



## 12. Psoriasis (*Qian Lie Xian Yan*)

**Key Symptoms:** chronic recurrent inflammatory skin disease mostly on the extensor aspect of the limbs, especially the elbows and knees. Either on a small area of the body or the entire body. Bright red or dark red macules, maculopapules or papules with a shiny, wax-like surface. Their size can be from few millimeters to several centimeters. The plaque is covered by large dry, silvery white laminated mica-like scales. If the waxy scale is removed, a thin, red translucent moist layer is revealed. Removal of this layer will produce pinpoint bleeding points (Auspitz sign)

**TCM Etiology:** EPI like Wind, Cold, Damp, Heat or Dryness, Blood Heat, seven emotions and certain foods (spicy foods, seafood, chicken, goose)

**Relevant Western Diseases:**  
**Psoriasis**

### TCM Pathophysiology:

1. EPI settle in the skin and flesh to influence the normal diffusion of Qi by the Lungs and Spleen, obstruct the channels and network vessels leading to stagnation in the skin and interstices the Cou Li
2. Blood Heat generates Wind, which causes Dryness that starves the skin and flesh of nourishment. Eventually, Blood Heat leads to Fluid Deficiency (Blood and Yin) and the disease becomes chronic
3. Repressed emotions transform Fire or Toxins, which deplete the Ying and Xue levels and move outwards to the exterior to block the sweat and pores, leading to Qi Stagnation and Blood Stasis, leading to psoriasis
4. Overconsumption of spicy food, fish, seafood, chicken and/or goose stirs Wind, leading to disharmony between the Spleen and Stomach, leading to Qi Stagnation and Damp and Heat binding. When these move outwards to the skin the disease occurs

Pattern	Key Signs and Symptoms	Tongue and Pulse	Treatment Principle	Point Selection	Additional Therapies
<b>Wind Heat</b>	Red or dark red maculopapules or small erythematous patches that develop quickly on the trunk and limbs spreading to the scalp or scalp margin, with silvery white scales that peel off easily, with Auspitz sign, with itching, fever, thirst, sore throat and mouth	<b>T:</b> red + yellow coat <b>P:</b> Floating, Rapid	Dredge Wind and release the Exterior, clear Heat and cool Blood		<b>Herbal Rx:</b> Xiao Feng San <b>Needle and Flash cupping:</b> GV14, BL18, BL20 <b>Moxibustion:</b> garlic moxa on sites of stubborn, thick plaques <b>Prick to Bleed:</b> Ear Apex, GV14, BL40
<b>Wind Cold</b>	Plague or guttate psoriasis, lesions that are dot, coin, discs, coalesce into red patches covered by scales that easily peel, more severe in winter	<b>T:</b> pale red + thin, white coat <b>P:</b> Floating, Tight	Dredge Wind and dissipate Cold, invigorate Blood and regulate the Ying level		<b>Herbal Rx:</b> Ma Huang Tang + Si Wu Tang <b>Needle and Flash cupping:</b> GV14, BL18, BL20 <b>Moxibustion:</b> garlic moxa on sites of stubborn, thick plaques <b>Prick to Bleed:</b> Ear Apex, GV14, BL40
<b>Blood Heat</b>	Guttate or plaque psoriasis with bright red or dark red papules, maculopapules or macular patches of varying sizes scattered mostly on the trunk and limbs, can start on the scalp and spread to other parts of the body. New lesions appear continuously with silvery scales that peel easily with Auspitz sign with irritability, thirst, constipation and scanty, yellow urine	<b>T:</b> Red + thin, yellow coat <b>P:</b> Wiry, Rapid or Slippery, Rapid	Cool Blood, relieve Toxicity, invigorate Blood and reduce erythema	<b>Tonify:</b> BL18, BL23, SP6, LR8 <b>Sedate:</b> BL12, BL15, BL40, SP10, LI11	<b>Needle and Flash cupping:</b> GV14, BL18, BL20 <b>Moxibustion:</b> garlic moxa on sites of stubborn, thick plaques <b>Prick to Bleed:</b> Ear Apex, GV14, BL40
<b>Wind Dryness /Blood Deficiency</b>	Thin, pale red or dark red lesions in patches over the entire body, covered by large quantities of dry, silvery white scales that peel off in layers with itching, a lusterless facial complexion and lassitude or dizziness, insomnia and poor appetite	<b>T:</b> pale + scanty or no coat <b>P:</b> Wiry, Thready or Deep, Thready	Nourish Blood, harmonize the Yin level, tonify Qi and dispel Wind	<b>Tonify:</b> BL17, BL20, BL18, LR8, ST36, SP10, ST36 <b>Sedate:</b> BL12, GB20, GV16, LI4, TE6	<b>Needle and Flash cupping:</b> GV14, BL18, BL20 <b>Moxibustion:</b> garlic moxa on sites of stubborn, thick plaques <b>Prick to Bleed:</b> Ear Apex, GV14, BL40
<b>Blood Dryness / Damage to Yin</b>	Lingering persistent lesions over the trunk and limbs, dark red, brownish red or pale red of varying shapes mostly in patches and rings, dry lesions that crack easily and are covered in thick or thin layer of dry, silvery-white scales that are difficult to peel off, slight or severe itching with dry throat and lips, feverish sensation in the chest, palms and soles or palms only, dry mouth, thirst without desire to drink, constipation	<b>T:</b> dry red tongue + thin, dry yellow coat <b>P:</b> Wiry, Thready or Thready, Rapid	Enrich Yin and moisten Dryness, clear Heat and expel Wind		<b>Needle and Flash cupping:</b> GV14, BL18, BL20 <b>Moxibustion:</b> garlic moxa on sites of stubborn, thick plaques <b>Prick to Bleed:</b> Ear Apex, GV14, BL40
<b>Damp Heat</b>	Flexural psoriasis, eruptions on the skin folds, red or light red lesions with large patches of moisture and exudation with small, thin scaling with slight itching, dry mouth with thirst, generalized fever and lassitude	<b>T:</b> red + yellow coat, greasy at the root <b>P:</b> Slippery, Rapid	Clear Heat, benefit the movement of Dampness, cool Blood and relieve Toxicity		<b>Needle and Flash cupping:</b> GV14, BL18, BL20 <b>Moxibustion:</b> garlic moxa on sites of stubborn, thick plaques <b>Prick to Bleed:</b> Ear Apex, GV14, BL40
<b>Wind Damp Bi</b>	Psoriatic arthritis with erythema, papules, silvery white scales and Auspitz signs with pain and swelling of the joints, difficulty with extension and flexion, affecting the small joints, especially the distal joints on the fingers and toes	<b>T:</b> red + yellow, greasy coat <b>P:</b> Wiry, Rapid or Slippery, Rapid	Dispel Damp and dissipate Wind, relieve Toxicity and free the network vessels		<b>Needle and Flash cupping:</b> GV14, BL18, BL20 <b>Moxibustion:</b> garlic moxa on sites of stubborn, thick plaques <b>Prick to Bleed:</b> Ear Apex, GV14, BL40