

# Clinical Observation on the Effect of Chinese Medicine Five-Color Therapy on the Treatment of Children with Chronic Urticaria

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**Abstract: Objective:** To analyze the clinical treatment effect of traditional Chinese medicine five-color therapy on chronic urticaria in children. **Methods:** The income data target of this article is 80 children with chronic urticaria. The grouping method is a randomized method with 40 children in each group. The experimental group was treated with five-color treatment of traditional Chinese medicine, and the control group was treated with western medicine. The incidence, treatment and recurrence of adverse reactions in children with chronic urticaria were compared between the two groups. **Results:** Showed total effective rate of children with chronic urticaria in the experimental group was compared with the control group,  $P < 0.05$ , the data showed statistical significance. **Conclusion:** Stated use of TCM five-color therapy in the treatment of children with chronic urticaria can significantly improve safety.

**Keywords:** Pediatrics; Chinese medicine five-color therapy; Chronic urticarial

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Traditional Chinese medicine research pointed out that urticaria belongs to the medical category of "wind rash" or "addiction rash". In the "Su Wen, four-time stabbing theory", the first time there is a rash disease, that is, "less yin and more than, rash skin, hidden rash." Urticaria occurs first from the skin after the appearance of itching symptoms, followed by pale or red wheal, any part can be onset, itching is no degree, when the time is hidden, sudden disappearance, there is no trace

after the symptoms disappear, and the skin scratches showed positive, the disease can occur in the elderly men and women, especially those who are weak, mostly in the spring and summer. For acute children, the incidence is relatively fast, and the regression is relatively rapid; for chronic children, recurrent episodes may occur, which may occur in months or years<sup>[1]</sup>. Urticaria is a skin allergic disease. It is more common in children and infants. The skin shows a pale or reddish wheal as the main manifestation. The disease has been diagnosed as chronic urticaria for more than 6 weeks. It has stubborn and difficult recurrence. Such as clinical features, and itching after the onset, severely affect the life of the child<sup>[2]</sup>. This is the report of the use of Chinese medicine five-color therapy in 80 children with eczema.

## 1 Material and Method

### 1.1 General Information

The data target for this study is 80 children with chronic urticaria, which is consistent with the clinical diagnostic criteria for chronic urticaria in children, including 40 female and 40 male children. The maximum age is 13 years old and the minimum age is 5 months old, the median age was  $(6.21 \pm 0.65)$  years, the longest course was 1 year, the shortest course was 40 days, and the median course was  $(5.32 \pm 2.22)$  months. According to the randomization, the children were divided into two groups, 40 in a group, 40 in the female, 40 in the male, the maximum age was 11 years, the minimum age was 7 months, and the median age was  $(6.00 \pm 0.34)$  years. The longest course of disease is 11 months, the shortest course is 47 days, the median course is  $(5.22 \pm 0.32)$

months; the experimental group is 40 female, 40 male, the maximum age is 12 years, the minimum age is 8 months, the median age (6.11±0.54) years, the longest course of disease was 10 months, the shortest course was 48 days, and the median course was (5.54±0.54) months. The basic data of the two groups of children with chronic urticaria were compared,  $P > 0.05$ , and there was no analytical significance between the data indicators.

## 1.2 Diagnostic Criteria

According to the State Administration of Traditional Chinese Medicine, the "Diagnostic and Efficacy Standards for TCM Syndrome"<sup>[3]</sup> is judged: clinical manifestations: a. When the rash is lost, the duration of a single wheal is less than 24 hours, and there is no fixed position, consciously itching, no signs after the lesion subsided; b. Sudden onset of rash, skin lesions of varying sizes, with distinct edema plaques with clear limits. c. Some children have abdominal pain, diarrhea, fever, joint pain, etc., and severe breathing difficulties or suffocation may occur. The disease has the characteristics of rapid onset, and it can be cured within a few days after the onset of the disease, and it is easy to recur.

## 1.3 Inclusion Criteria and Exclusion criteria

Inclusion criteria: The samples are consistent with the diagnostic criteria for chronic urticaria; The spleen deficiency lung heat constitution attributed to medicine: showing fatigue, less body and thinness, repeated colds, yellow lips, pale tongue, red tongue and etc.; children are between 2 months and 13 years old; family members of the child expressed approval for the contents of this survey. Exclusion criteria: There are genetic diseases; There are serious skin diseases; Does not cooperate with treatment; Severe dysfunction of heart, liver and kidney<sup>[4]</sup>.

## 1.4 Treatment

The control group was treated with western medicine,

and the child was given cetirizine hydrochloride (trade name: sedative, UCB Pharma S.p.A, registration number H20110137) orally, once a day, children aged 2 to 6 years old, 0.5 m each time; for children over 6 years of age, 1.0 ml each time. Take 30 days of continuous use, which is a course of treatment; treat 1 course of treatment to observe the effect. The experimental group was given the five-color therapy of traditional Chinese medicine, and the umbilical color treatment pen (Korean AMOS non-toxic body painting pen) was applied to the corresponding area of the child's navel 1 inch to apply a color treatment prescription of 1.0 cm × 2.5 cm, wipe off for 8 hours each time. 1 time a day. If there is an increase, immediately remove it. This program consists of two color therapy prescriptions. Prescriptions No. Gen green zhen white xun white kun green qian green kan yellow; Prescriptions No. Gen green zhen white xun white kun green dui green kan black; No. 1 and No. 2 are used alternately every day for 30 days for 1 a course of treatment.

## 1.5 Observation Indicators and Efficacy Criteria

### 1.5.1 Treatment Effect

After 30 days of treatment, the degree of itching, the size of the wheal, the number of wheals, and the duration of seizures in children with chronic urticaria were recorded in detail, and the correct evaluation was performed according to the level 4 urticaria symptom score method<sup>[5]</sup>. Table 1 below. The cure is that the symptom score decline index exceeds 90%; the marked effect is that the symptom score decline index is between 60% and 89%; the effective symptom score decrease index is between 30% and 60%; if the symptom is the symptom score drop index less than 30%. The symptom score reduction index is shown as (the difference between the pre-treatment score and the post-treatment score) / pre-treatment score \*100%. The total effective rate is (the sum of cure, marked effect and effective) / total number of cases \*100%.

**Table 1.** Urticaria symptom score

Item	0 point	1 point	2 point	3 point
Itching	no itching	mild itching	moderate itching	severe itching
Red halo diameter	no redness	<1.5 cm	1.5-2.5 cm	>2.5 cm
Number of wind groups piece	no wind group	1-6 piece	7-12 piece	>12

## 1.6 Data Processing

The data of 80 children with chronic urticaria were selected by SPSS 12.0 statistical analysis software. The effect of chi-square test was used,  $P < 0.05$ .

## 2 Results

In the experimental group, the total effective rate was 97.50% after 4 weeks of treatment for children with chronic urticarial, 32 cases were

cured, 4 cases were markedly effective, 3 cases were effective, and 1 case was ineffective. In the control group, the total effective rate of children with chronic urticaria was 80.00% after treatment for 4 weeks, 25 cases were cured, 4 cases were markedly effective, 3 cases were effective, and 8 cases were ineffective. The experimental group was superior to the control group,  $P < 0.05$ , and the data indicators existed. Learn to verify the meaning, as shown in Table 2.

**Table 2.** Comparison of treatment effects between two groups of children with chronic urticaria [n(%)]

Group	Number of cases	Recovery	Significant effect	Effectiveness	Invalidity	Total efficiency
Experimental group	40	32(80.00)	4(10.00)	3(7.50)	3(7.50)	39(97.50)
Control group	40	25(62.50)	4(10.00)	3(7.50)	3(7.50)	32(80.00)

## 3 Conclusion

Chronic urticaria is a disease caused by various factors such as edema in the blood vessels, skin, mucous membranes, and temporary inflammatory hyperemia. There are more than 6 weeks of disease<sup>[6]</sup>. At present, there is no clear cause of the disease in the treatment of chronic urticaria disease. After the onset, the phenomenon of wheal or plaque appears in the body parts of the face and limbs. Chronic urticaria seriously affects patients' quality of life and physical health, so it is necessary to choose reasonable measures to implement symptomatic treatment. Traditional Chinese medicine research chronic urticaria is included in some areas of "white rash", "rubella plaque" and "addiction syndrome". It is a disease caused by the simultaneous existence of "wet" and "virtual". There are complex clinical evidences, so TCM syndrome differentiation should be carried out. The selected Chinese medicine five-color therapy in this study was founded by Wang Zhao Zhang of Taiwan. The five-color therapy is based on the theory of yin and yang five-line circular motion. In the umbilical part, it is based on the acquired gossip area, and the corresponding parts are painted with green, red, yellow, white and black, this is a new treatment for color disease prevention and treatment. In the two groups of the experimental group, the green-green, Yiwei solution table, Yiqi Yangyin, shocking white dampness, relieving itching, relieving the table, cooling blood, Kunxi green has the function of nourishing blood, promoting blood circulation and strengthening the spleen, No. 2 Fangkan black can improve microcirculation and immune function, and

Fang No. 1 has anti-inflammatory and anti-allergic effects.

In our hospital, 80 children with chronic urticaria were treated with Chinese medicine five-color therapy, and achieved satisfactory clinical results. Chinese medicine five-color therapy for children with chronic urticaria, making full use of its dialectical treatment, no side effects and other characteristics, the effect is relatively significant. In the implementation of traditional Chinese medicine five-color therapy for chronic urticaria in children, the experimental group showed that the effective rate was higher than that of the control group,  $P < 0.05$ , and the data index had statistical significance. According to the criteria for judging the efficacy of chronic urticaria in children, the efficacy of the experimental group was 97.50% higher than that of the control group, which was 80.00%,  $P < 0.05$ . The data showed statistical significance. Therefore, the five-color therapy of traditional Chinese medicine has a significant effect on the treatment of chronic urticaria in children, and safe and economical, it is worthy of clinical application.

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