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## TRADITIONAL CHINESE MEDICINE AND ECZEMA

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**E**czema is a common dermatological condition presented in western traditional Chinese medicine clinics. We see this occurring in both sexes and in all age groups, from new born babies to toddlers, teenagers, adults and senior citizens. The main symptoms which patients experience are redness of the skin, dry skin, hot and itchy skin and flaky skin. This condition can be extremely stressful for people, affecting their sleep and all areas of their personal and professional lives. It often occurs alongside other conditions such as hay fever and asthma too, which can be especially stressful for the people who experience this. Traditional Chinese Medicine (TCM) has a very good success rate for treating eczema using Chinese herbal medicine, acupuncture and food therapy. TCM's aim is to treat the root cause of the condition, which is internal, despite the main symptoms presenting on the

skin. TCM can offer bespoke treatments based on the patient's individual diagnosis. We commonly see wind-heat, damp-heat, blood-heat, toxic-heat and heat due to yin deficiency being presented by patients with eczema, so in order for the treatment to be successful it must be tailored to each individual patient, combining acupuncture, Chinese herbal medicine and food therapy. Author has been practicing and teaching TCM for over 25 years in the United Kingdom where she specializes in treating eczema and other related skin conditions such as psoriasis and acne. Through her vast experience in treating Eczema and other skin conditions, she has created specific Chinese herbal medicine formulas for treating these conditions effectively and has been successful with patients from all over the UK and Europe.

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