

# Current Situation of Treatment of Melasma TCM

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**Abstract:** Melasma is a kind of coloring disease which shows the plaque of the face from tan to dark brown. At present, there are many western medicine treatment methods, but the effect is not exact. The methods of TCM syndrome differentiation and treatment reflect the therapeutic value more and more. Clinicians explore the treatment of melasma from different angles and ideas of TCM treatment, and many of them have remarkable effects.

**Keywords:** Melasma, Chinese Medicine Treatment, Liver Depression, Spleen Deficiency, Activating Blood Circulation to Remove Stasis

Melanoma is a pigmented disorder characterized by plaques ranging from tan to dark brown on the face. It is multisymmetrical, predisposing to women, and is highly prevalent in people with a family history, high UV exposure, and dark skin tone. It affects 9% to 50% [1,2]. Because the appearance of the facial skin changes and the recurrence of the disease, the patient's quality of life is seriously affected. So melasma is getting more and more attention. There are a number of ways western medicine can prevent melasma, including aminocyclic acid, vitamin A acid, tyrosinase inhibitors, antioxidant and chemical stripping therapy, as well as lasers and strong pulses of light. From the point of view of traditional Chinese medicine, chloasma belongs to the category of "swarthy spots". At present, the methods of treating chloasma with traditional Chinese medicine are very varied and effective, and the toxic side effects are very small and widely used in clinic. Therefore, the study of traditional Chinese medicine to prevent and treat melasma has become one of dermatologists' hot spots[3].

## 1. The Current Situation of Treatment of Melasma in Traditional Chinese Medicine

### 1.1. From Hepatology

The relationship between melasma and liver has been discussed in various medical writings throughout the ages. "Sun Ming Sky... then wood is late glory, grass is late life. It was made clear for the first time that the primary site of melasma was in the liver. "Puji Fang" says: "Facial dust bleaching is the main liver [4]" also means the liver is the main organ that causes melasma; The medical lamp continues the flame: "face dust belongs to the liver and bile is hot, face dust belongs to rheumatism spittoon drink, and not only a yang ming stomach also" pointed out that the yellow spots and liver and bile are related to rheumatism phlegm resistance [5]; According to the Medical Journal, "due to anxiety and depression, blood is weak, dry and stagnant and born on the surface, more women than men." It is pointed out that anxiety and depression can lead to qi and blood weakness[6], less blood is unable to glorify the face, and with liver stagnation and prolonged heat, hot malevolent fumes up the face can lead to the development of melasma, and that women are susceptible to disease. Soot is bleaker than dust and is due to anxiety and depression. It is also pointed out that depression of liver qi is the main cause of melasma [7]. Zhang Shitong "Decoloration of dust, for liver and wood, ginseng nourishment soup" pointed out that the formation of melasma and liver nourishment, mainly from the liver blood deficiency and loss of glory and nourishment aspects, and also proposed the targeted drug ginseng nourishment soup [8]. Modern research has linked the development of melasma to poor mood and insomnia. In a survey of 104 patients with melasma, Sun Xiaoyu found that 85% had some degree of mood disorders. When the patients were cured of their facial melasma, their mood-related quality of life improved significantly [9]. An epidemiological study of 150 patients with melasma by Lin Xinyu and others found that mood swings and insomnia were also contributing factors. Poor mood is a characteristic symptom of TCM concept of liver depression and qi retardation, so it can also reflect the relationship between melasma and liver dysfunction, and patients with melasma often have emotional

problems due to illness[10]. Thus, emotional problems and melasma are mutually causative. On the one hand, depression may lead to the occurrence of melasma, and on the other hand, the negative effects of melasma on the appearance of the face may further aggravate the emotional problems of patients, thus creating a vicious cycle[11-12].

The typical prescription is Xiaoxiaoxan, which is mainly from the aspects of liver-relieving, liver-invigorating and liver-nourishing. Li jingru studied the literature on the use of xiaoxiao powder in the treatment of melanoma and found that the use of xiaoxiao powder had obvious advantages, such as high efficiency, short treatment cycle and low incidence of adverse reactions [13]. Modern basic research also shows that the traditional Chinese medicine prescription xiaoxiao powder can have a good effect on the treatment of facial skin lesions in patients with melasma. Yang yufeng treated women with the traditional Chinese medicine prescription xiaoxiaoxiao powder after clinical trials and found that many patients had significantly lower levels of sex hormones such as estradiol, follicle prick hormone, progesterone and prolactin after treatment, while the levels of androgen in the control group were significantly lower after treatment. All in all, the treatment of melasma from liver theory, a long history, and clinical efficacy is accurate, it is worth clinical reference.

### **1.2. Treatment from the Spleen**

Spleen for the day after tomorrow, the source of qi and blood biochemistry, main transport, main blood, promote Qingqi and turbid. In the next chapter of True Surgery, swarthy women are said to have swarthy faces: "For swarthy men, water is not strong enough to make fire, and blood is weak enough to make flesh black." It is pointed out that the occurrence of swarthy swarthy swarthy swarthy swarthy skin is associated with swarthy swarthy swarthy skin. Zhu Danxi once said in the Heart of Danxi Dharm: "If you want to know what is inside, you should look outside; if you treat what is outside, you should know what is inside[14-16]. If you cover what is inside, you must look outside." The color of a person's face depends on the glory of qi and blood. It is suggested in Women's Science that because the spleen is dysfunctional, the spleen is not able to transport the body's fluids well, which leads to the formation of phlegm and dampness in the body, which leads to the development of melasma [17]. Therefore, we know that on the one hand, the spleen is injured, long-term overthinking, leading to the spleen transport of refined ability, can not produce enough qi and blood, qi deficiency and blood less, then can not go up to the face to nourish the face of the skin, the performance of the face is dark and produce a whole yellow spot. On the other hand, undisciplined diet, injury to spleen and stomach, loss of spleen and good health, phlegm dampness and heat in the body intersect, fumigation of liver and bile, menstruation of face, can also lead to the occurrence of melasma. Therefore from the spleen theory treatment from the spleen qi, spleen humidification[18].

Modern studies have also shown that the spleen is associated with the development of melasma and that strengthening the spleen can effectively reduce the relevant markers in the blood of patients with melasma. Wang caixia found that the serum zinc and superoxide dismutase levels in rats with spleen deficiency were significantly lower and the oxygen free radicals and lipid levels were higher than in normal rats. Some spleen strengthening drugs such as albino, yam, panax, poria cocos, porphyry cocos, porcini cocos, white aconite, and tonic zhongyiqi soup were found to have better tyrosinase inhibition [19]. From the point of view of traditional Chinese medicine, spleen strengthening mainly from the overall conditioning angle to achieve yin and yang harmony, coordination of viscera to prevent and control melasma, from the perspective of western medicine, spleen strengthening drugs contain some active ingredients, the pathogenesis of melasma produced by obvious inhibition and chinese medicine ingredients through multiple targets, multiple ways to use more advantages. In summary, the treatment of melasma from spleen is also a common way of thinking in clinic.

### **1.3. From Nephropathy**

The theory of the five main diseases in the yellow emperor's inner sutras puts forward the theory that black color is related to the kidneys, and in ancient times we often refer to brown spots as "swarthy spots' ". "Qianjin wingfang" discusses "black meets zygomatic superior, kidney has the disease" to specify the melanoma disease position in the kidney [20]. Physician: "swarthy.... most women, six flavored pills." It also pointed out that kidney yin deficiency is the main cause of melasma, and pointed out that women are a good group of people, and gave the treatment "Wuwei pill." Preparation of Qianjin Essential Formula for Treatment of Five Loads and Seven Injuries in Six Poles. In this paper, it is suggested that dry dihuang pills can be used to treat melisma[21-22]. The Three Ingredients refers to the description of melasma: "For kidney deficiency and lower back pain... swarthy complexion...

Anshin pills [23]", with kidney tonic as the main treatment. The Certificate of Control states that "swarthy complexion.... is due to deficiency of fire in the gate of destiny.... and recovery of mother earth with ba-mei pills' [24] supports the view that deficiency of kidney yang leads to the formation of melasma; In Authentic Surgery[25].

Modern clinical studies have also found that many women with melasma are accompanied by hormonal disorders such as menstrual dysregulation and dysmenorrhea. This study suggests that dysregulation of sex hormone levels may be an important cause of melasma. After clinical testing of melasma patients, Lin Xinyu and others found that female patients with melasma had low testosterone water performance. This study also supports the idea that melasma is strongly associated with changes in sex hormone levels [26]. In traditional Chinese medicine, the concept of "days right" belongs to the category of sex hormones. TCM often classifies kidney deficiency syndrome as kidney yin deficiency or kidney yang deficiency, which leads to the treatment of kidney yin deficiency and kidney yang deficiency.

#### **1.4. From Bruising Theory**

Spirit Shu said, "Blood does not flow, hair does not color, so its face as black as wood." The blood flow is not good, cannot ascend the facial skin causes the melasma. Ni Xingguo and others summed up Ye Tenghui's many years of clinical experience: facial color can reflect the rise and fall of human viscera and qi blood, facial skin color and luster depends on the coordination of human viscera and qi blood flow, qi and blood run smoothly, will lead to qi blood can not glorify the face, resulting in the formation of melasma. Lin zizhun thinks, blood stasis is obvious in the outside is plaque, qi stasis, blood stasis block in vein, cannot gloriously nourish the skin and cause the formation of melasma [27]. Zhou Fengbao proposed the method of invigorating blood stasis and freckling for the treatment of Qi stasis type of melasma, and obtained good curative effect [28]. Han Yanzhen and others through data mining analysis of nearly 10 years of traditional Chinese medicine treatment of melasma, found that Chuanxiong, Saffron and other living blood stasis in the use of traditional Chinese medicine prescriptions more [29]. Modern research has linked melasma to changes in blood. Lin xin-yu blood test of female patients with melasma found that the total blood viscosity increased, platelet aggregation increased, formation of microcirculation disorders and other hemorheological problems [30]. Human skin depends on the glory of qi and blood, and qi and blood coordination not only depends on the adequacy of blood, but also on the smooth flow of blood, poor circulation is prone to bruising, blood stasis in the face is melasma. Therefore, activating blood and removing blood stasis is also an important way to treat melasma.

## **2. Conclusion**

The etiology of melasma is complicated and difficult to treat. For its long history of treatment, various doctors have put forward different theories on the dialectical treatment of melasma from ancient times to the present. Most doctors believe that the occurrence of melasma is closely related to liver, spleen and kidney, and the treatment starts with liver, spleen and kidney. Some doctors believe that blood stasis is an important factor in the formation of melasma, so the main treatment principle of activating blood stasis has also been more widely used. Recent modern treatment methods based on the theory of pathogenesis of toxic evil and the theory of Israel's treatment of color have attracted more and more attention, and the results have been very good.

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