

Study on Chinese Medicine Health Scheme of Yang Deficiency Constitution

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Abstract. Constitution is people innate inherent genetic factors or acquired external multiple factors formed by a structural, physiological, psychological conditions have a certain stable, adjustable human characteristic. "Huangdi Neijing Lingshu Shouxian rigid and soft theory" said: " people have differences between strength and softness, strength, length, Yin and Yang. People's strong or weak constitution shows their susceptibility to most diseases. By adjusting the biased body state, make it more peaceful, to achieve the goal of "prevention and treatment before disease", "prevent degeneration after disease". Qi is the foundation of all things in the world. Qi in people's body is all over the body. According to the distribution and characteristics, it can be divided into five qi (Yuan, zong, Ying, Wei and zhong qi), and this qi is called Yang qi. Yang deficiency refers to the lack of Yang in people's body, and the general body is tends to deficiency cold. According to the physical characteristics of Yang deficiency, the integration of disease prevention and treatment with physical fitness has a great guiding significance for clinical practice. In this regard, the author has inquired and sorted out the relevant literature in recent years, to review the diseases possibly induced by Yang deficiency constitution, and to discuss the research of traditional Chinese medicine health preservation methods of Yang deficiency constitution.

Keywords: Yang deficiency; traditional Chinese medicine; health preservation research.

1. Introduction

Yang deficiency is a more common type of constitution among people. Since ancient times, there are many ancient books and documents are recorded about Yang deficiency constitution. At present, the division of physical types gradually becomes more, but Yang deficiency is one of the clinically recognized basic constitution. Through the physical characteristics, formation, good hair group and related diagnosis, the health care method of Yang deficiency constitution is put forward from the level of shape and nourishing. Traditional Chinese medicine has a cloud: God is the Lord of the form, and the form is the house of the god. Form generally refers to the "body", such as viscera, flesh, bones, veins and blood during filling. One is to "movement" nourishing shape, the so-called "movement" and movement are similar; second, if the body often work, not too extreme, it refers to the body needs movement or labor, but remember to act appropriately, moderate, not excessive. Third, the blood is full, the body is strong. Represents that all actions should be built on the fine blood, energetic, ruddy face, lung heart function to be strong. The ancients believed that nourishing sperm and blood was no more than two ways, namely diet and medicine bait. Generally through the scientific diet or the corresponding drugs to adjust the Yang deficiency constitution. "God" is mainly emotional, psychological adjustment, through some auxiliary ways to symptomatic treatment. Therefore, this paper puts forward a set of practical and extensive health scheme for Yang deficiency constitution, in order to provide a reference scheme for the health treatment of Yang deficiency constitution.

2. Study on constitution type

The classification of TCM constitution was originally recorded in the Huangdi Neijing. Based on this "form" and "god" theory, the constitution is classified from many aspects and perspectives. Among them, the Huangdi Neijing, Lingshu, Yin and Yang Theory, divided people according to the five elements, including wood, fire, earth, gold and water, and divided into five subtypes according to the five tones, becoming the 55-25 type[1]. In the Huangdi

Neijing · Lingshu · Tongtian, Yin and Yang Qi and blood are regarded as the basis of classification, that is, yin, Sun, Shaoyin, ShaoYang and Yin and Yang neutralization. In the Huangdi Neijing · Lingshu · NeedTheory, according to the ratio difference between the Yin and the Yang, the double Yin, the Yin in the Yin, the Yin in the Yin. Zhang Zhongjing pointed out in his Theory on Typhoid fever that through pulse diagnosis, there are differences in cold, heat, dryness, humidity, deficiency and reality, which can judge the susceptibility of some pathogenic causes. In addition, later generations of doctors in the "Huangdi Neijing" of Yin and Yang classification, comprehensive reality, enrich the physical classification.

3. Physical characteristics of Yang deficiency

According to traditional Chinese medicine, Yang deficiency is easy to show the disease of deficiency and cold, therefore, Yang deficiency is a "deficiency and cold constitution". The formation of this constitution has a large association with congenital defects, acquired living environment, diet, disease and related drug factors. According to the new standard of "Classification and Judgment of Traditional Chinese Medicine constitution" issued by China Association of Traditional Chinese Medicine in 2020, the general bad clinical indications of Yang deficiency constitution are cold hands and feet, heat and cold, white face, no blood, invisible stool, loose stool, long urine, light color, daytime sweating, white tongue moss, and weak pulse[2]. In addition, less gas lazy words, personality more calm, introverted, at the same time to the environment can not quickly adapt to, into, endure summer does not endure winter, susceptible to wind, cold, wet evil.

4. The shape

4.1 Diet and health preservation

For the population of Yang deficiency constitution, in the health theory, diet regulation is the first essence, reasonable diet intake, to ensure enough nutrition, is the key to diet health[3]. Generally for adults, their total daily intake needs to be calculated, and according to the corresponding nutrient distribution principle to conduct energy intake, beware of excessive energy intake due to obesity or too little intake and become thin. Total intake was taken as measures, where, protein = 10% - 15%, fat = 20% - 30%, and carbohydrate = 50% - 70%. In the selection of protein diet, it should be mainly animal protein, such as poultry, seafood or lean meat. In daily life, Yang deficiency constitution people need to eat warm Yang scattered cold food, such as sweet, hot (glutinous rice, lentils, yellow sprouts, mustard, coriander, etc.), warm (beef and mutton, peach, red jujube, etc.), spicy (chili, Chinese prickly ash, garlic, mustard, pepper, ginger, etc.) and flat food (plums, figs, grapes, ripe white radish, ripe carrots, etc.). Try to try raw and cold food to avoid, cold food will increase the physical impact on food, aggravate uncomfortable symptoms, can cause diarrhea. Medical sage Zhang Zhongjing once wrote a party of —— Angelica ginger mutton soup, its ingredients: mutton 500g, Angelica 20g, ginger 30g to boil into soup, has the warm deficiency, cold and pain effect. Liu Cunguang, a professional doctor of integrated Traditional Chinese and Western medicine, has written —— curry beef curry, which nourishes Yang and strengthens the bones and muscles. The effect of winter food is particularly good for people who are weak and afraid of cold.

4.2 Four Seasons health preservation

Spring and summer are the most suitable solar terms to supplement Yang Qi. As the old saying goes, a year's plan in spring, spring Yang hair, Yang deficiency constitution can use this opportunity to adjust their own body, can use leek, onion, ginger, tangerine peel and other food, to fill qi zhuang Yang; in dressing, feasible "spring cover" to Yang deficiency constitution is very beneficial. In autumn and winter, it is the season that people with Yang deficiency constitution do not prefer. Sunshine is insufficient, the climate is not warm, and the weather is slightly cool. Therefore, people

with Yang deficiency constitution need to get more warmth from other aspects. Yang deficiency physical quality should do a good job of "autumn cold" prevention, autumn cold eating fruit on the market is not suitable for eating, should also be as far as possible not to eat raw and cold food, should eat more warm fruits and vegetables. In addition, tonic food is indispensable, can be moderately eaten more shrimp, walnuts, chestnuts and other warm tonic ingredients, can play the effect of warming the body and driving away the cold.

4.3 Daily life and health care

Traditional Chinese medicine has always advocated the concept of "correspondence between heaven and man". The qi and blood in the body are affected by the sun, moon, stars, hour and the four seasons, and always show periodic ups and downs[4]. Therefore, people need to live often, conform to the seasonal changes of Yin and Yang. People have long followed the survival law of "work at sunrise and rest at sunset", which is the main embodiment of the "correspondence between heaven and man". The day is Yang, the night is Yin, the day is full of Yang, and the night is full of Yin qi, and the fluctuation of Yin and Yang in the human body and the fluctuation of Yin and Yang in nature also follow the fluctuation of day and night. Therefore, people work during the day when Yang is strong and rest at the night when Yin is strong. If the daily life is abnormal, stay up late for a long time or engaged in day and night reverse work, violate the law of nature, will make Yin and Yang in the body disorder, resulting to excessive consumption of Yang in the body, easy to form Yang deficiency constitution. It can be seen that the Yang deficiency constitution should not stay up late, need to conform to the laws of nature, abide by the rules of life, so as to effectively relieve the discomfort symptoms, virtual evil thief wind, avoid sometimes, to maintain the body health.

4.4 Sports and health preservation

If there are children with Yang deficiency constitution, it is necessary to supervise its increase in bone exercise, starting in the morning can be used with cold water facial cleansing, to strengthen the cold resistance ability of children's body. For the elderly with Yang deficiency constitution, even in the summer, they can not sleep in the open, or will blow fans or air conditioning directly blow themselves, at the same time can encourage the elderly to participate in more group outdoor activities, but we should pay attention to moderate activities and exercise, to avoid a lot of sweating. Can learn wuqinxi, Tai Chi, Baduanjin and other traditional Chinese medicine aerobic exercise activities, can also do short distance slow walking or jogging activities, with tonic Yang kidney, strong lumbar spine, can also promote the growth of Yang qi, benefit from the conditioning of Yang deficiency constitution. In addition, Yang deficiency constitution like warm and afraid of cold, easy to suffer from wind and cold into the body, activities should pay attention to keep warm, to avoid cold.

4.5 Meridian health preservation

In terms of meridian health, Yang deficiency constitution can accept moxibustion therapy, generally suitable for the dog days or three or nine days, the frequency of moxibustion is usually 1 time / 7d, half an hour / time. It takes mugwort, mugwort leaves, mugwort strips as the main moxibustion materials, moxibustion with its warm moxibustion life men, kidney yu, Guan Yuan, warm kidney and Yang, cold and pain, if there are diarrhea symptoms, can also be moxibustion to Zusanli, spleen yu, which is beneficial to invigorate the spleen and diuresis. "Compendium of Materia Medica" in the record: "mugwort leaves, warm, ripe, hot, pure Yang things also, it is to absorb the fire of the true Yang, can inspire, awaken the body of the yu, gas can also dredge the twelve meridians, liver, spleen, and warm, cold, dehumidification, blood circulation and stagnation"[5]. For the Yang deficiency constitution, after igniting the leaves of mugwort, the body surface acupoints or pathological parts to apply burning, warm ironing, through drugs to stimulate the body surface acupoints (Tongmeridian, ren meridian and back bladder meridian as the main meridian), to play a mild meridians, the treatment of the disease effect. It can be seen that moxibustion is warm and tonic Yang, strengthen Yang Qi in the human body, protect Yang and benefit Yin, make and adjust wei

Yang Ying Yin, improve the body metabolism of Yang deficiency constitution, reduce the water moisture and phlegm stasis in the body, and can relieve the biased state of Yang deficiency constitution from the root.

5. Fostering god

5.1 Emotional adjustment Photography

Psychological and physiological state are closely related, and the mental will has a key regulating effect in the body to adapt to the outside cold and hot living environment. Only stable mood, to make the spleen function balance, harmony, maintain the body healthy. Different emotions will significantly affect the qi of the viscera, serious, will also cause qi imbalance, thus inducing disease. At present, emotional factors have become the main factor affecting people's physical and mental health. Maintaining physical and mental balance is the main basis of maintaining mental health. People with Yang deficiency constitution need to strengthen their emotional regulation, and their emotions should keep happy, have positive thoughts, participate in more social form activities, and learn to relieve their bad emotions. In daily life, according to personal preferences to choose happy, exciting, active music, increase personal emotional mobilization.

5.2 Music and health preservation

In ancient times, the scales were divided into five items: palace, Shang, horn, zheng and feather, which can be used in all kinds of music. The Huangdi Nei Jing was once included in different musical forms and can be implemented for symptomatic treatment. He believed that music is "the gas of harmony", which is the righteousness of heaven and earth, and the middle voice of people[6]. For the principle of Yin and Yang in music, it can be interpreted as: high is Yang, low is Yin; major is Yang, minor is Yin; Yang is strong, Yin is strong and weak; masculine and feminine; metal instruments are hit by Yang, silk and wood is Yin. Music is very beneficial to human health. It can reconcile the state of Yin and Yang in the body and maintain the dynamic balance of Yin and Yang. According to the Taiping Classic, the main classic of Taoism in the Eastern Han Dynasty, some scholars used the theory of Yin and Yang to explain the origin of music and its health significance, and they believed that the development of music conforms to the law of the coexistence of Yin and Yang and the cosmic movement. It can be seen that music health preservation is aimed at the formation of Yin and Yang in the body, and using the attributes of music Yin and Yang to make up for the disadvantages, so as to achieve the harmony of Yin and Yang and dynamic balance. For the Yang deficiency constitution, warm Yang, drive away the cold, can choose active, exciting, passionate music to implement the body adjustment, such as "PLA March", "Carmen" and other strong sense of rhythm and high degree of exciting music.

6. Conclusion

The article combines traditional Chinese medicine constitution, diet therapy and modern nutrition, holds the concept of shape and god repairing together, and puts forward a comprehensive Yang deficiency constitution health regimen from the aspects of diet, daily life, exercise, meridian health and emotional nourishment. At present, the theme of medicine has gradually changed to the intervention of sub-health people and the prevention of refractory diseases, which is just consistent with the concept of "disease before prevention" of traditional Chinese medicine. In this way, clinical practice should carry forward the theory and experience of traditional Chinese medicine, and give certain contributions to the development of scientific medical treatment.

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