

To Explore the Treatment of Seborrheic Alopecia Based on the Theory of "Healthy Qi is Stored Inside, Evil Can't be Done"

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Abstract: Seborrheic alopecia is a skin disease characterized by hair follicle minimization and progressive hair reduction. Traditional Chinese medicine belongs to the category of "oil wind", "hair decayed hair loss", "tinea caries" and so on. Traditional Chinese medicine based on the whole and local, five zang organs and qi blood body fluid syndrome differentiation treatment, the disease has been systematically studied, should be used to improve the patient's constitution, improve and consolidate the curative effect. Therefore, based on the exploration of the theory of "healthy qi is stored inside, evil can't be done", it is found that there is a close relationship between zang-fu organs, qi, blood and body fluid and the diagnosis and treatment of seborrheic alopecia, and it is systematically discussed that seborrheic alopecia should be treated by wind, dampness, heat, blood stasis and deficiency.

Keywords: Seborrheic Alopecia, Internal and External Treatment, Treatment from Wind, Dampness, Heat, Bloodstasis and Feficiency.

1. Introduction

Seborrheic alopecia also known as androgenic alopecia, Chinese medicine known as "hair decay of hair loss", "tinea capitis decay", is a common disease in the dermatology department. This disease is an androgen-dependent autosomal dominant genetic variable and refractory disease [1], which can occur in both men and women, mostly in young and middle-aged men. However, recent studies have found that the number of female patients has an increasing trend [2]. In recent years, the incidence of this disease is increasing, and according to statistics, it has affected 50% of men and 10% of women worldwide [3]. Seborrheic alopecia skin lesions can be divided into male and female types. The male type is characterized by thinning, thinning and shedding of hair on the forehead and temples. The hairline moves back and gradually extends to the top of the head, forming a characteristic "horseshoe" pattern. In females, the symptoms are mild, with thinning hair on the top of the head, but the frontal hairline does not move back, but the temporal area may accumulate in severe cases [4].

Treatment, the current western medicine to improve local blood circulation, prevent the process of hair follicle micronization for the treatment principle, mainly oral finasteride, external use of minoxidil and hair transplantation and other methods. Sun Chunqiu, Deng Wei et al. [5-6] found that 2%-5% minoxidil is safe and effective in the treatment of seborrheic alopecia. However, there are many adverse reactions after western medicine treatment, and it is easy to relapse after stopping medicine, and the curative effect is difficult to be stable and lasting. The author consulted a large number of relevant literature, found that seborrheic alopecia and "healthy qi in, evil can not dry" theory is consistent, so this theory to explore the correlation with seborrheic alopecia, combined with local external application of shengfa tinctura and plum blossom needle acupuncture, achieved a good clinical effect.

2. The origin and connotation of the existence of healthy qi and the evil qi

"Healthy qi is stored inside, evil can't be done" comes from "Su Wen shi Fa Theory", this sentence is a high generalization of the disease in Traditional Chinese medicine, but it has not been enough to explore, insufficient analysis. "Neijing" believes that the occurrence and development of diseases is the process of the struggle between healthy and evil. On the one hand, external evil is the necessary condition for the onset of diseases. If there is no evil, there will be no harm. On the other hand, zhengqi also plays an

important role in the pathogenesis process, that is, "when the wind and rain suddenly come and do not get sick, there is no deficiency in cover, so evil can not hurt people alone". It can be seen that the lack of healthy qi is the inherent basis for the occurrence of disease, and the hyperactivity of evil qi is an important condition for the occurrence of disease.

3. Correlation between the theory that healthy qi is stored inside, evil can't be done and seborrheic alopecia

3.1. Discuss the etiology and pathogenesis of seborrheic alopecia from evil and healthy qi

Exogenous wind, cold, heat, humidity, dryness, fire, endogenous blood stasis, insects, sputum, food, water, and deficiency of vital qi are all important factors in seborrheic alopecia. Huangdi Neijing said, "When blood qi is abundant, the kidney qi is strong, so it turns black. Blood qi deficiency results in weak kidney qi, so the hair becomes white and falls off." "Plain Question · Five Zang Organs generation" that "eat more sweet, bone pain and hair", proposed that hair loss is related to diet bias; "On the Pathogenesis of diseases" says, "The kidney meridian of Zu Shaoyin is also abundant in hair". The hair is in addition to blood, the liver stores blood, the kidney stores essence, and the hair is nourished by the essence. If the kidney essence is deficient and the liver and blood are insufficient, the hair will lose in the cultivation and fall off.

3.2. Discuss the pathogenesis characteristics of seborrheic alopecia from the aspects of evil and deficiency

3.2.1. Seborrheic alopecia is an important condition

The evil is mainly wind, dampness, heat and blood stasis. The wind is the long of all diseases, the beginning of all diseases, the wind is Yang evil, its sex is open, has the characteristics of upward and outward, the head is the meeting of all Yang, and is located in the upper part of the human body, vulnerable to the invasion of wind evil, as the "Sun Ask too Yin and Yang Ming theory" said: "injured in the wind, the first by". Wind evil invasion, scalp Cou rationale, pores open and close the division, wind evil take advantage of the void, because the wind is moving, the wind is itching, so the performance of hair loss and itching.

Wet for Yin evil, its sticky nature, easy to block qi, often stay stuck in the body, so that qi blood body fluid can not bear. Damp evil often combines with heat evil, and damp and heat fumigate the head, which is manifested as greasy, dandruff hair, loss of hair to support, so hair loss. Yue Mei, a famous old Chinese doctor of traditional Chinese medicine, once said in his article "Blind Poria Decoction for Treating Baldness", "Baldness is mostly caused by water vapor on the top of the mountain, which erodes the roots and causes the roots to rot and fall off [7]".

For heat (fire), their sex phlogistic, often with the origin, Yang excessiveness is hot, will head for ZhuYang, head is located in the upper body, damp heat transpiration fluid on vertex, the scalp grease secretion increased, lead to hair greasy, pore jams, qi-blood and body may not be on the head, the hair is not enough nutrition, root of hair loss, therefore see hair loss.

Blood stasis is mainly related to qi deficiency, qi stagnation, blood heat, trauma and other factors. According to Professor Wei Yuegang, the disease of seborrheic alopecia is prolonged and blood stasis is generated after a long time, and most patients have local microcirculation dysfunction [8]. Blood stasis will hinder the generation of new blood, so that the blood loses its caring function, hair loss in blood caring, so it is hair loss. In addition, blood stasis often affects body fluid metabolism and the transformation of qi and blood, leading to the disharmony of qi and blood in the head and abnormal body fluid metabolism. "Blood stasis produces wind, and when wind is full, itching occurs" [9-10], so it is manifested as greasy and itchy hair.

3.2.2. Deficiency of vital qi is the internal factor of seborrheic alopecia

The word "zhengqi" was first seen in Huangdi Neijing. Professor Chen Tengfei [11] believes that zhengqi refers to all substances and energy that play an important role in human physiological health. Professor Zhou Lenian [12] believes that zhengqi refers to all normal substances and functions of the human body. Zhengqi exists in all parts of the human body, regulating the balance of qi, blood, body fluid of various zang-fu organs and meridians, maintaining the normal life activities of the human body, and playing the function of resisting evil and self-repair. Just as the "Plain Question · Acupuncture method

theory" said: "The healthy qi stored in, evil can not dry", only the zang fu function is normal, qi, blood and body fluid is abundant, even if the evil qi hyperactive, there will be no disease.

4. To explore the treatment of seborrheic alopecia based on the theory of "healthy qi is stored inside, evil can't be done"

4.1. Professor Chen Xuerong's clinical experience in treating seborrheic alopecia from blood

Through long-term clinical observation and practice, Professor Chen Xuerong put forward the idea of "treating alopecia without blood" [13], and the treatment should supplement qi or produce blood. Qi is the handsome blood, blood is the mother of qi, qi can use astragalus, ginseng, Dangshen and other qi tonic products; Blood tonic products such as Angelica, paeony and caulis spatholobus can be used; And because the spleen and stomach is the source of qi and blood, so the treatment of atractylodes atractylodes, Poria cocos, jiao Sanxian and other invigorating and xingpi products, commonly used eight Zhen decoction to add and reduce treatment, prescription is as follows: Rehmannia glutinosa 15 g, angelica root, 10 g, 10 g, radix paeoniae alba, rhizoma ligustici wallichii 10 g, astragalus membranaceus 15 g, Fried atractylodes 10 g, poria cocos 10 g, ginseng 10 g, 10 g suberect spatholobus stem, hawthorn 10 g, divine comedy 15 g, 10 g of malt, 15 g dry lotus grass, fructus ligustri lucidi 15 g.

4.2. Professor Gao Ziping treated seborrheic alopecia from the perspective of wind and blood

Gao Shi believes that seborrheic alopecia is mainly due to "wind sheng" and "blood heat", heat sheng moves the wind, wind movement will send; Blood heat is dryness, dryness easily hurt Yin blood, Yin blood loss is not rong hair, so hair. So cool wind, nourishing blood and blood as the therapeutic principle, commonly used "two leaves two vine" (caulis spatholobi, radix polygoni multiflori cane, mulberry leaf, Oriental arborvitae) compatibility: raw hawthorn, salvia miltiorrhiza, windproof, radix rehmanniae, radix angelicae sinensis, etc., should also stressed points geographical and climate to diagnosis and treatment, and the northwest cold dry evil, southeast of damp heat evil, treatment should be flexible and cutting, along with the card.

5. Typical cases

Wang, male, 28 years old, staff, xianyang, Shaanxi, on August 11, 2020-august 11, with "hair thinning on the top of the head for more than 2 years" as the chief complaint in the affiliated hospital of Shaanxi University of Traditional Chinese Medicine dermatology clinic. The patient complained that there was no obvious cause of hair loss at the top of the head 2 months ago, and recently hair loss increased, so he came to see a doctor. Under the condition, the hair on the top of the head is sparse and falls off, accompanied by greasy and shiny, severe itching of the scalp, dandruff, eating Nachor, poor sleep, erdefecate tone, red tongue, yellow and greasy coating, and slippery pulse. The patient is obese and likes to eat tobacco and alcohol and stay up late. Diagnosis: Western medicine diagnosis: seborrheic alopecia, Traditional Chinese medicine diagnosis: hair hair (damp heat accumulation syndrome); Treatment: clear heat and dehumidify, nourish blood and invigorate blood. Self-made recipe is as follows: Gardenia 12 g, 12 g, radix rehmannia 15 g, 15 g angelica sinensis, rhizoma ligustici wallichii 12 g, salvia miltiorrhiza 20 g, 12 g wine fructus ligustri lucidi, 15 g dry lotus grass, medlar, 15 g of salt dodder 12 g, malaytea scurfpea fruit 15 g, born hawthorn 15 g, herba artemisiae 15 g, 12 g, radix arnebiae seu lithospermi Oriental arborvitae 15 g, 15 g, Fried atractylodes poria cocos 15 g, 12 g wind, Baixian peel 15g, sour jujube kernel 15g, liquorice 6g, 7 payments in total, 1 payment per day, formula granule (provided by the free decoction granule pharmacy of the Outpatient Department of The Affiliated Hospital of Shaanxi University of Traditional Chinese Medicine) warm take morning and evening after meals; Shengfa tincture for external use (department of Dermatology, Affiliated Hospital of Shaanxi University of Traditional Chinese Medicine), 3-5 times a day. Patients were asked to eat light diet, feel comfortable, eat less spicy food, do not stay up late. On August 18, 2020-18 at the second diagnosis, the patient reported that there was still a lot of hair loss on the top of the head, but the scalp was greasy and itching was alleviated. The patient took natacol and still had poor sleep. On the basis of the original prescription, she added calcined keel 30g, Calcined oyster 30g, subtilis spatholobi 15g and Paeonia paeoniae 15g, a total of 21 doses, one dose per day. Tap the top of the head with a plum blossom needle. On 2020-09-10 in the third diagnosis, the patient reported that the hair loss on the top of the head was reduced, the hair oil and dandruff were significantly reduced, the itching was alleviated, the nachol was taken, and the sleep was significantly improved. The second defecation adjustment was performed, and the original prescription

was used to remove the white fresh skin, the dosage of Angelica and danshen was increased to 20g, and the coicis seed was added to 30g. On 2020-10-02 in the fourth diagnosis, the patient reported that the hair on the top of the head was constantly growing. Visible CuiMao freshman small white, improve sleep, continue to take medicine to pay 21, 5, 2020-10-25 patients readme of hair loss, hair on the basic returned to normal, and oils control, headless crumbs, hair thick embellish, no itch, instruct patients avoid tobacco and alcohol and spicy, fat GanHou flavor of product, daily life have often, keep the mood, followed up for half a year, Hair growth was maintained on top of the head and hair loss did not recur.

Note: The patient's body is fat, smoke and wine, often eat fat and sweet taste products, plus red tongue, yellow and greasy moss, smooth pulse, which are the performance of internal humidity and heat. Xu Pengguang clinical professor in the treatment of seborrheic alopecia often in heat dehumidification, nourishing blood activating blood as the therapeutic principle, radix scutellariae, gardenia, etc in the party to clear heat, cool, dry, wet blood to remove the body of the hot and humid, angelica sinensis and rhizoma chuanxiong, radix paeoniae alba, salvia miltiorrhiza and nourishing blood, invigorate the circulation of products in order to improve the scalp microcirculation, salvia miltiorrhiza with promoting blood circulation to remove blood stasis, dispelling cold blood fat effect, get "for first blood, blood enhancement since death". Therefore, nourishing blood and activating blood drugs are most commonly used in the treatment of alopecia. *Atractylodes atractylodes* and *Poria cocos* can invigorate the spleen and relieve dampness. Windproof is a medicine for guiding the classics. According to medical Prescriptions, "Only wind medicine can be reached at the top of the mountain [14]", so that all medicines can reach the hospital directly. *Fructus ligustri*, dodder, psoralea and other kidney tonic drugs, take the "kidney, the seal hidden, its China in the hair" meaning. The combination of various drugs can play the role of clearing heat and dehumidification, nourishing blood and activating blood circulation, tonifying kidney and filling essence. In addition, combined with external treatment, besmear outside tap stab scalp hair tincture with plum needle, so that the germinal tincture can deep the most direct effects on the scalp, with maximum play to the role of the germinal tincture (germinal tincture is shaanxi university of traditional Chinese medicine affiliated hospital dermatological department from pharmaceutical, main ingredients are salvia miltiorrhiza, malaytea scurfpea fruit, rhizoma drynariae, safflower and other traditional Chinese medicine (TCM), produced by under 95% alcohol). Modern studies show that salvia miltiorrhiza can dilate subcutaneous capillaries and improve microcirculation. The leaves of *Platycladus orientalis* and *Polygonum multiflorum* have unique hair-generating effects. Modern pharmacological studies have found that the leaves of *Platycladus orientalis* contain a substance called cedarol, which can activate hair mother cells and promote blood circulation, and revive hair follicles with declining hair growth ability [15]. Hawthorn and wormwood can regulate oil secretion and reduce scalp oil overflow. In addition, Xu Lao often told patients to diet and daily life section, moderate exercise, male patients often told to avoid alcohol and tobacco and other bad habits, research shows: smoking will lead to slow blood circulation of the human body, indirectly slow scalp blood circulation, accelerate hair loss. [16]

6. Conclusion

Seborrheic alopecia is mainly related to genetic factors and abnormal androgen metabolism in scalp hair follicles. Although the etiology, pathogenesis and prevention of alopecia have been put forward their own views and experience, but similar is the treatment principle of "removing evil, strengthening and restoring healthy qi" based on the theory of "preserving healthy qi, evil can not be done". Therefore, Professor Xu Pengguang believes that the prevention and treatment of seborrheic alopecia is closely related to removing evil and strengthening. Only positive qi exists in the body, evil will not cause disease. The two maintain a dynamic balance, and the body will not be affected by evil. Xu Lao based on the experience prescription of clearing heat and dampness, adding nourishing blood, promoting blood circulation, dispelling wind and tonifying kidney, combined with external use of shengfa tincture and plum blossom needle percussion prick, the combination of internal and external treatment of traditional Chinese medicine for this disease has received a good clinical effect.

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