

dementia 癡呆症

癡呆症（失智症）不是單一疾病，而是會破壞腦細胞並損害大腦功能的綜合症候群。目前失智症雖大多無法完全治癒，但早期發現與藥物治療、非藥物介入能有效延緩病情惡化

Dementia is not a specific disease, but an umbrella term for a collection of symptoms caused by abnormal brain changes. There is currently no single cure to reverse most progressive dementias. However, healthcare providers utilize several management pathways.

治療癡呆症的穴位 Acupoints for treating dementia

治療癡呆症（失智症）最核心且常用的核心穴位是**百會穴**與**四神聰穴**，臨床上常用於活化大腦、延緩認知功能退化。根據**馬光中醫診所的調理全攻略**與**優活健康網的中醫衛教指南**，(https://ma-kuang.1655.com.tw/health_list.php?id=3217&cat=93) 中醫常透過頭部與四肢的「黃金穴位」來改善腦部血液循環並穩定情緒：

The most crucial and commonly used acupoints for treating dementia (a cognitive impairment) are Baihui (GV20) and Sishencong (EX-HN1), which are clinically used to activate the brain and slow cognitive decline. According to the comprehensive treatment guide from Ma Guang TCM Clinic and the TCM health education guide from U-Health Network (https://ma-kuang.1655.com.tw/health_list.php?id=3217&cat=93), TCM often uses "golden acupoints" on the head and limbs to improve cerebral blood circulation and stabilize emotions.



🧠 頭部核心穴位 (提神醒腦、活化大腦)

- **百會穴**: GV 20 Baihui 主導百脈之會，能改善患者的認知障礙。
- **四神聰穴**: ExHN1 Sishencong 協助延緩記憶力下降。
- **風池穴**: GB 20 Fengchi 能有效增加腦部血液循環、舒緩頸部緊繃。



🖐️ 四肢關鍵穴位 (調理氣血、穩定情緒)

- **合谷穴**: LI 4 Hegu 與太衝穴合稱「四關穴」，具備調節神經與開竅醒腦的作用。
- **太衝穴**: LR 3 Taichong 有助於疏肝理氣、緩解失智患者常有的焦慮與暴躁情緒。
- **神門穴**: HT 7 Shenmen 專門用於寧心安神，能改善失智症常見的失眠與日落症候群。



將接地裝置戴在穴位上

wear the earthing gadget on the acupoint

Remember to discharge the earthing gadget through earth wire before use

++more info on treatment by earthing from "where to wear" in www.copper-heal.com++