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Herbal treatment for itchy skin



Mark's skin condition improved after 15 months of treatment at Tangs Clinical Centre TCM. PHOTOS: Tangs Clinical Centre

Shortly after he was born, Mark developed a rash on his face. The appearance of rashes or other skin problems is very common among newborns, but most go away on their own in a few days or weeks.

However, when Mark celebrated his first birthday, the rashes were still visible. His parents had no history of dry and itchy skin, so they just applied moisturiser to relieve the symptoms.

When he turned three, he had red,

scaly rashes on his neck, legs and arms. This continued for over three years.

Atopic dermatitis is an immune system related skin condition that is prevalent in children but may occur at any age.

Those who have an "atopic tendency" may develop any or all of three closely linked conditions: atopic dermatitis, asthma and hay fever (allergic rhinitis). Often, these conditions

run within families with a parent, child or sibling also affected.

Treatment at Tangs Clinical Centre TCM aims to relieve discomfort caused by skin problems.

Dr Tang has identified some very useful active plant compounds, such as Radix Astragali, Radix Salviae Miltiorrhizae, Ramulus Cinnamomi and Radix Codonopsis Pilosula, and formulated them into a unique herbal formula to help the body to achieve

homeostasis, supporting the immune system and relieving the symptoms in a natural and safe way.

The little boy's skin condition worsened initially, but gradually the symptoms seemed less intense than those before.

After 15 months of treatment at Tangs Clinical Centre TCM, Mark experienced less itchiness. Sixteen months on, Mark's skin condition has improved and his skin appears more normal.

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Summary of Therapies for Chronic Eczema



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Immunosuppressive drugs are the mainstay conventional therapy for eczema. Topically applied corticosteroids have been the first-line treatment since the late 1950s. While providing excellent short-term relief, prolonged usage of corticosteroid may have adverse side effects, including thinning of the skin, worsening of a pre-existing skin infection, changes in skin colour, acne and rosacea. Two recently approved TCI creams (topical calcineurin inhibitors) contain immunosuppressant agents which may result in side effects such as a burning sensation on the skin. Antibiotics are prescribed should there be bacterial infection. Systemic immunosuppressants, like phototherapy (PUBA, UVB), prednisolone, MTX, ciclosporin and azathioprine are used to improve treatment efficacy. However, it may also cause kidney and liver toxicity to develop. TCM formulas to suppress the immune system to manage symptoms of eczema commonly include herbs such as honeysuckle (金银花) [Lonicera], licorice (甘草) [Glycyrrhiza], threewingnut (雷公藤) [Triperygium], dittany bark (白鲜皮) [Dictamnus],

light yellow sophora root (苦参) [Sophora], cicada slough (蝉蜕) [Cryptotympana], selfheal (夏枯草) [Prunella] etc.

Dr. Tony Tang and his TCM clinic are currently applying a counter reversal application towards the cousins of the two conventional western and eastern immunosuppressive treatment. The clinic uses herbal ingredients such as Astragalus, Paeonia, Codonopsis, Saposhnikova etc. to help maintain the immune system at a balanced, normal and healthy stage. Although Eczema is not a life threatening disease, the symptoms associated with the condition require some time to manage. The right choice of treatment therapy is integral and a doctor should be consulted. In any recommended treatment, the patient's safety should be the top priority.

Clinical Research Publication:

1. Review of Treatment for Psoriasis, a Botanical Formula. *Journal of Dermatology*. 2005; 32(12): 940-945
2. A herbal medicine for psoriasis. *European Journal of Dermatology*. 2008; 18(3): 352-353
3. Atopic Dermatitis. *Complementary Therapy*. 2009;2(5):58-62
4. A 14-year-old girl with multiple, firm, dome-shaped eroded nodules and itching on the limbs. *Dermatologic Therapy*. 2010; 23(3): 299-301
5. A Nonimmunosuppressant Approach on Asia Psoriasis Subjects: 5-Year Followup and 11-Year Data Analysis. *Dermatology Research and Practice*. vol. 2012, Article ID 304172, 11 pages, 2012. doi: 10.1155/2012/304172
6. Review of the regulations for clinical research in herbal medicines in USA. *Chin J Integr Med*. 2014 Dec; 20(12): 883-93

Consultation Hours: 11am - 5pm, Tuesday - Saturday



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