

# *A Case of Urticaria of Upper Heat and Lower Cold Type Treated by Professor Wang Xiaoyan*

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**Abstract:** Professor Wang Xiaoyan's good at use pure Chinese Medicine in treating difficult or miscellaneous diseases. Professor WANG Xiaoyan believes that the etiology of urticaria is mostly due to the deficiency of healthy qi and the stay of evil qi, and the evil qi is hidden. The urticaria will occurs immediately when contracting the evil factor. In clinical practice, she attaches importance to the penetration of latent evil, emphasizes the syndrome differentiation of six meridians, but does not stick to one party. She believes that cold and heat mixed diseases should be treated with cold and heat mixed drugs to restore the normal qi movement of the human body.

Chronic urticaria belongs to the category of 'addictive rash' in traditional Chinese medicine. It is a kind of pruritus and allergic skin disease with red or pale wheal on the skin, which appears from time to time [1]. The main clinical manifestations are that the wheal appears from time to time, has no fixed place, and does not leave traces after regression. The course of disease is more than 6 weeks. Because of its repeated attacks, itch is unbearable, which seriously affects daily work and life, and brings great physical and psychological pain to patients [2]. Professor Wang Xiaoyan is the chief physician of Xi'an Hospital of Traditional Chinese Medicine. She is a famous veteran doctor of TCM in Shaanxi Province and Xi'an. The author has the honor to follow Professor Wang Xiaoyan to study. Professor Wang Xiaoyan uses TCM to treat acute and chronic urticaria. The following is a case of Professor Wang Xiaoyan's treatment of chronic urticaria with upper heat and lower cold.

## **1. Pathogenesis of Urticaria**

### **1.1 Etiology of Urticaria**

There are many clinical types of urticaria, such as wind, pressure, temperature, cold, allergic reaction and so on. According to the course of disease, urticaria can be divided into acute and chronic. The course of chronic urticaria is long, easy to repeat, and the pathogenesis is complex. The inducing factors of chronic urticaria are related to diet, climate, peripheral environment and

diet.

However, it is difficult to find a clear cause in clinic, so the treatment lacks specificity. Therefore, chronic urticaria is a common intractable skin disease in dermatology.

## 1.2 Pathogenesis of Urticaria

In ancient times, the etiology and pathogenesis of urticaria was first discussed in the ' Plain Question': 'Shaoyin Youyu, disease skin paralysis addiction rash', which laid the foundation for later research urticaria. 'Plain question' also said 'evil factor face together, the healthy factor will be insufficient', the Qing Dynasty Zhang xugu said 'the changing of evil factors due to different individuals', indicating that the invasion of evil is the external conditions of the disease, and the lack of body is the root cause, urticaria is also the case, indicating that the incidence of urticaria and the patient's physical relationship.

Evil factor invasion is the external conditions of measles, 'Jingui Yao Lue Xindian' said: 'wind, the qi of sky; qi, human Qi, are all lost its balance. The evil wind fight with deficiency qi, the wind is strong from the wind and immersed in the body, so it is addictive rash. It shows that evil wind is an important factor causing urticaria. 'wind is the key factor of all diseases'. It can carrying wet, heat, cold common disease, 'Plain question' said: 'wind evil hide in the muscle is muscle deficiency, real qi divergence, and cold beat the skin, external striae, open hair. So there is rubella itching'.

In addition, the Ming Dynasty's 'wonderful prescription' said: 'long-term diet, thick taste of paste and sorghum, spicy wine, too long, its taste is thick. Damp heat on the surface, the wind block is mostly from the chest, or seen in the limbs', 'DanXi Xinfu' also said 'addiction rash mostly spleen', indicating irregular diet, resulting in hot and humid intrinsic, can also be developed into addiction rash. 'surgical hub' said: 'Chibaiyoufeng spleen and lung qi deficiency, striae not close,... or yin deficiency fire, exogenous evil, or liver fire wind heat, blood heat'; 'Surgical Treatment of the Book' that urticaria is 'heart fire blood, blood is not scattered, spread to the skin', indicating that the incidence of urticaria and visceral dysfunction, emotional trauma related.

The above literature discussion that the incidence of urticaria is mainly related to factors such as insufficient endowment, exogenous evil, irregular diet, and emotional internal injuries.

## 1.3 The Pathogenesis of Upper Heat and Lower Cold

The middle energizer is the hub of the upper and lower body qi traffic, Ying qi and wei qi generated in the middle energizer, the middle energizer qi machine runs normally, the Yingwei run like a ring without a end. If the middle energizer loses its function of transportation, the spleen loses the clear, the stomach loses the turbidity. The spleen main transport water wet, spleen does not rise is cold wet endogenous, wet tendency. Stomach loss turbidity is latent heat endogenous, heat up.

Therefore visible on hot cold disease in one person. Clinically visible cold and heat can induce urticaria. Tan Bo [3] et al. think that many intractable skin diseases will appear in the process of occurrence and development of cold and heat mixed pathogenesis; jin Zhao et al. [4] believe that the combination of cold and heat plays an indispensable role in the treatment of skin diseases[5] Lin Xinran team believes that refractory skin disease is a multi-organ multi-factor mixed, clinical often cold and heat treatment of skin diseases.

## 2. Case Introduction

Patients, Zhang, female, 66 years old, first visit 2021-06-22. Complaint : red papules, itchy skin recurrent attacks 3 months. The patient suddenly developed red papules and itchy skin all over the body 3 months ago, and was not diagnosed and treated regularly. In the past week, the skin itching

aggravated, so she came to our outpatient department for treatment.

The current symptoms were as follows : rash recurred, all over the body, the upper body was hot, the lower body was cold, higher than the skin, the color was reddish, the itching was unbearable, and he could not sleep at night, the facial color was dark, accompanied by hand, foot and heart fever, less sweat, general appetite, dislike to eat cold, abdominal distension, not spicy food, sore throat and diarrhea. Poor sleep, Normal urination and defecation; Tongue pale fat, pulse deep fine. Western medicine diagnosis of urticaria, Chinese medicine diagnosis of wind mass, syndrome differentiation result: Shaoyin asthenic cold and Yangming latent heat syndrome. Prescription : marrow storing pill combined with WenTianfang (Fengsuidan : tortoise shell, amomum, phellodendron; wentianfang: raw licorice, licorice, gypsum, plum) ephedra 6g, processed mankshood 30g, Schizonepeta 15g, divaricate saposchnikovia 30g, Angelica 30g, salt Phellodendron 10g, Amomum 30g, plum 30g, fried Bombyx Batryticatus 15g, raw licorice 45g, licorice 30g, gypsum 20g, Fangji 20g, oyster 30g, keel 30g, 7 doses.

06-29 the second visit : patients complained above, the morning occasional onset of rash, half an hour or so will disappear, morning mouth bitter, dry throat, pale fat tongue with thin white fur, stringy pulse. Eating increased, and good night rest, dry stool, urine night urine 2-3 times. Considering the conversion of yin syndrome to yang, Small bupleurum decoction and Mufangji Decoction (Small bupleurum decoction: Radix Bupleuri, Radix Scutellariae, Rhizoma Pinelliae, Radix Ginseng, Rhizoma Zingiberis, Fructus Jujubae, Radix Glycyrrhizae Preparata ; mufangji Decoction: Fangji, gypsum, cassiabarktree branchlet, ginseng;): Radix Bupleuri 30g, Radix Scutellariae 10g, Ramulus Cinnamomi 15g, Raw Gypsum 20g, Radix Stephaniae 15g, Fried Fructus Aurantii Immaturus 30g, Radix Paeoniae Rubra 30g, Radix Paeoniae Alba 30g, Periostracum Cicadae 15g, Fried Bombyx Batryticatus 15g, Schizonepetae 5g, Asarum 15g, Wine Rhubarb 15g, Mume 15g, Raw Licorice 45g, Fried Licorice 30g, Ginseng 20g, 7 doses.

07-06 third diagnosis : patient complaints above, the lower body rash has basically receded, neck, chest is still above the heat. Gloomy red tongue less moss, pulse left foot heavy. Considering that the latent pathogen is not exhausted, the addition and subtraction of Mahuang Fuzi Xixin Decoction and Shengjiang Powder (Shengjiang Powder: cicada slough, stiff silkworm, rhubarb, turmeric, Mahuang Fuzi Xixin Decoction: Mahuang, Fuzi, Asarum) Ephedra 6g, Asarum 20g, mankshood 20g, baked licorice 30g, licorice 30g, dark plum 15g, ginseng 20g, cassiabarktree branchlet 15g, red peony root 30g, tuckahoe 30g, Fangji 20g, gypsum 20g, cicada slough 20g, mulberry silkworm 15g, Wine rhubarb 6g, centipede 2, ginger charcoal 15g, 7 doses.

07-13 Fourth visit After taking the above, the whole body attack, both hot and cold, but the degree of itching significantly reduced than before. Pale red tongue, thin white fur, deep fine pulse ; jingfang Siwu Decoction and Guizhi Decoction, Mufangji Decoction: fineleaf schizonepeta herb 15g, divaricate saposchnikovia root 30g, largetrifolious bugbane rhizome 15g, mankshood 10g, cassiabarktree branchlet 15g, common peony root 30g, ginger 15g, Chinese date 15g, chuanxiong rhizome 10g, Chinese angelica root 30g, rehmannia radix 30g, Shengshigao 20g, Renshen 15g, Gancaopian 30g, Zhigancao 30g, Fuling 30g, Fangji 20g, Jiudahuang 6g, 7 doses. After 2 weeks of follow-up, the patient did not relapse, energy and physical strength than before significantly enhanced.

### 3. Discussion

From June 22 to July 13, the patient had a total of four diagnoses. The characteristics of upper heat and lower cold were prominent. The syndromes of blood deficiency, wind dryness and wind evil invading the lung were not comparable. The treatment must be carefully examined.

### 3.1 Treatment must be based on Specific Condition

Professor Wang believes that a patient's stomach is general, does not like cold food, food is full of abdominal distension, indicating the existence of spleen and stomach deficiency and cold, the patient's tongue is light and fat, the pulse is heavy and thin, such as Treatise on Cold-Attack said 's' Shaoyin disease, fine pulse, but want to sleep; The patient's Shaoyin asthenic cold, Yang deficiency is cold inside, so it can be seen that the ulnar pulse is tight. Patient felt hand and foot and heart heat, heat is the upper body of urticaria, but also shows that the patient is not merely asthenic cold. The lung meridian has stagnated heat and latent heat, which belongs to Yangming disease in the six-meridian system of typhoid fever.

There are two sources of stagnated heat, the first from the exogenous pathogen invagination, which is the principle of using gypsum in Guizhi Eryuebiyi Decoction. The second from the lack of archaicus, Inability to push evil out. It is the so-called weak blood, striae, evil into.

### 3.2 Internal and External Factors Mixed, Push Evil Factors Out

If the spleen and stomach is strong, should not appear on the heat of the disease. The patient is not resistant to cold and heat, it is inferred that the patient when there is a lack of yang-energy, yang-energy not fire pathogenesis. The patient's long-term stool is dry, and it is not a simple Yangming Fu syndrome. Shaoyin deficiency cold is often the source of Yangming latent heat, and water cold is dragon fire. Water shallow does not raise dragon.

In summary, the patient's Yuanyang is insufficient, the middle energizer is lost, and there are wind, heat and cold pathogens hidden in the body. The treatment should be in the thick soil fire, transport Shaoyang, supplement Qi and blood, and properly support Fuxie. Therefore, Wumei raw licorice ginseng, Fongsui Dan to thick soil gas, Schizonepeta wind stiff silkworm dredge machine, Ephedra, Fupian Tuo Fuxie, Angelica blood, keel oysters against the gas inverse. Chronic urticaria as a skin disease, and skin striae, lung, spleen and other functions related to normal, and these functions are dependent on sweat pore open and close regular [6].

Therefore, the failure of opening and closing of the sweat pore is the core pathogenesis of chronic urticaria. In the treatment, it is necessary to restore the normal opening and closing function of the sweat pore, so that the function of skin and skin of viscera is normal, qi and blood are unobstructed, and finally the purpose of eliminating evil and restoring normality is achieved. [7] The patient's body is Shaoyin deficiency cold constitution, the upper body is heated, the rash, the lower body cold rash. Treatment with Mahuang Fuzi Xixin Decoction to Tonify Fuxie, Shengjiang San evacuate Xuantou diarrhea Fure, Yure.

After that, Xiaochaihu Decoction was used to treat the disease from Shaoyang Sanjiao, indicating that the disease was alleviated and gradually transmitted to the surface. The rash of the lower half of the body had basically receded during the three diagnosis, indicating that the Shaoyin primordial qi had been enhanced. Considering the long-term illness into the collaterals, cicada slough and centipede were added to sweep the latent evil. During the four diagnoses, there was a rash all over the body. Considering the partial recovery of healthy qi, especially the recovery of the function of fur and striae, the opening and closing of the body can be normal, so the healthy qi prevails and the evil is expelled.

At the same time, it is worth noting that Mufangji Decoction was used in the four diagnoses, and the specimens were treated together to clear Yangming Yure. One, the so-called evidence, there is a medicine, heavy agent from the ill', in the understanding of the pathogenesis of the premise, can be multi-pronged, cold and warm with a furnace, truncation disease development trend. The dosage of black aconite tablets was gradually reduced with the change of pathogenesis, from 30g to 15g, and then to 10g.

Professor Wang Xiaoyan believes that through the combination of different drugs and dosage, the role of prescription is also different. At the same time with more than double the amount of licorice black aconite, to fire soil, so that the aconite Wenyang power and sustained release. Dialectical accuracy, the use of various methods, compatibility of fine, patient trust has increased, so eventually got good result.

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