Characteristic Analysis of TCM External Treatment of Chloasma

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Abstract. Chloasma is a common skin disease among female patients. Due to its slow development, long course of disease, extremely high recurrence rate and other characteristics, it has a huge impact on the female population, seriously affecting the physical health of female patients and easily causing a series of psychological pressure or diseases. Therefore, by searching and sorting out the literature, this paper analyzes the literature on external treatment of chloasma with traditional Chinese medicine on cnki, and discusses the mechanism and main treatment methods of external treatment of chloasma with traditional Chinese medicine. According to this, a total of 54 articles related to "chloasma" and "external treatment" were counted on cnki, and various TCM external treatment methods involved in the literature were analyzed.

1. Introduction
Chloasma is caused by the increase of melanin in the skin, which is more common in the female face, has the characteristics of obstinacy and recurrence, and is a common dermatological disease and refractory disease [1]. Its clinical main characteristic is malar buccal ministry has brown or black spot piece, sometimes involve orbital week, nose and lip ministry, the patient does not have subjective symptom and unwell when come on disease. At present, the pathogenesis is still not clear, generally considered with endocrine disorders, pregnancy, estrogen and progesterone levels, oral contraceptives, ovarian and uterine diseases, genetic factors, oxygen free radicals, ultraviolet radiation, hepatitis, cholecystitis, tyrosinase dysfunction, cosmetics, phototoxic drugs and many other factors. Among them, endocrine maladjustment, heredity and ultraviolet irradiation are the main causes. Chinese medicine called chloasma "liver spot"[2], is the motherland medicine "li black spot" or "face dust" category. Although the western medicine treatment has the curative effect, but often treats the symptoms not the root cause, also easy causes the patient to produce the toxic side effect, affects the body health. In recent years, TCM has increasingly shown advantages in the treatment of this disease. The external treatment method has many advantages, such as rapid effect, fewer side effects, convenient application, simple operation, easy access to materials, direct observation and instant grasp, etc, and has been widely valued by TCM workers. This paper reviews and analyzes the characteristics of external treatment of chloasma with TCM.

2. TCM understanding of chloasma
In TCM, it is generally believed that the occurrence of chloasma is closely related to liver, spleen and kidney [3]. There are four etiological symptoms causing chloasma: one is liver stagnation and qi
stagnation; the other is spleen deficiency and dampness; the third is liver and kidney Yin deficiency; the fourth is blood stasis. Among them, (1) liver stagnation and qi stagnation syndrome, to the face diffuse distribution of light brown to dark brown patches, premenstrual skin lesions color deepening. (2) spleen deficiency wet sheng syndrome, with patches of gray brown, such as dust attached, the boundary is not clear, in the nose, forehead, mouth week as the main syndrome. (3) liver and kidney Yin deficiency syndrome, with facial dark brown patches, size, clear boundaries, symmetrical distribution of the main syndrome. (4) internal obstruction of blood stasis syndrome, to spot brown, color spot boundary is clear.

3. TCM external treatment mechanism
The pathogenesis of chloasma is closely related to the dysfunction of liver, spleen and kidney, and blood stasis plays an important role in the occurrence and development of chloasma [4]. Therefore, in the treatment of chloasma, pay attention to the balance of internal qi and blood Yin and Yang, pay attention to the adjustment of the zang-fu function, mainly external treatment, or internal and external treatment, the effect is better [5]. So within the acknowledgement for more treated from liver, spleen, kidney and promoting blood circulation to remove blood stasis, adopting the combination of disease and syndrome differentiation, internal and external treatment liquid form and the method of combining, from the perspective of the whole, through multiple links and comprehensive, multiple targets of the adjustment of the mechanism of TCM efficacy function, make human body function to adjust and restore balance, embodies the holistic concept of TCM, the characteristics of evidence-based medicine.

4. TCM external treatment of chloasma

4.1. Scrapping therapy
Scrapping is to use manipulations to stimulate the channels and collaterals and make local skin reddened and congested, thus promoting blood circulation to eliminate fatigue, promoting blood circulation, adjusting viscera function and eliminating pathogenic factors of fatigue (toxin) [6]. (1) stimulate the circulation of the blood and cause the muscles and joints to relax. (2) adjusting the pressure between tissues to increase the blood solubility and blood flow.

4.2. External application
In the clinical application of external application therapy in the external treatment of chloasma, on the one hand, through transdermal absorption, the local drug concentration is significantly higher than other parts, the effect is more direct, and the spleen and stomach qi and blood will not be lost; Secondly, external application is non-traumatic and painless. It is suitable and easy to accept for those who fear acupuncture and those who cannot take medicine. Moreover, propolis used for external application has the functions of whitening skin, resisting aging, inhibiting tyrosinase activity and the like, can reduce the generation of skin melanin, can absorb ultraviolet rays, and has the effect of eliminating chloasma [8]. In addition to the above therapies, there are also acupuncture and moxibustion treatment, Chinese medicine fumigation and other methods.

5. Analysis of Existing Literature
This paper took "chloasma + external treatment" as the key word, locked in the period from 1992 to early October 2018, and searched on cnki. A total of 54 literatures on external treatment of chloasma with traditional Chinese medicine were searched.

5.1. Literature Review on External Treatment of Chloasma with Traditional Chinese Medicine [9].
In the 54 literature studies on TCM external treatment of chloasma, laboratory research accounted for 1.85% of the research progress, pharmaceutical law research and analysis, introduction of internal and external therapy and other related reviews accounted for 61.11%, and clinical efficacy analysis accounted for 37.03%. Among the 33 review literatures, there were 8 literatures on the research
progress of chloasma external treatment. There are 4 articles to introduce the law of medicine or prescription of TCM external treatment for chloasma. A total of 16 literatures introduced TCM treatment methods for chloasma. In addition, the other 5 literatures are simple analysis of clinical experience described by the author. Among the 20 clinical efficacy literatures, 5 literatures treated chloasma by internal and external use of traditional Chinese medicine. There were 4 literatures on TCM combined with other external therapies. Four literatures used integrated Chinese and western medicine to treat chloasma. In addition, there were 6 clinical literatures on the treatment of chloasma by external application of traditional Chinese medicine alone.

5.2. Summary of Medication Rules for External Treatment of Chloasma with TCM
According to the summary of literature, in ancient external treatment prescriptions, the drugs with higher frequency include Rhizoma Typhonii, Radix Angelicae Dahuricae, Chuanshao and White Honey. The drugs that are frequently used in modern external prescriptions include radix Angelicae dahuricae, Rhizoma Typhonii, Rhizoma bletillae, radix Angelicae sinensis, poria cocos, etc.

According to the theory of TCM "deficiency makes up for its mother", whitening efficacy or white drugs are selected as the main treatment to tonify kidney yin, so as to eliminate pathogenic factors without damaging the original skin color and whiten and lighten spots, such as angelica dahurica. Herbs for dispelling wind and relieving exterior syndrome are aimed at inducing herbs to ascend, removing spots and whitening skin by walking on the head and face, such as Rhizoma Typhonii. Aromatic drugs are used in combination, so as to dredge qi activity, remove dampness and spleen, promote qi circulation and blood circulation, and increase the transdermal utilization rate of drugs.

5.3. Analysis on Characteristics of TCM External Treatment of Chloasma

5.3.1. External treatment of chloasma with traditional Chinese medicine alone. The external treatment of chloasma with TCM generally adopts the method of facial mask application. For example, the traditional Chinese medicine facial mask is supplemented with seven white pastes (Atractylodes macrocephala, Poria cocos, Angelica dahurica, etc.), which have less damage to skin, less irritation and significant clinical effects. This is a major feature of the external treatment of chloasma.

5.3.2. Treatment of Chloasma by Oral Administration and External Application of TCM. This method is mainly to combine externally applied drugs, such as the corresponding freckle removing facial mask[10], with freckle removing decoction composed of blood activating and stasis removing drugs and liver soothing and depression relieving drugs. Therefore, some scholars [11] have treated chloasma with freckle removing decoction obtained from blood circulation promoting and stasis removing drugs (motherwort, etc.) and dragon's blood capsule, and achieved satisfactory clinical effects. It embodies the concept of treating both the symptoms and root causes and treating both internal and external causes with remarkable curative effect.

5.3.3. External Treatment of Chloasma with Combination of Traditional Chinese and Western Medicine. Western medicine can treat chloasma with systemic therapy, local therapy, laser and intense pulse light therapy [12]. Western medicine is still not satisfied with the curative effect and has a high recurrence rate for the treatment of "symptoms", which makes it more difficult to treat causes. In clinical research, acupuncture point massage and facial mask application of TCM, supplemented by western medicine hydroquinone cream, have better curative effect, and can reduce the irritation of western medicine to skin at the same time.

6. Conclusion
Chloasma, as a disfiguring disease, has a large age span and a wide population coverage, and patients have an urgent need to be cured. The research and development of chloasma preparation for
prevention and treatment is an urgent problem to be solved by domestic and foreign scientific research institutions.

According to the collation of this article, the treatment of chloasma with TCM characteristic therapies such as oral administration, external application, acupuncture, catgut embedding, auricular point, etc. has obvious characteristics and advantages. Moreover, in terms of medication, Rhizoma Typhonii, radix Angelicae dahuricae, Rhizoma bletillae, poria cocos, etc. are mostly used to dispel wind, relieve exterior syndrome, whiten skin, and are often combined with aromatic dampness drugs, so as to increase the transdermal utilization rate of TCM for external application by matching the transdermal absorption mechanism of aromatic drugs with the aromatic nature of TCM. In recent years, new therapeutic approaches have been applied in combination of Chinese and western medicine, internal and external combination, acupuncture and medicine combination, and even three or four therapeutic methods. Mutual learning from each other is also a powerful guarantee to achieve satisfactory therapeutic effects.

However, at present, there are few researches on the external treatment of TCM, and the internal treatment is still more obvious. Moreover, due to a series of problems such as its dosage form or operation method, the development of the external treatment of TCM is hindered to a certain extent. At present, only Shandong University of TCM has offered the optional course of external treatment of TCM among the major traditional Chinese medicine colleges and universities. Therefore, we are reminded of the urgent need to strengthen the training of external treatment talents, to promote the popularization of external treatment methods of traditional Chinese medicine, and to fully display the characteristics of TCM in external treatment of diseases.

It is hoped that this paper can provide certain theoretical guidance for the clinical treatment of chloasma in Chinese medicine, so that more people can understand the unique advantages of Chinese medicine and its external treatment characteristics, and improve their attention.

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