

原 著

「こむら返り」に対する芍薬甘草湯の維持用量について

橋爪圭司* 渡邊恵介* 古家 仁*

要旨：夜間にしばしばこむら返りが発生する，変形性腰椎症や腰部脊柱管狭窄症の62症例（男性16症例，女性46症例，48～86歳）を対象に，芍薬甘草湯の用量・用法について検討した．1日量は7.5gを上限とし，用量や用法（頓服か定期内服か）を患者の判断に委ねた．こむら返りが軽減した時点で調べた結果，定期内服する患者は，就寝前・夕食時に2.5g（分1）が39%，5g（分2）が11%，7.5g（分3）が6%であった．頓服する患者は，2.5gを頓服が31%，5gを頓服が3%で，こむら返りが発生しそうな時のみ2.5gを頓服するものが10%あった．全体として，1日2.5g以下で有効な8割の患者と，比較的多量を用いる2割の患者とに分れた．また，「頓服する」34%に対し，「定期服用する」が56%と多かった．これはこむら返りの苦痛が大きいため，発生後の対処よりも予防が求められていることを示すものと思われた．

索引用語：芍薬甘草湯，腓腹筋けいれん，こむら返り，偽性アルドステロン症

PAIN AND KAMPO MEDICINE Vol.18 (2008)

A clinical study about the daily dose of shakuyakukanzoto for calf cramps

Keiji Hashizume*, Keisuke Watanabe* and Hitoshi Furuya*

Abstract: Cramps in the calf muscles are often observed in the patients with lumbar spinal lesions. It is well known that shakuyakukanzoto, one of the medicinal herbal mixture, is remarkably effective on these cramps. It is also known that this Kampo medicine may work well either when constantly or occasionally administrated, and that the long-term intake of this medicine sometimes induces pseudo-aldosteronism as one of major adverse effects.

We studied about the daily dose and the usage of administration of shakuyakukanzoto for the calf cramps observed in the 62 patients with lumbar spondylosis or lumbar spinal canal stenosis. The usage and dose were decided by patients depending on their situation. As a result, 24 (39%) patients had constantly a dose of 2.5g every nights, 19 (31%) patients had a dose of 2.5g only when the cramp attack occurred. Approximately 80% of patients had a dose under 2.5g a day, and the others needed more. In 34% of patients, the cramps reduced with occasional administration, but in 56% of patients, constant administrations were necessary to avoid the attacks of the cramps.

Key words: shakuyakukanzoto, muscle cramp, Kampo medicine

* Department of Anesthesiology, Nara Medical University

Offprint requests to: Keiji Hashizume, Department of Anesthesiology, Nara Medical University, 840 Shijyoutyou town, Kashihara City, Nara 634-8522, Japan