

A case report of treating chapped eczema with millifire acupuncture

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Abstract: The author treated one case of chapped eczema with millifire acupuncture. Millifire acupuncture can promote the movement of qi and blood, encourage healthy qi, and has the function of qi and divergence, suitable for the treatment of chapped eczema, worthy of further study.

Keywords: Millifire acupuncture; Chapped eczema

1. Medical records

Tang, female, 40 years old, first visit on June 26, 2022. Chief complaint: Pruritus and chapped palms for 2 years. Chief complaint: Itchy and cracked palms for 2 years. Two years ago, she developed blisters and itching on her hands, and after scratching, she produced a pale yellow liquid. A few days later, the skin was damaged and the skin was rough and thick, and the side of her right little finger was dry and cracked with bleeding. She sought medical attention at a local hospital and was given topical steroid ointments and oral antihistamines, with minimal efficacy. Her condition recurred and gradually worsened. The current symptoms include dark, thickened, dry and cracked skin lesions on the hands, peeling, aggravated nocturnal itching that affects sleep, emotional anxiety, constipation, yellow urine. Purplish tongue and greasy fur, stringy and slippery pulse.

Diagnosis: Hand cracked eczema. Syndrome of blood stasis and wind dryness.

Treatment: Dispelling wind and relieving itching, attacking and dispersing blood stasis. Provide treatment with millifire acupuncture.

Operation method:

(1) Acupoint selection: Basic acupoints: Ashi (lesion area), Zusanli, Xuehai, Sanyinjiao, Quchi.

(2) Acupuncture and moxibustion method: Liu's fire needle (Wujiang Shenlong Medical and Health Products Co., Ltd., Jiangsu Province) with a specification of 0.30 * 10mm was selected as the fire needle. Take a supine position, disinfect the area with 75% alcohol, hold a small needle in the right hand and a hemostatic forceps in the left hand to clamp 95% of the squeezed dry alcohol cotton ball. Ignite the needle, and the angle between the needle body and the burning alcohol cotton ball flame is about 40 degrees, until it turns red and white. Then, the doctor quickly inserts the needle into the acupoint, immediately releases the needle, and then uses a sterilized cotton swab to press the needle hole. The local area of the skin lesion on the hand is pricked from the edge of the lesion area to the center, with the depth of the needle reaching the base of the skin and the intensity of the stimulation being based on slight bleeding. If the skin lesion exudes more or is relatively thick, it can be repeatedly punctured locally. Treat twice a week.

On July 10, 2022, second diagnosis: No new skin lesions were found on the hands. The original eczema area was significantly reduced, itching was significantly reduced, dryness, cracking, and peeling were improved, and skin roughness and thickening were significantly improved.

Follow up on August 20, 2022: The skin on the hands is smooth and shiny, and eczema has no recurrence.

2. Discussion

Hand chapped eczema is a hypersensitive inflammatory skin disease^[1], belonging to the category of "wet sores" in traditional Chinese medicine. It is mainly characterized by rough and thick skin, dry and flaky skin, conscious itching, and post chapped pain^[2]. Traditional Chinese medicine believes that dampness is always accompanied by the onset of eczema. The onset of eczema is often triggered by factors such as congenital deficiency and impatience, re infection of rheumatic heat, improper diet, and poor mood. Moreover, patients with chronic ecze-

ma inevitably exhibit pathological manifestations of blood stasis obstructing the meridians due to prolonged accumulation of damp heat.

This patient suffered from long-term anxiety, mental tension, irregular bowel movements, and recurrent episodes of cracked eczema, which lasted for a long time. Based on these symptoms, the diagnosis is blood stasis and wind dryness. Analyze the history of this disease, which is caused by blood stasis and blockage, prolonged stasis that damages yin and blood, dryness that generates wind, and skin loss of nourishment. The author has observed in clinical practice that spleen deficiency and blood stasis are important internal factors in the occurrence, development, and outcome of chronic eczema, and are also the focus of treatment. Western medicine regards gastrointestinal dysfunction, mental stress, insomnia, metabolic disorders, and endocrine disorders as the intrinsic pathogenic factors of eczema, thus verifying the views of traditional Chinese medicine.

Fire acupuncture therapy is a method of treating and preventing diseases by burning a needle made of special materials on fire until it turns red, and then piercing the acupoints or parts of the human body. This therapy has a dual effect of acupuncture and moxibustion, with both the warmth of moxibustion and the stimulation of acupuncture. It can promote the circulation of qi and blood, stimulate positive qi, and have the functions of promoting qi circulation and dispersing. Skin diseases are one of the advantages of fire acupuncture therapy^[3]. Millifire acupuncture is a traditional Chinese medicine minimally invasive external treatment method that inherits and develops on the basis of fire acupuncture, and belongs to fire acupuncture therapy. It uses specially made needle tools and a slender needle body to carry high heat, quickly piercing into diseased tissues and meridian acupoints in the human body, and treating diseases through internal heat effect^[4].

The Gan family of traditional Chinese medicine in Gansu Province highly values external treatment^[5]. As the fifth generation descendant of Gan's traditional Chinese medicine, I often use millifire acupuncture to treat skin diseases. The millifire acupuncture directly introduces heat energy into the human body through acupoints, meridians, and can directly stimulate Yang Qi, warm and promote the circulation of Qi and blood in the human body. Clinical studies^[7] have found that millifire acupuncture has both local effects of opening the door to dispel evil, inducing heat to go out, and systemic effects of dehumidification, dispelling wind, and relieving itching in chronic eczema. In the acute and subacute stages of eczema, the rash is mainly characterized by papules, blisters, and exudates. The fiery nature of the needle is strong, and it uses heat to open the external door, causing the toxic heat to leak out, thereby removing the dampness and heat evil caused by blisters and exudates. After the needle is administered, the exudate and blood naturally flow out, providing a way out for the heat toxic evil. Chronic stage skin lesions are thick and rough, with dark and peeling colors, and the symptoms of qi and blood stasis are more severe. By using the function of warming the meridians and promoting blood circulation with the hair fire needle, it can directly relieve the obstruction of the skin, allowing wind evil to emerge from the surface. It can also use its warm nature to promote blood heat and normal blood circulation, which can alleviate the stubborn itching of chronic eczema. The stasis disappears on its own, causing the hypertrophic skin lesions to quickly thin, especially in areas where the scab shell accumulates. After treatment, the scab skin can gradually peel off, The skin lesions also shrink or even disappear.

The specific acupoints selected for the treatment of cracked eczema with millifire acupuncture are Ashi (lesion area), Zusanli, Xuehai, Sanyinjiao, and Quchi. Ashi acupoint is a lesion that can directly reach the site of the disease, expel stagnant blood, generate new blood, and make blood flow unobstructed. Clinical studies have shown^[8] that stimulation of the Ashi acupoint can improve blood circulation in the hands, increase vascular permeability, enhance vascular wall permeability, and enhance the stress response of the body. It can quickly eliminate and improve pathological conditions such as local tissue exudation, adhesion, and ischemia.

Quchi is the acupoint of the Hand Yangming Large Intestine Meridian, and Zusanli is the acupoint of the Foot Yangming Stomach Meridian. The Yangming Meridian is rich in qi and blood, and Quchi can clear heat, dispel wind, promote blood circulation, and relieve itching. Zusanli can strengthen the spleen, nourish qi, and generate blood; Blood Sea and San Yin Jiao are the acupoints of the Foot Tai Yin Spleen Meridian, which have strong ability to promote Qi and blood circulation. Gan's traditional Chinese medicine commonly uses Zusanli, Quchi, Xuehai, and Sanyinjiao to treat skin diseases, focusing on the operation of the spleen and stomach as well as qi and blood. The spleen and stomach are the source of qi and blood biochemistry^[10]. By stimulating these four acupoints with a small fire, combined with local Ashi acupoints, it can dispel wind, relieve itching, promote blood circulation, and eliminate blood stasis, overall regulate the body's qi and blood, and improve the local skin condition of the hands^[11].

From this, it can be seen that the treatment of skin diseases such as cracked eczema with millifire acupuncture has a good therapeutic effect, demonstrating the advantages of treating skin diseases and worthy of further research.

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