

臨 床 経 験

## 緩和医療における漢方薬の使用 — 当院緩和チームでの経験を中心として —

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**要旨：**漢方薬は多岐にわたる症状に有効であることから、我々はがん患者のQOLの低下につながる様々な症状に対して投与している。ペインクリニック外来で2005～2006年に癌性疼痛患者17名(32～79歳)に漢方薬を投与した。目的は疼痛緩和および麻薬の副作用軽減で、疼痛緩和には芍薬甘草湯・桂枝加朮附湯・真武湯、副作用軽減には六君子湯・大建中湯・潤腸湯を投与した。2008年に緩和ケアチームを結成して、積極的な緩和医療を開始した。2008～2009年に緩和ケアチームで漢方薬を処方した患者は35人(年齢53～94歳)であった。投与した漢方薬は17種類で、目的は疼痛緩和、消化器症状、精神症状、免疫力亢進であった。疼痛には五苓散・真武湯・芍薬甘草湯・牛車腎気丸・治打撲一方・柴苓湯・桂枝加芍薬湯・ブシ末、消化器症状には六君子湯・大建中湯・潤腸湯、精神症状には抑肝散・抑肝散加陳皮半夏・四逆散・香蘇散、免疫力亢進には十全大補湯・補中益気湯を投与した。緩和医療では全人的治療が必要とされ、漢方薬投与の目的も多様化している。緩和医療において、今後漢方薬の重要性は益々増大すると考えられる。

**索引用語：**漢方薬、緩和医療、がん性疼痛

## PAIN AND KAMPO MEDICINE Vol.21 (2011)

### Use of Kampo medicine for the palliative care in cancer patients

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**Abstract:** We have been used kampo medicines for the deduction of the various unpleasant symptoms in cancer patients requiring palliative care.

In 2005 and 2006, 17 cancer patients, aged from 32 years to 79 years, were prescribed kampo medicines in the pain clinics in our institute. The purpose of their administration was the pain relief and/or the reduction of the adverse effects induced by the anticancer agents. Shakuyakukanzoto, keishikajutsubuto, and/or shinbuto were used for pain relief, and rikkunshito, daikenchuto, and/or junchoto were for the reduction of the adverse effects.

In 2008 and 2009, 35 patients, aged from 53 years to 94 years, were prescribed kampo medicines by a palliative care team. The number of kampo medicines prescribed had increased to 17 kinds, and the purposes of their use were both the relief of the pain, the digestive symptoms, and the neurologic manifestations, and the inhibition of immune compromise. When rikkunshito was applied for nausea and vomiting, yokukansan for delirium, or daikenchuto for constipation, each symptoms were improved without adverse effects. The number of the use of Kampo medicine increased after the palliative care team was started.

It is suggested that the treatment with kampo medicine should improve the quality of life in cancer patients.

**Key words:** Traditional Japanese medicine, Kampo, Palliative care medicine, Cancer pain

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