

2nd International Conference and Exhibition on **Pharmacognosy, Phytochemistry & Natural Products**

August 25-27, 2014 DoubleTree by Hilton Beijing, China

Characteristics of TCM constitutions of adult Chinese women in Hong Kong and identification of related influencing factors: A cross-sectional survey

Jianping Chen and Youzhi Sun
The University of Hong Kong, China

Traditional Chinese Medicine Constitution (TCMC) refers to an integrated, metastable and natural specialty of individual in morphosis, physiological functions and psychological conditions. It is formed on the basis of innate and acquired endowments in the human life process, which can be divided into normal constitution and unbalanced ones. The aim of this study was to investigate the distribution of TCMCs of Chinese women in Hong Kong and its association with social-demographic, lifestyle, reproductive, healthy and emotional factors with the formation of unbalanced TCMCs.

Local Chinese women between 30 to 65 years old, were recruited from 18 districts of Hong Kong (n=944), and were assessed using the *Traditional Chinese Medicine Physical Constitution Scale* for their TCMC types. Social-demographic, reproductive, lifestyle, systemic health and emotional status information were collected through structured questionnaire. The associations between different independent factors and each TCMC type, as well as the complex unbalanced TCMC types were tested individually. Significant factors related to unbalanced TCMC types were identified in final models using multiple factor analysis. A total of 764 (80.9%) participants were diagnosed with unbalanced TCMCs. The most common TCMC type was Qi-deficiency constitution (53.9%), followed by Phlegm-wetness (38.9%), Yang-deficiency (38.2%), Yin-deficiency (35.5). The majority of middle-aged Chinese women in Hong Kong had unbalanced and complex TCMCs. Qi-deficiency, Phlegm-wetness and Yang-deficiency constitutions are the most common constitutions. Poor systemic health condition, less-than-satisfactory emotional life, overweight and mental work are associated with and may be contributors for the formation of unbalanced TCMCs, while regular physical exercise was found to be a potential protective factor for unbalanced TCMCs.

Biography

Jianping Chen is Associate Professor at School of Chinese Medicine, The University of Hong Kong, China. Her area of research interest is Breast cancer. She has published more than 100 papers in reputed journals and serving as an editorial board member of reputed.

abchen@hku.hk