

臨床経験

外側大腿皮神経障害に対して五積散合牛車腎気丸が奏効した 1 症例

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要旨：患者は70歳代女性。経過3か月の右大腿外側のしびれで来院し、外側大腿皮神経障害と診断された。メコバラミンを1か月間内服したが無効であった。牛車腎気丸に附子末を加えて3か月投与したが、効果不十分であった。五積散を1か月投与したところ、しびれは著明に改善した。2か月後に再度増悪したため五積散合牛車腎気丸に附子末を加えて投与したところ、4か月後には著明に改善した。五積散がしびれに対して有効であった報告は少なく、またしびれに対して使用される場合は合方されることが多い。検索しえた限りでは外側大腿皮神経障害に対して漢方治療が有効であった報告は1例のみであった。本例では五積散単独、附子を増量した牛車腎気丸単独のいずれでも効果は得られたものの不十分であり、合方することで十分な効果が得られた。五積散合牛車腎気丸は外側大腿皮神経障害の治療選択肢の一つになりうると考えた。

索引用語：外側大腿皮神経障害、しびれ、五積散、牛車腎気丸、附子

PAIN AND KAMPO MEDICINE Vol.30 (2020)

A case of goshakusan with goshajinkigan effective for the meralgia paresthetica

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Abstract: The patient is an old woman in seventies. She visited the hospital with numbness of the right thigh for 3 months, and was diagnosed with meralgia paresthetica. She took methylcobalamin orally a month, but the numbness of her femur was not improved. She took goshajinkigan with extra bushi orally for 3 months and the numbness was improved a little. She took goshakusan orally for a month and the numbness was improved remarkably. The numbness relapsed 2 month later, so she took goshakusan with goshajinkigan with extra bushi orally for 4 months and the numbness was improved remarkably. There were a few reports that goshakusan effective for the numbness, and goshakusan was used in combination therapy with other kampo medicine if it used for the numbness. There was only 1 report that kampo therapy effective for the meralgia paresthetica. In our case, the effects of either goshakusan alone or goshajinkigan with extra bushi alone were inadequate. The combination therapy of goshakusan with goshajinkigan with extra bushi showed effectiveness for the numbness sufficiently. In conclusion, goshakusan with goshajinkigan is useful option for the treatment of meralgia paresthetica.

Key words: meralgia paresthetica, numbness, goshakusan, goshajinkigan, bushi

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