

# Professor Han Shirong's Dialectical Analysis of the Experience of Treating Spot Baldness

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**Abstract:** Alopecia areata is a sudden onset of non-scarring and inflammatory patchy hair loss. Western medicine mostly believes it is related to immune factors, while Chinese medicine mostly believes it is related to blood and wind deficiency. Professor Han Shirong has been engaged in clinical dermatology treatment for many years and believes that blood stasis is the main pathogenesis, so treatment should be based on activating blood circulation and removing blood stasis. The combination of generalization and supplementation is used to achieve the goal of eliminating stasis and creating new blood.

**Keywords:** Alopecia areata; Activating blood method; famous doctor's experience; syndrome differentiation and treatment

## 1. Introduction

Alopecia areata (AA) [1] is a hair loss area with a sudden round or oval, varying size, unequal number, and clear boundaries on the scalp, with normal local skin, which Western medicine believes is mainly an autoimmune disease. Chinese medicine calls it "oil wind", "ghost shaving head" and so on. Epidemiological surveys have shown that at least 2 to 3 out of every 1000 people develop onset and can occur in all ages and any gender [2-3]. As early as the "Theory of the Origin of Diseases", there is a relevant record: "If his blood is weak, his meridians are exhausted, and he cannot be glorified, so he must be bald." "If a person has a wind and evil in his head, and if he has a partial weakness, he will go bald, his muscles will die, or if he has a big money, or if his fingers are big, his hair will not be born, nor will he itch, so he is called a ghost shaving his head." Clinically, Western medicine often uses immunomodulators, glucocorticoids, minoxidil tincture, ultraviolet light therapy, etc. to treat alopecia areata, although it can achieve certain efficacy, but it has different side effects and is easy to repeat [4]. Professor Han Shirong's clinical treatment emphasizes the combination of disease identification and dialectics, and has made great achievements in the treatment of skin diseases such as psoriasis, scleroderma, alopecia, purpura, Behcet's disease, etc. The author has the honor to learn from the teacher, and now Professor Han's clinical experience in treating alopecia areata from "stasis" is summarized as follows.

## 2. Etiological mechanism

Western medicine believes that the cause of alopecia areata is a T lymphocyte-mediated organ-specific autoimmune disease that targets hair follicles [5]. It is also related to neuropsychiatric factors, endocrine and genetic factors, but the exact cause is still unclear. Traditional Chinese medicine [6] believes that the disease is mostly related to blood fever and dryness, stagnation of blood, deficiency of qi and blood and insufficient liver and kidneys, and the cause is attributed to the three aspects of weakness, stasis and wind, or due to poor emotional consciousness, the stagnation of qi machine is not good, the qi and blood cannot be filled on the scalp, or because the liver is depressed and fire, the yin blood is consumed, and the hair is lost in the nourishment and makes it fall off. The Yellow Emperor's Inner Classic records: "Hair is blood. "Hair depends on the nourishment of qi and blood and is dense and exuberant, the kidneys hide sperm, the liver hides blood, the liver and kidneys are deficient, the sperm is not filled, and the hair is lost in the nourishment and suddenly falls off." "Surgical Authenticity" records that "oil wind is blood deficiency cannot nourish the skin with the qi, so the hair is empty, falling off into pieces, the skin is bright, itchy like a worm, this is all blood fever multiplied by false attacks." Wang

Qingren's "Medical Forest Correction" recorded: "I don't know that the blood stasis outside the flesh of the skin is blocked, and the new blood cannot be nourished, so the hair falls out, there is no disease loss, and it is also a blood stasis." "The blood veins are not blocked, and the subtle qi and blood cannot nourish the hair, thus forming alopecia areata." The "Blood Evidence Theory • Blood Stasis" records: "The blood that deviates from the menstruation is inseparable from the blood of Yang Rong's body, and the blood stasis is scorched on the top, or the hair loss is not born." It can be seen that successive generations of doctors believe that the growth and loss of hair are related to blood and can involve many organs such as liver and kidneys. Professor Han Shirong proposed in many years of clinical experience that the vitality of hair is rooted in the kidneys, moisturizing comes from blood, and the reason why sperm blood can be transfused normally and nourish hair depends on the smoothness of skin veins. If the blood veins are not obstructed, the subtle cannot nourish the hair, thus forming alopecia areata. The causes of blood vein stasis can be divided into two ends: those who are stasis due to reality, such as liver depression and stagnation, and poor blood flow; or blood deficiency and dryness, and stagnant veins; Or the spleen is wet and overstretched, blocking the veins. In people with stasis due to weakness, it is common for qi and powerlessness to promote blood circulation; Sperm and blood are not full, and the veins are dry.

### 3. Treatment experience

Teacher Han believes that alopecia areata is mainly due to blood stasis blocking the hair trick, so the testimony follows its false reality, or supplement or diarrhea, or supplement diarrhea and apply at the same time, in order to achieve the purpose of stasis and rebirth, so that the qi and blood are nourished, and the hair trick is nourished. In the clinical experience, Teacher Han often supplements the liver and kidneys, nourishes the blood and fills the sperm on the basis of supplementing the blood, accompanied by products that activate blood and dissolve stasis, such as angelica, danshen, Sichuan root and other drugs. For those who are dialectically weak, it is commonly used to supplement the kidneys and activate the blood, to improve the qi and activate the blood, nourish the blood and activate the blood, etc., and to supplement and apply at the same time, so that the supplement is not delayed, and the qi and blood are replenished; Those who are dialectically true are given the methods of qi and blood, dispel wind and blood, dehumidify and activate blood, so that the veins can be unblocked and the hair can be nourished. If the hair is replenished with sperm and blood, the hair loss is reduced, the new hair is born, and the stasis is removed and reborn. External treatment methods such as scalp acupuncture, plum blossom needle prick and other methods can also achieve the function of stimulating the scalp, activating blood circulation, and can also promote hair growth, and clinical internal and external treatment methods are common to achieve the best curative effect. At the same time, Teacher Han also believes that the emotional factor is also an important factor in the incidence of alopecia areata, so while paying attention to the blood activation method, Teacher Han also instructs patients to adjust their emotions, maintain a comfortable mood, and at the same time use drugs that relieve liver depression, such as chai hu, tangerine peel, citrus shell and other drugs with evidence. In clinical treatment, Chinese and Korean teachers divided alopecia areata into the following types.

#### 3.1. *Hepatic depression blood stagnation*

It is more common in the early stage of the disease, and there are more cases in young and middle-aged people, and the symptoms are emotional problems such as nervousness and anxiety, impatience and irritability. The onset of the disease is urgent, the disease progresses rapidly, patchy hair loss on the head may be seen, and in severe cases, hair loss in eyebrows, armpit hair and pubic hair can be seen. At the same time accompanied by upset insomnia, irritability and anxiety, red or dark tongue, or with ecchymosis, thin white moss, pulse strings. The treatment method relieves the liver and activates the blood, nourishes the blood and grows hair. Fang uses Dan Gardenia to add and subtract, Danpi, Gardenia, Chrysanthemum, Pine Needle Clear Liver Cool Blood, Diarrhea Fever Removal; Chai Hu relieves liver depression; Angelica and white peony nourish blood and soft liver; Bai Shu, Poria Spleen Transport Wet; Make shou wu hair and healthy hair. If the itching pain in the hair loss area is obvious or there are petechiae in the tongue, the woman's menstrual irregularities, dysmenorrhea, etc., Kagawa root, peach kernel, safflower and other live blood stasis, or with the treatment of loose loose blood soup plus or minus.

#### 3.2. *Liver and kidney insufficiency*

It is more common in the later stage of the disease, the symptoms are sparse and withered, the hair

loss area is gradually expanded, the new hair is easy to fall off, and it can be accompanied by dizziness and tinnitus, waist and knee soreness, etc., the tongue is red, the moss is thin and white, and the pulse is thin or weak. The treatment method nourishes the blood and fills the sperm, and the occurrence occurs solidly. Fang uses the god to nourish the true soup plus or minus, angelica, Sichuan root, cooked to nourish the blood and blood, female virgin, ink dry lotus, silk seed nourish the liver and kidneys; Cypress leaves, head-making black hair. Waist and knee soreness is obvious, Kagawa break, fried eucommia, etc.; If it is a kidney yin deficiency, add dogwood, yam, etc. or add or subtract from the six-flavored yellow soup.

### 3.3. Heart and spleen deficiency

More common in the later stages of the disease, the symptoms are slow and progressive, often recurrent, and in severe cases, other parts can be affected, the hair is soft and dull, sparse and dry, accompanied by fatigue, yellow face, palpitations, insomnia and dreams; The tongue is pale with tooth marks, the moss is thin and white, and the veins are thin. The treatment is beneficial to the qi and spleen, nourishing the blood and hair. Party with gui spleen soup plus or minus. Dang ginseng, astragalus, bai shu, licorice to tonify the spleen and benefit qi and blood, qi and blood; Angelica, longan meat sweet warm blood replenishment; Then add healthy hair and hair nourishing kidney and spleen and other drugs, the whole party plays the function of strengthening the spleen and replenishing blood and hair. If insomnia and dreams add sour jujube kernels; Patients with itching in the affected area are added to qianguo.

## 4. Clinical cases

Mr.Zhang, male, 35 years old, was first diagnosed on October 12, 2020. Half a year ago, the patient had no obvious cause of flaky loss of head hair, and the area of hair loss gradually increased, during which the treatment effect of multi-party traditional Chinese and Western medicine was not obvious, and now he is seeking treatment at the outpatient clinic of Teacher Han. There are now many rounds, well-defined areas of hair loss on the scalp, and the scalp is itchy. Usually impatient and irritable, dry mouth in the morning, bitter mouth obviously, eating naco, urinary adjustment, stool dry knot, 2-3 days a line, tongue red with petechiae, sublingual vein stasis, moss thin yellow, fine veins. In the past, he was healthy and liked to eat raw, cold and greasy products. Traditional Chinese medicine diagnosed as oil wind (hepatic depression blood stagnation); Western medicine diagnosed as alopecia areata. Cure when the liver is cool and cold blood is the first, but also to dredge the blood network. Prescription dan gardenia loose, drug composition: danpi 10g, gardenia 10g, chai hu 12g, baishu 15g, poria 15g, red peony 10g, angelica 10g, jinghua 10g, windproof 10g, shou wu 10g, Qiang huo 10g, chrysanthemum 10g, Sichuan root 10g, peach kernel 10g, dandelion 30g, licorice 6g. 10 doses, decoction, 1 dose per day, 2 times a day, warm after meals. External use of sea wormwood soup, water frying and washing, with hair growth water outside the rubbing; Plum blossom needles are prickled locally. Patients are also advised to keep a good mood and eat a light diet.

October 23, 2020 Second diagnosis: mood improvement, symptoms of bitter mouth significantly reduced, supragal petechiae decreased, stool is normal, once a day in the morning: go to the front of the poria and chrysanthemum, add raw cypress leaves, gastrodia, pine needles, safflower 10g each, mo dry lotus, female virgin 20g each. 21 doses, decoction, 1 dose per day, 2 times a day, warm after meals. Combined with hai ai soup external washing, hair growth water external rubbing and plum blossom needle prick local treatment.

On November 20, 2020, the patient's oral bitterness symptoms basically disappeared, the scalp itching was reduced, the petechiae on the tongue were significantly reduced, the sublingual vein stasis was alleviated, there were new hairs in the local area, the front was removed from the mustard, windproof, added 30g of black sesame seeds, 10g of turmeric, 21 doses, decoction, 1 dose per day, 2 times a day, warm after meals. Combined with hai ai soup external washing, hair growth water external rubbing and plum blossom needle prick local treatment.

On December 22, 2020, the fourth diagnosis, the hair in the affected area became thick and black, followed by 21 doses in front, taking the new hair pill with hair growth water external rubbing, consolidating treatment.

On January 19, 2021, the hair basically grew out, and it was not easy to fall off, but the hair in the affected area was slightly softer than normal hair, so I stopped taking traditional Chinese medicine and

took the new hair pill with external hair growth water. Since taking the drug for half a year after telephone follow-up, there was no new patchy hair loss area during the period, and the hair in the affected area was basically normal, and it was not easy to pull it out.

According to the language: This case is alopecia areata, accompanied by emotional difficulties, bitter mouth, upset, scalp itching and other symptoms, due to liver depression fire, consumption of yin blood, hair loss in nourishment, blood heat, wind heat attack, wind and heat, wind is itchy, solid scalp itching, hair suddenly falling. Cure liver relief, qi and blood. In this case, Danpi, Gardenia, and Red Peony cool blood invigorate blood, clear diarrhea liver fire; Chai Hu, Bai Shu, Poria Poria, Angelica Liver Relief Depression, Healthy Spleen And Qi; Sichuan root, peach kernel, safflower live blood qi dispel stasis and new, while a small amount of safflower and blood hair; Qianghuo, chrysanthemum, pine needle can reach the top, leading the medicine to reach the hospital; At the same time, it is added with cypress leaves, he shou wu, black sesame seeds, ink dry lotus, female virgin to nourish the liver and kidneys, and grow hair and fix hair. During the period, it is combined with the external washing of hai ai soup to dredge the meridians, dispel the wind and activate the blood, so that the hair can be nourished, the hair water and the plum blossom needle are punctured locally, which stimulates the operation of qi and blood in the affected area and improves the growth environment of the local hair follicle. Combined internal and external treatment, the joint performance of liver relief, blood circulation and stasis.

## 5. Discussion

The incidence of alopecia areata is high, which is an autoimmune disease, and surveys have shown that the incidence of alopecia areata worldwide is 1% to 2%. Alopecia areata develops suddenly and is prone to recurrence. Not only does it affect the patient's physical health, but it can also affect the patient's mental health [8]. In the process of treating alopecia areata, Professor Han Shirong not only attaches importance to dialectical selection, because hair growth is relatively slow, but also adds hair growth and fixed hair products in the process of treatment to control hair loss, promote hair growth, and improve clinical efficacy. At the same time, pay attention to the removal of stasis, stasis is new, both symptoms and root causes, cannot blindly use the method of nourishing the liver and kidneys. At the same time, patients are also instructed to maintain a comfortable mood, exercise appropriately, eat a light diet, and enhance their physique to reduce the occurrence of diseases.

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