

Discussion on the Treatment of Psoriasis by Sweating and Tongxuan Theory Based on the Perspective of "Visceral Organs and Metaphysical Organs"

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Abstract: Psoriasis is a chronic, immune-mediated inflammatory skin disease with erythema, papules, and multiple layers of silvery-white scales on the surface as the typical clinical manifestations. Xuanfu is a small aperture through which qi and blood are transmitted and operated, and there are Xuanfu in all internal and external organs of the human body. Sweating is a commonly used treatment for psoriasis, and exploring the treatment of psoriasis from the perspective of "Xuanfu of the internal organs" by sweating with wind medicines or sweating with activating the blood has broadened the idea of Chinese medicine diagnosis and treatment of psoriasis and deepened the exploration of psoriasis treatment rules.

1. Introduction

Psoriasis is a papulosquamous skin disease, which was initially thought to be a disease caused mainly by epidermal keratinocytes, and now it has become one of the most common immune-mediated diseases, whose pathogenesis in western medicine is related to tumor necrosis factor α , dendritic cells, and T-cells, and it often involves multiple organs to cause multi-system diseases [1]. At present, biologics and small molecule targeted drugs continue to develop, psoriasis is still the first choice for treatment with topical drugs, and its recognized therapeutic difficulties are the recurrence of symptoms and adverse drug reactions in the course of drug treatment [2]. Chinese medicine focuses on the holistic view, psoriasis is difficult to cure, the use of "Division of external speculation within" "treatment of the disease seeks the root" visceral theory of treatment; Xuanfu is spread throughout the body inside and outside of the microstructure, the viscera also have Xuanfu,

certain gastrointestinal [3], renal [4] and other disorders can be treated through the Sweating through the Xuanfu treatment. If the combination of the viscera Xuanfu and sweating Tongxuan, in order to improve the skin lesions, reduce recurrence and adverse reactions to provide new ideas.

2. Treating Psoriasis From the Perspective of "Internal Organs and Metaphysical Organs"

Psoriasis belongs to the category of "leukoderma" and "ringworm" in Chinese medicine, which is a chronic, recurrent, erythematous and scaly skin disease that often involves the skin and nails, or even the whole body, and co-morbidities are found in many kinds of internal diseases. The Yellow Emperor's Classic of Internal Medicine (HUNDI NEIJING) says: "There are all internal lines in all external", which shows that the skin lesions are closely related to the internal organs and the internal organs, so the treatment of psoriasis is more targeted from the internal organs and the clear location of the disease. At present, psoriasis diagnosis and treatment system is mostly based on Mr. Zhao Bingnan's "blood evidence theory", which divides psoriasis into three types: blood heat, blood dryness and blood stasis. Zou Jiahua[5] believes that blood heat is mainly related to the heart, lungs, and liver; blood dryness is mainly related to the lungs, spleen, liver, and kidneys; and blood stasis is mainly related to the liver and kidneys. Wang Ruijie [6] advocated that psoriasis and sleep disorders are highly related and can be treated from the five organs, especially closely related to the heart, liver, spleen and kidney. Zhu Zebing [7] emphasized that the progression of psoriasis was mainly due to Yin deficiency of liver and kidney and congestion of blood heat; the stationary period was mostly due to deficiency of spleen and qi, internal disturbance of residual heat, or deficiency of spleen and kidney yang, and stagnation of qi and blood stasis; and the waning period was due to deficiency of heart, liver and blood, and wind and dryness, so the treatment was to clear away heat and cool down the blood, and nourish the kidney and nourish liver; clear away heat and dispel wind, and strengthen the spleen and tonify the center; activate blood circulation and eliminate blood stasis, and strengthen the spleen and tonify the kidney; nourish the liver and nourish the yin, and tranquilize the heart and calm the mind; and moisten the dryness and rest the wind, which had remarkable clinical effects. The clinical effect is remarkable.

According to the theory of Xuanfu, Xuanfu (skin coupling) is located in the most superficial layer of the human body and is the first gateway to expel evils. Xuanfu lesions of the most basic mechanism is the Xuanfu stagnation, Xuanfu stagnation of qi, blood and fluids run poorly, resulting in the removal of evil power; Xuanfu occlusion, the evil want to go and no way out, can be seen to open up the Xuanfu of the depression is a very important part of the evil. Liu Wansu "Xuanfu gas and liquid" doctrine mentioned: "but Xuanfu, nothing is not there, people's internal organs, skin, muscles, fascia, bone marrow, claws and teeth, to the world's everything, all have, is the gas in and out of the lift of the road gateway also." Visible Xuanfu not only exists only on the surface of the skin, the human body around the five nine orifices, internal and external organs of the dense micropores are Xuanfu, so the five viscera and six bowels have Xuanfu. Yang Suqing and others [8] believe that psoriasis is mostly due to exogenous six obscene evils or body heat bias obstruction in the skin, and its Xuanfu occlusion and the onset of the disease, and advocate the opening of the Xuanfu method through the beginning and end, in order to penetrate the evil outside for the purpose of treating psoriasis.

3. Concepts of Sweating and Tongxuan

3.1 Wind Medicine Sweating Method

Wind is the longest of all diseases, about the prevention and treatment of wind, "Prepare for the

emergency Qian Jin Fang" cloud: "all feel muscle such as thorns, all by the coupling closed, the evil in the muscle closed, sleepy desire to come out, it is appropriate to pass the coupling to be open, the wind from the out." It can be seen that the wind and the Xuanfu opening closely related to dispel the wind and wind medicine to the crown of the first, the wind medicine is with Xin, penetration, movement, line, run the function of the drug, has to go and do not keep, the characteristics of the circumference of the cycle, the majority of the wind medicine flavor of Xin are rising, good at opening and closing, penetration through the orifices, with the function of the XuanTransparent. Wind medicine law like in the wind and wood and the main ascending initiative, help Yang Sheng Yin long, promote the function of internal organs, so that the circulation of qi, blood and fluid circulation. Once the evil, qi, blood and fluids gathered, local circulation, such as liver qi stagnation, spleen deficiency and dampness, phlegm and blood stasis and other pathological changes, this time the wind medicine of the "pungent dispersal, penetration" characteristics of the aggregation of pathological products of the accumulation of stagnation expulsion or evacuation, blocked by the XuanTong, by the inside and the surface of the evil to give the evil out of the way to attract the evil external penetration. Wind medicine establishes a balanced and relatively constant qi field between the five organs and the metaphysical organs, each of the five organs performs its own function, the five organs and the metaphysical organs interact and synergize, and the qi, blood and fluids run as usual. As the ancients said, "blood and qi Chonghe, all diseases do not arise", the human body can be like water, convective impact on each other, it is difficult to invade the disease and evil. On the contrary, if the evil attack, the balance between the five organs to break down, the five organs between the Xuanfu can use the wind medicine dispersal characteristics of the evil or pathological products will be driven to the skin coupling Xuanfu, layer by layer out of evil, so that the surface of the evil dispersed, the flow of fluids, qi to be fluent, the blood line is not impeded, the internal organs of the yin and yang and harmonization.

3.2 Activating Blood and Sweating Method

"Nei Jing" 'Fire depletes and sends out'. Hair, said sweating. However, in the throat and pharynx, it is not possible to sweat. Therefore, bleeding is one of the ends of sweating." Zhang Zi and break through the conventional concept of only sweating or micro-sweating is "sweating" limitations, local bleeding as "sweating" end, "bleeding and sweating, although the name is different but actually the same! "This viewpoint is based on the theory that blood and sweat have the same origin, expanding the scope of "sweating". For the throat, ears, eyes and other local diseases can not sweat, based on the blood and sweat with the same source, can be achieved through local acupuncture so that bleeding to make the purpose of sweating. Clinical treatment of some thermal skin diseases such as head and face redness, swelling, heat, pain, often with the ear acupuncture point cutting, ear tip bloodletting or fire acupuncture and other special therapies, blood and sweat as the idea of the same source, the first to take the "urgent to treat the symptomatic" meaning, the application of acupuncture or bloodletting to diarrhea congestion of the fire heat, and at the same time to stimulate the meridian qi, with the help of the fire inspired by the whole body or the local qi and blood operation, after the opening of the Xuanfu sweating with heat to attract heat, unimpeded Yingwei qi and blood, to help the fire and heat poisonous evil dissipation, repeatedly received its shortcut effect. Zhang Zihe proposed moxibustion, fumigation, acupuncture are sweat method, often combined with moxibustion and fumigation treatment of psoriasis, modern research shows that moxibustion and fumigation adjunctive therapies can be used to treat psoriasis by supporting the positive and eliminating the evils, regulating the qi and blood, activating blood circulation and removing blood stasis, and warming and dispersing the evils of cold to achieve the treatment of psoriasis purpose [9], therefore, the blood and sweat are the same source of the same idea of the situation for the benefit

of the evils out of the guide. In addition, when psoriasis lesions spread all over the body and the scales are thick and not easy to fall off, it is important to cooperate with Chinese medicine bath treatment, which can make the medicine reach the place of disease directly and reduce the patients' concern about the bitter taste of the internal medicine and the possible adverse reactions, therefore, in addition to the therapeutic means of needling, smoking and moxibustion to open up the basal sweating, the supplemented medicinal bath is also quite effective.

4. Sweating and Promoting the Treatment of Psoriasis on the Basis of the Theory of Xuanfu of the Viscera and Bowels

4.1 Nourishing blood and clearing the mind and tranquilizing the spirit

"Suwen - to true to be a great treatise" said: "all pain and itchy sores, all belong to the heart", elaborated on the heart and sores related to the onset of disease, indicating that the skin diseases can also be regulated by the heart. The Spiritual Pivot - camp health will be" cloud: "take away the blood without sweat, take away the sweat without blood." Some scholars believe that the heart and xuanfu in the synergistic regulation of skin diseases in a close relationship, the muscle surface of the xuanfu not only need to heart regulation, its metabolites also need to use the heart fluid to discharge [10], some scholars believe that the muscle surface xuanfu and viscera xuanfu connected to each other, for the gas and liquid XuanTong flow cloth access, "xuanfu" as a whole body as a small structure throughout the body, all over the body, blood vessels are no exception Everywhere, the blood vessels are no exception, the blood vessels are densely covered with many micro to small holes in the door, the heart blood filled with infiltration of qi and blood in the tissues and organs, then the heart of the Xuanfu - blood Xuanfu - skin coupled with the Xuanfu constitutes the perfect pathway to the transmission of regulating qi, blood and fluid to achieve the "internal irrigation viscera, outside the moistening coupled with the coupled with the" function [11], as the "Medical Zongjinjian" in the words: "The heart of the hidden, within the blood, hair outside for sweat, sweat of the heart fluid." Therefore, in the treatment, attention should be paid to nourishing blood and replenishing blood, so that the heart and blood are full to regulate the function of Xuanfu, and the sweat is sufficient to make the evil dissolve from sweat, and then moisten and nourish the muscle surface so that the lesions can heal. Psoriasis lesion manifests as red spot, bleeding, scales and itching, because of its sex blazing hot "fire is said to be inflammation on", accumulates in the skin coupling, burnt blood, frying fluid, and then turn dryness to produce wind, in addition to the disease is easy to recur, prolonged difficult to cure, clinically often accompanied by irritability, anxiety, can not sleep at night and so on the cardiac system related symptom, clinically treats except for using gardenia, Lianjiao etc. Laxative heart fire outside, often joins cinnamon stick, its flavor is pungent, sweet and warm, belongs to heart meridian, heart masters blood vein, cinnamon stick transmits the heart of xuanfu, transpiration warms the camping blood and sweats since. At the same time pays attention to the advantage of the situation, conforms to the nature of the fire heat "the fire is full of hair", by the heart of the Xuanfu layer XuanTransports to the skin coupling XuanFu, the line of blood veins, promotes the disease healing, gets the good effect.

4.2 Relieve depression and open Xuan Xuan to activate Qi and blood.

The theory of blood evidence" said: "to the liver is wood, wood gas Chonghe Zhida then the bloodstream smooth." Liver to pass for use, the main excretion, from a microscopic point of view to explore the connotation of its "pass", that the liver Xuanfu may be related to the liver sinusoidal endothelial cell window pore composition of the liver sieve, analogous to the Xuanfu in the

structural level and physiological function of the same sex, indicating that the "liver Xuanfu" objective existence [12]. This suggests that the objective existence of "Liver Xuanfu" [12], then the Liver Xuanfu can play an important role in regulating emotion and sentiment and regulating qi and blood in a microscopic way. Mr. Zhao Bingnan believed that the fundamental etiology of psoriasis is "blood-heat depression", and advocated clearing heat and cooling blood, activating blood circulation and removing blood stasis to eliminate plague [13]. Prof. Liu Aimin, based on his clinical experience, found that blood-heat type psoriasis is only a symptom of heat, and that stagnation of liver meridian qi is the cause of its "heat". Stagnation of liver meridian qi is the important source and main reason of heat [14]. We often use wind medicines that enter the liver meridian as the entry point, and use Jingwu, Fangfeng, Chuanxiong, Tribulus terrestris and other medicines that are good for taking the qi part of the liver meridian as well as the blood part of the liver meridian, which are light and dispersing, and play the effect of promoting qi and dredging the liver, nourishing blood and softening the liver. The wind medicines were used to lead the liver fire and liver depression from the liver metaphysics to the coupling of the muscle surface, in order to expel the evil out of the body. Hu Suye [15] and other clinical findings, psoriasis patients internal drug therapy with bloodletting, fire needle Chinese medicine characteristics of external treatment, such as ear acupuncture points cut treatment method, back pinch point stabbing, bloodletting at the skin lesions, etc., can achieve good clinical efficacy. Zhang Chunyan [16] also agreed that bloodletting therapy can open the Xuanfu by sweating, so that the evil can go out; and it can activate blood circulation and remove blood stasis, dredge the meridians and channels; it can effectively improve the symptoms of psoriasis scales and hypertrophy.

4.3 Removing dampness and opening up Xuanfu, invigorating the spleen and resolving phlegm.

As stated in "Medical Principles - The Outline of All Diseases", "When wetness is slight, things will be nourished by it, and when wetness is very strong, things will be corrupted by it". Prof. Zhou Dongmei inherited Mr. Zhao Bingnan's idea of "treating from the blood", and believed that the basic pathology of psoriasis is the accumulation of toxins in the blood, and wetness runs through the whole process of psoriasis, therefore, the treatment of psoriasis is based on the theory of blood evidence and the combined use of the experienced formula of Zhao Lao for removing wetness, which has achieved good results. In the treatment of psoriasis, the combination of Zhao Lao's experienced formula for removing dampness on the basis of blood evidence theory has achieved good clinical results [17]. Dampness is trapped in psoriasis mostly due to spleen deficiency, which generates dampness or over-eating cold and raw food, which leads to loss of spleen's health and transportation, loss of fluid transmission and distribution, which becomes dampness. Dampness is turbid and sticky, which is easy to close the metaphysical system and block the qi, and the dampness accumulates into phlegm, and phlegm and dampness block the veins, which floods in the metaphysical system of dysfunctional system, or phlegm and dampness become heat, and dampness and dampness become hot, and dampness and heat are good at corrosion, which generates sores, and thus erythema, slimy scales and pustules are seen. Therefore, while strengthening the spleen, removing phlegm and dampness, we should open up the depressed and closed Xuanfu. Spleen "like dryness and evil dampness", so the spleen to eliminate phlegm and dampness of the drug can act on the spleen spleen Xuanfu open Xuan, in the form of sweating so that the dampness of the evil to get rid of, some scholars believe that [18] micro-sweating mechanism is the dampness of the evil and the wind is different, because of its nature of viscous difficult to go quickly, if the great sweating, injuring and easy to consume the guards of the yang, so in order to adapt to the characteristics of dampness of the pathogenicity. Therefore, in order to adapt to the disease-causing characteristics of

dampness, it is recommended to slightly sweat, so that the Ying and Wei can be adjusted, the San Jiao can be smooth, and the yang qi can be filled between the surface and the inside of the muscle and the couplings, so that the body can sweat and the disease can be cured. In the treatment of psoriasis with dampness trapped in the spleen, wind medicines are often used in conjunction with ascending medicines. The spleen does not promote clearness, and the dampness trapped in the middle jiao can give the evils a way out upward, and the products such as Astragalus and Ascending Flax are less used to promote lightness, and "the spleen disperses the essence, and returns it to the lungs", so ascending medicines are used to make the dampness return to the lungs, and the addition of wind medicines with a dry nature can not only win the dampness but also help the spleen to promote lightness. At the same time, the fluidity of the wind medicine regulates the lung's propagation, purging and descending, so that the fluid can be normally transported and excreted in the Xuanfu, and the disease can be cured by slightly sweating to get rid of the dampness.

4.4 Declaring the lungs to open the Xuanxuan, and moistening the intestines and dryness.

Suwen - five organs generation" said: "the lung is also the skin, its glory hair also", "lung main hair" including skin, hair, sweat pore and other tissues [19], psoriasis onset of more than closely related to the wind, wind invasion of wind evil to the lung Qi Yu closed, and Yu and the transformation of heat, lung heat and condensation. The "health treasure book": "lung toxicity and heat born sores and ringworm", so from the lung theory of treatment of psoriasis, adjusting its lung XuanShu, gas and liquid transmission normal; XuanTong depression closed XuanFu, often with the honeysuckle, forsythia and other clear lung heat, XuanLung Qi and penetrate the evil to the surface of the product. The onset of psoriasis has obvious seasonality, because of the cold weather in autumn and winter, the coupling is dense, it is difficult to spread the gas, liquid, Yin and Jin, the skin loses its moisturizing and becomes dry. Autumn dryness injures the lungs, the Xuanfu opens and closes the division, the generation of sweat decreases, the Jin loses the transmission of distribution, which is manifested as the skin dryness and flaking; the essence and blood are the same, the dryness of blood gives rise to the wind, and the wind is itchy and difficult to endure. The treatment of psoriasis with ephedra, which is pungent and slightly bitter in flavor, warm in nature, can propagate Wei qi to open and drain the coupling, open and propagate the lung qi to warm and open the qi gate, and warm and pass the meridian qi to pass the joints, so it is good for the treatment of arthropathic psoriasis to match with the products of relieving the surface and opening the Xuanxuan and dispelling the wind and opening up the collaterals, such as ephedra and Weilingxian. Wind medicines are pungent and moist and can neutralize dryness, and "Suwen - Dirty Gas Law of the Hour" says, "Pungent dispersal, acid collection, and sweet slow." Pungent medicines can disperse, can line, to achieve the purpose of moistening dryness, wind medicine through the lungs to run its fluid metabolism malfunction into dryness, such as if the cool dryness is too much, often adding perilla leaves, half-summer, ginger and other pungent and warm products, so that its fluid transmission normal, moistening and nourishing orifices and skin and hair. In addition, the lungs and the large intestine with the surface, stagnant blood and its Xuanfu closed, through the intestines Xuanfu can also give the evil out of the way, so that the blood circulation, the evil driven outside.

4.5 Warming the kidney and fixing Xuanxuan, regulating Jinxing water

"Medical Zong Jinjian" said: "sweat generation depends on the heart of the yang gas vaporization, the heart of yang in the kidney yang, the two are interdependent, fire and water," visible Xuanfu open and close, sweat discharge depends on the kidney yang vaporization and the kidney essence of the sealing. Su Wen - dirty gas method of the theory of "cloud:" Kidney bitter dry,

eat spicy to wet the emergency, open the coupling, to the fluid, through the gas also." This refers to the role of pungent medicines to open the coupling, pass yang qi, cloth kidney essence, and moisten kidney dryness. Combined with psoriasis patients' scales scratching like snowflakes falling off with itching, wind-heat, blood-heat, and humidity-heat dryness can be added to warm and replenish the kidney yang, moisten and moisturize kidney dryness on the basis of the pungent opening of XuanTongXuanFu, or with WeiLingXian, scorpion, and other XuanShiWenTong medicines to get rid of renal wind, and the pungent dispersal is applied together with the dispersal of tonic to regulate the root of psoriasis. The microscopic pathology of psoriasis is characterized by infiltration of epidermal and dermal inflammatory factors in the lesion area, dilation of superficial blood vessels, and edema of the dermis, which can be interpreted as the depression and closure of xuanfu in traditional Chinese medicine (TCM), and the qi, blood, and fluids can't reach the xuanfu and stay in the xuanfu, which will eventually lead to edema. Some studies have shown that some patients with IgA nephropathy with a history of psoriasis, short-term development of IgA nephropathy combined with erythrodermic psoriasis, and rapid deterioration of peripheral edema [20], psoriasis can be seen overflowing the skin to become a "hidden edema", can be opened through the kidney Xuanfu adjusting the fluid and line of the water to promote the metabolism of fluid to facilitate the water to eliminate edema to obtain the effect of the rafter. The effect can be achieved by opening the kidney and regulating the flow of fluid and promoting the metabolism of fluid to relieve water and swelling. When clinically treating psoriasis qi and blood weakness, the idea is to tonify qi and blood, warm the kidney and help yang, often adding epiphyllum to reduce fire and anger, Huang Jing to fill in the essence and benefit qi, Huang Qi and Codonopsis to benefit qi and solidify the epidermis, and combining wind medicines such as hemp and gui to warm up the meridians and pass the metaphysics to the epidermis, and adding wind medicines into qi tonifying medicines, so as to make the righteousness and vigor of the wind medicines, and take the meaning of "wind medicines to strengthen the qi". Kidney yang and kidney essence are sufficient, then the kidney Xuanfu passes, and there is a source of sweat biochemistry, which leads directly to the place of disease that is cured.

5. Summary

The mechanism of psoriasis is complex, often involving multiple organs and at the same time, there are mixed evidence of deficiency and reality. According to the main pathogenic characteristics of psoriasis, combining with the key factors of Xuanfu depression and closure, while sweating and promoting Xuanfu, it is skillful to accurately identify with the five viscera, emphasizing that identification of viscera and promotion of Xuanfu are equally important, and the layers of penetration reach the Xuanfu of the muscle coupled with the couper to drive the evil out. Finally, in the clinical thinking, we should always be full of the spirit of creativity and innovation, and then guide the subsequent clinical practice.

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