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GB/T 46939-2025

**Classification and determination of constitution in traditional
Chinese medicine**

中医体质分类与判定

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Foreword

This document complies with the provisions of GB/T 1.1-2020 "Standardization Work Guidelines Part

1. Structure and Drafting Rules of Standardization Documents". Drafting. Please note that some content in this document may involve patents. The issuing organization of this document assumes no responsibility for identifying patents. This document was proposed by the State Administration of Traditional Chinese Medicine. This document is under the jurisdiction of the National Technical Committee on Standardization of Traditional Chinese Medicine (SAC/TC478). This document was drafted by: Beijing University of Chinese Medicine, China Association of Traditional Chinese Medicine, Guangdong Provincial Hospital of Traditional Chinese Medicine, and the Monitoring and Statistics Center of the State Administration of Traditional Chinese Medicine. Heart, Changzhi Municipal Hospital of Traditional Chinese Medicine, Hubei Provincial Hospital of Traditional Chinese Medicine, Zhejiang University of Traditional Chinese Medicine, Yunnan Provincial Hospital of Traditional Chinese Medicine, Nanjing University of Traditional Chinese Medicine, Shanghai University of Traditional Chinese Medicine Affiliated Shuguang Hospital of Beijing University of Chinese Medicine, Henan Provincial Hospital of Traditional Chinese Medicine, Southern Medical University, Shenzhen Hospital of Beijing University of Chinese Medicine (Longgang), University of Macau, Hebei University of Traditional Chinese Medicine China Pharmaceutical University, Affiliated Hospital of Chengdu University of Traditional Chinese Medicine, Midong District Traditional Chinese Medicine Hospital of Urumqi, Jiangsu Provincial Hospital of Traditional Chinese Medicine, Xuanwu Hospital of Capital Medical University The hospital, Zhuhai Hospital of Guangdong Provincial Hospital of Traditional Chinese Medicine. The main drafters of this document are. Wang Qi, Li Yingshuai, Wang Ji, Bai Minghua, Li Lingru, Zheng Yanfei, Yang Zhimin, Zhu Yanbo, Ni Cheng, and Su Xiangfei. Duan Xiaojiao, Li Zongyou, Zong Qianqian, Chen Gang, Zhu Aisong, He Yuxu, Wu Chengyan, Zhou Yumei, Zhang Xiaotian, Hou Shujuan, Yang Lingling, Yang Zheng, Wang

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In 2009, TCM constitution identification was incorporated into the "National Basic Public Health Service Standards" promulgated by the former Ministry of Health, marking a significant step in the national recognition of TCM in public health services. It has been institutionalized and applied within the public health system. In the same year, the China Association of Traditional Chinese Medicine published the "Classification and Determination of Traditional Chinese Medicine Constitution" (ZYYXH/T. (157-2009) Further promotion of TCM constitution identification. TCM constitution identification has been applied in primary healthcare institutions for over

5.7 million days. The disease prevention and control program has been widely promoted in the disease prevention and control departments of 1,734 secondary and above TCM hospitals across the country, reaching hundreds of millions of people, and has been included in more than 20 national ministerial-level policies. The document has promoted the comprehensive coverage of body constitution identification services from clinical medicine and public health to the "big health" field, and has also generated international impact. Its wide-ranging influence has driven the coordinated development of related education, scientific research, and industries. To adapt to the new demands of current health services, improve the standardization and normalization of physical fitness identification, and address the existing problems in practical application... Issues such as inconsistent technical procedures and uneven service quality necessitate the establishment of a unified, scientific, and operable method for classifying and determining physical constitutions to further improve [the system/mechanism]. Its application quality and efficiency in multiple fields such as clinical diagnosis and treatment, disease prevention, public health, chronic disease management, and health promotion can better respond to... In accordance with national health policy guidelines, and to meet the growing health needs of the people. Traditional Chinese Medicine Constitution Classification and Determination

1 Scope

GB/T 46939-2025 is the Chinese national standard covering the nine constitutional types of Chinese medicine - balanced, qi-deficient, yang-deficient, yin-deficient, phlegm-damp, damp-heat, blood-stasis, qi-stagnation and special diathesis - with the questionnaire and the scoring that place a person in one. Constitution typing is the basis of preventive treatment in Chinese medicine, and this is the instrument used across the health service. First edition, under the National Administration of Traditional Chinese Medicine. It was issued on 31 December 2025 and has been in force since 1 April 2026, as a first edition. The document is under the responsibility of the National Administration of Traditional Chinese Medicine. This page is published from the official record of the 2025 edition; the

clause text of a standard this recent is not yet in circulation, and the figures, limits and tables it contains are those of the document itself, delivered in full with the English translation.

This document specifies the characteristics of the nine basic constitution types in Traditional Chinese Medicine (TCM) and the criteria for TCM constitution classification. This document applies to the classification and determination of body constitution in traditional Chinese medicine (TCM) medical practice, public health, scientific research, teaching, and the health industry, serving as a clinical reference. It serves as an important reference for practice, judgment standards, and quality assessment; it is also applicable to preventive medicine departments (centers), traditional Chinese medicine departments, integrated traditional Chinese and Western medicine departments, and health checkup centers. Medical staff in health management centers and primary healthcare institutions, primary public health doctors and staff, and those involved in teaching and researching traditional Chinese medicine constitution theory. For use by researchers and health-related personnel.

2 Normative references

This document has no normative references.

3 Terms and Definitions

The following terms and definitions apply to this document.

3.1 The morphological structure, physiological functions, psychological state, and adaptations formed during the human life process, based on innate endowment and acquired factors. A comprehensive and relatively stable inherent trait in terms of ability; it is a set of traits that humans develop during their growth and development, adapting to the natural and social environment. Individual characteristics of the human body.

3.2 Based on the different behaviors of individuals within a population, and according to certain standards and methods, the process involves sorting, analyzing, and summarizing. It is classified comprehensively and systematically into several types.

3.3 Taking human constitution as the object of cognition, we grasp the overall elements and individual characteristics of health and disease by understanding the state of constitution and the characteristics of different constitution classifications. These differences provide a foundation for formulating prevention and control principles and selecting appropriate treatment, prevention, and health maintenance methods.

3.4 biased constitution The other constitution types besides the balanced constitution among the nine basic TCM constitution types.

4.Characteristics of the 9 basic constitution types in Traditional Chinese Medicine

4.1 Peaceful temperament

4.1.1 Main Features A harmonious balance of Yin and Yang, Qi and Blood, is characterized by a moderate physique, rosy complexion, and abundant energy.

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