

# TANGS CLINICAL CENTRE TCM

470 NORTH BRIDGE ROAD, #05-01, BUGIS CUBE, SINGAPORE 188735

TEL +65.6333.4066 FAX +65.6333.9654

www.tangsclinical.com

## DO NOT USE FOLLOWING ITEMS TOGETHER WITH TANGS HERBAL MEDICINE

### Immunosuppressants List

#### 免疫抑制剂药物 (Conventional and Herbal)

We take the initiative NOT using conventional or herbal steroids & immunosuppressants to treat non-life-threatening skin diseases!  
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

#### 1 Topical Corticosteroid, 外用皮质类固醇(激素)

1.1	Betamethasone	倍他米松	1.12	Clocortolone	氯可托龙
1.2	Clobetasol	丙酸氯倍他索	1.13	Fluocinolone	氟轻松
1.3	Diflorasone	醋酸双氟拉松	1.14	Hydrocortisone	氢化可的松
1.4	Fluocinonide	醋酸氟轻松	1.15	Prednicarbate	泼尼卡酯
1.5	Flurandrenolide	丙酮缩氟氢羟龙	1.16	Triamcinolone	醋酸曲安奈德
1.6	Halobetasol	卤贝他索丙酸酯	1.17	Alclometasone	阿氯米松
1.7	Amcinonide	安西奈德	1.18	Desonide	地索奈德
1.8	Desoximetasone	去羟米松	1.19	Flumethasone	氟米松
1.9	Halcinonide	氯氟舒松	1.20	Methylprednisolone	甲基泼尼松龙
1.10	Mometasone	莫米松;莫美达松	1.21	Prednisolone	泼尼松龙
1.11	Fluticasone	沙美特罗替卡松			

#### 2 Topical Retinoid, 外用维 A 酸

- 2.1 Adapalene, 阿达帕林(达芙文凝胶)
- 2.2 Tazarotene, 他扎罗汀(乙炔维 A 酸)

#### 3 Topical and Intralesional Cytotoxic Agents, 外用细胞毒性药物

- 3.1 Topical 5-fluorouracil (5-FU), 5-氟尿嘧啶(5-Fu)
- 3.2 Mechlorethamine (nitrogen mustard), 氮芥
- 3.3 Carmustine (nitrosourea), 卡莫司汀(亚硝基脲)
- 3.4 Vinblastine, 长春碱(抗肿瘤药)
- 3.5 Bleomycin, 博来霉素(争光霉素)
- 3.6 Methotrexate, 甲氨蝶呤, 氨甲蝶呤, 氨甲叶酸(抗肿瘤药)
- 3.7 Podophyllin (pPodophyllotoxin), 盾叶鬼臼树脂(足叶草毒素, 鬼臼毒素)
- 3.8 Miltefosine (hexadecylphosphocholine), 米替福新(十六烷基磷酸胆碱)

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- 4 Topical Immunomodulator, 局部免疫调节剂**
  - 4.1 Tacrolimus (Protopic), 他克莫司软膏(普特彼)
  - 4.2 Pimecrolimus (Elidel), 吡美莫司(爱宁达)
  - 4.3 Imiquimod, 咪奎莫特(治疗生殖器疣)
  
- 5 Phototherapy, 光疗法**
  - 5.1 Narrowband (311nm) ultraviolet B (UVB), 窄谱中波紫外线照射
  - 5.2 Broadband (280-320nm) UVB, 宽谱中波紫外线照射
  - 5.3 UVAI (340-400nm) phototherapy, 长波紫外线 I 照射
  - 5.4 UVAIL (320-340nm) phototherapy, 长波紫外线 II 照射
  - 5.5 Combined UVA/UVB, 联合中波长波紫外线照射
  
- 6 Photochemotherapy, 光化学疗法**
  - 6.1 PUVA (oral/topical psoralens and ultraviolet A radiation)  
补骨脂素(Methoxsalen or 8-MOP)加长波紫外线
  
- 7 Systemic Glucocorticoids, 全身应用糖皮质激素**
  - 7.1 Dexamethasone, 地塞米松(氟美松)
  - 7.2 Triamcinolone, 去炎松(氟羟氢化泼尼松, 氟羟强的松龙)
  - 7.3 Methylprednisolone, 甲强龙(甲基强的松龙)
  - 7.4 Prednisolone, 氢化泼尼松,(去氢氢化可的松, 强的松龙)
  - 7.5 Prednisone, 泼尼松(强的松)
  - 7.6 Cortisone, 可的松
  - 7.7 Hydrocortisone, 氢化可的松
  
- 8 Cytotoxic and Antimetabolic Agents, 细胞毒性药物抗代谢药物**
  - 8.1 Methotrexate, 甲氨蝶呤, 氨甲蝶呤, 氨甲叶酸(抗肿瘤药)
  - 8.2 Azathioprine, 硫唑嘌呤
  - 8.3 Mycophenolic Acid (MPA), 霉酚酸(麦考酚酸)
  - 8.4 Mycophenolate Mofetil (MMF), 霉酚酸酯
  - 8.5 Thioguanine, 硫鸟嘌呤(抗肿瘤药)
  - 8.6 Hydroxyurea, 羟基脲
  - 8.7 Cyclophosphamide, 环磷酰胺(癌得星, 安道生)
  - 8.8 Chlorambucil, 苯丁酸氮芥(瘤可宁)
  - 8.9 Doxorubicin, 亚德里亚霉素(阿霉素)
  - 8.10 Colchicine, 秋水仙碱
  - 8.11
  
- 9 Retinoids, 口服维 A 酸**
  - 9.1 Tretinoin, (All-trans retinoic acid, ATRA), 全反式维甲酸
  - 9.2 Isotretinoin, 异维 A 酸

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9.3 Etretinate (Tigason), 依曲替酯(阿维 A 酯,体卡松,银屑灵)

9.4 Acitretin (Neotigason), 新体卡松,(依曲替酸, 新银屑灵)

9.5 Bexarotene (Targretin), 蓓萨罗丁

## 10 Immunomodulator, 免疫调节剂

Cyclosporine A (CsA), 环孢霉素

10.1 Tacrolimus (Prograf, FK506), 他克莫司 FK-506

10.2 Pimecrolimus (ASM 981), 吡美莫司

10.3 Sirolimus (SRL), 西罗莫司

10.4 Everolimus (EVL), 依维莫司

10.5 Leflunomide (Arava), 来氟米特

## 11 Herbal Immunosuppressants, 免疫抑制剂草药:

11.1 甘草, Glycyrrhiza glabra (Licorice), Glycyrrhiza inflata, Licochalcone A, Glycyrrhizic Acid, Glycyrrhizinic Acid, Glycyrrhetic Acid

11.2 金银花, Lonicera (Honeysuckle)

11.3 夏枯草, Prunella (Selfheal)

11.4 土茯苓, Smilax glabra (Glabrous Greenbrier)

11.5 白鲜皮, Dictamnus (Dittany Bark)

11.6 蝉蜕, Cryptotympana (Cicada Slough)

11.7 大黄, Rheum (Rhubarb)

11.8 雷公藤, Triperygium (Threewingnut)

11.9 苦参, Sophora (Light Yellow Sophora Root)

11.10 柴胡, Bupleurum (Thorowax)

11.11 虎杖, Polygonum cuspidatum

11.12 决明子, Cassia Seed (Semen Cassiae)

11.13 豨莶草, Herba Siegesbeckia Herb

11.14 地骨皮, Cortex Lycii Radices (Chinese Wolfberry Root Bark)

11.15 秦艽, Radix Gentianae Macrophyllae (Largeleaf Gentian)

11.16 冬虫夏草, Cordyceps sinensis

11.17 鱼油, Fish oil

11.18 亚麻籽油, Flaxseed oil

11.19 郁金, 姜黄, Curcum (Turmeric)

11.20 积雪草, Centella (Centella asiatica)

11.21 白藜芦醇, Resveratrol, 葡萄多酚反转醇, (Extract from Grape Seed or skin / Vitis Vinifera Seed / Peanut / Cocoa Powder /Red wine)

Updated in February 2021