

## 臨 床 経 験

## がん患者の精神的苦痛に対する漢方薬の役割

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**要旨：**がん患者の不安や抑うつに対する漢方治療は、消化器症状を改善させ、不安や抑うつ気分にも効果を認める半夏厚朴湯、香蘇散、茯苓飲合半夏厚朴湯などを頻用する。その他には柴胡剤、人參湯類、駆瘀血剤なども用いる。がん患者の精神的苦痛には、漢方薬の薬効のみならず、漢方薬がコミュニケーションの手段にもなり、それが癒し、なぐさめ、静かな励ましになる。そして医療従事者は、知識と技術の習得のみならず、柔軟性、暖かさ、誠実さ、丁寧さなどを磨き、人間力を高める必要があると考える。

**索引用語：**がん患者、抑うつ、不安、精神的苦痛、漢方薬、コミュニケーション

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The role of Kampo medicine in relieving the psychological pain  
of patients with cancer

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**Abstract:** Hangekobokuto, kososan, and bukuryoingohangekobokuto are Kampo (Japanese herbal) medicines with antiemetic, anxiolytic, and antidepressant actions. They are orally administered to patients with cancer who have anxiety and depressive mood. In addition, bupleurum root group, ninjinto group and formulations against kuoketsu are prescribed for patients with cancer. The relief of psychological pain for patients with cancer is helped not only by the pharmacological action of drugs such as Kampo medicines, but also by the communication that occurs in the process of diagnosis and treatment in Kampo practice. It is necessary for healthcare workers to maintain their sincerity, flexibility, warmth, and politeness when working with patients with cancer, as well as continue to study and acquire the latest medical knowledge and techniques. In this way, they can best provide comfort and encouragement to patients with cancer and help relieve their psychological pain.

**Key words:** patients with cancer, anxiety, depressive mood, psychological pain, Kampo medicines

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