

长针深刺背俞穴改善慢性萎缩性胃炎的临床研究*

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摘要:目的 观察长针深刺背俞穴改善慢性萎缩性胃炎中医症状的临床疗效。方法 将120例患者随机分为常规西药组40例、常规针刺组40例、长针深刺组40例,于治疗2周末、4周末对3组病人的中医症状积分进行评价。结果 常规针刺组对胃脘胀满、疼痛疗效显著,对恶心呕吐、胁肋窜痛、饮食及大便不畅有改善趋势;常规西药组能有效缓解嗳气反酸症状,对胃脘胀满及恶心呕吐有缓解趋势;长针深刺组能有效改善胀满、疼痛、嗳气反酸等症状,同时对恶心呕吐、胁肋窜痛、饮食及大便有效改善趋势。对于胃脘胀满方面,常规针刺组及长针深刺组均可以缓解胀满症状,常规西药组有减轻胀满趋势。结论 长针深刺背俞穴可显著改善慢性萎缩性胃炎的中医症状,疗效优于常规针刺、西药,且安全、无明显不良反应,适合临床推广。

关键词:长针;深刺;背俞穴;慢性萎缩性胃炎。

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Clinical Observation on the Deep Acupuncture Back – shu Point with Long Needles in improving TCM Symptoms of Chronic Atrophic Gastritis

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Abstract: Objective: To observe the clinical effect of deep acupuncture back – shu point with long needles in improving TCM symptoms of chronic atrophic gastritis. **Methods:** 120 cases were randomly divided into three groups with 40 cases in each: conventional western medicine group, conventional acupuncture group, deep acupuncture with long needles group. And scores of TCM symptoms of the three groups were evaluated at the end of the second and the fourth week respectively. **Conclusion:** Deep acupuncture back – shu point with long needles can significantly improve TCM symptoms of chronic atrophic gastritis, the clinical effect is better than conventional acupuncture and western medicine, besides, it is safe with no obvious adverse reaction and suitable for clinical promotion.

Keywords: long needle, deep acupuncture, back – shu point, chronic atrophic gastritis

慢性胃炎是指不同病因引起的各种慢性胃黏膜炎性病变^[1],其发病率在各种胃病中居首位,包含浅表性胃炎、萎缩性胃炎、特殊类型胃炎^[2],萎

缩性胃炎(chronic atrophic gastritis, CAG)常伴有胃肠上皮化生和异型增生(ATP),资料显示CAG癌变率为2.55%~7.44%^[3-5]。自2014年06月~

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