

# “泥丸内八阵”法治疗前庭周围性眩晕残余症状\*

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**摘 要:**目的 探讨“泥丸内八阵”治疗前庭周围性眩晕残余症状临床有效性。方法 30例前庭周围性眩晕患者视物旋转症状完全缓解后,运用“泥丸内八阵”针刺治疗,7天1个疗程,观察4个疗程治疗前后的判定疗效。结果 通过统计学分析眩晕残障量表(DHI)评分证实,总改善率占53.33%(16/30),其中明显改善率达6.67%(2/30),中度改善26.67%(8/30),轻度改善占20.00%(6/30),无效46.67%(14/30),无恶化病例。每周治疗后,进行DHI评分发现,各周治疗之间具有明显统计学差异( $p < 0.01$ ),第一疗程后DHI评分下降最大,余各疗程后评分下降平稳,且评分下降程度均有统计学意义( $P < 0.05$ )。结论 “泥丸内八阵”法针灸治疗,可以明显改善患者眩晕残余症状,持续四周治疗,帮助患者尽快消除眩晕残留症状,利于前庭功能康复。

**关键词:**前庭周围性眩晕;残余症状;针刺治疗

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## Treatment of Vestibular Peripheral Vertigo Residual Symptoms by Niwan Neiba Array

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**Abstract** Objective: to investigate clinical validity of the treatment of vestibular peripheral vertigo residual symptoms by Niwan Neiba Array. Method: 30 cases of completely relieved peripheral vestibular vertigo patients were given "Niwan Neiba Array" acupuncture treatment and the curative effect after 4 courses of treatment was determined with 7 days a course. Result: Statistical analysis of the Dizziness Handicap Inventory (DHI) score confirmed that the overall improvement rate was 53% (16/30), with a significant improvement rate of 6.67% (2/30), moderate improvement of 26.67% (8/30), mild improvement accounted for 20.00% (6/30), invalid 46.67% (14/30), no worsening cases. After weekly treatment, the DHI score found that there was a significant statistical difference between each treatment ( $p < 0.01$ ). After the first course of treatment, the DHI score decreased the most, and the score decreased steadily after the rest of the courses and with statistical significance ( $P < 0.05$ ). Conclusion: "Niwan Neiba Array" acupuncture treatment can significantly improve patients' residual symptoms of dizziness, continuous treatment for four weeks can help patients eliminate vertigo residual symptoms as soon as possible, and help the recovery of vestibular function.

**Key words** vestibular peripheral vertigo, residual symptom, acupuncture treatment