



## 11. Pruritus of the Skin (Feng Sao Yang)

**Key Symptoms:** Itching dermatosis without primary skin rashes with severe itching, scratch marks and possibly bloody scabs, hypertrophy of the dermal layer and lichenification. It affects both the elderly and the young. It is most prevalent in winter and seldom occurs in summer. Localized pruritus occurs in the genitalia and anus region. Generalized pruritus occurs in selective body areas or can be systemic.

**TCM Etiology:** External pathogenic invasion of the six pathogens, overconsumption of spicy and roasted food, combined with contact and friction with fur, feather or down clothes.

<b>Relevant Western Diseases:</b>
Pruritus

### TCM Pathophysiology:

Pattern	Key Signs and Symptoms	Tongue and Pulse	Treatment Principle	Point Selection	Additional Therapies	
<b>Qi and Blood Deficiency</b>	Severe itching of the entire body, dry skin, with desquamation + low appetite, insomnia, fatigue, weak limbs	<b>T:</b> pale and dry <b>P:</b> Thin, Choppy, Weak	Nourish Blood, Tonify Qi, moisten the skin, stop itching	<b>Tonify:</b> ST36, SP3, LR8, BL20, BL18, CV12, LU9 <b>Sedate:</b> BL40, GB31 <b>Moxa:</b> BL17, SP10, BL18, SP6	<b>Herbal Rx:</b> Ba Zhen Tang (Eight Treasure Decoction)	<b>Lifestyle:</b> wear cotton or natural material clothing. Avoid wool. Do not scratch, rub or wash the area with hot water  <b>Ear Acupuncture:</b> Ear Shenmen, Sympathetic Nerve, Adrenal Gland, Endocrine, Lung and itching points (mirror body)  <b>Scalp:</b> upper 2/5 bilateral Sensory and Motor areas  <b>Dietary:</b> Avoid alcohol and spicy food, restrict intake of fish or seafood and try to increase consumption of vegetables and fruits. Keep bowel movements regular.
<b>Wei Qi Deficiency</b>	Severe itching of the entire body, with desquamation + recurrent colds, shortness of breath, weak voice, fatigue, spontaneous sweat	<b>T:</b> pale and thin, white coat <b>P:</b> Weak, Thin	Tonify Wei Qi, stop itching	<b>Tonify:</b> ST36, SP3, BL20, CV12, LU9 <b>Sedate:</b> BL40, GB31	<b>Herbal Rx:</b> Yu Ping Feng San (Jade Windscreen Powder)	
<b>Wind Cold Invading the Skin level</b>	Severe itching that occurs suddenly and spreads quickly with desquamation + chills, worse with exposure to cold, possible occipital headache	<b>T:</b> none noted <b>P:</b> Floating, Slow	Expel Wind and Cold, stop itching	<b>Sedate:</b> GV14, LI4, LU7, GB31	<b>Herbal Rx:</b> Gui Zhi Tang (Cinnamon Twig Decoction)	
<b>Wind Damp attacking the exterior</b>	Severe itching of the entire body + greasy sweat, feeling of heaviness, low appetite	<b>T:</b> pale and sticky coat <b>P:</b> Slippery	Expel Wind, transform Damp, tonify Spleen, stop itching	<b>Tonify:</b> SP3, ST36, BL20 <b>Sedate:</b> SP9, GB31, LI4	<b>Herbal Rx:</b> Xiao Feng San (Wind Dispersing Powder) plus Shen Ling Bai Zhu San (Ginseng, Poria and Atractylodes Macrocephalae Powder)	
<b>Damp Heat</b>	Severe itching of anus or genitalia region + thick, yellow vaginal discharge, sensation of heaviness in the lower abdomen	<b>T:</b> yellow, greasy coat <b>P:</b> Slippery, Rapid	Transform Damp, clear Heat, tonify Spleen, stop itching	<b>Tonify:</b> SP3, ST36, BL20 <b>Sedate:</b> SP9, LI11	<b>Herbal Rx:</b> Si Miao Wan (Four Marvel Pill)	