

# A Study on the Law of Birth and Formation of Yang-Deficiency Constitution Based on the Theory of Five Movement and Six Qi

Jingyi Bai<sup>1</sup>, Xinli Wen<sup>2\*</sup>

<sup>1</sup>Shaanxi University of Traditional Chinese Medicine, Xianyang 712046, Shaanxi Province, China

<sup>2</sup>Shaanxi Provincial Hospital of Traditional Chinese Medicine, Xi'an 710000, Shaanxi Province, China

\*Corresponding author: Xinli Wen, jinyib01@163.com

**Abstract:** *Objective:* To explore the law of birth and yang deficiency constitution based on the theory of five movements and six qi, as well as to provide a new way to better realize the prevention of yang deficiency constitution. *Methods:* The data of TCM quality table and luck data were collected via questionnaires. According to the data of from the TCM quality table, the respondents were divided into yang deficiency constitution group and non-yang deficiency group. According to the luck data, the distributions of gestational age were compared between the two groups. *Results:* A total of 175 questionnaires were collected, of which 89 were non-yang deficiency constitution and 86 were yang deficiency constitution. The proportion of Ding year (15.1%) in the yang deficiency group was significantly higher than that in non-yang deficiency group (5.6%), in which the difference was statistically significant ( $P < 0.05$ ). *Conclusion:* The possibility of yang deficiency constitution is higher.

**Keywords:** Five movement six qi; Yang deficiency constitution; Gestational period; Year transport; Prevention before illness

**Publication date:** September 2021; **Online publication:** September 30, 2021

## 1. Introduction

It is known that the concept of “not ill” has been discussed in Huangdi Neijing. The “not ill” state in traditional Chinese medicine (TCM) includes sub-health states in modern medicine. Therefore, the concept of treating “not ill” in TCM can be used in the prevention and treatment of people with sub-optimal health [1]. According to the 2017 National Physique Identification Report, yang deficiency constitution accounted for the largest proportion of biased constitution among sub-healthy people, up to 16.40%, and is closely related to IgA nephropathy, dysmenorrhea, and chronic fatigue syndrome [2].

The theory of five movements and six qi discusses the periodic law of natural change and its influence on human health and diseases. The influence of luck on innate constitution is regarded as the effect on the pregnancy of the fetus and the tendency of acquired diseases [3]. This study is based on the theory of five movements and six qi to explore the law of birth and Yang deficiency constitution in order to give full play to the advantages of traditional Chinese medicine in treating “diseases without illnesses” and to provide a new idea for the prevention of yang deficiency constitution.

## 2. Methods

### 2.1. Source of information

The data of 175 people in Shaanxi were collected via questionnaires, including TCM quality table and luck

data. The inclusion criteria were people who were able to complete the questionnaire independently.

## 2.2. Methodology

According to the Classification and Judgment of TCM Physique [4], the results of the calculation were checked by two people to avoid errors of judgment due to calculation errors. According to the date of birth, the Gregorian calendar was used to determine the main days of pregnancy.

## 2.3. Statistical methods

The data were analyzed using Statistical Package for the Social Sciences (SPSS) version 26.0 software.  $P < 0.05$  was considered statistically significant.

## 3. Results

### 3.1. Gender distribution analysis

The proportions of males and females in the yang deficiency group were 31.4% and 68.6%, respectively whereas in the non-yang deficiency group, the proportions were 48.3% and 51.7%, respectively ( $P < 0.05$ ).

**Table 1.** Gender distribution

Gender	Yang deficiency	Non-yang deficiency	Total	$\chi^2$ value	P value
Male	27 (31.4%)	43 (48.3%)	70	5.217	0.022
Female	59 (68.6%)	46 (51.7%)	105		

### 3.2. Analysis of the age transport subtypes of the two groups

Among the yang deficiency group, wood transport was the most (15.1%), soil transport was the least (2.3%), whereas among the non-yang deficiency group, gold transport was the most (19.2%), soil transport and fire transport was the least (4.5%). The distribution difference was statistically significant ( $P < 0.05$ ).

**Table 2.** Analysis of the subtypes

Year of transport	Yang deficiency	Non-yang deficiency	Total	$\chi^2$ value	P value
Excessive wood	10 (11.6%)	11 (12.4%)	21	0.022	0.882
Inadequate wood	13 (15.1%)	5 (5.6%)	18	4.276	0.039
Excessive fire	6 (7.0%)	4 (4.5%)	10	0.500	0.479
Inadequate fire	8 (9.3%)	5 (5.6%)	13	0.863	0.353
Excessive soil	7 (8.1%)	9 (10.1%)	16	0.205	0.651
Inadequate soil	4 (2.3%)	4 (4.5%)	8	0.002	0.960
Excessive gold	11 (12.8%)	19 (19.2%)	30	1.388	0.239
Inadequate gold	10 (11.6%)	13 (14.6%)	23	0.340	0.560
Excessive water	7 (8.1%)	7 (10%)	14	0.004	0.947
Inadequate water	10 (11.6%)	12 (13.5%)	22	0.137	0.711

## 4. Discussion

Yang deficiency constitution is the physical congenital state of the human body due to the deficiency of yang qi. According to the constitution theory in traditional Chinese medicine, the body and disease are

related. Constitution determines the tendency of a type of disease, and it is an important factor that determines the nature, status, course, and trend of a disease<sup>[5]</sup>.

Modern studies have found that the essence of sub-health is the imbalance of yin and yang caused by the deficiency of yang qi in the body<sup>[6]</sup>. The study found that yang deficiency constitution is closely related to tumors<sup>[7,8]</sup>, elderly hypertension<sup>[9,10]</sup>, diabetes<sup>[11]</sup>, bronchial asthma<sup>[12,13]</sup>, osteoporosis<sup>[14,15]</sup>, infertility<sup>[16]</sup>, and so on. Therefore, it is of great significance to study the formation of yang deficiency constitution in regulating sub-health states.

Based on the theory of five transport and six qi, this study included Yang deficiency constitution and non-Yang deficiency constitution for comparative study. Through comparison, it was found that the possibility of Yang deficiency constitution formation increased in the year of Ding (lack of wood transport). In Huangdi Neijing, it has been mentioned, "It is not as good as, do be, threat and take." According to heavenly holistic thoughts, the human body easily forms yang deficiency constitution. The above suggests that theory and research coincide.

There are still shortcomings in this study, thus further studies with larger sample size is encouraged to provide further clinical evidence for the prevention and treatment of yang deficiency constitution.

### Disclosure statement

The author declares no conflict of interest.

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