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Autoimmune Series
(Dermatology)



Latent evil tongue diagnosis

Wu Xiong Zhi tells us that before a latent pathogen manifests outwardly, its signs appear on the underside of the tongue 伏邪未外發之前，其特殊舌象主要表現在舌背面

These are the primary characteristics:

1. Engorged sublingual veins: if the veins extend beyond two-thirds of the tongue base and appear distended, this indicates blood stasis. 其一，舌下靜脈怒張。若舌下血管延及舌底三分之二以上且怒張，中醫認為為瘀血之象
2. Whitish crystalline nodules beneath the tongue: these represent phlegm accumulation. 其二，舌下可見許多白色、水晶樣小結節，為痰之表現
3. Redness at the sublingual margins or tip: this indicates heat. As the Treatise on Cold Damage and Miscellaneous Diseases states, "Stasis heat lies within." In biomedical terms, inflammatory processes activate coagulation, leading to a hypercoagulable state corresponding to what Chinese medicine calls "stasis and heat lodged internally." Stasis appears as distended veins, heat as sublingual redness. With prolonged latency, the pathogen forms nests, producing phlegm nodules under the tongue. 其三，舌下尤其邊緣及舌尖舌質紅，乃熱象。這正是《傷寒雜病論》所謂「瘀熱在裡」。熱伏血瘀。西醫認為此乃炎症啟動機體凝血系統，使血液處於高凝狀態。中醫所謂瘀血，正可對應西醫之高凝。瘀熱在裡，瘀見於舌下靜脈怒張，熱見於舌下紅色。伏邪日久，結成巢窟，遂成痰結，表現為舌下結節



Dorsal side of Tongue

- In comparison to the underside, the top of the tongue the color is typically lighter. When the tongue body is pale yet the underside is dark red, this signifies “heat and stasis within.” The underside reflects the interior; the upper surface reflects the exterior. The tongue dorsum reveals the wei (defensive) and qi levels; the underside reveals the ying (nutritive) and xue (blood) levels. Though the upper surface can also show changes of the nutritive and blood aspects, comparison of both sides gives a clearer view

舌正面之色較舌背為淡。若舌面淡白，而舌下深紅，則為瘀熱在裡。舌下候裡，舌面候表。衛氣分觀舌面，營血分觀舌下。雖舌面亦可反映營血變化，然上下對比更為直觀





Tongue body changes 舌體變化

- Some patients with latent pathogens exhibit swollen tongue edges, raised above the surface or bulging outward. The tongue edges correspond to the Liver. When the latent pathogen begins to move outward through the Shaoyang stage, swelling along the edges may appear. 部分伏邪患者可見舌邊腫脹，高出舌面甚至外凸。舌邊屬肝，伏邪外透轉入少陽時，常見此象
- In many cases, however, before externalization no swelling is visible; hence such swelling (on the sides) is an indicator that the pathogen is shifting outward to the Shaoyang. 然而多數伏邪未外發前並無舌邊腫脹。故舌邊腫脹可作為伏邪外轉少陽之指徵

Tongue coating

When the pathogen is completely hidden in the ying-xue level, the coating becomes thin or absent. If symptoms of the wei and qi levels are not apparent, and the pathogen is deeply hidden, the tongue will appear red with scant or no coating, or sometimes pale with little coating. Attention should also be given to the edges 當邪氣完全伏於營血分時，舌苔多少或無。若衛氣分症狀未見而伏邪全在營血，舌呈紅少苔或無苔。亦可見舌淡少苔。更應細察舌邊苔象

In normal circumstances, the tongue edges lack coating, since filiform and fungiform papillae do not grow there. If white specks appear, they are clusters of leukocytes exuded from the capillaries, signifying inflammatory activity. 正常情況下舌邊無苔，因舌苔由絲狀與蕈狀乳頭形成，而舌邊無此乳頭。若舌邊出現白色小點，乃白血球大量滲出至舌邊形成之白色團，為炎症反應之徵

Normally, leukocytes are white; once they phagocytize bacteria, they become yellow pus cells. If they remain white, their phagocytic function is weak. 正常白血球為白色，吞噬細菌後應轉為黃色，即膿細胞。若仍呈白色，顯示白血球功能低下



Tongue treatment principles

At this time, two points must be noted: First, add Huangqi (Astragalus) to support the qi and push the pathogen outward; second, combine Jinyinhua (Honeysuckle) or other heat-clearing, toxin-resolving herbs. After using Huangqi, the white spots on the tongue coating and the tongue surface gradually turn yellow. If infection is present and the tongue coating is white, it may either be the initial stage of infection or a sign that the upright qi is insufficient. If the illness has lasted long and the coating remains white without turning yellow, it means the upright qi is weak and the evil is also weak; one should tonify qi to push the pathogen outward. 此時須注意二點：一者加用黃耆以托邪外出；二者配銀花或他類清熱解毒藥。用黃耆後，舌苔白點及舌面漸轉黃色。感染而舌苔白者，或為感染初起，或為正氣不足。若病久仍白不黃，則正虛邪弱，宜補氣托邪。

Once the pathogen is released outward, it transforms into heat, the coating turns yellow, and Honeysuckle should then be added to clear the heat. Furthermore, if the tongue edges, which normally have no papillae, show numerous white dots, this is also a sign of latent pathogen (fuxie); it should likewise be outthrust outward, and when the coating turns yellow, it indicates the latent pathogen has emerged to the exterior. 邪外發後化熱，苔轉黃，須佐銀花清之。又若舌邊本無乳頭而現多數白點，亦為伏邪之象，宜托之，使苔轉黃即為伏邪外發。

托

Scant coating significance

- If the pathogen hides in the nutritive-blood level, two forms of scant coating occur 若邪伏營血，亦可致舌少苔，有二型：
 1. red or crimson-purple tongue with little coating, due to heat binding with stasis and producing blood hypercoagulability 一為舌紅或絳少苔。紅兼紫為絳，因熱伏血瘀，血液高凝所致
 2. pale-purple tongue with little coating, the surface appearing muddy when extended and with nodules beneath, sign of cold-damp penetrating the nutritive level, 二為舌淡紫少苔，患者用力伸舌時舌面如泥水，舌下結節，此為寒濕入營伏邪

As taught by Professor Zeng Shengping. Although warm-disease theory often speaks of damp-heat invading the nutritive level, cold can also lodge there, as the saying goes: "When one is injured by cold in winter they will fall ill with a warm disease in spring. 此乃曾升平教授之經驗。溫病多言濕熱入營，其實伏邪伏營亦可為寒，正所謂「冬傷於寒，春必病溫」。



Tongue and constitution

Latent pathogens persist because both form and qi are deficient. A tongue smaller than the oral cavity, thin and emaciated, shows depletion of essence. If infection coexists yet the coating remains white, qi deficiency is evident. 伏邪之所以潛伏，乃形氣兩虛所致。觀舌面可知正邪消長。若張口觀舌小於口腔，舌瘦薄，形虛；兼感染而舌苔白，亦氣虛



Yellow tongue coating

In a true Yangming condition one expects great heat, thirst, sweating, a surging pulse, and a yellow coating. 陽明病本當大熱大渴大汗脈洪大黃苔

Yellow coating arises from two mechanisms 苔黃有二因

1. activated leukocytes ingesting bacteria, turning yellow and staining the tongue 一者感染致白血球吞菌變黃
2. Second, the infection suppresses intestinal peristalsis, causing constipation; the gases move from the root of the tongue to the tip, dyeing it yellow, this is the Yangming fu-excess (bowel-excess) pattern. 二者感染抑制腸蠕動，便秘，氣體自舌根至尖染黃，為陽明腑實

If dampness is mixed in, saliva increases and keratinized papillae proliferate, making the coating thick and greasy 若夾濕則苔厚膩，因水分多角化乳頭高且不易脫落

If after inflammation no yellow appears, the qi is too weak to push the pathogen outward, thus a latent evil forms. "If in winter essence is not stored, in spring there will be warm disease." Zheng qi insufficiency allows the pathogen to hide. 若炎症後不見黃苔，則氣虛不能托邪，此為伏邪形成之本。所謂「冬不藏精，春必病溫」，正氣不足，邪得潛伏。



Nosology part 1

Psoriasis--- Silver scale disease 銀屑病 (yín xiè bìng) also Dry Lichen 乾癬 (gān xiǎn)—Dry lichen

Classical disease equivalent:

1. 白疔 (bái bǐ)-- literally “white scabs”; first recorded in Zhubing Yuanhou Lun (《諸病源候論·白疔候》)
2. 風瘡 (fēng chuāng) — “wind sores,” a broader ancient term for scaly eruptions
3. 鱗瘡 (lín chuāng) — “fish-scale sores,” descriptive of desquamation.

Classical pathomechanism references: Blood heat engendering wind 「血熱生風」 Blood dryness engendering wind 「血燥生風」、「血瘀阻絡」 Yin vacuity, fire stirring 「陰虛火動」 etc, 等證。

Common formula archetypes: Cool blood and resolve toxin 涼血解毒 such as Xi jiao di huang tang 犀角地黃湯 Qing ying tang 清營湯

Transform and nourish blood and moisten dryness 變化養血潤燥 such as Si wu tang with Di huang yin zi 四物湯合當歸飲子

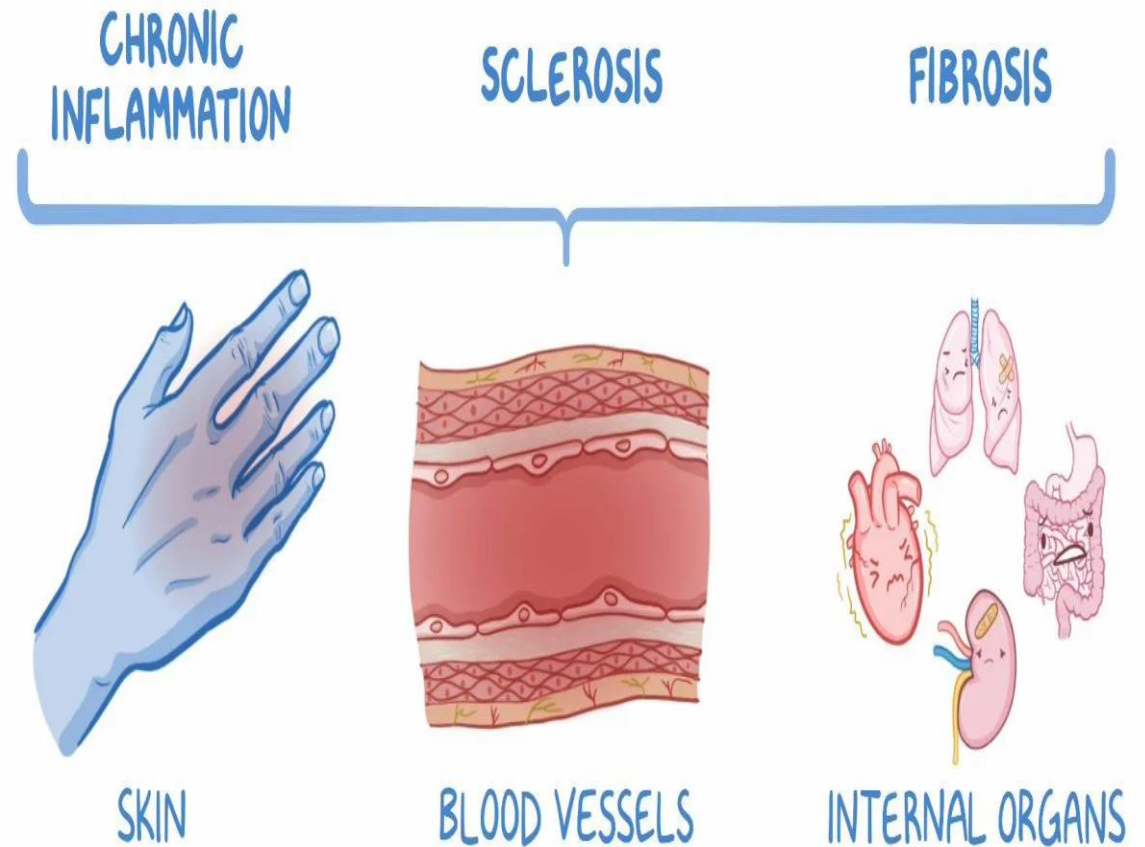
Invigorate blood and penetrate the luo 活血通絡：Tao hong si wu tang 桃紅四物湯、Xue fu zhu yu tang 血府逐瘀湯



Nosology part 2

- 2. Scleroderma 硬皮病 (yìng pí bìng), literally hard skin
- Classical equivalents:
- Skin Bi 皮痺 (pí bì) — from Lingshu • Bi Lun: “皮痺者，皮不仁也。”
- Skin Hardness 皮癢 (pí yǎng), Skin tightness 皮緊 (, pí jǐn), terms appearing in Ming-Qing literature
- Numbness/obstruction (bi) due to yin-cold congealing and stagnating . When wind-cold-damp bi persists for a long time, it transforms into dryness and stasis. 陰寒凝滯之痺，風寒濕痺久而化燥化癢。
- Typical classical mechanisms: 氣血兩虛，寒邪凝滯，陽虛不達肌表，久之血瘀皮緊。 Formulas often used: 當歸四逆湯、桂枝附子湯（溫經散寒通絡）黃耆桂枝五物湯（氣血雙補通痺）
- Dual vacuity of both qi and blood, cold evil congealing and stagnating yang deficiency failing to reach the exterior of the muscles; after a long time, blood becomes static and the skin becomes tight. Formulas often used :Dang Gui Si Ni Tang, Gui Zhi Fu Zi Tang (to warm the channels, scatter cold, and free the network vessels);Huang Qi Gui Zhi Wu Wu Tang (to supplement both qi and blood and free bi).

SCLERODERMA CONNECTIVE TISSUE DISEASE



Nosology part 3

- 3. Granuloma 肉芽腫 (ròu yá zhǒng) Classical correspondences (depending on type):

No single exact classical disease name exists; related categories include:

1. 癰疽 (yōng jū) — “deep carbuncle / abscess” when suppurative;
2. 結核 (jié hé) — literally “knotted mass” or “tubercle,” used in Han–Tang texts to describe nodular swellings (e.g. 肺癰結核). 痰核 (tán hé) — phlegm-congealed nodules, seen in Zhubing Yuanhou Lun; often used for subcutaneous or visceral granulomatous lesions
3. 瘰癧 (lěo gū) — goiter tumor, when localized as nodular swellings without pus.

Pathomechanism: Phlegm congealing and blood stasis, qi stagnating and knotting; with time transforming into heat and engendering toxin.
痰凝血瘀，氣滯結聚；久則化熱生毒

Treatment ideas: Transform phlegm, disperse binding, invigorate blood and soften hardness 化痰散結、活血軟堅。



Granuloma types

Additionally there are different types of Granulomas

1. Infectious granuloma

Examples: Tuberculosis, leprosy, syphilis, fungal infection. Persistent pathogen incites immune containment response. Heat toxin mixing with phlegm stasis congealment 痰瘀互結

2. Foreign body granuloma— Immune response from sutures, filler, implants, i.e. foreign material. Qi stagnation and blood stasis with phlegm stasis congealment

3. Autoimmune granuloma- Sarcoidosis, Crohn's disease, granulomatosis with polyangiitis. This is Latent evil with possible Yin fire leading to immune hypersensitivity

4. Idiopathic granulomatous inflammation--- Latent toxin

5. Lipogranuloma or foreign-oil reaction- Injected oil or fat. This is phlegm damp repletion with toxin binding



Raynaud nosology

- 4. Raynaud's Disease 雷諾氏病 (léi nuò shì bìng) or 或稱 末梢循環障礙、肢端動脈痙攣 (zhī duān dòng mài jìng luán)
- Classical equivalents:
 1. 凍瘡 (dòng chuāng) – Frostbite sore
 2. 脈痺 (mài bì) – Vessel Bi
 3. 厥逆證 (jué nì zhèng) — especially 4 limb reversal cold “四肢厥冷” due to Yang vacuity and Qi depression 陽虛氣鬱, Cold congealed blood stasis 寒凝血瘀。 Cold jue 寒厥、Qi jue 氣厥、Blood Jue 血厥

“陽氣不能達於四末”

Typical mechanism:

Cold evil lodging in the channels and network vessels, yang qi being constrained and repressed, blood circulation becoming obstructed, and the extremities losing warmth; or, liver qi binding and stagnating causing contraction of the blood vessels. 寒邪客於經絡，陽氣鬱遏，血行不暢，末端失溫；或肝氣鬱結，血脈收縮

Common formula archetypes: Dang Gui Si Ni Tang (for blood-deficiency cold-reversal), Gui Zhi Jia Fu Zi Tang (for yang-deficiency cold-congealing), Dan Shen Yin and Xue Fu Zhu Yu Tang (for qi-stagnation and blood-stasis type).

◦ Common formula archetypes: 當歸四逆湯（血虛寒厥）桂枝加附子湯（陽虛寒凝）丹參飲、血府逐瘀湯（氣滯血瘀型）



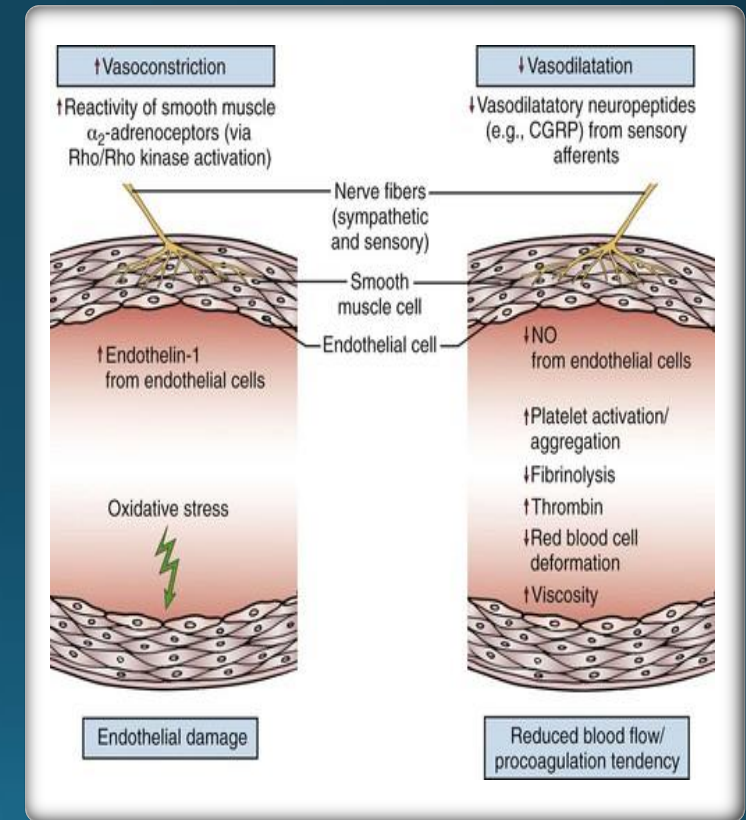
Raynauds immuno-mechanism

Raynaud's Phenomenon is an Autoimmune vasospastic disorder (often secondary to connective tissue disease). Mixed Type II (antibody-mediated) + Type III (immune complex) hypersensitivity, with Th2 and interferon components.

Its core mechanism is Endothelial dysfunction leading to overproduction of endothelin-1 (vasoconstrictor) and reduced nitric oxide (vasodilator). There is also Autonomic dysregulation with an exaggerated α -adrenergic response causes intense vasospasm. In secondary Raynaud's (e.g., scleroderma, lupus): immune-mediated vascular injury with antibody attack on endothelial cells and microvascular fibrosis. Leading to episodic digital ischemia, cold-induced color changes (white-blue-red).

Immunopathology autoantibodies: anti-centromere, anti-topoisomerase (Scl-70), anti-RNA polymerase.

Structural changes: basement membrane thickening, capillary dropout, perivascular fibrosis.



Granuloma pathos

Granuloma (autoimmune or immune-type)--Cell-mediated delayed-type hypersensitivity (classic Type IV). Dominated by Th1 and Th17 responses. Th1 and Th17 are T-helper cell lymphocytes.

Th1 is linked with Yang fire constrained in the Qi aspect or Heat toxin repletion with stasis binding, whereas Th17 relates to chronic inflammation as T17 bridges innate and adaptive immunity recruiting neutrophils and amplifying inflammation. This would correspond with Yin fire stirring internally.

In granuloma formation, there is a plethora of Cytokines: IFN- γ , TNF- α , IL-2, IL-17. The Macrophages transform into epithelioid cells leading to the granuloma formation. Sometimes involves defective Treg control (regulatory T-cells), so the immune "containment" persists chronically.

Therefore, this is Chronic Th1/Th17-mediated delayed-type hypersensitivity reaction via Persistent antigen (infectious, foreign, or self-derived). This persistent antigen leads to macrophage activation via IFN- γ from Th1 cells. Macrophages differentiate into epithelioid cells and multinucleated giant cells, surrounded by CD4+ T cells. Failure to clear the antigen leads to self-perpetuating inflammation and fibrosis. It is a self-sustaining immune "containment" reaction that walls off material the immune system cannot eradicate.



T-helper distinctions

Th = T helper lymphocyte, a subtype of CD4⁺T cell in the adaptive immune system. These cells coordinate immune responses by secreting specific cytokines, which activate or regulate other immune cells (macrophages, B cells, neutrophils, etc.). Different Th lineages (Th₁, Th₂, Th₁₇, Treg, etc.) correspond to distinct immune polarizations, each suited for certain pathogens or pathological processes

- Th₁ Cells

Promote cell-mediated immunity against intracellular pathogens (viruses, some bacteria). Activate macrophages and cytotoxic T cells. Key Cytokines IFN- γ (interferon gamma) IL-2 TNF- β

Immune signature: Type IV hypersensitivity (delayed-type). This drives granulomatous inflammation and autoimmune tissue injury.

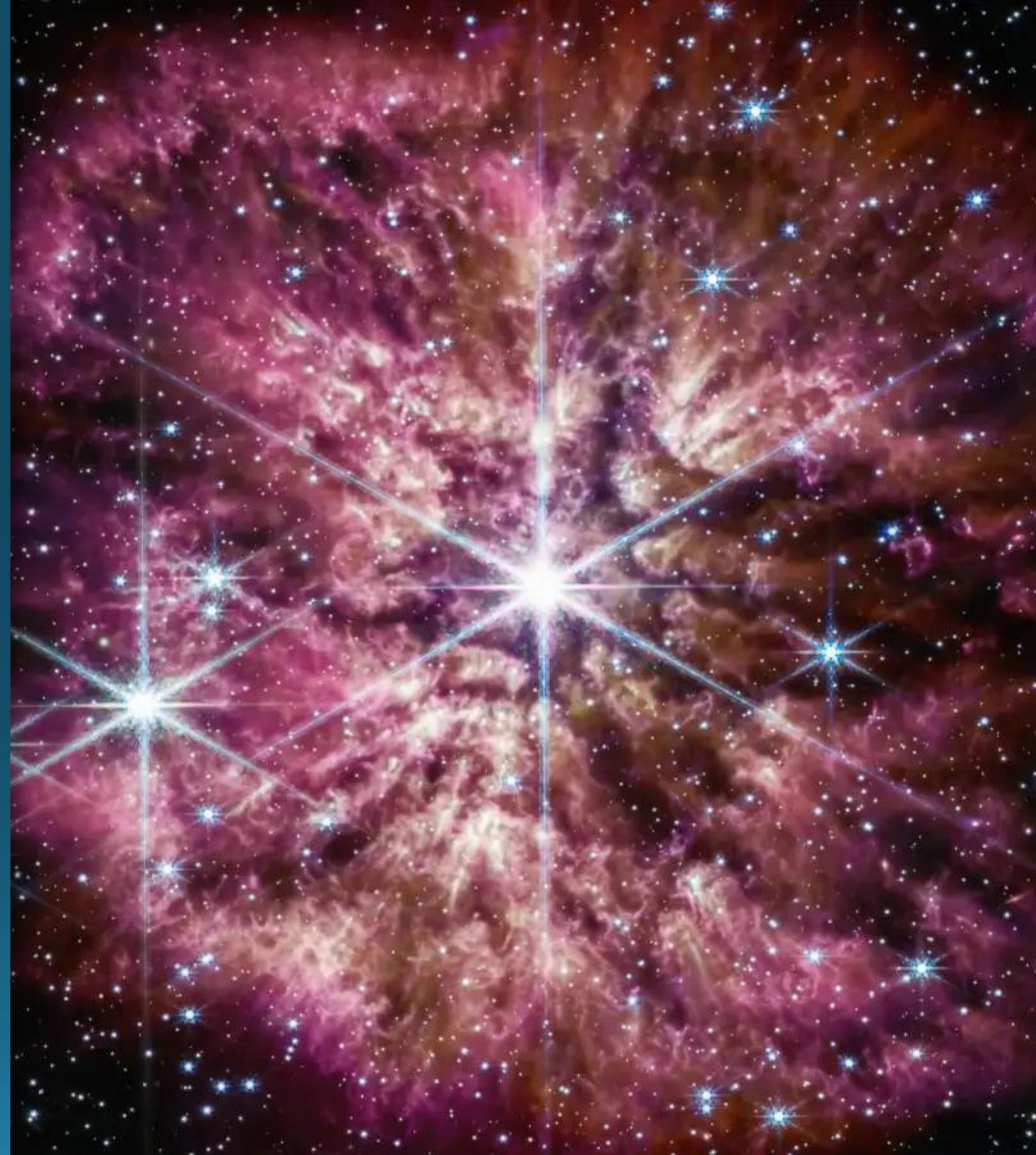
Yang fire constrained within qi aspect; heat toxin repletion with stasis binding. Th₁ = excessive internal heat and toxin → tissue consumption, dryness, and rigidity.

- 2. Th₂ Cells

Mediate humoral immunity and defense against extracellular parasites. Stimulate B cells to produce antibodies (especially IgE) driving allergy and fibrosis when overactive. Key Cytokines IL-4, IL-5, IL-10, IL-13.

Immune signature: Type I hypersensitivity (allergy), Fibrogenic and eosinophilic inflammation.

Phlegm–damp repletion with qi stagnation and yang vacuity. Th₂ = yin excess with yang inhibited, leading to phlegm, dampness, or fibrotic hardness.



Th distinctions

- Th17 Cells- bridge innate and adaptive immunity. Recruit neutrophils and amplify inflammation. Protects against fungi and extracellular bacteria, but drives many autoimmune diseases. Key Cytokines IL-17A, IL-17F, IL-21, IL-22 (regulated by IL-23).

Immune signature: Promotes chronic inflammation, autoimmune pathology, and tissue remodeling.

Yin fire stirring internally; damp-heat effulgence and toxin accumulation.

- Treg Cells (Regulatory T Cells)- Maintain immune tolerance and prevent autoimmunity by suppressing Th1, Th2, and Th17 activity. Key Cytokines IL-10, TGF- β .

Immune signature: When deficient, there is loss of tolerance and autoimmunity. When excessive then immune suppression, tumor growth

Spleen–kidney qi vacuity and failure of Zheng qi qi to restrain toxin. Treg equates to the governing and harmonizing function of zheng qi; loss of regulation is yin–yang chaos.



Psoriasis pathos

Psoriasis is a chronic autoimmune-mediated inflammatory dermatosis. Its Immune type is a Type IV hypersensitivity (cell-mediated, Th17/Th1 dominant) with strong innate cytokine amplification. Its an inflammatory disease dominated by Th17 / Th1 pathways.

Psoriasis involves a dysregulated interaction between the innate and adaptive immune systems. Dendritic cells and keratinocytes initiate inflammation, while the adaptive immune response, dominated by Th17 and Th1 lymphocytes sustains it. The central cytokine network centers on IL-23, IL-17, TNF- α , IL-22, and IL-1 β . This creates a hyperactive innate-adaptive feedback loop that is primarily cell-mediated rather than antibody-mediated. Within this loop, dendritic cells release IL-23, which stimulates Th17 cells to secrete IL-17 and TNF- α . These cytokines activate keratinocytes, leading them to produce additional pro-inflammatory mediators that further recruit and activate immune cells. As a result, keratinocytes proliferate up to ten times faster than normal, producing the characteristic acanthosis and parakeratosis seen histologically. The immunopathologic hallmark is a self-amplifying "feed-forward" circuit between Th17 cells and keratinocytes mediated by IL-17, IL-22, and TNF- α .

Triggers: Genetic (HLA-Cw6), infection (streptococcus), trauma, stress, medications. Endothelial activation and angiogenesis lead to erythematous scaling plaques.

Systemic nature: involves metabolic syndrome, arthritis (psoriatic arthritis).



Scleroderma immunopathos

- Scleroderma encompasses an autoimmune fibrosis of the connective tissue. Autoreactive T cells and B cells produce autoantibodies (anti-centromere, anti-topoisomerase I, anti-RNA polymerase III). There is a combined autoantibody (humoral) and fibrotic (cell-mediated) response.

Early: Type II and Type III hypersensitivity (autoantibody and immune complex). As the disease progresses becomes a Th2-driven fibrogenic immune profile, via IL-4, IL-13, and TGF- β . Chronic activation of fibroblasts and microvascular injury.

The condition entails three intertwined processes:

1. Microvascular injury: endothelial apoptosis $\rightarrow$ intimal proliferation $\rightarrow$ obliterative vasculopathy (Raynaud's often precedes fibrosis).
2. Fibrosis: fibroblast activation and excessive collagen deposition driven by TGF- β , IL-4, IL-6, PDGF. Resulting in skin thickening, visceral fibrosis (lung, kidney, GI tract). Trapping the body in an immunopathologic loop
3. Endothelial damage $\rightarrow$ immune activation $\rightarrow$ fibroblast overdrive $\rightarrow$ collagen excess $\rightarrow$ irreversible fibrosis.



Wu she rong pi tang 乌蛇荣皮汤

Black Snake/ Zaocys to nourish the skin decoction

Devised by legendary physician Li Ke 李可

Treats all intractable skin conditions caused by Qi and blood disharmony 氣血失調, i.e. where the Evil gathers, the mQi must be vacuous “邪之所湊，其氣必虛”

Formula ingredients:

Wine washed Sheng di, Dang gui each 30 grams, Gui zhi 10, Chi shao 15 g, chuan Xiong, tao ren, hong hua each 10 grams, Dan shen, Zi cao each 15 g, Zhi gan cao 10g, Sheng jiang 10 pieces, Hong zao 10 pieces, Bai xian pi 30, Wu shao 30 g (honey pills first swallowed). Ding Feng Dan 60 g (zhi he shou wu 30 g, bai ji li 30 g)

生地（酒浸）、当归各30克，桂枝10克，赤芍15克，川芎、桃仁、红花各10克，丹皮、紫草各15克，炙草10克，鲜生姜10片，枣10枚，白藓皮、乌蛇肉各30克（蜜丸先吞），定风丹60克。（注：定风丹60克：制首乌30克、炒白蒺藜30克）



Formula architecture

Formula is a combination of Gui zhi tang+ Tao hong si wu tang, Examples of conditions it excels in:

鹅掌风 — Tinea manuum (fungal hand infection), 牛皮癣 — Psoriasis,

神经性皮炎 Neurodermatitis/ Lichen simplex chronicus

花斑癣 — Tinea versicolor (pityriasis versicolor), 白癜风 — Vitiligo,

疣 — Warts, 青霉素过敏性皮炎 — Penicillin-allergic dermatitis,

过敏性湿疹 Allergic eczema 黄水疮顽症 — Persistent impetigo

(斑秃 — Alopecia areata 皮肤划痕症 — Dermatographism / Dermographism,

臁疮 — Leg ulcers / varicose ulcers 过敏性紫癜痼疾 — Chronic allergic purpura

黄褐斑 — Melasma / chloasma, 局限性皮炎 — Localized dermatomyositis

Li Ke on Wind

Wu she rong pi tang exemplifies the adage of:

"In the treatment of wind, first treat the blood; when the blood circulates, wind will naturally be extinguished 治風先治血，血行風自滅" It also exemplifies the adage of:

"If static blood doesn't leave, new blood will not engender 瘀血不去，新血不生"

Li Ke states "Wind is the leader of all diseases. The Inner Canon says: "Wind is the messenger of Heaven and Earth." The term "messenger" means that wind represents the transformations of Heaven and Earth; whenever the climate is about to change, wind expresses it first. For example, when the weather is turning cold, a northern wind arises; when it is turning warm, a warm, steaming wind appears. Wind is the foremost of the six excesses. Pathogenic cold, summerheat, dryness, dampness, and heat often attach to wind and invade the body. Therefore, Chinese medicine says, "Wind is the leader of a hundred diseases." This is especially true in relation to dermatological disorders. Li Ke stated that the concept of "wind" in Chinese medicine is all-encompassing, mobile, shifting, and ever-changing. It includes all forms of unbearable itching and pain, persistent numbness, wind-induced pruritus and urticaria, vitiligo, stubborn tinea and eczema, and keratinizing skin diseases 風為百病之長《內經》云：「風者，天地之使也。」所謂「使」，原來便是說風是天地的一個代表，氣候要產生改變，都可以從風上反應出來。好比氣候要轉寒了，它會結果出現朔風；而氣候要轉熱了，又會出現熏風。風為六淫之首，寒、暑、燥、濕、熱諸邪氣多依附於風而侵襲犯體，故中醫又有「風為百病之長」之說，額外是與皮膚病聯繫甚密。李可說，中醫之「風」字，一應俱全，善行而數變，可統括一概癢痛難忍、頑麻不仁、風瘙隱疹、白癬風、頑癬濕疹、皮膚角化等皮膚病

A large, bold, black calligraphic character for 'Wind' (風) is centered on a white rectangular background. The character is written in a traditional, expressive style with thick, fluid strokes. The background of the entire slide is a dark blue gradient.

Resolving the exterior

- For many diseases, one must first relieve the exterior. Li Ke believed that skin disorders should be treated through the Lung, because the Lung governs the skin and body hair and protects the exterior. Therefore, when the Lung is replete, one should use herbs such as Mahuang, Jiegeng, and Baizhi to disseminate Lung qi and open the obstructed exterior, thus freeing the pores. By “opening the door and expelling the thief,” evils are prevented from penetrating deeper 諸病當先解表 李可以為，皮病治肺，肺主皮毛而衛外，實則以麻黃、桔梗、白芷輩宣肺氣，開表閉，以通毛竅之氣，開門逐盜，阻斷病邪深入。

A large, bold, black Chinese character '解' (Jie) is centered within a white square box. The character is written in a traditional, slightly calligraphic style. The box has a subtle drop shadow, giving it a three-dimensional appearance against the dark blue background.

Ying-Wei three strategies

- Li Ke divided treatment of ying–wei exterior patterns into three tiers
 - (1) Disharmony of ying–wei → Guizhi Tang. Mild disharmony with itching/pain in skin disease is relieved by the Guizhi Tang component of Wu She Rong Pi Tang—as in the goose-palm wind case.
 - (2) Obstruction of ying–wei → add Ma Huang, Jie Geng, Bai Zhi. When Guizhi Tang fails to relieve itching, this indicates chronic obstruction of ying–wei. Strategies: Add Ma Huang 5 g, or plus Jie Geng 10 g. For Shaoyang exterior cou li blockage, think of Chai hu

If due to damp-heat or blood stasis obstructing ying–wei, add Bai Zhi 5–10 g (case of alopecia areata) Or Ma Huang + Bai Zhi each 10 g (case of flat warts)

- (3) Weakness of lung defensive qi → Yu Ping Feng San pattern. If wind causes skin swelling or wind triggers numbness/itching, this indicates failure of lung defense qi to secure the surface, a Yu Ping Feng presentation (Huangqi 30 g, Baizhu 20 g, Fangfeng 10 g), as in the neurodermatitis case. Chronic skin ulceration- think Yellow Sweat- Gui zhi jia Huang qi tang

The image shows the Chinese characters '營' (Ying) and '衛' (Wei) in a traditional calligraphic style, enclosed within a red rectangular grid. The characters are black and bold, set against a light gray background. The grid is composed of three rows and four columns, with the characters fitting snugly within the first three columns.

Li Ke on Psoriasis



In Western medicine, psoriasis corresponds to the Chinese medicine condition “Niupixuan.” Its cause remains unclear, but sensitivity to seafood and alcohol often shows delayed or cumulative allergic responses, consistent with the TCM notion of “excessive indulgence leading to damp-heat accumulating and transforming into toxin 按：西醫銀屑病，即中醫之牛皮癬，其病因迄今不明，但對海鮮酒酪多體現遲發性或積存性過敏，即中醫所謂「嗜食無度，濕熱蘊久化毒」所致

Li Ke on the Nature of Psoriasis



- In the treatment of Psoriasis, Li Ke always added Zaoci, Niu bang zi, and Hei Jie sui to vent the latent toxin in the blood. Why? Because this aligns with the nature of psoriasis. Psoriasis first appears as small red papules that may merge into plaques of various shapes, each covered with thick silver-white scales. Scraping the scales reveals a light-red, translucent membrane; scraping further produces pinpoint bleeding, known as “blood dew.” This is exactly what is meant by “latent toxin in the blood aspect.” 李可治銀屑病，均加皂刺、牛子、黑芥穗以透血分伏毒，這是為何？大概源於銀屑病的特性。銀屑病初為赤色小丘疹，可融合成形態不一的斑塊，上覆較厚銀白色鱗屑；刮去鱗屑，則下面顯露淡赤色半透明薄膜；再刮則出現篩孔狀出血，又稱「血露」。所謂「血分伏毒」，即指紅疹與血露。

Recurrence

Recurrence is often due to violating dietary prohibitions confirming Li Ke's principle that "the lingering and recurrent nature of skin disorders is often linked to failure to observe dietary restrictions

皮膚病之纏綿難愈多與不遵守禁忌相關」之原理

The term skin in Chinese 皮膚/pí fū the second term has the character for Stomach 胃

A large, bold Chinese character '膚' (fū) is displayed in black on a white square background. The character is composed of the radical '月' (moon) on the left and '膚' (skin) on the right. The right side is further divided into '月' (moon) and '胃' (stomach). The character is centered within the white square, which is set against a dark blue background.

Dietary guidance

Avoid foods that Assists heat and engender dryness, move blood and triggering substances
助热生燥、动血、发物

1. Warming and Hot-natured Foods (助热)- Lamb, shrimp, chili, pepper, alcohol, coffee, garlic, Deep-fried, and barbecued foods.

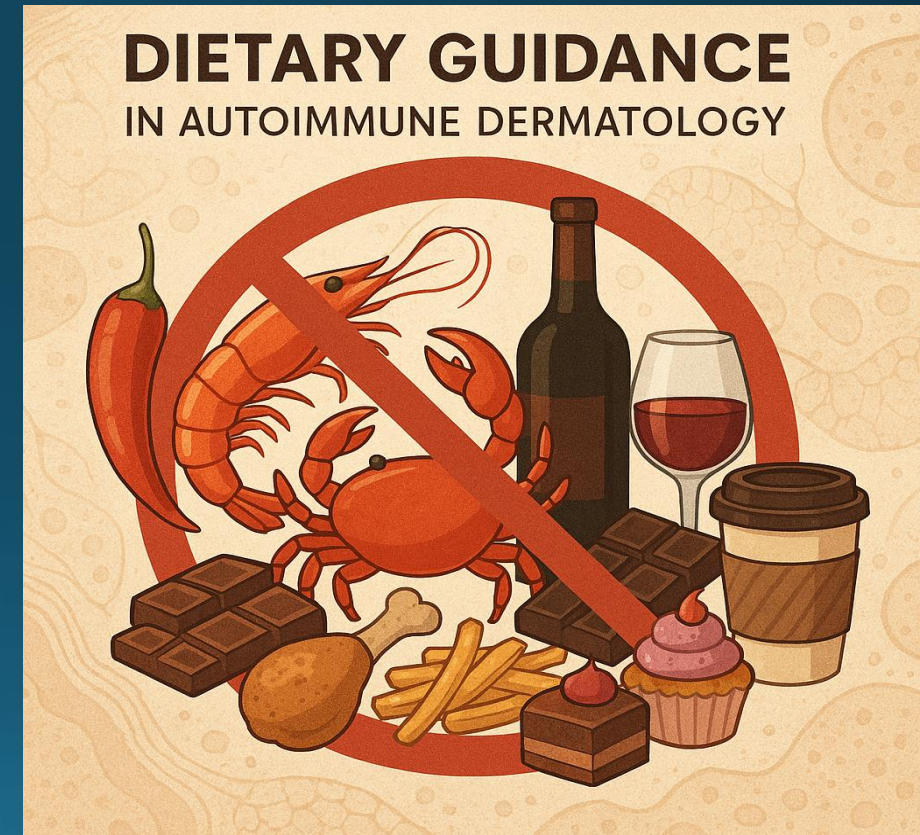
2. Drying and Acrid Foods (伤津)--Onions, bitter coffee or alcohol

3. “Hair-raising” or “发物” (Triggering foods): Classically avoided in skin disease:
Shellfish (shrimp, crab), eel, salted fish, fermented or preserved meats., spicy hotpot broths.

Some texts also caution eggs or dairy during active flare (depending on constitution).

4. Blood-stasis inducing foods (生瘀)- Fatty meats, cheese, fried foods.
Refined sugar, chocolate, or rich desserts (create damp-heat and stagnation).

5. Other modern aggravators- Alcohol (moves and heats blood), smoking, nightshades (tomato, eggplant, peppers) in sensitive individuals.



Li Ke skin modications

For Vitiligo, Wolf's bane 狼毒, 2.5- 3 grams. Disease specific medicinal

Psoriasis- Jin Yin Hua, Lian Qiao, Zao Jiao Ci, Niu Bang Zi, and Hei Jie Sui. However, Zao Jiao Ci, Niu Bang Zi and Hei Jie Sui are disease specific

Secondary infection— heavy use of Jin Yin hua and Lian qiao. Li Ke goes up to 45-120 grams for Jin Yin Hua and 30g for Lian Qiao

Eczema- San miao san minus Niu xi plus Tu Fu Ling (up to 120 grams) as disease specific

Neurodermatitis- Sheng di up to 120 g. Dang gui up to 90 Grams. Emphasizing Nourishing blood and Enriching Yin as key strategies

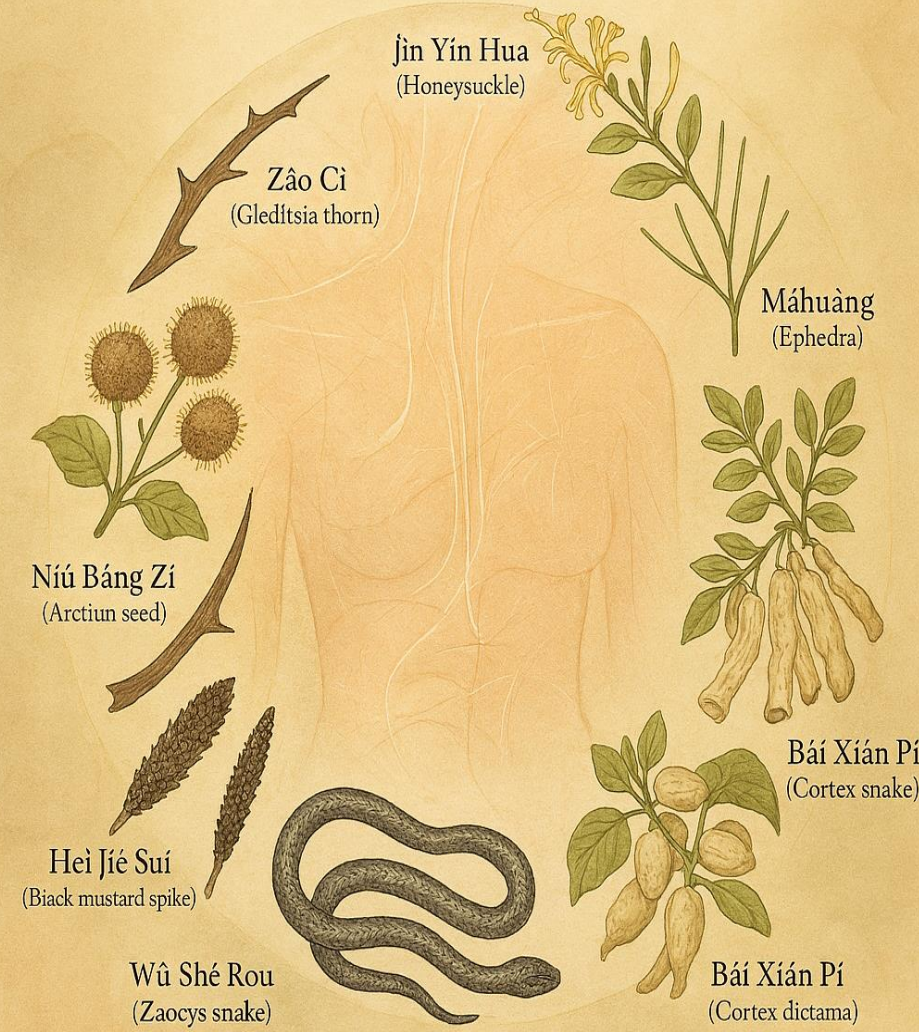
Lymphadenopathy- Mu Bie Zi 木鱉子/ Momordica seed. Li Ke used it up to 40 years without seeing toxicity, however it is considered toxic but can treat all abscesses, ulcerations, scrofula. Stop it as soon as the lymph node enlargement disappears. Li Ke would go up to 30 grams of uncrushed Mu Bie Zi, my suggestion is to go much lower.



Li Ke essential skin medicinals

- Niú Bàn Zǐ (牛蒡子, Zào Cì (皂刺), Hēi Jié Suì (黑芥穗): Key medicinals for “venting out latent pathogens in the blood” in dermatological conditions. They strongly bring out lodged toxins from the blood.
- Wū Shé Ròu (乌蛇肉, Zaocys): Sweet and salty; enters Lung and Spleen channels. Functions: dispel wind, free the network vessels, stop spasms. Treats disorders of the skin, hair, and flesh; indicated for all wind-related and recalcitrant dermatoses: stubborn tinea, numb skin, pruritic papules, scabies, leprosy, vitiligo, scrofula, malignant sores, wind-damp impediment, facial paralysis, hemiplegia. A genuine specific medicinal for all chronic skin disorders. Li Ke praised it as a “specific medicinal for all recalcitrant skin disorders,” rich in calcium, iron, phosphorus, vitamins, and proteins, thus nourishes hair and complexion, promotes longevity. When combined with other medicinals, it strengthens constitution, invigorates blood flow, and provides nourishment to the affected skin regions so recovery can occur
- Bái Xiān Pí (白鲜皮, Cortex Dictamni): Bitter, salty, cold; enters Lung, Large Intestine, Spleen, and Stomach channels. Clears damp-heat and restores devitalized flesh. A specific medicinal for wind-heat sore toxin and pruritic rashes. Taken internally, it causes rapid shedding of ulcerated, necrotic, or hyperkeratotic skin..
- Tǔ Fú Líng (土茯苓, Smilacis): Large doses have a truly wonderful effect for severe eczema, that is, dramatic resolution.
- Bái Liàn (白蒺藜): Bái Liàn 12 g treats skin ulceration, dries dampness, contracts sores, supplements qi, transforms decay, promotes flesh regeneration, and accelerates wound healing. Treats deep rooted toxins
- Jīn Yín Huā (金银花, Flos Lonicerae): Li Ke called Jīn Yín Huā the “sage medicinal for sores and toxins.” It excels at treating all types of boils and deep-rooted sores, swellings, and ulcerative toxic lesions, often used in large doses.

Autoimmune Dermatology



Li ke essential skin medicinals continued

Máhuáng (麻黄, Herba Ephedrae)

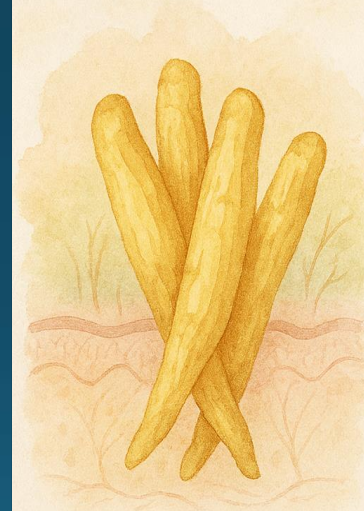
Functions: Máhuáng not only opens the xuán fǔ (玄府, mysterious palaces/ the pores) to diffuse and promote sweating; it can also free the nine orifices, open nasal congestion, brighten the eyes, sharpen hearing, and promote urination. When using strong doses of Máhuáng, one may employ the method: "Stop the dose once sweating is obtained; it is not necessary to complete the full dosage." In this way, the evils gradually dissipate.

Modern pharmacology: The ephedrine contained in Máhuáng may raise blood pressure and cause tachycardia. Adding an equal amount of Chán Tuì (蝉蜕, cicada slough) effectively prevents occurrences of míngxuàn (暝眩—dizziness, dim vision).

Huángqí (黄芪, Radix Astragali)

Huángqí is ranked third among the Upper-Grade medicinals in the Shennong Bencao Jing. It receives the thickest qi of earth; excels at supplementing center qi, moving the great qi, securing the exterior qi. Entering the Spleen channel, it governs the muscles and is especially able to transform decay and engender flesh, and resurrect devitalized tissue. For wind-damp impediment with stubborn numbness of the skin, with no sense of itch or pain, taking it can cause the entire body to shed a layer of skin. Huángqí alone supplements qi and moves blood, internally supports discharge of pus and regeneration of flesh; truly a divine medicinal for chronic sores and ulcers. When lower-body ulcers do not close for a long time, the upper qi must be deficient; heavy use of Huángqí produces immediate effect. Huángqí also governs "Great Wind" (大风—general term for all recalcitrant skin disorders); it can transform decay, generate flesh, and contract sores. It treats the whole-body ulcerations of leprosy. It is particularly skilled at supporting toxin outward and regenerating flesh, the first-choice medicinal for abscesses and deep sores (痈疽). Its nature is mild; only heavy dosing produces results. For diabetic lower-limb ulceration and necrosis, using the classical formula Huángqí Guìzhī Wú Wú Tāng, with 500 g of Huángqí, can discharge all pus, blood, and black necrotic tissue within half a month, allowing closure and healing. To treat generalized pruritus in the elderly, add 60 g Huángqí to Wūshé Róngpí Tāng (乌蛇荣皮汤).

ESSENTIAL SKIN MEDICINALS IN AUTOIMMUNE DERMATOLOGY



Huangqi
(Astragalus)

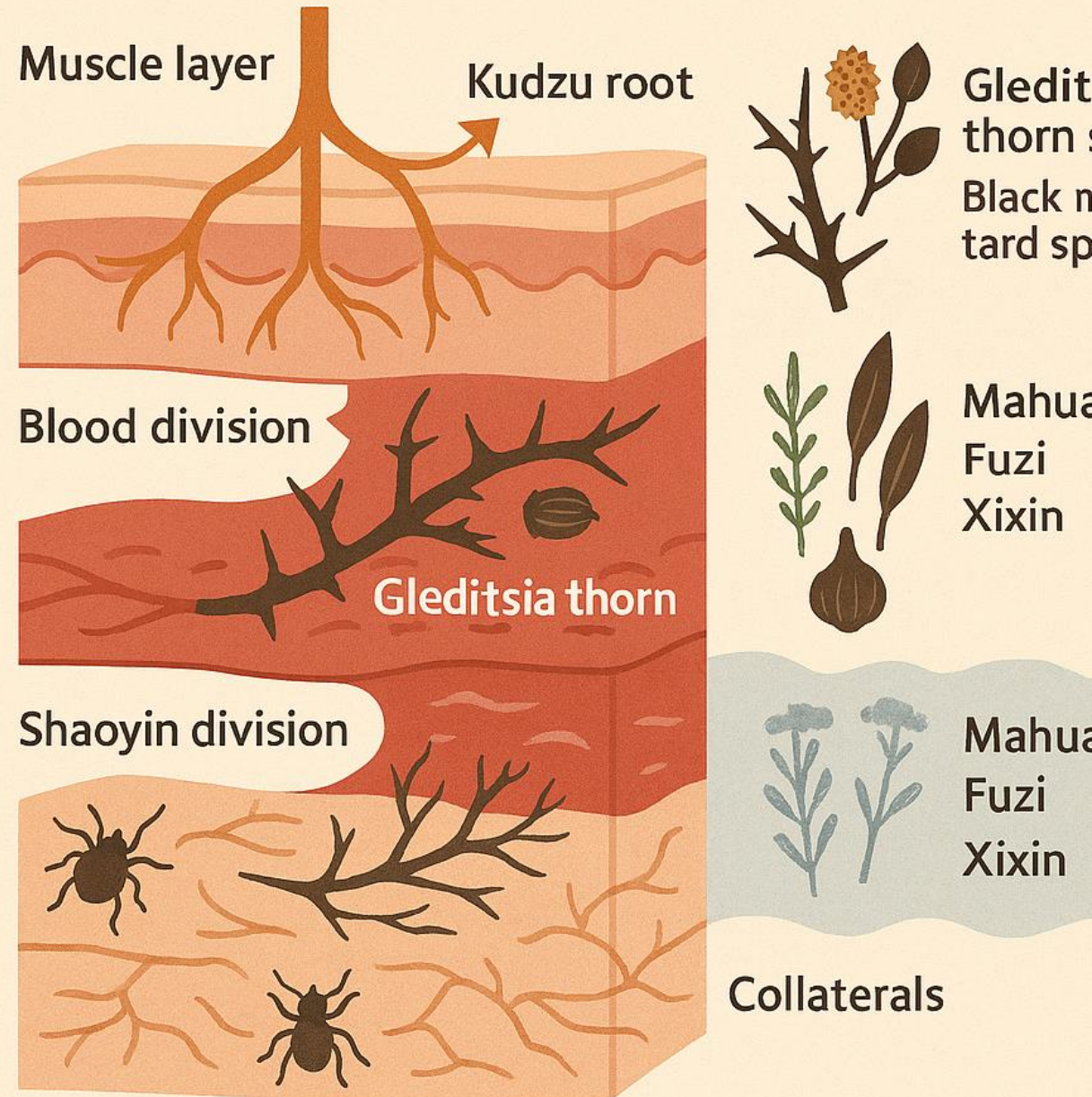


Mahuang
(Ephedra)

Li Ke latent toxin mods

- Skin disease often involves latent pathogens lodged in: muscle layer, blood division, or Shaoyin division.
- (1) Latent in the muscle → Kudzu root to vent outward Li Ke said: when the pathogen has moved from skin to muscle, and now lies one layer deeper, add Ge Gen to release it outward. Examples: weeping eczema and neurodermatitis (p
 - (2) Toxin entering the blood division → Gleditsia thorn, Arctium seed, Black mustard spike "Toxin entering the blood division" is a major characteristic of skin disease. Li Ke commonly used:
 - (3) Zaojiaoci+ Niubangzi+ Heijiesui. Clinical case examples: Using Heijiesui alone in penicillin-allergy dermatitis. Zaojiaoci + Heijiesui in pityriasis versicolor. Zaojiaoci + Niubangzi + Heijiesui in psoriasis,
 - (4) Latent in Shaoyin → Mahuang-Fuzi-Xixin Tang. When the pathogen enters Shaoyin, this is the Mahuang-Fuzi-Xixin Tang pattern (each 10 g), using Xi Xin to drive out long-lodged latent evil. Clinical example: dermatographism
 - (5) (4) Entering the collaterals → use insect medicinals to search and dredge. Li Ke emphasized: for severe skin disease, add insect medicinals that enter the collaterals and blood division, to search out and dislodge the hidden pathogen

LATENT PATHOGENS IN SKIN DISEASES



欧阳卫权 Ōuyáng Wèiquán

Li Ke and Hu Xi Shu student

Ouyang Weiquan is the Chief Physician of the Dermatology Department at the Guangdong Provincial Hospital of Chinese Medicine and holds a Master's degree in Medicine. He is also a nationally designated inheritor of the academic experience of Famous Veteran Doctors of Chinese Medicine. He serves as Executive Council Member of the World Federation of Chinese Medicine Societies Committee on Young TCM Talent Development (世界中医药联合会青年中医培养工作委员会常务理事)

Member of the World Federation of Chinese Medicine Societies Classical Formulas Specialty Committee (经方专业委员会委员)

Member of the Dermatology Branch of the Chinese Association of Chinese Medicine (中华中医药学会皮肤科分会委员)

Member of the Academic Thought Research Committee of Famous TCM Doctors (中华中医药学会名医学术思想研究分会委员) [

Ouyang Weiquan specializes in applying classical formulas (经方 jīngfāng) and Six-Channel Pattern Identification (六经辨证 liùjīng biànzhèng) to treat dermatological conditions, well as complex internal diseases.



Ooyang Wei Quan 欧 阳卫权

- 伤寒论六经辨治“皮肤病”
心法 Shāng Hán Lùn liù jīng
biàn zhì “pí fū bìng” xīn fǎ

The Inner Method for treating
“skin diseases” through Six-
Channel Differentiation of the
Shanghan Lu

中医师承学堂
一所没有围墙的大学

欧阳卫权 著

伤寒论
六经辨证与方证新探
——经方辨治皮肤病心法



Ooyang tx of Psoriasis

All Gui zhi tang strategies (Gui zhi tang, Gui zhi jia ge gen tang, Gui zhi jia huang qi tang, Gui zhi jia fu zi tang, Gui zhi jia long gu mu li tang). At its core of this selection there is Ying wei dysharmony

Dang gui si ni tang (Gui zhi tang strategy again)- Taiyang jueyin

Dang gui shao yao san- Jueyin taiyin

Ge gen tang- Taiyang yangming

Ma xing shi gan tang- Taiyang with exterior Lung heat

Ma xing yi gan tang- Taiyang with exterior wind damp

Yue bi tang- Taiyang Yangming Taiyin

Ma huang fu zi xi xin tang- Shaoyin exterior cold

Zhen wu tang- Shaoyin interior water, Si ni tang- Shaoyin interior cold

Da huang fu zi tang- Yangming shaoyin

Shen qi wan- Shaoyin essence

Ooyang treatment of Psoriasis continued

- Huang lian ejiao tang-Yangming shaoyin
- Ge gen qin lian tang-Yangming shaoyang
- Bai hu tang-Yangming qi level heat
- Zhu ye shi gao tang-Yangming fluid deficiency
- Di dang tang-Yangming with dry blood
- Da huang zhe chong wan – Blood stasis and Xu Lao
- Wen jing tang-Jueyin
- Wu mei wan- Jueyin interior wind



Zhào Bǐngnán 趙炳南

- Zhao Bingnan (1899–1984) was a leading authority in the field of traditional Chinese medical dermatology and external medicine, and one of the founders and pioneers of modern TCM dermatology. In 1956, he established the Beijing Zhao Bingnan Dermatology Medical Research Center. Over his sixty-six years of medical practice, Master Zhao made outstanding contributions to the development of TCM dermatology.
- He served as Director and Vice President of the Department of Dermatology and External Medicine at Beijing Hospital of Traditional Chinese Medicine, Honorary President of the same department, and concurrently Director of the Beijing Institute of Traditional Chinese Medicine.
- He was also elected as a member of the Surgery Society and Dermatology Society, Vice Chairman of the National TCM Association, and Chairman of the Beijing TCM Association. He served as a professor in the Department of Traditional Chinese Medicine at Capital Medical College (Beijing) and was a member of the Beijing Municipal Government. He was also elected as a representative to the 2nd, 3rd, 4th, 5th, and 7th Beijing Municipal People's Congress, a member of its Standing Committee, and a representative to the 4th and 5th National People's Congress.



Zhao Bing Nan empirical recommendations

- Zhao classifies psoriasis into two major types:
- 1) Blood-Heat Type The primary formula used is Bai Pi Formula No. 1.
Consisting of: Raw Sophora Flower (Shēng Huá Huā) — 30g
Lithospermum Root (Zǐ Cǎo Gēn) — 15g
Red Peony Root (Chì Sháo) — 15g
Imperata Rhizome (Bái Máo Gēn) — 30g
Raw Rehmannia Root (Dà Shēng Dì) — 30g
Salvia Root (Dān Shēn) — 15g
Milletia Vine (Jī Xuè Téng) — 30g
Feng Fang 30g



Feng fang

Wasp's nest

Zhao Bing Nan#2

- 2) Blood-Dryness Type - The primary formula used is Bai Pi Formula No. 2, consisting of:
- Millettia Vine (Jī Xuè Téng) — 30g
- Smilax (Tǔ Fú Líng) — 30g
- Chinese Angelica Root (Dāng Guī) — 15g
- Dried Raw Rehmannia Root (Gān Shēng Dì) — 15g
- Feng Fang 30g

OYWQ tx of Scleroderma

- Ma huang tang- Taiyang excess cold pattern
- Ma huang fu zi xi xin tang- Shaoyin excess cold pattern
- Gui zhi qu shao jia ma huang fu zi xi xin tang- Taiyang shaoyin
- Gui zhi jia Huang qi tang– Taiyang Tai yin
- Di dang tang- Yangming– Dry blood
- Gui qi jian zhong tang- Taiyin
- Fu zi tang or Si ni tang- Shaoyin
- Wu tou gui zhi tang-Complex shaoyin
- Yi yi fu zi tang- Shaoyin with dampness
- Dang gui si ni tang– Jueyin
- Dang gui si ni jia wu zhu yu sheng jiang tang- Jueyin Taiyin

Often would add insect medicinals such as Shui zhi, Wu Gong, Quan Xie. Ooyang states this disease is often seen as Bi syndrome. Disease arising from internal vacuity of congenital Kidney essence, or Kidney-Spleen yang vacuity with external invasion of Wind, cold and damp obstructing the channels, network vessels and skin

Granuloma treatment

Gui zhi fu ling wan is disease specific, but since there are many types and causes of Granuloma as previously discussed one must combine it with pertinent strategies.

Idiopathic granulomas- Combine with Chai ling tang (Xiao chai hu tang+ Wu ling san) vent out pathogens from the Shaoyang

Autoimmune based granulomas- Gan cao xie xin tang, raise Sheng gan cao up to 30, careful for those with High blood pressure.

Infectious Granuloma: Add in Jin yin and Liao qiao, if heat think of Xie xin tang. If one face- Ge gen qin lian tang

Jueyin latent toxin- Dang gui chi xiao dou dang gui san and Sheng ma bie jia tang

Hu Wen Zhi lineage general skin protocol

Shou Qian Jin 3308 and Shou Wu Jin 3309

Shou Jie 22.10

Si Hua (Four flowers) 7708, 7709, 7711

Si Ma (Horses) 88.17-8819

For unhealing wounds and pus discharge: add Zhi Wu, Zhi Xian

For itchy pronounced symptoms: add Mu points (11.17)

For severe symptoms: Bleeding on Fen Zhi points DT. 01, DT. 02

Si ma- Four Horses

- Si ma has a Lung governing channel and a Liver branch 肺之總神經，肝之分支神經
- This according to Wang Chuan Min is 肝火乘肺（肺氣不足）
- In terms of location, Si Ma is between Foot yangming and Foot shaoyang (can treat wind dryness). Often for acute skin reactions (that don't involve fire toxin), Si ma is often combined with Mu. Si ma is said to be akin to an immunomodulator, and Mu is more to treat the acute histamine effect (wind heat).
- Si ma also is used for certain cosmetic effect in the face, especially with discolorations. Face is governed by Yangming

驷马三穴

驷马中穴

定位：直立，两手下垂，中指指尖所至之处向前横开三寸。

驷马上穴

定位：驷马中穴上二寸。

驷马下穴

定位：驷马中穴下二寸。



图 8-19 驷马中穴

图 8-18 驷马三穴

Immune system and Tung

Si ma is more immuno-modulatory, treats chronicity and root of the immune dysfunction of the skin.

Needle 3 shu (skin level) to treat skin bi, and disease of the skin. For vasculopathy disorders of the skin, fire on metal, yin fire insulting the lung, needle at 6 shu. Can also needle between Si ma and Tong Tian to purge heart fire.

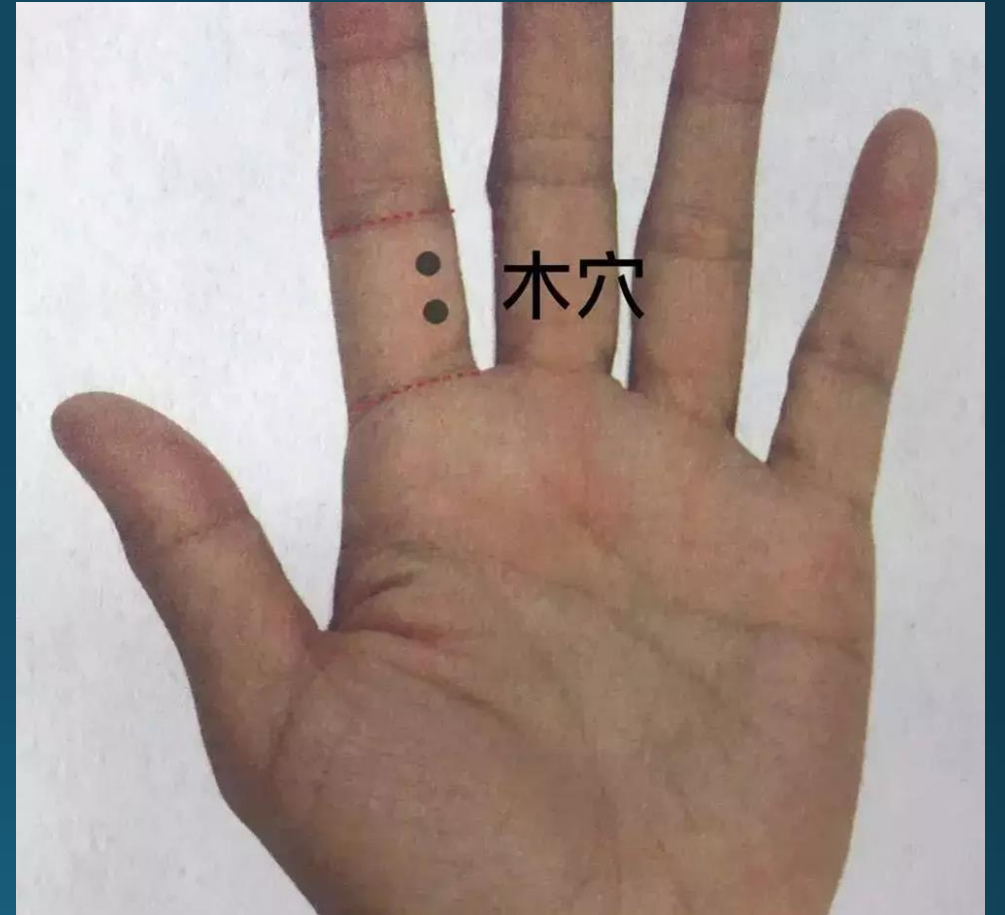
Mu treats more the acute manifestation, even itch of the face. The immediate mast cell secretion. If acute and affects the blood, think San huang.

Severe itch with fire toxin, bleed Wai san guan. Otherwise, needle Shou jie and Fen zhi. For neck heat from heart toxin, Jian Zhong.

Wind itch, Mu with Feng shi. Wind fire- Add Qu chi

External wind manifestation- Feng fu, and Feng chi

Mu



San xian (Three immortals)

- Location of the Points

San Xian (Three Immortals) – Point 2 On the dorsum of the hand, at the center of the first phalanx of the index finger.

San Xian – Point 1 On the dorsum of the hand, 2.5 fen proximal (above) the center of the first phalanx of the index finger.

San Xian – Point 3 On the dorsum of the hand, 2.5 fen distal (below) the center of the first phalanx of the index finger.

Disperses wind and releases the exterior,
Eliminates dampness and expels cold

Needling Method Use a 5-fen needle Through-needling from superior to inferior, penetrating all three points in one pass

Indications: Swelling and pain of the skin due to contusions or trauma, Allergic skin disorders, Scabies, Eczema, Various dermatological conditions/

For eczema, commonly combined with: Zhi Wu, Upper Three Huang, San Xian. Zu Si Ma, Shou Jie, tc.



Pi fu

- Inner Ear – Liver Region (Skin Zone)
- Shenjing corresponds to the the Liver and Lung

Located on the upper outer portion of the ear scapha (elongated depression or groove on the external ear (auricle))

Total of four points

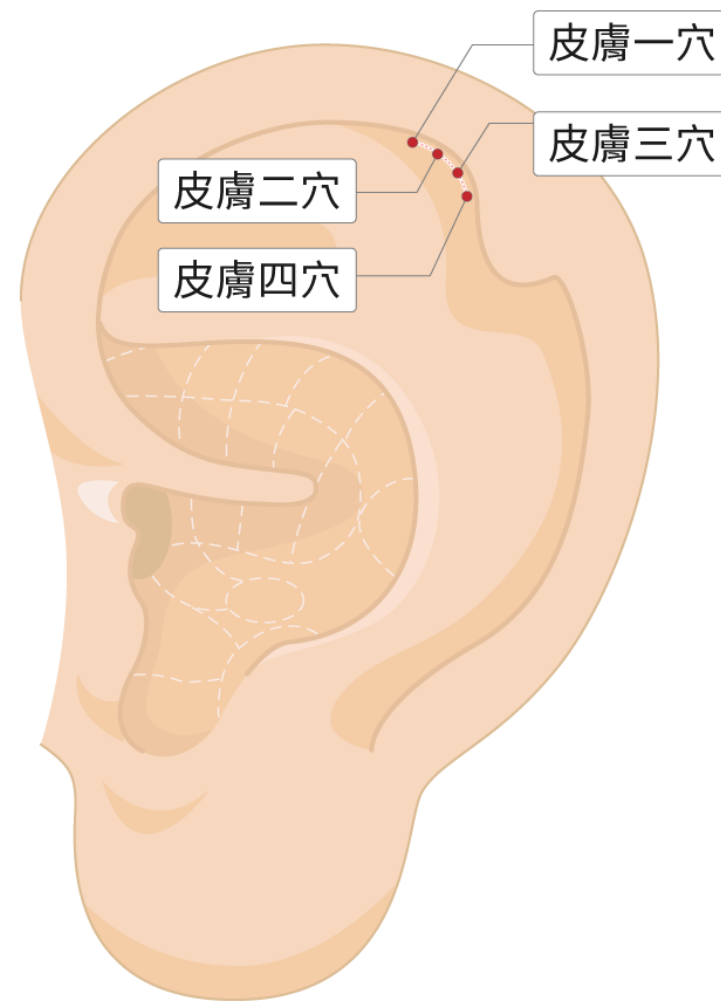
Disperses, wind and releases the exterior Clears the Liver and resolves toxicity

Indications" Urticaria (hives) Various dermatological disorders. Relief of fatigue

Needling Method" Perpendicular insertion to a depth of 1 fen. Alternatively, use a three-edged needle for pricking to

This point set is also known as the Skin Point, or Fatigue-Relieving Point It was omitted in Dong Gong's original texts and later supplemented by Master Hu in his writings There are four Skin Points in total; three points may be selected in a "Dao-Ma (inverted horse)" configuration to enhance therapeutic effect. The Skin Points are located close to the auricular acupuncture urticaria point, but Dong's Extraordinary Points appear as grouped point sets, and Dong-style practice commonly employs three-needle Dao-Ma techniques, in auricular acupuncture one may select: Lung Point. Endocrine Point. Subcortex Point Shenmen

代碼 IX.A.3



Treatment of Raynauds

Either

Shang san huang for Liver blood xu

Tong Tian for Heart yang

Si ma toward Tong tian for Lung qi xu

Xia san huang for Kidney yang xu

Add Shen guan and Si zhi for Kidney supplementation

Huo ying, Huo zhu for Liver qi depression affecting the vessels

Xin Ling if there is heart blockage, characterized by chest pain and pericardial blood stasis

And Shou san huo if hands are cold, cold in the chest cavity



Skin differentiation part 1

1. Shang san huang 88.12-88.16– Liver blood vacuity stirring wind dryness--- lesions are worse at night, scaly and dry, often pale. Floating thin wiry left guan
- 2. Si ma 88.17-88.19- Lung insufficiency and liver rebellion- lesions are inflammatory, often accompanied with immune hypersensitivity such as
- 3. Qu chi- Ma Dan Yang states for whole body lichen and leprosy
- 遍身風癬癩. Floating slippery or deep slippery right cun. Febrile sensation (qi level, worse at night), lesions tend to be red but blanched when press
- 4. Xue hai Spleen 10/ Bai chong wo- Lesion tend to be purple, very itchy. Blood stasis type, concentrated in the lower legs. Macular manifestation.
- 5. Shou jie 22.10- Blood heat fire toxin (Erythrodermic)- often triggered by potent steroids, emotional stress, severe illness. Rapid evolution of disease. Whole body covered with red or purple lesions. Person feels chills, but skin is hot to touch. Tongue: Red and crimson. Restlessness.

Skin differentiation 2

- 6. Jian zhong 44.06- Itch covering the neck, heat affecting the upper burner (yangming shaoyang)
- 7. Feng shi/ GB 31- Wandering wind itch in the limbs, papular manifestation. Often combined with LI 11 for Wind heat manifestation. Combined with Spleen 6, for Blood vacuity stirring wind in whole body
- 8. Wei zhong/ Bladder 40- Lesions in the Taiyang. Zhang Zi He case of bleeding for neck abscess. Blood xi cleft point. Major point for psoriasis. Yang lesions
- 9. Chi ze/ Lung 5- similar to Wei zhong, often lesions in the chest and thorax, and can be in the elbow crevices. Yin lesions

Skin differentiation 3

- 10. Li Gou/ Liver 5- Damp heat in the lower burner- often manifesting with cruel itching genitalia. Can also be blood stasis and damp cold. Think sexual venereal disease
- 11. Mu 11.17- Itch in the face, nose and eyes, allergic rhinitis. Lesions in the palms of the hands/ Goose wind
- 12. Er bei 99.07- Heart kidney not communicating, lesions in the upper jiao
- 13. Hou xin Dt.11- Fire toxin in the blood level of organ

Skin differentiation 4

- 14. Zhong bai 22.06- Yang vacuity lesions. Often lesions tend to be swollen and edematous (discovery by Liu Yi and transmitted by Yu Sheng Tze)
- 15. San yin jiao- Blood vacuity and damp lesions, worse at night, pale, swollen very itchy.
- 16. Fen zhi/ DT.01 - Toxin in the excretory fluid— often manifesting with vesicles and blisters
- 17. Wei zhong/ Bladder 40- Blood heat in the Yang (peripheral blood circulation), can treat abscess in the neck, occiput, skin toxin, unresolved exterior, heart blood stasis
- 18. Zu san li/ Stomach 36- Qi vacuity lesions, sunken depressed flesh, often seen in diabetic ulcers. Can moxa ulcer directly

Skin differentiation 5

- 19. He gu/ LI 4– Guide to the face, outthrust qi level toxin outward, common in acne. Young Wei Chieh also guides with Ying xiang, which can open the nose and open the lung
- 20. Tian shu/ ST 25– Damp heat in the intestine, constipation- often white head presentation
- 21. Wai san guan 77.27– Fire toxin, can have swollen lymph nodes, sore throat.
- 22. San zhong 77.07- Cystic acne, damp toxin. Slippery pulse, Wai san guan more wiry rapid pulse

Heart channel itch differentiation

All itch and pain belong to the heart” -- pathomechanism

Any heart channel point can treat itch

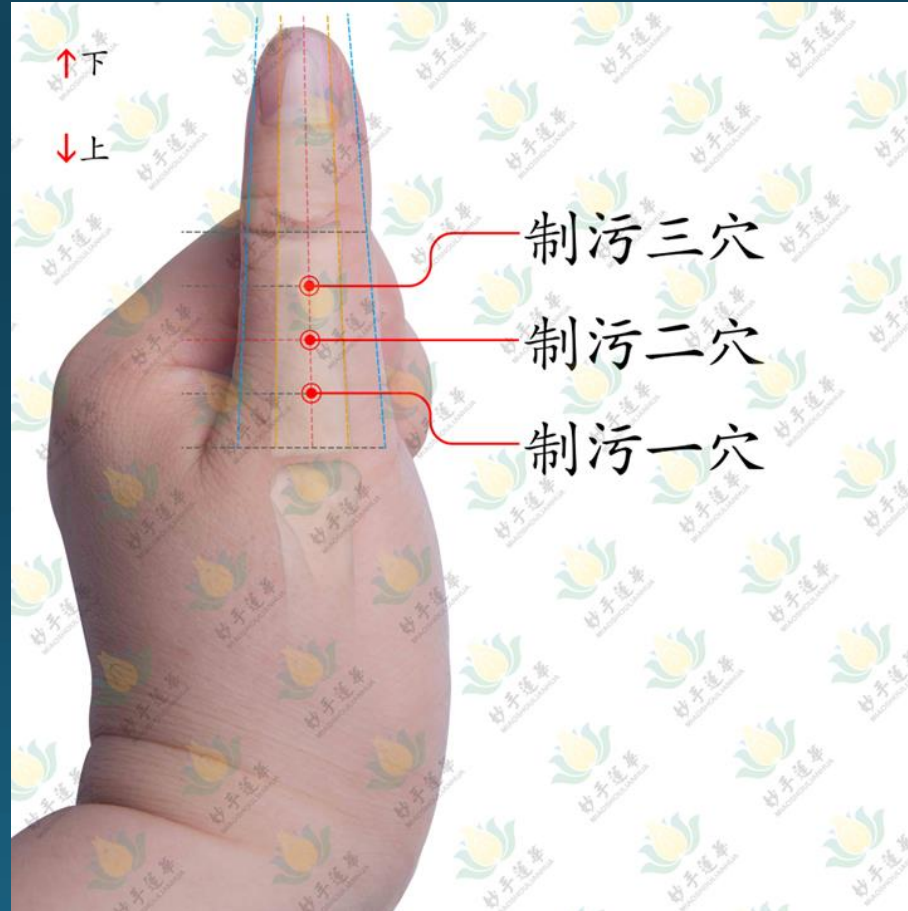
- Heart 9- wind point (often manifested with acute itch, often in the face)
- Heart 8- Fire point (often manifested with burning, fever, toxin)
- Heart 7- earth point (often manifested with swelling, dietary), often paired with Yin ling quan for intestinal dysbiosis
- Heart 4- Metal point (often manifested with dryness and emotional)
- Heart 3- Water point (often manifested with heat and chronic)





Prof. Dr. Ching-Chang Tung
1916~1975

Zhi wu/ Control Filth



Analysis of Zhi Wu

- 11.26 (Control filth/ turbidity), also called 治污
- Assigned by Wang Chuan Min as acting on the Spleen channel (脾正經), as originally Master Tung 1973 book didn't assign a Wu zang shen jing
- Located on the Lung Hand Taiyin 肺手太陰之脈
- Indications: 久年惡瘡、惡性腫瘤、癰疽或惡性腫瘤開刀後，刀口流污水不止，不收口不結痂者
- Hu Wen Zhi lineage often combines it with Zhi xian 止涎 (Stop saliva)– Lung shen jing
- Spleen disharmony leads to inability to manage the blood 統血，as well as the inability to transform fluids, leading to consequently to lesions with blood and pus. Think of the herb, Huang qi, which in the SNBCJ is indicated for 主癰疽，久敗瘡，排膿止痛

Bing ji of Abscess

- Lingshu 81 《癰疽》 in regards to welling-abscess
- Qi Bo says: When ying and wei remain stopped in the Channel vessels, the blood stagnates and does not move, unmoved then wei qi follows and is unpassable, obstructed and without movement, thus the (development of) heat. When great heat does not stop, the heat dominates and the flesh putrefies. Flesh putrefying becomes pus...
- 歧伯曰：營衛稽留於經脈之中，則血泣而不行，不行則衛氣從之而不通，壅遏而不得行，故熱。大熱不止，熱勝，則肉腐，肉腐則為膿

Taiyin

- Notice Zhi wu location is in the Hand Taiyin, the Lung governs Wei qi and the skin.
- The Spleen governs Ying qi, as the Spleen engenders postnatal qi and blood, governs the flesh, and manages the blood in the vessels.
- A comparative formula to keep in mind is Gui zhi jia huang qi tang which treats Yellow Skin disease. The Jin Gui Yao Lue states:
- In Yellow sweat disease, the lower legs are naturally cold, if they effuse heat, this is called Li Jie (Digit running disease). The lower legs are naturally cold. If sweating after eating or constant night sweating, this is Taxation qi. In those after sweating, contrarily there is fever, over time the body will inevitably develop incrustation . If heat effusion is incessant, inevitably will engender malign sores.... 黃汗之病，兩脛自冷，假令發熱，此屬歷節。食已汗出，又身常暮盜汗出者，此勞氣也。若汗出已，反發熱者，久久其身必甲錯；發熱不止者，必生惡瘡；若身重汗出已，輒輕者，久久必身瞢，即胸中痛，又從腰以上必汗出，不無汗，腰髀弛痛，如有物在皮中狀，劇者不能食，身疼重，煩躁，小便不利，為黃汗，桂枝加黃耆湯主之

Master Tung case study

- 一針止大膿 One needle to stop large pus
- Mr. Wang Wenbo, on November 20, 1970, reported a case of treatment at a extraordinary point:
- “My child, when they were a newborn, their buttock was exceptionally big, like a tumor but not a tumor, and day by day it swelled larger. In October 1959, he went to Rong X Hospital for an operation. At the excision emerged holes resembling a sponge, inside the hole there was a cyan watery fluid, mixed with a pink poisonous discharge that was unable to stop. I went to the Linsen North Road in Taipei City and asked Mr. Dong Jingchang to go to Rong X Hospital for a "stealthy treatment". Mr. Dong used a three-edged needle to blacken the veins in the center of the thumb nail on the child's right hand (on the same side as the toxic growth). There was a black spotted vein at the center of the back of the thumb nail, letting out the black blood continuously until regular blood (flowed out) so as to stop. With just one needle, that evening the toxic fluid in the child's right buttock' didn't discharge again”

Liu Yi commentary

- Liu Yi (Wang Chuan Min disciple) simply states it treats a pathological circumstance of Spleen qi greatly vacuous leading to wounds that do not close. He also states that while Zhi wu is used for gingival abscess rupturing, facial basal carcinoma, paronychia (nail infection), lower limb wounds (including ulcer and gangrene), it is not the prime strategy for metastatic tumor leading to abscess or rupture. One must combine with points like San zhong or Wai san guan
- Liu Yu presents his own case study:
- First a case of a friend's 12 year old child, whose both hands skin peeled/ sloughed 雙手
- 蛻皮, the left foot little toe skin sloughed, inflamed, and swollen. He needle Zhi Wu and bled Mu 木 (11.17). Three sessions for complete resolution.
- The point Mu is specialized for hand skin disease, and hand skin growing hard, densely cracked palms, and what is termed as Goose palm wind 鵝掌風 (likened to tinea manuum, a fungal infection causing diffuse scaling of the skin).