

臨 床 経 験

当院ペインクリニック科における 漢方薬による著効症例の検討

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要旨：当科外来にて加味帰脾湯のみによりVAS (Visual Analog Scale) が有意に減少した症例を検討した。疏肝理気の柴胡と清熱の山梔子により鎮静・下熱・消炎作用をしめし自律神経の亢進による熱証を鎮める(肝鬱化火を鎮める)作用がある。心脾虚で「貧血動悸, 不眠症, 健忘症」などに「のぼせ, ほてり, 息苦しさ」などの心火旺の症状が目標となる。熱虚証で軽い胸脇苦満の腹証があり, うつ病, ノイローゼなどに用いる機会がある。西洋医学的に治療が困難な難治性慢性痛に対して, 痛みだけではなくその他の要因・背景を考慮して漢方薬の処方心がける必要がある。

索引用語：加味帰脾湯, 難治性慢性痛, 慢性痛

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The study of effective cases treated with Kampo in our hospital

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Abstract: I examined cases in which the VAS (Visual Analog Scale) was significantly reduced by the administration of kamikihito alone in our department. In Japanese traditional medicine, a Bupleurum Root is said to soothe the liver and regulate qi. A Gardenia Fruit is said to be a blood-cooling drug. This formula regulate pattern of liver depression transforming into fire. In Western medical terms, these crude drugs have sedative, antipyretic, and anti-inflammatory properties, and quell the heat pattern provokes caused by increased sympathetic nervous system.

It is recommended that this prescription be used when there is a pattern of dual deficiency of the heart and spleen such as "anemia, palpitations, insomnia, amnesia" and at the same time there is a pattern of intense heart fire such as "hot flashes and breathlessness".

There is an opportunity to use this formula for depression, neurasthenia, etc. This formula used be prescribed for the patients with heat deficiency pattern and abdominal signs of fullness and discomfort in chest and hypochondrium. For intractable chronic pain that is difficult to treat in Western medicine, it is necessary to prescribe Kampo medicines in consideration of not only the pain but also other factors and backgrounds.

Key words: kamikihito, intractable chronic pain, chronic pain

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