

## 症 例 報 告

下肢の有痛性筋攣縮（こむら返り）に  
柴胡加竜骨牡蛎湯が有効であった1例

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**要旨：**有痛性筋攣縮は激しい痛みを伴う不随意でかつ突然の筋収縮である。下肢の有痛性筋攣縮（いわゆる「こむら返り」）に柴胡加竜骨牡蛎湯が有効であった1例を報告する。患者は78歳男性，主訴は足がつる，足がしびれる。2007年5月から毎朝，両足のこむら返りが出現。同時期から足がしびれて痛むようになった。11月に当科初診。のどがつまる，ガスがたまる，息がくさくなるといった訴えも認めため，半夏厚朴湯を投与したところ，これらの症状は改善したが下肢の症状は残存した。柴胡加竜骨牡蛎湯を投与したところ，こむら返り，下肢のしびれが改善した。有痛性筋攣縮の治療には芍薬甘草湯が頻用されているが，元来芍薬甘草湯は頓服で用いる処方であること，高齢者では偽性アルドステロン症が生じる危険性が他の処方比して高いことから，第一選択としなかった。有痛性筋攣縮の漢方治療には柴胡加竜骨牡蛎湯を考慮してもよいと考えた。

**索引用語：**有痛性筋攣縮，こむら返り，柴胡加竜骨牡蛎湯，芍薬甘草湯，漢方医学

## PAIN AND KAMPO MEDICINE Vol.19 (2009)

A Case of saikokaryukotsuboreito Effective  
for Muscle Cramp (Calf Cramps)

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**Abstract:** Muscle cramp is a strong, painful spasmodic contraction that involuntarily occurs. We report a case of muscle cramp (calf cramps) improved with saikokaryukotsuboreito. A 78-year-old man was suffering from calf cramps every morning from May 2007. Around the same time, he experienced numbness in his legs. He visited to our hospital on November 2007. At the time of visit, he said he had congestion in his throat, a gas in his bowels, and a bad breath. By the treatment of hangekobokuto, his condition was improved without lower limb symptoms. By the treatment of saikokaryukotsuboreito, calf cramps and numbness were improved. In general, shakuyakukanzoto is taken continuously for muscle cramp. But shakuyakukanzoto is a medication to be taken as needed as originally defined, and is a risk factor for pseudohyperaldosteronism in the elderly. So we do not think shakuyakukanzoto is the first-choice drug in this case. This result suggests that saikokaryukotsuboreito is useful option for treatment of muscle cramp.

**Key words:** muscle cramp, calf cramps, saikokaryukotsuboreito, shakuyakukanzoto, Kampo medicine

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