

原 著

手根管症候群に対する漢方治療は早期治療が有効である

中 垣 公 男 *

要旨：手根管症候群に対する漢方薬治療は有用か，またどのような症例に有用か検討した。

手根管症候群と診断された108症例に性差，左右差，年齢，罹病期間，内服期間，漢方薬の組み合わせと治療成績との関係を検討した。痛み，しびれが軽快し患者が満足している症例を著効，痛みは軽快しているがしびれの改善が無かったが患者が満足している症例を有効，痛みしびれが軽快しなかった症例や手術適応となった症例を無効とした。

65例60.2%の症例が著効例であり有効例も含めると70例64.8%に改善を認めた。性差，左右差は有意差がなかった。罹病期間が短いほど有効群が多かった。内服期間，年齢と治療成績は無関係であった。漢方薬治療の効果は自然寛解率と比較して高いと思われる。罹病期間が短い症例には年齢に関わらず漢方薬治療を実施すべきと思われる。

索引用語：手根管症候群，漢方薬，罹病期間

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Early treatment with Kampo medicine is effective for carpal tunnel syndrome

Kimio NAKAGAKI*

Abstract: I investigated the usefulness of Kampo medicine for carpal tunnel syndrome and the conditions of patients affecting its effectiveness. I investigated the effects of the combination of Kampo medicines on gender, left and right, age, duration of disease, and duration of oral administration in 108 cases diagnosed with carpal tunnel syndrome. The complete response group was defined as a patient who was satisfied with pain and numbness. Similarly, the effective group was defined as a case in which although the patient was satisfied the pain was relieved and the numbness was not improved, and the ineffective group was defined as a case in which the pain numbness did not relieve or surgery was indicated.

Sixty-five cases (60.2%) were the complete response group, and including the effective group, 70 cases (64.8%) had an improvement (55.0–73.8% of 95% confidence interval).

There were no significant differences in the effects of Kampo between gender and left and right. The shorter the disease period, the more effective groups. The curative effect was unrelated to age and the duration of treatment. The effect of Kampo medicine treatment seems to be higher than the natural remission rate. Kampo medicine should be given to patients with short period after onset regardless of age.

Key words: Kampo medicine treatment, carpal tunnel syndrome, disease period

* Medical corporation Nakagaki orthopedics

Offprint requests to: Kimio NAKAGAKI, Medical corporation Nakagaki orthopedics.

4-3-1 Imai, Gojo-shi, Nara, 637-0004, Japan