
| <i>Shengdihuang</i> (Radix Rehmanniae)      | 30 g    |
| <i>Jianghuang</i> (Rhizoma Curcumae Longae) | 30 g    |
| <i>Mayou</i> (Oleum Sesami)                 | 200 ml. |
| <i>Fengla</i> (Cere Flava)                  | 80 g    |

**Preparation:** Wash the first 5 drugs clean, dry them in the air, soak them in *Mayou* for 24 hours, then decoct them in an iron pot until they are scorched, filter out the dregs with the medicated oil left. Mix the oil with *Fengla*, stir them evenly until the latter is melted and wait until they are cooled down into an ointment.

**Application:** Apply a proper amount of the ointment to the affected part. Dressing change is to be made every 8 hours.

**Notes:** This prescription is suitable for cases with severe swelling and pain. If a furuncle has supplicated, *Huang Lian Gao* should be applied after an incision for the drainage of pus.

**2.1.2 Eczema of External Auditory Canal**

Often seen in the preauricular or retroauricular folds, eczema of external auditory canal is usually due to irritation of the skin of the auricle, external auditory meatus and periauricle. The sensitizing agents could be a drug, pus or any others. It is called *Xuan Er Feng* in TCM.

**Etiology and Pathogenesis**

The cause of this disorder could be either of the following two factors:

1. Damp-heat accumulated due to pus in the ear, impetigo near the ear or other sensitizing agent brings wind-heat of the liver and gallbladder to the ear. There, wind, heat and dampness meet with each other to steam and burn the muscles and skin of the ear and cause this disorder (acute) finally.

2. Dysfunction of the spleen would consume the body fluid and affect blood and bring about abundant wind and dryness, making the muscles and skin of the ear fail to be nourished. If aided by lingering pathogens this disorder (chronic) will result.

**Clinical Manifestations**

Acute eczema of external auditory canal is marked by: swelling of the skin of the auricle on which small blisters appear; yellow watery secretion flowing out after diabolism of the blisters; focus enlarged as the secretion flows; scab seen sometimes; small superficial ulcer occurring due to secondary infection; scratch induced due to unbearable serious itch, which would lead to larger skin lesion and more exudate.

Chronic eczema of external auditory canal is marked by: itch; exfoliation and rhagades of the epiderm; narrowed external auditory canal due to thickened skin;



possible damage of the drum membrane, which may lead to tinnitus and mild sound-conductive deafness.

### Differentiation and Treatment

#### 1. Type of wind, heat and dampness

##### Main Symptoms:

Marked by calor and pruritus of the flush skin around the auricular concha or in the external auditory canal, on which there are blisters; yellow watery secretion flowing and erosion occurring after the diabolism of the blisters; yellow scab seen after the secretion disappears and the erosion dries.

##### Method of Treatment:

To clear heat, dispel dampness, expel wind and alleviate itch.

##### Prescription 1:

##### Number 1:

Recipe: *Ju Pu Xi Yao*

##### Ingredients:

|   |      |
|---|------|
| <i>Juhua</i> (Flos Chrysanthemi)          | 60 g |
| <i>Pugongying</i> (Herba Taraxace)        | 60 g |
| <i>Kushen</i> (Radix Sophorae Flavescens) | 30 g |
| <i>Jingjie</i> (Herba Schizonepetae)      | 15 g |

Preparation: Wash the above drugs clean, soak them in 500 ml. water in an earthenware pot for 15 minutes, first boil them on strong fire, then decoct them on gentle fire for 10 minutes and filter out the dregs to get the decoction, keep it in a clean container.

Application: When the decoction turns warm, drip a small piece of sterile gauze into it. With this piece of gauze soaked with the decoction, wash and carry out wet compress on the affected part for 15 minutes, and repeat the process every 8 hours. One dose of the drugs can be used to obtain the decoction 3 times. The decoction prepared each time can be used only once.

##### Number 2:

Recipe: *Bai Shi San*

##### Ingredients:

|   |      |
|---|------|
| <i>Huangbai</i> (Cortex Phellodendri)     | 30 g |
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta) | 30 g |
| <i>Kufan</i> (Alumen Exsiccatum)          | 15 g |

Preparation: Grind the above drugs together into a fine powder.

Application: Dust a proper amount of the powder on the affected part after it has been washed with the decoction of *Ju Pu Xi Yao*.

Notes: Using recipes 1 and 2 together is suitable for a case with much yellow watery secretion and erosion. Be sure to have the affected part covered evenly with the powder.

##### Prescription 2:

##### Number 1:

Recipe: *San Huang Xi Ji*

Ingredients:

|   |      |
|---|------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)      | 15 g |
| <i>Huangbai</i> (Cortex Phellodendri)       | 15 g |
| <i>Huangqin</i> (Radix Scutellariae)        | 15 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 15 g |

Preparation: Soak the above drugs in 300 ml. of water in an earthenware pot for 15 minutes, decoct them on a gentle fire for 10 minutes and filter out the dregs to get the decoction. Pour it into a clean container.

Application: When the decoction is warm, wash the affected part with it for 15 minutes with a piece of sterile absorbent cotton dipped into it. This is repeated every 8 hours. Each time, the drugs are decocted again in the same way. One dose of the drugs can be decocted 3 times.

Number 2:

Recipe: *Er Fen San*

Ingredients:

|                                      |     |
|--------------------------------------|-----|
| <i>Qingfen</i> (Calomelas)           | 6 g |
| <i>Qianfen</i> (lead powder)         | 3 g |
| <i>Chuanshanjia</i> (Squama Manitis) | 3 g |
| <i>Qiandan</i> (minium)              | 9 g |

Preparation: Grind the above drugs together into a fine powder and mix them with a proper amount of sesame oil into a paste.

Application: Apply a proper amount of the paste to the affected part after it has been washed with the decoction of *San Huang Xi Ji*.

Notes: Recipe 1 and 2 used together is suitable for a case with severe pain and itch and much secretion.

Prescription 3:

Recipe: *Qu Shi San*

Ingredients:

|   |      |
|---|------|
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta) | 30 g |
| <i>Huangbai</i> (Cortex Phellodendri)     | 30 g |
| <i>Qingdai</i> (Indigo Naturalis)         | 20 g |
| <i>Kufan</i> (Alumen Exsiccatum)          | 15 g |
| <i>Qingfen</i> (Calomelas)                | 15 g |
| <i>Duan Luganshi</i> (Calamina Usta)      | 30 g |

Preparation: Grind the above drugs together into a fine powder and keep it in a bottle for use.

Application: Dust the powder evenly and thinly on the affected part after it has been washed clean with a piece of sterile absorbent cotton ball soaked with normal saline. Dressing change is to be made twice daily.

Notes: This prescription is suitable for a case with much exudate and serious unbearable itch. It is no longer used when exudate becomes less and scab begins to

appear on the affected part.

2. Type of dryness due to wind resulting from deficiency of blood

Main Symptoms:

Marked by a long course and repeated attacks; thickened, rough and rhagadiform skin of the antrum auris, auricular concha and peripheral auricular concha, on which there are scabs or scales; sense of pruritus.

Method of Treatment:

To remove toxins, dispel the wind and moisten dryness.

Prescription 1:

Recipe: *Jia Dai San*

Ingredients:

|   |       |
|---|-------|
| <i>Chuanshanjia</i> (Squama Manitis)    | 5 g   |
| <i>Qianfen</i> (lead powder)            | 3 g   |
| <i>Qingdai</i> (Indigo Naturalis)       | 1 g   |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.5 g |

Preparation: Grind *Chuanshanjia* into fine powder and then grind it again together with all the other drugs into a fine powder and mix it with a proper amount of sesame oil into a paste.

Application: Apply the paste to the affected part every 12 hours.

Prescription 2:

Recipe: *Zi Lian Gao*

Ingredients:

|   |       |
|---|-------|
| <i>Zicao</i> (Radix Arnebiae seu Lithospermi) | 15 g  |
| <i>Huanglian</i> (Rhizoma Coptidis)           | 15 g  |
| <i>Huangbai</i> (Cortex Phellodendri)         | 15 g  |
| <i>Shengdihuang</i> (Radix Rehmanniae)        | 30 g  |
| <i>Danggui</i> (Radix Angelicae Sinensis)     | 30 g  |
| <i>Bingpian</i> (Borneolum Syntheticum)       | 3 g   |
| <i>Fanshilin</i> (vaseline)                   | 200 g |

Preparation: Grind the first 6 drugs together into a fine powder and mix it with the vaseline into an ointment. This ointment is called *Zi Lian Gao*.

Application: Apply a proper amount of the ointment of *Zi Lian Gao* to the affected part every 12 hours.

Prescription 3:

Recipe: *Bi Yu San*

Ingredients:

|   |       |
|---|-------|
| <i>Pengsha</i> (Borax)                  | 9 g   |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.9 g |
| <i>Danfan</i> (Alumen)                  | 0.9 g |

Preparation: Grind the above drugs together into a fine powder and mix it with a proper amount of sesame oil into a paste.

Application: Apply the paste to the affected part daily.

Notes: Eczema of external auditory canal of this type is usually chronic. When it is treated externally with Chinese drugs, good curative effects will be achieved. Each of the above 3 prescriptions has the effects of moistening the skin, removing toxins and alleviating itch. Furthermore, Prescription 2 can nourish blood. And it is suitable for a case with a long course. If there is general deficiency syndrome, oral Chinese drugs should also be given. In the course of treatment, food pungent in flavor or dry in nature, sea food or other irritating food should be avoided.

### 2.1.3 Otitis Media Suppurativa

Either acute or chronic, otitis media suppurativa is due to infection of mucoperiosteum of the middle ear by pyogenic bacteria. It is called *Nong Er* in TCM.

#### Etiology and Pathogenesis

The cause of this disorder could be any of the following factors:

1. Abundant endogenous fire of the liver and gallbladder and exogenous heat meet in the external acoustic meatus to steam and burn the tympanic membrane and spoil the blood and muscles there.
2. Abundant dampness due to deficiency of the spleen goes upwards to the external acoustic meatus and makes disturbances there.
3. Pathogens due to deficiency of the kidney-*Qi* go upwards to the external acoustic meatus and stay there to make disturbances.

#### Clinical Manifestations

Perforation of tympanic membrane and otopyorrhea are the characteristics of otitis media suppurativa.

Acute otitis media suppurativa is marked by the following: general malaise, fever, otalgia, hypoacusis, congestion and swelling of the auditory tube and tympanic mucosa with inflammatory exudate, all of which occur in the initial stage; lasting fever which exists in the suppurative stage; otalgia worsened and insomnia due to deep stabbing and drilling pain, both of which are seen before perforation of tympanic membrane; pus flowing out, otalgia relieved greatly or completely, fever dropping quickly, remarkable hypoacusis and tinnitus occurring gradually, and sound-conductive deafness found out in examination, all of which appear after perforation of tympanic membrane; swelling of mucosa of middle ear subsiding gradually and self-cure of the perforation happening possibly, both of which are seen in the restoration stage; chronic otitis media suppurativa possibly developed as a result of destruction of bone, inadequate drainage of pus, repeated infection, improper treatment or poor body resistance.

Chronic otitis media suppurativa is marked by the following: mucous or sticky-purulent secretion usually without foul odor, persistent flowing of more or less pus, an increase of pus in amount due to infection of the upper respiratory tract, all of which are seen in the simple form; less purulent secretion often with foul odor, more severe sound-conductive deafness, occasional headache and dizziness, all of which are

seen in caries form; less secretion but with specific foul odor and more severe sound-conductive deafness, both of which are seen in the cholesteatoma form.

### Clinical Manifestations

#### 1. Acute otitis media suppurativa

##### Main Symptoms:

Marked by sudden onset, otalgia which is gradually aggravated, perforation of tympanic membrane with pus flowing out, fever and general malaise.

##### Method of Treatment:

To clear heat, remove toxins, subdue swelling and relieve pain.

##### Prescription 1:

Recipe: *Huang Lian Di Er Ye*

##### Ingredients:

|   |           |
|---|-----------|
| <i>Huanglian</i> (Rhizoma Coptidis)     | 120 g     |
| <i>Kufan</i> (Alumen Exsiccatum)        | 45 g      |
| <i>Ganyou</i> (glycerin)                | 1,000 ml. |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.6 g     |

Preparation: Wash *Huanglian* clean, soak it in 800 ml. of water in an earthenware pot for 20 minutes, first boil it on a strong fire, then decoct it on a gentle fire until about 600 ml. of decoction is obtained, and filter out the dregs to get the decoction. Soak the filtered *Huanglian* in another 800 ml. of water for 10 minutes and decoct it in the same way for another 600 ml. of decoction. Put the decoction into the pot, decoct it on a gentle fire until about 1,000 ml. of it is left, and filter it. Pour the filtered decoction into a filter flask, mix it with *Kufan*, shake it evenly and filter it again. The re-filtered decoction is mixed with *Ganyou* and *Bingpian* into a fluid which is called *Huang Lian Di Er Ye*.

Application: Drip 3-5 drops of the fluid of *Huang Lian Di Er Ye* into the affected middle ear, after pus has been removed from it through washing with 0.25% chloramphenicol solution. This is to be done 3 times daily.

##### Prescription 2:

Recipe: *Dan Fan San*

##### Ingredients:

|   |       |
|---|-------|
| <i>Zhudanzhi</i> (bile of a pig)        | 60 g  |
| <i>Kufan</i> (Alumen Exsiccatum)        | 60 g  |
| <i>Qingdai</i> (Indigo Naturalis)       | 15 g  |
| <i>Bingpian</i> (Borneolum Syntheticum) | 1.5 g |
| <i>Xionghuang</i> (Realgar)             | 9 g   |

Preparation: Put *Zhudanzhi* and *Kufan* into a clean container, stir them evenly and cover them with a layer of sterile gauze. Place the container at a shady and cool place and keep it there until its contents is dried. Grind *Qingdai*, *Xionghuang* and *Bingpian* together with the prepared drugs into a fine powder called *Dan Fan San*. Keep it in a bottle for use.

Application: Wash the antrum auris with hydrogen dioxide solution to have the pus removed. Blow a little powder of *Dan Fan San* into the antrum auris. This is to be done twice daily.

Prescription 3:

Recipe: *Lian Shi San*

Ingredients:

|   |       |
|---|-------|
| <i>Huanglian</i> (Rhizoma Coptidis)       | 3 g   |
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta) | 6 g   |
| <i>Kufan</i> (Alumen Exsiccatum)          | 0.5 g |
| <i>Bingpian</i> (Borneolum Syntheticum)   | 0.6 g |

Preparation: Grind the above drugs together into a fine powder called *Lian Shi San*.

Application: Dust a little powder of *Lian Shi San* deep into the affected antrum auris after it has been washed clean with 0.5% to 1 % berberine solution. This is to be done daily.

Notes: With sudden onset, severe condition and possible variation, acute otitis media suppurativa must be treated comprehensively to have the inflammation controlled early. External therapy with Chinese drugs can be used only as an adjuvant treatment.

With the effects of clearing heat, removing toxins, subduing swelling and relieving pain, each of the above 3 prescriptions is indicated for acute otitis media suppurativa at its suppurative stage.

When either the decoction or powder is applied, make sure to get it into the middle ear, with its dosage accurate to avoid disturbing normal drainage of pus. When the perforation is too small for letting the drug to get into the middle ear, the patient may be asked to lie on his back with his head turned to one side in order to keep the earhole of the affected ear facing upwards, the antilobium should be pressed with a finger several times after the drug is applied to force it to get into the middle ear.

## 2. Chronic otitis media suppurativa

### Main Symptoms:

Marked by pus flowing out of the ear now and then, which may last months or years; having no pain and swelling in general; tinnitus and hypoacusis.

### Method of Treatment:

To remove toxins and drain pus.

### Prescription 1:

Recipe: *Hu Er Cao Ye*

### Ingredients:

|  |       |
|--|-------|
| <i>Xian Huercao</i> (fresh Herba Saxifragae) | 50 g  |
| <i>Huanglian</i> (Rhizoma Coptidis)          | 6 g   |
| <i>Bingpian</i> (Borneolum Syntheticum)      | 0.5 g |

Preparation: Wash *Xian Huercao* clean, wrap it in a piece of 2 layers of sterile gauze, and have it kneaded and rubbed and pressed to get its juice. Wash *Huanglian*

clean, soak it in 100 ml. of water in a small iron cup for 20 minutes, decoct it on a gentle fire until about 20 ml. of decoction is left, and filter out the dregs to get the decoction. Put this decoction and the juice together, filter them and mix them with *Bingpian* into a fluid. This fluid is called *Hu Er Cao Ye*.

Application: Drip 3-5 drops of *Hu Er Cao Ye* into the antrum auris after it has been cleaned with 3% hydrogen dioxide solution. The treatment is to be carried out twice daily.

Notes: This prescription is suitable for a case with sticky and thick pus and comparatively severe heat-syndrome.

Prescription 2:

Recipe: *Xue Jie San*

Ingredients:

|                                  |     |
|----------------------------------|-----|
| <i>Xuejie</i> (Resina Draconis)  | 6 g |
| <i>Ercha</i> (Catechu)           | 6 g |
| <i>Kufan</i> (Alumen Exsiccatum) | 6 g |
| <i>Wubeizi</i> (Galla Chinensis) | 6 g |

Preparation: Wrap *Wubeizi* in 8 layers of rough straw paper, put it into an iron pot, heat it with gentle fire, and stir it continuously until the paper turns brown and *Wubeizi* becomes crisp. Take *Wubeizi* out from the pot, let it cool down, grind it into a powder in a clean container, and grind it again with the other 3 drugs into a very fine powder which is called *Xue Jie San*.

Application: Blow a little powder of *Xue Jie San* into the antrum auris after it has been cleaned with hydrogen dioxide solution, twice daily.

Notes: This prescription is suitable for a case with long course and thin pus.

Prescription 3:

Recipe: *Xiao Xiang San*

Ingredients:

|   |        |
|---|--------|
| <i>Haipiaoxiao</i> (Os Sepiae)          | 1 g    |
| <i>Shexiang</i> (Moschus)               | 0.03 g |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.3 g  |
| <i>Huanglian</i> (Rhizoma Coptidis)     | 1.5 g  |

Preparation: Grind the above drugs together into a very fine powder and put it into a small sterile glass bottle with a lid. Pour 5 ml. of water for injection into the bottle to steep the powder for 24 hours. The fluid made is called *Xiao Xiang San Ye*.

Application: Drip 5 drops of *Xiao Xiang San Ye* into the antrum auris after it has been cleaned with 3% hydrogen dioxide solution and ask the patient to lie down calmly with the affected ear facing upwards for 10 minutes. The treatment is to be repeated 3 times daily.

Notes: This prescription is suitable for cases with much sticky pus. Chronic otitis media suppurativa tends to bring about other complications and even endangers life. Its prompt treatment must not be neglected. External therapy with Chinese drugs is used only as an adjuvant treatment for this disease in its simple or caries form. The

dosage of the drug (decoction, fluid or powder) to be applied should be controlled within its limits, especially the powder, otherwise, it will mix with the secretion in the middle ear into lumps and lead to complications.

## 2.2 Rhinopathy

### 2.2.1 Chronic Rhinitis

Chronic rhinitis refers to a common chronic inflammation of nasal mucosa and the submucous layer. Usually, it falls into two categories: chronic simple rhinitis and chronic hypertrophic rhinitis. The latter often results from the former. Both of them is called *Bi Zhi* in TCM.

#### Etiology and Pathogenesis

The cause of this disorder could be either of the following two factors:

1. When the superficial-*Qi* dysfunctions due to deficiency of the lung-*Qi*, exogenous pathogens would invade the body. This invaded pathogens, if accumulated in the nose, will cause this disorder.

2. When the spleen and stomach are impaired due to improper diet and overfatigue, their dysfunction would result. When the spleen and stomach dysfunction, endogenous dampness would stay in the nose and block the vessels. When the vessels are blocked, neither *Qi* nor blood would flow freely, and this disorder finally results.

#### Clinical Manifestations

Chronic simple rhinitis is marked by: intermittent and alternate nasal obstruction, which would be relieved in day time or while the patient is engaging in physical labour or taking exercises but aggravated at night or while the patient is sitting still or when it is cold; the lower nasal cavity tending to be stuffed up but the upper one not while the patient is in a lateral recumbent position; occasional hyposmia, headache and dizziness; profuse mucous nasal discharge; and swelling of nasal mucosa especially in the inferior nasal cancha.

Chronic hypertrophic rhinitis is marked by: more severe nasal obstruction, which is usually permanent; less mucous or sticky purulent nasal discharge, which is hard to blow out; pachynsis and hyperplasia of nasal mucosa.

#### Differentiation and Treatment

Prescription 1:

Recipe: *Bi Yun San*

Ingredients:

|  |     |
|--|-----|
| <i>Ebushicao</i> (Herba Centipedae)    | 9 g |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong) | 9 g |
| <i>Xixin</i> (Herba Asari)             | 3 g |
| <i>Xinyi</i> (Flos Magnoliae)          | 6 g |
| <i>Qingdai</i> (Indigo Naturalis)      | 9 g |



Preparation: Grind the above drugs together into a fine powder and keep it in a sterilized glass bottle for future use.

Application: Blow a little of the powder into the nose each time, 3-4 times daily.

Preparation 2:

Recipe: *Cang Er Zi Xun Yao*

Ingredients:

|  |      |
|--|------|
| <i>Cangerzi</i> (Fructus Xanthii)          | 20 g |
| <i>Danggui</i> (Radix Angelicae Sinensis)  | 15 g |
| <i>Shichangpu</i> (Rhizoma Acori Graminei) | 12 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)  | 12 g |

Preparation: Soak the above drugs in 200 ml. of water in a small electric heating cup for 15 minutes and decoct them until 5 minutes after the water boils.

Application: While the decoction in the cup is hot, steam the nostrils above the opening of the cup. The treatment is carried out for 15 minutes each time, twice daily, in the morning and evening. One dose of the drugs can be decocted 3 times, each time cooked in 200 ml. of water until 5 minutes after the water boils.

Prescription 3:

Recipe: *Pu Zao San*

Ingredients:

|  |     |
|--|-----|
| <i>Shichangpu</i> (Rhizoma Acori Graminei) | 9 g |
| <i>Zaojiaoci</i> (Spina Gleditsiae)        | 9 g |
| <i>Bingpian</i> (Borneolum Syntheticum)    | 1 g |

Preparation: Grind the above drugs together into a fine powder and keep it in sterile glass bottle for future use.

Application: Dip a sterile absorbent cotton ball into the powder. Tuck cotton ball carrying the powder into the nostrils one after the other, and this is to be performed 4 times daily.

Prescription 4:

Recipe: *E Bu Shi Cao San*

Ingredients:

|                                     |      |
|-------------------------------------|------|
| <i>Ebushicao</i> (Herba Centipedae) | 95 g |
| <i>Zhangnao</i> (Camphora)          | 5 g  |

Preparation: Grind the 2 drugs together into a fine powder and keep it in a sterile glass bottle and have the bottle tightly sealed.

Application: Wrap a little amount of the powder in 2 layers of sterile gauze, and tuck it into the nostrils, one after the other, and this is to be performed twice daily.

Notes: The above 4 prescriptions are indicated for both chronic simple and hypertrophic rhinitis. If Prescription 2 is followed by any of the other 3, the curative effects will be even better. In the course of external treatment with Chinese drugs, the taking of Western medicine for local vasoconstriction should be stopped but oral Chinese drugs may be given.

### 2.2.2 Suppurative Nasal Sinusitis

Suppurative nasal sinusitis is the suppurative inflammation of the mucous membrane of the nasal sinus. Clinically, it falls into two categories: acute and chronic. TCM calls it *Bi Yuan*. In a severe case, besides the mucous membrane of the nasal sinus, the substance of bone, peripheral tissues and nearby organs would also be involved.

#### Etiology and Pathogenesis

The cause of this disorder could be any of the following factors:

1. When the purifying and descending function of the lung is impaired, wind-heat in the Lung Channel goes upwards to the nasal cavity. There, it stays and burns the nasal sinus, causing this disorder.
2. Heat stagnated in the gallbladder turns into fire. The fire goes upwards along the channel to the head. There, it impairs the nasal sinus and burns *Qi*, blood and body fluid, causing this disorder.
3. Damp-heat in the spleen and stomach goes upwards along the channel to the nasal sinus. There, it stays and burns the mucous membrane, causing this disorder.
4. Permanent deficiency and cold of the lung-*Qi* or long-standing deficiency and weakness of the spleen-*Qi* has the mucous membrane spoiled, causing this disorder.

#### Clinical Manifestations

Acute suppurative nasal sinusitis is marked by: onset often after upper respiratory tract infection or acute rhinitis; general symptoms such as chills, fever, poor appetite and general malaise; local symptoms such as one or two permanent stuffy nostrils, temporary hyposmia or anosmia, plenty of purulent or sticky purulent discharge in the nasal cavity which is hard to blow out, blood seen in nasal discharge in the early stage; headache and local pain.

Chronic suppurative nasal sinusitis is marked by: profuse mucous or purulent nasal discharge especially from the nostril of the affected side; mild or severe stuffy nose; headache often complicated by stuffy nose, purulent nasal discharge and hyposmia; remarkable general symptoms seldom seen by and large.

#### Differentiation and Treatment

Prescription 1:

Recipe: *Di Bi Ling*

Ingredients:

|   |        |
|---|--------|
| <i>Ebushicao</i> (Herba Centipedae)                     | 650 g  |
| <i>Xinyi</i> (Flos Magnoliae)                           | 150 g  |
| <i>Yansuan Mahuangsu</i> (powder of berberine chloride) | 3.75 g |
| <i>Putatong Fen</i> (powder of glucose)                 | 15 g   |

Preparation: Wash the first 2 drugs clean, soak them in 1,000 ml. of water in an earthenware pot for 15 minutes, first boil it on a strong fire, then decoct it on a gentle fire until there is about 800 ml. of decoction left in the pot, filter out the dregs to get the decoction and pour it into a clean container. Soak the drug dregs in another

1,000 ml. of water in the pot and have them boiled and decocted in the same way to get another 800 ml. of decoction. Mix the decoction got through 2 times of boiling in a clean iron pot, boil it on a gentle fire until the decoction is concentrated into 1,500 ml., filter it, and pour it into a clean container. Mix the last 2 drugs with the decoction in the container, stir them evenly and filter them out to get the final decoction. This final decoction is disinfected under high pressure for 30 minutes and kept in a bottle for future use. This disinfected decoction is called *Di Bi Ling*.

Application: Drip 2-3 drops of *Di Bi Ling* into the nostril of the affected side each time, 3 times daily.

Prescription 2:

Recipe: *Yi Xin San*

Ingredients:

|   |       |
|---|-------|
| <i>Xinyi</i> (Flos Magnoliae)           | 10 g  |
| <i>Xixin</i> (Herba Asari)              | 3 g   |
| <i>Xiakucao</i> (Spica Prunellae)       | 15 g  |
| <i>Gancao</i> (Radix Glycyrrhizae)      | 6 g   |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.3 g |

Preparation: Grind the above drugs together into a fine powder and keep it in a sterile glass bottle and seal the bottle up.

Application: Blow a little of the powder into the nostril of the affected side each time, 3 times daily. Or, wrap a little of it in 2 layers of a small piece of sterile gauze and tuck the gauze into the affected nostril or both nostrils one after the other when 2 sides are involved.

Prescription 3:

Recipe: *Er Cha San*

Ingredients:

|   |      |
|---|------|
| <i>Ercha</i> (Catechu)                  | 60 g |
| <i>Ebushicao</i> (Herba Centipediae)    | 30 g |
| <i>Bingpian</i> (Borneolum Syntheticum) | 15 g |

Preparation: Grind the above drugs together into a fine powder and mix it with a proper amount of sesame oil in a clean container into a paste.

Application: Put a little of the paste deep into the affected nostril or deep into both nostrils one after the other when 2 sides are involved, and this is to be repeated 3 times daily.

Prescription 4:

Recipe: *Bing Lian San*

Ingredients:

|   |       |
|---|-------|
| <i>Huanglian</i> (Rhizoma Coptidis)     | 3 g   |
| <i>Xinyi</i> (Flos Magnoliae)           | 3 g   |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.6 g |

Preparation: Grind the above drugs together into a fine powder and keep it in a bottle and seal the bottle up.

**Application:** Blow a little of the powder into the affected nostril each time, 3 times daily.

**Prescription 5:**

**Recipe:** *Cong Bai Di Bi Ye*

**Ingredient:**

*Congbai* (Caulis Allii Fistulosi)

100 g

**Preparation:** Wash the drug clean, pound it in a clean container into pulp, wrap it in a piece of 3-layer sterile gauze and have it kneaded, rubbed and pressed for its juice. Mix the juice with a proper amount of normal saline into a 40% solution of *Congbai* juice.

**Application:** Drip 2-3 drops of the solution into the affected nostril each time, 3 times daily.

**Notes:** The above 5 prescriptions are all indicated for nasal sinusitis with the symptoms of stuffy nose, profuse nasal discharge and headache, whether it is acute or chronic, or belongs to excess or deficiency syndrome. With the same effects and indications, they have been clinically proved to be effective.

It should be pointed out that external treatment with Chinese drugs is effectively only in improving local symptoms, and cannot replace the proper treatment with antibiotics and oral Chinese drugs as the main therapeutic method to treat suppurative nasal sinusitis. When acute suppurative nasal sinusitis is treated, a bigger dosage of antibiotics should be given in order to control the infection, prevent complications, etc. In the meantime, local rinsing and operation are performed to ensure smooth drainage.

In the course of external treatment with Chinese drugs, the patient should be asked to avoid food pungent in flavor or irritating and to give up smoking and drinking.

## 2.3 Pharyngolaryngeal Diseases

### 2.3.1 Acute Tonsillitis, Acute Pharyngitis and Acute Laryngitis

As one of the common throat diseases, acute tonsillitis is an acute nonspecific inflammation of the palatal tonsil. It is often complicated by mild or severe acute pharyngitis. More commonly seen in the days between autumn and winter or winter and spring, acute pharyngitis is an acute inflammation of the pharyngeal mucosa, submucosal tissue and lymph tissue. Often as a part of upper respiratory tract infection, it usually originates from acute rhinitis but also, in some rare cases, from the pharynx, with the pathologic change either spreading all over the whole pharyngeal cavity or localized at a part. Acute laryngitis is an acute inflammation of the laryngeal mucosa. Usually secondary to acute rhinitis or acute pharyngitis, it has a high incidence among males. TCM calls acute tonsillitis *Feng Re Ru E*, acute pharyngitis *Feng Re Hou Bi* and acute laryngitis *Ji Hou Yin*. With nearly the same etiology and pathogenesis, they are treated externally in the same way with Chinese drugs, and are introduced collectively here.

**Etiology and Pathogenesis**

Heat of the lung and stomach accompanied by exogenous wind-heat goes upwards to the throat and stays there to make disturbances causing these diseases. Acute laryngitis may also be caused by exogenous wind-cold.

**Clinical Manifestations**

Acute tonsillitis is divided into 2 categories: acute catarrhal and acute suppurative; acute catarrhal tonsillitis is marked by pharyngodynia, low fever and other mild general symptoms, and other symptoms found in examination such as congestion and swelling of the superficial mucosa of the tonsil and the palatoglossal arch, but no parenchymatous swelling of the tonsil and no exudate on the surface of the tonsil; acute suppurative tonsillitis is marked by a sudden onset, severe local and general symptoms, severe pharyngodynia which often refers to the ear, dysphagia, lymphadenectasis of the mandibular angle, aversion to cold and high fever, and other symptoms found in examination such as antiadoncus, congestion of the peritonsillar tissue, and yellow white pus spots around the opening of the tonsillar crypts.

Acute pharyngitis is marked by a sudden onset, dry and burning throat at the beginning followed by pharyngodynia which would be aggravated by swallowing and maybe accompanied by fever, headache and anorexia, and other symptoms found in examination such as congestion and swelling of the oropharyngeal and nasopharyngeal mucosa, edema of the palatal arch and uvula, possible swelling of the retropharyngeal lymph follicle and lateral pharyngeal band, yellowish white petechial exudate occasionally seen at the centre of the swollen lymph follicle, and tumefaction and tenderness of the submandibular lymph nodes.

Acute laryngitis is marked by onset after acute rhinitis and acute pharyngitis, inflammation of the nose and pharynx, general symptoms such as fever, chills and general malaise in severe cases; local symptoms such as hoarseness, cough, profuse sputum and laryngalgia, and other symptoms found in examination such as diffuse and symmetric congestion and swelling of the laryngeal mucosa, light or bright red vocal fold, possible submucosal hemorrhage of the vocal fold, and sticky thick secretion on the surface of the vocal fold.

**Differentiation and Treatment**

Prescription 1:

Number 1:

Recipe: *Bing Peng San*

Ingredients:

|   |      |
|---|------|
| <i>Bingpian</i> (Borneolum Syntheticum)       | 3 g  |
| <i>Zhusha</i> (Cinnabaris)                    | 4 g  |
| <i>Pengsha</i> (Borax)                        | 30 g |
| <i>Xuanmingfen</i> (Natrii Sulfas Exsiccatus) | 30 g |

Preparation: Grind the above drugs together into a very fine powder called *Bing Peng San* and keep it in a bottle for future use.

## Number 2:

Recipe: *Zhu Huang San*

## Ingredients:

|   |       |
|---|-------|
| <i>Mabofen</i> [Lasiosphaera seu Calvatia (powder)] | 15 g  |
| <i>Qingdai</i> (Indigo Naturalis)                   | 3 g   |
| <i>Zhenzhu Mo</i> [Margarita (powder)]              | 0.9 g |
| <i>Niuhuang</i> (Calculus Bovis)                    | 0.9 g |
| <i>Ercha</i> (Catechu)                              | 3 g   |
| <i>Xuanmingfen</i> (Natrii Sulfas Exsiccatus)       | 1.5 g |
| <i>Pengsha</i> (Borax)                              | 3 g   |
| <i>Bohe</i> (Herba Menthae)                         | 1.5 g |
| <i>Huanglian</i> (Rhizoma Coptidis)                 | 1.5 g |
| <i>Bingpian</i> (Borneolum Syntheticum)             | 0.9 g |

Preparation: Grind the above drugs together into a very fine powder called *Zhu Huang San* and keep it in a bottle for future use.

Application: Fill 0.5 g of the powder of either *Bing Peng San* or *Zhu Huang San* into one end of a sterile glass tube pointing at the affected part of the throat. The powder are to be blown gently through the other end of the tube by someone onto the affected part. The treatment is to be repeated 4 times daily for mild cases and once every 4 hours for severe cases.

## Prescription 2:

## Number 1:

Recipe: *Shu Kou Fang*

## Ingredients:

|  |       |
|--|-------|
| <i>Fangfeng</i> (Radix Lebebouriellae) | 4.5 g |
| <i>Gancao</i> (Radix Glycyrrhizae)     | 4.5 g |
| <i>Jinyinhua</i> (Flos Lonicerae)      | 15 g  |
| <i>Lianqiao</i> (Fructus Forsythiae)   | 15 g  |
| <i>Bohe</i> (Herba Menthae)            | 3 g   |
| <i>Jingjie</i> (Herba Schizonepetae)   | 4.5 g |

Preparation: Soak the above drugs in 1,000 ml. of water in an earthenware pot for 15 minutes, then first boil them on a strong fire, then decoct them on a gentle fire for 15 minutes, and filter out the dregs to get the decoction and keep the decoction for future use.

## Number 2:

Recipe: *Shuang Hua Ye*

## Ingredients:

|                                      |      |
|--------------------------------------|------|
| <i>Jinyinhua</i> (Flos Lonicerae)    | 30 g |
| <i>Juhua</i> (Flos Chrysanthemi)     | 30 g |
| <i>Jingjie</i> (Herba Schizonepetae) | 15 g |

Preparation: Soak the above drugs in 500 ml. of water in an earthenware pot for 20 minutes, decoct them on a gentle fire until 15 minutes after the water boils and

filter out the dregs to get the decoction and keep the decoction for future use.

Application: Gargle frequently with the decoction of either *Shu Kou Fang* or *Shuang Hua Ye*.

Prescription 3:

Number 1:

Recipe: *Lian Peng San*

Ingredients:

|   |      |
|---|------|
| <i>Huanglian</i> (Rhizoma Coptidis)             | 15 g |
| <i>Pengsha</i> (Borax)                          | 30 g |
| <i>Bohe</i> (Herba Menthae)                     | 15 g |
| <i>Xionghuang</i> (Realgar)                     | 6 g  |
| <i>Kufan</i> (Alumen Exsiccatum)                | 6 g  |
| <i>Gancao Fen</i> [Radix Glycyrrhizae (powder)] | 10 g |
| <i>Xiaoshi</i> (Nitrum)                         | 6 g  |
| <i>Bingpian</i> (Borneolum Syntheticum)         | 1 g  |
| <i>Bohenao</i> (menthol)                        | 1 g  |
| <i>Zhenzhu Fen</i> [Margarita (powder)]         | 1 g  |
| <i>Shexiang</i> (Moschus)                       | 1 g  |

Preparation: Grind the above drugs together into a very fine powder called *Lian Peng San* and keep it for future use.

Application: Fill 0.5 g of the powder of *Lian Peng San* into one end of a sterile glass tube pointing at the affected part of the throat. The powder is to be blown gently from the other end of the tube by someone onto the affected part. The treatment is to be repeated 6 times daily.

Number 2:

Recipe: *Lian Yu Gao*

Ingredients:

|                                     |     |
|-------------------------------------|-----|
| <i>Huanglian</i> (Rhizoma Coptidis) | 9 g |
| <i>Wuzhuyu</i> (Fructus Evodiae)    | 6 g |

Preparation: Grind the above 2 drugs together into a fine powder and mix it with 5 g of flour and a proper amount of rice vinegar into an ointment in a small clean bowl.

Application: Wash the feet clean before bed time in the evening. Spread the ointment on the acupoint Yongquan (KI 1) at the centre of either sole, fix it up with sterile gauze and remove it the next morning. The treatment is to be repeated 3 times in 1 course of treatment and another course may start immediately afterwards.

Prescription 4:

Number 1:

Recipe: *Run Hou Wan*

Ingredients:

|   |       |
|---|-------|
| <i>Gancao Fen</i> [Radix Glycyrrhizae (powder)] | 300 g |
| <i>Pengsha</i> (Borax)                          | 15 g  |

|   |       |
|---|-------|
| <i>Shiyan</i> (table salt)  | 15 g  |
| <i>Xuanmingfen</i> (Natrii Sulfas Exsiccatus)                       | 30 g  |
| <i>Suanmei</i> (dark plum without core)                             | 750 g |
| <i>Biqi Fen</i> (Bulbus Eleocharis Tuberosae in the form of powder) | 250 g |

Preparation: Grind the first 5 drugs together into a fine powder. Mix 6th one with cold boiled water into a thin paste. Add the fine powder to the paste and knead them into a dough. The dough is made into boluses, each of which weighs 3 g. Keep the boluses for future use.

Number 2:

Recipe: *Er Huang Wan*

Ingredients:

|   |      |
|---|------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)        | 15 g |
| <i>Huanglian</i> (Rhizoma Coptidis)           | 10 g |
| <i>Xuanshen</i> (Radix Scrophulariae)         | 10 g |
| <i>Xuanmingfen</i> (Matrii Sulfas Exsiccatus) | 10 g |
| <i>Qingfen</i> (Calomelas)                    | 10 g |
| <i>Pengsha</i> (Borax)                        | 10 g |
| <i>Xionghuang</i> (Realgar)                   | 6 g  |
| <i>Bingpian</i> (Borneolum Syntheticum)       | 1 g  |
| <i>Fengmi</i> (honey)                         | 90 g |

Preparation: Grind the first 8 drugs together into a very fine powder. Put the last drug into a small iron pot having been heated on a gentle fire, stir it constantly until it turns dark yellow, sticky and flossy and then mix it with the powder. Move the pot away from the fire and stir and knead its contents into pills, each weighing 1 g. Keep the pills for future use.

Application: Ask the patient to lie down on his back and put 1 bolus of *Run Hou Wan* or 3 pills of *Er Huang Wan* into his mouth and ask him to suck, and this is to be repeated 3 times daily.

Prescription 5:

Recipe: *Huo Xiang Wu Hua Ye*

Ingredients:

|                                    |      |
|------------------------------------|------|
| <i>Huoxiang</i> (Herba Agastachis) | 15 g |
| <i>Peilan</i> (Herba Eupatorii)    | 15 g |
| <i>Bohe</i> (Herba Menthae)        | 10 g |
| <i>Jinyinhua</i> (Flos Lonicerae)  | 20 g |
| <i>Juhua</i> (Flos Chrysanthemi)   | 30 g |
| <i>Zisuye</i> (Folium Perillae)    | 20 g |

Preparation: Soak the above drugs in 600 ml. of water in an earthenware pot for 20 minutes, boil them on a strong fire, decoct them on a gentle fire for 15 minutes and filter the drugs to get the decoction.

Application: Carry out aerosol inhalation of the decoction for 15 minutes each time, 3 times daily.



Notes: With the effects of improving local symptoms, reducing inflammation and relieving pain, all the above prescriptions have been clinically proved to be effective in treating acute inflammation of the tonsil, pharynx or larynx. However external treatment with Chinese drugs is just an adjuvant therapy of constitutional treatment, which is the main therapy used to treat the 3 diseases. In the course of treatment with Chinese drugs, food pungent in flavour or irritating, smoking or drink are strictly forbidden.

## 2.4 Stomatopathy and Odontopathy

### 2.4.1 Aphtha

Aphtha refers to superficial, bean-sized, ulcerative spot or spots on the mucous membrane of mouth. Tending to attack repeatedly, it is also called recurrent ulcer of mouth.

#### Etiology and Pathogenesis

The cause of this disorder could be either of the following two factors:

1. Heat accumulated in the heart and spleen is augmented by exogenous wind, fire and dryness and turns into endogenous fire. This fire goes upwards along the channel to the mouth to make disturbances there, causing this disorder.

2. Usual *Yin*-deficiency of the body and impairment of the heart and kidney due to disease or overfatigue have *Yin*-fluid consumed and reduced in amount. When *Yin*-fluid is insufficient, fire of deficiency type is abundant. This abundant fire goes upwards to burn the mouth cavity, causing this disorder.

#### Clinical Manifestations

One or more blisters each of which is as big as a millet appear at first on the mucous membrane of the mouth; round or elliptical, regularly-bordered, yellowish white ulcers take shape after the rapid self-diabrosis of the blisters, with an areola around each; the ulcers are usually located on the medial side of the upper or lower lip, the tongue tip or the buccal mucosa; pain of the ulcers would be worsened and becomes a burning pain when the subject is speaking or chewing and would be aggravated by cold, hotness, and sour or sweet flavours.

#### Differentiation and Treatment

1. Type of heat accumulated in the heart and spleen

##### Main Symptoms:

Marked by more yellowish white ulcers even fused into a small patch; a central fovea on each ulcer, the mucosa around which is bright red in color and slightly swollen; burning pain which would be worsened when the subject himself is chewing or speaking; possible with fever, thirst, foul breath, deep-colored urine, a red tongue with yellowish coating, and rapid pulse.

##### Method of Treatment:

To clear away heat, remove toxins, subdue swelling and relieve pain.

## Prescription 1:

Number 1:

Recipe: *Mei Gui Ye*

Ingredient:

|   |      |
|---|------|
| <i>Yemeigui</i> (Flos Rosae Rugosae Indici) | 30 g |
|---|------|

Preparation: Decoct the drug in 300 ml. of water in an electric heating cup until 15 minutes after the water boils and filter out the dregs to get the decoction.

Application: Rinse out the mouth with the decoction now and then.

Number 2:

Recipe: *Qing Huang San*

Ingredients:

|                                   |     |
|-----------------------------------|-----|
| <i>Qingdai</i> (Indigo Naturalis) | 6 g |
|-----------------------------------|-----|

|                                       |      |
|---------------------------------------|------|
| <i>Huangbai</i> (Cortex Phellodendri) | 10 g |
|---------------------------------------|------|

|                             |     |
|-----------------------------|-----|
| <i>Bohe</i> (Herba Menthae) | 6 g |
|-----------------------------|-----|

|                        |     |
|------------------------|-----|
| <i>Pengsha</i> (Borax) | 3 g |
|------------------------|-----|

|   |     |
|---|-----|
| <i>Bingpian</i> (Borneolum Syntheticum) | 3 g |
|---|-----|

Preparation: Grind the above drugs together into a fine powder and keep it in a sterile glass bottle for future use.

Application: Smear 0.15 g of the powder on the location of an ulcer, spit it out along with saliva after a moment, and this is to be repeated 6 times daily.

## Prescription 2:

Number 1:

Recipe: *Er Huang Shu Kou Ye*

Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Huangbai</i> (Cortex Phellodendri) | 10 g |
|---------------------------------------|------|

|                                     |     |
|-------------------------------------|-----|
| <i>Huanglian</i> (Rhizoma Coptidis) | 5 g |
|-------------------------------------|-----|

|                             |      |
|-----------------------------|------|
| <i>Wumei</i> (Fructus Mume) | 10 g |
|-----------------------------|------|

|   |     |
|---|-----|
| <i>Yuanmingfen</i> (Natrii Sulfas Exsiccatus) | 5 g |
|---|-----|

|   |     |
|---|-----|
| <i>Bingpian</i> (Borneolum Syntheticum) | 3 g |
|---|-----|

Preparation: Soak the first 3 drugs in 300 ml. of water in an electric heating cup for 10 minutes, decoct it until 15 minutes after the water boils and filter out the dregs to get the decoction. While the decoction is hot, mix it with the last 2 drugs in a cup and stir them until the last 2 drugs dissolved in the decoction. The final product is called *Er Huang Shu Kou Ye*.

Application: Rinse out with the decoction of *Er Huang Shu Kou Ye* for 1 minute each time, 10 times daily.

Number 2:

Recipe: *Hu Po San*

Ingredients:

|                        |     |
|------------------------|-----|
| <i>Hupo</i> (Succinum) | 9 g |
|------------------------|-----|

|                                 |     |
|---------------------------------|-----|
| <i>Xuejie</i> (Resina Draconis) | 9 g |
|---------------------------------|-----|

|                            |     |
|----------------------------|-----|
| <i>Zhusha</i> (Cinnabaris) | 9 g |
|----------------------------|-----|

|   |     |
|---|-----|
| <i>Pengsha</i> (Borax)                  | 9 g |
| <i>Duan Longgu</i> (Os Draconis Usta)   | 9 g |
| <i>Bingpian</i> (Borneolum Syntheticum) | 1 g |

Preparation: Grind the above drugs together in a clean container into a fine powder and keep it in a sterile glass bottle for future use.

Application: Dust about 0.15 g of the powder on an ulcer after rinsing out with the decoction of *Er Huang Shu Kou Ye*.

Prescription 3:

Recipe: *Shi Shuang San*

Ingredients:

|   |      |
|---|------|
| <i>Shishuang</i> (powder collected from the surface of a dried persimmon) | 10 g |
| <i>Ercha</i> (Catechu)  | 5 g  |
| <i>Pengsha</i> (Borax)  | 3 g  |
| <i>Qingdai</i> (Indigo Naturalis)   | 3 g  |
| <i>Bingpian</i> (Borneolum Syntheticum)                                   | 1 g  |
| <i>Xuejie</i> (Resina Draconis)   | 1 g  |
| <i>Huanglian</i> (Rhizoma Coptidis)                                       | 10 g |

Preparation: Grind the first 6 drugs together in a clean container into a fine powder and keep it in a small porcelain bottle and seal the bottle up. Soak the last drug in 100 ml. of boiling water for 10 minutes in a cup and cover the cup tightly.

Application: Uncover the cup to get the water containing *Huanglian*. When the water is cooled, dip a sterile cotton stick into it. Wash the affected part with this stick. Then, dust about 0.15 g of the powder kept in the bottle on the washed affected part. The above is to be repeated 4, times daily.

Notes: With the effects of clearing heat, removing toxins, relieving pain and shortening course of disease, all the above prescriptions are indicated for ulcer of mouth due to heat accumulated in the heart and spleen.

In the course of external treatment with Chinese drugs, food pungent in flavour, smoking or drink should be strictly forbidden.

2. Type of abundant fire due to *Yin*-deficiency

Main Symptoms:

Marked by only 1 or 2 greyish white ulcers, the mucosa around each of which is light red or not red at all; recurrence of the ulcers or the cure of one followed by the occurrence of another; pain aggravated by chewing; red tongue and thready, rapid pulse.

Method of Treatment:

To nourish *Yin* in order to reduce fire, to remove putridity in order to promote regeneration of tissue.

Prescription 1:

Recipe: *Wu Zhu Yu Gao*

Ingredients:

|  |     |
|--|-----|
| <i>Wuzhuyu</i> (Fructus Evodiae parched) | 9 g |
|--|-----|

|   |     |
|---|-----|
| <i>Baijiezi</i> (Semen Sinapis Albae)           | 3 g |
| <i>Fuzi</i> (Radix Aconiti Lateralis Preparata) | 3 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)       | 3 g |

Preparation: Grind the above drugs together in a clean container into a fine powder and mix it with a proper amount of rice vinegar into a paste.

Application: Wash the feet clean before bed time in the evening. Apply the paste to the acupoint Yongquan (KI 1) at the centre of each sole, fix it with sterile gauze and remove it the next morning.

Prescription 2:

Recipe: *Ku Fan San*

Ingredients:

|                                  |      |
|----------------------------------|------|
| <i>Kufan</i> (Alumen Exsiccatum) | 30 g |
| <i>Wubeizi</i> (Galla Chinensis) | 5 g  |
| <i>Pengsha</i> (Borax)           | 5 g  |
| <i>Baitang</i> (white sugar)     | 5 g  |

Preparation: Put *Wubeizi* and *Baitang* into a small iron pot, stir-fry them with a gentle fire until they turn brown and move them into a clean container. Put *Kufan* and *Pengsha* into the container and grind them together into a fine powder called *Ku Fan San* and keep it in a small porcelain bottle for future use.

Application: Dust 0.15 g of the powder on the ulcer each time, 4 times daily.

Prescription 3:

Recipe: *Ru Mo Er Huang San*

Ingredients:

|   |        |
|---|--------|
| <i>Ruxiang</i> (Resina Olibani)           | 9 g    |
| <i>Moyao</i> (Myrrha)                     | 9 g    |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)    | 15 g   |
| <i>Huangbai</i> (Cortex Phellodendri)     | 15 g   |
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta) | 30 g   |
| <i>Bingpian</i> (Borneolum Syntheticum)   | 3 g    |
| <i>Ercha</i> (Catechu)                    | 9 g    |
| <i>Xixin</i> (Herba Asari)                | 6 g    |
| <i>Wubeizi</i> (Galla Chinensis)          | 15 g   |
| <i>Weishengsu Bier</i> (vitamin B 2)      | 150 mg |
| <i>Qiangdisong</i> (prednisone)           | 150 mg |

Preparation: Grind all the above drugs together into a fine powder and keep it in a sterile glass bottle for use.

Application: Apply 0.15 g of the powder with a sterile cotton stick to the ulcer, and this is to be repeated 3-4 times daily.

Notes: Simple ulcer of mouth may be treated only with external therapy with Chinese drugs alone. If it is a symptom of a general disease, the primary disease should be treated attentively. If severe, oral Chinese drugs should also be given. If the ulcer fails to be healed for a long time, diagnosis is re-ensured to see what in hell

it is, and external treatment with Chinese drugs can be continued after other diseases are excluded.

In the course of external treatment with Chinese drugs, food pungent in flavour, smoking and drink should all be avoided. Attention should be paid to oral hygiene and the patient should be advised to keep high spirits.

### 2.4.2 Toothache

Toothache is a common disease due to either odontopathy or periodontal disease.

#### Etiology and Pathogenesis

The cause of this disease could be any of the following factors:

1. Exogenous wind-heat injures the gum and tooth and has *Qi* and blood stagnated in the vessels.
2. Fire of the stomach goes upwards to the dental bed to injure the gum and vessels.
3. Fire of deficiency type due to deficiency of the kidney-*Yin* goes upwards to burn the gum and to consume the dental pulp.

#### Clinical Manifestations

As a symptom, toothache is manifested differently due to its different causes and it may be complicated by other symptoms. The detail is dealt with in the following paragraphs.

#### Differentiation and Treatment

1. Toothache due to wind-heat

##### Main Symptoms:

Marked by paroxysmal toothache induced by wind; pain relieved by cold but aggravated by hotness; swelling of the gum; possible fever, aversion to cold, thirst, red tongue, and floating, rapid pulse.

##### Method of Treatment:

To expell wind, clear heat, remove toxins, subdue swelling and relieve pain.

##### Prescription 1:

Recipe: *Bo Nao Dan*

##### Ingredients:

*Bohe* (Herba Menthae)

60 g

*Zhangnao* [Camphora (powder)]

30 g

Preparation: Grind the above 2 drugs together into a fine powder. Put the powder into a small clean iron pot. Cover the pot with a white porcelain bowl smaller than the pot, around which (the bowl) *Yanni* (a mud-like mixture of clay and the same amount of salt) is packed for air insulation. Heat the pot first with gentle fire then with strong fire for about 30 minutes until all the drugs in the pot are sublimated. When the pot cools down, remove the *Yanni* to take out the bowl. Scrape the inner surface of the bowl to collect the sublimate on it. Put the sublimate into a clean mortar and grind it into a very fine powder which is called *Bo Nao Dan* and keep it

in a sterile glass bottle and seal the bottle up.

Application: Apply about 0.3 g of the powder to the part where there is swelling and pain or tuck it into the cavity of a decayed tooth. If the pain is not relieved, repeat it 2 hours later.

Notes: Curative effects will be surely achieved whenever *Bo Nao Dan* is used to treat toothache due to wind-heat. Usually, the pain is stopped immediately. In the course of treatment, food pungent in flavour should be avoided.

Prescription 2:

Recipe: *San Gen San*

Ingredients:

|   |      |
|---|------|
| <i>Longdancao</i> (Radix Gentianae)         | 15 g |
| <i>Xianhecao</i> (Radix Agrimoniae)         | 15 g |
| <i>Ebushicao</i> (Radix Centipedae)         | 15 g |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)    | 1 g  |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 1 g  |
| <i>Mabiancao</i> (Herba Verbenae)           | 16 g |

Preparation: Grind the above drugs together into a fine powder and keep it in a sterilized glass bottle for future use.

Application: Tuck about 0.3 g of the powder into the cavity or around a painful tooth, and repeat it 30 minutes later if the pain is not stopped.

Notes: *San Gen San* is indicated for toothache due to many other causes besides wind-heat. In the course of treatment, food pungent in flavour, smoking or drinking should be avoided.

Prescription 3:

Recipe: *Zhu Ye Gao*

Ingredients:

|   |       |
|---|-------|
| <i>Xian Zhuye</i> (fresh Folium Bambosae)     | 300 g |
| <i>Shengjiang</i> (Rhizoma Zingiberis Recens) | 120 g |
| <i>Jingyan</i> (refined salt)                 | 180 g |

Preparation: Wash *Xian Zhuye* clean, soak it in 800 ml. of water in an earthenware pot for 15 minutes, boil it on a strong fire, decoct it on a gentle fire until 500 ml. of decoction is left, filter out the dregs to get the decoction, and pour the decoction into a clean container. *Shengjiang* is washed clean, pounded in a clean container into a pulp and wrapped in a piece of 2 layers of sterile gauze. This gauze with the pulp in it is kneaded and rubbed and pressed again and again to get its juice. The juice is filtered and added to the decoction. Pour this decoction into a pot after it has been washed clean. Boil it on a gentle fire until the decoction concentrated into 300 ml., mix this concentrated decoction with *Jingyan*, and decoct it again until an ointment is formed in the pot. Take the pot away from the fire and let it cool down. Then collect the ointment in the pot and stir it evenly in a mortar. Keep this ointment, called *Zhu Ye Gao*, in a sterilized glass bottle and seal the bottle up.

Application: Tuck about 0.5 g of the ointment into the cavity of the painful tooth,

and repeat it 2 hours later if the pain is not stopped.

Notes: In the course of treatment, food pungent in flavour, smoking and drinking should all be avoided.

## 2. Toothache due to the stomach-fire

### Main Symptoms:

Marked by severe toothache, severe swelling of the gum referring to the cheek even with pus and blood oozing out of the gum, headache, thirsty with strong desire for drinks, foul breath, constipation, yellow and thick tongue coating, and full and rapid pulse.

### Method of Treatment:

To clear heat from the stomach, cool the blood and relieve pain.

### Prescription 1:

#### Number 1:

Recipe: *Huang Qin Ye*

#### Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Huangqin</i> (Radix Scutellariae)  | 45 g |
| <i>Xuanshen</i> (Radix Scrophulariae) | 15 g |
| <i>Zihuadiding</i> (Herba Violae)     | 15 g |
| <i>Jinyinhua</i> (Flos Lonicerae)     | 30 g |
| <i>Bohe</i> (Herba Menthae)           | 10 g |

Preparation: Soak the above drugs in 500 ml. of water in an electric heating cup, heat them until 5 minutes after the water boils, leave it there for 10 minutes after the electricity is cut off. Cover the cup with a lid and filter out the dregs to get the decoction.

Application: When the decoction turns warm, use about 100 ml. of it to rinse the mouth repeatedly. If the pain is not stopped, try treatment Number 2.

#### Number 2:

Recipe: *Bai Zhi San*

#### Ingredients:

|   |       |
|---|-------|
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 3 g   |
| <i>Bingpian</i> (Borneolum Syntheticum)   | 0.5 g |

Preparation: Grind *Baizhi* into a fine powder, grind it again together with *Bingpian* into a very fine powder and keep it in a sterilized glass bottle which is sealed up.

Application: After rinsing the mouth with the decoction of *Huang Qin Ye*, wrap 0.3 g of the powder in a small piece of sterile absorbent cotton and tuck it into the nostril of the affected side.

### Prescription 2:

#### Number 1:

Recipe: *Wu Bei Zi Shu Kou Ye*

#### Ingredients:

|                                  |       |
|----------------------------------|-------|
| <i>Wubeizi</i> (Galla Chinensis) | 3 g   |
| <i>Xionghuang</i> (Realgar)      | 1.5 g |

**Preparation:** Grind the above 2 drugs together into a fine powder, put it into a cup, infuse it with about 100 ml. of boiling water, stir it evenly with a spoon and wait until the water with the powder turns warm.

**Application:** Ask the patient to rinse with the warm water containing the drug powder, but the drug is not to be swallowed. If the pain is not stopped, try treatment Number 2.

Number 2:

**Recipe:** *Ba Dou Da Suan Gao*

**Ingredients:**

*Badou* (Fructus Crotonis) 1 grain

*Dasuan* (Bulbus Allii) 1 bulb

**Preparation:** Wash the 2 drugs clean and pound it in a clean mortar into a pulp.

**Application:** Wrap a little of the pulp in a small piece of sterile absorbent cotton and tuck it into the ear on the affected side. Dressing change is to be made 3 times, with an 8-hour interval.

**Prescription 3:**

Number 1:

**Recipe:** *Shi Gao Shu Ye*

**Ingredients:**

*Shigao* (Gypsum Fibrosum) 30 g

*Xixin* (Herba Asari) 9 g

**Preparation:** Put *Shigao* into a small iron pot, boil it in 500 ml. of water for 20 minutes, decoct it together with *Xixin* for 10 minutes, and filter out the dregs to get the decoction.

**Application:** When the decoction is warm, it is used to rinse the mouth. If this fails to stop the pain, try treatment Number 2.

Number 2:

**Recipe:** *Zhang Peng San*

**Ingredients:**

*Zhangnao* (Camphora) 9 g

*Pengsha* (Borax) 9 g

*Xuanmingfen* (Natrii Sulfas Exsiccatus) 9 g

*Daqingyan* (Halitum) 9 g

**Preparation:** Grind the above drugs together into a very fine powder and keep it in a small sterile glass bottle for future use.

**Application:** Put about 0.5 g of the powder into the cavity of a decayed tooth or apply it to the painful tooth.

**Notes:** Toothache is due to many causes. When the pain is relieved, best efforts should be made to search for and eliminate its cause.

With the effects of clearing heat, purging fire, subduing swelling and relieving pain, all the above 6 prescriptions are indicated for toothache and swelling of the gum due to stomach-fire. They can be applied not only individually but also



integratedly. For example, *Huang Qin Ye* may be used together with *Ba Dou Da Suan Gao* or *Zhang Peng San*. Generally speaking, drugs for rinsing are used in combination with powder or paste. Preparations in the same form are not used in combination with each other.

In the course of treatment, food pungent in flavour, smoking and drinking should all be avoided, heavy food is not advisable.

### 3. Toothache due to fire of deficiency type

#### Main Symptoms:

Marked by dull or slight aching of a tooth; slight swelling of a slightly red gum; gingival atrophy and a loose and weak tooth both due to protracted toothache; the aching becoming severe in the afternoon; general symptoms such as soreness and weakness of the loins and knees, dizziness, dim eyesight, red and delicate tongue, and thready, rapid pulse.

#### Method of Treatment:

To nourish *Yin* in order to reduce fire and relieve pain.

#### Prescription 1:

##### Number 1:

Recipe: *Jia Wei Yu Nu Jian*

#### Ingredients:

|  |      |
|--|------|
| <i>Shudihuang</i> (Radix Rehmanniae Preparata) | 18 g |
| <i>Niuxi</i> (Radix Achyranthis Bidentatae)    | 10 g |
| <i>Shigao</i> (Gypsum Fibrosum)                | 30 g |
| <i>Zhimu</i> (Rhizoma Anemarrhenae)            | 10 g |
| <i>Maidong</i> (Radix Ophiopogonis)            | 10 g |
| <i>Daizheshi</i> (Ochra Haematitum)            | 30 g |

Preparation: Soak the above drugs in 500 ml. of water in an earthenware pot for 20 minutes, decoct it on a gentle fire until 15 minutes after the water boils, and filter out the dregs to get the decoction.

Application: Rinse the mouth with the decoction when it is warm and then apply preparation Number 2 *Xi Xin San*.

##### Number 2:

Recipe: *Xi Xin San*

#### Ingredients:

|                            |      |
|----------------------------|------|
| <i>Xixin</i> (Herba Asari) | 9 g  |
| <i>Zhangnao</i> (Camphora) | 15 g |

Preparation: Grind the 2 drugs together into a very fine powder, put it into a small clean porcelain jar. Cover the jar tightly with a lid, seal it up with forged gypsum for air insulation. Heat it with a gentle fire for about 20 minutes until the powder in it is fully sublimated. When the jar cools down, uncover it, scrape the sublimate on its inner surface, and keep it in a small sterile glass bottle for use.

Application: Tuck 0.3 g of the sublimate into a painful tooth, and this is to be repeated 4 times daily.

## Prescription 2:

Number 1:

Recipe: *Hua Jiao Shu Kou Ye*

Ingredients:

*Huajiao* (Pericarpium Zanthoxyli) 10 g*Jucaizi* (Semen Allii Tuberosi) 10 g

Preparation: Decoct the 2 drugs in 300 ml. of water in an earthenware pot on a gentle fire until about 200 ml. of decoction is left and filter out the dregs to get the decoction, and then filter it with a piece of 2 layers of sterile gauze.

Application: When the decoction cools down, rinse the mouth with it, 5 times daily. Be sure not to swallow down the decoction.

Number 2:

Recipe: *Xiong Huang Hua Jiao San*

Ingredients:

*Xionghuang* (Realgar) 9 g*Huajiao* (Pericarpium Zanthoxyli) 6 g*Xixin* (Herba Asari) 6 g*Gaoliangjiang* (Rhizoma Alpiniae Officinarum) 6 g*Bohe* (Herba Menthae) 4 g*Bingpian* (Borneolum Syntheticum) 0.6 g

Preparation: Grind the first 5 drugs together into a fine powder. Then grind it again with *Bingpian* into a very fine powder, and keep it in a sterile glass bottle and seal the bottle up.

Application: Nasal mucus is removed first, inhale 0.3 g or so of the very fine powder into the nasal cavity on the affected side.

Prescription 3:

Recipe: *Bi Bo San*

Ingredients:

*Bibo* (Fructus Piperis Longi) 10 g*Xixin* (Herba Asari) 6 g*Huajiao* (Pericarpium Zanthoxyli) 3 g*Baizhi* (Radix Angelicae Dahuricae) 3 g*Bingpian* (Borneolum Syntheticum) 1 g*Huanglian* (Rhizoma Coptidis) 3 g*Hujiao* (Fructus Piperis) 3 grains*Gaoliangjiang* (Rhizoma Alpiniae Officinarum) 3 g

Preparation: Grind the above drugs together into a very fine powder, mix them with 100 ml. of 75% alcohol in a sterile glass bottle and stir them evenly with a sterile glass stick. Then seal up the bottle.

Application: Soak one sterile absorbent cotton ball in the medicated alcohol and ask the patient to hold it tightly between his painful tooth and the corresponding one for 10 minutes.

#### COMPLETE EXTERNAL THERAPIES OF CHINESE DRUGS

Notes: In the course of treatment, food pungent in flavour, smoking and drinking should all be avoided, and attention should be paid to mouth hygiene.

Corresponding measures should be taken to control general symptoms existing along with the toothache. Toothache of the aged, the middle-aged or those with a history of coronary heart disease shouldn't be treated just with a method relieving pain. What should be done first is to exclude coronary heart disease.

**Volume Five**  
**MEDICINE, GYNECOLOGY**  
**AND PEDIATRICS**

*Written by: You Ke, Wang Xuhong*  
*Translated by: Xu Xiangcai*

# 1. Medical Diseases

## 1.1 Diseases of the Respiratory System

### 1.1.1 Bronchitis

Usually seen in winter and spring and mainly marked by coughing and expectoration in clinical practice, bronchitis is an inflammation of the bronchus due to infection of bacterium or virus, physical or chemical irritation or allergic reaction. It falls into two categories: acute and chronic. The former tends to attack people at any age, while the latter, adults. TCM includes it, acute or chronic, in the category of *Ke Sou*, *Tan Yin* or *Chuan Zheng*.

#### Etiology and Pathogenesis

The cause of this disorder could be either of the following two factors:

1. When the six external etiological factors invade the body through the mouth, nose and sweat pores, they would attack the lung to impair its purifying and descending functions.
2. When other viscera fail to perform their function normally, the lung would be involved and its *Qi* would not be able to flow freely.

#### Clinical Manifestations

Acute bronchitis is marked by: a sudden onset; general symptoms such as fever, aversion to cold and general ache; coughing as the main symptom which is manifested at first as a dry cough and itching throat, 1-2 days later as a cough first with a little sticky or thin sputum then with yellowish purulent sputum; the fever which usually retires 3-5 days later; the cough which would retreat about 1 week or so, usually not exceeding 1 month.

Chronic bronchitis is marked by: protracted and intermittent cough with gasp and either whitish watery or mucoid sputum, or yellowish purulent or whitish stichy sputum which tends to recur in autumn and winter, becomes severe in the morning and night and lasts at least more than 2 months; fever maybe due to secondary infection; higher total count of the leukocytes and higher percentage of the neutrophilic granulocytes found out in blood examination; pulmonary emphysema maybe due to protracted severe bronchitis.

#### Differentiation and Treatment

##### 1. Coughing of cold type

##### Main Symptoms:

Marked by coughing with whitish watery sputum, stuffy nose with watery nasal discharge, aversion to cold, aching of the limbs, a pale tongue with thin whitish coating, and a floating pulse.

**Method of Treatment:**

To facilitate the flow of lung-*Qi*, dispel cold, resolve phlegm and relieve coughing.

**Prescription 1:**

**Ingredient:**

*Baijiezi* (Semen Sinapis Albae)

15 g

**Preparation:** Grind the drug into a fine powder and mix it with a proper amount of egg white into an ointment.

**Application:** Divide the ointment into 6 portions. Take 2 portions each time and spread them respectively on 2 pieces of round plastic film 3 cm in diameter. Stick this pieces of film to the acupoint Yongquan (KI 1) at the centre of both soles, fix them with adhesive plaster, and remove them when local burning-pain occurs. The process is to be repeated 2-3 times daily.

**Notes:** With the effects of relieving cough and abating fever, this prescription is indicated for acute bronchitis. In case of high fever, severe cough and plenty of sputum, oral Chinese drugs or antibiotics should be added. Besides, *Baijiezi* is a little irritating, and its ointment shouldn't be kept on the skin too long. If the skin becomes red and congested due to the application of the ointment, just stop the application temporarily. It will turn to normal naturally in 1-2 days, and then, resume the application.

**Prescription 2:**

**Ingredients:**

*Dingxiang* (Flos Caryophylli)

0.5 g

*Rougui* (Cortex Cinnamomi)

5 g

*Mahuang* (Herba Ephedrae)

0.5 g

*Cangerzi* (Fructus Xanthii)

3 g

*Baijiezi* (Semen Sinapis Albae)

3 g

*Banxia* (Rhizoma Pinelliae)

3 g

**Preparation:** Parch *Baijiezi* slightly yellow, grind it together with all the other drugs into a fine powder, mix the powder with a proper amount of 75% alcohol into a paste, and keep the paste in a bottle which is sealed up for future use.

**Application:** Apply a proper amount of the paste to the acupoint Shenque (RN 8) with the navel fully covered. Fix it with a round piece of adhesive plaster. Dressing change is to be made once every 48 hours. But in case a local burning sensation or pain occurs the paste should be removed and the part washed clean. The treatment can be continued only after 48 hours. Dressing change is to be made 10 times in 1 course of treatment and 3 courses are needed in this prescription. There might be an interval of 5-7 days between 2 courses.

**Notes:** With the effects of resolving phlegm, stopping cough and relieving asthma, this prescription is indicated for simple or certain asthmatic type of chronic bronchitis and cough of cold type not complicated by secondary infection. Before the paste is applied, the umbilical region should be washed clean, and the fine hair around the navel scraped off. If a patient is sensitive to the adhesive plaster with zinc oxide, use

4-6 layers of gauze to cover the paste on the navel, and bandage it up.

**Prescription 3:**

**Ingredients:**

|   |      |
|---|------|
| <i>Zhi Fuzi</i> (Radix Aconiti Preparata) | 60 g |
| <i>Rougui</i> (Cortex Cinnamomi)          | 60 g |
| <i>Ganjiang</i> (Rhizoma Zingiberis)      | 60 g |
| <i>Shannai</i> (Rhizoma Kaempferiae)      | 10 g |

**Preparation:** Grind the above drugs together into a fine powder and keep it in a bottle for future use.

**Application:** Ask the patient to lie on his back, press and knead his acupoint Feishu (BL 13) on one side with the palmar surface of one of your thumbs for about half a minute until local flush appears, spread 2 g of the powder even and round on the acupoint, and, cover the powder with a small piece of round adhesive plaster. Do the same on the same acupoint on the other side. Dressing change is to be made every 48 hours and 7 times of it constitute 1 course of treatment.

**Notes:** With the effects of dispelling cold, resolving phlegm and stopping cough, this prescription is indicated for both acute and chronic bronchitis but contraindicated for cough of heat type marked by cough accompanied by yellow thick sputum, thirst, yellowish tongue coating and rapid pulse. The applied powder can be removed ahead of the prescribed time if local burning sensation or pain happens to occur. No measure needs to be taken if small red papulae appear on the skin. They will disappear automatically 1-2 days later. Then, the treatment can be continued except that dressing change can be made sooner than usual.

**2. Coughing of heat type**

**Main Symptoms:**

Marked by coughing, a choking sensation in the chest which may be accompanied by asthma, sticky or yellowish thick sputum hard to expectorate, thirst, fever, a red tongue with yellowish coating, and a floating rapid or slippery rapid pulse.

**Method of Treatment:**

To clear heat, resolve phlegm, promote the flow of the lung-*Qi* and stop coughing.

**Prescription 1:**

**Ingredients:**

|                                      |      |
|--------------------------------------|------|
| <i>Baifan</i> (Alumen)               | 30 g |
| <i>Qianniuzi</i> (Semen Pharbitidis) | 15 g |

**Preparation:** Grind the above 2 drugs together into a fine powder, mix it evenly with 20 g of flour and keep it in a bottle for future use.

**Application:** Before bed time in the evening, mix 6 g of the powder with a proper amount of vinegar into a thick paste. Spread the paste on 2 pieces of round plastic film 3 cm in diameter. Stick the 2 pieces respectively to the acupoint Yongquan (KI 1) at the centre of each sole and fix them with adhesive plaster or bandage. Remove the applied pieces the next morning. Dressing change is to be made every 24 hours and 5 applications constitute 1 course of treatment.

Notes: With the effects of reducing inflammation, abating fever, stopping cough and relieving asthma, this prescription is indicated for cough of heat type due to acute or chronic bronchitis. On rare occasions, bluish black pigmentation on the skin where the paste has been applied would appear. It would return to normal without any treatment in 3-5 days.

### 1.1.2 Bronchial Asthma

Seen in people at any age group, especially in children below 12 years old, bronchial asthma is a common disease due to allergic reaction of bronchi. It is included in the category of *Xiao Zheng* in TCM.

#### Etiology and Pathogenesis

Dysfunction of the lung, spleen and kidney due to weak constitution leads to endogenous phlegm. Exogenous pathogen, improper diet and over-fatigue cause the phlegm to block air passages. When the air passages are blocked, the lung-*Qi* cannot flow freely. When the lung-*Qi* cannot flow freely, the purifying and descending function of the lung will be disordered, and bronchial asthma results in the end.

#### Clinical Manifestations

Marked by a sudden onset, or asthma which occurs and develops step by step after the appearance of certain symptoms such as aversion to cold, fever, sneezing, itching nose and larynx, coughing or chest distress, abdominal distension and irritability; dyspnea with prolonged exhalation, rales, cough, and mucoid or watery sputum hard to expectorate; the asthma tending to be relieved temporarily after expectoration of the sputum; inability of the patient to lie in the horizontal position, dysphoria and cyanosis of the face and lips, all of which are due to severe asthma; the asthma induced by one time of attack maybe lasting several minutes, hours or even days.

#### Differentiation and Treatment

##### 1. Asthma of cold type

##### Main Symptoms:

Marked by attack usually in cold seasons or due to affection by wind-cold; dyspnea with rales, cough and whitish foamy watery sputum; pale complexion; cold extremities; pale tongue with whitish, slippery coating; deep and taut or taut and tense pulse.

##### Method of Treatment:

To facilitate the flow of the lung-*Qi*, dispel cold, resolve phlegm and relieve asthma.

##### Prescription 1:

##### Ingredients:

|   |      |
|---|------|
| <i>Baijiezi</i> (Semen Sinapis Albae)         | 21 g |
| <i>Yanhusuo</i> (Rhizoma Corydalis)           | 21 g |
| <i>Xixin</i> (Herba Asari)                    | 21 g |
| <i>Gansui</i> (Radix Euphorbiae Kansui)       | 12 g |
| <i>Shengjiang</i> (Rhizoma Zingiberis Recens) | 50 g |



**Preparation:** *Baijiezi* is parched slightly yellow, grind it together with *Yanhusuo*, *Xixin* and *Gansui* into a fine powder and divide the powder into 3 portions. *Shengjiang* is pounded into pulp and pressed to obtain its juice. Mix 1 portion of the powder with the juice into a paste.

**Application:** Spread the paste on 6 pieces of round plastic film 5 cm in diameter. Stick these pieces on the acupoints Feishu (BL 13), Xinshu (BL 15) and Geshu (BL 17) on two sides of the back, fix them respectively with adhesive plaster, and have them removed usually after 2-3 hours. The time of its removal could be before that when local burning sensation or pain occurs; and 1-2 hours later than that when itching and hot comfortable sensation occurs. This treatment is to be performed 3 times, with an interval of 10 days.

**Notes:** In the course of treatment, small papulae may appear on the skin in some cases, which would do no harm and no need to treat them particularly.

148 cases of bronchial asthma have been treated with this prescription for 1-3 years at China Institute of TCM with the effective rate reaching 80%.

**Prescription 2:**

**Ingredients:**

|                                       |      |
|---------------------------------------|------|
| <i>Mahuang</i> (Herba Ephedrae)       | 15 g |
| <i>Xixin</i> (Herba Asari)            | 4 g  |
| <i>Cangerzi</i> (Fructus Xanthii)     | 4 g  |
| <i>Yanhusuo</i> (Rhizoma Corydalis)   | 4 g  |
| <i>Dingxiang</i> (Flos Caryophylli)   | 3 g  |
| <i>Wuzhuyu</i> (Fructus Evodiae)      | 3 g  |
| <i>Baijiezi</i> (Semen Sinapis Albae) | 3 g  |
| <i>Rougui</i> (Cortex Cinnamomi)      | 3 g  |

**Preparation:** Grind the above drugs together into a very fine powder and keep it in a bottle and seal it up for later use.

**Application:** Wrap 2-3 g of the powder in a thin piece of absorbent cotton so as to make it take the shape of a ball, tuck the ball into the umbilical hole and cover the hole with a piece of adhesive plaster. Dressing change is to be made every other day. 10 days constitute 1 course of treatment and 3 courses are usually carried out successively without any interval.

**Notes:** Once itching occurs on the umbilical region, the cotton ball with the powder in should be removed. When the itching disappears, a new ball could be used.

When bronchial asthma is complicated by severe infection of the lung, measures should be taken to control the infection, and other treatments should be adopted.

**2. Asthma of heat type**

**Main Symptoms:**

Marked by noisy breathing with rales, yellowish thick sputum, a thirst for cold drink, fever, sweating, a red tongue with yellowish greasy coating, and a slippery, rapid pulse.

**Method of Treatment:**

To clear heat, resolve phlegm, facilitate the flow of the lung-*Qi* and relieve asthma.

**Prescription 1:**

**Ingredients:**

|  |      |
|--|------|
| <i>Taoren</i> (Semen Persicae)           | 10 g |
| <i>Xingren</i> (Semen Armeniacae Amarum) | 10 g |
| <i>Zhizi</i> (Fructus Gardeniae)         | 10 g |
| <i>Baihuja</i> (Fructus Piperis)         | 2 g  |
| <i>Nuomi</i> (Semen Oryzae Glutinosae)   | 10 g |

**Preparation:** Grind the above drugs together into a fine powder and mix it with a proper amount of egg white into a paste.

**Application:** Spread the paste on 2 pieces of round oil paper 4 cm. in diameter. Stick this 2 pieces of paper to the acupoint Yongquan (KI 1) at the centre of each sole and remove them 12-20 hours later. Dressing change is to be made daily or every other day.

**Prescription 2:**

**Ingredient:** one garden balsam with the root, stem, leaf, flower and seed.

**Preparation:** Wash the balsam clean, pound it into pulp, and knead, rub and press it for its juice. Boil the juice in an earthenware pot.

**Application:** When the juice is warm, dip a piece of absorbent cotton into it. Rub the back of the patient with this cotton piece from the 1st thoracic vertebra to the 12th one, first along the spine then along the 2 lines on the 2 sides of, and 5 cm away from, the spine until the skin is slightly red. Treatment is to be repeated every 2 days.

**Notes:** If the treatment is carried out in winter, use a warmer juice and measures should be taken to protect the patient from cold. Besides, the back of the patient is washed clean with warm water when the rubbing is over.

All the prescriptions introduced above are indicated for mild or moderate cases of bronchial asthma of infective type, inhaling type and mixed type. They may be used as an adjuvant means for treating constant asthma. When bronchial asthma is complicated by severe infection, pulmonary heart disease or other severe syndromes, other therapeutic methods should be used in addition to the external one with Chinese drugs.

### 1.1.3 Pneumococcus Pneumonia

Pneumococcus pneumonia is the acute infection of the lung due to *Diplococcus pneumoniae*. It usually occurs in winter or early spring. Young people tend to be its victims. TCM includes this disorder in the category of *Ke Sou*, *Chuan Zheng* or *Feng Wen*.

#### Etiology and Pathogenesis

When a sudden change of weather, overstrain, being caught in the rain, or exposure to cold has had both the vital-*Qi* and the lung-*Qi* weakened, if exogenous wind-heat invades the body, or exogenous wind-cold invaded the body and has turned into heat, this disease will brought about as a result.

**Clinical Manifestations**

Marked by a usual sudden onset; a history of upper respiratory tract infection in part of cases; shiver followed by fever, a body temperature of 39-40°C, headache, weakness, aching of muscles, chest pain, tachypnea, and hacking cough; the cough marked by irritable tussiculation which is followed by coughing first with whitish mucoid sputum then with thick-bloody or rusty sputum; digestive tract symptoms in part of cases such as nausea, vomiting, diarrhea, and abdominal distension; infectious shock maybe happening in severe cases within a short time; higher count of white blood cells and higher percentage of neutrophilic granulocytes tending to be found out in blood examination.

**Differentiation and Treatment**

External therapy with Chinese drugs is advisable for the early and middle stages of this disease without any complications.

**1. Type of the lung attacked by pathogens (initial stage)****Main Symptoms:**

Marked by shiver, fever, aching of muscles, cough, whitish or slightly yellowish sputum, chest distress or dull pain, thirst, a red margin of the tongue, thin whitish or thin yellowish tongue coating, and a floating and rapid pulse.

**Method of Treatment:**

To facilitate the flow of the lung-*Qi*, resolve phlegm and stop cough.

**Prescription:****Ingredient:**

*Baijiezi* (Semen Sinapis Albae)

15 g

Preparation: Grind the drug into a fine powder and mix it with 5 g of flour and a proper amount of boiled water into a paste.

Application: Divide the paste into 3 portions, apply them respectively to the skin where acupoints Feishu (BL 13) and Danzhong (RN 17) are located after these acupoints have been washed clean and smeared with sesame oil, cover them respectively with pieces of 4-6 layers of sterile gauze, and fix the gauze with adhesive plaster. Remove them when a burning sensation is induced. Finally, wash the skin clean with soap and water. The treatment is to be repeated every 12 hours.

Notes: With the effects of abating fever, stopping cough and reducing inflammation, this prescription is indicated for pneumococcus pneumonia at its initial stage. If the infection becomes severe, oral Chinese drugs and antibiotics should be added.

**2. Type of phlegm-heat accumulated in the lung (middle stage).****Main Symptoms:**

Marked by fever, thirst, coughing, chest pain, yellowish thick or rusty sputum, shortness of breath, dark urine, a reddened tongue with yellowish coating, a full or slippery rapid pulse.

**Method of Treatment:**

To clear heat, resolve phlegm, abate fever, stop cough.

**Prescription 1:**

**Ingredients:**

|                                  |      |
|----------------------------------|------|
| <i>Zhizi</i> (Fructus Gardeniae) | 90 g |
| <i>Taoren</i> (Semen Persicae)   | 9 g  |
| <i>Baifan</i> (Alumen)           | 9 g  |

**Preparation:** Grind the above drugs together into a fine powder and mix it with a proper amount of vinegar into a paste.

**Application:** Divide the paste into 7 portions and spread them respectively on 7 pieces of round oil paper 3 cm in diameter. Stick these pieces respectively on the acupoints Feishu (BL 13), Geshu (BL 17), Xinshu (BL 15) and Danzhong (RN 17), and fix them respectively with adhesive plaster. Dressing change is to be made every 12 or 24 hours.

**Notes:** With the effects of reducing inflammation, abating fever and resolving phlegm, this prescription is indicated for pneumococcus pneumonia at its initial or middle stage. If its symptoms are severe, oral Chinese drugs and antibiotics should also be given.

**Prescription 2:**

**Ingredients:**

|                                    |      |
|------------------------------------|------|
| <i>Qianniuzi</i> (Semen Pharbitis) | 15 g |
| <i>Baifan</i> (Alumen)             | 30 g |

**Preparation:** Grind the above 2 drugs together into a fine powder, mix it with 20 g of flour and keep it in a bottle for future use.

**Application:** Before bed time in the evening, mix 6 g of the powder with a proper amount of vinegar into a paste. Spread it respectively on 2 pieces of round oil paper 3 cm in diameter and stick them respectively on the acupoint Yongquan (KI 1) at the centre of either sole and remove them the next morning. Dressing change is to be made every 24 hours. 5 applications constitute 1 course of treatment.

**Notes:** This prescription is indicated for cough with sputum due to pneumonia of every kind. When there are severe symptoms, other therapeutic measures should be also taken.

### 1.1.4 Pleuritis

Pleuritis is the inflammation of both the parietal and visceral pleurae due to contusion of the chest wall, pulmonary pathologic changes, general infection of every kind and pathologic changes of the connective tissue. It is included in the category of *Xiong Tong* or *Xuan Yin* in TCM.

#### **Etiology and Pathogenesis**

Pleuritis is due to exogenous pathogenic factors such as wind, cold, summer-heat, dampness, dryness and fire and disorder of the lung, spleen and kidney.

#### **Clinical Manifestations**

Dry pleuritis is marked by its sudden onset with mild or severe symptoms such as aversion to cold, fever, dry cough, prickling-like chest pain worsened by deep

breathing, superficial and short breath, limited respiratory movement of the affected side, local tenderness, lowered respiratory sound, and localized and constant sound due to pleural friction.

As the disease develops, chest fluid may be formed while chest pain would be relieved or disappear and in case of secondary pyogenic infection pyothorax may occur.

### **Differentiation and Treatment**

Generally speaking, external therapy with Chinese drugs is only suitable for dry pleuritis.

Method of Treatment:

To regulate the flow of *Qi* and relieve pain.

Prescription:

Ingredient:

*Xiangfu* (Rhizoma Cyperi)

30 g

Preparation: Grind the drug into a fine powder and mix it with a proper amount of vinegar into a paste.

Application: Apply the paste evenly to the affected part, cover it with a piece of sterile gauze and fix it with adhesive plaster. Dressing change is to be made daily.

Notes: This prescription is particularly good at relieving chest pain. While it is administered, oral Chinese drugs should also be given, or take other therapeutic measures to shorten the course of the disease.

## **1.2 Diseases of the Digestive System**

### **1.2.1 Stomach-ache**

This disorder, characterized by frequent pain at the middle part of the epigastrium, is usually due to acute or chronic gastritis, gastroduodenal ulcer, carcinoma of stomach, gastroneurosis and prolapse of gastric mucosa.

#### **Etiology and Pathogenesis**

Stomach-ache is usually caused by the stomach attacked by hyperactive liver-*Qi* due to emotional disorders or the impairment of the spleen and stomach due to improper diet, or weakness of the spleen and stomach.

#### **Clinical Manifestations**

Marked by a distending, stabbing or vague pain of the stomach accompanied by distension and fullness of the abdomen, eructation with fetid odor, acid regurgitation, nausea, vomiting, anorexia, irregular bowel movement, listlessness, acratia and emaciation with a sallow complexion.

### **Differentiation and Treatment**

#### **1. Stomach-ache of heat nature**

Main Symptoms:

Marked by a feeling of fullness, calor internus and pain of the stomach which may be accompanied by irritability, dry mouth, bitter taste, gastric discomfort, acid regurgitation, a reddened tongue with yellowish coating, and a taut rapid or slippery rapid pulse.

Method of Treatment:

To clear heat, regulate the flow of the stomach-*Qi* and relieve pain.

Prescription 1:

Ingredients:

|   |      |
|---|------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)        | 30 g |
| <i>Xuanmingfen</i> (Natrii Sulfas Exsiccatus) | 30 g |
| <i>Zhizi</i> (Fructus Gardeniae)              | 30 g |
| <i>Xiangfu</i> (Rhizoma Cyperi)               | 30 g |
| <i>Yujin</i> (Radix Curcumae)                 | 30 g |
| <i>Huashi</i> (Talcum)                        | 60 g |
| <i>Gancao</i> (Radix Glycyrrhizae)            | 15 g |
| <i>Huangqin</i> (Radix Scutellariae)          | 15 g |

Preparation: Grind the above drugs together into a fine powder and keep it in a bottle for future use.

Application: Mix 30 g of the powder with some ginger juice prepared with 30 g of *Shengjiang* (Rhizoma Zingiberis Recens) (and a proper amount of boiled water if necessary) into a paste. Apply the paste to the acupoint Zhongwan (RN 12), then cover it with a piece of sterile gauze and fix the gauze with a piece of adhesive plaster. Remove it when the pain is relieved.

Notes: With the effects of clearing heat, regulating the stomach, soothing the liver and relieving pain, this prescription is indicated for stomach-ache due to acute or chronic gastritis and gastroduodenal ulcer with the above symptoms of heat nature. It may be used together with other oral Chinese drugs.

Prescription 2:

Ingredient:

|  |      |
|--|------|
| <i>Xian Maoliang</i> (fresh buttercup) | 20 g |
|--|------|

Preparation: The drug is washed clean, pounded into pulp and mixed with 2 g of brown sugar into an ointment.

Application: Put the ointment into 2 rubber bottle lids 1 cm in diameter. Cover the acupoints Weishu (BL 21) and Shenshu (BL 23) respectively with the lids containing the ointment and fix them with adhesive plaster. Remove them when a burning sensation occurs about 5 minutes later.

Notes: This prescription is indicated for stomach-ache due to gastroduodenal ulcer with the symptoms of both heat and cold nature.

In case a blister appears on the skin after the ointment is applied, usually it will disappear automatically without any treatment in 3-4 days. If the blister is too big, prick it with a sterilized needle, smear some gentian violet and cover it with a piece of sterile gauze.

## 2. Stomach-ache of cold nature

## Main Symptoms:

Marked by a vague pain of the stomach which would be relieved by warmth but worsened by cold or pressure, anorexia or vomiting of clear water, listlessness, acratia, thinner stools, a pale tongue with white coating, and a deep thready weak pulse.

## Method of Treatment:

To warm the stomach; dispel cold and relieve pain.

## Prescription 1:

## Ingredients:

|   |      |
|---|------|
| <i>Chuanwu</i> (Radix Aconiti)            | 10 g |
| <i>Caowu</i> (Radix Aconiti Kusnezoffii)  | 10 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 12 g |
| <i>Baiji</i> (Rhizoma Bletillae)          | 12 g |

Preparation: Grind the above drugs together into a fine powder, mix it with 30 g of flour evenly and make it into a medicinal pancake with a proper amount of boiled water.

Application: Stick this pancake to the part between the acupoint Shangwan (RN 13) and the acupoint Xiawan (RN 10); cover it with a piece of gauze of 4 layers, fix the gauze with adhesive plaster, and remove it 8 hours later. Dressing change is to be made twice daily.

Notes: Stomach-ache due to acute or chronic gastritis and gastroduodenal ulcer with the symptoms of cold nature can be treated with this prescription. It may be used along with other oral medicines in order to bring cure sooner. With the pancake on, the patient should have a bed rest to prevent it from sliding and drapping off.

## Prescription 2:

## Ingredients:

|   |         |
|---|---------|
| <i>Shengjiang</i> (Rhizoma Zingiberis Recens) | 60 g    |
| <i>Congbai</i> (Bulbus Allii Fistulosi)       | 30 g    |
| <i>Mianfen</i> (flour)                        | 30 g    |
| <i>Jidanqing</i> (egg white)                  | 1 egg's |

Preparation: The first 2 drugs are pounded together into pulp. Mix it with the last 2 ones evenly, put it into a bowl, and steam it in a pot thoroughly.

Application: Take the prepared drug out from the bowl, wrap it in 1 layer of gauze and put it on the acupoint Zhongwan (RN 12), cover it with a piece of thick towel, press a hot-water bag on it, keep it there until the pain is relieved and slight perspiration occurs on the body, and then have it removed.

Notes: This prescription is indicated for stomach-ache due to acute or chronic gastritis and gastroduodenal ulcer with the symptoms of cold nature.

## Prescription 3:

## Ingredients:

|   |      |
|---|------|
| <i>Congbai</i> (Bulbus Allii Fistulosi) | 30 g |
|---|------|

|                                  |      |
|----------------------------------|------|
| <i>Wuzhuyu</i> (Fructus Evodiae) | 30 g |
| <i>Bohe</i> (Herba Menthae)      | 30 g |

Preparation: Cut the above drugs into bits, mix them with 30 ml. of vinegar, bake them on a fire until they are hot enough and wrap them in 1 layer of sterile gauze.

Application: Carry out a warm compress with the gauze holding the hot prepared drugs on the affected part until the pain is relieved.

Notes: With the effects of warming the stomach, dispelling cold and relieving pain, this prescription is more effective in relieving the kind of stomach-ache due to insufficiency of the spleen-Yang.

The drugs are baked until they are hot enough but not so hot as to scald the hand. When the parched drugs cool down, mix them with a proper amount of vinegar and bake them hot again (no more than 3 times).

Prescription 4:

Ingredient:

|                            |      |
|----------------------------|------|
| <i>Xixin</i> (Herba Asari) | 12 g |
|----------------------------|------|

Preparation: Grind the drug into a fine powder and mix it with a proper amount of glycerin into an ointment.

Application: Spread the ointment evenly on a 10 × 10 cm piece of sterile gauze of 4 layers. Stick the gauze to the part between the acupoint Shangwan (RN 13) and the acupoint Xiawan (RN 10) with the acupoint Zhongwan (RN 12) just beneath it, and fix it with adhesive plaster. Dressing change is to be made daily for 15-30 days.

Notes: This prescription is effective in relieving and controlling pain of the upper abdomen due to gastroduodenal ulcer with the symptoms of cold nature.

All the above prescriptions are effective mainly in relieving the pain of the stomach. During or after these treatments other therapeutic measures should be taken to eliminate the cause of the disease.

### 1.2.2 Gastropotosia

Gastropotosia refers to a morbid condition in which the stomach is dropping so low that the lesser curvature of the stomach is lower than the level of the line connecting the iliac crests on the two sides. The patients suffering from this disease are usually thin and tall persons. TCM includes it in the category of *Wei Huan*.

#### Etiology and Pathogenesis

Sinking of *Qi* of the middle-*Jiao*, disturbance of *Qi*'s ascending and descending, incoordination between the spleen and stomach and poor appetite on account of improper diet, emotional disorder or overstrain leads to emaciation and weakness of the muscles, causing this disease in the end.

#### Clinical Manifestations

Marked by severe or mild or even no symptoms; common symptoms such as abdominal distension which is often worsened after intake of food but relieved after the patient lies down horizontally, nausea, belching, aperiodic and rhythmic stomach-



ache, either constipation or diarrhea or alternately constipation and diarrhea; more strong arteriopalms palpable in the upper abdomen; possibly, other visceroptosis such as nephroptosis and hepatoptosis; the lowest point of the arc line of the lesser curvature of the stomach being lower than the line connecting the iliac crests on the two sides, which is found out in barium meal examination conducted when the patient is in the standing position.

### Differentiation and Treatment

#### 1. Type of sinking of *Qi* due to deficiency of the spleen

##### Main Symptoms:

Marked by a sallow complexion, listlessness, acratia, poor appetite, distension and fullness of the epigastrium or a splashing sound made in the abdomen, a thin and whitish tongue coating, and a slow weak pulse.

#### 2. Type of deficiency of the stomach-*Yin*

##### Main Symptoms:

Marked by a bitter taste, foul breath, thirst for drink, distention and fullness of the epigastrium, dry stools, a reddened tongue with little coating, and a thready rapid pulse.

##### Method of Treatment for the Above Two Types:

To supplement and lift *Qi*.

##### Prescription:

Recipe: *Bi Ma Wu Bei Zi Gao*

##### Ingredients:

*Bimaren* (Semen Ricini) 98 %

*Wubeizi* (Galla Chinensis) 2 %

Preparation: Grind *Wubeizi* into a fine powder and pound it together with *Bimaren* into a paste. The paste is made into flat pieces like small pancakes, each of them weighing 10 g, 1.5 cm in diameter.

Application: A small plot of hair around the acupoint Baihui (DU 20) is shaved. A flat piece of the drug is stuck tightly to the point Baihui, cover it with a piece of gauze and fix the gauze with a piece of bandage or adhesive plaster. Hot-compress is conducted on it for 15 minutes each time, 3 times daily, respectively in the morning, afternoon and evening. Dressing change is to be made every other day. 6 days constitute 1 course of treatment and 10 courses are prescribed. With an interval of 1 day between every 2 courses.

Notes: The acupoint Baihui is one commonly selected to treat visceroptosis. Application of the flat piece to it will have the effects of supplementing and lifting *Qi* and promoting muscular contraction.

The applied flat piece is hot-compressed up to the extent that a warm and hot sensation occurs but not painful, and there appears a strong tugging sensation in the abdomen, which is a sign of effectiveness.

In the course of treatment, the patient is asked to take a good rest, to do light work, to decrease water intake and to take frequent light meals.

This prescription is contraindicated for gastroparesis with haematemesis, dermatosis of head and pregnant women.

### 1.2.3 Vomiting

Vomiting refers to discharge of stomach content through the esophagus. As a symptom, it is due to many diseases such as acute gastritis, cardiospasm, pylorospasm, hepatitis, pancreatitis, certain acute infectious diseases and disorders of the brain.

#### Etiology and Pathogenesis

Exopathogens attacking the stomach, improper diet, emotional disorder, the liver-*Qi* attacking the stomach, phlegm stagnated in the interior or weakness of the spleen and stomach leads to dysfunction of the spleen and stomach and adverse rising instead of normal descending of the stomach-*Qi*, causing vomiting in the end.

#### Clinical Manifestations

Marked by other symptoms of the primary disease; nausea; discomfort, distension and fullness of the upper abdomen; symptoms due to vegetative nerve functional disturbance such as salivation; perspiration, palpitation and a pale complexion; vomiting with food and mucus in the initial stage; severe and repeated vomiting with bile and intestinal juice.

#### Differentiation and Treatment

##### 1. Vomiting of cold nature

##### Main Symptoms:

Marked by a slow onset and a long course, intermittent attack, vomiting of watery mucus or small amount of food, a pale complexion, listlessness, lassitude, a whitish tongue coating, and a weak pulse.

##### Method of Treatment:

To disperse cold, correct the adverse flow of the stomach-*Qi* and stop vomiting.

##### Prescription 1:

##### Ingredient:

*Wuzhuyu* (Fructus Evodiae)

10 g

Preparation: Grind the drug into a fine powder and mix it with about 10 ml. of vinegar or boiled water into a paste.

Application: Spread the paste on 2 pieces of round oil paper 3 cm in diameter. Stick these 2 pieces of paper to the acupoint Yongquan (KI 1) at the centre of each sole and fix them with adhesive plaster. Dressing change is to be made daily.

Notes: This prescription is indicated for vomiting due to acute or chronic gastritis, dyspepsia or gastroneurosis with the above symptoms. It is just an adjuvant therapy when vomiting is involved in some severe diseases such as acute infectious maladies, which should be treated mainly with other therapies.

##### Prescription 2:

##### Ingredients:

|   |      |
|---|------|
| <i>Baishao</i> (Radix Paeoniae Alba)    | 9 g  |
| <i>Hujiao</i> (Fructus Piperis)         | 2 g  |
| <i>Congbai</i> (Bulbus Allii Fistulosi) | 30 g |

Preparation: Spray 10 ml. of yellow rice wine on *Baishao* and stir it evenly, 5 minutes later, bake it dry and grind it into a powder. Pound *Hujiao* and *Congbai* into a pulp and mix it with the powder into a paste.

Application: Apply the paste in a round patch 5 cm in diameter to the acupoint Shangwan (RN 13) on the upper abdomen, cover it with a piece of sterile gauze and fix the gauze with adhesive plaster.

Notes: This prescription has the effects of warming the spleen and stomach to promote the flow of *Qi* and stop vomiting. Before the paste is applied, the upper abdomen is rubbed with a piece of hot towel. After the paste is applied, hot-compress with a hot-water bag may be carried out for 10 or more minutes, and bed rest should be taken.

## 2. Vomiting of heat nature

### Main Symptoms:

Vomiting of rancid food just after the intake of food, a dry mouth and tongue and a desire for cold drink, constipation, a yellow and greasy tongue coating, and a slippery rapid pulse.

### Method of Treatment:

To clear heat, correct the adverse flow of *Qi*, regulate the stomach and stop vomiting.

### Prescription 1:

#### Ingredient:

|                                      |             |
|--------------------------------------|-------------|
| <i>Xian Dilong</i> (fresh Lumbricus) | 8-10 pieces |
|--------------------------------------|-------------|

Preparation: Cut the drug into bits, wash it clean, mix it evenly with 10 g of white sugar into a paste. Mix the paste with a proper amount of flour into 2 round medicinal pancake-like pieces 2 cm in diameter.

Application: Stick the 2 round pieces on the acupoint Yongquan (KI 1) at the centre of each sole, cover them each with a piece of sterile gauze, fix them with adhesive plaster, and have them removed when the vomiting is stopped. Dressing change is to be made daily.

Notes: This prescription is indicated for vomiting of heat nature due to acute gastritis, dyspepsia, etc.

### Prescription 2:

#### Ingredient:

|                        |      |
|------------------------|------|
| <i>Baifan</i> (Alumen) | 12 g |
|------------------------|------|

Prescription: Grind the drug into a fine powder and mix it with 10 g of flour and a proper amount of either vinegar or boiled water into an ointment.

Application: Spread the ointment evenly on 2 pieces of round oil paper 3 cm in diameter. Stick the 2 pieces of paper on the acupoint Yongquan (KI 1) at the centre of each sole, fix them with adhesive plaster and have them removed when the

vomiting is stopped. Dressing change is to be made daily.

Notes: This prescription is particularly suitable for vomiting due to infantile dyspepsia which is hard to treat orally or doesn't respond well to oral medicines.

Prescription 3:

Ingredient:

*Bimazi* (Semen Ricini)

30 g

Preparation: *Bimazi* is shelled and pounded into a pulp.

Application: The pulp is divided into 2 portions. Apply them to the acupoint Yongquan (KI 1) at the centre of each sole, cover them with sterile gauze, fix them with adhesive plaster or bandage, and have them removed when the vomiting is stopped.

Notes: This prescription is effective in treating vomiting due to acute gastritis, dyspepsia, etc. to a certain extent.

External treatment of vomiting with Chinese drugs is just a means to relieve vomiting. When the disease is complicated by other severe symptoms such as dehydration, water-electrolyte imbalance, etc., other therapeutic measures should be also taken. If the vomiting is a result of certain severe diseases such as acute liver necrosis, uremia, intestinal obstruction, diabetic ketoacidosis, etc., it is more important to treat the primary diseases. Or else, the vomiting, even if it has been cured, would recur and the primary diseases would not be treated in time. When vomiting is caused by the intake of spoiled or dirty food or something poisonous by mistake, drugs with the action of stopping vomiting should not be administered too soon, for vomiting is not only a pathologic phenomenon but also a physiologic protective reaction.

#### 1.2.4 Diarrhea

Characterized by abnormally frequent bowel movements with loose or even watery stools, diarrhea is due to many primary diseases. What is dealt here is confined to the diarrhea due to functional or organic pathologic changes of the digestive organs such as acute or chronic enteritis, dysfunction of the intestines, irritable colon, etc., not including bacillary dysentery and amebic dysentery.

##### **Etiology and Pathogenesis**

The cause of this disorder could be either of the following two factors:

1. Impairment of the spleen and stomach due to intake of dirty or heavy food and affection by exopathogens.
2. Dysfunction of the spleen and stomach and retention of abundant dampness in the interior both due to emotional disorders and constant weakness of the spleen and stomach.

##### **Clinical Manifestations**

Acute diarrhea is marked by: a comparatively sudden onset usually due to acute gastroenteritis; a history of crapulence or intake of dirty food; symptoms such as

abdominal pain, nausea, vomiting and poor appetite; abnormally frequent bowel movements and greater amount of watery or mucus stools; symptoms in severe cases such as fever, dehydration and acidosis; mild tenderness in the upper abdomen or around the navel maybe found in examination; borborygmus hyperfunctioning.

Chronic diarrhea is marked by: it's onset usually due to syndrome of dyspepsia and ulcerative colitis; symptoms due to dyspepsia such as watery stools with indigested food and a little mucus, abdominal distension, nausea and poor appetite; symptoms due to ulcerative colitis such as stools with pus and blood like those due to dysentery, tenesmus, abdominal pain worsened before a bowel movement but relieved after it, and typical sign maybe found out through colonoscopy or X-rays examination.

Regional colitis at its chronic stage is marked by: abdominal pain, diarrhea or manifestations of partial intestinal obstruction, 3-6 times of bowel movements in one day, watery or paste-like stools seldom with mucus or blood, and general symptoms in retarded cases such as fever, anemia and weakness.

### Differentiation and Treatment

#### 1. Diarrhea of cold-dampness type

##### Main Symptoms:

Marked by thin or watery stools or stools with indigested food, abdominal pain, bowel sound, poor appetite, a white and greasy tongue coating, and a soft and moderate pulse; or possible lassitude, acratia and a sallow complexion; or symptoms due to exogenous wind and cold such as aversion to cold, fever, headache, a thin and white tongue coating, and a floating pulse.

##### Method of Treatment:

To warm the spleen and stomach, disperse cold, dispel dampness and stop diarrhea.

##### Prescription 1:

##### Ingredients:

|   |      |
|---|------|
| <i>Hujiao</i> (Fructus Piperis)               | 10 g |
| <i>Shengjiang</i> (Rhizoma Zingiberis Recens) | 15 g |

Preparation: Grind the first drug into a fine powder. Pound the second into pulp and squeeze it for its juice. Mix the juice with the powder into an ointment.

Application: Apply the ointment to the navel, cover it with a piece of gauze of 4 layers and fix the gauze with adhesive plaster. Dressing change is to be made daily.

Notes: With the effects of warming the spleen and stomach, dispersing cold and stopping diarrhea, this prescription is indicated for acute or chronic diarrhea of cold-dampness type.

##### Prescription 3:

##### Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Hujiao</i> (Fructus Piperis)       | 9 g  |
| <i>Aiye</i> (Folium Artemisiae Argyi) | 15 g |
| <i>Tougucao</i> (Caulis Impatientis)  | 9 g  |

Preparation: Decoct the above drugs in 2,000 ml. of water until 5-10 minutes after the water boils and pour them into a basin along with the decoction.

Application: While the decoction is hot, wash the feet with it, 1-2 times daily, for 20 minutes each time, during the treatment the decoction is heated if it cools down.

Notes: With the effects of dispersing cold and stopping diarrhea, this prescription is indicated for acute or chronic diarrhea of cold-dampness type.

Prescription 4:

Ingredients:

|  |     |
|--|-----|
| <i>Chao Wubeizi</i> (Galla Chiniensis parched) | 6 g |
| <i>Ganjiang</i> (Rhizoma Zingiberis)           | 6 g |
| <i>Wuzhuyu</i> (Fructus Evodiae)               | 3 g |
| <i>Dingxiang</i> (Flos Caryophylli)            | 3 g |

Preparation: Grind the above drugs together into a fine powder and mix it with a proper amount of 75% alcohol into a paste.

Application: Apply the paste to the navel, cover it with a piece of sterile gauze and fix the gauze with adhesive plaster. Dressing change is to be made twice daily, 6-8 times altogether.

Notes: With the effects of warming the spleen and stomach, dispersing cold, regulating the flow of *Qi* and relieving pain, this prescription is indicated for acute or chronic diarrhea of cold-dampness type. Bed rest is needed after the paste is applied.

2. Diarrhea of damp-heat

Main Symptoms:

Marked by frequent bowel movements, general discomfort, abdominal pain and distension, a burning sensation of the anus, scanty and deep-colored urine, a thirst for drink, a whitish greasy tongue coating, and a slippery rapid pulse.

Method of Treatment:

To clear heat, dispel dampness and cure diarrhea.

Prescription 1:

Ingredients:

|  |      |
|--|------|
| <i>Gancao</i> (Radix Glycyrrhizae)               | 10 g |
| <i>Huashi</i> (Talcum)                           | 10 g |
| <i>Xian Cheqiancao</i> (fresh Herba Plantaginis) | 60 g |

Preparation: Grind the first 2 drugs together into a fine powder. The last one is pounded into pulp and squeezed for its juice. Mix the powder and the juice together into an ointment.

Application: Apply the ointment to the navel, cover it with 4 layers of sterile gauze and fix the gauze with adhesive plaster. Dressing change is to be made daily.

Notes: With the effects of clearing heat, dispelling dampness and curing diarrhea, this prescription is indicated for acute or chronic diarrhea of damp-heat type. When it is prescribed to treat diarrhea due to summer-dampness or diarrhea due to acute gastroenteritis occurring in summer or autumn, remarkable curative effects will be

achieved.

**Prescription 2:**

**Ingredients:**

|   |      |
|---|------|
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 18 g |
| <i>Huangbai</i> (Cortex Phellodendri)       | 15 g |
| <i>Huanglian</i> (Rhizoma Coptidis)         | 9 g  |
| <i>Baiji</i> (Rhizoma Bletillae)            | 15 g |

**Preparation:** Soak the above drugs in about 200 ml. of water for 1 hour, decoct them with a gentle fire for 20 minutes and filter them to get the decoction. Decoct the drugs again in 100 ml. of water in the same way for the decoction. Put the decoction got from 2 times of decocting the drugs together, condense it with a gentle fire into a 100 ml. decoction.

**Application:** Carry out retention-enema with the condensed decoction at the temperature of 38°C or so before bed time in the evening. 15 times constitute 1 course of treatment.

**Notes:** With the effects of clearing heat, drying dampness, curing diarrhea and accelerating the healing of ulcer, this prescription is indicated for diarrhea of damp-heat type due to ulcerative colitis.

Before the enema, stools must be evacuated. After the enema, lie prostrate for 30 minutes.

**Prescription 3:**

**Ingredients:**

|                                      |      |
|--------------------------------------|------|
| <i>Baifan</i> (Alumen)               | 15 g |
| <i>Wuweizi</i> (Fructus Schisandrae) | 25 g |
| <i>Wubeizi</i> (Galla Chinensis)     | 15 g |

**Preparation:** Grind the above drugs together into a fine powder and mix it with a proper amount of boiled water into a paste.

**Application:** Apply the paste to the navel, cover it with 4 layers of sterile gauze and fix the gauze with adhesive plaster. Dressing change is to be made daily.

**Notes:** With the effects of clearing heat, astringing the intestines and curing diarrhea, this prescription is often used to treat chronic diarrhea of damp-heat type.

Generally speaking, acute or chronic diarrhea without general symptoms due to intoxication or dehydration may be treated externally with Chinese drugs alone. When diarrhea is complicated by high fever, dehydration or water-electrolyte imbalance or resulted from some severe diseases such as carcinoma of colon and uremia, the treatment should be mainly directed to the cause of the disease, and external treatment with Chinese drugs may be used as an adjuvant therapy. When diarrhea is due to diseases such as intestinal tuberculosis, pancreatic disorders and diabetes, both internal and external therapies and other therapeutic methods should be used together.

### 1.2.5 Constipation

As a common symptom of the diseases of the digestive system, constipation is

defined as the condition in which the dregs of the food taken 8 hours later after defecation cannot be discharged out in 40 hours. Maybe due to organic diseases, it is usually resulted from disorder of defecation reflex, which is responsible for proctogenous or habitual constipation.

### **Etiology and Pathogenesis**

The cause of the disorder could be any of the following factors:

1. Heat accumulated in the stomach and intestines due to ordinary excessive *Yang* of the body and over-intake of liquor or food pungent in flavour.
2. Deficiency of *Qi*, blood and body fluid due to infirmities of age and internal injury resulting from overstrain.
3. Dysfunction of the large intestines due to general debility, deficiency of *Yang-Qi* and an appetite for raw food or food cold in nature.

### **Clinical Manifestations**

Functional (simple) constipation is marked by: hard or dry feces hard to discharge, abdominal distension, irritability, lassitude and acratia; organic constipation is marked by: the above symptoms and the symptoms and signs of the primary disease.

### **Differentiation and Treatment**

Constipation due to general debility, intestinal neurosis, weakened peristalsis in the convalescence of gastrointestinal operation or oral drugs may be treated externally with Chinese drugs. In TCM, constipation is subdivided into the flowing 3 types: heat, cold and deficiency.

#### **1. Constipation of heat type**

##### **Main Symptoms:**

Marked by dry and hard feces, scanty deep-colored urine, flushed cheeks, vexation, dry mouth, foul breath, abdominal distension and pain, a reddened tongue with yellowish and dry coating, and a slippery, rapid pulse.

##### **Method of Treatment:**

To clear heat, moisten dryness and induce bowel movement.

##### **Prescription 1:**

##### **Ingredients:**

*Da Tianhuo* (big river snail)

3 ones

*Shiyan* (table salt)

6 g

**Preparation:** Pound the big river snails with their shells into a pulp and mix it evenly with the salt.

**Application:** Apply the pulp to the acupoint Qihai (RN 6) below the navel, cover it with a piece of gauze, fix the gauze with adhesive plaster. Remove it after bowel movement is induced.

**Notes:** With the effects of clearing heat and inducing bowel movement, this prescription is indicated for constipation with the symptoms mentioned above. Habitual constipation should be treated regularly and continually with it for several



days in order to have the habit of regular defecation developed.

Prescription 2:

Ingredients:

|                                     |      |
|-------------------------------------|------|
| <i>Mangxiao</i> (Natrii Sulphas)    | 9 g  |
| <i>Zaojiao</i> (Gleditsia Sinensis) | 15 g |

Preparation: Grind *Zaojiao* into a fine powder. Dissolve *Mangxiao* in 5-10 ml. of water and mix it with the powder into a paste.

Application: Apply the paste to the navel, cover it with a piece of oil paper, fix it with adhesive plaster. Remove it after bowel movement is induced.

Notes: Same as that of Prescription 1.

Prescription 3:

Ingredient:

|                     |         |
|---------------------|---------|
| fresh bile of a pig | 100 ml. |
|---------------------|---------|

Preparation: Boil the bile in an enamel pot for 10 minutes and keep it for future use.

Application: Mix the boiled bile of a pig with some boiling water up to 100 ml. When it cools down to 38°C or so, carry out a retention-enema with it.

Notes: For children, use 40 ml. of pig's bile each time.

2. Constipation of cold type

Main Symptoms:

Marked by difficulty in discharging feces whether it is dry or not, profuse clear urine, cold extremities, cold pain of the abdomen which would be worsened by cold but relieved by warmth, a pale tongue with whitish coating, and a deep slow pulse.

Method of Treatment:

To warm *Yang*, disperse cold and induce bowel movement.

Prescription 1:

Ingredients:

|   |      |
|---|------|
| <i>Zhi Fuzi</i> (Radix Aconiti Lateralis Preparata) | 15 g |
| <i>Tiangua Di</i> (muskmelon pedicel)               | 9 g  |
| <i>Zhi Chuanwu</i> (Radix Aconiti Preparata)        | 9 g  |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)           | 9 g  |
| <i>Hujiao</i> (Fructus Piperis)                     | 3 g  |
| <i>Dasuan</i> (Bulbus Allii)                        | 10 g |

Preparation: Pound *Dasuan* into a pulp. Grind all the other drugs together into a fine powder. Mix the pulp and the powder evenly into a paste.

Application: Apply the paste to the navel, cover it with a piece of sterile gauze, fix it with adhesive plaster. Remove it after bowel movement is induced.

Notes: This treatment is suitable for constipation of the cold type of every kind. But on rare occasions, local burning sensation and congestion of the skin due to the irritation from *Dasuan* would occur. In that case the applied paste should be removed at once and the navel washed clean. When the irritated skin returns to normal, boiled water is used instead of the pulp of *Dasuan* to mix the powder into paste and apply

it to the navel again.

Prescription 2:

Ingredient:

*Congbai* (Bulbus Allii Fistulosi) 250 g

Preparation: Pound the drug into a pulp.

Application: Apply the pulp to the navel, cover it with one layer of gauze, perform hot-compress with a hot-water bag on it for 30 minutes, and remove it after bowel movement is induced. Dressing change is to be made daily.

Notes: With the effects of warming *Yang* and dispersing cold, this prescription is suitable for constipation cases of cold type, patients with a weak constitution and having difficulty in discharging feces neither dry nor hard.

3. Constipation of deficiency type

Main Symptoms:

Marked by difficulty in discharging feces whether it is dry or not, lassitude, acratia, listlessness, a pale tongue with whitish coating, and a weak pulse.

Method of Treatment:

To supplement *Qi* and induce bowel movement.

Prescription 1:

Ingredients:

*Congbai* (Bulbus Allii Fistulosi) 3 pieces

*Shengjiang* (Rhizoma Zingiberis Recens) 6 g

*Shiyan* (salt) 3 g

*Dandouchi* (Semen Sojae Praeparatum) 12 grains

Preparation: Pound the above drugs together into a paste.

Application: Toast the paste hot and apply it to the navel, cover it with a piece of sterile gauze, fix it with adhesive plaster. Remove it after bowel movement is induced. Dressing change is to be made daily.

Notes: With the effects of warming *Yang* and dispersing cold, this prescription is indicated for constipation due to infirmity with age. If the patient still has no desire for defecation after the hot paste cools down, hot-compress with a hot-water bag may be carried out on the cooled paste for 30-60 minutes. If the patient has severe symptoms due to deficiency of *Qi*, oral Chinese drugs with the action of supplementing *Qi* should be added.

Prescription 2:

Ingredients:

*Zaojiao* (Gleditsia Sinensis) 1 piece

*Hongtang* (brown sugar) 60 g

*Congbai* (Bulbus Allii Fistulosi) 60 g

Preparation: Roast *Zaojiao* till it is scorched, grind it into ashes with its property maintained. Pound *Congbai* into pulp and have it squeezed for its juice. Decoct *Hongtang* into a thick syrup, wait till it cools down, made it into a bar.

**Application:** Soak the sugar bar in the juice, then dip it into the ashes, tuck it into the anus, and keep it there for 30 minutes until bowel movement is induced.

**Notes:** Take care that the bar is tucked into the anus slowly and gently, not violently, especially when the patient has haemorrhoids or anal fissure. To consolidate the curative effects of this treatment, oral Chinese drugs with the action of supplementing *Qi* should also be given.

Patients with constipation should develop good living habits, avoid over intake of liquor, raw food or food pungent in flavour or cold in nature, take more vegetable containing abundant fibrin, drink more water, do a proper amount of exercise, and relieve himself regularly on time every day.

### 1.2.6 Cirrhosis

As a chronic general disease characterized mainly by lesion of the liver and marked mainly by a series of symptoms and signs due to hypofunction of the liver and portal hypertension, cirrhosis refers to a liver disorganized in structure, distorted in shape and hardened in texture due to denaturation, necrosis and regeneration of the hepatic cells and proliferation of the fibrous tissue resulting from persistent or repeated lesion of the hepatic tissues by pathogenic factors of every kind. It is included in the category of *Zheng Ji*, *Gu Zhang* or *Huang Dan* in TCM.

#### Etiology and Pathogenesis

**Etiology:** The main causative factors are a strong appetite for liquor, improper diet, emotional disorder, overstrain, infection of schistosme or jaundice without timely treatment.

**Pathogenesis:** Stagnation of the liver-*Qi* leads to obstruction of blood circulation, obstruction of blood circulation leads to accumulation of phlegm-dampness, accumulation of phlegm-dampness leads to dysfunction of the liver, spleen and kidney, dysfunction of the liver, spleen and kidney leads to stagnation of *Qi*, blood and phlegm in the abdomen, and stagnation of *Qi*, blood and phlegm in the abdomen leads to cirrhosis in the end.

#### Clinical Manifestations

Marked by portal cirrhosis as the frequently-encountered type of this disease. Symptoms and signs in the compensatory phase of liver function such as mild dyspepsia, poor appetite, nausea, abdominal distension, diarrhea, fatigue, and slight enlargement of the liver and spleen; symptoms and signs due to hypofunction of the liver and portal hypertension such as emaciation, acratia, darkish complexion, xerosis cutis, pachylosis, vascular spider, liver palms, abdominal distension, diarrhea, nausea, vomiting, trend of mucocutaneous hemorrhage, disorder of the endocrine system, varicose veins of the lower segment of the esophagus, varicose veins of the fundus of the stomach, varicose hemorrhoidal vein, varicose spereficial epigastric vein, splenomegaly, secondary hypersplenism, or ascites; mild or moderate enlargement of the liver in the initial stage of cirrhosis; the liver shrunk and hardened in the

advanced stage of cirrhosis; decrease of white blood cells, red blood cells and blood platelets, as well as abnormal indexes of liver function found in blood examination; complications such as hemorrhage of the upper digestive tract, hepatic coma, infection, etc.

### Differentiation and Treatment

External therapy with Chinese drugs is mainly used to treat hepatosplenomegaly and ascites both at its initial stage.

#### 1. Type of abdominal mass

##### Main Symptoms:

Marked by mild or moderate enlargement of the liver which is not tender, medium hardness or a little hard; mild or moderate enlargement of the spleen without general symptoms and serious complications.

##### Method of Treatment:

To promote blood circulation, eliminate blood stasis, and soften and resolve hard mass.

#### Prescription 1:

##### Ingredients:

|   |      |
|---|------|
| <i>Shuihonghuazi</i> (Fructus Polgoni Orientalis) | 50 g |
| <i>Awei</i> (Resina Ferulae)                      | 30 g |
| <i>Zhangnao Fen</i> [Camphora (powder)]           | 10 g |

Preparation: Pound the first drug into bits and decoct it in water for the decoction. Boil and condense the decoction and mix it with the last 2 drugs into an ointment.

Application: Spread a proper amount of the ointment on a piece of clean cloth as large as the enlarged liver or spleen and about 0.2 cm thick. Stick this piece of cloth on the body where the liver or spleen is located and keep it there until the skin is itching, then remove it and wash the spot clean. Repeat the treatment 1 to 2 days later when itching stops.

Notes: With the effects of promoting blood circulation, eliminating blood stasis and resolving mass, this prescription is indicated for cirrhosis and enlargement of the liver and spleen. During this treatment, oral Chinese drugs and Western medicines may be given too. If ascites appears, measures to eliminate it should be taken actively.

#### Prescription 2:

##### Ingredients:

|                                  |          |
|----------------------------------|----------|
| <i>Mangxiao</i> (Natrii Sulphas) | 30 g     |
| <i>Dasuan</i> (Bulbus Allii)     | 7 cloves |

Preparation: *Dasuan* is removed of its skin, pounded into a pulp and pounded again together with *Mangxiao* into a paste.

Application: Apply a proper amount of the paste to the affected part about 0.2 cm thick, cover it first with a piece of oil paper then with 2 layers of sterile gauze, fix it with adhesive plaster. Remove it when the local skin with the paste on is itching. Then, the skin is washed clean. When the itching stops, repeat the above treatment.

Notes: This prescription has the same indications as Prescription 1. Other thera-

peutic measures may be also taken to shorten the course of this disease.

### Prescription 3:

#### Ingredients:

|   |      |
|---|------|
| <i>Zhi Xiangfu</i> (Rhizoma Cyperi Preparata) | 10 g |
| <i>Rougui</i> (Cortex Cinnamomi)              | 5 g  |
| <i>Cangzhu</i> (Rhizoma Atractylodis)         | 10 g |
| <i>Dingxiang</i> (Flos Caryophylli)           | 5 g  |
| <i>Xionghuang</i> (Realgar)                   | 6 g  |
| <i>Awei</i> (Resina Ferulas)                  | 15 g |
| <i>Songxiang</i> (Colophonium)                | 60 g |

**Preparation:** The first 5 drugs are respectively ground into fine powder and mixed evenly. The last 2 drugs are put into a small chinaware bowl. The bowl is heated in water until the 2 drugs in it are melted. The powder is put into the bowl and mixed with the melted drugs into an ointment.

**Application:** Heat the bowl holding the ointment in water until the ointment melts. Spread a proper amount of the melted ointment evenly on a piece of white cloth, stick it to the affected part, keep it there until the local skin with the ointment on is itching. Remove it and wash the skin clean with warm water. When the itching stops, repeat the above treatment.

**Notes:** With the effects of activating the flow of *Qi*, promoting blood circulation and resolving mass, this prescription has the same indications as Prescription 2. The treatment should be stopped if it induces dermal sensitivity.

#### 2. Type of abdominal distension

##### Main Symptoms:

Marked by the enlargement of the liver and spleen, abdominal distension, fullness of the chest, obvious ascites and even umbilical hernia, or dyspnea due to the raised diaphragm, not accompanied by other severe general symptoms and complications.

##### Method of Treatment:

To induce diuresis in order to alleviate distension.

### Prescription 1:

#### Ingredients:

|   |      |
|---|------|
| <i>Xian Shanglu</i> (fresh Radix Phytolaccae) | 30 g |
| <i>Congbai</i> (Bulbus Allii Fistulosi)       | 15 g |
| <i>Mangxiao</i> (Natrii Sulphas)              | 15 g |

**Preparation:** Pound the above drugs together into an ointment and mould them into small balls.

**Application:** Place one ball on the navel, press it flat with a finger, cover it first with a piece of oil paper then with 2 layers of sterile gauze, fix it with adhesive plaster. Remove it when diuresis along with bowel movement is induced or the navel is itching. This is repeated every other day.

**Notes:** With the effects of inducing diuresis and bowel movement, this prescription is indicated for ascites due to cirrhosis and ascites due to other causes without

severe complications.

**Prescription 2:**

**Ingredients:**

|                               |      |
|-------------------------------|------|
| <i>Badou</i> (Semen Crotonis) | 15 g |
| <i>Liuhuang</i> (Sulphur)     | 6 g  |
| <i>Qingfen</i> (Calomeas)     | 6 g  |

**Preparation:** Pound *Badou* into pulp, pound it again with the other 2 drugs evenly, and mould the mixed drugs into small round balls.

**Application:** Cover the navel with 1 layer of sterile gauze. Put 1 ball on it, press it flat with a finger, cover it first with a piece of oil paper then with 2 layers of gauze, fix it with adhesive plaster. Remove it when a burning or itching sensation occurs on the navel. This is to be repeated every other day.

**Notes:** This prescription has the same effects and indications as Prescription 1. Increase in the quantity of urine and mild diarrhea are the sign of its effectiveness.

**Prescription 3:**

**Ingredients:**

|   |      |
|---|------|
| <i>Gansui</i> (Radix Euphorbiae Kansui) | 10 g |
| <i>Congbai</i> (Bulbus Allii Fistulosi) | 20 g |

**Preparation:** Grind *Gansui* into fine powder and pound *Congbai* into pulp. Mix the powder and the pulp evenly into a paste.

**Application:** Paint some vinegar on the navel. Apply the paste to the area around it 5 cm in diameter, cover it with a piece of gauze and fix it with adhesive plaster. Dressing change is to be made every or every other day.

**Notes:** A hot-water bag may be used to do hot-compress on the applied paste. That will activate the actions of the drugs.

All the above prescriptions are efficacious when used externally to treat enlargement of the liver and spleen and ascites both due to cirrhosis. If enlargement of the liver and spleen is due to malaria or schistosomiasis, antimalarial or antischistosomal medicines should be added. If ascites is due to cancer or tubercular peritonitis, treatment to control cancer or tuberculosis should be also performed. If the disease has other complications, corresponding therapeutic measures should also be taken.

## 1.3 Diseases of the Circulatory System

### 1.3.1 Hypertension

Characterized mainly by elevation of arterial pressure of systemic circulation, hypertension is a common syndrome which can be divided into two categories: primary and secondary. The former, manifested mainly as elevation of blood pressure, is one whose cause remains unknown; while the latter, also called symptomatic hypertension, is one of the clinical manifestations of certain other diseases. Hypertension, whether be primary or secondary, is included in the category of *Xuan Yun* or *Gan Huo* in TCM.

### **Etiology and Pathogenesis**

The causative factors of this disease could be persistent mental stress, anxiety or over-intake of heavy food or liquor which leads to *Yin*-deficiency of the liver and kidney, hyperactivity of the liver-*Yang* and dysfunction of *Qi* and blood. Generally speaking, hypertension at its initial stage is due to deficiency of the kidney-*Yin* and excess of the liver-*Yang*, hypertension at its middle stage is due to *Yin* deficiency of the liver and kidney, hypertension at its advanced stage is due to deficiency of both *Yin* and *Yang*.

### **Clinical Manifestations**

Clinically, hypertension can be divided into two kinds: one with slow onset and advancement, the other with sudden onset and rapid advancement. The former is the one frequently seen.

Hypertension of the slow onset and advancement kind is marked by: insidious onset and slow advancement; mild or temporary high blood pressure occurring in the initial stage due to mental stress, emotional lability or overstrain; the blood pressure becoming higher step by step first and then continuously as the disease is advancing; symptoms appearing as the blood pressure is getting higher and higher such as headache, dizziness, feeling of fullness in the head, tinnitus, dim eyesight, amnesia, hypoprosexia, insomnia, vexation, acratia and palpitation; symptoms such as organic damage and dysfunction of the brain, heart, kidney and eyeground, as well as corresponding clinical manifestations occurring as the blood pressure rises continuously; patients at the primary stage basically without organic lesion of the heart, brain and kidney caused by hypertension; patients at the secondary stage with organic lesion of the heart, brain and kidney due to hypertension; the organic lesion marked mainly by thickened and enlarged and overstrained left ventricle, 2nd grade of eyeground, persistent proteinuria and erythrocyturia.

### **Differentiation and Treatment**

External therapy with Chinese drugs is mainly suitable for primary or secondary stage patients with hypertension of slow onset and advancement.

#### **Main Symptoms:**

Marked by high blood pressure accompanied by dizziness or headache, tinnitus, insomnia, irritability, palpitation, and a taut or taut, thready pulse.

#### **Method of Treatment:**

To regulate *Yin*, *Yang*, *Qi* and blood.

#### **Prescription 1:**

#### **Ingredient:**

*Wuzhuyu* (Fructus Evodiae)

18-30 g.

Preparation: Grind the drug into a fine powder and mix it with a proper amount of vinegar into a paste or with vaseline into an ointment.

Application: Apply the paste or ointment to the acupoint Yongquan (KI 1) at the centre of each sole before bed time in the evening, cover it with a piece of sterile

gauze, fix it with adhesive plaster or bandage. Remove it the next morning and wash the soles clean with warm water.

Notes: With the effects of regulating the flow of *Qi*, relieving pain and lowering blood pressure, this prescription is indicated for hypertension with headache and feeling of fullness in the head.

Prescription 2:

Ingredients:

|   |      |
|---|------|
| <i>Wuzhuyu</i> (Fructus Evodiae)          | 30 g |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)    | 30 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 30 g |

Preparation: Grind the above drugs together into a fine powder and keep it in a bottle for future use.

Application: Wrap 3-6 g of the powder in a thin piece of absorbent cotton and roll the cotton into the shape of a small ball and tuck it into the umbilical hole, fix it with adhesive plaster. Dressing change is to be made daily.

Notes: With the effects of lowering blood pressure, promoting blood circulation and relieving pain, this prescription is indicated for primary or secondary stage patients with headache and dizziness.

Remove the applied cotton ball with the powder when the navel is itching, and apply a new one when it is not itching any longer.

Prescription 3:

Ingredients:

|   |       |
|---|-------|
| <i>Juhua</i> (Flos Chrysanthemi)          | 500 g |
| <i>Cansha</i> (Excrementum Bombycis)      | 500 g |
| <i>Huaihua</i> (Flos Sophorae)            | 500 g |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong)    | 200 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 300 g |

Preparation: Break *Chuanxiong* and *Baizhi* up into particles, mix them evenly with all the other drugs and put them into a 40 × 30 cm two-layer-gauze bag. Sew up the opening of the bag and place it into a cloth pillowcase called a medicated pillow.

Application: Use the medicated pillow instead of the ordinary one. Replace the drugs in this pillow by a new dose every 3 months.

Notes: With the effects of lowering blood pressure slowly, this medicated pillow is particularly suitable for patients with dizziness, headache and insomnia.

Severe cases should not be just treated with drugs externally alone. They should be treated also with oral Chinese drugs or Western medicines.

### 1.3.2 Angina Pectoris

Angina pectoris is a clinical syndrome due to sudden, temporary myocardial ischemia and hypoxia. It is included in the category of *Xiong Bi* or *Xiong Tong* in TCM.



**Etiology and Pathogenesis**

The onset of this disease is related to the following factors:

1. deficiency of the kidney-*Qi* due to infirmity with age and impairment of the spleen and stomach due to rich fatty diet,
2. stagnation of *Qi* and blood due to emotional disorders,
3. impairment of the heart and spleen due to over-anxiety and overstrain.

**Clinical Manifestations**

A sudden attack of typical angina pectoris of stable type often due to over-excitement, over-eating or an attack by cold; 3-5 minutes of colic with a sensation of oppression or asphyxia, stabbing pain or lancinating pain localized around the mid-superior segment of the posterior sternum or the precardium and maybe referring to the left arm, shoulder and neck; symptoms such as a pale complexion, cold sweat, dyspnia, high blood pressure, and a rapid pulse.

**Differentiation and Treatment**

Method of Treatment:

To promote blood circulation in order to eliminate blood stasis, to invigorate pulse-beat and relieve pain.

Prescription 1:

Ingredients:

|   |       |
|---|-------|
| <i>Tanxiang</i> (Lignum Santali)        | 12 g  |
| <i>Ruxiang</i> (Resina Olibani)         | 12 g  |
| <i>Yujin</i> (Radix Curcumae)           | 12 g  |
| <i>Yanhusuo</i> (Rhizoma Corydalis)     | 12 g  |
| <i>Moyao</i> (Myrrha)                   | 12 g  |
| <i>Bingpian</i> (Borneolum Syntheticum) | 2 g   |
| <i>Shexiang</i> (Moschus)               | 0.1 g |

Preparation: Grind the above drugs respectively into a fine powder, mix it evenly and keep it in a bottle and seal it up for future use.

Application: Mix 9 g of the powder with a proper amount of dimethyl sulfoxide into an ointment. Spread the ointment respectively on 3 pieces of 5 x 5 cm adhesive plaster and stick them respectively to the acupoint Danzhong (RN 17) and the acupoint Neiguan (PC 6) on two sides. Dressing change is to be made daily.

Notes: This prescription is indicated for angina pectoris of every type. Its curative effects in abating symptoms and interrupting attack could be achieved after 1-2 days.

Prescription 2:

Ingredients:

|                                     |       |
|-------------------------------------|-------|
| <i>Rougui</i> (Cortex Cinnamomi)    | 6 g   |
| <i>Dingxiang</i> (Flos Caryophylli) | 6 g   |
| <i>Zhangnao</i> (Camphora)          | 3 g   |
| <i>Shexiang</i> (Moschus)           | 0.3 g |

**Preparation:** Grind the first 2 drugs together into a very fine powder. Grind the powder again with the last 2 drugs into a new mixture and keep it in a bottle for future use.

**Application:** The patient should always carry the bottle with him. Whenever angina pectoris occurs, uncover the bottle instantly and put it just below his nostrils. Take a sniff immediately at the odour giving off from the bottle.

**Notes:** Angina pectoris will be relieved in 1-3 minutes. One dose of the drugs can be used for 1-2 months.

The above 2 prescriptions play their part only in relieving the attack of angina pectoris. If they fail, other efficacious drugs should be administered in time, and the possibility of myocardial infarction should be considered. Once myocardial infarction is diagnosed, corresponding therapeutic measures should be taken right away. If angina pectoris is complicated by hypertension and hyperlipemia, corresponding treatments should be considered.

## 1.4 Diseases of the Urinary System

### 1.4.1 Cystitis

Usually seen in women, cystitis is an infection of the lower urinary tract due to gram-negative bacteria. It is included in the range of *Lin Zheng* of TCM.

#### **Etiology and Pathogenesis**

Damp-heat takes advantage of deficiency of the vital-*Qi* to invade and attack the urinary bladder to disturb its functional activity and lead to dysfunction of the water passage, thereby resulting in this disease.

#### **Clinical Manifestations**

Marked by a sudden onset usually following overfatigue, common cold, prolonged retention of urine in the urinary bladder or sexual intercourse; main symptoms such as frequent micturition, urgent urination, urodynia and pain in the pubis, which are often complicated by hematuria; urinary incontinence in severe cases; a little protein, pyocytes and erythrocytes seen through urinoscopy; the inflammation localized only in the trigone and neck of the urinary bladder in part of cases, which is manifested as remarkable frequent micturition but often with normal urinoscopy; a complication of urethritis often seen in female cases and a complication of prostatitis in male cases.

#### **Differentiation and Treatment**

TCM believes that cystitis at its acute stage is due to accumulation of damp-heat in the urinary bladder.

**Method of Treatment:**

To clear heat, induce diuresis and treat stranguria.

**Prescription 1:**

**Ingredients:**

*Xiaoji* (Herba Cephalanoploris)

60 g

|   |      |
|---|------|
| <i>Yimucao</i> (Herba Leonuri)              | 30 g |
| <i>Niuxi</i> (Radix Achyranthis Bidentatae) | 15 g |
| <i>Cheqianzi</i> (Semen Plantaginis)        | 10 g |
| <i>Xueyutan</i> (Crinis Carbonisatus)       | 5 g  |

Preparation: Soak the above drugs in 1,200 ml. of water for half an hour, decoct them for 15 minutes and filter the dregs to collect the decoction in a clean basin.

Application: Before the decoction cools down, dip a piece of gauze into it, carry out wet compress with this gauze on the lower abdomen for 30 minutes. This is to be repeated daily.

Notes: With the effects of clearing heat, treating stranguria and stopping bleeding, this prescription is indicated for cystitis with hematuria.

#### Prescription 2:

##### Ingredients:

|   |           |
|---|-----------|
| <i>Tianluo</i> (river snail)                | 7 ones    |
| <i>Cheqiancao</i> (fresh Herba Plantaginis) | 30 g      |
| <i>Dandouchi</i> (Semen Sojae Preparatum)   | 12 grains |
| <i>Congbai</i> (Bulbus Allii Fistulosi)     | 3 pieces  |
| <i>Shiyan</i> (table salt)                  | 3 g       |

Preparation: The river snails are shelled and pounded together with all the other drugs into an ointment.

Application: Spread the ointment on a piece of round oil paper 10 cm in diameter. Stick this piece of paper to the navel and fix it with adhesive plaster. Dressing change is to be made daily.

Notes: With the effects of clearing heat, inducing diuresis and relieving pain, this prescription is indicated for cystitis with severe urodynia. It can also be used together with Prescription 1 in treating hematuria, i.e. use it after wet compress is performed with the drugs of Prescription 1.

#### Prescription 3:

##### Ingredients:

|                           |          |
|---------------------------|----------|
| <i>Dilong</i> (Lumbricus) | 3 pieces |
| <i>Woniu</i> (snail)      | 3 ones   |

Preparation: Wash *Dilong* to remove the mud or sand it carries and shell *Woniu*. Then, pound them together into a paste.

Application: Apply the paste to the navel, cover it with a piece of oil paper and fix the paper with adhesive plaster. Dressing change is to be made daily.

Notes: With the effects of clearing heat and inducing diuresis, this prescription is indicated for cystitis with more severe urodynia or fever. It can also be used together with Prescription 1 in treating hematuria.

#### Prescription 4:

##### Ingredient:

|                                   |      |
|-----------------------------------|------|
| <i>Wasong</i> (Herba Orostachyos) | 60 g |
|-----------------------------------|------|

Preparation: Soak the drug in 1,000 ml. of water for 30 minutes, decoct it for 15-20

minutes and filter the dregs to get the decoction.

Application: While the decoction is hot, first steam, then wash the lower abdomen and vulva with it for 30 minutes. This is to be repeated 1-2 times daily.

Notes: With the effects of clearing heat, removing toxins, inducing diuresis and relieving pain, this prescription is indicated for cystitis with severe irritable symptoms.

Oral Chinese drugs may also be given while any one of the above prescriptions is practised.

Prolonged cystitis which does not respond well to external treatment with Chinese drugs or although responds but recurs, it may well be a case complicated by vesical calculus, urethrostenosis or hyperplasia of prostate. To confirm it, careful examinations of the urinary system should be made. If confirmed, timely treatment should be made, otherwise, the inflammation would be hard to control.

### 1.4.2 Uroschesis

As a common disorder in clinical practice, uroschesis is divided into two categories according to its different causes. One is due to mechanical obstruction, while the other, due to dynamic obstruction. By mechanical obstruction we mean traumatic urethrostenosis, the urethra or the neck of the urinary bladder blocked by a stone, a foreign body or a tumor, or hyperplasia of the prostate. Dynamic obstruction means urinary dysfunction not due to organic obstruction of the urethra or urinary bladder. TCM includes uroschesis in the category of *Long Bi*.

#### Etiology and Pathogenesis

Disturbance of the tri-*Jiao* in *Qi* transformation due to dysfunctional activities of *Qi* leads to dysfunction of urethra and urinary bladder, causing this disorder (type of dynamic obstruction).

#### Clinical Manifestations

Acute uroschesis is marked by: a strong desire for urination but being difficult to urinate, unendurable distension of the urinary bladder and irritability; chronic uroschesis marked by dripping urine and endurable distension of the urinary bladder not accompanied by dysphoria.

#### Differentiation and Treatment

To promote the flow and transformation of *Qi* and induce diuresis.

Prescription 1:

Ingredients:

|                                      |           |
|--------------------------------------|-----------|
| <i>Bimazi</i> (Semen Ricini shelled) | 10 grains |
| <i>Tianluo</i> (river snail shelled) | 5 ones    |
| <i>Shiyan</i> (table salt)           | 9 g       |

Preparation: Pound all the above drugs together into a pulp.

Application: Apply the pulp to the navel, cover it with a piece of gauze and fix it with adhesive plaster. Dressing change is to be made 1-2 times daily for several days.

Notes: The pulp plays its part in inducing diuresis through promoting the contraction of the detrusor urinae and restoring the function of the urinary bladder.

Prescription 2:

Ingredients:

|                              |        |
|------------------------------|--------|
| <i>Tianluo</i> (river snail) | 3 ones |
| <i>Shiyan</i> (table salt)   | 6 g    |
| <i>Shexiang</i> (Moschus)    | 0.1 g  |

Preparation: The river snails are shelled, pounded together with table salt into a pulp. Mix it pulp evenly with the last drug.

Application: Apply the pulp to the navel, cover it with a piece of oil paper and fix it with adhesive plaster.

Notes: Carry out a hot compress with a hot-water bag on the applied pulp. It would be helpful in bringing out the action of the pulp more rapidly.

Prescription 3:

Ingredients:

|  |       |
|--|-------|
| <i>Shexiang</i> (Moschus)              | 0.1 g |
| <i>Zaojiao</i> (Gleditsia Sinensis)    | 3 g   |
| <i>Dacong</i> (Bulbus Allii Fistulosi) | 100 g |

Preparation: *Shexiang* is ground into a powder, and so is *Zaojiao*. *Dacong* is pounded into a pulp.

Application: Put the powder of *Shexiang* right on the navel. Dust the powder of *Zaojiao* over the powder of *Shexiang* and cover them with a piece of round adhesive plaster. Spread the pulp of *Dacong* over the round adhesive plaster and cover it with a piece of gauze. Finally, carry out a hot compress on the spot.

Prescription 4:

Ingredients:

|                                     |            |
|-------------------------------------|------------|
| <i>Xixin</i> (Herba Asari)          | 5 portions |
| <i>Zaojiao</i> (Gleditsia Sinensis) | 5 portions |

Preparation: Grind the 2 drugs together into a fine powder and keep it in a bottle for future use.

Application: Blow a little of the powder into the nostrils to induce sneezing.

Notes: Irritative to the nasal mucosa, this powder can induce sneezing. The more the sneezing, the better the curative effects. The aim is to get the powder to the middle part of the nasal cavity with a moderate blow; take care not to get it to the throat with too strong a blow.

Prescription 5:

Ingredient:

|                      |           |
|----------------------|-----------|
| <i>Woniu</i> (snail) | 10 ounces |
|----------------------|-----------|

Preparation: The snails are shelled and pounded into a pulp.

Application: Apply the pulp to the navel, cover it with a piece of oil paper and fix it with adhesive plaster.

Notes: Massage may be conducted downwards from below the navel along the *Ren*

Notes: The pulp plays its part in inducing diuresis through promoting the contraction of the detrusor urinae and restoring the function of the urinary bladder.

Prescription 2:

Ingredients:

|                              |        |
|------------------------------|--------|
| <i>Tianluo</i> (river snail) | 3 ones |
| <i>Shiyan</i> (table salt)   | 6 g    |
| <i>Shexiang</i> (Moschus)    | 0.1 g  |

Preparation: The river snails are shelled, pounded together with table salt into a pulp. Mix it pulp evenly with the last drug.

Application: Apply the pulp to the navel, cover it with a piece of oil paper and fix it with adhesive plaster.

Notes: Carry out a hot compress with a hot-water bag on the applied pulp. It would be helpful in bringing out the action of the pulp more rapidly.

Prescription 3:

Ingredients:

|  |       |
|--|-------|
| <i>Shexiang</i> (Moschus)              | 0.1 g |
| <i>Zaojiao</i> (Gleditsia Sinensis)    | 3 g   |
| <i>Dacong</i> (Bulbus Allii Fistulosi) | 100 g |

Preparation: *Shexiang* is ground into a powder, and so is *Zaojiao*. *Dacong* is pounded into a pulp.

Application: Put the powder of *Shexiang* right on the navel. Dust the powder of *Zaojiao* over the powder of *Shexiang* and cover them with a piece of round adhesive plaster. Spread the pulp of *Dacong* over the round adhesive plaster and cover it with a piece of gauze. Finally, carry out a hot compress on the spot.

Prescription 4:

Ingredients:

|                                     |            |
|-------------------------------------|------------|
| <i>Xixin</i> (Herba Asari)          | 5 portions |
| <i>Zaojiao</i> (Gleditsia Sinensis) | 5 portions |

Preparation: Grind the 2 drugs together into a fine powder and keep it in a bottle for future use.

Application: Blow a little of the powder into the nostrils to induce sneezing.

Notes: Irritative to the nasal mucosa, this powder can induce sneezing. The more the sneezing, the better the curative effects. The aim is to get the powder to the middle part of the nasal cavity with a moderate blow; take care not to get it to the throat with too strong a blow.

Prescription 5:

Ingredient:

|                      |          |
|----------------------|----------|
| <i>Woniu</i> (snail) | 10 onces |
|----------------------|----------|

Preparation: The snails are shelled and pounded into a pulp.

Application: Apply the pulp to the navel, cover it with a piece of oil paper and fix it with adhesive plaster.

Notes: Massage may be conducted downwards from below the navel along the *Ren*

Channel until urine is passed spontaneously.

In the course of external treatment with the above prescriptions, introducing the therapy of acupuncture or *Tuina* massage of TCM is recommended. When severe cases are treated, the first thing to do is to perform urethral catheterization.

External therapy with Chinese drugs is indicated for uroschisis due to dynamic obstruction, i.e. cases due to operation of the rectum or pelvic cavity, meningitis of every kind, cerebrovascular accident, paraplegia or the use of obstetric forceps, uroschisis which cannot be treated through urethral catheterization as a result of infection of the urinary system, or cases treated with urethral catheterization but without success.

### 1.4.3 Acute Nephritis

Usually seen in children and in thirty and fifty years age group, acute nephritis, also known as acute nephritis syndrome, is not a single disorder but a glomerulopathy involving a group of glomeruli, due to many kinds of causes and with different pathologic changes. Most of the cases belong to acute post-streptococcal infection nephritis. TCM includes it in the categories of *Shui Zhong*, *Yao Tong* and *Niao Xue*.

#### Etiology and Pathogenesis

Acute nephritis is due to the following causative factors: invasion of exogenous pathogens, dysfunction of the lung, spleen and kidney, disturbance of the tri-*Jiao* in *Qi* transformation, and abnormal transportation and distribution of body fluid.

#### Clinical Manifestations

Upper respiratory tract infection or skin infection often occurs 1-3 weeks before its onset; after the onset symptoms such as aching pain of the loins, headache, palpitation and edema would occur; edema of the face would be followed by that of the lower limbs; hydrothorax and ascites occur in severe cases; symptoms of the urinary system include oliguria, hematuria and proteinuria accompanied by high blood pressure; fever and aversion to cold appear in children cases; nausea, vomiting and anorexia occur in part of the cases.

#### Differentiation and Treatment

Method of Treatment:

To induce diuresis and subdue swelling.

Prescription 1:

Ingredients:

*Bimazi* (Semem Ricini)

70 grains

*Shisuan* (Lycoris radiata)

one

Preparation: *Bimazi* is shelled and pounded together with *Shisuan* into a pulp.

Application: Apply the pulp to the acupoint Yongquan (KI 1) at the centre of each sole, cover it with oil paper, fix it with bandage, and have it removed 8 hours later. Dressing change is to be made daily and 7 times of it constitute 1 course of treatment.

Notes: With the effects of inducing diuresis and subduing swelling, this prescription is indicated for edema due to acute nephritis. After the pulp is applied, the amount of urine will be increased, the swelling will be subdued, and the high blood pressure will be lowered accordingly.

Prescription 2:

Ingredients:

|   |        |
|---|--------|
| <i>Tianluo</i> (river snail)                        | 4 ones |
| <i>Dasuan</i> (Bulbus <i>Allii</i> )                | 2 g    |
| <i>Cheqiancao</i> (fresh <i>Herba Plantaginis</i> ) | 15 g   |

Preparation: The 1st drug is shelled, the 2nd is removed of its skin and the 3rd is washed clean and dried in the air. Pound the 3 prepared drugs into a pulp and make the pulp a pancake in shape.

Application: Stick the medicinal pancake to the navel, cover it with a piece of gauze, fix it with adhesive plaster, and have it removed in 8 hours. Dressing change is to be made daily.

Notes: With the effects of inducing diuresis and subduing swelling, this prescription is indicated for edema due to acute nephritis. If itching or burning pain occurs on the navel within 8 hours, the medicinal pancake should be removed and the navel part washed clean with warm water. This medicinal pancake could be applied again when the itching or pain subsides. But the drug is not suitable for infants and children whose skin is too delicate.

Prescription 3:

Ingredient:

|  |       |
|--|-------|
| <i>Chixiaodou</i> (Semen <i>Phaseoli</i> ) | 750 g |
|--|-------|

Preparation: Decoct the *Chixiaodou* in 6,000 ml. of water until well done and filter the dregs to get the decoction.

Application: While the decoction is warm, wash the feet and knees with it in a bucket for 30 minutes. The treatment is to be repeated daily or every other day.

Notes: With the effects of inducing diuresis, dispelling dampness and subduing swelling, this prescription is indicated for edema due to acute nephritis at its initial stage. In the course of treatment, bed rest, a low salt or salt-free diet and a control of water intake are recommended.

In treating severe cases involving a weak constitution, accompanied by serious complications or a focus of infection, other therapeutic measures such as giving oral Chinese drugs or antibiotics should be taken.

## 1.5 Infectious Diseases

### 1.5.1 Influenza

An epidemic in all four seasons but mostly seen in winter and spring, influenza is an acute respiratory infectious disease due to influenza virus. It is included in the category of *Shi Xing Gan Mao* in TCM.



### Etiology and Pathogenesis

When the defensive function of the body is weak, pathogenic wind is likely to invade the body and cause this disease.

### Clinical Manifestations

Marked by sudden onset, aversion to cold, fever or high fever, headache, acratia, general aching, stuffy nose, nasal discharge, sneezing, an itching throat, dry cough, nosebleed, anorexia, and constipation or diarrhea.

### Differentiation and Treatment

#### 1. Type of wind-cold

##### Main Symptoms:

Marked by fever, aversion to cold, anhidrosis, a stuffy nose, sneezing, watery nasal discharge, an itching throat, cough, aching of the limbs, a thin and whitish tongue coating, and a floating tense pulse.

##### Method of Treatment:

To relieve exterior syndrome with drugs pungent in flavour and warm in property, to promote the dispersing function of the lung in order to dispel cold.

##### Prescription 1:

##### Ingredients:

|   |      |
|---|------|
| <i>Zisuye</i> (Folium Perillae)         | 90 g |
| <i>Aiye</i> (Folium Artemisiae Argyi)   | 90 g |
| <i>Congbai</i> (Bulbus Allii Fistulosi) | 90 g |

Preparation: Decoct the above drugs in 2,000 ml. of water until 5 minutes after the water boils and pour them into a tub along with its decoction.

Application: Place a footrest in the tub. Ask the patient to sit down on a stool or in a chair by the tub with his bare feet put gently on the footrest in the basin. Use a large towel to cover his knees and the basin so as to steam his legs with the vapour of the hot decoction. When the patient sweats lightly all over, ask him to wipe his legs and feet and take a bed rest. The treatment is to be repeated twice daily.

Notes: This treatment is indicated for influenza at its initial stage and with the symptoms of cold-wind type.

While it is being performed, the towel should have the space enclosed as tightly as possible to protect the vapour from dispersing too soon, besides, the patient should be advised not to jerk violently his body to prevent his feet from falling down from the footrest and slide into the decoction to be scalded. This is difficult for children, so this treatment is not suitable for very young children.

##### Prescription 2:

##### Ingredient:

|                                     |      |
|-------------------------------------|------|
| <i>Ebushicao</i> (Herba Centipedae) | 12 g |
|-------------------------------------|------|

Preparation: Grind the drug into a very fine powder and keep it in a bottle for future use.

Application: Ask the patient to inhale a little of the powder into his nose each

time, 3-5 times daily.

Notes: This prescription is indicated for influenza at its initial stage and with severe headache, stuffy nose and all the other symptoms of cold-wind type. The first time the powder is inhaled into the nose, it would arouse sneezing, more nasal discharge and even tears. All these would gradually abate as the powder is continuously inhaled.

### Prescription 3:

#### Ingredients:

|   |            |
|---|------------|
| <i>Juye</i> (Folium Citri Reticulatae)        | 3 portions |
| <i>Shengjiang</i> (Rhizoma Zingiberis Recens) | 3 portions |
| <i>Congbai</i> (Bulbus Allii Fistulosi)       | 3 portions |

Preparation: Pound the above drugs together into bits, mix them with 50 ml. of yellow rice wine, bake them up to 60°C or so, and put them into a 2-layer-gauze bag.

Application: Carry out a hot compress with the hot bag on the aching part for 30 minutes each time, 2 to 3 times daily. 1 dose of the drugs can be used 3-4 times.

Notes: This prescription is indicated for muscular pain, aching or contracture due to influenza of wind-cold type.

The bag is 30 × 20 cm in size, about 1 cm thick after filled with the drugs. The drugs should be not scalding hot but warm enough to be effective. When the drugs cool down, mix them again with a proper amount of yellow rice wine and have them baked again. After the hot compress is performed, the patient would feel warm and comfortable, and sweat lightly.

### 2. Type of wind-heat

#### Main Symptoms:

Marked by fever, slight aversion to wind and cold, possible sweating, headache, a stuffy nose with turbid nasal discharge, sneezing, coughing with thick white or yellow sputum, a dry mouth, a red or swollen and sore throat, a reddened tongue with thin yellowish coating, and a floating rapid pulse.

#### Method of Treatment:

To disperse wind-heat, detoxicate so as to relieve the sore throat.

### Prescription 1:

#### Ingredients:

|                                   |     |
|-----------------------------------|-----|
| <i>Baifan</i> (Alumen)            | 9 g |
| <i>Xiaomai Mian</i> (wheat flour) | 5 g |

Preparation: Grind the *Baifan* into a fine powder and mix it evenly with the flour and then mix them with a proper amount of vinegar into an ointment.

Application: Apply the ointment to the acupoint Yongquan (KI 1) at the centre of each sole, cover it with gauze and fix it with bandage. Dressing change is to be made 1-2 times daily.

Notes: With the effects of abating fever, this prescription is indicated for influenza at its initial stage and with remarkable fever. With the ointment on the soles, the patient should take a bed rest.

## Prescription 2:

## Ingredients:

|   |      |
|---|------|
| <i>Yejuhua</i> (Flos Chrysanthemi Indici) | 15 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 15 g |
| <i>Lianqiao</i> (Fructus Forsythiae)      | 15 g |
| <i>Daqingye</i> (Folium Isatidis)         | 15 g |
| <i>Bohe</i> (Herba Menthae)               | 15 g |
| <i>Bingpian</i> (Borneolum Syntheticum)   | 1 g  |

Preparation: Grind the above drugs together into a fine powder and keep it in a bottle for future use.

Application: Ask the patient to inhale a little of the powder into his nose each time, 2-5 times daily.

Notes: With the effects of clearing heat, relieving exterior syndrome, promoting the dispersing function of the lung and alleviating stuffy nose, this prescription is indicated for influenza of wind-heat type not only at its initial stage with severe symptoms such as headache, stuffy nose and turbid nasal discharge but also at its advanced stage nearly without general symptoms but still with stuffy nose and purulent nasal discharge. The first time when the powder is inhaled into the nose it would have the sneezing and nasal discharge increased. This reaction would be weakened as the powder is continuously inhaled.

## Prescription 3:

## Ingredients:

|  |       |
|--|-------|
| <i>Huanglian</i> (Rhizoma Coptidis)                  | 30 g  |
| <i>Shegan</i> (Rhizoma Belamcandae)                  | 30 g  |
| <i>Huangqin</i> (Radix Scutellariae)                 | 30 g  |
| <i>Jinyinhua</i> (Flos Lonicerae)                    | 15 g  |
| <i>Guanzhong</i> (Rhizoma Dryopteris Crassirhizomae) | 15 g  |
| <i>Bingpian</i> (Borneolum Syntheticum)              | 1.5 g |

Preparation: Grind the above drugs together into a very fine powder and keep it in a bottle for future use.

Application: Spray 1 g of the powder each time onto the throat and tonsils with a powder blower, 2-3 times daily.

Notes: With the effects of clearing heat, relieving exterior syndrome, alleviating sore-throat and subduing swelling, this prescription is indicated for influenza of wind-heat type with severe symptoms such as fever and swollen, sore throat.

## Prescription 4:

## Ingredients:

|   |      |
|---|------|
| <i>Dilong</i> (Lumbricus)                         | 5    |
| <i>Lüdoufen</i> [Semen Phaseoli Radiati (powder)] | 20 g |

Preparation: Wash *Dilong* clean with their mud and sand removed, pound them into pulp, and mix the pulp with *Lüdoufen* and a proper amount of clear water into a paste.

**Application:** Apply the paste to the navel, cover it with a piece of sterile gauze and fix it with adhesive plaster. Dressing change is to be made when the applied paste dries up.

**Notes:** This prescription has the effects of abating fever and is indicated for influenza of wind-heat type with high fever.

Just as an adjuvant, any of the above 4 prescriptions is just indicated for influenza at its initial stage and without severe complications. If it is complicated by pneumonia, other therapeutic measures should be taken, if it is complicated by secondary bacterial infection, antibiotics should be given.

### 1.5.2 Pulmonary Tuberculosis

Pulmonary tuberculosis is an infection of the lung caused by mycobacterium tuberculosis and spreading through the respiratory tract. It is included in the category of *Fei Lao* in TCM.

#### Etiology and Pathogenesis

When the vital-*Qi* is weakened, exogenous pathogen takes the chance to invade the body and erode the lung, causing this disease.

#### Clinical Manifestations

Marked by irritable dry cough, expectoration of mucous or purulent sputum in small or great amount, hemoptysis in different degree, localized prickling-like pain aggravated by breathing and coughing, tiredness, tidal fever and a flushed face which are more remarkable after noon, night sweating, emaciation and anorexia.

#### Differentiation and Treatment

External therapy with Chinese drugs is used mainly to kill bacteria and relieve symptoms such as cough, hemoptysis and night sweating.

1. To kill bacteria and stop cough

Prescription 1:

Ingredients:

|   |      |
|---|------|
| <i>Wulingzhi</i> (Faeces Troglodytorum) | 15 g |
| <i>Baijiezi</i> (Semen Sinapis Albae)   | 15 g |
| <i>Gancao</i> (Radix Glycyrrhizae)      | 6 g  |
| <i>Dasuan</i> (Bulbus Allii)            | 15 g |

**Preparation:** Grind the first 3 drugs together into a fine powder. The last one is removed of its skin and pounded into a pulp. Mix the powder and the pulp evenly with a proper amount of vinegar into a paste.

**Application:** Spread the paste on 2 pieces of sterile gauze about 5 cm wide, and, their length should correspond to the length of the thoracic vertebrae of the patient. The paste is spread in a time about 2 cm wide and 0.2 cm in thickness. Stick the 2 pieces of gauze along both sides of, and 1.5 *cun* (proportional unit of the body) away from, the thoracic vertebrae. Remove them about 1-2 hours later when a burning sensation appears on the skin. The above is to be repeated every 7 days.

Notes: This prescription is indicated for pulmonary tuberculosis of every kind except hematogenous pulmonary tuberculosis and pulmonary tuberculosis with massive hemoptysis. In the course of treatment with it, oral Chinese drugs or antibiotics could also be given.

Prescription 2:

Ingredient:

*Dasuan* (Bulbus Allii)

30-35 g

Preparation: Pound the drug into a pulp and put it into a fog generator.

Application: The pulp is used to conduct spray inhalation with the fog generator, twice every week, for 30-60 minutes each time. 3 months constitute 1 course of treatment.

Notes: Test in vitro has indicated that the juice and gas of *Dasuan* (garlic) can inhibit and kill *Mycobacterium tuberculosis hominis* and *Mycobacterium tuberculosis bovis*. Here, by means of spray inhalation, the gas of garlic gets to the lung through the trachea and bronchi, killing the bacteria there.

This prescription has the same indications as Prescription 1. If the case is severe, oral Chinese drugs or antibiotics should also be given.

Prescription 3:

Ingredient:

*Dasuan* (Bulbus Allii)

30 g

Preparation: Pound the drug into pulp and squeeze it for its juice. The juice and procaine and water for injection are made into 1%, 2%, 3%, 4%, 5% and 6% garlic solution containing 2% procaine.

Application: Carry out endotracheal instillation with the garlic solution in 6 phases. Each phase consists of 5 days. Treatment is carried out daily in each phase and 10 ml. of the solution is given each time. There is an interval of 2 days between the phases. In the 1st phase, 1% garlic solution is used; in the 2nd, 2%; in the 3rd, 3%; in the 4th, 4%; in the 5th, 5%; and in the 6th, 6%.

Notes: By means of endotracheal instillation, the juice of garlic can play its full part in killing *Mycobacterium tuberculosis*.

This prescription is indicated for bronchogenic tuberculosis and tuberculosis with tuberculous cavity but contraindicated for tuberculosis complicated by heart disease, pulmonary emphysema, bronchial asthma and hypertension, and patients allergic to procaine and the odour of garlic.

2. Treating hemoptysis

Method of Treatment:

To clear heat, cool blood and stop bleeding.

Prescription 1:

Ingredient:

*Dasuan* (Bulbus Allii)

30 g

Preparation: *Dasuan* is removed of its skin and pounded into a pulp.

Application: Apply the pulp to the acupoint Yongquan (KI 1) at the centre of

each sole, fix it with bandage, keep it still there for about 20 minutes. Remove it when there is a burning sensation or mild pain appears on the skin. Dressing change is to be made daily or every other day.

Notes: Irritating the acupoint Yongquan with the pulp would get the effects of nourishing *Yin*, clearing heat, calming the mind and stopping bleeding. And this prescription is suitable for the treatment of hemoptysis in small amount due to pulmonary tuberculosis.

Prescription 2:

Ingredient:

*Yujin* (Radix Curcumae)

20 g

Preparation: Grind the drug into a fine powder and mix it with 100 ml. of water into a suspension.

Application: Dip a piece of absorbent cotton into the suspension. Gentle rubbing is done over and over again with this piece of cotton soaked with the suspension along the 2 sides of the thoracic vertebrae from the 7th cervical vertebra down to the 1st lumbar vertebra until the rubbed skin becomes reddish and the patient feels comfortable. Then wash the rubbed skin clean with warm water. The above is performed for 15 minutes daily.

Notes: *Yujin* has the action of activating the flow of *Qi*, cooling blood, stopping bleeding and eliminating blood stasis. And this prescription is suitable for the treatment of hemoptysis in small amount of purplish dark blood due to pulmonary tuberculosis accompanied by chest distress and dyspnea.

The above 2 prescriptions are not indicated for massive hemoptysis due to pulmonary tuberculosis, for which timely emergency treatment is suitable.

3. Treating night sweating

Method of Treatment:

To consolidate the superficial-*Qi* and astringe sweat.

Prescription 1:

Ingredient:

*Wubeizi* (Galla Chinensis)

9 g

Preparation: Grind the drug into a fine powder and mix it with cold boiled water into a paste.

Application: Apply the paste to the navel before bed time in the evening, cover it with gauze, fix it with adhesive plaster, and have it removed the next morning.

Notes: *Wubeizi* has the astringing action and this prescription is effective for cases with night sweating due to pulmonary tuberculosis, it was reported that 61 cases had been treated with this prescription with good curative effects.

Prescription 2:

Ingredient:

*Heshouwu* (Radix Polygoni Multiflori)

15 g

Preparation: Grind the drug into a fine powder and mix it with boiled water into a paste.

**Application:** Apply the paste to the acupoint Shenque (RN 8) before bed time in the evening, cover it with gauze, fix it with adhesive plaster and have it removed the next morning.

**Notes:** *Heshouwu* has the action of invigorating the liver, tonifying the kidney and nourishing blood, and this prescription is effective in nourishing blood to cure night sweating.

In the course of treatment with the above 2 prescriptions, antiphthisic drugs should be given. Otherwise, curative effects can not be sustained.

### 1.5.3 Virus Hepatitis

Characterized by strong infectivity, wide epidemic, complex routes of transmission and high incidence, virus hepatitis is an infectious disease due to hepatitis viruses of many kinds. It is included in the categories of *Xie Tong*, *Huang Dan* and *Ji Ju* in TCM.

#### Etiology and Pathogenesis

Virus Hepatitis is caused by the combined invasion of epidemic pathogens, pathogenic damp-heat and cold-dampness.

#### Clinical Manifestations

1. Acute anicteric hepatitis: marked by acratia, anorexia, no appetite for heavy food, nausea, vomit, abdominal distension, hepatalgia, hepatomegaly and tenderness.

2. Acute icterohepatitis: same as the symptoms and signs of acute anicteric hepatitis but also with a sudden onset, chills, fever, yellowish skin and sclera, deep-colored urine and pruritus of the skin.

3. Chronic active hepatitis: with a disease course over 1 year, and marked by typical symptoms and signs, hepatic dysfunction, hepatic face, liver palms, vascular spider, jaundice, a harder liver and splenomegaly.

4. Cholestatic hepatitis: marked by prolonged jaundice due to intrahepatic cholestasis, symptoms which are milder and similar to those of acute icterohepatitis, a longer course, obvious hepatomegaly and pruritus of the skin.

5. Severe hepatitis: marked by severe destruction of liver parenchyma and bad prognosis.

#### Differentiation and Treatment

##### 1. Type of damp-heat

##### Main Symptoms:

Marked by fever, aversion to cold, pain in the hypochondrium, a bitter taste, yellowish eyes and body, deep-colored urine, distension and choking sensation in the epigastrium, anorexia, nausea, vomit, a reddened tongue with yellow greasy coating, and a taut rapid or slippery rapid pulse.

##### Method of Treatment:

To clear heat, dispel dampness and get rid of jaundice.

##### Prescription 1:

##### Ingredient:

*Tianguadi* (Pedicellu Melo)

1 g

Preparation: Roast the drug dry, grind it into a very fine powder and keep it in a bottle for future use.

Application: Divide 0.1 g of the powder into 4 portions. In the early morning and with empty stomach, inhale 1 portion respectively into each nostril, and inhale the other 2 portions half an hour later. The above is done once every 5 days, and 4 times constitute 1 course of treatment.

Notes: With the effects of lowering icteric index, improving liver function and promoting appetite, this prescription is indicated for chronic active hepatitis with jaundice as well as acute icterohepatitis.

Before the powder is inhaled each time, the nasal cavity should be washed clean with warm water. When the powder is inhaled, the patient is asked to take a sitting, lying prone or supine position, and the powder should be brought to the middle part of the nasal cavity. If the powder is inhaled up to the throat, irritable symptoms of the upper respiratory tract would be induced.

30-60 minutes after the powder is inhaled, yellow secretion would be flowing out of the nasal cavity. This is a normal reaction. If this yellow secretion flows into the mouth, spit it out right away and don't ever swallow it, otherwise, vomiting or diarrhea will be induced.

Each time the powder is inhaled, symptoms similar to those due to common cold may appear or hepatalgia may be worsened in part of cases. This doesn't need special treatment, for automatic relief will occur in 1-2 days.

## Prescription 2:

## Ingredient:

*Xian Maogen* (fresh *Ranunculus japonicus*)

10 g

Preparation: The drug is washed clean and pounded into a pulp.

Application: A piece of sterile gauze is holed at the centre. Cover the skin where the acupoint Waiguan (SJ 5) is located with it with the acupoint just in the hole. Apply the pulp to the acupoint and cover it with a piece of oil paper, fix it with bandage. Remove it about 4-6 hours later. Cover the skin where the pulp has been applied with a piece of sterile gauze and uncover the gauze 24 hours later to expose the skin on which there must be a blister. Prick the blister with a syringe to have the fluid abstracted and bind it up with a piece of sterile gauze. This treatment is conducted only once.

Notes: Clinical practice has proved that this prescription is effective in alleviating the subjective symptoms, getting rid of jaundice, promoting the restoration of the liver function and shortening the course of the disease. It is indicated for acute or chronic hepatitis at its initial stage and without severe complications. The curative effects are particularly good when it is used to treat acute icterohepatitis. While the treatment with it is carried out, oral drugs may be also given.

## Prescription 3:

## Ingredients:



|   |       |
|---|-------|
| <i>Digupi</i> (Cortex Lycii Radicis)          | 120 g |
| <i>Shengjiang</i> (Rhizoma Zingiberis Recens) | 50 g  |
| <i>Yinchen</i> (Herba Artemisiae Capillaris)  | 50 g  |

Preparation: Soak the 1st drug in 5,000 ml. of water for 30 minutes, boil it for 20 minutes and filter the dregs to get the decoction. Pound the last 2 drugs together into a pulp and wrap them in a piece of gauze.

Application: While the decoction is hot, steam the whole body with its vapour. When the decoction turns warm, a piece of gauze is dipped into it. Wipe the whole body with this gauze. Then, use the gauze containing the pulp to knead and rub the whole body. The above is undertaken for 30 minutes each time, once daily.

Notes: With the effects of clearing heat and getting rid of jaundice, this prescription is indicated for acute icterohepatitis at its initial stage and with high fever.

When the treatment comes to an end, the body is washed clean with warm water and kept warm in a bed rest.

## 2. Type of cold-dampness

### Main Symptoms:

Marked by jaundice which makes the body dark and gloomy, a choking sensation in the epigastrium, abdominal distension, pain below the hypochondriac region, anorexia, loose stools, listlessness, intolerance of cold, a pale and enlarged tongue with whitish and greasy coating, and a deep thready slow pulse.

### Method of Treatment:

To warm and dispel cold-dampness and get rid of jaundice.

### Prescription 1:

#### Ingredients:

|                                   |            |
|-----------------------------------|------------|
| <i>Tianguadi</i> (Pedicellu Melo) | 5 portions |
| <i>Hujiao</i> (Fructus Piperis)   | 5 portions |

Preparation: Grind the 2 drugs together into a very fine powder and keep it in a bottle for future use.

Application: Blow 0.1 g of the powder into both nostrils each time, and this is to be done 3 times with an interval of 30 minutes between them. The above is to be repeated after 5-7 days.

Notes: This prescription is indicated not only for acute icterohepatitis and cholestatic hepatitis without severe complications but also for chronic hepatitis with the symptoms of the cold-damp type.

Just as is pointed out above, sneezing and yellowish secretion flowing out from the nose induced by the powder are normal reaction, and the yellowish secretion should be spat out if it flows adversely into the mouth. To avoid discomfort of the throat, make sure that the powder is blown just up to the middle part of the nasal cavity.

### Prescription 2:

#### Ingredients:

|                              |     |
|------------------------------|-----|
| <i>Dasuan</i> (Bulbus Allii) | 5 g |
|------------------------------|-----|

|   |       |
|---|-------|
| <i>Qingdai</i> (Indigo Naturalis)       | 0.4 g |
| <i>Tianguadi</i> (Pedicellu Melo)       | 0.2 g |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.1 g |

Preparation: *Dasuan* is removed of its skin and pounded into a pulp. *Tianguadi* is baked dry, ground into powder and ground again with *Qingdai* and *Bingpian* into a fine powder. Add this powder to the pulp and stir them evenly into a paste.

Application: Cut out a hole about 1.5 cm in diameter at the center of a piece of oil paper and cover with it the skin around the acupoint Binao (LI 14) on one of the upper limbs with the acupoint just exposed. Apply the paste to the acupoint in the hole, and cover the hole first with a piece of oil paper then with gauze and fix the gauze with adhesive plaster. The applied paste is to be removed 24 hours later and there a blister must appear. Disinfect this blister routinely and prick it with a syringe to abstract its fluid, then smear it with gentian violet and bind it up with sterile gauze. Dressing change is to be made every 2-3 weeks, for 3 times altogether and alternately on the two upper limbs.

Notes: With the effects of warming the channel to expel cold, improving liver function, promoting appetite and reducing abdominal distension, this prescription is indicated for cases of chronic persisting or active hepatitis or cholestatic hepatitis which are not accompanied by severe complications. The treatment is to be stopped when the liver function has returned to normal, regardless how many times it has been conducted. When the paste is applied for the second time, dodge a little from the original spot where the scare is formed.

### 3. Type of stagnation of *Qi* and blood

#### Main Symptoms:

Marked by darkish complexion, a mass in the hypochondriac region, a distending pain which is aggravated at night, a purplish dark tongue or a tongue with ecchymoses, and a taut and uneven or thready pulse.

#### Method of Treatment:

To soothe the liver in order to regulate *Qi*, to promote blood circulation in order to remove blood stasis.

#### Prescription 1:

#### Ingredients:

|   |      |
|---|------|
| <i>Tianguadi</i> (Pedicellus Melo)            | 60 g |
| <i>Qinjiao</i> (Radix Gentianae Macrophyllae) | 60 g |
| <i>Qingpi</i> (Pericarpium Citri Reticulatae) | 30 g |
| <i>Zicao</i> (Radix Arnebiae seu Lithospermi) | 30 g |
| <i>Huangqin</i> (Radix Scutellariae)          | 30 g |
| <i>Danshen</i> (Radix Salviae Miltiorrhizae)  | 30 g |
| <i>Tonglu</i> (verdigris)                     | 15 g |
| <i>Bingpian</i> (Borneolum Syntheticum)       | 6 g  |

Preparation: Grind the first 7 drugs into a powder and grind them again with the last one into a fine powder.

**Application:** Put 1.5 g of the fine powder right on the navel with 2/3 of its umbilicate cavity full of it, cover it with sterile gauze and fix the gauze with adhesive plaster. Dressing change is to be made every 48 hours.

**Notes:** Before the powder is applied, wash the navel and its umbilicate cavity clean and wipe them dry. After the powder is applied, stick the adhesive plaster tightly to the skin to prevent the powder from spilling away.

On rare occasions, hepatalgia may be aggravated or SGPT raised a little temporarily 3-5 days after the powder is used. But it will be relieved as the treatment is carried on and the liver function restarted step by step. After the treatment is over, rebound phenomenon of SGPT may happen in a few cases. In that case if the treatment is repeated, curative effects would still be achieved.

This prescription is indicated for chronic persisting or active hepatitis and acute hepatitis characterized by stagnation of *Qi* and blood. But it is not suitable for patients allergic to adhesive plaster.

**Prescription 2:**

**Ingredients:**

|   |       |
|---|-------|
| <i>Jianghuang</i> (Rhizoma Curcumae Longae) | 250 g |
| <i>Puhuang</i> (Pollen Typhae)              | 250 g |
| <i>Honghua</i> (Flos Carthami)              | 250 g |
| <i>Huashi</i> (Talcum)                      | 125 g |
| <i>Zhizi</i> (Fructus Gardeniae)            | 420 g |
| <i>Zhugan</i> [pig liver (roasted dry)]     | 500 g |

**Preparation:** Grind the above drugs together into a fine powder and keep it in a bottle for future use.

**Application:** Mix a proper amount of the powder with a proper amount of yellow rice wine into a paste. Apply the paste to the hepatic region about 0.2 cm thick, cover it with gauze, and fix it with adhesive plaster. Dressing change is to be made every 48 hours and 20 times of it constitute 1 course of treatment. There may be an interval of 7-10 days between every 2 courses.

**Notes:** With the effects of soothing the liver, regulating *Qi*, relieving pain, promoting blood circulation, eliminating blood stasis and resolving mass, this prescription is indicated for chronic or cholestatic hepatitis and acute hepatitis with hepatomegaly.

Carrying out a hot compress with a hot-water heating bag on that part for 30 minutes each time daily would enhance the efficacy of the drugs.

It should be pointed out:

1. All the above prescriptions may be combined with oral Chinese drugs or other therapeutic measures in the treatment of hepatitis.
2. Besides drug therapies, bed rest and bland diet with an adequate amount of protein, carbohydrate and vitamin are also needed in treating acute hepatitis.
3. External therapy with Chinese drugs is not suitable for critical cases of severe hepatitis requiring comprehensive first-aid treatment.

### 1.5.4 Bacterial Dysentery

With suppurative inflammation of colon as the main pathologic change, bacillary dysentery is an infectious disease of the intestinal tract due to *Bacillus dysenteriae*. It is seen all year round, especially common in summer and autumn. TCM includes it in the syndrome of *Li Ji*.

#### Etiology and Pathogenesis

Invasion of damp-heat, cold-dampness and other epidemic pathogenic factors into the stomach and intestines leads to the dysfunction of the intestinal tract, the injury of the blood vessels, the stagnation of *Qi* and blood and the production of pus, bringing about this disease.

#### Clinical Manifestations

1. Mild type is marked by: general symptoms seldom seen, normal body temperature or mild fever, mild abdominal pain, not more than 10 times of diarrhea in one day, paste-like or watery stools with a little mucus, rectal tenesmus which is not remarkable, nausea, vomit, and a course of 3-6 days.

2. Common type is marked by: a sudden onset, manifestations of moderate toxemia, fever above 39°C, infantile convulsion in infants, nausea and vomit in the initial stage followed by paroxysmal abdominal pain and diarrhea, 10-20 times of defecation in one day, stools with pus and blood and in small amount, dehydration not obvious, and a course of 10-14 days.

3. Severe type is marked by: toxic symptoms, a sudden onset, high fever, frequent bowel movements and even fecal incontinence, stools with pus and blood, severe abdominal pain, strong sensation of tenesmus, remarkable dehydration, very cold extremities, tenderness all over the abdomen especially in the left lower abdomen, extreme exhaustion of the patient marked by: mental confusion, delirium or convulsion, decrease of blood pressure, and even shock.

4. Toxic type is marked by: main symptoms usually seen in 2-to-7 year children with stronger constitution such as severe toxemia, shock and toxic encephalitis; nausea and vomit which may be mild and late; less or more times of defecation with or without pus and blood; bright red and ropy stools with macrophagocytes and *bacillus dysenteriae* as well as pyocytes and erythrocytes in large amount.

Bacillary dysentery with a course of more than 2 months is called chronic dysentery.

#### Differentiation and Treatment

##### 1. Type of damp-heat

##### Main Symptoms:

Marked by abdominal pain, tenesmus, bloody and mucous ropy stools or stools with pus and blood, a burning sensation of the anus, scanty deep-colored urine, a reddened tongue with yellowish greasy coating, and a slippery rapid pulse.

##### Method of Treatment:

To clear heat, remove toxins and dry dampness.

Prescription 1:

Ingredients:

|   |      |
|---|------|
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 90 g |
| <i>Machixian</i> (Herba Portulacae)         | 90 g |

Preparation: Bake the drugs dry and grind them together into a very fine powder. Keep it in a bottle for future use.

Application: Mix 10 g of the powder with some warm boiled water into a pancake-shaped paste 2 cm in diameter. Stick the paste to the navel and have it covered with a piece of round adhesive plaster. Dressing change is to be made every 8 hours.

Notes: With the effects of clearing heat, removing toxins, drying dampness and stopping diarrhea, this prescription is indicated for dysentery of mild or common type with the main symptoms mentioned above.

Prescription 2:

Ingredients:

|                                      |      |
|--------------------------------------|------|
| <i>Huangqin</i> (Radix Scutellariae) | 9 g  |
| <i>Huanglian</i> (Rhizoma Coptidis)  | 3 g  |
| <i>Muxiang</i> (Radix Aucklandiae)   | 3 g  |
| <i>Wuzhuyu</i> (Fructus Evodiae)     | 15 g |

Preparation: Grind the above drugs together into a fine powder and keep it in a bottle for future use.

Application: Mix 10 g of the powder with a proper amount of warm boiled water into a paste. Apply the paste to the navel, cover it with a piece of sterile gauze and fix it with adhesive plaster. Dressing change is to be made 2-3 times daily.

Notes: With the effects of clearing heat, drying dampness and stopping diarrhea, this prescription is indicated mainly for dysentery of mild or common type with the main symptoms mentioned above. Applying the paste to the navel where the acupoint Shenque (RN 8) is located can also regulate the gastrointestinal function.

Prescription 3:

Ingredients:

|  |     |
|--|-----|
| <i>Huanglian</i> (Rhizoma Coptidis)      | 9 g |
| <i>Huangqin</i> (Radix Scutellariae)     | 9 g |
| <i>Baiyao</i> (Pulvis Medicinalis Albus) | 9 g |
| <i>Muxiang</i> (Radix Aucklandiae)       | 9 g |

Preparation: Soak the above drugs in 200 ml. of water for 1 hour, decoct them with gentle heat for about 20 minutes and filter the dregs to get the decoction. Boil the decoction again with gentle heat and condense it until only 50 ml. of it is left.

Application: When it cools up to 38°C, use the decoction to carry out a retention-enema. This is to be repeated daily.

Notes: With the effects of clearing heat, removing toxins, drying dampness, stopping diarrhea, regulating the flow of *Qi* and relieving pain, this prescription is

indicated for dysentery of mild or common type with the main symptoms mentioned above. Using its condensed decoction for retention-enema can also gain the effects of inhibiting *Bacillus dysenteriae* and regulating the gastrointestinal function.

Instructions for the administration of retention-enema:

1. Administer an enema with 500 ml. of warm normal saline to induce bowel movement.
2. Administer an enema with the decoction after the patient has defecated.
3. Insert the cannula into the rectum about 15-20 cm in depth.
4. The enema is to be carried out slowly.
5. The patient is asked to take a 30-minute bed rest afterwards.

Prescription 4:

Ingredients:

|                                       |     |
|---------------------------------------|-----|
| <i>Huanglian</i> (Rhizoma Coptidis)   | 9 g |
| <i>Huangbai</i> (Cortex Phellodendri) | 9 g |
| <i>Qinpi</i> (Cortex Fraxini)         | 9 g |
| <i>Baitouwong</i> (Radix Pulsatillae) | 9 g |

Preparation: Soak the above drugs in 500 ml. of water for 1 hour, decoct them with gentle heat for 1 hour and filter the dregs to get 50 ml. of decoction.

Application: When it cools down to about 38°C, use the decoction for carrying out retention-enema, and this process is to be repeated daily.

Notes: This prescription is indicated not only for dysentery of mild or common type but also for toxic dysentery. The operational instructions for the administration of retention-enema are the same as mentioned above.

2. Type of cold-dampness

Main Symptoms:

Marked by abdominal dull pain which would be relieved by warmth and pressure, bloody and mucous ropy stools or stools with more mucus than blood or with mucus only, tenesmus, aversion to cold and cold limbs, listlessness, clear urine, a pale tongue with whitish greasy coating, and a soft slow pulse.

Method of Treatment:

To warm and dispel cold-dampness and stop diarrhea.

Prescription 1:

Ingredients:

|                                  |     |
|----------------------------------|-----|
| <i>Wuzhuyu</i> (Fructus Evodiae) | 6 g |
| <i>Hujiao</i> (Fructus Piperis)  | 3 g |

Preparation: Grind the 2 drugs together into a fine powder and mix it with a proper amount of vinegar into a paste.

Application: Divide the paste into 3 portions, apply it respectively to the acupoint Shenque (RN 8) on the navel and the acupoint Yongquan (KI 1) at the centre of each sole, cover it with gauze and fix it with adhesive plaster. Dressing change is to be made daily.

Notes: With the effects of warming the middle-*Jiao* to dispel cold and activating

the flow of *Qi* to relieve pain, this prescription is indicated for dysentery of mild and common type with the main symptoms mentioned above. Applying the paste to the acupoints Shenque and Yongquan can also gain the effects of regulating the gastrointestinal function to stop diarrhea. Meanwhile, if oral Chinese drugs or antibiotics are given, the curative effects will be enhanced.

In case of severe abdominal pain, carrying out a hot compress on the navel with a hot-water heating bag for 30-60 minutes after the paste is applied will relieve the pain sooner.

**Prescription 2:**

**Ingredient:**

*Dasuan* (Bulbus Allii)

10 g

**Preparation:** *Dasuan* is removed of the skin and pounded into a pulp.

**Application:** Divide the pulp into 2 portions, apply it respectively to the acupoint Shenque (RN 8) on the navel and the acupoint Yongquan (KI 1) on one sole, and have it removed when the skin with the pulp on is flushed or itching and a little painful. Wash the skin clean with warm water afterwards. Dressing change is performed 1 to 2 times daily, alternately on the left and right sole.

**Notes:** This treatment can play its part in regulating the gastrointestinal function and reducing the inflammation of the intestinal tract. It is suitable for dysentery of mild or common type. But it must be stopped once a blister has appeared on the skin due to prolonged attachment of the pulp.

**Prescription 3:**

**Ingredient:**

*Dasuan* (Bulbus Allii)

10 g

**Preparation:** Pound the drug into a pulp, put it into a measuring glass with 100 ml. of cold distilled water, and filter it with a piece of sterile gauze and press it to get its fluid. Mix this fluid with 0.5 g of procaine into about 100 ml. of 10% extract of *Dasuan* containing 0.5% of procaine.

**Application:** Carry out a retention-enema with the extract 1 to 2 times daily in the first 3 days, one time daily 3 days later.

**Notes:** This treatment is not suitable for pregnant women. The extract should be prepared just before use. The burning sensation on the anus, rectum or ileocecum and abdominal pain due to the 1st administration of enema with the extract are temporary, and they will disappear as the enema treatment continues. The administration of retention-enema is the same as mentioned above.

### 1.5.5 Amebic Dysentery

Characterized by abdominal pain, diarrhea, pus and blood stools, tenesmus, pathologic change of ileocecum and repeated relapse, amebic dysentery is an infectious disease due to invasion of *Entamoeba histolytica* into the colon. It is included in the category of *Li Ji* in TCM.

### Etiology and Pathogenesis

Improper diet leads to impairment of the spleen and stomach, accumulation of damp-heat and parasitic toxins in the intestines, dysfunction of the large intestines in transportation and stagnation of *Qi* and blood. When the stagnated *Qi* and blood turns into pus and blood, amebic dysentery results.

### Clinical Manifestations

1. Acute amebic dysentery is marked by: a slow onset, abdominal pain and diarrhea as a sign of onset, 10 times or so of defecation in one day, defecation accompanied by mild or severe abdominal pain; tenesmus, dark red or purplish red and paste-like stools with blood, mucus, special stink and large amount of amebic trophozoites, all due to pathologic change of the colon; bloody stools or mucous stools with a little bright red blood in severe cases; its acute stage generally lasts several days or weeks with the symptoms self-relieved possibly; a relapse due to improper treatment.

2. Mild amebic dysentery is marked by: the symptoms milder than those of the acute cases and similar to those of common enteritis, stools not like those due to dysentery.

3. Acute fulminant dysentery is marked by: a sudden onset, severe diarrhea, vomit, dehydration, collapse, delirium, fever, and possible complications such as intestinal hemorrhage or perforation.

4. Chronic amebic dysentery is marked by: repeated attack of diarrhea which may be induced by improper diet, emotional change, etc.

5. Acute attack of chronic amebic dysentery is marked by: symptoms as those of acute amebic dysentery.

### Differentiation and Treatment

Acute amebic dysentery and acute attack of chronic amebic dysentery are differentiated in TCM as a syndrome of accumulation of damp-heat and parasitic toxins in the large intestines. It is treated as follows.

#### Method of Treatment:

To clear heat, dry dampness, remove toxins and kill worms.

#### Prescription 1:

#### Ingredient:

*Baitouwong* (Radix Pulsatillae)

50 g

Preparation: Soak the drug in 200 ml. of water for half an hour, decoct it with gentle heat until about 100 ml. of decoction is left and filter the dregs with 2 layers of sterile gauze to get the decoction.

Application: Administer a retention-enema with the decoction when it cools down to 38°C and this is to be repeated daily.

Notes: *Baitouwong* has the action of clearing heat, removing toxins, cooling blood and stopping diarrhea. Its decoction or saponin can inhibit the growth of *Entamoeba histolytica* either in vivo or in vitro.



Prescription 2:

Ingredient:

*Dasuan* (Bulbus Allii) 10 g

Preparation: Pound the drug into pulp, mix it with 100 ml. of cold distilled water, keep it there for 2 hours then filter it with a piece of sterile gauze to get the supernatant fluid called 10% extract of *Dasuan*. Mix this extract with 1 g of procaine and heat it through water bath to 38°C.

Application: Administer a retention-enema with the warm extract daily.

Notes: Pharmacological studies and clinical applications have proved that the extract of *Dasuan* does have the action to kill *Entamoeba histolytica*.

The first time an enema is administered with this extract may induce a burning sensation on the anus, rectum or ileocecum and abdominal pain. But they are temporary and would be relieved after several enemas are administered.

Prescription 3:

Ingredient:

*Yadanzi* (Fructus Bruceae) 200 grains

Preparation: Pound the drug into bits, soak the bits in 700 ml. of water for 1 hour, decoct them with a gentle fire until about 500 ml. of decoction is left, and filter the dregs to get the decoction. Keep the decoction in a bottle for future use.

Application: Heat 50-100 ml. of the decoction to 38°C. Administer a retention-enema with this warm decoction daily for mild cases and twice daily for severe cases.

Notes: Experimental studies have shown that *Yadanzi* has the action of killing *Entamoeba histolytica*.

Reactions such as nausea, vomiting, dizziness, abdominal pain and diarrhea may appear in the course of treatment in part of the cases. They wouldn't influence the curative effects and will disappear automatically after the treatment.

Prescription 4:

Ingredients:

*Baitouwong* (Radix Pulsatillae) 60 g

*Kushen* (Radix Sophorae Flavescentis) 60 g

*Jinyinhua* (Flos Lonicerae) 60 g

*Huangbai* (Cortex Phellodendri) 60 g

*Huashi* (Talcum) 30 g

Preparation: Soak the above drugs in 500 ml. of water for 1 hour, decoct them until about 200 ml. of decoction is left, and filter the dregs to get the decoction.

Application: Administer a retention-enema with the decoction when it cools down to 38°C and the treatment is to be repeated daily.

Notes: This prescription has the effects of clearing heat, drying dampness, removing toxins, killing worms and stopping diarrhea.

Each of the above 4 prescriptions may be used alone or together with oral drugs to treat amebic dysentery of every type except the toxic one. Toxic amebic dysentery should be treated with other therapeutic measures to have its toxic symptoms relieved

as soon as possible.

Administer an enema with normal saline before the enema with drug decoction or extract, and the patient is asked to take a bed rest after the enema is administered so as to have the decoction or extract to stay in the rectum as long as possible. Retention-enema is not suitable for those with intestinal hemorrhage and possible or present intestinal perforation.

Bed rest and liquid or semi-liquid diet are needed by those with amebic dysentery at its acute stage. Irritating food should be avoided by those with chronic amebic dysentery.

## 1.6 Disease of the Nervous System

### 1.6.1 Facial Neuritis

Facial neuritis refers to peripheral facial paralysis due to acute nonpurulent inflammation of the facial nerve in the stylomastoid foramen. It is included in the category of *Kou Pi* in TCM.

#### Etiology and Pathogenesis

When the vital-*Qi* is insufficient, the channel-*Qi* is weakened and the superficial-*Qi* fails to protect the body against pathogens, pathogenic wind takes the chance to invade and attack the channels and collaterals, leading to the stagnation of *Qi* and blood and causing this disease.

#### Clinical Manifestations

A history of cold attack on the face and postear or a history of pharyngeal infection; a sudden onset which is discovered suddenly by the patient or someone else when the patient is washes or eats in the morning and marked by: disappearance of unilateral frontal furrows, inability of the patient to close his eyes or knit his brows, a shallowed nasolabial groove, ptosis of the labial angle, distorting of the mouth to the healthy side, an air leakage at the affected corner of the mouth when inhaled air is held up, failing to swallow the chewed food which often remains in the buccal gingival sulcus, and spontaneous pain and tenderness in the stylomastoid foramen.

#### Differentiation and Treatment

Method of Treatment:

To expel wind and activate the collaterals.

Prescription 1:

Ingredients:

*Zaojiao* (*Gleditsia sinensis*)

500 g

*Cu* (vinegar)

150 g

*Shexiang* (*Moschus*)

a proper amount

Preparation: Grind *Zaojiao* into a fine powder and keep it in a bottle for future use. Boil *Cu* in a bronze pot, add a proper amount of the powder to it, heat and stir it for about 10 minutes to get a yellow paste.

**Application:** Spread a proper amount of the paste evenly on a piece of gauze about 0.3 cm thick and 3 cm wide and bake it a little over an alcohol lamp. Dust 0.1 g of *Shexiang* over the paste on the gauze. Stick the gauze to the area between the acupoint Xiaguan (ST 7) and the acupoint Jiache (ST 6) on the affected side and fix it with adhesive plaster. Dressing change is to be made daily.

**Notes:** This prescription has the effects of warming the channels to dispel cold and expelling wind to activate the collaterals. When it is used in the above way to treat facial neuritis with a short course, good curative effects will be achieved.

**Prescription 2:**

**Ingredient:**

*Banmao* (Mylabris)

one

**Preparation:** *Banmao* is removed of its feet and wings, grind it into a fine powder and mix it with water into a paste.

**Application:** Apply the paste to the acupoint Xiaguan (ST 7) on the affected side, cover it tightly with adhesive plaster and have it removed when local vesication occurs on the skin with the paste on. Prick the blister on the skin with a sterilized syringe needle to have the fluid wiped and, then, smears it with some gentian violet. Dressing change is to be made when the injured skin is healed, usually 3-4 days later.

**Notes:** The blister won't leave any scar on the skin as long as attention is paid to prevent local infection after it is pricked.

**Prescription 3:**

**Ingredient:**

*Maqianzi* (Semen Strychni)

1.5 g

**Preparation:** Soak *Maqianzi* in boiling water to soften it and cut it into thin slices about 0.05 cm thick.

**Application:** Arrange the thin slices on a piece of adhesive plaster neatly and stick the plaster to the affected side of the face. Dressing change is to be made every 7-10 days.

**Notes:** This treatment is suitable for facial neuritis with a short course. The curative effects won't be very satisfactory for cases with a course over 3 months.

The above 3 prescriptions may be used independently or together with acupuncture or *Tuina* of TCM to treat facial neuritis at its initial stage.

In the course of external treatment with Chinese drugs, exposure to cold should be avoided, and attention should be paid to protect the cornea of the affected side from conjunctivitis.

## 2. Gynecologic Diseases

### 2.1 Vaginitis

#### 2.1.1 Trichomonal Vaginitis

Trichomonal vaginitis is a vaginitis due to direct or indirect infection of Tricho-

monas vaginalis. It is included in the categories of *Yin Yang* and *Dai Xia Bing* in TCM.

### **Etiology and Pathogenesis**

When the spleen dysfunctions, dampness is produced. When the liver dysfunctions, heat is produced and accumulated in the Liver Channel. The dampness and heat tend to sink, forming the internal cause of this disease. When the vulva is unclean, *Trichomonas vaginalis* will invade and erode the vagina. The infection of *Trichomonas vaginalis* is the external cause of this disease.

### **Clinical Manifestations**

Marked by leukorrhagia and pruritus (and occasional burning and painful sensation) of the vulva and vagina; typical trichomonal leukorrhea, greyish yellow, foamy, thin and stinking, which even becomes bloody and purulent when the infection is severe; swelling of the uterine neck and vaginal mucosa on which scattered hemorrhagic spots or red small papulae (more of them on the fornix) are seen in examination; moving *Trichomonas vaginalis* may be found in the vaginal secretions; frequent and urgent urination and urodynia tending to appear when the urinary system is involved.

### **Differentiation and Treatment**

By and large, this disease is differentiated as the syndrome of sinking of damp-heat in TCM. It is treated like this.

#### **Main Symptoms:**

Marked by pruritus of the vulva, yellowish and stinking profuse leukorrhea, vexation, insomnia, bitter taste, a sticky mouth, a yellowish and greasy tongue coating, and a taut rapid pulse.

#### **Method of Treatment:**

To clear heat, dry dampness, kill worms and alleviate itch.

#### **Prescription 1:**

#### **Ingredients:**

|   |      |
|---|------|
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 30 g |
| <i>Shechuangzi</i> (Fructus Cnidii)         | 30 g |
| <i>Baixianpi</i> (Cortex Dictamni Radicis)  | 30 g |
| <i>Huangbai</i> (Cortex Phellodendri)       | 15 g |

**Preparation:** Soak the above drugs in 2,000 ml. of water in a basin for 30 minutes, boil them for 15-20 minutes and filter the dregs with 2 layers of clean gauze to collect the decoction in another clean basin.

**Application:** While the decoction is hot, steam the vulva over it. When the decoction cools down to about 38°C, pour it into a vaginal irrigator, and take vaginal and progenerital douche with it repeatedly. The treatment is to be repeated 1-2 times daily.

**Notes:** This prescription has the effects of reducing the amount of vaginal secretions, alleviating itch and inhibiting *Trichomonas vaginalis*.

If vaginal irrigator is not available or if the patient is unmarried, a hip bath in the

decoction may be taken instead of a douche. Wash the anus clean before the hip bath and during the hip bath, undertake drip-washing with a piece of sterile gauze soaked with the decoction at the same time.

This treatment should not be applied in menstrual period.

Prescription 2:

Ingredients:

|   |              |
|---|--------------|
| <i>Shechuanzi</i> (Fructus Cnidii)        | 2.5 portions |
| <i>Kushen</i> (Radix Sophorae Flavescens) | 2.5 portions |
| <i>Huanglian</i> (Rhizoma Coptidis)       | 2.5 portions |
| <i>Huangbai</i> (Cortex Phellodendri)     | 2.5 portions |

Preparation: Grind the above drugs together into a fine powder, have it sterilized under high pressure in a bottle and put into capsules of No. 0.

Application: Insert 1 capsule deep into the vagina before bed time in the evening. 10 treatments constitute 1 course of treatment.

Notes: It is necessary to undertake a vaginal and progenerital douche with 0.5% acetic acid solution before each treatment.

Prescription 3:

Ingredient:

|                                     |      |
|-------------------------------------|------|
| <i>Xianhecao</i> (Herba Agrimoniae) | 60 g |
|-------------------------------------|------|

Preparation: Soak the drug in 600 ml. of water for 30 minutes, decoct it until 100 ml. of decoction can be collected and filter the dregs to get the decoction. Keep the decoction in a bottle for future use.

Application: Dilate the vagina with a speculum. Wash the vaginal wall thoroughly with 0.5% acetic acid solution. Soak a big cotton ball with a thread through dipping it into the decoction, and tuck it into the vagina, keep it in there for 3-4 hours and pull it out by the thread. The treatment is to be repeated daily and 7 times constitute 1 course of treatment.

Notes: This prescription has the effects of inhibiting *Trichomonas vaginalis*, reducing vaginal inflammation and decreasing the amount of vaginal secretions. When it is administered, the cotton ball should be put deep into the vagina.

Prescription 4:

Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Huangbai</i> (Cortex Phellodendri) | 12 g |
| <i>Moshizi</i> (galla)                | 12 g |
| <i>Shechuanzi</i> (Fructus Cnidii)    | 12 g |
| <i>Baifan</i> (Alumen)                | 12 g |

Preparation: Soak the above drugs in 2,000 ml. of water for 30 minutes, boil them for 15-20 minutes, and filter the dregs with 2 layers of gauze to get the decoction. Keep the decoction in a clean basin.

Application: While the decoction is hot, the vulva is steamed over it. When the decoction cools down to about 38°C, vaginal and progenerital douche is conducted with it. The treatment is to be repeated daily, and 6 times constitute 1 course of treatment.

Notes: This prescription has the same effects as Prescription 3. It is particularly suitable for a case with leukorrhagia.

If vaginal douche cannot be done for some reason, hip bath in the warm decoction may be taken instead after the anus is washed clean.

In the course of external treatment with Chinese drugs, oral drugs may be given, antibiotics are added when there is infection of bacteria, and sexual intercourse and pregnancy should both be avoided. If the husband is also suffering from this disease, he should be treated with his wife at the same time.

Generally speaking, the above treatment should be stopped in menstrual period.

### 2.1.2 Colpomycosis

Colpomycosis is a vaginal inflammation due to *Candida albicans*. It is common in those with diabetes, vitaminosis B group and chronic consumptive diseases, those treated with broad-spectrum antibiotics and glucocorticoid hormone for a long time and those in pregnancy. TCM includes it in the categories of *Yin Yang* and *Dai Xia Bing*.

#### Etiology and Pathogenesis

The cause of this disease could be any of the following factors:

1. Ordinary weak constitution and prolonged disease.
2. Stagnation of the liver-*Qi* and deficiency of the spleen due to emotional disorder.
3. Sinking of dampness in the spleen and heat in the Liver Channel due to pathogenic attack in pregnancy.

#### Clinical Manifestations

The clinical manifestations are marked by such main symptoms as pruritus of the vulva and leukorrhagia. The pruritus starts from the medial side of the labia minora and spreads gradually to the vulva. Severe pruritus makes the patient unable to sit, sleep and work at ease. Superficial ulcer would appear due to scratch of the epiderm, which is burning and painful. Watery or purulent leukorrhea is not abundant in the acute stage but increases in amount gradually. Gurd-lump-like leukorrhea is seen in typical cases. Both sides of the labia minora would be covered with milky white pachy false membrane. Congestion and edema of the mucosa would be seen after the false membrane is uncovered. Hyphae and blastospores of *Candida Albicans* would be found in the vaginal secretions.

#### Differentiation and Treatment

By and large, this disease is differentiated as accumulation of damp-heat.

##### Main Symptoms:

Marked by pruritus of the vulva, curd-like leukorrhea in increasing amount, a bitter taste, a sticky mouth, poor appetite, a choking sensation in the chest, vexation, insomnia, a yellow greasy tongue coating, and a soft rapid pulse.

##### Method of Treatment:

To dispell dampness, clear heat and alleviate itch.

**Prescription 1:**

**Ingredients:**

|   |      |
|---|------|
| <i>Shechuangzi</i> (Fructus Cnidii)         | 15 g |
| <i>Digupi</i> (Cortex Lycii)                | 9 g  |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 9 g  |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)     | 6 g  |
| <i>Baifan</i> (Alumen)                      | 6 g  |

**Preparation:** Soak the above drugs in 3,000 ml. of water for 30 minutes, boil them for 15 minutes, and filter the dregs to get the decoction. Save 1/3 of the decoction for vaginal douche and the rest of it is poured into a clean basin.

**Application:** While the decoction is hot, steam the vulva over it for 10 minutes. When it cools down to 38°C, take a hip bath in it for 20 minutes. Then, vaginal and pro genital douche is taken with the saved 1/3 of the decoction. The treatment is to be repeated daily and 7 times constitute 1 course of treatment.

**Notes:** This prescription plays its part in inhibiting fungus, reducing vaginal inflammation, decreasing vaginal secretion and alleviating itch. *Huajiao* should be omitted if there is ulcer on the vulva.

**Prescription 2:**

**Ingredients:**

|   |      |
|---|------|
| <i>Jinyinhua</i> (Flos Lonicerae)         | 15 g |
| <i>Lianqiao</i> (Fructus Forsythiae)      | 15 g |
| <i>Huangbai</i> (Cortex Phellodendri)     | 15 g |
| <i>Yejuhua</i> (Flos Chrysanthemi Indici) | 15 g |
| <i>Banlangen</i> (Radix Isatidis)         | 30 g |

**Preparation:** Same as that of Prescription 1.

**Application:** Same as that of Prescription 1.

**Notes:** With the effects of reducing inflammation, subduing swelling, alleviating itch and relieving pain, this prescription is indicated for colpomycosis complicated by ulcer of vulva or vagina which is marked by red-swellig, burning-pain and purulent or bloody secretion.

In case vaginal douche induces pain, only hip bath is taken after the anus is washed clean.

**Prescription 3:**

**Ingredients:**

|   |     |
|---|-----|
| <i>Pengsha</i> (Borax)                  | 97% |
| <i>Bingpian</i> (Borneolum Syntheticum) | 3%  |

**Preparation:** Grind the first drug into a fine powder, sterilize it under high pressure in a bottle and mix it evenly with the second drug into the final powder.

**Application:** Dilate the vagina with a vaginal speculum. Coat the vaginal wall and the vulva with a layer of the powder about 0.1 cm thick. The treatment is to be repeated daily and 5 times constitute 1 course of treatment.

Notes: With the effects of reducing inflammation, relieving pain and promoting the healing of ulcer, this prescription is indicated for colpomycosis with swelling and pain of the vaginal wall and pro genital ulcer.

Before the application of the powder, wash the vagina thoroughly with cotton balls soaked with normal saline, and, then, disinfect the vulva with sterile cotton balls soaked with bromogeramine.

Prescription 4:

Ingredients:

|   |        |
|---|--------|
| <i>Huanglian</i> (Rhizoma Coptidis)     | 15 g   |
| <i>Qingdai</i> (Indigo Naturalis)       | 15 g   |
| <i>Mangxiao</i> (Natrii Sulfas)         | 15 g   |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.06 g |

Preparation: Grind the above drugs together into a fine powder, sterilize it with ultraviolet ray and keep it in a bottle for future use.

Application: Scatter a proper amount of the powder on the wall of the dilated vagina and on the vulva as well. The treatment is to be repeated daily and 10 times constitute 1 course of treatment.

Notes: Before the powder is applied, take a vaginal and pro genital douche to have the vaginal secretion removed. In case there is ulcer on the vulva after the powder is applied, cover the vulva with a sanitary belt with sanitary tissue attached.

Any one of the above 4 prescriptions may be used either alone or along with oral antimycotic or Chinese drugs.

In the course of external treatment with Chinese drugs, administration of broad-spectrum antibiotics, glucocorticoid hormone and sexual intercourse should be avoided. And relevant primary diseases should be treated accordingly.

External treatment should be stopped in menstrual period.

### 2.1.3 Senile Vaginitis

Senile vaginitis is an inflammation of the vagina in senile females. It is due to bacteria and included in the categories of *Dai Xia Bing* and *Yin Yang* in TCM.

#### Etiology and Pathogenesis

Menopause and deficiency of essence and blood both due to infirmities of age are combined with invasion of exogenous pathogens into the vagina to bring about this disease.

#### Clinical Manifestations

Marked by comparatively more yellowish watery or purulent vaginal secretions often with a little blood and a discomfortable or burning sensation in the vagina, vaginal pain caused by urination, pruritus vulvae, frequent urination, urodynia, flushed vulva and vagina with purulent secretion, scattered hemorrhagic spots or superficial ulcer on the vaginal wall and the cervical mucosa; atrophy of the vagina with its rugose disappeared.



### Differentiation and Treatment

This disease is usually differentiated as a syndrome due to deficiency of the kidney-essence and invasion of damp-heat into the vagina.

#### Main Symptoms:

In addition to the above manifestations other symptoms include dysphoria with feverish sensation in the chest, palms and soles; dizziness; soreness and weakness of the loins and knees; intermittent sweating; a reddened tongue with little coating; a thready, rapid and weak pulse.

#### Method of Treatment:

To clear heat, remove toxins, dry dampness and alleviate itch.

#### Prescription 1:

##### Ingredients:

|   |      |
|---|------|
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 9 g  |
| <i>Huangbai</i> (Cortex Phellodendri)       | 9 g  |
| <i>Shechuangzi</i> (Fructus Cnidii)         | 15 g |

Preparation: Soak the above drugs in 2,000 ml. of water for 30 minutes, boil them for 15 minutes and filter the dregs with 2 layers of clean gauze to collect the decoction in a clean basin.

Application: While the decoction is hot, steam the vulva over it. When the decoction cools down to about 38°C, rinse the vagina with half of it and wash the vulva with the other half. The treatment is to be repeated 1-2 times daily.

Notes: With the effects of inhibiting bacteria, reducing inflammation, subduing swelling and decreasing vaginal secretion, this prescription is indicated for senile vaginitis with purulent leukorrhea. Before the treatment wash the vagina and vulva thoroughly with 0.5% acetic acid solution.

#### Prescription 2:

##### Ingredients:

|  |      |
|--|------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)         | 15 g |
| <i>Shechuangzi</i> (Fructus Cnidii)            | 15 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis)    | 30 g |
| <i>Xian Taoshuye</i> [Folium Persicae (fresh)] | 60 g |

Preparation: Soak the above drugs in 3,000 ml. of water for 30 minutes, boil them for 15 minutes and filter the dregs to get the decoction.

Application: While the decoction is hot, steam the vulva over it. When the decoction cools down to about 38°C, rinse the vaginal wall with half of it, and wash the vulva with the other half. The treatment is to be repeated 1-2 times daily.

Notes: Same as mentioned above.

Either of the above 2 prescriptions may be used alone or along with oral drugs. If oral Chinese drugs with the potency of strengthening the kidney to supplement its essence are given in the course of external treatment, the curative effects will be enhanced.

## 2.2 Chronic Cervicitis

Chronic cervicitis is included in the category of *Dai Xia Bing* in TCM.

### Etiology and Pathogenesis

When the womb is weakened due to menstruation, childbirth, etc., exogenous pathogens take the chance to invade it and impair both the Ren and Dai channels, leading to this disease.

### Clinical Manifestations

Marked by more sticky thick leukorrhea sometimes with pus occasionally with blood, pruritus of the vulva; pain in the lower abdomen and lumbosacral portion which is often aggravated in menstrual period or after sexual intercourse; erosion of the cervix whose surface is bright-red, smooth or covered with granules; possible hypertrophy and polyp of cervix or nabothian cysts.

### Differentiation and Treatment

This disease is usually differentiated in TCM as a syndrome due to invasion of exogenous damp-heat.

#### Main Symptoms:

Symptoms besides the above manifestation such as a bitter taste, a dry throat, scanty deep-colored urine, a reddened tongue with yellowish coating, and a slippery rapid pulse.

#### Therapeutic Method:

To clear heat, remove toxins, dry dampness, get rid of putridity and promote tissue regeneration.

#### Prescription 1:

Recipe: *Yi Hao Gong Jing Yan Fen*

#### Ingredients:

|   |       |
|---|-------|
| <i>Geqiao Fen</i> (Concha Meretricis)   |       |
| seu Cyclinae (powder)                   | 30 g  |
| <i>Qiandan</i> (minium)                 | 15 g  |
| <i>Pengsha</i> (Borax)                  | 0.3 g |
| <i>Naosha</i> (Sal Ammoniac)            | 0.3 g |
| <i>Ruxiang</i> (Resina Olibani)         | 3 g   |
| <i>Moyao</i> (Myrrha)                   | 3 g   |
| <i>Bingpian</i> (Borneolum Syntheticum) | 3 g   |

Preparation: The above drugs are ground together into fine powder, sterilized with ultraviolet ray and kept in a bottle for future use.

Application: Expose the cervix with a vaginal speculum to have secretions removed from the vagina and cervix and dust a proper amount of the powder on the erosive part. The treatment is repeated once every 3 days and 10-20 times constitute 1 course of treatment.

Notes: This prescription is indicated for the cervix more than 1/2 of whose surface

is erosive or less than 1/2 of whose surface is erosive but covered with granules or papillae. The treatment with it is not carried with granules or papillae. The treatment with it is not carried out in menstrual period and sexual intercourse is avoided in the course of treatment.

**Prescription 2:**

Recipe: *Er Hao Gong Jing Yan Fen*

**Ingredients:**

|   |      |
|---|------|
| <i>Geqiao Fen</i> (Concha Meretricis)   | 30 g |
| <i>Qiandan</i> (minium)                 | 15 g |
| <i>Ruxiang</i> (Resina Olibani)         | 3 g  |
| <i>Moyao</i> (Myrrha)                   | 3 g  |
| <i>Bingpian</i> (Borneolum Syntheticum) | 3 g  |

Preparation: The same as that of Prescription 1.

Application: The same as that of Prescription 1.

Notes: This prescription is indicated for the cervix more than 1/3 but less than 1/2 of whose surface is erosive or less than 1/3 of whose surface is erosive but covered with granules or papillae. The treatment with it is not carried out in menstrual period and sexual intercourse is avoided in the course of treatment.

**Prescription 3:**

Recipe: *San Hao Gong Jing Yan Fen*

**Ingredients:**

|   |      |
|---|------|
| <i>Geqiao Fen</i> (Concha Meretricis)   |      |
| seu Cyclinae (powder)                   | 30 g |
| <i>Qiandan</i> (minium)                 | 15 g |
| <i>Bingpian</i> (Borneolum Syntheticum) | 3 g  |

Preparation: The same as that of Prescription 1.

Application: The same as that of Prescription 1.

Notes: This prescription is indicated for the cervix less than 1/3 of whose smooth surface is erosive. The treatment with it is not carried out in menstrual period and sexual intercourse is avoided in the course of treatment.

**Prescription 4:**

**Ingredients:**

|                                   |        |
|-----------------------------------|--------|
| <i>Baifen</i> (Alumen)            | 60 g   |
| <i>Ruxiang</i> (Resina Olibani)   | 9 g    |
| <i>Moyao</i> (Myrrha)             | 9 g    |
| <i>Shechuanzi</i> (Fructus Cnidi) | 4.5 g  |
| <i>Shongrushu</i> (Stalactitum)   | 12 g   |
| <i>Xionghuang</i> (Realagr)       | 13.5 g |
| <i>Pengsha</i> (Borax)            | 1.2 g  |
| <i>Naosha</i> (Sal Ammoniac)      | 0.9 g  |
| <i>Ercha</i> (Catechu)            | 11 g   |
| <i>Xuejie</i> (Resina Draconis)   | 25 g   |

|   |        |
|---|--------|
| <i>Qiandan</i> (minium)                 | 16.5 g |
| <i>Bingpian</i> (Borneolum Syntheticum) | 11 g   |
| <i>Shexiang</i> (Moschus)               | 1.2 g  |

Preparation: Boil *Baifen* in 1,000 ml. of water in a pot until its decoction is a little sticky and thick. Put the powder of *Ruxiang* and the other 7 drugs after it in the list into the pot along with a little water and boil them for about 10 minutes. Then, put *Qiandan* and *Xuejie* into the pot along with a little water and boil them until an ointment forms in the pot. Finally, add the last 2 drugs to the ointment and stir them evenly to get the final ointment. Spread this ointment out, cool it thoroughly and make it into medicinal troches, each weighing 1 g.

Application: Expose the cervix with a vaginal speculum to have secretions removed from the vagina. Put 1 medicinal troche on the erosive surface of the cervix. Then, tuck a cotton ball with a thread into the vagina in order to have the troche fixed and taken out 24 hours later. The treatment is repeated 1-2 times every week and 4 times constitute 1 course of treatment.

Notes: With the effects of reducing inflammation, getting rid of putridity, promoting blood circulation and inducing tissue regeneration, this prescription is indicated for mild or moderate erosion of cervix.

Pruritus or pain will occur sometimes on the vulva in part of cases after a troche is used. If so, the vulva may be washed with warm water. Putrefied lumps coming out of the vagina several days later after the troches begin to be applied means that the erosive tissue has exfoliated due to the effects of the troches. If all the erosive tissue has exfoliated, the treatment may be ended.

The troches are not applied in menstrual period. After they are applied, sexual intercourse and hip bath are forbidden.

#### Prescription 5:

##### Ingredients:

|   |      |
|---|------|
| <i>Ercha</i> (Catechu)                      | 25 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 25 g |
| <i>Huangbai</i> (Cortex Phellodendri)       | 25 g |
| <i>Kufan</i> (Alumen Exsiccatum)            | 20 g |
| <i>Bingpian</i> (Borneolum Synthetium)      | 5 g  |

Preparation: The first 4 drugs are ground together into fine powder, sifted with a sieve of No. 7 and mixed with the last drug into a final powder. This final powder is kept in bottle sealed tightly for future use.

Application: A proper amount of the final powder is mixed with a little sesame oil into a paste. The paste is spread on a cotton ball with a thread. The vagina is dilated with a vaginal speculum to have the cervix exposed. Routine disinfection is conducted on the vagina and cervix. The cotton ball with the paste is put on the erosive surface of the cervix and taken out by the thread 24 hours later. Dressing change is carried out once every 3 days and 10 times constitute 1 course of treatment.

Notes: With the effects of clearing away heat, drying dampness, getting rid of

putridity and promoting tissue regeneration, this prescription is indicated for mild or severe erosion of cervix. The treatment with it is stopped in menstrual period and sexual intercourse and hip bath are forbidden in the course of treatment.

## 2.3 Pruritus of Vulva

Pruritus of vulva is a common gynecologic disease. It is included in the category of *Yin Yang* in TCM.

### Etiology and Pathogenesis

The cause of this disorder could be either of the following two factors:

1. The abundant dampness due to deficiency of the spleen and the heat accumulated in the liver go downwards jointly, resulting in this disease.
2. Insufficiency of essence and blood due to deficiency of both the liver and the kidney produces wind and dryness and causes this disease.

### Clinical Manifestations

Marked by pruritus which usually happens first about the clitoris and labia minora then about the great lip of pudendum, perineum or anus; the pruritus which would aggravate first in menstrual period, at night or when irritating food has been taken and then may become serious at any time; local moisture and flush which may occur due to leukorrhea; pachyderma, pachylosis and achromoderma which would occur due to prolonged pruritus; possible infection due to scratch may be seen.

### Differentiation and Treatment

The causative factors of pruritus of vulva are many. Its treatment is based on the cause. If it is due to chronic cervicitis or vaginitis, its treatment is included in that of its primary disease. If it is not due to either of the above diseases, it is treated as follows.

#### Method of Treatment:

To clear heat, dry dampness, expell wind and alleviate itch.

#### Prescription 1:

##### Ingredients:

|   |      |
|---|------|
| <i>Shechuangzi</i> (Fructus Cnidii)         | 12 g |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)     | 12 g |
| <i>Baifan</i> (Alumen)                      | 12 g |
| <i>Baibu</i> (Radix Stemonae)               | 12 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 12 g |

Preparation: Soak the above drugs in 2,000 ml. of water for 30 minutes, boil them for 15 minutes, and filter the dregs with 2 layers of clean gauze to collect the decoction in a clean basin.

Application: While the decoction is hot, steam the vulva over it. When the decoction turns warm, take a hip bath and wash the vulva with it. The treatment is to be carried out daily and 10 treatments constitute 1 course.

Notes: This prescription has the effects of reducing inflammation and alleviating

itch. When it is prescribed to treat pruritus of vulva with more leukorrhea and moisture of the vulva, good curative effects would be achieved.

In case of ulcer or diabrosis due to scratch on the vulva, the *Huajiao* is omitted. In case of too much vaginal secretions or purulent secretion, carry out a vaginal douche with part of the decoction.

While the vulva is washed, avoid hard rubbing. Otherwise, the skin or mucosa would be injured. Before hip bath is taken, wash the anus clean.

#### Prescription 2:

##### Ingredients:

|  |      |
|--|------|
| <i>Tougucao</i> (Caulis Impatientis)             | 10 g |
| <i>Pugongying</i> (Herba Taraxaci)               | 5 g  |
| <i>Machixian</i> (Herba Portulacae)              | 5 g  |
| <i>Zihuadiding</i> (Herba Violae)                | 5 g  |
| <i>Fangfeng</i> (Radix Lebebouriellae)           | 5 g  |
| <i>Qianghuo</i> (Rhizoma seu Radix Notopterygii) | 5 g  |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)       | 5 g  |
| <i>Aiye</i> (Folium Artemisiae Argyi)            | 6 g  |
| <i>Gancao</i> (Radix Glycyrrhizae)               | 3 g  |

Preparation: Soak the above drugs in 2,000 ml. of water for 30 minutes, boil them for 20 minutes and filter the dregs to get the decoction.

Application: Steam the vulva and wash it in the same way as what is introduced in Prescription 1.

Notes: Same as what is introduced in Prescription 1 except that this prescription is indicated for prolonged pruritus of vulva which has made the skin and mucosa thick and rough or pruritus due to eczema of vulva or seborrheic dermatitis.

#### Prescription 3:

##### Ingredients:

|  |      |
|--|------|
| <i>Heshi</i> (Fructus Carpesii)                | 30 g |
| <i>Kushen</i> (Radix Sophorae Flavescens)      | 15 g |
| <i>Weilingxian</i> (Radix Clematidis)          | 15 g |
| <i>Danggui</i> (Radix Angelicae Sinensis)      | 15 g |
| <i>Shechuangzi</i> (Fructus Cnidii)            | 15 g |
| <i>Langdu</i> (Radix Euphorbiae Ebracteolatae) | 15 g |

Preparation: Same as that of Prescription 1.

Application: Same as that of Prescription 1.

Notes: With the effects of clearing heat, removing toxins, expelling wind and promoting blood circulation. This prescription is indicated for prolonged pruritus of vulva which has led to local pachyderma and pachylosis or pruritus of vulva complicated by profuse vaginal secretions and moist and reddish vulva. But it is contraindicated for pruritus of vulva complicated by ulcer.

#### Prescription 4:

##### Ingredients:

|   |       |
|---|-------|
| <i>Haigeqiao</i> (Concha Meretricis seu Cyclinae) | 3 g   |
| <i>Bingpian</i> (Borneolum Syntheticum)           | 0.3 g |

Preparation: Grind the above drugs together into a fine powder.

Application: Spread the powder over the affected part and repeat the treatment 1-2 times daily. 10 days constitute 1 course of treatment.

Notes: This prescription has the effects of astringing wound and promoting tissue regeneration and healing ulcer. It is indicated for pruritus of vulva complicated by ulcer or skin lesion due to scratch. Before the powder is applied, wash the vulva with normal saline. After the powder is applied, cover the wound surface with sterile gauze and fix it with a sanitary belt.

Prescription 5:

Ingredients:

|   |        |
|---|--------|
| <i>Zhenzhu</i> (Margarita)              | 3 g    |
| <i>Qingdai</i> (Indigo Naturalis)       | 3 g    |
| <i>Xionghuang</i> (Realgar)             | 3 g    |
| <i>Huangbai</i> (Cortex Phellodendri)   | 9 g    |
| <i>Ercha</i> (Catechu)                  | 6 g    |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.03 g |

Preparation: Grind the above drugs together into a fine powder and keep it in a bottle which is sealed up for future use.

Application: Spread 0.5-0.8 g of the powder evenly over the affected part each time, 1-2 times daily.

Notes: With the effects of reducing inflammation, relieving pain, promoting the healing of ulcer and alleviating itch, this prescription is indicated for pruritus of vulva with skin lesion. Before its powder is applied, wash the vulva clean with normal saline. After the powder is applied, wear a sanitary belt with sanitary tissue to protect the surface of the wound.

Any of the above 5 prescriptions may be used either alone or along with oral drugs. If oral Chinese drugs with the potency of tonifying the liver and kidney are given in the meantime, the curative effects would be better.

In the course of external treatment with Chinese drugs, keep the vulva clean, the underwear should be changed often, and sexual intercourse should be avoided.

If pruritus of vulva is due to some primary disease it should be also treated attentively.

## 2.4 Pathologic Change due to Dystrophy of Vulva

Also called white lesions of vulva, pathologic change due to dystrophy of vulva refers to a disease marked by whitened skin of vulva with retrograde affection. It is included in the category of *Yin Yang* in TCM.

### Etiology and Pathogenesis

The cause of this disorder could be either of the following two factors:

1. Insufficiency of essence and blood due to deficiency of the liver and kidney or due to infirmity with age would lead to the production of wind and dryness. This wind and dryness are directly responsible for this disease.

2. Stagnation of the liver-*Qi* and deficiency of the spleen would lead to sinking of damp-heat. This damp-heat sinking would make the skin of vulva fail to be nourished and result in this disease.

### Clinical Manifestations

Manifested mainly in pruritus of vulva which is usually located about the clitoris or anus, sometimes serious and aggravated at night.

Hyperplastic type is marked by: focus in the greater lip of pudendum and labial groove, thickened dark red local skin on which there are many projected white patches.

Atrophic type is marked by: unevenly-bordered, small and smooth white patches which occur at first, gradually fuse into white piebaldisms; the piebaldisms which may fuse further into large white patches; the skin which would be shrunken as the pathologic change is advancing; the shrunken skin which would become thinner, harder, fragiler, inelastic and withered just like krast paper.

Mixed type is marked by: same as those of the above 2 types.

All these types may be accompanied by non-typical hyperplasia and may possibly turn into carcinoma of vulva.

### Differentiation and Treatment

This disease is usually differentiated in TCM as the syndrome of sinking of damp-heat due to *Yin*-deficiency of the liver and kidney.

#### Main Symptoms:

Besides the above local manifestations, other symptoms include dysphoria with feverish sensation in the chest, palms and soles; dizziness, tinnitus, lumbago, thready and weak pulse; or profuse leukorrhea, vexation, insomnia, a bitter taste, a sticky mouth, a yellowish and greasy tongue coating, and a taut and rapid pulse.

#### Method of Treatment:

To clear heat, dry dampness, nourish blood, expell wind and alleviate itch.

#### Prescription 1:

#### Ingredients:

|   |       |
|---|-------|
| <i>Zicao</i> (Radix Arnebiae seu Lithospermi) | 15 g  |
| <i>Huangqin</i> (Radix Scutellariae)          | 15 g  |
| <i>Huanglian</i> (Rhizoma Coptidis)           | 15 g  |
| <i>Baihuashecao</i> (Herba Hedyotis Diffusae) | 15 g  |
| <i>Huangbai</i> (Cortex Phellodendri)         | 30 g  |
| <i>Pengsha</i> (Borax)                        | 30 g  |
| <i>Kufan</i> (Alumen Exsiccatum)              | 30 g  |
| <i>Zhenzhu</i> (Margarita)                    | 1.2 g |
| <i>Bingpian</i> (Borneolum Syntheticum)       | 3 g   |



**Preparation:** Grind the above drugs together into a fine powder and keep it in a bottle for future use.

**Application:** Wash the vulva clean. Then, spread a proper amount of the powder evenly over the affected part. The treatment is to be repeated 1 to 2 times daily.

**Notes:** This prescription has the effects of clearing heat, removing toxins, drying dampness, alleviating itch, nourishing local skin and softening thickened and roughened skin. It is mainly indicated for atrophic and mixed types. After the powder is applied, a sanitary belt with sanitary tissue may be worn.

**Prescription 2:**

**Ingredients:**

|   |      |
|---|------|
| <i>Yinchen</i> (Herba Artemisiae Scopariae) | 15 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 15 g |

**Preparation:** Soak the above 2 drugs in 2,000 ml. of water for 30 minutes, boil them for 15 minutes and filter the dregs with 2 layers of clean gauze to collect the decoction in a clean basin.

**Application:** While the decoction is hot, steam the vulva over it. When the decoction turns warm, take a hip bath in it. The treatment is to be carried out for 20 minutes altogether each time, once daily.

**Notes:** With the effects of reducing inflammation and alleviating itch, this prescription is indicated for every type of this disease.

**Prescription 3:**

**Ingredients:**

|   |       |
|---|-------|
| <i>Chuanwu</i> (Radix Aconiti)              | 125 g |
| <i>Caowu</i> (Radix Aconiti Kusnezoffii)    | 125 g |
| <i>Shechuangzi</i> (Fructus Cnidii)         | 100 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 100 g |
| <i>Atiye</i> (Folium Artemisiae Argyi)      | 30 g  |
| <i>Baifan</i> (Alumen)                      | 100 g |

**Preparation:** Soak the first 5 drugs in 3,000 ml. of water for 30 minutes, boil them for 15-20 minutes and filter the dregs to get about 1,500 ml. of decoction. Mix this decoction with the last drug, heat it again, concentrate it into 1,000 ml. and pour it into a bottle for later use.

**Application:** Wash the vulva clean. Soak a piece of sterile gauze in the decoction and use it to rub the affected part over and over again to have it macerated by the decoction. The treatment is to be carried out for 20 minutes each time, twice daily.

**Notes:** With the effects of drying dampness, expelling wind and alleviating itch, this prescription can play its part in improving local blood circulation, softening hardened skin, reducing adhesion and promoting the healing of the skin lesion of the vulva. It is suitable for the atrophic and mixed types.

When the anus is involved, the rubbing with the gauze must be done in the order of the vulva, the perineum and the perianal area. The gauze once used to rub the perianal area shouldn't be used again.

**Prescription 4:****Ingredients:**

|   |       |
|---|-------|
| <i>Ruxiang</i> (Resina Olibani)         | 9 g   |
| <i>Moyao</i> (Myrrha)                   | 9 g   |
| <i>Xuejie</i> (Resina Draconis)         | 6 g   |
| <i>Qiandan</i> (minium)                 | 4.5 g |
| <i>Zhongrushu</i> (Stalactitum)         | 12 g  |
| <i>Pengsha</i> (Borax)                  | 6 g   |
| <i>Shechuangzi</i> (Fructus Cnidii)     | 4.5 g |
| <i>Ercha</i> (Catechu)                  | 9 g   |
| <i>Bingpian</i> (Borneolum Syntheticum) | 6 g   |
| <i>Baifan</i> (Alumen)                  | 6 g   |
| <i>Naosha</i> (Sal Ammoniaci)           | 4.5 g |

**Preparation:** Grind the above drugs together into a fine powder and mix it with a proper amount of vaseline into an ointment.

**Application:** Smear the vulva which has been washed clean and wiped dry with a proper amount of the ointment.

**Notes:** With the effects of promoting blood circulation, removing blood stasis, activating tissue regeneration and alleviating itch, this prescription can play its part in improving local blood circulation, nourishing local skin, softening hardened skin, reducing adhesion and promoting tissue regeneration of the vulva. It is suitable for every type.

After the ointment is applied, a sanitary belt with sanitary tissue is worn.

In the course of external treatment with Chinese drugs, oral Chinese drugs may be given, the vulva is kept clean, and operation should be suggested for cases with severe non-hyperplasia.

The treatment should be stopped in the menstrual period.

## 2.5 Pelvic Inflammation

Pelvic inflammation is an inflammation of the internal genitals. It includes endometrial inflammation, ureteritis, ovaritis, inflammation of pelvic connective tissue and pelvioperitonitis. The inflammation may involve one or more organs. When dealing with the oviduct and ovary, it is called annexitis. According to the difference of their main symptoms, they are included in TCM in the following categories: *Yue Jing Bu Tiao*, *Dai Xia Bing*, *Zheng Jiao*, *Bu Yun Zheng*, etc.

### Etiology and Pathogenesis

Weakness of the uterine collaterals due to menstruation or childbirth or ordinary weak constitution gives exogenous pathogens an opening to enter the body. Once the pathogens enter the body, damp-heat will accumulate in the lower-*Jiao* and dwell in the womb. If this really happens, *Qi* and blood will be disturbed, the Chong and Ren Channels will be impaired, and this disease will result.

**Clinical Manifestations**

Acute pelvic inflammation: marked by fever, aversion to cold, headache, abdominal distension, pain of lower abdomen which may refer to the 2 thighs or lumbosacral portion, profuse purulent leukorrhea with foul odour, frequent urination, difficulty in urination, symptoms of peritoneal irritation seen when peritoneum is involved, and symptoms of the digestive system such as nausea, vomiting, anorexia, etc.

Chronic pelvic inflammation: marked by inflammation mainly localized in the oviduct, ovary and pelvic connective tissue; falling and distending pain in the lower abdomen and aching of the lumbosacral portion both of which are often aggravated after fatigue or sexual intercourse, in the course of defecation or before and after menstruation, and maybe complicated by frequent urination, profuse leukorrhea, irregular menstruation, dysmenorrhea and acyesis; symptoms found in examination such as profuse vaginal secretions, possible retroversion of the uterus, thickened tender cord-like or pachy thing palpable on one or the both sides of the womb, pachy thickening of the 2 sides of the womb with mild or severe tenderness due to inflammation of pelvic connective tissue.

**Differentiation and Treatment****1. Acute pelvic inflammation**

It is usually differentiated as a syndrome of abundant dampness or accumulation of blood stasis and heat.

**Main Symptoms:**

Besides the above manifestations other symptoms include a dry mouth with a desire for drink, scanty deep-colored urine, dry or loose stools, a reddened tongue with yellowish greasy coating, and a slippery rapid pulse.

**Method of Treatment:**

To clear heat, remove toxins, dry dampness, promote blood circulation, get rid of blood stasis and resolve mass.

**Prescription 1:****Ingredients:**

|  |      |
|--|------|
| <i>Cebaiye</i> (Cacumen Biotae)        | 60 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 60 g |
| <i>Huangbai</i> (Cortex Phellodendri)  | 60 g |
| <i>Bohe</i> (Herba Menthae)            | 30 g |
| <i>Zelan</i> (Herba Lycopi)            | 30 g |

Preparation: Grind the above drugs together into a fine powder and mix the powder with a proper amount of water into a paste.

Application: Apply the paste to the painful portion of the abdomen, cover it with a piece of sterile gauze and fix it with adhesive plaster. Dressing change is to be made daily.

Notes: This prescription has the effects of clearing heat, removing toxins, getting rid of blood stasis and resolving mass. It is suitable for acute pelvic inflammation.

with mild general toxic symptoms. In the course of treatment, it's better to administer oral Chinese and Western drugs or give injections of antibiotics. If an abscess forms in the pelvic cavity, an operation should be made 24-72 hours after large quantity of antibiotics are given.

**Prescription 2:**

**Ingredient:**

*Mao Gen* (*Ranunculus japonicus*)

a proper amount

**Preparation:** The drug is washed clean, cut into bits and squeezed for its juice. Mix the juice with carboxymethylcellulose and glycerin into a water soluble ointment containing 15-20% of carboxymethylcellulose and 10% of glycerin.

**Application:** Apply the ointment to the painful portion of the abdomen, cover it with a piece of sterile gauze and fix it with adhesive plaster. Dressing change is to be made every other day.

**Notes:** This prescription is indicated for acute pelvic inflammation with mild toxic symptoms. But its ingredient *Mao Gen* is a little irritating to the skin. So, the ointment should be removed about 30-60 minutes after it applied when the skin is itching. If a blister or blisters appear on the skin to which the ointment has been applied, smear some gentian violet and cover it with a piece of sterile gauze. Self-absorption of the blister would happen in 1-2 days. After that, treatment with the ointment may continue to be carried out. When the inflammation doesn't respond to the drug therapy, the high fever doesn't abate, and an abscess is formed in the pelvic cavity, operation should be considered.

**2. Chronic pelvic inflammation**

It is usually differentiated in TCM as a syndrome of accumulation of blood stasis and noxious heat in the interior.

**Main Symptoms:**

Besides the above manifestations other symptoms include low fever, profuse yellow or white leukorrhea, a darkish tongue or tongue with ecchymoses and thin greasy coating, and a taut thready pulse.

**Method of Treatment:**

To promote blood circulation and get rid of blood stasis, to remove toxins and resolve mass, to regulate the flow of *Qi* and relieve pain.

**Prescription 1:**

**Ingredients:**

|   |      |
|---|------|
| <i>Hongteng</i> ( <i>Caulis Sargentodoxae</i> ) | 30 g |
| <i>Baijiangcao</i> ( <i>Herba Patriniae</i> )   | 30 g |
| <i>Pugongying</i> ( <i>Herba Taraxaci</i> )     | 30 g |
| <i>Yazhicao</i> ( <i>Herba Commelinae</i> )     | 30 g |
| <i>Zihuadiding</i> ( <i>Herba Violae</i> )      | 30 g |

**Preparation:** Soak the above drugs in 800-1,000 ml. of water for 60 minutes, boil them for 15-20 minutes and filter the dregs to get the decoction. Then continue to boil the decoction until it is concentrated into a 100 ml decoction.

**Application:** When the concentrated decoction is cooled up to about 38°C, administer an enema with it through inserting a urinary catheter 14 cm into the anus for about 30 minutes. Following that take a 30-minute bed rest. The treatment is to be repeated daily.

**Notes:** Before the enema, defecate completely; keep the decoction at 38°C during the enema, and leave the decoction in the intestine as long as possible after the enema. In the course of it, oral Chinese drugs or antibiotics may be given, and, physical therapies such as ultrashort wave or ultra-red ray treatment and kerotherapy may be conducted.

If there is an inflammatory mass in the pelvic cavity, the following drugs may be added to the prescriptions:

|                                    |      |
|------------------------------------|------|
| <i>Sanleng</i> (Rhizoma Sparganii) | 10 g |
| <i>Ezhu</i> (Rhizoma Zedoariae)    | 10 g |
| <i>Taoren</i> (Semen Persicae)     | 10 g |

In case of severe abdominal pain, add the following drugs:

|   |      |
|---|------|
| <i>Yanhusuo</i> (Rhizoma Corydalis)           | 10 g |
| <i>Zhi Xiangfu</i> (Rhizoma Cyperi Preparata) | 10 g |
| <i>Muxiang</i> (Radix Aucklandiae)            | 10 g |

**Prescription 2:**

**Ingredients:**

|   |       |
|---|-------|
| <i>Qiannianjian</i> (Rhizoma Homalomenae)       | 60 g  |
| <i>Difengpi</i> (Cortex Illicii)                | 60 g  |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)         | 60 g  |
| <i>Qianghuo</i> (Rhizoma seu Radix Notoperygii) | 60 g  |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)      | 60 g  |
| <i>Xuejie</i> (Resina Draconis)                 | 60 g  |
| <i>Zhi Ruxiang</i> (Resina Olibani Preparata)   | 60 g  |
| <i>Zhi Moyao</i> (Myrrha Prepatata)             | 60 g  |
| <i>Xudian</i> (Radix Dipsaci)                   | 120 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)           | 120 g |
| <i>Danggui</i> (Radix Angelicae Sinensis)       | 120 g |
| <i>Wujiapi</i> (Cortex Acanthopanax)            | 120 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)       | 120 g |
| <i>Sangjisheng</i> (Ramulus Loranhi)            | 120 g |
| <i>Tougucao</i> (Caulis Impatiens)              | 250 g |
| <i>Aiye</i> (Folium Artemisiae Argyi)           | 500 g |

**Preparation:** Grind the above drugs together into a fine powder. Put every 250 g of the powder into a bag and tie it up by the opening. Keep the bags for future use.

**Application:** Steam 1 bag with the powder in a pot for 15 minutes. Carry out a hot compress with the hot bag containing the powder on the painful portion of the abdomen. The treatment is to be repeated either 1 or 2 times daily and 10 days are involved in 1 course of treatment.

Notes: With the effects of activating the flow of blood, getting rid of blood stasis, resolving mass, relieving pain, improving local blood circulation and promoting the absorption of inflammation, this prescription is indicated for chronic pelvic inflammation with long-standing inflammatory mass, thickened appendix or adhesion of the pelvic tissue.

While the hot compress is carried out, the bag may be covered with 2 layers of towel so as to keep its temperature and prolong the compress. In case of severe abdominal pain, the bag may be steamed again after it cools down and continue the compress with the re-steamed bag.

This prescription may be used along with the above one, antibiotics or oral Chinese drugs. When a case with bigger mass and doesn't respond to drug therapy an operation should be considered. When pelvic tuberculosis is treated, antituberculotics should also be given.

#### Prescription 3:

##### Ingredients:

|  |     |
|--|-----|
| <i>Huajiao</i> (Pericarpium Zanthoxyli)          | 6 g |
| <i>Dahuixiang</i> (Fructus Anisi Stellati)       | 6 g |
| <i>Ruxiang</i> (Resina Olibani)                  | 6 g |
| <i>Moyao</i> (Myrrha)                            | 6 g |
| <i>Jiangxiang</i> (Lignum Dalbergiae Odoriferae) | 6 g |

Preparation: Grind the above drugs together into a fine powder and mix the powder with 10 ml. of 50% alcohol, 15 g of flour and a proper amount of warm boiled water into an ointment.

Application: Spread the ointment on a piece of 4-layer sterile gauze with its size based on the size of the painful area. Stick this gauze with the ointment on the painful portion of the abdomen and fix it with adhesive plaster. Carry out a hot compress with a hot-water bag on the gauze twice daily. Dressing change is to be made daily.

Notes: This prescription has the effects of promoting the flow of *Qi* by warming the channels and activating the flow of blood to remove blood stasis. It can play its part in improving local blood circulation and speeding the absorption of inflammation. When it is used to treat chronic salpingitis, chronic inflammation of pelvic connective tissue, hydrosalpinx or cophoritic cyst, good curative effects would be achieved.

## 2.6 Hysteroptosis

Hysteroptosis refers to a morbid condition in which the uterus prolapses so as to make the outer opening of the cervix sink below the level of the ischial spine or even out of the vagina. It is included in the category of *Yin Ting Xia Tuo* in TCM.

#### Etiology and Pathogenesis

The cause of this disorder could be either of the following two factors:

1. Insufficiency of *Qi* in the middle-*Jiao* due to ordinary weak constitution or

birth-giving trauma or prolonged cough or constipation leads to sinking of weak *Qi* and weakness of the ligaments supporting the uterus.

2. Too many times of childbirth leads to consumption of the kidney-*Qi*, dysfunction of the Dai Channel and debility of the Chong and Ren Channels.

### Clinical Manifestations

Something swollen prolapsing through the vagina when the abdominal pressure is raised at the onset of this disease, retreating automatically when a bed rest is taken, becoming enlarged and tending to prolapse and being able to be retreated with the help of a hand as the disease develops; symptoms such as tenesmus and soreness of the loins which are aggravated by fatigue, profuse leukorrhea and menstruation, difficulty in urination or urinary incontinence, constipation, etc.; hyperemia, dydrops and hypertrophy of the prolapsed swollen thing, on which erosion, ulcer, infection and purulent secretion would occur due to long-time friction.

Hysteroptosis is divided into 3 degrees. In degree 1 the cervix prolapses lower than the level of the ischial spine but not out of the vagina; in degree 2, the cervix and part of the uterus prolapses out of the vagina; in degree 3, the whole uterus prolapses out of the vagina.

### Differentiation and Treatment

External therapy with Chinese drugs is suitable for cases of degree 1 or 2. It is used just as an adjuvant treatment for cases of degree 3.

#### Method of Treatment:

To invigorate and lift *Qi* in order to correct prolapse and clear heat so as to remove toxins.

#### Prescription 1:

##### Ingredient:

*Bimaren* (Semen Ricini) 30 g

Preparation: Pound the drug into pulp and mix it with 20 g of hot rice porridge into an ointment.

Application: Before bed time in the evening, apply the ointment to the acupoint Baihui (DU 20) in a round patch, bind it up with bandage and remove it the next morning. This is to be repeated daily.

Notes: This prescription has the effects of promoting the contraction of the muscles on the pelvic floor and the ligaments of the uterus. Before its ointment is applied, shave the hair on and around the acupoint. After the ointment is applied, carry out a hot compress on it with a hot-water bag for 20-30 minutes.

#### Prescription 2:

##### Ingredients:

*Kushen* (Radix Sophorae Flavescentis) 30 g

*Zhiqiao* (Fructus Aurantii) 30 g

*Shiliupi* (Pericarpium Granati) 30 g

Preparation: Soak the above drugs in 2,000 ml. of water for 30 minutes, boil them

for 15-20 minutes and filter the dregs with 2 layers of clean gauze to collect the decoction in a clean basin.

Application: While the decoction is hot, steam the prolapsed uterus over it. When the decoction turns warm, take a hip bath in it and drip-wash the affected part. The treatment lasts 30 minutes each day. 7 treatments constitute 1 course.

Notes: With the effects of lifting the uterus, reducing inflammation, subduing swelling and inhibiting bacteria, this prescription is indicated for hysteroptosis with erosion. It is advisable to carry out this treatment before bed time in the evening. If so, the treatment will be followed by bed rest and the effects will be better.

Prescription 3:

Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Zhiqiao</i> (Fructus Aurantii)     | 30 g |
| <i>Yimucao</i> (Herba Leonuri)        | 15 g |
| <i>Huangbai</i> (Cortex Phellodendri) | 15 g |
| <i>Jinyinhua</i> (Flos Lonicerae)     | 15 g |
| <i>Shechuangzi</i> (Fructus Cnidii)   | 9 g  |
| <i>Zicao</i> (Radix Arnebiae)         | 9 g  |

Preparation: Soak the above drugs in 3,000 ml. of water for 30 minutes, boil them for 15-20 minutes and filter the dregs to collect the decoction into a clean basin.

Application: While the decoction is hot, steam the vulva over it. When the decoction turns warm, take a hip bath in it. The treatment lasts 30 minutes altogether, repeat it daily.

Notes: With the effects of promoting the contraction of the muscles on the pelvic floor and the ligaments of the uterus, reducing inflammation, subduing swelling and improving local blood circulation, this prescription is indicated for hysteroptosis with congestion, swelling or erosion.

Prescription 4:

Ingredients:

|                                   |      |
|-----------------------------------|------|
| <i>Wumei</i> (Fructus Mume)       | 9 g  |
| <i>Wubeizi</i> (Galla Chinensis)  | 15 g |
| <i>Zhiqiao</i> (Fructus Aurantii) | 15 g |

Preparation: Same as that of Prescription 3.

Application: Same as that of Prescription 3.

Notes: With the effects of lifting the uterus, this prescription is indicated for hysteroptosis with a shorter course and without erosion. In case of erosion, add the following drugs to the prescription:

|                                       |     |
|---------------------------------------|-----|
| <i>Huangbai</i> (Cortex Phellodendri) | 9 g |
| <i>Jinyinhua</i> (Flos Lonicerae)     | 9 g |
| <i>Gancao</i> (Radix Glycyrrhizae)    | 9 g |

In the course of external treatment, oral Chinese drugs with the action of invigorating the *Qi* of the middle-*Jiao* and correcting prolapse may be given to strengthen the curative effects, hard physical labour, strenuous exercise and sexual



intercourse should be avoided. To accompany the treatment with any of the above prescriptions a pessulum may be used. In a case of 3-degree hysteroptosis which doesn't respond to conservative treatment, operation should be considered.

## 2.7 Dysmenorrhea

Dysmenorrhea refers to pain localized in the lower abdomen and lumbosacral portion, occurring before, during or after menstrual period. It is divided into two categories: primary and acquired. The former is not accompanied by organic pathological change of the genitals, while the latter is.

### Etiology and Pathogenesis

The cause of this disorder could be any of the following factors:

1. Emotional disorder which leads to the stagnation of the liver-*Qi*, which, in turn, leads to the stagnation of *Qi* and blood in the Chong and Ren channels.
2. A cold attack or over-intake of cold drink in menstrual period, or living too long in cold and wet place which leads to the accumulation of cold in the channels.
3. Weakness of the liver and kidney which leads to insufficiency of *Qi* and blood, making the Chong and Ren channels as well as the uterus fail to be nourished.

### Clinical Manifestations

Its pain, usually manifested as paroxysmal colic in the lower abdomen and lumbosacral portion, appears several hours before menstrual onset, becomes severe gradually or instantly after menstrual onset, lasts from several hours to 2-3 days. There are additional symptoms in severe cases such as pale complexion, cold sweat, cold extremities, general acratia, nausea, vomiting, diarrhea or constipation, dizziness, distending breast, frequent urination, etc.

### Differentiation and Treatment

1. Type of stagnation of *Qi* and blood

#### Main Symptoms:

Marked by distending pain in the lower abdomen before or after menstrual onset, which is aggravated when pressed; distending pain in the breast and hypochondriac region or the leukorrhea reduced in amount, becoming purplish dark and containing blood clots; the pain alleviated after the blood clots are discharged, and vanish after menstrual period comes to an end; a purplish tongue with petechiae on; a taut or taut and slippery pulse.

#### Method of Treatment:

To promote blood circulation in order to remove blood stasis and activate the flow of *Qi* so as to relieve pain.

#### Prescription 1:

#### Ingredients:

|   |      |
|---|------|
| <i>Danggui</i> (Radix Angelicae Sinensis) | 50 g |
| <i>Yanhusuo</i> (Rhizoma Corydalis)       | 50 g |

|                                     |      |
|-------------------------------------|------|
| <i>Honghua</i> (Flos Carthami)      | 50 g |
| <i>Hujiao</i> (Fructus Piperis)     | 50 g |
| <i>Cansha</i> (Excrementa Bombycum) | 50 g |

Preparation: Mix the above drugs evenly with about 100 ml. of vinegar, bake them hot in a pot and put them in a cloth bag.

Application: Tie up the bag and put it close to the painful part of the body.

Notes: Warm-ironing with the drugs can achieve the effects of activating the flow of *Qi*, promoting blood circulation and relieving pain. At the beginning, the bag may be too hot. In that case wrap it in a piece of towel, and remove it when the bag is not so hot. In the course of treatment, the bag may cool down too soon. In such case put a hot water bag on it. If the bag cools down before the pain is relieved, mix more vinegar with the drugs, bake them hot again and continue the warm-ironing.

## 2. Type of cold accumulated in the uterus

### Main Symptoms:

Pain occurring in or after menstrual period; a local cold sensation which would be relieved by warmth; the leukorrhea reduced in amount and looking dark; aversion to cold and a cold body, a whitish moist tongue coating and a deep or deep tense pulse.

### Method of Treatment:

To warm the channels in order to disperse cold, and to warm the uterus in order to relieve pain.

### Prescription 1:

#### Ingredients:

|                                     |      |
|-------------------------------------|------|
| <i>Wuyao</i> (Radix Linderae)       | 30 g |
| <i>Sharen</i> (Fructus Amomi)       | 30 g |
| <i>Muxiang</i> (Radix Aucklandiae)  | 30 g |
| <i>Yanhusuo</i> (Rhizoma Corydalis) | 30 g |
| <i>Xiangfu</i> (Rhizoma Cyperi)     | 30 g |
| <i>Gancao</i> (Radix Glycyrrhizae)  | 30 g |

Preparation: Break up the above drugs into powder, mix the powder with about 100 ml. of yellow rice wine, wait 10-20 minutes, then bake the mixed powder hot in a pot, put the hot powder into a cloth bag and tie the bag up.

Application: Carry out a warm-ironing with the bag on the affected part.

Notes: The effects of regulating the flow of *Qi*, dispersing cold and relieving pain may be achieved through the following processes. First ask the patient to lie down on a bed with the hot bag put on the painful part. Then move the bag to the navel when it turns warm and keep it there for a while. If the pain is not be relieved by doing it once, heat the drugs in the bag again and continue the warm-ironing.

### Prescription 2:

#### Ingredients:

|  |      |
|--|------|
| <i>Shichangpu</i> (Rhizoma Acori Graminei) | 30 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)  | 30 g |

*Dingxiang* (Flos Caryophylli)

9 g

*Shiyan* (table salt)

500 g

**Preparation:** Grind the first 3 drugs together into a fine powder. *Shiyan* is parched very dry in a pot. Put the fine powder into the pot, add the parched salt to it, stir-bake it for 2-3 minutes and put it into a bag made with a piece of thick towel.

**Application:** Carry out a warm-ironing with the hot bag on the affected part.

**Notes:** This treatment will achieve the effects of regulating the flow of *Qi* to activate the channels and warming the uterus to relieve pain. It is particularly suitable for dysmenorrhea before menstrual onset.

The size of a bag depends on the amount of the drugs. Usually it is about 15 × 20 cm.

All the above prescriptions are indicated for both primary and acquired dysmenorrhea. In the latter cases, the primary disease should be treated attentively at the same time.

### 3. Pediatric Diseases

#### 3.1 Acute Infection of the Upper Respiratory Tract

Acute infection of the upper respiratory tract is a disease due to invasion of virus or other pathogens into the nose, pharynx and tonsils. Common in children, it is included in the category of *Gan Mao* or *Shang Feng* in TCM.

##### Etiology and Pathogenesis

With delicate viscera and thinner skin, and low ability to adapt himself to the weather, a child is vulnerable to the attack of exogenous pathogens. A sudden change in the weather would provide a chance for the wind pathogen to invade the pulmonary system of a child and cause this disease.

##### Clinical Manifestations

Fever, chills, stuffy and running nose, sneezing, coughing, discomfortable or sore throat, general anorexia, inappetence, disturbed sleeping, congestion of the pharyngeal portion, enlarged lymph follicles or whitish exudate on the surface of a tonsil, and possible mild tumefaction and tenderness of the submaxillary lymph nodes.

##### Differentiation and Treatment

###### 1. Type of wind-cold

###### Main Symptoms:

Chills, fever, anhidrosis, headache, stuffy nose with clear nasal discharge, sneezing, no desire for drink, thin and a whitish tongue coating, and a floating tense pulse.

###### Method of Treatment:

To expel wind in order to relieve exterior syndrome.

###### Prescription 1:

## Ingredients:

|   |      |
|---|------|
| <i>Congbai</i> (Caulis Allii Fistulosi)       | 60 g |
| <i>Shengjiang</i> (Rhizoma Zingiberis Recens) | 9 g  |

Preparation: Pound the above drugs into a pulp, put it into a cup and infuse it with 300 ml. of boiling water.

Application: Steam the mouth and nose with the hot vapour coming out of the cup for 10-15 minutes and repeat it 3 times daily.

Notes: With the effects of expelling wind to relieve exterior syndrome and abating fever, this prescription is indicated for early upper respiratory tract infection. The steaming is carried out in this way: Cover the patient's head with a large piece of towel hanging down around the cup, ask the patient to take deep breath alternately with the mouth and nose one time after another (his eyes have to be shrouded with a towel), then have the patient to take a bed rest in quilt after the sweat on his body is wiped out.

## Prescription 2;

## Ingredients:

|   |      |
|---|------|
| <i>Congbai</i> (Caulis Allii Fistulosi)       | 15 g |
| <i>Shengjiang</i> (Rhizoma Zingiberis Recens) | 15 g |
| <i>Shiyan</i> (table salt)                    | 3 g  |

Preparation: Pound the above drugs together into a pulp and mix it with a proper amount of spirit into a paste. Wrap the paste in a piece of gauze, and tie the gauze up tightly in the shape of a ball.

Application: Rub the chest, back, palms, soles, cubital fossa and popliteal fossa respectively with the ball until the skin is reddish, and this is to be repeated every 2-3 hours before the fever abates.

Notes: With the effects of relieving exterior syndrome and abating fever, this prescription is indicated for upper respiratory tract infection with fever. The rubbing action should be moderate to prevent the skin from being injured. In cold weather, the ball should be warmed over fire before this treatment.

## Prescription 3:

## Ingredients:

|  |      |
|--|------|
| <i>Dandouchi</i> (Semen Sojae Praeparatum) | 3 g  |
| <i>Congbai</i> (Caulis Allii Fistulosi)    | 15 g |

Preparation: Pound the above 2 drugs into a pulp.

Application: Apply the pulp to the 2 palms, cover it with a piece of oil paper and bind it up with bandage. Dressing change is to be made twice daily.

Notes: The applied pulp should be in a round shape and directly on the acupoint Laogong (PC 8).

## 2. Type of wind-heat

## Main Symptoms:

High fever and aversion to wind with or without sweating, headache; a stuffy nose with turbid or yellowish nasal discharge, a reddened throat or throat with swelling

and pain, a dry mouth, thirst, a reddish tongue with thin yellowish coating, and a floating rapid pulse.

Method of Treatment:

To expel wind and clear heat to relieve exterior syndrome.

Prescription 1:

Ingredients:

|   |      |
|---|------|
| <i>Yejuhua</i> (Flos Chrysanthemi Indici) | 15 g |
| <i>Jingjiesui</i> (Spica Schizonepetae)   | 9 g  |
| <i>Bohenao</i> (Mentholum)                | 3 g  |

Preparation: Grind the first 2 drugs into a very fine powder then grind it evenly with the 3rd one and keep it in a bottle for future use.

Application: Take a proper amount of the powder from the bottle and inhale it into the nasal cavity. This is to be repeated 3 times daily.

Notes: This powder has the effects of reducing inflammation, abating fever and relieving stuffy nose. Before it is inhaled, the nose is washed to have the nasal discharge removed thoroughly. While it is inhaled, the patient is encouraged to make an effort to do the inhaling action. If the patient is too young to do so, the powder may be mixed with a proper amount of vaseline into an ointment, apply this ointment to the nasal cavity with a cotton stick. When the powder or the ointment is used for the first time, nasal discharge may be increased in amount and sneezing would occur, this is normal.

Prescription 2:

Ingredients:

|   |       |
|---|-------|
| <i>Bohe</i> (Herba Menthae)             | 6 g   |
| <i>Congbai</i> (Caulis Allii Fistulosi) | 125 g |
| <i>Huangjiu</i> (yellow rice wine)      | 125 g |

Preparation: Cut *Congbai* into bits, pound it into a pulp, mix it with 30 ml. of warm boiled water, keep it still for 2 minutes and pour it into a clean gauze bag and squeeze it to get the fluid. Boil the *Huangjiu*. Put *Bohe* into the boiling *Huangjiu*, and soak it for 2 minutes. Filter the dregs to get the medicated *Huangjiu*. Mix the fluid and the medicated *Huangjiu* into a mixture.

Application: Soak a piece of clean gauze in the mixture.

Use this gauze to rub the acupoint Taiyang (EX-HE), cubital fossa, palm, popliteal fossa, sole and hypochondriac region. This is to be repeated 2-3 times daily.

Notes: With the effects of clearing heat and expelling wind, this prescription is indicated for cases with high fever.

The rubbing should be moderate and stopped when the rubbed skin becomes reddish. While acupoint Taiyang is rubbed, make sure not to let the mixture gets into the eye.

Any one of the above prescriptions can be used alone to treat acute infection of upper respiratory tract at its initial stage. If the case is severe or accompanied by other complications, other therapeutic measures should be taken.

### 3.2 Acute Bronchitis

Often secondary to upper respiratory tract infection and common in infants, acute bronchitis is usually due to viruses or bacteria or both of them. It is included in the category of *Ke Sou* in TCM.

#### Etiology and Pathogenesis

This disorder is caused by the failure of superficial-*Qi* to protect the body against diseases due to weak constitution and consequently the invasion of wind-cold or wind-heat into the lung.

#### Clinical Manifestations

Marked by symptoms due to upper respiratory tract infection such as coughing, fever and chills which are not accompanied by dyspnea and cyanose at the beginning; the coughing which is worsened gradually; then the sticky or whitish, thin sputum which would become thick several days later; general symptoms such as headache, acratia, poor appetite and even vomiting and diarrhea.

#### Differentiation and Treatment

##### 1. Type of wind-cold

##### Main Symptoms:

Frequent attack of coughing, whitish thin sputum, a stuffy nose, watery nasal discharge, chills, fever, no sweating, a thin whitish tongue coating, and a floating tense pulse.

##### Method of Treatment:

To expel wind, disperse cold, and facilitate the flow of the lung-*Qi*.

##### Prescription:

##### Ingredients:

|                                       |      |
|---------------------------------------|------|
| <i>Cangzhu</i> (Rhizoma Atractylodis) | 50 g |
| <i>Mahuang</i> (Herba Ephedrae)       | 50 g |

Preparation: Soak the above drugs together with one egg in 500 ml. of cold water in a earthenware pot for 30 minutes and boil them with gentle heat for 30 minutes.

Application: When the egg is not scalding hot, take it out of the pot and roll it to and fro over the acupoints Feishu (BL 13) and Yongquan (KI 1) for 3-5 minutes, during the treatment the egg is to be re-heated in the pot if it cools down. This is to be repeated 3 to 5 times daily.

Notes: This treatment is suitable for early acute bronchitis with the symptoms of wind-cold type. One dose of the drugs may be used for 2-3 times of treatment, and the egg may be re-used unless it is broken. When severe cases are treated, other therapeutic methods must be added.

##### 2. Type of wind-heat

##### Main Symptoms:

Coughing, a sore throat, thick or yellowish thick sputum, a dry mouth, yellowish nasal discharge, fever, headache, slight aversion to wind, a reddened tongue with thin

yellowish coating, and a floating rapid pulse.

**Method of Treatment:**

To clear heat in order to facilitate the flow of the lung-*Qi*, resolve phlegm to stop cough.

**Prescription 1:**

**Ingredients:**

|  |        |
|--|--------|
| <i>Huangqin</i> (Radix Scutellariae)   | 10 g   |
| <i>Huanglian</i> (Rhizoma Coptidis)    | 10 g   |
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 10 g   |
| <i>Huangjiu</i> (yellow rice wine)     | 20 ml. |

**Preparation:** Grind the first 3 drugs together into a fine powder and mix it with heated *Huangjiu* into a paste.

**Application:** Spread the paste on a piece of gauze 5 cm wide and 10 cm long. Stick this piece of gauze to the area where the xiphoid process is located and have it removed 2 hours later. Dressing change is to be made 2-3 times daily.

**Notes:** This prescription is suitable for acute bronchitis with high fever. The paste is used only when it becomes not scalding hot.

**Prescription 2:**

**Ingredients:**

|  |       |
|--|-------|
| <i>Zhizi</i> (Fructus Gardeniae)         | 6 g   |
| <i>Taoren</i> (Semen Persicae)           | 6 g   |
| <i>Xingren</i> (Semen Armeniacae Amarum) | 2 g   |
| <i>Hujiao</i> (Fructus Piperis)          | 0.3 g |
| <i>Nuomi</i> (Semen Oryzae Glutinosae)   | 0.3 g |

**Preparation:** Grind the above drugs together into a fine powder and mix it with a proper amount of egg white into a paste.

**Application:** Spread the paste evenly on a piece of gauze. Stick this gauze to the area where the 3rd and 4th thoracic vertebrae are located and have the acupoint Feishu (BL 13) on either side covered, then fix it with adhesive plaster. Dressing change is to be made daily.

**Notes:** With the effects of clearing heat, facilitating the flow of the lung-*Qi*, resolving phlegm and stopping cough, this prescription is indicated for acute bronchitis with the symptoms of wind-heat type.

In the course of treatment with the above prescriptions, attention should be paid to taking more rest, drinking more boiled water and the prevention of catching cold.

### 3.3 Bronchopneumonia

Most common in infants, bronchopneumonia is usually due to bacterium, seldom due to virus. It is included in the category of *Ke Sou* or *Chuan Zheng* in TCM.

**Etiology and Pathogenesis**

Internal cause: endogenous phlegm-dampness due to functional disorder of the

*Zang-fu* organs.

External cause: exogenous wind.

Exogenous wind enters the body, turns into heat and accumulates in the lung along with endogenous phlegm-dampness, impairing the purifying and descending function of the lung, causing this disease.

### Clinical Manifestations

Marked by a sudden or slow onset; irritable coughing first without sputum then with sputum; shortness of breath; flaring of nares, cyanose of fingers and toes, and dyspnea as well in severe cases; possible listlessness, poor appetite, vomiting, and dysphoria or lethargy.

### Differentiation and Treatment

Bronchopneumonia is usually considered in TCM as the syndrome of "accumulation of phlegm-heat in the lung."

Method of Treatment:

To clear heat in order to facilitate the flow of the lung-*Qi*, to resolve phlegm so as to stop coughing.

Prescription 1:

Ingredients:

|                                  |      |
|----------------------------------|------|
| <i>Zhizi</i> (Fructus Gardeniae) | 90 g |
| <i>Taoren</i> (Semen Persicae)   | 9 g  |
| <i>Baifan</i> (Alumen)           | 9 g  |

Preparation: Grind the above drugs together into a fine powder and mix it with a proper amount of vinegar into a paste.

Application: Spread the paste on 3 pieces of sterile gauze, each 5 cm in width and length. Stick these 3 pieces of gauze respectively to the acupoints Feishu (BL 13) and Danzhong (RN 17) and fix them with adhesive plaster. Dressing change is to be made daily.

Notes: This treatment is suitable for bronchopneumonia with mild general symptoms. In treating severe cases, it is used just as an adjuvant treatment.

Prescription 2:

Ingredients:

|   |      |
|---|------|
| <i>Tianhuafen</i> (Radix Trichosanthis)   | 30 g |
| <i>Huangbai</i> (Cortex Phellodendri)     | 30 g |
| <i>Ruxiang</i> (Resina Olibani)           | 30 g |
| <i>Moyao</i> (Myrrha)                     | 30 g |
| <i>Zhangnao</i> (Camphora)                | 30 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)    | 30 g |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)  | 30 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 30 g |

Preparation: Grind the above drugs together into a fine powder and keep it in a bottle for future use.



**Application:** Mix a proper amount of the powder with warm vinegar into a paste. Spread the paste on a piece of sterile gauze. Stick this gauze to the chest and fix it with adhesive plaster. Dressing change is to be made every 12-24 hours.

**Notes:** With the effects of clearing heat, purging fire, resolving phlegm and stopping cough, this prescription is suitable for mild cases. In treating severe cases, other therapeutic methods should be added.

**Prescription 3:**

**Ingredients:**

|                                  |      |
|----------------------------------|------|
| <i>Zhizi</i> (Fructus Gardeniae) | 30 g |
| <i>Xixin</i> (Herba Asari)       | 15 g |
| <i>Moyao</i> (Myrrha)            | 15 g |
| <i>Xionghuang</i> (Realgar)      | 9 g  |

**Preparation:** Grind the above drugs together into a fine powder and mix it with a proper amount of vinegar into a paste.

**Application:** Apply the paste to the area from which remarkable rales of the lungs are heard, cover it with a piece of sterile gauze and fix it with adhesive plaster. Dressing change is to be made daily.

**Notes:** With the effects of expelling wind, clearing heat, stopping cough and reducing inflammation, this prescription is applicable to prolonged bronchopeumonia with prolonged wet rales of the lungs. After the paste is applied, ask the patient to take a bed rest and keep the paste moist. If it dries up, mix it with more vinegar and apply it again. But be sure not to use this recipe orally because it is poisonous.

**Prescription 4:**

**Ingredients:**

|  |      |
|--|------|
| <i>Xiakucuo</i> (Spica Prunellae)      | 3 g  |
| <i>Banlangen</i> (Radix Isatidis)      | 10 g |
| <i>Chuanxiong</i> (Rhizoma Chuanxiong) | 6 g  |

**Preparation:** Soak the above drugs in 300 ml. of water for 30 minutes and pour them along with the water into a steam inhaler.

**Application:** Light the alcohol lamp of the steam inhaler and wait until the water boils and evaporates. In order to get the vapour to the mouth and nose of a patient, the distance between the patient and the inhaler is determined according to the vapour. Scale must be strictly avoided. The treatment is carried out for 15-20 minutes each time, twice daily.

**Notes:** This prescription is applicable to mild cases. When used to treat severe cases, other therapeutic methods should be added.

### 3.4 Infantile Diarrhea

Common in infants below 3 years old, infantile diarrhea is a syndrome characterized mainly by enterorrhea. Due to different causes, it falls into two categories: infective and non-infective. The former is usually caused by virus or bacterium, while

the latter, by improper diet or bad weather.

### **Etiology and Pathogenesis**

Generally speaking, this disease is resulted from any of the following 3 causes: invasion of exogenous cold-dampness or damp-heat, impairment of the spleen and stomach due to improper diet, and dysfunction of the spleen and stomach due to weak constitution.

### **Clinical Manifestations**

1. Mild diarrhea is marked by: many times of defecation but not beyond 10 times in a day; yellowish or yellowish green thin-paste-like stools with a tart odour, a little mucus, or white or yellow milk lumps; abdominal pain or tenderness and borborygmi before defecation which may make the infant restless and cry.

2. Severe diarrhea is marked by: frequent defecation which occurs more than 10 times or dozens of times in a day; large quantity of yellowish green watery stools with mucus; vomiting and poor appetite; and even symptoms due to dehydration, disorder of electrolyte and general poisoning.

### **Differentiation and Treatment**

#### **1. Type of wind-cold**

##### **Main Symptoms:**

Marked by watery stools full of foams with a little foul odour, borborygmi, abdominal pain, possible chills and fever, and a whitish greasy tongue coating.

##### **Method of Treatment:**

To expel wind, disperse cold and relieve diarrhea.

##### **Prescription 1:**

##### **Ingredient:**

*Guizhencao* (Herba Bidentis)

60 g

**Preparation:** Soak the drug in 2,000 ml. of water for 60 minutes, boil it for 20 minutes and pour it into a basin along with the decoction.

**Application:** While the decoction is hot, steam the feet of the patient over it. When the decoction turns warm, wash his feet in it. The treatment is to be repeated 3-4 times daily for mild cases, 6 times daily for severe cases, and it takes 10 minutes each time.

**Notes:** With the effects of warming the channels to disperse cold and relieve diarrhea, this prescription is applicable to diarrhea of every kind with the symptoms of wind-cold type. If the patient sweats in the course of treatment, wipe the sweat at once. After the treatment, let the patient take a bed rest.

##### **Prescription 2:**

##### **Ingredients:**

*Hujiao* (Fructus Piperis)

6 g

*Dasuan* (Bulbus Allii)

10 g

**Preparation:** Grind the first drug into a fine powder, and pound the second into a pulp. Mix the powder and the pulp evenly into a mixture and divide the mixture

into 3 portions, wrap each portion in 2 layers\* of oiled gauze and press them flat like a cake.

**Application:** Stick the drug cakes on the acupoints Shenque (RN 8) and Yongquan (KI 1) on each sole, cover them each with a piece of sterile gauze and fix them with adhesive plaster. Dressing change is to be made daily.

**Notes:** With the effects of dispersing cold to relieve diarrhea, this prescription is applicable to diarrhea of every kind with the symptoms of wind-cold type. Its ingredient *Dasuan* is irritant to the skin. So, the drug should be removed when the local skin is flushed. Otherwise, blisters would appear on the flushed skin, which is a sign to stop the treatment temporarily. After the drug is removed, wash the skin clean with warm water.

**Prescription 3:**

**Ingredients:**

|   |     |
|---|-----|
| <i>Shengjiang</i> (Rhizoma Zingiberis Recens) | 3 g |
| <i>Dacong</i> (Caulis Allii Fistulosi)        | 9 g |
| <i>Qiandan</i> (minium)                       | 2 g |

**Preparation:** Pound the first 2 drugs together into a pulp and mix it with the 3rd one into a paste.

**Application:** Apply the paste to the acupoint Shenque (RN 8) area, shaped like a circle 2-3 cm in diameter centering around the navel, cover it with a piece of oil paper, and fix it with adhesive plaster. Dressing change is to be made every 12-24 hours.

**Notes:** With the effects of expelling wind, dispersing cold, warming the middle-*Jiao* and relieving diarrhea, this prescription is applicable to diarrhea of every kind with the symptoms of wind-cold type. If diarrhea is complicated by abdominal pain, hot compress with a hot-water bag may be conducted on the umbilical region until the pain is relieved. Several times of application of the paste will dye the skin in orange. This is due to the ingredient minium and the dyed skin will turn to normal several days later after the treatment is stopped.

## 2. Type of damp-heat

**Main Symptoms:**

Marked by watery dark yellow stools with foul odour or a little mucus; abdominal pain and poor appetite, nausea, vomiting and possible fever; thirst, scanty deep-colored urine and a yellowish greasy tongue coating.

**Method of Treatment:**

To clear heat, dispel dampness and relieve diarrhea.

**Prescription 1:**

**Ingredients:**

|   |                 |
|---|-----------------|
| <i>Huashi</i> (Talcum)                        | 100 g           |
| <i>Gancao</i> (Radix Glycyrrhizae)            | 100 g           |
| <i>Cheqiancao</i> [Herba Plantaginis (fresh)] | a proper amount |

**Preparation:** Grind the first 2 drugs together into a fine powder and keep it in a bottle for future use.

**Application:** Wash 15 g of the third drug clean, pound it into pulp and wrap it in a piece of clean gauze. The gauze is pressed and squeezed for its juice. Mix the juice with 2 g of the powder into a paste. Apply the paste to the navel, cover it with a piece of gauze and fix it with adhesive plaster. Dressing change is to be made twice daily.

**Notes:** This paste has the effects of clearing away heat, dispelling dampness and relieving diarrhea. Applied to the navel where the acupoint Shenque (RN 8) is located, it will play its part in regulating the function of the stomach and intestines. The treatment with this paste is more suitable for diarrhea due to every kind of enteritis in summer or simple dyspepsia.

**Prescription 2:**

**Ingredient:**

*Qiancao* (Radix Rubiae)

45 g

**Preparation:** Soak the drug in 1,500 ml. of water for 30 minutes, decoct it for 20-30 minutes and filter the dregs to collect the decoction in a basin.

**Application:** When the decoction turns warm, steep the feet and wash them in it for 15-30 minutes. This is repeated 2 to 3 times daily.

**Notes:** This treatment works in regulating the function of the stomach and intestines to relieve diarrhea, because the acupoint Yongquan (KI 1) is being irritated while the feet are steeped and washed in the decoction. It is more suitable for diarrhea due to simple dyspepsia in summer and autumn. The patient would sweat in the course of treatment. In that case, wipe the sweat for him in time. When the treatment is over, let him take a bed rest.

**Prescription 3:**

**Ingredient:**

*Zhizi* (Fructus Gardeniae)

16 g

**Preparation:** Grind the drug into a fine powder and mix it with a proper amount of egg white into a paste.

**Application:** Spread the paste evenly on 2 pieces of round oil paper each 2 cm in diameter, and stick them to the acupoints Yongquan (KI 1) and bind them up with bandage. Dressing change is to be made daily.

**Notes:** With the effects of clearing away heat, drying dampness and relieving diarrhea, this prescription is indicated for diarrhea due to every kind of enteritis with the symptoms of damp-heat type. Right after the paste is applied, the patient should take a bed rest lest the paste may slither and fall down. In summer, dressing change may be undertaken 3-4 times daily, and the feet of a patient are washed clean before each time of dressing change lest the curative effects be reduced due to spoiled egg white.

**3. Type of weak spleen**

**Main Symptoms:**

Marked by mild or severe diarrhea usually occurring after the intake of food, light-colored loose stools without foul odour, a sallow complexion, emaciation, listlessness, and a pale tongue with whitish coating.

Method of Treatment:

To warm the stomach, strengthen the spleen and relieve diarrhea.

Prescription 1:

Ingredients:

|                                     |      |
|-------------------------------------|------|
| <i>Wuzhuyu</i> (Fructus Evodiae)    | 30 g |
| <i>Dingxiang</i> (Flos Caryophylli) | 2 g  |
| <i>Hujiao</i> (Fructus Piperis)     | 20 g |

Preparation: Grind the above drugs together into a fine powder and keep the powder in a bottle sealed tightly for later use.

Application: Mix 1.5 g of the powder with a proper amount of vinegar into a paste. Apply the paste to the umbilical region, cover it with a piece of gauze and fix it with adhesive plaster. Dressing change is to be made daily.

Notes: This prescription has the effects of warming the stomach to disperse cold and strengthening the spleen to relieve diarrhea. The treatment with it works in regulating the function of the stomach and intestines to relieve diarrhea. It is applicable to diarrhea due to dyspepsia or enteritis of every kind with the symptoms due to insufficiency of the spleen but not due to heat. If there is also abdominal pain and distension, hot compress with a hot-water bag may be conducted on the umbilical region.

Prescription 2:

Ingredients:

|                                      |      |
|--------------------------------------|------|
| <i>Baifan</i> (Alumen)               | 65 g |
| <i>Wuweizi</i> (Fructus Schisandrae) | 25 g |
| <i>Wubeizi</i> (Galla Chinensis)     | 15 g |

Preparation: Grind the above drugs together into a fine powder and keep the powder in a bottle for future use.

Application: Mix 3 g of the powder with a proper amount of warm boiled water into a paste. Apply the paste to the umbilical region, cover it with a piece of gauze and fix it with adhesive plaster. Dressing change is to be made twice daily.

Notes: With the effects of astringing the intestines to relieve diarrhea, this prescription is indicated for protracted or frequently recurrent diarrhea but contraindicated for early diarrhea with toxic symptoms.

Prescription 3:

Ingredients:

|  |            |
|--|------------|
| <i>Dingxiang</i> (Flos Caryophylli)    | 5 portions |
| <i>Rougui</i> (Cortex Cinnamomi)       | 5 portions |
| <i>Hujiao</i> (Pericarpium Zanthoxyli) | 5 portions |

Preparation: Grind the above drugs together into a fine powder and keep the powder in a bottle for future use.

Application: Mix 3 g of the powder with a proper amount of sesame oil into a paste. Apply the paste to the acupoint Shenque (RN 8), cover it with a piece of oil paper and fix it with adhesive plaster. Dressing change is to be made daily.

Notes: With the effects of warming the middle-*Jiao* to disperse cold, regulating the flow of *Qi* to alleviate pain, and normalizing the function of the stomach to relieve diarrhea, this prescription is indicated for chronic or protracted diarrhea with the symptoms due to insufficiency of the spleen but contraindicated for diarrhea with such symptoms as fever, thirst and a reddened tongue with yellow coating.

#### 4. Type of *Yang*-deficiency of the spleen and kidney

##### Main Symptoms:

Marked by a long course, diarrhea just after the intake of food, clear and thin stools with indigested food, aversion to cold, cold limbs, a pale complexion, listlessness, sleeping with the eyes open, a pale tongue with white coating, and a faint thready pulse.

##### Method of Treatment:

To warm the kidney, strengthen the spleen and relieve diarrhea.

##### Prescription 1:

##### Ingredients:

|   |      |
|---|------|
| <i>Paojiang</i> (Rhizoma Zingiberis Praeparata) | 15 g |
| <i>Zhi Fuzi</i> (Radix Aconiti Praeparata)      | 2 g  |

Preparation and Application: Grind the first drug into a fine powder, mix it with boiled water into a paste, apply the paste to the region between the acupoint Shenque (RN 8) and the acupoint Guanyuan (RN 4); cover it with a piece of gauze and fix it with adhesive plaster. Dressing change is to be made daily. Do the same with the second drug except that its paste is applied to the acupoint Shenque.

Notes: This prescription is applicable to chronic or protracted diarrhea with the symptoms due to *Yang*-deficiency of the spleen and kidney.

##### Prescription 2:

##### Ingredients:

|  |     |
|--|-----|
| <i>Zhi Fuzi</i> (Radix Aconiti Praeparata) | 9 g |
| <i>Rougui</i> (Cortex Cinnamomi)           | 9 g |

Preparation: Grind the above drugs together into a fine powder. Mix the powder with vinegar into a paste. Divide the paste into 4 portions. Spread each portion on a piece of round oil paper.

Application: The 4 pieces of paper with the paste on are respectively stuck to each of the acupoints Laogong (PC 8) on the hand and Yongquan (KI 1) on the sole and bind them up with bandages. Dressing change is to be made daily.

Notes: If diarrhea is not relieved remarkably after the paste is applied, acupoint Shenque (RN 8) may be added to the list to be applied with the past and local hot compress with a hot-water bag may also be performed.

##### Prescription 3:

##### Ingredients:

|   |       |
|---|-------|
| <i>Hujiao</i> (Fructus Piperis)                 | 5 g   |
| <i>Paojiang</i> (Rhizoma Zingiberis Praeparata) | 2 g   |
| <i>Xionghuang</i> [Realgar (powder)]            | 0.5 g |

**Preparation:** Grind the above drugs together into a very fine powder.

**Application:** Wrap the powder in a thin piece of cotton, and put it right on the navel and fix it with a piece of adhesive plaster. Dressing change is to be made daily.

**Notes:** This prescription has the effects of warming and enhancing the *Yang* of the spleen and kidney. The treatment may play the part in improving the function of the stomach and intestines. It is applicable to protracted diarrhea with watery stools or stools in which there is indigested food. After the powder is applied, hot compress with a hot-water bag may be conducted on the umbilical region for 30 minutes each time, 2-3 times daily.

The above 3 prescriptions are contraindicated for acute diarrhea with the symptoms due to heat, chronic diarrhea with such symptoms due to heat resulted from *Yin*-deficiency as tidal fever occurring after noon, thirst with desire for drink, a reddened tongue with less coating or without any coating, and a thready rapid pulse.

By and large, external therapy with Chinese drugs is suitable for mild diarrhea, chronic diarrhea and protracted diarrhea. If it is used together with internal therapy with Chinese drugs, the course may be shortened, the curative effects may be raised. When severe diarrhea is encountered, the first thing to do is to improve the general symptoms. Only when the general symptoms have been taken care of, may external therapy with Chinese drugs be administered to treat the remaining diarrhea. In the course of treatment, regulating and controlling diet matters much.

### 3.5 Slobbering

Called *Zhi Yi* in TCM, slobbering refers to a morbid condition in which more saliva often flows out of the mouth corner of an infant, wetting the lower cheek. Cases due to tooth-growth or aphtha are not included in our discussion.

#### **Etiology and Pathogenesis**

The cause of this disorder could be either of the following two factors:

1. Damp-heat accumulated gradually in the spleen and stomach leads to failure of the saliva to be controlled.
2. Cold of deficiency type produced in the spleen and stomach due to improper diet leads to failure of the body fluid to be controlled.

#### **Clinical Manifestations**

Slobbering with saliva wetting the lower cheek, chin and chest; flush of the region wetted by saliva and perleche.

#### **Differentiation and Treatment**

1. Type of damp-heat in the spleen and stomach

Main Symptoms:

Marked by flowing of thick sticky saliva out of the mouth corner, perleche, flushed cheeks, reddened lips, scanty deep-colored urine, dry stools, and a reddened tongue with yellowish coating.

## Method of Treatment:

To clear heat and dry dampness so as to control slobbering.

## Prescription 1:

## Ingredients:

*Zhizi* (Fructus Gardeniae parched) 9 g

*Nuomi* (Semen Oryzae Glutinosae) 3 g

Preparation: Grind the above 2 drugs together into a fine powder and mix the powder with boiled water into a paste.

Application: Apply the paste to the acupoint Shenque (RN 8), cover it with a piece of gauze and fix it with adhesive plaster. Dressing change is to be made daily.

Notes: The treatment with this paste works in clearing damp-heat in the spleen and stomach to astringe saliva. It is applicable to slobbering due to damp-heat in the spleen and stomach and with perleche.

## Prescription 2:

## Ingredient:

*Baifan* (Alumen) 30 g

Preparation: The drug is dissolved in 500 ml. of boiling water into a solution.

Application: When the solution turns warm, wash the feet in it for 30 minutes. This is repeated 3 times daily. Several days are involved in 1 course of treatment.

Notes: This prescription has the effects of clearing heat, drying dampness and controlling body fluid. Its effects is achieved due to the action of *Baifan* and the irritation of this treatment to the acupoint Yongquan (KI 1).

## 2. Type of cold of deficiency type in the spleen and stomach

## Main Symptoms:

Marked by flowing of clear and thin saliva through the mouth corner, a pale face and pale lips, profuse clear urine, normal or loose stools, a light red tongue with thin whitish coating.

## Method of Treatment:

To warm the spleen and dry dampness so as to control slobbering.

## Prescription 1:

## Ingredient:

*Tiannanxing* (Rhizoma Arisaematis) 9 g

Preparation: Grind the drug into a fine powder and mix it with a proper amount of vinegar into a paste.

Application: Divide the paste into 2 portions. Apply it to the acupoints Yongquan (KI 1), cover it with a piece of gauze and bind it up with bandage before bed time in the evening, keep it still for 1 night and have it removed in the next early morning.

Notes: If flush or pruritus of local skin appears, the applied paste is removed ahead of time.

## Prescription 2:

## Ingredients:

*Wuzhuyu* (Fructus Evodiae) 30 g



*Tiannanxing* (Rhizoma Arisaematis)

10 g

Preparation: Grind the above drugs together into a fine powder and mix the powder with a proper amount of vinegar into a thick paste.

Application: The paste is made round like a cake and apply it on the acupoint Yongquan (KI 1) on the left foot in case of a little boy, on the right foot in case of a little girl and bind it up with bandage before bed time in the evening, keep it still for about 12 hours and have it removed in the next morning.

Notes: With the effects of warming the spleen to control slobbering, this prescription is indicated for slobbering due to cold of deficiency type in the spleen and stomach.

If slobbering is due to aphtha or facial nerve inflammation, the primary disease should be treated first. If slobbering is too severe, oral Chinese drugs may also be given.

### 3.6 Enuresis

Enuresis refers to a morbid condition in which an infant over 3 years old passes water unconsciously in sleep and only conscious of it when wakes up.

#### Etiology and Pathogenesis

The causative factors of this disorder could be:

1. Dysfunction of the gallbladder resulted from either the kidney-*Yang*'s cold of insufficiency type due to deficiency of the kidney-*Qi*, or insufficiency of the *Qi* of the spleen and lung in the convalescence.

2. Bad habit of passing water in sleep developed due to improper care of an infant.

3. Infection of the urinary system or oxyuriasis.

#### Clinical Manifestations

Marked by 1-2 or more times of urination in sleep or even in a nap; less times than that in the day time due to the kidney-*Yang*'s cold of insufficiency type; symptoms due to insufficiency of the *Qi* of the spleen and lung such as emaciation, acratia, a pale complexion, slow in reactions, poor appetite, cold limbs, aversion to cold, and weak pulse; symptoms due to primary diseases such as infection of the urinary system and oxyuriasis.

#### Differentiation and Treatment

External therapy with Chinese drugs is applicable to enuresis not due to organic pathological change.

Method of Treatment:

To warm and reinforce the kidney-*Yang*.

Prescription 1:

Ingredients:

*Dingxiang* (Flos Caryophylli)

3 g

|   |      |
|---|------|
| <i>Da Huixiang</i> (Fructus Anisi Stellati)   | 3 g  |
| <i>Guiyuan</i> (dried longan pulp)            | 3 g  |
| <i>Yizhi</i> (Fructus Alpiniae Oxyphyllae)    | 3 g  |
| <i>Shengjiang</i> (Rhizoma Zingiberis Recens) | 10 g |

Preparation: Grind the first 4 drugs together into a very fine powder. Pound *Shengjiang* into pulp to obtain its juice. Mix the powder with the juice into a cake-like paste.

Application: Roast the cake-like paste warm, put it on the navel, cover it with a piece of gauze and fix it with adhesive plaster before bed time in the evening, and have it removed in the next early morning.

Notes: With the effects of warming the kidney-*Yang* to control urination, this prescription is indicated for enuresis due to either the kidney-*Yang*'s cold of insufficiency type or insufficiency of the *Qi* of the spleen and lung. If the treatment with it is enhanced by good care of the infant before and in his sleep, good curative effects will be quickly achieved. If there are symptoms due to the kidney-*Yang*'s severe cold of insufficiency type such as feeble-mindedness, soreness and weakness of the loins and knees, acratia and frequent urination with profuse clear urine, oral Chinese drugs should also be given.

Prescription 2:

Ingredients:

|  |       |
|--|-------|
| <i>Liuhuang</i> (Sulphur)              | 20 g  |
| <i>Dacong</i> (Caulis Allii Fistulosi) | 120 g |

Preparation: Grind the first drug into fine powder and pound the powder together with *Dacong* into a paste.

Application: Before bed time in the evening, roast the paste warm in a porcelain bowl, apply it on the umbilical region and the lower abdomen, cover it with a piece of gauze, fix it with adhesive plaster, and have it hot-compressed with a hot-water bag for 30-60 minutes. Remove the paste the next early morning.

Notes: With the effects of warming the kidney-*Yang*, this prescription is indicated for enuresis due to the kidney-*Yang*'s cold of insufficiency type. The area where the paste is to be applied should be on the line between-the-navel-and-the-pubis and about 2-3 cm in width. Other notes are the same as what is mentioned above.

Prescription 3:

Ingredients:

|   |     |
|---|-----|
| <i>Wubeizi</i> (Galla Chinensis)            | 3 g |
| <i>Heshouwu</i> (Radix Polygoni Multiflori) | 3 g |

Preparation: Grind the above drugs together into a fine powder and mix the powder with a proper amount of vinegar into a paste.

Application: Apply the paste to the umbilical region, cover it with a piece of gauze and fix it with adhesive plaster before bed time in the evening, and have it removed the next early morning.

Notes: This prescription has the effects of enriching the kidney-*Yang* and reinforcing

#### COMPLETE EXTERNAL THERAPIES OF CHINESE DRUGS

ing the gallbladder. It is indicated for enuresis in convalescence.

Severe cases should be treated not only with external therapy but also with oral Chinese drugs or through other therapeutic methods. The primary disease should be treated first when enuresis is due to infection of the urinary system or oxyuriasis. And the patients should be taken good care of and helped to develop a good habit of passing water in the mean time.

## Appendix One: Commonly-used Acupoints

As what is mentioned above, the curative effects of external therapy with Chinese drugs are often obtained through applying drugs on the acupoints to have them irritated. Therefore, it is necessary to have some knowledge about acupoints. In the following paragraphs, 25 commonly used acupoints in external therapy with Chinese drugs are introduced.

### 1. Baihui (DU 20)

Attribution: the Du Channel.

Location: 1.5 *Cun* posterior to Qianding (DU 21) or 1.5 *Cun* above Houding (DU 19), i.e. 5 *Cun* above the midpoint of the anterior hairline.

Effects: waking up the patient from unconsciousness by clearing heat, invigorating the brain to tranquilize the mind, supplementing *Qi* to relieve prostration syndrome, and calming the liver to stop the wind.

Indication: headache, dizziness, aphasia from apoplexy, hemiplegia, coma, palpitation, anorexia, prolapse of rectum and prolapse of uterus.

### 2. Xinhui (DU 22)

Attribution: the Du Channel.

Location: on the head, 2 *Cun* directly above the midpoint of the anterior hairline and 3 *Cun* anterior to Baihui (DU 20).

Effects: calming the liver to stop the wind, waking up the patient from unconsciousness, and tranquilizing the mind.

Indications: dizziness, palpitation due to fright, coma, stuffy nose, epistaxis, infantile convulsion and insomnia.

### 3. Sibai (ST 2)

Attribution: the Stomach Channel of Foot-Yangming.

Location: directly below the pupil, in the depression of the infraorbital foramen.

Effects: expelling wind and removing heat, clearing and activating the channels and collaterals.

Indications: swelling and pain of the eyes due to conjunctival congestion, lacrimation occurring when the eyes are against wind, nebula, spasm of the facial muscles and prosopalgia.

### 4. Xiaguan (ST 7)

Attribution: the Stomach Channel of Foot-Yangming.

Location: in the depression between the zygomatic arch and the mandibular notch.

Effects: expelling wind, clearing and activating the channels and collaterals, removing heat and relieving pain.

Indications: facial paralysis, ache of upper teeth, inflammation of mandibular

joint, prosopalgia, tinnitus and deafness.

5. Qianzheng (extra-ordinary point)

Attribution: not along any of the fourteen regular channels.

Location: 0.5-1 *Cun* anterior to the ear lobe.

Effects: expelling wind, clearing and activating the channels and collaterals.

Indications: facial paralysis.

6. Jiache (ST 6)

Attribution: the Stomach Channel of Foot-Yangming.

Location: on the cheek, one finger breadth (middle finger) anterior and superior to the mandibular angle, in the depression where the masseter muscle is prominent.

Effects: expelling wind, clearing and activating the channels and collaterals, inducing resuscitation, and regulating the flow of *Qi*.

Indications: facial hemiparalysis, facial swelling and pain, stiff nape, trismus, ache of lower teeth and swollen throat.

7. Dicang (ST 4)

Attribution: the Stomach Channel of Foot-Yangming.

Location: on the face, directly below the pupil, beside the mouth angle.

Effects: expelling wind, and clearing and activating the channels and collaterals.

Indications: facial hemiparalysis, slobbering and prosopalgia.

8. Kufang (ST 14)

Attribution: the Stomach Channel of Foot-Yangming.

Location: on the chest, in the 1st intercostal space, 4 *Cun* lateral to the anterior midline.

Effects: facilitating and regulating the flow of the lung-*Qi* to stop cough.

Indications: cough, asthma, spitting of pus and blood and distending pain in the hypochondriac region.

9. Danzhong (RN 17)

Attribution: The Ren Channel.

Location: on the chest and on the anterior midline, on the level of the 4th intercostal space, at the midpoint of the line connecting both nipples.

Effects: checking upward adverse flow of the lung-*Qi*, relieving stuffiness of the chest, resolving phlegm and stopping cough.

Indications: chest oppression, asthma, cough and chest pain.

10. Jiuwei (RN 15)

Attribution: the Ren Channel.

Location: on the upper abdomen and on the anterior midline, 1 *Cun* below the xiphisternal synchondrosis.

Effects: relieving stuffiness of the chest, resolving phlegm, stopping cough, and checking upward adverse flow of the stomach-*Qi*.

Indications: chest pain, hiccup, vomiting, stomach-ache and coughing.

## 11. Shangwan (RN 13)

Attribution: the Ren Channel.

Location: on the upper abdomen and on the anterior midline, 5 *Cun* above the centre of the umbilicus.

Effects: checking upward adverse flow of the stomach-*Qi* to alleviate vomiting, normalizing the function of the stomach to relieve pain, and strengthening the spleen to dispel dampness.

Indications: stomach distension, vomiting, anorexia, stomach-ache and hiccup.

## 12. Zhongwan (RN 12)

Attribution: the Ren Channel.

Location: on the upper abdomen and on the anterior midline, 4 *Cun* above the centre of the umbilicus.

Effects: checking upward adverse flow of the stomach-*Qi* to relieve pain, and strengthening the spleen to dispel dampness.

Indications: distending pain of the stomach, dyspepsia, hiccup, vomiting, diarrhea, constipation and prolapse of stomach.

## 13. Xiawan (RN 10)

Attribution: the Ren Channel.

Location: on the upper abdomen and on the anterior midline, 2 *Cun* above the centre of the umbilicus.

Effects: strengthening the spleen and stomach to promote digestion.

Indications: epigastric pain, abdominal distension, vomiting, dyspepsia, dysentery, and mass in the abdomen.

## 14. Shenque (RN 8)

Attribution: the Ren Channel.

Location: on the middle abdomen and at the centre of the umbilicus.

Effects: strengthening the spleen and stomach, warming *Yang* to rescuing the patient from collapse, and regulating the flow of *Qi* to relieve pain.

Indications: vomiting, diarrhea, dyspepsia, abdominal pain, edema, ascites, mass in the abdomen, proctoptosis and collapse.

## 15. Guanyuan (RN 4)

Attribution: the Ren Channel.

Location: on the lower abdomen and on the anterior midline, 3 *Cun* below the centre of the umbilicus.

Effects: enhancing the primordial *Qi*, recuperating depleted *Yang* and to rescue the patient from collapse, activating the Chong and Ren Channels, regulating the flow of *Qi* to tonify blood.

Indications: impotence, emission, enuresis, frequent urination, anuresis, diarrhea, dysmenorrhea and irregular menstruation.

## 16. Zhongji (RN 3)

Attribution: the Ren Channel.

Location: on the lower abdomen and on the anterior midline, 4 *Cun* below the centre of the umbilicus.

Effects: strengthening the kidney-*Yang*, regulating menstruation, and clearing away damp-heat.

Indications: emission, impotence, irregular menstruation, dysmenorrhea, frequent urination and enuresis.

17. Dazhui (DU 14)

Attribution: the Du Channel.

Location: on the posterior midline, in the depression below the 7th cervical vertebra.

Effects: expelling wind, dispersing cold, checking upward adverse flow of *Qi*, relieving exterior syndrome, and activating *Yang*.

Indications: headache, stiff nape, aching of the shoulders and back, stiffness and soreness of the loins and common cold.

18. Shenzhu (DU 12)

Attribution: the Du Channel.

Location: on the back and on the posterior midline, in the depression below the spinous process of the 3rd thoracic vertebra.

Effects: expelling wind, clearing heat, checking upward adverse flow of *Qi*, relieving cough, removing heat from the heart, and calming the mind.

Indications: coughing, asthma, chin cough, insomnia, amnesia and aching of the loins and back.

19. Feishu (BL 13)

Attribution: the Urinary Bladder Channel of Foot-Taiyang.

Location: on the back, below the spinous process of the 3rd thoracic vertebra, 1.5 *Cun* lateral to the posterior midline.

Effects: expelling wind and clearing heat, facilitating the flow of the lung-*Qi* to stop coughing, supplementing *Qi* and regulating the nutrient system.

Indications: coughing due to exogenous pathogens, asthma, night sweating and hemoptysis.

20. Gao Huang (BL 43)

Attribution: the Urinary Bladder Channel of Foot-Taiyang.

Location: on the back, below the spinous process of the 4th thoracic vertebra, 3 *Cun* lateral to the posterior midline.

Effects: checking upward adverse flow of *Qi*, stopping coughing, strengthening the spleen, regulating the stomach, and relieving mental stress.

Indications: coughing, hemoptysis, distending pain in the chest, insomnia, amnesia, palpitation and dizziness.

21. Xinshu (BL 15)

Attribution: the Urinary Bladder Channel of Foot-Taiyang.

Location: on the back, below the spinous process of the 5th thoracic vertebra, 1.5 *Cun* lateral to the posterior midline.

Effects: relieving mental stress, soothing the chest oppression, regulating the flow of *Qi*, activating the channels and collaterals, and alleviating pain.

Indications: angina pectoris, dysphoria, insomnia, pain of the shoulders and back, epilepsy and vomiting.

## 22. Geshu (BL 17)

Attribution: the Urinary Bladder Channel of Foot-Taiyang.

Location: on the back, below the spinous process of the 7th thoracic vertebra, 1.5 *Cun* lateral to the posterior midline.

Effects: strengthening the spleen, normalizing the function of the stomach, soothing the chest oppression, regulating the flow of *Qi*, promoting blood circulation, and eliminating blood stasis.

Indications: angina pectoris, fullness in the chest, coughing, asthma, gastric pain, palpitation, night sweating and spontaneous perspiration.

## 23. Laogong (PC 8)

Attribution: the Pericardium Channel of Hand-Jueyin.

Location: at the centre of the palm, between the 2nd and 3rd metacarpal bones, but close to the latter, and in the part touching the tip of the middle finger when a fist is made.

Effects: clearing heat from the heart, resolving phlegm, relieving mental stress, and nourishing the stomach-*Yin*.

Indications: angina pectoris, vomiting, aphthous stomatitis, dyspepsia, apoplexy, coma and epistaxis.

## 24. Neiguan (PC 6)

Attribution: the Pericardium Channel of Hand-Jueyin.

Location: on the palmar side of the forearm and on the line connecting Quze (PC 3) and Daling (PC 7), 2 *Cun* above the crease of the wrist, between the tendons of the long palmar muscle and radial flexor muscle of the wrist.

Effects: clearing heat to remove dysphoria, regulating the flow of *Qi* to soothe the chest oppression, checking upward adverse flow of *Qi* to stop vomiting, and normalizing the function of the stomach to relieve pain.

Indication: distending pain in the gastric region, nausea, vomiting, choking sensation in the chest, shortness of breath, insomnia, amnesia, palpitation, dysphoria, angina pectoris and pain in the hypochondriac region.

## 25. Yongquan (KI 1)

Attribution: the Kidney Channel of Foot-Shaoyin.

Location: on the sole, in the depression appearing on the anterior part of the sole when the foot is in the plantar flexion, approximately at the junction of the anterior third and posterior two-thirds of the line connecting the base of the 2nd and 3rd toes



and the heel.

Effects: inducing resuscitation and rescuing the patient from collapse, tranquilizing the mind, nourishing *Yin*, and clearing heat.

Indications: coma due to apoplexy, sunstroke, dizziness, headache, dysphoria, insomnia, pain in the gastric region, nausea, vomiting and hypertension.

## Appendix Two: Attached Prescriptions

(1)

Recipe: *Ru Yi Jin Huang San*

Ingredients:

|   |         |
|---|---------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)        | 2,500 g |
| <i>Huangbai</i> (Cortex Phellodendri)         | 2,500 g |
| <i>Jianghuang</i> (Rhizoma Curcumae Longae)   | 2,500 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)     | 2,500 g |
| <i>Tiannanxing</i> (Rhizoma Arisaematis)      | 1,000 g |
| <i>Chenpi</i> (Pericarpium Citri Reticulatae) | 1,000 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)         | 1,000 g |
| <i>Houpo</i> (Cortex Magnoliae Officinalis)   | 1,000 g |
| <i>Gancao</i> (Radix Glycyrrhizae)            | 1,000 g |
| <i>Tianhuafen</i> (Radix Trichosanthis)       | 5,000 g |

Preparation: Grind all the above drugs together into a powder. Mix a proper amount of the powder with a proper amount of tea water, juice of *Xian Pugongying* (fresh Herba Taraxaci) or juice of *Xian Machixian* (fresh Herba Portulacae) into a paste. Or, mix 1 portion of the powder with the same 3 portions of vaseline into an ointment.

Application: Spread a proper amount of the paste or ointment on a piece of gauze of the needed size. Stick this gauze to the affected part. Dressing change is to be made daily.

(2)

Recipe: *Yu Lu San*

Ingredient:

*Furongye* (Folium Hibisci) a proper amount

Preparation: Grind this drug into powder and mix it with the juice of *Xian Juhuaeye* (fresh Folium Chrysanthemi), *Xian Pugongying* (fresh Herba Taraxaci) or *Xian Zihuadiding* (fresh Herba Violae) into a paste. Or, mix 1 portion of the powder with 3 portions of vaseline into an ointment.

Application: Spread the paste or ointment on a piece of gauze. Stick this gauze to the affected part. Dressing change is to be made daily.

(3)

Recipe: *Da Qing Gao*

## Ingredients:

|  |      |
|--|------|
| <i>Daqingye</i> (Folium Isatidis)      | 60 g |
| <i>Ruxiang</i> (Resina Olibani)        | 30 g |
| <i>Moyao</i> (Myrrha)                  | 30 g |
| <i>Huangbai</i> (Cortex Phellodendri)  | 30 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 30 g |
| <i>Baifan</i> (Alumen)                 | 30 g |
| <i>Qiandan</i> (minium)                | 30 g |
| <i>Huanglian</i> (Rhizoma Coptidis)    | 30 g |
| <i>Tonglu</i> (verdigris)              | 30 g |
| <i>Danfan</i> (Chalcanthitum)          | 30 g |
| <i>Furongye</i> (Folium Hibisci)       | 30 g |
| <i>Wubeizi</i> (Galla Chinensis)       | 30 g |

Preparation: Grind all the above drugs together into a powder. Mix 1 portion of the powder with 3 portions of vaseline into an ointment.

Application: Spread the ointment on a piece of gauze and stick it to the affected part. Dressing change is to be made daily.

(4)

Recipe: *Zi Jin Ding*

## Ingredients:

|  |      |
|--|------|
| <i>Shancigu</i> (Pseudobulbus Cremastrae seu Pleiones) | 60 g |
| <i>Wubeizi</i> (Galla Chinensis)                       | 60 g |
| <i>Qianjinzi</i> (Semen Euphorbiae)                    | 30 g |
| <i>Xionghuang</i> (Realgar)                            | 23 g |
| <i>Zhusha</i> (Cinnabaris)                             | 23 g |
| <i>Hongdaji</i> (Radix Knoxiae)                        | 45 g |
| <i>Shexiang</i> (Moschus)                              | 6 g  |

Preparation: Grind the above drugs together into a fine powder and mix it with the paste of polished glutinous rice into troches, each weighing 3 g.

Application: Crush a troche into some vinegar. Paint the red, swollen area except its tip with the vinegar. Then, mix a proper amount of *Ru Yi Jin Huang San* with cool tea into a paste. Coat the furuncle with this paste but leave its tip out. The treatment is to be repeated daily.

(5)

Recipe: *Qian Chui Gao*

## Ingredients:

|                                |       |
|--------------------------------|-------|
| <i>Songxiang</i> (Colophonium) | 120 g |
| <i>Bimazi</i> (Semen Ricini)   | 120 g |
| <i>Tonglu</i> (verdigris)      | 3 g   |
| <i>Ercha</i> (Catechu)         | 3 g   |
| <i>Qingfen</i> (Calomelas)     | 3 g   |

|  |     |
|--|-----|
| <i>Xingren</i> (Semen Armeniacae Amarum) | 3 g |
| <i>Ruxiang</i> (Resina Olibani)          | 6 g |
| <i>Moyao</i> (Myrrha)                    | 6 g |
| <i>Xuejie</i> (Resina Draconis)          | 6 g |

Preparation: The preparation has to be carried out in hot summer days as follows: Pound the *Bimazi* in a stone mortar into a pulp. Put all the other drugs slowly into the mortar and pound them together repeatedly for thousands of times until a plaster is formed. Before the plaster is put to use in winter, warm it in a container heated in water.

Application: Warm this plaster and apply it to the affected part.

(6)

Recipe: *Ba Du Gao*

Ingredients:

|  |      |
|--|------|
| <i>Bailian</i> (Radix Ampelopsis)          | 96 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)      | 96 g |
| <i>Lianqiao</i> (Fructus Forsythiae)       | 96 g |
| <i>Huangqin</i> (Radix Scutellariae)       | 96 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae)  | 96 g |
| <i>Mubiezi</i> (Semen Momordicae)          | 96 g |
| <i>Chuanshanjia</i> (Squama Manitis)       | 96 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)      | 96 g |
| <i>Zhizi</i> (Fructus Gardeniae)           | 96 g |
| <i>Dahuang</i> (Radix et Rhizoma Rhei)     | 96 g |
| <i>Bimazi</i> (Semen Ricini)               | 96 g |
| <i>Jinyinhua</i> (Flos Lonicerae)          | 96 g |
| <i>Shengdihuang</i> (Radix Rehmanniae)     | 96 g |
| <i>Danggui</i> (Radix Angelicae Sinensis)  | 96 g |
| <i>Huangbai</i> (Cortex Phellodendri)      | 96 g |
| <i>Huanglian</i> (Rhizoma Coptidis)        | 96 g |
| <i>Wogong</i> (Scolopendra)                | 18 g |
| <i>Ruxiang</i> (Resina Olibani)            | 18 g |
| <i>Moyao</i> (Myrrha)                      | 18 g |
| <i>Xuejie</i> (Resina Draconis)            | 18 g |
| <i>Ercha</i> (Catechu)                     | 18 g |
| <i>Qingfen</i> (Calomelas))) (Calomelas)   | 18 g |
| <i>Zhangnao</i> (Camphora))                | 18 g |
| <i>Hongfen</i> (Hydrargyrum Oxydum Rubrum) | 18 g |

Preparation: Grind *Ruxiang*, *Moyao*, *Xuejie*, *Ercha*, *Qingfen* and *Hongfen* together into a fine powder. Boil all the other drugs except *Zhangnao* in 7,200 g of sesame oil in a pot on a gentle fire until they are scorched and filter the dregs to obtain the medicated oil. Boil this oil again until a drop of it dripped into water takes the shape of a pearl. Put 2,150-3,050 g of minium into the pot and stir it evenly. When the

contents are warm, mix it with *Zhangnao* and the fine powder, stir them evenly and let the mixture cool down into a plaster. Steep this plaster in cold water and have the water changed daily for 5 days to remove the noxious fire. Spread this steeped plaster on pieces of oil paper and keep them for future use.

Application: Melt a piece of oil paper with the plaster on over fire and stick it to the affected part.

(7)

Recipe: *Chong He Gao*

Ingredients:

|   |       |
|---|-------|
| <i>Zijingpi</i> (Cortex <i>Cercis Chinensis</i> )     | 150 g |
| <i>Duhuo</i> (Radix <i>Angelicae Pubescentis</i> )    | 90 g  |
| <i>Chishao</i> (Radix <i>Paeoniae Rubra</i> )         | 60 g  |
| <i>Baizhi</i> (Radix <i>Angelicae Dahuricae</i> )     | 30 g  |
| <i>Shichangpu</i> (Rhizoma <i>Acori Tatarinowii</i> ) | 45 g  |

Preparation: Grind the above drugs together into a fine powder and mix it with warm yellow-rice wine, millet wine or juice of Chinese onion into a paste. Or, mix 1 portion of the powder with 3 portions of vaseline into an ointment.

Application: The affected part is coated with the paste or ointment with dressing change to be made daily.

(8)

Recipe: *Yang He Jie Ning Gao*

Ingredients:

|   |         |
|---|---------|
| <i>Gen, Ye and Geng of Niubangzi</i> (Radix et Folium et Caulis <i>Arctii</i> ) | 1,500 g |
| <i>Baifengxian</i> (Flos <i>Impatiens</i> )                                     | 120 g   |
| <i>Chuanqiong</i> (Rhizoma <i>Chuanqiong</i> )                                  | 120 g   |
| <i>Fuzi</i> (Radix <i>Aconiti Preparata</i> )                                   | 60 g    |
| <i>Guizhi</i> (Ramulus <i>Cinnamomi</i> )                                       | 60 g    |
| <i>Dahuang</i> (Radix et Rhizoma <i>Rhei</i> )                                  | 60 g    |
| <i>Danggui</i> (Radix <i>Angelicae Sinensis</i> )                               | 60 g    |
| <i>Rougui</i> (Cortex <i>Cinnamomi</i> )  | 60 g    |
| <i>Chuanwu</i> (Radix <i>Aconiti</i> )  | 60 g    |
| <i>Caowu</i> (Radix <i>Aconiti Kusnezoffii</i> )                                | 60 g    |
| <i>Dilong</i> (Lumbricus)   | 60 g    |
| <i>Jiangcan</i> (Bombyx <i>Batryticatus</i> )                                   | 60 g    |
| <i>Chishao</i> (Radix <i>Paeoniae Rubra</i> )                                   | 60 g    |
| <i>Baizhi</i> (Radix <i>Angelicae Dahuricae</i> )                               | 60 g    |
| <i>Bailian</i> (Radix <i>Ampelopsis</i> )                                       | 60 g    |
| <i>Baiji</i> (Rhizoma <i>Bletillae</i> )  | 60 g    |
| <i>Ruxiang</i> (Resina <i>Olibani</i> )   | 60 g    |
| <i>Moyao</i> (Myrrha)   | 60 g    |
| <i>Xuduan</i> (Radix <i>Dipsaci</i> )   | 30 g    |
| <i>Fangfeng</i> (Radix <i>Ledebouriellae</i> )                                  | 30 g    |

|   |         |
|---|---------|
| <i>Jingjie</i> (Herba Schizonepetae)          | 30 g    |
| <i>Wulingzhi</i> (Faeces Troglodytorum)       | 30 g    |
| <i>Muxiang</i> (Radix Aucklandiae)            | 30 g    |
| <i>Xiangyuan</i> (Fructus Citri)              | 30 g    |
| <i>Chenpi</i> (Pericarpium Citri Reticulatae) | 30 g    |
| <i>Suhexiang</i> (Styrax)                     | 120 g   |
| <i>Shexiang</i> (Moschus)                     | 30 g    |
| <i>Mayou</i> (Oleum Sesami)                   | 5,000 g |

Preparation: This plaster is processed in the following order. Boil *Baifengxian* in *Mayou* in a pot until it becomes scorched and remove the dregs with the medicated oil left. The next day, put all the other drugs except *Ruxiang*, *Moyao*, *Shexiang* and *Suhexiang* into the pot, boil them until they are scorched and remove the dregs with the medicated oil left. This oil is filtered and heated again in a pot until a drop of it dripped into water takes the form of a pearl. Add 210 g of fully-toasted *Qiandan* (minium) to every 500 g of the oil in the pot and stir it evenly. Then, move the pot away from the fire. Put the powder of *Ruxiang* and *Moyao* and *Shexiang* and *Suhexiang* into the pot and have them mixed evenly with the content of the pot into a plaster. Keep this plaster for half a month. Finally, toast it near a fire and spread it on pieces of oil paper or cloth.

Application: Heat the plaster until it is melted and stick it to the affected part.

(9)

Recipe: *Jie Du Xi Yao*

Ingredients:

|   |      |
|---|------|
| <i>Pugongying</i> (Herba Taraxaci)        | 30 g |
| <i>Kushen</i> (Radix Sophorae Flavescens) | 12 g |
| <i>Huangbai</i> (Cortex Phellodendri)     | 12 g |
| <i>Lianqiao</i> (Fructus Forsythiae)      | 12 g |
| <i>Mubiezi</i> (Semen Momordicae)         | 12 g |
| <i>Jinyinhua</i> (Flos Lonicerae)         | 10 g |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 10 g |
| <i>Chishao</i> (Radix Paeoniae Rubra)     | 10 g |
| <i>Danpi</i> (Cortex Moutan)              | 10 g |
| <i>Gancao</i> (Radix Glycyrrhizae)        | 10 g |

Preparation: Decoct the above drugs in water until 20 minutes after the water boils and filter the dregs to get 500-1,000 ml. of decoction.

Application: While the decoction is hot, steam the affected part over it. When the decoction turns warm, wash the affected part with it.

(10)

Recipe: *Da Huang You Sha Bu*

Ingredient:

|  |       |
|--|-------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 100 g |
|--|-------|

Preparation: Boil the drug in 300 ml. of water for 20 minutes and filter the dregs

to get the decoction, and boil the dregs again in another 300 ml. of water and filter the dregs again to collect the decoction. Mix the decoctions got from 2 times of boiling and condense it into 100 ml of 100% *Dahuang* decoction. Mix 30 ml. of this decoction with 100 g of vaseline into an ointment called 30% *Dahuang* ointment. Spread this ointment evenly on strips of gauze. These strips with the ointment on are sterilized under high pressure. The sterilized strips are called *Da Huang You Sha Bu*.

Application: *Da Huang You Sha Bu* is used to cover the affected part.

(11)

Recipe: *Sheng Ji Yu Hong Gao You Sha Bu*

Ingredients:

|   |       |
|---|-------|
| <i>Danggui</i> (Radix Angelicae Sinensis) | 60 g  |
| <i>Baila</i> (white wax)                  | 60 g  |
| <i>Baizhi</i> (Radix Angelicae Dahuricae) | 15 g  |
| <i>Qingfen</i> (Calomelas)                | 15 g  |
| <i>Xuejie</i> (Resina Draconis)           | 12 g  |
| <i>Zicao</i> (Radix Arnebiae)             | 6 g   |
| <i>Gancao</i> (Radix Glycyrrhizae)        | 36 g  |
| <i>Mayou</i> (Oleum Sesami)               | 500 g |

Preparation: Soak *Danggui*, *Baizhi*, *Zicao* and *Gancao* in *Mayou* for 3 days, boil them on a gentle fire until they become scorched then remove them with the medicated oil left. Put *Baila* into the oil and dissolve it. Add the powder of *Xuejie* and *Qingfen* to the oil and stir it evenly. This oil containing all the drugs is cooled and condensed into a paste and spread on pieces of square gauze. These pieces of gauze are sterilized under high pressure and called *Sheng Ji Yu Hong Gao You Sha Bu*.

Application: *Sheng Ji Yu Hong Gao You Sha Bu* is used to cover the affected part.

(12)

Recipe: *Jiu Yi Dan*

Ingredients:

|   |     |
|---|-----|
| <i>Shu Shigao</i> (Gypsum Fibrosum Praeparata)  | 9 g |
| <i>Hongshengdan</i> (Hydrargyrum Oxydum Rubrum) | 1 g |

Preparation: Grind the above 2 drugs together into a fine powder called *Jiu Yi Dan*. Keep it in a bottle for future use.

Application: *Jiu Yi Dan* is dusted on the affected part.

(13)

Recipe: *Sheng Ji San*

Ingredients:

|  |      |
|--|------|
| <i>Zhi Ruxiang</i> (Resina Olibani Praeparata) | 6 g  |
| <i>Zhi Moyao</i> (Myrrha Praeparata)           | 6 g  |
| <i>Duan Xiangpi</i> (forged elephant skin)     | 6 g  |
| <i>Duan Shigao</i> (Gypsum Fibrosum Usta)      | 12 g |
| <i>Xuejie</i> (Resina Draconis)                | 9 g  |

|   |       |
|---|-------|
| <i>Bingpian</i> (Borneolum Syntheticum) | 3 g   |
| <i>Zhenzhu</i> (Margarita)              | 0.9 g |

Preparation: Grind the above drugs together into a fine powder called *Sheng Ji San* and keep it in a bottle for future use.

Application: *Sheng Ji San* is dusted on the affected part.

(14)

Recipe: *Xiao Fan Xi Yao*

Ingredients:

|                                 |      |
|---------------------------------|------|
| <i>Mangxiao</i> (Natrii Sulfas) | 12 g |
| <i>Pengsha</i> (Borax)          | 10 g |
| <i>Baifan</i> (Alumen)          | 10 g |

Preparation: Grind the above drugs together into a fine powder called *Xiao Fan Xi Yao* and keep it in a bottle for future use.

Application: Infuse 500 ml. of hot boiled water into the powder, over which fumigation is conducted, and with which washing is performed. This is done for 30 minutes each time, twice daily. When it cools down, heat the water again. One dose is used a day.

(15)

Recipe: *Er Wei Ba Du San*

Ingredients:

|                             |      |
|-----------------------------|------|
| <i>Xionghuang</i> (Realgar) | 10 g |
| <i>Baifan</i> (Alumen)      | 10 g |

Preparation: Grind the 2 drugs together into a fine powder called *Er Wei Ba Du San* and keep it in a bottle for future use.

Application: A proper amount of the powder is taken according to the size of the skin lesion and mix it with 75% alcohol into a paste. Spread the paste about 0.1 cm thick on the affected part. This is done twice daily. Dressing change is to be made after the applied paste is wiped off with alcohol.

(16)

Recipe: *Qu Shi San*

Ingredients:

|  |      |
|--|------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei) | 30 g |
| <i>Huangqin</i> (Radix Scutellariae)   | 30 g |
| <i>Fangjieshi</i> (Calcitum)           | 30 g |
| <i>Qingdai</i> (Indigo Naturalis)      | 3 g  |

Preparation: Grind all the above drugs together into a fine powder called *Qu Shi San*. Keep it in a bottle for future use.

Application: Boil *Machixian* (Herba Portulacae) in 2,000 ml. of water for 20 minutes and filter the dregs to collect the decoction. When the decoction is cold, carry out a wet compress with it on the affected part. This is performed for 20 minutes each time, 2-3 times daily. Just after wet compress is finished each time, dust *Qu Shi San* directly on the affected part.

(17)

Recipe: *Gou Pi Gao*

Ingredients:

|   |      |
|---|------|
| <i>Baizhi</i> (Radix Angelicae Dahuricae)       | 15 g |
| <i>Gougu</i> (bone of a dog)                    | 15 g |
| <i>Bixie</i> (Rhizoma Dioscoreae Septemlobae)   | 15 g |
| <i>Danggui</i> (Radix Angelicae Sinensis)       | 15 g |
| <i>Qianghuo</i> (Rhizoma et Radix Notopterygii) | 15 g |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)      | 15 g |
| <i>Chuanmutong</i> (Caulis Clematidis Armandii) | 15 g |
| <i>Muxiang</i> (Radix Aucklandiae)              | 15 g |
| <i>Songjie</i> (Lignum Pini Nodi)               | 15 g |
| <i>Fangfeng</i> (Radix Ledebouriellae)          | 6 g  |
| <i>Xixin</i> (Herba Asari)                      | 3 g  |
| <i>Mahuang</i> (Herba Ephedrae)                 | 30 g |
| <i>Wangbuliuxing</i> (Semen Vaccariae)          | 60 g |

Preparation: Boil all the above drugs in 2,000 ml. of sesame oil in a pot until they are scorched and filter the dregs with the medicated oil left. Boil this oil again until a drop of it dripped into water looks like a pearl. Then, add 1,000 g of minium to the oil and stir it evenly to obtain an ointment. Spread a proper amount of the ointment on a piece of white cloth, after it is cooled keep it for later use.

Application: Stick the piece of white cloth with the ointment after it is heated to the affected part.

(18)

Recipe: *Dan Huang You*

Ingredients:

|   |         |
|---|---------|
| <i>Bingpian</i> (Borneolum Syntheticum) | 2 g     |
| <i>Danhuang You</i> (egg-oil)           | 100 ml. |

Preparation: Boil 10 or more eggs until well done, remove their shells and whites and heat their yolks in a dry pot for their oil. Mix the oil evenly with *Bingpian* into a medicated oil called *Dan Huang You*.

Application: Apply *Dan Huang You* to the affected part 1 or 2 times daily to treat lactigo with xerodermia, pachylosis, desquamation and rhagades.

(19)

Recipe: *Jia Wei Sheng Ji San*

Ingredients:

|   |       |
|---|-------|
| <i>Ercha</i> (Catechu)                  | 1.5 g |
| <i>Ruxiang</i> (Resina Olibani)         | 12 g  |
| <i>Moyao</i> (Myrrha)                   | 12 g  |
| <i>Bingpian</i> (Borneolum Syntheticum) | 6 g   |
| <i>Sanqi</i> (Radix Notoginseng)        | 3 g   |
| <i>Xiangpi</i> (elephant skin)          | 30 g  |



COMPLETE EXTERNAL THERAPIES OF CHINESE DRUGS

|                                       |      |
|---------------------------------------|------|
| <i>Chishizhi</i> (Holloysitum Rubrum) | 18 g |
| <i>Xiejie</i> (Resina Draconis)       | 18 g |
| <i>Longgu</i> (Os Dranconis)          | 15 g |

Preparation: Grind the above drugs together into a fine powder called as *Jia Wei Sheng Ji San* and keep it in a bottle for future use.

Application: *Jia Wei Sheng Ji San* is dusted on the affected part.

(20)

Recipe: *Xiong Huang Gao*

Ingredients:

|                                |       |
|--------------------------------|-------|
| <i>Xionghuang</i> (Realgar)    | 30 g  |
| <i>Liuhuang</i> (Sulphur)      | 30 g  |
| <i>Yanghuaxin</i> (zinc oxide) | 30 g  |
| <i>Fanshilin</i> (vaseline)    | 300 g |

Preparation: The last drug is melted, mix it slowly with the first 3 drugs into a mixture, and have the mixture cooled into an ointment called *Xiong Huang Gao*.

Application: *Xiong Huang Gao* is applied to the affected part directly or after spread on a piece of gauze.

(21)

Recipe: *Yi Hao Xuan Yao Shui*

Ingredients:

|  |         |
|--|---------|
| <i>Tujingpi</i> (Cortex Pseudolaricis)     | 300 g   |
| <i>Dafengzi</i> (Semem Hydnocarpus)        | 300 g   |
| <i>Difuzi</i> (Fructus Kochiae)            | 300 g   |
| <i>Shechuangzi</i> (Fructus Cnidii)        | 300 g   |
| <i>Liuhuang</i> (Sulphur)                  | 150 g   |
| <i>Baixianpi</i> (Cortex Dictamni Radicis) | 300 g   |
| <i>Kufan</i> (Alumen Exsiccatum)           | 1,250 g |
| <i>Kushen</i> (Radix Sophorae Flavescens)  | 300 g   |
| <i>Zhangnao</i> (Camphora)                 | 150 g   |

Preparation: Pound *Tujingpi* into a coarse powder, and *Dafengzi* into pieces, grind *Liuhuang* into a fine powder, and beat *Kufan* in a loosened form. Soak the above 4 prepared drugs and all the other drugs except *Zhangnao* in 8,000 ml. of 50% alcohol in the 1st time for 2 days to obtain the supernatant fluid, in 6,000 ml. of 50% alcohol in the 2nd time for 2 days to get the supernatant fluid, and in another 6,000 ml. of 50% alcohol in the 3rd time for 2 days to get the supernatant fluid. Dissolve *Zhangnao* in 95% alcohol and mix it with the fluid obtained in the 3 times into a final supernatant fluid called *Yi Hao Xuan Yao Shui*.

Application: *Yi Hao Xuan Yao Shui* is applied to the affected part, 2-3 times daily.

(22)

Recipe: *Tu Jing Pi Ding*

Ingredients:

|  |       |
|--|-------|
| <i>Tujingpi</i> (Cortex Pseudolaricis) | 100 g |
|--|-------|

|                                     |                 |
|-------------------------------------|-----------------|
| <i>Liusuan</i> (salicylic acid)     | 30 g            |
| <i>Zhangnao</i> (Camphora)          | 1.5 g           |
| <i>Ganyou</i> (glycerin)            | 25 ml.          |
| <i>Chun Jiujiing</i> (pure alcohol) | a proper amount |

Preparation: Soak *Tujingpi* in pure alcohol for 7 days and filter the dregs to get the medicated alcohol. Mix this alcohol with the other 3 drugs into a tincture.

Application: *Tu Jing Pi Ding* is applied to the affected part, 3-4 times daily.

(23)

Recipe: *Huang Bai San*

Ingredients:

|   |       |
|---|-------|
| <i>Huangbai</i> (Cortex Phellodendri)   | 30 g  |
| <i>Huanglian</i> (Rhizoma Coptidis)     | 3 g   |
| <i>Luhui</i> (Aloe)                     | 6 g   |
| <i>Songxiang</i> (Colophonium)          | 12 g  |
| <i>Huashi</i> (Talcum)                  | 9 g   |
| <i>Bingpian</i> (Borneolum Syntheticum) | 0.6 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)   | 9 g   |

Preparation: Grind the above drugs together into a fine powder called *Huang Bai San*.

Application: Dust the *Huang Bai San* on the affected part or mix it with some sesame oil into a paste and apply the paste about 0.1-0.2 cm thick to the affected part, 1-2 times daily.

(24)

Recipe: *Zao Shi Xi Yao*

Ingredients:

|   |      |
|---|------|
| <i>Baixianpi</i> (Cortex Dictamni Radicis)  | 30 g |
| <i>Machixian</i> (Herba Portulacae)         | 30 g |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 30 g |
| <i>Huangbai</i> (Cortex Phellodendri)       | 15 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)       | 15 g |

Preparation: Boil the above drugs in water for a decoction.

Application: Carry out a wet compress with the decoction on the affected part, then cover the part with a paste made from mixing *Huang Bai San* (23) with sesame oil. Dressing change is to be made 1-2 times daily until the inflammation is reduced, and the erosive wound is healed. Then apply some *Yi Hao Xuan Yao Shui*.

(25)

Recipe: 5-10% sulfur ointment

Ingredients:

|                             |         |
|-----------------------------|---------|
| <i>Lihuang</i> (Sulphur)    | 5-10 g  |
| <i>Fanshilin</i> (vaseline) | 90-95 g |

Preparation: Grind the first drug into a fine powder and mix it with vaseline into an ointment called 5-10% sulfur ointment.

Application: Apply this ointment to the affected part directly or after spread it on a piece of gauze.

(26)

Recipe: *Feng You Jing*

Ingredients:

|  |     |
|--|-----|
| <i>Bohe</i> (Herba Menthae)                      | X g |
| <i>Anye You</i> (eucalyptus oil)                 | X g |
| <i>Xiangjing You</i> (essential oil)             | X g |
| <i>Shuiyangsuan</i> (salicylic acid)             | X g |
| <i>Jiazhi</i> (methyl ester)                     | X g |
| <i>Dingxiang Fen</i> [Flos Caryophylli (powder)] | X g |
| <i>Yelus</i> (chlorophyl)                        | X g |
| <i>Zhangnao</i> (Camphora)                       | X g |
| <i>Lufang</i> (chloroform)                       | X g |

Preparation: The above drugs have been already prepared into a patent medicine on sale.

Application: Smeare the affected part with *Feng You Jing*, 2-3 times daily.

(27)

Recipe: *Qing Dai San You*

Ingredients:

|                                       |       |
|---------------------------------------|-------|
| <i>Qingdai</i> (Indigo Naturalis)     | 60 g  |
| <i>Huangbai</i> (Cortex Phellodendri) | 60 g  |
| <i>Shigao</i> (Gypsum Fibrosum)       | 120 g |
| <i>Huashi</i> (Talcum)                | 120 g |

Preparation: Grind the above drugs together into a fine powder and mix it with 20-30 ml. of sesame oil into a medicated oil called *Qing Dai San You*.

Application: Smear the affected part with *Qing Dai San You*, 2-3 times daily.

(28)

Recipe: *San Huang Xi Ji*

Ingredients:

|   |              |
|---|--------------|
| <i>Dahuang</i> (Radix et Rhizoma Rhei)      | 2.5 portions |
| <i>Huangbai</i> (Cortex Phellodendri)       | 2.5 portions |
| <i>Huangqin</i> (Radix Scutellariae)        | 2.5 portions |
| <i>Kushen</i> (Radix Sophorae Flavescentis) | 2.5 portions |

Preparation: Grind all the above drugs together into a fine powder. Mix every 10-15 g of the powder with 100 ml. of distilled water and 1 ml. of medicinal carbolic acid into a watery mixture called *San Huang Xi Ji*.

Application: Apply *San Huang Xi Ji* to the affected part with a cotton stick dipped into it, 3-5 times daily.

(29)

Recipe: *San Shi Shui*

Ingredients:

|   |         |
|---|---------|
| <i>Luganshi</i> (Calamina)              | 90 g    |
| <i>Huashi</i> (Talcum)                  | 90 g    |
| <i>Chishizhi</i> (Halloysitum Rubrum)   | 90 g    |
| <i>Bingpian</i> (Borneolum Syntheticum) | 9 g     |
| <i>Ganyou</i> (glycerin)                | 150 ml. |

Preparation: Grind the first 4 drugs together into a fine powder and mix the powder first with 10,000 ml. of distilled water then with the glycerin into a watery mixture called *San Shi Shui*.

Application: Apply *San Shi Shui* to the affected part with a cotton stick dipped into it, 3-5 times daily.

(30)

Recipe: *Er Hao Xi Yao*

Ingredients:

|  |     |
|--|-----|
| <i>Chuanwu</i> (Radix Aconiti)                   | 9 g |
| <i>Caowu</i> (Radix Aconiti Kusnezoffii)         | 9 g |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)          | 9 g |
| <i>Aiye</i> (Folium Artemisiae Argyi)            | 9 g |
| <i>Cangzhu</i> (Rhizoma Atractylodis)            | 9 g |
| <i>Duhuo</i> (Radix Angelicae Pubescentis)       | 9 g |
| <i>Guizhi</i> (Ramulus Cinnamomi)                | 9 g |
| <i>Fangfeng</i> (Radix Ledebouriellae)           | 9 g |
| <i>Honghua</i> (Flos Carthami)                   | 9 g |
| <i>Qianliguang</i> (Herba Senecionis Scandentis) | 9 g |
| <i>Tougucao</i> (Caulis Impatiensis)             | 9 g |
| <i>Shenjinciao</i> (Herba Lycopodii)             | 9 g |

Preparation: Grind all the above drugs together into a coarse powder, decoct the powder in 2,000 ml. of water until 15-20 minutes after the water boils and pour it along with the decoction into a basin.

Application: While the decoction is hot, steam the affected part over it. When the decoction is not scalding hot carry out a drip-washing with it on the affected part. The treatment lasts for 20-40 minutes altogether each time, 1-2 times daily.

(31)

Recipe: *Huo Xue Zhi Tong San*

Ingredients:

|   |      |
|---|------|
| <i>Tougucao</i> (Caulis Impatiensis)            | 30 g |
| <i>Chuanlianzi</i> (Fructus Toosendan)          | 15 g |
| <i>Danggui</i> (Radix Angelicae Sinensis)       | 15 g |
| <i>Jianghuang</i> (Rhizoma Curcumae Longae)     | 15 g |
| <i>Weilingxian</i> (Radix Clematidis)           | 15 g |
| <i>Chuanniuxi</i> (Radix Cyathulae)             | 15 g |
| <i>Qianghuo</i> (Rhizoma et Radix Notopterygii) | 15 g |
| <i>Baizhi</i> (Radix Angelicae dahuricae)       | 15 g |

|   |      |
|---|------|
| <i>Sumu</i> (Lignum Sappan)                 | 15 g |
| <i>Wujiapi</i> (Cortex Acanthopanax)        | 15 g |
| <i>Honghua</i> (Flos Carthami)              | 15 g |
| <i>Tufuling</i> (Rhizoma Similacis Glabrae) | 15 g |
| <i>Huajiao</i> (Pericarpium Zanthoxyli)     | 6 g  |
| <i>Ruxiang</i> (Resina Olibani)             | 6 g  |

Preparation: Boil all the above drugs in a proper amount of water in an enamel basin for 20 minutes and filter the dregs to get 2,000 ml. of decoction.

Application: While the decoction is hot, steam the swollen affected part over it. Up to the time when the decoction is not scalding hot steep the affected part in it, or use a piece of towel soaked in it and carry out a hot compress with the towel on the affected part. The treatment lasts for 30 minutes each time, once daily.

(32)

Recipe: *Er Miao San*

Ingredients:

|                                       |            |
|---------------------------------------|------------|
| <i>Huangbai</i> (Cortex Phellodendri) | 5 portions |
| <i>Cangzhu</i> (Rhizoma Atractylodis) | 5 portions |

Preparation: Grind the above 2 drugs together into a fine powder called *Er Miao San*.

Application: Dust *Er Miao San* on the affected part, or mix it with 100 ml. of sesame oil into a paste and apply the paste to the affected part.

(33)

Recipe: *Huang Lian You*

Ingredients:

|  |        |
|--|--------|
| <i>Huanglian Fen</i> [Rhizoma Coptidis (powder)] | 25 g   |
| <i>Bima You</i> (Oleum Ricini)                   | 75 ml. |

Preparation: Mix the above 2 drugs evenly into a medicinal oil called *Huang Lian You*.

Application: Apply *Huang Lian You* to the affected part, 1-2 times daily. If the affected part is exposed, it needn't be bandaged, otherwise bind it up with a piece of sterile gauze.

(34)

Recipe: *Yun Ji Gao*

Ingredients:

|   |       |
|---|-------|
| <i>Danggui</i> (Radix Angelicae Sinensis) | 15 g  |
| <i>Zicao</i> (Radix Arnebiae)             | 3 g   |
| <i>Mayou</i> (Oleum Sesami)               | 120 g |
| <i>Huangla</i> (wax)                      | 15 g  |

Preparation: Heat the first 2 drugs together in *Mayou* in a pot until they are scorched, then remove them with the medicated oil left. Heat this oil again in the pot. Put *Huangla* into the pot, have it melted, and mix it with the oil into a mixture. When the mixture cools down you have the ointment called *Yun Ji Gao*.

Application: Apply *Yun Ji Gao* to the affected part, 1 to 2 times daily.

(35)

Recipe: *Dian Dao San*

Ingredients:

*Dahuang* (Radix et Rhizoma Rhei) 5 portions

*Liuhuang* (Sulphur) 5 portions

Preparation: Grind the above 2 drugs together into a fine powder called *Dian Dan San*.

Application: Dust *Dian Dao San* directly on the affected part.

(36)

Recipe: *Dian Dao San Xi Ji*

Ingredients:

*Liuhuang* (Sulphur) 7.5 g

*Dahuang* (Radix et Rhizoma Rhei) 7.5 g

*Shihuishui* (lime water) 100 ml.

Preparation: Grind the first 2 drugs together into a very fine powder and mix the powder with the lime water into a mixture called *Dian Dao San Xi Ji*.

Application: Apply *Dian Dao San Xi Ji* to the affected part, 3-4 times daily.

### Appendix Three:

#### The List of Main Reference Books

*Wai Ke Zheng Zong* (Orthodox Manual of External Diseases) written by Chen Shigong in 1617, re-published by the People's Medical Publishing House in 1964.

*Yi Zong Jin Jian + Wai Ke Xin Fa Yao Jue* (Essentials of Surgery, a chapter of the book: the Golden Mirror of Medicine) written by the medical officers of the Qing government headed by Wu Qian in 1742, printed photomechanically by the People's Medical Publishing House in 1959.

*Shao Shang Fang Zhi Shou Ce* (Manual of Prevention and Treatment of Burn) compiled by All-China Seminar of Prevention and Treatment of Burn, published by Shanghai People's Press in 1971.

*Xue Shuan Bi Se Xing Mai Guan Yan Fang Zhi Shou Ce* (Manual of Prevention and Treatment of Thromboangiitis Obliterans) compiled by All-China Seminar of Experience in Treating Thromboangiitis Obliterans with Integrated Chinese and Western Medicine, published by Shandong People's Press in 1972.

*Wai Shang Xing Jie Tan Fang Zhi Shou Ce* (Manual of Prevention and Treatment of Traumatic Paraplegia) compiled by All-China Seminar of the Experience in Treating Traumatic Paraplegia, published by the People's Medical Publishing House in 1972.

*Zhong Xi Yi Jie He Zhi Liao Gang Men Zhi Chang Ji Bing* (Treatment of Anorectal

Diseases with Integrated Chinese and Western Medicine) compiled by Guanganmen Hospital of China's Academy of Traditional Chinese Medicine, published by the People's Medical Publishing House in 1972.

*Zhong Yao Fang Ji Xue* (Pharmacology of Traditional Chinese Medical Formulae) compiled by the Department of Medical Formulae of Shandong College of Traditional Chinese Medicine, published by Shandong People's Press in 1976.

*Xun Xi Liao Fa* (Treatment through Fumigation and Washing) written by Shang Dejun, published by Shandong People's Press in 1976.

*Zhong Xi Yi Jie He Chuang Yang Zheng Zhi* (Diagnosis and Treatment of Skin and External Diseases with Integrated Chinese and Western Medicine) compiled by Nankai Hospital in Tianjin City, published by Tianjin People's Press in 1976.

*Zhong Xi Yi Jie He Lin Chuang Wai Ke Shou Ce* (Surgical Manual of Clinical Treatment with Integrated Chinese and Western Medicine) compiled by Beijing Hospital of Traditional Chinese Medicine, published by Beijing Press in 1980.

*Chuang Yang Wai Yong Ben Cao* (Herbal Medicines Externally Used to Treat Skin and External Diseases) written by Wang Guangjun and co-writers, published by the People's Medical Publishing House in 1982.

*Zhong Yi Hu Li* (Nursing of Traditional Chinese Medicine) compiled by the Hospital Attached to Shandong College of Traditional Chinese Medicine, published by Shandong Science and Technology Press in 1982.

*Zhong Yi Wai Ke Xue* (Surgery of Traditional Chinese Medicine) compiled mainly by Beijing Hospital of Traditional Chinese Medicine, published by the People's Medical Publishing House in 1982.

*Shi Yong Zhong Yi Wai Ke Xue* (Practical Surgery of Traditional Chinese Medicine) written by Gu Baihua, published by Shanghai Science and Technology Press in 1985.

*Wai Ke Xue* (Surgery) written by Huang Jiasi and co-writers, published by the People's Medical Publishing House in 1982.

*Zhong Yi Wai Zhi Fa* (External Treatment of Traditional Chinese Medicine) written by Zhan Yongkang, published by Hunan Press of Science and Technology in 1984.

*Ru Xian Zhi Shi Yu Bao Jian* (Knowledge and Health-care of Mammary Gland) written by Du Yutang and co-writer(s), published by Jilin Science and Technology Press in 1985.

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