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**论文摘要汇编**

ABSTRACTS



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# 神阙针法

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神阙穴位于脐中,为先天之蒂,后天之气舍,具有温肾壮阳、健运脾胃、回阳固脱之功,医者多用于老年

气虚衰、中气不足及阳气虚脱之症,一般常用灸法,若用温针则效果神速。

神阙刺法参照图 1 选择针刺方向。

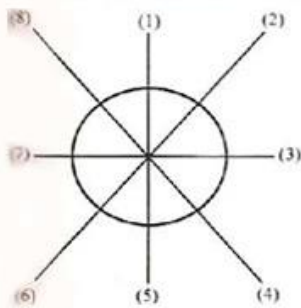


图 1 神阙针法穴区分隔图

方向(1):从脐向人体头部方位斜刺或平刺约40 mm,依证行补泻手法,可治疗人之腹部以上部位的病症。方向(2):从脐向人体头部左侧上肢方位斜刺或平刺约40 mm,可对人之左侧上肢方位部位的病症进行治疗。方向(3):从脐向人体腰部左侧腹区,左侧腰肾部方位斜刺或平刺约40 mm,可治疗人之左侧腰部方位的病症,且可减肥美容等。方向(4):从脐向人体腰部左侧下肢方位斜刺或平刺约40 mm,可治疗人之左侧下肢方位的病症,并可减肥美容等。方向(5):从脐向人体小腹,腰部至会阴方位斜刺或平刺约40 mm,可治疗人之脐至人体小腹、腰部至会阴方位之疾病。方向(6):从脐向人体腰部右侧下肢方位斜刺或平刺约40 mm,可治疗人之右侧下肢方位的病症。方向(7):从脐向人体右侧腰及背肾区方位斜刺或平刺约40 mm,可对人之右侧腰及背肾区方位的病症进行治疗,并可减肥美容等。方向(8):从脐向人体腰部右侧上肢方位斜刺或平刺约40 mm,可治疗人之右侧上肢方位的病症。

图上垂直及水平线之座标交点代表脐之正中央点,可进行针灸手法,可直刺 25~40 mm,补法可用温针或艾灸;泻法可先行于脐之周围点刺再拔火罐。

注意:下针前务必确实做好对患者脐孔及术者手部、针具之清洁消毒工作。

## Therapy of Acupoint Shenque

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Acupoint Shenque is lying in the point of umbilicus, which is congenital primordial spirit, postnatal qi house, having the function of warming kidney to reinforce yang, invigorating and transporting spleen and stomach, reviving yang to stop collapse. Doctors are used Shenque for old men with asthenia of primordial qi, insufficiency of gastrosplenic qi, and exhaustion of yangqi. Moxibustion is often used generally, but the effect is amazingly quick if warming acupuncture is used.

Refer the Fig. 1 to choice needling direction:

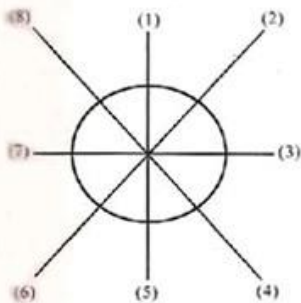


Fig. 1 Point Area Separation of Shenque needling method

Fig. (1) Oblique or normal needling from umbilicus to the head about 40 mm with reinforcing and reducing manipulations according to syndrome is used to treat the upper abdomen diseases. Fig. (2) Oblique or normal needling from umbilicus to the left upper limb about 40 mm is used to treat the left upper limb diseases. Fig. (3) Oblique or normal needling from umbilicus to the left abdomen about 40 mm is used to treat the diseases within the left waist area and weight reducing and cosmetology. Fig. (4) Oblique or normal needling from umbilicus to the left lower limb about 40 mm is used to treat the diseases within the left lower limb area and weight reducing and cosmetology, etc. Fig. (5) Oblique or normal needling from umbilicus to the lower abdomen, waist and perineum about 40 mm is used to treat the diseases along the direction area. Fig. (6) Oblique or normal needling from umbilicus to the right lower limb about 40 mm is used to treat the diseases within the right lower limb area. Fig. (7) Oblique or normal needling from umbilicus to the right waist and the dorsal renal area about 40 mm is used to treat the diseases along the direction area and weight reducing and cosmetology, etc. Fig. (8) Oblique or normal needling from umbilicus to the right upper limb about 40 mm is used to treat the right upper limb diseases. The coordinate point shows the midpoint of umbilicus, which can be done by acupuncture and moxibustion with perpendicular needling 25-40 mm, warming-acupuncture or moxibustion as reinforcing therapy, pricking needling around it then cupping therapy as purging therapy.

Notice: Antisepsis of patient's umbilicus and doctor's hands and tools must be done better before operation.

针灸特色诊疗法的发展与应用论坛

