

Treatment of acne of liver depression and spleen deficiency type

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Abstract: Acne is a long-term inflammatory skin disease, which occurs in hair follicles and sebaceous glands. Also known as "acne", "acne" and "acne". Clinically, it is often treated on the basis of wind heat in the lung meridian, damp heat in the intestines and stomach, phlegm dampness and stasis. With the rapid development of society, people's living environment and way are also changing, and the cause of acne is more complex. Through clinical observation and following my tutor's outpatient study, it was found that the cause of acne in most patients was closely related to liver and spleen. By consulting the relevant literature, we can dialectically treat acne from the direction of soothing the liver and strengthening the spleen, which provides a new idea for the clinical treatment of acne.

1. Introduction

Acne, also known as "acne", "acne", "acne", that is, the so-called acne, is a chronic inflammation of hair follicles and sebaceous glands. It is often seen in the parts with more skin oil secretion, such as head, face, chest and back, which has recurrent attacks and is self-limiting. It is more common in dermatology outpatient service, in which more women than men have skin lesions, such as acne, papules, pustules, nodules, scars, etc. It has seriously affected the patients' physical, psychological and quality of life. Therefore, people have higher requirements for the treatment effect of acne. Traditional Chinese medicine takes the holistic view as the starting point. Under its guidance, the four diagnostics combined with reference and dialectical treatment greatly improve the curative effect and reduce the probability of recurrence, so as to make patients happy and improve their quality of life[1-2].

2. TCM's understanding of acne in ancient books

Acne is classified as "lung wind acne". The word "acne" has been recorded in the emperor's Canon of internal medicine, "Su Wen angry Tongtian theory": when I encounter the evil of wind and cold when I work and sweat, I gather on my skin to form acne, which accumulates and turns into acne. The patient has excessive Yang heat in the body, accumulated heat in the lung meridians, stagnated wind evil on the muscle surface, blocked the meridians, and fumigated the face. For

example, according to the "theory of the sources of various diseases": "people with facial blisters suffer from wind heat and get sores"; Or due to improper diet, spicy fat sweet thick taste, resulting in gastrointestinal damp heat, the evil of damp heat rushed up on the face; Or due to the dysfunction of spleen deficiency and transportation, it leads to internal obstruction of dampness and turbidity, accumulation of heat, burning body fluid, boiling into phlegm, dampness and heat stasis, phlegm and accumulation of skin. Chaoyuan Fang also said in his treatise on the causes of various diseases: "this is from drinking, the heat rush to the face, and when it meets the wind and cold air, it comes into being." However, many doctors have carried out in-depth discussion on the causes and pathogenesis of acne, not only the traditional wind heat, damp heat, phlegm coagulation, but also the views of qi stagnation, yin deficiency, Chong Ren imbalance and so on. The enrichment of these views allows us to better use traditional Chinese medicine thinking to treat acne, reduce patients' skin lesions, and improve the treatment effect. Through the observation of clinical practice and following the tutor's outpatient study, it was found that the treatment effect of some patients was significant in the early stage, but the effect of continued treatment in the late stage was not ideal, the skin lesions were easy to relapse, and the scars were not easy to subside. After careful consultation, it was found that there was a syndrome of liver depression and spleen deficiency. With the development of economy, the life of contemporary people is becoming more and more irregular. Many acne patients have irregular work and rest, do not diet, and eat more fat, sweet, spicy and stimulating food, damaging the spleen and stomach. The spleen governs the transportation and transformation, the stomach governs the reception, and the reception and transportation are coordinated. It can transport the essence of water and grain, promote the digestion and absorption of diet, transform it into blood and blood, and provide for the whole body. It is the source of blood and blood biochemistry of the human body. If you eat too much Gao Liang thick flavor, the food cannot be digested in time, your temper does not rise, your stomach qi does not fall, the rise and fall of the viscera Qi machine is out of balance, and the turbid Qi enters the body and turns heat; Or the incidence rate of acne is also increased due to the stagnation of liver Qi caused by current life pressure, psychological pressure of illness, staying up late, emotion and other factors[3-8].

3. Traditional Chinese medicine's understanding of liver depression and spleen deficiency

3.1 Liver wood spleen soil

Liver is the organ of wind wood, which mainly relieves and stores blood, and liver Qi rises. Liver Qi rises, promotes the growth and development of the five internal organs, and regulates the Qi mechanism. "The origin of miscellaneous diseases, rhinoceros candle, the origin of liver disease" said: "the liver is harmonious, then angry, the development of all things, for the biochemistry of all viscera". "Identification of epidemic febrile diseases: dampness and temperature" said: "the liver is rigid and dirty, sending phase fire inside, which cannot be broken by pure steel." "Lingshu pingrenjuegu" said again; "Blood and benefit, spirit is home". When the liver Qi is dredged and reaches the whole body, the blood flows through the body. Make the five internal organs and meridians circulate smoothly, and the movements of ascending and descending are coordinated and balanced, so that the five internal organs can live in peace; The spleen is a dirty soil, which irrigates all sides, so all five internal organs have temper. The spleen and stomach are in the middle energizer, which is the source of blood biochemistry. The essence of water and valley is poured around to nourish the whole body. That is, Suwen Yuji zhenzang Lun said that "the spleen is an isolated viscera, and the central part fills all sides", and Suwen Jue Lun said that "the spleen governs the stomach and exercises its body fluid". The Yellow Emperor's Canon of internal medicine says: "the spleen qi dissipates essence, which goes up to the lungs". The spleen is the hinge for the regulation of water and fluid transportation. With a healthy temper, vigorous body

fluid metaplasia and normal distribution, the five internal organs, bodies, organs and orifices can be nourished. It can be seen that the patency of liver qi and the transportation of spleen and stomach are very important to human life and health[9-13].

"Jin Gui Yao Lue" said: "see the disease of the liver, know that the liver transmits the spleen, and strengthen the spleen first" directly points out the relationship between the liver and spleen. The relationship between liver and spleen is mainly manifested in blood and food drinking. In terms of blood: the liver is in charge of storing blood and regulating blood flow. At the same time, the liver is in charge of draining and regulating qi, which can promote blood circulation; The spleen governs the circulation of blood, making the blood flow in the pulse without escaping. The liver and spleen cooperate with each other to jointly maintain the generation and operation of blood. In terms of diet: the liver controls the drainage, secretes and excretes bile, and is conducive to the rise and fall of the spleen and stomach; The spleen governs the transportation and transformation, and the biochemistry of Qi and blood is active, nourishing the liver. In addition, the spleen and stomach are the hinge for the rise and fall of Qi. The stomach is responsible for receiving and ripening, providing the premise for the spleen to transport and transform water and grain, and providing conditions and energy for the stomach. The spleen and stomach cooperate with each other. The spleen governs the rising and clearing of Qi, transports the essence of water and grain, helps the stomach regulate the lowering of Qi, and the stomach governs the lowering of turbidity. It receives water and grain, food waste and food residues, and contributes to the rise and fall of temper, which is contrary to each other. The spleen and stomach receive and transport harmoniously, cause the rise and fall, transport the essence of water and grain, promote the digestion and absorption of diet, transform it into blood and blood, support the whole body, become the source of blood and blood biochemistry of the human body, and is conducive to the rise and development of the liver. The liver Qi is released, the Qi mechanism is unblocked, and the ascending and descending movements of the Qi of the spleen and stomach are also promoted and coordinated. The two complement each other and work together on the human body[14-19].

3.2 What is the meaning of liver depression and spleen deficiency

"Su Wen five movements theory": "if you have more Qi, you will overcome yourself; if you are less than it, you will be unable to overcome yourself, and regret and take advantage of it". The five elements of the liver belong to wood, and the five elements of the spleen belong to earth. In the theory of the five elements, it is called "wood flourishing by earth, and soil deficiency by wood". "The nature of wood depends mainly on catharsis, eating Qi makes the stomach, and it all depends on the Qi of liver wood to catharsis, then the water valley will be melted. If the liver cannot catharsis the water valley, it is inevitable to have the syndrome of full seepage". Therefore, the liver's catharsis function can not only help the spleen transport, make the Qi of Qingyang rise, and the essence of water and grain return to the lung, but also help the stomach accept and decay, promote the decline of turbid Yin Qi, and make the food flow down to the small intestine. If the liver loses laxity, it can cause the spleen to lose its health and movement, and the rise and fall of the spleen and stomach are abnormal. That is, "knowing medicine must distinguish. On liver qi": "when the liver Qi moves, it takes advantage of the spleen soil, makes pain and swelling, and even makes catharsis, or invades the stomach soil, makes the Qi reverse nausea, and causes pain and swelling on both sides".

4. Treat acne from the perspective of liver depression and spleen deficiency.

Clinically, the acne symptoms of patients with liver depression and spleen deficiency are mostly long-term illness, repeated attacks, long-lasting, persistent acne marks, irritability or emotional

depression. The higher the negative mood, the heavier the acne symptoms[20-25].

4.1 Liver and the incidence of acne

4.1.1 The relationship between liver and female acne

The liver is responsible for draining and storing blood, harmonizing Qi and blood, and combining hardness and softness. "Clinical guide medical records Tiaojing" puts forward the concept of "women are liver oriented", and points out the important relationship between liver and women's diseases. The normal release of liver qi can smooth the Qi mechanism of the whole body, and then affect the development of acne. In the current environment, women's life pressure increases, women pay more attention to their appearance image than men, and are more prone to negative psychological effects. Acne, which is easy to cause appearance damage, has a certain impact on the quality of life of patients, causing psychological problems and mental pressure. In short, the liver likes Tiaoda, dislikes depression, the liver main catharsis function is abnormal, the liver Qi is not smooth, which affects the development of acne, and acne also causes psychological problems of female acne patients, forming a vicious circle, resulting in the treatment effect of female acne patients is not ideal compared with male acne patients, and they are more prone to recurrent attacks. Therefore, female acne patients should pay attention to regulating the liver. Zhang Jing and others believe that female acne rash is often aggravated before menstruation and relieved after menstruation, and this process is also accompanied by irregular menstruation. "Women are Yin, and Yin governs blood, so women take blood as the root" "menstrual blood should be the first to treat women's diseases." women's menstrual, pregnancy, childbirth, lactation and other physiological functions are closely related to blood. The liver is the source of blood biochemistry. If the liver blood is sufficient and the liver Qi is unobstructed, menstruation will come on time. Irregular menstruation, old blood spilled nowhere and became blood stasis, which became hot over time and became acne on the face[26-29].

4.1.2 The relationship between liver regulating drainage and acne

People are an organic whole, and the five internal organs work together to maintain the normal operation of life activities. The dysfunction of liver regulating catharsis can lead to the dysfunction of five internal organs, and emotional anxiety and depression can aggravate acne. The lungs are covered with fur, and the lung qi is released and lowered. If the loss of liver drainage causes the loss of lung circulation, the metabolism of body fluid is abnormal, the accumulation of wet phlegm and blood stasis stops, the fur is blocked, the skin is dysfunctional, and the depression turns into heat, resulting in acne. And the lung is a canopy, and the lung is a delicate organ. External evil invades the human body, and the lung bears the brunt. The spleen governs the movement and transformation, and the spleen likes dryness and hates dampness. If the function of spleen transportation and transformation is abnormal due to the loss of liver drainage, damp heat is accumulated in the spleen and stomach of the middle energizer, phlegm is endogenous or toxin is steamed on the muscle surface. The heart governs the blood vessels, and its beauty lies in the face. "All pain, itching and sores belong to the heart". If the liver fire causes heart fire, the fire heat is inflamed, and the Qi and blood are fumigated on the face, resulting in acne. Kidney is the foundation of congenital. If the loss of the liver leads to the imbalance of yin and Yang of the kidney, the deficiency of kidney yin, the hyperactivity of kidney yang, the reckless movement of phase fire, and the steaming of the head and face along the meridians caused by the deficiency fire, acne will be caused.

4.1.3 The relationship between liver meridian and acne

"Huangdi Neijing Lingshu meridians" contains: "the pulse of liver foot Jueyin starts at the time of big toe tuft hair, goes up to the catfish, connects the eyes, goes up the forehead, and meets the governor's vein at the top; its branches, from the eyes to the lower cheek, in the ring lip; its branches, from the liver, from the diaphragm, and into the lungs." It can be seen that the liver meridian of foot Jueyin passes through acne prone parts such as the oral surface and forehead, and the branches of the liver are separated from the liver and flow upward to the lungs through the diaphragm, which is connected with the lung meridian of hand Taiyin[30-31].

4.2 The spleen and stomach and the pathogenesis of acne

4.2.1 The relationship between the spleen governing the movement and acne.

Although acne occurs on the surface, its rash lesions originate from the inside, just as the saying goes: "those who have all the inside must form all the outside." The stomach meridians of Foot Yangming and the spleen meridians of foot Taiyin act as the exterior and interior of each other and communicate with each other. They jointly produce nutrients such as blood essence, Qi and blood, body fluid, etc., which are needed by adults for a lifetime, promote the digestion and absorption of diet, convert them into blood and blood, transport and melt water, promote the metabolism of water and fluid in the body, and metabolize the useful body essence and body fluid to the five Zang and six Fu organs and joint tissues, so as to ensure the normal function of the body. They are the acquired foundation of the human body and the source of biochemistry of blood and. The pace of life of modern people is getting faster and faster. They eat untimely, spicy and irritating food, which damages the spleen and stomach, and the stomach is moist and hot; Or spleen dysfunction, lack of biochemical origin of Qi and blood, so that dampness and heat stagnation; Or because of spleen deficiency, dyskinesia, internal resistance of damp heat, stagnation of heat for a long time, acne occurs on the face skin.

4.2.2 The spleen stomach and lung

Spleen control muscles, and the lung controls fur; The five elements of the spleen belong to earth, the five elements of the lung belong to gold, and the earth produces gold. The spleen is the mother of the lung, so the dampness and heat of the mother of the spleen steams the face along the meridians, affecting the muscles and skin of its collaterals, resulting in the occurrence of acne.

4.2.3 Therelationship between stomach meridian and acne

"Huangdi Neijing Lingshu meridians" contains: "the pulse of stomach and Foot Yangming , starts at the intersection of the nose , next to the pulse of the sun , goes down through the nose , goes out into the upper teeth , holds the mouth , rings the lips , goes down through the plasma , but after eating , goes down cheap, goes out to welcome , goes along the cheek car , in front of the upper ear ,the passing host, follows the hairline , to the forehead , into the big finger , out of its end." It can be seen that the stomach meridian of Foot Yangming runs widely on the face, and the acupoints it passes through are also the most among the twelve meridians. "Yang Ming dominates the face, and the treatment of the face takes Yang Ming" evil heat flows up the Yang Ming meridians and reverses to the face to form acne.

5. To sum up

Society is developing rapidly and people's living standards are constantly improving, but people's living pressure is multiplying. Diet is also changing. Fat, sweet, spicy and greasy things constantly stimulate the spleen and stomach. These have increased the incidence rate of acne. Clinically, the treatment of acne is mostly from the direction of clearing heat and detoxification, cooling blood and dispersing knot, ignoring the current living environment and way of people. Therefore, we should be flexible in the process of clinical diagnosis and treatment, and carefully consider whether the patient has the essence of liver depression and spleen deficiency, so as to avoid repeated attacks of skin lesions and long-term treatment.

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