

臨 床 経 験

## 柴苓湯とマニュアルリンパドレナージ (MLD) により むくみの改善が得られた 1 症例

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**要旨**：がん患者の浮腫は ADL (Activity of Daily Living) 低下の原因となる。リンパ浮腫の複合的理学療法は、手動的リンパドレナージ (マニュアルリンパドレナージ：MLD)、圧迫療法、生活指導、スキンケア指導である。今回、MLD に柴苓湯を併用し、浮腫が改善した症例を経験したので報告する。

症例は 80 歳代女性で腎がん、肺・骨・肝転移。下肢浮腫を認め、入院 2 日目より柴苓湯 9.0g を開始し、MLD を施行した。入院 2 日目と 5 日目の右膝関節屈曲 (度) はそれぞれ 134, 135, 左は 110, 132 と可動域が拡大し、右下腿周囲 (cm) 29.0 vs. 28.0, 左下腿周囲 (cm) 31.5, 30.0, 右大腿周囲 (cm) 32.8, 31.8, 左大腿周囲 (cm) 36.3, 34.8 と下肢周径の縮小が得られた。患者は ADL の改善が得られて退院できた。難治性の浮腫に対する治療として、MLD とともに、その効果保持のために圧迫療法や利尿作用と抗炎症作用を併せ持つ柴苓湯の併用が有効と考えられた。

**索引用語**：むくみ、柴苓湯、マニュアルリンパドレナージ、緩和ケア

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#### Effects of Saireito and manual lymphatic drainage for cancer patient's edema

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**Abstract**: Limb edema often deteriorates the activity of daily living (ADL) in cancer patients. The physical therapy for lymphatic edema consists of manual lymphatic drainage (MLD), compression therapy, and the guidance of daily life and skin care. I herein report a cancer patient who was successfully treated for her leg edema with MLD and Saireito. A case was woman in eighties and had renal cancer and the metastasis of lung, bone and liver. She began to receive MLD and saireito (TJ-114) 9.0g/day for her lymphatic edema of the bilateral legs one day after admission. The degree of flexion of the knee joint was compared after 2 days and after 5 days. The range of motion has expanded from 134 to 135 on the right and 110 to 132 on the left.

The perimeters of bilateral upper and lower legs decreased slightly. She was able to return to home with the improvement of ADL nine days after admission. Saireito is a Japanese traditional medicine, a combination of shosaikoto and goreisan. Shosaikoto has anti-inflammatory effect, and goreisan normalizes fluid retention. The MLD with Saireito and compression therapy is considered to be an effective option for intractable lymph edema in cancer patients.

**Key words**: edema, saireito, manual lymphatic drainage (MLD), palliative care

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