

症 例 報 告

抑肝散で改善した限局性強皮症による胸背部痛の1症例

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要旨：限局性強皮症は皮膚に限局した炎症性硬化性病変疾患であり、全身のあらゆる部位に生じうる。今回、限局性強皮症に伴う胸背部痛に対して、抑肝散が有効であった症例を経験したので報告する。患者は、87歳、女性。3年前、皮膚の萎縮と硬化を伴う胸背部痛が出現し、皮膚科で限局性強皮症と診断された。胸背部痛に対して、鎮痛薬が投与されたが、痛みは軽減せず当科紹介受診となった。痛みの性状は、強いこわばり感であり、不安と不眠、破局的思考も伴っていた。抑肝散7.5g、分3/日を開始したところ、胸背部痛の程度は低下し、不安と不眠も軽減した。5ヵ月経過した現在、痛みはほぼ消失し、破局的思考も改善した。ネガティブな精神症状や思考は痛みを増悪させる一因である。本症例では、抑肝散が痛みを増悪させるこれらの精神的因子を改善し、痛みの悪循環を断ち切ることで、増強した痛みを軽減したと推測された。

索引用語：抑肝散、限局性強皮症、破局的思考

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Successful treatment with Yokukansan for a patient with chest and upper back pain associated with localized scleroderma

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Abstract: Localized scleroderma is inflammatory and sclerotic disease that can occur in any skin region. We report a successful treatment with Yokukansan for chest and upper back pain associated with localized scleroderma. Three years ago, an eighty seven-year-old woman developed chest and upper back pain with cutaneous atrophy and sclerosis, and then was diagnosed as having a localized scleroderma in dermatology. She was referred to our clinic because some analgesics were not effective for her pain. Her pain was strong stiffness accompanied by anxiety, insomnia and catastrophizing. We administered Yokukansan at a dose of 2.5g 3 times a day, and then the intensity of her pain decreased. Her anxiety and insomnia were also relieved. Five months later, her pain almost diminished and catastrophizing was improved. These negative psychic symptom and thought are thought to be causes to exacerbate a pain. We speculate that Yokukansan improved these psychic symptoms and thought and then resulted in cutting vicious circle of the pain, which might make her exacerbated pain relieved.

Key words: Yokukansan, localized scleroderma, Catastrophizing

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