

Application Status of Xiaochaihu Decoction in Skin Diseases

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Abstract: Xiaochaihu Decoction is a classic prescription of Treatise on Febrile Diseases written by Zhang Zhongjing. In clinical treatment, the pathogenesis is studied and taken as the core element. We use the evidence of Chai Hu as the main point of clinical dialectic to treat skin diseases in which the evil is in the half-surface and half-ribs, the Shao Yang pivot is unfavorable, and the deficiency is mixed with reality. The importance of clinical application of Xiaochaihu decoction in the treatment of skin diseases is introduced through several medical records. For example: chronic urticaria, eczema, psoriasis and other common skin diseases. Diagnosis is easy, treatment is difficult and long. Traditional Chinese medicine treatment can effectively relieve symptoms, enhance the positive energy in the body, strengthen the body and cure the disease, and ensure the patient's normal life. The rash is usually found in the chest, neck, ears, eyes, temporal area, lateral edge of the limbs and other areas where the liver and gallbladder meridians travel. The manifestations of alternating heat and cold can be used in chronic skin diseases.

Keywords: Xiaochaihu Decoction; key points of clinical identification; skin diseases; clinical experience

1. Introduction

Xiaochaihu Decoction is a classic prescription of Treatise on Febrile Diseases written by Zhang Zhongjing. Another view is derived from Theory of Medical Sources. The original prescription of Xiaochaihu Decoction is composed of bupleurum, scutellaria, ginseng, roasted licorice, ginger, jujube and pinellia. The dosage of Xiaochaihu decoction calculated by Professor Wu Wenli is: 125.0 g of Radix Bupleuri, 46.9 g of Radix Scutellariae, 46.9 g of Radix Ginseng, 39.1 g of Rhizoma Pinelliae Preparata, 46.9 g of Radix Glycyrrhizae Preparata, 46.9 g of Ginger, 36.6 g of Jujube ^[1]. The prescription first discards the residue and then decoction. It not only improves the concentration of the liquid, reduces the amount of medicinal materials, but also improves the clinical treatment effect. Xiaochaihu decoction syndrome type, vomiting and even fever, the use of drugs first decoction, after boiling and concentration. Its purpose is to enhance the efficacy of the drug, to prevent the dose is too large and not absorbed after taking the symptoms of vomiting. Liu Duzhou stressed that in this prescription, Radix Bupleuri should be more than twice the dose of ginseng and licorice to play an antipyretic role. If the dose of ginseng and licorice is wrong and exceeds that of bupleurum, or the dose is the same, the therapeutic purpose cannot be achieved ^[2]. Xue Ji attaches importance to the effect of this prescription can be reconciled, in the drug use dose to remove the heat of the drug and remove the skin of the heat together to achieve the purpose ^[3].

2. Understanding the pathogenesis of Xiaochaihu decoction

2.1. Two hubs

The first hub: the spleen and stomach as the central axis. In the relationship between the five internal organs, the heart fire warms the kidney water, and the kidney water regulates the heart fire. The spleen and stomach are located in the middle of the human body to rise and fall, the left liver rises and the right lung falls, constituting the circulation of the human body. The operation of qi from the spleen and stomach drives the liver, heart, lungs and kidneys, and of course their operation also drives the

operation of the spleen and stomach, and the two complement each other. If the qi and blood of the five zang organs and six fu organs conform to the law of ascending and descending, they will be healthy or sick. According to Chinese medicine, skin conditions are inextricably linked to the movement of Qi in the five organs. In the diagnosis and treatment of skin diseases, it is necessary to emphasize soothing liver and regulating spleen, regulating qi. In order to make them work normally, the most important prescription Xiaochaihu Decoction meets the requirements [4]. The original prescription of Xiaochaihu is used to reconcile Shaoyang, strengthen the body and eliminate evil, and orderly ascending and descending of the stomach. We often say that “ good gas in the body, bad gas will not hurt us ”, good gas is the spleen and stomach gas. Tonifying the spleen and stomach to benefit the spleen qi, people live for a long time with stomach qi, and die quickly without stomach qi. Xiaochaihu decoction grasps this focus, enhancing the body 's righteousness and resisting the bad gas. Professor Hu Xiju has pointed out that Xiaochaihu decoction is both an antipyretic and a stomachic remedy, which gives a better understanding of the “ reconciliation ” of Xiaochaihu decoction. It is not simply to classify Xiaochaihu Decoction as a medicine to reconcile Shaoyang, but from its mechanism of action, indicating the significance of reconciliation in the treatment of diseases with Xiaochaihu Decoction. The exterior syndrome can be treated with sweating, and the interior syndrome can be treated with vomiting, clearing and venting [5].

The second hub: Shaoyang is the hub of gas operation. Life is based on yang qi, and yang qi determines life. Yang Qi is not static, but constantly moving and changing. Huangdi's Classic on Medicine believes that the Taiyang is open, Yangming is closed, and Shaoyang is the pivot. The Taiyang is on the outermost side of the human body, the main body of good gas spread. Yangming after the Taiyang, the main body of good storage. Xiaochaihu decoction has the effect of ascending and descending on human body. Bupleurum rose, liver qi rose, Pinellia ternata fell, gallbladder qi fell, one rose and one fell, promoting spleen and stomach movement. As the appropriate adjustment of the air machine, can achieve therapeutic purposes. Meng Xu and Zhang Guangzhong said that although Xiaochaihu Decoction is the main prescription for the treatment of Shaoyang disease, it has the effects of regulating yin and yang, soothing liver and gallbladder, regulating qi and ascending and descending. Therefore, according to the characteristics and pathogenesis of Xiaochaihu Decoction, it is used flexibly to treat various diseases [6].

2.2. Main Symptoms

Typhoid stroke, there is bupleurum decoction syndrome, but see a card is, not all. Teacher He Bingyuan agrees but sees a proof. He said that although skin diseases have external rashes, attention should be paid to the diagnosis of skin surface, but the basis of internal treatment is the same as that of internal medicine. When you see the bupleurum certificate, you can use Xiaochaihu decoction combined with diagnosis [7].

The main symptoms of Shaoyang disease: fever, chest discomfort, anorexia, upset, vomiting, bitter mouth, dry throat and dizziness, dizziness. Pathogenesis of Shaoyang disease: inherent defect , deficiency of qi and blood, weakness of body surface, invasion of pathogenic qi, unfavorable regulation, upper obstruction, middle disharmony, gallbladder and stomach not falling. The struggle between good and evil intersects in the flank, and the gas of the gallbladder and stomach reflux and bad food, bitter mouth, vomiting, dizziness. Professor Ye advocates the variability of clinical diseases. In special cases, accompanied symptoms sometimes become the key to the final selection of prescriptions. Therefore, seeing a syndrome requires specific analysis of specific issues in order to effectively treat it, it must conform to its pathogenesis [8]. Xiaochaihu decoction is the representative prescription of Shaoyang disease. In the prescription, Chaihu is bitter and pungent, slightly cold, scattered half exterior and half interior evil, soothing liver and regulating qi. Huangqin is bitter and cold, and the monarch drug is heat-clearing and annoying. Pinellia, ginger antiemetic, ginseng, jujube, licorice Yiwei Shengjin to support healthy qi. Zeng Xianyu observed that after taking Xiaochaihu Decoction, patients often have unobstructed upper body, fluid circulation, improved appetite, and sweating. Invigorate the stomach and replenish qi, clear half of the surface and half of the heat, through sweating or defecation to eliminate evil, so as to achieve the effect of eliminating internal pathogens [9].

2.3. Western medicine

Xiaochaihu Decoction can effectively treat infectious and febrile diseases, including viruses, chickenpox, measles, rubella, hand-foot-mouth disease, herpes zoster, erysipelas, cellulitis, carbuncle, furuncle, etc. Other non-communicable diseases such as urticaria, eczema, vasculitis, SLE,

erythroderma, pustular psoriasis and allergic skin diseases such as urticaria, eczema and dermatitis, as shown in Table 1. In Professor Huang's opinion, the manifestations of fever and allergy in some immune system diseases are similar to those of Shaoyang syndrome. The chest and flank referred to in traditional Chinese medicine includes the thyroid gland, groin, and less abdomen in anatomy, so most of the immune system diseases can be treated with Chaihu Fang. In the treatment of viral warts, flat warts, etc. [10] Xiaochaihu Decoction can also be used in combination with blood-activating agents. Xiaochaihu Decoction and Danggui Shaoyao Powder, Guizhi Fuling Pill, Dachaihu Decoction, Guizhi Fuling Pill, Sini Powder and Danggui Shaoyao Powder, Guizhi Fuling Pill, etc. [11] For example, Xiaochaihu Decoction and Danggui Shaoyao Powder, Professor Zhao Xueyi believes that the combination of the two drugs has the effect of relieving skin and clearing viscera.

Table 1: Types of skin diseases involved in Xiaochaihu decoction

Types of skin diseases	
Infected fever type	Chickenpox, rubella, measles, herpes zoster, dengue, cellulitis, boils, carbuncles
Non-infectious	Urticaria, eczema, vasculitis, SLE, erythroderma, pustular psoriasis
Allergic reactive skin disease	Urticaria, eczema and dermatitis

3. Case examples

3.1. Case 1

Patient Yang, male, 48 years old, was admitted to the hospital because of recurrent erythema, wheal with itching, and aggravation for 5 days. Patient self-reported: 2 years ago, there was no obvious cause of the whole body size of the patchy wind mass, the skin surface in addition to the color than the infrared no other morphological changes. In addition, there is obvious itching at the wind mass. After scratching, it is connected into a piece. There is no other discomfort when the attack occurs. After about 4 hours, the symptoms subside without leaving traces. Recently, patients with cold or cold wind mass after repeated attacks, symptoms increased itching intolerable. The symptoms are as follows: diffuse erythema and rash all over the body with itching, skin swelling and pain, no blisters on the surface, body fatigue, burning sensation in both eyes, nausea, vomiting, dry mouth and bitter mouth, paroxysmal chest tightness, no abdominal pain, no joint pain, no fever, poor appetite, two stools, white tongue, thin yellow fur, wiry pulse. The patient was diagnosed as chronic urticaria with symptoms of Shao Yang cardinal adverse and superficial deficiency. The selected formula was Xiaochaihu decoction plus (Chaihu 20g, Dangshen 10g, Jiangbanxia 10g, Huangqin 10g, Dazao 4, Zhigancao 15g, Guizhi 10g, Baishao 15g, Baixianpi 10g.) three doses of Chinese herbal medicine, one dose per day, 400ml of water decoction, divided into morning and evening warm, taken orally. After three days of treatment, the patient felt that the pruritus subsided after 30 minutes of taking the medicine and the rash area was reduced, so no more dose was given. Tip: Urticaria, also known as hidden rash. The causes of chronic urticaria are mostly caused by exogenous pathogens, imbalance of ying and wei, imbalance of zang and fu, imbalance of qi and blood. Xiaochaihu decoction can not only harmonize Ying and Wei, but also harmonize the internal organs, Qi and Blood, and also reconcile Shao Yang. This disease is recurrent and persistent, with symptoms aggravated by cold and cold, which is in line with the characteristics of "cold and heat" and the signs of superficial deficiency, combined with a white tongue, thin yellow fur, stringy pulse, and dry mouth and bitterness, and the evidence is that the Shaoyang cardinal organ is unfavorable. Li Yueying, Yin Jin and others used Xiaochaihu Decoction in the treatment of pregnancy pruritus urticaria and plaque. Professors observed in clinical practice that the acute phase of the disease had obvious rash, redness and swelling with itching, red tongue and thin white fur, and was treated with Xiaochaihu Decoction combined with Liangxue Xiaoban Decoction; the second phase of the rash subsided significantly, with Shaoyang syndrome tongue coating white and greasy, using gypsum to clear heat; the third stage of Shaoyang syndrome is lighter, and the tongue coating is white and slightly greasy. The whole process with the use of heat-clearing and antipruritic drugs, rubbing Huangdi cream and desonide cream, internal and external treatment to obtain significant curative effect [12].

3.2. Case 2

Patient Chen, female, 78 years old, left chest and back erythema, blisters with pain for 7 days as the main complaint. The patient had no obvious cause of paroxysmal pain in the left chest, ribs, axilla,

shoulder and back 7 days ago, and the pain was severe at night. When the object touches, rubs or wind blows the skin, the pain is significant. Striped pale red spots can be seen on the left chest (2-5 intercostal level), ribs, front axilla, axilla and back, on which uneven yellow scabs and crusts can be seen, scattered in broad beans. No aversion to cold and fever, diet is acceptable, two stools, red tongue and white fur, pulse string. Diagnosed as herpes zoster, dialectical for liver and gallbladder heat type, treatment should be reconcile Shaoyang, clear liver fire. Xiaochaihu decoction (Chaihu 45 g, Huangqin 15 g, Fabanxia 15 g, Dangshen 9 g, Shengjiang 10 g, Dazao 4, Yanhusuo 15 g, Chonglou 10 g, Yujin 10 g, Zhigancao 10 g) was decocted in water, 1 dose a day. After taking 3 doses of the medicine, the patient 's pain was significantly reduced, the blister tendency was dry, the redness around the blister was reduced, and the night could fall asleep. After taking 6 doses, the patient recovered.

Press: herpes zoster, also known as snake channeling sores, winding waist fire Dan. Surgical Dacheng said: “snake string sore, born in the waist, purple red rash, or blisters, pain like fire ”. The causes of the disease are mostly due to emotional internal injuries, spleen dysfunction, and infection. Professor Wang Sinong^[13] said: “ from the perspective of meridian circulation, herpes zoster is more common in the liver meridian, so the treatment mainly starts from the liver ”. Xiaochaihu decoction can be used to regulate liver and spleen, so the treatment of such diseases is effective. Damp-heat herpes zoster is most common in the acute phase, often treated with Longdan Xiegan Decoction. However, this prescription is bitter and cold, easy to damage the spleen and stomach, and is not suitable for elderly and weak patients. Xiaochaihu Decoction can be used instead of treatment. In addition, in the early stage of the disease, heat-clearing and detoxifying drugs or blood-activating and blood-breaking drugs were added to treat the cause.

3.3. Case 3

Liu, male, 27 years old. He was admitted to hospital with the chief complaint of “ recurrent rash with itching for 3 years and aggravation for 5 months ”. At the beginning of the disease, it was the autumn harvest season. After sweating, the weather suddenly changed, the temperature dropped, and then the chills began. On the next day, it was found that a large area of erythema accompanied by silvery white dandruff appeared in the scalp, torso and navel eyes. The skin lesions were slightly red in different colors, with clear boundaries, especially at night. The whole body was afraid of cold and fever, and the spirit was good. No sweat, anorexia, red tongue, thin yellow moss, floating pulse. The differentiation of symptoms is external evil attacking the table, disharmony between Ying and Wei, blood heat intrinsic. Treatment should be reconciled, clearing heat and cooling blood and camp to Xiaochaihu Decoction as the basis. Medicinal uses: Chai Hu 10g, Scutellaria Baicalensis 10g, Radix Codonopsis Pilosulae 10g, Radix Panax Ginseng 6g, Radix Paeoniae Alba and Radix Paeoniae Alba 15g each, Radix et Rhizoma Dioscoreae 25g, Radix Thornbush 10g, Radix Comfrey 10g, Radix Fucus 10g, Radix Glycyrrhiza Uralensis 10g. Water decoction, one dose a day, take 5 doses of medicine. After the treatment, the fever disappeared, the itching decreased, the desquamation was less, and no new rash appeared. Following the above plus salvia miltiorrhiza, peony bark cooling blood and activating blood conditioning after 1 month and more.

Comment: Professor Zhou Gang concluded that eczema mostly occurs in the limbs, especially in the lateral lower limbs with bitter mouth and dry throat^[14]. In this case, there was internal heat, and the wind and rain caused a loss of harmony between Ying and Wei. The case was treated with bitter-cold drugs and immunosuppressants, but was not cured. Whenever the symptoms of exogenous disease are aggravated, after seeing, hearing, asking and cutting, it is not harmonious between the exterior and the interior. Therefore, Xiaochaihu Decoction is used to adjust the qi movement, and the drugs for clearing heat, cooling blood and promoting blood circulation are used to reconcile the exterior and interior, clearing heat and cooling blood, expelling wind and relieving itching, and eliminating plaque.

3.4. Case 4

Patient, Jiang, 35 years old, was admitted to the hospital with the chief complaint of “ itching, erythema, exudation and papules on the limbs ”. The patient had irregular erythema and miliary large papules on the limbs without obvious cause of treatment, accompanied by burning itching on the skin surface. Recently, papules have increased significantly, and the shape has changed from rash to blister, followed by ulceration, erosion and yellow exudation. He once bought chlorpheniramine, vitamin c and piyanping in a pharmacy. The situation was under control. It is now a radical cure, and then to our hospital. Poor appetite, dry mouth, poor sleep, good bowel movement, slightly red tongue, thin white fur, string pulse. Diagnosed as eczema, card is Shaoyang cardinal unfavorable and wet, choose

Xiaochaihu Decoction and Zhuling Decoction (Chaihu 20 g, Huangqin 10 g, Zhibanxia 10 g, Dangshen 10 g, Zhigancao 10 g, Shengjiang 10 g, Dazaosimei, Zhuling 15 g, Fuling 10 g, Zexie 10 g, Baizhu 10 g, talc 5g) decoction, 1 dose a day, take 3 doses of medicine. After that, the patient's itching was significantly reduced, the skin lesions gradually healed, and the mouth was dry and bitter. After 10 doses, the rash disappeared completely, and there was no recurrence in the later follow-up. The patient had paroxysmal itching, dry mouth and bitter mouth, red tongue and stringy pulse, which were all adverse manifestations of Shaoyang cardinal. Lesions accompanied by exudation, white greasy moss. This is wet evil, combined with Zhuling Decoction to eliminate wet evil, so that the rash subsided. Press Release: Eczema is also known as wet sores and dip sores. Yangke Xindeji believes that eczema " belongs to the foot Yangming and Shaoyang meridians outside, and belongs to the foot Jueyin and Taiyin meridians inside ". Spleen likes dryness and dampness, so spleen disease is mostly caused by dampness. Xiaochaihu decoction promotes the normal operation of spleen and stomach function by lifting and regulating qi movement. Therefore, it has a good effect in the treatment of diseases caused by dampness.

4. Summary

Some common skin diseases are easy to diagnose, but difficult to treat. Although the disease is located in the external skin, the function of the five zang-organs and six fu-organs is also reflected by the external skin, so it should be analyzed in combination with the changes of the internal zang-organs [15]. Skin diseases persist and recur, seriously affecting the quality of life of patients. With the changes of the times, living standards and lifestyles have changed, and the epidemic causes of the disease have also changed accordingly. In clinical practice, we should pay attention to the comprehensive collection of disease data, concentrate the main syndromes, study the machine, and make the prescription corresponding to the classical prescription in order to achieve good results.

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