

Explore the Deviation in TCM Body Constitutions and Its Related Factors in the Psoriasis Patients

Tzu-Yun Huang, BS, RN

Department Of Nursing, China Medical University Hospital, Taichung, Taiwan

Li-Li Chen, PhD, RN

School of Nursing, China Medical University, Taichung, Taiwan

Hui-Man Cheng, PhD, MD

Department of Integration of Traditional Chinese & Western Medicine, China Medical University Hospital, Taichung, Taiwan

Purpose: To explore Yang-Xu, Yin-Xu, and Stasis body constitutions and their related factors in psoriasis patients.

Methods: A cross-sectional correlation study design was used with purposive sampling. Study subjects were recruited from the outpatient clinic of the department of dermatology of a medical center from the central region, and a total of 158 patients were enrolled after they signed informed consent forms. A structured questionnaire involving traditional Chinese medicine Body Constitution Questionnaire (BCQ), questionnaire of five emotions, and questionnaire for body constitution-related factors (including individual's basic attributes, lifestyle, and disease factors) was administered. Published and authorized questionnaires were used for the BCQ and questionnaire of five emotions. The Cronbach's alpha values for Yang-Xu, Yin-Xu, and Stasis body constitutions from the BCQ were 0.861, 0.846, and 0.855, respectively, and those for anger, happiness, thoughtfulness, sorrow, and fear from the questionnaire of five emotions were 0.816, 0.767, 0.762, 0.846, and 0.781, respectively. The questionnaire for body constitution-related factors was self-designed, and each question's content validity index (CVI) was between 0.8 and 1. The questionnaires were completed by the patients and collected in the outpatient waiting room.

Results: The average age of the 158 psoriasis patients who completed the questionnaires was 44.06 years (SD=13.79). Average total scores for Yang-Xu, Yin-Xu, and Stasis body constitutions in these psoriasis patients were 31.63 (SD=8.77 ; rang=19-95), 33.11 (SD=8.904 ; rang=19-65), and 27.70 (SD=8.04 ; rang=16-80), respectively. The percentages of subjects with Yang-Xu, Yin-Xu, and Stasis body constitutions were 45.6% (n=72), 58.2% (n=92), and 50.6% (n=80), respectively. The multiple linear regression analysis (stepwise model) demonstrated that factors that affect Yang-Xu body constitution in these patients included the emotions of anger, thinking, and fear as well as the preference for sweets and the duration of oral MTX ($p<0.1$; $R^2=0.458$); the factors that affect Yin-Xu body constitution in these patients included the emotions of anger and thinking as well as the preference for grilled, fried, and spicy food ($p<0.1$; $R^2=0.358$); and the factors that affect Stasis body constitution in these patients included the emotions of anger and sadness ($p<0.1$; $R^2=0.406$).

Conclusion: This study showed that the prevalence of Yin-Xu and Stasis body constitutions in psoriasis patients is slightly high, and that emotions, diet, and medication use are factors related to the deviation in body constitution. According to the result, medical staff can provide suitable Chinese medicine care for psoriasis patients.

Title:

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Abstract Summary:

Psoriasis is a recurring chronic inflammatory skin disease. In TCM, it is believed that an individual's body constitution is related to disease recurrence. By understanding the deviation in TCM body constitution of a psoriasis patient, medical staff can provide a proper Chinese medicine principle to prevent the recurrence of psoriasis.

Content Outline:

In TCM, it is believed that an individual's body constitution is related to disease recurrence. At present, there are very few studies discussing on the TCM body constitution of psoriasis patients, and traditional Chinese medicine BCQ was rarely used. The purpose of this study to explore Yang-Xu, Yin-Xu, and Stasis body constitutions and their related factors in psoriasis patients. Study subjects were recruited from the outpatient clinic of the department of dermatology of a medical center from the central region in Taiwan. In total, 158 patients were enrolled after they signed informed consent forms. Results found the average age of the psoriasis patients was 44.06 years (SD=13.79). The prevalence of Yin-Xu and Stasis body constitutions in psoriasis patients is slightly high. The results of multiple linear regression analysis (Stepwise model) demonstrated that emotions and the duration of topical antihistamine use are factors related to the deviation in body constitution. According to the result, medical staff can provide suitable Chinese medicine care for psoriasis patients.

First Primary Presenting Author

Primary Presenting Author

Tzu-Yun Huang, BS, RN
China Medical University Hospital

Department Of Nursing
RN
North Dist.
Taichung
Taiwan

Professional Experience: 2011-present—RN, Chinese medicine OPD, China Medical University Hospital, Taichung. 2010-2011—Research Assistant, Pain assessment for people with dementia, China Medical University, Taichung. 2005-2010—RN, internal and surgical ward, China Medical University Hospital, Taichung.

Author Summary: Tzu-Yun Huang is a master's student. she has been a nurse in Chinese medicine for 6.4 years. She could provide suitable for traditional Chinese medicine health education (including life and rest, diet taboo, etc.) for the patients with different chronic diseases, that made them to adjust daily living, promote health and prevent disease recurrence.

Second Secondary Presenting Author

Corresponding Secondary Presenting Author

Li-Li Chen, PhD, RN
China Medical University
School of Nursing
Associate Professor
Taichung
Taiwan

Professional Experience: I am an associate professor of school of nursing in China Medical University and was graduate from Chinese Medical Science. Teaching Traditional Chinese medicine (TCM) in nursing education and studying in this area for more than 10 years. I had published many TCM in nursing related articles. I also had oral presentations in Asia nations such as Korea, Mainland China. The nearest publication was as following: SEED: the six excesses (Liu Yin) evaluation and diagnosis scale. Chinese Medicine, 2015 Oct, 10.

Author Summary: I am an associate professor of school of nursing in China Medical University and was graduate from Chinese Medical Science. Teaching Traditional Chinese medicine (TCM) in nursing education and studying in this area for more than 10 years. I had published many TCM in nursing related articles. I also had oral presentations in Asia nations such as Korea, Mainland China.

Third Author

Hui-Man Cheng, PhD, MD
China Medical University Hospital
Department of Integration of Traditional Chinese & Western Medicine
Project Co-director, Assistant Professor
North Dist.
Taichung
Taiwan

Professional Experience: China Medical University Hospital, Dept. of Traditional Chinese Medicine, Integration of Traditional Chinese and Western Medicine Division, Attending Physician 2008-present. China Medical University Hospital, Dept. of Traditional Chinese Medicine, Director of Integration of Traditional Chinese and Western Medicine Division 2008-2014. Certified Dermatologist, 1992- China

Medical University, College of Chinese Medicine, Graduate institute of Chinese Medicine, PHD 2004-2010. China Medical University, Graduate Institute of Integrated Medicine, MS 2000-2002. China Medical University, School of Chinese Medicine, MD 1982-1989.

Author Summary: Hui-Man Cheng is a dermatologist. She had expertise in Chinese and Western medicine combination for treating various skin diseases. According to the patient's different disease severities, she uses traditional Chinese medicine to regulate their constitution, which improves the condition and reduces the recurrence of the disease.