

艾灸至阴穴结合胸膝卧位矫正臀位妊娠的临床研究

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摘要:**目的** 探讨艾灸至阴穴结合胸膝卧位矫正臀位妊娠的疗效。**方法** 将 210 例臀位妊娠孕妇随机分成治疗组和对照组,每组均为 105 例,治疗组采用艾灸至阴穴结合胸膝卧位法治疗,对照组采用膝胸卧位法治疗,观察周期为 14 天。**结果** 治疗组治疗有效率为 88.57%。对照组治疗有效率为 66.67%,两组有效率差别有统计学意义($P<0.05$)。**结论** 艾灸至阴穴结合胸膝卧位矫正臀位妊娠有效率高于单纯膝胸卧位法。

关键词: 艾灸;至阴穴;胸膝卧位;臀位
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Moxibustion on Acupoint Zhiyin in Combination with Lying Position of Knees: Clinical Researches on Its Application to Correction of Breech Pregnancy

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Abstract Objective To discuss the therapeutic effects of Moxibustion on acupoint Zhiyin in combination with lying position of knees to correction of breech presentation. **Methods** 210 breech pregnancy women were randomly divided into 2 groups, the treatment group and control group, 105 cases in each group. The treatment group uses the method of Moxibustion on acupoint Zhiyin, in combination with lying position of knees and the control group uses the way of knee - chest position. The observation period is 14 days. **Result** The effective rate of treatment group is 88.57% and control group is 66.67%. The distinction of effective rate between the two groups has statistical significance ($P<0.05$). **Conclusion** The effective rate of moxibustion on acu - point Zhiyin in combination with lying position of knees is higher than only knee - chest position.

Key words Moxibustion, Acupoint Zhiyin, lying position of knee breech

臀位是胎位异常的一种,是造成剖宫产的主要原因之一,于妊娠 30 周前,臀先露多能自行转为头先露,若 30 周后仍为臀位应予以矫正。如在孕 30 周~34 周及时发现胎位异常,予以艾灸结合胸膝卧位矫正胎位治疗,可明显降低剖宫产率及产时并发症。对我院 2012 年 2 月~2015 年 4 月产科门诊产检确诊的 210 例臀位妊娠孕妇,采用随机分组,治疗组 105 例采用艾灸结合胸膝卧位法矫正胎位,对照组 105 例患者采用传统胸膝卧位法矫正胎位,观察周期均为 2 周,结果发现治疗组有效率高

于对照组,并且见效快,疗效可靠,现总结如下:
1 一般资料
病例选取陕中二附院 2012 年 2 月~2015 年 4 月产科门诊产检确诊的 210 例臀位妊娠孕妇,患者年龄 22 岁~35 岁,孕周在 30 周~34 周,在取得孕妇及家属同意情况下,按就诊时间随机分为治疗组和对照组,每组患者均为 105 例,治疗组采用艾灸结合胸膝卧位法矫正胎位,对照组予以单纯胸膝卧位法矫正胎位。初产妇 188 例,经产妇 22 例。纳入标准:胎儿 B 超确诊为臀位。排除标准:孕妇无