

症 例 報 告

## うつ病を合併する慢性肛門周囲痛に 集学的診療と漢方薬の併用が奏効した1症例

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**要旨：**症例は肛門周囲痛が主訴の80歳代女性。X-17年実母が亡くなったのをきっかけにうつ病を発症した。X-8年夫が直腸がんで死去後、翌X-7年より排便後疼痛後に肛門周囲部に疼痛を自覚し、次第に強い持続痛へと増悪した。肛門科で痔核や直腸の悪性腫瘍は否定されていたが、夫の死因である直腸がんと関連することもあり症状に固執し、複数の肛門科やペインクリニックを転々とした後に当科を受診された。

初診時より集学的診療にて痛みの教育を行うと共に、便秘を改善し、便秘に対する強い恐怖を改善する目的で潤腸湯（TJ-51）、2.5g、分1/日を処方したところ、肛門周囲部の痛みは軽減し、うつ症状も次第に軽減して情感が豊かになった。尺度による初診から9ヵ月間のスコア変化は、NRS：9/10→1/10、病院不安及びうつ尺度：不安 6/21→4/21 うつ 6/21→4/21、痛み破局化スケール：31/52→20/52と改善した。

うつ病を合併する高齢女性の慢性肛門周囲痛に、集学的診療と潤腸湯エキス剤の併用が著効した。

索引用語：肛門周囲痛，うつ病，便秘，潤腸湯

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#### The Effectiveness of Combination of Multidisciplinary Therapy and Kampo Extract for an Elderly Woman with Perianal Pain and Depression.

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**Abstract:** An octogenarian female had complained perianal pain for 7 years after her husband died 8 years ago. In addition she had depression for 17 years after she lost her mother 18 years ago. We administered Junchoto for her, and continued the therapeutic approach for her reception of pain. Her pain was reduced after the administration. In general, Junchoto treats constipation with hard stool for weak people such as elderly people.

Validated scales had been used to evaluate the effectiveness of Kampo extract every three months. Most scores were improved in 9 months; pain intensity: from 9 to 1 /10, Pain Disability Scale: from 7 to 12 /60, 'Locomo 25': from 24 to 17 /100, Hospital Anxiety and Depression scale: Anxiety from 6 to 4 /21, Depression from 6 to 4/21, Pain Catastrophizing Scale: from 31 to 20 /52, Pain Self-Efficacy Questionnaire (higher score is better) : from 39 to 40 /60 and Athena Insomnia Scale: from 2 to 1/24.

Combination of Kampo therapy and multidisciplinary approach is effective for chronic pain.

**Key words:** Perianal Pain, Depression, constipation, Junchoto

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