

慢性リウマチ性多発性関節炎の漢方療法

滋賀医科大学 麻酔科

石橋俊元

要旨： 慢性関節リウマチの治療において西洋医学的治療法に漢方療法を併用して好成績を示した症例を呈示する。本疾患は慢性に経過する変形性破壊性関節炎を主徴とする疾患で、原因についての詳細はなお不明のところが多く根治のむずかしい疾患である。西洋医学的治療は症状、段階に応じて種々の薬剤が用いられ、また関節変形に対しては手術療法も行われるが、いずれの薬剤も長期に使用すれば副作用の発現にも留意が必要となる。病巣局所の治療に主眼を置く西洋医学的治療に、全身のホメオスターシスを改善し、生体の自然治癒能力の向上に役立つ漢方医学治療法を併用することはその治療効果の向上に有用と考える。本症例は関節に浮腫がみられた期間は防己黄耆湯、柴苓湯を用い、浮腫の消退した時期に牛車腎気丸、疎経活血湯を用いた。薬剤の選択は患者の体質、証と病状の時期に応じて適宜選択の必要があり、医師の経験と技術差が大きい。

索引用語： リウマチ性関節炎、漢方療法、防己黄耆湯、柴苓湯、牛車腎気丸、疎経活血湯

Treatment of rheumatic polyarthritis with the combination of western medicines and oriental medicines (Kampo therapy)

Toshimoto Ishibashi

Department of Anesthesiology, Shiga University of Medical Science

Abstract : This is a case study of the treatment of the rheumatic polyarthritis using the combination of the ordinary western medicines and the oriental medicines (Kampo therapy). The etiology of rheumatic diseases is not still completely clarified and the current western medicines have more or less side effect during the longer period of administration. This 43-year-old female patient has had 8 years' history of rheumatic arthritis and has been treated by the specialist with the current western medicines. She has developed the gastric ulcer and moon face most likely due to the side effect of steroid hormone. She visited our clinic wishing to have Kampo therapy. "Boi-ogi-to" and "Sairei-to" were given while she had edema in joints for one year. "Gosha-jinki-gan" and "Sokei-kakketsu-to" were given after the edema subsided. The steroid hormone was able to decrease gradually and cut off completely after 2 years. The choice of Kampo is depending on the patient's constitution and stage of disease. As to the selection of Kampo medicines, there is no generalized standard like western medicines and the selection must be determined by the patient's individual constitution and stage of disease, also the selection is greatly depending on the physician's skill and

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