**eczema A Common Skin Complaint – Eczema**

**Chinese Medicine Perspective**

http://www.suntenglobal.com/news/show.php?ID=256

**Eczema – A Common Skin Complaint**

Eczema is a generic term used to describe inflammatory conditions of the skin and is the most common skin condition affecting Australians – in fact, eczema affects one in three Australians at some stage throughout their lives.1 The most common form of eczema is atopic eczema, where the skin rash is caused by an allergic reaction. Eczema can affect people of all ages, but is most common in young children, typically starting within the first 12 months of life.

**Recognising Eczema: Signs & Symptoms**

Eczema most commonly appears on the face, neck, and the insides of the elbows, knees and ankles. Symptoms vary depending on the person and type of eczema, but typically include:

         Dry, reddened skin that itches or burns.

         Blisters and/or oozing lesions.

         Dry and/or scaly, thickened skin.

         Moderate to severe itching (Note: This is a key diagnostic factor, if an itch is not present, chances are that the skin disorder is not eczema).

**What Triggers Eczema?**

Trigger factors for eczema include:

1.           Substances that come in contact with the skin, causing irritation and immune activation (e.g. soaps, cosmetics, jewellery, detergents, certain types of clothing).

2.           Environmental allergens (e.g. pollens, dust, animal dander).

3.           Changes in climate may affect some eczema sufferers.

4.           Psychological stress may also trigger outbreaks of eczema.

5.           Foods can also trigger eczema, particularly chemical food additives (such as preservatives and colourings), dairy, wheat, eggs, nuts, seafood and/or citrus fruits.

**Western Medicine’s Perspective**

From a Western medicine perspective, eczema is considered to be an allergic condition, with abnormal function of the immune system being the major pathophysiological driver of this condition. Patients suffering from eczema often have a personal and/or family history of eczema, asthma and/or hay fever, as these are all allergic conditions associated with similar immunological dysfunctions. Western medical treatment focuses on controlling the inflammation caused by this immunological disturbance. Therefore, your patients with eczema may already take one or more of the following medicines:

         Topical corticosteroids (this is the most common form of eczema treatment).

         Sedating antihistamines that induce sleep and reduce itchiness.

         Antibiotics that treat secondary infections.

         Oral corticosteroids.

         Systemic immunosuppressants

**An Unbalanced Immune System**

Western healthcare practitioners view eczema as an immunological issue, with an unbalanced immune response being the core dysfunction. Essentially eczema is associated with a T-helper 2 (Th2) excess state. T helper cells are the principal regulatory cells of the immune system. There are three main types of T helper (Th) cells: Th1, Th2 and Th3. Th1 cells regulate the body defense against bacteria, viruses and fungi, and are largely responsible for attacking and killing tumor cells. Th2 cells promote the production of antibodies against foreign matter (allergens, parasites) in the bloodstream. Th3 cells provide immune control through regulating excess Th1/Th2 activity.

These T helper cells regulate themselves by having an opposing effect. Whenever there is an excessive activity of one T helper type, this causes suppression of the other. In this way we can imagine the immune system as regulated in a see-saw manner. When these immune cells are working in harmony, the immune system functions normally (see Figure 1). However, in atopic conditions such as eczema, there is an imbalance with Th2 dominance causing the signs and symptoms we see in our patients (see Figure 2). The imbalance in Th1/Th2 function is rather like a see-saw out of balance. If the see-saw can be brought back into balance, this can achieve marked improvements in the disorder. TCM has been shown to help restore balance to this immune see-saw.



Figure 1: A Balanced Immune System. Figure 2: A Th2 Excess State is Seen In Eczema.

**How Can Traditional Chinese Medicine Help Eczema Sufferers?**

Most Western treatment methods treat the symptoms of eczema and do not prevent its recurrence; they also tend to have side effects. Due to these factors, many eczema sufferers turn to natural medicine and Chinese Medicine for alternative treatment options. A recent clinical trial, conducted in London clearly demonstrated the power of Chinese Medicine in the treatment of eczema: 37 children completed a double-blind placebo-controlled trial of a specific formulation of Chinese medicinal herbs for atopic eczema. At the end of the one-year trial, 18 (49%) enjoyed at least a 90% reductions in eczema activity scores.2 These results can be even greater if dietary and lifestyle changes are also implemented.

**Pathogenesis of Eczema from a TCM Perspective**

From our perspective as TCM practitioners, eczema is caused by three main pathogenic factors:

         Wind: Skin disorders caused by wind are characterised by sudden onset and development, change from one place to the other, and generalised itching.

         Dampness: Manifests as puffiness of skin, vesicles or papules and oozing of fluid.

         Heat: Tends to manifest as a burning sensation, redness and swelling.

Various combinations of these pathogenic factors produce different forms of eczema. For example, acute eczema often results from damp heat in the lung and spleen channels, brought on by invasion of external pathogenic wind. Chronic eczema is a progression from acute eczema and tends to be complicated by retained dampness. Infantile eczema has a dry and a wet type, but the overall pathogenesis is brought about by a combination of weakness of spleen and stomach, damp heat and exposure to external pathogenic wind. Eczema of the scrotum is caused by damp-heat in the liver and kidney or invasion of damp toxins due to sitting on damp ground. Eczema around the eyes is caused by wind heat in the spleen channel, or damp heat.

**“Out-of-the-ordinary diseases are often caused by phlegm evil. Disorders that resist treatment involve both phlegm and stasis”**

*Dr. Zhu Liangchun’s “Way of Treating Difficult Disorders”*

**Pattern Differentiation**

***Acute Eczema due to Damp Heat***

         **Symptoms and Signs:** Acute onset, flushed skin, itching, burning heat, blisters, erosion, oozing of yellow fluid. May have thirst and vexation, constipation, short voidings of dark urine, red tongue, yellow coating.

         **Treatment principle:** Clear heat and resolve damp.

         **Formula:** Variations of [Long Dan Xie Gan Tang [Gentiana Combination]](http://www.suntenglobal.com/products/show01.php?ID=1377): [Long Dan Cao [Gentiana]](http://www.suntenglobal.com/products/show01.php?ID=1094), [Huang Bai [Phellodendron]](http://www.suntenglobal.com/products/show01.php?ID=669) to clear heat and dry damp, [Yi Yi Ren [Coix]](http://www.suntenglobal.com/products/show01.php?ID=1156), [Ze Xie [Alisma]](http://www.suntenglobal.com/products/show01.php?ID=1118), [Fu Ling [Hoelen]](http://www.suntenglobal.com/products/show01.php?ID=1144), [Bi Xie [Tokora]](http://www.suntenglobal.com/products/show01.php?ID=1132), [Hua Shi [Talc]](http://www.suntenglobal.com/products/show01.php?ID=1147), and [Che Qian Zi [Plantago]](http://www.suntenglobal.com/products/show01.php?ID=1136) to percolate dampness and reduce swelling, [Shan Zhi Zi [Gardenia Florida]](http://www.suntenglobal.com/products/show01.php?ID=1630) and [Huang Qin [Scute]](http://www.suntenglobal.com/products/show01.php?ID=671) to clear heart fire and dry damp, and last but not least [Sheng Di Huang [Raw Rehmannia]](http://www.suntenglobal.com/products/show01.php?ID=1110) and [Mu Dan Pi [Moutan]](http://www.suntenglobal.com/products/show01.php?ID=1100) to clear heat and cool blood.

          **Also Consider:** If the eczema is concentrated in the upper body, add [Sang Ye [Mulberry Leaf]](http://www.suntenglobal.com/products/show01.php?ID=638), [Ju Hua [Chrysanthemum]](http://www.suntenglobal.com/products/show01.php?ID=1090), [Chan Tui [Cicada]](http://www.suntenglobal.com/products/show01.php?ID=337) to course wind and clear heat. If itching is severe, add [Bai Xian Pi [Dictamnus Desycarpus]](http://www.suntenglobal.com/products/show01.php?ID=653), [Di Fu Zi [Kochia]](http://www.suntenglobal.com/products/show01.php?ID=1140) to dispel wind, clear heat and dispel dampness.

**Acute Eczema due to Wind Heat**

         **Symptoms and Signs:** Flushed skin, papules spreading all over the body but principally in face and upper body, mild erosion, oozing of fluid after scratching.

         **Treatment principle:** Predominantly dispel wind and clear heat, moderately dispel dampness.

         Formula: [Sheng Di Huang [Raw Rehmannia]](http://www.suntenglobal.com/products/show01.php?ID=1110) to clear heat, [Jing Jie [Schizonepeta]](http://www.suntenglobal.com/products/show01.php?ID=344), [Fang Feng [Siler]](http://www.suntenglobal.com/products/show01.php?ID=340) to expel wind, [Chan Tui [Cicada]](http://www.suntenglobal.com/products/show01.php?ID=337), [Niu Bang Zi [Arctium]](http://www.suntenglobal.com/products/show01.php?ID=1101) to expel wind heat, [Cang Er Zi [Xanthium]](http://www.suntenglobal.com/products/show01.php?ID=1160), [Di Fu Zi [Kochia]](http://www.suntenglobal.com/products/show01.php?ID=1140) to dispel wind and relieve itching, [Zhi Mu [Anemarrhena]](http://www.suntenglobal.com/products/show01.php?ID=1120), [Huang Lian [Coptis]](http://www.suntenglobal.com/products/show01.php?ID=670) and [Ku Shen [Sophora Root]](http://www.suntenglobal.com/products/show01.php?ID=1092) to clear heat and dry dampness.

**Chronic Eczema**

         **Symptoms and Signs:** Thickened skin with lichenoid changes, localised skin eruptions with clear borders, small amount of desquamation. Itching, erosion.

         **Treatment principle:** Nourish blood, eliminate wind, clear heat, dispel damp.

         **Formula:** Si Wu Xiao Feng Tang with modifications. [Sheng Di Huang [Raw Rehmannia]](http://www.suntenglobal.com/products/show01.php?ID=1110), [Shu Di Huang [Rehmannia cooked]](http://www.suntenglobal.com/products/show01.php?ID=1322), [Dang Gui [Angelica Sinensis]](http://www.suntenglobal.com/products/show01.php?ID=1298), [Chuan Xiong [Cnidium]](http://www.suntenglobal.com/products/show01.php?ID=1240), [Ji Xue Teng [Milettia]](http://www.suntenglobal.com/products/show01.php?ID=1256), [Chi Shao [Red Peony]](http://www.suntenglobal.com/products/show01.php?ID=1237), [Dan Shen [Salvia]](http://www.suntenglobal.com/products/show01.php?ID=1242) to nourish blood and quicken blood; [Jing Jie [Schizonepeta]](http://www.suntenglobal.com/products/show01.php?ID=344) and [Fang Feng [Siler]](http://www.suntenglobal.com/products/show01.php?ID=340), [Bai Xian Pi [Dictamnus Desycarpus]](http://www.suntenglobal.com/products/show01.php?ID=653), [Ku Shen [Sophora Root]](http://www.suntenglobal.com/products/show01.php?ID=1092) to dispel wind, eliminate dampness and clear heat.

         **Also Consider:** If the patient has trouble sleeping due to itching, add Zhen Zhu Mu [Concha Margaritifera], [Ye Jiao Teng [Polygonum Stem]](http://www.suntenglobal.com/products/show01.php?ID=1357), and [Suan Zao Ren [Zizyphus]](http://www.suntenglobal.com/products/show01.php?ID=1356) to extinguish wind and calm the spirit.

**Childhood Eczema**

         **Symptoms and Signs:** Acute or subacute, itching can be severe. Dry eczema: Sparsely or densely distribute papules on flushed skin, desquamation after scratching, mild erosion. Wet eczema: Flushed skin, papules, blisters, erosion, effusion, thick yellow crusts.

         **Treatment principle:** Eliminate wind, clear heat, dispel damp.

         **Formula:** Xiao Feng Dao Chi Tang with modifications. [Niu Bang Zi [Arctium]](http://www.suntenglobal.com/products/show01.php?ID=1101), [Bo He [Mentha Leaf]](http://www.suntenglobal.com/products/show01.php?ID=37), [Bai Xian Pi [Dictamnus Desycarpus]](http://www.suntenglobal.com/products/show01.php?ID=653) to dispel wind, clear heat and eliminate dampness; [Huang Lian [Coptis]](http://www.suntenglobal.com/products/show01.php?ID=670), [Fu Ling [Hoelen]](http://www.suntenglobal.com/products/show01.php?ID=1144) to clear heart fire and disinhibit water; [Jin Yin Hua [Lonicera]](http://www.suntenglobal.com/products/show01.php?ID=673), [Sheng Di Huang [Raw Rehmannia]](http://www.suntenglobal.com/products/show01.php?ID=1110) to clear heat and cool the blood, [Gan Cao [Licorice]](http://www.suntenglobal.com/products/show01.php?ID=1301) to harmonise all other medicinals.

         **Damp type eczema:** Add [Fu Ling [Hoelen]](http://www.suntenglobal.com/products/show01.php?ID=1144), [Che Qian Zi [Plantago]](http://www.suntenglobal.com/products/show01.php?ID=1136), [Cang Zhu [Atractylodes]](http://www.suntenglobal.com/products/show01.php?ID=1134) to strengthen the spleen and dry dampness.

         **Dry type eczema:** Add Tai Zi Shen [Pseudostellaria], [Mai Dong [Ophiopgon]](http://www.suntenglobal.com/products/show01.php?ID=1313), [Huang Jing [Polygonatum Root]](http://www.suntenglobal.com/products/show01.php?ID=1309), [Bai Mao Gen [Imperata]](http://www.suntenglobal.com/products/show01.php?ID=1235) to benefit qi, protect yin and disinhibit water.

         **Special Notes:** Dampness is the predominant pathogenic factor causing eczema in children. In small children, the spleen function has not matured fully yet, and the transformation and transportation functions are rather weak. If the child is not given nutritious, easy to digest food, is overfed or solid food is introduced too early, or the child eats the wrong kinds of food (too sweet, too greasy, or large quantities of processed food), the spleen’s function of transformation and transportation can be impaired, engendering damp heat. If the child is repeatedly exposed to wind evil, external and internal pathogenic factors can combine and wind damp heat toxin enters the skin giving rise to wind damp heat type eczema. Alternatively, the child may be of weak constitution, resulting in spleen vacuity dampness type eczema. If the blood aspect is affected, this may cause spleen vacuity wind dryness type eczema. Formulas often used are [Xiang Sha Liu Jun Zi Tang [Saussurea and Cardamon Combination]](http://www.suntenglobal.com/products/show01.php?ID=1423), [Er Chen Tang [Citrus & Pinellia Combination]](http://www.suntenglobal.com/products/show01.php?ID=1541), [Gui Pi Tang [Ginseng & Longan Combination]](http://www.suntenglobal.com/products/show01.php?ID=1481), [Si Jun Zi Tang [Four Major Herb Combination]](http://www.suntenglobal.com/products/show01.php?ID=1421), or [Bu Zhong Yi Qi Tang [Ginseng & Astragalus Combination]](http://www.suntenglobal.com/products/show01.php?ID=1406) with additions. Single medicinals added to the base formulas include [Ku Shen [Sophora Root]](http://www.suntenglobal.com/products/show01.php?ID=1092) to clear heat and dry dampness, [Bai Xian Pi [Dictamnus Desycarpus]](http://www.suntenglobal.com/products/show01.php?ID=653) to treat depressed and stagnant damp-heat, or [Di Fu Zi [Kochia]](http://www.suntenglobal.com/products/show01.php?ID=1140) to expel dampness and stop itching.

**Reading the Symptoms and Signs: Case Analyses**

31 year old female with widespread atopic eczema. Her symptoms and Mazin Al-Khafaji’s analysis of the case are detailed below.3

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| **Symptom** | **Indications** |
| Erythema | Clear indication of heat rampaging on the blood level |
| Excoriation due to scratching. | Clearly indicative of the itch that she experienced:            Intense heat generates wind, one important sign of the presence of wind in dermatology is excoriated scratch marks.             Damp, by obstructing the circulation of qi and blood in the skin can, and frequently does, also generate itching.If itch is predominately created by wind – use of wind scattering herbs; if dampness predominates – damp draining herbs. Use of wind scattering herbs when dampness predominates can exacerbate the eczema, causing it to spread. Use of damp draining herbs when wind predominates can draw the wind inwards instead of venting it via the skin, exacerbating the eczema. Clear evidence of both in this patient’s case. |
| Lesions principally congregated on the face and upper body. | Prevalence of wind. |
| Erosion and yellow crusting on her hands and wrists, nipples and around her ears. | Yellow crusting is due to exudation of fluid form the skin that has subsequently dried. Erosion is caused by retained dampness and heat. |
| Profusion of vesicles. | Substantial amount of dampness and fire-toxin. |
| Pustules on her arms. | Indication of either excessive application of unduly greasy emollients, or is a sign of fire toxin (fire toxin often present in more severe and intense cases). |
| Disturbed sleep due to itching. | Indication of heat at the blood level, almost a universal finding in the moderate and more severe cases. |

         **Other symptoms and signs:** Normal appetite and bowel function. Skin often worsens premenstrually, but normal menstrual cycle. No abnormal thirst. Aside form the burning sensation of her skin, patient does not feel hot. Dry and red tongue, with red prickles on the tip, extending towards the sides. Thin and white coating. Wiry and slightly rapid pulse.

         **Diagnosis:** Underlying condition of heat in the blood with wind, complicated with dampness and fire toxin.

         **Treatment strategy:** First peeling, as it were the outer layer, before attempting to tackle the core problem. First drain the damp heat and clear the fire with formula based on [Long Dan Xie Gan Tang [Gentiana Combination]](http://www.suntenglobal.com/products/show01.php?ID=1377) with modifications.

**“…the skin is like an open book, the vast majority of information is there to be deciphered by those who can read the language”**

*Mazin Al-Khafaji, “Atopic Eczema – Wind of the Four Crooks”*

**Single Medicinals Used in the Treatment of Eczema4**

***To Expel Wind & Stop Itching***

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| **Medicinal Name** | **Action(s)** |
| [Jing Jie [Schizonepeta]](http://www.suntenglobal.com/products/show01.php?ID=344) | Promotes sweating, resolves the exterior. Outthrusts papules, relieves itching, treats skin diseases (combine with [chi shao](http://www.suntenglobal.com/products/show01.php?ID=1237), [cang zhu](http://www.suntenglobal.com/products/show01.php?ID=1134), [huang bai](http://www.suntenglobal.com/products/show01.php?ID=669), [bai xian pi](http://www.suntenglobal.com/products/show01.php?ID=653), [ku shen](http://www.suntenglobal.com/products/show01.php?ID=1092)). |
| [Cang Er Zi [Xanthium]](http://www.suntenglobal.com/products/show01.php?ID=1160) | Dispels wind and relieves itching. |
| [Ku Shen [Sophora Root]](http://www.suntenglobal.com/products/show01.php?ID=1092) | Clears heat, dries dampness. Often used for hidden damp heat and skin diseases (combine with [lian qiao](http://www.suntenglobal.com/products/show01.php?ID=1093), [chi shao](http://www.suntenglobal.com/products/show01.php?ID=1237), [fang feng](http://www.suntenglobal.com/products/show01.php?ID=340), [bai xian pi](http://www.suntenglobal.com/products/show01.php?ID=653), [hong hua](http://www.suntenglobal.com/products/show01.php?ID=1252), [huang bai](http://www.suntenglobal.com/products/show01.php?ID=669), [chan tui](http://www.suntenglobal.com/products/show01.php?ID=337)). |
| [Bai Xian Pi [Dictamnus Desycarpus]](http://www.suntenglobal.com/products/show01.php?ID=653) | Treats depressed and stagnant damp-heat presenting with symptoms such as itching skin sores, eczema, wind sores (combine with herbs such as [jin yin hua](http://www.suntenglobal.com/products/show01.php?ID=673), [lian qiao](http://www.suntenglobal.com/products/show01.php?ID=1093), [jing jie](http://www.suntenglobal.com/products/show01.php?ID=344), [huang bai](http://www.suntenglobal.com/products/show01.php?ID=669), [cang zhu](http://www.suntenglobal.com/products/show01.php?ID=1134), [ku shen](http://www.suntenglobal.com/products/show01.php?ID=1092), [hong hua](http://www.suntenglobal.com/products/show01.php?ID=1252), [chi shao](http://www.suntenglobal.com/products/show01.php?ID=1237), [fu ling](http://www.suntenglobal.com/products/show01.php?ID=1144)). |
| [Bo He [Mentha Leaf]](http://www.suntenglobal.com/products/show01.php?ID=37) | Dissipates wind heat, effective for itchy papules (combine with medicinals such as [lian qiao](http://www.suntenglobal.com/products/show01.php?ID=1093), [chi shao](http://www.suntenglobal.com/products/show01.php?ID=1237), [bai xian pi](http://www.suntenglobal.com/products/show01.php?ID=653), [ku shen](http://www.suntenglobal.com/products/show01.php?ID=1092), [chan tui](http://www.suntenglobal.com/products/show01.php?ID=337)). |
| [Chan Tui [Cicada]](http://www.suntenglobal.com/products/show01.php?ID=337) | Dissipate wind-heat. |

***To Dry Dampness and Clear Heat***

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| **Medicinal Name** | **Action(s)** |
| [Huang Bai [Phellodendron]](http://www.suntenglobal.com/products/show01.php?ID=669) | Clears heat and dries dampness. Primarily clears lower burner damp heat. Antibacterial effect similar to that of [Huang Lian](http://www.suntenglobal.com/products/show01.php?ID=670). |
| [Huang Lian [Coptis]](http://www.suntenglobal.com/products/show01.php?ID=670) | Clears and drains fire-heat from the heart and stomach, cools the liver and gallbladder, resolves heat toxins, dries dampness. General antibacterial effect (berberine). |
| [Bai Hua She She Cao [Oldenlandia]](http://www.suntenglobal.com/products/show01.php?ID=648) | Clears heat and resolves toxin, quickens the blood and disperses swelling. |
| [Pu Gong Ying [Dandelion]](http://www.suntenglobal.com/products/show01.php?ID=1103) | Clears heat and resolves toxin, disperses swelling.  |
| [Zi Hua Di Ding [Viola]](http://www.suntenglobal.com/products/show01.php?ID=1124) | Clears heat and resolves toxin, cools the blood and disperses swelling. Is stronger than [Pu Gong Yin](http://www.suntenglobal.com/products/show01.php?ID=1103) in cooling the blood and resolving toxin, but weaker than [Pu Gong Yin](http://www.suntenglobal.com/products/show01.php?ID=1103) in its dispersing swelling action. |
| [Jin Yin Hua [Lonicera]](http://www.suntenglobal.com/products/show01.php?ID=673) | Clears heat and resolves toxin, resolves the exterior. |

***To Clear Blood Heat***

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| **Medicinal Name** | **Action(s)** |
| [Sheng Di Huang [Raw Rehmannia]](http://www.suntenglobal.com/products/show01.php?ID=1110) | Cools the blood and clears heat, enriches yin and supplements the kidney.  |
| [Da Qing Ye [Isatis Leaf]](http://www.suntenglobal.com/products/show01.php?ID=658) | Clears heat, resolves toxin, cools the blood.  |
| [Mu Dan Pi [Moutan]](http://www.suntenglobal.com/products/show01.php?ID=1100) | Cools and quickens the blood, dispels welling-abscesses. |
| [Chi Shao [Red Peony]](http://www.suntenglobal.com/products/show01.php?ID=1237) | Quickens the blood, cools the blood, and disperses swollen welling-abscesses. All cases of maculopapular eruptions that result from blood stasis or blood heat. |

**FORMULAS USED IN THE TREATMENT OF ECZEMA5**

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| **Medicinal Name** | **Action(s)** |
| [Long Dan Xie Gan Tang [Gentiana Combination]](http://www.suntenglobal.com/products/show01.php?ID=1377) | Drains repletion heat from the liver and gallbladder, drains damp-heat from the lower jiao. Often used in acute eczema. **Symptoms:** Erythema papules, more vesicles, erosion and exudation, severe itching, or with infections, thirst, irritability, constipation, yellow urine. |
| [Huang Lian Jie Du Tang [Coptis & Scute Combination]](http://www.suntenglobal.com/products/show01.php?ID=1375) | Clears heat and drains fire, anti-toxic, transforms damp, stops bleeding. Often used in acute eczema. **Symptoms:** Dark-red papules, few vesicles and exudation, a sensation of scorching heat, intense itching, irritability, dry throat, thirst, constipation, dark yellow urine.  |
| [Tao Hong Si Wu Tang [Persica, Carthamus & Dang Gui Combination]](http://www.suntenglobal.com/products/show01.php?ID=1493) | Supplements blood, quickens blood, transforms stasis. Consists of [Si Wu Tang [Dang Gui Four Combination]](http://www.suntenglobal.com/products/show01.php?ID=1491) plus [Tao Ren [Persica]](http://www.suntenglobal.com/products/show01.php?ID=1271) and [Hong Hua [Carthamus]](http://www.suntenglobal.com/products/show01.php?ID=1252). **Symptoms:** Eczema tends to linger with persistent lesions distributed over the trunk and limbs, dark-red, or pale red erythema and appear in various shapes, fewer vesicles, more scaling, itching. |
| [Zhi Bai Di Huang Wan [Anemarrhena, Phillodendron & Rehmannia Combination]](http://www.suntenglobal.com/products/show01.php?ID=1430) | Often used in chronic eczema. **Symptoms:** Recurring sub-acute eczema, persistent red papules, thickened skin lesions, intense itch worse at night, thirst, heat sensation in the palms of the hands, constipation. |
| [Bu Zhong Yi Qi Tang [Ginseng & Astragalus Combination]](http://www.suntenglobal.com/products/show01.php?ID=1406) | Often used in chronic eczema. **Symptoms:** Moderate itching, thickened skin lesions with pale vesicles and exudation, family history of allergy, high serum immunoglobulin (IgE) levels, spontaneous sweating, fatigue, pale complexion, poor appetite, diarrhoea.  |
| [Ba Zhen Tang [Dang Gui & Ginseng Eight Combination],](http://www.suntenglobal.com/products/show01.php?ID=1402) of which [Shi Quan Da Bu Tang](http://www.suntenglobal.com/products/show01.php?ID=1420) is a variation | Often used in chronic eczema. **Symptoms:** Moderate itching, skin thickened and lichenification, dry and cracked lesions, hypo-pigmentation, vesicles and exudation, itching severe at night, dizziness, lose hair.  |

**Modern Research: Effectiveness of TCM Herbal Extracts in the Treatment of Atopic Eczema5**

This recent scientific study found that [Shi Quan Da Bu Tang [Ginseng & Dang Gui 10 Combination]](http://www.suntenglobal.com/products/show01.php?ID=1420), [Bu Zhong Yi Qi Tang [Ginseng & Astragalus Combination]](http://www.suntenglobal.com/products/show01.php?ID=1406) and [Huang Lian Jie Du Tang [Coptis &Scute Combination]](http://www.suntenglobal.com/products/show01.php?ID=1375) inhibit dermatitis and the associated inflammatory changes and correct the immunological imbalances seen in patients with eczema. The results obtained were comparable to prednisolone. Further, this trial found that [Shi Quan Da Bu Tang [Ginseng & Dang Gui 10 Combination]](http://www.suntenglobal.com/products/show01.php?ID=1420) and [Bu Zhong Yi Qi Tang [Ginseng & Astragalus Combination]](http://www.suntenglobal.com/products/show01.php?ID=1406) prevented the elevation of serum IgE levels. This is significant as elevated serum IgE levels are a characteristic feature in many atopic eczema patients and reflect a state of immune hyper-reactivity.