

TRADITIONAL MEDICINE TREATMENT IN DERMATOLOGY

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Abstract

Topical medications derived from traditional medicines play a crucial role in dermatological treatment, often serving as the primary therapeutic approach. The underlying causes of dermatological conditions may include external factors such as wind, cold, dampness, heat, parasites, or internal imbalances such as stagnation of qi, blood stasis or deficiencies in liver and kidney function. Treatment methods in traditional medicine may incorporate remedies, surgical interventions, or a combination of both. Surgical treatment often involves straightforward techniques such as soaking, steaming, rubbing... The use of herbal remedies typically has minimal adverse effects while proving to be effective, and the form of medication are commonly administered without the need for ingestion. Topical medications based on traditional medicine hold significant promises for development and substantially to people's health care.

Keywords: Skin diseases, herbal traditional medicine.

Thuốc cổ truyền điều trị bệnh ngoài da

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Tóm tắt

Thuốc cổ truyền dùng ngoài da liễu chiếm một vị trí hết sức quan trọng, trong nhiều trường hợp là quan trọng nhất. Nguyên nhân có thể do ngoại tà xâm phạm (phong, hàn, thấp, nhiệt, trùng...) hoặc do khí trệ, huyết ứ hay can thận bất túc mà gây nên. Phương pháp điều trị theo y học cổ truyền có thể bằng nội khoa, ngoại khoa hoặc kết hợp. Điều trị ngoại khoa với các phương pháp đơn giản như ngâm, xông, xoa, ... Các thảo dược được sử dụng không những không gây tác dụng phụ, mà hiệu quả lại tốt, dạng thuốc sử dụng rất thông thường, bệnh nhân không phải uống thuốc. Thuốc cổ truyền dùng ngoài da liễu hứa hẹn sự phát triển và đóng góp nhiều trong chăm sóc sức khỏe cho người dân.

Từ khóa: Bệnh ngoài da, thuốc cổ truyền.

1. Introduction

Dermatological diseases (dermatology) are diseases that affect the skin and organs of the skin. Traditional medicine defines skin diseases as diseases of epidermis. Traditional medicine used in dermatology occupies a very important position. Ancient medical documents have remained

valuable experiences on the pathological, symptoms and treatment of skin diseases that need to be inherited and promoted [1].

To treat skin diseases according to modern medicine as well as according to traditional medicine or can be combined with internal medicine and topical medicine or only topical

medicine. With the advantages of topical medicine such as local effect; fast; limiting unwanted effects on other organs... Therefore, traditional medicine has a certain position in the treatment of some skin diseases according to traditional medicine [2].

In this article, we only mention the issue of skin diseases and the role of drugs used to treat skin diseases according to traditional medicine.

2. Contents

2.1. Skin diseases according to Traditional medicine

Causes and Symptoms.

Wind: Wind evil causes skin diseases with the characteristics of developing quickly, moving, disappearing quickly, easily spreading throughout the body causing itchy rashes, red rash, dry skin, warts. Often combined with other wind evils as wind-cold, wind-heat, wind-dampness...

Dampness: caused by external dampness, often the disease is in the lower part of the body, easily causing ulcers, long-term recovery.

Heat: caused by external evil or internal heat. The symptoms often has a swelling, heat, redness, itching and pain.

Blood stasis: Mostly due to liver qi stagnation or invasion of external evils causing qi disorders and blood stasis. Clinical symptoms often include spots or rashes of blood stasis, the skin color of the affected area is purple or blue-purple or the affected skin area is thickened with nodules.

Blood-deficiency and wind-dry: Due to long-term illness or due to spleen and stomach weakness causing blood deficiency, which is not enough to nourish the skin. The disease often was long term-recovery, the skin is dry or

thickened, cracked, rough, scaly, itchy.

Liver and kidney deficiency: Due to liver blood deficiency, the nails are brittle, easily thickened and dry, causing warts on the skin.

In addition, other causes such as: eating or contact with toxic substances or due to the poison of insect bites causing swelling, heat, pain, itching, rash, red rash, blisters... can have symptoms locally or throughout the body.

Skin lesions: divided into 2 types.

Primary lesions include rash, papules, nodules, vesicles, pustules and swelling.

Secondary lesions: scaling, crusting, ulcers, abrasions, cracks, pigment deposits, buffalo hump, scars.

In addition to the above causes, skin diseases are also related to the meridians: Diseases starting in the upper body and head due to the 3 yang meridians are mostly caused by wind-heat, wind-dampness, wind-dampness; Diseases starting in the middle part of the body are the liver and gallbladder meridians, mostly caused by stagnant qi, stagnant fire, damp heat; diseases starting in the lower part of the body are the taiyin meridians, mostly caused by damp-heat, cold-dampness. In addition, if the disease in the nose, it is related to the lung-meridian; the disease starting in the lips is related to the spleen-meridian; the disease starting in the ribs is related to the liver-meridian and the disease starting in the perineum is related to the liver and kidney-meridians. Therefore, depending on the cause of the disease and the location of the disease, there are appropriate treatment methods: systemic treatment (internal medicine) with oral medication or/and local treatment (surgery) or topical medication.

2.2. Treatment of Skin Diseases**- Internal medicine:**

+ Wind-dispersing cold: to treat hives, lupus erythematosus... the prescription includes the following medicinal herbs: *Herba Elsholtziae ciliata*, *Radix Saposhnikoviae divaricatae*, *Radix Bupleuri*, *Radix Peucedani*, *Rhizoma et Radix Notopterigii*, *Radix Angelicae pubescentis*, *Fructus Aurantii*, *Poria*, *Radix Platycodi grandiflori*, *Rhizoma Ligustici wallichii*, *Herba Menthae* and *Radix Glycyrrhizae*.

+ Wind-dispersing heat: treat psoriasis, rheumatism. Prescription: Tieu phong tan: *Radix Angelicae sinensis*, *Radix Rhemanniae glutinosae*, *Radix Saposhnikoviae divaricatae*, *eriostracum Cicadae*), *Rhizoma Anemarrhenae*, *Folium et Ramulus Crotonis tonkinensis*, *Semen Sesamum indicum*, *Herba Elsholtziae ciliata*, *Rhizoma Atractylodis*, *Fructus Arctii lappae*, *Gypsum fibrosum*, *Caulis Akebiae* and *Radix Glycyrrhizae*....

+ Clearing heat and removing dampness: Treating eczema, oozing sores, and pus-filled boils. Using the following herbs: *Herba Adenosmatis caerulei*, *Fructus Gardeniae*, *Rhizoma Rhei* hoặc *Long đởm tá can thang*...

+ Detoxification and Activating Blood Circulation Decoction: to treat dermatitis caused by drug allergies and psoriasis. The prescription used is Hoang Lien Giai Doc. *Cortex Phellodendri*, *Rhizoma Coptidis*, *Radix Scutellariae*, *Fructus Gardeniae* ...

Blood circulation and stasis removal: to treat erythema nodosum, scleroderma... The prescription uses “Tu Vat Dao Hong” or “Huyet Phu Truc U thang”.

+ The wind blows down the can: to treat itching in the elderly, warts, shingles... The

medicine uses *Gastrodia elata*.

+ Nourishing blood and moistening dryness: to treat neurodermatitis, and eczema. The prescription uses Si Wu Tang Jia Wei or Dang Gui Yin Zi.

- Surgical treatment (Topical medications)

It is a method used with different types of medications to treat the damaged skin area locally. Commonly used topical medications include:

Liquid medicine: a liquid medicine prepared from one or more herbs by boiling or steeping in clean water for soaking, washing or applying. Effects: Clearing heat and detoxifying, reducing swelling, cleaning wounds, disinfecting, and relieving itching. Commonly used herbs include: *Cortex Phellodendri*, *Herba Portulacae*, *folium Piper betlae*, *Galla chinensis*, *Herba Camellia sinensis*, *Herba Elsholtziae ciliata*...

Starch soluble: the ingredient is powdered medicine mixed in water. Anti-inflammatory, skin protection, anti-itching effects... treating acute dermatitis, rash... paste, Tam Hoang formular medicine

Powdered medicine: to rub on rashes, itchy rashes, between toes... The medicinal ingredients used are: *Kali alum*, *Power Indigo pulveratae* ...

Elixirs: Common herbs such as *Radix Stemonaceae*, *Radix Angeliae dahuricae*, *Radix et Rhizoma Asari* ... soaked in alcohol to apply on skin or mucous membranes. Used to treat nail fungus, ringworm, neurodermatitis...

Semi-solid extracts: From liquid medicine, it can be condensed to a certain physical state. Then add vegetable oil or vaseline or beeswax to make ointments, pastes, creams, gels to apply in the skin. These medicines are used for chronic dermatitis with scales, cracked, chapped

skin, ulcers, eczema, etc. Medicines are These drugs are absorbed by two mechanisms: First is absorption through the meridians because the meridians are a part of the human body that connects the exterior, interior, left and right parts of the body; on the outside, it is related to the skin, on the inside, it is connected to the internal organs; forming a network throughout the body. Medicines that are applied/patched to acupoints can work through the meridians. For example: applying medicine to the navel can work through the Shenque point, then through the meridian system to the whole body. The second mechanism absorbs through the skin. For topical medications using traditional medicines treatment for dermatology, after pasted, steamed, soaked, etc., the medicinal substances will be diffused into the skin and then go inside through the following: directly penetrating the epidermis, penetrating the hair follicles, penetrating the fat glands and being absorbed by the blood vessels and vascular network.

Principles of Topical Dermatologic Therapy:

The effect of topical dermatologic therapy depends not only on the properties of the drug, dosage, concentration, method of preparation, dosage form, etc., but also on the disease. Therefore, when using topical dermatologic therapy, you should notice that: *The choice of medicine* should be based on a comparison between the characteristics of disease and the properties of medicine. If the cause of the disease is clear, then choose the medicine based on the cause (skin diseases caused by pus-producing bacteria should choose antipyretic and antiseptic drugs such as *Cortex Phellodendri*, *Radix Scutellariae*, *Radix Lethospermi*; *Treatment of skin itching: Herba Piperis lolot*, *Herba*

Wedeliae, *Herba Artemisiae vulgaris*, *Herba Eleusinis indicae*, *Herba Centellae asiaticae*, *Herba Elsholtziae ciliata*; *Dermatologists treat atopic dermatitis with Folium Polysciacis*, *Herba Piper betl*, *Folium Averrhoa carambolae*. *chữa nám da dùng olium Polysciacis*), *Aloe*, *Herba Camellia sinensis*. Or choose the medicine based on the characteristics of the skin lesions. If congested skin lesions cause inflammation and are accompanied by ulcers and exudation, use heat-clearing and astringent drugs such as *Radix et Rhizoma Gentianae*, *Galla chinensis*, *Folium et Ramulus Crotonis tonkinensis*. If the skin is thick, rough, or nickel-like, you should use nourishing yin, and anti-itching medications such as *Radix Angelicae sinensis*, *Semen Kochia scoparia*, *esame oil*, *Cocunut oil*. The itching can use anti-itch drugs such as *Folium et lignum Cinnamomi camphorae*, *Herba Menthae*, *Borneol*, *Fructus Xanthii strumarium*.... *Choosing the form of the drug*: success or failure of topical drugs is not only by choosing the right medicine but also by choosing the right form of the drug. Choosing the wrong form of the drug not only reduces the effectiveness of the drug but can also make the condition worse (for example, using ointment in cases of ulcers and secretions). The principle of choosing the form of the drug is: skin lesions that have not caused scratches (erythema, papules,) use powder, or liquid medicine. Urticaria (liquid medicine, medicinal wine). Ulcerative lesions, secretions, blisters, and pustules should be applied to embalming fluid, liquid, and oil medicine. Skin lesions with cracks and scabs should be ointment, oil medicine, soft paste... However, in the process of treating skin lesions constantly changing, the form of the drug also needs to be changed accordingly.

3. Drug Delivery Methods

3.1. Steaming Traditional Medicine

Treatment applications: Colds, allergies, eczema/dermatitis. Rheumatism, peripheral nerve pain... The drug group often used in the dispersed wind and cold, remove cold) with essential oils; drugs that produce new blood as: *Folium Perillae frutescensis*, *Cymbopogon nardus*, *Herba Ocimi tenuiflori*, *Herba Elshohziae cirratae*, *Folium Bambusae*, *Herba Artemisiae vulgaris*...

3.2. Herbal Baths

Herbs are often used with an astringent taste and antibacterial effect (astringent taste (wax), heat-clearing and detoxifying and dampness) to treat scabies, and chickenpox as: *Herba Centipeda minima*, *Herba Ecliptae*, **Herba Centellae asiaticae**.

3.3. Cataplasma and Apply Medicine

To use in cases of: sprains, dislocations, soft tissue injuries, rheumatism, abdominal pain... Shingles treatment with soft plaster includes: *Rhizoma Rhei*, **Rhizoma Coptidis**, *Galla chinensis* or powder (*Semen Arecae catechu*, *Rhizoma Atractylodis* and *Cortex Phellodendri* 100g each) to treat eczema, dermatitis. to To apply oil of *Radix Lethospermi*, *Borneol*, *Flos Lonicera japonicae*, *Radix Angenica Dahuricae* to treat psoriasis, dermatitis, eczema...

3.4. Mouthwash

To use the medicinal herbs as: *Radix Angelicae dahuricae*, *Radix et Rhizoma Asarum*, *Radix et rhizoma Clematidis*, *Herba Piperis lolot*.... An herbal decoction to hold in mouth when toothache.

3.5. Massage Method

To treat rheumatism and trauma. Using the alcohol/tincture of *Radix Aconiti*, *Semen*

Strychni, *Semen Momordicae cochinchinensis* with alcohol/tincture. To rub on the painful area.

4. Discussions

The skin is the largest organ of the body, including the epidermis and the dermis. Skin provides protection and acts as a barrier against external menaces like allergens, chemicals, systemic toxicity, and infectious organisms. Skin disorders like cancer, dermatitis, psoriasis, wounds, skin aging, acne, and skin infection occur frequently and can impact human life [2].

Dermatological disorders are among the most common human diseases, and almost everyone has at least one dermatological disease. Although people's knowledge about skin care has improved, common dermatological disease often confuse people about how to treat prevent. Dermatological disease are very common in humans, affecting quality of life, mental health and productivity. In fact, dermatological disease are reported to be the fourth leading cause of non-fatal burden, as indicated by disability-adjusted life years (DALYs), in addition to the fact that skin is also the 18th leading cause of health burden worldwide [3].

In the present, more and more people with dermatological diseases have chosen an examination and treatment according to Traditional Medicine. Because traditional medicine is a benign herbal medicine, not only does not cause side effects but also effectively repels the root cause of the disease, and nourishes the body, so most patients do not relapse later by the method of both internal medicine and surgery (external medicine) or only surgery [4].

Maintaining healthy skin is essential for a healthy body. The acceptance and recognition of herbal medicine is increasing day by day.

Many medicinal plants have been used to treat eczema, psoriasis, vitiligo, cellulitis, herpes etc. In some countries such as India, Thailand, traditional medicine and folk medicine are good in medicinal plants in health care. A large number of preparations have been used to treat wounds, burns and various skin diseases. Natural treatments are cheap and considered safe [5].

With the effects of: Circulating Qi, activating blood, relieving pain, stopping bleeding, detoxifying, eliminating pus, and regenerating tissue, topical drugs have many advantages in treating many dermatological diseases that may not require internal medicine because of their good and fast effectiveness;

limiting unwanted effects on other organs if used systemically. Topical drugs also play a key role in treating diseases where drug concentrations need to be maintained continuously and stably in the body, such as to control pain, quit smoking or stimulants... Convenient to use for patients whose compliance with treatment may be a difficult problem (vomiting due to taking medication, coma...). In addition, topical drugs develop rapidly with the development of science and technology, the forms of drugs are increasingly diverse, and the quality is increasingly high, which is very promising for future drug discovery from natural conductors to treat skin diseases [6].

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