

新竹市北區高血壓、高血糖及高血脂的中老年人求醫行為初探

Medical Seeking Behaviors and Related Factors of Elderly with Hyperglycemia, Hypertension and Hyperlipidemia in Hsinchu City: A Pilot Study

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摘要：本研究目的為探討社區中老年人經成人預防保健服務，發現有高血壓、高血糖及高血脂個案之求醫行為及相關因素。研究對象以方便取樣，包括 94 名女性及 100 名男性（43-92 歲），取自新竹市北區九十年度的健檢異常個案，透過電訪以半結構式的問卷進行資料蒐集，調查內容包括個人傾向因素、需求因素、能力因素、及求醫行為。以卡方檢定及逐步邏輯斯迴歸統計方法進行資料分析，結果顯示研究對象主要以西醫治療，影響個案就醫的重要因素為婚姻狀況、個人慢性病病史及自覺健康。而選擇醫療方式，只求西醫者與「離家近」有關，複式求醫者主要與「副作用少」、「藥效溫和」有關。建議宜注意單身及新發現的異常個案就醫轉介的遵從性，並評估負向健康自覺產生的消極求醫行為，宣導中老年慢性病危險因子認知，發展整合性的研究以強化社區在糖尿病及高血壓等慢性病防治的功能。

關鍵詞：求醫行為、高血壓、高血糖、高血脂、中老年人

Abstract: The purpose of this study is to explore the medical seeking behaviors and related factors of the elderly with hyperglycemia, hypertension and hyperlipidemia following a preventive health care service. The subject consisted of 94 women and 100 men (ages from 43 to 92) by convenience sampling from a local health department in Hsin-Chu city. The data was collected by telephone with a semi-structure questionnaire. The investigation covered predisposing, need, enabling factors, and medical seeking behaviors. The results were analyzed using a chi square test and a stepwise logistic regression. Results show that leading method of treatment was western medicine. The variables "marital status", "personal history of chronic illness", and "perceived health status" were significant predictors of utilization of medical services. The western medicine use was significantly

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associated with “nearby home”, and the pluralistic health seeking behavior was associated with “a little side effect” and “medicine effect eased”. The suggestions were: (1) to evaluate the follow up compliance with individuals who was single and first screening positives, (2) to evaluate the negative impact on medical seeking behavior by perceived health worse, and (3) to develop a collaborative study for community to be an effective vehicle for addressing diabetes and hypertension control.

Key words: Medical Seeking Behaviors, Hypertension, Hyperglycemia, Hyperlipidemia, Elderly

手術室護理人員對器官移植手術壓力之研究

A Study of Organ Transplantation Stress for Nurses in the Operation Room

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摘 要：器官移植手術過程較一般手術複雜，對手術室護理人員而言是一種壓力，故本研究目的在探討手術室護理人員面對器官移植手術壓力及其影響的因素。本研究以某醫院手術室護理人員為對象，使用結構式問卷，方便取樣方式收案50名。研究結果顯示：(1)護理人員對病人照顧壓力最大，以自我因素壓力、環境壓力分數最低。(2)沒參與過器官移植的護理人員對器官移植手術的壓力大於參與過的人員。(3)參與的次數、不同科別、接受訓練狀況、宗教對整體壓力或次量表呈現顯著差異(P<0.05)。研究結果可有助於手術室護理人員與相關行政單位對此手術壓力的瞭解，並提供在職教育之因應方案。

關鍵詞：護理人員、壓力、器官移植、手術

Abstract: Organ transplantation is a complex operation and it is stressful to nurses in the operation room. The purpose of this study was to identify the factors of the organ transplantation stress of nurses in the operation room. A structured questionnaire was used for collecting data and convenience sampling was used in the operation room of the hospital. There were fifty nurses who completed questionnaires. The data were indicated as followings: (1) Patient care was ranked as the highest. Self and environmental factors got the least score. (2) The nurses who never attended the organ transplantation are more stressful for the operation than those who ever attended. (3) Variables such as the frequency of attending, the subspecialty, the training program, and the religion, were

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significantly related to the stresses. ($P < 0.05$). Based on this study, it is helpful for the nurses in the operation room or the administration department in the hospital to identify the stress of organ transplantation and develop coping strategy for training programmer.

Key words: Nurse, Organ Transplantation, Stress, Operation

整合灰關聯度分析與田口式實驗計畫法於義 式咖啡之調製參數最優化研究

Optimization of Cupping onto Espresso Coffee Using Hybrid Grey Relational Analysis and Taguchi Method

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摘要：本研究整合灰關聯度分析及田口式的實驗設計概念，探討各咖啡調製參數對咖啡品質之影響程度，所規劃咖啡調製參數計有咖啡豆種類、咖啡濃度、奶油量及糖量四項參數；此外，所觀察咖啡調製之評估品質計有苦味、香味與甜度等三項。首先依據田口直交表所完成之評估品質之實驗數值，轉換為信號雜音比(S/N ratio)，並藉由變異數分析(ANOVA)的分析與推算，可辨別咖啡調製參數之重要程度，並可分別依據特定之咖啡調製品質而獲致最佳化之咖啡調製組合配方，配製出最能滿足特定喜好族群的咖啡。而後，將實驗數據進行灰關聯度分析，針對上述之多重咖啡品質之咖啡參數組合尋求最優化之咖啡調製組合配方以作為符合大眾型咖啡之調配參考。

關鍵詞：田口式實驗計畫法、信號雜音比、灰關聯度分析

Abstract: Optimization of cupping onto espresso coffee was evaluated via grey relational analysis and Taguchi

method in this work. The effectiveness of the grey relational grade lies in quantifying and judging the obtained performance using various combinations of coffee blending parameters. The coffee blending parameters were obtained by coffee bean, proportion, quantity of milk and quantity of sugar herein. Furthermore, the Taguchi method used a special design of orthogonal arrays to study all of parameters with a small number of experiments. Four essential coffee blending parameters were set Taguchi's method to evaluate the single cupping performance. The coffee blending parameters that govern the cupping were evaluated by measuring the index of smell, bitter, and sweet as well. The cupping results were then converted into a signal-to-noise (S/N) ratio. The S/N ratio could be applied into measuring the cupping performance from the desired goal, then, a statistical analysis of variance (ANOVA) was performed to estimate which blending parameters were significant effect. Moreover, a revised approaching on the basis of multiple characteristics optimization was also investigated herein. Taguchi method could imply individual single cupping index, then, grey relational theory could hold multiple cupping indexes via various weighting coefficients on the basis of previous index. The verifying test was proved to optimize the cupping for popular population.

Key words: Taguchi Method, Signal to Noise Ratio, Grey Relational Analysis

顧頡剛的疑古思想：漢儒、孔子與經典

Gu Jye-Gang's Thought of Doubting Ancient History: Han Ru, Confucius and Classics

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摘要：漢代經學，雖重「陰陽五行」及「讖緯」，但是思想本身一如具體生命，自會成長、變化，五德終始的歷史演變，可以視作思想歷程，陰陽、五行、五德逐步結合，是將宇宙、歷史、人事凝固於一大系統內，從此宇宙的構成可以得知，歷史的發展可以推測，人事的行為可以規範。空間、時間、人，不再是了不相關的個別存在，人確實與宇宙融合。由於問題意識、史料擷取、詮釋進路等，我們所讀的歷史，並不是真實的歷史事件，而是史家所重建的歷史，具體而言，是史家筆下的歷史，是歷史著作的歷史。由此而來的歷史，僅有部分的真實，而非全部的真實。顧頡剛等即在追求一完全真實的孔子，卻又否定歷代學者也在追求真實的孔子，且一如顧頡剛等以為本身所詮解即是孔子真貌。顧頡剛等不承認經學思想在歷史中發展、形成、轉變的過程，堅持要回復本義。他們由懷疑傳統價值，而懷疑經典；由懷疑經典，而欲還原經典真相；此時經典地位不再，經典所含藏的價值也不再，成為客觀研究的對象。傳統經學的意義，已不復存在。輕忽了經典給予我們心靈的提升。

關鍵詞：顧頡剛、古史辨、陰陽五行、讖緯、聖人、故事、史料

Abstract: “Yin Yang Five Xings” and “Chen Wei” were the main parts in the classics in Han dynasty. Thought itself were like vital life. It could grow and change. Historical changes of “Rotation of Five Morals” could be treated as changes of thought. Combination of “Yin Yang”, “Five Xings” and “Five Morals” means combination of universe, history and human affairs. Thus, constitution of universe could be understood, development of history could be predicted and human behaviors could be under control. Space, time and human no longer existed separately, but combined exactly. Because of subject consciousness, selection of historical materials and methods of hermeneutics, the history what we read weren't true historical events. It just the history reconstructed by historians. In more explicitly, it was the history by the pens of historians, and was the history of historical writings. Such history expressed partial truth, but not the whole truth. Gu Jye-Gung and his co-workers searched for whole and true Confucius and he denied other scholars doing the same works except his achievements. Gu Jye-Gung and his co-workers didn't admit thought of Classics developed, formed and changes in history. They insisted that the

original meanings of Classics should be recovered. They doubted traditional values, thus doubted Classics. Because of doubting Classics, so they wanted to trace back truth of Classics. Thus, status of Classics no longer existed, and values hidden in Classics no longer existed too. Classics had become something could be researched objectively. Thus, meanings of traditional Classics no longer existed. The function of soul promotion by Classics had been ignored.

Key words: Gu Jye-Gang, Speculation of Ancient History, Yin Yang Five Xings, Chen Wei, the Sages, Story, Historical Materials

西周金文所見之訴訟案例考述

Textual Research of Litigious Cases in the Bronze Inscription of the Western Zhou

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摘要：夏商時期，未見成文法規，然《左傳·昭公六年》記載：「夏有亂政，而作禹刑；商有亂政，而作湯刑；周有亂政，而作九刑。」諸多典籍文獻亦有類似之記載，如《漢書·刑法志》：「禹承堯舜之後，自以德衰而制肉刑。」《尚書大傳·甫刑》：「夏刑三千條」，《隋書·刑法志》：「五帝畫象，殊其衣服，三王肉刑，刻其膚體。若重華之晝災肆赦，文命之刑罰三千……」，可見夏、商、周三朝，似分別有禹刑、湯刑及九刑等刑罰之制約以求國家社會之安定。然典籍文獻畢竟屢經戰火洗滌、後人傳抄及儒生追記等因素影響，未能對西周法律制度有一詳實而完備之記載，幸經地下文物之出土—銅器銘文，在某一程度上補足了典籍文獻之不足，或與之相印證。本文即試圖由西周銘文材料中之訴訟案例，證補典籍文獻之記載，探討西周時期之訴訟制度與法制思想。

關鍵詞：西周金文、訴訟

Abstract: During the Xia and Shang Dynasty, all punishments were not the written laws, but they were based on the heaven or God. In the Zuo-Chuan (Zhao-Gong XI), there were Yu-Xing, Tang-Xing and Jiu-Xing in the Xia, Shang and Zhou Dynasty for their troubled times, respectively. There were some similar records in the ancient books, for example: Han-Shu (Xing-Fa Zhi), Shang-Shu-Da-Chuan (Fu-Xing) and Sui-Shu (Xing-Fa Zhi). Evidently, their national and social security were maintained by Yu-Xing, Tang-Xing and Jiu-Xing during the Xia, Shang and Zhou Dynasty. However, these historical books were not recorded the legislative system of the West-Zhou Dynasty in detail because some of them were lost in the wars, manuscripts and comments from descendants. Fortunately, some historical relics (the epigraph on the bronze ware) had come out of an excavation to make up the deficiency of the historical books. In this article, the legislative system and thought of the West-Zhou Dynasty will be studied based upon the litigation records in the epigraph of the West-Zhou Dynasty.

Key words: Bronze Inscription of the Western Zhou, Litigation

宋明理學之太極本體論對傳統醫學的影響—— 以金元明為中心

The Influence of Song and Ming's Tai-Chi Theory on Tradition Medical Science-Centered in Chin, Yuan and Ming Dynasty

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摘要：我國的哲學思想，到了宋朝重新啓開新的局面。其各家學說實不亞於戰國的「百家爭鳴」的時期。特別是從宋朝至明朝之間的理學的發展來看，「太極」無疑是代表宇宙最高的本體，同時也是宇宙的全體。理學的形成，由周敦頤、邵雍開其端，張載、程顥、程頤予以系統化，朱熹則集其大成，達於極峰。程、朱之後七百年間，理學不僅居於中國哲學思想中心地位，同時還被政府定為官方之學。其影響之大，間接的影響了金元明醫學理論的發展。除此之外，皇帝的喜好和促成及士大夫的提倡，大量的儒士從醫，大大地帶動理學與醫學的交流，並將理學的太極陰陽之理，格物窮理等觀念融入至醫學理論中，無形中促進了儒、醫兩家理論上的交流。其中表現較突出的有朱震亨、孫一奎、趙獻可、張介賓等人。本文試就當時的哲學思想、金元明醫學的發展等方面，來探討宋明理學的太極本體論對金元明醫學的影響。

關鍵詞：太極、陰陽、理、氣、命門

Abstract: The philosophy came to a new era in Song Dynasty, in which the various theories were as active as those in the Warring States Period. In the developing of Li theory, especially from Song to Ming Dynasty, Tai-chi was the origin universe and represents the universe. Li was started by Zhou Dun-Yi, Shao Rong, and was systemized by Zhang Zai, Cheng Ti, Cheng Hao, and was developed to its highest by Chu-His. In the following seven hundred years, Li had been the center of Chinese philosophy and been appointed as official one, which also indirectly influenced the development of medical science in Chin, Yuan, and Ming Dynasty. The interflow of Li and medical science was supported by the preference of Chinese emperors, the promoting of scholars and the

participation of the Confucian scholars. In addition, the interflow of scholastic and medical theories was unconsciously promoted by the combining Li's tai-chi, yin-yung and origin-focused study with medical science. The greatest ones in this aspect were Zhu Dan-xi, Sun Yi-kui, Chao Hsien-ko and Zhang Jie-bin. In this paper, the influence of tai-chi theory in Song and Ming Dynasties on the medical science in Han, Yuan and Ming Dynasties will be analyzed in terms of philosophical thought, the development of medical science in China, Yuan and Ming, and social background.

Key words: Tai-Chi, Yin-Yung, Li, Qi, Vital-Gate

補充鹿茸對運動後免疫系統及 運動表現的影響

Effects of the Deer Antler Velvet Supplementation on Immune System and Exercise Performance

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摘要：根據體外的研究(in vitro)發現鹿茸可以提高免疫力，因此本研究旨在探討補充鹿茸對於人體，因耐力運動引起的免疫系統反應及紅血球的影響。本研究以 32 位元培科學技術學院男性學生為實驗對象，分為對照組及實驗組兩組，每組各 16 人，對照組及實驗組各服用澱粉或鹿茸，每天服用 600 毫克，連續服用二十八天，在第一天、第十四天及第二十八天進行分別在一千六百公尺跑步，在運動前後各抽血一次，檢查體內各種生化及免疫項目檢驗值。結果發現：鹿茸組與對照組在紅血球數及血紅素方面並沒有差異，在第二十八天時在運動後兩組的血紅素都達顯著的降低。兩組在運動後白血球數及淋巴球百分比顯著減少，鹿茸組在運動前的淋巴球百分比在第二十八天時顯著比第十四天時增加，而對照組並沒有差異，可能補充鹿茸可以增加淋巴球百分比，而提高免疫功能。在單核球、嗜中性球、嗜酸性球及嗜鹼性球方面，鹿茸組與對照組之間並沒有顯著的差異，可能需要更長時間的鹿茸補充或更激烈的運動後才可以看到更多的免疫功能方面的改變。

關鍵詞：鹿茸、免疫系統、運動表現

Abstract: According to in vitro research, it is found that the deer antler velvet can strengthen the immune systems so the purpose of this research is to discuss the effect of deer antlers on the immune system and erythrocyte after taking endurance exercise. The research subjects are 32 male students from Yuanpei University of Science and Technology, who are divided into experimental group and placebo group with 16 students in each group. Both groups take placebo or the deer antler velvet respectively by taking 600mg a day for 28 consecutive days. They undertook 1,600-meter running on the 1st, 14th and 28th days. Blood was drawn from the research subjects prior to and after exercise in order to examine the values of various biochemical items. The research results are: no significant difference is observed in the number of red blood cell and hemoglobin but hemoglobin of the two groups was significant reduced after exercise on the 28th day. After exercise the two groups significant decreases in the number of white blood cells and the percentage of lymphocyte. The deer antler velvet group saw an increase in the percentage of lymphocyte before exercise on the 28th day compared to the 14th day while no such difference was noticed in the placebo group. This difference may be caused by the fact deer antler velvet can increase the percentage of lymphocyte so as to improve the immune system. In terms of monocyte, neutrophil, eosinophil and basophil, the deer antlers group did not differ from the placebo group and, however, it may take longer period of the velvet consumption or more intense exercise before the change of the immune function takes place.

Key words: Deer Antler Velvet, Immune System, Exercise Performance

不同瞄射時間差異對箭著點之影響分析 —以 2004 年奧運射箭銅牌選手為例 Analysis of Aiming Time Variation Effect on the Shot Points-Case Study of a 2004 Olympic Bronze Medal Archer

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摘要：本研究主要在探討頂尖射箭選手，不同瞄射時間差異對箭著位置之相關性。以 2004 年雅典奧運女子射箭團體銅牌選手，身高 165 公分、體重 56 公斤為研究對象。測試距離為 30 公尺，每回 3 箭，須射 12 回，共 36 箭。本研究是利用兩部攝影機，分別記錄受試選手每箭瞄射時間及箭著位置變化後，再作兩者間之相關性分析。其中，一部攝影機架設於射手前，利用其拍攝頻率，換算出每箭的瞄射時間；另一部攝影機則是置於箭靶前，在拍得每箭箭著位置後，利用 A P A S (Ariel Performance Analysis System) 影像分析軟體，換算出其與靶中心點之水平(X)、垂直(Y)方向及半徑(R)的距離。一般認為，射箭選手瞄射的穩定度會與其使用的時間變化有關，其原因是射手會受自我信心及對弓控制能力的影響所致。而此論文驗證了，瞄射時間應與箭著點的半徑，呈正相關的特性。本研究是將所測得的資料，依分數分為高、中、低三組依序排列，分別討論其瞄射時間與箭著之相關性。結果發現，優秀射箭選手其在半徑方向之相關性呈現漸進變化，亦即表示，其瞄射時間與箭著半徑的相關係數，呈現單調遞增的現象。這顯示當瞄射時間過長時，選手會因肌力負擔增加及受弓重量的影響，加上所射出的箭又會受重力加速度的作用，導致箭著在垂直方向的變異量，故較容易呈現負相關的特性；相對的，其箭著位置離靶中心的距離也會增長。

關鍵詞：射箭、瞄準時間、箭著點、相關性

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Abstract: The archery releasing style of a world class female archer is studied in this paper. She with the height 165 cm and weight 56kg, the bronze medal winner of 2004 Olympic Athens, attended this research, and twelve rounds with three arrows for each round are conducted in the range of 30 meters distance, total shot thirty-six arrows. Her aiming time is converted from the sampling frequency of a digital video camera located at her shooting site, and her arrow location is captured by the other digital video camera located at the target. Based on the captured data, the APAS (Ariel Performance Analysis System) motion analysis system is used to obtain the vertical, the horizontal, and the radial target coordinates. The information is further sorted by score (radius) to generate three data groups, such as High 12, Middle 12, and Low 12, thus the sorted information is used to analyze the correlation between aiming time and arrow location along the horizontal (X), the vertical (Y), and the radial (R) directions. Normally the prolonged aiming time may reduce the muscle strength to cause a slow arrow speed, thus the slow arrow speed with the gravity effect may result in a large negative vertical deviation with respect to the mean of vertical deviation on the target. Consequently, this above effect may also result in a large radial deviation on the target. Since the mean of radius of Low 12 data group is the largest, the correlation between aiming time and vertical deviation becomes more negative, and the correlation between aiming time and radial deviation becomes more positive. For an archer with consistency, the correlation between aiming time and radial deviation usually is expected to be positive in all three data groups, and this phenomenon has been confirmed in this paper. Moreover, for a good archer, the correlation along the radial direction in line with the set, Short 12, Middle 12, and Long 12, is expected to change gradually. And this expectation has also been verified in this study.

Key words: Archery, Aiming Time, Shot Points, Correlation

補充綠茶與運動對大鼠血液生化值的影響

Effect of Green Tea Supplementation on Rats' Blood Parameters after Exhaustive Exercise

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摘 要：本研究旨在探討大鼠飲用綠茶，對於保護紅血球，因衰竭運動引起的傷害及白血球、淋巴球等血液生化值的影響。結果發現：血中紅血球數在運動組顯著比控制組低，而綠茶補充則沒有差異，顯示補充綠茶可防止紅血球數之減少。而血紅素與血容比也有相同的情形。血中血小板數運動組顯著比綠茶運動組低，顯示補充綠茶可減少血小板因衰竭運動的損失。淋巴球數綠茶運動組顯著比綠茶組低，而控制組與運動組則沒有差異。淋巴球百分比則是綠茶運動組顯著比綠茶組低，而運動組也顯著比控制組低。而綠茶補充並不會影響白血球的變化。白血球方面則控制組與綠茶組分別和運動組及綠茶運動組都沒有顯著差異。

關鍵詞：綠茶、紅血球、淋巴球、白血球

Abstract: The purpose of this study was to investigate the effects of daily intake of green tea on the blood parameters in rats. The results showed that: Red blood cell in the exhaustive exercise rat was significant lower ($p < .05$) than C group, and there was no significant difference between G group and GE group. It indicated that regularly consumption of green tea have a protective effect for RBC decreasing under exhaustive exercise. Hemoglobin and Hamatocrit in the exhaustive exercise rat were significant lower ($p < .05$) than C group, and there

was no significant difference between G group and GE group. The platelet in the exhaustive exercise rat was significant lower ($p < .05$) than GE group. Lymphocyte in the GE group was significant lower ($p < .05$) than G group, and there was no significant difference between C and E group. The Lymphocyte percent in E group was significant lower than C group, and GE group was significant lower than GE group, too. There was no significant difference in White blood cell between exercise groups and no-exercise groups. The results indicated that green tea supplementation have a protective effect for platelets decrease induced by exhaustive exercise. Green tea supplementation did not influence WBC count after exhaustive exercise.

Key words: Green Tea, RBC, Lymphocyte, WBC