

症 例 報 告

高齢者慢性腰下肢痛への神経ブロック併用によるブシ末の効果

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要旨：当科外来通院中の、ブシ末の投与と神経ブロックを併用している高齢者慢性腰下肢痛患者 33 名において、ブシ末の鎮痛作用について検討した。10 点法を用いたペインスコアによる評価では、初診時の平均スコアは 6.2 であったが、漢方薬投与開始後 2 カ月で 3.6 と低下し、ブシ末の鎮痛作用としての薬効の存在が示唆された。鎮痛作用を有するブシ末を、残存する愁訴を軽減するために併用することは、ブロックの施行回数を減らし疼痛の軽減をもたらすのに効果的であると考えられた。

索引用語：慢性腰下肢痛，漢方薬，ブシ末，神経ブロック，鎮痛作用

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The Analgesic effect of "Bushi" Powder and combined with epidural nerve block for chronic back and leg pain in aged patients

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Abstract : We evaluated the analgesic effect of "Bushi" Powder in aged patients who were suffering from chronic back and leg pain. All patients received lumbar epidural nerve block. The mean volume of administered "Bushi" Powder combined with "Hachimi-jiougann" or "Keishi-ka-jutubutou" was 1.2g per day.

We used Numeric Rating Scale (NRS) for the assessment of pain. The mean NRS was 6.2 at the first physical examination. It decreased to 3.6 on two months after the first examination. The suspected side effects of "Bushi" Powder were anterior chest discomfort in two patients and angular cheilitis in one patient. Each complication disappeared soon after the reduction of "Bushi" Powder.

We concluded that "Bushi" Powder is effective for pain relief in aged patients suffering from chronic back and leg pain.

Key words : Chronic back and leg pain, Bushi, epidural block, analgesic effect, side effect

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