

ADVERTORIAL | SPH CONTENT LAB

Herbal care for red and scaly skin

Tom (not his real name), 70, had been suffering from a chronic skin condition for six years.

At that time, red patches appeared on his calf, and the doctor confirmed it as a symptom of psoriasis, an autoimmune disease.

The red patches and scaly skin gradually increased on his body, spreading to the sides of his arms, elbows and face.

There were even rashes and white debris in his ears.

Since then, he suffered three years of skin irritation, which not only affected his social life but also gave him low self-esteem.

Over the years, he endlessly sought various treatments, including steroids and traditional Chinese medicine (TCM). However, whenever the

treatment stopped, severe relapses followed.

Three years ago, thick rashes appeared on his hands, greatly affecting his daily life.

This time, he sought the help of Tangs Clinical Centre TCM.

At first, his skin worsened. The rash turned thick and red, and the peeling of skin increased, both of which were the signs of rebound phenomenon.

Psoriasis occurs in a wave-like regression process, where the first relapse is the most intense.

Thereafter, his condition showed gradual improvement after continuous treatment.

Light relapses might occur but the symptoms of psoriasis will eventually be managed (Figures 2 to 10).

Patients who had previously taken



Tom underwent therapy at Tangs Clinical Centre TCM for his skin condition.

PHOTOS: Tangs Clinical Centre TCM

immunosuppressive drugs will recover gradually but experience a wave-like flare-up process, especially on the skin areas where the corticosteroids

cream was frequently applied, says Dr Tang.

After 20 months of care, Tom's skin improved.



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Consultation Hours:
11am - 5pm Tuesday - Saturday

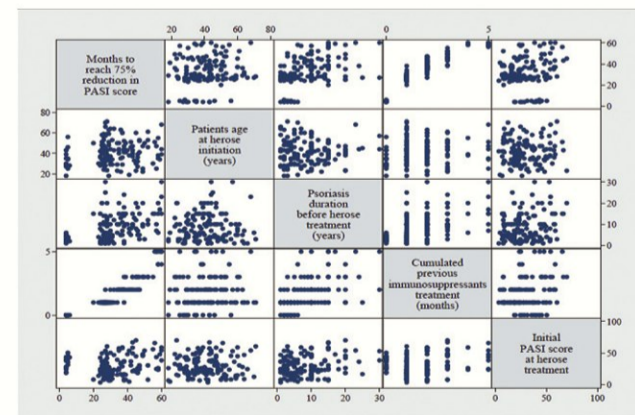
Presented by Tangs Clinical Centre TCM

Summary of Therapies for Psoriasis

Immunosuppressive drugs are the mainstay conventional therapy for psoriasis. 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 effects, including thinning of the skin, worsening of a pre-existing skin infection, changes in skin colour, acne and rosacea. The other potent systemic immunosuppressive drugs, i.e. prednisolone, cyclosporine and MTX would be prescribed for moderate to severe psoriasis. TCM formulas that suppress the immune system are also to manage symptoms of psoriasis 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.

Tangs Clinical Centre TCM are currently applying a counter reversal application towards the cousins of the two conventional western and eastern immunosuppressive treatment. The clinic uses herbal ingredients to help maintain the immune system at a balanced, normal and healthy stage. Although Psoriasis 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.

Correlation between months required to reach a 75% reduction in Psoriasis Area Severity Index (PASI) score and ($r = 0.9154$). However, the correlation with other factors such as patients age, psoriasis duration and initial PASI score are weak ($r = 0.1295, 0.4400, 0.1783$, respectively). The time taken to reach PASI75 and clinical clearance significantly depends on the dosage and potency of the immunosuppressants that the patients had formerly consumed.⁽⁵⁾



Clinical Research Publication:

1. Review of Treatment for Psoriasis Using 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. Current evidence on the effectiveness of systemic herbal medicine for psoriasis: A systematic review with meta-analysis. Glob Dermatol. 2(3):117-127 DOI: 10.15761/GOD.1000136



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