

# 中医治疗膝骨关节炎的研究进展

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**摘要:** 膝骨关节炎是一种慢性退行性疾病, 好发于中老年人群。目前, 西医多主张药物和手术治疗, 但存在许多不良反应风险、医疗成本高等不足。近年来, 中医治疗膝骨关节炎方法众多, 具有疗效显著、操作简单、副作用小等优势。本文从中医治疗膝骨关节炎的病因病机、中药、针刺、灸法、拔罐等方面进行归纳, 以期为临床提供有益参考。

**关键词:** 膝骨关节炎; 中医; 研究进展

## Research Progress of Traditional Chinese Medicine in Treating Knee Osteoarthritis

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**Abstract** Knee osteoarthritis is a chronic degenerative disease, which tends to occurs in middle-aged and elderly people. At present, western medicine mostly advocates drugs and surgery treatment, but there are many disadvantages such as adverse reaction risks and high medical costs. In recent years, traditional Chinese medicine (TCM) has a variety of methods to treat knee osteoarthritis, with obvious curative effect, simple operation, small side effects and other advantages. This article summarizes the etiology and pathogenesis, traditional Chinese medicine, acupuncture, moxibustion, cupping and other aspects of traditional Chinese medicine treatment of knee osteoarthritis, with a view to providing useful reference for the clinical treatment of knee osteoarthritis.

**Keywords:** knee osteoarthritis; traditional Chinese medicine; research progress

### 引言

Knee Osteoarthritis, KOA

[1] 18%

KOA

### 2 中药治疗

豨

3g

KOA

### 1 病因病机

2

WOMAC

VAS

96.15%

80.77%

[4]

[9] 66

15g

6g

20g

30g 25g 10g WOMAC  
 9g 2g( ) ( )  
 1 / 1 / 2 2

### 5 拔罐治疗

<sup>[10]</sup> 86 KOA 2  
 15g 6g 3g 4 10g  
 2 34  
 1 / 3 / 2 1 1  
 2

<sup>[15]</sup> KOA 68  
 2 34  
 1 / 3 / 2 1 1  
 2

### 3 针刺治疗

<sup>[11]</sup>

2 6 2  
 WOMAC RE  
 PF VT SF-12 MCS WOMAC

### 6 联合治疗

<sup>[16]</sup>

29

2 1

<sup>[12]</sup>

70 KOA 2  
 1 / 3 /  
 30g  
 15g 20g  
 " " " 1 / 3

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<sup>[13]</sup>

4 VAS WOMAC  
 7  
 91.91% 85.00%

<sup>[14]</sup>

90 KOA  
 2 /  
 1 3  
 3

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