

原 著

腰痛対策等のために牛車腎気丸を処方された高齢者での抗サルコペニア効果の臨床的判定の試み

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要旨：萩原らが報告する、漢方製剤牛車腎気丸の抗サルコペニア効果を示唆する「老化促進マウスでの筋委縮改善効果」を、ヒトで検証した。ヒラメ筋の筋委縮の増減を、上腕筋囲(AMC)の増減率に置き換え、牛車腎気丸の抗サルコペニア効果の有無を判定した。投与群5例と非投与群3例で、AMCを定期的に測定、症例毎に最初の測定値に対する増減率を縦軸に、日数を横軸にとり、単回帰分析を行い傾きに関する検定統計量のt値を得、両群間で比較検定した。t値だけの比較検定では、牛車腎気丸の抗サルコペニア効果の存在を証明できなかった。一方で、t値に経過日数(=測定回数)の重み付けを行う解析を実施すると、投与群のAMCの減少が穏やかであった。このことは、尤度比検定によっても確認された。即ち、牛車腎気丸はヒトでも抗サルコペニア効果を持つ可能性があり、AMC測定に代るより安定した方法による研究実施が望まれる。

索引用語：牛車腎気丸, 上腕筋囲(AMC), 抗サルコペニア効果, 尤度比検定

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The trial of the anti-sarcopenia effect of goshajinkigan in the elderly patients with lumbago etc.

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Abstract: Anti-sarcopenia effect of goshajinkigan which was reported by Hagiwara et al using animal experiments was studied in the human body. By the change in the amyotrophy of the musculus soleus was replaced with the increase and decrease rate of the muscle circumference (AMC), the effect of goshajinkigan on the anti-sarcopenia was examined. AMC was measured regularly in 5 administrated patients group and 3 non-administrated patients group, and the effects were weighed between both groups. Effects of goshajinkigan could not prove by t-test, but the decrease of AMC was slow in the administrated group by the analysis in consideration of the weighting of the number of measurement. goshajinkigan may show the effect on the anti-sarcopenia, and the enforcement of the study by using the stable methods for measurement as a substitute for AMC should be expected.

Key words: Chinese medicines, goshajinkigan, arm muscle circumference (AMC), anti-sarcopenia effect

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