

Summary on Chinese Medicine in the Treatment of Urticaria (hives)

Since urticaria is caused by multiple reasons, the treatment of it is quite difficult especially chronic urticaria. Western medicine is aimed to treat the symptoms, and the real conditions often get worse.

According to TCM, there are the following factors may be involved in urticaria:

----- sensitive to substances, food, drugs, biological products, infections, intestinal parasites, etc.

-----emotional factors

-----external weather changes, such as wind, cold, etc.

Urticaria is a disease at the body surface, but it is always a manifestation of the internal organs. Acute urticaria is the disorder of the lung. Intestinal and stomach type urticaria is related to the liver and spleen (xiao yao san). Chronic urticaria is a disorder of the kidney. If it is kidney yang deficiency, use modified Jin gui shen qi wan. If it is kidney yin deficiency, use Da bu yin wan. General treatment principle includes: expel wind, nourish blood, move blood, etc.

It is usually devided into following patterns:

Wind-cold (modified Ma huang tang)

wind-heat (modified Yin qiao san)

excess heat in stomach and large intestine (modified Fang feng tong sheng san)

deficiency of qi and blood (modified Dang gui yin zi)

disharmony of chong and ren meridians. (modified xiao yao san)

Blood deficiency with wind (modified dang gui yin zi)

Wind, damp and heat (fang feng tong sheng san)

Kidney deficiency (modified liu wei di huang wan)

Experienced formulas

Classical formulas:

Xiao feng san, dang gui yin zi, gui zhi tang, tao hong si wu tang

empirical formulas:

Xiao qing long tang, wu mei wan, bu yang huan wu tang, huang qi gui zhi wu wu tang, modified zhi gan cao tang, etc.

Other clinical experiences:

Gui Wei Yang Xue Tang (strengthen defense and nourish blood Decoction)

Haung qi, gui zhi, bai shao, dang gui, shu di huang, he shou wu, gan cao, da zao, sheng jiang

This formula was used to treat 59 obstinate urticaria with effective rate of 98.3%.

Xiao zhen tang (Eliminating rash Decoction)

Sheng huang qi, bai zhu, he shou wu, fang feng, lian qiao, bai ji li, ku shen, ma huang,

chi xiao dou, chan tui, gan cao

This formula was used for 138 cases of dermographism (dermatographia) with an effective rate of 94.92% (48 cured, 58 marked improved and 25 improved).

Dr. Chen Bao-ming formula

Wu mei, chan tui, she tui, gui zhi, bai shao, zhi gan cao, sheng jiang, da zao, etc
48 of urticaria was treated by this formula and the effective rate is 95.8%. (22 cured, improved 18)

Dr. Liu Meng-long's Honey Pill

Huang qi, fang feng, gui zhi, bai zhu, chi shao, wu mei, fu zi

This formula is used for cold urticaria. 1,000 cases were treated by the pill, and 705 cases were cured, improved 175 cases. The total effective rate is 89.8%.

Qing feng tang (clear wind decoction)

Jing jie, fang feng, gui zhi, chi shao, zi jing pi, zi zhu cao, gan cao, tao ren, hong hua

This formula is used to treat hives (85 cases). 84 out of 85 were cured.

Dr. Chen xian-da's formula

Wu wei zi, huang qi, bai zhu, fang feng, bai shao, gui zhi, gan cao, sheng jing, da zao
55 of urticaria were treated. 18 were cured. Total effective rate is 89.1%.

Wang jinfang thinks that Ge Gen is the ideal herb for allergic skin diseases. The formulas with added Ge Gen had better effect. (when compare with the control group).

Acupuncture Therapy in the treatment of Urticaria

Many acupuncture methods are used to treat urticaria. These include acupuncture, moxibustion, ear acupuncture, cupping, blood-letting, laser point irradiation, point thread embedding, point injection, point pricking, etc.

Experience One

Main points:

LI 11, SP10, DU14, LI4, ST36

According to the location of the rash and the causes, other points will be combined.

Experience Two

Main points: LI11, SP10

Above waist: add hegu, fengchi

Below waist: add zusanli

At the back: add feishu, pishu

At chest and abdomen: add zhongwan

Experience Three

Needle bilateral SP 6

33 cases were treated, and all were cured within 1-2 treatments.

Experience Four

Even movement technique for bilateral BL 17(Geshu)

68 cases were treated. 47 were cured, 15 improved. Effective rate is 91%.

Experience Five

Shendao through to zhi yang (DU9 to DU11)

Itching with burning, add LI11 and SP10.

52 were treated, and 46 cured, improved 6 cases.

Experience Six

Warming needle at:

LI4, LI11, ST36 even movement

Moxa only at: taichong, xuehai, fengshi, fengchi, baihui, da zhui, zhongwan, shenque.

114 cases were treated. 90 were cured, 19 improved, total effective rate 96%.

Experience seven

Cupping at RN 8

Needling at: LI11, Sp10, DU14. 29 out 40 were cured. Total effective rate is 95%.

Experience eight

Plum-blossom needle tapping at SP10 till slight bleeding, then cupping at the point for 5-10 minutes. At the same time, needle LI11, ST36, retain the needles for 30 minutes.

Plum-blossom tapping every other day and needling every day.

120 cases were treated. 104 cases were cured. Total effective rate is 96.7%.

Experience nine

Huo Xue qu feng zhi yang tang (activating blood, expelling wind and stopping itching decoction)

Dan shen, mu dan pi, lian qiao, sheng he shou wu, sheng di huang, bai xian pi, fang feng, zhi mu, chan tui, ku shen, di fu zi, tong cao, sheng gan cao

Common ear points

lung, urticaria point, endocrine, adrenal, heart, shenmen, large intestine, small intestine.