

The Traditional Chinese Medical Body Constitution Status and the Related Factors of Coronary Artery Patients

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• **Purpose:** The purpose of this study is to understand the Traditional Chinese Medical body constitution (TCMBC) status and the related factor of coronary artery patients. On the expectation of achieving disease prevention through improving health condition and adjusting lifestyle by researching the difference and relevance of body constitution of Chinese medicine.

• **Methods:** This is a cross-sectional correlation study with purposive sampling. Participants came from cardiovascular Intensive Care Unit (CCU) and general cardiovascular ward. The data were analyzed by SPSS 22.0 Statistics Chinese Version, descriptive statistics described the distribution of all of the important variables, and chi-square, binary logistic regression formula (LR) performed univariate and multivariate analysis.

• **Results:** The study shows that the body constitution among coronary artery patients, 75.2% belong to the category of “yang-qi-Xu”; further examine with multivariate analysis and univariate analysis of variance indicate that: “Recurrence of coronary artery disease” is aggravating factor of yang-qi-Xu. “Kidney disease” is aggravating factor of ying-blood-Xu. “duty Shifting” and “Stress” are aggravating factor of phlegm and stasis. “No habit of exercise” is aggravating factor of yang-qi-Xu and phlegm and stasis. “Female” is aggravating factor of yang-qi-Xu, ying-blood-Xu and phlegm and stasis.

Table 1. The Traditional Chinese Medical body constitution (TCMBC) status of coronary artery patients .N=250

Variable	Patients(n)	%	Mean ± SD
yang-qi-Xu			38.12±9.60
No	62	24.8	
Yes	188	75.2	
ying-blood-Xu			36.22±9.58
No	68	27.2	
Yes	182	72.8	
phlegm and stasis			31.55±8.33
No	74	29.6	
Yes	176	70.4	

Table 2. Multivariable Model for Traditional Chinese Medical body constitution (TCMBC) status N=250

Variable	Patients(%)	yang-qi-Xu			ying-blood-Xu			phlegm and stasis			
		OR	95% CI	p Value	OR	95% CI	p Value	OR	95% CI	p Value	
Gender				***							**
Female	81(32.4)	1			81(32.4)	1			81(32.4)	1	
Male	169(75.6)	0.23	0.086 , 0.627		169(75.6)	0.44	0.21 , 0.92	*	169(75.6)	0.27	0.13 , 0.59
Duty-type											**
Not employed									156(62.4)	1	
Fixed shift									79(31.6)	0.33	0.15 , 0.73
Duty Shifting									15(6.0)	4.20	0.48 , 36.70
Stress											*
No									141(56.4)	1	
Yes									109(43.6)	2.55	1.23 , 5.24
Habit of exercise				**							***
No	86(34.4)	1							86(34.4)	1	
Less than three days a week	70(28.0)	0.49	0.22 , 1.13						70(28.0)	0.65	0.28 , 1.50
Week more than three days	94(37.6)	0.28	0.13 , 0.60						94(37.6)	0.22	0.10 , 0.47
Recurrence of coronary artery disease				*							
No	143(57.2)	1									
Yes	107(42.8)	2.20	1.12 , 4.35								
Kidney disease								*			
No					210(84.0)	1					
Yes					40(16.0)	3.36	1.19 , 9.50				

α<0.05

*p<0.1 **p<0.01 ***p<0.001

• **Conclusion:** This study shows that coronary artery disease patients tend to have weak constitution, and the demography, lifestyle and disease factors will influence the physical performance. We recommendation that different body constitution could performed through diet, exercise guidance and daily living care , to maintain the yin and yang balance of body, so that all parts of the body have encountered the normal operation.



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