

## 症 例 報 告

## 手のRSDに対する漢方治療の経験

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**要旨：**急性期～亜急性期のRSD9例に対し柴苓湯と六君子湯(TJ-43)を投与し、疼痛(VAS)、腫脹、手指運動障害について検討した。うち7例が6週以内に疼痛が半分以下に減少し、有効であった。腫脹、手指運動障害は疼痛に先行して改善する傾向があった。RSDの急性期は局所の炎症が主体であるが、発症しやすい精神的素因や発症後の気虚があり、全身の疾患の部分症と認識する必要がある。それゆえ柴苓湯と六君子湯による漢方治療は合理的な治療法と考えられた。

**索引用語：**反射性交感神経性ジストロフィー、漢方治療、柴苓湯、六君子湯

## PAIN AND KAMPO MEDICINE Vol.12 (2002)

**Kampo therapy for reflex sympathetic dystrophy of the hand**

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**Abstract:** Nine patients in the acute or subacute stages of reflex sympathetic dystrophy (RSD) of the hands were treated with Sairei-to and Rikkunshi-to, and were evaluated for pain (on the visual analog scale, VAS), the relief of swelling and limitation of finger motion. Seven of the nine patients had good results, with decrease in pain to less than 50% of the initial pain on VAS within 6 weeks. Swelling and finger motion limitation tended to be relieved earlier than pain. In general, symptoms/signs of RSD are limited to those associated with local inflammation during the acute stage, but patients with RSD tend to have psychological factors that can trigger generalized complaints even before the onset of RSD and to feature 'kikyo,' a loss of vitality, after RSD onset. RSD should therefore be recognized as a feature of a generalized disease. Oral Kampo therapy using Sairei-to and Rikkunshi-to appears to be a reasonable treatment for early RSD.

**Key words:** reflex sympathetic dystrophy, Kampo therapy, Sairei-to, Rikkunshi-to

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