

针灸推拿

针刺结合尼莫地平对急性脑梗死
患者的疗效及炎症反应的影响^{*}蒋苏¹ 鲁峻² 赵高年¹ 金景¹ 降建新^{2**}

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摘要:目的 探讨针刺结合尼莫地平治疗急性脑梗死的疗效。方法 选取 2015 年 9 月~2017 年 11 月间在本院接受治疗的急性脑梗死患者 80 例作为研究对象, 将其分为接受常规治疗 + 尼莫地平治疗的对照组 43 例、接受常规治疗 + 尼莫地平 + 针刺治疗的针刺组 37 例。对比两组患者治疗前、治疗后 4 周脑血流动力学指标水平及血清中脑损伤指标、炎症反应相关指标含量的差异; 对比两组患者治疗前后中医证候评分。**结果** 治疗后 4 周, 针刺组的 Vm 水平高于对照组, PI、RI 水平低于对照组 ($P < 0.05$)。开始治疗后 4 周, 针刺组血清中 GFAP、MBP、NSE 的含量低于对照组 ($P < 0.05$)。开始治疗后 4 周, 针刺组中医证候评分及梗死部位直径均低于对照组 ($P < 0.05$)。开始治疗后 4 周, 针刺组血清中 TGF- β 1、ICAM-1、IL-8、TNF- α 的含量低于对照组 ($P < 0.05$)。**结论** 急性脑梗死患者在尼莫地平治疗同时加入针刺进行辅助治疗, 可有效优化患者脑血流状态并减轻神经损伤, 抑制患者炎症反应。

关键词:急性脑梗死; 针刺; 尼莫地平; 脑血流动力学; 神经损伤

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The Influence on the Patients' Curative Effect and
Inflammatory Response in the Treatment of Acute Cerebral
Infarction by Acupuncture and NimodipineJiang Su¹, Lu Jun², Zhao Gaonian¹, Jin Jing¹, Jiang Jianxin²

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Abstract: **Objective** To explore the curative effect of the treatment of Acute Cerebral Infarction by acupuncture and nimodipine. **Method** To select 80 hospitalized patients suffering from the acute cerebral infarction ranging from September in 2015 to November in 2017 as the objects. They are randomly divided into the regular treatment group plus Nimodipine with 43 cases and the regular treatment plus Nimodipine and acupuncture group with 37 cases. The variations in the hemodynamic index and the index of brain injury in the serum as well as the inflammatory response index before and after 4 weeks treatment are compared while the TCM syndrome scores between the two groups are compared. **Result** After 4 weeks treatment, the VM in the acupuncture group is lower than the control group ($p < 0.05$), while the GFAP, MBP and

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