

臨 床 経 験

## 怒りや不如意に基づく慢性疼痛に漢方治療を併用した3症例

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**要旨：**健康長寿を全うするための養生には、食生活（正食）、生活リズム、運動習慣に加えて、意識の方法論に基づく心の置き方や五感があると考えられ<sup>1)</sup>、慢性疼痛の治療においては、意識の方法論を考える心身相関は、重要な評価のひとつと言える。本論文は、怒りや不如意に基づく慢性疼痛に対して漢方治療を併用することで寛解した3症例について、その概要を考察した。

**索引用語：**慢性疼痛、意識、漢方治療

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#### Three cases of chronic pain due to anger and beyond expectations

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**Abstract:** The care of health consist of the state of mind based on the methodology of consciousness and the five senses in addition to dietary habit, daily rhythm and exercise habit.

Mind-body interaction as the methodology of consciousness is an important viewpoint as for the chronic pain control.

The paper has described three cases of chronic pain due to anger and beyond expectations.

**Key words:** chronic pain, consciousness, kampo-medicine

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