

Relevant Western Diseases:

Rosacea

13. Rosacea (*Jiu Zao Bi*)

Key Symptoms: chronic inflammatory skin condition of the nose, cheeks, forehead and chin. Seen more commonly in individuals who flush easily after eating spicy food or response to embarrassment. Common to see drinker's nose (red nose). Mostly in middle age from 30-50. More common in women. As the condition develops, the erythema does not fade and dilation of the capillaries occurs. Chronic, deep inflammation of the nose lead to rhinophyma (irreversible hypertrophy more common in men), lymphedema below the eyes and on the forehead with symptoms of mild conjunctivitis with soreness and lacrimation. The condition is worse with emotions, alcohol, strong tea, spicy food, cold foods, exposure to sun or other heat sources.

TCM Etiology: spicy foods, exposure to Cold or Heat

TCM Pathophysiology:

1. Overconsumption of pungent, spicy food generates Heat which transforms Fire. Fire and Heat steam along the channels, overfill the network vessels leading to tidal reddening of the nose which spreads over the face
2. Prevalence of Yang Qi in the Lung channel transforms Heat. Heat enters the Blood and travels up the channel to the nose leading to reddening of the nose and other areas of the face
3. Cold invades and accumulates via Wind Cold invasion or washing the face with cold water. Both lead to Blood Stasis. The affected area turns red then purple and then dull red

Pattern	Key Signs and Symptoms	Tongue and Pulse	Treatment Principle	Point Selection	Additional Therapies
Accumulation of Heat in the Lungs and Stomach	Persistent reddened skin on the nose and cheeks forming a diffuse erythema which flushes and reddens when exposed to heat, with dry mouth and thirst with desire to drink, oily and shiny skin	T: red + yellow coat P: Rapid	Clear and drain accumulated Heat from the Lungs and Stomach	Tonify: BL13, BL21, SP6 Sedate: LI11, LU10, ST44, GV14 Auxiliary points: LI20, LI19, SI18, ST4, GV25, GV23, Yin Tang	Ear Acupuncture: External nose, Lung, Endocrine and Adrenal Gland Prick to Bleed: LI20, GV25, LU11
Blood Stasis	Persistent dark red or purplish-red erythema on the nose with thickening of the skin and rhinophyma	T: Dull red or with stasis macules P: Wiry, Rough	Invigorate Blood, transform Blood Stasis	Sedate: SP10, BL40, LR3, BL17, SP6 Auxiliary points: LI20, LI19, SI18, ST4, GV25, GV23, Yin Tang	Ear Acupuncture: External nose, Lung, Endocrine and Adrenal Gland Prick to Bleed: LI20, GV25, LU11
Congestion of Blood Heat	Persistent dark, red erythematous skin with telangiectasia and pinpoint or slightly larger red papules and pustules on the tip of the nose, cheeks and forehead with dry stool and yellow urine	T: Red + thin, yellow coat P: Slippery, Rapid or Wiry, Rapid	Cool Blood, clear Heat from the Lungs	Sedate: LI11, LU10, SP10, BL17, BL40 Auxiliary points: LI20, LI19, SI18, ST4, GV25, GV23, Yin Tang	Ear Acupuncture: External nose, Lung, Endocrine and Adrenal Gland Prick to Bleed: LI20, GV25, LU11