

SHULAN CLINIC – ACUPUNCTURE • CHINESE HERBAL MEDICINE

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Eczema – by Prof. Shulan Tang

Eczema is a kind of common allergic inflammatory dermatitis. It is profoundly disturbing to patients due to extreme itching on the affected part of skin, polymorphic skin lesions, frequent recurrence and also lack of effective treatment in conventional medicine.

Medical Treatment

Two sisters, aged 10 and 14, had eczema since babyhood. They had been treated with many types of creams and medicines from different medical traditions and neither had had any improvement. In both sisters, the backs of both knees were affected.

The itching disturbed their sleep and the skin lesions hampered their walking. They finally came to try Chinese herbal medicine. After eight courses of Chinese herbal medicine, their sufferings were alleviated and another eight courses cured them completely.

What makes the Chinese herbal medicine so effective for eczema?

In terms of Chinese medicine, eczema is not caused by the skin itself although it occurs on the skin. It is caused by internal pathogenic heat, dampness, wind, or mixture of them. The differentiation of these causes can be made by observing the symptoms of the affected skin, the colour of tongue and its fur, and physiological reaction.

Different remedies are then used specifically to clear away heat, remove dampness, expel wind, moisten the dryness, or cool the blood. This approach has been tried and tested for thousands of years. Today, the common types of eczema are well categorised and their causes and effective remedies are well documented in Chinese medicine.

Further enquiries

The above is of course a general guide and individuals may respond differently to different foods and drinks. Further enquiries concerning specific types of food can be made by contacting us at any of the addresses below.

It can be treated successfully by taking several sets of Chinese herbal medicines in normal cases, although some chronic cases may need longer treatment.

Organic whole

As a matter of fact, the entire system of Chinese medicine takes the same approach as we discussed above. Its fundamental principle lies in two aspects. Firstly, it takes the human body as an organic whole and holds that the human body has very close and inseparable relations with external natural surroundings. Secondly, it emphasises that the diagnosis and treatment are based on an overall analysis of signs and symptoms rather than on illness itself. This approach explains why Chinese medicine has started to gain high popularity as an effective alternative medicine.

Dietary Assistance

It is also important in the Chinese system of medicine to maintain an appropriate diet to assist the medical treatment and to prevent the recurrence of the condition after treatment. As we know, symptoms relating to heat are easily observable with eczema patients. The affected parts of skin are usually diffusely red; with a sensation of burning; severe itching. Sometimes patients can feel hot and thirsty.

A high proportion of eczema is attributed to excess heat and dampness gathering inside the body according to the Chinese system of medicine.

It is therefore recommended to consume fewer foods and drinks whose natures are hot and damp. These foods and drinks mainly include lamb, chilli, hot curry or sauce, onion, garlic, alcohol, milk, cheese, chocolate and other dairy products.

Pork and beef are more or less neutral in nature and they generally do not aggravate the condition. Fresh fruits and vegetables are generally neutral or cold in nature and are therefore good for eczema.

Exceptions are peach, tangerines (not oranges) and grapes. Peaches and tangerines are warm in nature and grapes can produce excess internal heat if eaten in large amounts, although their nature is neutral.



*Chinese Herb – Ding Xiang
Syzygium aromaticum(L.)Merr. Et Perry*