

针灸推拿

双侧 C3 - C5 夹脊穴叩刺治疗
中风后顽固性呃逆 27 例

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摘要:目的 观察梅花针叩刺双侧 C3 - C5 夹脊穴治疗中风后顽固性呃逆的临床疗效。方法 选取广东省第二中医院针灸康复科住院期间符合研究纳入标准的中风后顽固性呃逆患者 54 例,按照随机数字表法随机分为对照组及治疗组,每组各 27 例。对照组采用甲氧氯普胺注射液于一侧臀部深层肌肉肌注治疗,治疗组采用双侧 C3 - C5 夹脊穴循行叩刺治疗,连续治疗 7 天后观察两组临床疗效差异,并比较两组治疗前、后呃逆症状评分、生活质量评分。结果 经治疗后,两组呃逆症状评分均较前有所降低,且治疗组评分降低更明显,差异具有统计学意义($P < 0.05$);两组患者在饮食、精神及睡眠方面的评分均较前明显增高,且治疗组各项评分增高程度均显著优于药物组,差异具有统计学意义($P < 0.05$);两组临床疗效分布及平均秩次差异提示治疗组临床效果更佳,差异具有统计学意义($P < 0.05$)。结论与甲氧氯普胺注射液肌注相比较,双侧 C3 - C5 夹脊穴叩刺治疗中风后顽固性呃逆的临床效果更佳,在呃逆症状及生活质量改善上效果更明显。

关键词: 中风;顽固性呃逆;梅花针;夹脊穴;叩刺

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Clinical Observation of Bilateral C3 - C5 Jiaji Point Tapping
in the Treatment of Intractable Hiccup after Stroke

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Abstract Objective: To observe the clinical effect of pynex tapping of bilateral C3 - C5 Jiaji Point in the treatment of intractable hiccup after stroke. **Method:** 54 patients in the Department of Acupuncture and Moxibustion of the Second Affiliated Hospital of Guangdong with intractable hiccup after stroke who met the criteria included in the study were randomly divided into control group and treatment group with 27 cases in each according to random number table method. The control group was treated with metoclopramide injection into deep muscles of one side of the buttock. The treatment group was treated with bilateral C3 - C5 Jiaji point tapping along the line. After 7 consecutive days of treatment, the difference of clinical efficacy between the two groups was observed, and the scores of hiccup symptoms and quality of life before and after treatment were compared between the two groups. **Result:** After treat-

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