

Professor Han Shirong's Experience in Treating Vitiligo

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Abstract: Vitiligo is a kind of skin depigmentation disease. Its pathogenesis is complex and the treatment period is long, which seriously affects the daily life of patients. Professor Han Shirong believes that the pathogenesis of vitiligo is mostly related to Qi stagnation, blood stasis, yin injury, and yang deficiency, the location of the disease is mainly on the surface of the body. It is closely related to the three organs of the lungs, spleen and kidneys, is mostly caused by emotional failure, liver depression, spleen deficiency, kidney deficiency and blood stasis. Professor Han Shirong dialectically divided vitiligo into four types: Qi stasis and blood stasis (Danzhi Xiaoyao Powder and Taohong Siwu Decoction), liver depression and kidney deficiency (Xiaoyao Powder and Liuwei Dihuang Pill), kidney yin deficiency (Liuwei Dihuang Pill), and yang deficiency (danggui Sini Decoction). Professor Han Shirong advocates the dialectical treatment of internal organs, and this article will introduce Professor Han Shirong's understanding of this disease from the pathogenesis, the rule of law (treatment must seek the root, activate blood and dispel stasis, adjust emotions, care for the spleen and stomach, and treat and nourish both), and attach a medical case. Professor Han's experience has been widely used in clinical practice and has achieved good clinical effects.

1. Introduction

Vitiligo is an acquired, primary, limited or generalised skin and mucous membrane pigment loss disease [1], its main clinical symptoms are: any part of the body skin can occur [2], the damage at the skin colour loss, white, preferred in the friction and sunlight irradiation of the exposed parts of the body and the folds of the parts, palms and plantars, mucous membranes and other parts of the pathogenesis of the disease for a long period of time, the pathogenesis of the pathogenesis of the disease is more complex, and is currently believed to be associated with the immune factors [3,4]. Patients are often accompanied by negative emotions such as mood tension, anxiety, and depression [5], which seriously affects their quality of life [6].

Vitiligo is an inflammatory response disease dominated by CD8+ T cells and its upstream interferon- γ (IFN- γ) pathway [7,8], with the incidence rate increasing year by year and the incidence population expanding year by year, and it is prevalent in the spring season [7] and in those with strong liver fire. The pathological basis of the disease is polygenic genetic autoimmune dysfunction, the current clinical mainly glucocorticoids, immunosuppressants and other drug therapy [9], physiotherapy [10-12], surgical treatment [13], stopping the treatment is easy to recur, and the use of drugs with greater side effects. Many studies have shown that Chinese medicine has advantages in the treatment of vitiligo. For example, Yu Jun [14] created his own "complementary bone fat stiff silkworm soup", the liver and kidney deficiency type vitiligo treatment effect is obvious. Huang Yaozhou [15] that the "ascending hemp, *Platycodon grandiflorus*" can carry the medicine upward, the stasis of qi, vitiligo treatment effect on the face is remarkable.

Professor Han Shirong, a famous Chinese medicine professor, engaged in Chinese medicine skin clinic for more than fifty years, learning and experience, the treatment of vitiligo efficacy is remarkable. Professor Han pointed out that emotional upset is the main cause of vitiligo, liver and spleen deficiency for the key factors, kidney deficiency and blood stasis for its course of treatment for a long time, Professor Han advocated the identification of internal organs, from the liver (spleen) kidney treatment of vitiligo, to achieve a more pronounced clinical results. I have the honour to serve in the side, to have its ear to the face, benefit a lot. Professor Han's experience in outpatient treatment of vitiligo is summarised as follows [16].

2. Causes and Mechanisms of Disease

2.1. Emotional and Mental Disorders

Professor Han believes that emotional disorders are the main cause of vitiligo. Emotional disorders will make the body qi failure, viscera function failure to adjust, yin and yang out of balance, Ying and Wei failure to reconcile. Yu can lead to anger, anger is hurt liver, liver depression, excretion disorder, resulting in dysfunction, affecting the normal operation of the human body qi and blood, resulting in the body qi and blood and [17], blood does not glorify the skin, the skin lacks the normal colour and lustre, the transformation of the white spots. For example, "Su Wen - Yin and Yang should be like the Great Theory": "People have five organs into five gas, in order to generate joy, anger, sadness, worry and fear, so joy and anger hurt the gas. " Su wen - lifting pain theory" also said: "all diseases are born in the gas, anger is gas, joy is gas slow, sadness is gas, fear is gas, thinking is gas knot. Professor Han believes that "form hurt God, God hurt form", emotional and emotional disharmony can lead to congestion of the qi, qi and blood disharmony, the loss of its moistening and warming of the duty, so that the fence is not solid, the evil outside the crime and thus triggered vitiligo.

2.2. Liver Depression and Spleen Deficiency

Professor Han believes that liver depression and spleen deficiency is a key factor in the development of vitiligo. The liver is just viscera, liver blood, liver body yin and with the sun, if emotional upset caused by the liver wood can not be adjusted to the liver and injury to the liver, liver disease over time and easy to pass the spleen, the spleen is not healthy, the spleen and stomach is weak, the gas slow can not be, and the spleen for the camp of the source of the stomach for the source of the guard, the liver and wood of the gas, all rely on the earth to cultivate the water in order to irrigate, so the liver spleen deficiency, the gas can not be adjusted and the blood can not be full of nutritional body skin and the gradual out of the white spot.

2.3. Kidney Deficiency and Blood Stasis

Professor Han believes that kidney deficiency and blood stasis is the main reason for his long illness, as the "Jingyue Quanshu" said: "Therefore, where the spirit of the seven orifices, for the use of the limbs, for the tendons and bones and soft, for the abundance of muscle. . . Run colour, full camping and guarding. . . Wherever the shape of the quality of the place, nothing is not the blood of the use of also. " Kidney is the root of the innate, the kidney main essence, storage essence, is the source of human life activities. Although the blood is generated by the spleen and stomach, but must rely on the essence of the kidneys as the driving force, the essence of the kidneys in the process of generating blood plays a particularly important role, the essence of the kidneys can promote the operation of blood, if the lack of kidney qi inability to promote the blood in the veins, the blood stagnation can not stop and stagnant in the veins and channels, but also can lead to the surface of the skin can not be nourished, can be seen as blood stasis is the product of the pathology, one for the cause of the disease, and the kidneys are deficient in blood stasis [18] more This will lead to the loss of nourishment of the skin and result in white spots.

3. Diagnosis and Treatment

Professor Han Shirong believes that vitiligo can be divided into: developmental stage and stationary stage. The developmental stage is mostly solid evidence, with blood stasis and Qi stagnation, while the stationary stage is mostly deficiency evidence, with Yin injury and Yang deficiency.

3.1. Qi stagnation and Blood Stasis

The most common type of vitiligo is the stagnation of qi and blood stasis, which is usually seen in the developmental stage. This type of evidence is easy to see in women, white spots can be limited can be widespread body surface everywhere, the shape of the white spots for the figure, plaque, border, edge, clear, neat, dark brown, pressure does not fade, the centre of the white spots more island brown spots or patches, local can be mild tingling, easy to change with the emotional changes and changes, and the chest and fullness, upset and irritable, women are often accompanied by menstrual disorders, the tongue is dark red, the edge of the petechiae, the moss white, the pulse is tight, the tongue is dark red, the mesh is white, the mesh is bright. The tongue is dull red with petechiae on the edges, white coating, and a stringy pulse. The treatment should be to dredge the liver and regulate the qi, activate the blood and eliminate the blood stasis and eliminate the spot for the method, the formula selects the gardenia prophylactic powder and the peach red four things soup plus reduction. The dan jia jia xuan san dredges the liver and cools the blood, the peach red four things soup activates the blood and removes the blood stasis, can make the liver and wood stagnation of the gas dredge sends out and adjusts the leakage, the blood stasis of the vein disperses and restores the line, the spleen and the stomach to be able to be healthy to move, the liver and the spleen are adjusted together, the camp blood gets to be nourished, so the white spot gets to be back.

3.2. Liver Depression and Kidney Deficiency

This type of disease duration is longer, mostly seen in vitiligo static stage, mostly with genetic predisposition [19], white spots can be manifested as static and not expanding, clear borders, pure white colour within the spot is different from the skin colour, most of the hair within the spot becomes white, often accompanied by dizziness, tinnitus, lumbar and knee soreness and weakness, tongue pale moss is less, pulse is thin and feeble. Treatment should be based on dredging the liver

and tonifying the kidney, dispelling wind and eliminating spots. The formula combines the formulae of Easy San and Six-flavoured Di Huang Wan with additional subtractions. In the formula of the free powder to ease the liver to resolve the depression, six flavours of dihuang pill nourishing Yin tonic kidney, plus chasteberry, ink drought lotus nourishing liver and kidney, kidney, liver and spleen three organs to take into account, play the tonic liver, kidney and spleen of the work, so that the white spots gradually disappeared. Modern medicine explains the pathogenesis of vitiligo from oxidative stress-induced epidermal melanocyte damage [20-21]. Professor Han believes that the kidney in the colour for the black, its Hua in the hair, vitiligo this disease epidermal melanocytes are affected, hair follicle melanocytes can also be affected, often appear skin white, and then appear hair part or all white, the treatment when the liver and tonifying the kidney as the main, and the spleen, to play the effect of eliminating the spot.

3.3. Evidence of Kidney-Yin Deficiency

This syndrome occurs in adolescents, the kidney is the main reservoir of essence, kidney essence deficiency, kidney yin deficiency, moistening and nourishment failure, the internal wind is moving, and the head and face are disturbed, resulting in a sudden change in the colour of the forehead. Kidney is black in colour, and the loss of kidney essence will lead to pigment loss, so the white spots will appear. Kidney is more and more weak, the more the colour decreases, the bigger the white spot is. The border of the white spots is not clear, and the hair in the white spots may become white, often accompanied by five heart heat, waist and knee pain and weakness, red tongue, white moss, and fine pulse. Treatment is based on nourishing Yin and tonifying the kidney to eliminate the spots, and the formula is Six-flavoured Di Huang Pill with additions and subtractions. Treatment focuses on nourishing the liver and kidney in order to nourish water and contain wood, giving Liu Wei Di Huang Wan as the basic formula, with dispelling wind as the mainstay during the development stage of leukoplakia, and tonifying the kidney and activating blood as the mainstay during the stationary stage.

3.4. Yang deficiency

This white spot is mostly seen in the extremities at the end of the knuckles, the blood supply is insufficient, the blood transport is not smooth, the veins and channels are not accessible, the yang qi is not replenished, and the local skin fails to be nourished. Xu Hong's "Jin Jing Nei Tai Fang Ji" Yun: "Yin blood internal deficiency, then can not glory in the veins; yang qi external deficiency, then can not be warmed in the four end. " Vegetative blood deficiency, the blood can not fill the blood, and the meridian cold, Yang Qi was curbed not four end, if Yang Qi is sufficient blood to be nourished, the essence of the material to be able to reach the whole body, including the endings of the limbs.

White spots are mostly distributed in the fingers and toes joints and other endings of the body, can be seen in multiple scattered white spots, white spot boundaries are clearer, white spots can gradually expand the scope of the white spots, no hair growth in the white spots, often accompanied by fear of cold and like to warm, cold hands and feet, tongue pale red, moss white thick greasy, pulse sinking fine astringent. The Ling Shu - five colours" in the cloud: "green and black for the pain, yellow and red for the heat, white for the cold", so the treatment of vitiligo can be from the cold theory [22]. The treatment should be based on tonifying the kidney and warming the yang, the formula selected when the four reversed soup with subtractions. The treatment should be tightly grasp the cold limbs cold the main symptom, warm its yang, fill its deficiency, appropriate use of the introduction of medicine to reach the end of the four, through the support of the kidney yang to enhance and restore the body of the whole body yuan yang, prompting the white spots to return to

normal.

Pathological testing suggests the absence of melanocytes and melanin granules in the epidermis and hair follicles in the lesion area [23], and keratinocytes have a greater effect on melanocyte proliferation and differentiation [24]. Professor Han analysed that the reason for the longer treatment course at the ends of the extremities may be related to, firstly, the absence of hair at the distal joints of the fingers and toes, which makes follicular repigmentation impossible, and secondly, the thicker skin of the hands and feet, the poor penetration of light therapy light, and the poor absorption of topical medication.

If there is an island of pigment at the nail margin, it means that the function of melanocyte at the nail mother is normal, so in the process of treatment, the melanocyte can spread from the side of the nail margin to the inside of the white spot, so that the white spot gradually regains its colour, and the possibility of regaining colour from the proximal end of the finger is small, so in the process of treatment, if there are no traces of island of pigment at the nail margin, it is better to take other treatments because the effect of medication and light therapy is not very obvious.

4. Clinical Experience

4.1. Treating the Disease at Its Source

Professor Han believes that the disease is attributable to the body's yin and yang, diagnosis and examination of disease, we must explore the root cause of the disease. Skin disease external to the surface of the skin hair, the internal connection to the internal organs and meridians, as the "spiritual centre - this organ": "depending on the external response to know the internal organs, you know the disease carry on. " Through the vitiligo issued in the skin, clear visceral lesions, within the treatment outside, inside and outside the same treatment, to achieve the purpose of treatment. White spots for the skin loss of nourishment, viscera loss of moistening, blood and gas, so the treatment should be to reconcile the blood and gas, nourish the viscera, to be effective.

4.2. Activating Blood Circulation and Removing Blood Stasis Is the Key

"Su Wen - regulating menstruation theory" cloud: "the owner of the blood and gas ear. " "Su Wen - Wind Theory" said: "The wind is hidden between the skin, the internal is not allowed to pass, the external is not allowed to drain, and for a long time the blood is stagnant, and the skin becomes whitened and becomes white and becomes this disease. " If the blood in the veins does not run smoothly and the veins and channels are stagnant, then the skin will become nourished and become white. Professor Han believes that this disease has a long course, "prolonged illness must be stasis", "there is a spot must be stasis, no stasis is not a spot", so the clinical treatment should be added to promote blood circulation and eliminate blood stasis, such as angelica, peach kernel, safflower flavour, so that the blood and qi and the skin can be nourished, then the spot eliminates itself.

4.3. Regulating Emotions Is Fundamental

Liver belongs to wood, the main excretion, nature like to adjust and evil depression, emotional disorders and liver close relationship, emotional disorders can directly act on the liver to cause disease. Uncomfortable mood, thus liver qi stagnation, qi and blood is not smooth, resulting in local skin qi and blood disharmony for white spots. Professor Han believes that all diseases are born in the gas, the liver is anxious and good at anger, its gas upward will be smooth, downward will be depressed, depression will be fire, and all the diseases are born. If the gas is smooth, the blood will flow, and if the gas is stagnant, the blood will stop. Therefore, if the qi products such as Chai Hu

and Xiang Fu are added to the clinical treatment, then the qi and blood will flow smoothly, the qi will flow smoothly, and the skin will be moistened by qi and blood, and the white spots will go away.

4.4. Nourishing the Spleen and Stomach

The treatment of vitiligo is long, need to continue to take medication, the use of blood circulation, blood stasis, liver, nourishing the liver and kidney medicine easy to damage the spleen and stomach, so that the spleen qi is weak, stomach qi stagnation, the spleen and stomach elevation of the dereliction of duty. Professor Han believes that when the spleen and stomach are defeated, it is difficult to administer all kinds of medicines, if there is stomach qi, it will be born, if there is no stomach qi, it will die, if the middle earth is weak, then the wood will not rise and will be depressed, which will aggravate the recurrence of the disease, therefore, the spleen and stomach are healthy, the diseases will be easy to get rid of, and whoever wants to cure the disease must always take care of the stomach qi. On the basis of diagnosis and treatment, pay attention to the protection of spleen and stomach, make good use of spleen-boosting and transporting drugs such as Codonopsis, Atractylodes macrocephala, Poria, etc. to promote the source of qi and blood, in order to eliminate the cataract of white spots.

4.5. Treatment and Nutrition

In his clinical practice, Professor Han often advocates both treatment and nourishment according to the patient's condition, i. e. , while treating the patient, he attaches importance to the patient's diet, emotions and other aspects of nourishment to promote the improvement of the patient's condition. According to the differences in individual physique, he guides patients on dietary contraindications and ways to release emotions. As Su Wen - Shang Gu Tian Zhen Theory says: "Be calm, be empty, the true qi comes from, the spirit is guarded internally, and the disease is safe from the beginning. " According to Professor Han, patients with this disease should (1) pay attention to personal emotional regulation, and should maintain a calm and peaceful state of mind to achieve the purpose of emotional and spiritual regulation [25]. (2) Diet should be more black-coloured foods such as black fungus, black sesame, black rice, walnuts, etc. , and foods with high copper content such as pig liver, celery and potatoes. (3) Avoid spicy and stimulating foods and cold foods. (4) Avoid trauma [26]. Because the possibility of white spots at trauma is higher [27]. (5) Exercise appropriately to enhance physical fitness. Adjust the mind and exercise the body through taijiquan, eight-duan brocade, five bird play and other Chinese medicine speciality exercises.

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If any, should be placed before the references section without numbering.

Data Availability

Data sharing is not applicable to this article as no new data were created or analysed in this study.

Conflict of Interest

The author states that this article has no conflict of interest.

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