# WELCOME! - *PART 2*

## TREATING ROSACEA WITH CHINESE HERBAL MEDICINE

with *Sabine Schmitz* (MMed TCM, China)

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# Analogies // Colors of the skin in TCM

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# Colors: *Each TCM syndrome has usually one predominant feature.*

**Wind**

*Usually combined with heat.*

**Heat > fire:**

*Severe, intense! Red .*

**Damp-Heat:**

*Red, warm and swollen, very inflamed and painful; papules, pustules.*

**Blood Stasis:**

*In Rosacea: usually combined with qi-stagnation.*

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# 1. Exuberant Heat Stagnating in the Lungs:

**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.

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.

Formula:
***Pí Pá Qīng Fèi Yǐn*** (with modifications)
Clear heat in the Lungs and cool the blood.

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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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***What do I mean with:***
***WE TREAT WHAT WE SEE?***

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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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## 2. Blood-Heat:
*Xuè Rè*

*Xuè* - Blood, *Rè* - heat.

Heat is very severe!

Yè Tiān Shì's "four levels" theory: *wèi* (defense), qì (qì), *yíng* (nutritive), and *xuè* (blood) level.

Heat in this case has reached the deepest level, *xuè*.

Work strongly and see the patient frequently at the beginning.

Working mildly will not be effective here.

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# 2. Blood-Heat:
*Xuè Rè*

| | | | | | |
|---|---|---|---|---|---|
| #e41028 | #dd0f26 | #d50e25 | #cd0e24 | #c60d22 | #be0d21 |
| #b70c20 | #af0c1e | #a70b1d | #a00b1c | #980a1a | #900a19 |

**Skin:**

- Bulb of the nose is dark red.
- Red papules and pustules surround the nose and mouth.
- Small dilated superficial blood vessels (telangiectasias) appear near the skin surface.
- Telangiectasias commonly seen on the face in advanced rosacea, around the nose and cheeks.
- Skin feels hot and may have a local burning sensation.

- Patients often report the whole face feels warm or hot.
- Patients love to drink cold drinks and cool the face.
- Greater heat increases the likelihood of causing blood stasis.
- Skin lesions may turn purple.
- Nodules may arise, indicating the need for more blood-moving herbs.

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# 2. Blood-Heat:
*Xuè Rè*

**Other key symptoms:**

- Thirst
- Dry stool
- Dark urination
- Irregular menstruation (in women)
- Irritability, restlessness, sleeplessness >> Heat stirring the Heart and the *shén*.

**Tongue**:

- Red, thin yellow coating

**Pulse**:

- Rapid and wiry, or
- Rapid and slippery - the thicker and more pus-filled the pustules, the more slippery the pulse tends to be.

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## 2. Blood-Heat:
*Xuè Rè*

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## 2. Blood-Heat:
*Xuè Rè*

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## 2. Blood-Heat:
*Progress*

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## 2. Blood-Heat:
*Progress*

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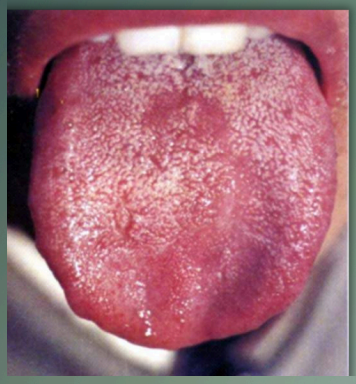
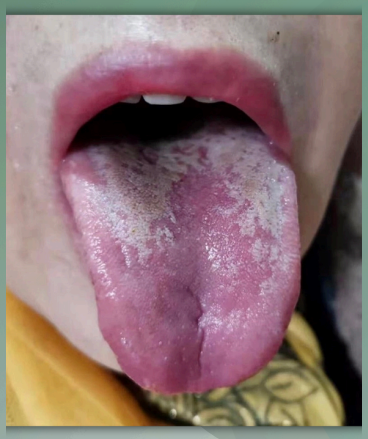
## 2. Blood-Heat:
*Xuè Rè*



red tongue with
a thin yellow coating



blood heat turning into stasis

blood heat consuming the yin

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## 2. Blood-Heat:
*Xuè Rè*

Therapeutic Principle:

**Cool and invigorate blood, clear heat, and relieve toxicity.**

Formula:

***Liáng Xuè Sì Wù Tāng***
(Cool the Blood with Four Substances Decoction),

combined with ***Huáng Lián Jiě Dú Tāng*** (Coptis Decoction to Relieve Toxicity)

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## 2. Blood-Heat:
*Xuè Rè*

***1.***
***Liáng Xuè Sì Wù Tāng***

*shēng dì huáng* (Rehmanniae Glutinosae, Radix) 15-30 g
*chì sháo* (Paeoniae Rubrae, Radix) 10 g
*huáng qín* (Scutellariae, Radix) 10 g
*dāng guī* (Angelicae Sinensis, Radix) 10 g
*fú líng* (Poriae Cocos, Sclerotium) 10 g
*hóng huā* (Carthami, Flos) 10 g
*chuān xiōng* (Chuanxiong, Rhizoma) 5-10 g
*gān cǎo* (Glycyrrhizae Uralensis, Radix) 5- 10 g
*+/- shēng jiāng* (Zingiberis Recens, Rhizoma) 3-5 g

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## 2. Blood-Heat:
*Xuè Rè*

***2.***
***Huáng Lián Jiě Dú Tāng***

*huáng lián* (Coptidis, Rhizoma) 5 g
*huáng qín* (Scutellariae, Radix) 10 g
*huáng bǎi* (Phellodendri, Cortex) 10 g
*zhī zǐ* (Gardeniae, Fructus) 10-15 g

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## 2. Blood-Heat:
*Xuè Rè*

**Modifications**:

- Severe papules and pustules: + *Wǔ Wèi Xiāo Dú Yǐn* or *tǔ fú líng* 15-30 g
- Excessive sebum/oily skin: + *shān zhā* and *zé xiè* (12-15 g each)
- Enlarged, swollen, hot, and painful erythema: + *bái huā shé shé cǎo* (10-15 g) or *bái xiān pí* 10-15 g
- Constipation: + raw *dà huáng* or *(zhì) dà huáng 10* g, steamed - makes it less harsh, better for weak patients.

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## 2. Blood-Heat:
*Xuè Rè*

**Suggestion for external use:** *similar to the first pattern!*

**1. For papular or pustular lesions:** ***Diān Dǎo Sǎn*** (Upside Down Powder)
**2. More heat and red skin:** ***Sì Huáng Gāo*** (Four-Yellow Paste) or ***Jiǔ Zhā Bí Gāo*** (Rosacea Paste)

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## 2. Blood-Heat:
*Xuè Rè*

**3. *Jiǔ Zhā Bí Gāo*** (Rosacea Paste)

*mì tuó sēng* 60 g
*xuán shēn* 30 g
*liú huáng* 30 g
*qīng fěn* 30 g

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## 2. Blood-Heat:
*Xuè Rè*

**Allrounder > hydrating and cooling**

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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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# 3. Qì Stagnation and Blood Stasis
*Qì Zhì Xuè Yū*

*Qì* - Qi, *Zhì* - Stagnation, *Xuè* - Blood, *Yū* - Stasis.

Common pattern if rosacea is left untreated.

**Skin:**

- Large, dark red or purple, bumpy nose
- Nose appears swollen
- Condition called **rhinophyma,** colloquially known as "**cauliflower nose**"
- Enlarged pores
- Presence of spider veins
- Skin on the face is generally darker red and purple due to stasis

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# 3. Qì Stagnation and Blood Stasis
*Qì Zhì Xuè Yū*

**Other key symptoms:**

- Irregular and painful menstruation (in women)
- Dark blood and clotting > the larger the clots, the deeper the stasis
- +/- Thirst without desire to drink and a dry mouth
- Sometimes dry stools, constipated.

**Tongue**:

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

*CAVE: Always check veins underneath the tongue!*

**Pulse**:

- Wiry or uneven (rough).

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## 3. Qì Stagnation and Blood Stasis
*Qì Zhì Xuè Yū*

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*Qì Zhì Xuè Yū*

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## 3. Qì Stagnation and Blood Stasis
*Qì Zhì Xuè Yū*

Therapeutic Principle:

**Invigorate blood, dispel blood stasis, soften masses and dissipate nodules.**

Formula:

***Tōng Qiào Huó Xiě Tāng***

(Unblock the Orifices and Invigorate the Blood Decoction)
with modifications

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## 3. Qì Stagnation and Blood Stasis
*Qì Zhì Xuè Yū*

***Tōng Qiào Huó Xiě Tāng***

*táo rén* (Persicae, Semen) 10 g
*hóng huā* (Carthami, Flos) 10 g
*chuān xiōng* (Chuanxiong, Rhizoma) 6-10 g
*dāng guī* (Angelicae Sinensis, Radix) 10 g
*chì sháo* (Paeoniae Rubrae, Radix) 10 g
*shēng dì huáng* (Rehmanniae Glutinosae, Radix) 10-12 g
*mǔ dān pí* (Moutan, Cortex) 10 g
*xià kū cǎo* (Spica Prunellae Vulgaris) 10 g
*líng xiāo huā* (Campsis, Flos) 3-6 g
*yě jú huā* (Chrysanthemi Indici, Flos) 10 g
*gān cǎo* (Glycyrrhizae Uralensis, Radix) 6 g

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## 3. Qì Stagnation and Blood Stasis
*Qì Zhì Xuè Yū*

**Modifications**:

- For severe pustules: + *Wǔ Wèi Xiāo Dú Yǐn*
- For severe erythema with burning, hot, and painful skin:
  + *bái huā shé shé cǎo* (at least) 15 g, +/- *zǎo xiū* 10 g
- For irregular and painful menstruation with dark blood and clotting:
  + *yì mǔ cǎo* 10-12 g and *yán hú suǒ* 10-12 g
- If blood stasis is combined with phlegm: + *Hǎi Zǎo Yù Hú Tāng* to transform phlegm and soften hardness
- For weak digestion: + *(shēng) yì yǐ rén*, 10-12 g, or *bái zhú* 10 g.

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# 3. Qì Stagnation and Blood Stasis
*Qì Zhì Xuè Yū*

**Suggestion for external use:**

**1. For papular or pustular lesions: *Diān Dǎo Sǎn*** (Upside Down Powder)
**2. Erythema: *Sì Huáng Gāo*** (Four-Yellow Paste)

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# 3. Qì Stagnation and Blood Stasis
*Qì Zhì Xuè Yū*

**Suggestion for external use:**

**3. herbs, which promote blood circulation to remove blood stasis but also moisten the skin**
*dāng guī, sān qī, yán hú suǒ.*

or ***Rùn Jī Gāo*** as a paste or ointment:
*dāng guī + zǐ cǎo 10-15 g each.*

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# TCM Syndromes


Exuberant Heat Stagnating in the Lungs 01

Blood Heat 02

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**Damp-Heat** 04


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# 4. Damp-Heat :
*Shī Rè*

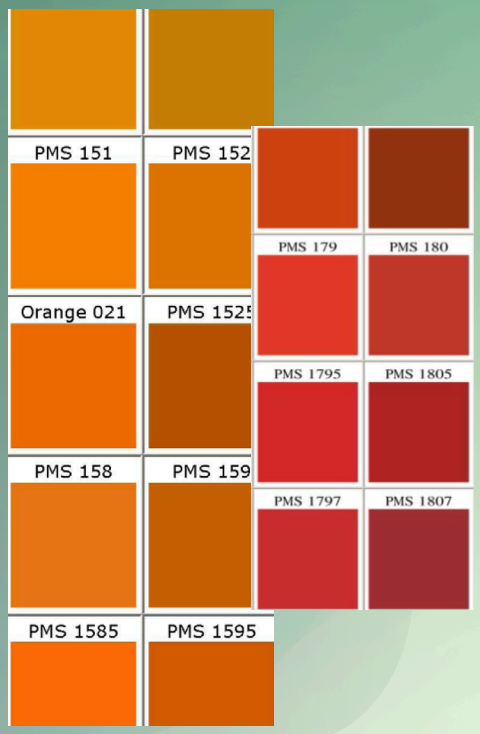
*Shī:* Dampness, *Rè:* Heat

Damp-heat accumulates in the skin and causes severe redness + pustules.

**Skin:**

- Prolonged situation
- Papules and pustules - sizes depending on extent of damp-heat
- Very common: greasy, oily skin
- Erythema, skin thick/swollen
- Warm, very inflamed and very painful skin
- Deep lesions, pus

*If more heat: pustules redder;*
*more damp: pustules more yellowish.*

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# 4. Damp-Heat :
*Shī Rè*

**Other symptoms:**

- Bad breath, foul or bitter taste in the mouth
- Thirst
- Loss of appetite, sometimes a feeling of fullness in Stomach
- Constipation and dark yellow urine
- Fatigue, feeling of heaviness
- Women: vaginal discharge (yellow, hot).

**Tongue:**

- Red, with a thick, yellow, greasy coating.

**Pulse:**

- Slippery, and/or rapid.
- The skin might become warm or feel warm after a while if you leave your hand or fingers on the arm or wrist while feeling the pulse."

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## 4. Damp-Heat :
*Shī Rè*

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## 4. Damp-Heat :
*Shī Rè*

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## 4. Damp-Heat :
*Shī Rè*

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## 4. Damp-Heat :
*Shī Rè*

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# 4. Damp-Heat :
*Shī Rè*

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# 4. Damp-Heat :
*Shī Rè*

red tongues,
partly thick with tooth marks

varying yellow,
smeary coating

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## 4. Damp-Heat :
*Shī Rè*

Therapeutic principle:

**Clear heat, eliminate dampness and detoxify.**

Formula:

***Lóng Dǎn Xiè Gān Tāng***

(Gentian Decoction to Drain the Liver)

+/- ***Wǔ Wèi Xiāo Dú Yǐn***
(Five ingredient decoction to eliminate toxins) depending on the severity.

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## 4. Damp-Heat :
*Shī Rè*

***Lóng Dǎn Xiè Gān Tāng***

*lóng dǎn cǎo* (Gentianiae, Radix) 3-9 g
*huáng qín* (Scutellariae, Radix) 9-12 g
*zhī zǐ* (Gardeniae, Fructus) 9-15 g
*chái hú (*Bupleuri, Radix) 9 g
*mù tōng* (Akebiae, Caulis) 9 g (not available in GER)
*chē qián zǐ (*Plantaginis, Semen) 9-12 g
*zé xiè* (Alismatis, Rhizoma) 9-12 g
*shēng dì huáng (*Rehmanniae Glutinosae, Radix) 9-15 g
*dāng guī (*Angelicae Sinensis, Radix) 9 g
*gān cǎo (*Glycyrrhizae Uralensis, Radix) 6 g

Severe: Increase the dosages // Moderate: Decrease the dosages.

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## 4. Damp-Heat :
*Shī Rè*

***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)

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## 4. Damp-Heat :
*Shī Rè*

***Modifications:***

- To enhance the heat clearing effect: + *huáng lián* 3-5 g
- Red, deep and painful bumps: + *tǔ fú líng* 15-30 g
- For oily skin: *+ shān zhā* and *zé xiè* 15 g
- Constipation: + *(zhì) dà huáng* to 9-10 g (steamed)
- To protect the Spleen's function: + *fú líng* 10-12 g and *yì yǐ rén* 15 g.

More heat than damp: remove *chē qián zǐ*.

In general: Menstrual pain with dark blood and clots during therapy: *+ yì mǔ cǎo* 9–12 g. All these cold herbs can sometimes be too strong for sensitive women and cause stagnation when giving too long. Please keep this in mind.

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## 4. Damp-Heat :
*Shī Rè*

**Suggestions for external use:**

**1. *Zào Shī Xǐ Gāo* (Dry Dampness Washing Paste)**

*bái xiān pí* (Dictamni Radicis, Cortex) 10g
*mǎ chǐ xiàn* (Portulacae, Herba) 10 g
*kǔ shēn* (Sophorae Flavescentis, Radix) 10 g
*huáng bǎi* (Phellodendri, Cortex) 10 g
*cāng zhú* (Atractylodis, Rhizoma) 10 g

> As an ointment, a wash or wet compress.

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## 4. Damp-Heat :
*Shī Rè*

**Suggestions for external use:**

2. ***Sān Huáng Xǐ Jì*** (Three Yellow Cleanser Formula)
> As wet compress, wash or ointment

*dà huáng, huáng bǎi, huáng qín, kǔ shēn* 10 g each

> As a wash or wet compress.

Also possible:

- ***Sì Huáng Gāo*** (Four-Yellow Paste)
- ***Diān Dǎo Sǎn*** (Upside Down Powder)
- ***Jiǔ Zhā Bí Gāo*** (Rosacea Paste).

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| **Diet, Skincare and Lifestyle advice** | **07** |


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## ROSACEA: Things to avoid

**Food and drinks that bring heat inside or aggravate already existing heat in any case.**

- Alcohol, esp. red wine, spirits
- Smoking
- Pepper, chili, curry, onion, garlic, coriander and other pungent spices
- Oily and fatty food
- Foods and beverages that contain added sugar

Have instead more mild spices, fresh food without additives, fruits and vegetables.

**Hot Beverages**

- Hot tea or coffee

Have instead fresh water with lemon or peppermint, herbal tea / green tea / chrysanthemum tea (all lukewarm).

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# ROSACEA: Things to avoid

**Other common foods and beverages known to trigger rosacea:**

- Dairy
- High histamine foods, such as aged cheese and processed meats, but also tomato, avocado, dried apricots, dates, figs, and sultanas etc.
- Cinnamaldehyde foods, such as tomatoes, apples, citrus fruits, and chocolate etc.

**Modify the diet to reduce inflammation!**

*Repetition*:
Hot foods, alcohol, and compounds in certain fruits, vegetables, spicy foods, meats, and chocolate may aggravate rosacea symptoms.

**Talk about diet with your patient in detail!**

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# ROSACEA: Lifestyle advice

**Things to avoid:**

- Over-exposure to sun
- Sauna, hot yoga!
- Stress, anger, frustration etc.
- Extreme exercise because redness on the face can become intense.

**Include:**

- Stress control, relaxation methods, such as qi gong, meditation etc.
- Have enough water
- Sun protection, SPF 50 for face is best!
- Even on cloudy days, it's essential to use sunscreen
- Use mild skincare products
- Decrease the intensity of workout, do at a cool place
- Maintain a healthy weight.

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## ROSACEA: Choosing rosacea-friendly skincare products

**Many skincare products and cosmetics can irritate the skin - thus, avoid products with the following ingredients:**

- Alcohol
- Fragrance
- Glycolic acid
- Lactic acid
- Menthol
- Sodium lauryl sulfate
  (often found in shampoos and toothpaste)
- Urea

**Go fragrance-free!**

- To reduce the likelihood of irritation...

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## ROSACEA: Choosing rosacea-friendly skincare products

**To reduce irritation, it's also best to:**

- Select products that say they are made for sensitive skin and non-comedogenic (won't clog pores)
- Never use aggressive toner because of alcohol
- Test skincare products and makeup before applying them to face
- Cleanse face twice a day — very gently. No soap!
- Cleansing will help remove oil and dirt that can worsen irritation
- Rinse off the cleanser with warm water, not hot water!
- No rubbing!
- Use a clean, soft cotton towel
- Change the towel and wash cloth frequently.

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# ROSACEA: Choosing rosacea-friendly skincare products

**Moisturize after cleansing!**

- After washing the face: Wait for the face to dry
- Apply moisturizer to dry skin

**Moisturizer is very essential for ROSACEA skin.**

- Hydrates skin
- Restores essential lipids
- Reduces irritation and discomfort
- Improves treatment results

**According to my experience, patients have:**

- Less dryness, peeling, and roughness
- Less burning and itching on the skin
- More comfort

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## FOOD FOR THOUGHT!

**The TCM Practitioner as a Role Model.**

- Lead by example in lifestyle, character, and other aspects
- Practice what you preach
- Healthy skin can inspire patients, building trust in your methods and TCM
- Trust is paramount, alongside the practitioner's competence.

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## A PERSONAL COMMENT TO WRAP THINGS UP:

- Theoretical knowledge is crucial, but it's not the sole determinant of success
- The person behind the expertise is what truly matters
- Effective therapy depends heavily on the interaction between the patient and the therapist.
- Genuine conversation and connection are pivotal in therapy
- Unfortunately, the importance of dialogue is often overlooked
- In conclusion, it's not just about **what** you know, but **how** you engage with others that truly makes a difference in therapy.

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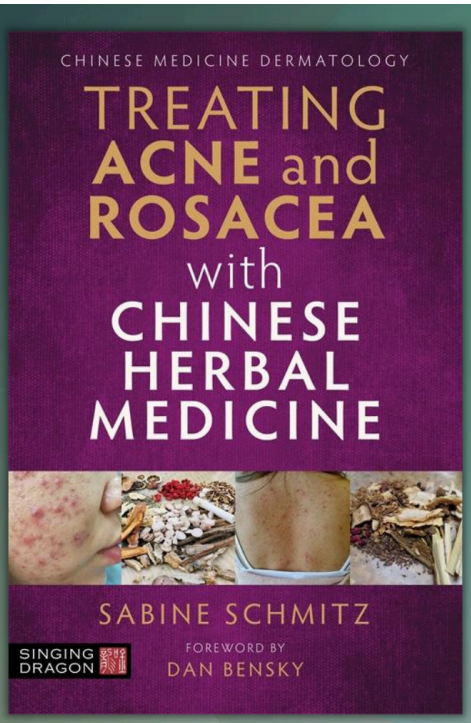

Available worldwide in book stores.

www.chinamed-cosmetics.com

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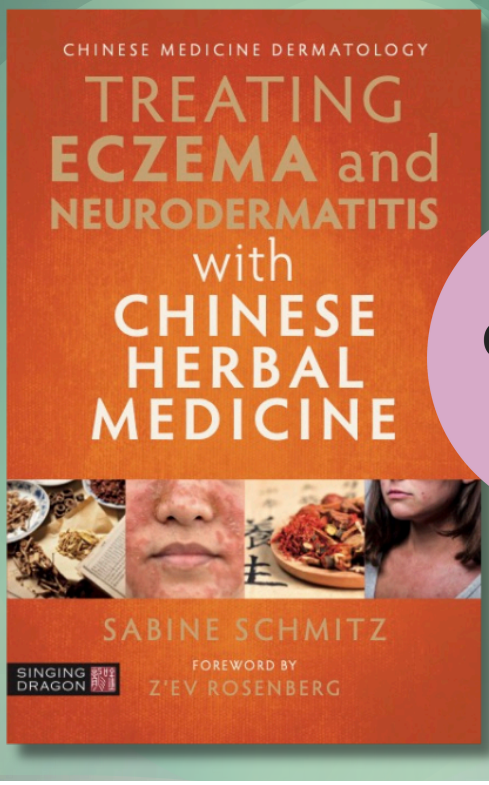


COMING SOON

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# Thank you for your time!

**Sabine Schmitz**

info@chinamed-koeln.de

www.chinamed-koeln.com

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