

原 著

## 慢性疼痛に対する漢方エキス剤の効果を、 国際的な尺度を用いて多面的に評価し得た症例

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**要旨：**症例は頭頸部痛，腰痛が主訴の30代男性。停車中に追突され，頸椎捻挫との診断で受傷3年を経過しても痛みが改善せず，当院を受診した。降雨前に痛みが強くなる訴えを水毒と解釈し，五苓散（TJ-17）7.5g/日を投与したところ著効した。

初診時から1年間，8種類の尺度を用いて評価した。特に症状が著しく軽減した初診から3ヵ月間において，痛みの強さ7/10→5/10，Pain Disability Scale 21/60→7/60，ロコモ25 34/100→10/100，病院不安及び鬱尺度：不安9/21→2/21 抑鬱7/21→6/21，痛み破局化スケール42/52→28/52，痛み自己効力質問表20/60→37/60，EuroQoL 0.547→0.768，アテネ不眠尺度13/24→8/24と全てが改善した。

国際的に妥当性・信頼性の担保された尺度を用い，医療用漢方エキス剤の効果を客観的に評価できる可能性がある。

索引用語：尺度，評価，五苓散，天気痛

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#### Validated Scales could evaluate the Effectiveness of Kampo Extract for a Chronic Pain Patient Multilaterally.

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**Abstract:** A male aged between 30 and 39 years had complained neck, head and lumbar pain for three years. While driving in a car, he was hit from the rear by a careless driver. After the accident, pain got worse before the raining. He was medicated with Goreisan: TJ-17 7.5g/day and his pain improved. Goreisan treats 'Suidoku (dampness, water stagnation)', the disorder of the body's fluid metabolism.

Eight validated scales had been used to evaluate the effectiveness of Kampo extract every three months for a year. All scores were improved in the first three months; pain intensity: from 7 to 5/10, Pain Disability Scale: from 21 to 7/60, "Locomo 25": from 34 to 10/100, Hospital Anxiety and Depression scale: Anxiety from 9 to 2/21, Depression from 7 to 6/21, Pain Catastrophizing Scale: from 42 to 28/52, Pain Self-Efficacy Questionnaire (higher score is better): from 20 to 37/60, Euro QoL (higher score is better): from 0.547 to 0.768/1.000 and Athena Insomnia Scale: from 13 to 8/24.

Validated scales could evaluate the effectiveness of Kampo extract objectively.

**Key words:** Validated scales, Evaluation, Five Ling's Formula, Hoelen Five Herb Formula, Pain associated with the bad weather

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