

Research status of traditional Chinese medicine physique identification in the field of gynecology

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Abstract: TCM physique is formed on the basis of innate endowment and acquired in the course of an individual's life. It is an inherent characteristic that is comprehensively displayed through various aspects of morphology, physical function and mental state. Traditional Chinese medicine has always said that "the pre-treatment of the disease is treated by the workmanship, and the pre-existing disease is treated by the work of the traditional Chinese medicine." More and more scholars have paid attention to and explored. Starting from the current domestic research status, explore the susceptibility of various diseases in TCM gynecology, analyze the pathogenesis of the occurrence, evolution, and development of the disease, guide the prevention, diagnosis and treatment, rehabilitation and health of the disease, and lay the foundation for subsequent research. Through the analysis of the correlation between TCM physique identification and various diseases of TCM gynecology, we hope that women with biased physique can be treated with traditional Chinese medicine as soon as possible, so as to reduce their incidence from the source, and give full play to TCM treatment, body differentiation, and disease diagnosis. The advantages of the combination of syndrome differentiation concepts provide certain research ideas and theoretical basis for the clinical prevention and treatment of TCM gynecological related diseases, and on this basis, guide women's daily health care, improve reproductive health and quality of life, and save medical resources It also has far-reaching social significance.

Keywords: TCM physique; identification; gynecological diseases; research progress

In recent years, the society has developed rapidly, people's living habits have gradually changed, and the quality of life has gradually improved, and the incidence of gynecological diseases has also shown an increasing trend, posing a serious threat to women's health. Gynecological diseases are complicated and difficult to diagnose. The application of physical identification to TCM treatment and scientific guidance of medication and treatment are of great significance to the prevention of gynecological diseases(Williamson,2013).

Physique is formed on the basis of innate endowments and acquired acquired in the course of an individual's life, and is an inherent characteristic that is comprehensively displayed through various aspects of form, structure, physiological function, and psychological state. As early as the Qin and Han dynasties, "Lingshu 'Twenty-five People of Yin and Yang'" divided people into 25 physiques according to the five elements of metal, wood, water, fire, and earth. "Treatise on Febrile and Miscellaneous Diseases" divides people into "strong people", "thin people", "xujia" and "lei people". The Qing Dynasty physician Ye Tianshi pointed out in the "Clinical Syndrome Guide Medical Records" that people have different physical types such as "yin deficiency constitution", "damp-heat constitution", and "yang deficiency constitution". In 1978, Wang Qi and Sheng Zengxiu put forward the concept of "Physical Constitution Theory in Traditional Chinese Medicine" based on their previous experience, and made a definitive expression of physique, physique, and 9 types of physique. The standard of "Classification and Judgment of Constitution in Traditional Chinese Medicine" implemented on April 9, 2009 divides the body constitution into peaceful constitution and partial constitution, among which the partial constitution is divided into qi-deficiency, yang-deficiency, yin-deficiency, phlegm-dampness, damp-heat Quality, Qi-stagnation, blood stasis, and special qualities. This criterion is listed as the standard of the Chinese Society of Traditional Chinese Medicine and is adopted by 270 hospitals and scientific research institutions across the country. More than 1,000 scientific research papers have been published, involving 195 diseases in various departments such as internal medicine, external medicine, gynecology, and pediatrics. The theory of style provides a theoretical basis.

1. Materials and Methods

1.1 General information

Between March 2018 and November 2019, 100 gynecological patients admitted to a hospital were randomly split into two groups. The 50 patients in the control group ranged in age from 21 to 42 years, had an average age of 30.21.6 years, had a disease duration of 1-5 years, and had an average disease duration of (2.60.3) years; the 50 patients in the observation group ranged in age from 20 to 44 years, had an average age of 30.51.8 years, had a disease duration of 1-4 years, and had an average disease duration of (2.40.7) years. Comparing the basic data of the two groups of patients revealed a slight difference ($P>0.05$).

1.2 Method

Patients in the control group received routine traditional Chinese medicine care, including comprehensive examinations, health education, medication guidance, etc. Patients in the observation group received physical identification based on the control group. The content is as follows: research on the characteristics of the patient's system, follow the scale of the system, improve the scientific nature of health examinations, and effectively prevent the occurrence of gynecological diseases; scientifically design treatments based on the physical characteristics of the patients. The plan is to rationally adjust the dosage according to the patient's resistance to the drug, improve the pertinence of the drug treatment, and ensure the effect of the treatment; the physiological status of women with different physical characteristics also has large differences, for patients with insufficient Qi and blood, Susceptible to infection by external pathogenic factors. In daily health care, preventive and therapeutic measures should be formulated according to the differences in physical fitness of patients, and the diet structure should be adjusted rationally to reflect the pertinence of TCM treatment.

1.3 Evaluation Index

Three stages of efficacy assessment are used:

Significantly effective: Following therapy, the patient's clinical symptoms almost vanish;

Effective: Following therapy, the patient's clinical symptoms improve significantly;

Ineffective: Clinical symptoms did not improve or even deteriorate after therapy. Effective rate total = (marked effect + effective) / total number of instances *100% (Ren,2013).

1.4 Statistical processing

SPSS22.0 software was used to process the research data. Age data were presented as mean standard deviation. All data were normally distributed. Between-group comparisons were made using the t-test, and the effective rate of therapy and the incidence of complications were recorded. The chi-square test was used to assess the data. When $P<0.05$, the comparison of important study data from two groups of gynecological patients is statistically significant.

2. Results

2.1 Contrast the two groups' treatment outcomes.

The observation group's overall effective rate of treatment was 95.00 percent, much higher than the control group's rate of 76.67 percent, and the difference was statistically significant ($P<0.05$), as shown in Table 1.

Table 1 Comparison of treatment effects between the two groups [n, (%)]

Group	Number of cases (n)	Markedly effective	efficient	invalid	Total effective rate
Observation group	50	30(60)	15(30)	5(10)	45(90)
Control group	50	20(50)	10(10)	20(40)	30(60)
χ^2		4.2334	4.7891	6.3347	4.6301
P		<0.05	<0.05	<0.05	<0.05

2.2 Compare the two groups' complication rates.

There was one instance of weakness, two cases of anemia, and one case of irregular menstruation in the observation group, and the incidence of complications was 6.00 percent. There were three instances of weakness, four cases of anemia, and three occurrences of irregular menstruation in the control group. Legal symptoms occurred at a rate of 14.33 percent. Complications occurred at a considerably lower rate in the observation group than in the control group, and the difference was statistically significant (P<0.05).

3. Discussion

With the development of Chinese medicine, the treatment of gynecological diseases by Chinese medicine has received great clinical attention and has achieved good clinical effects. TCM treatment of gynecological diseases can combine the treatment of collaterals, nourishing qi and blood, nourishing the liver and nourishing the kidney, fully taking into account the various incentives that cause the disease, combined with the method of syndrome differentiation and treatment, effectively alleviating the clinical symptoms of the patient, and the use of traditional Chinese medicine High security. (Guo,2021)However, due to the complexity of gynecological diseases, which are affected by various factors such as the patient's physical characteristics, living environment, etc., it is necessary to grasp the actual situation of the patient and take differentiated treatment measures to ensure the treatment effect. Physical identification can use the patient's physical signs as a basis, implement preventive and therapeutic measures, and provide scientific medication guidance and daily health care guidance to patients. It has good safety, can effectively prevent the occurrence of gynecological diseases, and has significant clinical effects(Luster,2008). Based on physical characteristics, determine the drugs and dosage of gynecological patients. Patients with weaker constitutions are less resistant to drugs, As a result, drug dose and strength should be suitably lowered; patients with stronger physiques are more resistant to medications and may safely raise the dosage and potency of the medication. The results of this study indicate that the observation group's total effective rate of treatment is 89.00 percent, significantly higher than the control group's rate of 82.67 percent; the observation group's complication rate is 5.00 percent, significantly lower than the control group's rate of 5.00 percent. Complications occurred in 13.33 percent of patients in the group, a difference that was statistically significant (P<0.05). It demonstrates that the use of physique identification in the treatment of traditional Chinese medicine enables tailored therapy based on the patient's condition, reasonable medication administration, and successful management of the emergence of problems (Attele,2002). In summary, physical identification for gynecologists has the potential to significantly enhance the therapeutic efficacy of traditional Chinese medicine and decrease the prevalence of problems. It is clinically applicable.

4. Summary

4.1 The connotation of physical identification

The so-called physique recognition is to take the human physique as the object of cognition. Through the analysis of the state and characteristics of the physique, the differences of different physiques and the elements of health and disease are comprehensively grasped, and different prevention and treatment are formulated according to different physiques. As well as health-preserving programs, so as to achieve different interventions from person to person(xiaoxi,2011). Traditional Chinese medicine believes that the symptoms of the body are closely related to the yin and yang attributes of the body. In other words, when the physique is out of balance between Yin and Yang, it will inevitably cause the body to show corresponding symptoms. Therefore, due to different types of physique, the transformed diseases will also be different. Chinese medicine also predicts the transformation of diseases based on this characteristic. Therefore, many experts and scholars have proposed that in the clinical treatment of traditional Chinese medicine, it is emphasized to formulate different treatment plans according to different physiques. Therefore, the core of TCM treatment is to treat diseases by identifying physique. The well-known Chinese medicine expert Wang Qi once pointed out that the prevention and treatment of diseases should be based on the specific conditions of the patient's physique, and the corresponding treatment plan should be formulated on the basis of the identification system, and targeted disease intervention should be carried out to fully reflect the individual system(Zhang,2011). Appropriate with the human-oriented humanized treatment thinking.

4.2 Application of TCM physique identification in gynecological diseases

4.2.1 Female physique characteristics

The physiological characteristics of women are very different from those of men. They have different physiological characteristics such as "menstruation, belt, fetus, and childbirth", and these physiological characteristics will make their system very different from that of men. In Chinese medicine, it is believed that women are inherently "liver" and the liver can store blood, so women take "blood" as the basis. The liver is the official of emotions in the human body, so it will be affected by different emotions of people. This is exactly what the so-called "seven emotions hurt the liver". There are different among joy, anger, worry, thought, sadness, fear, and shock. Emotions will affect the liver, and the liver itself belongs to the internal organs and is the most prone to turbulence. Women are born with the liver(Gitter,1983). Therefore, women's emotions are often the most unstable. If they are emotional and often furious, anger will hurt the liver, and if women are depressed and unhappy, they will inevitably make the liver stagnant. Therefore, female depression physique And because of this. For women, in addition to the emotional impact on the system, menstruation, pregnancy, childbirth, which are unique to their own physiological characteristics, of course, including artificial abortion and miscarriage, can cause women to have symptoms of insufficient blood yin and blood. Clinically, it often shows the characteristics of "insufficiency of yin and excess of qi". There is a record in the "Coffin" that "a woman's life has excess qi but not enough blood".

4.2.2 Female patients of different systems are prone to suffer from different types of gynecological diseases

In recent years, my country has been conducting research on the relationship between physique types and diseases in Chinese medicine, and it has become a key project in the current research field of Chinese medicine. From the current point of view, women of different physiques have different susceptibility to different types of gynecological diseases and tendency of disease types. Researchers have found that women with phlegm-dampness system are more likely to suffer from amenorrhea, delayed menstruation, low menstrual flow, and infertility than women with other systems. Modern medicine has found that the phlegm-damp constitution in Chinese medicine is closely related to the collective secretion. For women, the lack of sex hormones is the main cause of the phlegm-damp constitution, and the phlegm-damp system is the most important cause of menstrual disorders and infertility. main reason. And when researching premenstrual syndrome (PMS), it was found that the symptom divisions of PMS are very regular. According to the theory of traditional Chinese medicine, most women suffering from PMS are caused by liver-qi dredging disorders. Adverse syndrome and liver-qi stagnation syndrome are the main symptoms. We found through the experiment of the rhesus monkey model that the liver-qi stagnation syndrome can change the blood progesterone, prolactin, and estradiol levels of the rhesus monkey model. Therefore, it can be proved that women with the Qi-stagnation system are more likely to suffer from PMS(Kane,2008).

4.2.3 Determine the susceptible type according to the type of physique

In recent years, traditional Chinese medicine has often used physical identification to guide clinical treatment in gynecological clinical treatment. In the treatment, it has been found that there is a certain relationship between physical type and susceptibility to diseases. Because of the female body type, it is easy to be infected with certain pathogenic factors, which can lead to the occurrence of certain diseases. According to related studies, women with phlegm and dampness are more likely to suffer from gynecological diseases such as low menstrual flow and infertility than women with normal constitution. A common feature of these diseases is phlegm and dampness. Therefore, many TCM experts now point out that there is a certain relationship between the human endocrine system and phlegm dampness. When women's hormones are insufficiently secreted, phlegm dampness is prone to occur. One of the main characteristics of infertility and irregular menstruation is Phlegm dampness. It can be seen that female reproductive function is easily affected by phlegm and dampness. Based on this, carry out more in-depth research on the theory of physique identification, promote the development of the theory of physique identification, conduct in-depth understanding of the characteristics of female physical signs, analyze the differences in female physique, and summarize the laws from them, so as to improve the female physique and avoid The development of gynecological diseases.

4.2.4 Guiding gynecological clinical treatment and medication principles

Because of the differences in the physique of different women, coupled with the difference in physique yin and yang imbalance. Therefore, in the process of treating gynecological diseases in traditional Chinese medicine, different treatment plans should be formulated according to the actual physical condition of women. Women with different physiques have different sensitivity to drugs, so the dosage should be determined according to the actual situation of the patient during the treatment process. Normally, people with relatively weak physique are less resistant to drugs, and the prescribed amount of drug is relatively small; on the contrary, people with relatively strong physique are relatively resistant to drugs and can increase the amount of drugs as appropriate. Therefore, in the course of gynecological clinical treatment, it is necessary to determine the dosage of female patients according to the patient's physique, which can make the treatment more targeted and improve the therapeutic effect. Modern medical research shows that there is a certain correlation between dysfunction and physical characteristics. It also points out that women with spleen and stomach qi deficiency are more likely to develop dysfunction after pregnancy. If you want to treat dysfunction, you need to replenish the spleen and stomach. For example, when treating female patients with damp-evil gynecological diseases, their complexion should be observed first. If their complexion is pale, they should be treated for damp-evil while adjusting the yang in the body. If the complexion is pale, the body fluid problem needs to be considered, that is, a certain degree of comfort treatment is required. Therefore, for female gynecological patients of different constitutions, they must first identify their system when taking medication, and use the system as the leading principle for the treatment of the disease.

4.2.5 Guiding women's health

Due to women's special physiological characteristics, especially during menstruation, pregnancy, childbirth, and breastfeeding, they are prone to loss of yin and blood, leading to deficiency and blood deficiency in the body. When this occurs in the female body, the physique is very prone to changes, and it is affected by external pathogenic factors, leading to physiological changes, and then various gynecological diseases. Due to the different types of female physique, the occurrence of gynecological diseases is also different, and it may even appear that a person shows different physique reactions at the same time. Therefore, it is of great significance to strengthen the health care of sub-healthy women in daily life. The treatment of female gynecological diseases in TCM clinics emphasizes starting from the type and state of the female system, and then formulating targeted prevention and treatment plans. For example, women with damp-heat physique usually suffer from dry mouth, mouth pain, fatigue and drowsiness. , In the daily diet, you need to eat more foods that clear away heat and promote dampness.

With the continuous deepening of research on physical identification in Chinese medicine in recent years, physical identification has more comprehensively revealed the relationship between human physique and health. It can be seen that the application of physical identification is not only reflected in scientific research, but more importantly, it is widely used in clinical treatment. In-depth understanding of women's physique characteristics through physique identification, grasping the internal relationship between gynecological diseases and physique, provides new ideas for the clinical treatment of gynecological diseases in modern medicine, and is also of great significance to the prevention of gynecological diseases. With health management With the development of the model, TCM constitution, as an important part of TCM "prevention of disease", has also received more and more attention in the field of TCM gynecology. Through the identification of TCM physique of women, the guidance of TCM such as body identification, diet, and emotional adjustment for people with biased constitutions, promote the transformation of biased physique to peaceful quality, which can make more contributions to women's reproductive health.

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