

# “肾俞五十七穴”穴位埋线治疗脾肾两虚型肥胖症 60 例

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**摘要:**目的 观察古书经典配方“肾俞五十七穴”穴位埋线治疗脾肾两虚型肥胖症患者的临床疗效。方法 以 60 例患者为观察对象, 分成两组, 治疗组使用穴位埋线, 对照组则使用伪埋线, 每组各 30 例。疗程结束后观察两组治疗前与治疗后在体重、BMI、腰围、臀围、腰/臀比、身体脂肪率等方面的变化及中医症候积分的改变, 进行疗效评定。结果 治疗结束后, 对照组的有效率仅为 36.67%, 治疗组的有效率可达 93.33%, 表明相对于对照组, 治疗组的有效率更高; 在肥胖患者体重、腰围、臀围、WHR、BMI、F% 指标下降方面和中医症候积分方面, 治疗组相对于对照组下降的更为显著 ( $P < 0.05$ )。结论 “肾俞五十七穴”穴位埋线治疗脾肾两虚型肥胖症具有确切的疗效。应用古书经典配方“肾俞五十七穴”, 为治疗该疾病提供一种可供临床选择的治疗方法。

**关键词:** 穴位埋线疗法; 肾俞五十七穴; 肥胖症

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## Observation on Curative Effect of 60 Cases of Obesity Caused by Spleen and Kidney Deficiency by Atgut Embedding Therapy at Fifty – seven Points of Shenshu

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**Abstract Objective:** To observe the clinical effect of “atgut embedding therapy at fifty – seven points of Shenshu” in treating obesity caused by spleen and kidney deficiency. **Method:** 60 patients were divided into two groups, with 30 cases in each. Catgut embedding therapy was used in catgut embedding group, while the control group was treated with pseudo embedding thread. After the treatment, the changes of body weight, BMI, waist circumference, arm circumference, waist / hip ratio, body fat percentage and the change of TCM syndrome score before and after treatment were observed and the curative effect of the two groups was evaluated. **Result:** After the treatment, the effective rate was only 36.7% in the control group and 93.3% in the catgut embedding group, showing that the catgut embedding group was more efficient than the control group. The embedding group decreased more significantly than the control group in terms of weight, waist circumference, hip circumference, WHR, BMI, F% index decline and TCM syndrome score. **Conclusion:** “Atgut embedding therapy at fifty – seven points of Shenshu” is effective in treating obesity caused by spleen and kidney deficiency. So the classic therapy of “atgut embedding therapy at fifty – seven points of Shenshu” provides a clinically selectable treatment for the disease.

**Keywords** acupoint atgut embedding therapy; “atgut embedding therapy at fifty – seven points of Shenshu”; obesity

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