

## 症 例 報 告

# 橈骨遠位端骨折による手指，手関節腫脹に対する 桂枝茯苓丸の効果

阿部靖之\*<sup>1</sup> 中野哲雄\*<sup>2</sup> 越智龍弥\*<sup>2</sup>

**要旨：**橈骨遠位端骨折や手指骨折による腫脹が，著しかったり，遷延すると，治療上支障をきたし，機能障害を起こす。桂枝茯苓丸 (TJ-25) は，打撲などによる腫脹に効果がある。橈骨遠位端骨折症例について，抗腫脹効果を調査した。97年12月からの2年半に創外固定器を用いた38例。平均年齢68.8歳，男6例，女32例。手関節以遠の腫脹が消失するまでの期間，手指可動域正常化の期間をretrospectiveに調査。桂枝茯苓丸使用群15例 (桂茯苓群) と使用しなかった群23例 (なし群) に分け，統計学的に検討。桂枝茯苓丸は1日7.5gを平均34日間投与。桂茯苓群の腫脹消失は平均42.7日，手指可動域正常化は平均44.6日。なし群は，それぞれ平均81.8日，92.8日。両者とも，統計学的に有意に桂茯苓群の方が短期間であった。桂枝茯苓丸の受傷後早期よりの投与で，橈骨遠位端骨折による腫脹の軽減に有効であることが分かった。

**索引用語：**桂枝茯苓丸，橈骨遠位端骨折，腫脹，浮腫

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

### Effect of Kampo medicine, Keishi-bukuryo-gan on edema of hand with distal radius fracture.

Yasuyuki Abe \*<sup>1</sup>, Tetsuo Nakano \*<sup>2</sup> and Ryuya Ochi \*<sup>2</sup>

**Abstract:** After suffering a distal radius fracture or a finger fracture, if its swelling is remarkable or proper treatment is delayed, it causes functional disorder. Kampo medicine, Keishi-bukuryo-gan (TJ-25) is effective for swelling from contusion. We investigated anti-swelling effect of TJ-25 on distal radius fractures. There have been 38 cases using the external fixation system during 2.5 years since December 1997. Patients' average age was 68.8 years old, six were male and 32 were female. The disappearance period of hand swelling and normalizing of fingers' ROM (range of motion) were investigated retrospectively. Fifteen cases where TJ-25 was administered was classified as group A, and 23 cases where TJ-25 was not used was classified as group B. In group A, the mean disappearance period of edema was 42.7 days and the normalizing period of fingers' ROM was 44.6 days. In group B, the mean of disappearance period of edema was 81.8 days and normalizing period of fingers' ROM was 92.8 days. In both periods, group A was shorter and statistically significant. We concluded TJ-25 is effective for decreasing edema from the distal radius fracture.

**Key words:** Keishi-bukuryo-gan, Distal radius fracture, Edema, Swelling

\*<sup>1</sup> Kumamoto Central Hospital, Department of Orthopaedic Surgery

Offprint requests to: Yasuyuki Abe, 1-5-1 Tainoshima, Kumamoto city, Kumamoto Pref., 862-0965, Japan

\*<sup>2</sup> Tamana Central Hospital, Department of Orthopaedic Surgery