

症 例 報 告

## 視神経脊髄炎関連疾患のしびれに対して 牛車腎気丸合大建中湯が奏効した1症例

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**要旨：**患者は52歳女性，主訴は足のしびれ，47歳時に視神経脊髄炎関連疾患を発症し，X年7月に両脇腹の痛み，足先のしびれで再発したため入院となった．ステロイドパルス療法で両脇腹の痛みは徐々に改善傾向となったが，しびれは改善しなかった．第26病日から牛車腎気丸合大建中湯を開始したところ下肢のしびれは徐々に改善し，内服7日後には8/10に，内服2ヵ月後には5/10に，内服6ヵ月後には1/10に改善した．牛車腎気丸はしびれに対してしばしば使用されるが，検索しえた限りでは脊髄炎によるしびれに対して牛車腎気丸の有効性を示した報告はない．一方，大建中湯は疼痛に対して使用されることもあり，しびれの改善に関与していた可能性も考えられる．今後，両薬の単独使用の効果を検証する必要があるが，視神経脊髄炎関連疾患の感覚障害に対して漢方薬は有効な可能性があり，治療の選択肢に加えるべきと考えられた．

**索引用語：**視神経脊髄炎関連疾患，しびれ，感覚障害，牛車腎気丸，大建中湯

## PAIN AND KAMPO MEDICINE Vol.25 (2015)

### A case of the combination of goshajinkigan and daikenchuto was effective for the numbness caused by neuromyelitis optica spectrum disorders (NMOSDs)

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**Abstract:** A 52-year-old woman was diagnosed as neuromyelitis optica spectrum disorders (NMOSDs) five years ago. She was admitted to our hospital complaining of the pain on the side of the chest and the numbness of the legs. Neurological examination and spinal MRI showed the relapse of NMOSDs, and the steroid pulse therapy was performed. The pain on the side of her chest was improved gradually, but the numbness of her legs was not improved. She took the combination of goshajinkigan and daikenchuto orally, and the numbness of her legs was improved to eighth-tenths seven days later, fine-tenths two months later, and one-tenths six months later. Goshajinkigan often used for the numbness, but there was no report that goshajinkigan was effective for the numbness caused by myelitis. On the other hand, daikenchuto rarely used for pain. The single administration of goshajinkigan may be effective for the patient's numbness, and daikenchuto was partially effective for it. There are few reports that kampo medicine was effective for NMOSDs. In conclusion, kampo medicine should be added to the choice of the treatment of sensory disturbance caused by NMOSDs.

**Key words:** neuromyelitis optica spectrum disorders (NMOSDs), numbness, sensory disturbance, goshajinkigan, daikenchuto

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