

Clinical Observation on 120 Cases of Chronic Nonspecific Low Back Pain Treated with He's Fire Needle Therapy Combining with Filiform Needling

CHEN Peng, GUO Jing, LIU Huilin, WANG Shaosong, WANG Guiling

(Beijing Hospital of Traditional Chinese Affiliated to Capital Medical University, Beijing, 100010)

ABSTRACT Objective To observe the clinical effect of He Pu-ren's fire needling therapy combined with filiform needling on chronic nonspecific low back pain. **Methods** According to whether patients willing to receive fire needle therapy or not, 120 cases of chronic nonspecific low back pain were divided into fire needling group (n = 60) and filiform needling group (n = 60). Both groups were given filiform needle acupuncture at bilateral "Shenshu (BL23)", "Dachangshu (BL25)", "Xuanzhong (GB39)", "Shenmai (BL62)", "Kunlun (BL60)" and "Huantiao (GB30)", for 30 minutes, 3 times each week, and fire needling group was added with He's fire needling at bilateral "Shenshu (BL23)", "Dachangshu (BL25)" and "Ashi point", twice a week, before filiform needling. Treatment course of both groups was 4 weeks. Scores by Visual Analog Scale (VAS) and Roland-Morris disability questionnaire were recorded before and after treatment to evaluate clinical effect. **Results** The obvious effective rate was 75.0% in fire needling group, and 41.7% in filiform needling group. Fire needling group was superior to filiform needling group ($P < 0.01$). After treatment, the scores of VAS and Roland-Morris disability questionnaire were decreased in both group ($P < 0.05$ or $P < 0.01$), and the improvement in fire needling group was more significant than that in filiform needling group ($P < 0.01$). **Conclusion** The effect of He's fire needling therapy combined with filiform needling in treating chronic nonspecific low back pain is positive. It can significantly improve patients' symptoms and dysfunction, and it is more effective than filiform needling alone.

Keywords He's fire needling; nonspecific low back pain; acupuncture; dysfunction; visual analog scale

(收稿日期: 2014-10-20; 修回日期: 2014-12-07)

编辑: 邓 媛

第二届国际中医药临床研究新进展暨养生保健学术大会

由世界中医药学会联合会国际合作部、《世界中医药》杂志社联合主办的“第二届国际中医药临床研究新进展暨养生保健学术大会”拟于 2015 年 8 月 16 至 19 日在贵州省贵阳市举行。

1. 会议目的: 增进中医中药学术交流与合作, 促进学术水平, 提高中医现代化、国际化、标准化的进程, 促进人民身心健康, 为继承和发展中医药做贡献。

2. 会议形式: 专家演讲、大会交流、分组交流等。

3. 会议征文与研讨内容: (1) 发挥中医特色、继承老中医学学术经验的总结; (2) 中医药现代研究的新思路、新方法; (3) 中医、中西医结合临床研究和治疗的新经验、新成果; (4) 中医基础理论研究及探讨; (5) 临床应用成方及验方的治疗体会; (6) 中医食疗及药膳方法介绍及理论研究; (7) 中医养生方法及理论研究; (8) 临床应用推拿、按摩及其它理疗方法的经验; (9) 非药物康复治疗经验总结; (10) 中药新药的临床研究; (11) 中成药的合理应用; (12) 中西药合并应用的合理性和安全性; (13) 中药临床用药不良反应的分析与防范; (14) 创新药物研发规律与中药制剂创新战略; (15) 中药新药防治疑难病症; (16) 中药复方研究的思路、经验与模式; (17) 中药制剂工艺设计和质量标准化研究; (18) 中药制剂药物动力学与生物等效性的研究。

4. 征文要求: (1) 论文要求论点明确、论据充分、结构严密、层次分明、文字精炼, 具有科学性、创新性、实用性; (2) 征文经专家评审后, 录用文章将刊登在《世界中医药》杂志 2015 年增刊上(第 1、第 2 作者分别授予国家继续教育学分), 并邀请参加会议, 参加会议者颁发证书并授予国家 II 类继续教育 10 学分。

5. 注册费用: 国内代表每位 1680 元(含餐费、场地租用费、专家讲课费、会议资料、礼品、会议合影照片、参观交通费); 提前 2 个月交费者优惠 10%。

6. 投稿地址: 北京市朝阳区小营路 19 号财富嘉园 A 座 301 室世界中医药学会联合会国际合作部, 邮政编码: 100101。http://www.wfcm.org, 邮箱: 13901318403@139.com。电话: (010) 58239055; 传真: (010) 58239066, 手机: 13901318403。联系人: 王炳岐。

7. 会议日程: 2015 年 8 月 16 日报到, 2015 年 8 月 17 日至 18 日专题演讲、大会交流、参观考察, 2015 年 8 月 19 日中午 12 点前代表离会。