

原 著

外傷性頸部症候群に起因した慢性項背部痛と 障害上肢の冷感に対する漢方薬の効果

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要旨：抗うつ薬や中枢性筋弛緩薬の継続的服用にもかかわらず、外傷性頸部症候群に起因する慢性化した項背部痛と障害上肢の冷感を訴えた患者 10 人を対象に、項背部痛と障害上肢の冷感の改善を目的として、 $\alpha 1$ ブロッカーであるドキサゾシンと人参養榮湯あるいは柴胡桂枝乾姜湯の効果を比較検討した。ドキサゾシン 1mg の 12 週間の服薬では項背部痛や冷感の程度は改善せず、障害側上肢の手掌温も上昇しなかった。人参養榮湯あるいは柴胡桂枝乾姜湯の 12 週間の服薬では、項背部痛や冷感は著明に改善し、手掌温も有意に上昇した。同時に、レスキュー薬の服薬回数や神経ブロック回数も有意に減少した。これらの所見は、外傷性頸部症候群に起因する項背部痛と冷感が頸部交感神経系の過剰興奮による細動脈収縮で惹起されているのではなく、全身症状の一部として顕在化していることを示唆している。

索引用語：外傷性頸部症候群, $\alpha 1$ ブロッカー, 人参養榮湯, 柴胡桂枝乾姜湯

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Effects of ninjin'yoeito or saikokeishikankyoto on the neck pain and the cool sensation in the injured upper arm elicited by traumatic cervical syndrome

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Abstract: Chronic neck pain and cool sensation in the injured upper arm due to traumatic cervical syndrome were the symptoms those are resistant against the therapeutics including neural blockade or medications using anti-depressants or central muscle relaxants. We made the comparative study of kampo medicine, ninjin'yoeito or saikokeishikankyoto, with doxazocine, $\alpha 1$ -adrenoceptor antagonist, on the reduction of neck pain and/or cool sensation in ten patients. Neck pain and/or cool sensation were remarkably reduced after 12 week-administration of kampo medicine, and it was effective than doxazocine. Palm surface temperature also increased significantly ($p < 0.001$) after the administration of kampo medicine. Number of the intake of the rescue drugs or neural blockade bi-weekly was significantly reduced ($p < 0.01$) along with the improvement of the symptoms. Effect of ninjin'yoeito or saikokeishikankyoto was superior to doxazocine on the symptoms elicited by the post-traumatic neck syndrome. These findings suggested that the chronic neck pain and the cool sensation should be understood as a part of the systemic functional disorder, and not the symptoms due to the excessive excitation of the cervical sympathetic nervous system.

Key words: traumatic cerviocal syndrome, doxazocine, ninjin'yoeito, saikokeishikankyoto

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