

# *Professor Wang Ruihui's experience in the treatment of intractable psoriasis*

Shang Yuqian<sup>a</sup>, Wang Ruihui<sup>b,\*</sup>, Tian Yaoming<sup>c</sup>

*School of Acupuncture-Moxibustion and Tuina, Shaanxi University of TCM, Xiayang, Shaanxi, 712046, China*

*<sup>a</sup>2067811402@qq.com, <sup>b</sup>wangruihui1963@126.com, <sup>c</sup>1020263050@qq.com*

*\*Corresponding author*

**Keywords:** Wang Ruihui, persistent psoriasis, experience, tonicity

**Abstract:** Psoriasis is one of the most common skin diseases in clinical practice, with a long course and easy recurrence. Chinese medicine has obvious advantages in treating this disease; the clinical experience of Professor Wang Ruihui in combining acupuncture and medicine to treat persistent psoriasis is introduced. Most of the cases of persistent psoriasis are caused by long-standing illness or recurring attacks, the poisonous evil invading the human body for a long time, thus depleting yin and blood, generating wind and dryness, insufficient qi and blood, loss of nourishment for the skin, and the deterioration of evil and righteousness, as well as spleen deficiency and kidney yang deficiency. The method of nourishing Yin and nourishing Blood, dispelling wind and relieving itch, cooling Blood and moistening dryness, and nourishing the Spleen and Kidney was applied to treat psoriasis with good results.

## 1. Introduction

Psoriasis, commonly referred to as "Bai Bi" or "Niu Pi Xuan" in Traditional Chinese Medicine (TCM), is a prevalent chronic inflammatory skin condition<sup>[1]</sup>. It is characterized by recurrent flare-ups and can evolve into intractable psoriasis over time. The lesions manifest as erythema or papules covered with silvery-white scales. Removal of the surface scales reveals a thin film or pinpoint bleeding, accompanied by itching or discomfort, and potentially burning pain. Psoriasis can affect any part of the body, with the scalp and limbs being common sites, significantly impacting patients' daily lives and mental health<sup>[2]</sup>. Clinically, psoriasis is categorized into four types: plaque, psoriatic arthritis, pustular, and erythrodermic. Due to its challenging treatment and tendency for recurrence, it can develop into a stubborn condition. In conventional medicine, treatments often involve corticosteroids and calcineurin inhibitors, along with therapies like UV light exposure and photodynamic therapy<sup>[3]</sup>. However, long-term use of Western medications can significantly harm the immune system, hence their prolonged use is generally discouraged. TCM's unique approach of combining acupuncture with herbal medicine offers a promising alternative. This method aims to unblock meridians, invigorate blood circulation, dispel stasis, and enhance the body's immunity, thereby effectively improving the holistic health of individuals with psoriasis and showing significant clinical outcomes.

Prof. Wang Ruihui is a second-class professor at Shaanxi University of Traditional Chinese Medicine. He serves as a master's and doctoral supervisor at Shaanxi University of Traditional Chinese Medicine and Chengdu University of Traditional Chinese Medicine, respectively. He is a renowned teacher in Shaanxi Province and a role model for teachers' moral standards. The author of this text has over 30 years of experience in teaching traditional Chinese medicine and conducting clinical scientific research. They possess rich clinical diagnosis and treatment experience and have studied classical medical books extensively, providing them with a unique insight into the treatment of psoriasis. The following is a summary of Mr. Wang's experience in treating this disease.

## 2. Etiology

According to ancient medical beliefs, psoriasis is primarily caused by blood heat, dryness, and stasis<sup>[4]</sup>. The disease begins with internal heat and external blockages of the skin. The consumption of fatty, sweet, thick, and greasy foods can harm the spleen and stomach, leading to food stagnation and heat accumulation in the blood. This heat in the blood can then cause wind. It is important to note that these are subjective beliefs and may not align with modern medical understanding. In the advanced stage of psoriasis, internal dryness results from prolonged depletion of blood and energy caused by heat. The body experiences deficiency in qi and blood, and due to the prolonged accumulation of heat, qi and blood become stagnant, leading to dryness and wind generation, resulting in skin malnourishment. According to Zhao Bingnan, Jin Qifeng, and Zhu Renkang<sup>[5-6]</sup>, the main cause of psoriasis is 'heat in the blood,' and the development of psoriasis is centered around this factor. Zhao emphasized that external factors invading the skin and internal and external combinations, or consuming fatty, sweet, thick, and greasy foods, can cause heat in the blood, resulting in weakness of the spleen and stomach. Zhao emphasized that blood heat is caused by external factors attacking the skin and penetrating inside the body, or by consuming fatty, sweet, thick, and greasy foods, which can weaken the spleen and stomach and cause congestion of qi and blood, leading to the transformation of heat. Additionally, internal injuries caused by emotional stress can also lead to the transformation of fire and the entry of heat into the blood. It is important to note that these are all objective factors that can contribute to blood heat.

Based on this foundation, modern Chinese medicine practitioners have proposed new understandings on the etiology and pathogenesis of intractable psoriasis, drawing from their clinical experience. Wei Yachuan et al<sup>[7]</sup> suggest that liver-blood insufficiency, yin deficiency, and hyperactivity of yang are the core causes of psoriasis. They also suggest that when liver-blood insufficiency occurs, pathogenic evils invade the liver, leading to dryness and wind. According to Jing Xia Min<sup>[8]</sup>, psoriasis is caused by a deficiency of kidney yang, which blocks qi and blood flow, leading to inadequate nourishment of the skin. The condition is characterized by a mixture of deficiencies and realities, which can be seen as evidence of deficiency of yin, deficiency of spleen, and dampness-heat in the clinic. Academician Wang Yongyan<sup>[9]</sup> proposed that psoriasis is caused by the accumulation of heat and toxins in the closed and depressed Xuanfu area. Sun Buyun<sup>[10]</sup> emphasized that the main mechanism of psoriasis is the deficiency of the main body and the standard reality, with the standard reality being the main deficiency. The primary mechanism of this disease is the 'standard solid', which is mainly affected by external cold, while the 'original deficiency' is a deficiency of kidney essence. According<sup>[11]</sup> to Li Xianglin and other doctors, psoriasis is difficult to cure and the skin lesions are plaque-like with light-colored erythema and iterative silvery-white scales, which are manifestations of the deficiency of lung, spleen, and qi.

According to Prof. Wang Ruihui, intractable psoriasis is caused by heat evils that deplete and burn the body's fluids, leading to insufficient yin and blood. According to Prof. Wang Ruihui, intractable psoriasis is caused by heat evils that deplete and burn the body's fluids, leading to

insufficient yin and blood. According to Prof. Wang Ruihui, intractable psoriasis is caused by heat evils that deplete and burn the body's fluids, leading to insufficient yin and blood. This blood deficiency then generates wind and dryness, resulting in the loss of skin luster. Dry evils can deplete gas and harm fluids, leading to insufficient yin and blood. Yin and blood are the material basis of qi, which is produced by them. The spleen and kidneys are the sources of qi, blood, and fluids. Therefore, dry evils can easily harm the spleen and kidneys. According to Prof. Wang, this disease is a result of the positive not prevailing over the evil, making it recurrent and difficult to cure. Therefore, tracing the root cause of the disease and recognizing its essence is more important than making a conclusion.

### 3. Rationale for Disease Treatment

According to Prof. Wang Ruihui, intractable psoriasis is caused by the invasion of evil qi into the muscle surface, the condensation of qi and blood, and the heat arising from depression. This leads to a pathological development process of blood heat, blood dryness, and blood stasis, ultimately resulting in the complex mechanism of mixed deficiency and solidity. Emphasizing the 'standard and basic' in treatment is crucial for addressing these axes of development. Therefore, the treatment should focus on addressing both the symptoms and the underlying cause. Prof. Wang Ruihui developed a treatment method based on the principle of seeking the root cause of the disease. This method involves clearing heat and stopping itching to alleviate symptoms, while also nourishing yin and tonifying to address the root cause.

#### 3.1. This section discusses the harmonization of qi, blood, yin, and yang through supplementation.

Intractable psoriasis is a chronic disease that is characterized by reddish plaque-like lesions of varying sizes that can fuse together. The lesions are rough, hypertrophic, and conscious of itchiness, but scaling is less common. This condition is associated with deficiency of qi, blood, and fluid, as well as yin and blood deficiency and qi and blood deficiency. Suwen" said: "real is diarrhea, deficiency is complementary<sup>[12]</sup>."According to Prof. Wang, deficiency can be caused by external evil attacks or prolonged illness, which can damage the positive qi. Therefore, it is necessary to use a tonic method to balance the body's qi, blood, yin, and yang, restore body function, and remove the root cause of the disease. This disease is caused by a deficiency of qi and blood, as well as a deficiency of yin and blood. To balance qi and blood, as well as yin and yang, two aspects of tonics should be considered.

The scales that appear on the skin surface of psoriasis are primarily caused by imbalances in qi and blood. This disease is often associated with deficiencies in these areas<sup>[13]</sup>. To address this, Prof. Wang utilized Sijunzi Tang and Siwu Tang as the foundational formulas, with modifications made to regulate qi and control blood. According to traditional Chinese medicine, Qi is the commander of blood, and blood is the mother of Qi. Tonifying Qi can promote the generation and transmission of blood, while tonifying blood can promote the nutritional and moisturizing effect of blood in the body. The two together can better nourish the organism and promote the generation of Yin and blood. The 'Medical Forest Correction' emphasizes the importance of understanding Qi and blood in treating diseases. Qi and blood are the subtle substances required for human growth and development. According to the 'medical heart', all tonic gas medicine comes from the gas with four gentleman soup, and all tonic blood medicine comes from the blood with four things soup<sup>[14]</sup>. The clinical evidence for tonic agents is based on Si Wu Tang and Si Jun Zi Tang with additions and subtractions. Modern pharmacological studies have shown that *Angelica sinensis* and *Paeonia lactiflora* in the Four Substances Tang have anti-metamorphic effects, regulate immunity, and

inhibit bacteria. Additionally, they can promote the restoration of the stratum corneum<sup>[15]</sup>.

The disease can be caused by a deficiency of yin and blood, which can be exacerbated by high body temperature. In clinical practice, Prof. Wang often prescribes yin tonic medicines, such as Huang Jing, Yu Zhu, Chinese yam, Bei Sha Shen, and Maidong, to nourish the yin and generate fluid. Huang Jing is believed to tonify qi and nourish yin, strengthen the spleen, and benefit the kidneys. Modern research has also shown that it can enhance the body's humoral immunity<sup>[16]</sup>. Huang Jing and Yuzu have been found to have various health benefits. Yuzu, on the other hand, is known for its ability to nourish yin, moisten dryness, generate fluids, and quench thirst. Prof. Wang often used Bei Sha Shen and Mai Dong in combination with Shan Yao to complement and synergize the effects of nourishing qi and yin, and clearing heat and generating fluids. Bei Sha Shen and Mai Dong promote the production of body fluids and nourish yin, while Shan Yao benefits qi, nourishes yin, tonifies the spleen, and benefits the kidneys. Additionally, modern pharmacological studies have found that these three medicines have anti-inflammatory and immunomodulatory effects<sup>[17-19]</sup>.

### **3.2. Regulate cold, heat, warmth, and coolness to dispel evils and promote well-being.**

When treating this type of disease, Prof. Wang Ruihui often uses tonification to support positive qi and dispelling to address the root cause. It is important to address both symptoms and root causes. ① Additionally, clearing heat and cooling the blood can help eliminate evils. Radix et Rhizoma Cyperi, Radix et Rhizoma Dioscoreae, Radix et Rhizoma Ginseng, Radix Paeoniae Mudanensis, Radix et Rhizoma Zizoma Gastrodiae, and other heat-clearing and blood-cooling medicines are sweet, bitter, salty, and cold products. Bai Mao Gen is attributed to the lung, stomach, and bladder meridians. It has a sweet taste and cold nature and is known for its diuretic and heat-clearing properties. It is also effective in cooling blood and stopping bleeding. Modern pharmacological research has shown that Bai Mao Gen has antibacterial and anti-inflammatory effects<sup>[20]</sup>. Sheng Di Huang is known for its ability to nourish yin, clear heat, and cool blood. It is particularly effective in treating long-term deficiencies of yin and blood. The 'Secret of the Lord's Treatment' describes its threefold use: cooling the blood, removing dryness from the skin, and eliminating dampness and astringency<sup>[21]</sup>. The 'Secret of the Lord's Treatment' describes its threefold use: cooling the blood, removing dryness from the skin, and eliminating dampness and astringency<sup>[21]</sup>. Modern pharmacological studies have also shown that this drug has immunosuppressive effects. In the treatment of intractable psoriasis, Prof. Wang often combines it with drugs that nourish yin and tonify blood. This coordination aims to tonify the deficiency and eliminate external evils by playing the two roles of nourishing yin and cooling blood. Such as the use of shengdi and xuan shen, and then add maitong, that is, the "warm disease" in the increase of liquid soup side, that is, "support the right to dispel the evil with the implementation of" method, there is nourishing yin, clearing heat and moistening the effect of dryness, modern pharmacology has shown that the anti-inflammatory effect. The combination of Radix Rehmanniae Praeparata and Radix Ostrea Sylvestris can nourish yin, clear heat, and remove toxins to dissipate blood stasis. Xuan Shen, when combined with oyster, can also clear heat and cool blood, nourish yin, and reduce fire. Comfrey is considered a cold-natured herb that is commonly used in traditional medicine to treat conditions related to the heart and liver meridians. It is particularly effective in treating blood-related conditions, such as fever, toxins, rashes, and ulcers. Its properties help to clear heat, remove toxins, and invigorate blood, making it a useful treatment for warm illnesses, measles, eczema, and other skin conditions. It is important to note that the use of comfrey should be done under the guidance of a qualified healthcare professional. ② The use of wind medicine is effective in relieving itch caused by evil spirits. Professor Wang Ruihui has thirty years of clinical experience. He is especially skilled in

using wind medicine to dispel evil. The patient's condition has developed to a point where there is weakness due to external wind evil dryness, resulting in a deficiency of blood and wind dryness. This has caused the skin to lose its luster and itching to worsen. Therefore, it is necessary to nourish yin and blood to replenish the deficiency while also dispelling the body's evil. To treat this disease, Wang often uses snakebeds, fried Tribulus Terrestris, and other wind and itching drugs. Among them, Difenzi is bitter and cold in nature, and belongs to the kidney meridian and bladder meridian. It has the effect of clearing heat, dispelling wind, and relieving itching. It is recorded in the Original of the Materia Medica that it 'removes the heat accumulated in the skin and removes the dampness and itchiness outside the skin' <sup>[22]</sup>. Recent pharmacological studies have demonstrated that diclofenac possesses antimicrobial, anti-inflammatory, and anti-allergic properties<sup>[23]</sup>. It is often used in combination with fresh white skin. Snake bed seed is characterized by its bitter and warm properties, which can warm the kidneys and strengthen yang, dispel wind, dry dampness, and kill insects. According to<sup>[24]</sup>, certain Chinese medicines can be used to treat psoriasis by eliminating wind, regulating qi, and restoring normal organ function. It is important to use clear and objective language, avoiding biased or emotional language and ornamental phrases. Additionally, precise subject-specific vocabulary should be used when necessary. The text should also adhere to conventional academic structure and formatting, including consistent citation and footnote styles. Finally, the text should be free from grammatical errors, spelling mistakes, and punctuation errors.

### **3.3. The regulation of the five viscera throughout the process emphasizes the dialectic of internal organs.**

The relationship between internal organs, meridians, and psoriasis has been explored by medical doctors throughout history. The importance of internal organs and meridians for skin diseases was emphasized in 'Surgery Zhengzong'. Prof. Wang emphasized the overall concept of clinical evidence, highlighting the interconnectedness of the human body's physiology and pathology. Internal organs interact with each other and have a mutual influence on each other. Intractable psoriasis is closely related to internal organs, particularly the spleen and kidneys. In the late stages of the disease, there may be a lack of qi and blood, which, combined with long-term medication use, can damage the spleen and stomach. To restore normal spleen and stomach function, Prof. Wang recommends using Sijunzi Soup to replenish qi and strengthen the spleen for better transportation. From a holistic perspective, it is important to regulate both the spleen and stomach while also considering the treatment of the kidneys. The spleen is responsible for producing qi and blood, and acts as a soil organ with the ability to transport and transform water and dampness. When the disease persists for a long time, it can damage the spleen Yang and lead to the production of dampness, turbidity, and a tendency to descend. The kidneys, on the other hand, are responsible for water regulation. The kidneys play a crucial role in metabolizing bodily fluids. If the downstream injection of dampness damages the kidneys over a long period of time, it can lead to kidney injury. This, in turn, can cause damage to the spleen and stomach, resulting in kidney yang insufficiency. Clinically, intractable psoriasis patients may experience symptoms such as body fatigue, lumbar and knee soreness, and weakness due to spleen and kidney yang deficiency. It is important to note that kidney yang is responsible for the yuan yang, which is essential for overall health. To produce chemicals, the body's natural processes are utilized. Kidney yang deficiency can result in failure to warm the body, loss of energy, and delayed recovery. Therefore, treatment should focus on regulating the spleen and kidney. Prof. Wang utilized Chinese yam, lotus seed, huang jing, and coix seed to warm the spleen and kidney. Yam is sweet and flat in nature, and it specializes in the lung, spleen, and kidney meridians. The Divine Husbandman's Classic of the Materia Medica states that it is "the main treatment for injuries, replenishes deficiency and wonkiness. .... It is good at tonifying

the spleen and kidney<sup>[25]</sup>. Modern pharmacological studies have shown that it can strengthen the body's immune system and delay aging. Lotus seeds affect the heart, spleen, and kidney meridians. They nourish the heart, tranquilize the spirit, and stop diarrhea while fixing the essence. Modern pharmacological analysis has shown that lotus seeds have high nutritional value and possess anti-aging, sedative, and cardiac benefits. Coix lacryma is believed to strengthen the spleen, promote diuresis, and eliminate dampness. It is also said to have a calming effect on the heart and mind. This herb can help clear stagnant heat in the lungs and guardians, as well as remove dampness and heat from the spleen and stomach. Modern research has shown that the medicinal constituents extracted from Coix lacryma can enhance the immune system<sup>[26]</sup>.

### **3.4. Combination of needles and medication for simultaneous treatment of symptoms and root causes.**

According to Prof. Wang, the treatment of intractable psoriasis can be achieved through a combination of acupuncture and medicine. The treatment principle, as stated in 'Suwen - Shifting the Essence and Changing the Qi', suggests that when the disease has been finalized, it is desirable to treat the outside of the disease with micro-acupuncture, and to treat the inside of the disease with tonics and liquids<sup>[27]</sup>. Regarding acupuncture, Professor Wang suggests that patients with intractable psoriasis suffer from yin and blood deficiency due to the prolonged duration of the disease and the dryness caused by poisonous evils. This dryness depletes qi and injures qin, and damages the yang qi of the spleen and kidneys. According to Wang, the dorsal acupoints are where the essence of the five viscera and six bowels are transferred and infused on the body surface. They are also important for regulating bowel functions and aiding the righteousness of vital energy. The dorsal acupoints have connections with the bowels and can reflect the strength and deficiency of the five viscera and six bowels. Corresponding therapeutic measures using the dorsal acupoints can regulate the qi, blood, and yin and yang of the five viscera. Acupuncture points on the back can also have a regulatory effect on the body, promoting skin metabolism and regulating the body's immune function<sup>[28]</sup>. Thus, the primary acupuncture point is the dorsal yu point, while the spleen yu, kidney yu, diaphragm yu, and lung yu serve as the fundamental points for treating the disease. In clinical practice, the main therapeutic function of each Yu point can be utilized, while also promoting the body's ability to regulate balance through the combination of multiple points. The medication is intended to nourish yin and promote fluid production, while also toning the body without being too oily. It also has a slight wind-stopping effect and can relieve itching by clearing heat. The combination of acupuncture and medication has its own unique advantages, both internally and externally, resulting in remarkable outcomes.

## **4. Typical cases**

Duan, a 70-year-old male, was first seen on August 17, 2022, presenting with generalized red plaques with scales that had been recurring for ten years and had worsened over the past three months. The patient reported the onset of flaky red plaques on the trunk and other areas ten years ago, accompanied by itching and discomfort. The lesions gradually spread throughout the body, and despite seeking treatment from several hospitals using traditional Chinese and Western medicine, the patient was diagnosed with psoriasis. Recurrent episodes of varying severity have occurred, with a sudden worsening of symptoms three months ago. Three months ago, the patient's symptoms suddenly worsened, prompting a visit to the outpatient clinic. Presently, the patient exhibits general malaise and dark red plaques that have spread throughout the body, primarily on the chest, back, and limbs. The plaques are covered with thin scales and show obvious signs of scratching. The lesions on the chest, back, and forearms are hypertrophied and infiltrated, with visible blood crusts

and oozing after scratching. The patient reports experiencing itching at the lesions, which worsens at night. They also report dryness in the mouth and a lack of desire to drink. There are no signs of a cold or fever, and no abnormalities in the joints of the limbs. The patient also reports dizziness, panic attacks, fatigue, aching and weakness in the waist and knees, and poor sleep at night. The patient's diet is normal. They report having dry stool and normal urine. Upon examination, their tongue appears red with a greasy and slightly yellow coating. Their pulse is sunken and fine. Leukoderma, according to Chinese medicine diagnosis, is identified as blood deficiency, wind dryness, spleen, and kidney yang deficiency. The treatment involves nourishing blood and yin, dispelling wind and stopping itching, and warming the spleen and kidney. The prescription includes 10g of *Coix lacryma*, 30g of *Cortex Eucommiae*, 15g of *Radix et Rhizoma Gastrodiae*, and 10 dosages, one per day. The decoction should be taken orally in 2 times, with 300ml of water. Acupuncture points should also be considered. Acupuncture treatment involves the use of millimeter needles to stimulate specific points on the body, including the Blood Sea, Diaphragm Yu, Spleen Yu, Kidney Yu, Foot Sanli, and Lung Yu. To enhance the effectiveness of the treatment, patients are advised to quit smoking and drinking, avoid consuming meat and fish, increase their intake of fresh vegetables and fruits, maintain regular work and rest schedules, and prioritize emotional well-being. Additionally, patients should avoid hot water showers, prevent trauma, and minimize the risk of infection.

On September 6, 2022, the patient's condition improved significantly after taking the prescribed medication. The scaly rash on the chest, back, and limbs subsided, the erythema became lighter, and the blood crust and ooze of the skin lesions reduced significantly. The patient experienced less itching, improved spirits, better sleep, and regular bowel movements. The patient's tongue appeared red with a thin, white coating. Their pulse was thin but strong. The prescribed treatment consisted of a decoction made from the roots of *leucocephalus* and snakes' bedstraws, which was taken orally in 10 doses, both in the morning and evening after meals. After one month, the patient's body rash had significantly subsided.

Press: The patient is an elderly male experiencing a prolonged course of illness. The diagnosis includes heat evil hijacking burn fluid, internal depletion of true yin, blood deficiency, wind dryness, and skin loss of nourishment. The patient has taken various heat detoxification drugs to address the qi and yin deficiency. Long-term spleen and kidney yang deficiency can result from dryness in the body, which can damage the spleen yang. This deficiency should be treated by supplementing the main positive qi and addressing the root causes of the deficiency. The patient's symptoms indicate blood deficiency and wind dryness. Prof. Wang's treatment plan focuses on tonification and supporting positive qi to expel the pathogenic factors. The treatment also aims to nourish yin and generate fluids, warm and tonify the spleen and kidneys, and clear heat and cool the blood. The use of Four Things Soup and Four Gentlemen Soup to tonify qi and blood, with a small amount of ripened earth, can be effective in treating systemic diseases. *Angelica sinensis* is a key ingredient for blood tonification, while *Chuanxiong* helps to circulate blood throughout the body. *Dangshen* and *atractylodes macrocephalus* can enhance the power of qi to replenish the spleen and stomach. Chinese yam and *Huang Jing* are beneficial for replenishing the qi of the spleen and kidney, as well as the yin of the spleen and kidney. They are both double tonics for qi and yin. *Yuzhu* and *huangjing* are used to nourish yin and moisten dryness. *Poria* strengthens the spleen and stomach to promote dampness, while *coix seed* is used to dispel dampness and help yang qi. The patient's long illness has injured kidney yin and yin essence cannot be transported to bear the fire of the heart, which is over-exuberant. *Lotus seed* can clear the fire of the heart and also replenish the spleen and benefit the kidneys. *Raw Huangdihuang* is a sweet and cold herb that supports yin and clears heat. It enters the kidney meridian to nourish yin and drain ambient heat. *Beiha Shenshen* nourishes yin and generates fluids. *Xuanshen* and *Maitake Gu* protect yin liquid. A few Snake seeds, *Tribulus*

Terrestris, and Dibasic seed dry dampness, dispel wind, and stop itching. Comfrey, Moutanpi, and Leucocephala root penetrate deep into the blood to clear heat and give the evil a way out. The complementary method of acupuncture prescription to the back of the Yu points, spleen Yu, and kidney Yu line is used to warm the spleen and kidney, care for the innate and the innate, consolidate and cultivate to promote the qi and blood Ying and Wei, and fight against internal and external poisonous evils. The lung main fur, and lung Yu is the essence of the injection of the lung's internal organs, so it can dispel the wind and stop the itching. The diaphragm helps with ventilation and promotes blood flow. Quchi is a major point for internal and external cleansing, clearing wind and heat, and eliminating internal fire evils. The foot three miles point strengthens and benefits the qi, promoting healthy functioning of all limbs and organs. The Sanli acupoint strengthens the Spleen and benefits Qi, nourishing the limbs, bones, and internal organs. The Sea of Blood is responsible for transporting and transforming Spleen Blood, converting it into Qi, and acting as the gathering place for the Blood generated by the Spleen meridian.

In the second consultation, the patient's erythema and scales had subsided and there was no itching. It is important to note that the patient should take special precautions when going to the serpentine. The formula aims to tonify deficiencies and support correctness while considering both symptoms and root causes. This achieves the effect of nourishing yin and clearing heat, dispelling evil and supporting correctness, and cleansing qi and blood. The synergistic effect results in a remarkable therapeutic effect.

## 5. Conclusion

Psoriasis has been a challenging disease in dermatology since ancient times. The disease course is often prolonged, leading to intractable psoriasis. The scales on the surface of the body in psoriasis are primarily caused by changes in the meridians and channels of qi and blood. Therefore, when prescribing medication, it is important to pay attention to the 'Division of the external to figure out the internal.' Professor Wang emphasizes the importance of the overall concept of clinical evidence, advocates for the combination of internal and external treatments, and insists on using a combination of acupuncture and medication to treat intractable psoriasis. "Su Wen - Shifting Essence and Changing Qi Theory" states that the principle of treatment is to use micro-needles for external treatment and soup and liquid for internal treatment, once the disease has taken form. The disease is characterized by blood deficiency, wind dryness, and spleen and kidney yang deficiency. Medicines are used in pairs, and acupuncture is mainly performed on the dorsal yu points. Discretionary points are allocated according to the patient's clinical condition to achieve the purpose of clearing the collaterals and relieving pain. The root cause of intractable psoriasis is deficiency. Therefore, the medication and acupuncture points focus on nourishing yin, clearing heat, and warming the spleen and kidneys. The prescription is tailored according to the different clinical manifestations. Prof. Wang emphasized the importance of treating the disease with the four diagnostic methods and combining prescription and medication with acupuncture, which often yields good clinical results.

## References

- [1] Zhang JZ, Xing H. *Dermatologic Venereology Beijing: People's Health Publishing House, 2015: 203-207.*
- [2] Yang Xueqin. *Research and clinical of psychosomatic disease attributes in psoriasis [C]. Proceedings of the Twelfth National Academic Conference on Dermatology and Venereology of the Chinese Medical Association, 2006: 100-101.*
- [3] Yang Xiaojuan, Meng Xianghui. *Progress in the treatment of psoriasis [J]. Journal of Mudanjiang Medical College, 2020, 41(06):120-124.*
- [4] *Beijing Hospital of Traditional Chinese Medicine. Zhao Bingnan clinical experience collection [M]. Beijing: China Science and Technology Medicine Press. 2002:21-23.*



- [5] Beijing Hospital of Traditional Chinese Medicine. Zhao Bingnan clinical experience collection [M]. Beijing: People's Health Publishing House, 1975. 211-219.
- [6] Zhao BN, Zhang ZL. Simplified dermatology of Chinese medicine [M]. Beijing:China Prospect Publishing House, 1983. 200-203.
- [7] Wei Yachuan, Lu Heqi. Clinical observation on the treatment of 162 cases of psoriasis with Zi Cao Tiejia Si Wu Tang [J]. *Journal of Traditional Chinese Medicine*, 2000, 41(2):97-98.
- [8] Wu Gang, Zhang Jianghui, Zhao Junping. Experience in treating psoriasis by warming yang and strengthening kidney, activating blood circulation and removing blood stasis [J]. *Shanxi Medical Journal*, 2008, 37(7):648-649
- [9] Song Peng, Wu Zhikui, Zou Yihuai, et al. Exploration of new ideas on the treatment of psoriasis in traditional Chinese medicine and the opening and detoxification of psoriasis [J]. *China Journal of Traditional Chinese Medicine Information*, 2009, 16(12):90-91.
- [10] Sun Buyun. Clinical observation on 226 cases of psoriasis treated by traditional Chinese medicine [J]. *Journal of Traditional Chinese Medicine*, 1995, 36(2):99-100.
- [11] LI Xianglin, FAN Ruijuan. Treatment of psoriasis of common type from qi deficiency [J]. *Shanxi Traditional Chinese Medicine*, 2008, 24(10):19.
- [12] Tian Daihua. Huang Di Neijing Suwen [M]. Beijing: People's Health Publishing House, 2005:188-189.
- [13] Yu Yang, Xu Xiaoyun. Xu Xiaoyun's experience in treating common type psoriasis [J]. *Guangxi Traditional Chinese Medicine*, 2020, 43(01):50-52.
- [14] Xu Jiayang, Xu Xinyu, Wu Yunhu. The experience of using the complementary method in cerebral hyperperfusion syndrome in the "Heart of Medicine"[J]. *Clinical Medicine Research and Practice*, 2022, 7(06):145-148.
- [15] Li Fangmei. Study on the effect of Angelica sinensis drink on skin barrier function of psoriasis vulgaris [D]. Hunan University of Traditional Chinese Medicine, 2014.
- [16] Tingting Zhang, Xia Xiaokai, Chuanping Chen, et al. Study on the biological activity of polysaccharides of *Rhizoma Polygonati* [J]. *Chinese Journal of Experimental Formulas*, 2006, 12(7):42-45.
- [17] Fan Xiaoyang, Hou Yanjie, Jia Shiyun, Si Ruihua, Zheng Bowen, Liu Guangzhen. Progress in the study of the pharmacological effects of the chemical constituents and saponin components of Chinese yam [J]. *Chinese Medicine Information*, 2021, 38(09):79-84.
- [18] Fan Mingming, Zhang Jiayu, Zhang Xianglong, Wang Shun. Progress in the study of chemical composition and pharmacological effects of Maitong [J]. *Chinese Medicine Information*, 2020, 37(04):130-134.
- [19] WANG Xiaoqin, SU Kemeng. Progress of chemical composition and pharmacological activity of Beisashen[J]. *Chinese Modern Traditional Medicine*, 2020, 22(03):466-474.
- [20] Jiao Kun, Chen Peidong, He Yingying et al. An overview of the research on *Radix et Rhizoma Cyperiella*[J]. *Jiangsu Traditional Chinese Medicine*. 2008, 40(1):91-93.
- [21] Zeng Chen, Hou Lei, Zeng Ping, Wang Ying, Li Rong, Ma Wukai. A review of Professor Ma Wukai's experience in the treatment of dry paralysis with the use of pair of herbs [J]. *Journal of Guiyang College of Traditional Chinese Medicine*, 2018, 40(02):5-8.
- [22] Guo Daijiong, Yang Yufeng, Zhong Lingling, Huang Yanhong. Treatment of 32 cases of infantile eczema with Sanhua Feiyang solution [J]. *Jiangxi Traditional Chinese Medicine*, 2019, 50(08):32-34.
- [23] Jiang Jianping, Shen Xiaoqing, Fan Haizhu. Progress in the study of chemical composition and pharmacological activity of Dibotryon [J]. *Chinese Journal of Traditional Chinese Medicine*, 2011, 29(12):2704-2706.
- [24] Yang Ting, Yang Qi, Yang Qiang, Wang Ruihui. Clinical experience of Prof. Wang Ruihui in the treatment of chronic atrophic gastritis [J]. *Sichuan Traditional Chinese Medicine*, 2020, 38(11):17-19.
- [25] Xie Xingwen, Zhong Jianchun, Li Dingpeng, Huang Rui, Li Ning, Guo Yunlong, Zhai Boyu. Research progress of diosgenin in the prevention of primary osteoporosis [J]. *Basic Medicine and Clinics*, 2022, 42(06):960-963.
- [26] Li Xiaokai, Gu Kun, Liang Muwen, Zhang Yintao, Wang Yuming, Li Shoubo. Progress of chemical composition and pharmacological effects of *Coix lacryma* [J]. *Chinese Herbal Medicine*, 2020, 51(21):5645-5657.
- [27] He Meixiu, Xie Xuchao, Peng Weidong. Prof. Peng Weidong's experience in treating infertility by combining acupuncture and medicine [J]. *Journal of Zhejiang University of Traditional Chinese Medicine*, 2022, 46(04):463-467.
- [28] LI Li-Hong, LI Zhi-Feng. Efficacy of acupuncture at dorsal yu point combined with acupoint injection of shandan injection in the treatment of blood-heat type psoriasis and its effect on Th1 and Th2 related factors [J]. *Journal of Modern Integrative Chinese and Western Medicine*, 2018, 27(18):1978-1981.