Three Typical Dermatological Cases Treated by Dr. Li Yueping

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Dr. Li Yueping has been engaged in dermatological clinic for more than 40 years, accumulating rich experience in treating dermatological diseases. The following is three typical cases she gave successful treatment.

Treatment of Alopecia Capitis Totallis by Reinforcing the Spleen (Earth) to Strengthen the Lung (Metal)

The patient, a girl of 11 years old, paid her first visit on March 5th 2002. She complained of gradually aggrivated loss of hair from the scalp for more than one and half years. Western medicines and Zhangguang guo 101 (a kind of medicinal liquid for baldness cure) gave no relief. She was found to have no hair on her scalp and half loss of the eyebrow, and there were also such accompanying symptoms as bright white complexion, vexation, unquiet sleep, poor appetite, shortage of qi and weakness, loose stools, pale and corpulent tongue with thin and white tongue coating, soft and thready pulse. The main ingredient of prescription was as follows:

Dang Shen (党参 Radix Codonopsis) 12g
Bai Zhu (白术 Rhizoma Atractylodis Macrocephalae Recens) 8g
Fu Ling (茯苓 Poria) 10g
Dan Shen (丹参 Radix Salviae Miltiorrhizae) 10g
Chuan Xiong (川芎 Rhizoma Chuanxiong) 8g
Dang Gui (当归 Radix Angelicae Sinensis) 8g
Ye Jiao Teng (夜交藤 Caulis Polygoni Multiflori) 10g
He Shou Wu (何首乌 Radix Polygoni Multiflori) 10g
Huang Qi (黄芪 Radix Astragali) 10g
Gan Cao (甘草 Radix Glycyrrhizae Preparata) 5g

The patient was asked to take the decoction orally, one dose a day, 7 doses prescribed. Besides, external application decoction was also used, with warm and decoction-soaked wet compress applied at the scalp for 20 minutes, twice a day. The main ingredients of external decoction was as follows:

Ren Shen Ye (人参叶 Folium Ginseng) 30g
Zao Jiao (皂角 Fructus Gleditsiae) 20g
Ku Shen (苦参 Radix Sophorae Flavescentis) 20g
Ce Bai Ye (侧柏叶 Cacumen Platycladi) 30g.

On second visit on March 12th, she reported there were slight itching in the scalp, increased food intake, more vigorous than before, however, there were still slightly loose stools. The tongue was pale with thin and white tongue coating, and the pulse was indistinctive and thready. The formula of internal decoction was modified as follows.

Dang Shen (党参 Radix Codonopsis) 12g
Bai Zhu (白术 Rhizoma Atractylodis Macrocephalae Recens) 8g
Fu Ling (茯苓 Poria) 10g
Dan Shen (丹参 Radix Salviae Miltiorrhizae) 10g
Chuan Xiong (川芎 Rhizoma Chuanxiong) 8g
Dang Gui (当归 Radix Angelicae Sinensis) 8g

Ye Jiao Teng (夜交藤 Caulis Polygoni Multiflori) 10g
He Shou Wu (何首乌 Radix Polygoni Multiflori) 8g
Huang Qi (黄芪 Radix Astragali) 10g
Ji Xue Teng (鸡血藤 Caulis Spatholobi) 12g
Shan Yao (山药 Rhizoma Dioscoreae) 8g
Gan Cao (甘草 Radix Glycyrrhizae Preparata) 5g

The internal decoction was taken orally according to above-mentioned method of administration and the external decoction-soaked compress remained application. After 3 months of treatment (with minor modifications) her hairs had grown to about 7cm, and she was ruddy-cheeked with sound sleep and good appetite. The stools were also normal.

Comment
Alopecia capitis totallis results from deficiency of blood that fails to nourish the muscle and skin with qi. When the root of hairs becomes empty because of poor nourishment, there will be alopecia capitis and
then a hairless head. This disease could occur in persons of any age, but the juveniles are more susceptible. According to TCM theory, hair is the odds and ends of blood. The spleen and stomach provide the material basis of the acquired constitution and they are also the source of nutrient for generating and transforming qi and blood. In addition, the lung governs the skin and the hair, and activates the flow of qi. In most instances, alopecia capitis totalis is due to deficiency or stasis of the blood, or insufficiency of the liver and kidney. This typical case is considered and differentiated as the spleen-stomach disharmony and insufficiency of qi and blood. As a result, earth (spleen) fails to generate the metal (lung), and the lung fails to activate the flow of qi, leading to alopecia capitis. The main principle of treatment is to strengthen the spleen and replenish the lung, assisted by promoting blood circulation to remove obstruction in channels. The combination of internal and external treatment produces remarkable effect.

**Treatment of Psoriasis by Cooling the Blood and Removing Toxic Materials**

The patient, a girl of 21 years old, paid her first visit on May 6, 2002. Bees stung her head in early April and scattered erythema appeared in the head and the whole body one week later. The erythema was covered with thick squama and there were cribriform hemorrhagic spots when the squama was removed. With gradually increased skin lesion, there appeared symptoms such as vexation, bitter mouth, constipation, and short and dark urine. On examination the tongue proper was reddened with yellow tongue coating, and the pulse was slippery and rapid. It was diagnosed as psoriasis and the following formula was prescribed: (one dose a day, 7 doses administered)

- **Di Huang** (地黄 Radix Rehmanniae) 30g
- **Cao He Che** (草河车 Rhizoma Paridis Chonglou) 10g
- **Ren Dong Teng** (忍冬藤 Caulis Lonicerae) 15g
- **Bai Xian Pi** (白鲜皮 Cortex Dictamnii) 20g
- **Da Qing Ye** (大青叶 Folium Isatidis) 20g
- **Dan Shen** (丹参 Radix Salviae Miltiorrhizae) 20g
- **Chi Shao** (赤芍 Radix Paeoniae Rubra) 10g
- **Tu Fu Ling** (土茯苓 Rhizoma Smilacis Glabrae) 20g
- **Huai Hua** (槐花 Flos Sophorae Recens) 15g
- **Shan Dou Gen** (山豆根 Radix Sophorae Tonkinensis) 10g

Zi Cao (紫草 Radix Arnebiae seu Lithospermi) 10g
Sheng Da Huang (生大黄 Radix et Rhizoma Rhei Recens) 6g (to be decocted later than other drugs)
Gan Cao (甘草 Radix Glycyrrhizae Preparata) 5g

When the patient paid her second visit on May 13, the old skin lesions were found to be darkened without new lesions, but there was occasional bitter mouth. There were slightly reddened tongue proper with thin and yellow tongue coating and small and rapid pulse. The formula was modified as follows:

- **Di Huang** (地黄 Radix Rehmanniae) 30g
- **Cao He Che** (草河车 Rhizoma Paridis Chonglou) 10g
- **Ji Xue Teng** (鸡血藤 Caulis Spatholobi) 15g
- **Bai Xian Pi** (白鲜皮 Cortex Dictamnii) 20g
- **Da Qing Ye** (大青叶 Folium Isatidis) 20g
- **Dan Shen** (丹参 Radix Salviae Miltiorrhizae) 20g
- **Chi Shao** (赤芍 Radix Paeoniae Rubra) 10g
- **Tu Fu Ling** (土茯苓 Rhizoma Smilacis Glabrae) 20g
- **Sheng Huai Hua** (生槐花 Flos Sophorae Recens) 15g
- **Shan Dou Gen** (山豆根 Radix Sophorae Tonkinensis) 10g
- **Zi Cao** (紫草 Radix Arnebiae seu Lithospermi) 10g
- **Gan Cao** (甘草 Radix Glycyrrhizae) 5g

The disease was cured in a period of 5 months with minor modifications of the prescription, and no recurrence was found during a follow-up of 1 year.

**Comment**

As is described in *Golden Mirror of Medicine* (医宗金鉴) that the lesions of psoriasis are in the forms of rashes or scabies, white in color, accompanied with itching and discomfort. The etiologic factors could be summarized as blood-heat, heat-toxin or blood deficiency and wind-dryness. This typical case is caused by bee sting, and the skin rash is red in color accompanied with vexation and bitter mouth, reddened tongue with yellow tongue coating, and rapid pulse, which are distinct signs of heat-toxin. Therefore, large dose of Sheng Di Huang (生地黄 Radix Rehmanniae Glutinosae) is prescribed to cool the blood (monarch), while Cao He Che (草河车 Rhizoma Paridis), Da Qing Ye (大青叶 Folium Isatidis), Tu Fu Ling (土茯苓 Rhizoma Smilacis Glabrae), Huai Hua (槐花 Flos Sophorae Recens), Shan Dou Gen (山豆根 Radix Sophorae Tonkinensis) as assistant to clear away heat and remove toxic materials. Bai Xian Pi (白鲜皮 Cortex Dictamnii) is used for dispelling wind, Dan Shen (丹参 Radix
Salviae Miltiorrhizae), Chi Shao (赤芍 Radix Paeoniae Rubra) and Ren Dong Teng (忍冬藤 Caulis Lonicerae) for invigorating blood flow and removing obstruction in the channels. Sheng Da Huang (大黄 Radix et Rhizoma Rhei) is used for purging heat and relieving constipation. At last, Gan Cao (甘草 Radix Glycyrrhizae) as guide to coordinate their actions.

**Treatment of Hu Hao (狐惑 a disease resembling Behcet’s syndrome) by Clearing away Heat and Dampness**

The patient, a female of 60 years old, paid her first visit on June 8, 2001 with the complaint of slightly painful ulceration first in the oral cavity, then in the vulva for two years. Other symptoms were photophobia and frequent conjunctival congestion, vexation, bitter mouth, lassitude, and poor appetite. On examination the patient was found to have reddened tongue tip with yellow and greasy tongue coating, and soft slippery pulse. The disease was diagnosed as Hu Hao. The following formula was prescribed: (one dose a day, 7 doses administered).

- **Di Huang** (地黄 Radix Rehmanniae) 30g
- **Dan Zhu Ye** (丹竹叶 Herba Lophatheri) 10g
- **Huang Qin** (黄芩 Radix Scutellariae) 10g
- **Dang Shen** (党参 Radix Codonopsis) 10g
- **Che Qian Zi** (车前子 Semen Plantaginis) 12g
- **Jue Ming Zi** (决明子 Semen Cassiae) 15g
- **Long Dan** (龙胆 Radix Gentianae) 6g
- **Ke Shen** (苦参 Radix Sophorae Flavescentis) 10g
- **Qing Xiang Zi** (青葙子 Semen Celosiae) 10g
- **Fu Ling** (茯苓 Poria) 10g
- **Da Zhao** (大枣 Fructus Jujubae) 10 pieces
- **Gan Cao** (甘草 Radix Glycyrrhizae Preparata) 10g

After 7 doses, the ulcerations in the oral cavity and vulva were ameliorated and less painful, and the patient had improved food intake. There was slightly dry eyes and occasional bitter mouth. The tongue tip was still red, the tongue fur yellow but with less greasy, and the pulse was soft. The formula was modified as follows:

- **Di Huang** (地黄 Radix Rehmanniae) 30g
- **Dan Zhu Ye** (丹竹叶 Herba Lophatheri) 10g
- **Huang Qin** (黄芩 Radix Scutellariae) 10g
- **Dang Shen** (党参 Radix Codonopsis) 10g
- **Huang Qi** (黄芪 Radix Astragali) 15g
- **Che Qian Zi** (车前子 Semen Plantaginis) 12g
- **Jue Ming Zi** (决明子 Semen Cassiae) 15g
- **Ke Shen** (苦参 Radix Sophorae Flavescentis) 10g
- **Qing Xiang Zi** (青葙子 Semen Celosiae) 10g
- **Fu Ling** (茯苓 Poria) 10g
- **Da Zhao** (大枣 Fructus Jujubae) 10 pieces
- **Gan Cao** (甘草 Radix Glycyrrhizae Preparata) 10g

This formula was used for more than 3 months only with minor modifications before the patient was found to have ulceration healed and disappearance of symptoms except mile photophobia. By decreasing the dose of the heat-clearing and dampness-drying drugs while increasing the dose of those for strengthening the spleen to nourish yin essence, this formula was again modified to consolidate the effect of the treatment.

**Comment:**

*Hu Hao* is very similar to Behcet’s syndrome in western medicine. As described in *Synopsis of the Golden Chamber* (<金匮要略>), “patients with *Hu Hao*, like those with *Shang Han* (exogenous febrile disease), are inclined to sleep, but unable to close the eyes, accompanied with vexation, poor appetite and sometimes red, sometimes black, or white complexion. Ulcers occurred in the oral cavity are called *Hu*, while that occurred in the vulva is called *Huo*”. In most instances this disorder is caused by attacks of damp-heat or heat-toxin. Symptoms found in this case showed that it resulted from the pathogenic damp-heat. In the formula, **Di Huang** (地黄 Radix Rehmanniae), **Dan Zhu Ye** (丹竹叶 Herba Lophatheri), **Jue Ming Zi** (决明子 Semen Cassiae) and **Qing Xiang Zi** (青葙子 Semen Celosiae) are used for clearing away heat, **Huang Qin** (黄芩 Radix Scutellariae), **Che Qian Zi** (车前子 Semen Plantaginis), **Long Dan** (龙胆草 Radix Gentianae) and **Ke Shen** (苦参 Radix Sophorae Flavescentis) for removing dampness by diuresis, and **Dang Shen** (党参 Radix Codonopsis), **Fu Ling** (茯苓 Poria), **Da Zhao** (大枣 Fructus Jujubae) and **Gan Cao** (甘草 Radix Glycyrrhizae Preparata) for regulating the stomach and strengthening the spleen. This is a typical case of treating both incidental and fundamental aspects, with a remarkable effect obtaining.

(Translated by Mao Shuzhang 毛树章)