

臨 床 経 験

五十肩に対する二朮湯の有効性に関する検討

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要旨：五十肩に対する二朮湯の有効性について検討を行った。肩関節痛および可動域制限を愁訴とし、単純レントゲン撮影に超音波またはMRI検査を行い、変形性関節症、腱板断裂、石灰性腱炎などを除外し、五十肩と診断した11例に二朮湯（TJ-88）7.5g分3/日の処方を行った。内服不可であった2例を除いた9例の内訳は、男性4例、女性5例、年齢は平均52.3歳、罹病期間は平均4.0ヵ月であった。拘縮は肩甲上腕関節他動外転可動域にて評価を行い、高度：0～30度、中等度：30～60度、軽度：60度以上とした。治療結果は、有効群3例、無効群6例であった。有効群の罹病期間が平均1.0ヵ月であったのに対し、無効群は平均5.5ヵ月であった。関節拘縮に関しては、有効群は全例軽度であったが、無効群は中等度2例、高度4例であった。二朮湯は発症初期・炎症期には有効であるが、中等度以上の拘縮を有する症例に対しては無効であった。拘縮期の五十肩に対しては他の方剤を検討すべきである。

索引用語：五十肩、二朮湯、炎症期、拘縮期

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Efficacy of nijutsuto for frozen shoulder

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Abstract: Purpose of this study was to assess efficacy of nijutsuto for frozen shoulder. Eleven patients with frozen shoulder were the subjects of this study. Exclusion criteria was rotator cuff tears, osteoarthritis, calcific tendinitis diagnosed by radiographs, sonography or MRI. Nijutsuto (TJ-88, 7.5g per day) was prescribed to all the patients. Two patients could not take the medicine due to its taste, and they were excluded in this study. The nine patients included four male and five females, whose average age was 52.3 years old. Shoulder contracture was classified in passive abduction of the glenohumeral joint; severe contracture (0 to 30 degrees), moderate (30 to 60 degrees), and mild (60 to 90 degrees). Three patients obtained satisfactory pain relief, and six patients could not obtain pain relief and received other treatments. In the three patients with satisfactory outcomes, average symptomatic period was 1.0 month, and the degree of contracture was mild. In the six patients with unsatisfactory outcomes, average symptomatic period was 5.5 months, and the degree of contracture was moderate or severe. This study suggests that nijutsuto may be effective only for patients in inflammatory phase of frozen shoulder.

Key words: frozen shoulder, nijutsuto, inflammatory phase, contracture phase^{*1} Department of Orthopaedic Surgery, Nippon Medical School Chiba Hokusoh Hospital

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