

症 例 報 告

プレガバリン無効の難治性疼痛に対し
漢方治療が奏効した 1 症例

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要旨：腰痛から始まり全身に拡がった難治性疼痛の女性に対し、「リウマチ性多発筋痛症治療後末梢神経障害」として1年4ヵ月間プレガバリン（リリカ®）が投与されたが痛みの改善なく、漢方治療を希望して当院を受診した。身体虚弱で胃腸障害が強く長期・高度の脱水、低体温で下肢の血行は著しく不良であった。中医学的には風寒湿の外因が侵入して関節と筋の障害を起こす寒湿痺で、長期化して臟腑の気血・陰陽のバランスが崩れ五臓が虚弱に陥る。五臓の虚弱は西洋医学的な虚血再灌流障害による末梢神経障害を含むと考える。抑肝散加陳皮半夏＋紅参末、六味丸により陰虚を改善したのち桂枝加苓朮附湯を開始し、附子末を追加・増量した。6ヵ月後にプレガバリンを廃薬、その後も漢方薬による痛みの標治と脾胃虚・肝鬱気滞・肝腎陰虚・心腎陽虚の本治を継続し疼痛軽減とADL (activity of daily living) の向上を得ている。五臓の虚弱化に伴い神経障害を合併し増悪した難治性疼痛に漢方治療が有効であった。

索引用語：難治性疼痛，末梢神経障害，抑肝散加陳皮半夏，桂枝加苓朮附湯，附子末

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A report of a patient with intractable pain which had not improved with Pregabalin, but Kampo therapy was effective.

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Abstract: A woman in her sixties was diagnosed as having neuropathic pain subsequently to polymyalgia rheumatic for her generalized intractable pain of 5 years, and Pregabalin (Lyrica®) has been prescribed for 1 year and 4 months, but her pain was not subsided. She was fragile, severely dehydrated and had a low body temperature due to the long-term gastrointestinal dysfunction. In the traditional Chinese medical science, when wind-cold-dampness as an environmental factor invade the body and stay on for a long time period, qi and blood, yin and yang of solid and hollow viscera (TM) lose balance, and not only the muscle and joint injury and pain occur, but the five viscera become fragile. For the Western medicine, I think the neurological disorder caused by reperfusion injury is included in the fragile five viscera. At first we used yokukansankachimpihange, kojimatsu and rokumigan to improve fluid deficiency, then we used keishikaryojutsubuto, bushimatsu to release her pain. 6 months after she stopped taking Pregabalin, we continued Kampo therapy to lead to a fundamental change of body and the pain reduced and her ADL (activity of daily living) improved. Prolonged invasion of environmental factor spurred her fragility on and further weakened five viscera made the neuropathic pain. Kampo therapy could improve those pain.

Key words: Intractable pain, Peripheral neuropathy, Yokukansankachimpihange, Keishikaryojutsubuto, Bushi-matsu

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