



9. Fever Blister/ Herpes Simplex (Re Chuang)

Key Symptoms: caused by the human simplex virus (HSV-1) which is highly contagious and spreads through direct contact with infected individuals. In the initial stage grouped papulovesicles and vesicles are seen on an erythematous base. Vesicle size is uniform with clear fluid filled in the vesicles. The vesicles burst leaving an eroded base which heals and dries up forming a crust layer. Slight pigmentation will be noticed after the crust falls off.

TCM Etiology: pathogenic invasion of Wind Heat of Damp Heat Toxins

Relevant Western Diseases:
Herpes Simplex

TCM Pathophysiology:

1. Pathogenic Wind Heat invades the body when Wei Qi is weak due to Spleen and Stomach Disharmony or during menstruation. Pathogenic factors move along the channels and trigger an outbreak of herpes simplex around the mouth
2. Pathogenic Wind Heat or Damp Heat Toxins invade the body in persons with weak or Deficient constitution. They move up along the channels to produce herpes simplex around the mouth or nose
3. Pathogenic Heat damages the Body Fluids in an enduring illness resulting in Yin Deficiency and internal Heat

Pattern	Key Signs and Symptoms	Tongue and Pulse	Treatment Principle	Point Selection	Additional Therapies
Wind Damp Heat Toxins	Abrupt onset, short disease duration, skin lesions in the form of papulovesicles and vesicles, relatively severe erosions, subjective burning and tingling sensations and occasional fever and coughing	T: red with a thin, yellow coating P: Floating, Rapid	Dissipate Wind, clear Heat, transform Damp and relieve Toxicity	Sedate: BL13, GB20, GV23, LI4, LU10, SP9, LI11, GV14, GV16	Herbal Rx: Long Dan Xie Gan Tang (Gentian Decoction for Draining the Liver) Ear Acupuncture: Lung, Stomach and Heart
Qi and Yin Deficiency	Persistent disease with eruptions of vesicles for prolonged periods	T: red + scanty coat P: Thready, Rapid	Tonify Qi, nourish Yin, support Zheng Qi and consolidate the Root	Tonify: SP6, ST36 Sedate: BL13, GB20, GV23, LI4, LU10	Ear Acupuncture: Lung, Stomach and Heart