

## 症 例 報 告

# 慢性痛に対するデュロキセチンの副作用 (悪心・嘔吐, 便秘) とその対策について

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**要旨**：慢性痛の薬物療法においてデュロキセチン (Duloxetine: 以下 DLX) の果たす役割は増している。DLX の副作用である悪心・嘔吐や便秘に対し六君子湯の有効性を検討した。慢性痛に対し DLX 投与開始 2 週間後、六君子湯併用群は 15 例のうち 1 例に軽度の悪心を認めたのみだった。一方、六君子湯非併用群 28 例では 8 例で悪心・嘔吐や便秘を認めた。DLX の悪心・嘔吐は、DLX により消化管神経叢のシナプス間隙のセロトニン (5-HT) が増加することによって起こる。この機序は小腸にエンテロトキシンなどの毒物が侵入した際の反応とよく似ている。つまり DLX が小腸に到達すると、毒物が来たときと錯覚し、それを体外に排出しようと小腸が脳に嘔吐を促すのである。六君子湯の中には、つわりに頻用される小半夏加茯苓湯や、下部消化管機能障害に用いられる大建中湯に似た生薬が配合されている。そのため DLX の副作用である悪心・嘔吐や便秘に六君子湯は有用であると考えられた。

**索引用語**：デュロキセチン, 悪心・嘔吐, 便秘, 六君子湯, 毒物

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### Effect and Indication of Rikkunshito on Adverse Reactions of Duloxetine; nausea and vomiting, constipation

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**Abstract**: Duloxetine (DLX) plays an increasing role in pharmacotherapy for chronic pain. I examined the efficacy of Rikkunshito for the adverse reactions of DLX, such as nausea, vomiting and constipation. Forty three patients were administered DLX for chronic pain; fifteen patients were given rikkunshito together (TJ-43, 7.5g per day, before each meal), 28 were not administered. In the rikkunshito combination group, only 1 of 15 patients had mild anorexia. On the other hand, nausea / vomiting and constipation were observed in 8 cases in the 28 cases without rikkunshito.

Nausea and vomiting caused by DLX is derived from increase of serotonin in synaptic cleft of gastrointestinal nerve plexus. This mechanism is very similar to reaction against invasion of enterotoxin to small intestine. Small intestine which misrecognized DLX as enterotoxin order brain to eject poison from the body.

Rikkunshito contains herbal medicines similar to shohangebukuryoto, which is frequently used for hyperemesis gravidarum, and daikenchuto, which is used for lower gastrointestinal dysfunction. Therefore, rikkunshito is considered effective for nausea, vomiting and constipation, which are adverse reactions of DLX.

**Key words**: Duloxetine, nausea and vomiting, constipation, Rikkunshito, enterotoxin

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