

臨 床 経 験

脊椎手術後疼痛症候群に真武湯が有用であった 高齢者の治療経験

寺島哲二* 濱口眞輔* 木村嘉之* 沼田祐貴* 橋本智貴* 北島敏光*

要旨：腰部脊柱管狭窄症に対する椎弓形成術後に下肢痛が残存した脊椎手術後疼痛症候群 (failed back surgery syndrome: FBSS) に対して真武湯が有効であった1症例を経験した。

症例は右下腿の痛みとしびれを主訴とする86歳の女性で、両坐骨神経領域の痛みとしびれが出現し、L3-L5椎弓形成術が施行されたが、右下肢痛が残存し、症状が軽減しないために当科を紹介された。プレガバリンなどで症状は軽減せず、感冒の治療と下肢痛の軽減を期待して麻黄附子細辛湯を処方したが、両上肢の振戦が出現したために処方を中止した。その後、当帰四逆加呉茱萸生姜湯を処方したが効果がみられず、再度弁証の後に真武湯に変更した結果、痛みと痺れが軽減し、両下肢の温感がみられた。

結論として、真武湯はFBSSによる痛みとしびれの軽減に有用であり、真武湯は痺れを伴う痛みの治療薬の選択肢として考慮すべき方剤であると考えられた。

索引用語：下肢痛, 腰部脊柱管狭窄症, 脊椎術後疼痛症候群, 真武湯

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A case of the treatment with shimbuto for pain of residual lower extremities that remained after spinal canal plasty in an elderly patient.

Tetsuji TERASHIMA*, Shinsuke HAMAGUCHI*, Yoshiyuki KIMURA*,
Yuki NUMATA*, Tomoki HASHIMOTO* and Toshimitsu KITAJIMA*

Abstract: We experienced a case using shimbuto for the failed back surgery syndrome (FBSS) of the back after lumbar laminoplasty.

An 86-year-old female who complained of bilateral lower extremities pain and numbness was diagnosed as having lumbar canal stenosis. Therefore, she received lumbar laminoplasty from L3 to L5 to treat her lower extremities pain. However, her right lower extremity pain and numbness remained after vertebral operation, and she was referred to our outpatient clinic diagnosed.

Administration of several medicines for pain relief such as pregabalin was not effective. Therefore, we administered maobushisaishinto for the treatment of leg pain and a common cold. However, this treatment was discontinued due to the appearance of tremor on both upper limbs. Then, tokishigyakukagoshuyushokyoto was administered based on an oriental medical diagnosis. However, tokishigyakukagoshuyushokyoto showed no noticeable effect. Therefore the diagnosis was examined again. When shimbuto was given, her leg pain and numbness was improved and she felt a warm sensation in both her lower limbs.

In conclusion, shimbuto was useful for the relief of pain and numbness caused by FBSS. Shimbuto should be a prescription considerable as a choice of the therapeutic medicines of the pains.

Key words: lower extremities pain, lumbar spinal canal stenosis, surgery syndrome, shimbuto

* Department of Anesthesia and pain medicine, Dokkyo Medical University School of Medicine

Offprint requests to: Tetsuji Terasima, Department of Anesthesia and pain medicine, Dokkyo Medical University School of Medicine.

880 Kitakobayashi, Mibu-chou, Shimotsuga-gun, Tochigi 321-0293, Japan