



8. Chloasma Hepaticum (Huang He Ban)

Key symptoms: irregular patches of brown pigmentation spots on the cheeks, both sides of the nose and the lower part of the forehead; the spots are symmetrical, smooth without flaking, light in color during winter and darker in summer, without pain or itching. It appears mostly in young or middle-age women, after puberty and during pregnancy. Also called cyasma or gestation spots

TCM Etiology: congenital deficiencies or Heart consumption from overwork, excessive sexual activity or prolonged disease

TCM Pathology:

1. Qi Deficiency, Blood Deficiency, Qi Stagnation and Blood Stasis lead to Phlegm Fluids or Wind Invasion to the skin
2. Congenital deficiencies or Heart consumption from overwork, excessive sexual activity or prolonged lead to Yin Deficiency, Liver and Kidney Deficiency which lead to malnourishment of the face or Liver Yang Rising due to Yin Deficiency causing Fire rising up to the face disturbing the Qi and Blood of the face making the face look dusky. Blood Stasis produces dark patches.

Relevant Western Medicine Diseases:

*Chloasma
Liver Spots*

Pattern	Key Signs and Symptoms	Tongue and Pulse	Treatment Principle	Point Selection	Additional Therapies
Liver Qi Stagnation	Dark brown chloasma spots in diffuse distribution, restlessness, distending fullness in the chest and hypochondriac region, distending pain in the breasts in the premenstrual period, irregular menstruation, bitter taste in the mouth, dry throat	T: red, thin coat P: Wiry	Soothe the Liver, regulate Qi, activate Blood, remove chloasma spots	Even: BL13, BL18, LR3, ST36, SP10, LI11, LI4, SP6, Ashi points in the chloasma areas, shallow puncture and surrounding insertion	Ear Acupuncture: Spleen, Endocrine, Stomach, Subcortex, Groove at the back of ear. One point every day, prick with a three-edge needle, bleed 5 drops or Lung, Kidney, Liver, Endocrine, Central Rim, Cheek with ear seeds – massage 2-3 x day for 3 minutes each time
Liver and Kidney Deficiency	Dark brown chloasma spots, a dark complexion, dizziness, tinnitus, soreness and weakness in the lumbar region and knees, insomnia, forgetfulness, feverish sensation in the palms and soles	T: red, scanty coat P: Thready	Reinforce the Kidneys, regulate Qi, activate Blood and remove chloasma spots	Even: BL13, BL18, BL23, KI3, LR3, ST36, SP10, LI11, LI4, SP6, Ashi points in the chloasma areas, shallow puncture and surrounding insertion	Ear Acupuncture: Spleen, Endocrine, Stomach, Subcortex, Groove at the back of ear. One point every day, prick with a three-edge needle, bleed 5 drops or Lung, Kidney, Liver, Endocrine, Central Rim, Cheek with ear seeds – massage 2-3 x day for 3 minutes each time
Spleen Deficiency with Damp Retention	Brown grayish chloasma spots that look like a layer of dust on the face, tiredness, poor appetite, sleepiness, light-colored menstrual blood, leukorrhea	T: pale and swollen, tooth prints on the border P: Soft and Thready	Strengthen the Spleen, transform Damp, regulate Qi, activate Blood and remove chloasma spots	Even: BL13, BL20, LR3, ST36, SP10, LI11, LI4, SP6, SP9, Ashi points in the chloasma areas, shallow puncture and surrounding insertion	Ear Acupuncture: Spleen, Endocrine, Stomach, Subcortex, Groove at the back of ear. One point every day, prick with a three-edge needle, bleed 5 drops or Lung, Kidney, Liver, Endocrine, Central Rim, Cheek with ear seeds – massage 2-3 x day for 3 minutes each time