Characteristics and Analysis of External Treatment of Vitiligo in Traditional Chinese Medicine

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Abstract. Objective: To explore the characteristics and advantages of external treatment of vitiligo by Chinese medicine. Methods: By studying the etiology and pathogenesis of the pathogenesis of vitiligo and comparing the current status of the treatment of the disease with traditional Chinese medicine, the characteristics of vitiligo treated with traditional Chinese medicine were analyzed. Results: It was clinically proven that the external use of Chinese medicine for the treatment of vitiligo is relatively effective compared to Western medicine treatment and internal medicine for the treatment of this disease. It can enhance the curative effect when used externally. Conclusion: The external treatment method has the characteristics of specimens, enhanced efficacy, direct access to the disease, simple and easy, and stable curative effect. The external preparations of traditional Chinese medicine have fewer side effects and have remarkable effects in the treatment of vitiligo.

Vitiligo is a common skin disease caused by depigmentation of the skin. The symptoms are skin paleness and pigmentation, and the boundaries between normal skin and lesions are clear \cite{1}. The incidence of vitiligo is more common, but the higher the skin color is, the higher the incidence of the race is, and the younger people have a higher incidence than the middle-aged and older people. In the later stages of the development of vitiligo disease, many serious diseases will be merged. The occurrence of this disease is easy to diagnose, but it is relatively difficult in the treatment process \cite{2}. This article elaborates on the etiology and pathogenesis of vitiligo, the current status of treatment of traditional Chinese and Western medicine, and the characteristics of external treatment of traditional Chinese medicine, and hopes to provide some help for clinical treatment of vitiligo.

Etiology and Pathogenesis

Causes

The cause of the disease is divided into two types of internal and external causes. The traditional Chinese medicine believes that the intrinsic factors of vitiligo are mainly related to the congenital conditions and improper nursing, including the weak liver function, acquired eating disorders, weakened spleen and stomach function, and disorder of the internal organ function caused by emotional disorder, causing the occurrence of the disease. External factors mainly include exogenous six kinks entering the body, exogenous evils accumulating in the skin, bruises, animal metal trauma and other factors that caused the disease.

From the perspective of modern medicine, the etiology of the disease is mainly divided into two aspects: the etiology and predisposing factors. The cause of the disease is the basis of the disease, which is the main cause of the disease; the precipitating factor is the inducing
condition that causes the disease to occur or aggravate the condition. Causes and incentives go hand in hand, leading to the emergence and development of the disease. Modern Chinese medicine theory believes that the body of vitiligo is based on the weakness of liver and kidney function and lack of vital blood in the body [3]. The body’s blood is produced in the kidney and resides in the liver. The metastable sperm and blood together provide nutrients for the skin and other tissues. If the liver and kidney function declines, the whole blood is lost and the body’s skin cannot be nourished, resulting in skin pigmentation. Decrease, the formation of vitiligo disease. Once this disease occurs, it will recur and the disease will be long and difficult to treat.

Pathogenesis

The weak kidney is the pathological basis. Liver and kidneys play an important role in the production, transmission, and metabolism of the human body’s essence, gas, blood, and body fluids. The physiological activities of the tissues and organs, including the skin, are closely related to the liver and kidneys. The normal physiological function of the skin, in addition to the declaration of the lungs with the lungs, opening and closing principles, insemination and other physiological functions related to fur, but also rely on the nourishment of liver and kidney essence blood.

If due to various reasons caused by kidney essence deficiency, liver blood deficiency, resulting in lack of blood, blood and loss of health, health disorders, cannot nourish the skin, the skin will lose its normal shape and color. Shows skin pigmentation or loss, hair loss, or skin False. The above can be seen, kidney essence, liver blood, congenital deficiency, or labor to kidney injury, or blood loss, internal bleeding, resulting in liver and kidney deficiency, the two dirty qualities cannot be the owner, and then appear skin pigment fade Or it is lost, and a day occurs.

Qi and blood loss is the key to disease. Based on the deficiency of liver and kidney essence, the formation of blood loss caused by the invasion of exogenous pathogens is the key to the pathogenesis of vitiligo. Liver catharsis, changes in viscera and qi and blood will affect the changes in the emotional situation, emotional or impermanent too much will also affect the corresponding organs of the blood function changes, damage the internal organs, causing emotional disease [4]. Emotional illnesses can affect the viscera qi and qi, and cause gastrointestinal disorders.

Qi and blood are closely related, Qi is the blood of the handsome, and blood is the mother of gas. If the air machine runs poorly, the blood will also be affected. When anger is hurting the liver, it affects the catharsis of the liver, qi stagnation, and panic attacks the kidney. If you fear it, you will secretly consume dark blood. If you are worried about your spleen, your spleen will lose your health, and your breath will not work. All of these can lead to qi. Machine disorders, resulting in poor blood flow within the body, leading to the occurrence of disease [5]. Many patients with vitiligo in the clinical stage in the early stages of disease development or development will be due to emotional factors, worsen the body’s operation, accelerate the development of the disease.

Outbreak of wind and evil is an important precipitating factor. The muscular surface is the external protective body of the human body, and the invasion of the external evil first invades the muscular surface. Exogenous pathogenic attack is an important predisposing factor in the pathogenesis of vitiligo, of which the main pathogenic factor is wind [6]. Because the wind is the longest disease, if the body is not convinced, the outside is not solid, the wind evil will take advantage of it, and the skin will lose its strength. And, cause the skin to lose moisture, causing the skin to appear white.
The occurrence of vitiligo is caused by the joint action of internal and external causes, resulting in skin qi and blood deficiency, qi and blood retention in the skin, hair cannot obtain adequate nutrition and disease.

**Western Medicine Treatment Status**

**Drug Treatment**

At present, the research stage considers that the occurrence of vitiligo is caused by the loss of pigment. Glucocorticoids can effectively deal with the damage of melanocytes caused by the immune system and control the progress of the disease \(^{[7]}\). At the same time, the rapid application of glucagon can promote melanin. The proliferation of cells will ease the development of the disease. There are also clinical treatments for the application of immunomodulatory to diseases, which are widely used.

**Physical Therapy**

Vitiligo is widely used in physical therapy, mainly through narrow-spectrum UV, medium-wave high-energy UV, 308nm excimer laser treatment, in the maximum protection of normal skin conditions, to accelerate the migration of melanocytes to achieve lesions of the complex color.

**Surgical Treatment**

Vitiligo surgery is less effective than physical therapy and drug therapy, and it is suitable for stable and special vitiligo \(^{[8]}\). The scope of treatment is limited. At present, the commonly used surgical methods for vitiligo treatment include autologous epidermal transplantation and microdermabrasion transplantation. In view of the effect of vitiligo surgery, it is generally combined with drugs and physiotherapy to improve the therapeutic effect.

**Chinese Medicine Treatment**

**Internal Governance**

From the perspective of traditional Chinese medicine, the occurrence of vitiligo disease has two phases: the progression phase and the stable phase. According to the symptoms of various phases of vitiligo, it can be divided into rheumatic dampness heat syndrome, liver qi stagnation syndrome, liver and kidney deficiency syndrome, and blood stasis syndrome \(^{[9]}\). Therefore, in the treatment of diseases, by discerning the progress of the disease, clarify the symptoms of the disease, according to the condition of the appropriate selection of traditional Chinese medicine.

For patients with rheumatic fever and heat syndrome, they often use Huoxue Sanfeng, Qingre Liushi medicine to improve symptoms such as limb weakness, and at the same time improve the development of the disease; Liver Qi stagnation is more common in women, and treatment should be nourishing liver and kidney, nourishing the meridians Mainly; for patients with phlegm and blood stasis syndrome, they often use blood circulation, pass through the method of active network.

**External Treatment**

It is clinically proven that Chinese medicine is effective for external use in the treatment of vitiligo, and it can enhance curative effect when applied externally. The commonly used
methods of Chinese medicine for treating vitiligo include external washing of Chinese medicine, hot application of Chinese medicine, and rubbing with ointment.

External washing of Chinese medicine is to make medicine into liquid medicine and apply it to local treatment methods. The hot compress is the treatment of the disease after the drug is heated, the compress and the specific site or point, to achieve qi and blood circulation and other effects\(^\text{[10]}\). The ointment is a preparation that sautes or smashes each drug and oil base into a paste. The treatment of vitiligo has the advantages of being tidy and soft.

External treatment of traditional Chinese medicine treatment of vitiligo and easy operation, easy to use drugs; and drugs directly to the disease, the effect is rapid. In the treatment of vitiligo disease, the application of drugs to local areas can promote skin absorption of nutrients and improve pigment shedding. Traditional Chinese medicines such as psoralen and white peony can promote the activity of tyrosinase in the body, thereby affecting the formation of melanin and finally achieving the effect of treating diseases. External treatment for the treatment of vitiligo topical dosage forms are tinctures, tinctures, creams, powders, etc., are commonly used Xiaobai Xi, Bai Lingshuang, self-top thiosulfur powder and so on.

**Other Therapies**

Acupuncture, acupoint catgut embedding, scraping, cupping and other characteristics of traditional Chinese medicine treatment in the treatment of vitiligo have achieved a certain effect, through syndrome differentiation and treatment, with blood circulation, clearing meridians, reconcile yin and yang principle, to achieve maximum efficacy.

**Analysis of the Characteristics of External Treatment of Traditional Chinese Medicine**

Vitiligo lesions on the surface of the skin, scattered distribution, a single area is generally small, internal medicine is difficult to reach, and the required course of treatment is longer. The external treatment method has the characteristics of direct access to the disease, simple and easy to implement, stable curative effect, and especially the study of the mechanism of modern medicine on the treatment of vitiligo by Chinese medicine. The external treatment of vitiligo has also made great progress. The external preparation of traditional Chinese medicine has small side effects and treatment. The effect of vitiligo is significant. The main preparations are tinctures, infusions, powders, ointments, etc\(^\text{[11]}\).

The traditional Chinese medicine for external use of Vitiligo is mainly based on the principles of dehumidification, nourishing the liver and kidney, and promoting blood circulation. It is reported in the literature that activating blood typhoid and nourishing liver and kidney medicines activate tyrosinase activity. The effect of Chinese medicine in treating vitiligo has the following characteristics:

**Specimen Balance and Enhance Efficacy**

Most of the external medications are based on Xinwen, supplemented by Ganbuping, and the liver and kidney are mainly used to supplement the heart and spleen. Xin Wen has the function of divergence, qi, and blood circulation; suffering from diarrhea, dampness, and strong yin; and has the functions of tonic, peace, urgency, and reconciliation of medicinal properties. It shows that the external parties mostly rely on exorcising evil spirits, supplemented by righting and correcting the specimens, reflecting the overall concept of Chinese medicine. Use tinctures more often, and some before the application of the drug also use eggplant pedicle, ginger juice, etc. to wipe white spots or rubbing the affected area with
ginger. These skin irritants are mostly bactericidal and bacteriostatic, but also can stimulate skin congestion. Soaking drugs with ethanol can increase efficiency and facilitate drug absorption. From the perspective of Chinese medicine, the wine system rises. It has an upward and outward effect, which is conducive to eliminating wind, cold, and dampness. However, since tinctures have certain irritating properties, it should be noted that some patients who are allergic to alcohol should be used with caution in clinical applications.

**Drug Safety and Adaptability**

External medicine refers to a form of administration that uses medicines on the skin and mucous membranes of the body to achieve therapeutic purposes. It is usually used to treat skin diseases. The use of drugs in the appearance of the body does not enter the body and has a high safety factor. Local topical drugs have greater absorption. External medications can cause local allergic reactions. This is caused by the direct action of allergens in the drug on the skin.

In the treatment of diseases with topical Chinese herbs, local side effects can be adjusted in time to remove the effect of drugs and improve the adverse reactions caused by drugs. In order to ensure the safe use of external medicines, it is necessary to choose the right medicine: Select the appropriate dosage form according to the degree of damage of skin diseases. Through the treatment of the overall concept of TCM syndrome differentiation and the selection of appropriate drugs for the treatment of vitiligo disease, it is possible to achieve superior curative effect and reduce the occurrence of toxic and side effects and adverse reactions.

**Compatibility Application**

Chinese medicine for the treatment of vitiligo also has certain compatibility rules, such as psoralen and dodder seed, angelica and safflower, astragalus and angelica, angelica and fleece-flower root are all commonly used drugs in the clinic, the use of drugs can achieve enhanced therapeutic effect. Modern research on the mechanism of action of Chinese medicine has also achieved certain results, mainly focused on the study of the drug’s photosensitivity and tyrosinase activity, and some drugs have different effects on tyrosinase.

**Outlook**

Vitiligo is a depigmented skin disease. From the perspective of traditional Chinese medicine, the disease is caused by qi and blood loss and venous stasis. The treatment methods include acupuncture, self-blood therapy and syndrome differentiation and treatment. In recent years, with the deepening of research on vitiligo by Chinese medicine, the external treatment of vitiligo by Chinese medicine has improved the clinical efficacy of vitiligo to some extent. The methods of treating vitiligo outside the Chinese medicine are divided into drug therapy and physical therapy. The methods for drug treatment of vitiligo include external washing of Chinese medicine, hot application of Chinese medicine, external rubbing of tincture, and external rubbing of cream, external rubbing of powder, rubbing with ointment, acupoint injection and other methods.

With the advocacy and proposal of the “three micro” essential oil theory, essential oil leaves will be used for the treatment of vitiligo disorders. However, the current mechanism for the treatment of vitiligo by the external treatment of traditional Chinese medicine is still relatively lacking, and clinically there is also a lack of reliable evaluation indicators. This is
the current challenge for the treatment of vitiligo by Chinese medicine. It is believed that with the further in-depth clinical research, the application of vitiligo in the treatment of vitiligo by Chinese medicine will be even broader.

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