

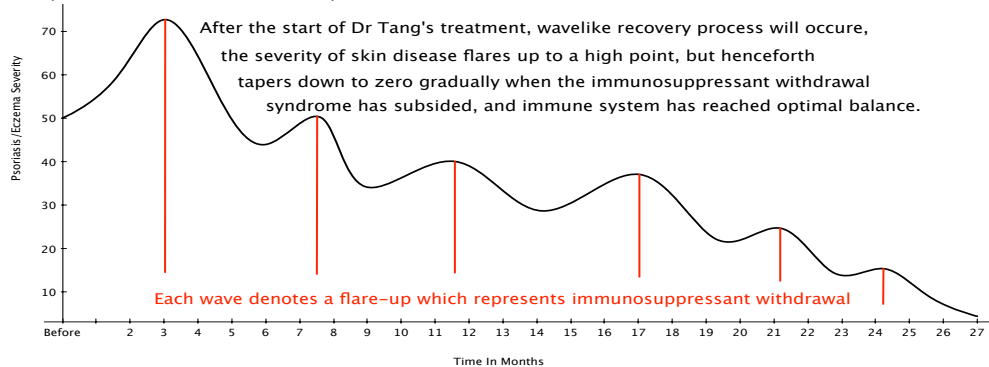
**反对使用激素及免疫抑制剂和有激素作用的草药治疗免疫皮肤病**  
**Do NOT use of Steroids/Immunosuppressants in the treatment of Skin Diseases!**

### 1 Immunosuppressants:免疫抑制剂 (DO NOT USE)

**Conventional:** 皮质类固醇(激素)steroid,放射疗法(UVB,PUVA),氨甲蝶呤(MTX, Methotrexate),硫唑嘌呤(Azathioprine), 霉酚酸酯(MMF, Mycophenolate mofetil), 羟基脲(hydroxyurea), 硫鸟嘌呤(Thioguanine), 环磷酰胺(Cyclophosphamide), 苯丁酸氮芥(Chlorambucil), 阿霉素(Doxorubicin), 阿维 A 别嘌呤醇(Acitreten), 依曲替酯(Etretinate), 异维甲酸 (Isotretinoin), 蓓萨罗丁(Bexarotene), 环孢霉素(Cyclosporine), Tacrolimus (FK506), 吡美莫司(Pimecrolimus, ASM981), 西罗莫司(Sirolimus), Leflunomide etc..

**Herbal:** 甘草 Glycyrrhiza (Licorice), 金银花 Lonicera (Honeysuckle), 白鲜皮 Dictamnus (Dittany Bark), 蝉蜕 Cryptotympana (Cicada Slough), 大黄 Rheum (Rhubarb), 雷公藤 Triperygium (Threewingnut), 苦参 Sophora (Light Yellow Sophora Root), 夏枯草 Prunella (Selfheal), 柴胡 Bupleurum(Thorowax), 虎杖 Polygonum cuspidatum, 土茯苓 Smilax glabra (Glabrous Greenbrier) 郁金(姜黄) Curcum (Turmeric), 冬虫夏草 Cordyceps sinensis, 鱼油 Fish oil, 亚麻籽油 Flaxseed oil, 白藜芦醇(葡萄多酚反转醇) Resveratrol (Extract from - Grape Seed / Grape Skin / Peanut / Cocoa Powder / Red wine).

### 2 Treatment Prognoses: Wavelike Process (Immunosuppressant Withdrawal Syndrome) 波浪式反复(免疫抑制剂反弹症)



### 3 Time Required for Full Recovery 治愈时间

Group A: Approximately 120 days (for patients who have never been on immunosuppressant/steroid therapy)  
 Group B: For every month of immunosuppressant therapy (PO, IM, IV) experienced by this group, the baseline time of recovery (120 days) will likely be lengthened by a factor of 7, plus another 120days. The exact recovery time depends on the duration and dosage of previous immunosuppressant/steroid therapy formerly applied. It can be assumed that Group B patients will require a proportionately longer period of time before they can overcome the withdrawal syndrome (see prognosis chart above), restore balance to their suppressed immune system, and thereafter enjoy long-term recovery from their balanced and strong immune system.

A 组: 约 120 天。

B 组: 以前口服免疫抑制剂治疗 1 个月,在 120 天基础上增加 7 个月,以此类推。  
 光照疗法和类固醇(激素)药膏的种类及其效能不同,难以计算。

### 4 Endpoint Criteria for the Recovery Phase: 治愈标准

At this juncture, psoriatic sufferers will see that their skin lesions will have all been eradicated without further relapse. Some of the formerly affected skin areas will take on a pale coloration (similar to vitiligo in color) compared to the normal surrounding skin. This shall fade off after about 3 months. Thereafter, no further medication will be required. The possibility of relapse will be very low for the next 30 years. (The first patient cured with Tangs treatment in 1980, has yet to suffer a relapse to this day.)

所有的癬疹完全消退并且其中一些消退的癬疹原地出现白癜风样颜色(大约 3 个月左右变为正常肤色),治愈后约 30 年不复发(第一例患者于 1980 年痊愈,至今未复发)。

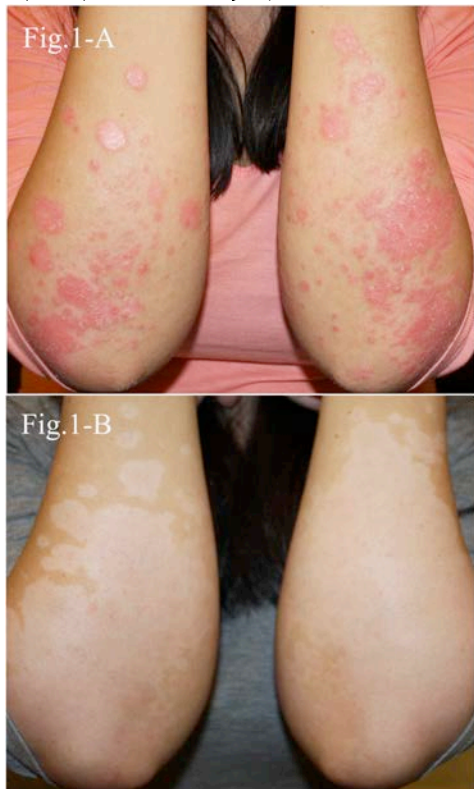
### Do's and Don'ts During Treatment 治疗禁忌

Abstain from all immunosuppressants<sup>1</sup> and oral contraceptive pills. Avoid alcohol consumption and late nights.

Avoid hot baths and aggravating of psoriatic lesions by scratching or peeling. Adopt a more relaxed lifestyle.

皮质类固醇等免疫抑制剂药物(包括 UVB 和 PUVA)和植物类免疫抑制剂药物(甘草,白鲜皮,蝉蜕,大黄,金银花,雷公藤等),口服避孕药,饮酒,熬夜,刺激癬疹(搔抓搓),精神情绪不稳定,热水洗浴。

**Fig.1** The subsided lesion area fades to a pale color (likened to vitiligo)  
 图1 消退后的皮疹原地出现白癜风样颜色



**Fig.2** The subsided lesion areas fade away to a greyish color  
 图2 消退的原地皮肤变为灰色



**Fig.3** Ring Type Recovery in Group B-2  
 (Improvements begin from the centre of the psoriatic plaque, and their remission expands towards the periphery of the psoriatic lesion.) 图3.B-2组环形愈合



**Fig.4** Alternative Ring Type Recovery in Group B-2  
 (Improvements begin from the centre of the lesion, and remission expands towards the periphery of the lesion; the psoriatic lesion concurrently extend slightly towards the circumference)

