

사상체질의학회지에 10년간 게재된 태음인 증례연구 논문 분석 - 2006년부터 2015년까지 -

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Abstract

An Analysis of Case Reports and Case Series on Taeum Person in Journal of Sasang Constitutional Medicine from 2006 to 2015

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Objectives

This study aimed to provide a basis for treatment of taeum person by analysing published case reports and case series in Journal of Sasang Constitutional Medicine.

Methods

We reviewed case reports and case series of taeum person in the Journal of Sasang Constitutional Medicine from 2006 to 2015.

Results

Of the forty papers, reporting 182 cases of taeum person. Thirty-five papers reported 6 types of Sasang Constitutional Medicine pattern. A total of 10 types of interventions were described, of which herbal medicine (100%) was most frequently used. A total of 30 types of outcome measure were used in papers, for which symptom change (79.2%) was most frequently used. A total of 8 types of diagnosis criteria were used in 38 papers.

Conclusions

A sufficient number of clinical studies are warranted to provide a clinical evidence for treatment of taeum person.

Key Words: Case reports, Case series, Taeum person

I. 緒論

사상체질의학회지에서 1989년부터 2007년까지 발간된 임상논문 332편이며, 그 중 증례연구는 125편 (37.7%)으로 보고하여¹, 사상체질의학회지에서 증례연구가 큰 부분 차지하는 것을 알 수 있다. Ban 등²은 1994년부터 2008년까지 사상체질의학회지에 발간된 증례연구를 연도별 증례연구 수, 환자 수, 사상인 분류, 체질진단 근거 등을 분석하였으며, Lee 등³은 1989년부터 2007년까지 사상체질의학회지에 발간된 임상연구 332편을 임상연구 디자인, 체질진단 방법 등을 분석하였으나, 실제 환자를 보는데 필요한 진단법, 치료법 등을 파악하기에는 부족하였다.

이에 저자들은 최근 사상체질의학회지에 게재된 임상연구 중 실제 환자를 보는데 밀접한 연관성을 가지는 증례연구를 추출하여 질병, 변증, 치료법을 중심으로 분석하고자 한다.

II. 研究方法

1. 연구논문 추출

본 연구는 사상체질의학회 홈페이지를 통해 2006

년부터 2015년까지 사상체질의학회에서 발간한 472편의 논문을 대상으로 하였다³. 2명의 저자가 연구디자인에 따라 논문을 분류하였다. 저자, 출판일, 나이, 성별, 환자 수, 질병명, 변증, 체질진단 기준, 중재법, 평가도구, 결론을 중심으로 분석하였다.

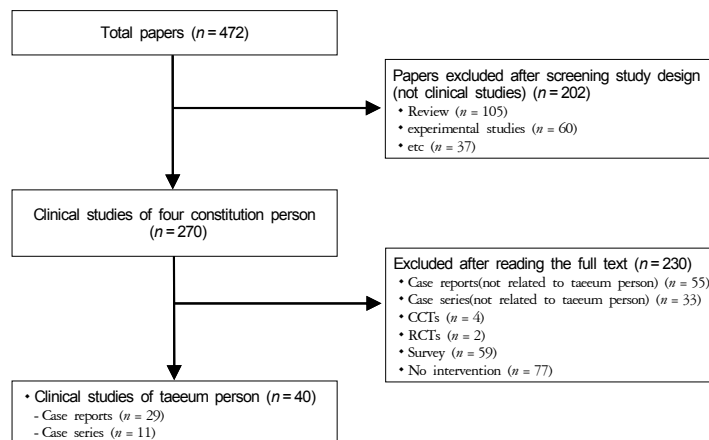
2. 연구범위

본 연구에는 태음인 임상연구 중 침, 한약 등의 중재법을 사용한 증례연구가 포함되었다. 무작위대조군 연구, 대조군연구, 문헌연구, 설문연구, 실험연구, 태음인 증례연구가 아닌 경우는 분석대상에서 제외하였다. 또한 임상연구 중 중재법을 사용하지 않은 경우도 분석대상에서 제외하였다.

III. 結果

1. 검색과정 및 결과

2006년부터 2015년까지 사상체질의학회가 발간한 472편의 논문 중 임상연구는 270편, 문헌연구는 105편, 실험연구는 60편, 기타연구는 37편으로 나타났다. 임상연구 270편을 분류하였을 때, case reports가 84편,



CCTs: Controlled Clinical Trials, RCTs: Randomized Clinical Trials.

Figure 1. Flowchart of study selection process

Table 1. Characteristics of Published Case Reports of Taeum Person

| First author (Year) | Age/ gender | Patient's disease | Sasang constitutional medicine pattern | Criteria of sasang constitution diagnosis | Intervention | | Outcome measurements | Conclusion |
|--------------------------|-------------|---|--|---|---|--|---------------------------------------|--|
| | | | | | Herbal medicine | Acupuncture etc. | | |
| Kim ¹⁰ (2006) | 66/F | 1. Cerebellar infarction 2. Diabetes mellitus 3. Hypertension | Interior heat disease induced by the affected liver heat of taeum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | 1. Galgeunhaegintang-gami 2. Cheonghyeogangki-tang 3. Cheongsimyeonjatang-gami | n.r. | 1. Fluid 1. VAS | This patient was treated by taeum persons constitutional medications (especially Galgeunhaeguitang, Cheongsimyeonjatang) and showed a positive response about her symptom. |
| | | | | | | | | |
| Yim ¹¹ (2006) | 65/M | 1. Lacunar infarction | Taeum person esophagus cold affection induced exterior cold disease | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | 1. Cheongyeganganang-gagam 2. Cheongsimyeonjatang-gagam 3. Jowiseungcheongtang-gagam | GV20, GB7, GB21, GB31, ST36, GB39, LI11 1. Moxibustion 2. Bloodletting therapy 3. Cupping | 1. Symptom change | The constitutional treatment with Jowiseungcheong-tang may have an effect on management of hiccup. |
| | | | | | | | | |
| Kim ¹² (2007) | 75/F | 1. Dyspepsia 2. Cervical cancer | Interior heat disease induced by the affected liver heat of taeum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. QSCC-II | 1. Cheongsimyeonja-tang 2. Gobonbupyeong-tang 3. Cheongsimyeonja-tang-gami 4. Rhus trichocarpa Miq 5. Bojungikgi-ang-gami | n.r. | 1. Western medicine | The patient treated using sasang constitutional medicine. In the result, significant improvement was observed in urinary output and interval. |
| | | | | | | | | |
| Kim ¹³ (2007) | 46/F | 1. Acute bronchiolitis | n.r. | n.r. | 1. Mahwangjeongcheon-tang | CV22, CV12, LI4, GV20 | 1. Symptom change | If we use epikchaeh herbal (疏黃) according to the sasang constitution classification in clinic, we have an excellent effect on the treatment of asthma. |
| | | | | | | | | |
| Seo ¹⁴ (2007) | 48/F | 1. Stomach cancer | Epidemic febrile disease of stomach duct cold syndrome of taeum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. QSCC-II | 1. Taeunjujiwang-gami 2. Jageyagamcho-tang | HT8, SP2, IRI, SP1, LI11, LI4, ST36, IR3 | 1. Symptom change 2. VAS 3. QOL | Taeunjuji-tang, a sasang constitutional medicine, improved the diarrhea and abdominal pain. |
| | | | | | | | | |

| First author (Year) | Age/ gender | Patient's disease | Sasang constitutional medicine pattern | Criteria of sasang constitution diagnosis | Intervention | | Outcome measurements | Conclusion |
|--------------------------|-------------|--|--|--|---|--|----------------------|---|
| | | | | | Herbal medicine | Acupuncture etc. | | |
| Yim ⁵ (2007) | 44/F | 1. Fever of unknown origin | Interior heat disease induced by the affected liver heat of taeum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | 1. Geoseupcheongsim-tang-gagam 2. Galgeunhaegitang-gagam | 1. Herbal acupuncture 2. Cupping 3. Bloodletting therapy | 1. Symptom change | The constitutional treatment with Galgeunhaegitang may have an effect on management of fever of unknown origin |
| Im ⁶ (2008) | 42/F | 1. Chronic idiopathic urticaria | Interior heat disease induced by the affected liver heat of taeum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | 1. Cheongsimyeonja-tang 2. Baugpungrogsongsu 3. Galgeunhaegitang-gami | 1. Cupping 2. Western medicine | 1. Symptom change | Chronic idiopathic urticaria patient who was treated with Cheongsimyeonja-tang showed improvement in urticaria symptom and general condition. |
| Yim ⁷ (2008) | 69/F | 1. Constipation | Interior heat disease induced by the affected liver heat of taeum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | 1. Cheongpyesang-tang 2. Galgeunseunggi-tang | n.r. | 1. VAS | The constitutional treatment with Galgeunseunggi-tang may have an effect on management of constipation. |
| Choi ⁸ (2009) | 39/M | 1. Acute Hepatitis A | Taeum person esophagus cold affection induced exterior cold disease | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. PSSC | 1. Mahwangbalpyo-tang 2. Handayeolsoe-tang | 1. Moxibustion 2. VAS | 1. Lab 2. VAS | Almost symptoms at the time of admission were disappeared, and also jaundice was alleviated. Also level of AST, ALT, γ -GTP and total bilirubin decreased in laboratory test. We obtained positive effects to the therapy but we considered necessities of further comparative studies with control group. |
| Kim ⁹ (2009) | 43/M | 1. Unspecified upper respiratory infection | Taeum person esophagus cold affection induced exterior cold disease | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | 1. Handayeolsoe-tang | 1. Moxibustion | 1. Symptom change | After treated by Handayeolsoe-tang, his symptoms were improved. |

| First author (Year) | Age/ gender | Patient's disease | Sesang constitutional medicine pattern | Criteria of sesang constitution diagnosis | Intervention | | Outcome measurements | Conclusion |
|---------------------------|-------------|--|---|---|--|---|---|--|
| | | | | | Herbal medicine | Acupuncture etc. | | |
| 5. QSCC-II | | | | | | | | |
| Kwon ²⁰ (2009) | 34/F | 1. Drug-induced hepatitis | Interior heat disease induced by the affected liver heat of taecum person | <ol style="list-style-type: none"> 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | n.r. | <ol style="list-style-type: none"> 1. Western medicine | <ol style="list-style-type: none"> 1. Lab 2. Symptom change | This case is presented to bring more attention to the toxicity of herbal medicine. |
| | | | | | | | | |
| Lee ²¹ (2009) | 74/F | <ol style="list-style-type: none"> 1. Sequela of cerebral infarction 2. Hypertension 3. Depressive disorder | <ol style="list-style-type: none"> 1. Dryness heat syndrome of taecum person | <ol style="list-style-type: none"> 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | <ol style="list-style-type: none"> SP3, LU9, HT8, LU10 | <ol style="list-style-type: none"> 1. Moxibustion 2. Western medicine | <ol style="list-style-type: none"> 1. VAS | The patient responded well to Yeoldahansarang, which indicates that Yeoldahansarang can be used to treat the dryness heat syndrome of taecum person (太陰人 燥熱證). |
| | | | | | | | | |
| Park ²² (2010) | 43/M | 1. Drug-induced hepatitis | Interior heat disease induced by the affected liver heat of taecum person | <ol style="list-style-type: none"> 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | n.r. | <ol style="list-style-type: none"> 1. Moxibustion | <ol style="list-style-type: none"> 1. Symptom change | The wrong diagnosis of constitution and pathological syndromes can be caused drug-induced liver injury. Taecumjowerang may have an effect on treatment of drug-induced hepatitis of taecum person. |
| | | | | | | | | |
| Kim ²³ (2011) | 59/M | 1. Reflux esophagitis | Dryness heat syndrome of interior disease of taecum person | <ol style="list-style-type: none"> 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | <ol style="list-style-type: none"> LU8, LR4, HT8, LR2 | <ol style="list-style-type: none"> 1. Western medicine | <ol style="list-style-type: none"> 1. Symptom change 2. EFG | This results show Yeoldahanso-tang can be used to treat Reflux esophagitis with dryness heat syndrome of interior disease of taecum person (太陰人 裏病燥熱證). |
| | | | | | | | | |
| Lee ²⁴ (2011) | 60/F | 1. Idiopathic sudden sensorineural hearing loss | Dryness heat syndrome of taecum person | <ol style="list-style-type: none"> 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent | <ol style="list-style-type: none"> SP3, LU9, HT8, LU10, LU8, LR4, LR2, LR4, HT8, LR2, | <ol style="list-style-type: none"> 1. Western medicine | <ol style="list-style-type: none"> 1. The Criteria for diagnosis of sudden deafness 2. The degree of hearing loss | We consider that consistent treatment of Cheongsimyeonja-tang can contribute to improve the hearing loss. |
| | | | | | | | | |

| First author (Year) | Age/ gender | Patient's disease | Sasang constitutional medicine pattern | Criteria of sasang constitution diagnosis | Intervention | | Outcome measurements | Conclusion | |
|---------------------------|-------------|---|--|---|--|--|---|--|--|
| | | | | | Herbal medicine | Acupuncture etc. | | | |
| Choi ²⁵ (2012) | 57/F | 1. Parkinson's disease 2. Hypertension 3. Hypertlipidemia | Dryness heat syndrome of interior disease of taeum person | 4. Ordinary symptom 5. QSCC-II | ST36 | Acupuncture | 3. The Siegel' criteria of hearing recovery 4. PTA 5. VAS 6. THI | This study shows that Yeoldahansoang is an effective treatment for taeum person's parkinson's disease patient. | |
| | | | | | | | | | 1. DIII 2. VAS 3. Symptom change |
| Kim ²⁶ (2012) | 84/F | 1. Diaphragmaticocele | Taeum person esophagus cold affection induced exterior cold disease | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. Diagnosis of physical constitution tool | 1. Taecumjowi-tang | HT4, LU9, LR3 | 1. Moxibustion | 1. Symptom change | The patient with the above symptoms was confirmed as diaphragmatic hernia by chest CT scan. But the patient decided not to have surgical operation. Observating the progress, we treated the patient through oral administration of Taecumjowi-tang, acupuncture and moxibustion treatment. And the general symptoms improved. |
| | | | | | | | | | |
| Kim ²⁷ (2012) | 25/M | 1. Herpes zoster | Interior heat disease induced by the affected liver heat of taeum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. QSCC-II | 1. Yeoldahanso-tang-gami | LU8, LR4, KI10, LR8, LI1, ST45, BL66, ST44, HT4, HT9 | 1. VAS 2. Photo 3. Symptom change | This case study show an efficient result of using Yeoldahansoang in taeum person diagnosed to herpes zoster. | |
| | | | | | | | | | 1. VAS 2. Photo 3. Symptom change |
| Shin ²⁸ (2012) | 42/M | 1. Gastro-esophageal reflux disease 2. Irritable bowel | 1. Dryness heat syndrome of taeum person | 1. Physical appearance 2. Features and way of speaking | 1. Yanggeungjindan 2. Yeoldahanso-tang 3. Jowiseungcheong-tang | LU8, LR4, HT8, IR2 | 1. Symptom change 2. VAS | This case shows that sasung constitutional medicine treatment can be effective treatment method for | |
| | | | | | | | | | 1. Symptom change 2. VAS |

| First author (Year) | Age/ gender | Patient's disease | Sasang constitutional medicine pattern | Criteria of sasang constitution diagnosis | Intervention | | Outcome measurements | Conclusion |
|-----------------------------|----------------|------------------------|---|--|--|---|--|--|
| | | | | | Herbal medicine | Acupuncture etc. | | |
| | | syndrome | 2. Stomach duct cold syndrome of taeum person | 3. Temperament and talent 4. Ordinary symptom 5. QSCCII | 4. Wonjiseokchangposan | | | gastro-esophageal reflux disease ac- companied by irritable bowel syn- drome |
| Han ³⁰ (2013) | 71/F | 1. Essential tremor | Dryness heat syndrome of interior disease of taeum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | 1. Melonis Pediculus | SP3, LU9, HT8, LU10 | 1. VAS 2. UPDRS 3. Symptom change | This case study showed an efficient result of using Melonis Pediculus(瓜 菜) in the essential tremor of taeum person. |
| Kim ³¹ (2013) | 58/M | 1. Cerebral infarction | Interior heat disease induced by the affected liver heat of taeum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. Decision tree method | 1. Cheonggyesagan-tang | HT4, LU9, LR3 | 1. Symptom change | As the patient was deemed to have the Interior heat disease induced by the affected liver heat of taeum per- son(太陰人肝受熱真熱病). Cheonggyesaganang was provided for treatment. Acupuncture and ori- ental cupping therapy were also pro- vided concurrently, and the main symptom and other accompanying conditions have largely improved af- ter 2 weeks of hospitalized treatment. |
| Lee ³² (2013) | 53/M | 1. Parkinson's disease | Dryness heat syndrome of interior disease of taeum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. QSCCII | 1. Cheongsimyeonja-tang-gami 2. Yeoldhanso-tang-gami 3. Saurchungdan | SP3, LU9, HT8, LU10, LU8, LR4, LR2, ST36 | 1. UPDRS 2. Global Assessment Scale 3. Symptom change | The patient treated with taeum person's constitutional medications and acupuncture had reduction in UPDRS and GAS of motor symptoms. Furthermore, patient's sleep, stool and urine were reported to be normal after treatment. In conclusion, this study shows that sa- sang constitutional medicine can be effective treatment for taeum per- son patient with advanced parkin- son's disease diagnosed as Dryness |

| First author (Year) | Age/ gender | Patient's disease | Sasang constitutional medicine pattern | Criteria of sasang constitution diagnosis | Intervention | | Outcome measurements | Conclusion |
|------------------------------|----------------|---------------------------------------|---|---|-------------------------------|--|---|------------|
| | | | | | Herbal medicine | Acupuncture etc. | | |
| Lee ³³ (2013) | 67/F | 1. Cholangiocarcinoma 2. Sepsis | Taeum person esophageus cold affection induced exterior cold disease | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. QSCC-II | 1. Handyeolsa-tang-garni | LR14, CV6, LR3, LU4, LU11, ST36, CV13, CV12, ST25, BL18, BL19, BL20, BL21, BL25, BL27, GV20, GV26, KI1 | heat syndrome of interior disease of taeum person(太陰人裏病燥熱證) Both her symptoms and laboratory tests showed significant improve- ment after the treatment of anti- biotics, Handyeolsa-tang and Pel Tauri. To our knowledge, this is the first case reporting the synergistic combination of Korean oriental medicine and Western medicine ap- proaching to sepsis. | |
| | | | | | | | | |
| Lee ³⁴ (2013) | 47/F | 1. Olivopontocerebellar atrophy | Stomach duct cold syndrome of taeum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. QSCC-II | 1. Jowiseungcheong-tang-garni | SP3, LU9, HT8, LU10, LU8, LR4, LR2, ST36 | This case showed that sasang con- stitutional medicine treatment can be effective treatment method for olivopontocerebellar atrophy. | |
| Park ³⁵ (2013) | 43/F | 1. Sjogren's syndrome 2. Arthritis | Interior heat disease induced by the affected liver heat of taeum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. QSCC-II | 1. Cheongsimyeonja-tang-garni | SP3, LU9, HT8, LU10, LU8, LR4, LR2 | This study suggests that korean medicine(Cheongsimyeonja-tang) is effective in the treatment of Sjogren's syndrome on taeum per- son patients. | |
| | | | | | | | | |
| Lee ³⁶ (2014) | 33/F | 1. Meniere's disease | Dryness heat syndrome of taeum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. QSCC-II | 1. Cheongsimyeonja-tang | SP3, LU9, HT8, LU10, LU8, LR4, LR2, ST36 | This study shows that sasang con- stitutional medicine can be effective treatment for taeum person patient with meniere's disease diagnosed as dryness heat syndrome of taeum person(太陰人燥熱證). | |
| Lee ³⁷ | 40/M | 1. Hypothyroidism | Dryness heat | 1. Physical appearance | 1. Manguemmummu-tang | SP3, LU9, 1. Weseren | This study shows that sasang con- stitutional medicine can be effective treatment for taeum person patient with meniere's disease diagnosed as dryness heat syndrome of taeum person(太陰人燥熱證). | 1. GAS |

| First author (Year) | Age/ gender | Patient's disease | Sasang constitutional medicine pattern | Criteria of sasang constitution diagnosis | Intervention | | Outcome measurements | Conclusion |
|---------------------------|-------------|-------------------------|---|---|---|--|--|--|
| | | | | | Herbal medicine | Acupuncture etc. | | |
| (2015) | | 2. Paresthesia | syndrome of taecum person | 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. QSCC-II | 2. Cheonggummunmu-tang-gami | HT8, LU10, LU8, LR4, LR2 | 2. symptom change | srituational medicine can be effective treatment for taecum person patient with paresthesia and weakness in the limbs of unknown cause. |
| | | | | | | | | |
| Lee ³⁸ (2015) | 14/M | 1. Eosinophilic colitis | Interior heat disease induced by the affected liver heat of taecum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. QSCC-II | 1. Cheongsim-tang-gami 2. Yeoldhanso-tang-gami | LR4, LR3, HT14, HT8, LU10, ST40, ST36, LR4 | 1. Endoscope 2. Biopsy 3. Numeric Rating Scale 4. Number of defecations | This study suggests that sasang constitutional medicine used for treating eosinophilic colitis of taecum person may be effective. |
| | | | | | | | | |
| Park ³⁹ (2015) | 79/M | 1. Lung cancer | Interior heat disease induced by the affected liver heat of taecum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent | 1. Galgeunhaegi-tang | n.r. | 1. symptom change 2. NRS | An elderly non-small cell lung cancer patient showed the improvement of symptoms that were continued during chemotherapy. As we can see in this case, Korean medicine can be a solution of the symptoms induced by chemotherapy, if there is no symptom improvement with western medicine. |
| | | | | | | | | |

VAS: Visual Analogue Scale, QSCC: Questionnaire for Sasang Constitution Classification, QOL: Quality Of Life, FSSC: Phonetic System of Sasang Classification, EEG: Electroencephalography, PTA: Pure Tone Audiometry, THII: Tinnitus Handicap Inventory, DTI: Digital Infrared Thermal Imaging, CT: Computed Tomography, UPDRS: Unified Parkinson's Disease Rating Scale, GAS: Global Assessment Scale, UMSARS: Unified Multiple System Atrophy Rating Scale, NRS: Numeric Rating Scale.



Table 2. Characteristics of Published Case Series of Taeum Person

| First author (Year) | Age/gender | Patient's disease | Sasang constitutional medicine pattern | Criteria of sasang constellation diagnosis | Intervention | | Outcome measurements | Conclusion |
|---------------------------|--------------------|---|---|---|--|--|--|---|
| | | | | | Herbal medicine | Acupuncture etc. | | |
| Ban ⁴⁰ (2007) | 70-77/ F1, M1 | 1. case1 - Delirium 2. case2 - Delirium | 1. Interior heat disease induced by the affected liver heat of taeum person 2. case2 - Interior heat disease induced by the affected liver heat of taeum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | 1. case1 - Cheongyessagan-tang | 1. case1 - ILU9, HT4, LR3, GV20 | 1. MMSK-E 2. Symptom change | Two delirium patients who were treated with Cheongyessagan-tang showed improvement in delirium symptoms, thirst, constipation, redness of complexion, shite coating of tongue, and general condition. |
| | | | | | 2. case2 - Cheongsinyeonia-tang - Cheongyessagan-tang | 2. case2 - ILU9, HT4, LR3, GV20 | | |
| Kim ⁴¹ (2007) | 45-82/ F15, M10 | General person | n.r. | n.r. | Yeoldahansotang | n.r. | 1. Lab | This study suggests that Yeoldahanso-tang does not injure liver function of human. |
| | | | | | | | | |
| Lee ⁴² (2007) | 44-57/ F2, M1 | 1. case1 - Dizziness 2. case2 - Dizziness 3. case3 - Taeum person esophagus cold affection induced exterior cold disease | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | 1. case1 - Taeumjowi-tang - Jowisungcheong-tang 2. case2 - Banhabaekhuichon-ma-tang - Jowisungcheong-tang 3. case3 - Taeumjowi-tang - Jowisungcheong-tang | 1. case1 - SP3, LU9, HT8, LU10 | 1. case1 - Moxibustion | 1. VAS 2. Symptom change | Three patients have been suffering from positional vertigo were treated by taeum person's constitutional medications and showed positive responses about their problems. |
| | | | | | 2. case2 - SP3, LU9, HT8, LU10 | 2. case2 - Moxibustion 3. case3 - n.r. | | |
| Choi ⁴³ (2008) | 4-9/F 1, M1 | 1. case1 - Tremor - Epileptic seizure 2. case2 - Tremor - Febrile fit | n.r. | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | 1. case1 - Yeoldahanso-tang-gami 2. case2 - Yeoldahanso-tang-gami | 1. case1 - PC6 CV12, ST21, ST36 2. case2 - n.r. | 1. Symptom change - Aromatherapy - Laser | These case-studies show an efficient result of using sasang traditional medicine in the treatment of tremor. |
| | | | | | | | | |

| First author (Year) | Age/ gender | Patient's disease | Sasang constitutional medicine pattern | Criteria of sasang constitution diagnosis | Intervention | | Outcome measurements etc. | Conclusion |
|--------------------------|-----------------------|------------------------|--|---|---|--|---------------------------|--|
| | | | | | Herbal medicine | Acupuncture | | |
| Lee ⁴⁴ (2008) | 50-66/ F2 | 1. case1 - Numbness | 1. case1 - Interior heat disease induced by the affected liver heat of taereum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | 1. case1 - Gwakyangtoonggisan - Cheongsimyeonja-tang | 1. case1 - LU9, HT4, LR3 2. case2 - LU9, HT4, LR3 | n.r. | Two numbness patients who were treated with Changsimyoja-tang showed improvement in numbness. |
| | | 2. case2 - Numbness | | | | | | |
| Oh ⁴⁵ (2008) | 37.8±12.54/ F4, M6 | n.r. | n.r. | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | 1. Jowisungcheong-tang | n.r. | n.r. | We computed two HRV results. The value of RRNN(average of normal RR intervals), SDNN(the standard deviation of all normal RR intervals), RMSSD(the root mean square of successive differences between the normal heart beats) have a downward tendency. Norm HF(normalized high frequency power) have an upward tendency, norm LF (normalized low frequency power) and LHR(LF/HP ratio) have a downward tendency. It means hypofunction of autonomic nervous system. But all results are not significant. We think that restudy is needed with more patients and longer periods afterward. |
| | | n.r. | | | | | | |
| Kim ⁴⁶ (2009) | 20~M25, F50 | n.r. | Dryness heat syndrome of interior disease of taereum person | 1. Ordinary symptom | 1. Galgeunhaegi-tang 2. Cheongsimyeonja-tang 3. Jowisungcheong-tang | n.r. | n.r. | The sleep pattern, palpitation, dizziness, and nausea can be said to be indicators of the dryness heat syndrome of interior disease of taereum person(火陰入裏病燥熱證), and dry-heat symptoms are better distinctions between the |

| First author (Year) | Age/ gender | Patient's disease | Sasang constitutional medicine pattern | Criteria of sasang constitution diagnosis | Intervention | | Outcome measurements | Conclusion |
|------------------------------|--------------------|---|--|--|---|------------------|---|---|
| | | | | | Herbal medicine | Acupuncture etc. | | |
| Kim ⁴⁷ (2011) | 21.20±1.35/ F25 | 1. Obesity | n.r. | <ol style="list-style-type: none"> 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. QSCC II | <ol style="list-style-type: none"> 1. Taeumjowi-tang | n.r. | <ol style="list-style-type: none"> 1. Inbody 2. Blood pressure 3. Serum lipid marker 4. Serum antioxidant enzyme activity 5. Urinary oxidative stress substances | <p>Chongsimyeonja-tang group and the Galgeum-medicament group than hear-affected liver symptoms.</p> <p>In this research, we have analyzed the various markers relating to BPM and changes in oxidative enzyme in blood by Taeumjowitang. Taeumjowitang has the positive effect on inbody antioxidant system and reducing the content of cholesterol, which is proven to help losing weight 4. Serum antioxidant and improving hyperlipidemia statistically. With this research, we hope to improve the lifestyle of those who are either obese or need to manage their dietary habits, and also to become the cornerstone of integrating oriental medicine with the science of food & nutrition.</p> |
| | | | | | | | | |
| Park ⁴⁸ (2011) | 25-53/F4 | <ol style="list-style-type: none"> 1. case1 - Obesity 2. case2 - Hypertension 3. case3 - Obesity 4. case4 - Obesity | <ol style="list-style-type: none"> 1. case1 - Taeum person esophagus cold affection induced exterior cold disease 2. case2 - Taeum person esophagus cold affection induced exterior cold disease 3. case3 - Dryness heat syndrome of taeum person | <ol style="list-style-type: none"> 1. Physical appearance speaking 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. QSCC II | <ol style="list-style-type: none"> 1. case1 - Taeumjowi-tang 2. case2 - Taeumjowi-tang 3. case3 - Chongsimyeonja-tang 4. case4 - Seunggyjowi-tang | n.r. | <ol style="list-style-type: none"> 1. Symptom change 2. Body weight | <p>All patients showed improvements in their general condition and a satisfactory decrease in weight. Treating obesity based on taeum constitutional therapy was found to be effective for weight loss and general improvement of health. The sustained effects of the therapy should be checked during the following visits. The obesity treatment protocol suggested in this investigation should be explored and verified in future</p> |
| | | | | | | | | |

| First author (Year) | Age/ gender | Patient's disease | Sasang constitutional medicine pattern | Criteria of sasang constitution diagnosis | Intervention | | Outcome measurements | Conclusion |
|--------------------------|--------------|--------------------------|---|---|---|--|---|---|
| | | | | | Herbal medicine | Acupuncture etc. | | |
| | | | 4. case4 - Exterior-interior combined disease of taecum person | | | | | studies. |
| Han ⁴⁹ (2012) | 48-55/F2 | 1. Vertigo | n.r. | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom | 1. Melonis Pediculus n.r. | 1. case1 - Western medicine 2. case2 - n.r. | 1. VAS 2. Symptom change | These case-studies showed an efficient result of using Melonis Pediculus(瓜蒂) in the vertigo of taecum person. |
| Kim ⁵⁰ (2014) | 27-44/F1, M2 | 1. Tension type headache | Dryness heat syndrome of taecum person | 1. Physical appearance 2. Features and way of speaking 3. Temperament and talent 4. Ordinary symptom 5. QSCC-II | 1. Melonis Pediculus LU8, LR4, HT8, LR2, LU8, LR4, HT8, LR2 | 1. Western medicine 1. Numeric Rating Scale 2. Symptom change 3. Vital sign | After using the Melonis Pediculus (瓜蒂), the severity of headache decreased from NRS 8 to NRS 1(case1), from NRS 8 to NRS 7(case 2), and from NRS 8 to NRS 6(case 3). And there was not any adverse effect. In conclusion, this study shows that using Melonis Pediculus can be effective treatment for taecum person's tension type headache patient. | |

MMSK-E: Mini-Mental State Examination-E, VAS: Visual Analogue Scale, QSCC: Questionnaire for Sasang Constitution Classification, NRS: Numeric Rating Scale.

case series가 44편, 무작위대조군연구가 2편, 대조군연구가 4편, 설문연구가 59편, 중재법을 사용하지 않은 임상연구가 77편으로 나타났다 (Figure 1). 증례연구 중 태음인 관련 case reports는 29편, case series는 11편으로 나타났으며, 태음인 증례연구를 정리한 내용은 Table 1, 2와 같다. Table 1, 2의 혈명은 “Standard Acupuncture Nomenclature”를⁴, 처방명, 사상변증, 증상은 “WHO International Standard Terminologies on Traditional Medicine in the Western Pacific Region”과 표준한의 학용어집을 기준으로 작성하였다^{5,6}.

2. 연도별 논문과 cases 수

지난 10년간 발간된 태음인 case series는 총 11편으

로 2007년 3편이 발간된 이후 꾸준히 발간되었다. case reports는 2006년 2편이 발간된 이후 꾸준히 발간되었으며 2013년에 가장 많은 6편이 발간되었다. 10년간 게재된 총 태음인 환자 수는 182 cases로, 2008년이 91 cases로 가장 많았다 (Figure 2).

3. 태음인 환자 질병명에 따른 분류

40편의 논문에서 질병명을 언급한 논문이 38편, 질병명을 보고하지 않은 논문이 2편으로 나타났다. 38편의 논문에서 46 종류의 질병명이 언급되었는데, 고혈압, 뇌경색이 4편, 암이 3편, 약인성 간염, 비만, 파킨슨병, 진전이 2편의 논문에서 언급되었다. 2편 이상의 논문에서 언급된 질병명은 Table 3과 같다.

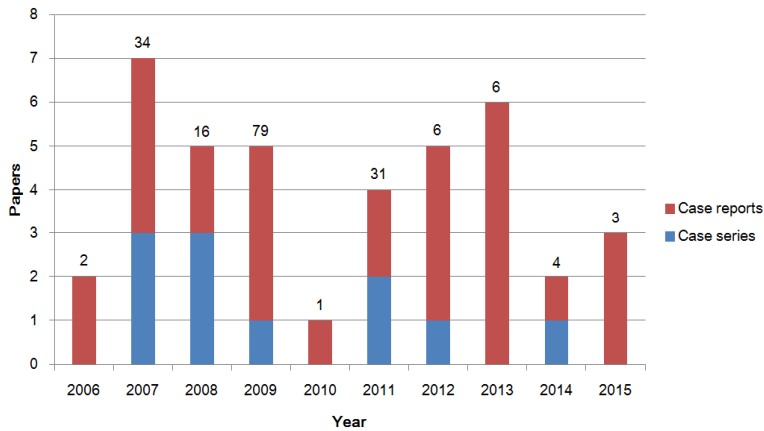


Figure 2. Study trend of taeum person papers and cases by year

Table 3. Disease of Case Reports and Case Series of Taeum Person

| Disease | Korean name | Number of papers |
|------------------------|-------------|------------------|
| Hypertension | 고혈압 | 4(10%) |
| Cerebral Infarction | 뇌경색 | 4(7.5%) |
| Cancer | 암 | 3(7.5%) |
| Drug-induced hepatitis | 약인성 간염 | 2(5%) |
| Obesity | 비만 | 2(5%) |
| Parkinson's disease | 파킨슨병 | 2(5%) |
| Tremor | 진전 | 2(5%) |

QSCC: Questionnaire for Sasang Constitution Classification.

4. 사상변증에 따른 분류

35편의 논문에서 6종류의 사상변증이 사용되었으며, 변증은 보고하지 않은 논문이 5편으로 나타났다. 태음인 간수열이열증이 14편, 태음인 조열증, 태음인 위완수한표한증이 7편, 태음인 이병조열증이 5편의 논문에서 사용되었다. 5편 이상의 논문에서 사용된 변증은 Table 4와 같다. 본 연구에서는 40편의 태음인 증례연구에 표기한 변증을 그대로 Table 1, 2로 정리하였으며, Table 4의 경우 사상변증 분류체계를 고려하여 재분류하였다.

5. 사상체질 진단 기준에 따른 분류

38편의 논문에서 태음인을 진단하는데 8 종류의 진단기준이 사용되었는데, 체질 진단기준을 보고하지 않은 논문이 2편으로 나타났다. 소증, 용모사기, 체형기상, 성질재간을 진단기준으로 사용한 논문이 38편, QSCC(Questionnaire for Sasang Constitution Classification, 이하 QSCC)를 진단기준으로 사용한 논문이 19편으로 나타났다. 10편 이상의 논문에서 사용된 진단기준

은 Table 5과 같다.

6. 중재법에 따른 분류

40편의 논문에서 총 10종류의 중재법이 사용되었는데, 한약이 40편, 침이 29편, 양약이 16편, 뜸이 12편, 부항이 5편의 논문에서 사용되었다. 5편 이상의 논문에서 사용된 중재법은 Table 6과 같다.

7. 한약에 따른 분류

40편의 논문에서 총 27종류의 한약(Herbal Medicine)이 사용되었는데, 청심연자탕이 13편, 열다한소탕이 10편, 갈근해기탕, 조위승청탕, 태음조위탕이 6편의 논문에서 사용되었다. 5편 이상이 논문에서 사용된 한약은 Table 7와 같다.

8. 평가도구

40편의 논문에서 총 30종류의 평가도구가 사용되었는데, 증상변화 측정이 30편, VAS(Visual Analogue Scale, 이하 VAS) 측정 13편, Lab 검사가 5편, GAS

Table 4. Sasang Constitutional Medicine Pattern of Case Reports and Case Series of Taeum Person

| Korean Medicine pattern(Korean name) | | Number of papers |
|--|--|------------------|
| Interior heat disease induced by the affected liver heat (간수열 이열병증) | Dry heat symptomatic pattern (조열증) | 21(52.5%) |
| | Liver heat symptomatic pattern (간열증) | 5(12.5%) |
| esophagus cold affection induced exterior cold disease (위완수한 표한증) | Esophagus cold symptomatic pattern (위완한증) | 7(17.5%) |

Table 5. Diagnosis Criteria for Taeum Person of Case Reports and Case Series

| Diagnosis criteria | Korean name | Number of papers |
|------------------------------|-------------|------------------|
| Ordinary symptom | 소증 | 38(95%) |
| Features and way of speaking | 용모사기 | 38(95%) |
| Physical appearance | 체형기상 | 38(95%) |
| Temperament and Talent | 성질재간 | 38(95%) |
| QSCC | - | 19(47.5%) |

QSCC: Questionnaire for Sasang Constitution Classification.

Table 6. Intervention of Case Reports and Case Series of Taeum Person

| Intervention | Number of papers |
|------------------|------------------|
| Herbal medicine | 40(100%) |
| Acupuncture | 29(72.5%) |
| Western medicine | 16(40%) |
| Moxibustion | 12(30%) |
| Cupping therapy | 5(12.5%) |

Table 7. Herbal Medicine of Case Reports and Case Series of Taeum Person

| Herbal Medicine | Korean name | Number of papers |
|----------------------|-------------|------------------|
| Cheongsimyeonja-tang | 청심연자탕 | 13(32.5%) |
| Yeoldahanso-tang | 열다한소탕 | 10(25%) |
| Galgeunhaegi-tang | 갈근해기탕 | 6(15%) |
| Jowiseungcheong-tang | 조위승청탕 | 6(15%) |
| Taeumjowi-tang | 태음조위탕 | 6(15%) |

(Global Assessment Scale, 이하 GAS) 측정이 4편, NRS (Numeric Rating Scale, 이하 NRS) 측정이 3편의 논문에서 사용되었다. 3편 이상의 논문에서 사용된 평가도구는 Table 8과 같다.

IV. 考察 및 結論

Lee 등의 연구에서 1989년부터 2008년까지 사상체질의학회지에 게재된 논문을 디자인별로 분류했을 때 임상연구가 47.2%, 실험연구가 12.5%, 문헌연구가 40.3%였다. 최근 10년간 사상체질의학회지 논문의 연구디자인별 비율은 임상연구가 57.2%, 실험연구가 12.7%, 문헌연구가 22.2%, 기타연구가 7.8%였다. 이를 통해 최근 10년간 이전에 비해 문헌연구 비율은 감소했고, 임상연구 비율은 증가하는 경향을 보임을 알 수 있었다.

사상체질의학회지에서 2006년부터 2015년까지 총 472편의 논문을 발표하였다. 그 중 임상연구 270편을 분류하였을 때, case reports가 84편, case series가 44편, 무작위대조군연구가 2편, 대조군연구가 4편, 설문연구가 59편, 중재법을 사용하지 않은 임상연구가 77편으로 나타났다. 증례연구 중 태음인 관련 증례연구는 40편으로 나타났으며, case reports가 29편, case series는 11편으로 나타났다. 증례연구 40편에서 총 보고된 환자 수는 182명으로 나타났다. 현재 보고된 환자 수로 질병별 태음인 환자 치료법에 대한 가이드라인을 제시하기에는 부족한 실정이다. 또한 본 연구는 사상체

Table 8. Outcome Measure of Case Reports and Case Series of Taeum Person

| Outcome measure | Number of papers |
|-----------------|------------------|
| Symptom change | 30(75%) |
| VAS | 13(32.5%) |
| Lab | 5(12.5%) |
| GAS | 4(10%) |
| NRS | 3(7.5%) |

VAS: visual analogue scale, GAS: Global Assessment Scale, NRS: Numeric Rating Scale.

질의학회지에 게재된 논문만을 대상으로 했기 때문에, 태음인 관련 모든 증례연구를 수집했다고 보기 어렵다. 따라서 향후 대한한의학회지, 한방내과학회지 등 한의 관련 전체 학회지로 조사범위를 확대한 추가적 연구수행이 필요하다.

총 40편의 태음인 증례연구 중 38편의 논문에서 46 종류의 질병명이 사용되었으며, 고혈압, 뇌경색이 4편, 암이 3편의 논문에서 언급되었다. 태음인 고혈압의 경우 간수열이열증, 이병조열증, 위원수한표한증, 조열증으로 변증하였고, 태음조위탕, 갈근해기탕, 청열강기탕, 청심연자탕, 열다한소탕을 사용하였다. 태음인 뇌경색의 경우 간수열이열증, 위원수한표한증, 조열증으로 변증하였고, 갈근해기탕, 열다한소탕, 조위승청탕, 청심연자탕, 청열강기탕, 청폐사간탕을 사용하였다. 태음인 암의 경우 간수열이열증, 온병으로 변증하였고, 갈근해기탕, 고본부평탕, 보중익기탕, 윗추출물, 작약감초탕, 청심연자탕, 태음조위탕을 사용하였다. 증례연구를 보면, 한 사람이 2가지 이상의 질병을 가지고 있는 경우도 있고, 또한 사용된 처방이 질병을 직접 치료하기 보다는 증상을 치료하는 경우도 있어서, 질병, 변증, 처방 사이의 관계를 파악하여 제시하는 것은 어려웠다.

태음인 증례연구 40편 중 38편의 논문에서 사상인 진단기준을 사용하였는데, 소증, 용모사기, 체형기상, 성질제간을 진단기준으로 사용한 논문이 38편, QSCC를 진단기준으로 사용한 논문이 19편으로 나타났다. 표준, 용모사기, 체형기상, 성정은 주관적 체질진단 기준으로 앞서 체질진단을 객관화하기 위한 음성분

석, 안면측정 등의 연구가 이루어졌으나, 임상현장에서 활용도는 낮은 것으로 보인다. 반면, QSCC의 경우 실제 임상에서 활용도가 높은 평가도구임을 확인할 수 있었다. 진단에 대한 객관성을 확보하는 것은 한의학에 대한 신뢰, 또한 해외진출을 위해서라도 매우 중요하다. 따라서 음성분석, 안면측정 기기를 통한 체질진단이 임상적 활용이 떨어지는 이유에 대한 분석을 통해 활용도를 높일 수 있도록 추가적 연구가 필요하다고 생각한다.

태음인 증례연구 40편을 증재법, 사상체질 변증, 사상체질 진단 기준, 질병, 평가도구, 결론에 따라 표로 정리하였다. 결론을 보면, 40편 논문 모두에서 정도의 차이는 있지만 체질치료가 효과가 있음을 보고하였다. 이를 통해 체질치료의 임상적 효과가 뛰어난 것을 확인했다고 판단하기에는, 논문과 환자 수가 충분하지 않다. 또한 대부분의 증례연구는 대학병원을 중심으로 이루어지기 때문에 한의 의료기관의 98%를 차지하는 한의원의 임상례는 거의 반영되지 않았다. 따라서 대학병원 또는 연구기관 차원에서 체질치료를 하고 있는 한의원의 임상례를 형식에 맞게 수집한다면, 더 많은 양의 근거를 확보할 수 있을 것이라 생각한다.

증례연구 40편에 사용된 증재법을 보면, 한약이 40편, 침이 29편, 양약이 16편, 뜸이 12편, 부항이 5편의 논문에서 사용되었다. 태음인 증례연구에서 모두 한약을 사용한 것은 『東醫壽世保元』이 체질, 변증, 처방의 구조로 서술했기 때문으로 보인다. 이처럼 사상의학에서는 한약 위주로 치료가 이루어지고 있으며, 『東醫壽世保元』에서도 체계적으로 정리가 되어 있다. 반면, 체질별 침, 뜸, 부항치료를 대해 체계적으로 정리된 자료가 없는 실정이다. 따라서 체질에 따라 한의학 치료법을 분류·적용할 수 있도록 더 많은 연구가 필요하다고 생각한다.

태음인 증례연구에 사용된 평가도구를 보면, 증상 변화 측정이 30편, VAS 측정 13편, Lab 검사가 5편, GAS 측정이 4편, NRS 측정이 3편의 논문에서 사용되었다. 대부분의 논문에서 증상변화와 VAS를 평가도

구로 사용하였는데, 이는 양의학과 같이 진단기기를 중심으로 질환을 평가하는 것이 아니라 환자의 주관적 인지에 의해 질환을 평가하는 한의학의 특성을 보여준다고 생각한다⁸⁾. 최근 한의사 의료기기 사용에 대한 논의가 활발히 이루어지고 있는데⁹⁾, 현재 한의사가 사용할 수 있는 의료기기가 극히 제한적인 상황에서 객관적 진단기기를 사용할 수 있게 된다면 한의학의 과학화와 더불어 국민에게도 큰 신뢰를 줄 수 있을 것으로 사료된다.

저자들은 지난 10년간 사상체질의학회지에 게재된 태음인 증례연구를 종합하여, 다양한 질병에 체질 치료가 적용될 수 있다는 것을 확인했지만, 논문 수가 40편으로 근거가 불충분한 것으로 보인다. 따라서 전체 학회지 검색을 통한 문헌고찰, 일선 한의원의 협조를 통한 태음인 증례자료를 수집하여 충분한 근거를 확보해야 한다고 생각한다. 또한 본 연구는 증례연구만을 대상으로 분석한 것이기 때문에, 양방치료만 한 것보다 사상치료와 양방치료를 병행한 것이 더 우수한 결과를 나타낸다는 등의 결론을 확인하기 위해서는 대조군연구나 무작위대조군연구가 필요하다고 생각한다.

V. References

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