

# 4<sup>th</sup> International Conference on Clinical & Experimental Dermatology

April 14-16, 2014 Hilton San Antonio Airport, TX, USA

## Overview of Chinese medicine for *Psoriasis vulgaris*

Chuanjian Lu

Guangdong Provincial Hospital of Chinese Medicine, China

**P**soriasis is a chronic, recurring skin condition with the manifestations of scaling and erythematous plaques. The global average prevalence of psoriasis was approximately 3-4%. Despite conventional therapies are effective, undesirable side effects bring a challenge to the long-term management of psoriasis. It is estimated that 50% of psoriasis sufferers utilized complementary and alternative medicine (CAM) in Europe and America. As component of CAM, Chinese medicine (CM) has a long history treating dermatological conditions with its unique and systemic theory. CM is characterized by holistic view, balance maintenance of *Yin* and *Yang*, treatment based on syndrome differentiation, which addresses individual treatment for each patient taking the impact of climate or geographic location into consideration. Apart from definite disease diagnosis according to international guidelines, syndrome type plays a crucial role in the individual treatment, which determines the Chinese herbal medicine (CHM) formula selection and efficacy. Following rigors methodology, four systematic reviews have been completed by our team, which suggest that CHM is effective for psoriasis vulgaris, or has add-on effect when combined with conventional therapies such as acitretin and phototherapy. *YXBCM01* formula has been identified for psoriasis treatment in our clinical practice. Clinical trials and fundamental studies have been conducted in order to verify its efficacy, safety and pharmaceutical mechanism. In a case-control study, 61% of participants achieved PASI 50 after 12-week *YXBCM01* treatment. Metabolomics changes have been observed among these participants post-treatment, which tend to be the status of health control. Mouse model study has shown that *YXBCM01* may promote granular cells growth and inhibit proliferation of epidermis cells.

### Biography

Chuanjian Lu has completed her Ph.D. from Guangzhou University of Chinese Medicine. She is the Vice-President of Guangdong Provincial Hospital of Chinese Medicine. She serves as the Professor and doctoral supervisor in Guangzhou university of Chinese Medicine in China and RMIT University in Australia. Her research major is Chinese herbal medicine for psoriasis. She has published more than 20 papers in reputed journals

[luchuanjian888@vip.sina.com](mailto:luchuanjian888@vip.sina.com)