

补肾更年期方联合雷射针刺治疗 阴虚火旺型更年期失眠 39 例^{*}

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摘要:目的 评价补肾更年期方联合雷射针刺治疗阴虚火旺型失眠症的临床疗效。方法 将78名阴虚火旺型更年期失眠患者随机分为补肾更年期方联合雷射针刺治疗组39例, 药物对照组39例, 连续治疗2个疗程, 治疗结束后, 对匹兹堡睡眠质量指数量表评分、生活质量评分、睡眠质量分级情况以及总有效率进行组内和组间比较。结果 对于匹兹堡睡眠质量指数量表评分、生活质量评分、睡眠质量分级情况, 两组治疗前后均有显著性差异($P < 0.05$); 补肾更年期方结合雷射针刺能够显著降低匹兹堡睡眠质量指数量表总分、入睡时间、睡眠时间和睡眠质量得分, 提高总体健康、生理功能、情感职能、精神健康、活力等生活质量评分, 改善睡眠质量Ⅰ级-Ⅱ级、Ⅳ级-Ⅴ级情况, 提高治疗总有效率, 对以上诸方面的改善均优于对照药物右佐匹克隆($P < 0.05$)。结论 补肾更年期方联合雷射针刺治疗阴虚火旺型失眠症疗效优于右佐匹克隆。

关键词: 补肾更年期方; 雷射针刺; 更年期; 失眠; 阴虚火旺

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Treatment of 39 Cases of Menopausal Insomnia with Yin Deficiency and Fire Excess by Bushen Gengnian Recipe Combined with Laser Acupuncture

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Abstract Objective: To evaluate the clinical effect of Bushen Gengnian recipe combined with laser acupuncture in treating menopausal insomnia with yin deficiency and fire excess. **Method:** 78 cases of menopausal insomnia with yin deficiency and fire excess were randomly divided into "Bushen Gengnian recipe and laser acupuncture" group (39 cases) and control group (39 cases), and were treated for 2 weeks. After the treatment, Pittsburgh sleep quality index scale, quality of life scores, sleep quality ratings, and total effectiveness were compared within and between groups. **Result:** For the Pittsburgh sleep quality index scale, quality of life score, and sleep quality classification, there were significant differences before and after treatment in the two groups ($P < 0.05$). The combination of Bushen Gengnian recipe and laser acu-

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