

Traditional Chinese Medicine Diet Health and Dermatology

Nan Zhang¹, Pengguang Xu^{2,*}, Xiaodong Wei³, Xinxin Fan¹, Huanna Li¹

¹*Shaanxi University of Chinese Medicine, Xianyang, Shaanxi 712046, China*

²*Affiliated Hospital of Shaanxi University of Chinese Medicine, Xianyang, Shaanxi 712000, China*

³*Zhonghuitang Traditional Chinese Medicine Hall, Xi'an, Shaanxi 710600, China*

*Corresponding author

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Abstract: Due to the impact of the novel coronavirus pneumonia on China, how to improve the physical fitness of our people has become a social issue. In the treatment of skin diseases at the same time, using traditional Chinese medicine to prevent disease recurrence and other diseases. Discuss the treatment principles and methods of diet therapy, treat skin diseases based on syndrome differentiation of traditional Chinese medicine, summarize the methods of diet therapy to prevent and treat common skin diseases, and introduce more diet therapy policies to improve people's physique and contribute to a healthy China.

1. Introduction

Diet therapy is a healthy way to use appropriate food to strengthen the body and delay aging [1]. Skin disease is one of the manifestations of dysfunction of the viscera. Skin health shows the health of the human body. One of the causes of skin disease is diet and fatigue. According to the cause of the disease, the concept of medicine and food is the same source to prevent and treat skin diseases. Maintain the body to improve the state of skin diseases. As the "preventive treatment of diseases" of traditional Chinese medicine is valued by the state and society, many researches related to diet therapy, health management, and disease prevention and treatment have been carried out [2]. This article sorts out the development history of diet therapy, the treatment principles and methods of diet therapy, and the methods of recuperating one's constitution, etc., and summarizes the methods of diet therapy for preventing and treating common skin diseases.

2. Principles and methods of food therapy

The theoretical basis for the treatment of traditional Chinese medicine diet and health preservation is the treatment of food based on syndrome differentiation. Syndrome differentiation is to determine the syndrome type of the disease through the symptoms and signs of the disease. Diet is to choose appropriate medicated diet according to the results of syndrome differentiation [3]. The fundamental of diet therapy is to use the five flavors of food to balance the yin and yang of the human body, and to match the nature and flavor of medicines to enhance the functions of the zang-fu organs. Balance

the body's qi, blood, yin and yang by using the cold, hot, warm, cool and other biases of food and medicinal materials to restore different constitutions [4]. Design a suitable diet plan, and medicated diet to maintain the righteousness of the human body. Wu Xiaoling et al [5] used food conditioning on the macroscopic level, medicated tea conditioning on the microscopic level, and guided conditioning based on syndrome differentiation, and reduced the recurrence rate after intestinal polyp surgery by recuperating the patient's constitution through diet therapy. Tan Fang [6] found that Chinese herbs that are homologous to Chinese herbs and food are mild in medicinal properties, and their effects are to nourish qi and blood, invigorate fire and help yang, warm the body and disperse cold, etc. After long-term use, it can slowly change the body constitution. ginger, rhizoma zingiberis, cinnamon can nourish tonic, relieve pain, and reconcile medicinal properties.

3. Medicine and food are of the same origin to prevent and treat skin diseases

3.1 Acne

The etiology of acne is related to wind-heat in the lung meridian, accumulation of damp-heat, accumulation of phlegm and body fluid, invasion of cold pathogens, excess of heat in the lungs and stomach, deficiency of kidney-yin, internal heat due to yin deficiency, deficiency of qi and blood yin and yang are closely related [7, 8, 9]. To prevent acne recurrence, acne diet should reconcile the five flavors, eat a light diet eat more vegetables, and eat less meat. Wash your face every day to keep your skin clean, pay attention to routine taboos, avoid staying up late, and keep your mood pleasure. Studies have shown that the intake of foods with a higher glycation index may cause excessive secretion of sebum, thereby promoting copper bacteria infection and causing an inflammatory response; the presence of certain dairy hormones may cause progesterone and testosterone, the precursors cause deterioration of the skin [10].

For wind-heat in the lung meridian, use silver flower lily mung and bean porridge, chrysanthemum and coix seed tea, etc., protect the spleen and stomach, remove dampness and strengthen the spleen when clearing heat from gastrointestinal dampness, use oriental wormwood and winter melon soup, coix seed lotus leaf soup, etc.; use hawthorn lotus leaf for phlegm-dampness Tea, peach kernel and coix porridge, corn almond kelp soup, etc.; if the kidney yin is deficient and the fire is too strong, the liver and kidney yin should be replenished. For wind-heat in the lung meridian, use silver flower lily mung bean porridge, chrysanthemum coix seed tea, etc., to protect the spleen and stomach when clearing heat from gastrointestinal dampness, and to dispel dampness and strengthen the spleen, use Yinchen winter melon soup, coix seed lotus leaf soup, etc.; use hawthorn lotus leaf for phlegm-dampness Tea, peach kernel and coix porridge, corn almond kelp soup, etc.; If the fire of the kidney is too strong, the liver and kidney yin should be nourished. Goji berry, privet lucidum, and herba celiptae can be used cook meat.

3.2 Seborrhic alopecia, alopecia areata

The causes of both seborrhic alopecia and alopecia areata in traditional Chinese medicine are related to improper diet, excessive fatigue, and poor mood. Professor Guo believes that seborrhic alopecia is mostly caused by insufficient liver and kidney yin essence, damp-heat accumulation, qi stagnation and blood stasis will aggravate hair loss [11]. Professor Bai believes that the etiology of alopecia areata is related to deficiency of liver and kidney essence and blood, blood heat and damp-heat in the spleen and stomach [12]. Niu Weilu et al. [13] data mining the traditional Chinese medicine compatibility rules for the treatment of hair loss in famous and Chinese medicine is nourishing the liver and kidney, nourishing qi and nourishing blood, strengthening the spleen and strengthening the essence. In the medicinal diet for alopecia areata, spleen and kidney deficiency can be added to stewed

soups such as Codonopsis, Poria, Atractylodes, Angelica, Chinese yam, Astragalus, and Fangfeng [14]. For blood deficiency and wind-dry type, Angelica sinensis, Chuanxiong, radices paeoniae alba, notopterygium root, rhizoma gastrodiaefructus chaenomelis, Cuscuta chinensis Lam etc. can be used for coordinate external washing with Hai Ai Decoction [15]. The medicated diet of patients with alopecia, essence and blood deficiency, qi and blood deficiency should be added to the medicated diet of RADIX POLYGONI MULTIFLORI PREPARATA, Codonopsis pilosula, sealwort, black sesame walnut pills, Erzhi pills, etc. to nourish the liver and kidney. Provide health education to patients, regular work and rest, relieve psychological tension, regulate emotions, develop a lifestyle that combines work and rest, do not scald or dye hair, wash hair with appropriate water temperature and appropriate frequency. Eat a balanced diet, and regularly avoid spicy, greasy, spicy food, seafood, durian, mango, leeks, etc.

3.3 Urticaria

Urticaria is caused by lack of congenital ability, yang deficiency constitution feeling wind-cold pathogenic qi [16]. It is also related to improper diet and gastrointestinal damp heat. Traditional Chinese medicine treatment of deficiency syndrome mainly focuses on strengthening the spleen and nourishing qi, nourishing blood and dispelling wind, nourishing the liver and kidney, strengthening the spleen and nourishing qi with Sijunzi Decoction and Yupingfeng San etc. , Tonic for the liver and kidney with Erzhi Pills Dodder, Ziheche, Epimedium, etc., nourishing blood and expelling wind with Siwu Decoction, Guipi Pills, Huangjing Chinese jujube Tea, etc.

Diet therapy recommends light and easily digestible foods, such as soy products and lean meat. For wind-heat, use chrysanthemum, honeysuckle, reed root, honey, etc. to make tea; for gastrointestinal damp-heat, use corn silk, bitter melon, purslane, tofu, etc. to make soup, and deficiency of qi and blood use red dates, longan, black sesame, astragalus, angelica for Wait for stewed broth. Some studies use a new look-up table method to popularize the importance of correct diet to patients, the risk of secondary exposure to allergens, change patients' eating habits, and improve the effectiveness of urticaria treatment [17]. Avoid spicy stimuli, fish, shrimp, seafood, mushrooms, milk, fermented foods, food additives, etc. to improve the efficiency of treatment, which proves the feasibility of using dietary therapy to prevent and treat urticaria. A study used Sanwu tea to treat chronic urticaria. The tea has the effect of dispelling wind, nourishing blood and nourishing yin. The total effective rate in the treatment group was 93%, which proved that medicated diet has clinical value and is beneficial to the recovery of urticaria prognosis [18]. Patients with chronic urticaria should actively seek and remove the incentives in their lives, avoid strong scratching of the affected area, avoid external use of strong irritating drugs, and avoid contact with animal hair, perfume, etc.

3.4 Psoriasis

The etiology of psoriasis is related to diet disorder, internal emotional injury, blood heat, qi and blood deficiency, yin deficiency and blood dryness [19]. Clinical studies have shown that excessive consumption of alcohol, animal oil, and high-fat and high-sugar diets in psoriasis patients will aggravate inflammation, indicating that diets have an impact on the immune system [20, 21]. Li Fei et al. found from the detection of food allergens that milk and eggs have a high positive rate in the detection of IgE and IgG of allergic diseases [22]. The dietary taboos should be treated according to the regional environment, the patient's physique, and the condition of the patient [23]. During the ongoing period, the treatment is mostly based on blood heat. Avoid eating spicy foods such as onions, ginger, garlic, leeks, onions, etc., as well as seafood, beef and mutton, toon and other foods. According to the homology of medicine and food, it is possible to eat medicines with the functions of nourishing yin, nourishing blood, moisturizing dryness and relieving itching, such as Salvia miltiorrhiza,

Scrophulariaceae, Angelica, white peony root, astragalus, Codonopsis, Chinese yam, fried Atractylodes, etc. . It is recommended to eat foods rich in omega-3 PUFAs, such as fish oil products and nuts, fresh vegetables and fruits, corn grains and coarse food grain, etc., and moderate consumption of weak tea [25]. Improve life style, strengthen mental health education, calm and stable mood, avoid mental stress, quit smoking and drinking, clean frequently, avoid colds and colds and improper medication.

3.5 Atopic dermatitis

The etiology of atopic dermatitis is rheumati, weak innate endowments, eating disorders, etc., which lead to heart fire and spleen deficiency [26]. The treatment method should focus on strengthening the spleen and expelling wind, nourishing blood and relieving itching. Professor Xu believes that pruritus is the most painful subjective symptom of this disease, and during the treatment process, during the treatment process, calm the mind, nourish blood and antipruritic drugs to relieve the pain of the patient [27]. If itching is stubborn, you can add soothing and calming drugs, such as semen zizyphi spinosae, semen boitae, caulis polygoni multiflori, flower of silktree and so on. Professor Zhang attaches great importance to spleen and stomach nourishment and nourishing blood [28]. For spleen deficiency, use Sijunzi Tang and coix seed to invigorate the spleen and replenish qi; Strengthen the spleen and stomach, promote digestion, use hawthorn, malt, stir-baked SEMEN RAPHANI, ventriculi galli mucosa, etc., for blood deficiency, use Siwu Decoction add caulis polygoni multiflori to nourish blood and moisten dryness. Professor Chen from the heart and spleen to expel wind and relieve itching. Professor Liu et al. [30] analyzed the prescription rules of "Chinese Medicinal Diet" and found that the commonly used medicated diets for atopic dermatitis have the effects of strengthening the spleen and kidney, nourishing yin and moisturizing dryness, such as wolfberry, ginger, yam, angelica and so on. Avoid raw and cold, pungent and irritating foods, etc., avoid excessive scratching and washing with soap and hot water, and pay attention to moisturizing the skin.

3.6 Chloasma

The pathogenesis of chloasma is mainly closely related to the spleen, liver and kidney [31, 32]. Professor Xu believes that excessive thinking, excessive sad can cause the blockage of human meridians, poor facial blood circulation leads to chloasma, treatment needs to keep a happy mood, the source of ying, wei, qi, xue is sufficient [33]. Diet therapy requires a regular diet, a balanced diet, an optimized diet plan, and sufficient protein supplementation [34]. Light and nutritious diet, pay attention to avoid spicy stimuli, cold and cool products, raw and cold food, avoid taking contraceptives, avoid overeating, irregular diet, and excessive eating of fatty, sweet, meaty and fishy products cause food cannot be digested [35]. Choose seasonal fresh fruits and vegetables such as cabbage, white sesame seeds, hawthorn, fresh dates and protein-rich fruits and vegetables. Bianque Sandou drink, black bean can nourish the kidney and benefit yin through the kidney, mung bean coat and white lentil can clear heat and invigorate the spleen and remove dampness; chrysanthemum cassia seed tea in chrysanthemum calms the liver and clears fire, cassia seed clears the liver and benefits the kidney, benefits the yin and relieves heat, Suitable for chloasma and liver fire exuberant period. Depressed and anxious people should pay attention to emotional therapy, pay attention to self-cultivation, combine work and rest, and maintain a happy mood. flower medicines have a weigh light and a fragrant smell, which can reach the liver and make your mood happy Eating flowers-medicine can more systematically regulate chloasma [36]. The production of traditional Chinese medicine facial mask is mainly based on white herbal medicine, nourishing blood and activating blood medicine. It adapts to the changes of the four seasons and day and night, and has a regular daily life.

At the same time, pay attention to physical sun protection, and do not use skin care products that are irritating to the face [37].

4. Summary

My country's diet therapy culture has a long history. From diet therapy and health preservation to create a "healthy China", we collect and think about the relevant literature on diet therapy and health care, and provide new ideas for the dietary guidance of clinical skin diseases. Traditional Chinese medicine dietotherapy and health care should be adjusted according to the time and body, and under the guidance of the thought of strengthening the spleen and benefiting the stomach, it pays attention to the dietary taboos to prevent and treat skin diseases. Some studies have investigated the physique of medical staff who are resistant to the new coronavirus pneumonia, analyzed the biased physique of medical staff, and provided some methods for medical staff to recuperate [38]. There are still deficiencies in the existing clinical research on health diet and physical fitness, no new progress has been made in the pathogenesis, and there is no unified standard for diagnosis and treatment. The medicinal value of traditional Chinese medicine food is used for disease prevention, treatment, and health care, but there is still a lack of a large number of clinical data observations. Excavate and sort out the research on the treatment of pre-existing diseases with traditional Chinese medicine, and in-depth explore its mechanism of action, conduct clinical observation experiments, better play the role of traditional Chinese medicine in "preventive disease treatment", and use traditional Chinese medicine to improve sub-healthy physique. exercise and emotional conditioning and other aspects of guidance and observation. Schools and hospitals should cultivate more talents in the field of diet therapy and medicated diet, launch medicated diet treatment services, publicize the knowledge of four seasons health preservation, strengthen people's awareness of health preservation, and design suitable medicated diet programs for treatment according to age and physique.

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