

## 症 例 報 告

# 腰椎由来の腰下肢痛に対する牛車腎気丸の効果 ～ビタミンB1誘導体製剤との比較検討～

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**要旨：**腰椎変性疾患を持ち腰下肢痛を主訴とする高齢者20名を対象に、牛車腎気丸(TJ-107)とビタミンB1誘導体製剤ベンフォチアミンを投与し、その効果を比較検討した。対象は1群(10名)を牛車腎気丸7.5g/日 4週間投与後ベンフォチアミン75mg/日 4週間投与群、2群(10名)をベンフォチアミン75mg/日 4週間投与後牛車腎気丸7.5g/日 4週間投与群とし、投与前、牛車腎気丸投与4週間後、ベンフォチアミン投与4週間後の自覚症状の程度および副作用を検討した。ベンフォチアミン投与後に比べ、牛車腎気丸投与後に安静時腰痛、体動時腰痛、下肢のしびれ感を中心とした自覚症状の有意な改善を認めた。副作用は、牛車腎気丸投与後2名に消化器症状が出現した。

**索引用語：**牛車腎気丸、ベンフォチアミン、腰下肢痛

## PAIN AND KAMPO MEDICINE Vol.13 (2003)

### The effects of Gosha-jinki-gan on the low back pain and lower limb pain caused by the lumbar spine : A comparison of Gosha-jinki-gan with Befotiamine

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**Abstract:** We evaluated the effects of Gosha-jinki-gan and Befotiamine in 20 aged patients on the low back pain and lower limb pain caused by the lumbar spine. In group 1, 10 patients were first administered Gosha-jinki-gan for 4 weeks, and then Befotiamine for 4 weeks. In groupe 2, 10 patients were first administered Befotiamine for 4 weeks, secondly Gosha-jinki-gan for 4 weeks.

Self-defined symptoms in the patients and side-effects on them were evaluated to clarify the effects of Gosha-jinki-gan administration 4 weeks later, and of Befotiamine administration 4 weeks later. We concluded that Gosha-jinki-gan is more effective for the low back pain in rest and motion and the numbness of lower limb, compared with Befotiamine. Unpleasantness of the stomach and bowels after Gosha-jinki-gan administration occurred to 2 patients.

**Key words:** Gosha-jinki-gan, Befotiamine, low back pain and lower limb pain

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