

Analysis on the efficacy and safety of treating skin eczema based on the combination of traditional Chinese and western medicine

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Abstract: Eczema is a common skin disease. At present, the incidence of the disease is also on the rise. Because the etiology and pathogenesis of this disease are not completely clear, there is no effective cure at present, especially the recurrence problem is a difficulty. At present, the combination of traditional Chinese and western medicine is a medical and health force alongside traditional Chinese medicine and western medicine. Methods: The clinical data of 178 cases of skin eczema treated in our hospital from January 2021 to January 2022 were retrospectively investigated and analyzed, and they were randomly divided into two groups, 89 cases in each group, and the control group was only given western medicine. Observe the syndrome differentiation treatment of TCM in group A, and analyze the therapeutic effect and safety of the two groups of patients. Results: Through clinical research, it was found that the clinical effective rate of the traditional Chinese medicine group was 88%, and that of the western medicine group was 70%. Both of them had good curative effects on eczema. However, traditional Chinese medicine or western medicine alone can't be satisfactory. In recent years, many doctors have achieved remarkable results in treating eczema by combining traditional Chinese medicine with western medicine.

1. Introduction

The disease name "eczema" has a long history. The understanding of eczema in ancient Chinese medical books can be described as a hundred schools of thought contend. Although it is different from the disease name of eczema, the clinical symptoms and pathogenesis of this disease have long been similar. The manifestations are very similar, such as "soaked sore", "scar sore", "four bends of wind", "wet sore", "milk ringworm" and other names [1]. Skin eczema is an inflammatory skin disease caused by allergic inflammation of the dermis and epidermis. It has a clear tendency to exudate and is caused by a variety of internal and external factors. Patients have severe itching, complex etiology of eczema, easy recurrence after treatment, and chronic eczema, which has a serious impact on the patient's normal life [2]. Eczema can be divided into localized eczema and generalized eczema according to the location of the disease. The ancient physicians also put forward a variety of different

titles of dampness according to the different parts of the disease. Ancient physicians agreed that the pathogenesis of eczema is closely related to the viscera, and a hundred schools of thought contend [3]. It is related to internal factors such as spleen dampness, fire, blood deficiency and so on. The joint action of internal and external factors leads to the onset of this disease [4]. It is a common and frequently-occurring disease in clinical practice, and its pathogenesis is complex. It is generally believed that the disease is caused by allergic dermatitis [5]. The traditional treatment for the disease is the use of antihistamines and topical hormonal creams. Due to the many adverse reactions of western medicine, patients are prone to develop tolerance, etc., and its therapeutic effect will also be affected to a certain extent [6]. Now, more and more people choose the combination of traditional Chinese and western medicine, which can achieve better clinical effect.

2. Medical records and general information

2.1 Cases of eczema

There are many reasons for itching, the wind winner is dry and itchy and desquamated, and the wet winner is itchy and has a lot of water. However, the patients with this disease do not produce much water when itching, and the skin becomes swollen. The symptoms are exacerbated after sun exposure, the moon is purple, and it is known to have constipation, tongue thorns and other symptoms. Blood must be hot. When the patient was first diagnosed, it was during the period of Bingshen's early days of being polite and Shaoyin Junhuo plus temporary period, and Yiwei's year-end qi had frequent cold waves all over the country since Xiaoxue, and snowfall was rare in the south for decades. No encounter, the cold wave was so strong that the media called it "overlord" [7]. The treatment method should be clearing heat and cooling blood, and still should lead Chi San, reuse the raw land, remove Mutong, and add Phellodendron rhizome and Anemarrhena to the well to clear the fire [8]. External use of Kebi licorice ointment, because licorice can help emergency, it also has the effect of relieving itching. The so-called meeting of the cold, the fire and the stagnation", the earthy energy comes back, the Huanglian Fuling Decoction clears the heat, and the formula is right. Crescendo [9].

The numbness on the tip of the tongue is not due to qi deficiency, because the symptoms of the patients are all overdue, and there is no sign of insufficiency. As for numbness at the tip of the tongue, it is not due to qi deficiency, because the symptoms of the patients are all overdue, and there is no sign of insufficiency [10]. It was treated before Gai Sui, when it was at the beginning of the transformation of Yi Wei Bing Shen Qi Jiao, the cold was very stagnant, the patient's skin rash was small, the pus was heavy, and "all kinds of water, dampness and heat are seen", so Huanglian Fuling Decoction is very effective.

Phlegm is formed by the condensation of body fluids, which can rise and fall with Qi and enter everywhere. When it enters the heart, the phlegm confuses the orifices of the heart; when it enters the lung, it causes coughing, choking, wheezing; when it enters the meridians, it causes paralysis and pain; when it enters the eyes, it can cause many eye diseases. There are many reasons for the production of phlegm, including heat, wind, shock, temperature, and spleen deficiency, etc. [11]. In mid-autumn, after the high temperature in August, the fire that had been contained in the first half of the year was already stagnant, and in the second half of the year, the qi in the spring was full of yin and wind. If the patient suffers from the deficiency of kidney yin, the lack of water, the inability to control fire, the transverse liver operation, and the inflammation of the heart, the patients should focus on nourishing yin and benefiting the buttocks, strengthening the water and nourishing the heart, and clearing the heart and reducing fire. Zhibai Dihuang Fan, the master.

2.2 General information

The clinical data of 178 patients with skin eczema admitted to the hospital from January 2021 to January 2022 were retrospectively investigated and analyzed. All cases were in line with the diagnostic criteria for skin eczema formulated by WHO. The highest age of males was 40 years old, the lowest age was 19 years old, and the average age was 32 ± 3.1 years; These 178 patients all met the criteria for eczema patients. Specific manifestations: Eczema is mostly concentrated in the fixed place, the surface is rough, there is obvious hypertrophic infiltration, or brown, brown-red lichen-like edges are present, often accompanied by scratches, crusts, papules, and eczema is often wet and changes, often accompanied by Paroxysmal itching. Among them, 6 cases were generalized to the whole body, and 11 cases were head and neck. All patients voluntarily signed the informed consent form for this experiment, and were approved by the Ethics Organization Committee. They were randomly divided into the observation group and the control group by the mathematical table extraction method. There was no significant difference in general data between the groups ($P>0.05$) The summary statistics of clinical treatment data of the two groups are shown in Table 1.

Table 1: Summary statistics of clinical treatment data of two groups of patients

Group	Number of patients	Sex ratio	Disease duration (days)
Observation group	89	1.0: 0.8	7+1.5
Control group	89	1.1: 1	7+1.1

Control group: Among the 89 patients, 11 had calf eczema, 9 had hand eczema, 8 had scrotal eczema, 18 had umbilical fossa eczema, 14 had breast eczema, 17 had anal eczema, and 12 had ear eczema. It can be divided into damp-heat type: spleen dampness and blood heat, caused by immersion of the skin, mostly occurring in acute exacerbation of chronic eczema, seborrheic eczema and acute eczema, patients show skin blisters and erythema, the affected area is extremely itchy, often accompanied by yellow water dripping, with a certain stickiness and a fishy smell, or yellow scab, peeling, erosion, etc. on the affected area, the patient's pulse is smooth, and the tongue coating is yellow. Spleen-damp type: The spleen loses its healthy function and causes dampness to grow from endogenous and infiltrate into sores. It is more common in generalized eczema and subacute eczema; the patient shows reduced diet, swollen legs and feet, pale complexion, slow pulse, and white or greasy tongue coating. Observation group: 48 males and 41 females, with an average age of (41.8 ± 2.3) years old. Among the 89 patients, 13 had calf eczema, 16 had hand eczema, 8 had scrotal eczema, 15 had umbilical fossa eczema, 19 had breast eczema, 11 had anal eczema, and 7 had ear eczema. There was no significant statistical difference in general data (such as age, gender, type of eczema, etc.) between the two groups of patients, $P>0.05$.

3. Method and discussion

3.1 Method

Patients in the control group were treated with western medicine, and the main measures included taking Sismin tablets orally, once a day, 4 mg each time; Dexamethasone tablets 0.75mg; twice a day; Apply prednisone to the affected area twice a day. Observation group: TCM comprehensive treatment was given, and heat was heavier than wet type: Folium Isatidis 15g, Radix Gentianae 10g, Lalang Grass Rhizome 30g, Radix Rehmanniae 15g, Herba Plantaginis 30g, Radix Scutellariae 10g, Gypsum Fibrosum 30g, `Liuyisan (cloth bag) 30g; Wet-than-hot type: Poria cocos peel 15g, raw Atractylodes macrocephala 10g, Scutellaria baicalensis Georgi 10g, Fructus Gardeniae 6g, Alismatis Rhizoma 6g, Herba Artemisiae Scopariae 6g, Radix Rehmanniae 12g, Folium Bambusae 6g, Juncus 3g, and

Glycyrrhizae Radix 10g; Spleen deficiency and blood dryness type: Radix Salviae Miltiorrhizae 10g, Poria 10g, Radix Angelicae Sinensis 10g, Radix Rehmanniae 15g, Caulis Spatholobi 15g, Radix Paeoniae Rubra 20g, Radix Paeoniae Alba 20g, Rhizoma Atractylodis 10g, Atractylodes macrocephala 10g and Pericarpium Citri Tangerinae 6g, once a day, decocted in water and taken orally. After decocting, add dried alum 259 and borneol 159. One dose daily before going to bed, which can be washed several times [1]. Fumigation and washing of traditional Chinese medicine: Herba Hedyotidis Diffusae, Cortex Phellodendri, Fructus Tribuli, Kochiae Fructus, Fructus Cnidii, Flos Carthami, Rhizoma Cibotii, Radix Sanguisorbae, Rhizoma Polygonati, and Pericarpium Citri Tangerinae are decocted with water, and the affected area is fumigated and washed. Once fumigated and washed, it is necessary to fumigate and wash again after 1 day. The patients in the control group were treated with western medicine, and also by oral administration and external application. The internal medicines were: Histamine twice a day, one tablet, 2mg/ tablet, and Dilmethasone twice a day, one tablet, 5mg/ tablet, and applied to the affected area with triamcinolone ointment, three times a day.

After 3 months, the curative effect of the two groups was observed. According to the clinical manifestations of patients, the therapeutic effect was evaluated and divided into three levels: cured, effective and ineffective. Healing: The skin pruritus of the patient completely disappeared, and the skin lesions completely subsided. The recovery is characterized by the disappearance of all skin lesions; The obvious effect is characterized by obvious improvement of symptoms such as tumor itch; Effective refers to the reduction of skin lesions and itching in some areas; Ineffectiveness means that all symptoms are not improved or even worse. The results were statistically analyzed by SPSS18.0 statistical software, and the obtained data was expressed as%, and χ^2 test was used for analysis, $P < 0.05$.

3.2 Discussion

Medicine is the traditional medicine of our country and the crystallization of thousands of years' wisdom. Thousands of years of clinical use have fully proved the effectiveness of traditional Chinese medicine in the treatment of diseases. Clinically, the inducement of eczema is complex, and people with allergic constitution are most likely to suffer from this skin disease. When they get sick, patients will feel extremely itchy. Western medicine is the fastest way to get results. Western medicine contains a lot of hormones, so the treatment of eczema can only play a temporary relief role, but can't be eradicated. In the theory of traditional Chinese medicine, skin eczema is mainly caused by blood heat and blood stasis caused by body dryness and heat, showing pain and itching. However, in essence, the key points are purging fire and detoxifying, invigorating spleen and nourishing blood, and clearing heat and removing dampness. The type of constitution determines the susceptibility to pathogenic factors and the tendency in the process of pathological changes; Physical factors participate in and influence the formation of different syndromes and pathogenesis; Physique affects the course and outcome. Eczema is a common inflammatory and allergic skin disease in clinical dermatology, which is mostly caused by external pathogenic wind-damp heat, Qin-injured spleen, or spleen deficiency imbalance and damp-heat stagnation leading to damp-heat fighting. Cirrhosis is a manifestation of liver function decompensation, with a long course of disease, worsening illness and repeated abnormal liver function. There are many reasons for ascites, especially portal hypertension and hypoproteinemia. See Table 2 for detailed treatment results of two groups of patients.

Traditional Chinese medicine believes that this disease belongs to the category of "swelling"; its pAs shown in the table, the clinical effective rate of Chinese medicine group is 88%, and that of western medicine group is 70%. The former is obviously superior to the latter ($P > 0.05$), which further illustrates the effectiveness of Chinese medicine in treating skin eczema. Traditional Chinese

medicine believes that this disease belongs to the category of "bloating"; Its pathogenesis is caused by dysfunction of liver, spleen and kidney to deficiency and failure. Traditional Chinese medicine (TCM) believes that skin eczema is caused by blood heat caused by damp-heat, so TCM's treatment plan is mainly to clear away heat and toxic materials, expel dampness and wind, and relieve itching and fire. Many skin diseases, especially eczema, often have inconsistencies between the local skin lesion syndrome differentiation and the overall skin lesion syndrome differentiation. Therefore, we should pay more attention to the consideration of internal constitution and external skin lesions, syndrome differentiation and comprehensive analysis of the overall state. In this study, the selected Chinese herbal medicines can effectively play the role of anti-allergy, anti-inflammation, antipruritic and pain relief, have good effects of clearing away heat and dampness, replenish blood and replenish qi, effectively dispel wind and relieve itching, and can carry out comprehensive treatment according to the causes to achieve the effect of dispelling wind and removing dampness.

Table 2: Summary statistics of clinical treatment results of two groups of patients.

Group	Number of people cured	Number of people getting better	Invalid number	Efficient
Observation group	47	31	10	70%
Control group	61	20	18	88%

4. Conclusions

Chinese medicine is a national treasure, and it shines brilliantly in history. Chinese medicine has the advantages of high effective rate, no drug dependence and low recurrence rate in treating eczema. For the treatment of skin eczema, the combination of traditional Chinese medicine and western medicine can achieve better results than western medicine alone, which has higher safety and is worthy of clinical application. Traditional Chinese medicine attaches importance to the idea of "combination of disease and syndrome", and pays attention to regulating spleen and stomach qi, emotional counseling, relieving itching pain and improving patients' quality of life. Combined application is a comprehensive treatment of traditional Chinese medicine, which has a satisfactory effect on clinical treatment of eczema. Through clinical research, it is found that the clinical effective rate of the Chinese medicine group is 88%, and that of the western medicine group is 70%, which further illustrates the effectiveness of the two methods in treating skin eczema. Most of the treatment of this disease by Xiqiao can relieve symptoms quickly and better, but it can't change the allergic constitution of patients, while traditional Chinese medicine can regulate the constitution of patients from the inside. Both of them are complementary, and both of them are indispensable. Only by combining with each other can the desired purpose be achieved.

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