

사상체질별 체표온에 미치는 인삼, 홍삼 및 화기삼의 영향

A Clinical Study on the Effect of Ginseng,
Red Ginseng and Western Ginseng on controlling Sasang
Constitutional Surface Body Temperature by Thermogram

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ABSTRACT

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In Oriental medicine, Ginseng had been used for many disease widely. But this effect of Ginseng can cause mild flushing or fever in some patients.

According to Sasang constitutional medicine, Ginseng is a useful prescription for Soeumin patients but it is no good for the other constitution.

This objective of this study is to examine the relationship of Sasang Constitution and the effect of Ginseng, Red Ginseng and Western Ginseng on controlling the superficial body temperature by thermogram.

We conducted this study on 18 volunteer who had no problem in health from November 2002 to January 2003. We used QSCC II Test to diagnosis the Sasang constitution.

We administrated p.o. with Ginseng, Red Ginseng and Western Ginseng extract 15g once a week and measured the axillary temperature and surface temperature of face and chest by D.I.T.I. before taking Ginseng and after 30minutes of the taking medicines.

All data were coded for computer analysis and significance were tested by Kruskal-Wallis Test, Wilcoxon Signed Ranks Test.

The axillary temperature did not significantly change by Ginseng, Red Ginseng and Western Ginseng.

Ginseng was most effective in decreasing the surface temperature of face and chest spacially in Soeumin.

Western Ginseng was most effective in increasing the ΔT between face and chest.

Key words : Ginseng, Red Ginseng, Western Ginseng, surface body temperature, D.I.T.I.