

症 例 報 告

防已黄耆湯合当帰四逆加呉茱萸生姜湯が有効であった腰部脊柱管狭窄症の1症例

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要旨：手術適応といわれた腰部脊柱管狭窄症に対して、漢方薬が有効であった症例を経験した。68歳，女性。主訴は腰痛と左坐骨神経痛で，第4腰椎変性迂り症に起因する脊柱管狭窄症と診断されたが，保存療法を希望し硬膜外ブロックを受けていた。症状は寒冷で増悪するため，予防的に漢方治療を導入した。ツムラ防已黄耆湯およびツムラ当帰四逆加呉茱萸生姜湯を投与したところ，腰痛が緩解し，坐骨神経痛も出現しなかった。

索引用語：脊柱管狭窄症，腰痛，坐骨神経痛，硬膜外ブロック，漢方薬

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A Case of Lumbar Spinal Canal Stenosis Successfully Treated with Kampo Medicines.

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Abstract: We report a case of a 68-year-old woman suffering from lumbar spinal canal stenosis due to L4 vertebra spondilolisthesis that was successfully treated with Kampo medicines. Her symptoms were continuous low back pain, and intermittent left sciatic pain. After the diagnosis of lumbar spinal canal stenosis with MRI and L4 nerve root block by an orthopedist, an operation was highly recommended but the patient chose epidural block as a conservative therapy. Although the patient was satisfied with the epidural block therapy, the effect of the epidural block lasted less than a week and then pain recurred by cold stimulation. So additionally, we induced Kampo therapy for prophylaxis. After the medication of extract granule Kampo medicines, tokishigyakukagoshuyushokyo (TJ-38) and boiogito (TJ-20) for about 1 month, low back pain gradually reduced, and finally the patient became completely pain-free in 2 months by taking the Kampo medicines. There was no necessity for epidural nerve block after the induction of Kampo therapy.

Key words: spinal canal stenosis, low back pain, sciatic pain, epidural block, Kampo medicine

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