

Systemic Lupus Erythematosus Diagnosis and Treatment

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Conventional Diagnosis and Treatment

Diagnostic Features:

- Occurs Mainly in young women
- Rash over areas exposed to sunlight
- Joint Symptoms in 90% of patients
- Multiple system involvement
- Depression of hemoglobin white blood cells and platelets
- Serologic findings: antinuclear antibodies (100%) anti-double-stranded DNA antibodies in 2/3, low serum complement levels

According to the American Rheumatism Association, a diagnosis of SLE can be made with reasonable probability if 4 of the following 11 criteria are present simultaneously or serially, during any interval of observation: malar rash, discoid rash, photosensitivity, oral ulcers, non-erosive arthritis, serositis, renal disorder, neurologic disorder, hematologic abnormality (hemolytic anemia, leukopenia, lymphopenia, or thrombocytopenia), immune dysfunction (positive LE preparation, antinuclear DNA, false-positive syphilis serologic tests over 6 months), and positive antinuclear antibody (Papadakis & McPhee, 2015).

Demographics:

SLE appears most commonly in young women ages 13-45. More than 16,000 Americans develop Lupus each year with an estimated 500,000 currently suffering. 90% of all cases reported are female. Lupus strikes 1 in 400 white woman and 1 in 250 black women, it is also common in China; all races can be subject.

Prognosis:

The 10 year survival rate is exceeding 85% according to recent reports. In most patients, the disease pursues a mild course with occasional flaring of activity. The severity of the

disease tends to diminish with time. It is common to find normal lab levels after five years.

Conventional Therapies:

Aspirin and other NSAIDs are used to treat the milder symptoms of Lupus, such as joint pain and fever. The problem here is increased permeability of the gastric mucosa. This increases the likelihood of large size protein molecules crossing the gut-immune barrier. This renders NSAIDs inefficient as a long term solution due to antigen-antibody increased musculoskeletal inflammation. Antimalarial drugs such as hydroxychloroquine are being used to treat skin lesions, although side effects such as visual disturbances and nausea can occur in the course of prolonged treatment (possible use of *Artemisia ching hao*). The standard drug treatment for the more severe SLE is corticosteroid therapy, most commonly prednisone. Side effects can include acne, sleep disturbances with resulting fatigue and irritability, personality changes, susceptibility to infections, weight gain, and symptoms similar to Cushing's Disease (moon-like face, changes in posture, high blood pressure, diabetes, absence of menstruation, purple skin markings, etc.). Prolonged, intensive corticosteroid therapy can also cause psychiatric disturbances known as "steroid psychosis." This can mimic psychosis due to Lupus' effects on the central nervous system and may be difficult to distinguish from it. Other possible side effects of long-term steroid use are osteoporosis or osteonecrosis.

Oriental Medicine: Diagnosis and Treatment of SLE

Professor Ding Jie Ming's Treatment of SLE

SLE was not described in classic literature other than as fragments of internal or external syndromes. Professor Ding Jie Ming has treated over 500 SLE patients during the course of 5 years. According to Professor Ding, etiological factors considered in the development of SLE include wind, damp, and cold. The result of this is slow developing inflammation of the joints. The pathogenesis then progresses into the tissues of skin, nerves, and blood. Focus of the therapy is adjusted according to the location of the internal SLE lesions.

The following are the treatment protocols given by Professor Ming in lecture sponsored by the Research Institute of Chinese Medicine.

Base Formula:

Cinnomomi cassiae Ramulus (Gui Zhi)

Bupleurum chinense (Chai Hu) (Wu, Wu, Fan, & Pan, 2011)

Lycopodium clavatum (Shen Jin Cao)

Glycyrrhiza uralensis (Gan Cao)

For lesions in the brain and CNS, add *Cicada periostricum* (Chan Tui) and *Polygala tenuifoliae* (Yuan Zhi) to the base formula.

Liver lesions:

For severe headache (wind) add *Uncariae cum uncis* (Gou Teng) and *Peonia alba* (Bai Shao).

To tonify yin add *Ecliptae prostatae* (Han Lian Cao), *Ligustri lucidii* (Nu Zhen Zi), *Scrophularia ningpoensis* (Xuan Shen), and *Haliotidis concha* (Bao Yu).

For hypochondriac pain add *Scutellaria baicalensis* (Huang Qin), *Moutan radices* (Mu Dan Pi), *Cyperus rotundus* (Xiang Fu Zi).

Spleen lesions:

1.If the Spleen is enlarged add *Coptis chinensis* (Huang Lien), *Atractylodes macrocephala* (Bai Zhu), and *Hordeum vulgare* (Mai Ya).

2.For diarrhea or loose stool remove *Scrophularia ningpoensis* (Xuan Shen). Add *Dioscorea opposita* (Shan Yao), *Massa fermentata* (Shen Qu), *Saussurea lappa* (Mu Xiang), *Carbonized Zingiberis officinalis* (Gan Jiang), and *Atractylodes macrocephala* (Bai Zhi).

3.For severe dampness of the spleen, subtract *Scrophularia ningpoensis* (Xuan Shen); add *Coicis lachryma-jobi* (Yi Yi Ren) and *Atractylodes macrocephala* (Bai Zhi).

4. For thin muscles and fatigue add *Astragalus membranaceus* (Huang Qi), *Angelica sinensis* (Dong Gui), *Lycopi lucidus* (Ze Lan), and *Salvia miltiorrhiza* (Dan Shen).

Lung lesions:

Add *Ephedra* (Ma Huang), *Peucedani praeruptorum* (Qian Hu), *Platycodon grandiflorum* (Jie Geng), and *Polygala tenuifolia* (Yuan Zhi) to open the lungs, and dissolve phlegm.

When Lung is inflamed, add *Cortex of Mori alba radices* (Sang Bai Pi).

Coughing blood add *Ophiopogonis japonicus* (Mai Men Dong), *Nelumbinis nucifera* (Lotus Root or Ou Jie), *Biota orientalis* (Bai Zi Ren), *Caucumen biota* (Ce Bai Ye).

Skin lesions:

Use *Astragalus membranaceus* (Huang Qi), *Angelica sinensis* (Dong Gui), and *Clematidis chinensis* (Wei Ling Xian). The treatment strategy is to nourish Qi and Blood, and disperse wind.

Ascites: *Areca catechu* Shell (Da Fu Pi) to relieve damp.

When the lesion is in the kidney, Warm the Yang, Expel Wind, and Benefit the Kidney. Xien Ling Pi is the base formula for this: *Aconite carmichaeli* (Zhi Chuan Wu), *Lycopodium clavatum* (Shen Jin Cao), *Scrophularia ningpoensis* (Xuan Shen), *Glycyrrhiza uralensis* (Gan Cao), *Cinnamomi cassia Ramulus* (Gui Zhi), *Atractylodes alba* (Bai Zhu), *Astragalus membranaceus* (Huang Qi), *Coicis lachryma-jobi* (Yi Yi Ren), *Achyranthes bidentatae* (Niu Xi), *Chaenomeles lagenaria* (Mu Gua).

Modification for Yang Deficiency: subtract *Scrophularia ningpoensis* (Xuan Shen). Add *Achyranthes bidentatae* (Niu Xi), *Cistanches salsa* (Rou Cong Rong), *Eucommia ulmoidis* (Du Zhong), *Aconite carmichaeli* (Fu Zi).

Modification for Yin Deficiency: increase *Scrophularia ningpoensis* (Xuan Shen) and add *Rehmannia glutinosae* Raw (Sheng Di Huang).

Proteinuria: add *Astragalus membranaceus* (Huang Qi), *Atractylodes alba* (Bai Zhu), *Zea mays* (Yu Mi Shu), *Coicis lachryma-jobi Radix* (Yi Yi Ren Gen), and Blackbeans.

Elevated BUN:

Add *Achyranthes bidentatae* (Niu Xi), *Chaenomeles lagenariae* (Mu Gua).

For Heart Lesions: make the following modifications to the above kidney based formulas.

Heart Yin deficiency

add more *Scrophularia ningpoensis* (Xuan Shen); also add *Ophiopogonis japonicus* (Mai Men Dong), *Polygonum multiflori Caulis* (Ye Jiao Teng), *Biota orientalis* (Bo Zi Ren), and *Schisandra chinensis* (Wu Wei Zi).

Heart Yang deficiency

remove *Scrophularia ningpoensis* (Xuan Shen); add *Aconite carmichaeli Cx* (Fu Zi), *Salvia miltiorrhiza* (Dan Shen), *Catharsius malosis* (Chiang Lian Chung)¹, *Acori graminei* (Chang Pu), and *Polygalae tenuifolia* (Yuan Zhi).

Practical Surgery of Chinese Medicine gives three differentials for Lupus they are:

1. Yang deficiency of Spleen and Kidney presenting with a cluster of the following; mild erythema, bluish-brown subcutaneous purpura, chills, cold extremities, mild fever, aching in the joints, low back pain, sparse hair, irregular menses, fatigue, perspiration, weakness of the arms and legs, edema, loss of appetite, muddy stools, scanty urine, swollen tongue, weak pulse.

2. Yin Deficiency with Internal Heat has a cluster of the following; constant low-grade fever, skin injuries, occasional erythema, palpitations, insomnia, dry mouth, dry throat, vertigo, tinnitus, joint aching, low back pain, night sweats, significant hair loss, irregular menses, dry stool, yellow urine, a red tongue with a thin yellow coat, and a thready rapid, tense pulse.

3. Excess Toxic Heat symptom clusters may be; fresh erythema, hemorrhagic blisters, purpura under nails or on conjunctiva, high fever, irritability, fainting, thirst, constipation, decreased urine, red tongue with thin dry yellow coat, and a tense rapid pulse.

1. For Spleen-Kidney Yang Deficiency use Eucommia and Rehmannia Formula (You Gui Wan) as general treatment. A specific formula used contains Curculiginis orchoides (Xian Mao) 15g, Epimedium sagittatum (Yin Yang Huo) 15g, Cuscuta chinensis (Tu Si Zi) 15g, Cynomorium coccineum (Suo Yang) 9g, Atractylodes alba (Bai Zhu) 9g, Codonopsis pilosula (Dang Shen) 9g, Smilax glabra (Tu Fu Ling) 30g, Glycyrrhizae uralensis (Gan Cao) 6g, Antelopsis cornu (Ling Yang Jiao) 3g. Goat horn is a possible replacement for antelope.

2. For yin deficient internal heat use Rehmannia glutinosae (Shou Di Huang) 18g, Scrophularia ningpoensis (Xuan Shen) 12g, Ophiopogon japonicus (Mai Men Dong) 12g, Peonia alba (Bai Shao) 9g, Testudinis plastrum (Gui Ban) 18g, Lycium chinensis (Gou Qi Zi) 15g, Anemarrhena asphodeloides (Zhi Mu) 9g, Phellodendron amurense (Huang Bai) 9g, Smilax glabra (Tu Fu Ling) 30g, Rubus parvifolius (Ci Bo) 15g, Glycyrrhizae uralensis (Gan Cao) 3g.

3. For Excess Toxic Heat use Rehmannia glutinosae Fresh (Sheng Di Huang) 30g, Peonia alba (Bai Shao) 12g, Moutan radialis (Mu Dan Pi) 9g, Gypsum fibrosum (Shi Gao) 30g, Anemarrhena asphodeloides (Zhi Mu) 9g, Isatis tinctoris (Ban Lan Gen) 9g, Lithospermum erythrorhizon (Zi Cao) 9g, Glycyrrhizae uralensis (Gan Cao) 3g.

For severe aching of the joints, add Japanese knotweed - Polygoni cuspidatum (Hu Chang) 15g and Clematis chinensis (Wei Ling Xian) 12g.

For purpura, add Ecliptae prostratae (Han Lian Cao) 15g.

As is true for most clinical situations, treat what you find. Patients have had remarkable improvement using simple patent Yin Tonics when appropriately indicated.

Classic Formulas Used in the Treatment of SLE

Clematis and Stephania Combination (Shu Jing Huo Xue Tang): Activates Blood, Dispels Wind and Dampness. Use for pain in muscles, nerves, joints (esp. below the waist) and purpura.

Angelica sinensis (Dang Gui) 2g
Peonia alba (Bai Shao Yao) 2.5g
Ligustici wallichii or Cnidium (Chuan Xiong) 2g
Rehmannia glutinosa (Shou Di Huang) 2g
Persica (Tao Ren) 2g
Poria cocos or Hoelen (Fu Ling) 2g Tuckahoe
Atractylodes alba (Bai Zhu) 2g
Citri leiocarpae (Chen Pi) 1.5g Tangerine peel
Notopterygii incisium (Qiang Huo) 1.5g
Angelica dahurica (Bai Zhi) 1g
Clematis chinensis (Wei Ling Xian) 1.5g
Stephania tetrandra (Fang Ji) 1.5g
Gentiana scabrae (Long Dan) 1.5g
Sileris or Ledebouriella (Fang Feng) 1.5g
Achyranthes bidentata (Niu Xi) 1.5g
Zingiberis recens (Sheng Jiang) 1.5g ginger
Glycyrrhiza uralensis (Gan Cao) 1g licorice

Stephania and Carthamus Combination (Shu Feng Huo Xue Tang): Activates Blood, Dispels Dampness, Opens the Channels, Clears Heat and removes Phlegm. Use for pain in the muscles, nerves, joints, purpura. There is stabbing pain and the joints are red and swollen.

Clematis chinensis (Wei Ling Xian) 2.5g
Arisaema consanguineum (Tian Nan Xing) 2.5g
Atractylodes lancea (Cang Shu) 2.5g
Notopterygii incisium (Qiong Huo) 2.5g
Angelica sinensis (Dang Gui) 2.5g
Ligustici wallichii or Cnidium (Chuan Xiong) 2.5g

Stephania tetrandra (Fang Ji) 2.5g
Phellodendron amurense (Huang Bai) 2.5g
Carthamus tintoris (Hong Hua) 1g
Cinnamomi cassia (Gui Zhi) 2.5g
Zingiberis recens (Sheng Jiang) 1g

Bupleurum and Rehmannia Combination (Chai Hu Qing Gan Tang): Cool the Blood, Dispel Wind Heat, Clean the Liver. Use for adenopathy, skin rash, pleurisy; to improve physical condition. A classic abdominal conformation for this formula is tight rectus abdominus muscles and flaccid tissue below the naval.

Bupleurum falcatum (Chai Hu) 2g
Platycodon grandiflori (Jie Geng) 1.5g
Glycyrrhiza uralensis (Gan Cao) 1.5g
Mentha haplocalyx (Bo He) 1.5g
Arctium lappa (Niu Bang Zi) 1.5g
Forsythia suspense (Lian Qiao) 1.5g
Trichosanthes kirilowii Rt (Gua Lou Gen) 1.5g
Scutellaria baicalensis (Huang Qin) 1.5g
Coptidis chinense (Huang Lian) 1.5g
Phellodendron amurense (Huang Bo) 1.5g
Gardenia asphodeloides (Zhi Zi) 1.5g
Angelica sinensis (Dang Gui) 1.5g
Peonia alba (Bai Shao Yao) 1.5g
Rehmannia glutinosa raw (Sheng Di Huang) 1.5g
Ligustici wallichii or Cnidium (Chuan Xiong) 1.5g

Tang Kuei and Astragalus Combination (Dang Gui Bu Xue Tang): Blood Deficiency with Qi Deficiency. There is a red face, irritability, thirst with preference for warm beverages, hot sensation in the muscles, pale tongue, fidgeting, the pulse is large and empty. The red face is due to heat generating in the presence of blood deficiency.
Astragalus membranaceus (Huang Qi) 30g Angelica sinensis (Dang Gui) 6g

Jujube Combination (Shi Zao Tang): Dispel Water Stagnation. Used for Uremia from SLE. This is a very strong, toxic formula due to the Euphorbia content (Gan Sui & Da Ji).

It should be used only for a strong constitution, under control and if absolutely necessary. Begin administering the formula in small amounts initially, then gradually increase the dosage.

Shi Zao Tang

Euphorbia kansui (Gan Sui) 1g

Daphne genkwa (Yuan Hua) 1g

Euphorbia pikinensis (Da Ji) 1g

Zyziphi jujube (Da Zao) 4g

Minor Bupleurum Combination (Xiao Chai Hu Tang): Sooth the Liver, Cleanse the Gallbladder, Tonify Spleen, Half Internal Half External (Shao Yang) condition. Use for chest distension, pain below the ribs and a tubercular constitution. Add Cinnamon and Hoelin Formula (Gui Zhi Fu Ling Wan) with blood stagnation. Add Hoelin Five Combination (Wu Ling San) with fluid stagnation and wind attack.

Xiao Chai Hu Tang

Bupleurum falcatum (Chai Hu) 7g

Scutellaria baicalensis (Huang Qin) 3g

Pinellia ternata (Ban Xia) 5g

Zingiberis recens (Sheng Jiang) 4g

Panax ginseng (Ren Shan) 3g

Zyziphi jujube (Da Zao) 3g

Glycyrrhiza uralensis (Gan Cao) 2g

Gui Zhi Fu Ling Wan

Cinnamomi cassia (Gui Zhi) 4g

Moutan radialis (Mu Dan Pi) 4g

Paonia alba (Shao Yao) 4g

Prunus persica (Tao Ren) 4g

Poria cocos or Hoelen (Fu Ling) 4g

Wu Ling San

Poria cocos (Fu Ling) 5g
 Atractylodes alba (Bai Shu) 4g
 Panax ginseng (Ren Shen) 3g
 Citri leiocarpae (Chen Pi) 3g
 Autantii immaturis (Zhi Shi) 1.5g
 Zingiberis recens (Sheng Jiang) 3g

Bupleurum & Schizonepetae Combination (Shi Wei Bai Du San): Dispel Wind and Detoxify. Bupleurum conformation (full, tender and tight below the ribs) plus skin rash or boil.

Bupleurum falcatum (Chai Hu) 3g
 Zingiberis recens (Sheng Jiang) 1g
 Schizonepeta tenuifolia (Jing Jie) 1g
 Siler or Ledebouriella (Fang Feng) 2g
 Prunus serotina (Ouhi) 3g
 Angelica duhuo (Du Huo) 2g
 Poria cocos (Fu Ling) 2g
 Platycodon grandiflori (Jie Geng) 3g
 Glycyrrhiza uralensis (Gan Cao) 1g
 Ligustici wallichii or Cnidium (Chuan Xiong) 3g

Research From China

Treatment principles being researched in China include: dispel noxious heat from blood, replenish the vital essence, invigorate blood circulation and resolve the stagnation. *Salvia miltiorrhiza* and *Lonicera japonica* are two typical herbs used in these studies. There was an effectiveness rate of 92% for 230 SLE patients treated with TCM and corticosteroids, 85% for 76 patients treated with TCM alone, 79-89% for rash, trichomadesis, oral or nasal pharynx ulcer patients. The ANA titer was decreased markedly for 75% patients. TCM had no side effect and could take in part the place of hormone in dosage and lessen its side effect.ⁱⁱ

Sixty-two cases of systemic lupus erythematosus (SLE) were treated with Gentiana Combination. 5 tablets three times per day or 10 tablets twice per day and prednisone 10-30 mg per day were reported. As controls, 19 cases of SLE were treated with prednisone alone at the same time. The results showed complete remission in 86.46% (50/62) cases in the observation group and 31.57% (6/19) cases in the control group. Eight cases of SLE treated with Gentiana

Combination alone also achieved complete remission in 6 cases and improvement in 2. There was very significant statistical difference between the two groups (P less than 0.001). The Gentiana Combination was more effective on the improvement of nephropathy, arthralgia, erythema and restoration of ESR, LE cells and CH50, C3 than prednisone alone. No apparent side effects of Gentiana Combination were found in this observation (Chung, 1989 Mar).

Astragalus membranaceus 50 g, *Angelica sinensis* 20 g, *Ligusticum Chuanxiong* 20 g, prepared *Rehmannia Rhizome* 30 g, *Herba Serissae* 30 g, *Centella* 30 g, centipede 4 g, scorpions 10 g, *nidus versace* 12 g, et al., 0.5 g per pill, containing 5.7 g crude drug (Song et al., 2013).

Food Therapies

As SLE can be considered a rheumatic condition, the use of foods for wind, cold, damp and heat are indicated.

For Cold type arthritis: garlic, green onions, pepper, black beans, sesame seeds, chicken, lamb, mustard greens, ginger, spicy foods, grapes, grape vine tea, parsnip. Avoid cold foods, raw foods and cold weather.

For Wind type arthritis: scallions, grapes, grapevine tea, black beans, most grains, green leafy vegetables. Avoid meats, shellfish, sugar, alcohol, smoking and stimulants.

For Damp type arthritis: barley, mung beans, mustard greens, red beans, millet, sweet rice wine with meals, cornsilk tea; diuretic foods and herbs. Avoid cold foods, raw foods, and dairy products.

For Heat type arthritis: fresh fruits and vegetables, dandelion, cabbage, mung beans, winter melon, and soybean sprouts. Avoid spicy foods, alcohol, smoking, stress, green onions, and red meat.

General Dietary Recommendations:

1. Avoid food sensitivities: particularly chicken, seafood, and pickles. Dairy, spinach, asparagus, rhubarb, vegetables from the nightshade family: tomatoes, green peppers, potatoes, pimentos, and eggplant; coffee, caffeine, sugar, refined foods, and fried foods.

2. Eat a low calorie, low fat diet. Mouse model studies clearly show benefit from this diet, suggesting that the same would be true for humans.ⁱⁱⁱ
3. Limit beef and dairy, the same study as number two above, suggesting benefits to humans in Lupus.
4. Consume ample sesame seeds, kale, artichokes, green beans, millet, celery, barley, okra, almonds, collards, turnip greens, raw goat's milk, goat whey and black mission figs, gelatin (make a gelatin mold with cherry concentrate no sugar), burdock root, cherries, pineapple, quince, watercress, blackberries, black currants, mustard greens, limes, lettuce, olive oil.
5. Avoid alfalfa as it may aggravate Lupus, or possibly create a Lupus-like syndrome. L-canavanine sulfate, a constituent of alfalfa was incorporated into the diet and reactivated the syndrome.

Other considerations in the treatment of Lupus.

There are at least 37 published references for the use of *Centella asiatica* (Gotu Kola or Zhi Xue Cao) in the treatment of Lupus. It appears as though *Centella's* prime action is on the connective tissue.^{iv}

The use of Omega 3 fish oils (EPA) also show to be promising in rheumatic conditions and autoimmune problems. Interestingly, over the counter snake oil remedies purchased in Chinatown have been shown to contain 20% EPA. Apparently, the snake being cold blooded, produces Omega-3 essential fatty acids as an adaptation response to cold temperatures (Kunin, 1989).

In my personal experience, all rheumatic conditions respond better when combined with topical oleation therapy. Using a sesame oil as a base, add a powder of the indicated formula and apply regularly.

Hydrochloric Acid deficiency can be a factor in the Lupus picture. Out of 9 patients with Lupus erythematosus, none had normal HCL levels, 2 had no detectable HCL (JR., 1945). Deficiency of HCL is best quantified with the use of a Heidelberg Gastrometer (the swallowing of a capsule which measures HCL). Jonathan Wright, M.D. offers a provocation determinant for HCL: On three

consecutive mornings, take one, two then three HCL tablets on an empty stomach. If there are no adverse reactions then use one or two tablets of HCL with each meal for a week. If there is some improvement, you have a confirmative result. If there are GI distress symptoms, discontinue the HCL, as there is ample. If there is too strong a reaction, it can be neutralized with baking soda or milk. Remember not to use HCL with Aspirin or other NSAIDs due to the possibility of increasing the risk of ulcers.

Chemical sensitivities should also be ruled out as Lupus patients have been shown to have higher than normal levels of sensitivity to foods and other substances. 4 patients with SLE developed remissions when given an elimination diet and nutritional supplementation. Another 70 patients with Lupus and Lupus-like syndromes showed similar improvement (Cook HM, 1985).

External Treatment

External treatment methods are an important component of traditional Chinese dermatology. External treatment is effective along, or in combination with internal treatment. Because external medicines are applied directly to the skin, they are absorbed quickly and rapidly.

External medicines are composed of two parts: the active ingredient and the vehicle (base or carrier).

Commonly used forms of external medicine include lotion, solution, powder(s), ointment, cream, and tincture. According to the types of skin lesion and different etiology, different herbal medicine and base are selected. Skin lesion with acute inflammation such as erythema, papule and vesicles without erosion can select topical wash or powder. Skin lesion with erosion, oozing, redness and swollen should select local wet compress with solution. Skin lesion in sub-acute stage with scale or scab can use ointment. Skin lesion with chronic inflammation, fissure and lichenification should select creams.

Selection of Externally Used Herbs

In Infectious skin diseases, use herbs that clear heat and relieve toxins, such as Rhubarb - Rhizoma Rhei (Da Huang) or rhubarb, Scutellaria baicalensis (Huang Qin), Phellodendron (Huang Bai), Honeysuckle - Flos Lonicera (Jin Yin Hua) or indigo - Folium Isatis (Da Qing Ye).

Skin diseases that caused by fungus and scabies can be treated with herbs that kill insects and resolve dampness, such as ku shen, bai bu, tu jin pi, and liu huang.

Allergic skin diseases can be relieved by herbs that expel wind, stop itching, clear heat and drain dampness, such as dittany root - Cortex Dictamni (bai xian pi), Fructus Kochia scoparia (Di Fu Zi), and Herba Menthae (Bo He) or mint.

Caution

1. Initially, apply topical herbs to only small area on the skin. If no negative reaction is reported, apply to larger area.
2. Choose mild herbs with low concentration first. Increase the concentration gradually.
3. Stop using the herbs as soon allergic reaction is detected.
4. Do not apply herbs that irritate skin on facial or genital area.
5. Do not use herbs that irritate skin or herbs with high concentration with female or children.

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¹ Catharsius is a beetle which is a drastic purgative and is toxic. Caution is recommended for its use. It activates blood, purges stool, and calms fearfulness.