

针灸推拿

腕踝针结合针刺夹脊穴对腰椎间盘突出症患者痛阈、血浆 5-HT 的影响^{*}窦群立¹ 杨萍^{1**} 董博¹ 袁普卫¹ 朱添² 刘继华¹ 李小群¹

(1. 陕西中医药大学附属医院, 陕西 咸阳 712000; 2. 陕西中医药大学第二附属医院, 陕西 咸阳 712000)

摘要:目的 观察腕踝针结合针刺夹脊穴对腰椎间盘突出症患者痛阈、血浆中 5-羟色胺(5-HT)的影响。方法 将 82 例符合纳入标准的腰椎间盘突出症患者随机分为针刺夹脊穴联合腕踝针组(治疗组 41 例)和针刺夹脊穴治疗组(对照组 41 例),观察治疗前后两组的痛阈、血浆中 5-HT 含量。结果 ①末次治疗后两组患者的痛阈均有明显提高($P < 0.05$),治疗组优于对照组($P < 0.05$)。②两组患者末次治疗后血浆中的 5-HT 含量均低于治疗前($P < 0.05$),治疗组降低更明显,两组比较具有显著差异($P < 0.05$)。结论 针刺夹脊穴联合腕踝针疗法能显著提高腰椎间盘突出症患者痛阈,其作用机理可能与降低外周血浆中的 5-HT 含量有关。

关键词: 夹脊穴;腕踝针;腰椎间盘突出症;痛阈;5-HT

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Effect of Wrist - Ankle Acupuncture Combined with Acupuncture at Jiaji Acupoints on the Threshold of Pain and Plasma 5-HT in Patients with Lumbar Disc Herniation

Dou Qunli¹, Yang Ping¹, Yuan Puwei¹, Zhu Tian², Liu Jihua¹, Li Xiaoqun¹

(1. The Affiliated Hospital of Shaanxi University of Chinese Medicine, Xianyang Shaanxi 712000

2. The Second Affiliated Hospital of Shaanxi University of Chinese Medicine, Xianyang Shaanxi 712000)

Abstract: Objective To observe the effect of wrist - ankle acupuncture combined with acupuncture of Jiaji acupoints on the threshold of pain and plasma serotonin (5-HT) in patients with lumbar disc herniation. **Methods** 82 patients with lumbar disc herniation who met the inclusion criteria were randomly divided into acupuncture Jiaji acupoints combined with wrist ankle acupuncture group (treatment group 41 cases) and acupuncture Jiaji points treatment group (control group 41 cases), then observe the value of pain threshold and 5-HT volume in plasma of the two groups before and after treatment. **Results** ① After the final treatment, the pain threshold of the two groups were significantly increased ($P < 0.05$), and the treatment group was better than the control group ($P < 0.05$). ② The levels of 5-HT in the plasma of the two groups of patients after the final treatment were lower than those before the treatment ($P < 0.05$), and the decrease in the treatment group was more obvious. There was a significant difference between the two groups ($P < 0.05$). **Conclusion** Acupuncture at Jiaji acupoints combined with wrist - ankle acupuncture can significantly increase the pain threshold of patients with lumbar disc herniation and the mechanism of action may be related to the reduction of 5-HT volume in peripheral plasma.

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** 通讯作者:杨萍,本科,主管护师。E-mail:1178683337@qq.com