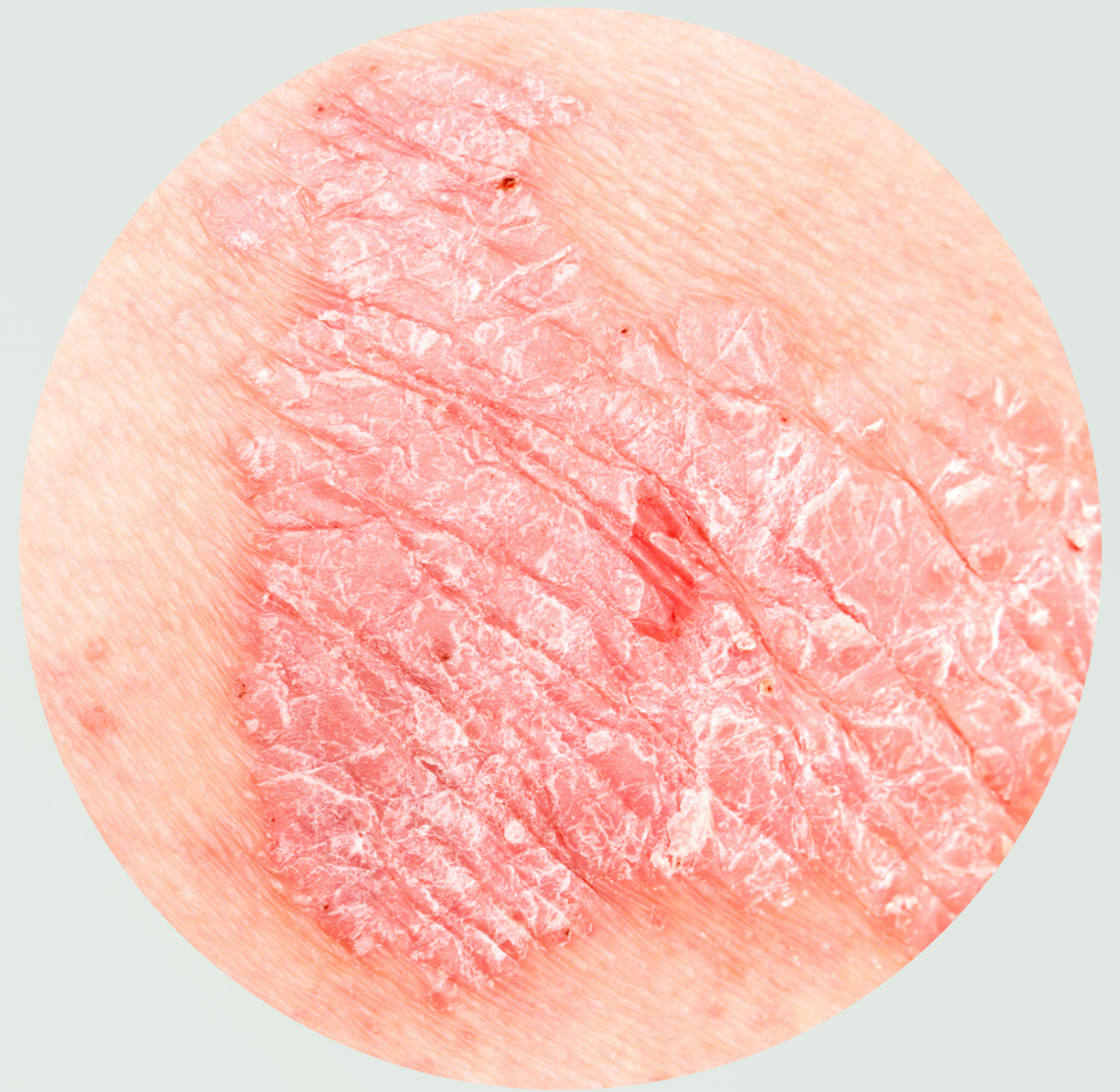




# PART 2:

## TREATING **PSORIASIS** WITH CHINESE HERBAL MEDICINE

with Sabine Schmitz



# CONTENTS

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| Definition of PSOR acc. to Western medicine   | <b>01</b> |
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# TCM Syndromes

Heat Stagnation in the Liver Meridian

01

**Dampness – Heat**

02

Wind – Heat

03

Blood Deficiency and Wind Dryness

04

Blood Stagnation

05



## 2. Dampness Heat - *Shī Rè*

*Shi* - Damp, *Re* - Heat.

Dampness is **heavy in nature** > location of psoriasis lesions usually **lower parts of the body** (compared to the first pattern), combined with heat - inflammation.

### **Externally-induced:**

- Invasion of exogenous dampness together with a heat-pathogen
- Summer-heat and dampness mainly during late summer or early autumn.
- Improper diet with too much cold, spicy and oily foods.

### **Internally-induced:**

- Dysfunction of Spleen and Stomach
- Lack of transportation and transformation functions
- In combi with an improper diet
- >> Chronic retention of dampness easily transforms into heat (and toxins).



# 2. Dampness Heat - *Shī Rè*

## Skin:

- Erosive erythema (very red and damaged skin) with pustular fluid effusion
- Itching and pain
- Warm / hot skin, sometimes burning sensation
- Pustules and bright red lesions
- Pustules vary depending on the predominance of heat or dampness
  - > more heat: pustules are reddish; more dampness: pustules yellowish.

## Other key symptoms:

- Heavy sensation in the chest, loss of appetite, fatigue
- Thirst, Constipation, dark yellow urine
- Heavy feeling in the lower limbs or vaginal discharge.
- Sometimes: yellowish facial color.

## Tongue:

- Red with a greasy, yellow coating.

## Pulse:

- Slippery and/or rapid.

|          |            |          |
|----------|------------|----------|
| PMS 143  | PMS 144    | PMS 145  |
| PMS 150  | PMS 151    | PMS 152  |
| PMS 1505 | Orange 021 | PMS 1525 |
| PMS 157  | PMS 158    | PMS 159  |
| PMS 1575 | PMS 1585   | PMS 1595 |
| PMS 164  | PMS 165    | PMS 166  |



## 2. Dampness Heat - *Shī Rè*





## 2. Dampness Heat - *Shī Rè*





## 2. Dampness Heat - *Shī Rè*





## 2. Dampness Heat - *Shī Rè*





## 2. Dampness Heat - *Shī Rè*

### Therapeutic principle:

Clear heat, resolve dampness and clear toxin.

### Formula:

***Bì Xiè Shèn Shī Tāng***

(Dioscorea Decoction to Leach Out Dampness)

If damp-heat is more located in the lower part of the body, especially the legs.



## 2. Dampness Heat - *Shī Rè*

### *Bì Xiè Shèn Shī Tāng*

*yì yǐ rén* (Coices, Semen) 15-30 g

*huá shí* (Talcum) 9-12 g

*bì xiè* (Dioscoreae, Rhizoma) 9-20 g

*fú líng* (Poriae Cocos, Sclerotium) 12 g

*huáng bǎi* (Phellodendri, Cortex) 6-9 g

*mǔ dān pí* (Moutan, Cortex) 9-12 g

*zé xiè* (Alismatis, Rhizoma) 12-15 g

*tōng cǎo* (Tetrapanacis, Medulla) 6 g

*Attention: Because of the cold and draining properties of these herbs, this formula should be used with caution in patients with qì and yīn deficiencies.*



## 2. Dampness Heat - *Shī Rè*

### Modifications:

- Intense red and very thick, hypertrophic plaques: + *tǔ fú líng* 30 g.
- ++ Heat clearing effect: + *huáng lián* 3-5 g
- Intensify the damp-heat clearing effect: + *kǔ shēn* (Sophorae Flavescentis, Radix) 9 g
- Joint pain: + *dú huó* (Angelicae Pubescentis, Radix) 6-9 g,  
+/- *qiāng huó* (Notopterygii, Rhizoma Seu Radix) 6-9 g
- Alternative combi: *dú huó* and *sāng jì shēng* (Taxilli, Herba) 15 g.

Long-term use: *mǔ dān pí*, *huáng bǎi* and *huáng lián* as *chǎo* (dry fried).

The more heat and less damp, switch to: ***Lóng Dǎn Xiè Gān Tāng***.



## 2. Dampness Heat - *Shī Rè*

### External treatments:

Clear heat, reduce redness, dampness and swelling >

*kǔ shēn  
dì fū zǐ  
bái xiān pí  
shé chuáng zǐ*

*+/- tǔ fú líng.*

*huáng bǎi  
huáng qín  
huáng lián*

*+/- tǔ fú líng.*

*chē qián zǐ  
dì fū zǐ  
huáng bǎi*





## 2. Dampness Heat - *Shī Rè*

### Diet advice:

*AVOID foods and drinks which create dampness*

- Cow's milk and dairy products.
- Sugar and sweet foods, such as desserts, cakes, even sticky rice.
- Wheat flour products.

*AVOID foods and drinks which create dampness and heat*

- Meat and fatty food
- Sweet and sugary drinks (Fanta, Cola etc.).

*AVOID foods and drinks that tend to produce internal heat*

- Alcohol, smoking and oily food
- Pepper, chili, curry, onion, garlic, coriander and other pungent spices.

Eat more vegetables and fruit in order to keep the bowel movements regular.





# TCM Syndromes

Heat Stagnation in the Liver Meridian

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Blood Stagnation

05



### 3. Wind-heat stagnating in the Lungs - *Fēng Rè Fàn Fèi Zhèng*

*Feng* - wind, *Re* - heat, *Fan* - attack, stagnation, *Fei* - Lung, *Zheng* - pattern

Wind-heat enters the Lung channel from outside, stagnates in the skin and disturbs the normal flow of qì and blood.

**Typical after cold/flu > onset or worsening of skin.**

*Caution: ask for sore throat.*

#### **Skin:**

- Rapid onset, no fixed location and rapid spreading
- Skin lesions mainly on face: cheeks and forehead
- Dot-like or drop-like lesions of psoriasis
- Dryness, scaling and significant itching
- Fresh red, warm, inflammatory and painful skin lesions
- Large number of eruptions
- With or without *Auspitz phenomena*.





### 3. Wind-heat stagnating in the Lungs

#### Other key symptoms:

- Aversion to heat
- Dry mouth, thirst, constipation, dark yellow urine
- Restlessness and redness/warmth of face.
- Previous flu or cold: then possibly cough, shortness of breath, feeling of warmth and sweating.

#### Tongue:

- Red (esp. at the tip), thin white or yellow coating.
- Possibly: red prickles on tip.

#### Pulse:

- Floating and rapid.



### 3. Wind-heat stagnating in the Lungs





### 3. Wind-heat stagnating in the Lungs





### 3. Wind-heat stagnating in the Lungs





### 3. Wind-heat stagnating in the Lungs

#### Therapeutic principle:

Dispel wind and release the exterior, clear heat.

#### Formula:

*Yín Qiào Sǎn*

(Honeysuckle and Forsythia Powder)



### 3. Wind-heat stagnating in the Lungs

#### *Yín Qiào Sǎn*

*jīn yín huā* (Lonicerae Japonicae, Flos) 15-30 g

*lián qiáo* (Forsythiae, Fructus) 9-12 g

*niú bàng zǐ* (Arctii Lappae, Fructus) 9 g

*dàn dòu chǐ* (Sojae Praeparata, Semen) 3-6 g

*bò hé* (Menthae, Herba) 3-6 g

*jié gěng* (Platycodi, Radix) 3-6 g

*jīng jiè* (Schizonepetae, Herba) 6-9g

*dàn zhú yè* (Lophatheri, Herba) 3-6 g

*lú gēn* (Phragmitis, Rhizoma) 15 g

*gān cǎo* (Glycyrrhizae Uralensis, Radix) 6 g



### 3. Wind-heat stagnating in the Lungs

#### Modifications:

- For sore throat: + *dà qīng yè* 9 g and *bǎn lán gēn* 9 g
- For intense red and very thick, hypertrophic plaques: + *bái huā shé shé cǎo* 10-12 g
- For warm and red lesions: + *huáng qín* 9-12 g, but also *pú gōng yīng* 15 g
- For itchy skin: + *jīng jiè* and *fáng fēng*, 6-9 g each
- Interior heat: + *shēng dì huáng* 15 g, *zhī zǐ* 9-12 g.

Info: *bò hé*

If fever is present, it should be decocted within the last 5-10 minutes.

If it is used for sore throat, it can be decocted with the other herbs.



### 3. Wind-heat stagnating in the Lungs

#### External treatments:

Dispel wind, clear heat,  
reduce redness and itching >

*jīn yín huā*  
*lián qiáo*  
*pú gōng yīng*

+/- *jú huā* and/or *bò hé*.

Stand alone: *huáng lián*.

*Qīng Dài Sǎn* as cream  
or ointment.





### 3. Wind-heat stagnating in the Lungs

#### Diet advice:

*AVOID spicy (pungent) tasting foods and foods that have a very warm or hot nature*

- Scallions, chillies, garlic, coffee, wine etc.
- Use ginger with care - do not overuse because it is warming
- Dairy, sugars/sweets and fried foods.

*Have instead*

- Peppermint and or Chrysanthemum tea
- More vegetables and fresh fruits.





# TCM Syndromes

Heat Stagnation in the Liver Meridian

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Dampness – Heat

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**Blood Deficiency and Wind Dryness**

04

Blood Stagnation

05



## 4. Blood deficiency with wind dryness - *Xuè Xū Fēng Zào*

*Xue* - blood, *Xu* - deficiency, *Feng* - wind, *Zao* - dryness.

**Chronic** condition - patients with **weak constitution** and a **deficiency** of qì and blood or *yīn* and blood.

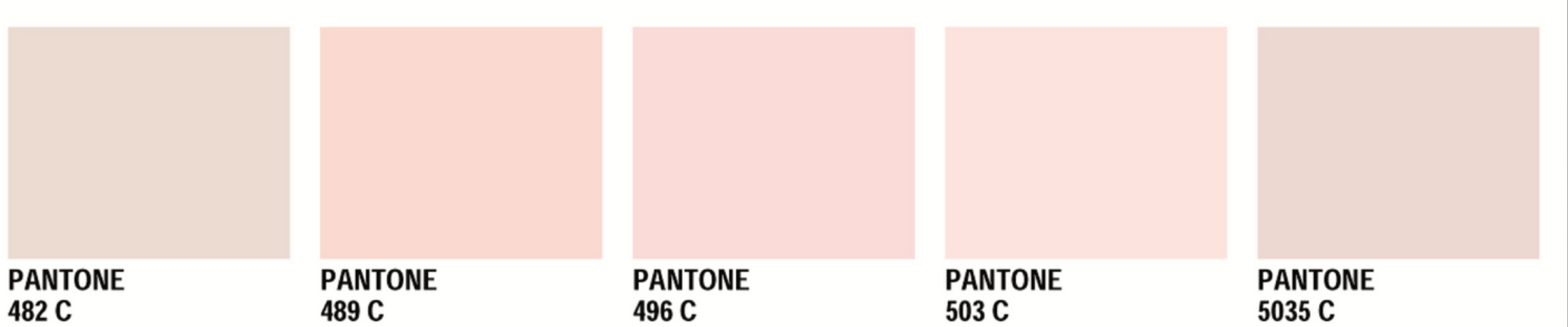
Blood deficiency causes (internal) wind, which then turns into dryness.  
Skin is not longer nourished.

### **Skin:**

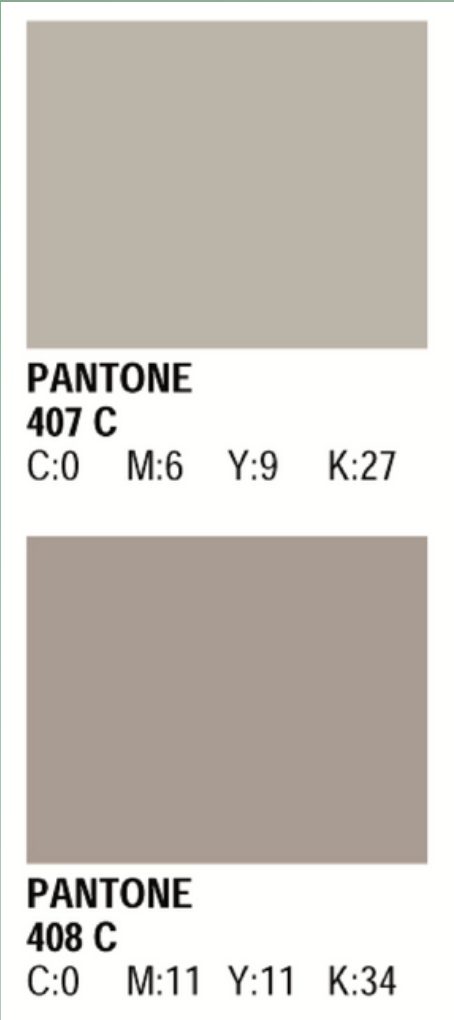
- Condition usually stable with no enlargement of the lesions
- Lesions are not bright red, more of a dark red, brownish red or pale red
- Appear as patches or rings
- Very dry skin, cracks easily
- **Many dry, silvery-white scales and significant itching** (highly significant)
- Itching usually worsens at night.



# 4. Blood deficiency with wind dryness



Blood deficiency  
Blood deficiency turns into stasis.





## 4. Blood deficiency with wind dryness - *Xuè Xū Fēng Zào*

### Other key symptoms:

- Irregular menstruation with little blood
- Dry mouth or dry mucous membranes in general
- Thirst (moistening)
- Constipation (irreg., dry stools)
- Dizziness
- Pale, sallow complexion.

### Tongue:

- Pale
- Relatively normal coating.

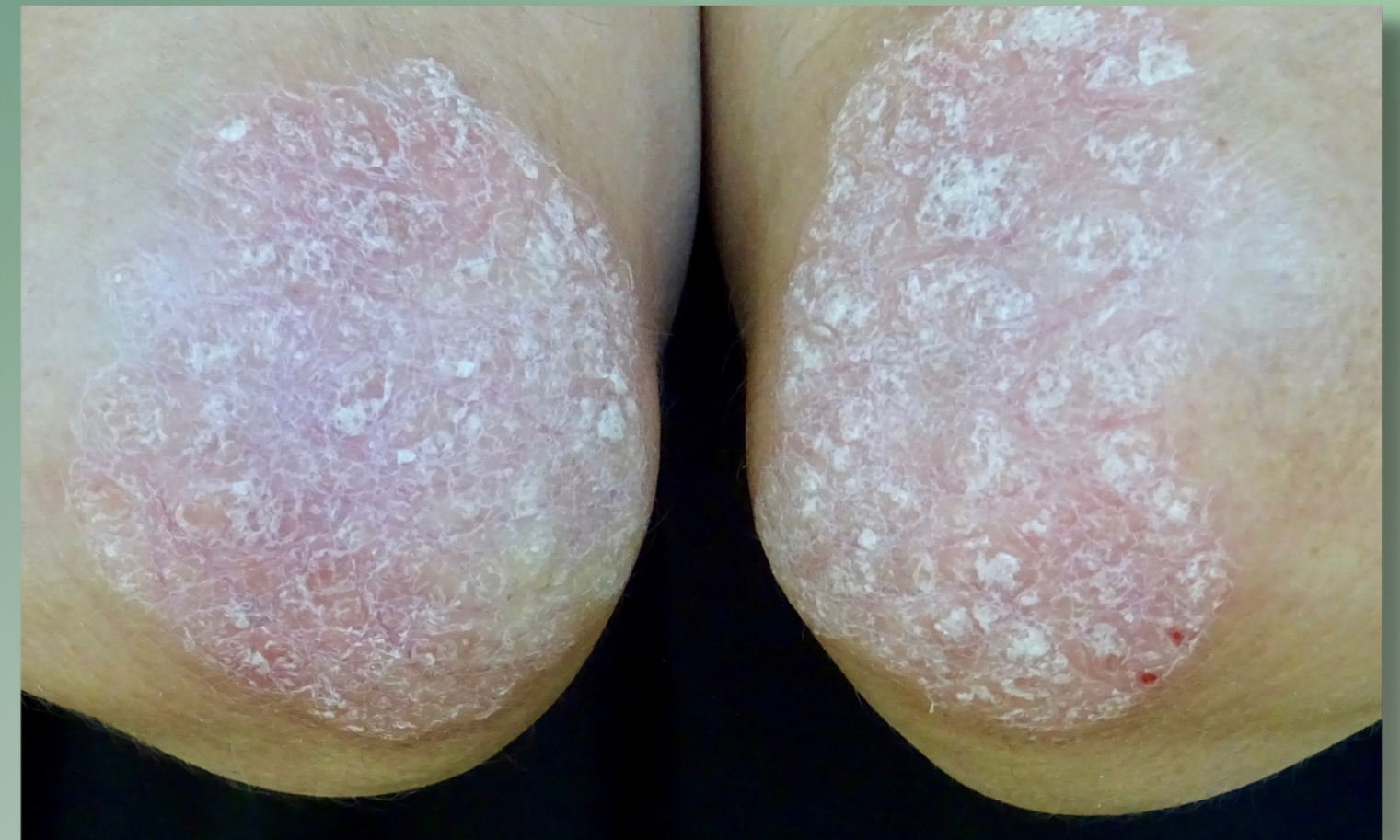
*CAVE: The more purplish in color, the more the blood deficiency turns into stasis!*

### Pulse:

- Thin and/or deep.



## 4. Blood deficiency with wind dryness





## 4. Blood deficiency with wind dryness





## 4. Blood deficiency with wind dryness





## 4. Blood deficiency with wind dryness - *Xuè Xū Fēng Zào*

### Therapeutic principle:

Nourish blood and yīn, calm down wind and moisten the skin

### Formula:

*Sì Wù Tāng* (Four Substance Decoction) combined with  
*Zēng Yè Tāng* (Increase the Fluids Decoction)



## 4. Blood deficiency with wind dryness

### *Sì Wù Tāng + Zēng Yè Tāng*

*shú dì huáng* (Rehmanniae Preparata, Radix) 12 g

*chì sháo* (Paeoniae Rubrae, Radix) 9 g

*dāng guī* (Angelicae Sinensis, Radix) 12-15 g

*chuān xiōng* (Chuanxiong, Rhizoma) 6-9 g

*shēng dì huáng* (Rehmanniae Glutinosae, Radix) 12 g

*xuán shēn* (Scrophulariae Ningpoensis, Radix) 9 g

*mài mén dōng* (Ophiopogonis Japonici, Tuber) 9 g

Very nice combo of blood and yīn nourishment.

Many modification are possible.



## 4. Blood deficiency with wind dryness

### Modifications:

- *Shēng dì huáng* can be used up to 30 g
- If *Sì Wù Tāng* is not enough: + *hé shǒu wū* 12-15 g
- For itching due to internal wind: + *bái jí lí* 9-12 g (not *jīng jiè* and *fáng fēng*)
- If *bái jí lí* is not effective enough: replace with *bái xiān pí* 9-12 g
- Itching predominant at night, restlessness, sleeplessness: + *yè jiāo téng* 30 g
- To tonify the Spleen: + *zhì gān cǎo* or *gān cǎo* 3-6 g
- If accompanied by Liver and Kidney (yīn) deficiency: + *hàn lián cǎo* 9-12 g.



## 4. Blood deficiency with wind dryness

### External treatments:

Moisten the skin and enrich the yīn, as well as reduce itching >

*dāng guī  
zhì gān cǎo or gān cǎo*

*dāng guī  
gǒu qǐ zǐ  
sāng shèn  
dān shēn  
bǎi hé*

*+/- shēng dì huáng.*

*Rùn Jī Gāo as cream  
or ointment: dāng guī + zǐ cǎo.*





## 4. Blood deficiency with wind dryness

### Diet advice:

*AVOID raw fruits and vegetables, cold foods, cold liquids and ice.*

*Have instead*

- Warm and regular meals.
- Dark leafy greens, spinach for instance
- Nuts & seeds: black sesame or almonds
- Fruits: e.g. apricot, date, fig, grape, longan, mulberry, blackberries, raspberries a
- Herbs: parsley
- Vegetables: artichoke, beetroot, kelp etc.
- Coconut milk
- Red meat.





# TCM Syndromes

Heat Stagnation in the Liver Meridian

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05



## 5. Blood stasis - *Xuè Yū Zhèng*

*Xue* - blood, *yu* - stasis, *zheng* - pattern.

**Chronic, long-standing process.**

Due to the **stagnation of qì and blood**, the skin can no longer be nourished/supplied.

**Big, thick, hard and dark purplish lesions with chronic plaques.**

**Skin:**

- Lesions are dark purplish, hard and thick
- Covered by thick, dry, and relatively adherent silvery-white scales
- New lesions seldom appear
- In general, dry skin
- With or without itching and/or pain.



# 5. Blood stasis - Xuè Yū Zhèng



|          |          |          |          |          |
|----------|----------|----------|----------|----------|
| PMS 2583 | PMS 2593 | PMS 2603 | PMS 2613 | PMS 2623 |
| PMS 2587 | PMS 2597 | PMS 2607 | PMS 2617 | PMS 2627 |
| PMS 265  | PMS 266  | PMS 267  | PMS 268  | PMS 269  |
| PMS 2655 | PMS 2665 | Violet   | PMS 2685 | PMS 2695 |
| PMS 272  | PMS 273  | PMS 274  | PMS 275  | PMS 276  |
| PMS 2725 | PMS 2735 | PMS 2745 | PMS 2755 | PMS 2765 |
| PMS 2726 | PMS 2736 | PMS 2746 | PMS 2756 | PMS 2766 |



## 5. Blood stasis - *Xuè Yū Zhèng*

### Other key symptoms:

- Women: irregular and painful menstruation
- Menstrual blood is dark with large dark clots
- The larger the clots, the deeper the stasis
- Thirst without desire to drink and a dry mouth
- Sometimes dry stools, constipated
- Possibly joint pain (long history, lots of signs of wear and tear).

### Tongue:

- Purple with dark bluish veins underneath the tongue.
- Possibly stasis spots.

*CAVE: Always check veins underneath the tongue!*

### Pulse:

- Wiry or uneven (rough).



## 5. Blood stasis - *Xuè Yū Zhèng*





## 5. Blood stasis - *Xuè Yū Zhèng*





## 5. Blood stasis - *Xuè Yū Zhèng*





## 5. Blood stasis - *Xuè Yū Zhèng*





## 5. Blood stasis - *Xuè Yū Zhèng*

### Therapeutic principle:

Promote blood circulation to remove blood stasis and remove obstruction in the collaterals.

### Formula:

*Táo Hóng Sì Wù Tāng*

(Four Substance Decoction with Safflower and Peach Kernel)



## 5. Blood stasis - *Xuè Yū Zhèng*

### *Táo Hóng Sì Wù Tāng*

*shú dì huáng* (Rehmanniae Preparata, Radix) 12-15 g or better *shēng dì huáng*

*chuān xiōng* (Chuanxiong, Rhizoma) 6-9 g

*bái sháo* (Paeoniae Alba, Radix) 9 g or better *chì sháo*

*dāng guī* (Angelicae Sinensis, Radix) 12-15 g

*táo rén* (Persicae, Semen) 9 g

*hóng huā* (Carthami, Flos) 6 g



## 5. Blood stasis - *Xuè Yū Zhèng*

### Modifications:

- Tongue not pale: reduce the dosage of *hóng huā* to 3 g because it is warming
- Tongue is red: use *shēng dì huáng*
- Tongue is pale (not red): use *shú dì huáng*
- For joint pain: + *rěn dōng téng* and *jī xuè téng*, 15-30 g each
- To increase the blood stasis transforming action: + *é zhú* and *sān léng* 3-6 g each
- For menstrual pain with dark blood and clots: + *yì mǔ cǎo* and *zé lán* 9-12 g each  
    >> stand alone: *yì mǔ cǎo* 15 g
- If cooling action is needed: + *tǔ fú líng* 15 g.

+ Strongly inflammatory (stasis turns into heat): add ***Wǔ Wèi Xiāo Dú Yǐn***.



## 5. Blood stasis - *Xuè Yū Zhèng*

### External treatments:

Promote blood circulation to remove blood stasis but also moisten the skin >

*dāng guī*  
*sān qī*  
*yán hú suǒ*

Cooling: +/- *tǔ fú líng* or *pú gōng yīng*

Blood moving and blood cooling:  
+/- *chì sháo* or *mǔ dān pí*.

*Rùn Jī Gāo* as cream  
or ointment: *dāng guī* + *zǐ cǎo*.

*qīng dài* + *zǐ cǎo*: as cream  
or ointment.





## 5. Blood stasis - *Xuè Yū Zhèng*

### Diet advice:

*AVOID to restrict or avoid*

- Salads, raw vegetables, raw fruit
- Cold food like ice cream or smoothies, iced drinks
- But also: hot foods and spices in very large amounts.

*Have instead more foods that promote blood and qì*

- Small amounts of saffron, safflower, basil, seaweed, kelp, hawthorn fruit, vinegar, Chinese radish, carrot, rose bud, green tea, citrus fruits, plum, peach etc.
- Pungent spices: turmeric, peppermint, coriander and pepper are also helpful to move blood.

Just to name a few.





# SKINCARE





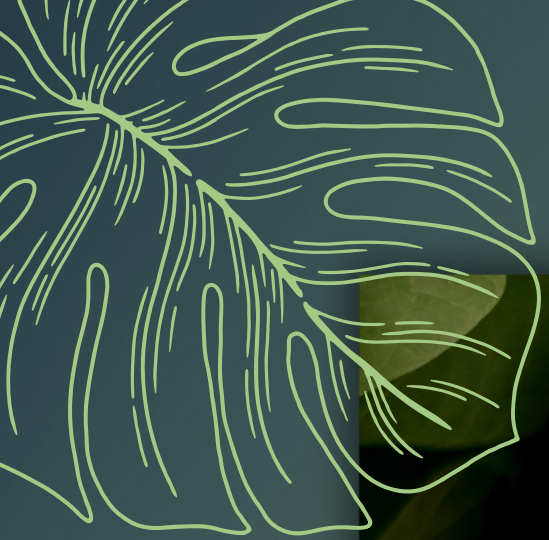
# SKINCARE ADVICE FOR PSORIASIS PATIENTS

*Things that can irritate the skin and should be avoided:*

- Hot showers and baths
- Shower should be lukewarm or warm rather than hot, and short
- Rubbing the lesions vigorously and scrubbing the affected skin area
- Strong, irritant shower gels or body lotion
- Extreme sunbathing
- Perfume, essential oils, alcoholic additives in skincare products
- Tight clothes during an acute phase.

Warn your patients to always keep wounds and broken skin with fissures clean. A super-infection will absolutely worsen the symptoms due to serious inflammation of the skin.





# Repetition: Step by Step

- First impression
- Skin!!!
- Accompanying symptoms (digestion, sleep, period, etc.).
- Tongue
- Pulse
- Prescription (internal, external).

## **Talking medicine:**

Talk to patient, show empathy, display understanding, take time! Often the best start of a therapy.





# Repetition:

## Skin characteristics per pattern

- **Heat/Fire:** red, warm, burning, painful, pus, more upper body, *acute*.
- **Wind-Heat:** *rapid onset and spreading*, no fixed location, fresh red, warm, inflammatory and painful skin lesions, dryness, scaling. significant itching
- **Damp-heat:** red, oozing, secretion or pus, warm, painful, more likely lower *parts of the body*.
- **Blood deficiency/dryness:** pale, dry, scaly, itchy, *chronic*.
- **Blood stasis:** livid, dark red, brown to black, painful, firm, thick, chronic and protracted process.







**DARE TO USE RAW HERBS!**





# STANDARD COOKING TIMES: DECOCTIONS



- Standard **soaking time**: 20 - 30 minutes.
- Standard **boiling time**: 30 minutes, twice, using fresh water each time, and then mixing the decoctions before drinking.
- Standard **intake of decoction**: 100 – 150 mL, twice a day.
- The dose depends on the severity of the (skin) disease, and in acute or severe cases, herbs can be taken three times a day.

Keep in mind: *It is a flexible process.*



# STANDARD COOKING TIMES: WASHES AND WET COMPRESSES



- Standard **soaking time**: 15-20 minutes
- Standard **boiling time**: 20 minutes, once only
- Standard **application time**: 15-30 minutes depending on severity of the skin lesions. This can be done once or twice a day, and in severe cases even three times a day
- The liquid will stay fresh for up to 7 days when refrigerated, but should be assessed for freshness in appearance and smell before use. When the liquid is no longer aromatic it should be discarded.

Very easy!



**SECRET WEAPON**







THANK YOU FOR YOUR *TIME*.  
THANK YOU FOR YOUR *ATTENTION*.



**ANY WISHES:**

**Courses?**

**Supervision?**

**TCM Skincare?**

**Study trip to China :)**

**Let me know!**

**info@chinamed-koeln.de**





# DERMATOLOGY SERIES

WITH SABINE SCHMITZ



**PSORIASIS**

NOVEMBER 8 & 22



**ACNE**

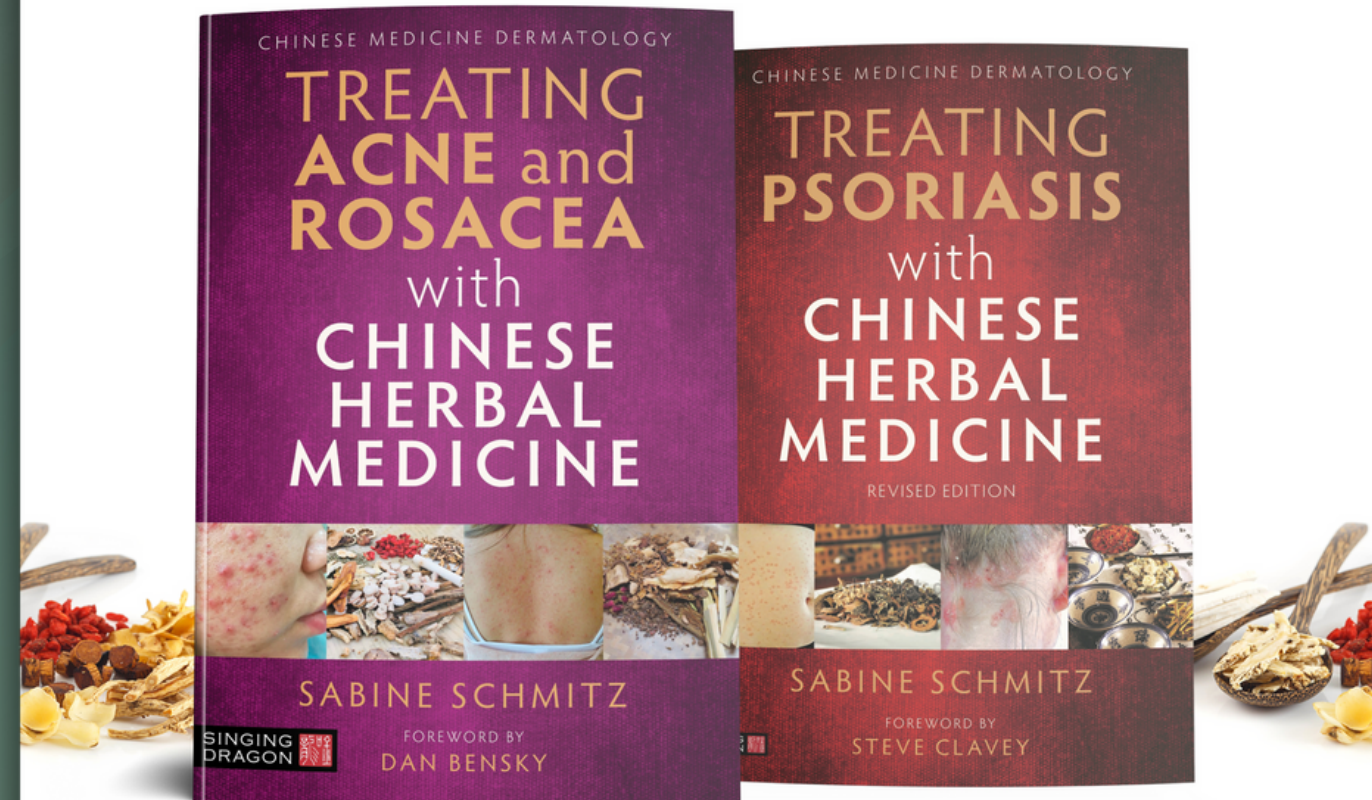
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LET'S WORK TOGETHER.  
LET'S PROVIDE THE BEST POSSIBLE  
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