

## Acne And Eczema

Acne is a skin condition that often occurs in teenagers. Traditional Chinese medicine practitioners see acne as a disease that is related primarily to the pathogenic influence of heat and dampness in different body organs. Heat may affect the lung or stomach from where it is transmitted to the skin, causing an inflammatory reaction.

There are three types of acne. Each requires different, specific treatment. Treatment for acne caused by heat in the lung is carried out by clearing the heat in that organ. Acne caused by heat in the stomach is treated by clearing the heat, dampness and toxin in the stomach. Treating acne caused by damp phlegm and blood stagnation, is carried out by clearing the dampness and improving blood circulation.

Eczema is a long-lasting skin condition that can come and go. The skin becomes extremely itchy, red, scaly, and irritated. There are different causes of eczema. They include heat and dampness, and spleen and blood deficiency. Eczema caused by heat and dampness may be treated with such Chinese medicines as Long dan cao, Bi xie, Huang qin, etc. Eczema due to spleen deficiency is often treated with Cang shu, Chen pi, Ze xie, etc.

To treat blood deficient eczema, medicines such as Sheng di, Bai shao, Shou wu and others are often used.

Different conditions trigger eczema in different people. Climate change, chemicals, food allergens are some of the factors that can bring about eczema. Avoiding them may help prevent recurrence of eczema.