

臨 床 経 験

## 外陰部帯状疱疹の痛みと掻痒感に漢方薬が奏効した 1 症例

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**要旨：**帯状疱疹後神経痛は治療に難渋することの多い神経障害性疼痛のひとつである。また、会陰部や外陰部、肛門部の慢性痛も治療に難渋する場合が多い。今回経験した症例は、外陰部から肛門部周囲にかけての帯状疱疹後神経痛で、痛みと掻痒感に難渋した症例である。神経障害性疼痛のガイドラインに従ってアミトリプチリンを投与したところ掻痒感だけはある程度軽減した。しかし、掻痒感も痛みも残存するため、乙字湯と麻黄附子細辛湯を併用したところ、著明に改善した。

**索引用語：**乙字湯、麻黄附子細辛湯、帯状疱疹後神経痛、会陰部痛、肛門部痛

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#### Effect of Maobushisaishinto and Otsujito for a pain and a feeling of itch of postherpetic neuralgia

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**Abstract:** Postherpetic neuralgia is one of the refractory neuropathic pain. In addition, the chronic pain of perineum, vulva and anal often suffer from treatment, too. We experienced the case that suffered from a pain and a feeling of itch of around anal and the vulva for postherpetic neuralgia. After giving amitriptyline according to guidelines on neuropathic pain, only feeling of itch was reduced to some extent. However, after using maobushisaishinto and otsujito because both a feeling of itch and the pain remained, a pain and a feeling of itch were improved significantly.

**Key words:** otsujito, maobushisaishinto, postherpetic neuralgia, perineal pain, anal pain

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