

症 例 報 告

全身痛を主訴に来院した機能性身体症候群
(Functional Somatic Syndrome) に対して
漢方治療が有効であった3症例

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要旨：全身痛を主訴に来院した難治性の機能性身体症候群に対して漢方薬治療が有効であった3症例を経験した。症例はいくつかの病院を受診し検査を受けるも原因が分からず、治療に反応しなかった。気剤と駆瘀血剤を併用することにより全身痛と他の多くの随伴症状が軽減し、痛みから解放された。症状に対して不安が強い場合、理気作用のある気剤と瘀血を改善する駆瘀血剤は単独で用いるより併用してより効果があると考えられる。

索引用語：全身痛, 機能性身体症候群, 駆瘀血作用, 理気作用

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Three cases of functional somatic syndrome with chief complaint of whole body pain improved by Kampo medicines

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Abstract: We reported that Kampo medicines reduced a whole body pain in three patients with functional somatic syndrome. Although they visited several hospitals and examined, the cause of pain was unclear. When Kampo medicines, “kizai” for modulating psychoactivity or regulating the flow of vital energy and “kuoketsuzai” for overcoming blood stagnation, were administered, whole body pain and other many symptoms were reduced. The patients were still released from the pain. It was suggested that the combined use of “kizai” and “kuoketsuzai” should be more effective than their independent use in relieving the whole body pain in patient with somatic syndrome.

Key words: whole body pain, functional somatic syndrome, kizai, kuoketsuzai

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