

MASTER'S THESIS

慢性頭痛的激痛點針刺取穴方案的初步文獻研究

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摘要

目的：主要通過對激痛點相關文獻的收集與分析，初步探究激痛點治療慢性頭痛的針刺取穴方案，同時與傳統針灸的取穴和治療方案進行對比，以總結出兩者的區別和聯繫，為進一步提高治療頭痛的臨床水準提供依據，並為治療慢性頭痛拓寬臨床思路。

方法：本文通過對國內外期刊文獻資料庫（Pubmed、CNKI 等）進行檢索，搜集激痛點及傳統針灸治療頭痛的有關內容，從頭頂痛、頭後部疼痛、顛部頭痛及額部頭痛四個部位進行歸納總結。激痛點將從不同肌肉引起相關部位頭痛著手，而傳統針灸將從陽明經頭痛、太陽經頭痛、厥陰經頭痛及少陽經頭痛的取穴方案進行分類。

結果：1、 激痛點治療頭頂痛主要針刺胸鎖乳突肌胸骨部、頭夾肌、枕額肌的激痛點。傳統針灸療法治療頭頂痛局部選穴為百會、後頂、前頂；遠端選穴為合穀、中脘、足三裡、公孫、太沖、內關。在治療頭頂痛時，顛頂為厥陰經走行之處，但與激痛點相近的穴位中無歸厥陰經的穴位。但頭夾肌的激痛點（與風池相近）為常見治療各部位頭痛的選穴之一。

2、 激痛點治療頭後部疼痛主要針刺斜方肌 TrP1、胸鎖乳突肌胸骨部、胸鎖乳突肌鎖骨部、頭半棘肌、頸半棘肌、頸夾肌、枕部下肌肉群、枕肌、二腹肌及舌骨上肌群、顛肌 TrP4 的激痛點。傳統針灸療法治療頭後部疼痛局部選穴為天柱、風池、風門、風府、大椎、百會；遠端取穴為申脈、後溪、昆侖。激痛點療法與傳統針灸在天柱、風池穴有位置的相近或重合。

3、 激痛點治療顛部頭痛主要針刺斜方肌 TrP1、胸鎖乳突肌胸骨部、顛肌（TrP1、2、3）、頸夾肌、枕部下肌肉群、頭半棘肌的激痛點。傳統針灸療法治療顛部疼痛

局部選穴為太陽、絲竹空、角孫、率谷；遠端選穴為風池、合穀、足臨泣、外關。

在治療顛部頭痛中，顛肌的激痛點與太陽穴相近。

4、激痛點治療額部頭痛主要針刺胸鎖乳突肌鎖骨部、胸鎖乳突肌胸骨部、頭半棘肌、額肌、顴大肌的激痛點。傳統針灸療法治療額部頭痛局部選穴為印堂、上星、陽白、頭維；遠端選穴為內庭、解溪、合谷、曲池、足三裡。兩者在陽白穴有位置的相近或重合，其中顴大肌的激痛點與地倉相近，同屬陽明經。

結論：激痛點和傳統針灸療法治療慢性頭痛既有相似之處，又存在差異。

1、兩者在理論基礎、治療方式、針刺後效應及治療病種方面皆存在不同。

2、同時，兩者在位置及取穴手段上又有一定的相似和重合。其中激痛點的選穴，與傳統針灸的局部選穴比較類似。但激痛點取穴不限於疼痛局部，還會在疼痛稍遠但與疼痛部位有直接或稍間接的聯繫處選穴針刺。而傳統針刺，常會配合四肢遠端取穴。

關鍵字：激痛點取穴；頭痛；文獻綜述

Abstract

Objectives :

The aim is to explore the therapeutic regimen of trigger points to chronic headache by analyzing the relevant studies. In order to provide the theory evidence of clinical treatment efficacy to headache and to broaden the clinical thinking of treating chronic headache, differences and correlations were concluded after comparing trigger points with traditional acupuncture regimen.

Methods :

PubMed, CNKI and other databases were searched to find the relevant studies of trigger points to chronic headache as well as traditional acupuncture. Vertex pain, temporal headache, frontal headache and back-of-head pain were summarized. Trigger points regimen was discussed from different muscles that could cause kinds of headache. On the other hand, traditional acupuncture one was from Yangming Meridian, Taiyang Meridian, Jueyin Meridian and Shaoyang Meridian headache.

Results:

1. Vertex pain:

The sternocleidomastoid muscle sternal part, splenius capitis, occipitofrontalis muscle trigger points were used in trigger points regimen. Local acupoints, such as DU20, DU19, DU21 and distal acupoints, such as LI4, RN12, ST36, SP4, LR3, PC6 were used in traditional one. In the treatment

of the vertex pain, acupoints that were similar to trigger points were not belonging to Jueyin Meridian. But capitis trigger point (GB20) is a common one to different kinds of headache.

2. Back-of-head pain:

Trapezius, Sternocleidomastoid, Semispinalis Capitis, Splenius Cervicis, Suboccipital Group, Occipitalis, Digastric, Temporalis trigger points were used in trigger points regimen. Local acupoints, such as BL10, GB20, BL12, DU16, DU14, DU20 and distal acupoints, such as BL62, S13, BL60 were used in traditional one. In the treatment of back-of-head pain, both regimens have common areas in BL10, GB20.

3. Temporal headache:

Trapezius, Sternocleidomastoid, Temporalis, Splenius Cervicis, Suboccipital Group, Semispinalis Capitis trigger points were used in trigger points' regimen. Local acupoints, such as EX-HN5, SJ23, SJ20, G88 and distal acupoints, such as GB20, LI4, GB41, SJ5 were used in traditional one. In the treatment of temporal headache, EX-HN5 was consistent to temporalis trigger point.

4. Frontal headache:

Sternocleidomastoid, Semispinalis Capitis, Frontalis, Zygomaticus trigger points were used in trigger points regimen. Local acupoints, such as EX-HN3, DU23, GB14, ST8 and distal acupoints, such as ST44, ST41, LI4, LI11, ST36 were used in traditional one. In the treatment of frontal headache, these

areas are common in GB14 and ST4, which were both belong to Yangming Meridian.

Conclusion: Trigger points and traditional acupuncture treatment of chronic headache have similarities, but also differences.

1. Both of them are different in the theoretical basis, treatment, post-acupuncture effect and applications.
2. On the other hand, both of them have some similarities on the locations or searching methods of the points. The searching methods of trigger points are similar to the local acupoints of traditional acupuncture. Meanwhile, the trigger points could come from some distal areas which are relevant with the headache in direct or indirect way. These are quite similar to the distal limbs acupoints in traditional one.

Keywords : Trigger Point ; Headache; Literature Review

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