

药灸结合治疗肾虚不孕症的临床研究

张 红* 指导: 马 志 杨宗孟* 王耀庭* 宋 勤*

摘要 应用毓麟丹内服加药灸神阙穴综合治疗辨证属肾虚的卵巢功能失调性不孕症患者 46 例,结果受孕率 47.8%,显效率 76.1%,较单纯中药治疗者为优 ($P < 0.05$)。灸疗前后的盆腔血流图显示,药灸神阙穴有增加盆腔血灌注量,改善盆腔血循环的作用 ($P < 0.01$)。

主题词 不育症,女性/针灸疗法 肾虚/针灸疗法

@药灸

不孕症是中医妇科临床常见、多发的疑难病之一,目前妇科临床多重内治而鲜有用灸疗者。我们于 1989 年 9 月至 1991 年 2 月应用内服毓麟丹加药灸神阙穴综合治疗辨证属肾虚的卵巢功能失调性不孕症患者 46 例,旨在通过系统的临床观察和分析,从中探求本病新的治疗手段。在此基础上我们还应用盆腔血流图为客观指标,探讨了药灸神阙穴的作用机理。

1 临床资料

1.1 病例选择:本文观察的 66 例,均系我院 1988 年 9 月~1991 年 2 月的门诊患者,符合《女性不孕症中西医结合诊疗标准》(试行)^[1],排除下丘脑—垂体—卵巢轴的器质性病变和其他原因导致的不孕,确诊为卵巢功能失调性不孕症,并且符合《中医妇科学》^[2]中肾虚不孕者的诊断。

1.2 治疗分为 2 组:药灸结合组 46 例,年龄最小 22 岁,最大 37 岁,平均 28.3 岁;不孕年限最短 2 年,最长 10 年,平均 3.6 年;其中原发性不孕症 36 例,继发性不孕症 10 例。单纯中药组 20 例,年龄最小 21 岁,最大 38 岁,平均 27.8 岁;不孕年限最短 2 年,最长 9 年,平均 3.5 年;其中原发性不孕症 14 例,继发性不孕症 6 例。

2 治疗方法与结果

2.1 治疗方法:药灸结合组从月经周期第 5 日

始药灸神阙穴。药用川椒、细辛,按 2:1 比例研末,每次 2.5g,以生理盐水调成糊状。嘱病人仰卧,暴露神阙穴,用酒精消毒脐孔,再将药糊填塞脐眼,取鲜姜一片如硬币厚,置于其上,然后点燃艾条,间接灸 30 分钟,后以胶布封闭脐孔,次日晨取下药物。每日 1 次,连用 10 次。并口服毓麟丹(由熟地、山药、山茱萸、菟丝子等 11 味中药组成),自经净后开始服至下次月经来潮,每日 15g,分 3 次服,白开水送下。1 个月经周期为一疗程。单纯中药组,不进行灸疗,只服用毓麟丹,其服法和疗程同上。

2.2 疗效评定标准:1 年内妊娠为痊愈;月经正常,基础体温由单相变为双相,或由不典型双相变为典型双相,但未妊娠,症状消失或明显改善为显效;治疗前后病情无明显变化为无效。

2.3 治疗结果与分析:药灸结合组 46 例平均治疗 3.1 个疗程,单纯中药组 20 例平均治疗 4.2 个疗程。附表显示,药灸结合组的受孕率 (47.8%) 明显高于单纯中药组 (20.0%),经统计学处理有显著性差异 ($P < 0.05$)。

附表 药灸结合组与单纯中药组的疗效比较

组别	总例数	痊愈例 (%)	显效例 (%)	无效例 (%)
药灸结合组	46	22(47.8)	13(28.3)	11(23.9)
单纯中药组	20	4(20.0)	9(45.0)	7(35.0)

在药灸结合治疗的 46 例中,不同疗程组和不同年龄组对疗效均无明显影响,原发性不孕和继发性不孕的组间疗效亦无显著性差异。临床不孕年限在 4 年以内者 31 例治疗后受孕 20 例 (64.5%),4 年以上者 15 例治疗后受孕 2 例 (13.3%),两个不孕年限组间的受孕率差异显著 ($P < 0.01$)。子宫内膜病理分类属分泌欠佳者 24 例,增生反应者 22 例,两者受孕率相近,而前者获显效以上疗效 22 例 (91.7%)、后者仅

* 长春医学院,长春市工农大路 15 号 (130021)

收稿日期:1991-11-13;修回日期:1992-09-29

13例(59.1%),经统计学处理有显著性差异($P < 0.05$)。此外,在药灸结合组中治疗前基础体温异常43例,治疗后31例恢复正常;治疗前月经异常40例,治疗后恢复正常29例。

2.4 灸疗神阙穴对盆腔血液循环的影响:采用石家庄市医疗仪器厂生产的Hb-3MP血流图仪,于药灸第5天,各测灸疗前后的盆腔血流图。灸疗前左、右两侧盆腔血流图正常者分别为15例、23例,灸疗后分别为44例、42例,灸疗前后左右两侧差异均非常显著(P 均 < 0.01)。观测双侧波型、波幅、血灌注量、上升角、主峰角、重搏波等指标,灸疗前后亦均有非常显著性差异(P 均 < 0.01)。

3 讨论

肾为先天之本,元气之根,主藏五脏六腑之精气,是月经正常与否的关键,并主宰着天癸的至与竭,是任通冲盛,月事以时下和妇人孕育的前提。本组46例肾虚不孕病人,疗前40例患者出现月经失调,应用补肾药治疗后,多数病人

的月经恢复正常。神阙为生气所系,内通脏腑,与肾、冲、任之关系最为密切。我们选用川椒、细辛、艾条芳香温通以畅流气血,于阴脉之要穴神阙施以温热灸,取其阴阳互化之义,结合内服毓麟丹,从而达到使肾阴阳平衡之目的。本组药灸后盆腔血流图有明显改善,可以看出药灸后可增强血管弹性,减少血管阻力,增加血灌注量,从而改善了盆腔的血循状态。究其机理可能是通过神阙穴发挥芳香温通之药性,以达冲任气血流畅,激活肾中动气,使之充盛。从现代医学角度分析其作用机理,可能是由于药灸神阙穴,使脐部皮肤感受器受到刺激,激发和调节了下丘脑—垂体—卵巢轴的功能,从而调节了神经内分泌功能,使性腺功能恢复正常。

4 参考文献

- 1 中国中西医结合研究会妇产科专业委员会. 云南中医杂志 1987;(1):4.
- 2 罗元恺,等. 中医妇科学. 上海科学技术出版社,1986.
- 3 李子军. 长春中医学院学报 1991,专辑:34.

功能性子宫出血 142 例针灸治疗观察

梁 清 湖*

功能性子宫出血为妇科常见病,表现为月经期出血量多,经期延长或不规则出血。针灸治疗此病有一定优势,笔者治疗142例取得较好疗效,现介绍如下。

1 一般资料

本组年龄16~58岁,其中16~20岁12例,21~30岁38例,31~40岁26例,41~50岁52例,51~58岁14例。未婚32例,已婚112例。病程3个月~0.5年58例,0.5~1年44例,1~2年20例,2~3年12例,3年以上8例。本组病例妇科检查均未发现明显器质性病变,经多方治疗效差而转本科治疗。

2 治疗方法

主穴取中极、隐白、太冲,头针双侧生殖区。气虚者灸百会、关元、气海,漏症加针肾俞,崩症加脾俞和双大敦,赤白带下加白环俞、小肠俞,月经不调加中髎、足三

里;痛经加条口透承山。10次为1疗程,隔日1次。1疗程完后休息1周,再进行第2或第3疗程。

3 疗效标准及结果

疗效标准:体征与症状全部消失,1年未复发者为痊愈;出血症状基本消失,有时经期延长为显效;出血好转,但时有断续淋漓血水为有效;治疗前后症状无变化,或症状虽有减轻但反复发作为无效。本组142例中,痊愈59例,显效54例,有效18例,无效11例。总有效率92.26%。

4 讨论

功能性子宫出血由多种原因引起,多见于青春期或更年期妇女,祖国医学统称为崩漏,与肝、脾、肾及冲任二脉功能失调密切相关。故本病治则是调节肝脾肾功能,摄血培元。头针生殖区以调冲任功能,太冲、隐白为肝、脾二经之穴,脾俞、肾俞调补脾肾,气海、关元、中极均属任脉。本病临床多见虚证,故虚崩多灸百会、关元、气海,往往获得满意效果。

* 江西省南昌市洪都中医院针灸科,江西省南昌市(330006)

收稿日期:1991-10-24

ABSTRACTS OF ORIGINAL ARTICLES

Observation on Goiter Treated with Topical-Xiaoying (Goiter—removing) Plaster

Wang Liqin.

The total effective rate of Xiaoying Plaster applied topically for dissipating or reducing the size of the mass was 84.34% while that of the control group was 42.9%. Animal experiment also revealed that local application of this plaster alone can markedly reduce the thyroid mass, restoring the diffuse proliferation of thyroid tissue to normal. The antigoiner effect is similar to that of oral administration of thyroid tablet.

Key Words: Thyroid goiter/TCM therapy Topical application of traditional drug

@ antigoiner plaster

Author's Address: Shandong College of TCM, Jinan, Shandong 250014, China

Acute Cerebral Hemorrhage Treated With Radix et Rhizoma Rhei Semen Lepidii seu Descurainiae Plus

Zhang Boxun, Cao Guiyuan, Wei Pengpeng

On the basis of treatment based on TCM differentiation of symptoms and signs and comprehensive therapy, comparison of the results obtained from the treatments with and without Radix et Rhizoma Rhei, Semen Lepidii seu Descurainiae were made in the treatment of acute cerebral hemorrhage. Results revealed that the tested group with the two agents was far superior to that treated with differentiation of symptoms and signs alone and the control group of comprehensive therapy alike.

Key Words: Cerebral hemorrhage/TCM therapy Radix et Rhizoma Rhei/application for treatment Semen Lepidii seu Descurainiae/application for treatment

Author's Address: Xiangfan Hospital, Air Force of PLA, Xiangfan, Hubei 441003

Study on the Elimination of Mental Fatigue with Sheyi'nao (Benefitting Shooter's Brain) No. 1 in Shooting Athlete

Peng Huirong, Zhao Guorui, Zhang Changjiu

Comprehensive observation were made on indices of mental fatigue, including EEG, blood pressure, heart rate before, during and after administration in 31 athletes of the National Shooting Training Team, divided

into Sheyi'nao No. 1 and placebo groups. Results showed that for the tested group, the function of EEG waves and visual sight were markedly improved. It also adjusted the blood pressure biphasically, improved sleep, appetite and emotion.

Key Words: Fatigue, mental/TCM therapy Sport medicine

@Sheyi'nao No. 1

Authors Address: Beijing Shooting Field, State Commission of Sports

Clinical study on Kidney—deficient Sterility Treated by Combination of Medicaments and Moxibustion

Zhang Hong

46 cases of female sterility with dysfunction of ovaries were treated by comprehensive treatment of oral administration of "Yulin" Powder and medicated—moxibustion at Shenque point. Results revealed that the rate of pregnancy was 47.8%, with a marked effective rate of 76.1%. It is superior to traditional drug treatment ($p < 0.05$). The blood—flowing graph of the pelvic cavity demonstrated that medicated—moxibustion of Shenque point was capable of increasing blood flow to the cavity and improving its blood circulation ($p < 0.01$).

Key Words: Sterility, female/acupuncture—moxibustion therapy Spleen deficiency/acupuncture—moxibustion

@ medicated moxibustion

Analysis of Gastroscopy and Clinical Diagnosis of Diseases of the Stomach in Children.

Yan Huimin, Chen Zhaoding, Li Suting, et al.

The gastric mucosa of 200 cases of children patients were divided gastroscopically into 4 types, and clinically into 5 types. The two groups shared some common points although there were some differences. It is of vital importance to combine the whole with the parts for differential for upgrading the clinical therapeutic efficacy.

Key Words: Disease of the Stomach/ diagnosis Gastroscopy

Author's Address: Beijing Children Hospital, Capital Medical College, Beijing 100045