



14. Sun Rash (Ri Shai Chuang)

Key Symptoms: lesions that occur on areas of the skin that are regularly exposed to sunlight like the head, face, neck and the limbs. They get worse in summer and are better in winters. They may manifest as papules, blisters, scaling, lichenification and pruritus. Typically, there is delayed onset of several hours to days after skin exposure. Western treatment is with cortisone cream. Alternative names are polymorphous light eruptions, sun poisoning.

TCM Etiology: Summer Heat Invasion, Summer Damp Heat Invasion

- Etiologies leading to Blood Deficiency:** over consumption of spicy hot food, overwork, excessive sexual activity
- Etiologies leading to Damp Heat or a weakness to Damp Pathogen:** overthinking, over consumption of greasy, fried food, too little exercise

TCM Pathophysiology:

- Malnutrition of the skin causes it to be dry and vulnerable to external factors which knot and block the channels, causing Summer Heat to be trapped in the superficial layers of the skin
- Both internal and external forms of Damp lead to accumulation within the cutaneous layers causing Qi and Blood Stagnation. Invasion of Summer Heat or Damp Heat in the superficial layers of the skin leads to eruptions, itching and burning pain

<i>Relevant Western Diseases</i>
<i>Sunburn Sun poisoning</i>

Pattern	Key Signs and Symptoms	Tongue and Pulse	Treatment Principle	Point Selection	Additional Therapies
Blood Deficiency with Wind Dryness	Areas exposed to the sun have erosion and crusting with erythema and scales, brown lichenification and sparse depigmentation with insomnia, yellow urine, dry stools	T: red with a scanty coat P: Wiry and Thin	Nourish Blood, moisten the skin, dispel Wind and relieve itching	Reduce: GB31, BL17, BL40, SP10, LI11 Tonify: KI6, SP6, ST36, LU9	Herbal RX: Dang Gui Yin Zi (Chinese Angelica Decoction) Cutaneous needle around the affected area to release Heat Lifestyle: avoid sunlight on the skin, use an umbrella when going out. Do not over wash the affected areas.
Damp Heat Invasion	Areas exposed to the sun have blisters that are pus filled, bright red areas with heaviness in the body, nausea, Damp headache	T: sticky, yellow coat P: Slippery and Rapid	Transform Damp, clear Heat, expel Summer Heat/ Summer Damp Heat, tonify Spleen	Reduce: BL17, BL40, SP10, SP9, LI11 Tonify: SP3, ST36	Herbal RX: cold wet compresses with decocted herbs such as Pu Gong Yin, Huang Bai or Ku Shen Cutaneous needle around the affected area to release Heat Lifestyle: avoid sunlight on the skin, use an umbrella when going out. Do not over wash the affected areas.