

# 探讨铜砭刮痧联合拔罐法治疗带状疱疹神经疼痛的临床 治疗效果

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**【摘要】**目的: 探讨铜砭刮痧联合拔罐法治疗带状疱疹神经疼痛的临床治疗效果。方法: 选取 2020 年 4 月—2021 年 4 月在我院进行治疗的带状疱疹神经疼痛患者 70 例作为研究对象, 随机分为观察组、对照组, 各 35 例。对照组应用常规西医治疗, 观察组在对照组基础上应用铜砭刮痧联合拔罐法治疗。对比两组临床效果。**结果:** 观察组有效率高于对照组 ( $P < 0.05$ ); 观察组疱疹消退、结痂及脱痂时间优于对照组 ( $P < 0.05$ ); 观察组 VAS、PSQI 评分优于对照组 ( $P < 0.05$ ); 两组不良反应率对比无明显差异 ( $P > 0.05$ ); 观察组复发率低于对照组 ( $P < 0.05$ )。**结论:** 铜砭刮痧联合拔罐法可以在带状疱疹神经疼痛患者治疗中发挥重要作用。

**【关键词】** 带状疱疹神经疼痛; 铜砭刮痧; 拔罐法; 泛昔洛韦; 临床效果

**To explore the clinical therapeutic effect of copper scraping combined with cupping on herpes zoster nerve pain.**

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**Abstract:** Objective To explore the clinical therapeutic effect of copper scraping and cupping on herpes zoster nerve pain. Methods 70 patients with herpes zoster nerve pain treated in our hospital from April 2020 to April 2021 were randomly divided into observation group and control group, with 35 cases in each group. The control group was treated with routine western medicine, while the observation group was treated with copper scraping and cupping on the basis of the control group. The clinical effects of the two groups were compared. Results The effective rate of the observation group was higher than that of the control group ( $P < 0.05$ ); The time of herpes regression, scab formation and scab removal in observation group was longer than that in control group ( $P < 0.05$ ). The VAS and PSQI scores of the observation group were better than those of the control group ( $P < 0.05$ ); There was no significant difference in adverse reaction rate between the two groups ( $P > 0.05$ ). The recurrence rate of observation group was lower than that of control group ( $P < 0.05$ ). Conclusion Copper scraping combined with cupping can play an important role in the treatment of patients with herpes zoster nerve pain.

**Keywords:** Herpes zoster nerve pain; Scraping with copper; Cupping method; Fanciclovir; Clinical effect

## 1 资料和方法

### 1.1

2020 4 2021 4  
70

35

[1] 2014

19 16 47-69  
58.87± 4.53 1-11 7.54± 1.85  
20 15 48-69 59.07  
± 4.34 1-12 8.06± 1.79  
P 0.05  
1.2  
1.21

H19991113  
0.25g 3 2  
1.22

1  
15  
45°  
2 1  
2 2

10min 2 1  
2  
1.3

80%  
60%~79%  
59%  
= +  
/ × 100%  
VAS  
PSQI  
= / × 100%  
1  
1.4  
SPSS16.0 ± x  
± s t x<sup>2</sup>

P 0.05  
2 结果  
21 2  
97.14% 71.43%  
P 0.05 1  
1 2 n %

组别	例数	显效	有效	无效	有效率
观察组	35	24	10	1	97.14%
对照组	35	20	5	10	71.43%
$\chi^2$					8.737
P 值					0.003

2.2 2

P 0.05 2

2 2  $\bar{x} \pm s d$

组别	疱疹消退时间	疱疹结痂时间	疱疹脱痂时间
观察组 (n=35)	4.25±1.31	5.35±1.49	6.28±1.78
对照组 (n=35)	6.07±1.57	7.21±1.83	8.14±2.03
t	5.266	4.663	4.076
P 值	0.000	0.000	0.000

2.3 2

VAS PSQI P  
0.05 VAS PSQI P 0.05

3

3 2  $\bar{x} \pm s$

组别	例数	VAS 评分		PSQI 评分	
		治疗前	治疗后	治疗前	治疗后
观察组	35	6.29±1.55	2.58±0.47	14.64±3.42	5.35±1.36
对照组	35	6.32±1.49	3.35±0.56	14.61±3.25	7.26±1.71
t		0.083	5.231	0.038	5.172
P 值		0.935	0.000	0.970	0.000

2.4 2

1 P 0.05 4  
4 2 n %



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