

# Case report - Acupuncture treatment for psoriasis

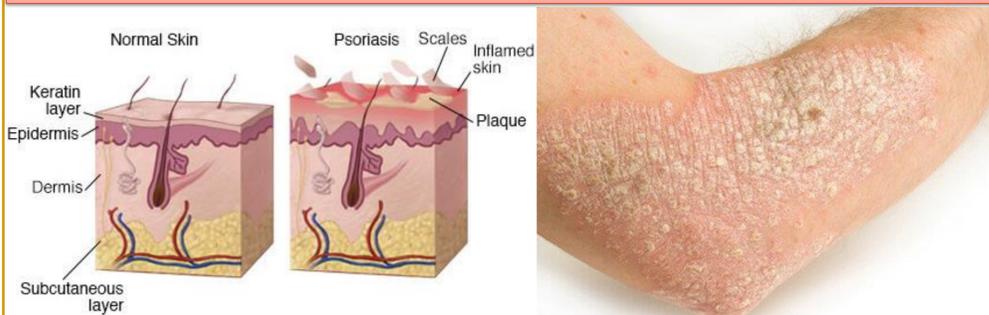


Jihe Zhu<sup>1</sup>, Blagica Arsovska<sup>2</sup>, Kristina Kozovska<sup>3</sup>, Biljana Dimitrova<sup>4</sup>

1, 2, 3, 4 Faculty of Medical Sciences, University Goce Delcev – Shtip, Republic of Macedonia;  
2, Institute of Biology, Faculty of Natural Sciences and Mathematics – Skopje, Republic of Macedonia

## INTRODUCTION

- Psoriasis is a chronic autoimmune skin disorder.
- Psoriasis manifests as itchy and sore plaques on the skin, mostly located on the knees, elbows, scalp, palms or soles.
- Psoriasis can occur anywhere on the body, but most commonly on the elbows, knees, soles, palms and scalp and may also affect the toenails, fingernails and soft tissues of the genitals.
- There are a lot of TCM patterns related with the different types of psoriasis like Qi & Blood Stasis, Heat in the Blood, Blood Deficiency, Disharmony of the Chong & Ren Mai, long stagnation of pathogenic heat and wind or Qi and etc.
- The most common pattern seen in patients is Heat in the Blood.
- The goal of the treatment is to find out the specific imbalance (the root) that causes psoriasis and treat it completely.

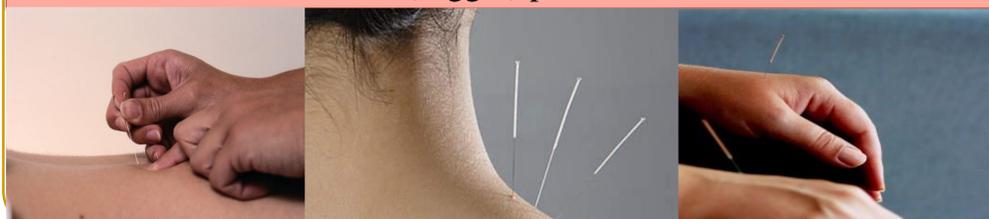


## MATERIAL AND METHODS

- The treated patient is a 43 years old woman with psoriasis manifested on the both feet (soles).
- The psoriasis was present more than 20 years, but the last year patient's soles were in the worst condition.
- The patient was treated with acupuncture treatment, in a clinic for TCM and acupuncture.
- Treatments were done once weekly, indoor, with duration of 35-40 minutes.
- During the treatments were used fine, sterile, disposable acupuncture needles size 0.25 x 25mm produced by Wuijiuang City Medical & Health Material.
- During the treatment the patient wasn't taking any tablets.
- The treatments started on 7th February, 2017 and until 16th of May, 2017 were done 12 treatments. The 13<sup>th</sup> treatment was made after 3 weeks on 26th of July, 2017



The aim of the treatment was to correct the Yin defect, therefore were treated points located on the meridians of Spleen, Liver, Kidney, Ren Mai and Ashi (trigger) points on the soles.



## RESULTS

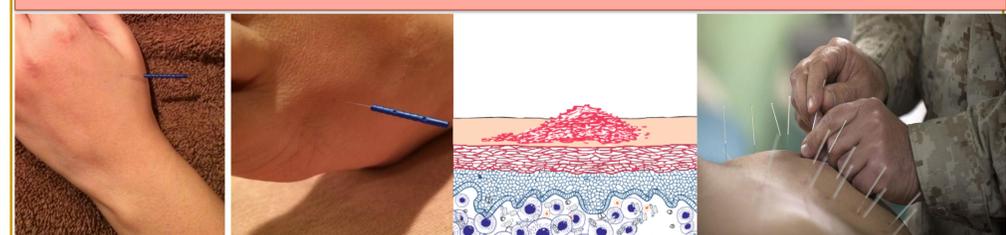
- Psoriasis was manifested with redness on the skin, plaques and occasionally itching.
- In the beginning of the treatment there was no particularly significant progress in the condition.
- The improvement was slow, gradual and steady, which resulted with positive outcome and great results.
- The patient has done 13 treatments once weekly and after every treatment she felt better and the results were obviously good and satisfying.



## DISCUSSION

According to TCM the main sources behind skin disorders are believed to be heat and dampness. The term heat refers to distress in the body. The dampness in the body can be caused by insufficient flushing of waste and toxins from the body, water retention and moist environment.

Psoriasis may also be caused by spleen and digestive system deficiency which can't supply enough nutrition to the lungs and prevent the normal work of the liver.



## CONCLUSION

Acupuncture as part of the TCM is very helpful treatment in treating psoriasis as it can reduce the inflammation, itching and pain and improve the overall health of the patient.