

Treating Skin Disease with Chinese medicine

Despite the occurrence of dermatological diseases in different seasons, there has been a viewpoint in traditional Chinese medicine that the most common manifestations, such as skin infections, itchiness, and pain, are associated with the weakening of individual's constitution. Based on this point, traditional Chinese medicine has established its own theoretic system to explain the etiology, differentiate clinical symptoms, and provide various treatment strategies for patients.

Those who are susceptible to external pathogens frequently display "Qi" (energy) deficiency, which may result in decrease in the adaptability and immune functions. The Six Natural Elements constitute the world; they are wind, cold, heat, dampness, dryness, and fire. A variety of skin problems are related to excess or deficiency of these elements. In addition, unbalanced diet, malnutrition, stress, delicate constitution, fatigue, drug abuse, over-eating, insect or animal bites, and contact with allergens also can lead to skin diseases.

Through carefully evaluating the severity of the patients' inflamed skin and energy levels, Chinese medicine practitioners prescribe herbal formulae that are believed to be suitable to individual's conditions. While the prescribed formulae are taken orally as decoction, the practitioners often recommend some herbal preparations for the external use which has been shown to be more effective than use of either alone.