

Study Of Treatment And Prevention For Wind Stroke  
In Phlegm – Dampness Constitution Of TCM  
Alan (Shing–Lin) Wang

In Traditional Chinese Medicine (TCM), modern constitution theory has categorized human body into 9 different types. They are normal, Qi deficiency, yang deficiency, yin deficiency, phlegm – dampness, heat – dampness, blood stagnation, Qi stagnation and pre – heaven deficit types.

The formation of phlegm – dampness constitution mainly is a mixture between yang Qi deficiency of body fundamentally and the dysfunction of spleen. Due to the over intake greasy and/or sweet food, it will impair the function of spleen. Clinical manifestations are mostly fatty body with a larger size in waist, fatigue, weak in four limbs and loose stool, etc. Tongue color is pale. Tongue body is swollen and often with white greasy coating. The pulse is slow, deep and/or slippery.

Phlegm – dampness will slow down the movement of Qi/blood along the meridians and collaterals. This will further lead to the stagnation of Qi and blood. Therefore, the stasis blocks the meridians and collaterals. When the pathogenic factor of wind is involved, this will trigger the Wind Stroke happening. The manifestations usually will show the numbness in fingers, lips or body and/or facial deviation, etc.

Statistic studies, in Wind Stroke patients, show a highest percentage of 59.38 % are phlegm – dampness constitution. In this category, a percentage of 95.26% are BMI (Body Mass Index) > 28, which is “Pre – Obese”. The results match with classical TCM saying of “Obesity mostly is phlegm – dampness constitution”.

According to WHO fact sheets, Wind Stroke is one of the most common causes of death and a high ratio of neurological disability worldwide. In modern constitution theory researches, it also indicates that phlegm – dampness constitution has the tendency for several other complications, i.e. Xiao Ke Syndrome (Diabetes), Chest Bi Syndrome (heart diseases) or hypertension, etc. Therefore, the proactive prevention becomes more important than the treatment when it strikes.

Diet control will be the first step to minimize the source formation of phlegm – dampness. Good balance in life style will reduce the impact of seven emotional pathogenic factors. Proper sport will enhance the metabolic circulation as well. However, due to a heavier body weight, it is better to choose an exercise that fits to each individual condition.

Chinese herbal medicine can be a good choice to modify phlegm – dampness constitution. Since food and herbs have the same sources of natural properties. For example, classical pattern formulae of Shen Ling Bai Zhu San (Dolichos form) can strengthen spleen/stomach and remove the dampness. Er Chen Tang (Duo – Damp Form) can dry the dampness and dissolve the phlegm.

In acupuncture treatment, the main prescription can be ST 40, BL 20, BL 21, BL 13 to strengthen spleen/stomach, dissolve phlegm and dry the dampness. Based on pattern differentiation, the supplementary points can add ST 36, ST 25, RN 12, SP 15, RN 6, RN 4, DU 4, BL 23 and KD 3.