

臨 床 経 験

腰部脊柱管狭窄症除圧術後に生じた右下肢痛に 抑肝散が有効であった1症例

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要旨：脊柱管狭窄症は脊柱管の狭小化により，神経組織の圧迫症状が出現する疾患である。加齢による脊椎の変性や，すべり症により発症する事が多いとされる。進行に従い歩行時疼痛が増悪し間欠性跛行を呈し，下肢の筋力低下によりADL低下を来す事が多い。経験した症例は58歳女性，44歳時よりパーキンソン病の治療を受けている。徐々に右下肢痛が発症し，57歳時に側彎症，L4/5のすべり症の診断にて腰椎除圧術を施行され，術後の画像検査では圧迫は解除されていたが下肢疼痛など根症状だけでは説明困難な症状が持続していた。鎮痛剤，硬膜外ブロックなど加療を受けるも改善乏しく漢方外来紹介となった。イライラ，不眠，易怒性など心気的な訴えも強く，慢性的な気鬱と考え抑肝散を処方したところ症状緩和を認めた。痛みに対する長期のストレス，症状への不安が心身の疲弊を来し，身体に反映されていたと推察され，心身一如と捉える事で全人的医療が提供できる可能性が示唆された。

索引用語：脊柱管狭窄症，抑肝散，心身一如

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A case of leg pain associated with lumbar spinal canal stenosis in patient with Parkinson disease treated by yokukansan.

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Abstract: We report a case of leg pain associated with lumbar spinal canal stenosis in patient with Parkinson disease, successfully treated with Kampo medicine. The patient was a 58-year-old female who had received medical therapy for Parkinson disease and surgical operation in hospital 14 years ago. However the QOL of the patient with leg pain due to lumbar spinal canal stenosis became worse. He visited our department in hope of Kampo therapy. According to the Kampo diagnosis, her condition was Kiustu. By the treatment with yokukansan, the visual analogue scale (VAS) of the pain score was improved by 50%.

This finding suggested that the therapy based on kampo diagnosis should be effective, and mental therapy should be important to reduce the pain by the theory of "shinshin-ichinyo" which meant the both mental and physical causes of diseases could not be separated.

Key words: lumbar spinal canal stenosis, yokukansan, shinshin-ichinyo

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