Lichen simplex chronicus (neurodermatitis)

Lichen simplex chronicus (neurodermatitis) is a chronic inflammatory skin disease characterized by paroxysms of pruritus and the development of lichenoid changes of the skin. The disease occurs from repeated scratching or rubbing, either as a habit or in response to stress. There is no underlying dermatological disorder.

In TCM, lichen simplex chronicus is also known as niu pi xuan (oxhide tinea) or she ling chuang (collar sore).

Clinical manifestations

- This condition tends to occur on the nape of the neck, the wrists, the elbows, the ankles, and the anogenital region. It may also spread to the limbs, the areas around the eyes and the sacrococcygeal region.
- It is more common in adults and is unrelated to season.
- Lesions generally manifest as single or multiple irregular or polygonal-shaped plaques with intermingled slightly elevated red papules. The skin in the affected area is rough with deepened skin creases (lichenification).
- In chronic cases, the lichenified areas become brown (due to hemosiderin deposition) and are covered by fine dry scales.
- There is severe pruritus, which is worse during the night.
- The disease tends be chronic with repeated attacks.

Differential diagnosis

Psoriasis
Psoriasis is usually more widespread than lichen simplex chronicus, involving the extensor aspect of the limbs, especially the extensor aspect of the elbows and knees, and sometimes spreading to affect the whole body. The nails and scalp may also be involved. At the initial stage, bright red or dark red macules, maculopapules or papules appear with a shiny, wax-like surface, coalescing to form well demarcated round or oval plaques ranging from a few millimeters to several centimeters in size. These plaques are subsequently covered by large dry silvery-white laminated scales. If the scales are removed, bleeding points appear (Auspitz’s sign). The lesions of psoriasis are usually much less itchy than those of lichen simplex chronicus.

Chronic eczema
This condition often evolves from recurring acute or subacute eczema. Characteristic lesions manifest as dry, rough, thickened, and scaling skin, deepening and widening of the cleavage lines of the skin, and hyperpigmentation or hypopigmentation. Itching may be moderate or intense; repeated scratching or rubbing of the skin often results in obvious lichenification. Although more usual in easily reached areas, chronic eczema tends to be more widespread than lichen simplex chronicus.

Lichen planus
Eruptions usually involve the flexor surfaces of the wrists and forearms, and the lower legs around and above the ankles. Lesions manifest as intensely pruritic 2-10 mm flat-topped dull red shiny papules. The surface of the lesions exhibits a lacy white pattern of lines (Wickham’s striae). Lesions that persist, most frequently on the shins, may develop into confluent hypertrophic plaques that can resemble the lesions of lichen simplex chronicus, with a coarse surface covered by scales. Mucous membranes are involved in 40-60% of lichen planus cases.

Etiology and pathology

- Emotional factors such as emotional depression, nervous tension, irritability, and stress can lead to stagnation of Qi, which transforms into Heat and generates Fire. Fire and Heat accumulate and lie latent in the Ying and Xue levels, leading to exuberant Heat in the Blood, which then generates Wind. Exuberant Wind causes Dryness, which manifests as severe itching with dryness and desquamation.
- Enduring Blood-Heat gradually damages Yin and Blood, resulting in insufficiency of Ying Qi (Nutritive Qi) and Blood and impairing movement in the channels and vessels. As a result, the skin and flesh are deprived of normal nourishment so that lesions manifest as thickened and rough plaques. Blood Deficiency may also generate Wind, which causes Dryness, leading to itching and scales.
- If Pathogenic Wind-Damp-Heat invades the exterior and is retained in the flesh and interstices (chou li) rather than being dispersed, it can transform into Heat, resulting in exuberant Heat in the Ying and Xue levels. When pathogenic Wind is retained for a
long period in the interstices (con li), it causes disharmony in the channels and vessels. When movement in the channels and vessels is impaired, the disease will become chronic.

- Friction caused by clothing and scratching may also aggravate the disease, causing lichenification.

Pattern identification and treatment

**INTERNAL TREATMENT**

**EXUBERANT WIND DUE TO BLOOD-HEAT**
At the initial stage, lesions manifest as slightly elevated flat-topped red papules, which quickly become confluent to form red plaques with well-defined borders. The skin becomes rough, deepened skin creases appear and a thin layer of fine dry scales covers the plaques. Severe itching and excoriation lead to bloody crusts. Accompanying symptoms and signs include restlessness, dry mouth, thirst, and poor sleep. The tongue body is red with a thin yellow coating; the pulse is wiry and slippery or slippery and rapid.

**Treatment principle**
Clear Heat and cool the Blood, disperse Wind and alleviate itching.

**Prescription**
**XIAO FENG SAN JIA JIAN**
Powder for Dispersing Wind, with modifications

- **Jing Jie** (Herba Schizonepetae Tenuifoliae) 6g
- **Fang Feng** (Radix Ledebouriellae Divaricatae) 6g
- **Ku Shen** (Radix Sophorae Flavescentis) 6g
- **Chao Niu Bang Zi** (Fructus Arctii Lappae, stir-fried) 10g
- **Sheng Di Huang** (Radix Rehmanniae Glutinosae) 10g
- **Dan Shen** (Radix Salviae Miltiorrhizae) 10g
- **Chao Mu Dan Pi** (Cortex Moutan Radicis, stir-fried) 10g
- **Shi Gao‡** (Gypsum Fibrosum) 12g, decocted for 30 minutes before adding the other ingredients
- **Fu Ling Pi** (Cortex Poriae Cocos) 12g
- **Di Fu Zi** (Fructus Kochiae Scopariae) 12g
- **Bai Xian Pi** (Cortex Dictamni Dasycarpi Radicis) 12g
- **Zhen Zhu Mu‡** (Concha Margaritifera) 15g
- **Nan Sha Shen** (Radix Adenophorae) 15g
- **Suan Zao Ren** (Semen Ziziphi Spinosae) 6g
- **Shan Yao** (Radix Dioscoreae Oppositae) 30g

**Explanation**

- **Jing Jie** (Herba Schizonepetae Tenuifoliae), **Fang Feng** (Radix Ledebouriellae Divaricatae) and **Chao Niu Bang Zi** (Fructus Arctii Lappae, stir-fried) dissipate Wind and alleviate itching.
- **Sheng Di Huang** (Radix Rehmanniae Glutinosae), **Dan Shen** (Radix Salviae Miltiorrhazae) and **Chao Mu Dan Pi** (Cortex Moutan Radicis, stir-fried) cool and invigorate the Blood, moisten the skin and reduce erythema.
- **Shi Gao‡** (Gypsum Fibrosum) and **Fu Ling Pi** (Cortex Poriae Cocos) clear Heat from the Qi level and reduce fever.
- **Di Fu Zi** (Fructus Kochiae Scopariae), **Bai Xian Pi** (Cortex Dictamni Dasycarpi Radicis) and **Ku Shen** (Radix Sophorae Flavescentis) alleviate itching, relieve Toxicity and dissipate Wind.

**BLOOD-DRYNESS DUE TO YIN DEFICIENCY**
Lesions, which may be multiple, manifest as pale red or grayish-white thick dry plaques with a rough surface covered by dry scales. The skin is lichenified. There is severe itching, which is worse during the night and disturbs sleep. This is a chronic condition with lesions that resist treatment or recur after remission. The tongue body is red with a scant coating; the pulse is deficient and thready.

**Treatment principle**
Nourish Yin, moisten the skin, extinguish Wind, and alleviate itching.

**Prescription**
**SI WU RUN FU TANG JIA JIAN**
Four Agents Decoction for Moistening the Skin, with modifications

- **Dang Gui** (Radix Angelicae Sinensis) 10g
- **Hei Zhi Ma** (Semem Sesami Indici) 10g
- **Qin Jiao** (Radix Gentianae Macrophyllae) 10g
- **Chao Bai Shao** (Radix Paeoniae Lactiflorae, stir-fried) 12g
- **Gan Di Huang** (Radix Rehmanniae Glutinosae Exsiccata) 12g
- **He Shou Wu** (Radix Polygoni Multiflori) 12g
- **Gou Teng** (Ramulus Uncariae cum Uncis) 12g
- **Dai Zhe Shi‡** (Haematitum) 15g, decocted for 30 minutes before adding the other ingredients
- **Zhen Zhu Mu‡** (Concha Margaritifera) 15g
- **Nan Sha Shen** (Radix Adenophorae) 15g
- **Shan Yao** (Radix Dioscoreae Oppositae) 30g

**Explanation**

- **Dang Gui** (Radix Angelicae Sinensis), **Chao Bai Shao** (Radix Paeoniae Lactiflorae, stir-fried), **Gan Di Huang** (Radix Rehmanniae Glutinosae Exsiccata) and **He Shou Wu** (Radix Polygoni Multiflori) nourish the Blood and moisten Dryness.
- **Hei Zhi Ma** (Semem Sesami Indici), **Nan Sha Shen** (Radix Adenophorae) and **Shan Yao** (Radix Dioscoreae Oppositae) enrich Yin and moisten Dryness.
- **Gou Teng** (Ramulus Uncariae cum Uncis) and **Qin Jiao** (Radix Gentianae Macrophyllae) extinguish Wind and alleviate itching.
- **Dai Zhe Shi‡** (Haematitum), **Zhen Zhu Mu‡** (Concha Margaritifera) and **Shan Yao** (Radix Dioscoreae Oppositae) 30g

**Explanation**

- **Dang Gui** (Radix Angelicae Sinensis), **Chao Bai Shao** (Radix Paeoniae Lactiflorae, stir-fried), **Gan Di Huang** (Radix Rehmanniae Glutinosae Exsiccata) and **He Shou Wu** (Radix Polygoni Multiflori) nourish the Blood and moisten Dryness.
- **Hei Zhi Ma** (Semem Sesami Indici), **Nan Sha Shen** (Radix Adenophorae) and **Shan Yao** (Radix Dioscoreae Oppositae) enrich Yin and moisten Dryness.
- **Gou Teng** (Ramulus Uncariae cum Uncis) and **Qin Jiao** (Radix Gentianae Macrophyllae) extinguish Wind and alleviate itching.
1. For tension, irritability or sudden outbursts of anger, add Mu Li (Concha Ostreae), Long Gan (Os Draconis), He Huan Pi (Cortex Albizziae Julibrissin), Wu Wei Zi (Fructus Schisandrae Chinensis), and Ye Jiao (Flos Lonicerae).

2. For gastrointestinal dysfunction, add Chao Zhi Ke (Fructus Citri Auranti, stir-fried), Bai Zhu (Rhizoma Atractylodis Macrocephalae) and Chen Pi (Pericarpium Citri Reticulatae).

3. For menstrual irregularities, add Yi Mu Cao (Herba Leonuri Heterophylli), Wu Yao (Radix Linderae Strychnifoliae), Zhi Xiang Fu (Rhizoma Cypere Rotundi, processed), and Yue Ji Hua (Fructus et Fructus Rosae Chinensis).

4. For thickened skin with deep crease lines, add Chi Shi Zhi (Halloysium Rubrum), Jiu Zhi Da Huang (Radix et Rhizoma Rhei, processed with alcohol), Tao Ren (Semen Persicae), Cang Zhi (Rhizoma Atractyloidea), and Chuan Shou She (Squama Manitis Pentadactylyl).

5. For predilection of Cold-Damp, add Yi Yi Ren (Semen Coicis Lachryma-jobi), Wei Ling Xian (Radix Clematidis) and Ma Huang (Herba Ephedrae).

6. For predilection of Wind Toxins, add Cang Er Zi (Fructus Xanthii Sibirici), Quan Xie (Buthus Martensi) or Gou Teng (Ramulus Uncariae umbuncis), and Wu She Shou (Zaocys Dracontialae).

7. For insomnia, add Bai Zi Ren (Semen Biotae Orientalis), Yuan Zhi (Radix Polygalae Tenuifoliae) and Hu Po (Succinum).

EXTERNAL TREATMENT

- For circumscribed lesions with severe itching, apply Bai Bu Ding (Stemona Root Tincture), Ban Mao Cu Jin Ji (Mylabris Vinegar Steep Preparation) or Qing Liang Gao (Cool Clearing Paste) twice a day.
- For thin lesions, apply Huang Lian Ruan Gao (Coptis Ointment) twice a day.
- For thickened lesions, apply Hei Dou Liu You Ruan Gao (Black Soybean and Vaseline® Ointment) twice a day.
- For disseminated lesions, apply Cang Wu Yao (Xanthium and Clamshell Massage Preparation); see Appendix 5 for details.
- Zhao Bingnan suggested the following fumigation method:

Prescription ingredients

Cang Zhu (Rhizoma Atractyloidea) 9g
Ku Shen (Radix Sophorae Flavescentis) 9g
Huang Bai (Cortex Phellodendri) 9g
Fang Feng (Radix Ledebourilella Divaricateae) 9g
Da Feng Zi (Semen Hydnocarpi) 30g
Bai Xian Pi (Cortex Dictamni Dasy-carpici) 30g
Song Xiang (Resina Pin) 12g
He Shi (Fructus Carpesii) 12g
Wu Bei Zi (Galla Rhois Chinensis) 15g
Grind the ingredients into a powder and roll up in a piece of thick paper. Light the roll and fume the affected areas for 15-30 minutes, once or twice a day. The heat produced by the burning roll should be adjusted according to the patient’s tolerance level.

ACUPUNCTURE

Empirical points
Main points: LI-11 Quchi and SP-10 Xuehai.
Auxiliary points: LI-4 Hegu, SP-6 Sanyinjiao and Ashi points (lesion sites).
Technique: Apply the even method. Retain the needles for 30 minutes after obtaining Qi. Treat once a day. A course consists of ten treatment sessions.
Indications: This method is used for localized lichen simplex chronicus (neurodermatitis).

Selection of points on the affected channels
Technique: Select five or six of the points and apply the reducing method. Retain the needles for 30 minutes after obtaining Qi. Treat once a day. A course consists of ten treatment sessions.
Indications: This method is used for disseminated lichen simplex chronicus (neurodermatitis).

Explanation
- LI-11 Quchi, LI-4 Hegu, GV-14 Dazhui, GV-16 Fengfu, GB-20 Fengchi, and BL-10 Tianzhu disperse Wind and alleviate itching.
- SP-10 Xuehai, SP-6 Sanyinjiao and ST-36 Zusanli nourish the Blood and moisten Dryness.
- GV-15 Yamen, PC-6 Neiguan and BL-10 Xuehai quiet the Spirit and settle the Mind.
- BL-40 Weizhong drains Heat and relieves Toxicity.

MOXIBUSTION

Direct moxibustion
Points: Ashi points (the site of the lesions).
Technique
- Moxa cones: Place five to seven moxa cones around the Ashi points relatively equidistant from each other and burn.
- Moxa sticks: Hold an ignited moxa stick over the area of the lesions, adjusting the temperature according to the patient’s tolerance level.

Indirect moxibustion with moxa cones
Points: Ashi points (the site of the lesions).
Technique: Position a slice of fresh ginger or garlic over each of the Ashi points. Place the moxa cones on top of the slices and burn three to five cones at each point. Treat once a day. A course consists of ten treatment sessions.

ENCIRCLEMENT NEEDLING
Points: Ashi points (the site of the lesions).
Technique: Insert 1 cun filiform needles obliquely above, below and to the left and right of the Ashi points (four needles in total). Retain for 30 minutes after obtaining Qi. Treat once every other day. A course consists of five treatment sessions.
Indications: This method is used for localized lichen simplex chronicus (neurodermatitis).

ENCIRCLEMENT NEEDLING WITH ELECTRO-ACUPUNCTURE
Points: Ashi points (the site of the lesions).
Technique: Insert 1 cun filiform needles obliquely above, below and to the left and right of the Ashi points with their tips all directed toward the center of the lesions (four needles in total). Adjust the frequency according to the patient’s tolerance level. Retain the needles for 15-30 minutes. Treat once a day or every other day. A course consists of ten treatment sessions.

Clinical notes
- Combining internal and external treatments is recommended for best results. Internal medications should be prescribed according to syndrome differentiation. External medications should differ according to whether the lesions are localized or disseminated. Acupuncture and moxibustion have a good effect in quieting the Spirit and alleviating itching.
- Where the condition is caused by emotional factors, treatment should focus more on nourishing the Blood and quieting the Spirit, or on settling fright and quieting the Spirit. For recurrent dry and scaly skin, the treatment principle should focus more on invigorating the Blood and transforming Blood stasis.
- To consolidate the improvement, continue with internal treatment for one or two months even when the lesions are resolving and itching has subsided, otherwise relapse is possible.

Advice for the patient
- Emotional factors play an important part in the etiology of this disease, and so avoiding mental stress is essential; patients may have to be prepared to alter their lifestyle to achieve this.
...Physical abrasions can trigger the condition, and so avoiding mechanical and physical irritants is important.

- Dietary factors can aggravate any skin condition, hence spicy food and overindulgence in coffee, strong tea or alcohol should be avoided.

### Case histories

#### Case 1

**Patient**
Female, aged 42.

**Clinical manifestations**
The patient had experienced itchiness on the nape of the neck for six months. The itching, which was severe at night, had gradually spread to the bilateral antecubital and popliteal fossae and the leg. The skin had become rough and thickened. Accompanying symptoms and signs included irritability and irascibility, restless sleep, a bitter taste in the mouth, dry throat, and menstrual irregularities.

- Examination revealed thickened, scaly, dark red, hyperpigmented plaques on the nape of the neck, the antecubital and popliteal fossae and the extensor aspect of the leg. The skin had become rough and thickened. Rubbing and scratch marks were evident. The tongue body was red at the margins and tip with a slightly yellow coating; the pulse was wiry and slippery.

**Pattern identification**
Constrained Liver Qi combined with external contraction of pathogenic Wind leading to enduring Depression transforming into Fire.

**Treatment principle**
Soothe the Liver and regulate Qi, clear Heat and dissipate Wind.

**Prescription ingredients**

- **Chai Hu** (Radix Bupleuri) 10g
- **Zhi Ke** (Fructus Citri Aurantii) 10g
- **Long Dan Cao** (Radix Gentianae Scabrae) 10g
- **Zhi Zi** (Fructus Gardeniae Jasminoidis) 10g
- **Sheng Di Huang** (Radix Rehmanniae Glutinosae) 15g
- **Mu Dan Pi** (Cortex Moutan Radicis) 10g
- **Chi Shao** (Radix Paeoniae Rubra) 10g
- **Bai Shao** (Radix Paeoniae Lactiflorae) 10g
- **Dang Gui** (Radix Angelicae Sinensis) 10g
- **Ye Jiao Teng** (Caulis Polygoni Multiflori) 30g
- **Gou Teng** (Ramulus Uncariae cum Uncis) 10g
- **Fang Feng** (Radix Ledebouriellae Divaricatae) 10g

One bag a day was used to prepare a decoction, taken twice a day.

**External treatment**
*Xiong Huang Jie Du San Ding Ji* (Realgar Powder Tincture Preparation for Relieving Toxicity) was applied to the affected areas twice a day.

**Second visit**
After seven bags of the decoction, itching was reduced and the patient was less irritable. The prescription was modified by removing **Long Dan Cao** (Radix Gentianae Scabrae), **Zhi Zi** (Fructus Gardeniae Jasminoidis) and **Gou Teng** (Ramulus Uncariae cum Uncis) and adding **Quan Xie** (Buthus Martensi) 6g, **Zao Jiao Ci** (Spina Gleditsiae Sinensis) 6g, **Xu Chang Qing** (Radix Cynanchi Paniculati) 15g, and **Bai Ji Li** (Fructus Tribuli Terrestris) 30g.

**Outcome**
After 14 bags of the modified decoction, itching had stopped and the lesions had resolved.

**Discussion**
Zhang Zhili considers that emotional and mental factors are a major cause of this disease among women in modern society. Generalized itching and dark red skin lesions arise because of emotional problems and Depression binding Liver Qi. If these factors are complicated by external contraction of pathogenic Wind, enduring Depression transforms into Fire, which attacks the skin and flesh to cause the condition.

- Irritability, irascibility, a bitter taste in the mouth, and a dry throat are caused by Liver-Fire flaming upward and menstrual irregularities result from impairment of the Liver’s dredging and drainage function and inhibition of the functional activities of Qi.

**Chai Hu** (Radix Bupleuri) and **Zhi Ke** (Fructus Citri Aurantii) soothe the Liver and regulate Qi; **Long Dan Cao** (Radix Gentianae Scabrae) and **Zhi Zi** (Fructus Gardeniae Jasminoidis) clear and drain Liver-Fire; **Sheng Di Huang** (Radix Rehmanniae Glutinosae) and **Mu Dan Pi** (Cortex Moutan Radicis) cool the Blood and clear Heat; **Dang Gui** (Radix Angelicae Sinensis), **Chi Shao** (Radix Paeoniae Rubra), **Bai Shao** (Radix Paeoniae Lactiflorae), **Ye Jiao Teng** (Caulis Polygoni Multiflori), and **Gou Teng** (Ramulus Uncariae cum Uncis) nourish and invigorate the Blood and extinguish Wind to alleviate itching; and **Fang Feng** (Radix Ledebouriellae Divaricatae) dissipates Wind to alleviate itching.

- After repressing Liver-Fire, **Dang Gui** (Radix Angelicae Sinensis), **Sheng Di Huang** (Radix Rehmanniae Glutinosae), **Chi Shao** (Radix Paeoniae Rubra), **Bai Shao** (Radix Paeoniae Lactiflorae), and **Mu Dan Pi** (Cortex Moutan Radicis) nourish the Blood and emolliate the Liver to treat the Root. The combination of **Quan Xie** (Buthus Martensi), **Xu Chang Qing** (Radix Cynanchi Paniculati), **Bai Ji Li** (Fructus Tribuli Terrestris), and **Zao Jiao Ci** (Spina Gleditsiae Sinensis) nourishes the Blood and expels Wind to alleviate itching while dispelling any residual Wind in the Blood.

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vi In those countries where the use of *Xiong Huang* (Realgar) is not permitted, *Bai Bu Ding* (Stemona Tincture) can be substituted.
Case 2
Patient
Male, aged 45.

Clinical manifestations
The patient had been suffering from intermittent recurrent itching in the nape of the neck for three years. Itching was worse at night and made it difficult for him to fall asleep. The patient had been given injections of calcium gluconate and steroid creams for external use before coming to the TCM hospital. His condition was still not under control.

Examination revealed an elliptical lesion 4 x 6 cm on the nape of the neck with obvious ridges, lichenification, excoriations, and crust. The tongue body was pale with a thin white coating; the pulse was soggy and moderate.

Pattern identification
Accumulation and obstruction of Wind-Damp causing lack of nourishment of the skin and flesh.

Treatment principle
Dispel Wind and benefit the movement of Dampness, nourish the Blood and moisten the skin.

Prescription ingredients
- *Tian Ma* (Rhizoma Gastrodiae Elatae) 6g
- *Gou Teng* (Ramulus Uncariae cum Uncis) 6g
- *Fang Feng* (Radix Ledebouriiellae Divaricatae) 10g
- *Fu Ping* (Herba Spirodelae Polyrrhizae) 6g
- *Bai Ji Li* (Fructus Tribuli Terrestris) 15g
- *Ka Shen* (Radix Sophoreae Flavescentis) 15g
- *Bai Xian Pi* (Cortex Dictamni Dasycarpi Radicis) 15g
- *Qin Jiao* (Radix Gentianae Macrophyllae) 15g
- *Di Fu Zi* (Fructus Kochiae Scopariae) 15g
- *Dang Gui* (Radix Angelicae Sinensis) 10g
- *Chi Shao* (Radix Paeoniae Lactiflorae) 10g
- *Sheng Di Huang* (Radix Rehmanniae Glutinosae) 30g
- *Shu Di Huang* (Radix Rehmanniae Glutinosae Conquita) 10g
- *Ji Xue Teng* (Caulis Spatholobi) 15g
- *Caulis Polygoni Multiflori* 30g
- *Caulis Puerariae* (Paste for Alleviating Itching) was applied to the affected area in the morning, 5% *Hei Dou Liu You Ruan Gao* (Black Soybean and Vaseline® Ointment) in the evening.

Second visit
After seven bags of the decoction, itching was significantly alleviated and the lesion had become thinner. The prescription was modified by replacing *Sheng Di Huang* (Radix Rehmanniae Glutinosae) by *Shu Di Huang* (Radix Rehmanniae Glutinosae Conquita) 10g. External treatment continued as before.

Outcome
After another 14 bags of the decoction, the lesion disappeared completely.

Discussion
Lichen simplex chronicus in this patient was caused by accumulation and obstruction of Wind-Damp and lack of nourishment of the skin and flesh due to pathogenic Wind settling in the skin and flesh. Retention of pathogenic Wind in the skin and flesh over time consumes and damages Yin and Blood, leading to lack of nourishment of the skin and flesh and resulting in a condition that is generally slow to respond to treatment.

This case was based on the principle of treating Wind to treat the Blood. By nourishing the Blood and moistening the skin, Wind is eliminated automatically by moving the Blood. *Quan Chong Fang* (Scorpion Formula), modified here and consisting of *Tian Ma* (Rhizoma Gastrodiae Elatae), *Gou Teng* (Ramulus Uncariae cum Uncis), *Bai Ji Li* (Fructus Tribuli Terrestris), *Ka Shen* (Radix Sophoreae Flavescentis), and *Bai Xian Pi* (Cortex Dictamni Dasycarpi Radicis), is the core of the treatment; when combined with *Dang Gui* (Radix Angelicae Sinensis), *Ye Jiao Teng* (Caulis Polygoni Multiflori) and *Sheng Di Huang* (Radix Rehmanniae Glutinosae), it nourishes the Blood and moistens the skin. *Fang Feng* (Radix Ledebouriiellae Divaricatae), *Qin Jiao* (Radix Gentianae Macrophyllae) and *Di Fu Zi* (Fructus Kochiae Scopariae) dissipate Wind to alleviate itching and *Fu Ping* (Herba Spirodelae Polyrrhizae) expels Wind and eliminates Dampness to alleviate itching. After achieving a satisfactory effect on the first visit, *Sheng Di Huang* (Radix Rehmanniae Glutinosae Conquita) was replaced by *Shu Di Huang* (Radix Rehmanniae Glutinosae Conquita) to strengthen the effect in nourishing the Blood.

Case 3
Patient
Male, aged 64.

Clinical manifestations
The patient was suffering from itching that had gradually worsened over the previous four years and had spread from the nape of the neck to the back of the shoulders. Itching was severe and unrelenting. The conditioned had intensified in the past month due to overwork and insomnia. Unbearable generalized itching had made it difficult to sleep at all during the night.

Examination revealed a thickened and lichenified lesion 8 x 4 cm on the nape of the neck and smaller lesions on the trunk and the extensor aspects of the limbs; lesions had a rough surface with obvious ridges. The local skin was pigmented with excoriations and crust. The tongue body was pale red with a thin white coating; the pulse was thready and moderate.

Pattern identification
Wind-Dryness due to Blood Deficiency, leading to lack of nourishment of the skin and flesh.

Treatment principle
Nourish the Blood and dredge Wind, moisten the skin and alleviate itching.

Prescription ingredients
- *Dang Gui* (Radix Angelicae Sinensis) 10g
- *Chuan Xiong* (Rhizoma Ligustici Chuanxiong) 10g
- *Chi Shao* (Radix Paeoniae Rubra) 10g
- *Bai Shao* (Radix Paeoniae Lactiflorae) 10g
- *Ye Jiao Teng* (Caulis Polygoni Multiflori) 30g
- *Ji Xue Teng* (Caulis Spatholobi) 15g
Bai Ji Li (Fructus Tribuli Terrestris) 30g
Hong Hua (Flos Carthami Tinctorii) 10g
Ku Shen (Radix Sophorae Flavescentis) 15g
Bai Xian Pi (Cortex Dictamni Dasyacarpi Radicans) 30g
Fang Feng (Radix Ledebouriellae Divaricatae) 10g
Fu Ping (Herba Spirodelae Polyrrhizae) 10g
Quan Xie (Buthus Martensii) 6g

One bag a day was used to prepare a decoction, taken twice a day.

External treatment
Bai Ba Ding (Stemona Root Tincture) 60ml was applied to the affected areas twice a day.

Second visit
After seven bags of the decoction, itching and excoriations were significantly reduced but sleep was still poor. The prescription was modified by removing Fang Feng (Radix Ledebouriellae Divaricatae) and Fu Ping (Herba Spirodelae Polyrrhizae) and adding Zhen Zhu Mu (Concha Margaritifera) 30g and Chao Suan Zao Ren (Semen Ziziphi Spinosae, stir-fried) 15g.

Third visit
After another 14 bags of the decoction, the itching was alleviated and sleep significantly improved; excoriations continued to decrease. The patient was told to continue with the prescription for another 14 bags. External treatment was changed to 5% Hei Dou Liu You Rou Gao (Black Soybean and Vaseline® Ointment) and 10% urea ointment applied alternately to the affected areas.

Outcome
After two weeks, the lesions had disappeared leaving slight pigmentation.

Discussion
Older patients often have a weak constitution and insufficiency of the Heart and Spleen. Insufficiency of Heart-Blood causes Blood Deficiency and Wind-Dryness, resulting in lack of nourishment of the skin and flesh. Dang Gui (Radix Angelicae Sinensis), Chuan Xiong (Rhizoma Ligustici Chuanxiong), Bai Ji Li (Semen Sinapis Albae), Chi Shao (Radix Paconiae Rubra), and Bai Shao (Radix Paconiae Lactiflorae) nourish the Blood and moisten the skin; Ye Jiao Teng (Caulis Spatholobi), Bai Ji Li (Semen Sinapis Albae), and Chao Suan Zao Ren (Semen Ziziphi Spinosae, sterilized and stir-fried) 15g.

Modern clinical experience

Internal treatment is the main treatment for the disseminated type of lichen simplex chronicus, whereas external treatment is suggested for the localized type.

**INTERNAL TREATMENT**

**Chen** treated lichen simplex chronicus patterns of exuberant Wind due to Blood Deficiency.

**Prescription**

**YANG XUE QU FENG TANG**

Decoction for Nourishing the Blood and Dispelling Wind

Sheng Di Huang (Radix Rehmanniae Glutinosae) 20g
Dan Shen (Radix Salviae Miltiorrhizae) 20g
Mu Dan Pi (Cortex Moutan Radicans) 10g
Bai Xian Pi (Cortex Dictamni Dasyacarpi Radicans) 10g
Xi Xian Cao (Herba Siegesbeckiae) 10g
Dang Gui (Radix Angelicae Sinensis) 10g
Wei Ling Xian (Radix Clematidis) 10g
Gou Teng (Ramulus Uncariae cum Uncis) 10g
Ji Xue Teng (Caulis Spatholobi) 15g
Ye Jiao Teng (Caulis Polygoni Multiflori) 15g
He Shou Wu (Radix Polygoni Multiflori) 15g
Di Fu Zi (Fructus Kochiae Scopariae) 12g

One bag a day was used to prepare a decoction, taken twice a day. Results were obtained within two weeks where this prescription proved effective.

**COMBINED INTERNAL AND EXTERNAL TREATMENT**

Lu treated the condition internally and externally.

**Literature excerpt**

In Wai Ke Zheng Zong [An Orthodox Manual of External Diseases], it says: “Persistent tinea is often due to Wind, Heat, Dampness, and Worms… Ning pi xuan (oxhide tinea) resembles hard thick oxhide, and feels like a rotten log. This disease occurs because of Blood-Dryness and Wind Toxins and involves the Spleen and Lung Channels. Treat initially with Xiao Feng San (Powder for Dispersing Wind) with the addition of Fu Ping (Herba Spirodelae Polyrrhizae) 30g. Meanwhile, the juice extracted from Cong Bai (Bulbus Allii Fistulosi) and Dan Dou Chi (Semen Sojae Praeparatum) is used to guide the ingredients to the exterior through their dispersing function. For chronic conditions, treat with Shou Wu Wan (Fleeceflower Root Pill) and La Fan Wan (Wax and Alum Pill) and external application of Tu Da Huang Gao (Madaio Dock Root Paste) and Tu Jin Pi San (Golden Larch Bark Powder). The condition resolves slowly.”
LICHEN SIMPLEX CHRONICUS (NEURODERMATITIS) 141

Internal treatment prescription

_Dang Gui_ (Radix Angelicae Sinensis) 10g  
_Chi Shao_ (Radix Paeoniae Rubra) 10g  
_Chuan Xiong_ (Rhizoma Ligustici Chuanxiong) 10g  
_Niu Xi_ (Radix Achyranthis Bidentatae) 10g  
_Sheng Di Huang_ (Radix Rehmanniae Glutinosae) 30g  
_Shu Di Huang_ (Radix Rehmanniae Glutinosae Conquita) 30g  
_Dan Shen_ (Radix Salviae Miltiorrhizae) 30g  
_Yi Yi Ren_ (Semen Coicis Lachryma-jobi) 30g  
_Bai Xian Pi_ (Cortex Dictamni Dasycarpi Radicis) 15g

One bag a day was used to prepare a decoction, taken twice a day. A course of treatment lasted ten days.

External treatment prescription

_Lu Lu Tong_ (Fructus Liquidambaris) 30g  
_Xiang Fu_ (Rhizoma Cyperi Rotundi) 30g  
_Wu Zhu Yu_ (Fructus Evodiae Rutaceae) 15g  
_Mu Zei_ (Herba Equiseti Hiemalis) 10g

A decoction of these ingredients was used to steam and wash the affected area. Results were seen after two courses.

EXTERNAL TREATMENT


Prescription ingredients

_Ma Qian Zi*_ (Semen Nux-Vomicae) 3g  
_Sheng Cao Wu*_ (Radix Aconiti Kusnezoffii Cruda) 3g  
_Wu Bei Zi‡ (Galla Rhois Chinensis) 3g  
_Xi Xin*_ (Herba cum Radice Asari) 3g  
_Huang Bai_ (Cortex Phellodendri) 6g  
_Ban Xia_ (Rhizoma Pinelliae Ternatae) 6g  
_Tian Nan Xing_ (Rhizoma Arisaematis) 6g

The ingredients were ground into a fine powder and soaked in 30 percent Cresol and Soap Solution 150ml, 95 percent alcohol 50ml and castor oil 20ml for five days. The medication was then applied externally directly on the lesions with gauze or cotton buds, three to four times a day for seven days.

2. **Wang** steeped _Zi Cao_ (Radix Arnebiae seu Lithospermum) in _Xiang You_ (Oleum Sesami Seminis) in a ratio of 1:2 for 15 days. The oil was then filtered and used externally on lesions three to six times a day. After one month of treatment, paroxysmal itching was relieved and plaques and lichenification were reduced. After two to two and half months of treatment, the skin in the affected area returned to normal and itching disappeared. The medication proved effective for lesions in the nape of the neck and the anogenital region. No recurrence was reported in follow-up visits between six months and four years. 53

COMBINED TCM AND WESTERN MEDICINE TREATMENT

_Chen_ combined TCM and Western medicine in the treatment of lichen simplex chronicus. 54

TCM prescription ingredients

_Jing Jie_ (Herba Schizonepetae Tenuifoliae) 9g  
_Fang Feng_ (Radix Ledebouriellae Divaricatae) 9g  
_Zhi Zi_ (Fructus Gardeniae Jasminoidis) 6g  
_Ku Shen_ (Radix Sophorae Flavescentis) 6g  
_Dang Gui_ (Radix Angelicae Sinensis) 9g  
_Mu Dan Pi_ (Cortex Moutan Radicis) 9g  
_Ci Shi‡ (Magnetitum) 15g  
_Mu Li‡ (Concha Ostreae) 15g  
_Gan Cao_ (Radix Glycyrrhiza) 3g

One bag a day was used to prepare a decoction, taken twice a day.

Western medicine

_Beclometasone dipropionate ointment_ was applied externally. Results were seen between 10 and 20 days. Recurrence affected 10 percent of patients after treatment was ended.

SEVEN-STAR NEEDLING COMBINED WITH MOXIBUSTION

_Ma_ reported on treatment of the condition with a seven-star needle, preferring it to the encirclement needling method. After routine disinfection of the affected area, he tapped heavily but slowly from the peripheral area of the lesions to the center until the skin reddened and there was slight bleeding. He removed the blood with a cotton ball, ignited a pure moxa stick and circled the area about 2cm above the lesions for 10-15 minutes. Treatment was given once every other day. Results were seen after 10 sessions. 55

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viii This medicine is a prescription drug and can only be prescribed by registered doctors.
This chapter covers disorders of the hair and mucocutaneous diseases of the mouth. Disorders of the nails are discussed in the relevant chapters – psoriasis in Chapter 4, pyogenic paronychia (whitlow) in Chapter 10, tinea unguium (ringworm of the nail) in Chapter 11, and hangnail in Chapter 17.

Alopecia areata
斑秃

A hair follicle is defined as an invagination of the epidermis containing a hair, with the density of hair follicles being greatest on the head. The hair grows from germinative cells in the hair bulb in the dermis; the number and type of melanocytes associated with these cells are responsible for the color of the hair. The cycle of each follicle is independent of its neighbors and passes through three phases – a growth phase (anagen), lasting for three to five years, a short conversion phase (catagen), and a resting phase (telogen), lasting for up to three months, after which the hair is shed. One possible cause of alopecia areata has been suggested as premature termination of the anagen phase.

Alopecia areata is sudden-onset patchy hair loss in one or more circumscribed round or oval areas, primarily on the scalp. The condition appears to have an immunologic basis, occurring in association with autoimmune and atopic disorders. Although the exact pathogenesis has yet to be definitively identified, the disease is often associated with emotional factors and endocrine dysfunction.

Alopecia areata usually appears as patchy baldness, but occasionally causes all hair to be lost. Although total baldness is often permanent, regrowth is possible in cases with limited involvement.

In TCM, alopecia areata is known as gui ti tou (ghost-shaved hair) or you feng (glossy scalp Wind).

Clinical manifestations

- The disease is characterized by the sudden appearance of one or several clearly defined round or oval patches of hair loss, generally 1-4 cm in size.
- In severe cases, there may be loss of eyebrow, moustache, beard, axillary, or genital hair. A few patients lose all the hair on the scalp (alopecia totalis); complete baldness of the head and body is known as alopecia universalis.
- The skin is smooth and white or may have short stubs of hair at the margins of lesions (so-called “exclamation mark hairs”, about 4mm in length and tapering toward the scalp). Inflammation and scaling are absent.
- Hair loss may be accompanied by fine pitting of the nails.
- New hair growth is usually the same color and texture as existing hair, but may be fine and white, particularly in older patients.
- The outcome is variable. A first episode usually results in regrowth within a few months. Further episodes often result in more extensive patches of hair loss, with slower regrowth.

Differential diagnosis

Tinea capitis
This condition occurs most frequently in prepubertal children. Alopecia areata should be differentiated from the “gray patch ringworm” pattern, which is characterized by round or irregular scaly lesions of grayish-white
patches. The hair is dry and brittle and usually breaks off 3-4 mm above the skin surface with white sheaths left at the root of the affected hairs. Although hair loss may occur in persistent conditions, the disease normally disappears spontaneously during adolescence.

Other conditions
Alopecia can also be caused by habitual hair-pulling (trichotillomania) or traction from tight hair rollers or pulling the hair tightly into a bun or pony-tail. These causes need to be eliminated from the diagnosis.

Etiology and pathology
- Alopecia areata can result from Excess or Deficiency patterns:
  - Excess patterns are caused by excessive intake of spicy, hot or fried food or by a depressed mental state transforming into Fire, thus consuming Yin and Blood and generating Wind due to Blood-Heat. Another Excess pattern is caused by Blood stasis in the hair orifices, depriving the hair root of nourishment by Yin and Blood. Both patterns manifest as unexpected hair loss.
  - Deficiency patterns include Qi and Blood Deficiency and Liver and Kidney Deficiency. Depletion of Blood and damage to Yin results in lack of transformation and generation of Qi and Blood. The hair root is empty and the hair has no source of growth, leading to large areas of hair loss.
  - Overindulgence in spicy, greasy or fried foods, or a depressed mental state transforming into Fire, or plentiful Qi and Blood in young people, or Liver-Wood transforming into Fire can consume Yin and Blood or cause Blood-Heat to transform into internal Wind. Wind-Heat then follows Qi upward to the vertex, preventing the hair root from being nourished by Yin and Blood. Sudden loss of hair, yellow discoloration of the hair or premature graying can then result.
  - Overeating of sweet and fatty food tends to damage the Spleen and Stomach, leading to internal accumulation of Damp-Heat. If this Damp-Heat steams upward to the vertex along the channels and attacks the hair root, the hair will thin or fall out.
  - Looseness of the pores in the scalp allows external Wind to attack, thus making the hair root less secure and depriving it of proper nourishment, resulting in patches of hair loss.
  - Blood stasis in the hair orifices (follicles) obstructs the movement of Qi in the channels, making it difficult for new Blood to irrigate and nourish the hair root, thus leading to rapid hair loss over a large area.
  - Qi and Blood Deficiency due to prolonged illness, or debilitation of the Chong and Ren vessels mean that the hair is no longer nourished properly, resulting in dry hair or thinning and lusterless hair, and eventually to hair loss.
  - Internal damage due to the emotions, such as disappointment or excessive thought and preoccupation, can injure the Heart and Spleen, impairing the transformation and transportation function of the Spleen and leading to loss of the source for transforming and generating Qi and Blood. This manifests in the exterior as gray hair and hair loss and in the interior as Deficiency-Heat due to restlessness and overstrain.
  - The Kidneys store the Essence of the Zang-Fu organs. If the Essence is Deficient, the Kidneys cannot transform and generate Yin and Blood, causing depletion of the source for generating hair. This results in hair loss or premature graying of hair.
  - Excessive sexual activity drains the Kidney Essence, damaging the Liver and Kidneys. Yang Qi is also discharged with the sperm. Apart from hair loss, this also causes cold in the glans penis, dizziness and blurred vision.
  - Congenital Deficiency of Kidney Qi is also responsible for late growth of hair, thin hair, or lusterless dry yellowing hair.

Pattern identification and treatment

INTERNAL TREATMENT

BLOOD-HEAT GENERATING WIND
This pattern manifests as sudden hair loss, rapidly evolving into large round or oval bare patches with occasional itching. A few patients may experience loss of hair in the eyebrows, moustache and beard. In some cases, accompanying symptoms and signs include a sensation of heat in the scalp, irritability, irascibility, and restlessness. The tongue body is red with a scant coating; the pulse is thready and rapid.

Treatment principle
Cool the Blood and extinguish Wind, nourish Yin and protect the hair.
Prescription

SI WU TANG HE LIU WEI DI HUANG WAN JIA JIAN

Four Agents Decoction Combined With Six-Ingredient Rehmannia Pill, with modifications

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g
Nü Zhen Zi (Fructus Ligustri Lucidi) 15g
Sang Shen (Fructus Mori Albae) 15g
Chao Mu Dan Pi (Cortex Moutan Radicis, stir-fried) 10g
Chi Shao (Radix Paeoniae Rubra) 10g
Bai Shao (Radix Paeoniae Lactiflorae) 10g
Shan Zhu Yu (Fructus Corni Officinalis) 10g
Xuan Shen (Radix Scrophulariae Ningpoensis) 12g
Hei Zhi Ma (Semen Sesami Indici) 12g
Tu Si Zi (Semen Cuscutae) 12g
Fu Shen (Sclerotium Poriae Cocos cum Ligno Hospite) 18g
Dang Gui (Radix Angelicae Sinensis) 18g
Ce Bai Ye (Cacumen Biotae Orientalis) 18g
Dai Zhe Shi‡ (Haematitum) 18g

Explanation
- Sheng Di Huang (Radix Rehmanniae Glutinosae), Nü Zhen Zi (Fructus Ligustri Lucidi), Sang Shen (Fructus Mori Albae), Xuan Shen (Radix Scrophulariae Ningpoensis), and Hei Zhi Ma (Semen Sesami Indici) nourish Yin and protect the hair, clear Heat and cool the Blood.
- Tu Si Zi (Semen Cuscutae) and Fu Shen (Sclerotium Poriae Cocos cum Ligno Hospite) extinguish Wind and quiet the Spirit.
- Dai Zhe Shi‡ (Haematitum) and Fu Shen (Sclerotium Poriae Cocos cum Ligno Hospite) extingush Wind and quiet the Spirit.
- Dang Gui (Radix Angelicae Sinensis), Ce Bai Ye (Cacumen Biotae Orientalis), Chi Shao (Radix Paeoniae Rubra), Chao Mu Dan Pi (Cortex Moutan Radicis, stir-fried), and Bai Shao (Radix Paeoniae Lactiflorae) nourish and invigorate the Blood, because the hair can only grow when the Blood is abundant.

BLOOD STASIS IN THE HAIR FOLLICLES

Headache or a stabbing pain in the scalp precedes alopecia, which manifests initially as sudden patches of hair loss and may persist to develop into complete baldness. Accompanying symptoms and signs include frequent nightmares, difficulty in getting to sleep, restlessness with a feverish sensation, and grinding of the teeth. The tongue body is dark red or has stasis marks and a scant coating; the pulse is deep and rough.

Treatment principle
Free the orifices and invigorate the Blood.

Prescription

TONG QIAO HUO XUE TANG JIA JIAN
Decoction for Freeing the Orifices and Invigorating the Blood, with modifications

Dang Gui Wei (Extremitas Radicis Angelicae Sinensis) 12g
Chi Shao (Radix Paeoniae Rubra) 12g
Sheng Di Huang (Radix Rehmanniae Glutinosae) 12g
Chuan Xiong (Rhizoma Ligustici Chuanxiong) 10g
Gan Cao (Radix Glycyrrhizae) 10g
Tao Ren (Semen Persicae) 10g
Hong Hua (Flos Carthami Tinctorii) 10g
Suan Zao Ren (Semen Ziziphi Spinosae) 10g
Ju Hua (Flos Chrysanthemi Morifolii) 10g
Sang Ye (Folium Mori Albae) 10g
Bai Zhi (Radix Angelicae Dahuricae) 6g
Man Jing Zi (Fructus Viticis) 6g
Yuan Zhi (Radix Polygalae) 6g

Explanation
- Dang Gui Wei (Extremitas Radicis Angelicae Sinensis), Chi Shao (Radix Paeoniae Rubra), Chuan Xiong (Rhizoma Ligustici Chuanxiong), Tao Ren (Semen Persicae), Hong Hua (Flos Carthami Tinctorii), Bai Zhi (Radix Angelicae Dahuricae), Man Jing Zi (Fructus Viticis), and Yuan Zhi (Radix Polygalae) free the orifices and invigorate the Blood to increase local blood circulation.
- Ju Hua (Flos Chrysanthemi Morifolii), Sang Ye (Folium Mori Albae) and Gan Cao (Radix Glycyrrhizae) dredge Wind and clear Heat.
- Sheng Di Huang (Radix Rehmanniae Glutinosae) and Suan Zao Ren (Semen Ziziphi Spinosae) nourish Yin and quiet the Spirit.

QI AND BLOOD DEFICIENCY

This pattern generally occurs in patients with a weak constitution, or after a prolonged illness or postpartum. Hair loss gradually becomes increasingly serious with bald patches growing in size and number, especially in areas that may be rubbed frequently such as the occiput. The scalp is shiny and soft; short stubs of hair scattered unevenly over the affected area may fall off on rubbing. Accompanying symptoms and signs include pale lips, palpitations, shortness of breath, weak voice, dizziness, sleepiness, and lassitude. The tongue body is pale red with a thin white coating; the pulse is thready and weak.

Treatment principle
Augment Qi and supplement the Blood.

Prescription

BA ZHEN TANG JIA JIAN
Eight Treasure Decoction, with modifications
Dang Gui (Radix Angelicae Sinensis) 12g
Shu Di Huang (Radix Rehmanniae Glutinosae Conquita) 12g
Chao Bai Shao (Radix Paeoniae Lactiflorae, stir-fried) 12g
Dang Shen (Radix Codonopsis Pilosulae) 12g
Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g
Huang Qi (Radix Astragali seu Hedysari) 15g
Fu Shen (Sclerotium Poriae Cocos cum Ligno Hospite) 15g
Nü Zhen Zi (Fructus Ligustri Lucidi) 15g
He Shou Wu (Radix Polygoni Multiflori) 15g
Sang Shen (Fructus Mori Albae) 15g
Huang Jing (Rhizoma Polygonati) 15g
Chuan Xiong (Rhizoma Ligustici Chaunxiong) 6g
Bai Fu Zi (Rhizoma Typhonii Gigantei) 6g
Zhi Gan Cao (Radix Glycyrrhizae, mix-fried with honey) 6g

Explanation
• Dang Gui (Radix Angelicae Sinensis), Shu Di Huang (Radix Rehmanniae Glutinosae Conquita), Chao Bai Shao (Radix Paeoniae Lactiflorae, stir-fried), Dang Shen (Radix Codonopsis Pilosulae), Bai Zhu (Rhizoma Atractylodis Macrocephalae), Huang Qi (Radix Astragali seu Hedysari), Chuan Xiong (Rhizoma Ligustici Chaunxiong), Fu Shen (Sclerotium Poriae Cocos cum Ligno Hospite), and Zhi Gan Cao (Radix Glycyrrhizae, mix-fried with honey) augment Qi and supplement the Blood.

INSUFFICIENCY OF THE LIVER AND KIDNEYS
This pattern usually affects patients aged over 40 with a history of yellowing or graying hair. The hair generally falls out, leaving large bald patches with no hair stubs; in severe cases, there may be loss of eyebrow, axillary and genital hair. Accompanying symptoms and signs include a pale facial complexion, cold limbs, aversion to cold, dizziness, tinnitus, limpness and aching of the lower back and knees, and a cold sensation in the glans penis. The tongue body is pale red with fissures and a scant coating or no coating; the pulse is deep, thready and forceless.

Treatment principle
Enrich the Liver and boost the Kidneys.

Prescription
QI BAO MEI RAN DAN JIA JIAN
Seven Treasure Special Pill for Beautifying the Whiskers, with modifications
He Shou Wu (Radix Polygoni Multiflori) 15g
Gou Qi Zi (Fructus Lycii) 15g
Tu Si Zi (Semen Cuscutae) 15g
Dang Gui (Radix Angelicae Sinensis) 15g
Nü Zhen Zi (Fructus Ligustri Lucidi) 15g
Hei Zhi Ma (Semen Sesami Indici) 15g
Hu Tao Ren (Semen Juglandis Regiae) 12g
Hua Niu Xi (Radix Achyranthis Bidentatae) 12g
Huang Jing (Rhizoma Polygonati) 10g
Sang Shen (Fructus Mori Albae) 10g
Yuan Zhi (Radix Polygalae) 10g
Shi Chang Pu (Rhizoma Acori Graminei) 10g

Explanation
• He Shou Wu (Radix Polygoni Multiflori), Gou Qi Zi (Fructus Lycii), Tu Si Zi (Semen Cuscutae), Sang Shen (Fructus Mori Albae), Nü Zhen Zi (Fructus Ligustri Lucidi), Hei Zhi Ma (Semen Sesami Indici) and Huang Jing (Rhizoma Polygonati) enrich the Liver and boost the Kidneys to nourish the Essence and generate Blood.

Alternative prescription
SHENG FA YIN
Generating Hair Beverage
Zhi He Shou Wu (Radix Polygoni Multiflori Praeparata) 15g
Sang Shen (Fructus Mori Albae) 15g
Huang Qi (Radix Astragali seu Hedysari) 15g
Gou Qi Zi (Fructus Lycii) 15g
Tu Si Zi (Semen Cuscutae) 15g
Xuan Shen (Radix Scrophulariae Ningpoensis) 15g
Jiu Dang Gui (Radix Angelicae Sinensis, processed with wine) 9g
Jiu Chuan Xiong (Rhizoma Ligustici Chaunxiong, processed with wine) 3g
Bu Gu Zhi (Fructus Psoraleae Corylifoliae) 12g
Sheng Di Huang (Radix Rehmanniae Glutinosae) 12g
Shu Di Huang (Radix Rehmanniae Glutinosae Conquita) 12g
Dang Shen (Radix Codonopsis Pilosulae) 12g
Hei Zhi Ma (Semen Sesami Indici) 24g

Explanation
• Huang Qi (Radix Astragali seu Hedysari), Xuan Shen...
(Radix Scrophulariae Ningpoensis), *Jiu Dang Gui* (Radix Angelicae Sinensis, processed with wine), *Jiu Chuan Xiong* (Rhizoma Ligustici Chuanxiong, processed with wine), *Sheng Di Huang* (Radix Rehmanniae Glutinosae), *Shu Di Huang* (Radix Rehmanniae Glutinosae Conquita), and *Dang Shen* (Radix Codonopsitis Pilosulae) augment Qi and nourish the Blood to generate hair.

• *Sang Shen* (Fructus Mori Albae), *Gou Qi Zi* (Fructus Lycii), *Tu Si Zi* (Semen Cuscutae), and *Bu Gu Zhi* (Fructus Psoraleae Corylifoliae) enrich and supplement the Liver and Kidneys.

• *Zhi He Shou Wu* (Radix Polygoni Multiflori Praeparata) and *Hei Zhi Ma* (Semen Sesami Indici) generate and blacken the hair.

**General modifications**

1. For palpitations and insomnia, add *Wu Wei Zi* (Fructus Schisandrae), *Bai He* (Bulbus Lilii), *Mai Men Dong* (Radix Ophiopogonis Japonici), *Bai Zi Ren* (Semen Biotae Orientalis), and *Lian Zi* (Semen Nelumbinis Nuciferae).

2. For emotional depression and self-pity, add *He Huan Pi* (Cortex Albizziae Julibrissin), *He Huan Hua* (Flos Albizziae Julibrissin), *Yu Jin* (Radix Curcumae), and *Xiang Fu* (Rhizoma Cyperi Rotundi).

3. For reduced appetite and abdominal distension, add *Chao Gu Ya* (Fructus Setariae Italicae Germinatus, stir-fried), *Ji Nei Jin* ‡ (Endothelium Corneum Gigeriae Galli), *Mei Gui Hua* (Flos Rosae Rugosae), *Hou Po Hua* (Flos Magnoliae Officinalis), and *Fo Shou* (Fructus Citri Sarcodactylis).

4. For prevalence of Wind-Heat with sudden and severe alopecia, add *Tian Ma* * (Rhizoma Gastrodiae Elatae), *Bai Fu Zi* (Rhizoma Typhonii Gigantei) and *Chong Wei Zi* (Semen Leonuri Heterophylli).

**PATENT HERBAL MEDICINES**

• For Qi and Blood Deficiency, take *Sheng Fa Wan* (Generating Hair Pill), one 9g honeyed pill, three times a day.

• For Blood-Heat generating Wind, take *Ce Bai Wan* (Biota Pill), one 9g honeyed pill, twice a day.

• For insufficiency of the Liver and Kidneys, take *Yi Ma Er Zhi Wan* (Black Sesame Double Supreme Pill) 6g twice a day; or *Yi Shen Rong Fa Wan* (Pill for Boosting the Kidneys and Nourishing the Hair) 10g with water before meals, two or three times a day.

**EXTERNAL TREATMENT**

Apply *Sheng Fa Ding* (Generating Hair Tincture), *Gui Zhi Ben Mao Ding* (Cinnamon Twig and Mylabris Tincture) or *Dong Chong Xia Cao Jin* (Cordyceps Wine) to the affected area.

**ACUPUNCTURE**

**Selection of points according to pattern identification**

• For Blood-Heat patterns, select GB-20 Fengchi, SP-10 Xuehai and ST-36 Zusanli.

• For Blood stasis patterns, select LR-3 Taichong, PC-6 Neiguan joined to TB-5 Waiguan, SP-6 Sanyinjiao, and BL-17 Geshu.

• For Blood Deficiency patterns, select BL-18 Ganshu, BL-23 Shenshu and ST-36 Zusani.

• For Liver and Kidney insufficiency patterns, select BL-23 Shenshu, BL-18 Ganshu, KL-3 Taixi, SP-10 Xuehai, and SP-6 Sanyinjiao.

**Selection of points on the affected channels**

**Main points:** ST-36 Zusani and SP-6 Sanyinjiao.

**Auxiliary points:** ST-8 Touwei, GB-41 Zulinqi, GB-43 Xiaxi, BL-60 Kunlun, LR-3 Taichong, and KL-3 Taixi.

**Selection of adjacent points**

**Main points:** GV-20 Baihui, GV-23 Shangxing and GV-19 Houding.

**Auxiliary points**

• For severe itching, add GB-20 Fengchi and GV-14 Dazhui.

• For insomnia, add EX-HN-1 Sishencong i and HT-7 Shenmen.

• For hair loss on the temples, add ST-8 Touwei and GB-8 Shuaigu.

• For poor appetite, add CV-12 Zhongwan and ST-36 Zusanli.

• For hair loss on the eyebrows, join EX-HN-4 Yueyao i to TB-23 Sizhukong.

**Empirical points**

**Main points:** Fanglao (1 cun posterior to GV-20 Baihui) and Jiannao (0.5 cun inferior to GB-20 Fengchi).

**Auxiliary points**

• For severe itching, add GB-20 Fengchi and GV-14 Dazhui.

• For greasy hair, add GV-23 Shangxing.

• For hair loss on the temples, add ST-8 Touwei.

**Technique**

Apply the reducing method for Excess patterns and the reinforcing method for Deficiency patterns. Retain the

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1 M-HN-1 according to the system employed by the Shanghai College of Traditional Chinese Medicine.

2 M-HN-6 according to the system employed by the Shanghai College of Traditional Chinese Medicine.
needles for 30 minutes after obtaining Qi; during this period, manipulate the needles three to five times. Treat once every two days. A course consists of ten treatment sessions.

**Explanation**
- ST-36 Zusanli, SP-6 Sanyinjiao and CV-12 Zhongwan fortify the Spleen, augment Qi and nourish the Blood.
- BL-60 Kunlun and KI-3 Taixi nourish and supplement the Liver and Kidneys.
- ST-8 Touwei, GB-41 Zulinqi, GB-43 Xixi, and LR-3 Taichong dissipate Wind, move Qi and free the network vessels.
- GB-20 Fengchi and GV-14 Dazhui dispel Wind and alleviate itching.
- EX-HN-1 Sishencong and HT-7 Shenmen clear Heat from the Heart and drain Fire.

**EAR ACUPUNCTURE**
**Points:** Lung, Kidney, Ear-Shenmen, Sympathetic Nerve, Endocrine, and Spleen.
**Technique:** Retain the needles for 30 minutes; during this period, manipulate the needles five or six times. Treat once every two days. A course consists of ten treatment sessions.

**SCALP ACUPUNCTURE**
**Points:** Upper three-fifths of the Motor and Sensory Areas.
**Technique:** Insert the needles quickly under the skin and rotate lightly and quickly for three to five minutes. Retain the needles for 30 minutes. Treat once a day. A course consists of fourteen treatment sessions.

**PRICKING TO BLEED METHOD**
**Point:** BL-40 Weizhong.
**Technique:** After routine sterilization of the point, prick with a three-edged needle to cause slight bleeding. Treat once every five days. A course consists of five treatment sessions.
**Indication:** Excess patterns such as Blood stasis in the hair follicles.

**PLUM-BLOSSOM NEEDLING**
**Selection of points according to disease differentiation**
**Main points:** Ashi points (hair loss sites).
**Auxiliary points**
- For hair loss on the temples, add ST-8 Touwei.
- For hair loss at the vertex, add GV-20 Baihui, GV-19 Houding and CV-21 Qianling.
- For severe itching, add GB-20 Fengchi and GV-16 Fengfu.
- For insomnia, add Anmian (located at the midpoint between SJ-17 Yifeng and GB-20 Fengchi).iii
- For Kidney Deficiency, add KI-3 Taixi and BL-23 Shenshu.

**Selection of points along the affected channels**
**Points:** Ashi points (hair loss sites), GB-20 Fengchi, LU-9 Taiyuan, PC-6 Neiguan, neck, sacrum, and lumbar region.

**Local points**
**Points:** Ashi points (hair loss sites).

**Technique**
Apply medium stimulation with the hand. Treat for ten minutes, once every two days. A course consists of fourteen treatment sessions.

**POINT LASER THERAPY**
**Points:** Ashi points (hair loss sites).
**Technique:** Apply a helium-neon laser to the Ashi points for 10 minutes in each treatment session. If there are several patches, treat each for five minutes. Treat once a day. Interrupt the treatment for one day after six treatment sessions before continuing. A course consists of thirty treatment sessions.

**Clinical notes**
- Although there are many treatments for alopecia areata, the disease is rather slow to respond. It is therefore important to bear in mind the classical adage of keeping a prescription relatively unchanged if it is reasonable, thus allowing it a certain time to work. Treatment will not be effective unless pattern identification is correct.
- Offer reassurance to patients to stop them worrying about the condition and increase their confidence in the treatment.
- Treatment can be accompanied by dietary therapy. Walnuts, sesame seeds and seafood are all beneficial to regeneration of the hair follicles.
- Alopecia areata may resolve spontaneously. However, total baldness is usually very difficult to treat.

**Advice for the patient**
- Eat a wide variety of foods.
- Look after the hair properly; do not wash it with

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iii M-HN-54 according to the system employed by the Shanghai College of Traditional Chinese Medicine.
strongly alkaline soap or shampoo. Avoid using electric hair dryers or coloring the hair.

Case history

Patient
Female, aged 28.

Clinical manifestations
The patient’s hair started to fall out in clumps three months previously. The scalp was occasionally itchy. She rubbed fresh ginger into the affected areas, but this did not make any difference. She also used Sheng Fu Jing (a hair growth lotion) externally, again without any obvious effect. Examination revealed numerous patches of hair loss on the vertex, temples and occiput, covering approximately two-thirds of the scalp. The skin was shiny in the affected areas; fine soft hairs had appeared in some areas. Hair loss on the eyebrows and eyelashes had also started. Accompanying symptoms and signs included lack of appetite, sleeplessness with profuse dreaming, and late periods. The tongue body was pale with a thin coating; the pulse was deep and moderate.

Pattern identification
Insufficiency of the Liver and Kidneys and Blood Deficiency leading to hair loss.

Treatment principle
Enrich and supplement the Liver and Kidneys, nourish the Blood and promote hair growth.

Prescription ingredients
Shu Di Huang (Radix Rehmanniae Glutinosae Conquita) 10g
Ye Jiao Teng (Caulis Polygoni Multiflori) 30g
Huang Qi (Radix Astragali seu Hedysari) 15g
Dang Gui (Radix Angelicae Sinensis) 10g
Chuan Xiong (Rhizoma Ligustici Chuanxiong) 10g
Dan Shen (Radix Salviae Miltiorrhizae) 15g
Bai Shao (Radix Paeoniae Lactiflorae) 10g
Nü Zhen Zi (Semen Cuscutae) 15g
Sang Shen (Fructus Mori Albae) 30g
Zhen Zhu Mu (Rhizoma Ophiopogonis Japonici) 10g
Hei Zhi Ma (Semen Sesami Indici) 15g
Shu Di Huang (Radix Rehmanniae Glutinosae Conquita) 10g
Zi Wu Wei (Cortex Magnoliae Officinalis) 10g and Bai Bian Dou (Semen Dolichoris Lablab) 10g were added.

Outcome
After two months, most of the hair and eyelashes had grown back.

Discussion
Alopecia areata is often caused by insufficiency of the Essence and Blood, Deficiency of the Liver and Kidneys, and non-interaction of the Heart and Kidneys. Blood Deficiency means that the hair cannot be nourished. Insecurity of the interstices (cou li) leads to pathogenic Wind taking advantage of Deficiency to cause Blood-Dryness due to exuberant Wind. Accompanying symptoms and signs include restlessness with a feverish sensation in the palms, soles and the center of the chest, lassitude and aching in the lower back and knees, and restless sleep.

In the prescription, Shu Di Huang (Radix Rehmanniae Glutinosae Conquita), Ye Jiao Teng (Caulis Polygoni Multiflori), Sang Shen (Fructus Mori Albae), Nü Zhen Zi (Fructus Ligustri Lucidi), and Tu Si Zi (Semen Cuscutae) enrich and supplement the Liver and Kidneys, replenish the Essence and supplement the Marrow; Dang Gui (Radix Angelicae Sinensis), Dan Shen (Radix Salviae Miltiorrhizae) and Bai Shao (Radix Paeoniae Lactiflorae) nourish and transform the Blood; Tian Ma* (Rhizoma Gastrodiae Elatae), Gou Teng (Ramulus Uncariae cum Uncis) and Chuan Xiong (Rhizoma Ligustici Chuanxiong) invigorate the Blood and disperse Wind; Huang Qi (Radix Astragali seu Hedysari) regulates the Spleen and augments Qi; Hei Zhi Ma (Semen Sesami Indici) supplements and boosts the Essence and Blood; Zhen Zhu Mu† (Concha Margaritifera) and Shi Chang Pu (Rhizoma Acorti Garaminei) quiet the Spirit. The overall prescription achieved the effect of promoting hair growth.

Literature excerpt
In Wai Ke Yi An Hui Bian [A Collection of Case Histories Relating to External Diseases], it says: “Exuberance of Kidney Qi promotes the growth of the hair, whereas debilitation of Kidney Qi loosens the root of the hair and exhaustion of Yang Qi makes the hair turn gray, thus resulting in bald patches and hair loss. Treatment should therefore focus on the Kidneys and the three Yang channels.”

“When Yang Qi is Deficient, it cannot protect the exterior and the interstices (cou li) will be loose; external Wind can then invade. This is an external pattern and should be treated by cooling the Blood and dispelling Wind.

“If the Blood cannot ascend and Qi and Blood cannot flow properly in the channels, this leads to Blood stasis in the hair orifices and impairs nourishment of the hair. This condition should be treated internally by strongly supplementing the Liver and Kidneys and..."
externally by application of Zhi Zhu Hua You (Yellow Azalea Flower Oil) and other materia medica for moistening Dryness and cooling the Blood.

“If hair loss is due to Blood Deficiency and invasion of Wind, treat by supplementing the Blood and dissipating Wind; for premature graying of the hair, treat by nourishing the Blood and dispelling Wind.

“Materia medica for replenishing and supplementing the Liver and Kidneys should be combined with others for bearing Yang upward and dissipating Wind; materia medica for nourishing the Blood can be combined with others for freeing Yang Qi.”

Modern clinical experience

TREATMENT BASED ON PATTERN IDENTIFICATION

1. Pei identified three patterns for this disease.²

* Qi Deficiency of the Spleen and Stomach

Accompanying symptoms and signs
Emacliation, a sallow yellow facial complexion, poor appetite, lassitude, a pale and swollen tongue body, and a deep and thready pulse.

Treatment principle
Supplement the Middle Burner and augment Qi.

Prescription ingredients
_Dang Shen_ (Radix Codonopisits Pilosulae) 10g
_Bai Zhu_ (Rhizoma Atractylodis Macrocephalae) 10g
_Fu Ling_ (Sclerotium Poriae Cocos) 10g
_He Shou Wu_ (Radix Polygoni Multiflori) 10g
_Dang Gui_ (Radix Angelicae Sinensis) 10g
_Nü Zhen Zi_ (Fructus Ligustri Lucidi) 10g
_Han Lian Cao_ (Herba Ecliptae Prostratae) 10g
_Gan Cao_ (Radix Glycyrrhizae) 6g
_Chén Pi_ (Pericarpium Citri Reticulatae) 6g
_Huang Qi_ (Radix Astragali seu Hedydari) 20g
_Mu Xiang* (Radix Aucklandiae Lappae) 3g
_Cao Dou Kou_ (Semen Alpiniae Katsumadai) 3g
_Sheng Di Huang_ (Radix Rehmanniæ Glutinosæ) 12g
_Gou Qi Zi_ (Fructus Lycii) 12g

One bag a day was used to prepare a decoction, taken twice a day. A course of treatment consisted of 20 bags. Results were seen after two to three courses.

* Damage to Qi and Yin

Accompanying symptoms and signs
A dark facial complexion, lassitude, dry mouth, Deficiency-type irritability, a pale tongue body, and a deep and thready pulse in a prolonged illness.

Treatment principle
Augment Qi and nourish Yin.

Prescription ingredients
_Bu Gu Zhi_ (Fructus Psoraleae Corylifoliae) 100g
_He Shou Wu_ (Radix Polygoni Multiflori) 100g
_Dan Shen_ (Radix Salviae Miltiorrhizae) 100g
_Chi Shao_ (Radix Paeoniae Rubra) 70g
_Han Lian Cao_ (Herba Ecliptae Prostratae) 70g
_Dang Shen_ (Radix Codonopisits Pilosulae) 70g
_Dang Gui_ (Radix Angelicae Sinensis) 70g
_Mai Men Dong_ (Radix Ophiopogonis Japonici) 70g
_Wu Wei Zi_ (Fructus Schisandraceae) 70g
_Bai Xian Pi_ (Cortex Dictamni Dasycarpi Radicis) 70g
_Mú Gua_ (Fructus Chaenomelis) 70g
_Nü Zhen Zi_ (Fructus Ligustri Lucidi) 70g
_Qiang Huo_ (Rhizoma et Radix Notopterygii) 70g

These ingredients were ground into a powder and mixed with honey to make 9g pills (approximately 120 pills). One pill was taken with boiled water twice a day, one in the morning and one in the evening. A course of treatment lasted for three months.
All patients were given a decoction of Ce Bai Ye (Cacumen Biotae Orientalis) 60g and Sheng Jiang (Rhizoma Zingiberis Officinalis Recens) 3g to be used to wash the affected areas once a day, with each bag being used for two days.

2. Li considered that alopecia was pathologically related to dysfunction of the Liver, Spleen and Kidneys. He employed three principles to treat alopecia areata (including alopecia totalis and alopecia universalis). ³

- **Augment Qi and nourish the Blood**
  
  **Prescription**
  **SHENG FA YIN**
  Generating Hair Beverage
  
  Huang Qi (Radix Astragali seu Hedysari) 20g  
  Dang Gui (Radix Angelicae Sinensis) 15g  
  Bai Zhu (Rhizoma Atractylodis Macrocephalae) 15g  
  Huang Jing (Rhizoma Polygonati) 12g  
  Sang Shen (Fructus Moris Albae) 12g  
  Fu Shen (Sclerotium Poriae Cocos cum Ligno Hospite) 12g  
  Mu Gua (Fructus Chaenomelis) 12g  
  Tian Ma* (Rhizoma Gastrodiae Elatae) 10g  
  Yuan Zhi (Radix Polygalae) 10g  
  Da Zao (Fructus Ziziphi Jujubae) 15g  
  Gan Cao (Radix Glycyrrhizae) 6g  

- **Dredge the Liver and transform Blood stasis**
  
  **Prescription**
  **TAO HONG XIAO YAO SAN JIA JIAN**
  Peach Kernel and Safflower Free Wanderer Powder, with modifications
  
  Ji Xue Teng (Caulis Spatholobi) 30g  
  Dang Gui (Radix Angelicae Sinensis) 12g  
  Chi Shao (Radix Paeoniae Rubra) 12g  
  Han Lian Cao (Herba Ecliptae Prostratae) 12g  
  Tao Ren (Semen Persicae) 12g  
  Chai Hu (Radix Bupleuri) 10g  
  Yu Jin (Radix Curcumae) 10g  
  Hong Hua (Flos Carthami Tinctorii) 10g  
  Qing Pi (Pericarpium Citri Reticulatae Viride) 6g  
  Chen Pi (Pericarpium Citri Reticulatae) 6g  
  Chuan Xiong (Rhizoma Ligustici Chuanxiong) 6g  

- **Enrich the Kidneys and nourish Yin**
  
  **Prescription**
  **FU FANG SHOU WU TANG**
  Compound Fleeceflower Decoction
  
  Zhi He Shou Wu (Radix Polygonii Multiflori Praeparata) 15g  
  Shu Di Huang (Radix Rehmanniae Glutinosae Conquita) 12g  
  Shan Yao (Radix Dioscoreae Oppositae) 12g  
  Gou Qi Zi (Fructus Lycii) 12g  
  Da Zong (Cortex Eucommiae Ulmoidis) 12g  

  For all prescriptions, one bag a day was used to prepare a decoction, taken twice a day. Results were seen at the earliest after 16 days and at the latest after six months. The best responses were achieved with alopecia areata and alopecia totalis; results for alopecia universalis were not as good.

3. Hu identified four patterns. ⁴

- **Yin Deficiency of the Liver and Kidneys**, treated with Zuo Gui Yin (Restoring the Left [Kidney Yin] Beverage) and Er Zhi Wan (Double Supreme Pill), with the addition of Zhi He Shou Wu (Radix Polygonii Multiflori Praeparata) 30g, Zi He Che‡ (Placenta Hominis) 30g and E Jiao‡ (Gelatinum Corii Asini) 30g.

- **Blood-Dryness due to exuberant Wind**, treated with Tian Ma Gou Tang (Harmonious Yang Decoction Plus Ephedra, Asarum and Prepared Aconite Decoction). If Cold congealing was due to Spleen Yang Deficiency, the pattern was treated with Gui Zhi Ren Shen Tang (Cinnamon Twig and Ginseng Decoction Combined With Ephedra, Asarum and Prepared Aconite Decoction).

- **Yin-Cold congealing due to Kidney Yang Deficiency**, treated with Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet), or Yang He Tang Jia Ma Huang Fu Zi Xi Xin Tang (Harmonious Yang Decoction Plus Ephedra, Asarum and Prepared Aconite Decoction). If Cold congealing was due to Spleen Yang Deficiency, the pattern was treated with Gui Zhi Ren Shen Tang (Cinnamon Twig and Ginseng Decoction Combined With Ephedra, Asarum and Prepared Aconite Decoction).

- **Blood stasis obstructing the channels and network vessels**, treated by freeing the network vessels and invigorating the Blood.

**Prescription ingredients**

- Yi Mu Cao (Herba Leonuri Heterophylli) 10g  
- Chi Shao (Radix Paeoniae Rubra) 10g  
- Tao Ren (Semen Persicae) 10g  
- Chu Sheng Xi (Rhizoma Ligustici Chuanxiong) 10g  
- Hong Hua (Flos Carthami Tinctorii) 10g  
- Di Gu Pi (Cortex Lycii Radicis) 15g  
- Tu Bie Chong‡ (Eupolyphaga seu Steleophaga) 6g  
- Bai Zhi (Radix Angelicae Dahuricae) 10g  
- Cong Bai (Bulbus Allii Fistulosi) 6g
SPECIAL PRESCRIPTIONS

1. Ma reported on his own formulation of a basic prescription plus modifications. 5

Prescription
SHOU WU SHENG FA YIN
Fleeceflower Root Beverage for Generating Hair

He Shou Wu (Radix Polygoni Multiflori) 15g
Shan Zhu Yu (Fructus Corni Officinalis) 15g
Gou Qi Zi (Fructus Lycii) 15g
Tu Si Zi (Semen Cuscutae) 15g
Shu Di Huang (Radix Rehmanniae Glutinosae Conquita) 18g
Hei Zhi Ma (Semen Sesami Indici) 30g
Bai Shao (Radix Paeoniae Lactiflorae) 30g
Dang Gui (Radix Angelicae Sinensis) 12g
Chuan Xiong (Rhizoma Ligustici Chuanxiong) 10g
Qiang Huo (Rhizoma et Radix Notopterygii) 6g

Modifications
1. For Blood-Heat, Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g and Mu Dan Pi (Cortex Moutan Radicis) 12g were added.
2. For Liver Depression, Yu Jin (Radix Curcumae) 15g and Xiang Fu (Rhizoma Cyperi Rotundi) 30g were added.
3. For Kidney Deficiency, Lu Jiao Jiao (Gelatinum Cornu Cervi) 15g, melted in the prepared decoction, and Sang Shen (Fructus Mori Albae) 15g were added.
4. For insomnia, He Huan Hua (Flos Albizziae Julibrissin) 15g and Ye Jiao Teng (Caulis Polygoni Multiflori) 30g were added.

One bag a day was used to prepare a decoction, taken twice a day. Initial results were seen after one month.

2. Liu employed the treatment principle of freeing the orifices and invigorating the Blood to treat alopecia areata. 6

Prescription
SHENG FA LING
Efficacious Remedy for Generating Hair

Dang Gui (Radix Angelicae Sinensis) 30g
Chi Shao (Radix Paeoniae Rubra) 30g
Chuan Xiong (Rhizoma Ligustici Chuanxiong) 30g
Tao Ren (Semen Persicae) 20g
Hong Hua (Flos Carthami Tinctorii) 20g
He Shou Wu (Radix Polygoni Multiflori) 60g
Hei Da Dou (Semen Glycines Atrum) 30g
Huang Qi (Radix Astragali seu Hedysari) 30g
Shi Chang Pu (Rhizoma Acori Graminei) 20g

The ingredients were decocted in one liter of water until 500ml of liquid was left. This liquid was stored in a bottle, with 70ml being taken twice a day. Patients with pronounced Liver-Fire symptoms accompanied by irritability and restlessness and yellow urine were also given Long Dan Xie Gan Wan (Chinese Gentian Pill for Draining the Liver).

External treatment
SHENG FA DING
Generating Hair Tincture

Ren Shen (Radix Ginseng) 20g
He Shou Wu (Radix Polygoni Multiflori) 30g
Gu Sui Bu (Rhizoma Drynariae) 30g
Bu Gu Zhi (Fructus Psoraleae Corylifoliae) 10g

The ingredients were steeped in wine for one month and then applied to the affected area two or three times a day. Results were seen at the earliest after 14 days and at the latest after six months.

COMBINATION OF INTERNAL AND EXTERNAL TREATMENT

Gong combined internal and external treatment. 7

Internal prescription
SHENG FA YIN
Generating Hair Beverage

Dang Gui (Radix Angelicae Sinensis) 12g
Zhi Shou Wu (Radix Polygoni Multiflori Praeparata) 12g
Song Shen (Fructus Mori Albae) 12g
Nü Zhen Zi (Fructus Ligustri Lucidi) 12g
Han Lian Cao (Herba Ecliptae Prostratae) 12g
Yu Jin (Radix Curcumae) 12g
Zhi Ke (Fructus Citri Aurantii) 12g
Huang Qi (Radix Astragali seu Hedysari) 15g
Dan Shen (Radix Salviae Miltiorrhizae) 15g
Yuan Zhi (Radix Polygalae) 9g
Si Gua Luo (Fasciculus Vascularis Luffae) 9g
Sheng Ma (Rhizoma Cimicifugae) 6g

One bag a day was used to prepare a decoction, taken twice a day.

External prescription
SHENG FA DING
Generating Hair Tincture

He Shou Wu (Radix Polygoni Multiflori) 200g
Bu Gu Zhi (Fructus Psoraleae Corylifoliae) 200g
Gan Jiang (Rhizoma Zingiberis Officinalis) 100g
Hong Hua (Flos Carthami Tinctorii) 100g
Chuan Xiong (Rhizoma Ligustici Chuanxiong) 100g
Rou Gui (Cortex Cinnamomi Cassiae) 100g
She Chuang Zi (Fructus Cnidii Monnieri) 100g

The ingredients were cut up and crushed, then soaked for ten days in 3000ml of a 75 percent alcohol solution. The liquid was filtered off for application to the affected area twice a day. Results were seen after two months.