

the *Huáng Dì Nèi Jīng*¹⁶⁰. In this particular case, the patient's manifestations were caused by emotional distress. Liver qì stagnation leads to a disorder of the qì's ascending and descending function, which could transform into fire and push the lucid yáng upwards. Modified *Lóng Dǎn Xiè Gān Tāng* was used to clear the Liver, drain fire, regulate qì and relieve constraint.

Within this formula, *lóng dǎn cǎo*, (*tàn*) *zhī zǐ* and (*chǎo*) *huáng qín* were used to clear the Liver and drain fire; *shēng dì huáng* was used to nourish yīn and the blood; *xià kū cǎo*, *xuán shēn* and *huáng lián* were used to clear heat and drain fire; *bái jí lí*, *bái jú huā* and *zhēn zhū mǔ* were used to clear and calm the Liver as well as subdue yáng; *fó shǒu* and *chén pí* were used to soothe the Liver and regulate the qì. These herbs were used together to lower Liver fire, regulate qì and relieve depression in order to cure the skin lesions.

4: Male, 29 years old

As already mentioned, a not inconsiderable number of patients had been taking conventional drugs before they came to us for treatment with TCM. The following case is an excellent example of how TCM can improve the skin appearance and keep it stable. This enabled the patient to reduce and discontinue his conventional medication at a later stage.

First visit:

The patient came into the clinic for the first time on 7th August 2015. One year before, the patient reported, he had had recurrent large and thick red lesions on his left leg. He described the size of the lesions like mung beans, overlaid with white scales. The lesions were itching slightly and after scratching the rash gradually expanded into a large armor with increased scaling. The rash gradually spread over the trunk and upper limbs. After using topical corticosteroid creams, which he had taken on his own account, the rash had gradually faded. Since then, until May 2015, he had not observed any obvious skin change. But in May 2015, according to the patient, red patches, covered by white scales had developed on his scalp, the bilateral ear, ear canals, armpits and groin area. The lesions were slightly itchy. Somewhat concerned, he had gone to the local hospital where he was diagnosed with psoriasis for the first time. There, he was treated with intra-

venous injection of dexamethasone, which is a systemic glucocorticoid and “BCG polysaccharide nucleid acid” injection, a known immune modulator. He could not remember the exact number of injections but after receiving the injections, the generalized rash had subsided. Unfortunately, the entire rash gradually returned after stopping the intravenous medication. Back home, the patient continued to use topical corticosteroid creams.

During the first visit on 7th August 2015, the patient reported that two weeks previously his torso had had generalized red papules, rice grain to mungbean size, overlain by white scales. Topical corticosteroid creams no longer gave the significant improvement they had done before. The skin examination during the first visit at the clinic clearly showed large coin-shaped bright red skin lesions overlain by white thick scales on the scalp, bilateral ear, ear canals and nails. The torso showed rice-grain sized, bright red papules with overlying white scales. Visible on the limbs were multiple, coin-shaped, bright red papules and a rash, partially confluent, with overlying white scales. On the bilateral axillary and inguinal region thick, hypertrophic deep red plaques covered by white scales could be seen, Auspitz phenomena (+). To summarize, the lesions on the bilateral axillary, inguinal region and his elbows were the most severe skin lesions, most intense in redness and thickness of the scaling. The skin in general felt very warm.

Further inquiries revealed the following: there was no sore throat, no sleep disturbance, no discomfort and a normal appetite at that time. The patient affirmed questions about thirst, a dry mouth and irritability. He also reported a preference for spicy food and alcohol. The physical assessment showed mild edema on the lower extremities, clear consciousness, no fever, normal body weight, auscultation and percussion showed no abnormal result, pulse and blood pressure were within the normal range. One week before this examination was conducted, it had been discovered that the stomach biopsy, taken at another hospital, was positive for *Helicobacter pylori* and lab tests showed that the patient had been suffering from hyperuricaemia and hyperlipidemia. The patient denied the history of other major medical diseases like hepatitis or tuberculosis, and had no food or drug allergies.

The tongue color was red with thin yellow coating. His pulse was rapid and slippery.

Due to the severity of the manifestation of psoriasis, the patient was admitted to the hospital for further treatment and observation.

¹⁶⁰ The work is generally dated by scholars to between the late Warring States period (475-221 BC) and the Hàn Dynasty (206 BCE-220 CE).

Diagnosis:

Bái bì – Accumulated blood heat (*xuè rè* 血熱), Western medicine: Psoriasis vulgaris (PV)

Treatment principle:

Cool and invigorate blood, clear heat and relieve toxicity in order to eliminate lesions (*liáng xuè huó xuè, qīng rè jiě dú xiāo zhǒng* 涼血活血, 清熱解毒消腫).

Formula:

<i>shuǐ niú jiǎo</i>	Bubali, Cornu	30 g
<i>lóng dǎn cǎo</i>	Gentianiae, Radix	6 g
<i>dāng guī</i>	Angelicae Sinensis, Radix	12 g
<i>chì sháo</i>	Paeoniae Rubrae, Radix	15 g
<i>mǔ dān pí</i>	Moutan, Cortex	12 g
<i>shēng dì huáng</i>	Rehmanniae Glutinosae, Radix	15 g
<i>xuán shēn</i>	Scrophulariae Ningpoensis, Radix	9 g
<i>bái huā shé shé cǎo</i>	Hedyotis Diffusae, Herba	15 g
<i>qī yè yī zhī huā</i> ¹⁶¹	Paridis, Rhizoma	9 g
<i>lián qiáo</i>	Forsythiae, Fructus	12 g
<i>gān cǎo</i>	Glycyrrhizae Uralensis, Radix	6 g

Due to the severity of psoriasis, generalized bright red and thick lesions all over the body, and the patient having received several conventional drugs before, the treatment with Chinese herbal medicine was combined with a compound of glycyrrhizin 120 mg intravenous drip once a day, and cefuroxime 3g intravenous drip twice a day to reduce inflammation and to prevent an infection of the skin. Topical application of calcipotriol and halometasone cream was applied twice daily directly to the psoriasis lesions. Both, calcipotriol and halometasone are frequently used in the treatment of psoriasis vulgaris. Calcipotriol is a corticosteroid, an anti-inflammatory agent from the group of vitamin D3 derivatives, which promotes the formation of normal skin. Halometasone is also a corticosteroid. Halcinonide solution, which is a topical corticosteroid primarily consisting of synthetic steroids, was also applied on the scalp twice a day. It is used as an anti-inflammatory and anti-pruritic agent.

161 Alternative Chinese names: *zǎo xiū* or *chóng lóu*.

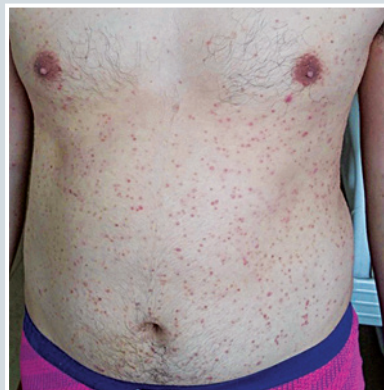


Second visit:

Three days later, on 10th August 2015, the skin lesions on the scalp, trunk, extremities, and in the armpits were visibly less red, thinner and the scales were fewer. The most obvious changes could be seen on the armpits, inguinal region and his elbows. These were the areas which had been the most intense at the first visit. The skin felt cooler than when he had come in three days before. The patient's tongue and pulse condition were unchanged. The glycyrrhizin and cefuroxime intravenous drips could be reduced and were discontinued some days later. And, in addition to the internal treatment with Chinese herbal decoctions as described above, external Chinese herbal treatment was added once a day as a wash to clear heat and cool blood.

Formula for external treatment:

<i>kǔ shēn</i>	Sophorae Flavescentis, Radix	15g
<i>cāng zhú</i>	Atractylodis, Rhizoma	10g
<i>jīn yín huā</i>	Lonicerae Japonicae, Flos	30g
<i>bái xiān pí</i>	Dictamni Radicis, Cortex	30g
<i>shēng dì huáng</i>	Rehmanniae Glutinosae, Radix	20g
<i>mǎ chǐ xiàn</i>	Portulacae, Herba	30g
<i>shí liú pí</i>	Granati, Pericarpium	20g
<i>dì fū zǐ</i>	Kochiae Scopariae, Fructus	30g



Third visit:

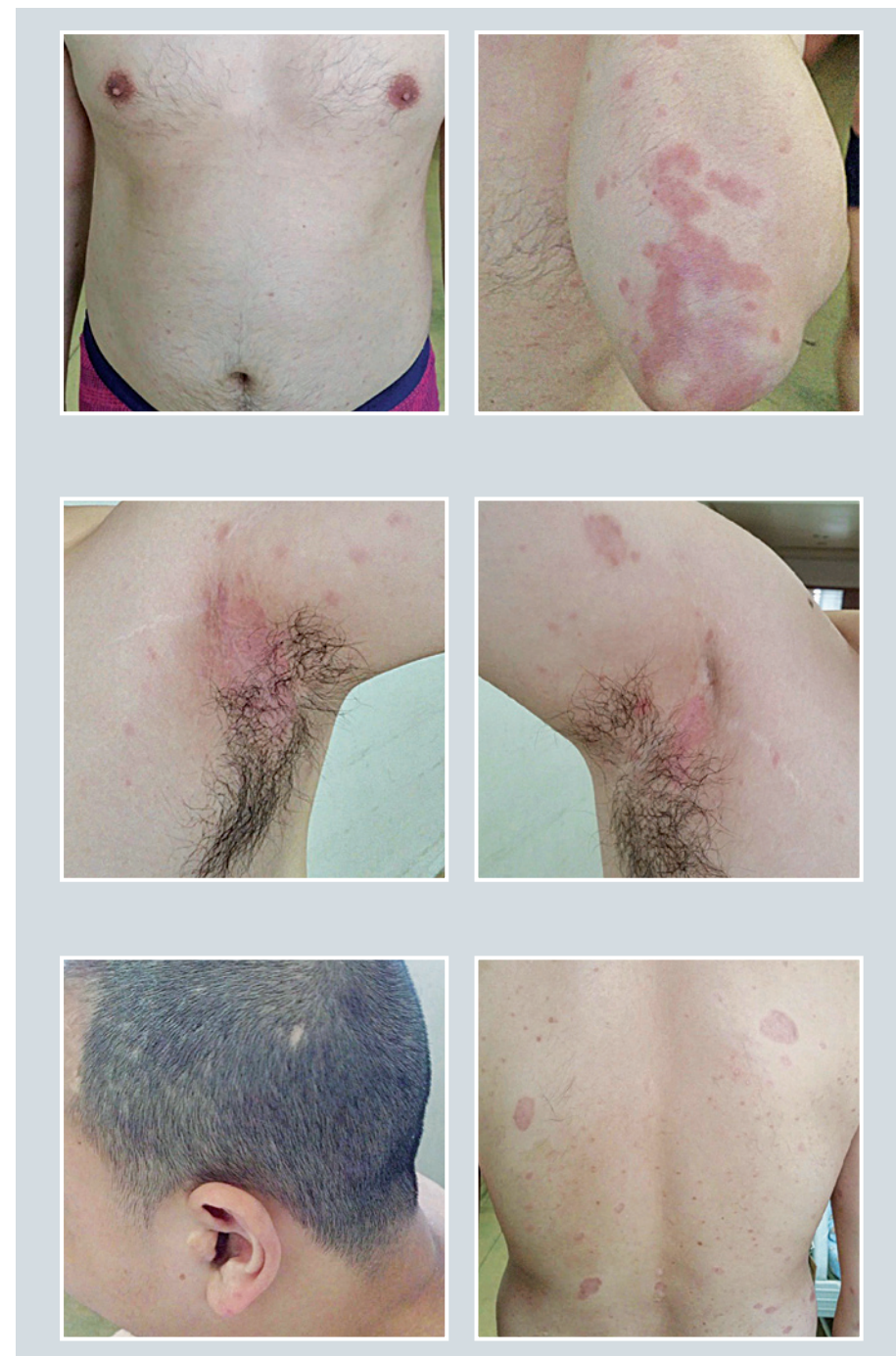
After taking the herbs, his skin had improved significantly. 11 days later, on 18th August 2015, the skin lesions on the chest and the abdomen had completely disappeared. All other skin lesions had faded and become less red. The scaling had become thinner and was noticeably reduced. The tongue color was less red with thin yellow coating and the pulse was less rapid but still slightly slippery. Due to the significant improvement of the patient's skin appearance and his good general condition, the patient could be discharged from the hospital later the same day. The topical treatment with conventional drugs (calcipotriol and halometasone cream, plus halcinonide solution) was reduced from twice a day to once a day at discharge. He received a prescription of Chinese herbal medicine for internal and external usage for seven days to consolidate his treatment. The patient was instructed to discontinue the conventional topical treatments as soon as all skin lesions disappeared and to come back to the hospital for a follow-up.

Formula for oral intake:

<i>dāng guī</i>	Angelicae Sinensis, Radix		12 g
<i>mǔ dān pí</i>	Moutan, Cortex		12 g
<i>chì sháo</i>	Paeoniae Rubrae, Radix		15 g
<i>shēng dì huáng</i>	Rehmanniae Glutinosae, Radix		12 g
<i>bái huā shé shé cǎo</i>	Hedyotis Diffusae, Herba		15 g
<i>lián qiáo</i>	Forsythiae, Fructus		12 g
<i>tǔ fú líng</i>	Smilacis Glabrae, Rhizoma		30 g
<i>huò xiāng</i>	Agastachis, Herba		9 g
<i>pèi lán</i> ¹⁶²	Eupatorii, Herba		9 g
<i>yì yǐ rén</i>	Coices, Semen	chǎo (dry fried)	30 g
<i>zé xiè</i>	Alismatis, Rhizoma		9 g

(medication for 7 days)

¹⁶² *Pèi lán* is available in China, but it is not available everywhere. In Germany, for instance, it is not available because it contains pyrrolizidine alkaloids (PAs), which can lead to Liver carcinomas in long-term use. This is why there are legal limits which restrict the PA value in drugs. In effect this means that there is no herbal product that fulfills this requirement on the German market.



Formula for fumigation and external washing:

<i>huáng bǎi</i>	Phellodendri, Cortex	30 g
<i>kǔ shēn</i>	Sophorae Flavescentis, Radix	30 g
<i>táo rén</i>	Persicae, Semen	30 g
<i>dì fū zǐ</i>	Kochiae Scopariae, Fructus	30 g
<i>shé chuáng zǐ</i>	Cnidii, Fructus	30 g

(medication for 7 days)

Discussion:

This was a particularly severe case of PV where hospitalization was required to provide the necessary closely-monitored medical care and to observe the patient's further progress. The young male patient's manifestations were caused by the combination of a yáng (heat) constitution and stagnation of pathogenic qì, caused by excessive spicy food and alcohol, and emotional factors. If qì can not flow freely, it stagnates and accumulates in the body, later on transforming into heat and fire. When extreme heat or fire enters the blood vessels it sears them, causing an abnormal flow of hot blood. The manifestations on the skin can be seen in the bright red lesions, the very warm skin and the bleeding of the skin after scratching. It can be often observed that patients feel quite relieved when scratching causes bleeding, as this releases some heat from the blood. With the bright red psoriasis lesions, a red tongue with thin and yellow coating, the rapid and slippery pulse, irritability, dry mouth, thirst and tongue, the patient was diagnosed with the TCM pattern of accumulation of internal blood heat.

An important note at this point: The rapid and slippery pulse at the time of the first visit at the hospital was primarily considered as a sign of excess-heat because heat in the blood belongs to the excess-heat type. According to the pulse condition, the skin appearance and the other features, a rapid treatment was required and the skin needed more immediate attention. Heat in the blood was a priority in this case. However, if we look at this case from a different angle, the patient also had most probably underlying internal damp-heat. This could be seen from his slippery pulse, which most likely was caused by his improper dietary habits and the drinking of alcohol. Prioritizing damp-heat in the first treatment would not have improved this kind of severe skin condition at that moment. As can be seen, damp-heat was taken into account and treated in the final prescription with herbs

like *huò xiāng*, *pèi lán*, (*chǎo*) *yì yǐ rén* and *zé xiè*. This approach means a strong and frequently-monitored treatment at the beginning to relieve the skin lesions, and a more root-based treatment involving damp-heat clearing at a later stage.

The first formula was a combination of *Xī Jiǎo Dì Huáng Tāng* (Rhinoceros Horn and Rehmannia Decoction) plus some herbs to clear heat, relieve toxicity and disperse heat. *Qī yè yī zhī huā* is a particular useful herb to prevent infections and reduce pain on the skin. Dosages of 3-6 g are often enough. In this particularly severe case of psoriasis vulgaris, *qī yè yī zhī huā* was used with a relatively high dosage of 9 g in order to drain heat as effectively as possible, relieve fire toxicity, and to reduce swelling and inflammation of the affected skin lesions. The patient received the first formula daily without a break for 14 days. At the third visit, due to the significant improvement of the patient's skin appearance, the formula was changed and adapted to his new situation; in addition, it now addressed the underlying damp condition. The skin looked less red, the scaling was noticeably thinner and was less. Herbs like *shuǐ niú jiǎo*, *lóng dǎn cǎo* and *qī yè yī zhī huā* could be removed from the prescription. The treatment with conventional drugs could be reduced and later discontinued, and the topical treatment with conventional drugs could be replaced by external Chinese herbal remedies. The patient was discharged from the hospital in a stable condition with the recommendation for follow-up within a narrow time frame.

In reality, almost all patients who have suffered from psoriasis for a long time have previously received systemic medical treatments with conventional drugs or topical treatment with cortisone. The aim of TCM should always be the reduction of this conventional medication in order to eventually replace it. At the very beginning of a TCM treatment it may be too risky to abruptly discontinue a long-standing therapy with cortisone or other immune-modulatory medications. The body can often not handle these rapid changes and there will be enormous setbacks in the course of the disease. Thus, it is recommended to gradually reduce the oral and topical treatment with conventional drugs, as can be seen in the case at hand.

Ointments (*Yóu Gāo*, Oil-based Ointments)

Frequently used herbs for the preparation of oil-based ointments in case of blood-heat patterns are for example: *qīng dài* such as used in *Qīng Dài (Yóu) Gāo* or *huáng lián* used in *Huáng Lián Gāo*¹⁷¹.

Qīng Dài (Yóu) Gāo (Indigo Naturalis Ointment)

<i>qīng dài</i>	Indigo Naturalis	60 g
<i>huáng bǎi</i>	Phellodendri, Cortex	60 g
<i>huá shí</i>	Talcum	120 g
<i>shí gāo</i>	Gypsum Fibrosum	120 g

The ingredients mentioned above are *Qīng Dài Sǎn* (Indigo Powder), a popular formula with widely used variations to treat skin conditions. For application, grind the ingredients (except *qīng dài*) to a fine powder and soak them in 500 ml of sesame oil for 24 hours. Cook over mild heat until the ingredients have a dark yellow color. Filter off the sesame oil and finally, add *qīng dài* to the medicated oil and mix well. Allow to gel and apply once or twice a day on the affected areas of the skin.

Huáng Lián Gāo (Coptidis Balm)

<i>huáng qín</i>	Scutellariae, Radix	12 g
<i>huáng lián</i>	Coptidis, Rhizoma	10 g
<i>jiāng huáng</i>	Curcumae Longae, Rhizoma	10 g
<i>dāng guī</i>	Angelicae Sinensis, Radix	15 g
<i>shēng dì huáng</i>	Rehmanniae Glutinosae, Radix	15 g

For application, grind the ingredients to a fine powder and soak them in 500 ml of sesame oil for 24 hours. Cook over mild heat until ingredients have a dark yellow color. Filter off the sesame oil, allow to gel and apply the ointment once or twice a day on the affected areas of the skin.

Both ointments perform a strong action in clearing heat, dispelling toxins, relieving inflammation and stopping any itching. In clinical experience, herbs like *qīng dài* or *huáng lián* seem to have very strong effects and can be used as standalone herbs in ointments. You do not need to add all herbs mentioned to reach the desired

171 From *Yī Zōng Jīn Jiàn* (The Golden Mirror of Ancestral Medicine).

effect. It should be mentioned, however, that these kinds of ointments only should be prescribed when there is no suppuration and skin fissures are closed.

Other commonly used examples of ointments are:

Qīng Liǎn Gāo (Clearing & Cooling Ointment)^{172, 173}

<i>dāng guī</i>	Angelicae Sinensis, Radix	30 g
<i>zǐ cǎo</i>	Arnebiae seu Lithospermi, Radix	6-10 g

Qīng Liǎn Gāo nourishes, moistens and invigorates the blood while clearing heat. It is an ideal choice in the treatment of psoriasis caused by blood heat, blood stasis or blood deficiency with dryness. For application, soak *dāng guī* and *zǐ cǎo* in 300 ml of sesame oil for two or three days. Then cook over mild heat until the herbs turn a dark yellow. Remove the herbal residues and allow the oil to cool before applying to the skin. Apply the ointment once or twice a day on the affected areas of the skin.

This ointment is also known as *Rùn Jī Gāo* (Flesh Moistening Ointment)¹⁷⁴ when, in addition to *zhī má yóu* (sesame oil), it is mixed with 90-120 g *fēng là* (beeswax). The texture is somewhat thicker but the effect remains the same: moisturizing the skin, clearing heat from the blood and alleviating any itching. When *zǐ cǎo* is not available, use the first two formulas (*Qīng Dài Gāo* and *Huáng Lián Gāo*).

Pǔ Lián Gāo (Universally Linked Ointment), also called *Qín Bǎi Gāo* (Qín Bǎi Cream)

<i>huáng qín</i>	Scutellariae, Radix	10 g
<i>huáng bǎi</i>	Phellodendri, Cortex	10 g

Pǔ Lián Gāo clears heat, reduces swelling, moisturizes the skin, and stops itching. For application, grind the herbs into a fine powder and soak them in 250 ml of sesame oil for 24 hours. Cook over mild heat until the ingredients have a dark yellow color. Finally, filter off the sesame oil and allow to gel. Apply the ointment once or twice a day on the affected skin lesions.

172 Prof. Zhào Bǐng Nán clinical experience.

173 Some books mention *dà huáng* as additional ingredient, e.g. Xú Xiàngcái: Complete External Therapies of Chinese Drugs, Foreign Languages Press (January 1, 1998)

174 From *Wài Kē Zhèng Zōng* (True Lineage of External Medicine, 1617).

Yù Huáng Gāo (Jade Yellow Plaster)

dāng guī	Angelicae Sinensis, Radix	30 g
bái zhǐ	Angelica Dahuricae, Radix	9 g
gān cǎo	Glycyrrhizae Uralensis, Radix	30 g
jiāng huáng	Curcumae Longae, Rhizoma	9 g
qīng fě ¹⁷⁵	Calomelas	6 g
bīng piàn	Borneolum	3 g

Grind the herbs into a fine powder and mix them well with 300 ml of sesame oil. Soak for about 24 hours. The next day shortly bring it to a boil over mild heat and filter off the sesame oil and allow to gel. Remove the herbal residues and allow the oil to cool. Mix it with beeswax before applying on the skin. Please note that in winter usually less beeswax is used than in summer. Apply the ointment once or twice a day on the affected areas of the skin. It clears heat, resolves toxicity, invigorates the blood and break up blood stasis; it reduces swelling and alleviates pain. It is most suitable in blood heat and toxic heat with blood stagnation. This combination as most other ones can also be used as a wash.

Liú Huáng Gāo (Sulfur Ointment)

liú huáng	Sulfur	5-10 g
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Sulfur ointment is another option if there are very thick lesions with serious scaling, pain and swelling. It clears heat, reduces toxicity, invigorates blood and stops itching. As it can relieve inflammation, it is often given in case of bacterial super-infection. For application, grind *liú huáng* into a fine powder and mix it well with 90-95 ml of sesame oil. Shortly bring it to a boil over mild heat, filter off the sesame oil and allow to gel. Apply once or twice a day on the skin lesions. Sulfur ointment is very effective but the color and the smell has to be considered, and patients must be informed about these downsides before usage.

This prescription is also known as *Liú Huáng Ruǎn Gāo*¹⁷⁶ (Sulfur Ointment) when, instead of sesame oil, it is mixed with about 90-95 g beeswax. The texture is somewhat thicker as in *Liú Huáng Gāo* but the effect remains the same. However, one can add a tiny amount of sesame oil (or jojoba oil) to make the consistency more spreadable.

¹⁷⁵ Not available everywhere; in Germany, for example, it is not available.

¹⁷⁶ *Liú Huáng Gāo*, Chinese: 硫磺膏; *Liú Huáng Ruǎn Gāo*, Chinese: 硫磺软膏.

Zì Cǎo Yóu (self-made Zì Cǎo Ointment)

Grind *zì cǎo* (approx. 15 g) into a fine powder and mix it well with 100 ml of sesame oil. Soak for three or four days. *Zì cǎo* then becomes soft and has to be boiled only a very short time over mild heat. Remove the herbal residues as usual and allow the oil to cool. It can be mixed with beeswax or creams before applying on the skin. It can be also used without the boiling process if *zì cǎo* has become soft enough to almost dissolve. Apply the ointment once or twice a day on the affected areas of the skin. *Zì cǎo* is strong enough to use as a stand-alone herb in patients with blood-heat. It can be also used as a wash.

Diān Dǎo Sǎn Gāo (Upside Down Powder Paste)

dà huáng	Rhei, Radix et Rhizoma	10 g
liú huáng	Sulfur	10 g

Grind the herbs into a fine powder¹⁷⁷ and mix them well with 250 ml of sesame oil. Soak for about 24 hours. The next day shortly bring it to a boil over mild heat, filter off the sesame oil and allow to gel. Remove the herbal residues and allow the oil to cool. It can be mixed with beeswax before applying on the skin but it does not have to be. Apply the ointment once or twice a day on the affected areas of the skin. It clears heat and cools the blood. This combination can be used as a wash as well.

It is important to mention at this point that there is a big difference in effectiveness when the herbs are ground (pulverized). The process of grinding enlarges the surface, enabling much more substance to enter the decoction during the soaking and cooking process. In practice, we have found out that oil-based lotions that have not been ground or pulverized are not as powerful and effective.

¹⁷⁷ This is called *Diān Dǎo Sǎn* (Upside Down Powder).

Creams (*Rǔ Gāo*)

All ointments mentioned above can also be prepared as creams. These creams have a more solid texture, as the sesame oil is replaced with natural thickeners of beeswax, cocoa butter or shea butter. Creams are more appropriate for application to exposed skin areas such as the face and hands. The proportions can be varied depending on the individual needs; there are no strict specifications regarding ratios.

For psoriasis, *qīng dài* cream with or without additions is frequently prescribed and we have had very good clinical experience with it. An advantage of creams is their better retention on the skin. An important consideration is that patients have to feel comfortable with the texture and dark color of *qīng dài* cream. A good piece of advice for patients is therefore to use dark creams at night, and also not to wear white clothing because the creams will stain.

Qīng Dài Gāo (Indigo Cream)

<i>Qīng Dài Sǎn</i>	Indigo Naturalis Powder	75 g
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Melt natural white beeswax over low heat and allow it to cool. Then, add finely powdered *qīng dài* to the beeswax in a proportion of 1:4 and mix well. If one prefers a more fluid and smoother consistency, add a tiny amount of sesame oil or jojoba oil to make the cream more spreadable.

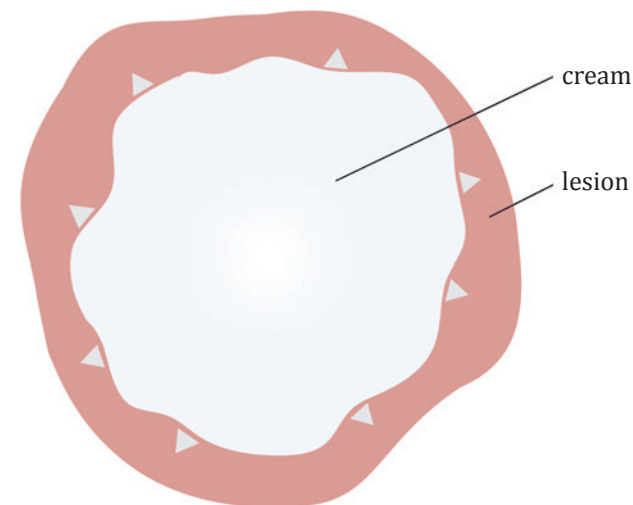
Qīng dài can clear heat, resolve toxicity, cool blood, reduce swelling and can inhibit the growth of cells. Thus, *qīng dài* cream is suitable in patterns of blood-heat, Liver-heat, *yíng*-level heat or heat toxin.

When it comes to creams, again, it should be emphasized to refrain from the use of Vaseline. Vaseline, as a by-product of the oil industry, is not a high-quality solution. The use of natural ingredients as carrier substances in our products should always be preferred.

Finally, a general note on the application and handling of creams. It is not recommended to rub the whole lesion with cream, as this may enlarge the lesion. This applies to all skin diseases, not just for psoriasis. One applies cream from the

middle to just before the edge of the affected skin lesion. The cream then penetrates by itself to the surrounding skin. In psoriasis, the skin on the affected area later falls off.

Here is an illustration¹⁷⁸ for clarification:



178 Illustration by Sabine Schmitz © 2018.

Tinctures (*Dīng Jì*)

Tinctures, herbal preparations made in alcoholic bases, are not as commonly used in the treatment of psoriasis compared with washes, ointments and creams. The alcohol that is most often used as solvent is high-proof alcohol with at least 75 %. Generally, the ratio of dried herbs to alcohol is 1:4 or 1:5 and the soaking time of tinctures is about 10-14 days, but there will always be exceptions to this. Tinctures are applied topically on the affected area of the skin. It is important to check the skin before application, because tinctures should not be applied on injured skin areas.

***Bǔ Gǔ Zhī Dīng* (Bǔ Gǔ Zhī Tincture)**

One example of a self-made tincture for external use is *bǔ gǔ zhī* tincture (*bǔ gǔ zhī dīng*) as previously mentioned. The average ratio of dried herbs to alcohol is 1:4 or 1:5 and the soaking time is at least 10 days. Another example of tincture is the following combination: *xuè jié* 5 g, *liǔ suān*¹⁷⁹ 5 g and *zhāng nǎo* 2 g. This combination can clear heat, relieve toxicity, invigorate the blood and alleviate pain. Powder and mix all components with *bì má yóu* (Castor oil) 10 g and let it soak for 24 hours. Add to 100 ml 90 % alcohol and mix well. Generally, the soaking time of tinctures is at least 10 days before straining the tincture through a fine sieve into a dark glass. In this particular case, one can use the tincture directly. Apply once a day on the affected area of the skin. Store the tincture in a cool, dark place. High-proof alcohol acts as a preservative, and if stored properly in a cool dark place, tinctures can have a shelf life of 7-10 years. Again, the use of tinctures in psoriasis is very rarely seen in practice.

APPENDIX II – COLORED TONGUE ATLAS

This appendix illustrates the different tongues as seen in individual TCM patterns. It should be mentioned that in clinical practice patterns often overlap, thus clear forms of tongues are not always seen. Each tongue image is briefly described to illustrate the different patterns.

179 Alternative name for *liǔ suān* (salicylic acid): *shuǐ yáng suān*, Chinese: 水杨酸.

Heat Stagnation in the Liver Meridian (Gān Jīng Yù Rè 肝经郁热)



A red tongue with a yellow coating and a crack in the middle. This indicates more heat than dampness and a deficiency of the middle jiāo.



The tongue is red with a yellow coating, which indicates internal heat and dampness.



The tongue is red with a very thin yellow coating, which indicates internal heat and mild dampness.



The tongue is red with a yellow coating, which indicates internal heat and some dampness.



The tongue is red, especially at the borders which correspond to the Liver in Chinese medicine. The tongue coating is thin and yellow.



The tongue is red, which indicates internal heat. The tongue coating is thick and yellow.

Accumulated Blood - Heat (Xuè Rè 血热)



A bright red tongue with prickles, which indicates the consumption of body fluids.



A very red tongue with prickles.



A very red tongue with thin yellow coating.



Blood heat turning into stasis and consuming yīn (blood).



The tongue is scarlet and dry with obvious prickles and a little coating.



A very red tongue with little coating.

Pīnyīn	Chinese	Pharmaceutical
dà qīng yè	大青叶	Isatidis, Folium
dà zǎo	大枣	Jujubae, Fructus
dài dài huā	代代花	Citri Aurantii Amarae, Flos
dàn dòu chǐ	淡豆豉	Sojae Praeparata, Semen
dān shēn	丹参	Salviae Miltiorhizae, Radix
dàn zhú yè	淡竹叶	Lophatheri, Herba
dāng guī	当归	Angelicae Sinensis, Radix
dǎng shēn	党参	Codonopsis, Radix
dì fū zǐ	地肤子	Kochiae Scopariae, Fructus
dì gǔ pí	地骨皮	Lycii, Cortex
dì yú	地榆	Sanguisorbae, Radix
dú huó	独活	Angelicae Pubescentis, Radix
ē jiāo	阿胶	Asini Corii, Colla
é zhú	莪术	Curcumae, Rhizoma
fáng fēng	防风	Saposhnikoviae, Radix
fēng là	蜂蜡	Cera Flava
fó shǒu	佛手	Citri Sarcodactylis, Fructus
fú líng	茯苓	Poriae Cocos, Sclerotium
fú píng	浮萍	Spirodela, Herba
gān cǎo	甘草	Glycyrrhizae Uralensis, Radix
gé gēn	葛根	Puerariae, Radix
gǒu qǐ zǐ	枸杞子	Lycii, Fructus
gǔ yá	谷芽	Oryzae Germinatus, Fructus
hàn lián cǎo	旱莲草	Ecliptae, Herba
hé huān huā	合欢花	Albiziae, Flos
hè shī	鹤虱	Carpesii Abrotanoidis Fructus
hé shǒu wū	何首乌	Polygoni Multiflori, Radix
hóng huā	红花	Carthami, Flos
huā jiāo	花椒	Zanthoxyli, Pericarpium
huá shí	滑石	Talcum
huái huā	槐花	Sophorae Immaturus, Flos
huái niú xī	怀牛膝	Achyranthis Bidentatae, Radix
huáng bǎi	黄柏	Phellodendri, Cortex

Pīnyīn	Chinese	Pharmaceutical
huáng lián	黄连	Coptidis, Rhizoma
huáng qí	黄芪	Astragali, Radix
huáng qīn	黄芩	Scutellariae, Radix
huǒ má rén	火麻仁	Cannabis, Semen
huò xiāng	藿香	Agastachis, Herba
jī xuè téng	鸡血藤	Spatholobi, Caulis
jiāng huáng	姜黄	Curcumae Longae, Rhizoma
jié gěng	桔梗	Platycodi, Radix
jīn yín huā	金银花	Lonicerae Japonicae, Flos
jīng jiè	荆芥	Schizonepetae, Herba
jú huā	菊花	Chrysanthemi, Flos
jú yè	橘叶	Citri Reticulatae, Folium
kū fán	枯矾	Alumen Dehydratum
kǔ shēn	苦参	Sophorae Flavescens, Radix
láng dú	狼毒	Alocasiae seu Euphorbiae, Radix
lián qiào	连翘	Forsythiae, Fructus
líng xiāo huā	凌霄花	Campsis, Flos
liú huáng	硫磺	Sulfur
liǔ suān	柳酸	Salicylic Acid
lóng dǎn cǎo	龙胆草	Gentianae, Radix
lóng gǔ	龙骨	Calcinated Draconis, Os
lǜ è méi	绿萼梅	Armeniaca Mume, Flos
lú gēn	芦根	Phragmitis, Rhizoma
mǎ chǐ xiàn	马齿苋	Portulacae, Herba
mài mén dōng	麦门冬	Ophiopogonis Japonici, Tuber
mài yá	麦芽	Hordei Germantus, Fructus
máng xiāo	芒硝	Natrii Sulfas
méi guī huā	玫瑰花	Rosae Rugosae, Flos
mù biē zǐ	木鳖子	Momordicae, Semen
mǔ dān pí	牡丹皮	Moutan, Cortex
mù guā	木瓜	Cydonium Sineuse
mù hú dié	木蝴蝶	Oroxylum, Semen
mù tōng	木通	Akebiae, Caulis

Pīnyīn	Chinese	Pharmaceutical
niú bàng zǐ	牛蒡子	Arctii Lappae, Fructus
niú xī	牛膝	Achyranthis, Radix
pèi lán	佩兰	Eupatorii, Herba
pú gōng yīng	蒲公英	Taraxaci, Herba
qī yè yī zhī huā	七叶一枝花	Paridis, Rhizoma
qiāng huó	羌活	Notopterygii, Rhizoma Seu Radix
qín pí	秦皮	Fraxini, Cortex
qīng dài	青黛	Indigo Naturalis
qīng fěn	轻粉	Calomelas
quán xiē	全蝎	Scorpio
rěn dōng téng	忍冬藤	Lonicerae, Caulis
rén shēn	人参	Ginseng, Radix
sān léng	三棱	Sparganii, Rhizoma
sān qī	三七	Notoginseng, Radix
sāng shèn	桑椹	Mori, Fructus
sāng zhī	桑枝	Mori, Ramulus
shā rén	砂仁	Amomi, Fructus
shān yào	山药	Dioscorea, Rhizome
shān zhā	山楂	Crataegi, Fructus
shé chuáng zǐ	蛇床子	Cnidii, Fructus
shēng dì huáng	生地黄	Rehmanniae Glutinosae, Radix
shēng jiāng	生姜	Zingiberis Recens, Rhizoma
shí gāo	石膏	Gypsum Fibrosum
shí jué míng	石决明	Haliotidis, Concha
shí liú pí	石榴皮	Granati, Pericarpium
shú dì huáng	熟地黄	Rehmanniae Preparata, Radix
shuǐ yáng suān	水杨酸	Salicylic Acid
shuǐ niú jiǎo	水牛角	Bubali, Cornu
táo rén	桃仁	Persicae, Semen
tōng cǎo	通草	Tetrapanacis, Medulla
tǔ fú líng	土茯苓	Smilacis Glabrae, Rhizoma
xī jiǎo	犀角	Rhinoceri, Cornu
xià kū cǎo	夏枯草	Spica Prunellae Vulgaris

Pīnyīn	Chinese	Pharmaceutical
xiāng fù	香附	Cyperi, Rhizoma
xù duàn	续断	Dipsaci, Radix
xuán shēn	玄参	Scrophulariae Ningpoensis, Radix
xuè jié	血竭	Draconis, Sanguis
yán hú suǒ	延胡索	Cordialis, Rhizoma
yè jiāo téng	夜交藤	Polygoni Multiflori, Caulis
yě jú huā	野菊花	Chrysanthemi Indici, Flos
yě qiào mài gēn	野荞麦根	Fagopyri Cymosi, Rhizoma
yì mǔ cǎo	益母草	Leonuri, Herba
yì yǐ rén	薏苡仁	Coices, Semen
yù jīn	郁金	Curcumae Radix
zǎo xiū	蚤休	Paridis, Rhizoma
zé lán	泽兰	Lycopi, Herba
zé xiè	泽泻	Alismatis, Rhizoma
zhāng nǎo	樟脑	Camphora
zhēn zhū mǔ	珍珠母	Margaritaferae, Concha
zhì gān cǎo	炙甘草	Glycyrrhizae Preparata, Radix
zhī má yóu	芝麻油	Sesame Oil
zhī mǔ	知母	Anemarrhenae, Rhizoma
zhī zǐ	栀子	Gardeniae, Fructus
zǐ cǎo	紫草	Arnebiae Seu Lithospermi, Radix

APPENDIX V – SOURCE TEXT BIBLIOGRAPHY

Pinyin Title	Chinese Title	English Title
<i>Bèi Jī Qiān Jīn Yào Fāng</i>	备急千金要方	Essential Prescriptions Worth a Thousand in Gold For Every Emergency
<i>Huáng Dì Nèi Jīng</i>	黄帝内经	The Inner Canon of the Yellow Emperor
<i>Shí Shān Yī Àn</i>	石山医案	Medical Cases of Wāng Jī
<i>Tài Píng Huì Mǐn Hé Jī Jù Fāng</i>	太平惠民和剂局方	Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era
<i>Wài Kē Dà Chéng</i>	外科大成	Great Compendium of External Medicine
<i>Wài Kē Jīng Yào</i>	外科精要	Essence of Diagnosis and Treatment of External Diseases
<i>Wài Kē Jīng Yì</i>	外科精义	Treatment of Surgical Diseases
<i>Wài Kē Lǐ Lì</i>	外科理例	Exemplars for Applying the Principles of External Medicine
<i>Wài Kē Qǐ Xuán</i>	外科启玄	Profound Insights on External Diseases
<i>Wài Kē Xīn Fǎ</i>	外科心法	Essential Teachings on External Medicine
<i>Wài Kē Zhèng Zhì Quán Shū</i>	外科证治全书	Complete Book of Patterns and Treatments in External Medicine
<i>Wài Kē Zhèng Zōng</i>	外科正宗	True Lineage of External Medicine
<i>Wài Tái Mì Yào</i>	外台秘要	Arcane Essentials from the Imperial Library
<i>Wàikē Zhèng Zhì Quán Shēng Jí</i>	外科证治全生集	Complete Compendium of Patterns and Treatments in External Medicine
<i>Wāng Shíshān Yī Shū Bā Zhǒng</i>	汪石山医书八种	Eight Medical Books of Stone Mountain Wang
<i>Wēn Bìng Tiáo Biàn</i>	温病条辨	Systematic Differentiation of Warm Pathogen Diseases
<i>Wú Shí Èr Bìng Fāng</i>	五十二病方	Prescriptions for Fifty-Two Diseases
<i>Xiān Shòu Lí Shāng Xù Duàn Mì Fāng</i>	仙授理伤续断秘方	Secret Formulas to Manage Trauma and Reconnect Fractures Received from an Immortal
<i>Xiǎo Pǐn Fāng</i>	小品方	Essay on Formulas
<i>Yáng Kē Xīn Dé Jí</i>	疡科心得集	Collected Experiences on Treating Sores
<i>Yī Fāng Jí Jiě</i>	医方集解	Medical Formulas Collected and Analyzed
<i>Yī Lěi Yuán Róng</i>	医垒元戎	Supreme Commanders of the Medical Ramparts
<i>Yī Xué Rù Mén</i>	医学入门	Introduction to Medicine
<i>Yì Zhěn Yī Dé</i>	疫疹一得	Achievements Regarding Epidemic Rashes
<i>Yī Zōng Jīn Jiàn</i>	医宗金鉴	The Golden Mirror of Ancestral Medicine
<i>Zhèng Zhì Zhǔn Shéng</i>	证治准绳	Standard Differentiation of Patterns and Treatments
<i>Zhū Bìng Yuán Hóu Lùn</i>	诸病源候论	General Treatise on the Etiology and Symptomology of Diseases
<i>Wài Kē Zhēn Quán</i>	外科真诠	Personal Experience in Wài Kē
		Complete External Therapies of Chinese Drugs

APPENDIX V – SOURCE TEXT BIBLIOGRAPHY

Author (English)	Author (Chinese)	Published
Sūn Sīmiǎo	孙思邈	652
Unknown	未知	Between the late Warring States period and the Hàn Dynasty
collected by his students		1531
Imperial Medical Bureau	太医局	1107
Qí Kūn	祁坤	1665
Chén Zì míng	陈自明	1263
Qí Dézhī	齐德之	1335
Wāng Jī	汪机	1531
Shēn Dǒuyuán	申斗垣	1604
Xuē Jǐ	薛己	1742
Xǔ Kèchāng	许克昌	1831
Chén Shí gōng	陈实功	1617
Wáng Tāo	王焘	752
Wáng Wéi Dé	王维德	1740
Wāng Jī	汪机	1522 – 1633
Wú Jū-Tōng (Wú Táng)	吴鞠通 (吴瑭)	1798
Unknown	未知	1065-771 BC
Lín Dào Rén	蔺道人	c. 846
Chén Yánzhī	陈延之	c. 454-473
Gāo Bǐngjūn	高秉钧	1806
Wāng Áng	汪昂	1682
Wáng Hào Gǔ	王好古	1291
Lǐ Chān	李梴	1575
Yú Lín/Yú Shī-Yú	余霖/余师愚	1794
Wú Qiān, et al.	吴谦等	1736-1743
Wáng Kěntáng	王肯堂	1602
Cháo Yuánfāng	巢元方	610
Zōu Yuè	邹岳	1838
Xú Xiàngcái	徐 象才	1998