

中药足浴联合耳穴压豆对失眠患者的疗效观察

张 洁, 鲁剑萍

(上海中医药大学附属上海市中医医院, 上海 200071)

摘要:目的 观察耳穴压豆联合中药足浴对治疗失眠的疗效。**方法** 选择2015年4月—2016年3月收治于上海中医药大学附属上海市中医医院失眠科的患者100例,按随机数字表分为两组,观察组48例采用耳穴压豆联合中药足浴的方法,对照组52例采用单纯中药足浴的方法。干预30 d后比较两组患者匹兹堡睡眠质量指数(Pittsburgh sleep quality index, PSQI)评分及总体疗效情况。**结果** 中药足浴联合耳穴压豆较单纯中药足浴治疗失眠的疗效更佳($P < 0.05$)。观察组患者睡眠质量、入睡时间、睡眠时间等得分均优于对照组,差异有统计学意义($P < 0.05$);观察组失眠治疗的总有效率为75.00%,对照组为53.85%,差异有统计学意义($P < 0.05$)。**结论** 中药足浴联合耳穴压豆对缓解失眠有较为显著的疗效。

关键词:失眠; 耳穴压豆; 中药足浴

中图分类号:R248.1

文献标识码:A

文章编号:1009-8399(2017)03-0034-03

Therapeutic efficacy of auricular point pressing with beans combined with Chinese medicine foot bath in insomnia patients (Shanghai Municipal Hospital of Traditional Chinese Medicine, Shanghai University of Traditional Chinese Medicine, Shanghai 200071, China)

ZHANG Jie, LU Jian-ping

Abstract: Objective To observe the therapeutic efficacy of auricular point pressing with beans combined with Chinese medicine foot bath in insomnia patients. **Methods** A total of 100 insomnia cases in Shanghai Municipal Hospital of Traditional Chinese Medicine, Shanghai University of Traditional Chinese Medicine were selected from April 2015 to March 2016. They were randomly divided into the observation group (48 cases) treated with auricular point pressing with beans combined with Chinese medicine foot bath, and the control group (52 cases) treated with traditional Chinese medicine foot bath. Thirty days after the intervention, the total score of Pittsburgh sleep quality index (PSQI) and overall therapeutic efficacy were evaluated. **Results** Auricular point pressing with beans combined with Chinese medicine foot bath had better therapeutic efficacy than Chinese medicine foot bath alone ($P < 0.05$). The scores of sleep quality, time of falling asleep, sleep duration in the observation group were much better compared with the control group ($P < 0.05$). The total effective rate was 75.00% in the observation group and 54.85% in the control group, with statistically significant difference ($P < 0.05$). **Conclusion** Auricular point pressing with beans combined with Chinese medicine foot bath has significant effects on relieving insomnia.

Key Words: insomnia; auricular point pressing with bean; Chinese medicine foot bath

近年来,随着工作压力的加大、竞争的日益激烈,越来越多的人出现不同程度的失眠症状,严重影响了

人们的睡眠质量。目前苯二氮草类药物成为抗焦虑和失眠领域应用最广泛的药物,但存在一定的副作用如残留效应、遗忘效应等。而中药足浴和耳穴压豆治疗是通过调整人体脏腑气血的功能以改善睡眠状况。在治疗失眠症方面具有明显优势^[1],该研究探讨了耳穴埋豆联合中药足浴的中医疗法对于缓解失眠的临床疗

收稿日期:2016-12-06

作者简介:张 洁(1967—),女,副主任护师,本科 主要从事护理管理。

基金项目:上海中医药发展行动三年计划(ZY14.004463)。