

原 著

膝円板状半月板切除後の防已黄耆湯内服の効果について

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要旨：防已黄耆湯は中間証から虚証の患者で，変形性膝関節症，特に膝関節の腫脹，疼痛に対して用いられることが多い処方である。今回，膝関節手術後に対して用いた防已黄耆湯の効果について検討した。対象は2001年9月より2004年1月までに，関節鏡視下で膝外側円板状半月板切除手術を行った11例13膝である。内側半月板損傷を合併していた症例は13膝であり，これらの症例に対しては内側半月板切除を同時に行なった。術後の関節水腫と膝関節痛に対して防已黄耆湯を投与した。防已黄耆湯の投与期間は平均 9.2 ± 6.8 カ月で，経過観察期間は平均 9.3 ± 3.2 カ月であった。穿刺回数は平均 5.8 ± 4.6 回，穿刺期間は平均 4.4 ± 2.7 カ月であった。すなわち全例が平均 4.4 ± 2.7 カ月で関節液の貯留が消失した。痛み継続期間は平均 4.8 ± 3.2 カ月，ヒアルロン酸注入回数は平均 4.8 ± 3.9 回，ステロイド注入回数は平均 3.3 ± 5.2 回であった。BMIは22から32，平均 26.5 ± 3.5 であった。無効例や悪化した症例は無く副作用もなかった。防已黄耆湯を，膝円板状半月板切除術後に生じた関節水腫に対して用い，良好な結果が得られた。

索引用語：防已黄耆湯，変形性膝関節症，膝円板状半月板，
関節水腫，鏡視下半月板切除術

PAIN AND KAMPO MEDICINE Vol.15 (2005)

The Effect of Boiogito on the Patients with Knee Joints Arthritis
after Resection of the Discoid Meniscus in Knees

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Abstract: Boiogito is Chinese herbal medicine (so-called kampo therapy in Japan) used for patients having conditions from intermediate function to hypofunction. It is especially effective in treating knee joints injury with pain and swelling. We studied the effect of boiogito on the patients with knee joints osteoarthritis after an operation on discoid meniscus. 13 knee joints of 11 patients with arthritis were enrolled. They showed a tendency to obesity, indicating 26.5 ± 3.5 on BMI. They had been received the knees resection of external discoid meniscus under arthroscopic surgery from September in 2001 to January in 2004 before administration of boiogito. because 13 knee joints of them were also suffering from internal discoid meniscus injury, we performed surgery resection of the internal discoid meniscus of knees at once. We administered Boiogito for 9.2 ± 6.8 months to 11 patients, who had knee joints complaints with pain and swelling after operations. Some of the fluid accumulated in the knee joints, so we had to aspirate it 5.8 ± 4.6 times during 4.4 ± 2.7 months' periods.

Besides boiogito, we infused hyaluronic acid or prednisolon into knee joints to control pain and swelling of them. The treatment with boiogito for knee joint dropsy after resection of the discoid meniscus of knees has succeeded completely without side effects.

Key words: Boiogito, kampo therapy, knee joints osteoarthritis,
discoid meniscus, arthroscopic surgery

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