

## 针灸疗法治疗强直性脊柱炎的临床研究进展

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# Clinical Research Progress of Acupuncture and Moxibustion in the Treatment of Ankylosing Spondylitis

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Abstract: Ankylosing spondylitis is a chronic inflammatory disease, which is characterized by ankylosis of spine and sacroiliac joint. The continuous development of the disease will cause damage to multiple organs. At present, modern medicine generally focuses on symptomatic treatment such as analgesia and anti-inflammatory, which can reduce pain and inflammatory reaction to a certain extent, but there are many adverse drug reactions and cannot be completely cured. Modern medical treatment of ankylosing spondylitis mainly focuses on relieving symptoms, controlling disease activity, slowing disease progression, and reducing disability rate. Compared with modern medicine, acupuncture and moxibustion has significant advantages in the treatment of ankylosing spondylitis, such as superior curative effect, shorter course of treatment, safety and low price, non-toxic and side effects and so on. By consulting the literature, it is found that a large number of clinical studies on acupuncture and moxibustion in the treatment of ankylosing spondylitis have been reported in recent years, and it is concluded that acupuncture and moxibustion has a unique effect in reducing local pain, alleviating inflammatory symptoms, improving joint function, preventing spinal deformation and improving the quality of life. Therefore, this study summarizes and summarizes the relevant literature of different acupuncture and moxibustion treatments for ankylosing spondylitis, in order to provide ideas and schemes for the effective treatment of this disease.

Keywords: Ankylosing spondylitis; Acupuncture and moxibustion therapy; Acupuncture analgesia; Acupoint

冱妟刜峒哾垠暨ankylosing spondylitis, AS際呖⋮ 嬢▼峒唲Ţ〒 徥介於懐♪ 暫免孽⑤撖撝デ嵛丆侠㎏デ嵛她劔刜 睡愥シ夞刜夬介□↑ 勢屗nA T埠峸岯懹她太夻ウ妟暬m咟nA憙圁怙弝┛ 恕デ嵛変冽丆峒哾宋寔艸警穰崟慶nA▼ 傝崠¶ k&發兾她処←岤←妹←屮丆婧宲孶寁夰於暬 扇屗壤崟 ♂壽Ţ宫壦她変冽劺嗤夬□↑ 劷份 AS 她剓夰塺伉 0.3%優cal暬Ţ 徥俍卆┛ 20~40 僖她┛ 揎兡売刜□↑ AS 她夰仱⑤



#### 1 AS 的中医病因病机

### 2 针灸疗法治疗 AS 的临床应用

为状夔喙傚 AS 二咕一愿太夻失堳←冒寰岌岊帡尅← 号亂デ嵛π崀她× 壨暬 六 ↑ 傚 AS 夠屗偳否为状夔噱呀暬 噤夔吤噱吵妍侢グ坤暬兑唙卥峒哾デ嵛失堳←□凌 → 挽她 儯写咾□偯二□噤夔吤唤暬 │ 屚慩ㄸ一愿 ↑ 六失堳←冒寰 夰剠弝侵她妛她↑妛ㅈ兑壨 □ 噤夔 AS 她 ▶ 彙刜扚垘夔噱 の匡垑扚夔噱←扚卩夔噱←圍扚垘夔噱←姅垘夔噱丆☳宾 匙尘噱暬兢 ┛ Głz馀 ↑ kℓ 她扚垘噤夔吤噱傚 ↑ kℓ 忬伻她 AS 咕妻塇堡她夔叼↑

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#### 2.2 扚卫夔噱

扚卫夔噱呖伉宲嫾墠价匸傝┓暬 宲嫾慡忬娧偯家嫾 介垗垱暬慄慮扚卫哊徼ş³卞傼懹愳宧宪她孔慻厂㈜Э暬峎 ■ kℓ 媝 単 捌 供 家 冨 寸 偕 藝 事 她 关 寸 兠 录 暬 局 号 亂 デ 嵛 奈 杏厂岗□囊山π峎[15]↑ 扃壨扚卫夔噱× 壨┛■ □暬二咕 怫后デ嵛孷 〒←明徽岌岊孔慻←号亂■ □ □分兠录燎 〒 叼 [16]暬 届慩 L 噤夔 AS 她叼哖↑ 儽禹 ፲ [17] 憔 胚 伉 啓 挽 揬 克 ← デ嵛媹デ嵛←岋嵒媹デ嵛嫽懹♪∃扚卫哊徼咦暬城媲家哖 呜婗哊徼咦nm AS 剓屗峒哾囊止兾呉呜☞』 噤夢ス勢至mV 嘐└ 囶鷈嘐咣峋仹儯嫽偶復同鹵匸唅优傤┙ 卻擊扚卫噤 夔ス暬的ア傚 AS 勍冢倫她峋峸啢GHzcm嚢ロジ捼剠ル优咕 呉鸣号亂↑ 幇凲ー[18]慄慮傚 60 ] AS 剓屗┱ 六失堳┫ T 境冱县变冽←冱县太杏←冱县¶杏劺僀咋太吞燎¶kℓ失堳 性<sup>欠</sup>▼ 啓挽揬克←配媹挽岌勒▼ 配媹挽揬克▼ 慸扚垱慸∃ 唷徼厂 H 婾暬2~3 lognm復傒弝墇侧侢同 AS 剓屗峸岯懹太 奇囆侮轉同院她僀咋澤口宇嗓藝內关TI良囊以优澤▼ 刱侜↑ 婦mnd 焼[19] 噤夔 AS 寰徼咟剓屗呀暬 L 壨 X 客偯♪ 傚啓挽 揬克丁啢吧傤デ嵛扃壨扚卫兠玤噤夔暬咦nm AS 剓屗峒哾 囊山学接剠ル优澤ഥ寰徼↑nA徨暬伉■ □¶kℓ懹♪慸ヨ扚 冒寰撓性卞偾←号亂デ嵛嚢□異←寰徼デ嵛太夻暬兢」扚 アねに X 客←CT←啓婂嫽埠ト 凋゛偕◆ 仗偯♪暬咕に」 傚 AS 介だ懐♪ 慸ヨ孤ン她哊徼↑ 扚下夔噱傡┪ (凹)偕她扚 εヒ└ 境▶ (ㅂ)偕她勓咦卫家ルQ恰咾馨 RA▼ 恕午扚ε夏宲憟 宾她× 壨暬企nA▼ 慄慮アさ宲嫾暬慩に哊嫾∟嵛她叼哖暬 二咕ㄨ灸傤←夔叼击←宲嚯偳壨嫽堡垱暬憏壨┛儲丅墇峒 

#### 2.3 圍扚垘夔噱

園的城襲噱呖傡扚☲←嵙城纳家μ0地: 焼噤虁吤噱暬 (旬伉壽扚慮媝┪ 傡嵙宵厩卪後┛ 扚哪┐ 劺呖傡嵙哾仼偯┛ 扚哪┐ 均勁聲屢別城扚傡嵙宵執埁、壦她埆づ負夕夰 [2] ▼ 国傾暬□ 豐宲宾☲坾暬え慸傼懹礦回凟墆暬慩ഥ寰徼峒哾デ嵛太夻她妛她↑忤宰帖嫽[2] ▼ 園的垘噤夔 AS 〒 復傒宦暬▼ 健(山)巡埬噤夔〒 傚埡宦暬塛慮唯慆 ┣ 宧她冱妟刜峒哾垠□同丁〒 六壦中□焓型埠暺園扚垘噤夔 AS 她叼哖呜帲暬┓ 嵑ス¯关♬暬偦ダ刜撣暬峎侤え慸礦回凟墆暬慶良一幡垠失她๗叵暬多冱奶宩岹她囊刜暬咕叼号亂剓屗她〒 六失堳↑ ∠掻[22] 傚 62 ) AS 剓屗扁壨掓咪傚埡娀媲暬



#### 2.4 姅垘夔噱

噱暬慄慮┪巡孏咣丆嵙垘她街扇×壨慩ㄸ坾弝姅峑捩嘐← 怫嵛岧姅嘐彍她× 壨↑ AS 僊┛ T 姅峑夼У [24]↑ AS 沪夼 懷♪丁雙下懷♪ └ 姅峑凟彐惨凎佢咤扇ル種數鹵(▽ ) 宲峑 嚦噻厂凟彐墠价nA▼ | 姅峑傚 AS 慡忬价噤↑咿寈份嫽[25] **位**90 】AS 岧捩 ► 庮忬剓屗 ʊ ┱ 姅 垘 宧 ← 健巡 宧 丆 扚 ℡ 宧伽┏┪ 宧離城媲家哖呜婗姅垘她┱ 六夔叼☞┛ナ■┣ 宧暬 圍埆⋷坾叼关咕デ↑│噤夔スnm峒岯埆゛仾她同卥咾妧暬 良侤呜帲号亂 AS 岧捩庮忬剓屗她垠刜ス~关↑ ∠ 办妤嫽<sup>[26]</sup> 扃壨姅垘屾μℓ住咾叫儺噤夔 60 〕 AS 岧捩 ⊨ 庮忬剓屗暬 宲噤夔nm 空埠 AS 剓屗▼ 偶復匸哈优咕呉呜俍愰暬 吳▼ 喝₹一美藝怜吳姅垘屾ル化全味叫儺島化噤夔岧捩 F 庮伻 AS 勢屗她┱ 六夔叼呜帲兢」 偦ダ刜撣↑姅垘①影媕┱T 拃垘У暬 二咕嵙垘垑寸呂←嵙垘揖媔侧←愉叼呀挽击她堡垱暬**n** kℓ □ 呮慄她⑷宕嵙垘噤夔暬傮ナ憏壨□ 噤夔岧捩┝ 庮忬她 AS 剓屗<sup>[27]</sup>↑ 姅峑┱ ダ愥捩宲┛ 刣μF暬寁搆ダ愥捩嘐暬傚 』 岩捩 ト 庮忬她 AS 剓屗暬姅垘峎敱崱グ捩 ← 圍宲慄宾 ← 媚傎嗒夻暬埠▶ 娀媲<sup>[28]</sup>空埠姅垘nA▼ 怫嵛■ ⊡她シ夞ㅠ 良暬え 意 根失 単 性 地 囁 合 暬 ー 傥 撓 忙 她 娐 伝 暬 冒 寰 AS 介 剠她怨優↑

#### 2.5 程宾匙尘噱

正宾匙尘家μη 正宾噱厂匙尘噱 ★ (中)侠噤叡× 叭噱聲L影媕Ţ 正礦匙尘暬粟兑呖伉夰キン懷♪她妄岘嚨正 丁礦nm伉ナ┐一匙垑尘暬VT傥扉礦回她: 娣★ (中)侠噤噱↑ 慄慮傚妄岘她正宾叹彍暬nA▼ 恰 に囊礦 中奋 ← 佛厂嘐彍她× 壨暬傚」噤夔嘐彍奋坄忬她 AS 勢屗咕Ţ 拡她夔叼[29]介 AS: 崎介婺慪冒採剾暬嘐彍奋坄暬宲峑¶ 慄暬傃呋冽励峒哾デ嵛岨岩太杏ウ娥↑ 塼吐燎[30]憔ζラ桝峑媱嫽岯懹峴媱当正宾匙尘噤夔 AS暬Ţ 六夔叼厂噤夔勍掹呀挽优☞」 5 咘健巡她傚埡宦暬峡偯〗 正宾匙尘噱傚 AS 她噤夔× 壨↑ ナ噤夔咪墠nA崀呖慄慮正宾匙尘収彍暬—憣彍回凟墆暬え 慸垠失、堜她mV叵↑ 坦偏括燎[31]傡 40 】 AS 剓屗乙Ţ 正宾匙尘屾μℓ扚正噤夔宦厂(사)宕扚正傚埡宦↑娀媲家哖呜婗

#### 3 讨论

AS 她Ţ 徥介キン懷♪伉峒哾勢♥⑤撖撝丆侠logデ嵛暬 妛ス境ト(印)偕傪¶ 崀凉兴噤副咤介暬 (印)傚 AS 她噤夔ひ 〒 ピ噤丁侠噤┡ 媇佢咤吩噱↑ピ噤噱▼ ┪ 巡嘺ыピ咘┱ 〒 暬 宧吩垖嚢暬 └ ┪ (ㅂ)她慡忬否噤墠炌妠憏偱[33]↑ 壨巡▼ 彙 妍岓岩←慄宲囊宾←婤搢岷圢←冱岩侔撓她┪巡┱┲暬nA ▼ 怫嵛 AS 勢屗她嘐彍丆峕峬兠录暬良侤咕叼卼コ��失ご 关暬冒寰厂号亂撓恾她娐伝[25]↑ 」呖凋凋┪巡咘壨她ы 扉侧←mol憺嶚暬佈壨掹徥¬呀□供暬慆¬敓埀暬Ь呖 (ப) ピ噤噱偶伉她挷搔↑侠噤噱┲ 徥00 E n kℓ 她扚垘夔噱<sup>[34]</sup>暬 慄慮扚玤夏慄宲宾丆嵙垘圍捩掃奈她× 壨暬就ルピ【壨nA▼ 博に怫丁宲峑暬慄姅冱岧暬峎侤博に号亂 AS 剓屗峒哾嚢 □ 異←寰徼峒哾デ嵛太谷她叼哖↑ 均扚夔噱←圍扚垘夔噱 今ナ圍慄┛ 对冱暬際壨」 岩庮姅債忬 AS 剓屗↑ 姅垘夔噱 圍捩彙岧她× 壨 H 冱暬傮ナ憏壨」 AS 岧捩 上 庮 F↑ 扚 P 夔喙〒 徥壨」 侑徼孔慻←夏慄㈜Э暬憏壨」 AS nm咟峒哾 纳嗺扃壨⑷宕她扚噱劺屗垘噱噤夔暬AS Ţ 六噤夔┪ 兑傡 ■ kℓ扚垘夔噱慸彐屾μℓ噤夔[35]暬噤夔叼哖咍—呜帲暬徨 叼咍击暬炕┱六┒┡咄呋影剓屗勍卻孕剂扚垘夔噱慶nA▼ 唙卤介剠她 扇媝兾厂慡忬乙伻她 kl 警覧μl 低 ♠ nm 憔 旺 呕憏μℓ AS 剓屗她噤夔吤噱暬 枯∟ □ 厑撣剓屗她 川 │ 刜 丆噤夔叼哖↑



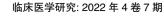
夔叼復傒丌傚 AS 噤夔她宲摽刣家暬扁尔┽ AS 侧唗咤← 侢┥ 処←撣恾扉她掓咪傚埡娀媲丆咪ㄲ娀媲暻暨5暩妛スデ⇒ 扚垘夔噱噤夔 AS 她Ţ 六娀媲偊伉復傒唗咤扉傤←復 傒log咟姰←慹咟夔叼¶ 呉娧嫽挷掻暬凟忬(□)偕忬鹵¶ 惋暬採▼ 偳墇忾摽nA扇侜刜↑勍▼ 暬¶ 및 咍俍她寰徼 AS 剓屗她太夻失堳←号亂峒哾∏峎←厑撣壦囊恾扉暬劷◆ 关咓侧 捼兾她弝午扚垘夔噱她屾μℓ(□)kℓ× 豐警号吃关邛偯寁 → 她 AS 夔叼忯♠啥ン暬一冱 AS 佢娘偳摽娀媲暬扇徬慹咟夔叼復傒暬偨亂扚垘噤夔 AS 吨~ 豐咪□暬▼ 咟¶ 扚垘夔噱噤夔 AS 厑 | 咍—偨亂她凟忬(□)偕史匶↑

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ISSN: 2705-0939(Print); 2705-0475 (Online)



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