

TCM Constitution Health Guide

Personalized Health Recommendations Based on TCM Constitution Theory | Period Hub Professional Health Resources



Nine Constitution Types

Balanced Constitution

Harmonious balance of yin, yang, qi, and blood - the ideal constitutional state

Qi Deficiency

Insufficient vital energy, characterized by fatigue, shortness of breath, and spontaneous sweating

Yang Deficiency

Insufficient yang energy, characterized by cold intolerance and cold hands and feet

Yin Deficiency

Insufficient yin fluid, characterized by dry mouth, throat, and hot palms and soles

Phlegm-Dampness

Accumulation of phlegm and dampness, characterized by obesity and abdominal fullness

Damp-Heat

Internal accumulation of damp-heat, characterized by oily skin and bitter taste in mouth

Blood Stasis

Poor blood circulation, characterized by dark complexion and purple tongue

Qi Stagnation

Stagnant qi flow, characterized by depression and emotional vulnerability

Special Constitution

Congenital abnormalities, characterized by genetic factors and allergic reactions

Constitution Assessment Methods

Comprehensive Assessment Criteria

Evaluate through four aspects: symptoms, signs, tongue appearance, and pulse:

- ✓ **Symptom Observation:** Pay attention to various physical discomforts and manifestations
- ✓ **Physical Examination:** Observe facial complexion, body shape, and mental state
- ✓ **Tongue Analysis:** Examine tongue color, coating thickness, moisture, etc.
- ✓ **Pulse Diagnosis:** Understand qi and blood circulation through pulse taking

Menstrual Constitution Adjustment

Characteristics of Different Constitutions During Menstruation

- ✓ **Qi Deficiency:** Prolonged periods, heavy flow, pale and thin blood, easy fatigue
- ✓ **Yang Deficiency:** Menstrual cramps, preference for warmth and pressure, cold limbs
- ✓ **Yin Deficiency:** Early periods, scanty flow, red and thick blood, five-palm heat
- ✓ **Blood Stasis:** Severe menstrual cramps, blood clots, dark purple blood
- ✓ **Qi Stagnation:** Breast tenderness, emotional fluctuations, irritability and crying

Dietary Adjustment Principles for Menstruation

- ✓ Choose foods suitable for your constitution type
- ✓ Avoid raw, cold, spicy, and greasy foods
- ✓ Consume more warm and neutral foods
- ✓ Maintain balanced nutrition and supplement iron

Personalized Health Regimens

Dietary Recommendations

- ✓ **Qi Deficiency:** Eat qi-tonifying foods like yam, dates, and honey
- ✓ **Yang Deficiency:** Eat yang-warming foods like lamb, leeks, and longan
- ✓ **Yin Deficiency:** Eat yin-nourishing foods like tremella, lily, and pear
- ✓ **Blood Stasis:** Eat blood-activating foods like hawthorn, safflower, and rose
- ✓ **Qi Stagnation:** Eat qi-regulating foods like tangerine peel, bergamot, and jasmine

Exercise and Fitness Guidance

- ✓ **Qi Deficiency:** Choose gentle exercises like Tai Chi and Ba Duan Jin
- ✓ **Yang Deficiency:** Choose aerobic exercises like jogging and swimming
- ✓ **Yin Deficiency:** Choose static exercises like yoga and meditation
- ✓ **Blood Stasis:** Choose blood-activating exercises like dancing and jumping rope
- ✓ **Qi Stagnation:** Choose joyful exercises like singing and dancing

Sleep Schedule Adjustment

- ✓ Maintain regular sleep schedule, early to bed and early to rise
- ✓ Adjust sleep time according to constitution characteristics
- ✓ Avoid staying up late, ensure adequate sleep
- ✓ Keep nap time moderate, not too long

Emotional Regulation Methods

- ✓ Maintain a cheerful mood, avoid excessive tension
- ✓ Learn to regulate emotions, avoid extreme joy or sorrow
- ✓ Cultivate hobbies to enrich spiritual life
- ✓ Engage in appropriate social activities, maintain good relationships

Important Reminder

This guide is for reference only and cannot replace professional medical advice. If you have severe symptoms or persistent discomfort, please consult a professional TCM practitioner or doctor promptly. Constitution adjustment requires long-term persistence and should be conducted under professional guidance.