

症 例 報 告

麻杏薏甘湯が奏功した帯状疱疹神経痛の1例

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要旨：53歳の帯状疱疹神経痛女性患者に麻杏薏甘湯が有効であった。帯状疱疹は、T2とT3胸髄レベルで、受診時には、皮膚病変はほぼ治癒し乾燥していたものの、激しい疼痛を訴えていた。持続的硬膜外ブロックを施行したところ、帯状疱疹痛の程度は、視覚的アナログスケール（Visual analogue scale：VAS）で、83mmから50mmまで急速に軽減したが、2週間たっても40mm～50mm前後に留まっていた。この段階で退院とし、硬膜外ブロックと麻杏薏甘湯の処方による外来通院とした。2週間たって、VASは42mmから23mmまで段階的に減少し、更に1カ月後には10mmまで減少した。神経ブロック治療は中止できた。患者には『乾燥皮膚』、『疼痛は、正午以後増加した』『発汗減少』などの麻杏薏甘湯の『証』が認められたことから麻杏薏甘湯を処方したが、この結果は、漢方薬による患者に応じた治療が、慢性痛治療に効果的であることを示唆している。

索引用語：帯状疱疹神経痛，漢方，硬膜外ブロック

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Efficacy of Makyoyokukanto on herpes zoster neuralgia
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Abstract: An analgesic effect of makyoyokukanto was recognized in a 53-year-old woman suffering from herpes zoster neuralgia. Eruptions seen on a spinal cord level of T2 and T3 and skin lesions were almost healed and dry at the time of consultation. However, she complained of severe neuralgia in the same skin area. Continuous epidural block was performed during hospitalization. The strength of subjective neuralgia was evaluated with a visual analog scale (VAS). By continuous epidural block, VAS value was rapidly decreased from 83 to 50. However, VAS remained around 40 to 50 during hospitalization. Then, patient was discharged and treated as an outpatient with a single epidural block and makyoyokukanto. VAS was gradually decreased from 42 to 23 and finally down to 10 one month later. She was satisfied with the medication of makyoyokukanto and nerve block was ceased. Her complaint of dry skin, increasing pain in the afternoon and sweat decreasing indicated the choice of prescription of makyoyokukanto. This result means individually-tailored pharmacological approach with a traditional Japanese (Kampo) medicine is a good choice of treatment in patients with such chronic pain .

Key words: herpes zoster neuralgia, Kampo medicine, epidural block

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