

The Treatment of Chloasma in Traditional Chinese Medicine

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Introduction: Chloasma is a condition in which dark patches appear on the skin, most commonly on the cheeks, bridge of the nose, forehead, upper lip and chin – areas of the face that receive the most sun exposure. In Traditional Chinese Medicine (TCM) the causes of the disease could be Liver-Qi stagnation, Spleen-deficiency, Kidney-Yin-deficiency and Kidney-Yang-insufficiency.

Purpose: The purpose of this study is to demonstrate that to successfully treat Chloasma you need to look for the roots of the problems, not only the symptom.

Methods: Over two case reports, the first being a 42-year-old woman who sought Acupuncture treatment for chronic headache and had the doctor notice the skin stains disseminated on her face, especially in the cheeks area. The second case, a 48-year-old man with constant knee pain was on Acupuncture treatment and at his physical examination, there was found several dark patches on his face. Both

patients were diagnosed with energy imbalance (Yin, Yang, Qi and Blood) and were treated with Acupuncture sessions associated with Chinese dietary counseling.

Results: Both patients had a significant improvement of the Chloasma patches, even though that wasn't the main cause of complaint. This overall recovery was achieved with the treatment of the patient in a holistic aspect, because when the energy imbalance that is causing problems is cared for, all the physical and / or emotional symptoms of one or several medical specialties improve at the same time.

Conclusion: The treatment of Chloasma in TCM has a different point of view from Western medicine, by treating deeply the root cause of the problem in its energy level. Each patient has their own imbalance and the treatment must be individualized to have successful results.

Biography:

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress in 1998. Since 1997, she has been presenting her work worldwide, working with the approach and treatment of all diseases of all systems of the human body in a holistic way, with treatment guided through the teachings of Traditional Chinese Medicine and Hippocrates.