

症 例 報 告

腰部脊柱管狭窄症による慢性疼痛に対して 桂姜草棗黄辛附湯(桂枝加朮附湯合麻黄附子細辛湯)が 有効であった2症例

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要旨: 桂姜草棗黄辛附湯(桂枝加朮附湯合麻黄附子細辛湯)が有効であった腰部脊柱管狭窄症による慢性疼痛の2症例を経験した。桂姜草棗黄辛附湯は、治療に行き詰まった際の『大気一転の方』として、治療抵抗性を示す様々な疾患の治療に用いられている。その漢方医学的な方意は、あらゆる気を強力に推進させる作用で、気の通利を改善させる作用である。症例1は64歳女性で、長期にわたる痛みが改善した後の再発例であり、HAD(The hospital anxiety and depression scale)尺度でも抑うつ傾向を認めていた。症例2は72歳女性で、親族の不幸を契機に腰痛が悪化した症例であった。これらの心因性のストレスが、気の通利の妨げの要因となっていると考え、気の通利を改善させる目的で、桂姜草棗黄辛附湯を投与したところ、約1ヵ月で痛みが軽減した。今後は、治療抵抗性の慢性疼痛に対して、『大気一転の方』として桂姜草棗黄辛附湯の投与は、もっと積極的に試みてもよい治療であると考ええる。

索引用語: 桂姜草棗黄辛附湯, 桂枝加朮附湯, 麻黄附子細辛湯, 脊柱管狭窄症, 慢性疼痛

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Successful treatment of two spinal canal stenosis patients with keikyososooshinbuto (keishikajutsubuto combined with maobushisaishinto)

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Abstract: We report two cases of refractory chronic lumbago that were successfully treated with keikyososooshinbuto. Keikyososooshinbuto has been used for patients with various refractory disease because keikyososooshinbuto has a strong effect to promote “qi (vital energy)” and remove the blockade of the flow of “qi” from the point of view of Kampo (Japanese traditional) medicine. 64-years-old female patient and 72 years-old patient with spinal canal stenosis admitted to our department. They complained lumbago and had already various conventional therapies, e.g. operation, nerve block injections, and so on. One patient felt dissatisfaction and anxiety because of long treatment history. The hospital anxiety and depression scale (HADS) were so high, which indicated the depression state of this patient. The other patient showed low HADS score, but she had an unfortunate event of relatives. It is said that mental stress induce the stagnation of “qi”. We used keikyososooshinbut for tease patients to improve the flow of “qi”. Surprisingly, chronic refractory pains were diminished one month after treatment. It was suggested that keikyososooshinbuto was effective for the chronic pain related to mental stress.

Key words: keikyososooshinbuto, keishikajutsubuto, maobushisaishinto,
Spinal canal stenosis, Chronic Pain

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