

症 例 報 告

四逆散とプレガバリンで電撃痛が改善した椎間板炎の1症例

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要旨：がん患者の精神症状に対して漢方薬を併用することにより疼痛管理が容易になった症例を経験したので報告する。

症例は60歳代男性、直腸がん術後、肝転移を認めていた。左腰部から大腿にかけて電撃痛を訴え入院した。疼痛スコアNRS (Numerical rating scale) 8~10/10で、ベッド冊を両手でつかみ「痛い痛い」と叫び続けた。四逆散とプレガバリンを開始して、電撃痛は消失、ADL (Activity of daily life) は改善しNRS2/10となった。その後、体動時痛と左腸骨稜に圧痛を認め、化膿性椎間板炎と診断された。トラマドールと抗生剤投与で、痛みは軽減し、第58病日に退院した。

四逆散は炎症による熱や痛みに対して効果のある漢方薬で、神経症や不眠症、ヒステリーにも有効とされている。本症例は椎間板炎により激痛をきたし神経症を呈したと考えられた。患者が四逆散によって鎮静され、痛みの部位や性状、知覚低下の有無の確認等が可能となり、その後の診療に有用であった。がん患者の疼痛管理において、西洋薬と漢方薬併用治療の有用性が示唆された。

索引用語：がん性疼痛、緩和ケア、四逆散、身体表現性障害

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Lancinating pain successfully treated with shigyakusan added to analgesics in a discitis patient

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Abstract: We herein report lancinating pain relieved by an anxiolytic Japanese traditional medicine (Kampo), shigyakusan, given together with flurbiprofen and pregabalin. A man in his 60s with postoperative rectal cancer and hepatic metastasis was hospitalized because of lancinating pain in the left hip and femoral region. His pain score was 8-10/10 in the numerical rating scale (NRS). We prescribed shigyakusan (TJ-35) was given orally with intravenous flurbiprofen and oral pregabalin administration together, because he appealed for lancinating pain hysterically. The pain score was reduced into 2/10 in the NRS with the improvement of his activity of daily living. Based in MRI and CT findings he was diagnosed as lumbar discitis with CT. Subsequently, he was discharged from our hospital following the 58-day treatment of antibiotics and tramadol for the lumbar discitis. Shigyakusan is one of Kampo medicines and is used to treat inflammatory conditions such as cholecystitis and gastritis as well as psychiatric disorders. In this case, shigyakusan was considered to have worked for the reduction of the patient's anxiety enhancing caused by lancinating pain and inflammation of discitis. Holistic approach using Japanese traditional medicines would be promising for controlling various symptoms in advanced cancer patients.

Key words: Cancer pain, Palliative care, Shigyakusan, Japanese traditional (Kampo) medicine

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