

## 症 例 報 告

急性の腰背部痛を発症した骨粗鬆症患者に対する  
半夏厚朴湯の有用性

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**要旨：**＜目的＞ 急性の腰背部痛を発症した骨粗鬆症患者に半夏厚朴湯を投与し、その抑鬱に対する効果を検討した。＜対象および方法＞ 対象は2006年3月から2007年3月の間に急性の腰背部痛を訴え来院した骨粗鬆症患者。2006年11月からは半夏厚朴湯も併せて投与した。すなわち、半夏厚朴湯投与群8人と非投与群17人である。疼痛はVisual Analogue Scale (VAS)を、抑鬱性は自己評価式抑鬱性尺度 (SDS)を用いて評価した。＜結果＞ VASは投与群では治療開始8週間目で平均63mmから40mmに減少、非投与群では平均59mmから29mmに減少した。SDSは投与群で平均46.4点から44.4点に減少したが、非投与群では平均38.2点から44.5点に増加した。＜考察＞ 今回のような半夏厚朴湯の用い方は証によらない投与であるが、骨粗鬆症患者の抑鬱改善を通してQOLの向上を目指す上で有用な方法と思われた。

**索引用語：**骨粗鬆症、半夏厚朴湯、抑うつ、Visual Analogue Scale (VAS)、自己評価式抑鬱性尺度

## PAIN AND KAMPO MEDICINE Vol.18 (2008)

Hangekobokuto improved QOL of osteoporosis patients with acute back pain  
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**Abstract:** In osteoporosis patients, the pain-induced action trouble in daily life induces depression frequently. In this study, the effects of Hangekobokuto on the occurrence of depression in osteoporosis patients are reported.

Elcatonin 20 units were treated once a week for one year from March in 2006 to the 45 osteoporosis patients who complained of low back pain. Furthermore, Hangekobokuto 7.5g was treated additively from November in 2006. In this study, the occurrence of depression was studied between 2 groups. One group was consisted of 8 patients treated with Hangekobokuto for more than 2 months and 17 patients non-treated with Hangekobokuto. Pain was estimated with Visual Analogue Scale (VAS) test, and depression was estimated with Self Depression Scale (SDS) test.

After the 2 months treatment of Hangekobokuto, the pain was improved in 6 patients, and grew worse in 2 patients, and the depression was also improved in 6 patients, and grew worse in 2 patients. On the other hands, both symptoms were improved in 3 patients, grew worse in 12 patients, and not changed in 2 patients in Hangekobokuto non-treated group.

It is suggested that Hangekobokuto is effective for the improvement of QOL by the alleviation of depression induced by pain in osteoporosis patients.

**Key words:** Osteoporosis, Depression, Hangekobokuto, Visual Analogue Scale, Self-rating Depression Scale

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