

Research on Traditional Chinese Medicine Syndrome Regularity in Acute Stage of Ischemic Stroke Patients in Chengdu Area: A Cross-Sectional Study of 1341 Cases

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ABSTRACT Objective To explore Traditional Chinese Medicine (TCM) syndrome regularity in acute stage of ischemic stroke patients in Chengdu area. **Methods** Cross-sectional study was conducted on 1341 patients (permanent residents in Chengdu area for more than 5 years) with acute stage of ischemic stroke in West China Hospital of Sichuan University from January, 2012 to December, 2013. The questionnaire was answered. Data contained patients' general information and related information of syndrome diagnosis elements was collected. Patients' TCM symptoms, signs and main syndromes, the related factors of typing syndromes by gender (male or female), hemiplegic limbs (left or right), age (younger than 40, 40 to 70 or more than 70), and course of disease (less than 72 h or more than 72 h) were analysed. **Results** 40 TCM symptoms could be divided into categories of wind, fire, phlegm, Qi deficiency, blood stasis and Yin deficiency. Qi deficiency syndrome contained the most symptoms and signs, while blood stasis syndrome contained the less. Among 1341 patients, there were 1073 cases with attack on meridians and 268 cases with attack on Zang-Fu organs. The order from the most frequency syndrome to the least frequency syndrome in the category of attack on meridians syndromes were wind-phlegm obstructing collateral, Yin deficiency and wind formation, phlegm-stasis obstructing collateral, Qi deficiency and blood stasis, and phlegm-heat and Fu-organ excess. The order from the most frequency to the least frequency syndrome in the category of attack on Zang-Fu organs syndromes were the upper orifices stagnation by phlegm and internal block due to phlegm-heat. There was no significant difference in TCM syndromes distribution in patients of different gender and age ($P > 0.05$). Patients whoes course ≤ 72 h were mainly with wind-phlegm obstructing collateral syndrome, while those whoes course > 72 h were mainly with Yin deficiency and wind formation syndrome. Patients with right hemiplegic limbs were mainly with the upper orifices stagnation by phlegm, phlegm-stasis obstructing collateral and internal block due to phlegm-heat syndromes. Patients with left hemiplegic limbs were mainly with wind-phlegm obstructing collateral, Yin deficiency and wind formation syndromes. **Conclusion** Patients with acute stage of ischemic stroke in Chengdu area are mainly with wind-phlegm obstructing collateral, the upper orifices stagnation by phlegm, Yin deficiency and wind formation syndromes. The length of course and hemiplegic side may influence TCM syndromes diagnosis.

Keywords ischemic stroke; Chengdu area; TCM syndromes; cross-sectional study

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第五届国际中医心理学、睡眠医学学术大会通知

近十年来, 中医心理学快速发展, 在中医药行业异军突起, 特别是 2013 年我国第一部《精神卫生法》颁布实施以来, 即有中国传统文化底蕴、又有中医学理论作为基础的中医心理学即受到国内重视, 也受到国际广泛关注。由世界中医药学会联合会中医心理学专业委员会和睡眠医学专业委员会共同主办、成功之道教育集团和北京广安中医心理研究院承办的第五届国际中医心理学、睡眠医学学术大会将于 2015 年 8 月 21 日-23 日在北京召开。大会将全面展示近 10 年来的研究成果, 以丰富多彩的方式设立各种分论坛, 为参会者提供前所未有的中国传统文化、中医学、心理学、神志病学等学术与文化大餐。届时将有 1000 余名国内外学者莅临本次大会, 进一步让世界心理学研究者和爱好者全方位地了解中医心理学的内涵与发展。开幕式上将发布《世界中医心理学发展宣言》、《十三五中医心理学发展规划》、《十三五睡眠医学发展规划》, 与各国心理界签订合作协议等异彩纷呈, 同时也欢迎更多的中医药学者积极报名参加本次大会。

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