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Clinical Observation on Regulating-Spirit Freeing-Vessels Acupuncture, Electro-Acupuncture and Repetitive Transcranial Magnetic Stimulation for 36 Cases of Geriatric Depression

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ABSTRACT Objective To observe the efficacy of regulating-spirit freeing-vessels acupuncture, electro-acupuncture (EA) and repetitive transcranial magnetic stimulation (rTMS) for geriatric depression. **Methods** Totally 72 cases of geriatric depression were randomized into the treatment group and control group, with 36 in each. Both groups were given EA and rTMS as the basic treatment. The patients in the control group were orally taken 20 mg of fluoxetine hydrochloride capsules once daily. The treatment group was added with regulating-spirit freeing-vessels acupuncture. Both groups were treated for 8 weeks. The scores of Hamilton Depression Scale were recorded before treatment and in the 2nd, 4th, 6th and 8th week after treatment. The efficacy was evaluated. **Results** The total effective rate of the treatment group and control group were 72.22% and 63.89% respectively, with no significant difference between groups ($P > 0.05$). The anxiety factor scores were significantly decreased in the 2nd, 4th, 6th and 8th week after treatment in the treatment group ($P < 0.05$) and significantly decreased in the 4th, 6th and 8th week after treatment in the control group ($P < 0.05$), with a significant difference between groups in the 2nd, 4th, 6th and 8th week ($P < 0.05$). The scores of sleep disorders factor were significantly decreased in the 4th, 6th and 8th week after treatment in the treatment group ($P < 0.05$) and significantly decreased in the 6th and 8th week after treatment in the control group ($P < 0.05$), with a significant difference between groups in the 4th and 8th week ($P < 0.05$). **Conclusion** The combo therapy of regulating-spirit freeing-vessels acupuncture, EA and rTMS is effective and safe for geriatric depression and it can obviously relieve anxiety and sleep disorders.

Keywords geriatric depression; acupuncture; regulating-spirit freeing-vessels acupuncture Hamilton Depression Scale

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易水学派学术传承暨岐轩医学培训班与第四届国际岐轩医学专题会议通知

为推动易水学派学术思想的传承与岐轩医学的交流学习, 由中华中医药学会主办, 北京岐轩医学研究院、河北易县岐轩堂医院承办的国家中医药继续教育项目“易水学派学术传承暨岐轩医学培训班”拟于 2014 年 6 月 23 日—28 日在易州清西陵“岐轩家园”召开, 同期将举办“第四届国际岐轩医学专题会议”。

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