

症 例 報 告

両上肢, 左下肢にわたる
Complex Regional Pain Syndrome (CRPS)
の漢方治療の1例

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要旨: 頸椎捻挫に続発した両上肢, 左下肢の異常疼痛・著明な冷感を訴える車椅子上の35歳女性の Complex Regional Pain Syndrome (CRPS) 症例。漢方医学的所見から当帰四逆加呉茱萸生姜湯 + 修治附子末を投与した。3週間後, 症状の改善傾向が認められたが, 両側胸脇苦満, 臍上悸, 小腹不仁, ならびに両側下腹部の瘀血点が認められたため, 柴胡桂枝乾姜湯 + 修治附子末 + 桃核承気湯に変方し, 症状はVASで4/10までに軽快。約3ヵ月後, 両側胸脇苦満にかわって心下痞硬が出現したため, 半夏瀉心湯 + 桃核承気湯に変方し, 約8ヵ月後には杖歩行で受診することができた。本例は生来の脾胃虚に加え, CRPS治療にまつわる精神的ストレスによる肝の疏泄障害と腎気虚との複合的病態が疼痛症状を悪化させていたと考えられた。

索引用語: 複合性局所疼痛症候群 Complex Regional Pain Syndrome (CRPS), 反射性交感神経性ジストロフィー reflex sympathetic dystrophy (RSD), 頸椎捻挫, 当帰四逆加呉茱萸生姜湯, 柴胡桂枝乾姜湯, 半夏瀉心湯

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Kampo Therapy for Complex Regional Pain Syndrome (CRPS) of the Bilateral Upper Extremities and the Left Lower Extremity. — a case report —
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Abstract: The case is a 35-year-old woman on a wheel chair who complained of complex regional pain syndrome (CRPS) in her bilateral upper limbs and left lower limb due to her cervical sprain. At first, a combination of tokishigyakukagoshuyushokyo to and shujibushimatsu was given to the patient from the diagnostic viewpoint of the oriental medicine. The relief from the symptoms was confirmed after 3 weeks, however, bilateral kyokyokuman (fullness, tenderness or discomfort of the hypochondrium), saijoki (detectable supra-umbilical palpitation of the abdominal aorta), syofukufujin (softness of the lower abdomen) and blood stagnation in both sides of the lower abdominal quadrants were observed. Then, the prescription was changed to the combination of saikokeishikankyoto, shujibushimatsu and tokakujokito, and her symptoms improved to 4/10 on VAS. About 3 months later, sinkahiko (fullness of the epigastric region) was newly recognized instead of kyokyokuman. Then, the prescription was changed to the combination of hangeshashinto and tokakujokito. About 8 months later, the patient was able to visit the clinic with a cane.

In this case, it was considered that both the liver dysfunction in dispersing qi and blood and asthenia of kidney qi that were caused by psychological stress related to CRPS treatment, besides congenital asthenia of splenic and stomach qi, were the potential factors for deterioration of her CRPS.

Key words: Complex Regional Pain Syndrome (CRPS), reflex sympathetic dystrophy (RSD), cervical sprain, tokishigyakukagoshuyushokyo, saikokeishikankyoto, hangeshashinto

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