WELCOME!

TREATING ROSACEA WITH CHINESE HERBAL MEDICINE

with *Sabine Schmitz* (MMed TCM, China)

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ABOUT ME

30 years of combined experience of TCM and various areas of Western medicine!

Western Medicine:

- **Nursing diploma**
- Diploma: **Medical Technical Assistant**
- Licensed **Natural Health Professional**
- Worked in hospitals, laboratories, universities, and national and international clinical research for the pharmaceutical industry.

TCM:

- 20 years of experience in TCM, self-employed for more than for 15 years
- Acu diploma, herbal medicine diploma
- **Master studies in China** (M.Med. TCM, China), majoring in *Chinese medical dermatology*
- **Author** of TCM Dermatology books
- Founder and owner of **CHINAMED COSMETICS**: natural herbal skincare based on the principles of TCM.

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MY HAPPY PLACE

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I don’t work online!

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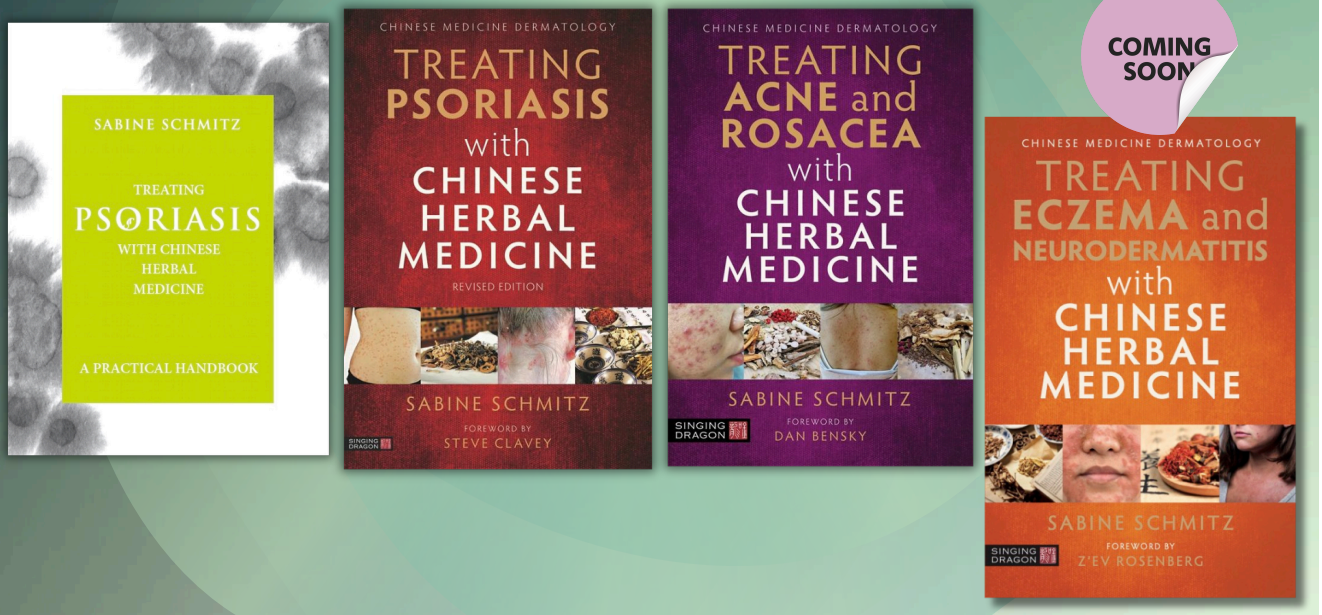
Published ***books***:



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TCM **Skincare** *www.chinamed-cosmetics.com*

NEW

Explore broader applications of TCM in Dermatology –

extending beyond herbal tea, unlocking additional therapeutic potential.

Optimal skincare for your patients, complementing TCM therapy or as a preventive measure.

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Synonyms of rosacea include "*acne rosacea*", "*couperose*" and "*facial erythrosis*", in German also "*Kupferfinne*" and "*Rotfinne*".

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TCM can do!

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My treatment approach:

-Practical
-Flexible
-Proven

Classical formulas with moderate dosages, plus flexible modifications.

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4 TCM syndromes and their treatment with Chinese herbal medicine in very detail	06
Diet, Skincare and Lifestyle advice	07

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For you

- Understandable and clear with examples and pictures
- Immediately applicable in treating patients.

Practical, modern & simple approach

- Not complicated
- Easy to implement in your daily practice

Tested and proven

- Hands-on experience gained in my TCM practice for Dermatology
- More than theoretical textbook knowledge.

Your advantages

- Independent work with basic formulas and modifications
- Due to moderate dosages and affordable for patients.

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What requirements should you ideally fulfill?

- Being familiar with TCM foundations
- Being confident with tongue and pulse diagnosis
- Basic education in Chinese herbal medicine
- Basic education in Western Dermatology.

- Willingness to think and treat in a different way
- Advocating one's own standpoint in a clear way
- Patience.

Never forget:
Most of our patients have seen many
Western Dermatologists before and they
have taken many chemical drugs in advance.

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Acne Rosacea
Definition

Rosacea is a **long-term inflammatory skin condition** that causes reddened skin and a rash, usually on the nose and cheeks.

May also cause enlarged blood vessels and small, pus-filled bumps.

In Western medicine, there's no cure for rosacea.

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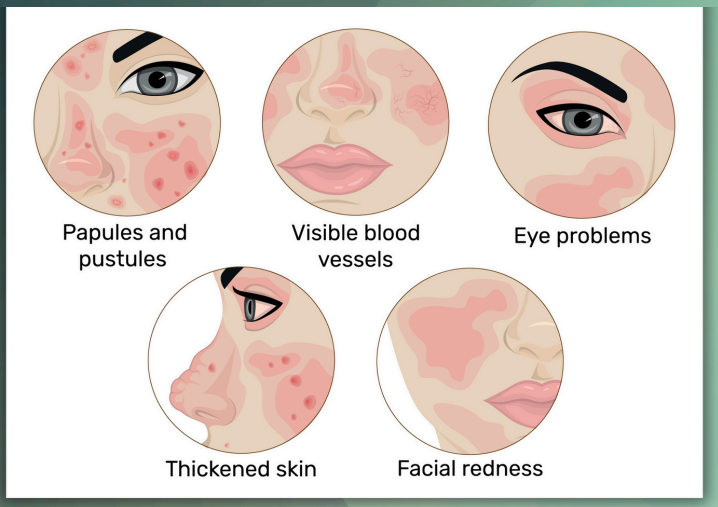
Symptoms include:



- Facial redness and flushing
- Visible veins
- Swollen bumps
- Burning sensation
- Eye problems
- Enlarged nose

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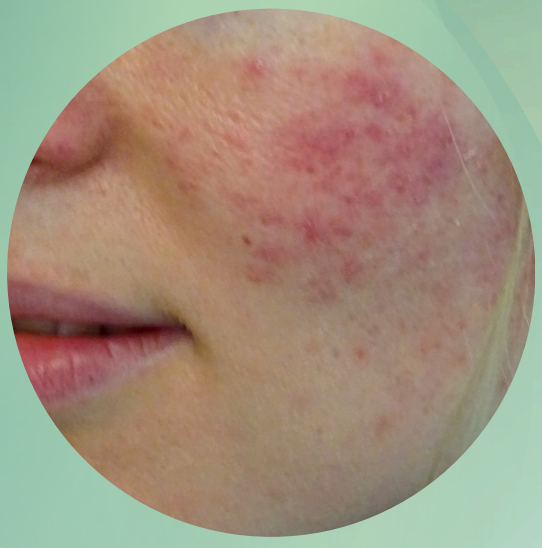
Example pictures



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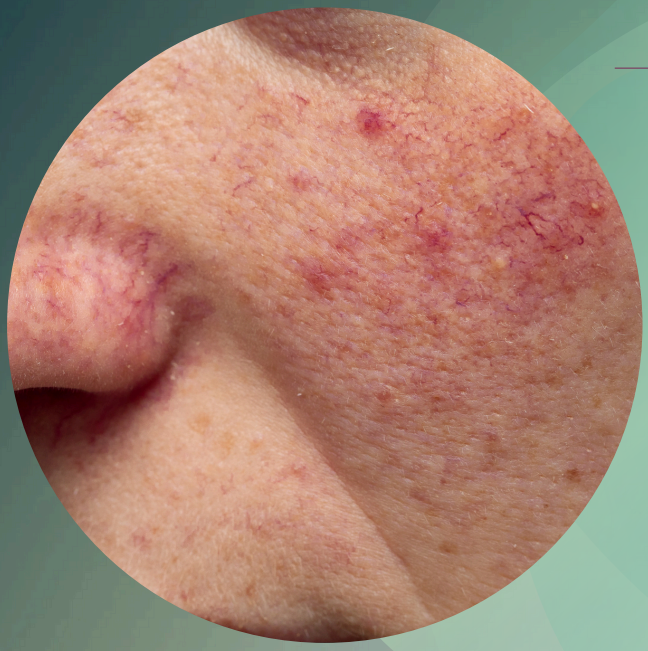
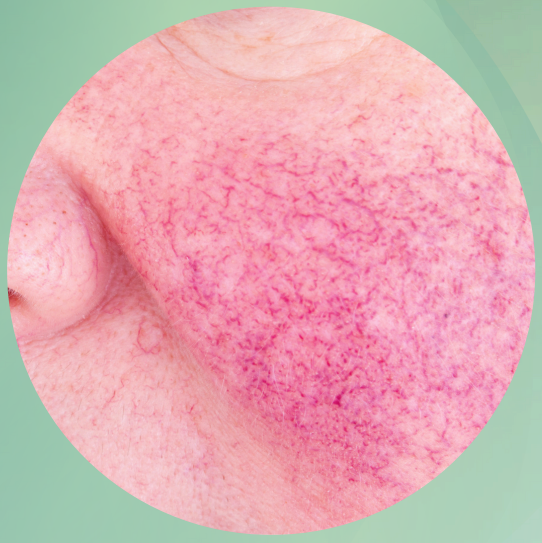
Example pictures





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Example pictures

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Example pictures

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Example pictures

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Do not confuse with Acne vulgaris!

	Acne Vulgaris	**Acne Rosacea**
Chronic Inflammatory Disease	Yes	Yes
Common	Yes	Yes
Age of patients	Teenager and Adults	Mostly adults (> 30 years, more women than men)
Comedones	Yes	**No**
Papules and Pustules	Yes	Yes (but more serious)
Nodules	Yes	Yes
Areas affected	Widespread (face, back, chest, shoulders)	Central face (flush areas, predominantly nose, forehead, cheeks, chin)
Facial erythema	No	Yes
Rhinophyma	No	Yes
Triggers	Varied (e.g. genetic predisposition, hormonal changes, unhealthy nutrition, stress, cosmetic products)	Sun, heat, alcohol, strong emotions, caffeine, spicy foods

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Acne vulgaris is not Rosacea!

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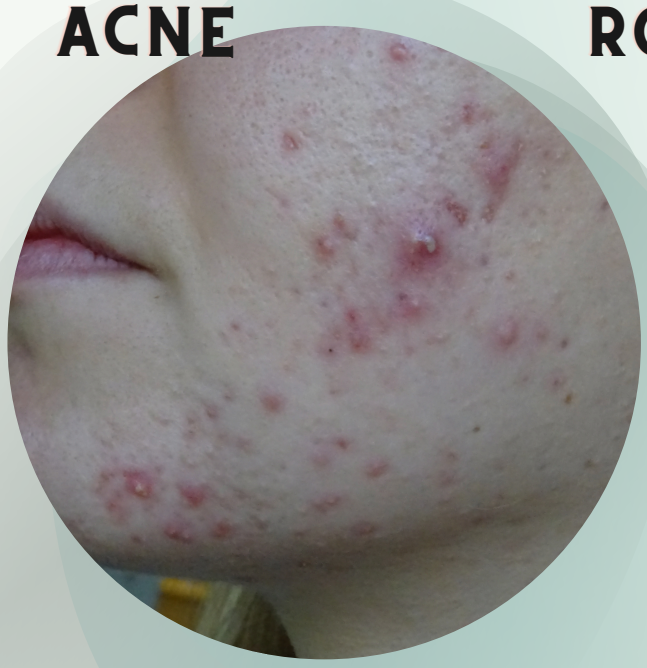
ACNE



ROSACEA

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Acne Rosacea
Causes // Pathogenesis

The cause of rosacea is not known. It could be due to:

- Chronic UV exposure and/or heat
- Genetics: Family history
- Age of Onset: usually diagnosed after the age of 30 years
- Hormonal changes
- Immune System Dysfunction
- Exacerbated by microorganisms (Demodex mites)
- Blood Vessel Abnormalities
- Neurovascular Dysregulation.

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Acne Rosacea
Risk factors

Certain risk factors are known to worsen rosacea, including:

- Sun (☀ UV light)
- Hot drinks; spicy foods
- Alcohol (and smoking)
- Very hot and cold temperatures
- Emotional stress
- Exercise
- Drugs that dilate blood vessels, including some blood pressure medicines
- Some cosmetic, skin and hair care products.

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WEST MED Therapy

Topical - Examples

- **Antibiotic creams or gels:** anti-inflammatory, anti-bacterial

Such as: Metronidazole, Erythromycin, Clindamycin etc.

- **Azelaic Acid:** A gel or foam that helps reduce redness and swelling, but not effective for spider veins.
- **Benzoyl peroxide cream**: anti-bacterial, but burning and itching at the treatment site.

Many side effects! Effects on the blood vessels are temporary. Overuse might lead to worse flushing.

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WEST MED Therapy

Oral - Examples

- **Antibiotics**: Such as doxycycline, which has anti-inflammatory properties.
- Acne medicine, such as **Isotretinoin**: Used in severe cases, reduces oil production, has ant-inflammatory effects >> clear up the bumps.

Effects on the blood vessels are temporary.
Overuse might lead to worse flushing.

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WEST MED Therapy

Laser

- Targets blood vessels to reduce redness and visible blood vessels.

Common side effects: redness, bruising, swelling after the treatment. Rare: blistering and scarring.

Dermabrasion

- For removing thickened skin and reducing visible blood vessels in more severe cases.

Main risks: intra-operative bleeding, unsightly scars, and excessive tissue removal.
Treated blood vessels don't reappear, but new ones can form.

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Chinese term of Rosacea: ***Jiǔ Zhā Bí*** 酒渣鼻.

- *Jiǔ*: alcohol / wine
- *Zhā*: dregs or sediment (acne)
- *Bí*: nose.

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What can make us sick?

WHAT CAN TRIGGER ROSACEA?

A brief review.

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Traditional Chinese Medicine

Causes and Pathophysiology:

Causes are categorized into internal and external factors

- ***Internal*** Causes: Emotions
- Note: Emotions are normal!
- Only an excess causes illness.
- What I do see most often: stress // anger // frustration.

- ***External*** Causes: Climatic Factors, such as wind, cold, heat, dampness, dryness, and summer heat.

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Traditional Chinese Medicine

Causes and Pathophysiology of Rosacea:

2. Other External Factors:

- Environmental/climatic factors, such as humidity
- Cold air/water
- Prolonged exposure to sunlight
- Sudden temperature changes can also be problematic
- Dietary habits >>>.

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Traditional Chinese Medicine

Causes and Pathophysiology of Rosacea:

2. Other External Factors >> Diet

- In general, unhealthy diet, overeating, careless eating
- Over-consumption of spicy foods, such as those containing chili peppers
- Alcohol, particularly red wine
- Hot Foods and Beverages
- Sweets.

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Traditional Chinese Medicine

Causes and Pathophysiology of Rosacea:

3. Other Factors:

- Physical Factors, such Exercise
- Hot Baths and Saunas
- Medication: antibiotics, blood pressure medication
- Chemical Irritants, such as Skincare Products and Cosmetics.

Talking about those factors and lifestyle changes is crucial !

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DIAGNOSIS: TCM SYNDROME DIFFERENTIATION

Hands-on Process for ROSACEA - Step by Step.

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We, as TCM practitioners diagnose rosacea by:

- **Observing the appearance and location of symptoms** >
  Always keep in mind, in TCM, we treat what we see.
- **Checking the pulse and tongue** >
  So on-site work is crucial.
- **Asking about dietary habits, emotional state, and lifestyle** >
  Never go without this!

This process is called: TCM syndrome differentiation.

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TCM syndrome differentiation (*biàn zhèng*)

Detailed analysis of all clinical information by the four main diagnostic TCM methods:

1. **Inspection (observation)**
2. **Auscultation (listening)**
3. **Palpation (feeling)**
4. **Olfaction (smelling).**

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INSPECTION (OBSERVATION)

When treating a skin disease, always place the focus on the skin first! We treat what we see!

- Patient's complexion & posture.
- Our main focus is on the **appearance and localization of the skin lesion in Rosacea:**
  > Warmth/heat sensation, dryness, burning, inflammation, papules or pustules, filled with pus, discharge etc.
  > Spider veins?
  > Flushing: how intense is the color ?
  > Location: where? *Reminder Rosacea: affects face (and eyes) only.*
  > Just cheeks? Chin? Forehead? Nose affected?
- And of course, **tongue diagnosis**.

Make sure to use daylight while inspecting the skin, as there are color nuances on the skin that are difficult to see in less optimal lighting conditions.

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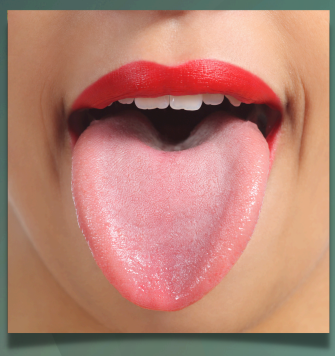
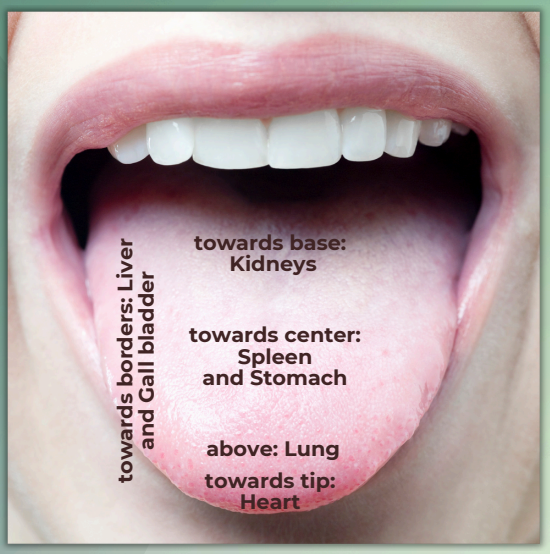
Tongue: A brief repetition



- Normal size.
- Not thick.
- Light red (pink, vital) coloration.
- Thin white, moist coating.



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What we usually see in practice:

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AUSCULTATION (LISTENING)

- Patient's voice
- Patient's report – symptoms and history.

More data is gathered through **questioning** the patient:

- Onset/trigger and duration
- Accompanying symptoms: eg. warmth/heat sensation on face, burning feeling, feeling of dryness / tightness of the skin, itching.
- Don't forget to ask about the *aggravating or alleviating factors*, such as emotions, stress, foods.

My list of key factors for making ROSACEA worse:

stress, alcohol, poor diet with hot, spicy 🌶 foods, too much sweets 🍭.

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Further crucial factors (keep the big picture in mind):

- **Emotions**
- **Sleep**
- **Digestion**
- **Diet**
- **Lifestyle**
- **Environment**
- **Menstrual cycle** with female patients.
- Any **medication**.
- **Previous antibiotics administration** not uncommon in Rosacea – damage the Spleen!
- Previous cold, fever, etc. - Onset factors.

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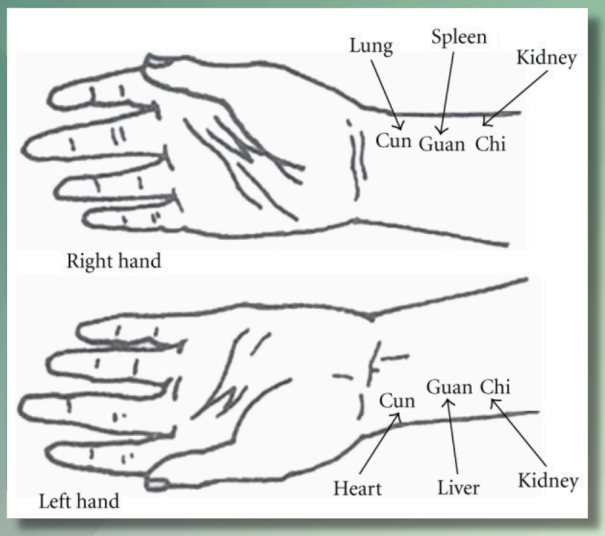
PALPATION (FEELING)

- Consistency and mobility of the **lesion**
- Skin: **Pain** on touch?

- **Pulse diagnosis according to TCM:**
  We check the frequency, depth, strength and rhythm of the pulse.



- CUN: Information on the area above the diaphragm.
- GUAN: Area between diaphragm and navel.
- CHI: Below the navel.

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CAVE: What might falsify pulse?

- **Medication**
  Antibiotics: cold, dampness > slow, slippery
  Cortisone: heat > rapid
  Beta blockers: cold > slow.
- **Nervousness** and tension, **coffee**: heat > fast
- **Main meal** or during **pregnancy**: slippery
- Very rare: **dislocation** = atypical course.

Whenever you feel an irregular pulse, please advise your patient to consult their general practitioner or cardiologist. It would be careless to not refer out for issues beyond our scope of practice.

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OLFACTION (SMELLING)

This usually goes unnoticed! You really don't have to ask...

- Body odour
- Sweat
- Smelly breath.

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Gathered all information & identified TCM syndrome.

WE TREAT WHAT WE SEE !

The TCM pattern, and not the name of the skin disease.
This is what makes TCM individual, flexible and effective!

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Individual Treatment plan

Almost always with herbs 🌿 when treating Rosacea
- Internally & Externally -

- **Diet, lifestyle and skincare advice**
- **Acupuncture is a can, not a must.**

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Fresh herbs

Raw drugs as decoction: jiān jì
I would NEVER deviate from this!

- Most effective form of treatment
- Internal and external use
- Indispensable for chronic complex skin diseases
- Fast and effective
- For patients: easy to prepare and drink.

Don't forget: We are the specialists and patients seek our advice.

Usually they have tried a lot before.

Herbs are the answer.

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Preparation & application:

- ***In this ppt: dosages for decoctions, per bag***
- Granules: about 12 g per day, divided into two dosages usually before meals.

- Ingestion: usually lukewarm.
- Frequency: 2-3 times/day.
- 100-150 ml per dose.
- Time gap (30 min) before meals (or after).

Decoctions are not a highlight in taste.
The tea's purpose is to work, not to taste.

Patients can drink a sip of tea or juice or eat a small cookie afterwards.

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External application: Options

Important: *WET TO WET, DRY TO DRY!*

- For Rosacea usually: **wet compresses**.
- Cold compresses very good against inflammation and the hot/burning feeling
- Examples are provided for each pattern.

Please don't forget that our rosacea patients have gone through many aggressive treatments before. Their skin is usually very compromised and irritated. So work gently!

Important in Rosacea: Moisturizing skincare afterwards!

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Analogies in Chinese Medicine

- Definition
- Examples
- My understanding and application in the treatment of skin patients

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Analogies // Colors of the skin in TCM

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Examples for Rosacea:

Wind:

Rapid onset, *mainly on the upper parts of the body:* ***face***, not deep (superficial), red, warm, inflammatory, painful, itchy.

Usually combined with heat.

Heat > fire:

Severe, intense! *Any part of the body, but usually upper part.* Red, violet, warm/hot, thick/swollen, burning, painful, bleeding, pus.

Damp-Heat:

Sudden onset! Red, warm, thick and swollen, very inflamed and painful; papules, pustules, erythema; burning feeling of the skin.

Each TCM syndrome has usually one predominant feature.

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Examples for Rosacea:

Blood Stasis:

Color usually bluish, purple. Lesions often not elastic, hard, painful Localization is limited.

In Rosacea: usually combined with qi-stagnation.

Dampness:

Slow onset, sluggish, recurrent, mainly nodules. color relatively normal, no obvious inflammation.

In Rosacea: usually combined with heat!

Dryness:

Chronic, not acute. Dry skin, hair, nails, mucous membranes. Itching and scaling.

In Rosacea: not common.

Those are rare!

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Example pictures of the skin (in general):

wind-heat

damp-heat

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Example pictures of the skin (in general):

heat

fire

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Example pictures of the skin (in general):

blood stasis

dryness

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TCM Syndromes

Exuberant Heat Stagnating in the Lungs	**01**
Blood Heat	**02**
Qi Stagnation and Blood Stasis	**03**
Damp-Heat	**04**

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ROSACEA
Practical procedure: step by step.

1. Overall impression (start, patient comes in)
2. Skin check
3. Accompanying symptoms
4. Tongue
5. Pulse
6. Making the TCM diagnosis, explaining to the patient
7. Information for the patient on *diet, skin care and how to prepare the herbs*
8. Writing our TCM script.

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TCM Syndromes

Exuberant Heat Stagnating in the Lungs	**01**
Blood Heat	**02**
Qi Stagnation and Blood Stasis	**03**
Damp-Heat	**04**

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1. Exuberant Heat Stagnating in the Lungs:
Fèi Jīng Rè Shèng Zhèng

Fei - Lung, *Jing* - meridian, *Re* - heat,
Sheng - abundant, *Zheng* - pattern

External invasion of the Lungs by Wind-Heat.
Heat stagnates in the skin and thus disturbs the normal flow of qì and blood.

Acute: Typical after cold/flu > onset or worsening of skin.
Chronic: Often develop from not completely recovered Wind-Heat invasion or retention of Internal Heat.

Skin:

- Erythema usually occurs on the tip of the nose
- or sides of the nose
- Erythema blanches when pressed
- Skin is warm
- Burning sensation, feels inflamed and painful.

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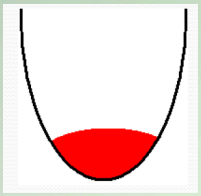
1. Exuberant Heat Stagnating in the Lungs:
Fèi Jīng Rè Shèng Zhèng

Other key symptoms:

- Constipation, dark yellow urine
- Dry nose
- Dry mouth
- Thirst
- Restlessness and redness/warmth of face
- If previous flu or cold: possibly cough, shortness of breath, chest pain, feeling of heat and sweating.

Tongue:

- Red (esp. at the tip), thin yellow coating
- Coating gets thicker and tongue might be swollen if phlegm(-heat) is involved.



Pulse:

- Rapid and superficial, or
- Rapid and slippery - if there is phlegm in the Lungs.

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1. Exuberant Heat Stagnating in the Lungs:

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1. Exuberant Heat Stagnating in the Lungs:

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1. Exuberant Heat Stagnating in the Lungs:

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1. Exuberant Heat Stagnating in the Lungs:

thin, yellow coating
red, especially at the tip.

red tongue with yellow coating,
pt. with previous cold

thin, white coating,
red dots at tip

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1. Exuberant Heat Stagnating in the Lungs:
Fèi Jīng Rè Shèng Zhèng

Therapeutic Principle:

Clear heat in the Lungs and cool the blood.

Formula:

Pí Pá Qīng Fèi Yǐn (with modifications)

(Eriobotrya Decoction to Clear the Lung, also known as Loquat Decoction to Clear the Lung)

>> Very important: doing adjustments / modifications !

Yín Qiào Sǎn is not really an option here. We have to work stronger !

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1. Exuberant Heat Stagnating in the Lungs:
Fèi Jīng Rè Shèng Zhèng

Pí Pá Qīng Fèi Yǐn

pí pá yè (Eriobotryae japonicae, Folium) 15 g
sāng bái pí (Mori, Cortex) 12-15 g
huáng bǎi (Phellodendri, Cortex) 9-10 g
huáng lián (Coptidis, Rhizoma) 6 g
rén shēn (Ginseng, Radix) 1-3 g
gān cǎo (Glycyrrhizae Uralensis, Radix) 6-9 g

Dosage recommendations:
- Large dosages for extreme heat
- Lower doses as skin calms
- Gradually reduce by drinking less or taking breaks.

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1. Exuberant Heat Stagnating in the Lungs:
Fèi Jīng Rè Shèng Zhèng

Modifications:

- Enhancing heat and blood cooling effect: + ***Wǔ Wèi Xiāo Dú Yǐn***
- Additional herbs for blood cooling and regulation: + *mǔ dān pí, chì sháo* or *dān shēn* >> one or two with a high dose of 10-15 g
- Constipation: + raw *dà huáng* or *(zhì) dà huáng* 9 g, steamed - makes it less harsh, better for weak patients
- For extremely dry mouth and thirst: + *shí gāo* 15 g and *shēng dì huáng* 10-15 g
- Alternative to *shí gāo* and *shēng dì huáng*: + *Zhú Yè Shí Gāo Tāng* (Lophatheri and Gypsum Decoction) instead.

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1. Exuberant Heat Stagnating in the Lungs:
Fèi Jīng Rè Shèng Zhèng

Wǔ Wèi Xiāo Dú Yǐn

jīn yín huā (Lonicerae Japonicae, Flos) 12-15 g
pú gōng yīng (Taraxaci, Flos) 12-15 g
yě jú huā (Chrysanthemi Indici, Herba) 12-15 g
zǐ huā dì dīng (Violae, Flos) 12-15 g
tiān kuí zǐ (Semiaquilegiae, Radix) 12-15 g (not available in Germany)

Zhú Yè Shí Gāo Tāng

dàn zhú yè 6-9 g
shí gāo 15-30 g
rén shēn 3 g
mài mén dōng 9-15 g
zhì bàn xià 9 g
jīng mǐ 9-12 g (Nonglutinous Rice)

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1. Exuberant Heat Stagnating in the Lungs:
Fèi Jīng Rè Shèng Zhèng

Suggestion for external use: many possibilities, simple, effective!

1. For papular or pustular lesions
Diān Dǎo Sǎn (Upside Down Powder)
dà huáng and *liú huáng*, 10 g each

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2**. Erythema:**
Sì Huáng Gāo (Four-Yellow Paste)

huáng qín 30 g
huáng lián 30 g
huáng bǎi 10 g
dà huáng 30 g
zé lán 30 g
huáng là (Beeswax) *125g*
zhī má yóu (Sesame Oil) *250 ml*

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Allrounder > hydrating and cooling

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