

原 著

乳がん治療に合併した多発性関節痛・筋肉痛に対する漢方治療

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要旨：2014年4月～2016年12月（33ヵ月間）に経験した乳がん患者は206名〔全例女性，36～76歳，平均55.3歳〕であり，うち26例に関節痛・こわばり，筋肉痛を認めた．このうち24例において乳がん内分泌療法が継続中であった．関節痛・こわばり，筋肉痛は体表での気，血，水の循環不全により生じたと考えられる．したがって抗がん剤治療後の末梢神経障害や乳がん内分泌療法にともなう更年期症候群に対する漢方治療で症状が軽快するものが少なくなかった．しかしながら，乳がん内分泌治療薬には浮腫を副作用とするものが多いため，体表の湿を除き，気血の疎通を改善させる麻杏薏甘湯や薏苡仁湯の併用を必要とする症例も認められた．また，冷え症は湿の停滞を助長するため附子も多用した．治療成績は，改善度75%以上，75～50%，50～25%，25%未満，不変，評価不能をそれぞれE (excellent), G (good), F (fair), N (no change), D (drop out) とすると，それぞれE19例 (73.1%) ; G 2例 (7.7%) ; F 1例 (3.8%) ; N 0例 (0.0%) ; D 4例 (15.4%) であった．

索引用語：乳がん，多発性関節痛，麻杏薏甘湯，風濕，瘀血

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Kampo Therapy for multiple arthralgia and myalgia complicated by therapies of breast cancer
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Abstract: Between April 2014 and December 2016 (33 months), the author had treated 206 breast cancer patients. All patients were female, and their ages were between 36 and 76 years old (mean 55.3). Symptoms of joints pain and stiffness, and muscle soreness were observed in 26 patients. And in 24 of these 26 cases, patients were still continuing the endocrine therapy for breast cancer. Their symptoms could be caused by qi stasis, blood stasis, and fluid retention in the exterior location of the body. Therefore, kampo therapy for peripheral neuropathy caused by anticancer chemotherapy and menopausal syndrome complicated by endocrine therapy for breast cancer was able to relieve many of those symptoms. However, many drugs for endocrine therapy for breast cancer may generate systematic edema. Thus, some cases required a combination use of makyoyokukanto or yokuininto to remove dampness from the exterior location of the body and improve qi and blood circulation. In addition, powdered processed aconite root was prescribed because cold can stagnate dampness in the exterior location of the body.

When the treatment results were categorized in the following categories: E (Excellent: 75% or more improvement), G (Good: 75-50%), F (Fair: 50-25%), N (No Change: less than 25% or unchanged), and D (Drop Out: not verifiable), the treatment results were as follows. E: 19 cases (73.1%), G: 2 cases (7.7%), F: 1 case (3.8%), N: 0 case (0.0%), and D: 4 cases (15.4%).

Key words: breast cancer, multiple arthralgia, makyoyokukanto, wind-dampness, blood stasis

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