Traditional Chinese medicine treatment for anti-aging skin

Xin Wang¹*

¹College of Traditional Chinese Medicine, Tianjin University of Traditional Chinese Medicine, Tianjin 301617, China.

*Correspondence:
Xin Wang, No. 10 Poyang Lake Road, Jinghai District, Tianjin 301617, China.
E-mail: 2539806193@qq.com

It mainly studies the basic theory of Chinese medicine on skin aging and its characteristic treatment methods, including Chinese medicine, acupuncture, medicinal diet, massage and Qigong. Based on the experimental data and results of traditional Chinese medicine (Astragalus Membranaceus, Polygonum Multiflorum, Wolfberry, Cistanche), massage, acupuncture, medicinal food, and Qigong, the antagonistic mechanism and application of the medicine to skin aging were summarized. In order to promote the clinical development of traditional Chinese medicine and the development of scientific research ideas, this paper reviews the research literature on the anti-aging treatment of traditional Chinese medicine in recent years.

Keywords: Skin aging, Traditional Chinese medicine, Review

Abbreviations:
SOD, superoxide dismutase.

Competing interests:
The authors declare that there is no conflict of interest.

Aging is a degenerative change in the function of various tissues and organs of the body with aging [1]. Skin is the most obvious organ in the aging process of human body, and its aging degree directly reflects the aging level of the body [2]. Skin aging is a complex biological phenomenon, mainly divided into two forms: natural aging and photoaging. It has been reported that skin aging is the result of the combination of endogenous physiological factors and exogenous environmental factors [3]. Skin aging is often manifested as dry, rough, furfuration, color spots, relaxation, wrinkles, skin atrophy, prominent blood vessels, increased sensitivity and brittleness, etc. [4]. Traditional Chinese medicine also recorded the phenomenon of skin aging in Huang Di Nei Jing as early as possible, and applied a variety of treatment methods for anti-aging, and in the current application has shown a certain positive effect.

The theoretical basis of Chinese medicine for skin aging

There are six or seven typical aging theories in traditional Chinese medicine, which can be roughly summarized into two types, one is the virtual type, the other is the virtual and real type. The two most central organs are the spleen and kidney. Kidney a primordial this, the main hidden essence, hidden yuan Yin yuan Yang, so with the speed of human aging, the length of life is closely related, kidney Qi deficiency is the fundamental cause of aging. It is clearly recorded in the Huang Di Nei Jing (the classic of Chinese medicine): the girl is seven years old, panax notoginseng, kidney Qi average, so the real teeth born and long pole; thirty-five years old, Yangming pulse decline, face to coke, hair to fall; forty-two years old, the face is burnt, the hair is white; eight years old, kidney Qi solid, hair long teeth more; forty years old, renal Qi failure, hair deciduous. Europe became, the face is burnt and the temples are white. The spleen and stomach is the source of the day after day, the source of Qi and blood biochemistry, is the hub of the Qi lifting, is the root of the five Zang-Fu organs, is the source of a body of healthy Qi, is the human body to resist evil and prevent disease, recover from disease, maintenance of living gas, prolong life. Deficiency of kidney Qi and spleen transport directly affect the normal operation of the five organs. Finally, the blood flow is not free, resulting in blood stasis, which makes the head and face unable to be soaked, and then manifested as skin aging. Blood stasis is not only the inevitable result of skin aging, but also the key factor to aggravate skin aging. Virtual mainly displays in the kidney essence loss caused by blood stasis, deficiency of Qi and blood stasis, Yin deficiency as the main cause the blood stasis, solid table now stasis caused by blood stasis and haemorrhheological nature blood stasis, water in body stasis caused by three aspects [5].

Traditional Chinese medicine treatment

Chinese medicine cosmetic anti-aging
Chinese medicine cosmetology is a kind of cosmetology method which is used internally or externally to treat and cure the disease of damage beauty or to maintain the skin. The dosage form of internal medicine mainly includes soup, pills, powder, cream, wine, etc. According to the theory of traditional Chinese medicine and modern pharmacology research data, such drugs as invigorating spleen and invigorating Qi, nourishing Yin and nourishing blood have remarkable effects on anti-aging and skin beautification, such as Astragali Radix, Ginseng Radix et Rhizoma, Dioscoreae Rhizoma, Polygonati Rhizoma, Cistanches Herba, Polygoni Multiflori Radix, and Lycii Fructus. Astragali Radix fill the deficiency, make the spleen and stomach stronger. Astragalus polysaccharides can increase the level of superoxide dismutase (SOD) which decrease with aging. Reduce the content of lipid peroxides in plasma, reduce the formation of lipofuscin, and remove the lipofuscin already formed in cells, reduce free radical generation, increase free radical scavenging [6]. Anti-aging effects of Polygoni Multiflori Radix, can protect the SOD, decrease the plasma lipid hydroperoxide. At the same time also can enhance the body immune function [7]. Lycii Fructus tonic essence, strong vagina. In terms of anti-aging, Lycii Fructus can significantly improve the phagocytic function of phagocytic cells, improve the proliferation ability of T lymphocytes, increase the content of serum IgG and complement activity [8]. Cistanches Herba is sweet, warm but not hot, warm but not dry, slippery but not diarrhea, nourishing the gate of life, tonic blood medicine. Zhang et al. [9] found the...
meat paste total glycosides can improve aging model mice lymphocyte transformation ability, interleukin 2 content, function of macrophage cell in abdominal cavity, natural killer cell activity, CD4+ T and CD8+ T cell count, by increasing the body's immune anti-aging effect (Table 1).

Acupuncture cosmetic anti-aging
Acupuncture beauty is through the various methods of acupuncture and moxibustion, stimulate the meridians, acupoints and to mobilize the internal factors of the body, adjust the functions of the organs and tissues, promote the movement of Qi and blood, resist the invasion of foreign evil and delay aging and treatment of damage to the United States disease of a beauty method. Yu et al. used differential display reverse transcriptase-PCR technology to try to explain the anti-aging mechanism of acupuncture at the molecular level. Methods: the differences of gene expression of sam-p/10 and the effect of acupuncture on brain cells were analyzed in rats (sam-p/10). Studies have shown that acupuncture not only has the regulating effect and acupoint specificity, but also can interfere with the aging process by affecting the expression of senescence related genes. Tang with face points: Taiyang (EX-HN5), Yintang (EX-HN3), Yangbai (GB14), Yingxiang (EX-HN8), Jiache (ST6), Kufang (ST14), the small surface shallow needle acupuncture subcutaneous, every 3 times, observed after small needle beauty, facial skin tightening has obvious sense, strong skin elasticity, smooth complexion is ruddy, has 28 cases of sensitive skin small needle beauty for three months, found that increased facial skin anti allergic [10].

Medicinal diet beauty and anti-aging
For thousands of years, Chinese traditional medicine has attached great importance to the dialectical relationship between diet nourishment and health and longevity, which includes diet therapy, that is, diet conditioning to achieve the effect of health prevention and treatment, as well as medicinal meals, that is, diet made with food and medicine to achieve the effect of health prevention and treatment. For example, Zhou Li Tian Guan also recorded the disease doctor advocated the use of five flavors, grain, five drugs to nourish their disease. The choice of medicine advocates nourishing bone with acid, nourishing tendons with symplectic, nourishing veins with salty, nourishing Qi with bitter, nourishing meat with

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sweet, nourishing orifices with slippery, and so on. In addition, there are 13 prescriptions in Huang Di Nei Jing, 8 of which belong to the combination of medicine and food. The book writes: what is it that governs? to use what skill? answer said: four squid fish bone, pills with sparrow eggs, as big as small beans, with five pills for the meal, abalone juice, benefit the side and liver injury. It is mainly used to treat blood blight. In modern times, the medicinal meal can be further improved on the basis of summing up the experience of the ancients, and its application is more closely related to the development of the theory of traditional Chinese medicine, and attention is paid to the research and application of the modern scientific theory of medicinal meal and culture, which has its theoretical and scientific development direction. Such as the eight treasure freckle porridge: raw barley seed, cornstarch each 10 g, lotus seed 15 g, raw yam 30 g, white lentils 10 g, red beans [11].

**Massage for beauty and anti-aging**

Massage, as a non-drug natural therapy, physical therapy. Massage as a way to cure people, usually refers to the healers who use their hands on the patient's body surface, the place of injured parts, discomfort, specific acupoints, pain, concrete application push, press, rubbing, kneading, point, take various forms, in order to achieve dredge meridian, Qi and blood, help wound pain, eliminate pathogenic centralizer, the curative effect of harmonic Yin and Yang. On days 7, 14 and 21, the number of red blood cells and hemoglobin in the whole blood of the treatment group was significantly higher than that of the control group ($P < 0.01$, $P < 0.05$), the activity of SOD and glutathione peroxidase (GSH-Px) in the serum was significantly higher than that of the control group ($P < 0.01$, $P < 0.05$), and the content of malondialdehyde (MDA) and lactate dehydrogenase (LDH) activity in the serum were significantly lower than that of the control group ($P < 0.05$). Abdominal and dorsal massage therapy can improve the ischemic and hypoxic state in the animal model of oxidative blood deficiency and has antioxidant effect, revealing the anti-aging effect of massage [12].

**Qigong cosmetic anti-aging**

Qigong is a traditional Chinese method of health care, health maintenance and disease treatment. Also known as Xiu Dao in ancient times, with the adjustment of breathing, physical activity and consciousness adjustment (regulation of breath, regulation of the body, regulation of the mind) as a means to strengthen the body and health, disease prevention and treatment, fitness and extension, development of potential for the purpose of a physical and mental exercise method. According to clinical research, practice Qigong can lower blood pressure, reduce stroke mortality, improve heart function and circulation, the chemical changes in the blood, plasma coagulation fibrin index, plasma levels of tissue plasminogen activator and plasminogen activation inhibitor, coagulation factor VIII, there are improvements to the anion gap and the antithrombin-III, anti-aging enzyme SOD increase your energy levels: Qigong group SOD level up to about 2700 g/f, the control group of 1700 g/f [13].

**Summary**

Anti-aging has always been a key direction of human research and exploration since ancient times. Now with the development of science and technology and economy, more attention has been paid to it. The characteristic anti-aging therapy of traditional Chinese medicine has the characteristics of less damage, good process feeling, low price and convenient operation. Now the world is in compliance with the nature, return to the plain and simple, the return to the nature of the upsurge, the beauty of traditional Chinese medicine shows its value and role.

**References**