



TCM Treatment for Eczema

“TCM theory suggests that eczema is merely manifestation of a weakened immune system under attack by exogenous pathogens. The individual is typically warm and inflamed. Clinically, treatment utilizes both oral and topical administration of herbal medicine.”

- Senior Physician Xu Xiao Zhen

During the acute phase, pathogens typically affect the digestive system, but manifest through dermatitis. Swelling and fatigue are common. Herbs that reduce inflammation and mucus are prescribed to mobilize Qi and improve circulation.

The sub-acute phase presents as immunodeficiency with little inflammation. Chronic eczema often results in dry, scaly and itchy skin due to “blood insufficiency”. Prescription SiWu Soup is great for hemogenesis and skin nourishment. In addition, *XiaoFeng San* can be added for those who suffer from severe itching.

Generally, those with eczema are advised to avoid certain foods, although this depends on the individuals. Typically, spicy foods, chicken, duck, beef, lamb, shrimp and crab should be avoided.

SiShen Soup is a culinary prescription with pearl barley, poria and yam. It is good for repairing the digestive system and improving immunity.

Warm mung bean and pearl barley soup is suitable for the summer. Red bean and pearl barley soup is suitable during the raining season.

SiShen Soup

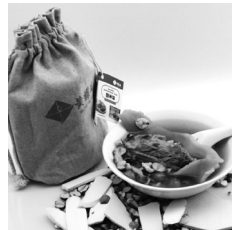
*Photo credit :
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Ingredients:

- 1 Pkt *SiShen* Soup
- 1/2 Pig Tripe

Method:

1. Rinse all ingredients.
2. Put all ingredients in a pot.
3. Add in 10 bowls of water.
4. Cook over low heat for 2 hours.
5. Add a little salt for seasoning. Serve.



*Senior Physician
Xu Xiao Zhen*