

Clinical Experience in the Treatment of Pruritus in The Elderly with Dangguiyinzi Sub-state Target Homoeopathy

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Abstract

Pruritus in the elderly is a common chronic itchy skin disease, the course of the disease is prolonged, easy to diagnose and difficult to treat, the recurrence rate is high, seriously affecting the quality of life of patients. We use traditional Chinese medicine internal service plus Chinese medicine appropriate technology individualised treatment programme, internal regulation of internal organs and external treatment of the skin, the state of the target with the adjustment, can achieve fast results, stable effect. And specially cited experimental case summary of angelica drink orally regulate the state and skin fumigation target treatment of blood deficiency and wind dry type of elderly itchy skin clinical experience, for colleagues to refer to.

Keywords

Pruritus in the elderly; Dangguiyinzi; state-targeted homoeostasis; case study.

1. Introduction

Pruritus in the elderly is a skin disease without primary lesions, only itchy skin or secondary scratches, scabs, and mossy lesions [1], with a domestic incidence of about 31.0% [2]. The pathogenesis of this disease has not been fully elucidated by modern medicine, and it is thought to be related to skin barrier dysfunction, skin immune response, and central and peripheral neuropathy in the elderly [3]. The disease belongs to the Chinese medicine 'wind itch', 'blood wind sores', 'itchy wind', 'itchy evidence', the identification involves a variety of deficiency, cold and heat. The identification involves a variety of subtypes of deficiency, solidity, cold and heat. The effect of single therapy of Chinese and Western medicine is unsatisfactory, with poor long-term effect, high recurrence rate, etc., which seriously affects the sleep and quality of life, and the patients are physically and mentally damaged [4].

The idea of 'state-target co-adjustment'[5] originates from the theory of state-target combination of treatment by Tong Xiaolin, academician of the Chinese Academy of Sciences. 'State' is an overall summary of a certain stage of the disease, i.e., the imbalance of yin and yang in the body and the emergence of some kind of deviation, including the main symptoms and symptoms; "target" includes the disease (disease target), symptoms (symptom target), physical and chemical indicators (target), for the "target" of Chinese medicine and prescription, the "target" is the same. Target' includes disease (disease target), symptom (symptom target), physical and chemical index (target), and Chinese medicine and prescription for "target" are called target medicine and target prescription.

We on the old skin pruritus, through the Chinese medicine internal combined with Chinese medicine fumigation state target with the adjustment of treatment, clinical observation shows rapid onset of effect, stable efficacy. We would like to cite a case for clinical application.

2. Examples of Cases

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Wu Moumou, male, 88 years old. Date of first consultation: 2022-02-21.

Complaint: Itchy skin for more than 2 months.

History: In the past 2 months, the patient had dry and itchy skin with no obvious cause, especially on the lower back, which was obvious at night and affected his sleep. She was diagnosed as 'pruritus in the elderly' and was given western medicines such as loratadine and glycerite lotion, which relieved her symptoms, but the symptoms were easy to recur after stopping the medicines, so she sought treatment from a traditional Chinese medicine practitioner. Carved diagnosis: dry skin all over the body, waist and back, limbs can be seen scratches and scabs and patches of moss-like changes, accompanied by symptoms: insomnia and dreaminess, upset and impatient. Normal bowel movement. The tongue is purple and dark with cracks, the tongue coating is yellowish and mottled, and the pulse is thin and smooth.

Previous history of hypertension, diabetes mellitus, right nephrectomy for kidney cancer, lumbar disc herniation.

Western medicine diagnosis: pruritus in the elderly

Chinese medicine diagnosis: wind itching

Identification: blood deficiency and wind dryness

Treatment: nourishing blood, dispelling wind, moistening dryness and stopping itching.

Prescription: 1. Internal formula: Angelica sinensis drink plus subtraction ('School Notes on the Woman's Good Prescription')

Angelica Sinensis 15g White Peony 15g Rhizoma Ligusticum Chuanxiong 15g Rhizoma Dioscoreae 20g Thornybush 10g Fenghuang 10g Cinnamomum Cassia 10g Fructus Cinnamomum Pinnatifida 15g Dragon Bone 30g (decocted) Mother of Pearl 30g (decocted) Tribulus Terrestris 12g Prepared Shouwu 15g.

Usage: 5 pills, 1 pill per day, decoct water to 400ml, take in the morning and evening.

2. Fumigation formula: still using angelica drink plus subtractions

5 pills. Adopt whole cabin fumigation therapy instrument treatment. 30 minutes each time, once a day.

Operation method: put 1 medicine into a cloth bag, placed in the whole cabin fumigation therapy instrument medicine cylinder, first cold water immersion for 30 minutes, then turn on the power supply, heated to 37.0 °C, asked the patient to undress into the cabin seated, head exposed to the outside, adjust the comfortable position for fumigation therapy, treatment, guarded. Cabin temperature can be adjusted, generally maintain 39 °C -40 °C, can be closed at any time after the end of the treatment, the patient was asked to dry the body in a timely manner, wearing cotton underwear, appropriate drink warm water to replenish moisture.

Second diagnosis (2022-02-27): itching reduced, anxiety improved, check no new scratches and blood. No new scratches and bloodstains. 5 more doses were taken. Fumigation was changed to once every 2 days.

Third examination (2022-03-06): itching basically relieved, sleep at night, no obvious skin lesions. Tongue dark red cracked moss thin white, pulse is fine.

Stop taking Chinese medicine. Change fumigation to once a week to consolidate the effect.

Fourth diagnosis (2022-4-11): the patient did not have itching again and the skin lesions disappeared. The patient took a total of 10 doses of traditional Chinese medicine, and the whole cabin was fumigated with traditional Chinese medicine 12 times. Follow-up 3 months without recurrence. He was cured. The patient was advised to avoid wind and cold, wear cotton clothes and eat less spicy stimuli.

Press: The patient was 88 years old, suffering from many basic diseases, and one side of cancer nephrectomy. In the past 2 months, his skin was dry and itchy, and he could not sleep at night, with scratches and blood stains. Western medicine diagnosed pruritus in the elderly, Chinese medicine diagnosed wind itch, and the diagnosis was blood deficiency and wind dryness type. The patient is old and sick, Yin and blood deficiency, wind and dryness, so see dry skin itching; blood deficiency, wind and dryness, disturbing the mind, insomnia and dreaming, upset and impatient; tongue purple and dark cracks, moss yellowish spot peeling, pulse string thin and slippery, are all blood deficiency, wind and dryness of the phenomenon. Therefore, the treatment is to nourish the blood and moisten the dryness, dispel the wind and stop itching, the formula selected Angelica drink. Internal formula will be angelica drink go astragalus plus cinnamon sticks, and white peony and Ying Wei; plus white fresh skin to strengthen the heat and cool the blood to stop itching and tranquillise the spirit; plus bone mother of pearl to re-centralize the tranquillity of the spirit to stop itching and help sleep. The whole formula nourishes and cools blood, dispels wind and stops itching, removes vexation and calms the mind, and treats both form and spirit.

At the same time, the basic formula is still angelica drink, the internal prescription of bone marrow, mother of pearl, add mulberry white bark, cypress leaves, Poria cocos, groundnut, bitter ginseng, snakebeds to nourish the blood and clear heat to eliminate the wind and relieve itching, sitting in the fumigation cabin skin fumigation treatment.

Therapeutic effect: a total of 10 oral Chinese medicine, skin fumigation 12 times, treatment for the first time that is itching to reduce the effect of treatment for 1 week, 2 weeks show results, 3 weeks cured. After smoking once a week to consolidate one month. No recurrence in 3 months.

3. Discussion

Pruritus in the elderly is a common chronic pruritic skin disease, 'Expert Consensus on the Diagnosis and Treatment of Pruritus in the Elderly' [1] diagnostic criteria: age ≥ 60 years old; only itchy skin without obvious primary rash; daily or almost daily itching, and lasts for more than 6 weeks. Expert Consensus on Traditional Chinese Medicine Treatment of Pruritus [6] Criteria for Blood Deficiency and Wind Dryness: the disease occurs more often in the elderly, with a longer course of the disease, dry and itchy skin, which is often aggravated at night, and itchy areas are indeterminate, with visible flakes of skin and bloodstaining. Its etiology is still unknown, more triggering factors, complex pathogenesis, easy to diagnose and difficult to treat, easy to recur, prolonged and difficult to cure. At present, western medical treatment is mainly based on antihistamines, glucocorticoids and other drugs, but there are problems such as limited efficacy and obvious side effects.

Chinese medicine has a more comprehensive understanding of the etiology and pathogenesis of the disease, and the types of the disease include blood deficiency and wind-dryness, liver and kidney yin deficiency, camp and guard disharmony, yin and yang deficiency, spleen and kidney

yang deficiency, blood stasis and wind generation, stomach and yin deficiency, dryness and heat injury to the lungs, and qi and blood deficiency, etc. Among them, blood deficiency and wind-dryness is the most common type. One of the most common evidence of blood deficiency and wind dryness, the main mechanism for old age, yin and blood deficiency, skin loss of nourishment, wind and dryness within the birth, so the skin is dry and itchy. 'The body is deficient in wind, wind into the couper, and the blood fight' ('the origin of all diseases') "blood does not glorify in the muscle and couper, so itchy" ('Danxi Xinfu') 'itchy all over the body, and there is no scabies, scratching is not more than' (The Complete Book of Surgical Evidence and Treatment).

Chinese medicine has a long history of treating pruritus and has accumulated rich experience. Clinical evidence comprehensive consideration of the patient's physical, environmental, emotional and other factors, according to the person at the time and place of multi-method synergistic, orderly and organic integration of Chinese medicine appropriate technology (such as traditional Chinese medicine, acupuncture, moxibustion, acupuncture, guidance, smoked medicines, gua sha, finger pointing, massage, massage, etc.), to achieve complementary synergistic effect, in order to achieve the treatment of the disease to seek the root of the purpose of the secret of yin and yang [7]. The so-called 'all things together and do not harm, the road goes hand in hand and does not contradict' ('Li Ji - Zhongyong').

According to Tong Xiaolin academician's 'ten states of chronic diseases' (cold state, hot state, dry state, wet state, depressed state, stasis state, barren state, congestion state, old state, virtual state) [8] and '19 articles of new disease mechanism' [9], 'all crumbs of the skin dry, dry limbs, all belong to the dryness' and the theory of the target of the state, the patient belongs to 'the old state, the state of the virtual state, The patient belongs to 'old state, deficiency state, dry state', so to nourish blood and moisten dryness, dispel wind and stop itching as the treatment principle, Angelica drink formula in the four things in the soup to cool blood to nourish blood and activate the blood, Fangfeng, Jingbao to dispel the wind and stop itching, Astragalus to replenish the qi and nourish the blood, He Shouwu to nourish the blood to dispel the wind, Tribulus terrestris to dispel the wind and detoxification, licorice to reconcile the medicines, the whole formula is cleverly matched to achieve the efficacy of clearing heat to activate the blood, moistening dryness and dispelling the wind. This formula has been used since the Song Dynasty to treat various skin diseases with blood deficiency and wind-dryness as the main pathogenesis, 'using tonic medicine to nourish yin and blood, blood and muscle, the itch will not come back' ('Danxi Xinfu').

Modern pharmacological studies have shown that Angelica sinensis can correct the immune imbalance, reduce the inflammatory response; improve the state of the 'fur microenvironment' [10], through the regulation of the 'itch-anxiety' cycle of immune-neuromodulatory mechanisms [11], to alleviate the itching and anxiety of patients, with physical and mental regulatory effects. It has the effect of physical and mental regulation.

According to the principle of 'internal disease or not its external, external disease must be rooted in its internal' ('Surgery Zhengzong'), Chinese medicine skin fumigation is still based on the basic formula of Angelica sinensis drink plus blood nourishing, heat-clearing, wind-relieving and anti-itching medicines, which embodies the principle of 'external treatment is the same as that of internal treatment, and the medicine of external treatment is the same as that of internal treatment, but the differences are in the method' ('Ribao'). ' ('Li Bo Eqian Wen').

Chinese medicine cabin fumigation [12] can make the drug absorbed transdermally by heat, which can not only target to improve the skin barrier function to relieve itching, but also regulate qi and blood to adjust the pathological state. It has the advantages of non-invasive, comfortable and high patient compliance, and is especially suitable for people with multiple coexisting diseases and weak or abnormal internal organ functions. During the treatment process, the hand can be extended to the treatment cabin to read books, read mobile phones

and write, and squinting is not affected. The pod comes with music, which can be self-adjusted and listened to. The patient's near-term results and long-term stability of the effects of traditional Chinese medicine fumigation, avoiding the inconvenience of applying medicine, the pain of acupuncture, the bitter taste of medication. The patient is happy to accept, consolidate the therapeutic effect, and reduce the recurrence.

In the context of modern medicine, state-targeted medicine is a historical choice for TCM inheritance and innovation [13]. In terms of prescription, angelica drink embodies the 'state' of adjusting old age, blood deficiency, wind and dryness, and the 'target' of fighting itchy disease, itchy evidence and itchy evidence. From the therapeutic method, Angelica sinensis drink can be used internally to adjust the 'old state, deficiency state, dry state', and smoked externally to hit the 'itchy target'. In this case, the treatment of itchy skin in the elderly through the internal administration of Angelica sinensis drink plus and minus Chinese medicine + fumigation, to achieve the effect of 1 week: itching reduction, sleep improvement; 2 weeks of apparent effect: skin lesions subside, anxiety relief; 3 weeks of clinical healing, 3 months of follow-up did not recur, and received the state of the target is adjusted, the shape of the spirit and good therapeutic effect.

4. Summary

Elderly itchy skin only because of itching leads to sleep and emotional disorders in patients, the spirit of the form of restlessness, seriously reducing the quality of life. The treatment is based on the 'state and target adjustment', internal and external treatment, internal regulation of internal organs and qi and blood imbalance of the state, external treatment of itchy skin target, but also take into account the patient's mood in order to tranquillise the spirit and sleep, to achieve the disease - evidence - prescription - medicine - technology - effect of six in one, the symptomatic and fundamental, highlighting the unique advantages of modern Chinese medicine in the treatment of geriatric itchy skin, chronic skin diseases in old age to adjust the state of the target to provide a replicable clinical experience. It provides a clinical experience that can be promoted.

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