

# *Research progress of treating hormone-dependent dermatitis with internal treatment of traditional Chinese medicine*

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**Abstract:** Hormone-dependent dermatitis is a chronic inflammatory skin disease with GC applied externally for a long time, which can inhibit the normal proliferation and differentiation of epidermal cells, resulting in the decrease of keratinocytes and abnormal function. With the prosperity of medical beauty marsturizing, anti-inflammatory and anti-infection, which can improve clinical symptoms in a short time, but it is easy to relapse and has poor long-term curative effect, which makket, its incidence is increasing rapidly. Western medicine treatment is mainly based on psychological suggestion, moies Chinese medicine highlight irreplaceable advantages and characteristics in the treatment of this disease. In this paper, the treatment of hormone-dependent dermatitis by Chinese medicine in recent years is reviewed from the perspectives of pathogenesis, internal and external treatment and other treatments, in order to provide new ideas for doctors.

## 1. Introduction

Hormone dependent dermatitis, also known as red skin syndrome, is a chronic inflammatory skin disease that often occurs in the face and neck, vulva and skin folds. Modern medicine believes that the disease is caused by long-term non-standard local external use of GC, resulting in abnormal skin structure and function, followed by repeated adverse reactions such as erythema, skin atrophy, inflammatory pustules, acne like papules, rosacea like papules, etc., and the appearance of the skin is transparent, which can be accompanied by telangiectasia, scaling, chapping, etc., consciously burning, tingling and drying, even swelling. With the repeated use of hormones, the above symptoms will be further exacerbated <sup>[1-3]</sup>. Western medicine advocates <sup>[4]</sup> starting treatment from the perspectives of hormone decline, alternative treatment, anti-inflammatory and anti-allergic treatment, moisturizing and moisturizing. Although clinical results can be obtained in a short time, most patients have rebound phenomenon in the treatment process, which makes traditional Chinese medicine treatment play an irreplaceable role. In traditional Chinese medicine, this disease belongs to the category of "traditional Chinese medicine poison". From the dialectical perspective of the eight principles, the nature of

hormone belongs to Yang and fire. Long term abuse of GC makes the evil of Yang heat accumulate, and the depression turns into fire and brew poison. Therefore, it is very painful to see the flushing and burning of the skin, and it is the disease on the face. Traditional Chinese medicine has a deep understanding of the etiology and pathogenesis of the disease and rich experience in diagnosis and treatment, but it is still lack of systematic, scientific and standardized treatment. Therefore, the author summarizes the clinical efficacy of internal treatment of traditional Chinese medicine in the treatment of facial hormone dependent dermatitis as follows.

## 2. Etiology and Pathogenesis

The head and face are the meeting of all yang, hormones belong to yang and fire, gong can help yang to generate heat, the patient's body is full of yang, long-term external use of GC, the yang-heat qi of hormones is inspired by the yang-heat phase of the face, which invades the pores of the muscles, the internal and external evils, the occurrence of this disease. When the two yangs fight against each other, the stagnation turns into fire and turns into poison, and the skin is flushed and hot; the evil heat is stagnant, and the heat is excessively painful, and the wind is itchy, and the skin may be painful or itchy; Erythema and edema; heat burns yin, body fluid is dry, the facial skin is deprived of nourishment, and the skin is dry, desquamated, and consciously tight; Papules, pustules, acne, and rosacea-like changes; long-term use of GC stimulates the growth of qi and blood, filling the hair orifices, and it can be seen that the facial hair grows thicker and longer, heat enters the blood collaterals, suffers from stasis, and the qi and blood lose its nourishment. If possible, skin thinning and hyperpigmentation may even occur.

## 3. Internal Governance

### 3.1 The Method of Nourishing Yin, Clearing Heat and Tonifying Deficiency

It is suitable for those with yin deficiency and yang hyperactivity. The symptoms include facial inflammatory erythema that is light at day and night, accompanied by hot flashes, night sweats, irritability, dry skin, scaling, itching, and skin tightness<sup>[1]</sup>. Wang Taipu Zeng said: "If the cold is not cold, blame it for lack of water. The master of strong water will control the sunlight." Zhang Jiebin's "Question Records - On No Complement for Typhoid Fever" "Only cold can remove heat, but if you don't know how to nourish yin, you can reduce fire." If the kidney water is not cold, and the kidney water is beneficial to the heart fire, then the heart yang will not be hyperactive. If the kidney yin is insufficient, the deficiency and heat will overtake the upper part, the kidney water will be deficient in the lower part, and the upper part will not be able to help the heart, which will cause the monarch fire to become hyperactive and uncontrolled, and the upper part will inflame the head and face. The combination of internal and external evils makes the disease difficult to heal. Physicians are clinical, and flexibility is important, so in the heat-clearing and blood-cooling agents, nourishing Yin and subduing Yang products, such as turtle shells, turtle shells, raw oysters, etc., make the kidney water sufficient to benefit the heart, and the monarch fire is not hyperactive. Then the fire poison of the face is easy to go away, which is the so-called "master of strong water to control the sunshine".

### 3.2 Dispelling Wind, Clearing Heat and Eliminating Dampness

It is suitable for those with internal resistance of rheumatism and heat. "Theory of Warmth and Heat"<sup>[5]</sup>: "When the dampness is high, the yang is weak, and the law should be cool and cool. However, when it reaches six or seven tenths, it should not be too cold and cool, for fear of success and giving up." Feng Xianzhang<sup>[6]</sup> followed this principle when treating the internal syndrome of

damp-heat, emphasizing on protecting yang qi, and when clearing heat and removing dampness, Shao Zuo cinnamon encouraged qi and blood, so that damp-heat could be dispelled and yang would not decline. Huang Ying<sup>[7]</sup> believes that the syndrome of damp-heat toxin accumulation is more common in the subacute stage of the disease, with repeated erythema, papules, and pustules, greasy skin, and increased seborrhea. Drink He Sanren Decoction, for patients with blood heat and blood stasis, add salvia miltiorrhiza and acacia peel to enhance the effect of cooling blood and dispersing blood.

### 3.3 Clearing Heat, Cooling Blood and Detoxification

Suitable for wind-heat-blood-heat-toxin accumulation, acute hair. Symptoms include facial inflammatory erythema, dark red, telangiectasia, papular rosacea, and conscious burning and stinging. The method is always to clear heat, cool blood and detoxify. Ye Jianzhou<sup>[8]</sup> uses Baihu Tang as the base formula, and is compatible with the products of clearing heat, cooling blood and detoxification (Shengdi, Danpi, Chishao, Lithospermum, etc.); Toxin Sheng, strengthen the product of heat-clearing and detoxification (Honeysuckle, Daqingye). Feng Xianzhang<sup>[6]</sup> self-prepared prescriptions are mainly divided into blood, which can clear heat and detoxify, cool blood and disperse blood (angelica, honeysuckle, soft-shelled turtle, wild chrysanthemum, madder, rhizoma Imperatae, Hedyotis diffusa, etc.); acute attack period Compatible with the products of cooling blood and relieving wind (antelope horn powder, buffalo horn); if the symptoms are purple dark lips and tortuous veins under the tongue, the cooling blood and detoxification drugs should be carefully reduced, and Chuanxiong, Cortex Moutan, and Lithospermum should be mixed appropriately. Blood flow. Lan Yanqin<sup>[9]</sup> used the method of promoting blood circulation and removing blood stasis, clearing heat and detoxifying, and taking the addition and subtraction of Wuhuayin as the main formula. Bupleurum, Cyperus officinalis, Turmeric to soothe the Liver and regulate Qi, with pigmentation, add Angelica, Coix Seed, Lily to eliminate spots and jade. Chen Dacan<sup>[10]</sup> prefers to use insect medicines in the treatment of this type of patients. According to the characteristics of insects that "like to pass through and disperse evil spirits", buffalo horns and antelope horns are added to clear heat, cool blood and detoxify for those with obvious heat toxicity. For those with itching, use cicada slough and silkworm to disperse wind, clear heat and toxin.

### 3.4 Method of Promoting Blood Circulation, Dredging Collaterals and Dispersing Stasis

It is suitable for those with blood stasis blocking collaterals. On the basis of inflammatory erythema, papules, pustules, rosacea like changes, dark purple tongue and tortuous sublingual veins can be seen<sup>[11]</sup>. Ye Tianshi believes that "long-term illness enters the collaterals, long-term illness and blood stasis". Yang heat, evil and poison will stagnate the skin for a long time, which will hurt the blood collaterals and block Qi and blood, phlegm and heat will be combined with each other, and if the blood stasis does not go away, the heat will be difficult to disperse. Therefore, in the clinical treatment, it should be combined with drugs for activating blood circulation, dredging collaterals and dispersing stasis, such as "Shengdi, Danpi, donkey hide gelatin, red peony and other substances" of Ye's<sup>[5]</sup>, so that the congestion can be removed and the heat can be easily dispersed without any basis.

### 3.5 Flower Wind Medicine Preaching Evil

It is suitable for patients with hormone dependent dermatitis. The flowers are light and floating, and can go up to the head and face. They have the effect of cooling and dredging silt and pleasing the face. In the later stage of the disease, most of the evil will go away. When the skin color is dark or pigmentation occurs due to evil Qi and blood stasis, roses, cockscomb, Lingxiao flower, etc. can be selected to evacuate residual heat, activate blood circulation and eliminate spots, so as to be good for

the future. "The sores of the great heart all belong to the sores of the great heart". Li zhongzi also said: "if it is light, it will itch, and if it is heavy, it will hurt". In the prescription of syndrome differentiation, the products of dispelling wind should be added as appropriate. On the one hand, the principle of dispelling wind should be developed to clear away the evil heat of depression and floating, such as radix rehmanniae, Rhizoma Imperata, chrysanthemum, Houltuynia cordata, etc. on the other hand, the wind with pungent and warm nature is often used to eliminate the evil surface, activate blood circulation and dredge collaterals, and can prevent the content of heat clearing agent from depressing heat evil, condensing and closing blood collaterals, which is not conducive to the departure of heat evil. For clinical syndrome, jingmustard, Fangfeng, notopterygium, etc. should be added.

#### 4. Summary

At present, there are various TCM treatment methods for this disease, and the clinical effect of oral preparations is remarkable. Clinicians have their own unique views on medication, but as long as they grasp the etiology and pathogenesis of this disease and use drugs based on syndrome differentiation, they can be effective. But this is also the deficiency of this method, which requires clinicians to have a solid foundation of traditional Chinese medicine and accurate syndrome differentiation, otherwise the treatment effect is difficult to achieve the expected goal. At this stage, there are still some unreasonable treatment schemes of traditional Chinese and Western medicine. We should constantly explore more effective treatment methods in clinical practice, formulate reasonable TCM diagnosis and treatment norms, and relieve the pain for more patients.

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