

原 著

刺絡療法の作用機序に関する考察 その1

— 「静脈の循環系ハブ仮説」と「静脈鬱血性疼痛仮説」の提唱 —

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Discussion on the mechanism of Shiraku Acupuncture, I st
Proposal of the hypotheses of the circulatory Hub by the vein,
and of the chronic pain caused by the venous stasis

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Abstract

Shiraku acupuncture is one of the main three treatments to stimulate meridian lines and relieve pain, however, few reviews regarding the methods, effects, and mechanism of Shiraku acupuncture have been studied in Japan. Blood letting, which is quite similar to Shiraku acupuncture, has long been practiced from ancient times all over the world in places such as China, India, and Europe in the middle ages.

Shiraku acupuncture is classified into three methods, Seiketu Shiraku (Fingertip blood letting), Skin Shiraku, and Venuole Shiraku. Skin Shiraku (Wet cupping) is usually practiced with traditional acupuncture. Chan H., et al. reported the systematic review to show combination of Skin Shiraku and traditional acupuncture is the most effective compared to each isolated method, however, they have not added any comments regarding the mechanism of Shiraku acupuncture.

We hypothesized that the abrupt effects of Shiraku acupuncture, that Shiraku would relieve venous congestion resulting in promoting all circulatory system including artery, vein, lymphatic and cerebrospinal fluid, because venous system is the hub of these three circulatory system (hypothesis 1: vein is the hub of the circulatory system).

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In the physiological condition, venous blood is four times the arterial blood, and the venous valve is the necessary device to control the low pressure and high-volume venous system. However, poor valves are equipped in the vein of vertebral venous plexus (Batson's venous plexus), subpapillary venous plexus in the skin and pelvic venous plexus, in which venous congestion is a common problem. Especially the vertebral venous plexus which has few valves covering all the veins around the vertebral canal and vertebral bodies. As a result, its plexus is easily congested and cerebrospinal fluid influx to the plexus can be decreased. Furthermore, venous congestion in the Batson's venous plexus could induce circulatory disturbance of neck muscles, thyroid, portal vein, lumbar muscles and the pelvic region of the body. The venous congestions of each region causes an increase of the intra-tissue pressure, which sensitizes the polymodal receptors to induce chronic pain for each region (Hypothesis 2: Theory of chronic pain induced by venous congestion). This hypothesis would be supported by many experiences that Shiraku acupuncture relieves the chronic pain abruptly as soon as puncturation because of the decompression of the increased intra-tissue and venous pressure. Further studies are needed.

Key words: Shiraku Acupuncture, Hypothesis of the circulatory Hub by the vein, Hypothesis of chronic pain caused by the venous stasis, Polymodal receptor, Vertebral venous plexus



原 著

通所介護施設における粒鍼治療とマシントレーニングの
有効性に関する介入研究
～Quality of Life の視点から～

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Intervention Study Related to the Effectiveness of Acupuncture Treatment and
Machine Training at Day Care Facilities
～From the Perspective of Quality of Life～

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Abstract

As we face the aging of society, the importance of not only physical function improvement but also QOL has been raised for those certified for nursing care insurance. The Ministry of Health, Labor and Welfare, as well, seeking treatment that values QOL and is efficient, consider that holistic medicine, including herbal remedies and acupuncture, are also necessary for an ultra-aging society. The purpose of this study is to investigate the impact that acupuncture therapy has on those people qualifying for nursing care insurance.

This was aimed at a total of 30 people, consisting of 23 users of the K Nursing Rehabilitation Center (intervention group) and 7 users of businesses supporting K residential nursing care (non-intervention group). The intervention group, in turn, was divided into a machine training group (11 people) and acupuncture group (12 people), which were divided based on the wishes of the person concerned. The machine training group carried out leg press, hip abduction, rowing, and leg extension exercises twice a week for a period of 3 months. The acupuncture group received therapy from an acupuncturist, using grain acupuncture, twice per week for a period of 3 months. The evaluation used the SF-36[®] (MOS 36-Item Short-Form Health Survey), in order to evaluate health-related QOL.

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From the results, a significant interaction ($p < 0.05$) was seen in the items of "bodily pain (BP)", "general health (GH)", "Vitality (VH)" and "routine emotional function (RE)", and a significant increase in marks after intervention in the granular acupuncture group. By reducing the pain through granular acupuncture therapy, the difficulty in carrying out the likes of work, hobbies and housework was decreased, and this is considered to have enabled the participants to approach a state where they can spend their daily lives actively and tranquil way.

In this study, it has been suggested that acupuncture therapy is effective in improving the QOL of those certified for nursing care insurance. It is considered that the use of acupuncture therapy, as a regional comprehensive care system resource, in the nursing care and welfare field, will contribute to those certified for nursing care insurance being able to lead healthy, independent lives.

Key words: Nursing care insurance • QOL • SF-36 • granular acupuncture • machine training

