

A Case of Infantile Urticaria Treated by Traditional Chinese Medicine Bath

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Keywords: pediatric, urticaria in medicine bath

Abstract: Objective: To explore the therapeutic effect of Chinese medicine bath on children urticaria. Methods: Preparing Chinese medicine, boiling Chinese medicine into bath material, soaking in bath and observing. The amount of skin wind mass and pruritus were significantly reduced in children, and the recurrence rate after elimination was 0. Conclusion: The effect of traditional Chinese medicine bath treatment for children urticaria was good, the symptoms were relieved quickly, the recurrence rate was lower, and it was economical and simple, and had positive clinical significance.

1. Introduction

Pediatric urticaria, also known as rubella block, will occur in newborn infants to teenagers, is a temporary limited edema caused by the expansion of the skin mucosal tube and increased permeability. Urticaria is a common allergic disease, is caused by allergic food, drugs and so on a systemic allergic reaction. Performance for the whole body scattered in or into the red wind group, accompanied by obvious pruritus. Usually, the rash appears suddenly and lasts for a short time, but it flares up and down again, and the rash subsides without leaving a trace. Typical manifestations are pruritus erythema and wind mass, and some severe patients may be accompanied by abdominal pain, vomiting, chest tightness, dyspnea or blood pressure reduction and other systemic manifestations. At present, anti-allergy treatment is mainly used, but it is easy to repeat and unsafe, with obvious side effects, and it is easy to relapse when the drug is stopped. Therefore, it is necessary to explore an economical, simple and effective treatment method. After repeated verification, traditional Chinese medicine has the advantages of simple, economic and stable curative effect. Using traditional Chinese medicine to make bath products for external use can reduce the risk of drug use more, and it is suitable for families.

2. Clinical Data

There was a total of 1 child, female, 3 years old, with a course of disease of 1 day. The symptoms were sudden rash, red wind clusters and obvious pruritus, without respiratory depression or shock. Due to the remote village at that time, it was inconvenient to go out to seek medical treatment, so he used home therapy, soaking in Chinese medicine bath to relieve the symptoms.

3. Treatment

Of traditional Chinese medicine decoction for external use bath, : angelica dahurica 60 grams, honeysuckle stem 60 grams, raw radix rehmanniae 60 grams, licorice 60 grams, 30 grams of radix isatidis, dandelion 30 grams, white thistle 9 g, broiled 9 grams of ephedra, 9 grams of cassia twig, platycodon grandiflorum 9 g, 9 g, fructus arctii broiled loquat leaf 9 g, mint 9 g, main radix stemonae 9 g, duckweed 9 g, herba schizonepetae 9 g, belvedere fruit 9 g, 9 g, fructus xanthii 9 grams angelica sinensis, rhizoma ligustici wallichii 9 grams. 1 dose a day, decocted into 5-10L in a large pot, soaked in bath water, washed 3 times a day, 30 minutes each time, 3 days as a course of treatment. The traditional Chinese medicine is heated to boiling for 15 minutes after taking 5000 ml of liquid medicine and then filtering with gauze net, the children each bath when adding 1000 ml of liquid medicine in the warm tub, until the water temperature is appropriate gently bath the children's body skin for about 15 minutes/time, 3 times a day. At the same time, one dose of the medicine was dried into fine powder and then divided into two sealed bags for reserve. When used, one bag of medicine was put into the medicine bag and the mouth of the medicine bag was tightened to prevent the leakage of the medicine powder. Then put the Chinese medicine powder bag into boiling water 800 ml to soak for 10 minutes, and then add an appropriate amount of warm water into the bathtub, until the water temperature is suitable for the children's body bath for about 15 minutes per time, 3 times a day (the bath clothes with medicine decoction bag continue to soak in the bathtub), the treatment time is 5 days, and then observe the effect. The above two methods are carried out alternately until the child recovers.

4. Results

Since the onset of the use of traditional Chinese medicine bath method, bath on the same day, pruritus significantly reduced, children crying stopped, rubella group still not faded. Observation on the second day, rubella group increased significantly, itching also increased, but children's mental diet is good, no fever phenomenon, then decided to continue to wash and immersion. Third, continued observation, no pruritus, rubella group disappeared, good mental state, good appetite, no discomfort, no recurrence.

5. Discussion

Traditional Chinese medicine definition of children urticaria is due to the exosotive wind evil, spleen deficiency caused by. The description is different but still common, that is, the external environment, including climate, diet, bacteria, viruses and other factors caused by a human allergic reaction^[1]. Modern medicine focuses on anti-allergy treatment, using antihistamines, calcium and immunosuppressants to block the effect of allergens. As H1 receptor blockers, these antihistamines represented by pulamine, polymethamine and tefedrin are similar to histamine in chemical structure and competitively bind to histamine receptors. They have good effects in the treatment of skin allergies, but have certain central inhibitory effects. It is currently out of use. The second and third generation of antihistamines have fewer side effects, but they are easy to repeat after drug withdrawal. As a prescription drug, they have many contraindication and high requirements for use. Calcium can increase the density of capillaries and reduce permeability, thereby reducing exudation and reducing or relieving allergic symptoms^[2]. But when injected too quickly or in too large a dose, the heart rhythm can be disturbed, and in severe cases, ventricular fibrillation or cardiac arrest. Not suitable for family use, high technical requirements for individuals. Immunosuppressive agents are effective for all kinds of allergic reactions and have non-specific inhibitory effect on the immune function of the body. Drugs represented by prednisone and dexamethasone have greater side effects and are not suitable for children^[3]. Resistance can also occur with long-term use of anti-allergy drugs, and the anti-allergy drugs themselves can also cause allergic reactions. Although the effect of

modern medical treatment is obvious, it has higher requirements for users and obvious side effects, so it is not suitable for family use under the limitation of the environment.

Chinese medicine bath has a long history of use in China. Its role of exorcism and disease prevention is deeply rooted in people's hearts. Through soaking, drugs are more easily absorbed by the human body at appropriate temperature [4]. Urticaria is manifested as a rash of red wind, indefinite, long course of disease and easy to repeat. Using the idea of dispelling wind and dehumidifying, strengthening and strengthening the surface of traditional Chinese medicine, screening the drug formula with this effect in traditional Chinese medicine, making external bath products, to avoid oral children is not easy to accept [5]. Although the onset of urticaria in children is urgent and the symptoms are obvious, under the condition of no abnormal breathing and shock, the timely use of family therapy can achieve the ideal effect and avoid the delay on the way to medical treatment. However, due to the small number of cases in this case, there is still room for research on TCM bath therapy.

The important pharmacodynamic components of traditional Chinese medicine are usually distributed in the cells of animals and plants. If a wall breaker is used to smash the traditional Chinese medicine, the drug cells will be destroyed. In addition, all the ingredients of TRADITIONAL Chinese medicine are kept in use and the rules of traditional Chinese medicine are followed. The relative surface area of the crushed drug increases, which makes the active ingredient more soluble and enhances the efficacy of the drug. The soaking bath of powder can effectively save the time of decocting, and it is easier to store and carry, so it can be used in clinic.

Chinese medicine believes that urticaria belongs to the skin itching "itching wind", "Cain" category, is caused by evil wind, the essence of the body belongs to the weak spleen and stomach camp table. This disease is mainly caused by blood deficiency resulting in wind and dryness, skin loss, or because of rheumatism in the skin, can not be caused by drainage [9]. The traditional Chinese medicine used above can nourish blood, dispel wind, moisten dryness and relieve itching. Chinese medicine bath can also clean and moisturize the skin [6]; Bath promotes the increase of sweat gland activity and sweat secretion, and the function of some sweat glands and sebaceous glands can be restored [7]; Sweat gland excretion scours away urine toxin and calcium and phosphorus deposits stored in the skin. The effect of Chinese medicine on purging turbidity, dispelling wind and relieving itching can be played by bathing [8]. Topical use also avoids the danger of overdose. Chinese medicine bath antipruritic effect and safety advantages worth clinical promotion.

Acknowledgements

This work was supported by the Changde Science and technology Bureau Project (2021-1), titled Study on disinfection of air by tea herbal tobacco and prevention of respiratory tract infectious diseases (2020ZD66).

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