

INTRODUCTION TO DERMATOLOGY IN CHINESE MEDICINE

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NAMING & CLASSIFICATION OF DISEASE IN EXTERNAL MEDICINE

- Inscriptions on bones. Shang Dynasty (1200-1100 BC)
- The Fifty-Two Disease Formulae 《五十二病方》 (206BC-9 CE) **7 skin diseases**
- Yellow Emperors Internal Classic 《黃帝內經》 (around 111 CE) **12 skin diseases**
- Lú Jūn Zǐ's Ghost Offering Formulae 《劉涓子鬼遺方》 (370-450 CE) **40 skin diseases**
- Discussion of the Origins of Symptoms of Disease 《諸病原候論》 (610 CE) **90 diseases**
- Golden Mirror of Medical Tradition 《醫宗金鑑》 (1742 CE) **360 skin diseases**

THE SIX FUNDAMENTAL COMPONENTS

1. HEAT/FIRE

Typically manifests as red papules (wei aspect), or red macules (qi, ying & blood aspects). Dark skin manifests as hyper-pigmentation rather than erythema. Most often associated with internal disharmony (diet, emotional factors, external pathogens etc.).

Can vent to surface or via stools & urine depending on manifestation.

Assess amount of heat/fire by –

- i) Rate of spread.
- ii) Intensity of erythema.
- iii) Area covered.
- iv) Propensity to bleed on starching (including Auspitz sign).
- v) Erythema dissipates on pressure.
- vi) Systemic symptoms, signs, tongue & pulse.

2. TOXIN

Typically manifests as pustular or vesicular lesions. Toxin is also present in intensively fulminant disease (e.g. erythrodermic eczema & psoriasis).

Assess location and intensity of toxin to decided best combination of ingredients to resolve it. Superficial toxin is best vented to the surface using ingredients that effect the superficial skin; deeper toxin is best drained via stool and urine using deep acting that effect the deeper layers and often combined with ingredients to invigorate blood & clear phlegm heat.

3. WIND

Typically manifests as scaling of skin and itching as well as urticarial wheals. Sudden onset & rapid spread (spearhead of the hundred disease). Other conditions such as Alopecia areata often involve wind.

When scaling & itching is associated with red skin & bleeding – Usually the wind is generated by hot blood or by invasion of wind heat.

When scaling & itching is on pale skin – Wind is generated by dry blood. More commonly effects the upper body (but can certainly be more widespread).

4. DAMPNESS

Typically manifests as oedematous skin, vesicular lesions, exudation of fluid & crusting. In eczema – also typically well-defined lesions (not the case in other diseases such as psoriasis which is always well defined).

Typically effects the intertriginous regions and lower body.

Most often associated with internal disharmony (diet & digestive disturbance, emotional factors, external pathogens etc.).

Mostly drain via urine or stool. Can vent to surface.

5. STASIS

Typically manifests as purple, indurated & painful lesions. Often accompanied by obvious other signs of stasis such as venous flare, varicose veins, purple tongue or purple patches, rough skin, lichenified skin. Also, vasculitis (lesions wont blanch on pressure).

6. DRYNESS & INSUFFICIENCY (BODY FLUIDS, BLOOD & YIN)

Dry desiccated skin, fissures, thin nails, withered hair, atrophied skin.

Often seen at end stages of chronic diseases such as eczema, psoriasis, Lichen planus etc.

FUNDAMENTAL RINCIPL E OF TREATMENT

‘First Drain, Next Harmonise, Finally Tonify’

CASE STUDIES

1. FEMALE, AGE 13 (ATOPIC ECZEMA)

She first developed eczema when she was age 15 months. By avoiding cow's milk, the eczema seemed to clear. Her skin remained clear until about two years ago, when she developed eczema around the eyes following a bereavement in the family. Within 3 months, the eczema spread to involve the flexures of both arms, & soon after that to the back, abdomen, shoulders, extensors of arms, the thighs, shins & popliteal fossae.

She initially had treatment with a naturopath, and when that proved ineffective, she was seen by a dermatologist who prescribed topical steroids and emollients. On this regime, she developed widespread folliculitis that proved immune to a number of courses of antibiotics. Following a further course of antibiotics and two weeks of Prednisolone, which settled the skin somewhat, she was prescribed Tacrolimus. Her mother felt unhappy about this treatment, so she stopped using it, relying on regular emollients only. The skin predictably started getting worse rapidly. Currently, she has widespread eczema on the face, four limbs (extensors and flexures), as well as back and abdomen. The skin is very dry and extremely pruritic. She is prone to develop folliculitis periodically.

Sleep – Invariably disturbed by itching. Blood on the sheets every morning. Not prone to sweats.

Vitality - Low. Often needs to rest in the day.

Bowels – Dry stools. Sluggish bowels.

Appetite – Normal

Often feels hot. Prone to feel thirsty. Dark urine.

Has suffered with seasonal allergic rhinitis in Spring for many years.

Tongue – Red tip and sides. Dry, thin white coating.

Pulse – Moderate.

Sheng Di Huang (Rehmanniae Radix) 24

Mu Dan Pi (Moutan Cortex) 9

Chi Shao (Paeoniae Radix rubra) 9

Jing Jie (Schizonepetae Herba) 9

Fang Feng (Saposhnikovia Radix) 9

Bai Xian Pi (Dictamni Cortex) 12

Jin Yin Hua (Lonicerae Flos) 12

Lian Qiao (Forsythiae Fructus) 12

Jiu Huang Qin (Scutellariae Radix preparata) 9

Dan Zhu Ye (Lophatheri Herba) 9

Tong Cao (Tetrapanacis Medulla) 6

Gan Cao (Glycyrrhizae Radix) 6

External – *Hu Zhang Zhi Yang Shui (ECZ-3, Soothing Gel)*
Shi Zhen Shui Gao (ECZ-2, Soothing Cream)
Zi Cao Shui Gao (DRY-1, Nourishing Cream)

Week 4 – Initially, skin was dramatically better, but after 10 days it deteriorated somewhat, although overall it has improved. Continues to wake scratching

Temperature - Still feels hot and prone to suffer with thirst & dark urine.

Bowels – Less sluggish. Stools less dry.

Sheng Di Huang (Rehmanniae Radix) 24

Mu Dan Pi (Moutan Cortex) 9

Chi Shao (Paeoniae Radix rubra) 9

Shi Gao (Gypsum fibrosum) 24

Zhi Mu (Anemarrhenae Radix) 9

Jing Jie (Schizonepetae Herba) 9

Fang Feng (Saposhnikovia Radix) 9

Bai Xian Pi (Dictamni Cortex) 12

Jin Yin Hua (Lonicerae Flos) 12

Lian Qiao (Forsythiae Fructus) 12

Jiu Huang Qin (Scutellariae Radix preparata) 9

Dan Zhu Ye (Lophatheri Herba) 9

Tong Cao (Tetrapanacis Medulla) 6

Ye Jiao Teng (Polygoni multiflori Caulis) 24

Gan Cao (Glycyrrhizae Radix) 6

External – *Hu Zhang Zhi Yang Shui (ECZ-3, Soothing Gel)*
Shi Zhen Shui Gao (ECZ-2, Soothing Cream)
Zi Cao Shui Gao (DRY-1, Nourishing Cream)

Week 8 – Eczema has improved by about 75%, with only slight erythema on cubital fossae and around eyes. No longer wakes at night scratching, and as a result her vitality in the day has improved considerably. Heat sensations have subsided, skin is far less dry. She has not had any bouts of folliculitis since starting the treatment. Less thirst. Urine no longer dark. Bowels – Normal.

Sheng Di Huang (Rehmanniae Radix) 24

Mu Dan Pi (Moutan Cortex) 9

Xuan Shen (Scrophulariae Radix) 24

Jin Yin Hua (Lonicerae Flos) 15

Jing Jie (Schizonepetae Herba) 9

Fang Feng (Saposhnikoviae Radix) 9

Bai Ji Li (Tribuli Fructus) 12

Dan Zhu Ye (Lophatheri Herba) 9

Tong Cao (Tetrapanacis Medulla) 6

Hei Zhi Ma (Sesami Semen nigrum) 15

Zhi Ke (Aurantii Fructus) 6

Gan Cao (Glycyrrhizae Radix) 6

External – *Hu Zhang Zhi Yang Shui (ECZ-3, Soothing Gel)*

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

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

Week 12 – Skin is free of eczema though slightly hyperpigmented & dry.

Sheng Di Huang (Rehmanniae Radix) 24

Mu Dan Pi (Moutan Cortex) 6

Xuan Shen (Scrophulariae Radix) 24

Jin Yin Hua (Lonicerae Flos) 12

Fang Feng (Saposhnikoviae Radix) 9

Dan Zhu Ye (Lophatheri Herba) 9

Tong Cao (Tetrapanacis Medulla) 6

Hei Zhi Ma (Sesami Semen nigrum) 15

Ji Xue Teng (Spatholobi Caulis) 24

Zhi Ke (Aurantii Fructus) 6

Huo Ma Ren (Cannabis Semen) 15

Gan Cao (Glycyrrhizae Radix) 6

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

2. MALE, AGE 50 (PSORIASIS)

Eight years ago, following a series of stressful events, he developed swollen, painful joints in many of his fingers. He was diagnosed with sero-negative arthritis and was put on a course of *Methotrexate* for 18 months. During this time, the pain and inflammation significantly reduced, so he decided to discontinue its use. On discontinuing the *Methotrexate*, he developed psoriasis of the scalp and mild reoccurrence of joint pains. He was prescribed *Betnovate* scalp lotion, which kept the scalp in check. However, after 3 years, the psoriasis mostly cleared from the scalp, but it spread to the abdomen and thighs, where it has been ever since. Initially, he used topical treatment for this, but he found it of limited use, so eventually he stopped using any treatment. He was offered another course of *MTX*, but he refused due to worries of possible side effects.

His psoriasis is not helped by sun exposure, nor does it change much from season to season. Currently, his psoriasis is as bad as it's ever been.

Itch – Pronounced itching that he describes as a burning, painful itch which is significantly worse at night, especially of the inguinal grooves, abdomen, and buttocks.

Köbner – Positive (inner right thigh and lower back).

Joints – Aching of joints of fingers, especially in the mornings and evenings. He feels that his fingers lack strength to grip.

Appetite – Normal. Likes spicy foods. Drinks 2 pints of beer most days and more on the weekends. He claims that if he reduces or stops drinking beer, it aggravates skin

Bowels – Normal stools. 1-2 times a day.

Sleep – Often disturbed at night due to itching.

Vitality – Normal.

Temperature – Tendency to feel hot.

Mouth – No unusual thirst. Drinks a lot of coffee throughout the day.

Urine – Weak stream. He has been diagnosed with hyperplasia of prostate gland.

Tongue – Congested red with some purple overtones. Greasy yellow coating.

Pulse – Wiry, slippery.

Zi Cao (Arnebiae Radix) 15
 Shi Jian Chuan (Salviae chinensis Radix) 15
 Gui Jian Yu (Euonymi Ramulus) 12
 E Zhu (Curcumae Rhizoma) 12
 Hu Zhang (Polygoni cuspidati Rhizoma) 12
 Huang Bai (Phellodendri Cortex) 12
 Ren Dong Teng (Lonicerae Caulis) 30
 Sang Zhi (Mori Ramulus) 30
 Bai Xian Pi (Dictamni Cortex) 15
 Bai Zhi (Angelicae dahuricae Radix) 12
 Wu Mei (Mume Fructus) 9
 Gan Cao (Glycyrrhizae Radix) 3

External – *Bai Bi Gao (PSO-1, Softening Ointment)* (with occlusion at night)
E Zhu Gao (PSO-6, Softening Ointment #2) (in the day)

Week 4 – Skin has shown clear improvement, changing from a violaceous to a redder colour. Far fewer scales, thinner plaques. Several lesions on the thighs are hollowing out from the centre, forming annular lesions.

Itch – Although he can still feel some itching, he estimates that it has reduced by 80%, and is no longer painful and burning.

Joints – Much improved. Very little aching or pain of the joints remaining.

Appetite – Unchanged. **Bowels** – Normal frequency. Slightly loose on occasion.

Sleep – No longer disturbed by itching, so he sleeps more peacefully.

Tongue – No change.

Zi Cao (Arnebiae Radix) 15
Qian Cao Gen (Rubiae Radix) 30
Huai Hua Mi (Sophorae Flos immaturus) 30
 Shi Jian Chuan (Salviae chinensis Radix) 15
 Gui Jian Yu (Euonymi Ramulus) 12
 E Zhu (Curcumae Rhizoma) 12
 Hu Zhang (Polygoni cuspidati Rhizoma) 12
Chi Shao (Paeoniae Radix rubra) 15
 Huang Bai (Phellodendri Cortex) 12
Bai Hua She She Cao (Hedyotis diffusae Herba) 30
 Bai Xian Pi (Dictamni Cortex) 15
 Wu Mei (Mume Fructus) 9
 Gan Cao (Glycyrrhizae Radix) 3

External – *Bai Bi Gao (PSO-1, Softening Ointment)* (with occlusion at night)
E Zhu Gao (PSO-6, Softening Ointment #2) (in the day)

Week 9 – Skin has shown further and very significant improvement in both thickness of the plaques and reduction in violaceous colour of the lesions.

Itch – Now he only experiences occasional and mild itching in the inguinal grooves if he is hot or on exercising. **Joints** – No pain at all.

Appetite – Unchanged. **Bowels** – Normal frequency. No longer loose.

Urination – Improved. Stronger stream.

Sleep – Good sleep.

Tongue – Less congested and thinner coating.

Zi Cao (Arnebiae Radix) 15

Qian Cao Gen (Rubiae Radix) 30

Dan Shen (Salviae miltiorrhizae Radix) 30

Shi Jian Chuan (Salviae chinensis Radix) 15

E Zhu (Curcumae Rhizoma) 12

Hu Zhang (Polygoni cuspidati Rhizoma) 12

Chi Shao (Paeoniae Radix rubra) 15

Long Dan Cao (Gentianae Radix) 9

Dang Gui (Angelicae sinensis Radix) 12

Ji Xue Teng (Spatholobi Caulis) 30

Wu Mei (Mume Fructus) 15

Gan Cao (Glycyrrhizae Radix) 3

External – *Bai Bi Gao (PSO-1, Softening Ointment)* (with occlusion at night)
E Zhu Gao (PSO-6, Softening Ointment #2) (in the day).

Week 14 – Most lesions are now hyper-pigmented post inflammatory, with very little psoriasis remaining. He experiences no itching at all.

Joints – No pain.

Appetite – Unchanged.

Bowels – Normal.

Tongue – Less congested and thinner coating.

Huang Qi (Astragali Radix) 30

Dan Shen (Salviae miltiorrhizae Radix) 30

Hong Hua (Carthami Flos) 6

Tao Ren (Persicae Semen) 9

E Zhu (Curcumae Rhizoma) 12

Chi Shao (Paeoniae Radix rubra) 15

Dang Gui (Angelicae sinensis Radix) 15

Ji Xue Teng (Spatholobi Caulis) 30

Wu Mei (Mume Fructus) 15

Gan Cao (Glycyrrhizae Radix) 4

External – *E Zhu Gao (PSO-6, Softening Ointment #2)* (twice a day)

Week 19 – Most lesions are now hyper-pigmented post inflammatory, with very little psoriasis remaining. He experiences no itching at all. **Joints** – No pain.

Appetite – Unchanged. **Bowels** – Normal.

Tongue – Much better colour with significantly less congestion. The coating has turned white and much thinner.

Huang Qi (Astragali Radix) 30
 Dan Shen (Salviae miltiorrhizae Radix) 30
Sheng Di Huang (Rehmanniae Radix) 24
 Hong Hua (Carthami Flos) 6
Chao Zhi Ke (Aurantii Fructus) 9
Bai Shao (Paeoniae Radix alba) 24
Chuan Xiong (Chuanxiong Rhizoma) 15
 Dang Gui (Angelicae sinensis Radix) 15
 Ji Xue Teng (Spatholobi Caulis) 30
 Wu Mei (Mume Fructus) 15
 Gan Cao (Glycyrrhizae Radix) 4

3. MALE, AGE 62 (POMPHOLYX ECZEMA)

The eczema began on his right foot about 20 years ago during a time of enormous emotional stress in his life. It quickly spread to his left foot and subsequently to both soles. He used potent topical steroids to control it. Approximately 4 years later, the eczema spread to affect the palms of both hands. Over the years, he has experienced many bouts of infection that have been treated by antibiotics.

His feet feel very hot and can sweat easily. Itching is intolerable, especially at night. When the flare is acute, he finds it very hard to walk far (any walking is not only painful, but further aggravates his skin), or to use his hands.

Examination – Pronounced erythema, vesicles with scattered pustules.

Appetite – Prone to feel full and bloated easily. Over eats.

Bowels – Frequent bouts of foul-smelling diarrhoea 2-3 times per day.

Tongue - Red body. Thick yellow greasy coating. Pulse – Slippery.

Ma Chi Xian (Portulacae Herba) 24
 Zi Hua Di Ding (Violae Herba) 30
 Bai Jiang Cao (Patriniae Herba cum Radice) 24
 Huang Qin (Scutellariae Radix) 12
 Huang Bai (Phellodendri Cortex) 9
 Tu Fu Ling (Smilacis glabrae Rhizoma) 24
 Bi Xie (Dioscoreae hypoglaucae Rhizoma) 12
 Long Dan Cao (Gentianae scabrae Radix) 9
 Yin Chen Hao (Artemisiae scopariae Herba) 9
 Mu Dan Pi (Moutan Cortex) 9
 Bai Xian Pi (Dictamni Cortex) 15
 Bai Ji Li (Tribuli Fructus) 15
 Ze Xie (Alismatis Rhizoma) 9
 Che Qian Zi (Plantaginis Semen) 15
 Chi Fu Ling (Poria Rubra) 15
 Hua Shi (Talcum) 15
 Gan Cao (Glycyrrhizae Radix) 6

External -

Wang Bu Liu Xing (Vaccariae Semen) 30	Ming Fan (Alum) 9
Huang Bai (Phellodendri Cortex) 15	Ku Shen (Sophorae Radix) 15

Week 3 - Finds the external soak very helpful.

Repeat formula

Week 6 - Although the cyclic nature of the eruptions has continued, the intensity of the eruptions and duration have reduced. He has not had any pustules and far fewer vesicles since he began the treatment. Erythema and heat sensation of the feet is still fairly pronounced, although he no longer sweats from the feet. Far less itching.

Bowels significantly improved. No longer h bloating or foul-smelling diarrhoea.

Repeat formula with addition of

Da Qing Ye (Isatidis Folium) 12 & Chi Shao (Paeoniae Radix rubra) 15

Week 10 - His hands have, for the most part, cleared of vesicles (mild blistering on thenar eminence), with the feet showing an improvement of about 75-80%.

Although some vesicles are apparent, they have mostly reduced, erythema is now very mild, with fissuring, dryness and some scaling being dominant.

Itching is mostly absent, although he finds that if he drinks any alcohol, then his skin feels dryer and a mild itch may ensue. Tongue coating – Thin white.

Huo Xiang (Agastache Herba) 9
Yi Yi Ren (Coicis Semen) 30
Cang Zhu (Atractylodis Rhizoma) 12
 Huang Bai (Phellodendri Cortex) 9
 Tu Fu Ling (Smilacis glabrae Rhizoma) 24
 Bi Xie (Dioscoreae hypoglaucae Rhizoma) 12
Chao Bai Zhu (Atractylodis macrocephalae Rhizoma preparata) 15
Fu Ling (Poria) 15
Dang Shen (Codonopsis Radix) 15
Dang Gui (Angelicae sinensis Radix) 9
 Ze Xie (Alismatis Rhizoma) 9
 Che Qian Zi (Plantaginis Semen) 12
 Bai Xian Pi (Dictamni Cortex) 12
 Gan Cao (Glycyrrhizae Radix) 6

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

Week 14 - Very mild dryness of the skin, but no fissuring, vesicles, or erythema. General health is very good.

Huo Xiang (Agastache Herba) 9
 Yi Yi Ren (Coicis Semen) 30
 Cang Zhu (Atractylodis Rhizoma) 12
 Huang Bai (Phellodendri Cortex) 9
Chi Xiao Dou (Phaseoli calcarati Semen) 24
 Bi Xie (Dioscoreae hypoglaucae Rhizoma) 12
 Chao Bai Zhu (Atractylodis macrocephalae Rhizoma preparata) 15
 Dang Shen (Codonopsis Radix) 15
 Dang Gui (Angelicae sinensis Radix) 9
Zhi He Shou Wu (Polygoni multiflori Radix preparata) 12
Dan Shen (Salviae miltiorrhizae Radix) 24
 Fu Ling (Poria) 15
Zhi Gan Cao (Glycyrrhizae Radix preparata) 6

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

4. FEMALE, AGE 77 (MRSA ULCER)

Following a minor injury (possibly and insect bite or a scratch) to the area just above the exterior malleolus of the right ankle, she quickly developed two gaping wounds that did not heal. After a period of approximately eight weeks, both areas developed into two distinct ulcers with some yellow exudate. Her GP prescribed three separate courses of antibiotics, and when they proved ineffective, a swab was taken of the area, and MRSA (multidrug-resistant *Staphylococcus aureus*) was cultured. No further antibiotics were prescribed following this, although she was required to visit the surgery several times a week to have fresh dressings applied to the area. She suffered with constant pain and intense drawing sensation in the ankle, which made walking any distance very difficult, whilst her nights were disturbed by the incessant throbbing pain.

Vitality – Prone to feeling fatigued since developing infection and ulcers, which has been compounded by disturbed sleep.

Appetite – Normal.

Bowels – Prone to constipation.

Medical History – Phlebectomy right leg X3

Pulse - Thready slightly wiry.

Tongue – Purple hue. Scanty coating.

Huang Qi (Astragali Radix) 24
 Dang Shen (Codonopsis Radix) 12
 Bai Zhu (Atractylodis macrocephalae Rhizoma) 24
 Fu Ling (Poria) 15
 Dang Gui (Angelicae sinensis Radix) 9
 Chuan Xiong (Chuanxiong Rhizoma) 12
 Chi Shao (Paeoniae Radix rubra) 15
 Bai Zhi (Angelicae dahuricae Radix) 12
 Zao Jiao Ci (Gleditsiae Spina) 12
 Jin Yin Hua (Lonicerae Flos) 24
 Hong Hua (Carthami Flos) 9
 Tao Ren (Persicae Semen) 12
 Chuan Niu Xi (Cyathulae Radix) 12
 Yi Yi Ren (Coicis Semen) 24
 Gan Cao (Glycyrrhizae Radix) 6

Week 2 - The medicine is well tolerated, bowels slightly improved. A modest improvement in the look of the ulcers as well, although the pain is still pronounced.

Huang Qi (Astragali Radix) 30
 Dang Shen (Codonopsis Radix) 12
 Bai Zhu (Atractylodis macrocephalae Rhizoma) 24
 Fu Ling (Poria) 15
 Dang Gui (Angelicae sinensis Radix) 9
 Chuan Xiong (Chuanxiong Rhizoma) 12
 Chi Shao (Paeoniae Radix rubra) 15
 Bai Zhi (Angelicae dahuricae Radix) 12
 Zao Jiao Ci (Gleditsiae Spina) Ci 12
 Jin Yin Hua (Lonicerae Flos) 24
Ru Xiang (Olibanum) 9
Mo Yao (Myrrha) 9
 Chuan Niu Xi (Cyathulae Radix) 12
 Yi Yi Ren (Coicis Semen) 24
 Gan Cao (Glycyrrhizae Radix) 6

External – *Zhen Zhu San (ULCSR-1, Pearl Powder)* Sprinkle on area twice a day.

Week 4 - A crust has formed on the ulcers. Pain during the day significantly reduced. Rarely suffers with night pain, so sleep is appreciably improved.

Appetite – Reduced due to slightly nausea on taking the medicine.

Bowels – Normal.

Vitality – Improved.

Huang Qi (Astragali Radix) 30
 Dang Shen (Codonopsis Radix) 12
 Bai Zhu (Atractylodis macrocephalae Rhizoma) 24
 Fu Ling (Poria) 15
 Dang Gui (Angelicae sinensis Radix) 9
 Chuan Xiong (Chuanxiong Rhizoma) 12
 Chi Shao (Paeoniae Radix rubra) 15
 Bai Zhi (Angelicae dahuricae Radix) 12
 Zao Jiao Ci (Gleditsiae Spina) Ci 12
 Jin Yin Hua (Lonicerae Flos) 24
Hong Hua (Carthami Flos) 9
Tao Ren (Persicae Semen) 12
 Chuan Niu Xi (Cyathulae Radix) 12
 Yi Yi Ren (Coicis Semen) 24
Sheng Jiang (Zingiberis Rhizoma recens) 12
 Gan Cao (Glycyrrhizae Radix) 6

External – *Zhen Zhu San (ULCSR-1, Pearl Powder)* Mix with 50% honey & bind.
Apply once every 24 hrs.

Week 8 - Skin has healed. She no longer suffers with pain.

Vitality – Considerably improved.

Appetite and bowels – Normal.

The following was prescribed for a further 3 weeks & she was discharged.

Zhi Huang Qi (Astragali Radix preparata) 30

Dang Shen (Codonopsis Radix) 12

Bai Zhu (Atractylodis macrocephalae Rhizoma) 24

Fu Ling (Poria) 15

Shu Di Huang (Rehmanniae Radix preparata) 15

Sha Ren (Amomi Fructus) 9

Dang Gui (Angelicae sinensis Radix) 9

Chuan Xiong (Chuanxiong Rhizoma) 12

Chao Bai Shao (Paeoniae Radix alba preparata) 24

Dan Shen (Salviae miltiorrhizae Radix) 30

Chuan Niu Xi (Cyathulae Radix) 12

Rou Gui (Cinnamomi Cortex) 6

Jin Yin Hua (Lonicerae Flos) 15

Zhi Gan Cao (Glycyrrhizae Radix preparata) 6

Sheng Jiang (Zingiberis Rhizoma recens) 12

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

Apply twice a day

Week 16 - She was tested again for MRSA, which proved negative.