

## 臨床経験

# 冷えを伴う五十肩に対する当帰四逆加呉茱萸生姜湯の有効性

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**要旨：**拘縮期五十肩に対する当帰四逆加呉茱萸生姜湯の有効性について検討を行った。肩関節痛および可動域制限を愁訴に当院受診し、単純レントゲン撮影に併せて超音波またはMRI検査を行い、五十肩の確定診断を得た7例を対象とした。症例は男性2例、女性5例、年齢は平均49.4歳、罹病期間は平均8.7週、拘縮程度は高度5例、中等度2例であった。当帰四逆加呉茱萸生姜湯（TJ-38）を2.5g分3/日にて処方し、併せて肩関節可動域の自主訓練指導を行った。4週間後に痛みおよび可動域の改善について検討を行った結果、肩関節挙上可動域は85.7度（70～100度）から101.4度（80～120度）と改善した。動作時痛に関しては3例が改善、4例は不変であった。夜間痛に関しては6例で著明な改善、1例で軽度の改善が得られた。温め効果により冷えに伴う痛みや筋緊張の改善が得られる当帰四逆加呉茱萸生姜湯は、夜間痛を有する拘縮期五十肩に対して有効な方剤であると考えられる。

**索引用語：**当帰四逆加呉茱萸生姜湯、五十肩、拘縮期

## PAIN AND KAMPO MEDICINE Vol.30 (2020)

**Efficacy of tokishigyakukagoshuyusyokyoto for frozen shoulder**  
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**Abstract:** Purpose of this study was to assess efficacy of tokishigyakukagoshuyusyokyoto for frozen shoulder. Seven patients with frozen shoulder, including five female and two males with mean average age of 49.4 years old, were the subjects of this study. Exclusion criteria was rotator cuff tear, osteoarthritis and calcific tendinitis diagnosed by radiographs, sonography or MRI. There was severe contracture of the glenohumeral joint in five patients and moderate contracture in two patients. All the patients were prescribed tokishigyakukagoshuyusyokyoto (TJ-159, 7.5g per day), and received instruction of self-exercise of motion and stretching of the shoulder and shoulder girdle. Pain and active elevation of the shoulder was assessed after four weeks. Active elevation was improved from 85.7 degrees to 101.4 degrees in average. Three patients obtained good relief, and four patients had no change in shoulder motion pain. Regarding night pain, six patients obtained excellent relief, and one patient obtained good relief. This study suggests that warming effect of tokishigyakukagoshuyusyokyoto may be effective for night pain in patients with frozen phase of frozen shoulder.

**Key words:** Tokishigyakukagoshuyusyokyoto, Frozen shoulder, Frozen phase

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