

## **Chronic Urticaria treated by Liu Wei Di huang Wan Plus**

30 cases of chronic urticaria was treated since 1995.

Formula:

Shan yao, bai ji li, chi shao yao, shu di huang each 15g

Fang feng chan yi, shan zhu yu, ze xie each 10g

Mu dan pi 9g, fu ling 12g, quan xie (powder, resolve) 6g

Dampheat: add tu fu ling, bai xian pi, yi yi ren each 30g, ku shen 15g

Yin deficiency with heat: add di gu pi, zhi mu each 15g, huang bai 10g

Onset by heat stimulation: add niu bang zi 15g, zi cao 30g

Onset by wind-cold stimulation: add gui zhi 10g, cang er zi 15g, she chuang zi 30g

Constipation: add da huang (put in later) 8g

**Instructions:** Take one dose a day, and one month as one treatment course. Stop any western medications during the treatment and avoid eating sea food, spicy, hot food, stop smoking and drinking.

### **Results:**

Among the 30 cases, 22 were cured, 5 were markedly improved, 5 were improved and 2 were effective and one had no effect. The total effective rate is 96.67%

### **Discussion:**

Recurrent urticaria (hives) damages yin-fluid of the body and gradually consume both kidney yin and yang, leading to low immunity. Kidney deficiency is the root for chronic urticaria. Thus liu wei di huang wan is used to nourish kidney yin. Other herbs are added to expel wind and stop itching. Also herbs for enhancing immunity and circulating qi in the collaterals are added.