

名医经验

药枕治疗颈椎病78例

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摘要 本文介绍以推拿、药物治疗为对照组,推拿、药物、药枕为观察组,治疗78例颈椎病人,统计疗效为药枕组94.56%,对照组83.78%, ($P < 0.05$)。疗程方面,观察组较对照组为短 ($P < 0.025$),说明药枕有助于颈椎生理弧度的恢复,可作为颈椎病的治疗方法之一。

关键词 颈椎病 推拿 中药 药枕 颈椎生理弧度

为提高临床疗效,我们在原有治法的基础上,加用药枕,分组观察颈椎病人78例,分析讨论如下。

临床资料

1989年5月~1990年5月门诊治疗颈椎病人共78例,男32例,女46例;年龄28~70岁,其中40~59岁共50例,占64.1%;病程最短4天,最长10年。

诊断标准及分组方法

根据病史,症状及体征,X片,按1984年5月在桂林召开的颈椎病专题座谈会所制定的“颈椎病诊断标准”⁽¹⁾,颈型14例,神经根型48例,椎动脉型8例,混合型8例(混合型为“颈椎病诊断标准”所未载)。

分组方法:按就诊先后次序,单号为药枕组,双号为对照组。药枕组41例,对照组37例。

治疗方法

药枕组:①理筋手法:有点按、拿捏、擦法、拔伸旋转法等,每周2~3次。②口服中成药:连续服用复方丹参片,部分病人加服大活络丹或颈复康冲剂。③药枕。对照组:①,②二项同药枕组,但不用药枕。药枕规格:灯芯绒面料,长38cm,直径10cm的长园形枕,内填中药。药枕处方:侧柏叶 艾叶 野菊花 夏枯草 桑叶 晚蚕砂 稽豆衣 仙灵脾 通草 薄荷 苏梗 苍术 另以丁香 官桂 山奈 草拨 冰片 樟脑 粉碎混匀,另包一小袋,

与上药共填枕中。疗程:每周治疗2~3次,记录症状1次。5星期为一疗程。

疗效标准及治疗结果

疗效标准:优:主要症状、体征消失或基本消失,恢复病前工作能力,X片除骨赘外恢复正常。良:主要症状、体征基本消失,劳累后有轻度不适,但不影响工作,X片除骨赘外有明显改善。好转:自觉症状减轻,X片除骨赘外有改善。无效:症状不减轻。

治疗结果:药枕组效果属优者14例,良15例,好转11例,无效1例,有效率为93.56%;对照组分别为11,11,9及6例,有效率为83.78%,两组比较 $P < 0.05$ 。

我们还统计了颈型、神经根型、椎动脉型、混合型对疗效的关系,也统计了各年龄与疗效的关系,均为 $P > 0.05$,说明对疗效均无明显影响。

通过每周记录一次病人的主诉症状及体征,发现药枕组在治疗二星期后,很多病人已有满意的效果,而对照组则多数在治疗四星期后才有满意的效果,经显著性检测 $P < 0.025$,说明药枕组不仅提高疗效,而且疗效出现较快,可以缩短疗程。

治疗5周后,普遍复查颈椎正、侧、左、右斜位X片作对比。凡治疗前仅有骨质增生者,治疗后X片无明显改变。治疗前X片上有生理弧度变异和/或椎间隙变窄、椎间孔缩小

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者,治疗后大部分获得改善或恢复。

但在颈椎生理弧度改变方面,治疗后的恢复与改善,则药枕组有效率为33/34,对照组有效率为23/30,反映药枕组较对照组为优。

讨 论

药枕中的药物,多属祛风除湿,活血通络,辛温走窜之品,主要通过呼吸道吸收,也通过局部皮肤吸收而生效。祖国医学认为:颈部退行性病变系在肝肾不足,筋骨失养的基础上,又受劳损、风寒湿邪等因素,以致筋骨懈惰,经络滞涩,气血失宣,出现颈臂疼痛,酸麻重着,头目眩晕等症,属于本虚标实。枕中方药以治标为主,协同口服中成药,具有活血通络,宣散痹邪,通窍熄风之功,通过加强血液循环,促进新陈代谢,加速局部血肿和水肿

的吸收消散,松解粘连,有利于炎性物质的消退和病理产物的消除,逐步缓解症状,祛病强身。

药枕的另一重要作用在于牵引作用。药枕并不置于枕骨部,而是置于颈后部,当直径10cm的长圆形枕置于颈后部时,头面轻度后仰,负重点的改变,形成头与躯干的对抗牵引状态,此种牵引,力量虽小,但睡眠时间较长,小重量牵引的累积时间较长,可解除颈肌痉挛,扩张椎间隙和椎间孔,改善血循,使充血、水肿消退等,产生与枕颌牵引相似的作用。

参考文献

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简 讯

全国骨科外固定学术研讨会召开

由《中国骨伤》杂志编辑部主办的“全国骨科外固定学术研讨会”于1993年9月18~22日在湖南张家界自然保护区召开。会议共收到论文400余篇。出席会议代表150人,其中副主任医师以上职称30余人。会中邀请著名骨科专家孟和、于仲嘉教授做了专题学术讲座。

中国中西医结合学会骨伤科分会股骨头坏死专业学组成立

中国中西医结合学会骨伤科分会股骨头坏死专业学组于8月26~28日在青岛召开的第五届全国中西医结合骨伤科学术交流会暨第二届中日正骨经验交流会期间宣告成立。学组由全国各地25名委员组成,中国中医研究院骨伤科研究所杨淮云教授任组长,袁浩等三名教授任副组长,郭振芳任秘书。同时聘请著名骨科专家尚天裕、胥少汀、马元璋、董天华、包尚恕教授任顾问。学组挂靠中国中医研究院骨伤科研究所。(郭振芳)

由福建省漳州市中医院、漳州市中医学会筹办的章宝春学术思想国际研讨会暨章老80周年诞辰纪念大会于1993年9月13~20日在福建省漳州市召开。来自北京、上海及新加坡、马来西亚、台湾、港澳等地区的代表85名参加了会议。(周维骥)

Abstracts of Original Articles

A cellular immunocytochemical study on pituitary TSH and GH during experimental healing process treated with calcined dog bone

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For determination of the cellular structural and functional changes of the anterior lobe of pituitary thyroid stimulating hormone and growth hormone during the course of promoting fracture healing ability of calcined dog bone, fifty four rabbits were selected to make models of standard fracture of bilateral radius. They were divided into calcined dog bone treating group and control group. Materials were taken for every week postoperatively. The pituitary glands were prepared with paraffin embedding and sections as routinely and stained with immunocytochemical method. The results showed that in control group after fracture, there were decreasing of amount of pituitary TSH and GH cells. There was no such inhibitory changes in the calcined dog bone group. The amount of TSH cellular maintained within a rather high level. Especially the GH cells were elevated in a large scale along with prolongation of the course postoperatively. So it indicates that the calcined dog bone bears the action of promoting the function of pituitary TSH and GH cells and facilitates bone healing.

Key words Calcined dog bone Bone healing

Thyroid stimulating hormone Growth hormone

Experimental study

(original article on page 5)

A quantitative measurement of late stage callus growing treated with Sun Shang Fu Yuan Tang Jiang With X-ray micro-computer figure system

Huang Bo-ling(黄伯灵)et al

Nanjing Hospital of Traditional Chinese Medicine(210001)

Seventy cases of distal end fracture of the radius were divided into Sun Shang Fu Yuan Tang Jiang (experimental) group and starch capsule control group. X ray films were taken for 20th, 30th and 40th day after fracture of the patients with X-ray microcomputer figure system. Quantitative measurements were made with callus growing, degree of displacement which influenced callus formation and quantitative analysis of secondary osteoporosis after fracture. It is proved that this Chinese herb has prominent action in accelerating bone healing. The mechanism may be due to acceleration of calcium transportation between fractured ends.

Key words Chinese herbs Fracture healing Callus

X ray micro-computer figure system

Experimental study

(original article on page 7)

Seventy eight cases of cervical spondylosis treated by medicinal pillow

Zhu Fang-shou(诸方受)et al

Jiangsu Province Hospital of Traditional Chinese Medicine(210029)

In this article, medicinal pillow, Tuina and medicine therapy served as observed group, Tuina and medicine therapy as control group. Seventy eight cases of cervical spondylotic patients were observed. The effective rate of medicinal pillow group was 97.56%, and with that of the control group being 83.78%. The therapeutic course of the observed group was shorter than that of the control group. It indicates that the medicinal pillow has the action in helping the recovery of the physiological curve of cervical spine. It can be served as a therapeutic treatment of cervical spondylosis.

Key words Cervical spondylosis Tuina therapy

Chinese medicinal therapy

Medicinal pillow Therapeutic application

(Original article on page 10)

Fracture of femoral neck treated with percutaneous pressor screw

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In this article, fifty six cases of fracture of femoral neck were treated with percutaneous pressor screw, the rate of excellent and good was 73%, the rate of non-union, 9%; rate of aseptic necrosis of the femoral head was 17%. The characteristics of the method are small incision, simple to be manipulated. An improving method in taking X ray film of the femoral neck from lateral view was introduced.

Key words Fracture of femoral neck Fracture fixation

(Original article on page 12)

Thirty cases of central type of protrusion of lumbar intervertebral disc treated by mild Tuina under nerve root block anesthesia

Zhou Lin-kuan(周林宽)et al)

Zhejiang College of Traditional Chinese Medicine(310009)

In this article, thirty cases of central and para-central type of protrusion of lumbar intrvertebral disc were treated with mild Tuina under nerve root block anesthesia. The results were cure in 6 cases; marked effectiveness, 9; effectiveness, 6; ineffectiveness, 9; with an effective rate of 70%.

Key words Protrusion of lumbar intervertebral disc Tuina therapy

(Original article on page 24)