

症 例 報 告

手根管症候群に対する漢方治療の経験

松村崇史*¹ 相羽 整*²
吉田祐文*² 八代 忍*² 山口健治*²
清水国章*² 山部英行*² 岩本卓二*²

要旨：特発性手根管症候群の発症原因は、更年期、肥満等の全身的要因が重要といわれている。そこで全身のゆがみを是正する漢方を選択して治療を行った。随証的に患者は芎血と水滯が多く、駆芎血剤と利水剤を併用した。その結果、特に軽症例では自覚症状に加え電気生理学的にも改善を認めた。これは手根管内腱鞘炎滑膜の浮腫や正中神経の浮腫・血流障害の改善のためと考えられた。

索引用語：手根管症候群，治療，漢方薬

PAIN AND KAMPO MEDICINE Vol.13 (2003)

Treatment for carpal tunnel syndrome with Kampo medicine

Takashi Matsumura *¹, Hitoshi Aiba *², Hirobumi Yoshida *²,
Shinobu Yashiro *², Kenji Yamaguchi *², Kuniaki Shimizu *²,
Hideyuki Yamabe *² and Takuji Iwamoto

Abstract: Effectiveness of Kampo medication in the treatment of carpal tunnel syndrome (CTS) was evaluated. Sixteen hands of 11 patients with idiopathic CTS were treated with Kampo medicines, which were Keishibukuryou-gan 7.5g/day and Gorei-san 7.5g/day for eight patients and other medicines for three patients. Results were evaluated by reduction rate of symptoms (pain or numbness) and motor nerve distal latency (MDL). After medication for 69 days on average, 6 hands rated excellent (complete relief of symptoms), 6 good (50% or more than 50% relief), 4 fair (less than 50% relief), none poor (no relief or worse). MDL reduced from 7.0 msec to 5.7 msec in average. Many of the patients were in a general condition of "Oketsu", which means retention of blood circulation and "Suitai", which means retention of fluid transport. Both conditions were considered to develop cyanosis, ischemia and edema of median nerve and edematous swelling of flexor tendon sheath in CTS. The Kampo medicines, which recover retention of blood and fluid were effective for CTS.

Key words: carpal tunnel syndrome, treatment, Kampo medicine

*¹ Department of Orthopaedic Surgery, Saiseikai Utsunomiya Hospital

Offprint requests to: Takashi MATSUMURA, Department of Orthopaedic Surgery, Saiseikai Utsunomiya Hospital, 911-1, Takebayashi-cho, Utsunomiya-shi, Tochigi 321-0974, Japan

*² Department of Orthopaedic Surgery, Otawara Red Cross Hospital