

Dietary regulation of people with wet constitution during COVID-19 epidemic

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Abstract

Based on the concept of traditional Chinese medicine diet health, in the context of the COVID-19 epidemic, help people with wet constitution to identify their own constitutions, and preliminarily put forward guidance and Suggestions for people with wet constitution to improve their biased constitution by adjusting diet. Under the guidance of Wang Qi, the master of Chinese medicine, and Sun Guangrong, the master of Chinese medicine, "Health is achieved by going with nature", dietary Suggestions for different people with wet constitutions are put forward from the perspective of TCM health maintenance. Specifically including different physical conditions, different seasons and different regions, more comprehensive and systematic guidance for people with wet physical conditions to adjust their diet structure, to help them maintain a healthy state in this epidemic.

Keyword: Diet health preservation, Traditional Chinese medicine constitution, Preventive treatment of disease

Background

Physique is a relatively comprehensive and stable human individual trait based on innate endowment and acquired life [1]. According to Wang Qi's 9 TCM constitutions, wet constitutions can be divided into phlegm-dampness constitutions and damp-heat constitutions [2-3]. In the study on COVID-19, Zhang Boli, Wang Yuguang, Yang Daowen and other doctors proposed that the main disease of 2019-NCOV belongs to the category of noxious dampness epidemic because of wet-toxin, and the disease is caused by wet-evil, reflecting the susceptibility of wetness constitution to the epidemic [4-7].

With the improvement of social economy and living standard, the diet habit of the people has changed greatly. The rich material life and the deficiency of nutritional knowledge make it difficult for the people to have a healthy diet pattern. Unhealthy eating habits such as overeating fat, sweet and thick taste, raw and cold food, etc., increase the burden of transport of spleen and stomach. The injury of spleen and stomach function may lead to the formation of wetness or dampness constitution. The external environment of damp-pathogen is hard to change, but we can improve the biased state of constitution by adjusting the diet habit [8]. From the perspective of diet health for people with wet constitution to put forward Suggestions, in order to play the role of "preventive treatment of disease".

I. Introduction and identification of wet constitution

Physique is a relatively stable and comprehensive inherent trait in the form structure, physiological function and psychological state formed on the basis of innate endowment and acquired in the process of human life [1]. In addition to the balanced constitutions, the eight abnormal constitutions cannot be defined as pathological constitutions, but because there are certain health imbalances, they can show the tendency or sensitivity to certain diseases in life. The damp-heat constitution and the phlegm-dampness constitution respectively belong to one of the eight biased physique. Among them, the damp-heat constitution is mainly characterized by the damp-heat accumulation [9], while the phlegm-dampness constitution is mainly characterized by abnormal water-liquid metabolism and phlegm-dampness condensation [10].

Humid and hot constitution

The body shape of people with hot and humid physique is mostly medium or lean, and they tend to feel upset and irritable, and face dirt and grease, dry mouth and bitter mouth, and heavy body, etc. These people's stools are often sticky or dry knot, poor excretion, short yellow urine. Easy to get boils, jaundice, heat and other diseases, tongue picture is more red tongue, coating on the tongue yellow greasy, pulse number. To the late summer and early autumn such hot and humid climate, or wet weight, high temperature environment adaptability is poor. Males are prone to scrotal moisture,

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while females are prone to leucorrhea [11]. The evaluation criteria are shown in Table 1.

Phlegm-dampness constitution

Phlegmy wet constitution crowd body is much fat, abdomen is full and soft. Mild character, steady, patience is better. Life often have more facial skin grease, easy to sweat and sticky, feeling chest tightness, phlegm, mouth sticky or sweet and other performance, Have a sweet or fatty food. Easy to suffer from symptom-complex of excessive eating, stroke, chest bi and other diseases, coating more greasy tongue, pulse more slippery. Poor adaptability to plum rain season and wet weight environment [12]. The evaluation criteria are shown in Table 2.

2. Diet healthy way

Historical background

As early as in the Huangdi Neijing, the concept and method of diet health has been recorded. Such as "Internal Classic. Plain Questions" was mentioned in the concept of "dietetic life-nourishing", "eat valley fruit, meat is good for your body", in "Plain Questions" indicate the effect of different types of food on the body and USES the characteristics of food, such as four properties and five tastes, to adjust the biased state of the human body.

In Qianjin Yaofang, the pharmaceutical king Sun Simiao specialized in food therapy, and in Qianjin Yitfang · Health Care, he once again divided food therapy for the aged, which shows that he attaches particular importance to diet in human health care. He advocated that "food and treatment" should be the first priority, and "diet therapy should not be cured, then use medicine", which once again emphasized the important role of food and nutrition in the regulation of human health [13].

The influence of diet on health

Physique is a relatively stable and comprehensive inherent trait in the form structure, physiological function and psychological state formed on the basis of innate endowment and acquired in the process of human life [1]. Among the acquired factors, relatively fixed diet preference can affect the state of different zang-fu organs and lead to a certain biased development of the constitution, which is an important factor for the formation of the acquired constitution [14-15]. Wang Qi [16] also believed that current dietary habits had an impact on human physical fitness. It is difficult to change the innate state of human body, but the acquired dietary regulations can improve the biased state of human body [17-18]. Starting from the formation of the constitution, the advantages of traditional Chinese medicine in preventing diseases before they occur can be brought into play.

3. Dietary advice for people with wet constitution

Different dietary recommendations

(i) Hot and humid mass: People with dampness and heat constitutions are mainly characterized by dampness resistance and internal heat, such as heavy body, greasy skin, short urine and yellow urine. Selection in the diet can be more delicate, GanPing, clear heat wet kind food, such as: balsam pear, pear, towel gourd, celery, carrots, bamboo shoots, green beans, mungbean sprout, eggplant, cabbage, cucumber, wax gourd, lotus root, Chinese cabbage, cabbage, green beans, red bean, barley, buckwheat, seaweed, kelp, crucian carp, rabbit meat, duck, etc [19-20]. increase the proportion of foods rich in dietary fiber, which can effectively control blood sugar levels, reduce fatty food long greasy, hot and humid endogenous effects on the body [21].

It is described in the book "Six Qi is A Disease" that "wine has a bitter taste and is hot, which can nourish the heart fire; if you drink it for a long time, your stomach and intestines will become hot". Food of this kind that is prone to damage the spleen and stomach due to its warm nature can deepen the preference of dampness and heat in the body. Sweet and sweet food such as: sweet food, spicy food, tobacco, wine, greasy food, Fried video, Fried, baked food, green onion, garlic, dog meat, venison, lamb, beef, chili, ginger, bird's nest, clam, donkey-hide gelatin, honey, maltose, should be appropriate according to the circumstances less food or diet [19].

People with dampness and heat constitution can appropriately drink Lotus leaf tea. People with short urine and yellow urine can add light bamboo leaves, liquorice and mint to lotus leaf tea [20]. However, too raw and cold tea can also damage the spleen and stomach. Jin Jiu of the Qing Dynasty once said, "If you are addicted to tea and wine, you will get wet inside" [15,22].

(ii) Phlegmy wet mass: People with phlegm-dampness constitutions are mainly characterized by facial skin grease, phlegm and sticky mouth. Its diet can choose more light, warm dry, invigorate the spleen to melt wet, adjust tri-jiao food, such as: hawthorn, white gourd, kelp, lentils, red beans, lotus leaves [19].

People with phlegm-dampness physique have poor digestion and metabolism ability in spleen and stomach, so they should not eat more Yin nourishing food, and not be too full or too hungry to avoid damaging spleen and stomach. People with phlegm-dampness constitution should eat less or avoid food according to the situation [15,19].

Eating advice for different seasons

In spring, Yang Qi in human body tends to flourish in accordance with nature, but wind-evil easily hurt people in spring. Foods that warm and nourish Yang Qi, such as Onions, garlic and leeks, should be eaten to promote the rise of Yang in human body and improve the body's ability to resist exogenous evil; meanwhile, food such as celery can help remove wind-evil [23]. Scallions, garlic, leeks and other food hot and humid constitution

people should choose to eat according to their own conditions.

Table 1 Classification scale of hot and humid Constitution

Answer the following questions based on your experiences and feelings over the past year	No	Little	Sometimes	Often	Always
1. Is your face or nose greasy or shiny?	1	2	3	4	5
2. Is acne or boil easily produced?	1	2	3	4	5
3. Feel bitter or smelly in your mouth?	1	2	3	4	5
4. Bowels sticky and uncomfortable, have the feeling of endless solution?	1	2	3	4	5
5. Do you have a fever and dark urine when you urinate?	1	2	3	4	5
6. Yellow with white belt? (Female only)	1	2	3	4	5
7. Is the scrotum moist?	1	2	3	4	5

Note: Conversion score = (original score - number of entries)/(number of entries × 4) × 100; < 30 points, no; 30-39, the tendency is; ≥ 40, yes.

Table 2 Phlegm-dampness Constitution Classification Scale

Answer the following questions based on your experiences and feelings over the past year	No	Little	Sometimes	Often	Always
1. Is your chest or abdomen feeling full?	1	2	3	4	5
2. Do you feel heavy and not relaxed or refreshed?	1	2	3	4	5
3. Is your belly fat and fluffy?	1	2	3	4	5
4. Do you have excessive oil secretion in your forehead?	1	2	3	4	5
5. Is the upper eyelid swollen (still slightly raised) than others?	1	2	3	4	5
6. Do you feel sticky in your mouth?	1	2	3	4	5
7. Usually phlegm is much, especially feel throat phlegm block?	1	2	3	4	5
8. Thick coating on the tongue or thick coating on the tongue feel?	1	2	3	4	5

Note: Conversion score = (original score - number of entries)/(number of entries × 4) × 100; < 30 points, no; 30-39, the tendency is; ≥ 40, yes.

In summer, the stomatal opening of human body allows the evil of wind and cold, and the invasion of damp evil easily damages the function of spleen and stomach. Therefore, it is necessary to eat less things that are too cold and cold, so as to prevent the evil of cold from hurting people. At the same time, it is important to have many meals but little food at each, not too full, and less or no fatty food [24].

Autumn, human Yin qi is still declining, the external environment is dry and easy to hurt the body fluid, such as "drinking food is about" said: "Autumn qi dryness appropriate to eat sesame to moisten", should choose to eat nourishing Yin moist food, such as: goat milk,

tremella, lily, milk, radish, almond, red beans, pears, peanuts, apricots, pumpkins, pumpkin, honey and so on [25]. People with wet constitution should choose to eat according to their own conditions.

In winter, the human body is in a relatively hibernating state according to the environment, and the external Yin and cold are too abundant. Therefore, it is necessary to "get rid of the cold and get warm without any release of the skin, which makes the body to store energy". Eat more warm and hot food, mainly Tibetan food, and increase the body's cold resistance ability, such as mutton, bass, ginger, fennel, walnut kernel and leek. People with hot and humid constitution should pay

attention not to eat too much, so as to avoid endogenous evil heat.

Dietary advice for different regions

(i) Jiangsu and Zhejiang Regions: In Jiangsu and Zhejiang, the terrain is low and flat with dense water network. In addition, June and July are typical "plum rain" weather, with continuous overcast rain. In July, it turns into a climate of high temperature and little rain, presenting the characteristics of wet, hot and stuffy climate [26]. Diet should pay attention to nourishing Yin decrease internal heat, give priority to with mild [27].

(ii) Lingnan Region: Lingnan area, especially the coastal areas, since tang and Song dynasties is miasma heavy land, high temperature sultry, windy, rainy, coupled with the consolidation of mountains and rivers, dampness and heat stagnation steam [26]. Diet should pay attention to invigorate the spleen, dispel phlegm and turn wet products, pay attention to clear heat and cool blood to nourish Yin, lingnan area decocted herbal tea is also a good habit.

(iii) Bashu region: Bashu region is located in the basin, where sunshine is less, local gas is moist, and dampness is easy to invade people. In addition, local residents like spicy food, fat and sweet taste, which damages their intestines and stomach. The combined effect of the two causes the poor function of local residents' spleen and stomach and the constitutional tendency of dampness in spleen and stomach [26]. The diet should focus on nourishing the stomach and invigorating the spleen to dissolve dampness, the people with dampness and dampness should focus on clearing away heat and benefiting dampness, and the people with general dampness constitution should choose foods that invigorate the spleen and benefiting dampness. Doctors in Bashu used aconite and dried ginger well, and believed that Yang deficiency was the first cause of arthralgia, so the food that dissipates phlegm and scatters in temperature could also be eaten properly [28].

(iv) Northeast China: Northeast China is located in the cold temperate zone and generally has a wet and cold climate. In addition, it is difficult to grow vegetables locally. Local residents often have the habit of eating frozen food, which is likely to damage the spleen and stomach over time [26]. Should be appropriate to eat less or avoid raw and cold thick greasy food and spicy food, appropriate to eat invigorate the spleen and dispel wind dehumidification food, such as: coix seed, chicken blood, eel, fennel, pepper and other food [29-30].

Discussion

Constitution, as the soil of disease occurrence, is closely related to the occurrence and change of disease. It is the so-called "vital qi is stored in the body, evil cannot be dried", and the biased tendency of adjusting constitution has an indelible effect on the prevention and cure of

disease [1]. In the context of the COVID-19 epidemic, it is particularly important to maintain the body's "healthy atmosphere" and regulate the physical health.

Based on the background that the main diseases of the epidemic are dampness, toxin and dampness, the dietary health maintenance theory of the people with wet constitution has been analyzed. Through the analysis of the role of the guiding theory of traditional Chinese medicine and the dietary health maintenance theory in daily life, as well as the reflection of the long-term practical experience of nutrition, the diet Suggestions with strong pertinence and maneuverability have been put forward. The adjustment of diet structure plays a positive role in the practice of improving the constitution of people with wet constitution, which is of great significance for the protection of people with wet and biased constitution in this epidemic.

Although it is difficult for dietary regulation to directly fight against disease, it can adjust the residents' biased physical conditions, improve their immunity, and make contributions to the prevention and control of the epidemic from the perspective of preventive treatment of disease. It can give full play to the positive role of traditional Chinese medicine in "preventing disease" and contribute to the development of human health.

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