

# SHULAN CLINIC – ACUPUNCTURE • CHINESE HERBAL MEDICINE

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## The Complexion – by Prof. Shulan Tang

*Good Chinese doctors can tell the condition of your health just from your appearance. This is because your appearance is like a mirror image of your internal condition. Like everything in TCM, internal and external are linked together.*

The condition of the complexion does not necessarily indicate illness, yet it is an important sign of health for everyone, no matter if you are a young lady or an elderly woman, a young boy or an elderly man. It makes no difference if you are white, black or of Asian race. A healthy complexion is bright and shiny and a good shape, not too fat or too thin, smooth and soft. A healthy complexion looks energetic, gives the bearer more confidence and generally looks attractive.

The Yellow Emperor said “If yin and yang are in good balance, then you will be healthy and look bright”. If you have an imbalance between yin and yang in your body, it will show in a poor complexion. Chinese herbal medicine can help you balance the yin and yang and regulate the Qi and blood to improve the complexion.

### The most common types of poor complexion and the causes of treatment are:

#### A pale sallow complexion

This usually is accompanied by tiredness, dizziness, poor concentration or memory, insomnia, pale tongue with a thin white coating and a deep thready pulse. Most often seen in people suffering from anaemia.

#### Cause:

Deficiency of blood and blood fails to nourish the complexion

#### Treatment:

Tonify blood and nourish the face

#### Prescription:

Gui Pi Wan, Ren Shen Yang Rong Wan, Ba Zhen Wan.

#### Thin complexion

The face looks thin accompanied by poor appetite, chronic diarrhoea, and lethargic, pink tongue with a thin white coating, thready weak pulse.

Causes: Deficiency of Spleen Qi

#### Treatment:

Enrich the Spleen to improve digestion.

#### Prescription:

Jian Pi Wan, Bao He Wan

Diet: Fu Ling, boil it with soup.

#### Red complexion

A bright red face, possibly with acne, dry itching skin, accompanied by hot flushes, headache, stress, palpitations, constipation and thirst. Red tongue with thick yellow coating and a rapid pulse.

#### Cause:

Excessive blood heat, or rising liver yang affecting the face.

#### Treatment:

Clear away heat, cool the blood and calm the liver yang.

#### Prescription:

Jin Ju Di Dan Wan, Zhi Bai Di Huang Wan, Xia Zi Qin Dai Wan.

Diet: Jin Yin Hua, Bai Ju Hua, made as a tea.

#### Puffy complexion

Puffiness in the face and eyelids, accompanied by swollen fingers and legs, backache, water retention, difficulty passing urine, overweight, pale and enlarged tongue, moist white coating, deep slow pulse.

#### Cause:

Deficiency of Kidney yang

#### Treatment:

Warm the Kidney yang to induce urination.

#### Prescription:

Jin Kui Shen Qi Wan, Wu Pi Yin, Bu Zhong Yi Qi Wan.

Diet: Yi Yi Ren (make it as rice pudding)

#### Patchy complexion

Brown pigmentation on the face, accompanied by backache, irregular menstruation, dark red tongue. Thready hesitant pulse, usually seen in women after labour.

#### Cause:

Deficiency of blood and stagnation of Qi

#### Treatment:

Harmonise the Qi and Blood in the Chong and Ren channels

#### Prescription:

Nu Bao, Tai Tai Kou Fu Ye, Shi Quan Da Bu Wan.

Diet: Dan Shen powder, taken daily in same way as coffee.



Chinese Herb – Gou Qi Zi  
(Chinese Wolfberry)