



95 例亚健康失眠患者中医体质分析*

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摘 要:目的 分析 95 例亚健康失眠患者的中医体质特点。方法 收集 95 例 2014~2015 年无锡市中医医院治未病科就诊的亚健康失眠患者并对其进行中医体质辨识分析。结果 本组纳入病例年龄段为 20~85 岁,31~50 岁年龄段人群最多,占 60%。女性 66 人,占 69.7%,与男性患者人数差别有统计学意义($X^2=14.411, P=0.00$)。阴虚质、湿热质、气郁质的失眠病例超过 10%,且性别差异没有统计学意义($X^2=6.09, P=0.05$)。女性患者中,阴虚质(24.2%)、气郁质(28.8%)所占比例较高;男性患者中湿热质(34%)所占比例较高。结论 更年期在亚健康失眠的发病原因中占据较大比例。女性人群发病率明显高于男性,更年期女性患者的亚健康失眠状况应引起重视。男性组中湿热质所占比例最高,纠正不良生活习惯对于改善亚健康失眠患者睡眠质量有重要意义。

关键词:治未病;亚健康失眠;中医体质

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TCM body constitution Analysis of 95 cases of sub-health insomnia patients

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Abstract Objective To analyze the body constitution of 95 cases of sub-health insomnia patients. **Methods** 95 cases of insomnia were collected from Wuxi Hospital of Chinese Medicine from 2014 to 2015, and their body constitution identification was analyzed. **Results** The age of the patients in this group was 20 to 85 years old, and the population aged from 31 to 50, accounting for 60%. Female 66, accounting for 69.7%, was more than male patients, the difference was statistically significant ($\chi^2=14.411, P=0.00$). Yin deficiency, damp-heat and qi-stagnation were more than 10%, and the gender difference was not statistically significant ($\chi^2=6.09, P=0.05$). Among the female patients, the proportion of yin deficiency (24.2%) and qi stagnation (28.8%) was higher. The proportion of damp-heat (34%) was higher in male patients. **Conclusion** Menopause in the sub-health causes of insomnia accounted for a large proportion. Female insomnia morbidity was significantly higher than men, menopausal female patients with sub-health insomnia should pay attention to. In male group, proportion of dampness heat is the highest. It is important to correct bad habits for improving sleep quality in patients with insomnia.

Key words prevention of disease; sub-health insomnia; body constitution

失眠是以经常性的不能获得正常睡眠为特征的一类病症,主要表现为睡眠时间、深度的不足,轻者入睡困难,或寐而不酣,时寐时醒,或醒后不能再寐,重则彻夜不寐,常常影响人们的正常工

作、生活、学习和健康。失眠在亚健康状态人群中普遍存在,临床流行病学调查显示^[1],失眠是亚健康人群最常见症状之一,亚健康人群中失眠发生频数为 73.4%,是亚健康的形成和发展的重要

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