

原 著

阪神淡路大震災による心身ストレス疼痛に対する 黄連解毒湯(Oren-gedoku-to)の効果

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要旨：自宅が全半壊した震度6以上の阪神淡路大震災(HAE)に被災した心因性疼痛57例(A群)を対象とし黄連解毒湯(OGT)30mg/kg/日を3年間投与した。対照は何ら治療を受けなかった同被害医師, comedical staff 54例(B群)とした。総合QOL, VAS-P, Face rating scale, 各種QOLはA群での改善がB群に比してまさっていた(P<0.01)。fear, freezing, defecationなどの行動はA群で抑制された。

索引用語：阪神淡路大震災, 心因性疼痛, 黄連解毒湯

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Antianxiety Effects of Oren-Gedoku-To (a Traditional Japanese Herbal Medicine) on sufferers from the Hanshin-Awaji earthquake (HAE)

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Abstract : Antianxiety effects of Oren-gedoku-to (OGT) was evaluated in the subjects who suffered from the Hanshin-Awaji earthquake (HAE), of The houses magnitude of HAE was abort scale 6, and their were completely or half destroyed. Fifty seven subjects consisted of 23 males and 34 females, their ages were 48.3±9.6 years old. They took OGT 30mg/body weight Kg per day for 3years.

Another group of 54 subjects consisted of 22 males and 32 females, their ages were 49.1±10.2 years old. Although they suffered from the HAE, they did not receive any OGT, who consisted of physicians, dentists and co-medicals.

VAS-P, face rating scale (FRS), total QOL method (T-QOL) and various QOL were more improved in OGT treated subjects than those in the untreated, group of subjects.

The behavioral parameters such as the magnitude of fear, freezing, conditioned fear were decreased in OGT treated subjects compared with untreated group.

Key words : Hanshin-Awaji-earthquake, Physiological chronic pain, Oren-Gedoku-To, Behavior

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