

原 著

## 疎経活血湯合十全大補湯の高齢者の腰下肢痛に対する有用性

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**要旨**：75歳以上の5名の高齢者の腰下肢痛に独活寄生湯の方意としての疎経活血湯合十全大補湯を投与し、良好な痛みの軽減が得られた。気血両虚が基礎にある高齢者で肝腎両虚による痛みが風寒湿痺により増悪する腰下肢痛に対して疎経活血湯合十全大補湯は効果があり、同時に全身状態の改善が認められた。高齢者では、気血両虚・肝腎不足の状態である事が多く、風寒湿痺により腰下肢痛が増悪し全身状態が低下している症例に対して疎経活血湯合十全大補湯は試みる価値のある処方であることが示唆された。

**索引用語**：疎経活血湯，十全大補湯，高齢者，腰下肢痛

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#### Effect of the combination of sokeikakketuto and juzentaihoto on elderly patients with back and leg pain.

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**Abstract**: Five elderly patients with back and leg pain were treated with the combination of sokeikakketuto and juzentaihoto, whose composed crude drugs were similar to dokkatsukiseito. The combination use was effective for the pain, and improved the general conditions in patients. According to the kampo theory, sokeikakketuto and juzentaihoto are effective for the back and leg pain worsening with wind, cold and dampness. Those conditions are caused by the deficiency of the vital energy and blood function in both urogenital and hepatic function in elderly patients. Those back and leg pain are often accelerated by the winter cold or virus infection. It was suggested that the combination of sokeikakketuto and juzentaihoto should be effective for the pain worsening with wind, cold and dampness in elderly patients.

**Key words**: sokeikakketuto, juzentaihoto, back and leg pain, elderly patients

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