

On "autumn dryness" and psoriasis

Simin Yuan¹, Pengguang Xu²

¹*Shaanxi University of Traditional Chinese Medicine, Xianyang 712000, China*

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

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Abstract: Psoriasis is a kind of erythematous and scaly disease of skin affected by genetic, environmental and other factors. Yin deficiency and Yang excess constitution with deficiency of true Yin, heat inside and dryness outside is the root of psoriasis. Yin deficiency constitution is endowed to parents and can also be formed indirectly the day after tomorrow. Psoriatic patients are spread all over the main urban and rural areas of the world, and their clinical incidence areas have obvious ethnic and regional characteristics. For example, the incidence rate in Europe is much higher than that in Asia, and the incidence rate in North China is much higher than that in South Asia. In the northern autumn, dryness is easy to hurt the Yin and peel off the skin, inducing and aggravating the condition of psoriasis. This paper mainly discusses the pathogenesis of "autumn dryness" in psoriasis with Yin deficiency and Yang excess constitution.

1. Introduction

Psoriasis is also known as "white spot" in traditional Chinese medicine, commonly known as "psoriasis". The lesions and characteristics of the main parts are generally a large area of scaly erythema or small white plaque, which is widely and intensively distributed on the surface or around it. It is difficult to diagnose a chronic skin disease in China. What is often seen is a group of skin diseases with intractable, refractory and chronic damage. The common pathogenesis of psoriasis and psoriasis may be highly related to multiple inducing factors such as gene family or genetic, environmental, immune and response process, but the specific etiology has not been fully explained. According to the complete book of surgical syndrome and treatment, Bai He was "due to the excessive age of gold and the use of gold in winter and cold and late autumn." Based on the ideas of "correspondence between heaven and man" and "treatment must be based on this", this paper explores the law of psoriasis in autumn from the impact of "autumn dryness" on human quality.

2. When the Qi is dry, heaven and man correspond

"Neijing" or "those who treat diseases must learn geography tomorrow. Yin and yang are more powerful. The sequence of Qi, people's life and death, and the period of Biochemistry can know people's form and Qi". "Su Wen Bao Ming Quan Xing Lun" also said: "man lives by the Qi of heaven and earth, and is formed by the method of four seasons", which all reflect the view of "heaven and

man correspond". Climate change is closely related to the occurrence and development of diseases. The incidence rate of psoriasis is affected by the annual average temperature. If the temperature changes a little in a year, the incidence rate is low, otherwise, the incidence rate is high. When the seasons change and the cold and warm air flow alternates, the body will suffer from the imbalance of yin and Yang and be prone to disease. Moreover, dry climate is more likely to induce diseases than humid climate. The autumn and winter seasons in northern China are colder, cleaner and drier than those in the south, so the incidence rate of psoriasis is higher than that in the south.

3. Dryness domestication, six Qi dryness meaning

The word "autumn dryness" was first coined by Yu Jiayan, but the records of dryness evil and disease were only found in the internal classic. "Su Wen Yin Yang Ying Xiang Da Lun Pian" said: "the West generates dryness, dryness generates gold". Dryness, as one of the six Qi, is the main order of autumn, so it is also called autumn dryness. If the weather is sunny without rain for a long time, the autumn sun is exposed, the climate is dry, the age wood is less than, the age gold is too much, and the feeling of the turbidity of autumn dryness becomes dryness disease, it indicates that the exogenous autumn dryness evil caused at this time is autumn dryness dampness evil. During the Ming and Qing Dynasties, most doctors still regarded autumn dryness as one of the six Qi of the human body or a disease evil. Later, with autumn dryness, it was gradually endowed with multiple connotations of a disease name. It was used to refer to a chronic disease caused by the autumn climate feeling the evil of dryness. In the process, it was a kind of skin disease mainly caused by dryness and chapping caused by a large loss of body fluid and Yin fluid. Therefore, the word "autumn dryness disease" also has the triple meaning of one of the six Qi of human body, one of disease evil and one of disease name [1].

The cool and warm attribute of autumn dryness has been explored by doctors in previous dynasties. Yu Jiayan believes that "although dryness gold is in autumn, it belongs to Yin meridian, but it is different from cold and dampness and the same as fire and heat". However, Shen Mu Nan pointed out in the theory of dryness disease: "dryness disease is cool, which is called secondary cold, and the disease is the same as feeling cold"; Wang Mengying [2] said: "in terms of yin and Yang five Qi, the heat dryness is cold evil, and the Yin condensation is warm dryness, which is the original Qi. However, autumn is inherited from summer, and the evil of fire dryness is not stopped. If the fire is exhausted, it is dry, which is its standard Qi"; Zhao Jinxi [3] believes that the yin-yang attribute of dryness evil should be determined according to its specific clinical manifestations, and it is not paranoid to think that dryness belongs to yin or yang. Dryness pathogen is Polyphasic and other evil Qi, so its syndrome may change from Yin to Yang, which needs to be treated according to its specific clinical manifestations. "Jing Yue Quan Shu" puts forward that "those who are dry from Yang are caused by fire, and those who are dry from Yin are caused by cold". To sum up, the author believes that autumn dryness causes disease, wins the cold and cool air, restores the fire and heat of the air, takes killing, sedimentation and convergence as its foundation, and takes the waste heat and fluid consumption of summer as its target. The essence of dryness is the lack of fluid in the body. Fluid injury and yin deficiency are no more than Yin coagulation and Yin exhaustion.

4. Seek the same spirit, and dryness invades the skin and collaterals

Autumn dryness should hurt the heart and lungs, so it should be sad in the lungs first, which should be the performance of "corresponding with one voice and seeking each other with one spirit" [3]. Autumn dryness attacks people, which must precede the fur and invade the lung guard. It can be seen that the mouth, nose, pharynx, lips and skin are dry [4]. As Mr. Yu Jiayan's "autumn dryness theory of medicine and law" said: "the elite of plants and trees are charming. When they multiply the golden Qi, they suddenly change their appearance and focus on the top". If the lung guard is affected by the

evil of wind, cold and dryness, the Lung Qi will lose its divinity of subduing and publicizing. The guard Qi is weak, the blood biochemistry is not healthy, and the fur will lose its moist, dry and withered. Lung is responsible for breathing. If the patient has weak lung qi deficiency and blood and is negligent in lung transfusion, and the external blood of qi deficiency is insufficient, psoriasis patients are more likely to have a cold or cold, usually dry throat and red and swollen throat.

Autumn dryness first invades the human body and hurts the skin and sun pulse. As the "Lingshu carbuncle and gangrene" says: "the stomach receives the valley, the upper coke gives out Qi, divides the meat with temperature, and nourishes the bone joints, so as to pass the reason. The middle coke gives out Qi like dew, injects into the valley and seeps into the sun pulse, the body fluid is harmonious, changes and turns red into blood, and the blood and sun pulse overflow first, but injects into the collaterals, all surplus, but injects into the meridians." The whole body skin, meridians and sun meridian acupoints of the human body are not only the final parts of the human body where the internal organs, meridians, Qi, blood and body fluid interact and nourish each other, but also the origin of the circulation, transportation and collection of Qi, blood and body fluid of the human body's meridians. The skin is mainly responsible for receiving all kinds of meridians, Qi, blood and body fluid and meridians body fluid from the human body to various parts of the body, such as meridians, viscera and organs. At the same time, all kinds of meridians, Qi, blood and body fluid received by various main skin parts of the body are exchanged with each other and then injected back into the meridians. "On the skin of Lingshu" said: "those who can hurt people by wind and rain also first come from the human skin and pass into the great collaterals of the human body. Those with full skin and great collaterals pass into the major collaterals first, and those with full collaterals pass into the major collaterals of the body." Therefore, the skin passes through the outside, and autumn dryness hurts the skin, which is always connected with Qi, blood and body fluid, so it can not be despised.

5. Form and spirit are integrated, and autumn ambition is sorrow

"Su Wen Yin and Yang should be like the grand theory" said: "the sky has four seasons and five elements, which are collected by growth to generate cold, heat, dry and wet wind. People have five internal organs to transform five Qi, so as to generate joy, anger, worry and fear. Therefore, joy and anger hurt Qi and cold and heat hurt form." The psychological and emotional function activities of human body are closely related to the Qi, blood and body fluid of the five internal organs of the body. The lung is sad when it is determined. It should be in autumn and dry when it is in season. It is easy to produce mental factors such as sadness and resentment in autumn, which has a great impact on the onset and recurrence of psoriasis. "Su Wen Ju Tong Lun" said: "cover all kinds of diseases are born in the heart." Excessive sorrow, resentment and anger consume lung qi, then the anti evil force is weakened. Lung Qi consumes injury and is easy to get sick, but it is not limited to "form" injury. The lungs move towards the hundred meridians to help the heart and blood flow. If the lung qi movement is insufficient, it is unfavorable to the heart and blood qi movement, and the hidden spirit will be disturbed. The seven emotions are too much, the heart and spirit are lost, and the anger will hurt the Qi, which will consume the "Qi and spirit". Patients with psoriasis are prone to worry due to long-term illness and obvious mood fluctuation. They are pessimistic after autumn, resulting in disorder of Qi and blood, dysfunction of viscera and prone to disease.

Foreign studies have systematically evaluated the seasonal weather change and its close genetic relationship with the occurrence of emotional depression disorder and emotional anxiety and depression symptoms, and found that the seasonal climate temperature change is significantly positively and negatively correlated with the incidence of emotional anxiety disorder and depression, and it is more prone to seasonal emotional anxiety depression or depression in autumn and winter [5-6]. The study also found that some disease characteristics and typical symptoms of patients with

psoriasis are also closely related to the extreme mental stress of patients. About 42% of patients with psoriasis show serious abnormal mental stress, more than 37% of patients with psoriasis are extremely depressed, and about 66% of patients with psoriasis have experienced life events caused by mental stress. The area and severity of psoriasis lesions are strongly related to mental factors [7]. Modern medicine also believes that the main basis of the relationship between abnormal emotional state and primary psoriasis is that abnormal mental activity can cause a series of disorders regulated by endocrine function of human nerve and obvious relative reduction of immune function, and then promote the recurrence of original psoriasis lesions or continue to aggravate the symptoms and deterioration of lesions; Paying attention to positive and healthy life, normal psychological and emotional activities can often help prevent the recurrence of psoriasis infection or delay and inhibit the recurrence of psoriasis infection.

Therefore, the skin is one of the main organ structures that express the complex psychological activity signals inside human cells. In autumn, we should pay more attention to the mental and emotional factors of patients with psoriasis, prevent the extreme of seven emotions, "unity of mind and body", and pay attention to the psychological counseling of patients with psoriasis.

6. Winter is heavier than summer, and Xuanfu is ill

According to the complete book of surgical syndrome and treatment: "Bai Hu, a person with wind, has dry and itchy skin, such as rash, scabies and white color. The scraps of scratching gradually lead to dry and cracked limbs, blood and pain, and the skin between the fingers is thick and can't itch". It can be seen that the condition of most patients with psoriasis presents the characteristics of "heavy winter and light summer" [8]. Gao Yunyi et al. [9] believed that the main core pathogenesis of psoriasis vulgaris should be "Xuanfu closed depression" type, and the main treatment method is "opening Xuanfu, dredging collaterals and detoxifying". Lin Wenxia et al. [10] believe that psoriasis will be alleviated in summer when the heart should be treated. In summer, the Yang Qi of the human body is the most vigorous and the blood vessels of the whole body flow smoothly. It can not only nourish the skin of the human body, but also vaporize the blood through activating the meridians and collaterals, dissipate the wind cold and stagnation, and expel the evil Qi such as internal and external cold and heat. Therefore, the treatment of persistent diseases is often light and like healing. In winter, the kidney should be treated. The disease is mild, the onset is early or gradually aggravated. In winter, it is dry and cold, the Yang Qi is closed and hidden, and the Yin Qi of the guard surface is insufficient, it is more likely to cause cold evil.

The explanation of ancient books in the collection and interpretation of the seventy-two seasons of the moon also mentioned: "in September, the Qi is solemn and condensed, and the dew turns into frost." This is the Chinese ancients used the cold dew solar term in autumn as a climate representation when the weather began to turn cold to cooler or has become cold. After the cold dew solar term, it changed to winter frost, which refers to the last small solar term in China's autumn. The frost solar term, the time of day is Xu, and the five acts of gold will be transformed into water, and all things will be collected and hidden. Therefore, after the autumnal equinox, the residual temperature in summer dissipates, the cold dew and frost fall come, the weather is getting colder and colder, autumn dryness is prevalent, dryness is sub cold, sexual convergence, depression and Xuanfu. In fact, many patients with psoriasis are ill or aggravated from autumn.

7. Deficiency of yin and exuberance of Yang, white blood from dryness

Yin deficiency and Yang excess constitution is the root of psoriasis patients. Lack of true Yin, blood heat inside and dryness outside. Mr. Zhao Bingnan [11] believes that blood heat is a primary internal immune damaging factor that damages the Qi and blood of the viscera of psoriasis and causes

allergic skin diseases. It is the clinical first and main theoretical basis for studying the local skin lesions and main causes of psoriasis. At the same time, blood heat can also be caused by visceral seven emotions, diet, wind evil or external wind dry evil mixed with wind dry heat, and internal evil guest invading the whole skin of psoriasis, The disease is caused by the combination of internal and external pathogens. Mr. Zhang Zhili [12] also believes that the root cause of psoriasis is blood heat, exogenous wind heat, excessive wind heat dryness, loss of skin nourishment, loss of Qi and blood, internal friction of yin and blood for a long time, gold and liquid, blood heat withering and wind dryness. At the beginning, blood heat accumulates in the skin and feels the evil of autumn dryness. The convergence of dryness evil is not conducive to the external penetration of heat evil, but contributes to the heat potential. Jin Ke mu, victory means peace, negative means emptiness, and emptiness means external evil, which is even more disturbing.

The excessive dryness and heat of autumn Qi will lead to the dryness of lung blood, the injury of spleen and heart wood Qi, and the loss of liver wood blood. The imbalance of yin and Yang of the Qi machine of the five zang organs and six viscera, and the deficiency of Qi, blood and body fluid will lead to the failure of distributing fluid and blood to nourish blood by themselves. The Yin essence of liver and kidney cannot be raised again, the Yin blood and body fluid cannot be moistened by outsiders, the heart Yang blood heat will not rise and fall and spread outside the skin of the whole body, and the blood heat toxin and evil will accumulate on the surface of the skin with the external evil, resulting in the disease of the whole body, At this time, it is common that the skin rash of patients with psoriasis is generally red, small or drop like, maculopapular or papule is small coin like, light and bright red, and the skin is obviously dry and itchy. After scratching, there is a little white debris on the skin, which develops rapidly, prone to generalized rash and spread to the whole body. Jiang Chunyan and other papers [13] believe that those with Yin deficiency and blood fever are not only the origin of measles, but also the key to the transformation and spread of the disease. If the blood component and heat toxin evil have not been effectively cleared in time for a long time, the blood in the body will be damaged if the disease lasts for a long time, resulting in the gradual loss of Yin blood, the deficiency of the sun, the generation of weathering, dampness and dryness, and the external cold evil Qi turns into wind with the heat, which is one of the major and complex pathogenesis factors in the "itching" symptoms of psoriasis; Or because of the heat and dampness invasion and suffering of damp heat or the evil of poison, the Yin and blood of the human body are damaged for a long time, and the blood and blood stasis occurs, so that the local meridians of the whole body turn into cold Yin and blood stasis due to Yang deficiency and blood stasis due to wind obstruction and injury. At this time, the facial skin lesions can often remain for a long time. The liver body should avoid Yin blood and must use Shaoyang at the same time. The insufficient operation of Yin blood, on the contrary, can further aggravate the negative circulation of yin and Yang on the liver pulse, and the mutual drainage of Qi and blood is unfavorable, so that the Yin Qi is depressed. When it should be lowered, the Yang cannot be willing to rise, but it is unwilling to drop when it is willing to lower the Yang. In autumn dryness, the Qi is stagnant outside the surface of the liver pulse, while the Yang consumption is damaged inside the surface, and the Qi mechanism is blocked. Therefore, the patients with psoriasis have insufficient Yin blood due to qi depression. In addition, the condition of autumn dryness is more lingering and difficult to heal.

The liver Yin blood sea is insufficient, the Yin turns into fire without controlling its true Yang, the liver fire is hyperactive, the wood water is prosperous, and the fire is intense, while the civil punishment gold, lung gold injury and the invasion of external pathogens are more likely to cause internal disturbance of liver qi, Yin deficiency and Yang decline vigorously. If autumn dryness turns into heat with liver Yang and helps wood fire punish earth gold, it is very easy to lead to excessive weakness of lung qi. According to the theory of "the lung governs the skin" (Su Wen Yin Yang Ying Xiang Da Lun), the lung governs the subtle Qi and blood, such as water, valley and Qi, which can be

transported out of the lung to the viscera, skin and hair of the whole body, moisturizing the viscera, skin and hair muscles. If the viscera and lung Qigong can be excessively deficient, it will inevitably lead to the loss of nourishment and moisturizing of the five viscera, skin and hair, and skin, haggard and haggard. Every time the gold Lord's season, the lung gold wood will be easy to be retaliated. Once the liver wood is attacked, the yin deficiency of the liver will become more virtual, the liver fire will change to fire prosperity, and psoriasis will be more likely to lead to recurrence and aggravation or aggravation of systemic symptoms. Ming Yu Tuan's "true biography of medicine" is the ancients' view: "Jin Xinzaos is too old. In mid autumn, Qi is deep and dry, and Jin exergy is used, which is the beginning of this syndrome. It is often seen in people suffering from liver and kidney yin, blood deficiency, body Yang, emaciation and aging." Blood deficiency and internal dryness are mainly caused by the liver and kidney, the homology of essence and blood, the deficiency of yin and essence, the inability to nourish the viscera inside, the inability to moisten the skin outside, the dryness inside and the dryness outside, the deficiency of true Yin and the change of constitution. After every autumn, the condition will relapse or worsen.

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