

The Observation on the Effect of Xuanbei Xiaocuo Soup Works on the 78 Cases of Phlegm Stagnation Type Acne

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Abstract

Goal: Observing the effect of Xuanbei Xiaocuo Soup on Phlegm Stagnation Type Acne (PSTA). **Method:** Dividing the 78 patients of PSTA into 2 groups randomly, the 39 patients in the therapy group were treated with Xuanbei Xiaocuo Soup; and the other 39 ones in the control group were treated with Zhongjiefeng Fensan pills, and the observation on the two groups started after 30 days. **Result:** The therapy group's effective rate is 94.87%, and the control group's is 82.05%, the difference between the two groups is very obvious ($P < 0.05$). **Conclusion:** Xuanbei Xiaocuo Soup is a very effective method for curing PSTA, which should be widely clinically applied.

Key words: Xuanbei Xiaocuo Soup, Phlegm Stagnation Type, acne, curative effect.

Acne is usually occurred around the puberty, which is a type of pilosebaceous chronic inflammatory disease; this type of disease happens to the males more often, and happens to the females earlier, which serious symptom is forming hollow or hypertrophic scar, and its deep-seated inflammation can create massive abscess. The scar may remain even after the successful curing, the curing process is very long, which would strongly influence the life quality of patients. The writer of this article has been treated 62 cases with Xuanbei Xiaocuo Soup, and the curative effect is very satisfactory.

1. Materials and Methods

1.1 Common materials

All the cases are collected from the dermatology clinic of Heilongjiang University of Chinese Medicine's first affiliated hospital between January 2012 and March 2013, which are all matched with the diagnostic standard according to Clinical Dermatology (Ed., Zhao Bian) and Diagnostic and therapeutic effect evaluation criteria of diseases and syndromes in traditional Chinese medicine. All the patients are categorized into severe acne, which equals the third level of the fourth level according to the Acne Pillsbury Classification, at the same time the patients, who are pregnant, breast feeding, having sensitive constitution, allergic to the related medicine, having systematic problems on cardio-vascular system, hemopoietic system, and immune deficiency disorder, are excluded. There are totally 78 cases, which include 55 male patients and 23 female patients, whose age are between 17 and 35 years old; their courses of disease are between 15 days and 6 years. The skin eruptions are majorly distributed on faces, which may spread to backs and chests. The clinical feature of skin rash is usually repeatedly presented as red or dark red protuberance, abscess, cyst, and cicatrix. The two groups do not have obvious difference in gender, age, course of disease, and the order of severity on skin eruptions ($P > 0.05$), which means they are comparable.

1.2 Treatment Methods

The control group would be treated with Zhongjiefeng Fensan Pill, each time 4 pills, three times daily, orally.

Enforcement Standards: The State Food and Drug Administration Standard
Drug standard number: YBZ07152006

Approval number: Country Medical Permit Z20060254

Manufacturer: Zhejiang Weikang pharmaceutical corporation, Ltd.

The prescription of control group: Figwort 20g, Fritillaria Thunbergii 30g, raw oyster 30g, Cimicifuga Foetida 15g, Thallus Laminariae 20g, Sargassum 20g, Baikal Skullcap Root 20g, Spina Gleditsiae 15g, Angelica Dahurica 15g, Rhizome of Chuanxiong 15g, Tuckahoe 20g, Safflower 10g, Rhubarb 7.5g, Dried orange peel 10g, Rhizoma Typhonii 10g, Ternate Pinellia 10g. All the medicine are boiled by the processing room of Heilongjiang University of Chinese Medicine's first affiliated hospital. Each decoction would be made into two bags, and each bag would be 150ml. Usage: one decoction daily with two separated times, each time 150ml, half an hour after breakfast and lunch would be the best to time to take, the decoction should be warmed. 15 days is one course of treatment for both groups, the results are collected after two courses.

2. Observation on the curative effect

2.1 Standard of curative effect

Recovery: skin rash basically disappear, no new ones come out, following up for one year without relapse;

Produce effect: 70 percent of skin rash disappear, occasionally some new ones come out;

Improving: 30 percent of skin rash disappear, new ones come out sometimes;

Invalidity: lower than 30 percent of skin rash disappear.

2.2 Treatment result

After 1 ~ 2 courses, two cases from control group recovered, 12 cases turned into better situation with produced effect, 18 cases' symptoms were improved, and 7 cases showed invalid results, which means the effective rate is 82.05%. 8 cases from therapy group fully recovered, 20 cases were getting better with produced effect, 9 cases improved, and 2 cases showed invalid results, which means its effective rate is 94.87%. The effect of Xuanbei Xiaocuo Soup is obviously much better than Zhongjiefeng Fensan Pill on treating PSTA, which should be highly applied clinically.

2.3 Side effect

During the therapy, a few patients showed the symptom of lightly diarrhea at the beginning, which gradually disappeared with continuing treatment, no other side effect showed up.

3. Discussion

This disease is chronic that is related to pilosebaceous unit, which mainly happens in puberty, usually appear on faces, chests, and backs, which would form some damage like black-head acne, pimple, pustule, protuberance, and cyst. The cause of acne is related to the level of male hormone is too high, sebaceous gland secretes too much, microbacterium infection inside the hair follicle, inflammation harm, immunoreaction, hereditary factor, and psychological factor.

This disease can be categorized into the acne of Chinese medicine, whose outbreak has close connection with the pathological changes of lung and stomach. Back to the early, this disease's symptom has been described in the book of *General Treatise on the Cause and Symptoms of Diseases-Facial Sore Syndromes*. In the book of *Golden Mirror of Medicine-Pulmonary Wind Syndrome Acne*, this disease is described with more details: this disease is caused by the high blood temper in lung channel. It usually outbreaks on faces, which looks like pimple with the shape of millet fritters, and its color is red with gall, after bursting white liquid would come out. With the long period, it would form into white fritter with the shape of millet fritter. The patients should take Loquat Qingfei Drink orally and be applied externally, which would help it gradually disappear. So sleeping late would cause the phlegm, deficiency of yin, poor blood line, the heat would stop the skin venation, the spleen's function would become weak, which would lead in the whole system losing balance and finally cause the form of tuberculum, cyst, cicatrix. This is the reason that treating PSTA should focus on removing blood stasis and expelling the heat. In the description, Scrophulariaceae Canaria is bitter and cold, so it can expel the heat. Fritillaria Thunbergii can also expel the heat and removing blood stasis. Cimicifuga Foetida can make the surface of skin to be more vulnerable so that the rash would come out easily, which can also expel the heat and removing blood stasis and raise the deficiency of yang. All these three medicines can work together efficiently

for expelling the heat; Rhizoma Typhonii, Angelica Dahurica, Spina Gleditsiae can neutralize the phlegm and remove the humidity, and they can also stop the pain. Rhizome of Chuanxiong and Safflower can invigorate blood circulation and removing blood stasis. Baicalein can also expel the heat and remove the humidity, which can also stanch and detoxicate. Rhubarb can help people defecate and expel the heat, which can also lower down the blood temperature and detoxicate. Tuckahoe, dried orange peel, and Tuber Pinellia can neutralize the phlegm and remove blood stasis, which can help the spleen improving its function. Sargassum, Thallus Eckloniae, and raw oyster can soften and remove the tuberculum, which is also good for the elimination of edema. All the medicines together can get twice the result with half effort. After successful recovery, recently it would appear the secondary pigmentation, but this symptom would gradually disappear between 3 months and half a year after all, and the skin would get back into its original color. After observation, this decoction has great effect on treating PSTA, which has not been found obvious side effect; this means it is much better than Zhongjiefeng Fensan Pill, which should be widely applied in clinical.

This disease is closely connected with the patient's diet, emotion, life pattern and so on, so doctors should tell patients to keep healthy diet, life pattern, and positive emotion.

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Total flavonoids from *Hypericum attenuatum* impact gene expression of ion channels in arrhythmic rats

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Keywords: Arrhythmic rats, total flavonoids, *Hypericum attenuatum*, CaL- α 1C mRNA, K_{ATP}-K_{ir6.1} mRNA

Summary. This study is an original one. We aim to elucidate the mechanism of total flavonoids from *H. attenuatum* and their antiarrhythmic effect in rats. *H. attenuatum*, is a well-known traditional Chinese medicine and is used primarily by medical scientists for the treatment of heart failure and arrhythmia. Thus, we anticipate that people will recognize our work, and that this drug can be used in the treatment of many patients.

Abstract

Study basis: Our previous studies have shown that the total flavonoids from *Hypericum attenuatum* have a potential function to treat arrhythmia. However, only a few studies have investigated the mechanism of total flavonoids from *H. attenuatum* to treat arrhythmia.

Objectives: In this study, we aim to elucidate the mechanism of antiarrhythmic action of total flavonoids from *H. attenuatum*.