



# One Case of Solar Dermatitis Treated with Umbilical Needle "Four Positions" Combined with Body Acupuncture

Wenxia Zhao<sup>1,2</sup>, Chaoming Chen<sup>1,2,\*</sup>

<sup>1</sup> Nanjing University of Chinese Medicine, Nanjing 210046, Jiangsu, China

<sup>2</sup> Nanjing Hospital of Chinese Medicine affiliated to Nanjing University of Chinese Medicine, Nanjing 210022, Jiangsu, China

DOI: 10.32629/jcmr.v5i2.2304

**Abstract:** Solar dermatitis is a kind of hypersensitive skin disease, the main clinical manifestations are redness, swelling, itching and burning. A case of solar dermatitis treated with umbilical acupuncture "four positive positions" combined with body acupuncture by Professor Chen Chaoming is introduced, which provides a new way of thinking for the treatment of solar dermatitis by clinical Chinese medicine external therapy.

**Keywords:** umbilical acupuncture; four positive positions; solar dermatitis

## 1. Introduction

According to the author's own clinical experience, on the basis of syndrome differentiation and treatment, the umbilical needle "four orthopositions" combined with body acupuncture was used to treat 1 case of solar dermatitis, and satisfactory efficacy was obtained. The summary is as follows.

## 2. Case Data

Patient Zhuo x, female, 59 years old. Date of visit: August 14, 2023. Chief complaint: Skin erythema burning with itching intermittently more than 5 years. History of present disease: After menopause more than 5 years ago, the patient developed erythema burning and itching all over the skin after sun exposure. She avoided light and did not receive systematic diagnosis and treatment. In March 2023, the symptoms of shoulder and neck pain worsened after external application of Chinese medicine. No significant abnormality was found in the allergen tested at Nanjing Skin Research Institute, and the diagnosis was "solar dermatitis". Compound Betamethasone injection 1mL QW was given to control the condition, and the symptoms improved after injection, and about 5 days later, the symptoms worsened and the condition repeated, so the patient went to our clinic for medical treatment. The engraved evidence showed that the patient's face and limbs were scattered with erythema, the skin temperature of the touch was elevated, accompanied by pruritus, no fever, dry mouth, poor appetite, moderate intake, and bowel adjustment. Red tongue, yellow and black fur, pulse count.

Western medicine diagnosis: solar dermatitis;

Traditional Chinese medicine diagnosis: sunburn sore, syndrome differentiation of blood heat syndrome;

Treatment: To clear heat and nourish blood and blood as the principle, take umbilical needle "four correct position" combined with body acupuncture treatment

Treatment: The patient was supine, 0.30mm × 25mm millimeter needle routine acupuncture, umbilical acupuncture points were selected for "four correct positions": the ridge, the shock, the separation, and the acupuncture sequence from the ridge to the clockwise needle; Body acupuncture point selection: bilateral shoulder Jianyu, Quchi, Blood Sea, Hegu, Neiting, Taichong, Taixi, Quchi, blood Sea with twisting and draining method, the other points to flat supplement flat draining; The same side Jianyu and Quchi were connected with electric acupuncture. The low frequency continuous wave was selected, the frequency was 2Hz, and the retention time was 25min. Supplemented with Shenque moxa stick moxibustion 15min.

Treatment frequency: 2 times per week.

## 3. Treatment Outcome

2023-08-18, 08-21 After receiving acupuncture twice with the original plan, the patient received a follow-up visit on 08-25: it had been more than 10 days since the last injection of betamethasone, and the symptoms of facial erythema and pruritus were slightly worse than that of 08-21, but significantly improved compared with that of 08-14 before the first diagnosis. The treatment was followed by umbilical needle "four positions" combined with body needle, and the point selection was basically the same as before. Another 0.25 mm×15 mm millimeter needle was used to puncture the obvious

facial erythema, without needles, with light stimulation, and the retention time was increased to 30min.

2023-09-04, 09-08, 09-11, 09-15, 09-18 Following the original plan of acupuncture 5 times, 09-22 follow-up visit: the patient complained of significant reduction of erythema on the face and limbs, relief of pruritus, tolerance, red tongue, dry yellow tundra, pulse number. The patient has complained of yellow and black tongue coating for more than 10 years, and has taken oral Chinese medicine or scraped the tongue coating in the morning, and no changes have been seen. The patient expressed joy for the improvement of the tongue coating while complaining of dry mouth symptom than before.

2023-10-09, 10-23, and 11-10 were interrupted for 3 times, all of which were treated with the original plan. The patient reported significant improvement in symptoms after revisit, occasional erythema in the small area of the jaw after drinking, and the pruritus could be tolerated, which subsided on the second day. Betamethasone injection therapy was not performed since the initial diagnosis.

After that, the patient did not continue the periodic treatment due to trauma fracture, and contacted the patient by phone. No obvious symptoms worsened after the treatment was stopped, and the patient was advised to abstain from alcohol. If the symptoms were repeated, he was sent to our outpatient clinic for follow-up. After a follow-up of more than one month, the patient's symptoms did not recency.

#### 4. Notes

Solar dermatitis, also known as "photosensitive dermatitis", is an acute damaging skin disease caused by skin exposure to intense light with skin swelling, burning, pain as the main symptoms. Its pathogenesis is related to the apoptosis mechanism induced by ultraviolet radiation, which leads to immune abnormalities [1].

In Chinese medicine, such as photodermatitis belongs to the category of "sun sore", and the name of the disease comes from the "Surgical Enlightenment". Traditional Chinese medicine believes that the main cause is dampness-heat toxicity. Congenital deficiency, combined with direct sunlight, heat and poison fumigate the skin, hair for the disease, red swelling, itching, pain and other symptoms. Wu Jun et al. believe that blood dryness is also an important pathological factor, and blood dryness leads to skin loss and itching [2].

According to different clinical manifestations and related etiology and pathogenesis, TCM syndrome differentiation of sunburn can be mainly divided into the following types: wind-heat syndrome, blood-heat syndrome, damp-heat syndrome, heat-heat syndrome, spleen-deficiency blood-dryness syndrome, liver-stagnation blood-stasis syndrome, etc. [3]. The general treatment principle is to clear heat, diuresis, detoxification. Traditional Chinese medicine treatment methods also have traditional Chinese medicine, external use, acupuncture and so on.

Umbilical acupuncture therapy is based on the Book of Changes and the theory of Yin-yang and five elements, combined with the holographic theory of the twelve channels and collaterals, zang-fu organs, Luoshu and river map, and is a medical treatment of acupuncture in the umbilical cord [4]. It has the characteristics of practical, simple, fast and efficient. Umbilical needle "four positions" refers to the umbilical "upper and lower around" four acupuncture points, the upper is away, the lower is the kan, the left is the earthquake, the right is the change, respectively corresponding to the five viscera in the heart, liver, lung, kidney, five elements in the gold, wood, water, fire. The "four-position-position" in umbilical needle therapy is called "perfect complement", which is used to treat systemic diseases of the human body, and there is a saying of "four-position-position adjustment of the whole body". In the treatment of the first needle from the kan position, counterclockwise in accordance with the order of kan, shock, separation and blending, take the meaning of the five elements.

Solar dermatitis disease is located in the skin, "lung main fur", the treatment of skin diseases should focus on the lung first. The umbilical needle starts from the sill position and finally falls on the exchange position, which conforms to the law of the rise of human Yang, can stimulate the Yang of human body, and achieve the role of tonifying lung by raising earth and producing gold. Qi umbilical needle can promote the Yang of the human body, produce blood, Qi movement will lead to blood flow, and improve blood stasis and blood deficiency. The four positive positions are water, earthquake is wind, away from the main fire, and hypersensitive skin diseases are related to wind, cold and heat. Off-site and off-site belong to the heart and kidney, and the use of the two together can achieve the function of water and fire both regulating Yin and Yang. "Yellow Emperor's Internal Classics · Pathogenesis of the 19th article" mentioned: "all itching sores belong to the heart", the selection of dislocations can achieve the role of relieving itching, symptoms and root causes.

Body acupuncture point Jianyu, Quchi, blood sea, Hegu, Neiting, Taichong, Taixi, the meaning is as follows: Disease in the Yang of the Yang, take the Yang, Quchi for the hand Yangming large intestine meridian of the combined point, with the valley, good at opening the Cou, both can relieve the wind, but also clear the heat of the drainage Yangming, blood sea Huoxu wind, reconcile the ying blood, with local acupuncture can dredge the local meridian, at the same time give Quchi, blood sea twist and diarrhea method, clear the heat of the drainage Yangming meridian. The combined use of various points can

regulate the zang-fu organs, dredge the channels and collaterals, and achieve the purpose of eliminating pathogenic diseases.

At the same time of treatment, patients should also be reminded to pay attention to daily protection. Avoid direct sunlight when going out and pay attention to physical sunscreen; Avoid scratching in the acute phase of the disease; Exercise can be carried out appropriately to improve their tolerance to the sun.

## Acknowledgments

Fund Project: 2023 Jiangsu Graduate Practical Innovation Plan Project (SJCX23\_0915).

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## Author Bio

Wenxia Zhao (1997 -), female, Han nationality, born in Nanjing, Jiangsu Province, postgraduate student. Her research direction is clinical application research of acupuncture.

Chaoming Chen (1967 -), male, Han nationality, born in Nanjing, Jiangsu Province, Doctor of Medicine, Nanjing famous Chinese medicine, chief TCM physician, director of the Department of acupuncture and moxibustion of Nanjing Hospital of Traditional Chinese Medicine. The research direction is the clinical application of acupuncture.