

## 症 例 報 告

## 血液透析に関連する腰痛に清暑益気湯が奏効した1症例

平田道彦\*<sup>1</sup> 上村計夫\*<sup>2</sup>

**要旨：**血液透析中に疼痛を訴える患者は多い。今回我々は、10年来の血液透析患者の腰痛に対して清暑益気湯を使用し良好な結果を得た。腰痛は透析中に始まり、その日の夜に最大となり、翌日まで遷延していた。当初、疼痛発生機序を血虚と考え、補血剤を中心に治療したが効果はなかった。透析に伴う急激な体内水分量の減少が関係するものとみて、津液を補う生脈散の方意を持つ清暑益気湯を投与したところ、2週間で透析当日の腰痛は半分になり、翌日の腰痛はなくなった。清暑益気湯は津液の欠乏を防ぐことで、透析に伴う津液の体内分布の異常を是正したものと考ええる。

索引用語：血液透析，腰痛，清暑益気湯

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## A case of lumbago related to dialysis treated with seishoekkito

Michihiko Hirata \*<sup>1</sup> and Kazuo Uemura \*<sup>2</sup>

**Abstract:** The complaints of pain are usual in dialysis patients. A 60 years old woman suffered from stubborn lumbago related to dialysis was treated with seishoekkito (TJ-136). By the dialysis, the watery component in body are rapidly decreased just like under the exposure to hotness. The decreased watery component causes the unsuitable it's distribution in some parts of the body including the spine structure. The rapid change of watery volume in the tissue could be one of the causes of pain, and TJ-136 which has the herbal medicinal components of shomyakusan that increases the watery component was treated. The pain was relieved by the two weeks treatment with TJ-136. It is considered that TJ-136 improved the lumbago due to prevent the excessive dryness of lumber spine by increasing the watery component.

**Key words:** dialysis, lumbago, seishoekkito\*<sup>1</sup> Hirata clinic*Offprint requests to:* Michihiko Hirata, Hirata clinic, 260-8 Tyojabaru, Kasuya-cho, Kasuya-Gun, Fukuoka 811-2311, Japan\*<sup>2</sup> Uemura urinary clinic