

针刺十三鬼穴治疗中风后失眠的临床研究^{*}

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摘要:目的 评价针刺十三鬼穴治疗缺血性中风后气虚血瘀型不寐的临床疗效。方法 将80例入选患者分为十三鬼穴治疗组和常规针刺对照组,各40例,并治疗前后进行匹兹堡睡眠质量量表(PSQI)、汉密尔顿焦虑量表(HAMA)和汉密尔顿抑郁量表(HAMD)疗效评定,治疗后观察临床疗效。结果 两组患者经治疗后睡眠功能均有明显改善,PSQI得分、HAMD及HAMA评分比治疗前都有下降,差异有统计学意义($P < 0.05$),且治疗组愈显率(80.00%)优于对照组(65.00%)。结论 针刺十三鬼穴治疗缺血性中风后气虚血瘀型不寐具有良好疗效。

关键词: 中风后遗症;失眠;针刺疗法;十三鬼穴

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Clinical Effects of Thirteen Evil Acupoints on Apoplectic Sequelae Anhypnosis

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Abstract Objective: To evaluate curative effects of needling the thirteen evil acupoints (13 points effective for mental diseases) on insomnia of ischemic stroke patients classified into the type of qi deficiency and blood stasis. **Method:** Totally 80 patients according with condition were evenly divided into treatment and control groups respectively administered acupuncture on the thirteen evil acupoints and other conventional points, and finally the before - and after - treatment sleep quality were evaluated by PSQI, HAMA and HAMD to discover the therapeutic effects. **Results:** The sleep quality of patients in both group significantly improved after acupuncture; PSQI, HAMA and HAMD scores after treatment were lower than those before treatment, and the difference has statistical meaning ($P < 0.05$), meanwhile cure - remarkable - effectiveness rate of treatment group (80.00%) is higher than that of control group (65.00%). **Discussion:** It is clinically excellent for insomnia patients of ischemic stroke belonging to qi - deficiency and blood - stasis type to needle the thirteen evil acupoints.

Keywords sequela of apoplexy, anhypnosis, acupuncture therapy, the thirteen evil acupoints

失眠是中风病人常见的并发症。有调查表明,失眠在脑卒中后3~4个月的稳定阶段是普遍存在的^[1]。失眠不仅引起患者精神生理失调,还

可加重躯体症状,并影响康复过程。目前现代医学治疗脑梗死后失眠多采用镇静催眠类药物,但是该类物质有一定副作用,且仅近期疗效好,长期

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