

症 例 報 告

苓姜朮甘湯とプレガバリンで改善した failed back surgery syndrome の 1 症例

境 徹也* 澄川 耕二*

要旨：苓姜朮甘湯は冷えを伴う腰下肢痛に使用される漢方薬である。今回、脊椎手術後に残存する腰痛 (failed back surgery syndrome) に対して、苓姜朮甘湯とプレガバリンが有効であった症例を経験したので報告する。患者は 58 歳、女性。2 年前、腰下肢痛が出現した。その後、腰椎椎間板ヘルニア摘出術と腰椎椎弓切除術で下肢痛は軽減したが、腰痛は残存し NSAIDs 内服でも軽減しないため、当科紹介受診となった。腰痛は一日中持続する鈍痛であり、腰部の冷えは著明で、下肢浮腫もあった。受診日当日から、苓姜朮甘湯エキス顆粒 (TJ-118) 7.5g、分 3/日の内服を開始し、14 日後には痛みは低下し、腰部の冷えと下肢浮腫も改善した。22 日後、プレガバリンの内服を開始し、更なる痛みの改善が得られた。苓姜朮甘湯の内服後に腰部の著明な冷えや下肢浮腫が改善したことから、苓姜朮甘湯の裏温作用や利尿作用が腰下肢症状の改善に有効であったと考えられた。

索引用語：苓姜朮甘湯, failed back surgery syndrome, プレガバリン

PAIN AND KAMPO MEDICINE Vol.22 (2012)

Successful treatment with ryokyojutsukanto and pregabalin for a patient with failed back surgery syndrome

Tetsuya Sakai* and Koji Sumikawa*

Abstract: Ryokyojutsukanto is used for patients with low back and leg pain accompanied with coldness. We report a successful treatment with ryokyojutsukanto and pregabalin for the low back pain remained after spinal surgery, i.e., failed back surgery syndrome. Two years ago, a fifty eight-year-old woman developed low back and leg pain. She underwent lumbar herniated disk enucleation and laminectomy, and which her leg pain improved, but her low back pain remained. NSAIDs were not effective, and she was referred to our clinic. She had all-day continuous dull low back pain, sever coldness of the low back and edema in the legs. We started administering ryokyojutsukanto at a dose of 2.5 g 3 times. Fourteen days later, the intensity of her pain decreased and the coldness of low back and the edema in legs also improved. Twenty two days later, we administered pregabalin additionally, and then her pain improved further. It seems likely that ryokyojutsukanto might have body-warming and diuresis effects resulting in the improvement of the failed back surgery syndrome.

Key words: ryokyojutsukanto, failed back surgery syndrome, pregabalin

* Department of Anesthesiology, Nagasaki University School of Medicine

Offprint requests to: Tetsuya Sakai, Department of Anesthesiology, Nagasaki University School of Medicine, Sakamoto 1-7-1, Nagasaki, 852-8501, Japan