

症 例 報 告

芍薬甘草湯の服用で治癒したばね指の1症例

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要旨：芍薬甘草湯は普通中・下焦，下肢の疾患などに用いられる有効な漢方薬だが，それよりも上部（頭部，顔面，上焦，上肢）の疾患にも有効だという報告もみられる。また素問・靈樞などの古典によると，筋肉の運動は肝と脾胃が関与していると考えられる。

今回のばね指の症例では，腹診上両側腹直筋の異常緊張（拘攣）が認められ，同時に他の血虚の症状もみられたため，このばね指を肝血虚により手指の筋脈が拘攣して屈伸が困難になったものと考え，芍薬甘草湯7.5g/日を投与したところ，1ヵ月くらいから改善がみられ，3ヵ月後には完治した。

芍薬甘草湯は，不足した肝陰を滋潤し，肝の疏泄作用を正常化し，その結果脾胃の失調による昇清機能，降濁機能の低下も改善され，陰陽が和し，ばね指も治癒したのではないかと考えられる。またこの患者さんは，長年脾胃の虚が続いており，芍薬甘草湯エキスの服用により脾胃の虚が改善され，即ち脾の昇清作用，胃の降濁作用が改善され，その結果肝血虚も改善され，疏泄作用が正常化し，この患者さんのばね指も完治した可能性も否定できない。腹診上芍薬甘草湯証に特有の両側腹直筋の異常緊張（拘攣）があり，他の血虚症状や肝，脾胃の機能不全がみられる時には，芍薬甘草湯やその合方，加味方は，体の中・下焦，下肢の疾患ばかりでなく，それ以外の部位の疾患にももっと広く応用できるものと考えられる。

索引用語：ばね指，肝血虚，脾胃の虚，芍薬甘草湯

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The case of trigger finger cured with shakuyakukanzoto extract

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Abstract: shakuyakukanzoto is generally considered to be effective for the disorders of lower part of the body (下焦) and lower limbs. It is also reported that shakuyakukanzoto is effective on the upper parts of the body (上焦: brain, face, and upper limbs), but very few. Ancient Chinese medical books, *Somon* (the first volume of the *Huang di nei jing*: 黄帝内经) and *Reisu* (the second volume of the *Huang di nei jing*) were published about 2000 years ago show that the vital energy (Ki or Qi) of the digestive system (Hi-I: 脾胃) involves in the muscle movement.

In this case, the patient has the abnormal strain of the musculus rectus abdominis on both sides and the blood deficiency (kekkyo syndrome).

And, shakuyakukanzoto is considered to have treated the liver blood deficiency, which can result in the cramp of the finger muscle. With the treatment of shakuyakukanzoto for one month or so, her finger pain started being relieved little by little, and it was completely relieved in 3 months.

The action mechanism of shakuyakukanzoto in the traditional Kampo theory has been said as follows; shakuyakukanzoto satisfies the liver yin-fluid (陰液) and normalizes the function of liver.

In this stage, the circulation of vital energy in liver and the regulation of the balance of the relativity of the disease condition (yin-yang: 陰陽) improves. The recovery of the function of liver induces the function of digestive system.

Decreased function in both the absorption of nutrient and the excretion of the needless others are improved. The improvement of the deficiency of vital energy in the digestive system can result in the recovery of trigger finger.

Another mechanism is also expected that shakuyakukanzoto directly improves the deficiency of vital energy in digestive system, which this patient has been tormented for a long time, and the absorption of nutrient improves as a result.

The improvement of the function of digestive system recovers the liver blood deficiency. Finally, the improvement of liver blood deficiency can result in the recovery of trigger finger.

Generally speaking, shakuyakukanzoto and its additive prescriptions can be effective for the disorders of the middle or lower parts of the body and lower limbs.

But when the patients have the abnormal strain of the musculus rectus abdominis on both sides, the blood deficiency, and/or the depression of the function of liver or digestive system, shakuyakukanzoto can be effectively used even for the lesions in the upper part of the body and upper extremities.

Key words: trigger finger, liver blood deficiency, weakness in the stomach and bowels, shakuyakukanzoto extract

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