HOW EMOTIONS AFFECT THE SKIN AND HOW TO TREAT SKIN DISEASES WITH CHINESE HERBAL MEDICINE – BY USING THE EXAMPLE OF PSORIASIS

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Abstract:

Chinese herbal medicine has been used to treat skin diseases since ancient times but societies and their lifestyles have changed. In our more stressful and challenging times, skin diseases seem to be increasing. Living conditions have changed and we need to take emotions and the patients' environment into account. Emotional changes, especially "inappropriate" or excessive emotions, affect the flow of qì and thus, play an important role in the onset of psoriasis - this is the basis for this discussion. According to Traditional Chinese Medicine (TCM), the Liver (*gān* 肝) plays a crucial role in treating skin diseases in cases of emotional changes. Interestingly, TCM books discussing skin diseases like psoriasis very often miss one of the most common TCM syndromes occurring nowadays, which is Liver qì stagnation syndrome with excess heat. The mechanism behind the pattern of Liver qì stagnation (*gān qì yù jié* 肝氣鬱結) will be described in detail, the resulting negative impact on the skin and the corresponding treatment principle, which is: drain excess heat (fire) from the Liver channel (*qīng xiè gān dǎn huǒ rè* 清瀉肝膽火熱) in order to relieve the inflammation on the skin. The most suggested formula is *Lóng Dǎn Xiè Gān Tāng* 龍膽瀉肝湯 (Gentian Decoction to Drain the Liver) with modifications, esp. if the lesion are located on the head. I would also speak about some promising herbs in the treatment of psoriasis according to latest pharmacological research. Chinese herbs and even complete prescriptions with their individual constituents have been examined biochemically. The results are remarkable but not surprising, and show the complex impact of Chinese herbs. Conclusion: TCM offers effectiveness, safety and patient satisfaction.

Recent publications:

- Zhi Zi (栀子) – Gardeniae Fructus: Alternative zu entzündungshemmenden Medikamenten, published in N – Naturheilpraxis, Vol 70, July 2017: 55-58

- Medizin ist eine Herzensangelegenheit, published in Qi – Zeitschrift für Chinesische Medizin (GER), 02/2017, Vol. 26: 18-22

- Medical ethics, happiness and the 'good' life, published in The Lantern (AUS), Volume 14 No. 1, January 2017: 38-41

- Long Dan Cao im Rahmen von Entzündungen (Biochemische Eigenschaften des Krautes); Zeitschrift für Chinesische Medizin (D), 04/2015, Vol. 24: 33-36

- Long Dan Xie Gan Tang in der Behandlung von Psoriasis capitis; Zeitschrift für Chinesische Medizin (D), 03/2015, Vol. 24: 6-14

- Treatment of scalp psoriasis with modified Long Dan Xie Gan Tang – A Case Series; RCHM Journal (Register of Chinese Herbal Medicine) (UK), Spring 2015 Vol 12 No 1: Seite 41-47

- Zhi Zi (栀子 – Gardeniae Fructus): An Anti-inflammatory Herb; veröffentlicht in The Journal of Chinese Medicine, JCM (UK), No. 108 – June 2015: 56-59

- Scalp psoriasis treated with Long Dan Xie Gan Tang; The Lantern (AUS), Volume 12 No. 2, May 2015: 42-46

- Wie man die heimtückische Stechmücke mittels chinesischer Arzneimittel überlistet; Qi – Zeitschrift für Chinesische Medizin (D), 02/2015, Vol. 24: 25-26

- How to outsmart the sneaky mozzie; The Lantern (AUS), Volume 12 No. 1, January 2015: 20-21

- Long Dan Cao and Inflammation: Biochemical Properties; RCHM Journal (Register of Chinese Herbal Medicine) (UK), Autumn 2014 Vol 11 No 2: 43-46

- Jiao Gu Lan (Gynostemmatis Rhizoma seu Herba) und seine klinische Anwendung in der modernen Chinesischen Medizin (2); Qi – Zeitschrift für Chinesische Medizin (D), 02/2014, Vol. 23: 42-46

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- Jiao Gu Lan: The Herb of Immortality; RCHM Journal (Register of Chinese Herbal Medicine) (UK), Autumn 2013 Vol 10 No 2: 50-53

- On being a great doctor; The Lantern (AUS), Volume 10 No. 1, January 2013: 45

Biography:

Sabine Schmitz is a TCM doctor and natural health professional based in Germany. She studied traditional Chinese medicine (TCM) at the Zhèjiāng Chinese Medical University (ZCMU) in Hángzhōu, China. The major of her studies was TCM Dermatology (*pí fū kē* 皮膚科), which focused on the research of psoriasis, scalp psoriasis in particular. She completed her studies with the international title "Master of Medicine" (M.Med. TCM).

She maintains a full-time practice in Cologne, Germany specializing in skin diseases (Chinese Dermatology) and gynecological disorders (Chinese Gynecology). Prior to working in the field of TCM, she has worked in various fields of Western medicine as well as national and international clinical research for over 15 years. Having spent many years of her work life in multiple fields of conventional medicine, she was as able to gain a good overview how conventional medicine works and in which respects it fails patients and continues to do so. TCM has filled these shortcomings for her and her patients.

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