

## 症 例 報 告

# パーキンソン病の疼痛と歩行障害への漢方の効果について

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**要旨：**高齢のパーキンソン病患者には、骨変化によって疼痛や歩行障害を合併することがあるが、歩行の変化が骨病変の疼痛によるのかパーキンソン症状の増悪によるのかの鑑別診断は容易ではない。治療としては、鎮痛薬と抗パーキンソン病薬の併用を行うことが多いが、幻覚などの副作用で抗パーキンソン病薬の増量が困難な場合がある。その際に、東洋医学的な方法論で漢方を追加すると、疼痛と歩行障害の両方を改善できることがある。

今回、老年初期で痴呆のない進行期のパーキンソン病患者3例の疼痛と歩行障害に対し、それぞれ疎経活血湯 (TJ-53)、牛車腎気丸 (TJ-107)、桂枝茯苓丸 (TJ-25) を用いて有効だったので、疼痛の Visual Analog Scale (VAS)、パーキンソン病の評価に用いる Unified Parkinson Disease Rating Scale (UPDRS) と Hoehn-Yahr (H-Y) 分類のスコアの変化、さらに舌証を中心とした「証」の変化を併せて報告する。

**索引用語：**神経内科、パーキンソン病、疎経活血湯、牛車腎気丸、桂枝茯苓丸

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### The efficacy of Kampo treatment for pain and gait disturbance in Parkinson's disease

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**Abstract:** Bone change due to aging is not uncommonly seen during long-term followups of elderly patients with Parkinson's disease, and may be accompanied by pain and gait disturbance. It is not always easy to determine whether the bone change or the progression of Parkinson's disease is causing the pain and gait disturbance. Therefore, the wisest and most widely used form of treatment would be the combination therapy of both analgesics and anti-Parkinsonian drugs, but such side-effects as hallucination may not allow the continuation and/or increase of the anti-Parkinsonian agents. In such case, the use of an Oriental approach "Kampo" in the attempt to improve one's health, may sometimes bring about both the reduction of pain and improvement of gait.

Here, we present three cases of non-demented Parkinson's disease (age 74, 69 and 69, respectively) on levo-dopa therapy, whose pain and gait disturbance were successfully treated with Kampo (Sokei-kakketsu-to, Gosha-jinki-gan and Keishi-bukuryo-gan, respectively). Improvement was evaluated using the Visual Analog Scale (VAS), Unified Parkinson Disease Rating Scale (UPDRS) and Hoehn-Yahr (H-Y) staging, with changes in physiological signs, especially their tongue features.

**Key words:** Neurology, Parkinson's Disease, Sokei-kakketsu-to, Gosha-jinki-gan, Keishi-bukuryo-gan

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