

Clear Lung and Beautification Decoction Treating 58 Cases of Acne

Formula:

Sheng Sang Bai Pi, Zhe Bei Mu, Dan Shen, Di Gu Pi each 15g

Huang Qin, Bai Zhi each 10g

Chao Ji Li 20g, Bai Xian Pi 30g, Mu dan pi 18g, sheng gan cao 6g

Modification:

Lung heat with blood accumulation, add sheng pi ba ye 9g, huang lian 10g.

Constipation, add da huang powder 6g, tao ren and ku xing ren each 9g

Pustule, add Chong Lou 9g, tian hua fen 12g

Liver qi stagnation, add xiang fu 9g, chai hu 6g

Nodules, add zao jiao ci 10g, mao zao cao 9g

Sedimentation, jiang can 12g, sheng mu li 25g and rou gui 3g

Instructions:

Drink daily, 10 days as one treatment course. Keep skin clean and do not squeeze the rash, avoid spricy, greasy, fried food, and keep smooth bowel movement.

Results: 46 cured, 10 cases improved, 2 cases no effect. Total effect rate 96.6%.

(2001-4-p63 xin zhong yi)

Wu Wei Xiao Du Yin in the treatment of Acne

Wu Wei Xiao Du Yin (Five herb Detox Drink), from *Yi Zong Jin Jian*

Composed of Jin Yin Hua, ye ju hua Pu Gong ying, zi hua di ding, tian kui zi.

Actions: clear heat, detoxication, clear and disperse rashes and sores.

Case: female, 38 years of age, severe acne on the face for more than 5 months, strong constitution, closely related to spicy, hot food, red rash, swelling, distension, itching, constipation, yellow urine, red tongue tip, yellow greasy tongue coating, slippery and rapid pulse.

Diagnosis: Acne (accumulation toxic heat)

Treatment principle: clear heat, cool the blood, detoxication, and remove blood stasis.

Formula: wu wei xiao du yin plus san huang tang (three Huang's decoction)

Ye ju hua, jin yin hua, pu gong ying, dan shen each 30g

Zi hua di ding, chi shao, da huang each 15g

Huang qin, huang lian, each 10g

Administration:

One dose a day. After five doses, the rashes obvious improved. Keep another five doses, the rashes disappeared. One monthes later, she got relapse because of intake of spicy food. Take the formula again for seven doses and the rashes went away. Tell patient avoid spicy and greasy food. No relapse after one year follow-up.

(2001-4-p69, xin zhong Yi)-----