THE FOUR

sasang

CONSTITUTIONS

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ABOUT

Sasang constitutional medicine (SCM) is a healing system original to Korea, developed by doctor and philosopher Lee Jae-Ma in 1894. SCM diagnoses one of four constitutions using Chinese astrology. Your natal chart paints a descriptive picture of the intimate relationship yin, yang, and the five elements were in the moment you were born. This sacred moment is imprinted in your psychology and biology, carefully crafting the foundation of your internal landscape. Each constitution is characterized to either have a hot/warm or cold/cool central energy + holds an organ network system that is its strongest and weakest. Your health and vitality will peak when a diet is curated to support your constitution's inborn strengths and weaknesses.

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SO-EUM *lesser yin*

So-eum is one of the two most common constitutions. So-eum's often have an internal landscape similar to that of winter, with energy that is frozen and stagnant.

- Strongest organ - kidney
- Weakest organ - spleen
- Central energy - cold
- Diet - avoid damp + wet foods; eat plenty of warming foods

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SO-YANG *lesser yang*

So-yang is the other most common constitution. They often have an internal landscape similar to that of summer, with heat that is ever rising.

- Strongest organ - spleen
- Weakest organ - kidney
- Central energy - hot and dry
- Diet - avoid foods that increase heat and dryness + foods that strengthen the stomach and spleen; eat plenty of foods that are cooling and moistening

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TAE-EUM *greater yin*

The tae-eum constitution is less common. For this person, their cold energy has reached its peak and is about to turn yin into yang. Because of this, it's possible, though uncommon, that their central energy may be warm.

- Strongest organ - liver
- Weakest organ - lung
- Central energy - hot or cold
- Diet - eat warming or cooling foods, depending; avoid foods that strengthen the liver + eat plenty of foods that strengthen the lung

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TAE-YANG *greater yang*

Tae-yang is the rarest of the constitutions. They are most known for their excessively strong lung energy and very weak liver energy.

- Strongest organ - lung
- Weakest organ - liver
- Central energy - hot
- Diet - avoid foods or supplements that are warming + that strengthen the lung; eat plenty of cooling foods + those that strengthen the liver

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