

症 例 報 告

## 西洋医学的治療にて改善が乏しかった 腰部脊柱管狭窄症による痛みが漢方治療にて軽快した 5 症例の検討

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**要旨：**西洋医学的治療で改善が乏しい腰部脊柱管狭窄症例に対し、漢方治療で改善を認めた5症例を考察した。55歳から81歳の症例で、3症例は疎経活血湯エキス合方、1症例は十全大補湯エキス合方、1症例は五積散料加附子の煎じにて軽快した。腰部脊柱管狭窄症は腰椎組織の変性により神経が圧迫され、血流が低下して特有の症状を呈する症候群と考えられているが、漢方医学的に瘀血や痰飲ないし風湿が原因となる血虚状態が想定された。今回、いずれも血虚を主治とする四物湯類似構成を含む処方が効果を示した点から、その解釈が妥当であったと思われる。

**索引用語：**腰部脊柱管狭窄症、漢方、四物湯、疎経活血湯、血虚

### PAIN AND KAMPO MEDICINE Vol.27 (2017)

A discussion about 5 cases of intractable pain from lumbar spinal stenosis which were successfully improved by Japanese Kampo medicine.

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**Abstract:** We discuss about 5 cases complaining of intractable pain from lumbar spinal stenosis which were successfully improved by Japanese Kampo medicine. Cases ranged in age 55 to 81, 3 of them were improved with sokeikakketsuto extract in combination with other formulas, one case was with juzentaihoto extract in combination and another with goshakusan decoction with the addition of aconite. Lumbar spinal stenosis (LSS) is caused by a gradual narrowing of the spinal canal with degenerative changes of tissues. The pressure on the nerve roots by LSS induces reduction of blood flow in nerves. This mechanism seems to be the “blood deficiency” situation caused by “blood stasis” and/or “fluid retention” in Kampo medicine. Because Kampo formulas including components similar to shimotsuto (which is mainly used for blood deficiency) were effective, we have concluded that the interpretation was reasonable.

**Key words:** Lumbar spinal stenosis, Kampo medicine, shimotsuto, sokeikakketsuto, blood deficiency

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