

原 著

## 高齢者医療センターペインクリニックでの 痛みに対する漢方処方分析

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**要旨：**痛みに対する漢方治療では、血・水の異常を改善する漢方が一般的に使用されているが、気の異常にも注目する必要があると考えられる。処方の現状を明らかにする目的で2014年1年間のペインクリニックでの痛みに対する処方内容を分析した。受診患者総数は811名であり、75歳以上の患者は43.6%であった。処方した漢方数は55種類であった。上位31方剤で91.0%を占めていた。散寒除湿の作用のある苓姜朮甘湯・当帰四逆加呉茱萸生薑湯・麻黄附子細辛湯・葛根加朮附湯・附子末・八味地黄丸が26.3%、気剤である抑肝散・香蘇散・半夏厚朴湯・人參養榮湯・四逆散・柴胡竜骨牡蛎湯が17.6%、瘀血剤の桂枝茯苓丸・治打撲一方・通導散・桃核承気湯が3.7%であった。高齢者を対象にしたペインクリニックでは、痛みの治療では風寒湿の改善と共に気の改善を目的とした処方が多く、同時に瘀血の改善を目標とした処方が多かった。

**索引用語：**頻度、水滯、瘀血、気の異常、痛み

### PAIN AND KAMPO MEDICINE Vol.26 (2016)

Analysis of Kampo medicines against pain in the pain clinic of geriatric medical center

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**Abstract:** The Kampo medicines to improve the “fluid” and “blood” disorders are usually used to alleviate pain. The treatment of “qi” disorder should be also necessary to alleviate the pain. In order to clarify the prescription frequency of Kampo medicines, the prescriptions for pain in our pain clinic of geriatric medical center were analyzed for 1 year of 2014. Total patients visited to our pain clinic were 811, and 43.6% of patients were more than 75 years old. During this period 55 kinds of kampo medicines were prescribed, and it had accounted for 90% of the prescriptions in the upper 31 medicines. The frequency of kampo medicines including ryokyojutsukanto, tokishigyakukagoshuyushokyoto, maobushisaishinto, kakkonkajutsubuto, busi, and hachimijogan those have the effect on the disorder of cold, and dampness was 26.3%. The frequency of kampo medicines including yokukansan, kososan, hangekobokuto, ninjinyoeito, sigyakusan and saikokaryukotsuboreito those have the effect on the disorders of “qi” was 17.6%. Further the frequency of kampo medicines including keishibukuryogan, jidabokuippo, tsudosan and tokakujokito those have the effect on blood stasis was 3.7%. In conclusion, the prescription frequency of kampo medicines to improve the “fluid” and “qi” disorders was higher, and that of kampo medicines to improve “blood” disorder was subsequently ranked. In the treatment of pain with kampo medicines, “qi” disorder is the important symptom as well as “fluid” and “blood” disorders.

**Key words:** frequency, fluid stasis, blood stasis, qi

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