

原 著

鍼刺激感覚評価尺度の開発と鍼刺激の強度 および快不快感との関係

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Development of a needling sensation scale and correlation between the intensity
and pleasure-pain feeling of the needling sensation

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(受領日：2016年2月20日)

Abstract

[Objective] The purpose of this study was to investigate types of needling sensations and to develop a scale for estimating them. We also evaluated the correlation between the intensity and the pleasure-pain feeling of the needling sensation estimated by the scale.

[Methods] The subjects were 100 adults who had undergone acupuncture treatment. After a needle was inserted into the lower lumbar area, subjects completed the needling sensation questionnaire including 107 words, of which nine were used for final analysis. Subjects additionally completed a Japanese version of the McGill Pain Questionnaire (MPQ) and commented about the intensity and pleasure-pain feeling of the needling sensation.

[Results] This analysis identified two factors: Factor I - a large area of sustained, dull sensation (four items); and Factor II - a small area of brief, sharp sensation (three items). Cronbach's coefficient alpha for the needling sensation scale, Factor I and Factor II were 0.767, 0.817, and 0.656, respectively. The needling sensation scale showed moderate correlation with MPQ items, and therefore had high validity. Although the two factors were positively correlated with the intensity of the needling sensation, they were not correlated with the pleasure-pain feeling.

[Conclusion] To measure the type of needling sensation experienced by the subjects, two factors and a 7-item scale were developed, and the reliability and validity of this scale were confirmed. As the intensity of the needling sensation increased, the two factors were strongly felt.

Key words: needling sensation scale, de qi sensation, expression of sensation

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原 著

気と呼吸法の研究

－ 武道・禅呼吸法によるストレス軽減法の試み －

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A study for Ki and respiration

－ A trial for stress reduction method by the respiration training in Japanese martial arts and Zen －

Ichiro FUKUMOTO

(受領日：2016年2月22日)

Abstract

"Ki" is an essential word for Japanese people, but it has not been necessarily studied by experiments, because it has many different aspects and has not been well defined. We have defined "Ki" as unknown energy that can be controlled by will and we have tried to measure the Ki-energy by detecting the stress reaction while the subjects train the respiration in Japanese martial arts (Budo) and Zen meditation (Budo-Zen respiration). The obtained results show that the method can afford stress reduction effect in EEG, Flicker and high coherence ratio as well as heart rate decreasing and STAI score. This study suggests that the respiration can affect mind and we can control our body and mind by "Budo-Zen respiration training".

Key words: "Ki", training, Zen, Martial arts, Stress reaction, Anxiety relaxation

原 著

非侵襲性微細突起の皮膚刺激が大学陸上選手の 自覚的な疲労に及ぼす影響

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Effects of skin stimulation with noninvasive microcones on fatigue of
subjective symptoms in college track-and-field athletes

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(受領日：2016年5月17日)

Abstract

Introduction: We investigated the effects of skin stimulation with noninvasive microcones on fatigue of subjective symptoms of the college track-and-field athletes.

Methods: 20 college track-and-field athletes with fatigue were studied. They were randomly assigned to either Group S (n=10) that received skin stimulation of the body using microcones, or Group P (n=10) that were given placebo treatment. Both groups received 4 weeks of treatment.

Results: There were no significant differences in the mean baseline fatigue of subjective symptoms assessment scale values between the two groups. After 4 weeks, subjects in Group S had significantly lower fatigue assessment total scale values compared with baseline (P=0.049). No significant changes were noted in the values for Group P.

Conclusion: These results suggested that skin stimulation with noninvasive microcones improved fatigue of subjective symptoms of the college track-and-field athletes, and may be a viable option for self-care of this condition.

Key words: skin stimulation, fatigue, microcones, M-Test

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雑 話

磁場処方水によるアトピー性皮膚炎患者の一治験例について

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A clinical study on the use of magnetic field treated water
in a patient with atopic dermatitis

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(受領日：2016年4月8日)

Abstract

A female atopic patient aged 34 was treated with drinking water prepared based on the results of an examination using a commercial psychogalvanic reflex analyser (PRA). Based on immunological terms (items) regarding atopic dermatitis listed in a textbook, synchronous codes were generated according to the operational procedures of the PRA, and a PRA examination was conducted. Synchronous codes for Th1 and Th2 cells as well as various cytokines were tested, and, consequently, items with stronger associations with immunity showed greater negative values. Sphingosine kinase 2 (a phosphoric acid enzyme) on IL-12 beta 1 receptors revealed the greatest negative value. This enzyme was determined to be associated with pollinosis, asthma and irritable bowel syndrome as well. Magnetic field treated water was prepared according to the designated procedures. As the patient was treated with the water, her atopic symptoms were alleviated along with an improvement in PRA values. At 13 months after the initiation of treatment, her atopic symptoms had mostly resolved. However, skin dryness and an itchy sensation remained, which suggested they were caused by miliaria, since this may be associated with the aggravation of skin symptoms.

Key words: Atopic dermatitis, PRA apparatus, Magnetic field treated water, Immunological terms(items), Synchronous codes, IL-12 β 1 receptor, Sphingosine kinase 2, Sweat and itchy sensation, Natural moisturizing factors, IL-31

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