

八段锦对骨质疏松症患者 干预效果的研究分析^{*}

卢丹丹¹ 姚洁¹ 刘芳¹ 刘倩²

(1. 陕西中医药大学, 陕西 咸阳 712046; 2. 西安交通大学第二附属医院, 陕西 西安 710004)

摘要:随着人口老龄化的发展,骨质疏松症的患病率在逐年增高,这大大增加了中老年人群的残疾率,给家庭和社会带来了沉重的负担。八段锦是我国传统的中医健身气功,其动作柔和缓慢,可疏经通络、调节气血,适合大多数人进行锻炼。结合文献,论述了八段锦对骨质疏松症患者的干预效果,以期八段锦在骨质疏松症干预中的研究提供参考。

关键词:八段锦;骨质疏松症;骨密度;血清骨钙素;碱性磷酸酶;血钙;血磷;疼痛;干预效果

中图分类号:R247.4 **文献标识码:**A **文章编号:**1672-0571(2021)01-0006-04

DOI:10.13424/j.cnki.mtcm.2021.01.002

Research Progress on Intervention Effects of Baduanjin on Patients with Osteoporosis

LU Dan-dan¹, YAO Jie¹, LIU Fang¹, LIU Qian²

(1. Shaanxi University of traditional Chinese medicine, Shaanxi Xianyang 712046, China;

2. The Second Affiliated Hospital of Xi'an Jiaotong University, Xi'an 710004, China)

Abstract: With the development of aging population, the prevalence of osteoporosis is increasing year by year, which greatly increases the disability rate of middle-aged and elderly people, and brings a heavy burden to the family and society. Baduanjin is a traditional Chinese Medicine Health Qigong. Its action is gentle and slow which can dredge meridians, regulate Qi and blood. It is suitable for most people to exercise. This paper mainly discusses the intervention effects of Baduanjin on osteoporosis patients, in order to provide reference for the study of Baduanjin in the intervention of osteoporosis.

Key words: Baduanjin; Osteoporosis; Bone mineral density; Serum osteocalcin; Alkaline phosphatase; Blood calcium; Blood phosphorus; Pain; Intervention effects

骨质疏松症(Osteoporosis, OP)是一种全身退行性骨骼疾病,指由于骨密度不断减少而引起骨的脆性增加,易导致骨折的一种骨代谢疾病^[1],也是老年男性和绝经后女性发生骨折的重要原因。近年来,随着人口老龄化的加剧,骨质疏松症的患

病率在逐年上升^[2],据统计,50岁以上人群骨质疏松症的患病率约为19.2%,65岁以上女性的患病率更是高达51.6%^[3],而骨质疏松症的严重并发症之一骨折的高致残性更是影响了患者的生活质量,也给家庭和社会带来了沉重的负担^[4]。目前

* 基金项目:陕西省教育厅科学研究计划项目(20JK0603);咸阳市科技计划项目(2018K02-115);陕西中医药大学学
科创新团队(2019-PY03)