

妊娠與產後調養

香港中華基督教青年會

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逐月養胎



懷孕月份	調養重點	飲食	起居
1-2月	肝	宜酸性食物， 避免過於辛辣、刺激	環境安靜，勿受驚嚇
3-4月	心	宜養心寧心，如蓮子	多接觸美好的事物，見物而化
5-6月	脾胃	保證主食的攝入， 多食雞、魚、瘦肉等	適當的活動，勤換洗衣服
7-8月	肺	多食新鮮蔬果，忌燥熱食物	經常活動以運行血氣
9-10月	腎	如桑寄生茶	放鬆心情



資料提供：羅雪中醫婦科博士

產後調理

產後體質特點：

- 多虛多瘀
- 易寒易熱

常見的產後病有產後血暈、產後腹痛、
產後發熱、產後身痛、
惡露不絕、缺乳等

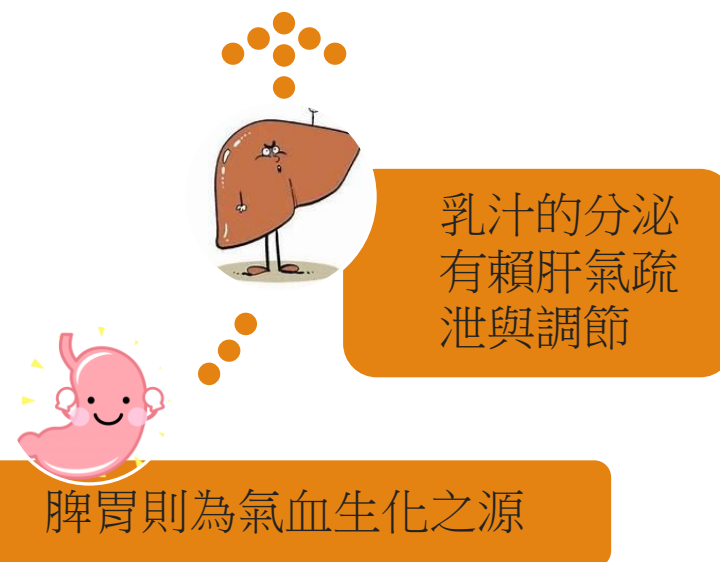


資料提供：羅雪中醫婦科博士

缺乳的中醫治療

《婦人大全良方》：「乳汁乃氣血所化」

	氣血不足	肝鬱氣滯
病因	素來體質虛弱，再因生產過程中耗傷氣血或產後過度操勞	產後情緒抑鬱
病機	氣血虧虛無以化生乳汁，因而乳汁不足或全無	肝失疏泄，氣血鬱滯，令乳汁運行受阻
乳房表現	乳房柔軟，無脹痛感，乳汁分泌量少而質清稀	乳房脹硬疼痛，乳汁難出而質濃稠
其他表現	面色蒼白，精神疲倦，頭暈目眩	精神緊張，急躁易怒，時常嘆氣，胃口不佳
治療	補氣養血，通脈增乳	疏肝解鬱，活絡通乳



豬蹄湯

材料：豬蹄一隻、黃豆100克、
通草6克、陳皮6克

做法：

1.所有材料洗淨，黃豆用清水浸泡1-2小時，豬蹄氽水備用。

2.全部材料和2公升水放入煲內，水滾後轉中小火煲1.5-2小時。

3.最後可加適量鹽調味。

功效：健脾通乳

甘、淡，寒
入肺、胃經



鯽魚湯

材料：鯽魚2條、青木瓜1個、生薑2片
花生30克

做法：

1.鯽魚去鱗鰓並清除內臟，將鹽均勻抹在鯽魚上，靜置5-10分鐘

2.將木瓜去皮除核，切厚塊；花生以清水浸泡

3.準備油鍋，加薑將鯽魚煎至金黃，加水煮至魚湯呈奶白色

4.再將鯽魚連湯放入另一鍋中，之後加入木瓜及花生用中小火煮約50分鐘

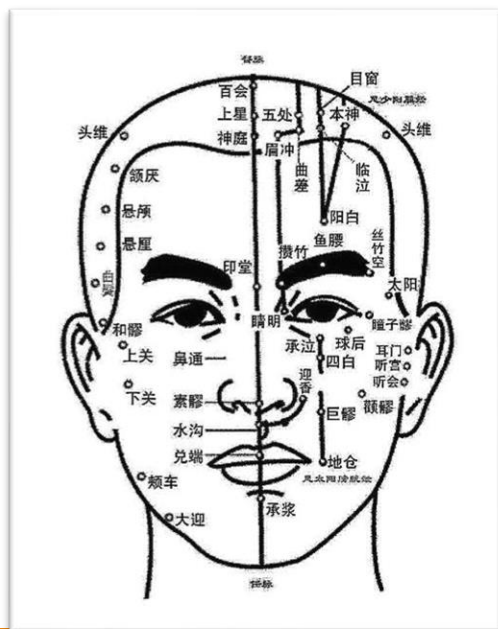
功效：通絡下乳





產後抑鬱

- 隨機
- 盲法：受試者及評估者
- 假針灸對照
- 電針
- 頭針為主



Research report

Randomized non-invasive sham-controlled pilot trial of electroacupuncture for postpartum depression

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ABSTRACT

Background: Postpartum depression affects 10–15% of mothers. Although acupuncture was efficacious for major depressive disorder in pregnancy and in women outside the perinatal period, there has been no randomized controlled study on the feasibility, tolerability, and efficacy of acupuncture for postpartum depression.

Methods: This was a randomized, subject- and assessor-blind, parallel-group, sham-controlled trial. Twenty women within six months postpartum with DSM-IV-diagnosed major depressive disorder of mild severity, defined as a 17-item Hamilton Depression Rating Scale (HDRS₁₇) score of 12 to 19, were randomly assigned to either electroacupuncture or non-invasive sham acupuncture two sessions weekly for four weeks.

Results: There was significant reduction in HDRS₁₇ score from baseline to 4-week posttreatment in both groups, with an effect size 1.4 and 1.8 for electroacupuncture and sham acupuncture, respectively. Improvement was observed as early as two weeks after commencing acupuncture. The response and remission rate in the electroacupuncture group at 4-week posttreatment was 33% and 44%, respectively; for the sham acupuncture group, it was 60% and 50%, respectively. There was no significant between-group difference in all outcome measures, including the HDRS₁₇, Edinburgh Postnatal Depression Scale, Hospital Anxiety and Depression Scale, Clinical Global Impression, and Sheehan Disability Scale. Treatment credibility, success of blinding, and adverse events were similar between groups.

Limitation: Small sample size and high attrition rate. No waiting list observation group.

Conclusion: Both electroacupuncture and non-invasive sham acupuncture were effective for postpartum depression. Further studies utilizing larger sample size, better recruitment strategies, and home-based acupuncture treatment are warranted.

Clinical trial information: Pilot Study on the Use of Acupuncture for Postpartum Depression; ClinicalTrials.gov Registration #NCT01178008; URL – <http://clinicaltrials.gov/ct2/show/NCT01178008?term=postpartum+acupuncture&rank=1>.

產後惡露不絕

產後惡露持續**3**周以上，仍淋漓不盡者

發病機理主要為沖任不固

以惡露的量、色、質、氣味等辨別

- 如惡露量多，色淡，質稀，無臭氣者，多為氣虛
- 色紅或紫，粘稠而臭穢者，多為血熱
- 色黯有塊者，多為血瘀

不可輕用固澀之藥

常用止血藥包括：烏賊骨、阿膠、三七

烏賊骨



コウイカ

