

五音疗法联合头针治疗中风后抑郁 30 例

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摘要:目的 观察五音疗法联合头针治疗中风后抑郁(Post Stroke Depression, PSD)的临床疗效及可行性。方法 将中风后抑郁患者 60 例随机分为治疗组与对照组,每组各 30 例。对照组采用基础治疗结合头针治疗;治疗组在对照组的治疗方案基础上加用五音疗法治疗。在治疗前、后观察两组患者的汉密尔顿抑郁量表(HAMD)及抑郁自评量表(SDS)评分,以此评价两组临床疗效。**结果** 经两疗程治疗后,治疗组患者的 HAMD 评分及 SDS 评分均显著低于对照组($P < 0.01$),且治疗组总有效率及总显效率均高于对照组($P < 0.05$)。**结论** 五音疗法联合头针治疗中风后抑郁的疗效肯定,能够改善患者的临床症状,提高临床疗效。

关键词: 中风;抑郁;五音疗法;头针;临床研究

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An Analysis the Treatment of 30 Cases with Post – stoke Depression by Wuyin Therapy Combining with Scalp Acupuncture

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Abstract: Objective To observe the clinical curative effect and feasibility in the treatment PSD(Post – stoke Depression) by Wuyin (five – sound musical)Therapy Combining with Scalp Acupuncture. **Method** The 60 patients with PSD are randomly divided into the tretment and control groups with 30 cases in each. The former are treated by the fundamental therapy plus the scalp acupuncture, wheareas the latter is given the Wuyin Therapy based on the therapeutic schemes in the former. Before the treatment, the scores of HAMD and SDS in the two groups are evaluted whereby the clinical effectiveness are compared. **Result** After 2 courses of treatment, the scores of HAMD and SDS in the treatment group are significantly infeior to the control group($p < 0.01$), moreover, the overall effect rate in the treatment group is significantly superior to the control group($p < 0.05$). **Conclusion** The curative effect of the treatment PSD by Wuyin Therapy combining with scalp ccupuncture is confirmed and it can improve the clinical syndromes of the patients and clinical effect.

Keywords: stroke; depression; Wuyin Therapy; scalp acupuncture; clinical research

抑郁症是中风的常见后遗症之一,多发生于中风后 6 个月内。中风后抑郁(Post Stroke Depression, PSD)是以情绪低落、思维功能减退为主要特征的情感障碍疾病,常伴有失眠、自卑等临床表现。现代研究^[1]显示,中风后抑郁具有较高的致残率及致死率,其发病率高达 31.1%。最新文献报道^[2-3]指出 PSD 的发病率呈逐年增高趋势,目

前已经成为中风患者神经功能恢复及卒中复发的独立危险因素^[4]。由此可见,对 PSD 的治疗已经成为中风患者康复治疗方案中必不可少的一个环节。现代医学以黛力新等抗抑郁药作为 PSD 的主要治疗方式,但它产生的胃肠道刺激、循环系统障碍及记忆力减退等不良反应将对患者产生实质性损害^[5]。部分研究^[6]指出针刺头部穴位可改善脑

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