

# 针灸结合梅花针叩刺、拔罐治疗带状疱疹后遗神经痛临床观察<sup>\*</sup>

王明明<sup>1</sup> 蔡圣朝<sup>2</sup>

(1. 安徽中医药大学, 安徽 合肥 230038; 2. 安徽省针灸医院, 安徽 合肥 230061)

**摘 要:** **目的** 比较针灸结合梅花针叩刺、拔罐与西药治疗带状疱疹后遗神经痛的疗效差异。 **方法** 将 78 例带状疱疹后遗神经痛患者按照随机数表法分为治疗组 39 例、对照组 39 例, 治疗组给予针灸结合梅花针叩刺、拔罐治疗, 对照组给予口服卡马西平、甲钴胺片、维生素 B1 治疗, 治疗 3 个疗程后观察两组治疗前后疼痛 (VAS) 评分及临床疗效。 **结果** 治疗前后 VAS 评分组间与组内之间差异都具有统计学意义  $P<0.05$ ; 治疗组总有效率 89.74% 高于对照组 69.23%, 差异有统计学意义 ( $P<0.05$ )。 **结论** 针灸结合梅花针叩刺、拔罐对带状疱疹后遗神经痛症状的改善及总的临床疗效优于西药治疗。

**关键词:** 神经痛; 针灸; 并发症; 拔罐; 梅花针

**中图分类号:** R 752.1<sup>+</sup>2 **文献标识码:** A **文章编号:** 2096-1340(2017)01-0056-04

**DOI:** 10.13424/j.cnki.jsctcm.2017.01.021

## Clinical observation of Acupuncture combined with plum blossom needle tapping and cupping treatment to shingles neuralgia

Wang Mingming<sup>1</sup>, Cai Shengchao<sup>2</sup>

(1. Henan University of Chinese Medicine, Hefei 230038, China;

2. Anhui Acupuncture and Moxibustion Hospital, Hefei 230061, China)

**Abstract Objective** To compare the curative effects of acupuncture combined with plum blossom needle tapping, cupping and western medicine on postherpetic neuralgia. **Methods** 78 patients with postherpetic neuralgia were randomly divided into treatment group (39 cases) and control group (39 cases). The treatment group was treated with acupuncture combined with plum blossom needling and cupping therapy. The control group was given oral carbamazepine, VAS score and clinical curative effect were observed after treatment for 3 courses of treatment. **Results** The difference of VAS score between the two groups was statistically significant ( $P<0.05$ ). The total effective rate was 89.74% in the treatment group and 69.23% in the control group, the difference was statistically significant ( $P<0.05$ ). **Conclusion** The acupuncture combined with plum-blossom needle tapping and cupping can improve the symptoms of postherpetic neuralgia, and the total clinical curative effect is better than western medicine.

**Key words** neuralgia; acupuncture; complication; cupping

带状疱疹 (Herpes Zoster) 是由带状疱疹病毒 (VZA) 引起沿周围神经分布的多个簇集水疱群的病毒性皮肤病。带状疱疹后遗神经痛 (postherpetic

neuralgia, PHN) 是部分患者遗留顽固性神经痛, 研究表明 PHN 的发病率约为 20%, 近年的该病发病率在世界范围内有逐渐上升趋势<sup>[1]</sup>。目前西医常

<sup>\*</sup> 基金项目: 蔡圣朝名医传承工作室 (国中医药人教发[2014]20 号)