

総	説
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神経障害性疼痛に対する気剤の有用性

光畑 裕正 *

要旨：神経障害性疼痛は西洋医学的にも漢方医学的にも治療に難渋することがあり、気の異常を改善する漢方により痛みの緩和ができる。抑肝散、抑肝散加陳皮半夏、半夏厚朴湯、四逆散、四逆散合香蘇散（柴胡疏肝湯の方意）の神経障害性疼痛にたいする効果症例を提示した。抑肝散はアロディニア、「怒り」を目標に、抑鬱感があり怒りを直接に表出できない患者に抑肝散加陳皮半夏を処方する。半夏厚朴湯は咽に閉塞感（咽中炙臑）があり、気鬱の場合に処方する。四逆散は気分が憂鬱、寝つきが悪い、残便感があり、両側性腹直筋の緊張（二本棒）を目標に処方する。柴胡疏肝湯は胸脇部痛のみに限らず四逆散の症にして肝気胸脇に鬱塞し痛みがあり、さらに頭・頸・肩・背部の痛みを目標にして処方する。神経障害性疼痛の治療では水滯を改善する漢方や駆瘀血剤と併に、気を改善する漢方の併用が有効であることを忘れてはならない。

索引用語：神経障害性疼痛、抑肝散、四逆散、柴胡疏肝湯、半夏厚朴湯

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Utility of Kampo medicines for the neuropathic pain by regulating the flow of vital energy (qi)

Hiromasa MITSUHATA *

Abstract: Neuropathic pain that is the chronic, severe, and intractable interferes with the activities of daily living (ADL) and consequently reduces the quality of life (QOL). The understanding of mechanisms and the diagnosis of neuropathic pain have become progressively clearer in clinical practice. However, the treatment of them with western and kampo treatments remains challenging. The intractable neuropathic pain is effectively treated with kampo medicines those improves the disorder of the movement of vital energy (qi). Effective kampo medicines on those pains are yokukansan, yokukansankachinpihange, hangekobokuto, sigyakusan, and the combined formulation of sigyakusan and kososan (sigyakusan-go-kososan). The symptoms when kampo medicines are prescribed are following. In case of yokukansan, "anger" and allodynia are clues. In case of yokukansankachinpihange, anger and depression are clues. In case of hangekobokuto, malaise and/or discomfort on the throat are clues. In case of sigyakusan, depression, sleep disturbance, discomfort after defecation, and tension of the bilateral rectus abdominis. In case of saikosokanto, the signs similar to sigyakusan, and pain of head, neck, back and flat. By the treatment of neuropathic pain, we must not forget that the combination of the kampo medicines improving the disorder of vital energy (qi) and those improving the disorders of the body's fluid metabolism (suitai) and the blood stagnation (oketsu) are effective.

Key words: neuropathic pain, yokukansan, sigyakusan, saikosokanto, hangekobokuto

* Department of Anesthesiology and Pain Medicine, Jyuntendo Tokyo Koto Geriatric Medical Center
Offprint requests to: Hiromasa Mitsuhata, M.D., Department of Anesthesiology and Pain Medicine, Jyuntendo Tokyo Koto Geriatric Medical Center.
 3-3-20 Shinsuna, Kotou-ku, Tokyo 136-0075, Japan