

小针刀松解配合疏肝活血汤 治疗带状疱疹后遗神经痛 40 例^{*}

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摘要: **目的** 观察小针刀松解配合疏肝活血汤治疗带状疱疹后遗神经痛患者的临床疗效。 **方法** 对2011年7月~2017年2月陕西中医药大学附属医院和咸阳市第一人民医院门诊和住院部的80例带状疱疹后遗神经痛患者,按随机数字表法随机分为治疗组和对照组各40例患者。治疗组采用针刀松解夹脊穴和病变局部环形松解配合疏肝解郁汤治疗,对照组采用维生素B₁20mg、维生素B₁₂50ug口服,每日三次,连续治疗三周,观察两组患者治疗前后的疼痛、疗效评分的变化。 **结果** 治疗组总有效率95.00%,对照组总有效率72.50%,两组间总有效率比较差异有统计学意义($P < 0.01$)。两组治疗前后VAS评分比较,治疗前两组积分没有显著性差异($P > 0.05$)。治疗后治疗组疼痛减轻评分明显优于对照组评分,差异有统计学意义($P < 0.05$)。 **结论** 小针刀松解配合疏肝活血汤治疗带状疱疹后遗神经痛疗效确切,复发率低,费用低廉,操作简便,安全性高,可在临床推广应用。

关键词: 小针刀; 夹脊穴; 疏肝活血汤; 带状疱疹后遗神经痛

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Treatment of 40 Cases of Postherpetic Neuralgia with Small – Needle – Knife Release Combined with Shugan Huoxue Decoction

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Abstract Objective: To observe clinical effect of small – needle – knife release and Shugan Huoxue decoction in treating postherpetic neuralgia. **Method:** A retrospective analysis was made on 80 cases of postherpetic neuralgia in outpatient and inpatient departments of the Affiliated Hospital of Shaanxi University of Chinese Medicine and The First People's Hospital of Xianyang from July 2011 to February 2017. By random number table, the 80 patients were divided into treatment group and control group with 40 cases in each. The treatment group were given small – needle – knife release on Jiaji acupoint and annular release on local lesion as well as Shugan Jieyu Decoction. The control group were orally given 50ug of vitamin B₁₂ for 3 times a day and the treatment lasted for 3 weeks. Finally, changes of the pain and curative effect

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