

短 報

五積散による腰痛治療の紹介

齊藤寛史*

要旨：腰痛を主訴とした746名中44%の患者に五積散が有効と考え使用した。気・血・痰・寒・食の五積を治す五積散を用いる要点は、五積のうち2～3積でも認められれば、試みる価値はあり、また、特に効果を期待する積を治す方剤を合方して用いることであると考えられる。

索引用語：五積散，合方，腰痛

PAIN AND KAMPO MEDICINE Vol.24 (2014)

Lumbago treated with goshakusan

Hiroshi SAITO*

Abstract: Goshakusan was administered for 3 years and 6 months to 44% of patients in 746 who assumed lumbago as a main complaint. According to the Kampo diagnosis, goshakusan is used for patients who shows the following 5 symptoms, a stagnation of vital energy which induces the gastrointestinal dysfunction, blood stagnation which induces the decrease of the blood circulation, a symptom characterized by the retention of fluids in the stomach and intestine or that due to pathological accumulation of fluids in the body, objective and/or subjective feeling of coldness, and the stagnation of foods in gastrointestinal. When the effect of goshakusan is not desirable, the different Kampo medicines those are expected to be effective for above mentioned symptoms should be added to goshakusan.

Key words: Lumbago, goshakusan

* Minori Clinic

Offprint requests to: Hiroshi Saito, Minori Clinic.

22-6-2F ogawachou, kagoshima-shi, kagoshima, 892-0817, Japan