

# 神志病 中西醫結合診療

## 焦慮障礙(三)

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《列子·天瑞》：杞人憂天

# 中西醫結合治療焦慮的策略

- 早期、輕中度患者（HAM-A量表<29分）--單用中醫（中藥+針灸）
- 症狀急劇惡化的重度患者（HAM-A量表 $\geq$ 29分）--中醫（中藥+針灸）+西醫（西藥+心理治療）
- 抗焦慮藥物：
  - 快速改善焦慮情緒
  - 停藥後容易反復
  - 對於軀體症狀療效不佳
  - 副作用較多，如頭暈、過度鎮靜、胃腸道症狀等。
- 中藥：
  - 增效減副
  - 縮短抗焦慮藥物的使用時間，促進減量及停藥，防止焦慮復發。

## Hamilton Anxiety Rating Scale (HAM-A)

Name: Allison Berkley	Date: March 11, 2023
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Below is a list of phrases that describe certain feeling that people have. Rate the patients by finding the answer which best describes the extent to which he/she has these conditions. Select one of the five responses for each of the fourteen questions.

0 = Not present, 1 = Mild, 2 = Moderate, 3 = Severe, 4 = Very severe

	0	1	2	3	4
<b>1. Anxious mood</b> Worries, anticipation of the worst, fearful anticipation, irritability.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2. Tension</b> Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>3. Fears</b> Of dark, of strangers, of being left alone, of animals, of traffic, of crowds.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>4. Insomnia</b> Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>5. Intellectual</b> Difficulty in concentration, poor memory.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>6. Depressed mood</b> Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>7. Somatic (muscular)</b> Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>8. Somatic (sensory)</b> Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>9. Cardiovascular symptoms</b> Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>10. Respiratory symptoms</b> Pressure or constriction in chest, choking feelings, sighing, dyspnea.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>11. Gastrointestinal symptoms</b> Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>12. Genitourinary symptoms</b> Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>13. Autonomic symptoms</b> Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>14. Behavior at interview</b> Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Reference: Hamilton M. The assessment of anxiety states by rating. Br J Med Psychol 1959; 32:50-55.

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# 中醫辨證論治

- 1) 肝鬱化火證--清肝瀉火，理氣暢中--丹梔逍遙散加減
- 2) 瘀血內阻證--活血化瘀，理氣通絡--血府逐瘀湯加減
- 3) 痰火擾心證--清熱滌痰，寧心安神--黃連溫膽湯加減
- 4) 心脾兩虛證--益血健脾，寧心解慮--歸脾湯加減
- 5) 心膽氣虛證--鎮驚定志，寧心安神--安神定志丸加減
- 6) 心腎不交證--滋陰清心，養腦安神--交泰丸加減
- 7) 腎虛肝鬱證--益腎調氣，解鬱安神--解憂安慮方加減

**血府逐瘀湯→四逆散+桃紅四物湯**



Anxiety



- 清《醫林改錯》：「身外涼，心裡熱，故名燈籠病，內有瘀血。認為虛熱，愈補愈瘀；認為實火，愈涼愈凝。」

# 中藥藥理



刺五加



人參



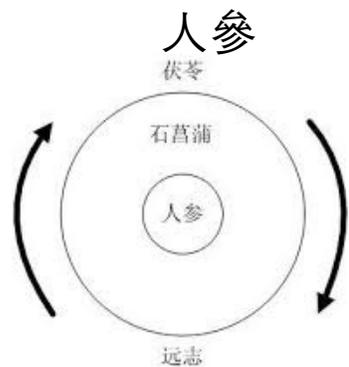
合歡皮



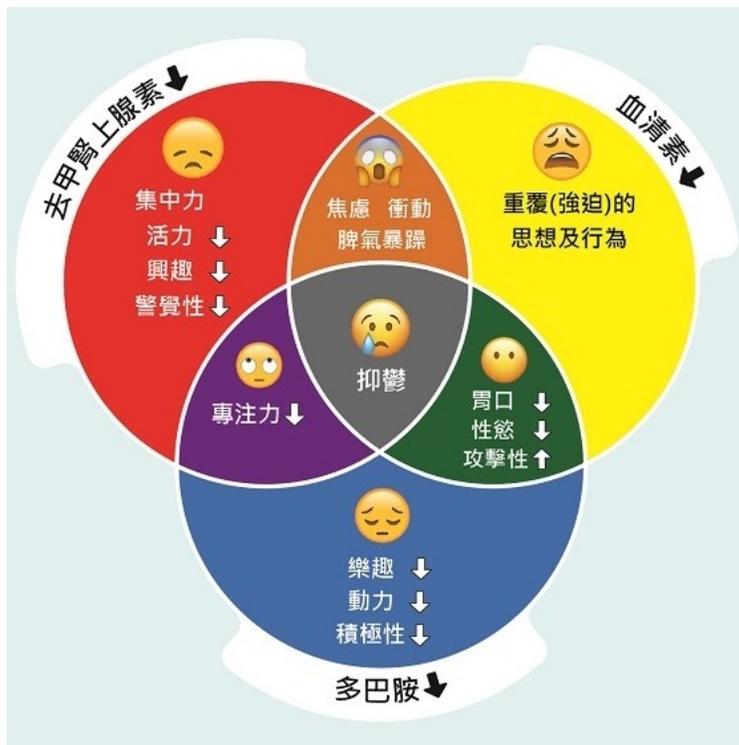
鬱金



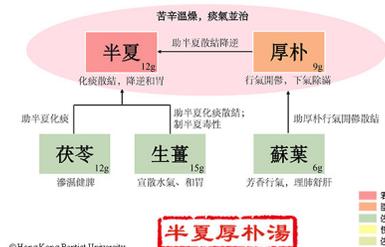
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開心散



銀杏



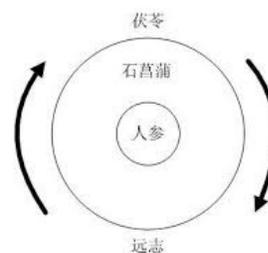
紫蘇



甘草



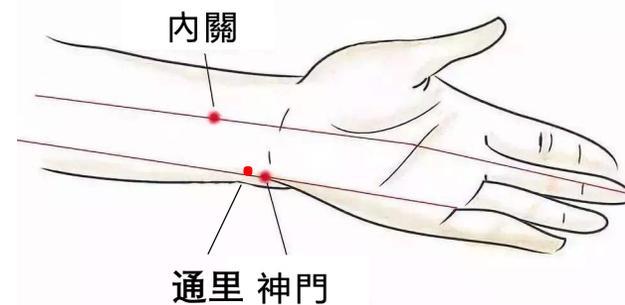
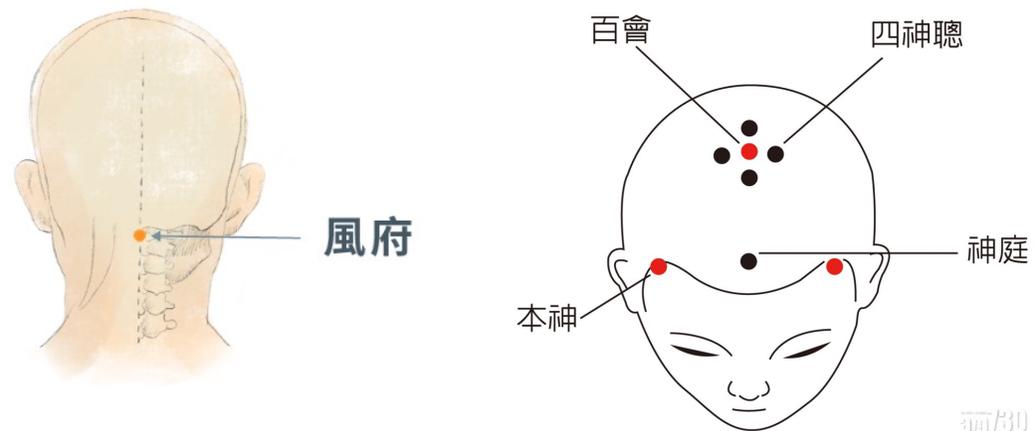
人參

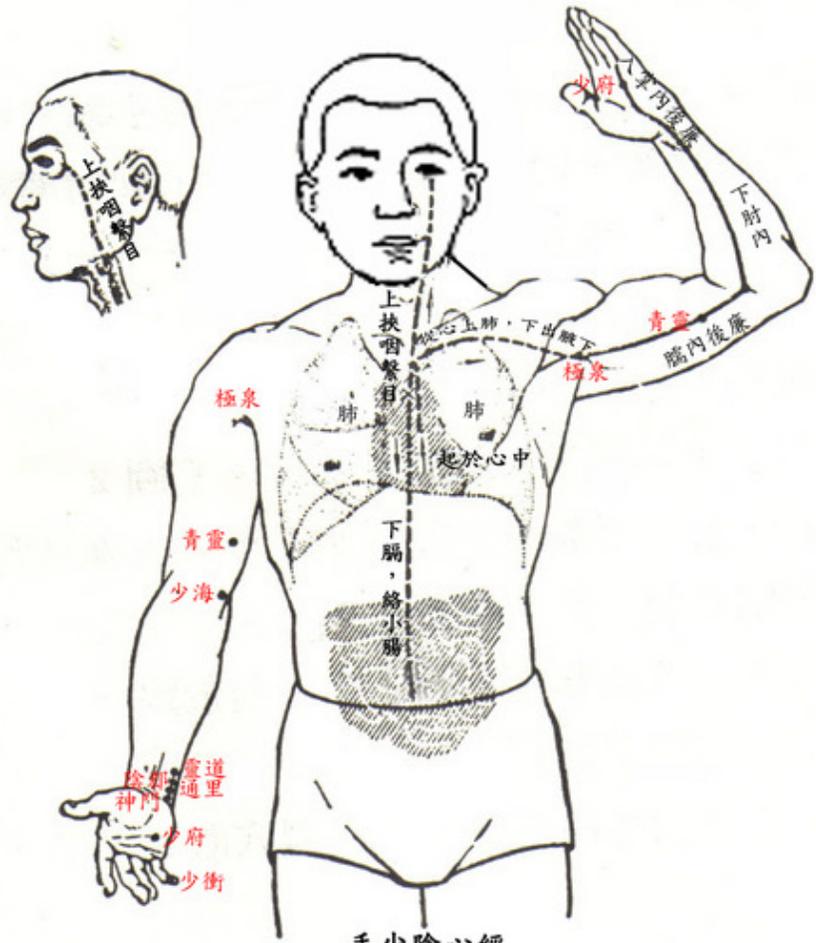


黃連

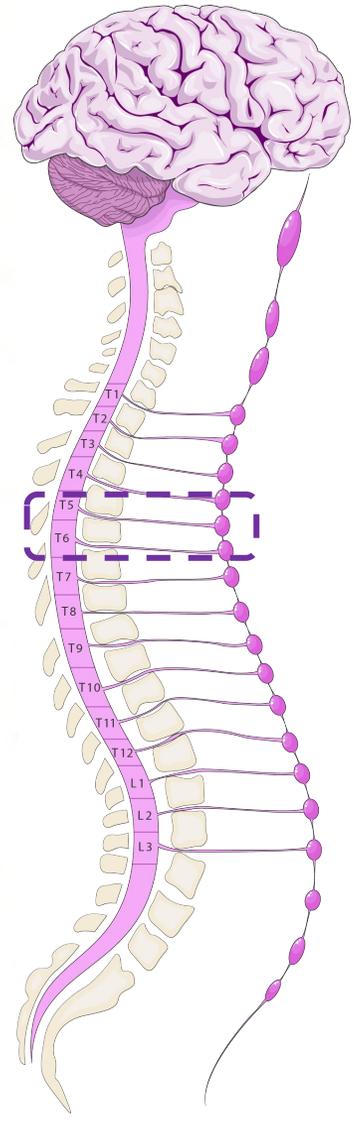
# 針灸與康復

- 主穴：風府、百會、神門、通里、內關。
- 配穴：
  - 肝鬱化火型加太沖、合谷；
  - 瘀血內阻型加血海、隔俞；
  - 痰火擾心型加豐隆、陰陵泉；
  - 心脾兩虛型加心俞、脾俞；
  - 心膽氣虛型加心俞、膽俞；
  - 心腎不交型加心俞、腎俞、太溪；
  - 腎虛肝鬱型加太溪、太沖。
- 操作：留針30min ~ 60min，10min行針1次。隔日1次，10次為1個療程（I級證據，強推薦）。



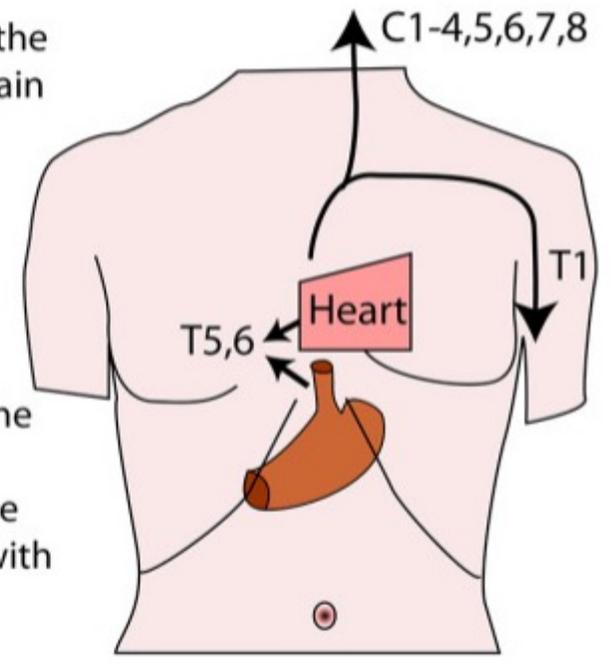


手少陰心經  
 五輪穴：少衝、少府、神門、靈道、少海  
 原穴：神門。絡穴：通里。郄穴：陰郄。募穴：巨闕



General visceral afferents from the heart (via sympathetics) refer pain to:  
 Neck  
 Left arm  
 Epigastrium

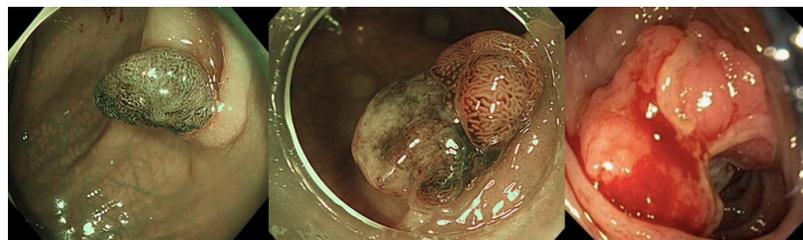
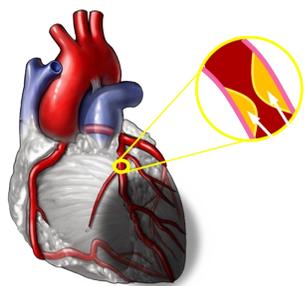
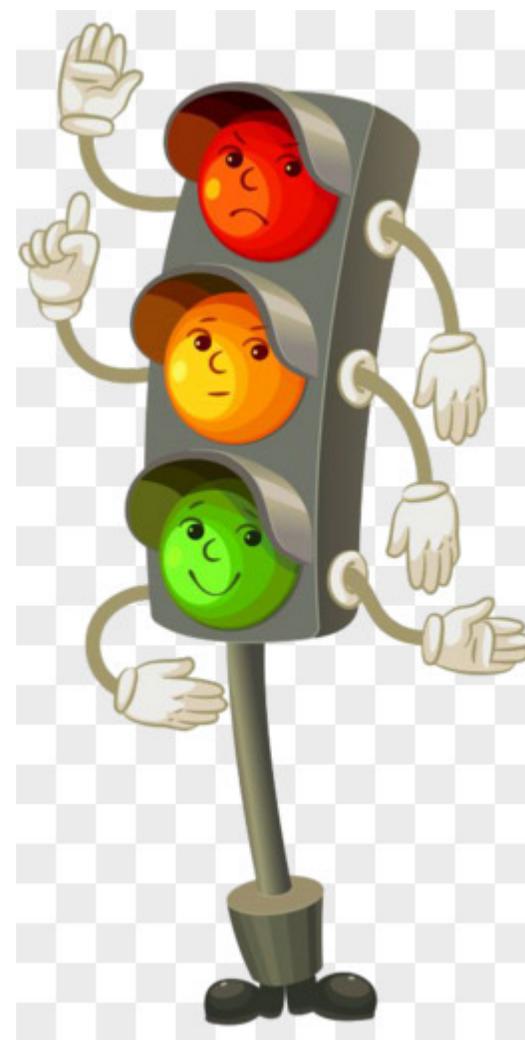
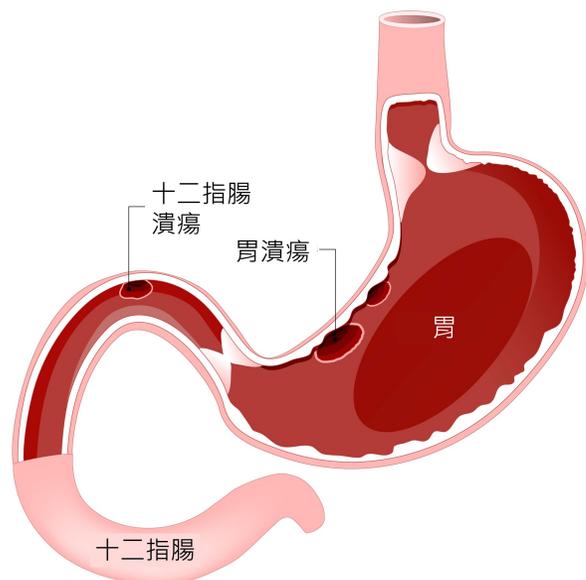
Note that the T5,6 sympathetics not only supply the heart but also the lower oesophagus and stomach so the body can confuse indigestion with coronary pain.



## 心肌梗塞有預兆 非典型4大徵兆

- 牙齒痛 下巴痛**  
 牙痛看完牙醫沒改善  
 可能是心源性牙痛
- 脖子 喉嚨痛**  
 一旦心臟缺血 缺氧  
 易擴散到喉部迷走神經
- 後背 上腹部疼痛**  
 後背及上腹部不適感  
 易搞混下背及腸道疾病
- 左邊肩膀 腋下痛**  
 心肌梗塞會出現輻射痛  
 放射到左邊肩膀 手臂

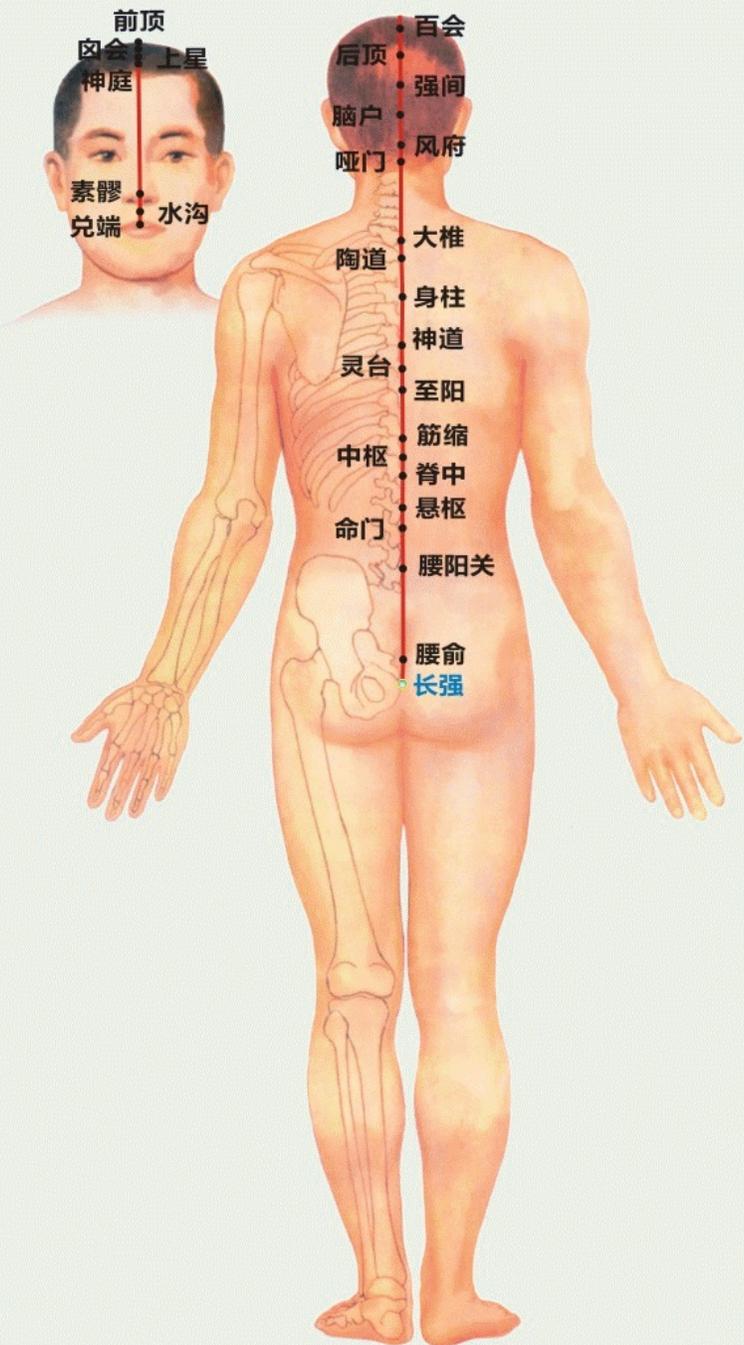
# 確診精神疾病前，須先排除器質性病變!!!



由瘰肉演變至大腸癌的過程

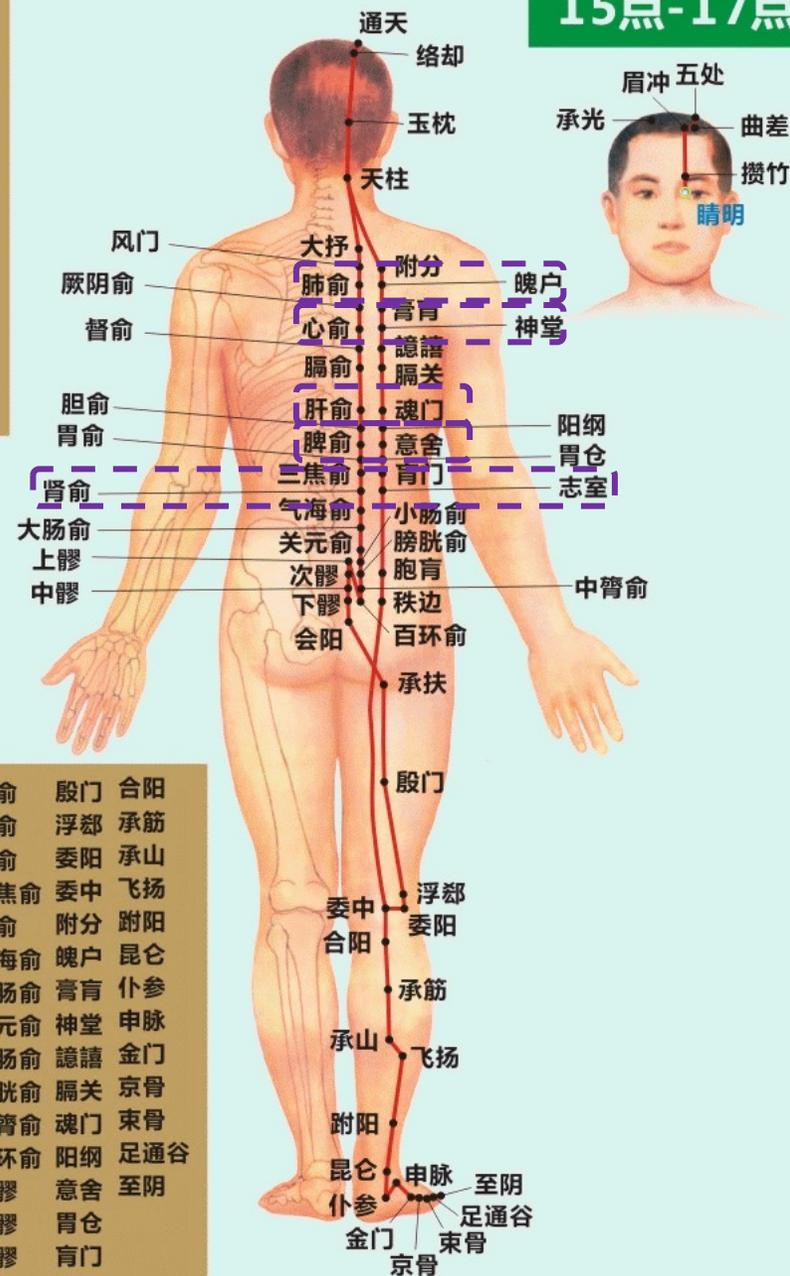
# 督脉

长强  
腰俞  
腰阳关  
命门  
悬枢  
脊中  
中枢  
筋缩  
至阳  
灵台  
神道  
身柱  
陶道  
大椎  
哑门  
风府  
脑户  
强间  
后顶  
百会  
前顶  
凶会  
上星  
神庭  
素髎  
兑端  
龈交



15点-17点

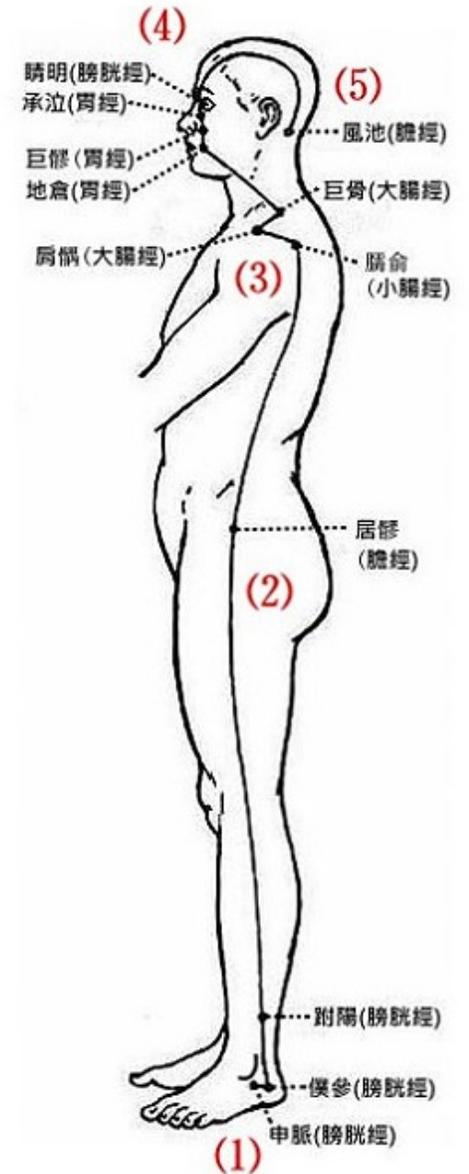
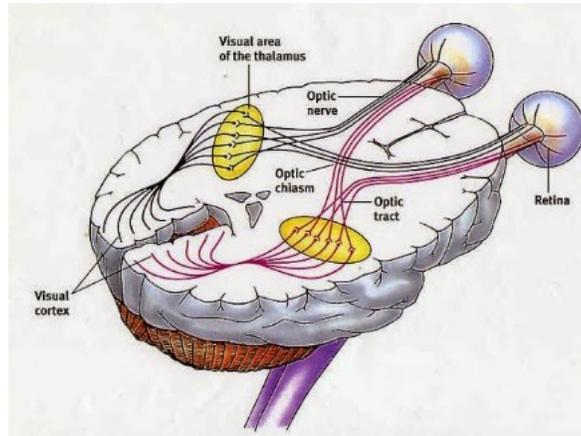
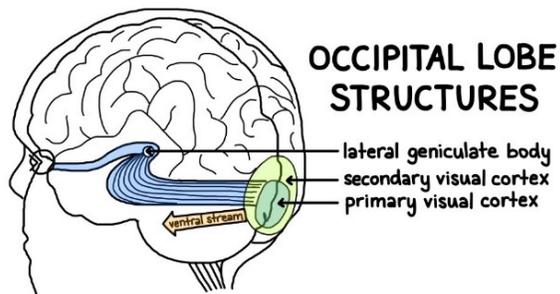
# 足太阳膀胱经



睛明	胆俞	殷门	合阳
攒竹	脾俞	浮郄	承筋
眉冲	胃俞	委阳	承山
曲差	三焦俞	委中	飞扬
五处	肾俞	附分	附阳
承光	气海俞	魄户	昆仑
通天	大肠俞	膏肓	仆参
络却	关元俞	神堂	申脉
玉枕	小肠俞	譩譩	金门
天柱	膀胱俞	膈关	京骨
大抒	中膂俞	魂门	束骨
风门	百环俞	阳纲	足通谷
肺俞	上髎	意舍	至阴
厥阴俞	次髎	胃仓	
心俞	中髎	育门	
督俞	下髎	志室	
膈俞	会阳	胞育	
肝俞	承扶	秩边	

# 中醫對腦的認識

- 《靈樞·寒熱病》：「足太陽有通項入於腦者，正屬目本，名曰眼系，在項後兩筋間(風府)入腦，乃別陰蹻、陽蹻，陰陽相交……交於目銳(應作「內」)眦，陽氣盛則瞋目，陰氣盛則瞑目。」



陽蹻