小兒生長發育異常之中醫診治

大綱

- 現象
- 中醫生長發育觀
  - 天癸理論
  - 轉骨
- 實證研究
- 結語&討論

我們想的不一樣

性早熟

轉骨

By Google Trends


安生藥房
安生藥房


TVBS NEWS
禮品店
安生藥房
民眾不捨！老藥房歇業不藏私
公開轉骨方

安生藥房 覺得感恩。

2018年6月14日 ·

為回應廣大顧客擔心無法持續吃安生的轉骨藥，以下提供轉骨配方供參考...

同時提醒大家藥材的品質&新鮮度&處理藥材的做法都會直接影響藥效.....

請各位務必尋求藥材品質好且新鮮並遵循古法泡製的中藥行去抓藥。

～安生藥房在此期許各位都能一世安生　謝謝～

林口里轉骨藥 本方僅供參考

【六碗水煎三碗】：

九層塔 3 錢　劉寄奴 2 錢　香附 2錢　蘇木 1.5錢

三陵 1.5錢　莪朮 1.5錢　紅花 1錢

【燉雄雞】：

川芎 2 錢　當歸 3 錢　當歸尾 3 錢　炒白芍 3 錢

川七 3 錢　桂枝 3 錢　炙甘草 1 錢　炙黃耆 6 錢

枸杞 4 錢

Chris Li、陳信宏和其他 1,252 人　204則留言　1,021次分享

讚　留言　分享

林口里轉骨藥 1人份3帖600元

均衡營養：多喝鮮奶、吃深綠色蔬菜，補充鈣質、蛋白質
適當運動：穿運動鞋持續每天跳躍 30~50 下（跳繩、或原地跳躍均可）
充足睡眠：儘量 11 點前入睡(小學生需睡足 9 小時)

煮　法　3帖，1天1帖，1週內服用完畢

1. 將印有【六碗水煎三碗】的藥材置於湯鍋內，倒入六碗水（飯碗）。大火煮開後，以中火熬煮成三碗（約半小時）。
2. 將印有【燉雄雞】的藥材置於電鍋的內鍋，將雄雞切塊、汆燙過後，舖在藥材上方，倒入預先煮好的三碗藥湯。
   外鍋倒入 3 杯水（量米杯），燉煮至開關閥跳起即可。藥湯 1 天內分 2 次(早晚/晚早/2 個晚上皆可，中午忌食)，溫熱服用。

服用方法

本方劑並無男女、季節之分。一般而言，無論發育與否，於小五升小六的暑假，即可開始服用。
另外，若還未小六已開始發育或是已經有第二性徵出現，則可提前服用本方劑，且每 3 個月服用 1 次。

1. 小六～國一期間　每半年服用 1 次，1 次服 3 帖（1 天 1 帖，藥湯分 2 次 須間隔 4 小時或 2 個晚上皆可。早餐 須於飯後服用，晚餐 則飯前、飯後均可，中午忌服），3 帖藥材約在 1 週內服用完畢（可連續 3 天、或間隔 1 天、或選擇週六、日及次週六服用）。
2. 國二～國三期間　每 3 個月服用 1 次，1 次服 3 帖（用法同前所述）。
3. 高　中　期　間　每 2 個月服用 1 次，1 次服 3 帖（用法同前所述，建議每半年量 1 次身高）。

注意事項

1. 雄雞（小公雞）：雞的重量約 3 斤多，去皮去油、剁塊，平均分 3 帖藥材使用（雞腳一定要放；內臟、頭、脖子、屁股可不使用）
   雞肉可吃可不吃（孕婦忌食），若不吃雞肉，可以 3 個雞骨架+6 支雞腳代替，或是排骨+雞腳代替皆可
2. 有下列情形，不得服用：感冒不可服用（過敏性鼻塞不算感冒）；女生於生理期不可服用（須結束後，第 5 天起方可服用）。
3. 存放方式：尚未熬煮的藥材，須放在冰箱冷藏（不宜超過 3 個月）。藥湯在常溫下不可超過 3 小時，冷藏不可超過 2 天。
4. 宅配方式：貨到收款需支付「宅配費用＋藥材費用」，請使用『專用訂購單』傳真訂購；『專用訂購單』可來電索取。

【安生藥房】台北市南昌路二段 191 號（南昌路、同安街口 / 捷運古亭站 2 號出口）　電話：（02）2368-4992（週日公休）

Guideline

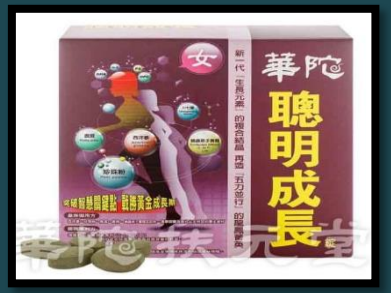
市售產品琳瑯滿目


李時珍
成長升級
長大人


長大汉
成長膠囊

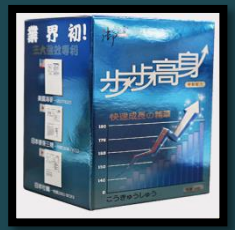

震達
等大人


助大漢


華陀
聰明成長


女方
成長日記


變大人


步步高身


華陀
望子成龍養成飲
5年
男


女
德安堂
長大人

一線生機　有利可圖

也沒其他辦法了

試試看

大家都在吃

廣告打很大

成長只有一次!

成長只有一次!

成長只有一次!

FAQ

- 「查埔大到二五，查某大到大肚」?
- 轉骨方到底是甚麼?
- 轉骨方能幫孩子順利轉大人，真的嗎？
- 轉骨方會導致性早熟?
- 骨齡超前還可以吃轉骨方嗎?

中醫生長發育觀

天癸理論--女子的生命週期

女子七歲，腎氣盛，齒更髮長；二七而天癸至，任脈通，太衝脈盛，月事以時下，故有子；三七，腎氣平均，故真牙生而長極；四七，筋骨堅，髮長極，身體盛壯；五七，陽明脈衰，面始焦，髮始墮；六七，三陽脈衰於上，面皆焦，髮始白；七七，任脈虛，太衝脈衰少，天癸竭，地道不通，故形壞而無子也。

《黃帝內經·素問: 上古天真論篇第一》

天癸理論--男子的生命週期

丈夫八歲，腎氣實，髮長齒更；二八，腎氣盛，天癸至，精氣溢瀉，陰陽和，故能有子；三八，腎氣平均，筋骨勁強，故真牙生而長極；四八，筋骨隆盛，肌肉滿壯；五八，腎氣衰，髮墮齒槁；六八，陽氣衰竭於上，面焦，髮鬢頒白；七八，肝氣衰，筋不能動，天癸竭，精少，腎藏衰，形體皆極；八八，則齒髮去，腎者主水，受五藏六府之精而藏之，故五藏盛，乃能寫。今五藏皆衰，筋骨解墮，天癸盡矣。故髮鬢白，身體重，行步不正，而無子耳。

《黃帝內經·素問: 上古天真論篇第一》

機轉

心氣下通

腎氣旺盛
腎藏精，主生殖
腎氣盛，陰氣足
化生天癸

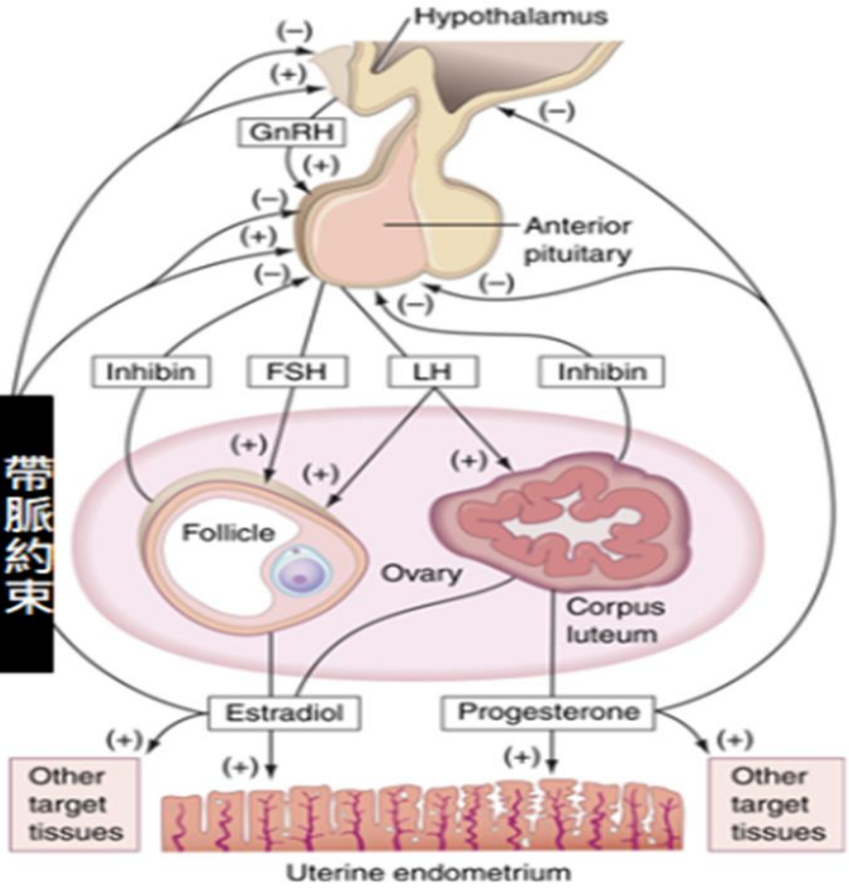
天癸成熟
促生長發育生殖的物質
參與男精女血產生的活動

沖任通盛
任脈所司精血津液旺盛充
沖脈發揮聚臟腑之血功能
沖任二脈相資
血海按時滿盈

氣血← 臟腑

血溢胞宮
血海滿盈，滿而自溢
血溢胞宮，月經來潮

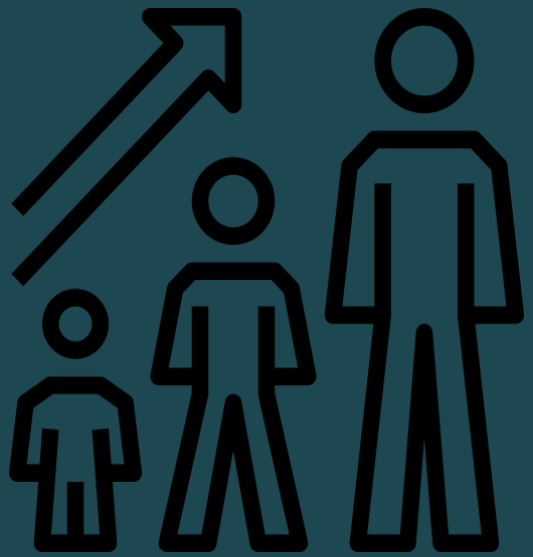
帶脈約束
脈調節



馬賽璋·中醫婦科學·p245·上海科學技術出版社·1997

轉骨

或稱「轉大人」屬於臺灣民間特有的概念，古代、中國大陸的醫書很少有類似的記載。



一般認為因早期農業社會注重生育問題，在營養及物資較缺乏的環境下，為了讓下一代長的更健康強壯，就在青春期階段結合中草藥及一些肉類等補益食物來調整小孩的體質，促進小孩的成長發育。

臟腑功能與轉骨

- **腎**為先天之本，主骨生髓，骨是依靠骨髓得到充養而勁強，所以骨頭的發育與腎的關係最大，腎氣的盈虧與骨骼的生長、體態的發育有著密切的關係。
- **脾**爲後天之本、氣血生化之源，脾胃強健則對營養的消化吸收增強，有助於生長發育。
- 肝主筋，主氣機疏泄。
- 心主神明，主血脈，主宰精神活動。
- 肺主氣，司呼吸。

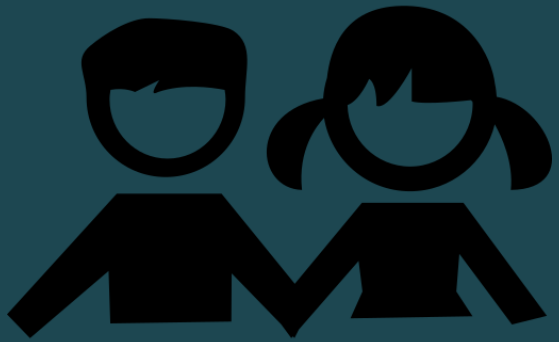
轉骨(青春期調理)的重點

- 醫者
  - ✓ 重視身心平衡，個人化處方
  - ✓ 睡眠、運動、壓力、營養(飲食)
  - ✓ 月經調理
  - ✓ 體質調整(過敏體質、腸胃功能障礙等)
  - ✓ 性早熟處置

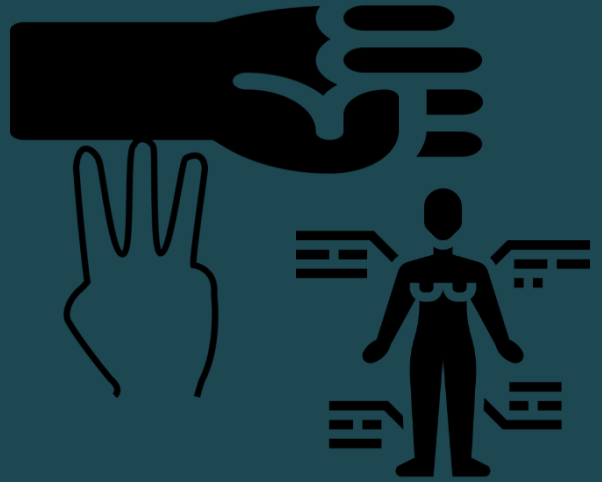
- 父母
  - ✓ 身材 (身高、豐胸、體重)
  - ✓ 臉蛋 (青春痘、美白)

轉骨123

骨齡狀況



男女有別



體質差異

常見轉骨藥材

健脾補氣

茯苓
白朮
黨參
炙甘草
黃耆
山藥

滋陰養血

當歸
川芎
熟地
白芍
紅棗

強筋壯骨

杜仲
續斷
骨碎補
巴戟天
何首烏
枸杞子
鹿角

行氣活血

柴胡
木香
香附
川七
九層塔頭
含殼草

實證文獻

THE FASEB JOURNAL

Nutrition

The effects of a multi-herbal mixture HT042 on height gain in short children: a double-blind, randomized, placebo-controlled trial (LB322)

Jungbin Song, Donghun Lee, Hyun Soo Kim, Hyun Jeong Lee, Juyeon Park, and Hocheol Kim

Published Online: 1 Apr 2014 | **Abstract Number:** LB322

黃耆 刺五加 糙蘇

Astragalus membranaceus root *Eleutherococcus senticosus* stem *Phlomis umbrosa* root

Astragalus extract mixture HT042

- In 129 children, height gain was significantly higher in HT042 group than placebo group after 24 weeks (mean difference, 0.29 cm; 95% CI, 0.01 to 0.57 cm; p = 0.027).

- Serum IGF-1 and IGFBP-3 levels were significantly increased compared with baseline within HT042 group, but group difference was not significant.

Research Article

Astragalus Extract Mixture HT042 Improves Bone Growth, Mass, and Microarchitecture in Prepubertal Female Rats: A Microcomputed Tomographic Study

Jungbin Song,[1] Sung Hyun Lee,[2] Donghun Lee,[1] and Hocheol Kim[1]

[1]*Department of Herbal Pharmacology, College of Korean Medicine, Kyung Hee University, 26 Kyungheedae-ro, Dongdaemun-gu, Seoul 02447, Republic of Korea*
[2]*Korea Institute of Science and Technology for Eastern Medicine (KISTEM), NeuMed Inc., 88 Imun-ro, Dongdaemun-gu, Seoul 02440, Republic of Korea*

Evidence-Based Complementary and Alternative Medicine
Volume 2017, Article ID 5219418

Changes in Tibial Length

Table 2: The gain in tibial length (mm) during 2-week administration of HT042 diet.

	Control	GH	0.2% HT042	0.6% HT042
Days 0–7	2.61 ± 0.17	2.87 ± 0.13*	2.78 ± 0.18	2.92 ± 0.24**
Days 7–14	1.60 ± 0.32	1.89 ± 0.18	1.69 ± 0.33	1.78 ± 0.26
Days 0–14	4.20 ± 0.37	4.75 ± 0.23**	4.48 ± 0.24	4.70 ± 0.34*

Values are expressed as the mean ± SD. * $p < 0.05$ and ** $p < 0.01$ versus control group. $n = 7$-8 per group.

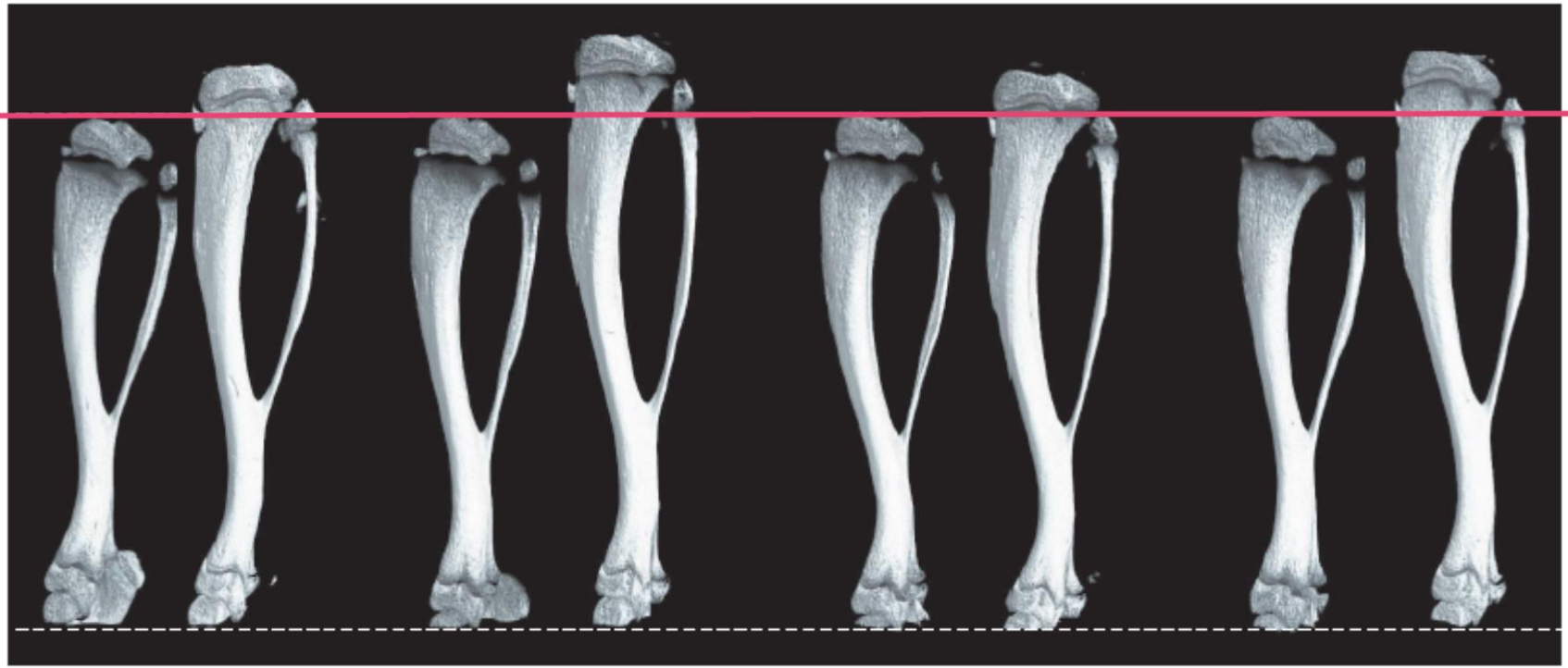


FIGURE 2: Representative images depicting 3D reconstructed tibia obtained at days 0 and 14 using μ-CT. The distance between the two dotted lines indicates the initial tibial length of 4-week-old rats.

Volumetric Bone Mineral Density

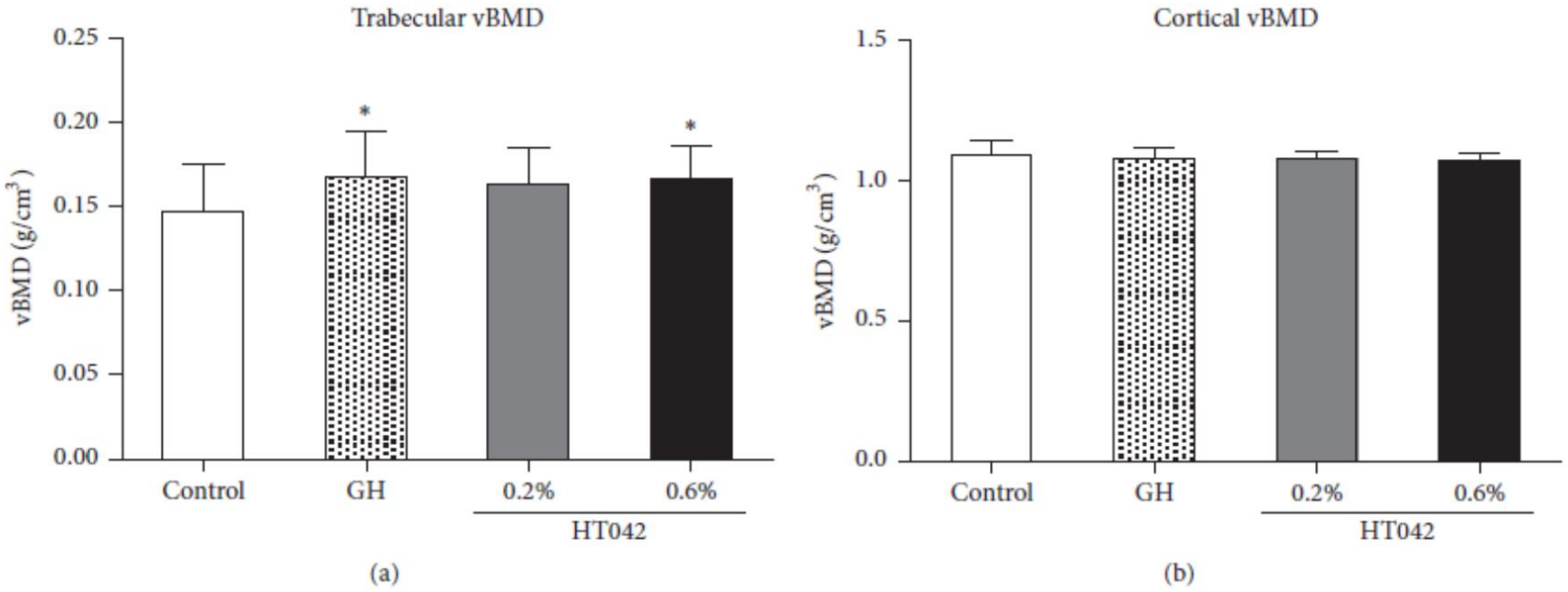


FIGURE 3: Volumetric BMD of the proximal tibia measured by μ-CT. (a) Trabecular vBMD of the proximal tibial metaphysis. (b) Cortical vBMD of the proximal tibial diaphysis. Values are expressed as the mean ± SD. $^*p < 0.05$ versus control group. $n = 7$-8 per group.

Bone Microarchitecture

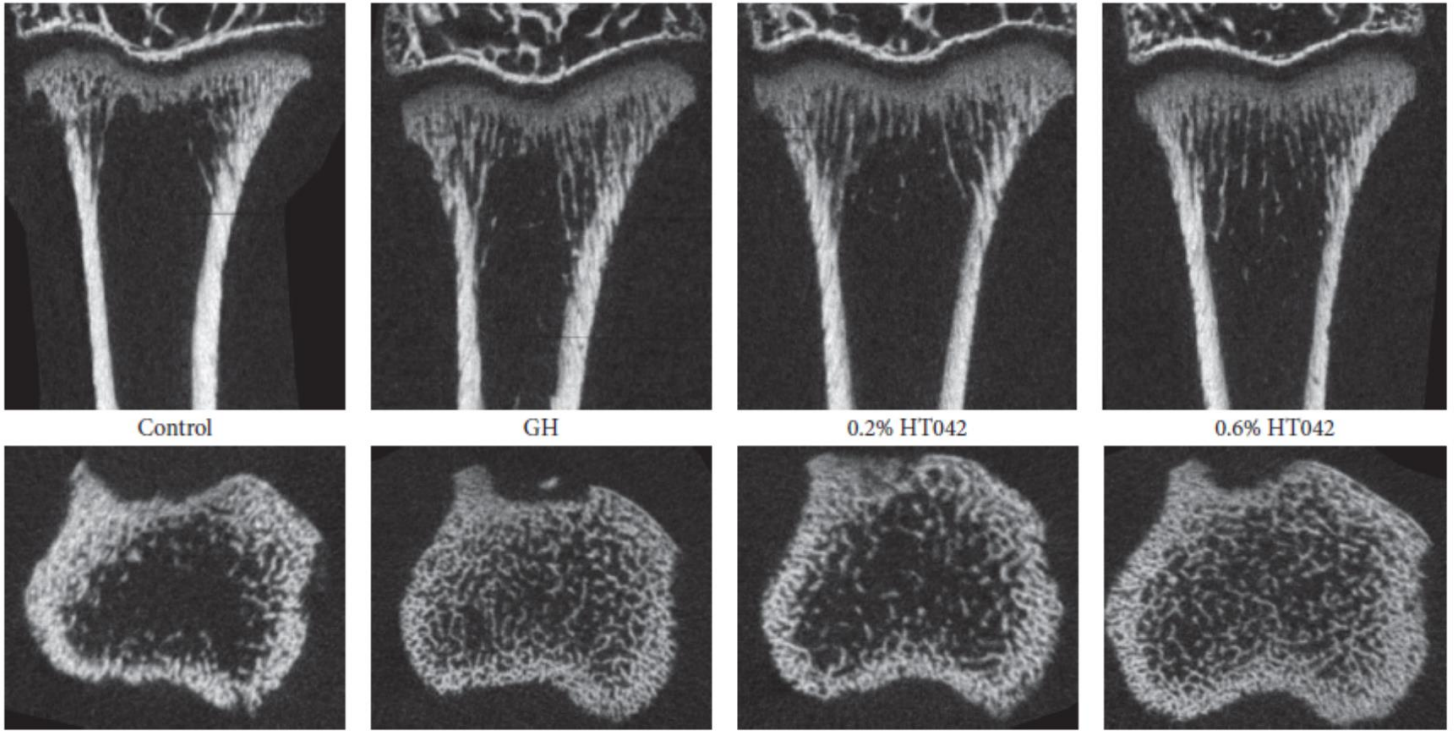


FIGURE 4: μ-CT images of proximal tibial metaphysis in each group. The top row represents the images of the midsagittal planes of the proximal tibial metaphysis. The bottom row represents the images of coronal planes 1.5 mm below the tibial proximal growth plate.

Effects of Astragalus Extract Mixture HT042 on Height Growth in Children with Mild Short Stature: A Multicenter Randomized Controlled Trial

Donghun Lee,[1] Sun Haeng Lee,[2] Jungbin Song,[1] Hee-Jung Jee,[3] Sung Ho Cha[4]* and Gyu Tae Chang[5]*

[1]Department of Herbal Pharmacology, Kyung Hee University College of Korean Medicine, Seoul, South Korea
[2]Department of Pediatrics, Kyung Hee University College of Korean Medicine, Seoul, South Korea
[3]Department of Biostatistics, Korea University College of Medicine, Seoul, South Korea
[4]Department of Pediatrics, Kyung Hee University College of Medicine, Seoul, South Korea
[5]Pediatrics of Korean Medicine, Kyung Hee University Hospital at Gangdong, Seoul, South Korea

Phytother. Res. 32: 49–57 (2018)

- A multicenter, randomized, double-blind, placebo-controlled parallel study was performed on children aged 6–8 years with height ranked below the 25th percentile.

- In 129 children, height gain was significantly higher in HT042 group than placebo group after 24 weeks (mean difference, 0.29 cm; 95% CI, 0.01 to 0.57 cm; $p = 0.027$). The difference was elevated when the efficacy analysis was restricted to children below the 10th percentile (mean difference, 0.45 cm; 95% CI, 0.04 to 0.87 cm; $p = 0.031$).

- Because bone age advancement was lower in HT042 group, height standard deviation score gain for bone age was higher in HT042 group and the difference was significant in children below the 10th percentile (mean difference, 0.20 score; 95% CI, 0.00 to 0.39 points; $p = 0.045$).

- HT042 supplementation helped to increase height growth in children without skeletal maturation and was more effective in much shorter children.

Contents lists available at ScienceDirect

Journal of Ethnopharmacology

journal homepage: www.elsevier.com/locate/jethpharm

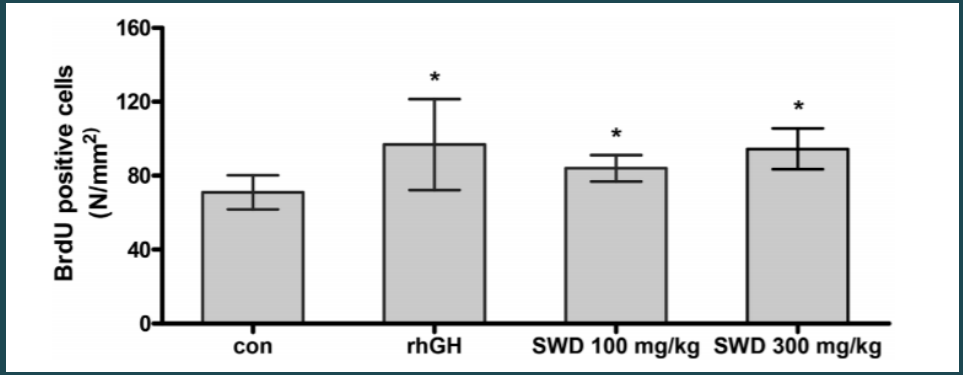
Effects of Siwu decoction on chondrocyte proliferation of growth plate in adolescent rats

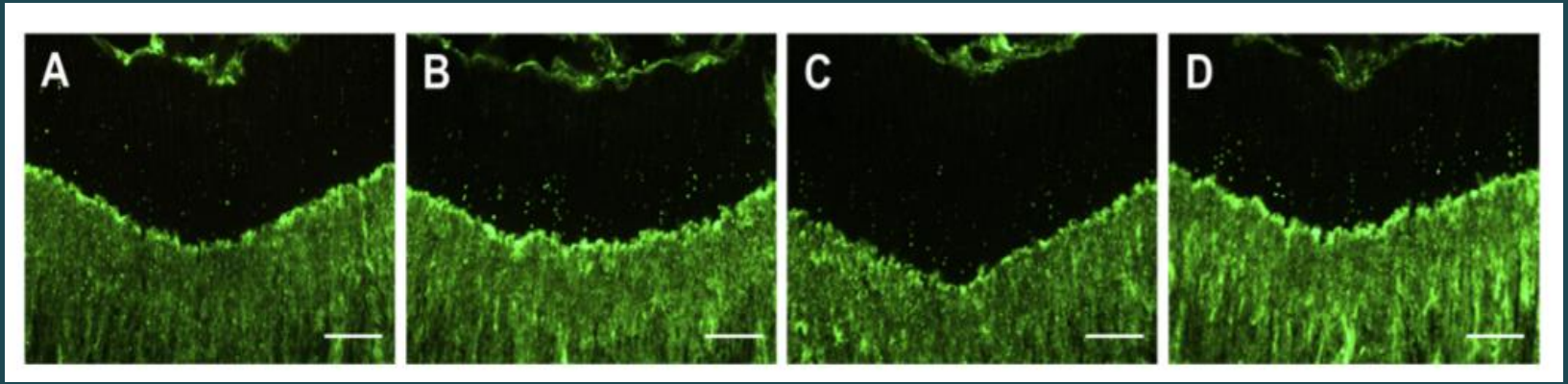
Donghun Lee[a,1], Sun Haeng Lee[b,1], Minwoo Lee[a], Sung Hyun Lee[c], Yu Jeong Shin[b], Jin Yong Lee[b], Hocheol Kim[d], Young-Sik Kim[d,**], Jungbin Song[d,*]

[a] Department of Herbal Pharmacology, College of Korean Medicine, Gachon University, 1342 Seongnamdae-ro, Sujeong-gu, Seongnam-si, Gyeonggi-do, 13120, Republic of Korea
[b] Department of Clinical Korean Medicine, Graduate School, Kyung Hee University, Seoul, 02447, Republic of Korea
[c] Korea Institute of Science and Technology for Eastern Medicine (KISTEM) NeuMed Inc, 88 Imun-ro, Dongdaemun-gu, Seoul, 02440, Republic of Korea
[d] Department of Herbal Pharmacology, College of Korean Medicine, Kyung Hee University, 26 Kyungheedae-ro, Dongdaemun-gu, Seoul, 02447, Republic of Korea

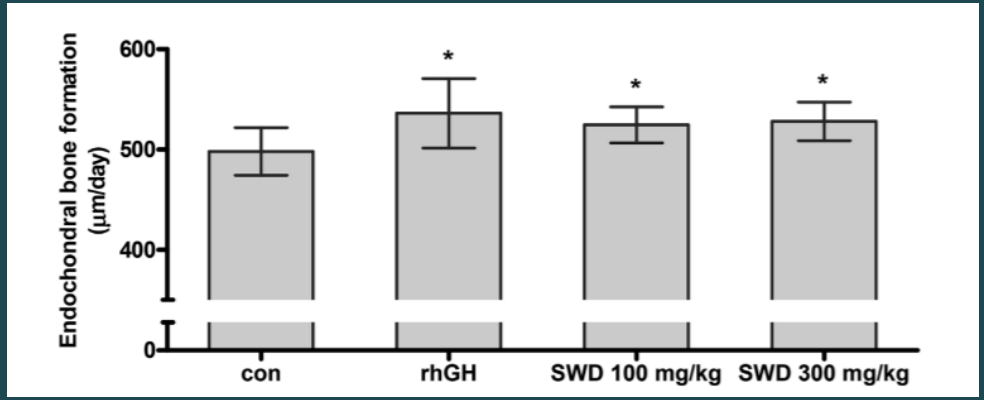
Journal of Ethnopharmacology
Volume 236, 23 May 2019, Pages 108-113

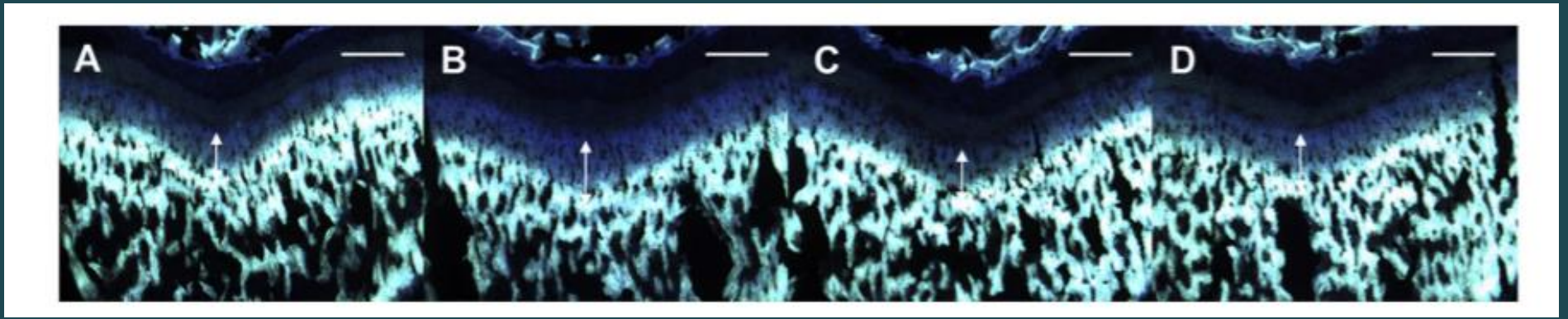
Effects on chondrocyte proliferation



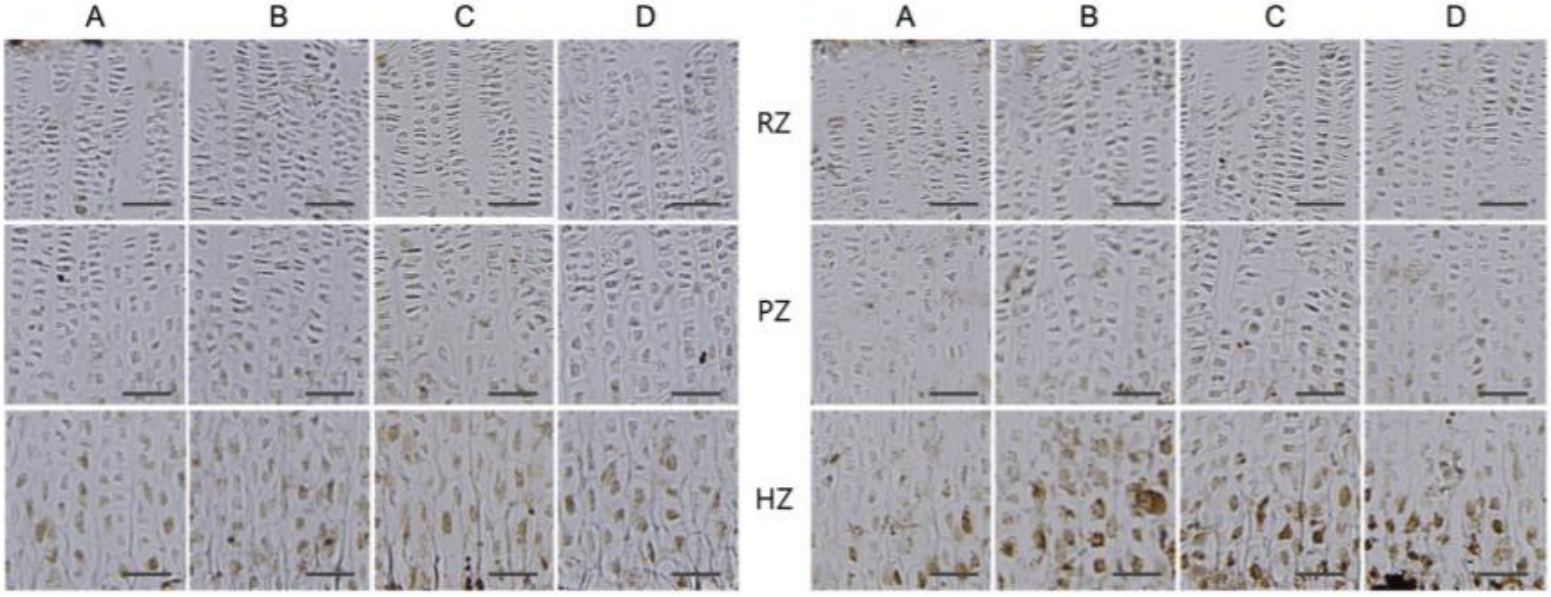


Effects on new bone formation in the growth plate





Effects on IGF-1 and BMP-2 expression



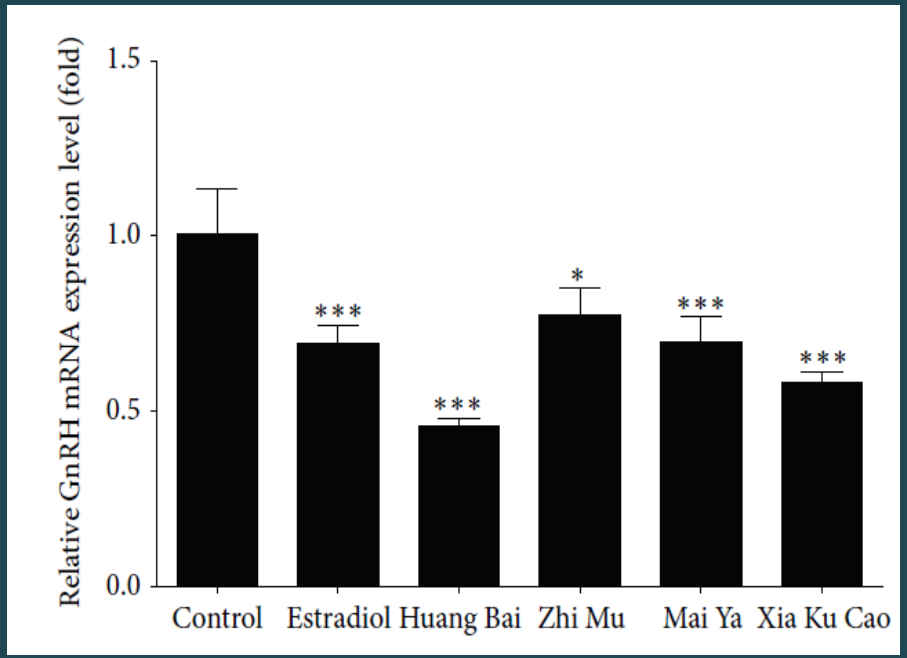
Research Article

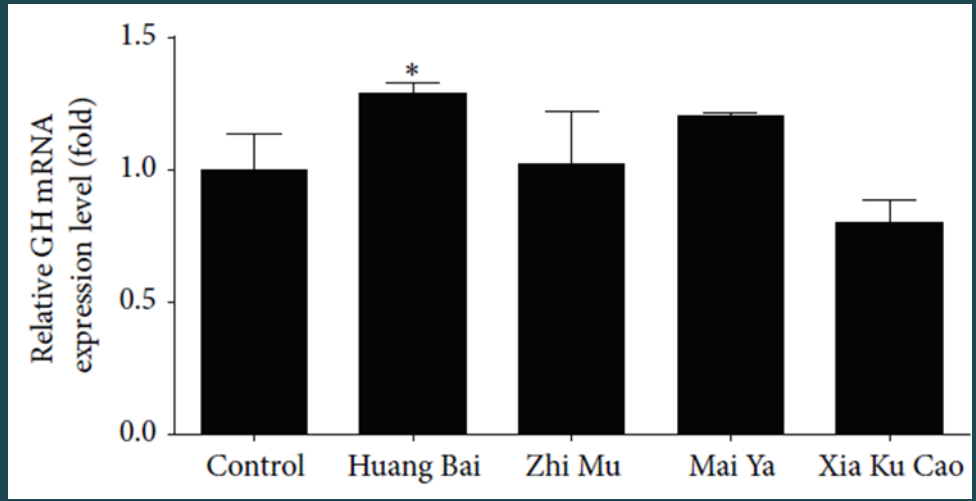
Effects of Huang Bai (Phellodendri Cortex) and Three Other Herbs on GnRH and GH Levels in GT1–7 and GH3 Cells

Sun Haeng Lee,[1,2] Sung Chul Kwak,[3] Dong Kwan Kim,[3] Sang Woug Park,[3] Hyun Soo Kim,[4] Young-Sik Kim,[4] Donghun Lee,[4] Ju Won Lee,[5] Chang Gon Lee,[5] Hae Kyung Lee,[5] Sung-Min Cho,[1] Yu Jeong Shin,[1] Jin Yong Lee,[1,2] Hocheol Kim,[4] and Gyu Tae Chang[1,6]

Evidence-Based Complementary and Alternative Medicine
Volume 2016, Article ID 9389028

GnRH and GH mRNA Expression





- Huang Bai, Zhi Mu, Xia Ku Cao, and Mai Ya inhibited the GnRH mRNA expression in GT1–7 cells, whereas Huang Bai enhanced GH mRNA expression inGH3 cells.

- Huang Bai promoted GH protein expression in GH3 cells.

- The findings suggest that Huang Bai can delay puberty by inhibiting GnRH synthesis in the hypothalamus while also accelerating growth by promoting GH synthesis and secretion in the pituitary.

Research Article

Effects of Laser Acupuncture on Longitudinal Bone Growth in Adolescent Rats

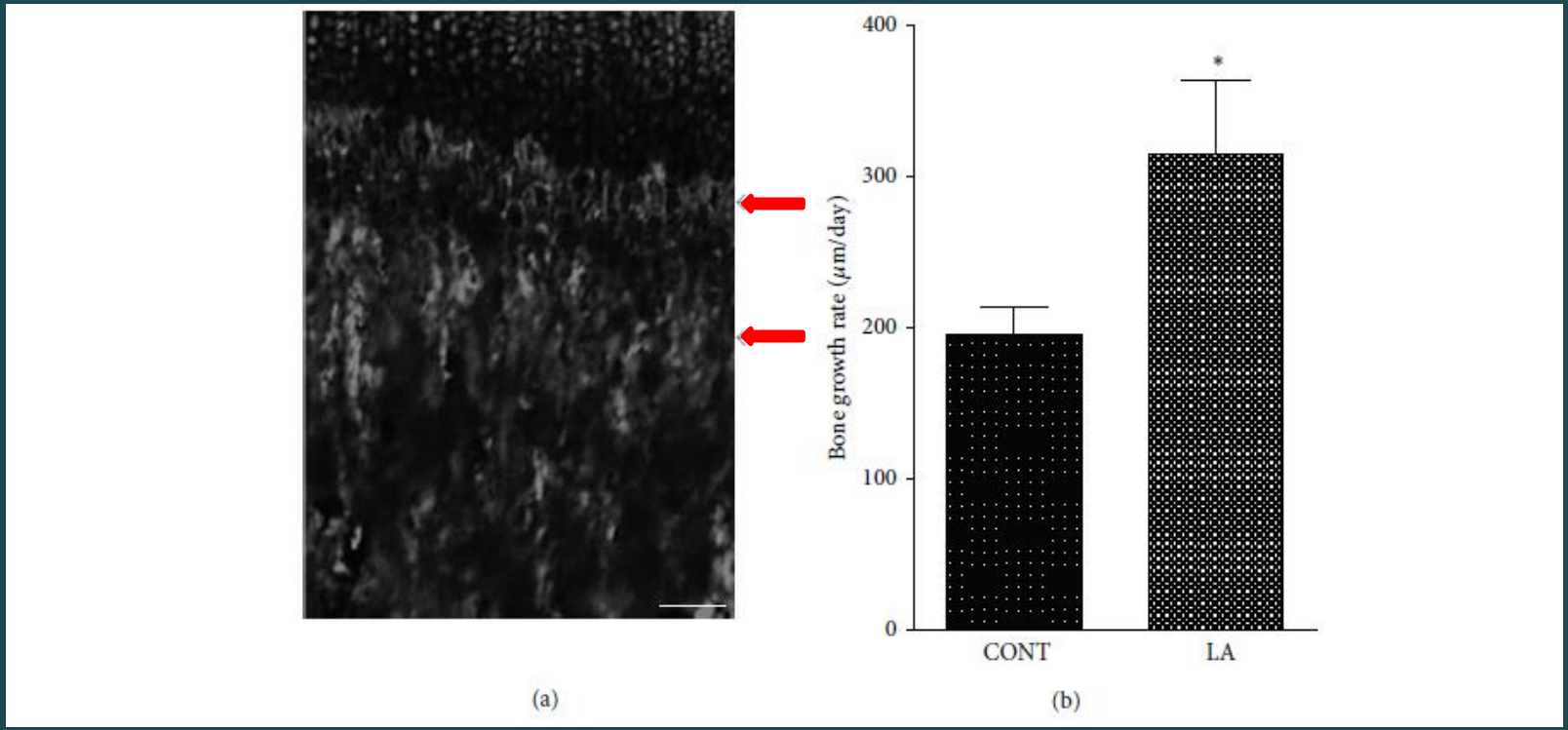
Mijung Yeom,[1] Sung-Hun Kim,[1,2] Bina Lee,[2] Xiuyu Zhang,[1,2] Hyangsook Lee,[1] Dae-Hyun Hahm,[1,2] Youngjoo Sohn,[2] and Hyejung Lee[1,2]

[1] *Acupuncture and Meridian Science Research Center, College of Korean Medicine, Kyung Hee University, Seoul 130-701, Republic of Korea*

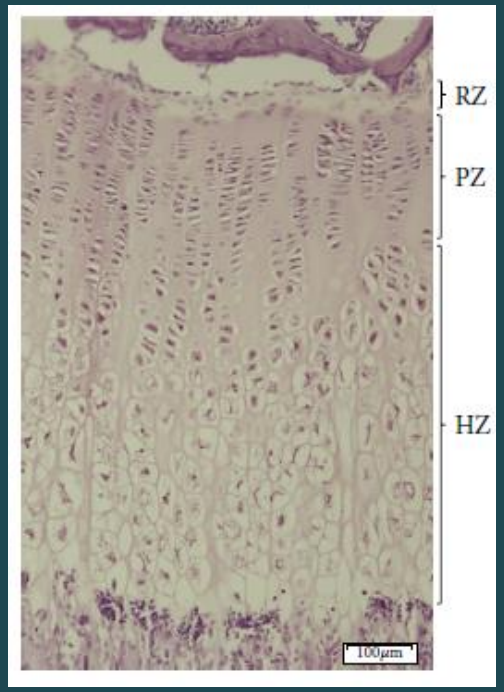
[2] *Department of Science in Korean Medicine, College of Korean Medicine, Kyung Hee University, Seoul 130-701, Republic of Korea*

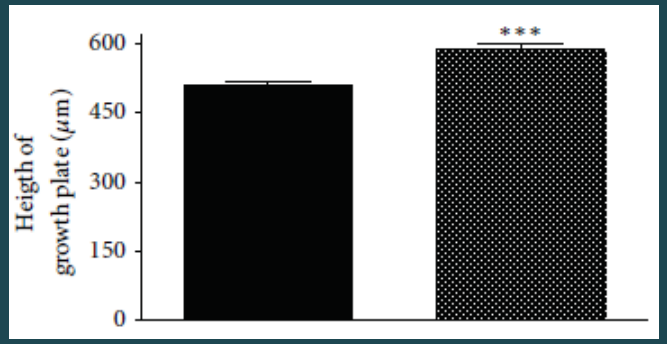
Evidence-Based Complementary and Alternative Medicine
Volume 2013, Article ID 424587

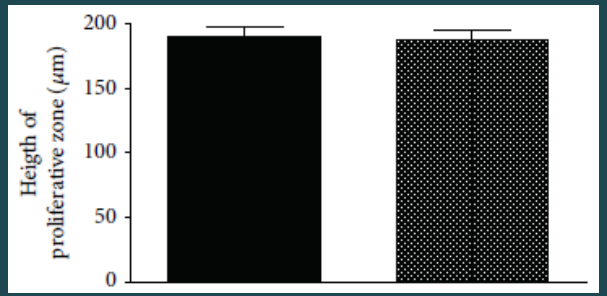
Longitudinal bone growth of the proximal tibia

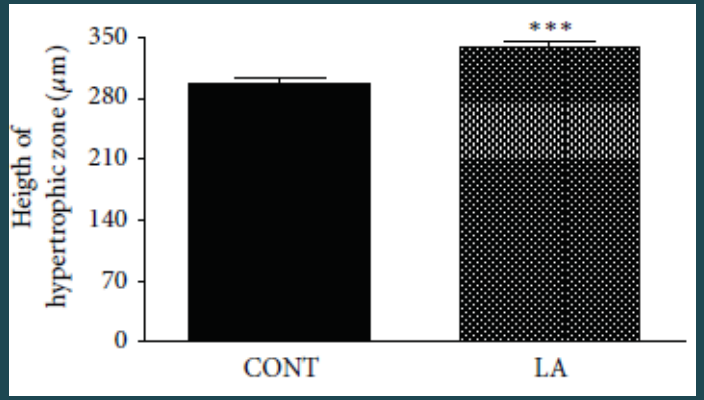


zone-specific growth

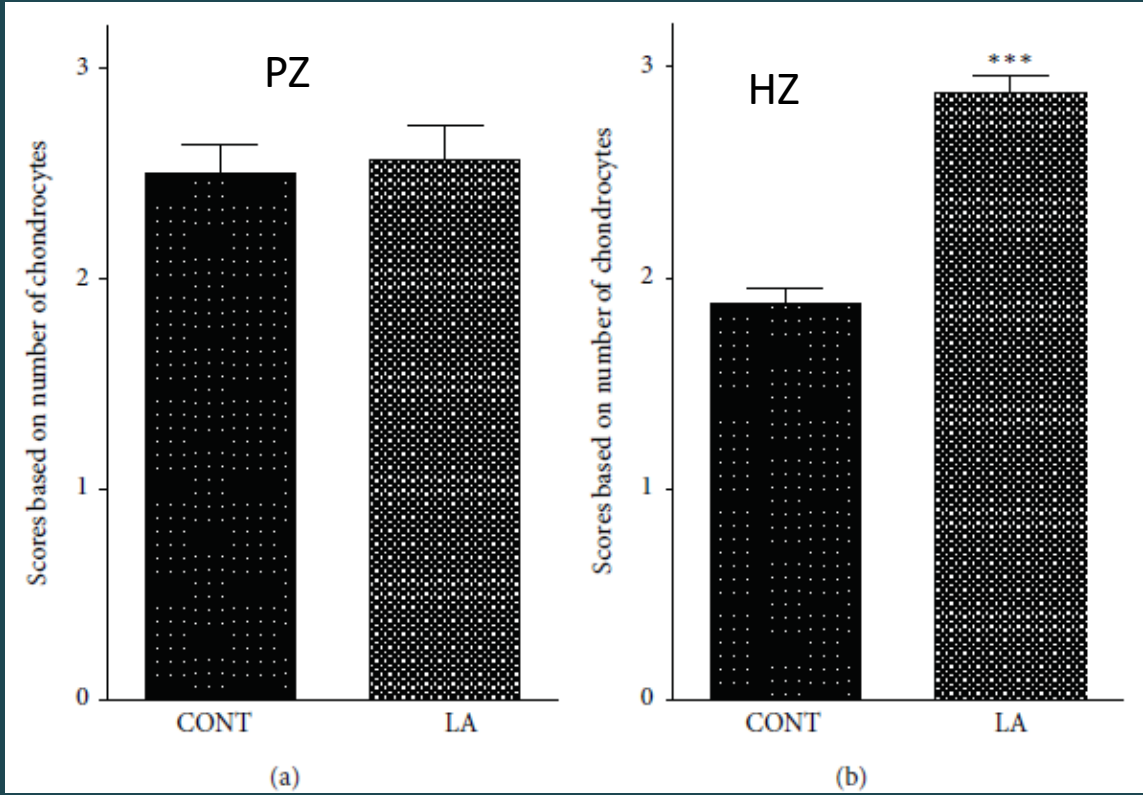




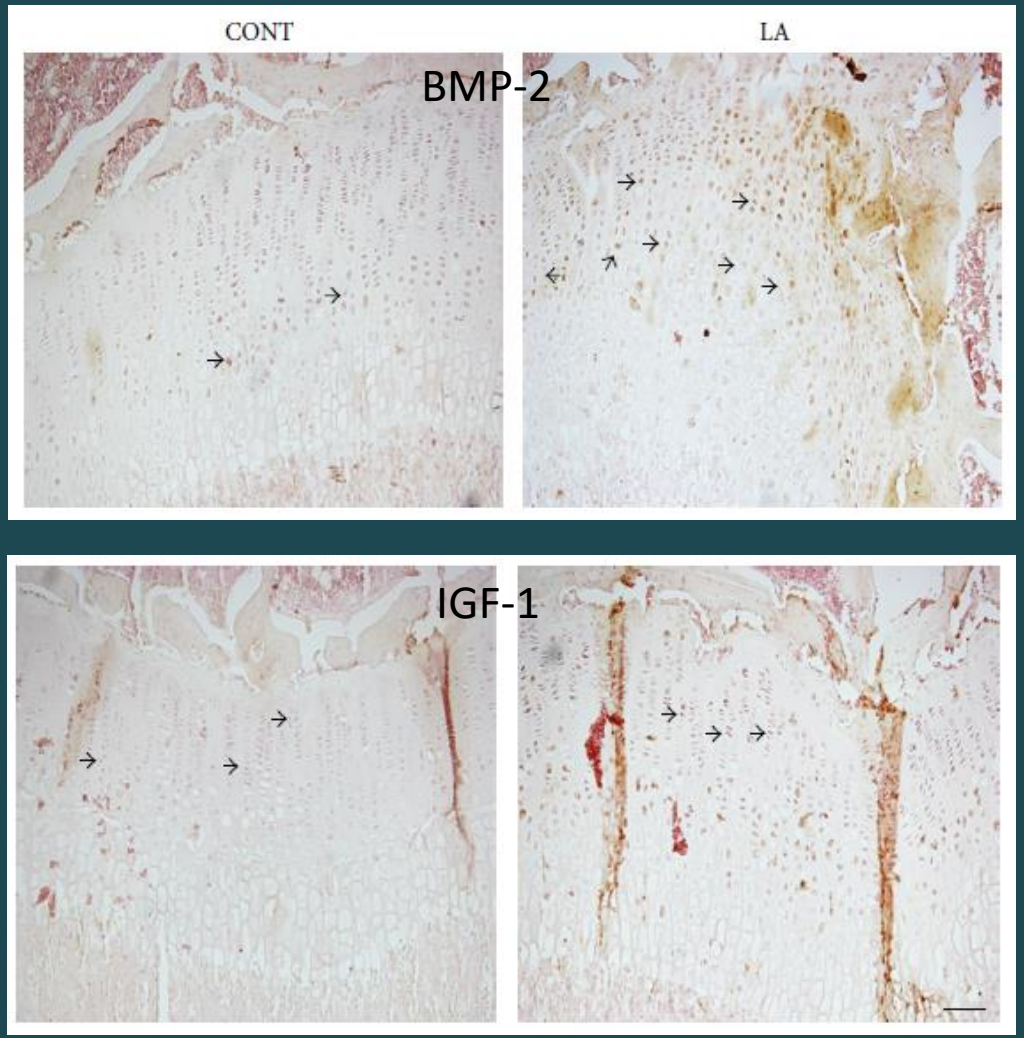




cell density



BMP-2 and IGF-1 expression



FAQ

- 「查埔大到二五，查某大到大肚」?
- 轉骨方到底是甚麼?
- 轉骨方能幫孩子順利轉大人，真的嗎？
- 轉骨方會導致性早熟?
- 骨齡超前還可以吃轉骨方嗎?

結語&討論

- 醫病共享決策
- 轉骨≠長高！
- 注重時機與個人體質差異
- 中西醫整合?

感謝聆聽，敬請指教

E-mail: 140816@cch.org.tw