

総説

血液透析患者の疼痛

—その現状と対策としての漢方薬の効果—

小路哲生

鬼無 信 大林 誠一

キナシ大林病院内科

大林 公一

キナシ大林病院神経内科

三木 茂裕

海部医院内科

湯浅 繁一

香川医科大学第二内科

原田 康治

原田内科小児科医院

要旨：近年透析患者の生命予後の改善は著しいが、一方では透析の長期化とともに、運動器官の疼痛などの合併症が問題となっている。今回われわれは慢性腎炎由来血液透析患者327名を対象に、疼痛の特徴を明らかにし、難治症例37名を対象に、漢方処方の有効性についても検討を行った。疼痛の出現頻度では、患者の71%に運動器官の何らかの疼痛がみられた。また透析の長期化につれて疼痛の頻度や程度が増強し、多くの具体的運動障害が認められた。処方された漢方薬は全部で12種類で、4カ月間の治療により、定期的に服用できた34例中25名、73%に有効以上の改善をみた。また漢方薬投与前後で臨床検査値や自覚症状に問題となるような副作用は認めなかった。以上より、透析患者の骨や筋肉など運動器官の疼痛の現状が明らかとなり、また漢方薬はこれら長期透析患者の疼痛対策として有用な一手段になりうるものと思われた。

(痛みと漢方7:10-16, 1997)

索引用語：血液透析患者, 疼痛, 漢方薬, エキス剤, カリウム, 副作用, 証

Pain control of hemodialysis patients : Its current status and the effects of the Kampo medicines

Tetsuo Shoji, et al.

Department of Internal Medicine, Kinashi Obayashi Hospital

Abstract : In recent years, improved dialytic techniques have improved prognosis in patients receiving dialysis. However, various complications during long-term dialysis have been reported. These complications include pain in the motor apparatus, and this strongly influences the quality of life (QOL) of these patients. In this study, we clarified the current status of pain in 327 hemodialysis patients and examined the efficacy of Kampo medicines in 37 patients with the pain that could not be managed by conventional therapies. A follow-up was performed for more than 3 months. The incidence of pain increased in proportion to the length of a dialytic history. Freedom or activity in daily life was also reduced, especially in patients with long-term dialysis. Twelve Kampo medicines were prescribed. In 175 patients, 124 (71%) complained of pain. The incidence and degree of pain were increased as the history of hemodialysis lengthened. Pain was relieved in 25 patients of 34 (73%), and no abnormalities were formed in laboratory data after 4-month treatment. Therefore, pain in the motor apparatus is one of the main complications limiting the QOL in long-term hemodialysis patients, and the diagnosis and treatment by Kampo medicine may be useful for relieving pain in these patients.

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Key words : hemodialysis patients, pain, Kampo medicine, extract, potassium, side effect, diagnosis