

短報

長期に改善をみなかった外傷性頸部症候群(頸椎捻挫)に対する補中益気湯合五苓散の治療効果

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要旨：長期に改善をみなかった外傷性頸部症候群（以下頸椎捻挫）が補中益気湯合五苓散で著明に改善した3症例を報告する。症例は52歳、47歳、33歳のいずれも女性。全例交通事故により受傷し、頭痛、頸部痛、めまいなどを訴えた。3症例とも初診から数ヶ月間消炎鎮痛剤、筋弛緩薬などを服用していたが、症状の改善が得られなかった。前2例は和漢診療学的には気虚と水滯と診断し補中益気湯と五苓散を処方したところ急速に症状の改善が得られた。第3例は、めまいや嘔気を訴え、雨天時に増悪することから、強い水滯と考え五苓散を投与したが改善が得られなかった。そこで前2症例に倣い補中益気湯を追加投与したところ、急速に症状の改善が得られた。和漢診療学的には頸椎捻挫の病態に瘀血が深く関与するとされるが、慢性化した場合にはむしろ水滯と気虚が関与し、また水滯の症状が明らかに強くとも潜在する気虚を同時に治療しなければ症状の改善が得られにくいものと考えられた。

索引用語：外傷性頸部症候群、気虚、水滯、補中益気湯、五苓散

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Posttraumatic neck syndrome successfully treated with Kampo medicine — case series —

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Abstract: We will report 3 cases of posttraumatic neck syndrome successfully treated with hochuekkito and/or goreisan.

A 52-, 47- and 33-year-old women suffered from the posttraumatic neck syndrome (whiplash injury) by the traffic accident. They were not effective in the NSAIDs (nonsteroidal anti-inflammatory drugs) treatment for several months. According to the “Sho (Kampo diagnosis)” of these patients, which was “Kikyo (deficiency of Qi)” and/or “Suitai (disorders of the body’s fluid metabolism)”, we prescribed both hochuekkito and goreisan to the first two cases, and they were critically effective. We prescribed goreisan to the third case which complained about vertigo and nausea especially in rainy or humid days, but it was not effective. So hochuekkito was added to the treatment with goreisan, and it was extremely effective.

Whiplash injury is a soft tissue injury of the neck, and it is said to be the “Oketsu (syndrome caused by blood stagnation)” condition because it is expected that there is the internal hemorrhage in the soft tissue. But we did not find the “Oketsu” indication in all cases. Chronic pain patients are often in the state of both “Kikyo” and “Suitai”, and it is suggested that hochuekkito for the treatment of “Kikyo” should be effective for the posttraumatic neck syndrome regardless of the finding of “Kikyo” indications.

Key words: posttraumatic neck syndrome, Kikyo, Suitai, hochuekkito, goreisan

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