

齐刺结合白虎摇头手法治疗梨状肌综合征 161 例临床观察

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摘要 目的:探讨针刺手法对临床疗效的影响。方法:将 161 例梨状肌综合征患者随机分为手法组 80 例和常规针刺组 81 例进行临床治疗观察。结果:手法组 80 例中治愈 61 例(76.25%),好转 13 例(16.25%),未愈 6 例(7.5%),有效率 92.5%。常规组 81 例患者中治愈 46 例(56.79%),好转 17 例(20.99%),未愈 18 例(22.22%),有效率 77.78%。经统计学处理,组间比较,差异有非常显著性($P < 0.01$)。结论:齐刺结合白虎摇头手法治疗梨状肌综合征有较好疗效。

关键词 梨状肌损伤综合征/针灸疗法

梨状肌综合征是临床常见病之一,往往多发生于中老年人。轻者臀部酸痛不适、活动不便,重者臀部疼痛剧烈、甚至从臀部放射至小腿及足部、不能行走。病程过久者则可能出现腿部肌肉萎缩而影响工作和生活。用普通针灸方法虽然也可收效,但疗程较长,治愈率不高。为提高临床疗效和进一步探讨针刺手法对临床疗效的影响。笔者自 1994 年 11 月~1999 年 12 月采用齐刺结合白虎摇头手法治疗梨状肌综合征,取得了较满意的疗效,现总结如下。

1 临床资料

161 例患者全部为门诊病例,具有典型梨状肌综合征的临床症状和体征,均符合国家中医药管理局 1994 年 6 月 28 日颁布的《中医病证诊断和疗效标准》^[1]。随机将患者分为齐刺结合白虎摇头手法组(以下简称手法组)和常规针刺组(以下简称常规组)。手法组 80 例,常规组 81 例。手法组中男 44 例,女 36 例;年龄 29~68 岁,平均年龄 46 岁;发病时间 8~331 天,平均 59 天。常规组中男 44 例,女 37 例;年龄 28~67 岁,平均年龄 45 岁。发病时间 7~336 天,平均 58 天。

根据患者疼痛的病因和性质,按中医辨证将患者分为血瘀型、风寒湿型、湿热型和肝肾亏虚型。手法组中血瘀型 24 例,风寒湿型 36 例,湿热型 12 例,肝肾亏虚型 8 例。常规组中血瘀型 25 例,风寒湿型 37 例,湿热型 11 例,肝肾亏虚型 8 例。

2 治疗及观察方法

2.1 辨证取穴:血瘀型:环跳、秩边、承扶、阳陵泉、太冲;风寒湿型:环跳、秩边、风市、承山、丰隆、昆仑;湿热

型:环跳、秩边、殷门、委中、丰隆、行间。

2.2 针刺方法:首先令患者侧卧而患侧臀部朝上,下肢微屈。常规组按上述取穴后,施以捻转提插等常规补泻手法,得气后留针 30 分钟,每日 1 次。手法组除按上述取穴外,首先以 3 寸 28 号不锈钢毫针在环跳穴先刺 1 针,然后在环跳穴左右 1 寸各刺 1 针。此 3 针均施以白虎摇头手法。具体方法是:将针捻入,并用中指拨动针体使针左右摇动,再行上提,同时进行摇振,有如用手摇铃一般,待得气后,其它腧穴再按常规组方法予以针刺,留针 30 分钟,每日 1 次。两组均治疗 12 次为 1 个疗程,共观察 3 个疗程。

3 治疗结果

3.1 疗效标准:依据国家中医药管理局制定的中医病证诊断疗效标准^[1]。治愈:臀腿痛消失,梨状肌无压痛,功能恢复正常。好转:臀腿痛缓解,梨状肌压痛减轻,但长时间行走仍痛。未愈:症状、体征无改善。

3.2 治疗结果:手法组共 80 例患者,其中治愈 61 例(76.25%),好转 13 例(16.25%),未愈 6 例(7.5%)。有效率 92.5%。常规组共 81 例患者,其中治愈 46 例(56.79%),好转 17 例(20.99%),未愈 18 例(22.22%)。有效率 77.78%。经统计学处理,组间比较差异有显著性($P < 0.01$)。

4 讨论

齐刺是《灵枢·官针》十二刺之一,“齐刺者,直入一,傍入二,以治寒气入深者。或曰三刺,三刺者,治痹气小深者也”。其主要特点是三针集合,以治痹证疼痛等邪气相对较深的疾患。而梨状肌综合征属中医痹证,其疼痛部位在臀部较深的部位而往往压迫坐骨神经,引起剧烈疼痛。用齐刺的方法三针集合直刺病所,再结合白虎摇头手法以疏导经气,加强通经活络、蠲痹止痛之作用,故能收到较好的疗效。本研究证明,如能将传统针灸手法和刺法相结合用于临床,可明显提高疗效,由于本研究例数还不够多,并仅从梨状肌综合征这一病证进行临床研究,所以还需针灸同道扩大病种,增加观察例数,以进一步开展对传统刺法和手法与临床疗效关系的研究。

参考文献

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收稿日期:2001-06-20

ABSTRACTS FROM ORIGINAL ARTICLES

Clinical observation on 161 cases of piriformis syndrome treated with triple puncture combined with white tiger shaking head method

Wu Qi

Purpose: To approach the effects of the acupuncture manipulation method on clinical therapeutic effects. **Methods:** 161 cases of piriformis syndrome were randomized into manipulation group with 80 cases and routine acupuncture group with 81 cases, and their therapeutic effects were investigated. **Results:** In the manipulation group, 61 cases (76.25%) were cured, 13 cases (16.25%) improved, and 6 cases (7.5%) were ineffective, the effective rate being 92.5%; and in the routine acupuncture group, 46 cases (56.79%) were cured, 17 cases (20.99%) improved, 18 cases (22.22%) were ineffective, and the effective rate being 77.78% with a significant difference between the two groups ($P < 0.01$). **Conclusion:** Triple puncture combined with white tiger shaking head method has a better therapeutic effect for piriformis syndrome.

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Key words: Piriformis syndrome /acup—mox ther

(Original article on page 506)

Clinical study on 202 Cases of RA treated with the method for activating blood circulation and clearing away heat

Wang Zhenqing

Purpose: To study on treatment of rheumatoid arthritis (RA) with combination of internal and external therapies. **Methods:** 322 cases of RA were randomly divided into two groups with single blind method, and they were treated respectively by the method for activating blood circulation and clearing away heat, and Fenbid and Lei Gong Teng for 6 weeks. Clinical symptoms and laboratory indexes were investigated before and after treatment. **Results:** Of 202 cases in the treatment group, 124 cases (61.38%) were markedly effective, 56 cases (27.72%) were effective, 22 cases (10.89%) were ineffective, the total effective rate being 89.10%; of 120 cases in the control group, 59 cases (49.16%) were markedly effective, 31 cases (25.83%) effective, 30 cases (25.00%) ineffective, the total effective rate being 75.00% with the treatment group being superior to the control group ($P < 0.05$). **Conclusion:** The method for activating blood circulation and clearing away heat has definite therapeutic effect on RA.

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Key words: Arthritis, rheumatoid/TCM ther activating blood circulation and clearing away heat

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Clinical observation on 30 cases of fibrosis of liver treated with Da Ding Feng Zhu

Li Weilin, Wang Caidang, Zhang Junli

Purpose: To study on clinical effect of Da Ding Feng Zhu on fibrosis of liver. **Methods:** 56 cases of chronic fibrosis of liver were randomly divided into treatment group (30 cases) and control group (26 cases). They were treated by Da Ding Feng Zhu and colchicine, respectively. Serum hyaluronic acid (HA), type III procollagen (PC-III), type IV collagen (IV-C) and laminin (LN) levels were determined and analysed before treatment and after treatment for 3 months. **Results:** HA, PC-III, IV-C and LN levels after treatment decreased significantly as compared with those before treatment ($P < 0.01$), and in the control group, only HA decreased significantly ($P < 0.05$). There was a significant difference between the two groups in PC-III, IV-C levels ($P < 0.05$), and a very significant difference in HA ($P < 0.01$). **Conclusion:** Da Ding Feng Zhu can decrease the serum indexes of fibrosis of liver, having the action of anti-liver fibrosis.

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Key words: Fibrosis of liver/TCM ther Da Ding Feng Zhu/treatment application

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Clinical observation on 38 cases of pregnancy loss with positive anti-cardiac phospholipid antibody treated with the method for activating blood circulation and removing blood stasis

Li Qiong, Lin Youwu, Lai Huihong, et al.

Purpose: To observe effects of Chinese medical herbs for pregnancy loss with anti-cardiac phospholipid antibody (ACA). **Methods:** 63 cases of positive ACA were randomly divided into the Chinese drug group (38 cases) treated by tonifying kidney and strengthening spleen, combined with activating blood circulation and removing blood stasis methods, and control group (25 cases) by vitamin C, E and folic acid. **Results:** After 3—6 months, 31 cases had the antibody turned into negative in the Chinese drug group, and 17 in the control group, with a very significant difference ($P < 0.01$). It is suggested that the Chinese drug has a better turning negative action for the patient. **Conclusion:** Obstruction of blood stasis in the Uterine Collaterals is possibly one of TCM pathogenesis and pathological causes for abortion and habitual abortion.

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Key words: Cardiac phospholipids/metabolism pregnancy complications/TCM ther activating blood circulation to remove blood stasis

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