

MASTER'S THESIS

針灸治療腹瀉型腸易激綜合征的取穴規律

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針灸治療腹瀉型腸易激綜合征的取穴規律

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中文摘要

腸易激綜合征 (Irritable Bowel Syndrome 簡稱 IBS) 是一種具有特殊病理生理基礎的、獨立的腸功能紊亂性疾病。其特點是腸壁結構無缺陷，但整個腸道對刺激有生理反應過度或反常現象。本病是亞洲成年人常見的病症，患者經常受到腹痛、肚瀉及便秘的困擾。由於臨床表現不同，臨床一般分為三型：腹瀉型、便秘型和交替型。

限於篇幅，本論文將重點探討腹瀉型腸易激綜合征的針灸取穴規律。搜集古今醫籍中有關針灸治療泄瀉、現代期刊雜誌針灸治療腸易激綜合征的有關文獻資料，分析、歸納、總結歷代醫家針灸治療泄瀉的取穴規律，希望能找出針灸治療 IBS 的最佳取穴方案。

研究方法

分歷代醫家專著文獻研究與現代期刊文獻綜述二個部分。歷代醫家專著文獻又分古代醫籍、現代專著及名醫經驗三部份。古代醫籍是指查找古代針灸專著及綜合醫籍；現代專著是指查找現代醫家編著的針灸專著；關於名醫經驗，本研究共搜習整理 20 位名中醫針灸治療泄瀉的常用穴位。現代期刊文獻主要是查找近年來發表的針灸治療 IBS 的文章。

結果

- 一. 古代醫籍：共涉及到 108 個穴位，378 穴次，其中應用頻次在前 6 位的依次是：神闕 28、足三里 21、氣海 21、中脘 17、天樞 14、命門 1。
- 二. 現代專著：共涉及到 102 個穴位，總計穴次 1376 穴次。其中應用頻次在前 6 位的依次是足三里 113、天樞 101、中脘 98、脾俞 89、關元 79、陰陵泉 68。
- 三. 名醫經驗：共涉及到 48 個穴位，總計穴次 686 穴次。其中應用頻次前 6 位的依次是：天樞 95、足三里 88、中脘 65、關元 49、脾俞 36、大腸俞 34。
- 四. 查找現代期刊文獻，常用穴位與古代基本相同，體現了古今的有機統一。

討論

- 一. 辨病取穴，以足三里、天樞、關元、中脘等最為常用；
- 二. 辨證取穴，近部與循經相結合是常用方法；
- 三. 強調經絡間之配伍，以任脈與胃經為主
- 四. 針灸治療泄瀉的作用機制：為雙向的良性調整，使失常的腸管運動機能趨向正常化，即腸運動功能低下者可促其運動回升，腸運動功能亢進者，使之運動減緩，說明對腸道運動有雙向調節作用。

結論

針灸治療腸易激綜合征（腹瀉型），經大量臨床實踐證實是有可靠療效的。從古代醫籍、現代醫籍及名老中醫經驗分析，可以看出俞穴多選用足三里、神闕、天樞、中脘、大腸俞等；施針部位以腹部和背部為主；經絡多選用足陽明胃經、任脈、足太陽膀胱經、足太陰脾經等。從現代期刊雜誌報導及針灸治療本病的機理研究看，常用的穴位是脾俞、天樞、中脘、足三里、陰陵泉等，與古今臨床實踐是基本統一的，進一步說明長期針灸臨床實踐的療效可靠性，治療慢性泄瀉與腹瀉型腸易激綜合征也是有機的統一，對臨床是有指導意義的。當然現今臨床的療法更加豐富，如針刺、艾灸、穴位注射、耳穴貼壓等。相信隨著針灸治療本病機理的深入研究，針灸治療腸易激綜合征的規範化、標準化也將會隨之誕生。

關鍵字： 取穴規律 針灸 腹瀉型腸易激綜合征 文獻研究

英文摘要

Background

Irritable Bowel Syndrome ("IBS") is a functional gastrointestinal tract disorder characterized by abdominal pain and altered bowel habits - including bloating, gas, cramping, excess mucus in stool, diarrhea and constipation - in the absence of demonstrable organic pathology. It is a digestive system disorder commonly seen in Asian adults. Diarrhea or constipation, or an alternation between the two, are the primary symptoms present in most IBS patients. The syndrome can be classified as diarrhea-dominant or constipation-dominant, depending on which is the primary symptom.

This paper focuses on the diarrhea-dominant type of IBS, and examines historical and contemporary publications to identify the most-frequently used protocols in respect of acupuncture treatments for diarrhea dominant IBS.

Methods

Historical and contemporary works will be scrutinized to identify the most commonly used acupoints throughout history to treat diarrhea dominant IBS. Historical works include texts, journals, and other writings and publications by past TCM masters and practitioners. Contemporary works would likewise include texts, journals and other writings and publications by modern TCM masters and practitioners. Case studies and reports by renowned acupuncture masters will also be scrutinized and considered in tandem with the historical and contemporary works.

Results

It was found that 108 acupoints were identified in the research on historical works, the most frequently used being Shenque(Ren 12) 28, Zusanli(ST36) 21, Qihai(Ren 6) 21,

Zhongwan(Ren 12) 17, Tiangshu(ST25)14, Mingmen (Du 4) 14. A total of 102 acupoints were identified in the research on contemporary works, the most frequently used being Zusanli(ST 36) 113, Tianshu(ST25) 101, Zhongwan(Ren 12) 98, Pishu(BL 20) 89, Guanyuan(Ren 4) 79, Yinlinquan(SP 9) 68. A total of 48 acupoints were identified in the research on case studies and reports, the most frequently used being Tianshu(ST25) 95, Zusanli(ST36) 88, Zhongwan(Ren12) 65, Guanyuan(Ren4) 49, Bishu(BL20) 36, Dachangshu(BL25) 34. Contemporary works and journals revealed an identifiable pattern of acupoints used in the treatment of this ailment.

Conclusions

The most frequently used acupoints used by TCM masters and practitioners throughout the generations are Zusanli(ST36), Shenque(Ren12), Tianshu(ST25), Zhongwan(Ren12), Dachangshu(BL25) etc. . Acupuncture is generally performed on the abdomen and back, and the acupoints commonly selected are from the stomach meridian, gall bladder meridian, spleen meridian , etc. It is noted that the most frequently used acupoints as documented in contemporary works are primarily the same as those documented in historical works as well as case studies and reports, a significant implication that similar acupoints have been used by past and present TCM practitioners and masters for the treatment of diarrhea dominant IBS.

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