

Xu Pengguang's Experience of Treating Facial Discosmetic Dermatoses with Jie Du Si Wu Decoction

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Abstract: Expound The Jie Du Si Wu Decoction the root origin of the the Chinese medicine and the main treatment, Through Professor Pengguang Xu's medical cases: rosacea, acne, to analyze his experience treat Facial Discosmetic Dermatoses, argue that the application of Jie Du Si Wu Decoction to treat Facial Discosmetic Dermatoses blood deficiency and blood-heat syndrome, blood deficiency and damp-heat syndrome, it proved to have effectivee. At the same time, in the clinical therapy with syndrome differentiation, pay attention to adjust the proportion of medication according to the different priorities of blood deficiency, blood-heat and damp heat.

1. Introduction to Jie Du Si Wu Decoction

Professor Pengguang Xu is the chief physician of the Department of Dermatology of the Affiliated Hospital of Shaanxi University of Traditional Chinese Medicine and a master tutor. He has been engaged in clinical, teaching and scientific research in dermatology and TCM surgery for nearly 40 years. He is good at clinical research and treatment of various skin diseases. Jie Du Si Wu Decoction is derived from the ancient prescription Wenqing San, which was originally mainly used to treat gynecological diseases. Professor Xu inherited the ancient formula, innovated the old and brought forth the new, and used Jie Du Si Wu Decoction to treat facial discosmetic dermatoses by modifying and subtracting according to the symptoms and achieve good clinical effect. The author is fortunate enough to follow the clinic for the clinical efficacy. Now, Professor Xu's experience of using Jie Du Si Wu Decoction in the treatment of facial discosmetic dermatoses is introduced as follows, in order to provide new ideas for the diagnosis and treatment of such skin diseases.

Jie Du Si Wu Decoction, formerly known as Wenqingsan, was first described in the Ming Dynasty "*Wan Bing Hui Chun*" [1]. It has the effect of "nourishing blood and clearing fire", and is mainly used for the treatment of Gynecological asthenia heat type metrorrhagia [2]. It composition of the prescription is: Rehmannia glutinosa, Baishao, Angelica, Chuanxiong, Scutellaria, coptis, phellodendron, Shanzhizi. and It is a combination of Si Wu Decoction and Huang Lian Jie Du Decoction [3], The effect of Siwu Decoction is to nourishes blood and activates blood, it can make

blood to circulate without harming the original qi of the human body. Huanglian Jiedu Decoction clears heat and detoxifies, and can clear away the evil of Sanjiao fire. The whole formula has both nourishing and heat-clearing effects, tonification and purgation in combination. The whole prescription has the effect of nourishing blood and promoting blood circulation, clearing away heat and drying dampness and detoxifying. Clear heat without harming the original qi, and nourishes the blood without retaining evil. Professor Xu often replaces *Rehmannia glutinosa* with *Shengdihuang* in clinical application. This recipe is used to treat Facial Discosmetic Dermatoses blood deficiency and blood-heat syndrome, blood deficiency and damp-heat syndrome, it proved to have effective. At the same time, in clinical application, pay attention to adjust the proportion of medication according to the different priorities of blood deficiency, blood-heat and damp heat.

In recent years, many doctors have studied this recipe, Chunjuan Xu and others have found that this recipe has anti-ulcer, anti-inflammatory, antipyretic and analgesic, sedative, hemostasis and two-way immune regulation and other pharmacological effects. It has also achieved good results in the application of oral diseases, Behçet's disease and various skin diseases [4]. Meiling Yao [5] used this recipe to treat diabetes, migraine, infertility, hypertension and other diseases, and the curative effect was definite. Qiang Tan [6] also used this formula to treat acne, hormone-dependent dermatitis, oral ulcers, pruritus and other skin diseases, and attached medical records. Other scholars have conducted research reports on this prescription, proving that it is effective in the treatment of andrology [7], herpes zoster [8], acne [9], diabetes complicated with boils and simple head boils [10], chronic cheilitis [11], psoriasis vulgaris [12], urticaria [13], Behçet's disease, vasculitis secondary to rheumatoid arthritis, subacute cutaneous lupus erythematosus [14], pruritus [15], eczema [16] and other diseases have significant curative effect. The Japanese Chinese prescription community also believes that this prescription can be the first choice to treat many diseases [17], which expands our ideas for the new clinical application of ancient prescriptions.

In recent years, the incidence of Facial Discosmetic Dermatoses has increased year by year due to various reasons, and facial inflammatory dermatoses account for the vast majority of Facial Discosmetic Dermatoses, Xin Zhao [18] conducted a statistical survey on 329 patients with facial inflammatory skin diseases, it is found that most of the patients with these diseases have damp syndrome, heat syndrome and blood stasis syndrome. Therefore, the TCM dialectical classification is mainly based on damp syndrome, blood heat syndrome and blood stasis syndrome. Professor Xu believes that Jiedu Siwu Decoction can nourish blood and promote blood circulation, clearing away heat and drying dampness and detoxifying. Based on this recipe, it can play a very good role in the treatment of Facial Discosmetic Dermatoses. *Shengdihuang* in this prescription not only has anti-inflammatory and anti-allergic effects, but also dilates blood vessels, reduces capillary permeability, and inhibits vascular inflammation; *Angelica*, *Chuanxiong*, *Red peony root* are all blood-activating drugs, and most of them have anti-inflammatory effects. In addition, they can also promote the repair of tissue damage and promote cell regeneration, regulate the body's immunity, and improve the body's reactivity [20]. *Scutellaria baicalensis* [21] contains flavonoids, baicalin extracts and other anti-allergic ingredients, which can inhibit polytype allergy and enhance the overall immune function by affecting the content of IgM and IgG. Jiedu Siwu Decoction is a combination of Siwu Decoction and Huanglian Jiedu Decoction. Recent studies such as Lingzhen Kong [22] have shown that Siwu Decoction can promote the proliferation of human skin fibroblasts, promote blood vessel regeneration, granulation tissue growth, and accelerate wound healing. Huanglian Jiedu Decoction can reduce the level of inflammatory factors in serum to achieve anti-inflammatory effect, and can be widely used in the treatment of various inflammatory skin diseases [23]. Chunshui Yu [24-25] and others found that this prescription has a positive effect on FLG that maintains the skin barrier function, which shows that this prescription can not only accelerate the repair of the skin barrier function, but also have a protective effect on the skin barrier function. All of the above provide a sufficient basis for the

treatment of facial discosmetic dermatoses with this prescription.

2. Clinical application

2.1 Rosacea

Rosacea occurs mostly in middle-aged people. Clinically, acne-like papules are scattered on the nose ala and the middle of the face with persistent erythema. Some patients can see pustules, and rhinophyma, with obvious telangiectasia and local burning. Professor Xu believes that the pathogenesis of this disease is due to improper diet, accumulation of heat in the lungs and stomach, steaming on the face, and hot poison condenses on the nose and develop the disease. Therefore, the syndrome of excess heat in the lung and stomach is relatively common. It may be accompanied by dry mouth, constipation, red tongue, yellow tongue coating, rapid pulse. For the patients with lung-stomach-heat syndrome of this disease, Professor Xu often used Jiedu Siwu Decoction to treat. If accompanied by pustules can add dandelion, forsythia. If the rash is red and hot, the dosage of *Scutellaria baicalensis* can be increased and can add the Daqingye.

2.2 Acne

Acne often occurs in adolescence and is a chronic inflammation of the hair follicles and sebaceous glands. Acne, papules and pustules on the face, chest and back are its main clinical manifestations, white broken rice-like powder juice can be squeezed out of the rash. Patients usually have greasy skin on the face, chest and back, red rash, swelling and pain or pustules. The accompanying symptoms include bad breath, constipation, yellow urine, red tongue, yellow and greasy tongue coating, slippery pulse, etc. Professor Xu often treats this disease from the perspective of lung meridian blood heat and gastrointestinal damp-heat, and often uses Jiedu Siwu Decoction to treat it, according to different syndrome types, the emphasis on cooling blood and promoting blood circulation and clearing away heat and detoxification can be adjusted appropriately. The prescriptions mainly include angelica, red peony root, Shengdihuang, Chuanxiong, *Scutellaria*, phellodendron, coptis, Shanzhizi, *Hedyotis diffusa*, Honeysuckle, Dandelion, *Salvia miltiorrhiza*, *Atractylodes*, Poria, Forsythia, etc. Among them, *Scutellaria*, Shanzhizi, *Salvia miltiorrhiza*, and *Hedyotis diffusa* form the Four Flavor *Scutellariae Qingfei Decoction*, which is a commonly used prescription by Professor Xu for the treatment of acne [26], it has the effects of clearing lung fire, activating qi and blood, and detoxifying. Studies have shown that the imbalance of the microecological ecology on the skin surface may be the cause of acne [27], In the recipe, phellodendron, honeysuckle, forsythia, and dandelion are antibacterial and bacteriostatic to a certain extent. If the patient has obvious lung heat, add loquat leaf, mulberry white skin, honeysuckle to clear the lung and reduce heat; those with oily facial skin add YinChen; for those with more pustules, add *Hedyotis diffusa*, wild chrysanthemum, and honeysuckle; for those with obvious nodular cysts, add *Scrophularia*, Forsythia, *Prunella vulgaris*; If itching is obvious, add Baixianpi to expel wind and relieve itching; If the lower jaw is severe, add *Ligustrum lucidum* and *Eclipta*; for those with aggravation in the premenstrual period, add *Rhizoma Cyperi*, Angelica and Motherwort.

3. Case example

3.1 The Rosacea Case

Chen, male, 31 years old, was first diagnosed on October 15, 2020. Chief Complaint: Papules and erythema on the face for 2 years. Two years ago, erythema and papules recurred on the face for no

obvious reason, sometimes light and sometimes heavy, at present: Scattered papules on the erythema of the nose and the middle of the face, mixed with a little pus, some of which have dried and scabbed and scaling, the basal capillaries were significantly dilated, local burning and swelling, dry mouth, bitter taste, nervousness, irritability, Other physical condition is normal, red tongue, yellow and greasy tongue coating, fast pulse and beats fast like a string. Western medicine diagnosis: rosacea. Traditional Chinese medicine diagnosis: rosacea (syndrome of excess heat in the lung and stomach). The treatment principle is to cool blood and eliminate spots, clear lung and stomach heat; the prescription uses Jiedu Siwu Decoction. Prescription: Angelica 15g, Shengdi 15g, Chuanxiong 12g, Red Peony 12g, Scutellaria 12g, Shanzhizi 12g, Salvia 15g, Hedyotis diffusa 25g, Rhizoma Cyperi 12g, Poria 15g, Atractylodes 15g, Coix seed 20g, Forsythia 12g, Purslane 15g, Dandelion 15g, Zihuadiding 15g, Licorice 6g, 14 doses, Traditional Chinese medicine formula granules, 1 dose per day. Fusidic acid cream and Befuxin gel for topical application. Instruct him not to eat too greasy, and to keep his mind comfortable. On the second visit on November 2, the facial papules and erythema were greatly improved, the burning and swelling disappeared, the desquamation was relieved, and only a few new skin lesions appeared. Keep the previous prescription unchanged, and continue to take 14 doses. After half a month, the facial flushing has basically disappeared in the third visit, There was no new skin lesions, and he was instructed to take Yinhuang Xiaocuo Capsules (Homemade medicines inside the hospital) to consolidate the curative effect. After 1 month of follow-up, the patient's facial flushing had completely subsided and no recurrence occurred.

3.2 Acne case

Song, a female, 41, was first diagnosed on December 10, 2020. Chief Complaint: Facial papules and acne for half a year, aggravated for 1 month. Symptoms: oily face, many rice-grain-sized papules on cheeks and forehead, red nodules, burning sensation, cysts, usual weakness, lethargy in limbs, lack of energy, pale nails, difficulty falling asleep, Others are normal, dysmenorrhea, less menstrual volume, The tongue is light red with teeth marks, yellow tongue coating, the pulse is thin and fast beating. Western medicine diagnosis: acne. Diagnosis of TCM: Acne (blood deficiency and damp-heat syndrome). The principle of treatment is nourishing blood and activating blood, clearing heat and removing dampness, recipe with Jiedu Siwu Decoction. Prescription: Shengdihuang 15g, Angelica 15g, Radix Paeoniae Alba 15g, Red Peony 15g, Chuanxiong 15g, Scutellaria 12g, Shanzhizi 12g, Hedyotis diffusa 25g, Salvia 15g, Yin Chen 25g, Poria 15g, Fried Coix seed 15g, Astragalus 15g, Suanzaoren 15g, Rhizoma Cyperi 15g, Motherwort 15g, Licorice 6g, Forsythia 15g, Scrophularia 15g, Yujin 12g. 7 doses, Chinese medicine formula granules, 1 dose per day. At the same time, apply fusidic acid cream to the local skin lesions, twice a day. At the second visit, he complained that there were no new skin lesions on the face, the skin lesions were lighter than before, and there were still a few acne and acne scars, Sleep has improved, fatigue has decreased slightly, Others are normal, The tongue is light red with teeth marks, yellow tongue coating, the pulse is thin and like a string. Continue to take the above prescription adds stir-fried Atractylodes 15g, the rest remains unchanged. 7 doses, Chinese medicine formula granules, 1 dose per day. After the third diagnosis, all the syndromes were relieved, and the above 7 doses were continued to consolidate the curative effect.

4. Summary

Jie Du Si Wu Decoction has unique curative effect and obvious advantages in the treatment of rosacea, acne, chronic cheilitis and other common facial discosmetic dermatoses. The curative effect is significant, the side effects are few, and the patients benefit a lot. Professor Xu's experience in using Jiedu Siwu Decoction to treat facial discosmetic dermatoses is reflected in the following aspects.

4.1 Treating different diseases with the same treatment, one prescription is used for multiple diseases

The etiology of skin diseases includes internal and external causes, external factors including the Six Evils wind, cold, summer heat, dampness and dryness can all turn heat into fire; In internal factors, stagnation and anger damage the liver, the liver qi is stagnant, and the stagnation for a long time turns into fire, which can also generate heat poison and fire poison [28]; In addition, from the perspective of part dialectics, the ShangJiao is like fog, which belongs to the yang position. Wind pathogens are easy to attack, warm and heat often invade, and the etiology is often wind-temperature and wind-heat [28]. Therefore, it can be seen that fiery evil is the most common pathogenic factor of head and face discosmetic dermatoses. The common etiology and pathogenesis are mainly blood heat, but each has its own characteristics. Dialectical treatment of TCM emphasizes treating the root cause of disease, examining evidence and seeking the cause, and treating different diseases with the same treatment. Therefore, it can be treated with Jiedu Siwu Decoction. According to different syndromes, the principles of cooling blood, promoting blood circulation, drying dampness, and dispelling wind are applied, which reflects Professor Xu's academic thought of treating different diseases with the same method and applying one method to multiple diseases.

4.2 Combination of internal and external therapy to complement each other

During the treatment, Professor Xu tried to examine the syndrome and seek the cause. On the basis of focusing on the internal treatment of traditional Chinese medicine, he also paid attention to the external treatment and the internal and external treatment, which complemented each other. At the time of clinical diagnosis, on the basis of internal use of Jie Du Si Wu Decoction, external treatment methods such as acupuncture, cupping therapy, Chinese medicinal liquid wet compressing and bloodletting can also be given in combination with the patient's condition. The combination of internal and external can shorten the course of the disease and achieve satisfactory curative effect as soon as possible.

4.3 Strictly check the pathogenesis and add or subtract according to the evidence

Professor Xu believes that the pathogenesis of facial discosmetic dermatoses is mostly wind, heat, poison, dampness and blood stasis, among which wind and heat are the most common. According to the efficacy characteristics of Jie Du Si Wu Decoction nourish blood, activate blood, clear heat, dry dampness and detoxify, it is often used in clinical treatment of facial skin diseases such as rosacea, acne, chronic cheilitis, seborrheic dermatitis, contact dermatitis, etc. During the treatment, we should observe the pathogenesis, first identify the viscera, then identify the characteristics of local skin lesions, and finally identify the constitution, and then establish the treatment method and prescription.

Jie Du Si Wu Decoction is a commonly used prescription for the treatment of facial discosmetic dermatoses, and it should be added or subtracted according to the symptoms of the patient; In addition, patients with chronic illness, due to prolonged illness and more stasis, need to avoid medicines that are too cold and cool and increase blood stasis. Can be appropriate to add blood activating and stasis removing medicine, such as Salvia, safflower and so on. In addition, Professor Xu also emphasized that in the clinical therapy with syndrome differentiation, At the same time, pay attention to adjust the proportion of medication according to the different priorities of blood deficiency, blood-heat and damp heat, and to select medication flexibly.

Professor Xu innovated in the inheritance, perfectly combined the classic ancient recipes with modern dermatology clinics, expanded the scope of Jie Du Si Wu Decoction for the treatment of diseases, and provided new ideas for dermatology colleagues.

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