

症 例 報 告

難治性足底筋膜炎痛に漢方治療が有効であった1症例

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要旨：一般的に足底筋膜炎は保存的治療で軽快する疾患であるが、今回、疼痛遷延例に対して東洋医学的治療が有効であった症例を経験したので報告する。患者は54才女性。発症約3年半後に、加味逍遙散 (TJ-24) 5 g, 分2/日, 桂枝茯苓丸 (TJ-25) 5 g, 分2/日, 五苓散 (TJ-17) 7.5g, 分3/日, 修治附子末N (TJ-3022) 1~2 g, 分3/日を処方した。服薬6週後より足底部疼痛は軽快し始め、踵部の疼痛はほぼ消失し、足底部の痛みが残存している。自覚的に疼痛は50%ほど軽快し、現在も希望により同処方を継続中である。治療方針としては、標治として足底筋膜炎症部の瘀血と浮腫の改善を第一とし、本治として養肝、補腎、ならびに健脾を考慮すべきであると考えられた。

索引用語：足底筋膜炎, 加味逍遙散, 桂枝茯苓丸, 五苓散, 修治附子末N

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Oriental Medical Therapy for Intractable Pain of Plantar Fasciitis

— a case report —

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Abstract: Generally, plantar fasciitis can be relieved by conservative medical treatment. However, I have experienced a case of persistent plantar pain which has been alleviated by an oriental medical therapy. In this case, a 54-year-old female patient, who had been complaining of intractable plantar pain for three and a half years, was prescribed kamisyoyosan(TJ-24) 5g /day, keishibukuryogan(TJ-25) 5g/day, goreisan(TJ-17) 7.5g/day and shujibushimatsu N (TJ-3022) 1-2g/day. After 6 weeks of medication, pain in plantar parts started to abate and pain in heels was almost resolved. However, pain in the plantar aspect still remains. The rate of recovery was about 50% and at her request, the patient still receives the same prescription. As for the course of treatment, we are aiming to improve blood stagnation and edema in the inflammation area of plantar fascia. At the same time, consideration of improving liver function, tonic kidney, and invigorating the digestive system will be required for the complete disappearance of the pain.

Key words: plantar fasciitis, kamisyoyosan, keishibukuryogan, goreisan, shujibushimatsu

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