



针刺镇痛的神经化学原理

THE NEUROCHEMICAL BASIS
OF PAIN RELIEF BY
ACUPUNCTURE

J.S. HAN

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THE NEUROCHEMICAL BASIS OF PAIN RELIEF BY ACUPUNCTURE

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序

近二、三十年来关于控制疼痛的生理机制的认识有了明显的提高，知识增长的速度超过历史上任何一个时期，这主要是由于对中枢神经系统各个层次（如脊髓、脑干和皮下高级中枢）中抑制疼痛的神经和神经化学机制的研究获得了一系列重要的发现。在这些发现的推动下，不仅疼痛的理论研究有了长足的进展，也开发出许多行之有效的镇痛措施。针灸疗法就是其中之一。早在十七世纪针灸疗法就被介绍到西方，但直到二十世纪五十年代末中国报告针刺麻醉下进行第一例外科手术获得成功以后，才被公众所注意。自此以后针灸疗法名噪全球，在世界各国得到越来越广泛的应用。

中国学者如张香桐、韩济生等的系统研究在很大程度上阐明了针刺传入刺激在中枢各级神经结构中的活动，以及在这些活动中神经素质所起的作用。就介绍针刺研究进展而言，韩济生处于特别有利的地位。他很早就从事针刺镇痛神经化学机理的研究，并在这一领域中作出了卓越的贡献。本书是作者及其同事二十年来为揭示针刺镇痛之谜所作的研究工作的一个总结。我相信此书的出版必将有助于脑内镇痛机制的探讨，特别是神经生理学家和神经病学家对此将更感兴趣。

戴维·奥托逊

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1987年7月，斯德哥尔摩

前 言

北京医科大学生理教研室自1965年以来,从神经化学的角度对针刺镇痛原理进行了较系统的研究,1973年—1987年间发表论文180余篇。这些论文大多数都是用中文发表的。随着开放政策的实行,很多外国学者访问了我们实验室,本室也有不少论文发表于国外杂志。仅在最近五年中我们即收到国外寄来论文索取卡1000余张。由于各种原因我们未能及时一一寄出,对此我深感内疚。

为了应答国外同道对我们科研进展的关心,我们从180余篇论文中选出141篇与针刺镇痛的神经化学原理有关的论文,分为16个部分编成选集。从中可以看出本实验室工作发展的概貌。这些论文中有44篇是以英文发表的,按原样收入本集。97篇是中文发表的,则用英文摘要的方式加以介绍。有20篇图表较多,只从摘要还不能获得足够的信息,因此也将中文全文列出。我们希望通过这一选集的出版,将有助于促进针灸研究的国际交流。

这141篇论文是本实验室同事以及曾在本室工作过的19名研究生和52名来自全国各医学院校的进修教师集体努力的结晶。在编辑过程中使我再次重温了共事的愉快。我愿借此机会向国内、外同道多年来对我们工作的及时和宝贵的帮助表示深切的感谢。本选集的出版得到这些论文原出版社的惠允,在此一并表示感谢!

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1987 年 6 月 1 日

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1. INTRODUCTION

