

針刺戒煙應用與研究的全面回顧及分析

摘要

背景：吸煙危害健康，能引致死亡外更增加了社會的負擔。現行的戒煙方法有期局限性，包括戒煙藥物的副作用及復吸率較高，而臨床發現針刺戒煙有顯著的療效及優點，故值得通過實證醫學的驗證，推廣針刺療法作為戒煙的常規治療。

目的：通過對針刺戒煙文獻的全面回顧及分析，從而為針刺戒煙的臨床應用提供指引，並為針刺戒煙的研究思路給予建議。

方法：檢索國內、外近三十年有關針刺戒煙的文獻，對其作出綜合，並展開分析，包括針刺戒煙的研究趨勢、療效總結及機理。

結果：本文發現，國內研究報導了大量的臨床病例觀察，國外則比較著重對照臨床研究，但不論國內外，針刺戒煙的基礎研究都十分缺乏。療效上，耳穴與體穴同用有較顯著的戒煙效應，而遠期效果或會受到煙史、煙量、戒煙決心等因素的影響。至於針刺戒煙的機理與肺血流量、基因、大腦皮層及血中內啡肽水平有關。

結論：臨床應用上，針刺戒煙的療效是顯著的，而遠期效果可透過增強戒煙動機、課程輔助等來維持。另一方面，針刺戒煙仍缺乏高質素的研究，本文建議從劃一研究評定標準、增設生物檢測、遠期療效、成本效益、基礎研究等幾方面來提升及豐富針刺戒煙的研究，使之能推動針刺戒煙的臨床應用及優化其療效。

關鍵詞：針灸，針刺，戒煙

Clinical Application and Research of Acupuncture on Smoking Cessation: A Review

Abstract

Background: Smoking is a causative agent of many fatal diseases and would load great burdens to the society. Limitations have been revealed in the routine treatments for smoke cessation, including side effects of nicotine replacement therapy and other drugs that help quitting smoking, and the relapse rate is high. Meanwhile, acupuncture has been found to have positive effects on smoke cessation and have advantages over other therapies. Therefore, it is worth to show evidence in order to promote the use of acupuncture on smoking cessation campaign.

Objective: By reviewing and analyzing of relative materials, this article aims to provide a clinical guideline and suggestions for the use and research of acupuncture on smoke cessation.

Method: Through searching relative articles published for the past 30 years in mainland China or international journals, results were summarized and analyzed, regarding the research trend, the effects and the mechanism.

Result: Research from mainland China mostly focus on clinical observation while international articles tend to investigate on clinical controlled trial and it is obvious that there is lack of fundamental research. It is found that using auricular and traditional acupuncture has synergistic effect and the long-term effect may be affected by the smoke history, quantity and motivation. On the other hand, the mechanism of acupuncture on smoke cessation is related to the pulmonary circulation, genetic variation, cerebral cortex and endorphin concentration in blood.

Conclusion: Clinically, the effect of acupuncture on smoke cessation is significant and the long-term effect can be prolonged by strengthening motivation and health education. On the other hand, there is lacking of high quality research. It is suggested that standardized judgments, bio-medical validation, long-term effectiveness, cost effectiveness and fundamental research are directions in carrying out high quality research and finally, promoting the use of acupuncture on smoke cessation.

Keyword: Acupuncture, smoke cessation