

# 中国针灸

ZHONGGUO ZHENJIU

ISSN 0255-2930 CN 11-2024/R

第 42 卷第 1 期 总第 400 期

2022 年 1 月 12 日出版

(月刊, 1981 年 8 月创刊)

主管 中国科学技术协会

主办 中国针灸学会

(100700 北京东直门内南小街 16 号)

中国中医科学院针灸研究所

(100700 北京东直门内南小街 16 号)

编辑出版 《中国针灸》编辑部

(100700 北京东直门内南小街 16 号)

编辑部电话: 010-84014607

010-64089332

电子信箱: zhenjiubj@vip.sina.com

网上投稿: www.cjacupuncture.com

主 编 刘保延

副主编 喻晓春 景向红

本期责任编辑 张金超

广告发布登记号 京东工商广登字 20170031 号

广告发行部电话: 010-84046331

010-64089349

电子信箱: zhenjiuguangfa@aliyun.com

订阅/邮购电话: 010-84046331

印刷装订 北京科信印刷有限公司

(102208 北京市昌平区东小口镇马连店甲 6 号)

如有印刷装订错误, 印刷厂负责调换

联系电话: 13691514528

国内发行 中国邮政集团公司北京市报刊

发行局

全国各地邮局订阅 订阅代号: 2-53

定价: 30.00 元 (RMB)

台港澳地区: 100.00 元 (RMB)

国外发行 中国国际图书贸易集团有限公司

(100048 北京 399 信箱)

订阅代号: M 497

© 2022 年版权归《中国针灸》编辑部所有

本刊新浪微博: 中国针灸杂志

本刊微信公众号: 中国针灸杂志

除非特别声明, 本刊刊出的  
所有文章不代表本刊编委会观点

\*\*\*\*\*

未经许可, 本刊所载文章,  
不得翻译、转载

## 目 次

### 卷首语 Foreword

1 以疗效为导向, 以结局管理为抓手, “说明白、讲清楚” 中医针灸的疗效  
刘保延

Elaborating and revealing the effectiveness of acupuncture in TCM:  
with the curative effect as the guidance and focusing on outcome  
management

LIU Bao-yan

### 论坛 Forum

3 中西方针刺随机对照试验的比较研究

岗卫娟, 巩昌镇, 景向红

Acupuncture randomized controlled trials: comparing China-based vs.  
Western-based studies

GANG Wei-juan, GONG Chang-zhen, JING Xiang-hong

8 医院急剧扩张情势下针灸科室的困境与突围

陈少宗, 潘卫星, 景向红, 方剑乔

Dilemma and breakthrough of acupuncture-moxibustion department  
under the situation of rapid expansion of hospital

CHEN Shao-zong, PAN Wei-xing, JING Xiang-hong, FANG Jian-Qiao

### 临床研究 Clinical Research

13 神门、三阴交穴位配伍改善失眠症患者焦虑、抑郁状态: 随机对照研究  
杜 莉, 宋孝军, 李仲文, 廖凌鑫, 诸毅晖

Combined use of Shenmen (HT 7) and Sanyinjiao (SP 6) to improve the  
anxiety and depression in patients with insomnia: a randomized  
controlled trial

DU Li, SONG Xiao-jun, LI Zhong-wen, LIAO Ling-xin, ZHU Yi-hui

18 孙氏腹针治疗甲基苯丙胺戒断后抑郁: 随机对照研究

孙远征, 刘彦麟, 赵熙彤, 周 琛, 韩 瑜, 杨秀阁, 李 鹏

SUN's abdominal acupuncture for depression after methamphetamine  
withdrawal: a randomized controlled trial

SUN Yuan-zheng, LIU Yan-lin, ZHAO Xi-tong, ZHOU Chen, HAN Yu,  
YANG Xi-ge, LI Peng

23 电针对脑卒中后下肢痉挛患者运动功能及步态的影响

黄 慧, 陈 健, 邱 斐, 林小梅, 林正坤

Effect of electroacupuncture on motor function and gait in patients with  
post-stroke spasticity in lower limbs

HUANG Hui, CHEN Jian, QIU Fei, LIN Xiao-mei, LIN Zheng-kun

28 王居易经络诊察法联合 Bobath 康复训练治疗脑卒中后肩手综合征

I 期临床观察

高 森, 孟笑男, 李春颖, 孙 洁, 于海阔

WANG Ju-yi's meridian diagnosis method combined with Bobath  
rehabilitation training for post-stroke shoulder-hand syndrome type I

GAO Sen, MENG Xiao-nan, LI Chun-ying, SUN Jie, YU Hai-kuo

35 不同针刀进针点治疗腰椎间盘突出症: 随机对照研究

宋 翔, 张彩荣, 左晓彤, 邹雅琪, 庄克清, 阮志忠

Different entry points of needle knife for lumbar disc herniation: a  
randomized controlled trial

SONG Xiang, ZHANG Cai-rong, ZUO Xiao-tong, ZOU Ya-qi,  
ZHUANG Ke-qing, RUAN Zhi-zhong

- 41 “通督调气”法针刺结合温针灸治疗术后尿潴留的临床疗效观察  
刘华茹, 顾伟于, 潘凌静秀, 王伊伊, 朱玉强, 叶兰欣, 石学慧  
Clinical observation on *Tongdu Tiaoqi* acupuncture combined with warming acupuncture for postoperative urinary retention  
*LIU Hua-ru, GU Wei-yu, PAN Ling-jing-xiu, WANG Yi-yi, ZHU Yu-qiang, YE Lan-xin, SHI Xue-hui*
- 45 电针治疗胃肠道恶性肿瘤开腹术后肠麻痹: 随机对照研究  
赫英, 鲁凌云, 陈名金, 文谦, 李宁  
Postoperative ileus after laparotomy for gastrointestinal cancer treated with electroacupuncture: a randomized controlled trial  
*HE Ying, LU Ling-yun, CHEN Ming-jin, WEN Qian, LI Ning*

### 临证经验 Clinical Experience

- 33 针刺奇神经节治疗原发性痛经 36 例  
李孟汉, 杜元灏  
Acupuncture at odd ganglion for 36 cases of primary dysmenorrhea  
*LI Meng-han, DU Yuan-hao*
- 83 腹部铺灸治疗肾虚型前列腺增生症 33 例  
王宁, 方俊霖, 张昌云, 颜传竹, 董媛媛, 谭奇纹  
Spreading moxibustion at abdomen for 33 cases of benign prostatic hyperplasia with kidney-*yang* deficiency  
*WANG Ning, FANG Jun-lin, ZHANG Chang-yun, YAN Chuan-zhu, DONG Yuan-yuan, TAN Qi-wen*

### 经络与腧穴 Meridian and Acupoint

- 51 基于膝关节骨关节炎揭示穴位敏化现象的特征与规律  
徐桂兴, 周玉梅, 孙宁, 崔瑾, 常小荣, 冀来喜, 刘思宇, 罗廖君, 刘晓佳, 王丹, 赵凌, 蔡定均, 郑晖, 孙铭声, 耿国燕, 程建, 梁繁荣  
Revealing characteristics and rules of acupoint sensitization phenomena: based on knee osteoarthritis  
*XU Gui-xing, ZHOU Yu-mei, SUN Ning, CUI Jin, CHANG Xiao-rong, JI Lai-xi, LIU Si-yu, LUO Liao-jun, LIU Xiao-jia, WANG Dan, ZHAO Ling, CAI Ding-jun, ZHENG Hui, SUN Ming-sheng, GENG Guo-yan, CHENG Jian, LIANG Fan-rong*

### 机制探讨 Study on Mechanism

- 59 针刀对膝关节骨关节炎大鼠 mTOR/Atg/ULK1/Beclin-1 轴及软骨细胞自噬的影响  
卢曼, 黄小双, 孟德鸿, 陈倩, 李韬, 汪宗保, 杨永晖, 耿凯  
Effect of needle knife on mTOR/Atg/ULK1/Beclin-1 axis and chondrocyte autophagy in rats with knee osteoarthritis  
*LU Man, HUANG Xiao-shuang, MENG De-hong, CHEN Qian, LI Tao, WANG Zong-bao, YANG Yong-Hui, GENG Kai*
- 66 艾灸对银屑病小鼠皮损表现和免疫炎症反应的影响  
蒙玉娇, 刘宇, 刘正荣, 陈朝霞, 底婷婷, 赵京霞, 王燕, 李萍  
Effect of moxibustion on skin lesions and immune inflammatory response in psoriasis mice  
*MENG Yu-jiao, LIU Yu, LIU Zheng-rong, CHEN Zhao-xia, DI Ting-ting, ZHAO Jing-xia, WANG Yan, LI Ping*

## Chinese Acupuncture & Moxibustion

ISSN 0255-2930 CN 11-2024/R

(Monthly, first year 1981)

Vol. 42, No. 1

Published on Nov. 1, 2022

Total 400 issues

### Responsible Institution

China Association for Science and Technology

### Sponsors

China Association of Acup-Mox; Institute of Acup-Mox, China Academy of Chinese Medical Sciences

### Editor and Publisher

Editorial Office of *Chinese Acupuncture & Moxibustion*

16 Nanxiaojie, Dongzhimen Nei,

Beijing 100700, China

Tel: 0086-10-84014607

0086-10-64089332

E-mail: zhenjiubj@vip.sina.com

Contribute online: www.cjacupuncture.com

### Editor-in-Chief

LIU Bao-yan (刘保延)

### Vice Editor-in-Chief

YU Xiao-chun (喻晓春)

JING Xiang-hong (景向红)

### Duty Editor

ZHANG Jin-chao (张金超)

### Department of Advertisement and Issue

Tel: 0086-10-84046331

0086-10-64089349

E-mail: zhenjiuguangfa@aliyun.com

### Printing

Beijing Kexin Printing Co., Ltd.

A6 Maliandian, Dongxiaokou Town, Changping

District, Beijing 102208, China

### Overseas Distributor

China International Book Trading Corporation

Distribution Code: No. M 497 Price: 30.00 USD

### Available online at

www.chinajournal.net.cn

### Web site

zgze.cbpt.cnki.net

Copyright©2022 by Editorial Office of

*Chinese Acupuncture & Moxibustion*

All articles published represent the opinions of the authors, do not reflect the official policy of the editorial board, unless this is clearly specified.

## 传承与创新 Inheritance and Innovation

- 75 孙申田针灸临床特色撷英  
祝鹏宇, 孟庆媛, 刘金涛, 孙明媚, 于天洋, 王东岩, 孙申田  
Essence of *SUN Shen-tian's* clinical features on acupuncture and moxibustion  
*ZHU Peng-yu, MENG Qing-yuan, LIU Jin-tao, SUN Ming-mei, YU Tian-yang, WANG Dong-yan, SUN Shen-tian*
- 79 林国华分期论治卒中后吞咽功能障碍经验摘要  
余雅琳, 曾婧纯, 韦永政, 张娜, 王鑫栋, 林诗雨, 林国华  
Professor *LIN Guo-hua's* clinical experience in staging treatment for post-stroke dysphagia  
*SHE Ya-lin, ZENG Jing-chun, WEI Yong-zheng, ZHANG Na, WANG Xin-dong, LIN Shi-yu, LIN Guo-hua*

## 方法与规范 Methodology and Standard

- 85 热敏灸社区实效性随机对照试验技术推荐(一):考虑患者偏好的随机化  
周旭, 温泽淮, 李玲, 刘建平, 顾一煌, 郭新峰, 廖星, 朱卫丰, 李书晴, 孙鑫  
Technical recommendation for pragmatic randomized controlled trial of heat-sensitive moxibustion in community (I): randomization with consideration of patient preference  
*ZHOU Xu, WEN Ze-huai, LI Ling, LIU Jian-ping, GU Yi-huang, GUO Xin-feng, LIAO Xing, ZHU Wei-feng, LI Shu-qing, SUN Xin*
- 91 基于《偏头痛针灸临床实践指南》国际标准研制探讨针灸治疗偏头痛随机对照试验存在问题  
胡静, 王小语, 陈仲杰, 霍金, 崔硕, 王京京, 张易, 高琪  
Problems in randomized controlled trial on acupuncture and moxibustion for migraine in the development of international standard of *Guideline for Clinical Practice of Acupuncture and Moxibustion: Migraine*  
*HU Jing, WANG Xiao-yu, CHEN Zhong-jie, HUO Jin, CUI Shuo, WANG Jing-jing, ZHANG Yi, GAO Qi*

## 文献研究 Literature Research

- 99 基于古今医案云平台分析针刺治疗中风后认知障碍选穴规律  
苏凯奇, 高静, 李洁莹, 袁洁, 刘环环, 李瑞青, 冯晓东  
Acupoint selection rules of post-stroke cognitive impairment treated with acupuncture based on ancient and modern medical record cloud platform  
*SU Kai-qi, GAO Jing, LI Jie-ying, YUAN Jie, LIU Huan-huan, LI Rui-qing, FENG Xiao-dong*
- 104 基于复杂网络分析《承淡安伤寒论新注》穴-症关系  
徐天成, 丁梦清, 鲍云帆, 徐程, 汪瑞, 杨若云, 邓瀚雨, 夏有兵  
Analysis of acupoint-symptom relationship in *CHENG Dan-an's Note About Treatise on Cold-Attack* based on complex network  
*XU Tian-cheng, DING Meng-qing, BAO Yun-fan, XU Cheng, WANG Rui, YANG Ruo-yun, DENG Han-yu, XIA You-bing*

- 109 针刺治疗血管性认知障碍的系统评价再评价  
韩富华, 孙林娟, 张允岭, 曾子修, 申伟, 詹敏, 王莹, 石静姿, 曾心昀, 鲁喜悦, 廖星  
Overview of systematic reviews of acupuncture for vascular cognitive impairment  
*HAN Fu-hua, SUN Lin-juan, ZHANG Yun-ling, ZENG Zi-xiu, SHEN Wei, ZHAN Min, WANG Ying, SHI Jing-zi, ZENG Xin-yun, LU Xi-yue, LIAO Xing*

## 百家园 Point of View

- 49 小儿推拿五经穴与五行学说联系浅探  
徐东林, 李静  
Brief discussion on the relationship between acupoints of five meridians and the five elements theory in infantile massage  
*XU Dong-lin, LI Jing*
- 96 攒竹穴的解剖标志定位辨析  
魏树勤, 郭冬艳, 周春阳  
Discussion on the location of anatomical landmarks of Cuanzhu (BL 2)  
*WEI Shu-qin, GUO Dong-yan, ZHOU Chun-yang*

## 医案选辑 Case Report

- 58 针刀“从骶论治”颈型颈椎病案  
王泽宇, 唐志杰, 刘天宇, 江昌茵, 张娟, 曾伶俐, 付磊  
Case of cervical spondylosis treated with acupotomy based on sacral region  
*WANG Ze-yu, TANG Zhi-jie, LIU Tian-yu, JIANG Chang-yin, ZHANG Juan, ZENG Ling-ling, FU Lei*
- 73 女性育龄期强直性脊柱炎转弱阳案: 病例报告  
周劲草, 吴中朝, 王兵  
Female ankylosing spondylitis of childbearing age turning to weak positive: a case report  
*ZHOU Jin-cao, WU Zhong-chao, WANG Bing*
- 119 孤独症谱系障碍案  
张方圆, 林佳婷, 吴鸾冕, 吴倩, 符文彬  
Case of autism spectrum disorders  
*ZHANG Fang-yuan, LIN Jia-ting, WU Luan-mian, WU Qian, FU Wen-bin*

## 述评 Review

- 116 2010-2020年针灸临床研究现状及展望  
闫世艳, 熊芝怡, 刘晓玉, 刘存志, 刘保延  
Review of clinical research in acupuncture and moxibustion from 2010 to 2020 and future prospects  
*YAN Shi-yan, XIONG Zhi-yi, LIU Xiao-yu, LIU Cun-zhi, LIU Bao-yan*

## 消息 News

- 65 《中国针灸》《针刺研究》召开第一届青年编委会成立会议
- 108 广告目次
- 108 读者·作者·编者
- 108 征订·书讯