

臨床経験

慢性痛患者に対する柴胡剤の使用経験

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要旨：慢性痛の緩和に柴胡剤が有用であった症例を経験した。

症例1は62歳女性で、器質的疾患のない舌痛を主訴に紹介され、薬物療法で痛みは軽減せず、不安、口苦、舌苔肥厚著明、腹診での胸脇苦満などの所見に基づいて小柴胡湯7.5g/日の処方を行った。その結果、舌苔肥厚は軽快し、その後は四逆散7.5g/日の処方でも舌痛は軽減した。症例2は43歳男性で、頭頸部痛を主訴に当科を紹介された。腹診で胸脇苦満が著明であったため、四逆散7.5g/日の処方した結果、頭頸部痛は軽減した。症例3は39歳男性で、右足関節部捻挫後の慢性痛に対する薬物療法を行っていたが、鎮痛薬、神経ブロックなどで症状は改善せず、腹診で胸脇苦満が著明であったことから、柴胡加竜骨牡蛎湯7.5g/日の処方を行い、症状は改善した。

胸脇苦満がみられる慢性痛患者では、各種症状緩和を目的に柴胡剤の使用を考慮すべきであると結論した。

索引用語：慢性痛、柴胡剤、胸脇苦満

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Treatment with Kampo medicines including bupleurum root (saiko) in chronic pain patients

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Abstract: We report a case of three patients with chronic pain that was improved by the treatment with kampo medicines including bupleurum root.

Case 1 was a 62-year-old woman with glossodynia without organic disturbance. Her pain was not controlled by antidepressants or tranquilizers. Therefore, shosaikoto 7.5g/day was given according to the findings of anxiety, bitter sensation in the mouth, tongue thickening, and fullness, tenderness or discomfort of the hypochondrium. Her tongue thickening was relieved and glossodynia was alleviated by the treatment with shigyakusan 7.5g/day after the administration of shosaikoto.

Case 2 was a 43-years-old man with chronic headache and neck pain. Shigyakusan 7.5g/day was prescribed because he also showed the sign of severe fullness, tenderness or discomfort of the hypochondrium. The administration of shigyakusan markedly alleviated his pain.

Case 3 was a 39-year-old man with right ankle sprain who complained of persistent pain despite neural blockade. He was treated as a case of chronic pain. Because fullness, tenderness or discomfort of the hypochondrium was markedly positive, saikokaryukotsuboreito 7.5g/day was given and his symptoms began to ameliorate.

The findings from these cases suggested that fullness, tenderness or discomfort of the hypochondrium and chronic pain should be treated with Kampo medicines including bupleurum root.

Key words: Chronic pain, bupleurum root, fullness, tenderness or discomfort of the hypochondrium

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