

中医体质与产妇泌乳情况的相关性研究^{*}

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摘 要:目的 研究中医体质类型与产妇泌乳情况的相关性,为体质与疾病相关理论和预防产妇缺乳提供相关依据,预防或减少产后缺乳的发生,达到治未病的效果。方法 随机调查安徽省合肥市、安庆市、宿州市产妇 152 例,中医体质调查采用标准化的中医体质量表实施体质类型的判定,泌乳情况调查参照相关内容制定调查问卷进行调查。运用 SPSS17.0 软件进行统计分析筛选出与产妇泌乳情况相关的因素。结果 新生儿出生体重与中医体质类型存在差异,排除较少参数的体质类型并控制新生儿出生体重的影响,平和质、气虚质、阴虚质、痰湿质、气郁质分布存在差异,具有统计学意义,且平和质为保护体质。结论 气虚质、阴虚质、痰湿质与气郁质是产妇缺乳的主要体质影响因素,提示我们可以对偏颇体质早期识别和调节,预防或减少产后缺乳的发生,发挥体质在疾病防治中的能动作用,以更好地实践中医“调体”“治未病”的理念。

关键词:中医体质;产后缺乳;治未病

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Correlation study on the Body Constitution and Mother 's Lactation

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Abstract Objective To study the correlation between body constitution types of Chinese medicine and lactation of mothers, which provides basis for the theory of constitution and disease prevention and to prevent the occurrence of postpartum lactation and achieve the effect of preventing disease. **Methods** A total of 152 pregnant women in Hefei, Anqing and Suzhou of Anhui Province were randomly selected. Chinese medicine physique survey was carried out by using the standard TCM weight scale. The survey of lactation was conducted with reference to the related questionnaire. SPSS17.0 software was used for statistical analysis to screen out the factors related to maternal lactation. **Results** There were differences between the birth weight of newborns and the body constitution types of Chinese medicine (TCM). The physical types of fewer parameters and the effects of the birth weight of newborns were excluded. Moderate physique, Qi deficiency physique, yin deficiency physique, phlegm and dampness physique, and Qi stagnation physique showed Statistical significant, and the moderate physique was the protected physical physique. **Conclusion** Qi deficiency, yin deficiency physique and the phlegm dampness physique are the main factors influencing the maternal lactation, suggesting that we can recognize and regulate the biased body constitution early, preventing or reducing the occurrence of postpartum lactation, which plays a role in the prevention and treatment of physical deficiency.

Key words Chinese constitution; postpartum lack of milk; cure disease

母乳是全世界公认的最适合婴幼儿食用的食物,含有大量婴儿需要的营养物质,母乳喂养有利于婴儿和产妇自身的身体健康,但随着社会和自然环境的变化,产后缺乳的患者日益增多,对家庭

甚至整个社会都有着不利的影响,预防和治疗产妇缺乳也备受关注。产后哺乳期内,产妇乳汁甚少或无乳可下,称“产后缺乳”^[1]。体质是人体生命过程中在先天禀赋和后天获得基础上形成的形

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