

## 症 例 報 告

## 極めて短期間にて軽快した RSD の 1 例

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要旨：いくつかの医療施設を転々とし、SGB (星状神経節ブロック) も無効で、難治性であった 16 歳の RSD (反射性交感神経性萎縮症：右手) 患者の治療に際し、実存分析的治療を基本にしながら、伝統的東洋医学的治疗を行い、短期間で軽快した。疼痛のため、爪を切ることができなかったが、治療者が患者の伸び切った爪を切ることで、患者は爪を切れることを体験的に学び、同時に、将来に対し考え、希望を持つことができた。こうしたなかで、温泉療法、運動療法を日常生活の中に取り入れ、リラクセーションを図り、積極的な健康創りに乗り出し、RSD は軽快した。禅の言葉で、啐啄 (そったく) という言葉があるが、治したい治療者と治りたい患者の出会いのなかで、疼痛の意味が変遷し、治らなければ自己実現できないことが体験的に認識されたときに患者の行動変容が起きたと言えよう。現代医学、心身医学、伝統的東洋医学の相互主体的鼎立はこのような難治性の疾患の治療には必須であると考えられた。

索引用語：反射性交感神経系萎縮症、実存分析、慢性疼痛、心身医学、医療不信

## A case of completely improved RSD in a ultra-short period

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**Abstract** : A 16-year-old girl with intractable pain in the right hand (RSD: reflex sympathetic dystrophy) was treated with frequent SGBs in many hospitals, but the treatment was not effective. We cured in a short period with good effect. She was treated through traditional oriental and logotherapeutic approaches. She was unable to cut her nails because of pain, and we cut them for her. This fact made her recognize that she can learn how to cut them through experience. Simultaneously it encouraged her to consider her future life, and to entertain the hope of becoming a clinical technical expert. In this process, she could take balneotherapy, exercise and relaxation into her life positively, and tried to improve her health. Gradually RSD has been improved. In the terminology of Zen, there is a word "Sottaku", which means making good timing with two persons. A patient wants to be cured and a doctor wants to cure. The need from the two came together and developed mutual understanding. Medical treatment should be performed in this process. In this course the meaning of pain for the patient changed, that is to say, if the pain had not been relieved, she could not have found herself, namely, self-realization. When she could understand it through her own experience, she could make behavior modification. To treat such difficult diseases, current occidental medicine, psychosomatic medicine and traditional oriental medicine are to be practiced reciprocally and harmoniously.

**Key words** : RSD, reflex sympathetic dystrophy, logotherapy, existential analysis, chronic pain, psychosomatic medicine, distrust of medicine