



Evidence-based Clinical Chinese Medicine

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Acne Vulgaris

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World Scientific

蔡文幸中醫師

痤瘡的成因 & 分類

輕微	 <p>角質細胞 皮脂 毛竇 皮脂腺</p>	<p>粉刺</p> <p>無發炎 無紅疹</p>	<p>青春痘成因</p> <p>1 皮脂分泌過多 皮脂過度分泌皮脂，造成粉刺出現。</p>
	 <p>痤瘡 丙酸桿菌</p>	<p>丘疹型</p> <p>輕度發炎 (青春痘) 有紅疹</p>	<p>2 皮膚角質代謝異常 無法順利排出皮脂，造成毛囊阻塞。</p>
		<p>囊腫型</p> <p>中度發炎 (青春痘) 有紅疹及膿包</p>	<p>3 毛囊周圍發生發炎反應 粉刺壓迫毛囊組織，造成毛囊發炎。</p>
嚴重		<p>結節型</p> <p>重度發炎 (青春痘) 有紅疹及膿包，且感染達真皮層</p>	<p>4 痤瘡桿菌感染 厭氧菌—痤瘡桿菌孳生，造成膿包出現。</p>

瘰癧中醫證型分類&處方

1
肺經風熱證
疏風清肺 瀉火排毒
枇杷清肺飲、瀉白散

2
脾胃濕熱證
健脾祛濕 涼血解毒
芩蓮平胃散、茵陳蒿湯

3
肝經郁熱證
平肝理氣 寧心安神
丹梔逍遙散

4
熱毒夾瘀證
消腫散結 活血化瘀
五味消毒飲、桃紅四物湯

5
痰淤聚結證
化痰散瘀 理氣活血
仙方活命飲、丹蔘酮膠囊

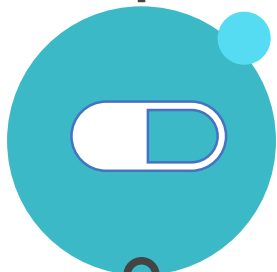
6
沖任不調證
調和沖任 補腎益氣
知柏地黃丸

中醫特色治療方法

針灸治療



中藥外敷



耳針



食療



面部針灸

八大有助改善暗瘡痘印的食物



椰子油 코코넛기름
Coconut Oil
熱量：862大卡

含豐富肉桂酸，有助抗炎殺菌，減少皮膚炎症問題



三文魚 연어
Salmon
熱量：208大卡

含豐富奧米加-3脂肪酸，有助抵抗及抑制皮膚發炎



洋蔥 양파
Onion
熱量：40大卡

有助穩定腸道益生菌，抵抗壞菌，從而增強免疫力，減少炎症



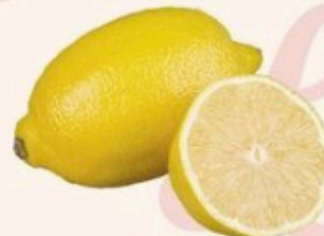
奇亞籽 치아시드
Chia Seeds
熱量：486大卡

含豐富不飽和脂肪酸和膳食纖維，有助促進腸道蠕動，改善腸道微生物態，減少皮膚炎症



蘆筍 아스파라거스
Asparagus
熱量：20大卡

含豐富維他命A，有助抗氧化，減淡皮膚黑色素沉澱，減少痘印



檸檬 레몬
Lemon
熱量：29大卡

含豐富維他命C，有助皮膚美白，減少黑色素積聚，減淡痘印



藍莓 블루베리
Blueberry
熱量：57大卡

含豐富花青素等抗氧化物，有助減緩皮膚衰老、預防痘印的黑色素形成

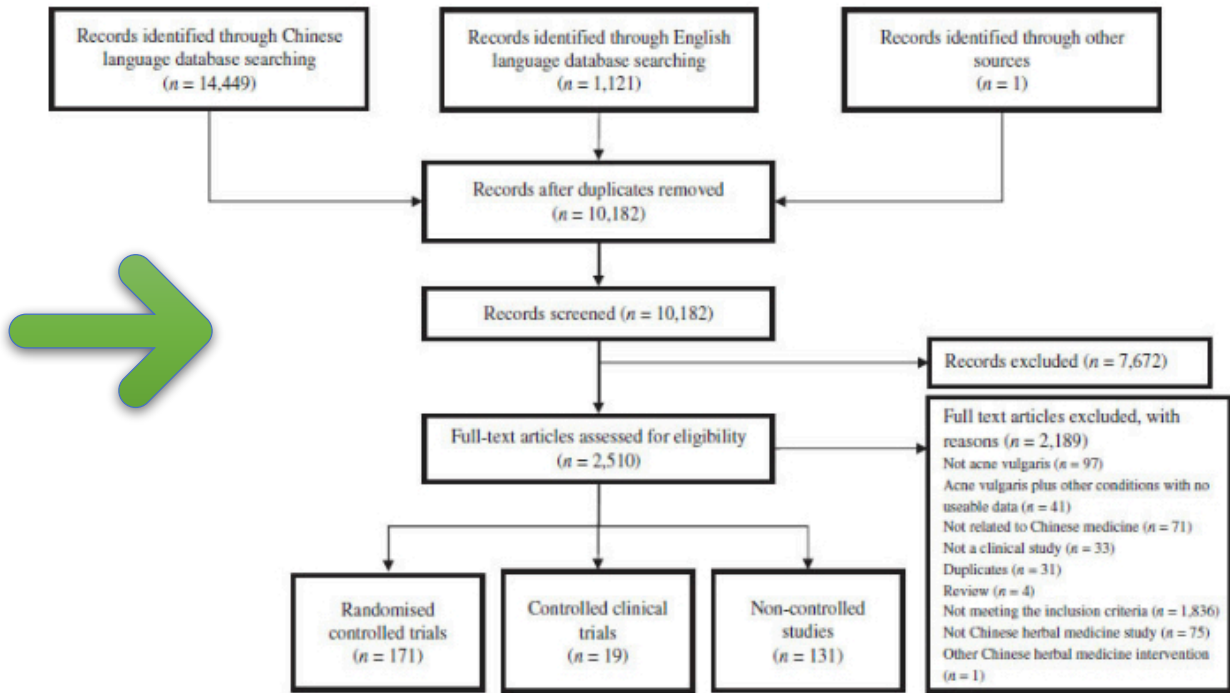
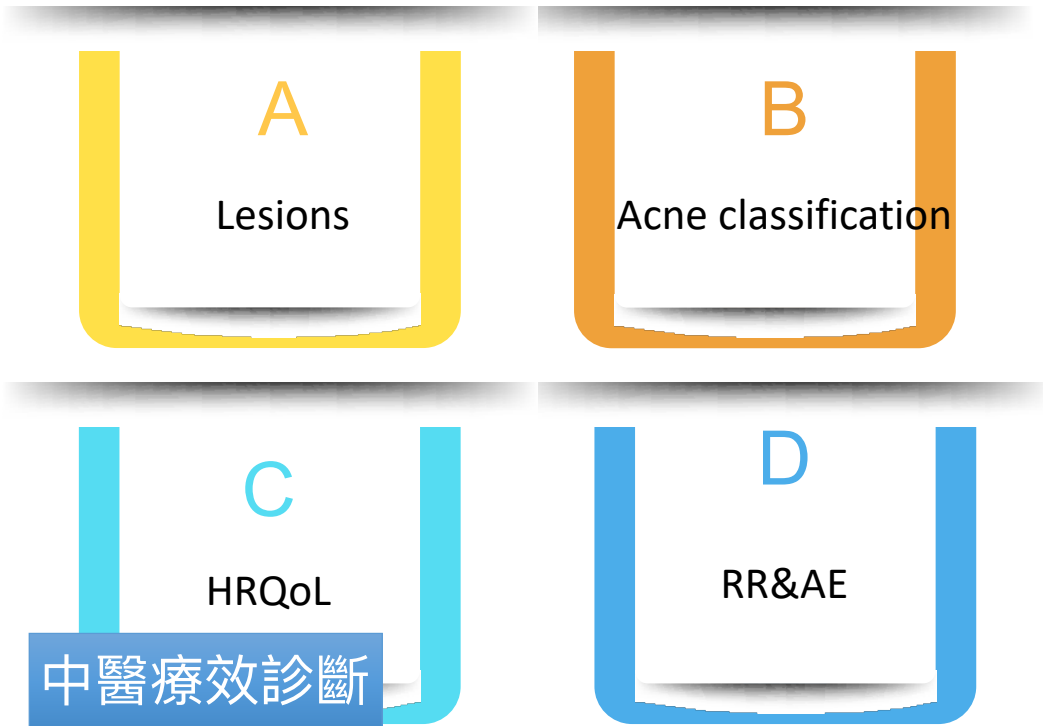


蒜頭 마늘
Garlic
熱量：111大卡

有助穩定腸道益生菌，增強免疫力，減少炎症

痤瘡的循證醫學研究

EBM評分標準



Cure: lesions and symptom disappear
Improvement : > 30% lesions heals and symptoms improved.
No improvement: < 30% lesions heals and symptoms no improved.

中藥治療結合西藥常用治療

Table 5.15 GRADE: Oral CHM Alone vs. Systemic Antibiotics plus Other Treatments

Outcome (Treatment Duration)	Absolute Effect		Relative Effect (95% CI)	Certainty of the Evidence GRADE
	With CHM	Without CHM	No. of Participants (Studies)	
Lesion count — Comedo (8w)	22.07	9.11	MD 12.96 (10.51, 15.41)	⊕⊕○○ LOW 1,2
	MD: 12.96 more lesions (95% CI: 10.51 to 15.41 more lesions)		173 (1 RCT)	
Lesion count — Superficial inflammatory (8w)	8.05	7.03	MD 1.02 (-0.25, 2.29)	⊕⊕○○ LOW 1,2
	MD: 1.02 more lesions (95% CI: 0.25 fewer to 2.29 more lesions)		173 (1 RCT)	
Lesion count — Deep inflammatory (8w)	11.57	4.89	MD -6.68 (-8.19, -5.17)	⊕⊕○○ LOW 1,2
	MD: 6.68 fewer lesions (95% CI: 5.17 to 8.19 fewer lesions)		173 (1 RCT)	
Lesion count — Nodule, cyst, abscess (8w)	2.32	6.87	MD -4.55 (-4.92, -4.18)	⊕⊕○○ LOW 1,2
	MD: 4.55 fewer lesions (95% CI: 4.18 to 4.92 fewer lesions)		173 (1 RCT)	
Effective rate (4w to 30d)	93 per 100	74 per 100	RR 1.25 (1.06 to 1.46)	⊕⊕○○ LOW 1,2
	Difference: 19 more per 100 patients (95% CI: 4 to 34 more per 100 patients)		140 (2 RCTs)	

Intervention	Comparator	Timepoint	Included Participants	No. of Studies (Participants)	Effect Size RR [95% CI]	Included Studies
Yin chen hao tang (jia wei/modified) 加味茵陈蒿汤 IM	Phototherapy (blue and red light)	3m from EoT	Completed follow-up	1 (65)	0.51 [0.13, 1.98]	H1
Yi qing jiao nang 一清胶囊 IM	Phototherapy (blue light)	1m from EoT	All patients	1 (70)	Not estimable (no recurrence)	H4
Pi pa qing fei yin (jia jian/modified) 枇杷清肺饮加减 IM	Isotretinoin erythromycin gel	3m from NS	Cure/most improved	1	0.13 [0.02, 1.10]	H79
Investigator developed CHM IM	Tetracycline, vitamins A and D, vitamin B6, benzoyl peroxide, tretinoin	6m from EoT	Completed follow-up	1 (109)	0.20 [0.08, 0.49]*	H50
Investigator developed CHM IM	Acitretin, tretinoin and erythromycin gel	12m from NS	Cure	1 (81)	0.34 [0.11, 1.01]	H39
Investigator developed CHM IM	Adapalene	6m from NS	Cure	1 (38)	0.26 [0.10, 0.70]*	H65
Investigator developed CHM IM	Phototherapy (intense pulsed light)	1y from EoT	All patients	1 (90)	0.05 [0.00, 0.79]*	H74
Investigator developed CHM IM	Tretinoin, viaminate	3m from EoT	Cure	1 (40)	0.41 [0.17, 0.98]*	H76
Investigator developed CHM IM	Isotretinoin, benzoyl peroxide	3m from EoT	All patients	1 (90)	0.40 [0.14, 1.18]	H27

Table 5.14 Frequently Reported Orally Used Herbs in Meta-analyses Showing Favourable Effect

Herb	Scientific Name	Frequency of Use
Oral CHM vs. Pharmacotherapy: Acne grading, 1 meta-analysis, 5 RCTs (Table 5.8)		
Dan shen 丹参	<i>Salvia miltiorrhiza</i> Bge.	3
Gan cao 甘草	<i>Glycyrrhiza</i> spp	3
Pi pa ye 枇杷叶	<i>Eriobotrya japonica</i> (Thunb.) Lindl.	2
Tao ren 桃仁	<i>Prunus</i> spp	2
Sang bai pi 桑白皮	<i>Morus alba</i> L.	2
Hong hua 红花	<i>Carthamus tinctorius</i> L.	2
Pu gong ying 蒲公英	<i>Taraxacum</i> spp	2
Huang qin 黄芩	<i>Scutellaria baicalensis</i> Georgi	2
Oral CHM vs. Pharmacotherapy: Effective rate: 1 meta-analysis, 5 RCTs		
Dan shen 丹参	<i>Salvia miltiorrhiza</i> Bge.	5
Xia ku cao 夏枯草	<i>Prunella vulgaris</i> L.	4
Gan cao 甘草	<i>Glycyrrhiza</i> spp	4



針灸 & 外用藥膏

Formula Name	Clinical Guidelines and Textbooks	Classical Literature (No. of Citations)	Clinical Studies (Chapter 5)			
			RCTs (No. of Studies)	CCTs (No. of Studies)	Non-controlled Studies (No. of Studies)	Combination Therapies (Chapter 8)
<i>Dian dao san</i> 顛倒散	Yes	10	4	0	3	0
<i>Jin huang gao</i> 金黃膏 (ointment)	Yes	0	0	0	0	0
<i>Liu huang xi ji</i> 硫磺洗劑 (lotion)	Yes	0	0	0	0	0
<i>San huang xi ji</i> 三黃洗劑 (lotion)	Yes	0	0	0	0	0
<i>Si huang xi ji</i> 四黃洗劑 (lotion)	Yes	0	0	0	0	0
<i>Si huang gao</i> 四黃膏 (ointment)	Yes	0	0	0	0	0
<i>Yu lu gao</i> 玉露膏 (ointment)	Yes	0	0	0	0	0

Outcome (Treatment Duration)	Absolute Effect		Relative Effect (95% CI)	Certainty of the Evidence GRADE
	With Acupuncture	Without Acupuncture	No. of Participants (Studies)	
Grading — GAGS (30d)	6.43	11.83	MD -5.4 (-6.52, -4.28)	⊕⊕○○ LOW ^{1,2}
Effective rate (4w)	94 per 100	80 per 100	RR 1.17 (0.95 to 1.43)	⊕⊕○○ LOW ^{1,2}
	Difference: 14 more per 100 patients (95% CI: 4 fewer to 34 more per 100 patients)		60 (1 RCT)	



中西治療效果