Main factors

In traditional Chinese medicine two important factors are considered to be responsible for the manifestation of skin problems. These two factors are:

- **invasion of wind**
  The wind affects the circulation of Qi, Blood and Fluids which results in painful swelling and possible inflammation.

- **heat and toxins**
  Skin inflammation refers to the presence of heat which can be of internal or external origin. Toxins refer in this case to the strong and localized manifestations of heat as often occurs in the case of skin diseases.

Approach

Treatments for skin problems address one of those factors or a combination of them. When we analyse traditional formulas for skin complaints we notice that a certain group of herbs is often used. The proportions of those herbs varies heavenly depending on the nature and manifestation of the pathological factors.

Within the Seven Forests (®) products, **Lonicera 13** is the most typical formula for skin ailments. It contains herbs that address the important factors that are responsible for the manifestation of skin diseases.

The formula dispels wind, removes toxins and clears heat. Depending on the manifestation of the different pathological factors one can adjust the emphasis of the treatment by combining this basic formula with other formulas within the same product line.

The wind dispersing action can be intensified by adding **Chiang Huo 13** (especially if joint problems are present) or **Zaocys Tablets** (in case of itching).

The heat clearing action can be supported by the combination with **Forsythia 18** (in more acute situations with inflammation), **Annemarrhena Tablets** (when there is dryness and inflammation), and **Prunella 8** (in cases of deficient heat).

A more intensive approach towards toxins is accomplished by combining with formulas such as **Patrina 7** (bacterial infections) or **Bidens 6** (viral or bacterial infections).
There are a couple of formulas that address the strong presence of two pathological factors at the time. One of them is **Xanthium 12**, a formula focused on strong presence of wind and toxins, giving rise to allergic reactions affecting the skin.

Another one is **Kochia 13** which is dealing with excessive heat and toxins as they appear in eczema and psoriasis. Both formulas can be used on their own or in combination with **Lonicera 13**.

### Addressing additional factors

In many skin diseases also the Blood will be affected. There will be Blood deficiency or/and stagnation. Here also, one can combine with a secondary formula to address the additional problem.

In case of Blood deficiency, **Tang-kuei Tablets, Tang-kuei 18** (tendency towards stagnation and heat) or **Millettia 8** (deficiency with stagnation on top) are indicated.

In case of stagnation, Blood vitalizing herbs will not only address the stagnation, but will have some secondary positive impact. Formulas like **Red Peony Tablets** (painful skin eruptions) and **Zedoaria Tablets** (psoriasis) will also clean toxin. **Coix Tablets** (acne, herpes zoster) will additionally clear heat.

The presence of heat and toxins may be complicated by damp. This occurs often in persons with an underlying stomach/spleen weakness. A formula that addresses this weakness together with some damp and heat clearing actions is **Stemona Tablets**, used for vaginal infections or inflammation of the skin of the legs.

In the case of stagnated damp and heat resulting from gallbladder syndromes one can use **Zhu Dan Tablets** in order to get rid of the damp-heat.

Since deep underlying deficiencies can contribute to the development of skin problems, it is often important to address those adequately. A formula like **Composition-A** nourishes all the organs and essences, cleans toxin, vitalizes Blood, and is especially indicated in case of viral infections (HIV, Epstein bar, etc.).

### Dosage

By combining several formulas one is able to obtain a more personalised approach of the problem. Each formula contains a certain combination of treatment principles. By combining formulas one either add certain treatment principles or increase the impact of one or more actions.

A well considered use of multiple formulas will not result in a complex and obscure approach. By adjusting the dosage of the formulas separately one is able to make strategical adjustments in the treatment at all time. Simultaneous use of several herbal formulas is also in traditional practice a common habit.

Some recommendations regarding dosage:
- use of one single formula: 3-4 tablets three times a day.
- use of two formulas: 4-5 tablets three times a day. (3 tablets of the main formula, 1-2 tablets of secondary formula)
- use of 3 formulas: 4-5 tablets three times a day. (3 tablets of the main formula, 1-2 tablets of secondary formula)

Additional 4 tablets of a general supporting formula three times a day.

### LONICERA 13

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>Lonicera</th>
<th>Sophora</th>
<th>Siler</th>
<th>Red Peony</th>
<th>Tribulus</th>
<th>Forsythia</th>
<th>Moutan</th>
<th>Rehmannia</th>
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- clears heat -
- removes toxin -
- dispels wind -
WIND

LONICERA 13
+ FORSYTHIA 18
+ ANEMARRHENA TABL.
+ PRUNELLA 8
+ CHIANG HUO 13
+ ZAOCYS TABLETS

TOXINS
+ PATRINIA 7
+ ISATIS 6
+ BIDENS 6

HEAT
+ RED PEONY TABL.
+ ZEDOARIA TABL.
+ COIX TABLETS

XANTHIUM 12

KOCHIA 13

blood

nourish

vitalize

general weakness

damp heat

+ COMPOSITION-A

+ TANG-KUEI TABL.
+ TANG-KUEI 18
+ MILLETTIA 9
+ TANG-KUEI 18
+ MILLETTIA 9
+ ZHU DAN TABLETS

+ STEMONA TABLETS
+ ZHU DAN TABLETS