

Theories of Constitution in Chinese Medicine and their Applications

Constitution is the relative stable characteristics of one's body construction, metabolism and physiological functions. These characteristics usually determine the susceptibility of the organism to certain pathogenic factors and the tendency of pathological changes.

Traditional classifications of “yin” and “yang” are common ways to divide constitution, among them, people are commonly categorized into three types: co-ordination and balance of “yin” and “yang”, tendency of relative excess of “yang” and tendency of relative excess of “yin”.

There are many ways to divide constitution for, of which modern Chinese Medicine practitioners divide constitution into two types of normal constitution and poor constitution. The normal constitution frees from marked tendency of relative excess or deficiency of “yin”, “yang”, “qi” and “blood”. The poor constitution means marked tendency of: yin deficiency, yang deficiency, qi deficiency, blood deficiency, excess of yang, blood stasis, phlegm and dampness, qi depression.

The difference of constitution is a main factor determining the incidence of sickness, its development, changes, treatment and response to the treatment. Therefore same disease may be treated with different methods while same treatment may be for different diseases. And life cultivation with drugs and treatments should be given for poor constitution.

Apart from intensive understanding of various diseases, health status before disease cannot be neglected, and treatment and regulating poor health condition has come to be the two main directions in modern medical science. On top of cure, Chinese Medicine also focuses on the regulation of poor health status and improvement of constitution, which made a special direction for the development of Chinese Medicine.