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Syndrome Distribution and Diagnostic Essentials of Liver Stagnation Type in Primary Insomnia

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ABSTRACT Objective To explore the syndrome distribution and related diagnostic symptoms and signs of liver stagnation syndrome in primary insomnia. **Methods** We selected 851 cases of primary insomnia of liver stagnation type, and collected their insomnia characteristics, mental symptoms, facial and somatic symptoms, cardiovascular system symptoms, respiratory symptoms, digestive symptoms, urinary symptoms, body skin and mucosa condition, stool and urine condition, tongue condition and pulse condition. Then we differentiate their syndromes referring to the syndrome differentiation standards, and counted the symptoms and signs in high frequency of each syndrome (> 10%). The frequent symptoms and signs were analyzed through binary logistic regression to figure out diagnostic essentials. **Results** The main syndromes in primary insomnia of liver stagnation are syndrome of liver stagnation and spleen deficiency (142 cases, 32.7%), syndrome of liver stagnation and yin deficiency (115 cases, 26.4%) and syndrome of liver stagnation transforming into fire (94 cases, 21.6%). The initial diagnostic symptoms and signs of syndrome of liver stagnation and spleen deficiency are upset and irritability, being down in spirits, broken sleep, pale tongue, epigastric discomfort, loose stool, poor and decreased appetite, abdominal distension and the sensation of foreign body in pharynx. The initial diagnostic symptoms and signs of syndrome of liver stagnation and yin deficiency are upset and irritability, being down in spirits, hot flash, chest distress, dysphoria with feverish sensation in chest, palms and soles and thready rapid pulse. The initial diagnostic symptoms and signs of syndrome of liver stagnation transforming into fire are upset and irritability, low in spirits, bitter taste, flushed complexion, red tongue and stringy rapid pulse. **Conclusion** The main syndromes of primary insomnia of liver stagnation type are syndrome of liver stagnation and spleen deficiency, syndrome of liver stagnation of yin deficiency and syndrome of liver stagnation transforming into fire. Their common symptoms are insomnia with being down in spirits as well as upset and irritability. **Keywords** primary insomnia; liver stagnation syndrome; syndrome diagnosis

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第 33 次全国特色医疗名医学术交流会暨风湿骨病痛症论坛通知

风湿骨病痛症已是我国的多发病,严重影响广大人民群众的健康,为发挥中医药特色医疗在治疗风湿骨病痛症方面的优势,总结交流新经验新成果,中国民间中医药研究开发协会特色医疗分会定于 2017 年 4 月 25 日-28 日(24 日报到)在江西南昌市召开本次会议,特邀请各级中医特色医疗名医及乡村中医、民间中医参会。

一、会议内容: 1. 特邀有关专家作中医药治疗风湿骨病痛症的学术讲座及培训; 2. 补充调整本会“中医药治疗风湿骨病研究专家委员会”成员; 3. 评选表彰优秀学术论文、鉴定学术成果; 4. 代表们作学术交流。

二、征文要求: 运用中医药治疗风湿骨病痛症的经验总结或治疗其他常见病、多发病的特色医疗经验,稿件需打印,附 200 字以内作者简介,邮寄或发电子信箱 13366005273@163.com。

三、有关说明: 1. 向参会代表颁发“风湿骨病痛症防治经验交流”纪念奖章及纪念品; 2. 具有副高以上职称或对风湿骨病有专长者可申请加入专家委员会。

四、会议费用: 参会报名费 300 元,会务及资料培训费 1500 元;会议食宿统一安排,费用自理。

五、报名方式: 请在 2017 年 4 月 15 日前报名,将参会报名费 300 元、交流论文(无论文也可报名)、个人技术简介、聘任专家委员会申请、二寸蓝底登记像片 4 张用快递寄: 北京市 100036-98 信箱 南昌会议会务组 叶续宗收,邮编: 100036,电话“010-83210238、18600893817、18515917952。”