

Atopic Dermatitis in Infants

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Introduction

- Atopic Dermatitis (AD) has become increasingly common in industrialised nations, reaching what can be consider epidemic proportions in the second decade of the 21st century.
- The current prevalence - 10-30% in children, and up to 10% in adults representing a 2-3-fold increase over the past several decades.

Key Features Eczema in Babies

- Onset between 2-6 months.
- Usually starts on cheeks (typically sparing central face) & scalp before spreading elsewhere.
- Lesions are symmetrical, typically on the extensor regions of the limbs. Sparing of napkin area is common.
- Oedematous macular-papular lesions that weep easily and are intensely itchy with secondary crusting and erosion usually present.
- Generalised xerosis and dry hair & scalp is very often a feature and useful for diagnosis.
- Lymphadenopathy is frequently present.
- Severity tends to fluctuate with a number of factors including acute respiratory disease, teething, bacterial infection, emotional stress, climatic changes, diet and immunisation.
- Fewer than half will clear by 18 months.

Lesions & their Significance

- **Macular erythema** – Heat at the Blood level, or lurking Fire at the Blood level. Most often associated with wind. Occasionally it may indicate Heat at the Qi level especially if also feverish sensation, thirst and restlessness during the day.
- **Widespread or rapidly evolving macular erythema** – Toxic Fire at the Blood level.
- **Papular erythema** – Heat and wind at the Wei level. Prominence of perifollicular and small flat-topped papules (papular eczema) are especially common in darkly pigmented skin, and less often seen in white skin.
- **Widespread or rapidly evolving Papular erythema** – Toxic Heat with Wind at the Wei level.

- **Scaling** – Wind. In acute and subacute phases wind is more commonly generated by Fire at the Blood level. In chronic cases Wind is most often due to Lurking Wind and is often generated by Dry & Deficient Blood, Yin and Lurking Fire.
- **Vesicles, Crusting, Oozing & Erosion** – Damp Heat often intermingled with Toxic Heat and Toxic Fire.
- **Pustular lesion (Folliculitis)** – Toxic Fire or Toxic Heat.
- **Excoriation** – Due to scratching
 1. **With blood scabs** - Usually due to Heat at the Blood level.
 2. **With exudation & crusting** - Damp Heat or Toxic Fire.
- **Lichenification** – Although it often suggests Blood Stagnation & Blood Deficiency, early treatment should prioritise relieving itching rather than using too many ingredients that promote blood circulation or tonification. In later stages, incorporating remedies that move or tonify the blood may be appropriate.

Basic Principles of Treatment

- Diagnosis of disease
- Pattern Diagnosis
- Drain Excess – Treat the Branch
- Harmonise (Restore) – Regulate the Branch & Root
- Tonify (consolidate) – Strengthen the Root

Common Pattern Types

1. Damp with Heat

- Confluent, oedematous papules and macules that are intensely itchy. The skin frequently becomes exudative, oozing fluid or developing erosion.
- Lesions are often well-demarcated and peppered with vesicles.
- Secondary yellow crusting is usually pronounced.
- The infant often experiences sporadic restlessness and crying.
- The infant tends to be warm and may sweat especially at night.
- Sleep is frequently disturbed by itching and scratching, with episodes of waking, crying, and inconsolability.
- Urine is dark and concentrated, often with a strong pungent smell.
- Eczema can affect all areas, including the ears, nipples, intertriginous regions, inner thighs, and genitals.
- Eczema flares are triggered by heat, teething, vaccinations, and exposure to external pathogens.
- While not always the case, the infant often has a chubby physique.

Representative Formula

Di Yu (地榆, Sanguisorbae Radix) 24
Huang Bai (黃柏, Phellodendri Cortex) 24
Huang Qin (黃芩, Scutellariae Radix) 18
Ma Chi Xian (馬齒莧, Portulacae Herba) 30 (*up to 60g if fresh herb used*)
Ma Bian Cao (馬鞭草, Verbenae Herba) 12
Bai Xian Pi (白鮮皮, Dictamni Cortex) 12
Chi Shao (赤芍, Paeoniae Radix rubra) 12
Ai Ye (艾葉, Artemisiae argyi Folium) 15

Adjustments

- **Severe itching** – Di Fu Zi (地膚子, Kochiae Fructus) 15, Cang Er Zi (蒼耳子, Xanthii Fructus) 15, She Chuang Zi (蛇床子, Cnidii Fructus) 15.
- **Much erythema** – Qing Hao (青蒿, Artemisiae annuae Herba) 15, Mu Dan Pi (牡丹皮, Moutan Cortex) 12, Zi Cao (紫草, Arnebiae Radix) 12.
- **Swelling of skin** – Qing Hao (青蒿, Artemisiae annuae Herba) 24, Huang Lian (黃連, Coptidis Rhizoma) 12, Xia Ku Cao (夏枯草, Prunellae Spica) 15, Mang Xiao (芒硝, Natrii Sulfas) 12.
- **Erosion** – Ye Ju Hua (野菊花, Chrysanthemi indicis Flos) 15, Cang Zhu (蒼朮, Atractylodis Rhizoma) 12, Bai Zhi (白芷, Angelicae dahuricae Radix) 15, Wu Bei Zi (五倍子, Galla chinensis) 15 (crush).

- **Prone to infection or folliculitis** – Huang Lian (黃連, Coptidis Rhizoma) 15, Jin Yin Hua (金銀花, Lonicerae Flos) 24, Zi Hua Di Ding (紫花地丁, Viola Herba) 24, Pu Gong Ying (蒲公英, Taraxaci Herba) 24.
- **Prone to allergic reactions** - Lu Lu Tong (路路通, Liquidambaris Fructus) 15, Chan Tui (蟬蛻, Cicadae Periostracum) 12, Wu Mei (烏梅, Mume Fructus) 15.
- **Pronounced lichenification** - Initially increase the anti-pruritic ingredients, but also consider addition from the following - Tou Gu Cao (透骨草, Impatiens Caulis) 24, Xu Chang Qing (徐長卿, Cynanchi paniculati Radix) 15 (*add end of cooking for 2 minutes and then allow to soak*), Dan Shen (丹參, Salviae miltiorrhizae Radix) 18, Dang Gui (當歸, Angelicae sinensis Radix) 15.
- **Poor appetite** – Huo Xiang (藿香, Pogostemonis/Agastaches Herba) 15, San Xian (三仙, Three Immortals) 15.
- **Infantile colic, abdominal and epigastric pain** – Sha Ren (砂仁, Amomi Fructus) 12 (*crush and add at end, decocting for 2-3 minutes then allow to soak for 3-5 minutes*), Wei Ling Xian (威靈仙, Clematidis Radix) 12, Hou Po (厚朴, Magnoliae officinalis Cortex) 12, Chan Tui (蟬蛻, Cicadae Periostracum) 12, San Xian (三仙, Three Immortals) 15.
- **Diarrhoea** – Wei Ge Gen (煨葛根, Puerariae Radix preparata) 30, Chao Bai Zhu (炒白術, Atractylodis macrocephalae Rhizoma preparata) 15, Huang Lian (黃連, Coptidis Rhizoma) 9, Che Qian Zi (車前子, Plantaginis Semen) 24.
- **Constipation** – Da Huang (大黃, Rhei Radix et Rhizoma) 15 (*crush and add to decoction at the end and allow to soak for 3-5 minutes*), Da Fu Pi (大腹皮, Arecae Pericarpium) 30.

2. Blood Heat with Wind

- Intensely pruritic, relatively ill-defined macular and papular lesions with pronounced dry scaling.
- The infant is noticeably warm, especially at night, with minimal or no sweating.
- Frequent sleep disturbances, often accompanied by prolonged crying.
- Increased thirst, with pronounced body heat that intensifies after the infant falls asleep.
- Sleep is frequently disrupted by itching and scratching, leading to episodes of waking, crying, and inconsolability.
- Urine is dark and concentrated.
- Eczema flares are triggered by heat, teething, vaccinations, and exposure to external pathogens.
- While eczema can affect all areas, it is more commonly seen on the upper body, torso, scalp, and neck.
- While not always the case, the infant often has a thin and wiry physique.

Representative Formula

Da Huang (大黃, Rhei Radix et Rhizoma) 15
Huang Bai (黃柏, Phellodendri Cortex) 15
Huang Qin (黃芩, Scutellariae Radix) 15
Ai Ye (艾葉, Artemisiae argyi Folium) 12
Sheng Di Huang (生地黃, Rehmanniae Radix) 15
Zi Cao (紫草, Arnebiae Radix) 15
Ye Jiao Teng (夜交藤, Polygoni multiflori Caulis) 15
Fang Feng (防風, Saposhnikoviae Radix) 12
Jing Jie (荊芥, Schizonepetae Herba) 15 *add at end of cooking for 2 minutes and the allow to soak for 3- 5 minutes.*

Adjustments

- **Severe itching** – Di Fu Zi (地膚子, Kochiae Fructus) 15, Bai Ji Li (白蒺藜, Tribuli Fructus) 12, Cang Er Cao (蒼耳草, Xanthii Herba) 15, Xu Chang Qing (徐長卿, Cynanchi paniculati Radix) 12 *(add end of cooking for 2 minutes and the allow to soak).*
- **Much erythema** – Qing Hao (青蒿, Artemisiae annuae Herba) 18, Mu Dan Pi (牡丹皮, Moutan Cortex) 12, Chi Shao (赤芍, Paeoniae Radix rubra) 12, Da Qing Ye (大青葉, Isatidis Folium) 15.
- **Dry skin with much scaling** – Huang Jing (黃精, Polygonati Rhizoma) 24, Xuan Shen (玄參, Scrophulariae Radix) 15, Jin Yin Hua (金銀花, Lonicerae Flos) 15. Increase Ye Jiao Teng (夜交藤, Polygoni multiflori Caulis) 30.

- **Pronounced lichenification** - Increase the anti-pruritic ingredients initially but also consider addition from the following – Tou Gu Cao (透骨草, *Impatiens Caulis*) 24, Xu Chang Qing (徐長卿, *Cynanchi paniculati Radix*) 15 (*add end of cooking for 2 minutes and then allow to soak*), Dan Shen (丹參, *Salviae miltiorrhizae Radix*) 18, Dang Gui (當歸, *Angelicae sinensis Radix*) 15.
- **Urticarial wheals** – Fu Ping (浮萍, *Spirodela Herba*) 24, Ku Shen (苦參, *Sophorae flavescens Radix*) 12, Chan Tui (蟬蛻, *Cicadae Periostracum*) 12.
- **Prone to infection or folliculitis** – Huang Lian (黃連, *Coptidis Rhizoma*) 15, Jin Yin Hua (金銀花, *Lonicerae Flos*) 24, Lian Qiao (連翹, *Forsythiae Fructus*) 24, Ye Ju Hua (野菊花, *Chrysanthemi indicis Flos*) 15, Da Qing Ye (大青葉, *Isatidis Folium*) 24.
- **Prone to allergic reactions** - Lu Lu Tong (路路通, *Liquidambaris Fructus*) 15, Chan Tui (蟬蛻, *Cicadae Periostracum*) 12, Wu Mei (烏梅, *Mume Fructus*) 15.
- **Poor appetite** – Huo Xiang (藿香, *Pogostemonis/Agastaches Herba*) 15, San Xian (三仙, Three Immortals) 15.
- **Infantile colic, abdominal and epigastric pain** – Sha Ren (砂仁, *Amomi Fructus*) 12 (*crush and add at end, decocting for 2-3 minutes then allow to soak for 3-5 minutes*), Hou Po (厚朴, *Magnoliae officinalis Cortex*) 12.
- **Diarrhoea** – Wei Ge Gen (煨葛根, *Puerariae Radix preparata*) 30, Chao Bai Zhu (炒白術, *Atractylodis macrocephalae Rhizoma preparata*) 15, Huang Lian (黃連, *Coptidis Rhizoma*) 9, Che Qian Zi (車前子, *Plantaginis Semen*) 24.
- **Constipation** – Da Huang (大黃, *Rhei Radix et Rhizoma*) 15 (*crush and add to decoction at the end and allow to soak for 3-5 minutes*), Yu Li Ren (鬱李仁, *Pruni Semen*) 24.

Creams, Ointments & lotions

- **Shi Zhen Shui Gao (ECZ-2, Soothing Cream)** - Primary topical for dry scaly eczema.
- **Ma Chi Xian Shui Gao (ECZ-10, Soothing Rescue Cream)** – Mostly used for lesions around the eyes.
- **Zi Cao Shui Gao (DRY-1, Nourishing Cream)** – The standard emollient that strongly stimulates ceramide production, strengthens skin barrier and reduced trans-epidermal water loss (TEWL).
- **TSW Lotion (ECZ-12, TSW Lotion)** - Use when steroids have been used as it helps significantly reduce the rebound effect. First apply a thin layer of this lotion and once absorbed apply from the above topicals appropriately.
- **Shu Min Mu Yu You Bath Oil (ECZ-4, Soothing Bath & Shower Oil)** - Avoid soap. Put a several squirts in the bath water to help hydrate the skin.

Method of Preparation of the Medicinal Liquid

1. Use around 3000ml of water to soak the dry herbs of the formula for a minimum of 1-2 hours (overnight is possible).
2. Bring to the boil, then simmer with the lid on for 30 minutes.
3. Strain off the medicinal liquid and set aside.
4. Add a further 2-3000 ml to the dregs and again bring to the boil, then simmer with the lid on for a further 30 minutes.
5. Strain the second lot of medicinal liquid and discard the dregs.
6. Mix the two lots of medicinal liquid together.
7. Add the combination of both lots of medicinal liquid to a baby bath and top up with warm water so that the temperature is comfortable.

Case Studies

1. Male, age 10 Months

Uncomplicated birth. Breast fed. He had fairly extensive cradle cap. Age 3 months developed eczema on cheeks and gradually spread to wrists, arms and legs. Age 5 months Skin became much more active with seeping patches becoming evident. Eventually was seen by his GP who prescribed *Fucibet*, and a week's course of antibiotics in addition to a mineral oil emollient. Although this quelled the eczema temporarily, as soon as the applications were reduced the eczema recurred with more vigour. His mother finally decided to try Chinese medicine.

Currently - Dry skin with widespread well-defined eczema (many annular lesions on torso, with scattered papular and macular plaques with weeping and crusting).

Appetite - Fussy eater. Dislikes solids. Breast fed.

Bowels - Loose and occasionally watery often foul smelling. Prone to flatulence.

Temperature - Always hot - day and night with occasionally sweats.

Sleep - Invariably disturbed by itching.

Di Yu (地榆, Sanguisorbae Radix) 24

Huang Bai (黃柏, Phellodendri Cortex) 24

Huang Lian (黃連, Coptidis Rhizoma) 12

Mu Dan Pi (牡丹皮, Moutan Cortex) 15

Qing Hao (青蒿, Artemisiae annuae Herba) 15 *add at the end*

Ma Bian Cao (馬鞭草, Verbenae Herba) 12

Ku Shen (苦參, Sophorae flavescens Radix) 12

Cang Er Zi (蒼耳子, Xanthii Fructus) 15

Shi Zhen Gao (ECZ-1, Soothing Ointment)

Zi Cao Shui Gao (DRY-1, Nourishing Cream)

Shu Min Mu Yu You Bath Oil (ECZ-4, Soothing Bath & Shower Oil)

- a few squirts in bath water

Week 3 - Phone

Erythema & swelling - Much reduced.

Temperature - No longer hot in the day, but still, some heat at night.

Itching - Clear improvement.

Bowels - Less loose, but still more frequent passing of stools.

Appetite - Still reluctant to take solids.

Sleep - Improved but still wakes up hot and feeling itchy at night.

Di Yu (地榆, Sanguisorbae Radix) 24

Huang Bai (黄柏, Phellodendri Cortex) 24

Mu Dan Pi (牡丹皮, Moutan Cortex) 15

Ku Shen (苦参, Sophorae flavescentis Radix) 12

Fang Feng (防风, Saposhnikovia Radix) 15

Jing Jie (荆芥, Schizonepetae Herba)

Huo Xiang (藿香, Pogostemonis/Agastaches Herba) 15

Shi Zhen Gao (ECZ-1, Soothing Ointment)

Zi Cao Shui Gao (DRY-1, Nourishing Cream)

Shu Min Mu Yu You Bath Oil (ECZ-4, Soothing Bath & Shower Oil) - a few squirts in bath water

Week 12 -

Erythema & swelling - Very little remaining.

Temperature - No longer hot day or night.

Itching - Very rarely itches. Skin is far less dry.

Bowels - Better formed most of the time.

Appetite - Reduced breast feeding. Better at taking more varied solids.

Sleep - Much improved, rarely wakes at night and if he does, he does not scratch.

Sheng Di Huang (生地黄, Rehmanniae Radix) 15

Mu Dan Pi (牡丹皮, Moutan Cortex) 15

Fang Feng (防风, Saposhnikovia Radix) 15

Ye Jiao Teng (夜交藤, Polygoni multiflori Caulis) 30

Huang Jing (黄精, Polygonati Rhizoma) 15

Huo Xiang (藿香, Pogostemonis/Agastaches Herba) 15

Bai Zhu (白术, Atractylodis macrocephalae Rhizoma) 15

Hei Zhi Ma (黑芝麻, Sesami Semen nigrum) 30

Shi Zhen Shui Gao (ECZ-2, Soothing Cream)

Zi Cao Shui Gao (DRY-1, Nourishing Cream)

Shu Min Mu Yu You Bath Oil (ECZ-4, Soothing Bath & Shower Oil) - a few squirts in bath water

2. Male, age 7 months

Normal delivery, breastfed. Developed seborrheic dermatitis on his scalp, eyebrows, glabella and axillae at around 2 months old. Soon after that it evolved into atopic eczema with severe itching of the abdomen and arms disrupting his sleeping & feeding. He was prescribed topical *tacrolimus*, *steroids* and standard *emollients* which was of limited benefit.

At age 5 months he developed an ear infection and was prescribed *antibiotics* which cleared the infection, but his eczema became instantly worse, spreading to his back, inner thighs and popliteal fossae. Vesiculation and weeping of skin in several areas including his abdomen, thighs & shins.

Sleep - Invariably disturbed, wakes up several times at night crying & scratching. He is always hot but rarely sweats.

Appetite – Eats fairly well.

Bowels - Prone to sluggish bowels. Mother often massage his abdomen to help.

Huang Bai (黃柏, Phellodendri Cortex) 24

Di Yu (地榆 Sanguisorbae Radix) 24

Ku Shen (苦參, Sophorae flavescentis Radix) 15

Bai Xian Pi (白鮮皮, Dictamni Cortex) 15

Da Huang (大黃, Rhei Radix et Rhizoma) 15 *add at the end*

Ma Chi Xian (馬齒莧, Portulacae Herba) 15

Ma Bian Cao (馬鞭草, Verbenae Herba) 18

Qing Hao (青蒿, Artemisiae annuae Herba) 15 *add at end*

Ai Ye (艾葉, Artemisiae argyi Folium) 12

Shi Zhen Gao (ECZ-1, Soothing Ointment) - Vesicular & oedematous areas

Huang Lian Gao (ECZ-6, Soothing Ointment #2) - Dry areas

Zi Cao Dan Pi Shui Gao (DRY-8, Nourishing Peony Cream)

Shu Min Mu Yu You Bath Oil (ECZ-4, Soothing Bath & Shower Oil) - a few squirts in bath water

Week 3 -

Much improved. All exudation from skin has ceased.

Bowels - more regular. Less dry. If he experiences any constipation, his skin is aggravated.

Sleep - Improved, with less frequent waking at night crying and scratching. Soothed back to sleep more quickly.

Huang Bai (黃柏, Phellodendri Cortex) 24
Ye Ju Hua (野菊花, Chrysanthemi indicis Flos) 24
Ku Shen (苦參, Sophorae flavescens Radix) 15
Bai Xian Pi (白鮮皮, Dictamni Cortex) 15
Xu Chang Qing (徐長卿, Cynanchi paniculati Radix) 24
Ma Chi Xian (馬齒莧, Portulacae Herba) 15
Sheng Di Huang (生地黃, Rehmanniae Radix) 15
Mu Dan Pi (牡丹皮, Moutan Cortex) 12

Shi Zhen Gao (ECZ-1, Soothing Ointment) - Vesicular & oedematous areas
Huang Lian Gao (ECZ-6, Soothing Ointment #2) - Dry areas
Zi Cao Dan Pi Shui Gao (DRY-8, Nourishing Peony Cream)
Shu Min Mu Yu You Bath Oil (ECZ-4, Soothing Bath & Shower Oil) - a few squirts in bath water

Week 6 -

Much improved. All exudation from skin has ceased.

Bowels - More regular. Less dry. If he experiences any constipation, his skin is aggravated.

Appetite - Good although reduced with current bout of teething.

Sleep - Improved, with less frequent crying and scratching at night. Soothed back to sleep more quickly.

Huang Bai (黃柏, Phellodendri Cortex) 24
Ye Ju Hua (野菊花, Chrysanthemi indicis Flos) 24
Ku Shen (苦參, Sophorae flavescens Radix) 15
Bai Xian Pi (白鮮皮, Dictamni Cortex) 15
Xu Chang Qing (徐長卿, Cynanchi paniculati Radix) 24
Ye Jiao Teng (夜交藤, Polygoni multiflori Caulis) 30
Sheng Di Huang (生地黃, Rehmanniae Radix) 15
Mu Dan Pi (牡丹皮, Moutan Cortex) 12

Shi Zhen Shui Gao (ECZ-2, Soothing Cream)
Ma Chi Xian Shui Gao (ECZ-10, Soothing Cream #2)
Zi Cao Dan Pi Shui Gao (DRY-8, Nourishing Peony Cream)
Shu Min Mu Yu You Bath Oil (ECZ-4, Soothing Bath & Shower Oil) - a few squirts in bath water

Week 10 - Phone call

Continues to do very well. Minor flares associated with teething, otherwise skin is very stable though skin is prone to get dry unless moisturised regularly.

Repeat Formula X 28

Repeat Topicals

Week 14 -

His skin is very stable. Only slight dryness when teething. Very rarely scratches skin

General health - Very well.

Sleep - Good. Wakes x1 at night but is not hot nor itchy.

Bowels - No issues.

Appetite - Large.

Shu Di Huang (熟地黄, Rehmanniae Radix preparata) 18

Mu Dan Pi (牡丹皮, Moutan Cortex) 12

Hei Zhi Ma (黑芝麻, Sesami Semen nigrum) 30

Ye Jiao Teng (夜交藤, Polygoni multiflori Caulis) 30

Dang Gui (當歸, Angelicae sinensis Radix) 15

Zhi He Shou Wu (制何首烏, Polygoni multiflori Radix preparata) 15

Fang Feng (防風, Saposhnikovia Radix) 15

Ma Chi Xian Shui Gao (ECZ-10, Soothing Cream #2)

Zi Cao Dan Pi Shui Gao (DRY-8, Nourishing Peony Cream)

Shu Min Mu Yu You Bath Oil (ECZ-4, Soothing Bath & Shower Oil) - a few squirts in bath water

3. Female, age 6 months

Born by Caesarean section.

First developed eczema on the face age 4 months. Since then, the eczema has spread to affect the chest and entire back. She has always suffered with patches of weeping and blistering especially the forehead.

Skin is aggravated when hot.

Wakes several times at night scratching and crying.

Not particularly hot or sweaty

Appetite – Normal. Breast fed.

Bowels – Normal.

Da Huang (大黃, Rhei Radix et Rhizoma) 24

Huang Bai (黃柏, Phellodendri Cortex) 24

Sheng Di Huang (生地黃, Rehmanniae Radix) 24

Mu Dan Pi (牡丹皮, Moutan Cortex) 15

Di Yu (地榆, Sanguisorbae Radix) 24

Ku Shen (苦參, Sophorae flavescens Radix) 18

She Chuang Zi (蛇床子, Cnidii Fructus) 15

Shi Zhen Gao (ECZ-1, Soothing Ointment)

Zi Cao Shui Gao (DRY-1, Nourishing Cream)

Week 3 –

Skin began improving after the second or third day and has continued to do so.

Has swallowed some of the bath water and has developed occasional loose stools.

Huang Lian (黃連, Coptidis Rhizoma) 24

Huang Bai (黃柏, Phellodendri Cortex) 24

Sheng Di Huang (生地黃, Rehmanniae Radix) 24

Mu Dan Pi (牡丹皮, Moutan Cortex) 15

Di Yu (地榆, Sanguisorbae Radix) 24

Ku Shen (苦參, Sophorae flavescens Radix) 18

She Chuang Zi (蛇床子, Cnidii Fructus) 15

Shi Zhen Gao (ECZ-1, Soothing Ointment)

Zi Cao Shui Gao (DRY-1, Nourishing Cream)

Week 6 –

Skin totally clear over the past 2 weeks.

Discontinue bathing.

Zi Cao Shui Gao (DRY-1, Nourishing Cream)

4. Male, age 10 months

Caesarean birth. Breast fed till 8 weeks old. Mother and child had x2 courses of antibiotics at this time. 3 months ago, was given a course of oral acyclovir as developed eczema herpeticum on face

Age 3 months eczema started on his face and quickly spread to arms, torso and legs. Since then, has been under the care of a dermatologist who prescribed the standard regimen of topical corticosteroids and mineral emollients. Internally, antihistamines were also given to reduce itching, and courses of antibiotics were prescribed periodically. However, none of these interventions have had any lasting effect - any improvements were only temporary, & symptoms returned quickly on reducing applications. His skin is prone to weep & crust especially on face, arms and legs.

Temperature - Has always had a hot body and hot head, rarely sweats.

Sleep - Often disturbed by heat and itching.

Appetite - Good with varied diet. Has switched from cows to soya milk (no benefit).

Bowels - X2-3 per day. Loose to normal stools.

Huang Bai (黃柏, Phellodendri Cortex) 24

Di Yu (地榆 Sanguisorbae Radix) 24

Ku Shen (苦參, Sophorae flavescens Radix) 15

Di Fu Zi (地膚子, Kochiae Fructus) 15

Da Huang (大黃, Rhei Radix et Rhizoma) 15

Ma Chi Xian (馬齒莧, Portulacae Herba) 15

Ma Bian Cao (馬鞭草, Verbenae Herba) 18

Jin Yin Hua (金銀花, Lonicerae Flos) 24

Ye Ju Hua (野菊花, Chrysanthemi indicis Flos) 15

Ai Ye (艾葉, Artemisiae argyi Folium) 12

TSW Lotion (ECZ-12, TSW Lotion)

Shi Zhen Gao (ECZ-1, Soothing Ointment) - Vesicular & oedematous areas

Zi Cao Shui Gao (DRY-1, Nourishing Cream)

Shu Min Mu Yu You Bath Oil (ECZ-4, Soothing Bath & Shower Oil) - a few squirts in bath water.

Week 2 -

He has responded well to the baths, with significantly less itching and less sensation of heat.

Huang Bai (黃柏, Phellodendri Cortex) 24
Di Yu (地榆 Sanguisorbae Radix) 24
Ku Shen (苦參, Sophorae flavescentis Radix) 15
Di Fu Zi (地膚子, Kochiae Fructus) 15
Sheng Di Huang (生地黃, Rehmanniae Radix) 15
Mu Dan Pi (牡丹皮, Moutan Cortex) 15
Chi Shao (赤芍, Paeoniae Radix rubra) 15
Ma Bian Cao (馬鞭草, Verbenae Herba) 18
Jin Yin Hua (金銀花, Lonicerae Flos) 24
Ai Ye (艾葉, Artemisiae argyi Folium) 12
TSW Lotion (ECZ-12, TSW Lotion)
Shi Zhen Shui Gao (ECZ-2, Soothing Cream)
Zi Cao Shui Gao (DRY-1, Nourishing Cream)
Shu Min Mu Yu You Bath Oil (ECZ-4, Soothing Bath & Shower Oil) - a few
squirts in bath water

Week 5 -

Much improved with better sleep, far less itching and a cooler body and head.
Some urticarial lesions are discernible on his torso
Now the main issue is dry skin.

Sheng Di Huang (生地黃, Rehmanniae Radix) 24
Mu Dan Pi (牡丹皮, Moutan Cortex) 24
Chi Shao (赤芍, Paeoniae Radix rubra) 15
Xuan Shen (玄參, Scrophulariae Radix) 15
Fu Ping (浮萍, Spirodela Herba) 24
Jin Yin Hua (金銀花, Lonicerae Flos) 24
Huang Jing (黃精, Polygonati Rhizoma) 24
Dang Gui (當歸, Angelicae sinensis Radix) 15
Ye Jiao Teng (夜交藤, Polygoni multiflori Caulis) 15
TSW Lotion (ECZ-12, TSW Lotion)
Shi Zhen Shui Gao (ECZ-2, Soothing Cream)
Zi Cao Shui Gao (DRY-1, Nourishing Cream)
Shu Min Mu Yu You Bath Oil (ECZ-4, Soothing Bath & Shower Oil) - a few
squirts in bath water

Week 8 - Phone

Skin more resilient and far less dry. No erythema and very little if any itching.

Sleep - more settled.

Discharged with instructions to use topicals regularly especially bath oil and Zi Cao Shui Gao (DRY-1, Nourishing Cream)

5. Male, age 5 months

According to his mother his eczema started on his face when he was about aged 8 weeks and over the next 4-6 weeks spread to affect his torso, and flexures of his legs. Patient presents with dry, red papules and macules accompanied by scaling.

Itching - Persistent during the day and significantly worsens at night.

Temperature - Has always had a hot body and hot head. Especially pronounced at night but does not sweat.

Sleep - Often disturbed by heat and itching.

Appetite - Always hungry although suffers with frequent colic and even vomiting on occasion (which removes the colic).

Bowels - Opens bowels every 2- 3 days. Dry stools.

Other - Frequent night coughing and sneezing.

Sheng Di Huang (生地黃, Rehmanniae Radix) 24

Zi Cao (紫草, Arnebiae Radix) 15

Mu Dan Pi (牡丹皮, Moutan Cortex) 18

Da Huang (大黃, Rhei Radix et Rhizoma) 15 *add at the end*

Huang Qin (黃芩, Scutellariae Radix) 15

Hou Po (厚朴, Magnoliae officinalis Cortex) 15

Ku Shen (苦參, Sophorae flavescens Radix) 15

Fang Feng (防風, Saposhnikovia Radix) 12

Jing Jie (荊芥, Schizonepetae Herba) 15

Shi Zhen Shui Gao (ECZ-2, Soothing Cream)

Zi Cao Shui Gao (DRY-1, Nourishing Cream)

Shu Min Mu Yu You Bath Oil (ECZ-4, Soothing Bath & Shower Oil) - a few squirts in bath water

Week 2 - Phone

His mother reports that his skin showed improvement after the first bath. Now far less erythema and itching. Now skin is more dry than red.

Night coughing & sneezing - Improved.

Sleep - Still disrupted, but less scratching and less hot at night.

Appetite - Good appetite but with far less colic.

Bowels - Less dry and more frequent. Open bowels daily or every other day.

Sheng Di Huang (生地黃, Rehmanniae Radix) 24
Mu Dan Pi (牡丹皮, Moutan Cortex) 18
Da Huang (大黃, Rhei Radix et Rhizoma) **24** *add at the end*
Huang Qin (黃芩, Scutellariae Radix) 15
Hou Po (厚朴, Magnoliae officinalis Cortex) 15
San Xian (三仙, Three Immortals) 15
Ku Shen (苦參, Sophorae flavescens Radix) 15
Fang Feng (防風, Saposhnikovia Radix) 12
Huo Ma Ren (火麻仁, Cannabis Semen) 24
Hei Zhi Ma (黑芝麻, Sesami Semen nigrum) 24
Shi Zhen Shui Gao (ECZ-2, Soothing Cream)
Zi Cao Shui Gao (DRY-1, Nourishing Cream)
Shu Min Mu Yu You Bath Oil (ECZ-4, Soothing Bath & Shower Oil) - a few squirts in bath water

Week 4 -

His skin is largely free of erythema, with only occasional evening scratching; during the day, he does not itch.

Night coughing & sneezing - Clear.

Sleep - Mostly good, with no heat sensation and very little scratching.

Appetite - Good appetite but very little colic.

Bowels - Mostly open bowels daily. Stools no longer dry.

Sheng Di Huang (生地黃, Rehmanniae Radix) 24
Mu Dan Pi (牡丹皮, Moutan Cortex) 12
Hou Po (厚朴, Magnoliae officinalis Cortex) 15
Ye Jiao Teng (夜交藤, Polygoni multiflori Caulis) 24
Dang Gui (當歸, Angelicae sinensis Radix) 15
Xuan Shen (玄參, Scrophulariae Radix) 15
Hong Hua (紅花, Carthami Flos) 9
San Xian (三仙, Three Immortals) 15
Fang Feng (防風, Saposhnikovia Radix) 12
Huo Ma Ren (火麻仁, Cannabis Semen) 24
Hei Zhi Ma (黑芝麻, Sesami Semen nigrum) 24
Zi Cao Shui Gao (DRY-1, Nourishing Cream)
Shu Min Mu Yu You Bath Oil (ECZ-4, Soothing Bath & Shower Oil) - a few squirts in bath water