알레르기비염의 삶의 질 평가를 통한 최신 한방치료의 효과

염승철* · 이건목* · 조남근** · 이건휘****

*원광대학교 산본한방병원 침구과
**원광대학교 익산한방병원 침구과
***원광대학교 공과대학 기계공학부

Abstract

The Effectiveness of Recent Traditional Korean Medical Therapy on Treating Allergic Rhinitis Examined by Quality of Life Questionnaires


*Department of Acupuncture & Moxibustion San-Bon Oriental Medical Hospital in Wonkwang University
**Department of Acupuncture & Moxibustion Ik-San Oriental Medical Hospital in Wonkwang University
***Department of Mechanical Engineering, College of Engineering of Wonkwang University

Objectives: The study of Traditional Korean medical therapy has recently become a popular academic field as proven to be an great alternative to the limitation of Western medical treatment. However, there has been little study examining the Quality of life to investigate the Effectiveness of Recent Traditional Korean Medical Therapy on Treating Allergic Rhinitis. Thus, this study aims to reveal the characteristics of Allergic Rhinitis patients, their clinical symptoms, and other accompanying diseases. Moreover, it attempts to investigate the sense of improvement and satisfaction from the Allergic Rhinitis patients treated with Traditional Korean Medical therapy by examining Quality of Life Questionnaires.
Subject and Method: A total of 380 subjects that consists of allergic rhinitis patients and non patients were participated in this study. 330 allergic rhinitis patients were divided into two groups: the experimental group (230 subjects) was treated with Traditional Korean Medical therapy, and the control group (100 subjects) was not treated with any other therapy. Also, the normal control group (50 subjects) who had no symptoms of the allergic rhinitis was participated in this study as well.

All the subjects were asked to answer to the questionnaires that consist of two parts such as recalling the symptoms that they had 3 month ago, and describing the current symptoms that they had the present. The experimental group also was asked to answer the quality of life questionnaire before and after the therapy.

Results: The results of investigating recent Traditional Korean therapy are as follows:

1. The reservoir rate of other disease was 39.0% in the control group and 34.8% in the experimental group. These were higher than the rate of the normal control (10.0%), which reveals the clinical characteristics of allergic rhinitis patients.

2. The symptoms of Allergic Rhinitis showed improvement after Traditional Korean medical therapy, which can be shown by its statistical significance. (p<0.001<0.001).

3. 97.0% of the Allergic Rhinitis patients treated with the Korean Therapy answered the improvement of symptom within 4 weeks, and 88.3% of the patients were satisfied with the Traditional Korean medical therapy.

4. The Nasal symptoms had prominently positive effect at the most as the symptoms significantly affect sleep disturbances, ocular symptoms, activity limitation, and emotional problems.

Key words: Allergic Rhinitis, Traditional Korean medical therapy, Quality of Life Questionnaires

I. 序論

알레르기비염은 수양성비염, 비폐색, 체계기 등의 임상증상을 보이는 비정략의 임상증 질환으로, 계절성 알레르기비염과 대기 오염물질, 공공이 집안
지 진드기에 의해 발생하는 동정성 알레르기비염으로 분류되어 있다. 알레르기비염은 유병률이 현재 10~20%로, 전세계적으로 40%까지 이르는
도로 보고가 있을 정도로 임상적으로 흔히 관찰되며, 그 발병률이 증가하는 질환이다. 또한, 최근 알레르기
비염과 철저한 관계를 맺은 역학조사에서 서로
발현한 상관관계를 갖는 경우가 있어, 알레르기비염
치료의 중요성을 알 수 있다.

서양의학에서 알레르기비염의 치료는 크게 흔히
요법, 약물치료, 면역치료로 나눌 수 있다. 회복요법은
가장 안전한 치료방법이며, 만족할 만한 결과
을 얻기에는 적부속단, 약물요법은 결병의 면역학
적인 기전을 의미하는 근본치료법이라고 보다는 중
상을 완화하는 방법이며, 현재 사용되는 면역치료는
수년간의 치료기간과 고비용, 주사로 주입해야하고
또한 중상 개선율이 높지 않은데 비해 심각한 부작
용인 아나필락시스(anaphylaxis)가 유발할 수 있
다는 단점이 있다. 이러한 서양의학 치료의 한계로
인하여 한의학 치료가 늘어가고 있는 것이 최근의
추세이다. 알레르기비염의 한의학 치료는 크게 약물
요법, 천궁요법, 의학요법으로 구분된다. 약물요법은
정부병증과 증상에 따라 구분하며, 천궁요법은
인내

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