

短 報

## 足底腱膜炎に対する漢方薬の使用経験

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**要旨：**足底腱膜炎は日常よく遭遇する整形外科疾患であり、保存的治療が行われることが多い。保存治療の薬剤は内服消炎鎮痛剤や外用剤であるが、効果には疑問がある。インソールやストレッチも推奨されるが、速効性はない。ステロイドの注射は有効であるが、注射が頻回になると腱膜断裂のリスクがある。祛風湿剤の疎経活血湯は下肢症状に効果があるといわれている。今回、漢方的な証を考慮せず、いわゆる病名投与をおこない、その効果を調査検討した。症例は24例、男性14例、女性10例であった。平均年齢は52.7歳で、受診までは平均2.1ヵ月であった。疎経活血湯（TJ-53）7.5g分3/日を2週間投与し、痛みを初診時と比較した。12例（50%）で著効し、12例（50%）で有効であった。

疎経活血湯は足底腱膜炎の治療に効果が期待できる。

索引用語：足底腱膜炎，疎経活血湯

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### Clinical results of Kampo medicine for planter fasciitis

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**Abstract:** Planter fasciitis is one of the most common cause of heel pain. Planter fascia is a thick band of tissue that runs bottom of the foot and connects calcaneus to toe. Planter fascia acts like shock-absorbing bowstring, supporting the arch of foot. Repetitive stretching and tearing can cause the fascia to become irritated or inflamed. Planter fasciitis is common in runners, factory workers, nurses and others who spend most of their work hours walking or standing on hard surface.

Conservative treatment for pain are oral nonsteroidal anti-inflammatory drugs (NSAIDs), injection of steroid, and splinting. The effect of oral NSAIDs is sometimes not enough. It is said that sokeikakketsuto (TJ-53) improve chronic inflammation of lower extremities.

I report clinical results of treatment for planter fasciitis by sokeikakketsuto.

Twenty-four (14 male and 10 female) patients were diagnosed as planter fasciitis. The age ranged from 13 to 81 years (mean 52.7 years) and duration of symptoms was mean 2.1 months. Sokeikatuketutou (TJ-53) prescribed 7.5g/day for 2 weeks. Pain was evaluated at first examination and second examination (2 weeks later). Improvement of the symptoms appeared in all patients within 2 weeks after the medication. It was suggested that sokeikatuketutou (TJ-53) should be useful to improve the symptoms.

**Key words:** Planter fasciitis, sokeikakketsuto

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