

臨床経験

がん性疼痛；漢方で出来ること

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要旨：医療用麻薬を投与されているがん性疼痛の患者に漢方治療を行った。全例標準治療が施行されていた。医療用麻薬による便秘には全例通導散を投与した。通導散投与で、レスキューの医療用麻薬投与量が減量～不変であった。全例気血両虚を認め十全大補湯投与し、(Performance Status) PS の改善を認めた。浮腫や脳浮腫に五苓散を、食欲不振症例には六君子湯を、冷えに因る吃逆に人参湯を投与、分子標的薬による面皰には清上防風湯を投与、虚熱による異常な悪熱に黄連解毒湯を投与した。いずれも症状の軽減を認めた。がん性疼痛は身体的な痛みのみでなく、担がん状態に起こる様々な機能不全や、心理・社会的にも苦痛を覚え、それらが total pain として患者を苦しめている。漢方治療は担がん患者に発生する様々な不調に対応出来るので、患者の不安を軽くし、結果、がん性疼痛を軽減し、QOL を改善する効果が期待できる。

索引用語：がん性疼痛、通導散、十全大補湯、六君子湯

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Cancer pain: Effects and indication of Kampo medicine

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Abstract: Patients who had been treated with medical narcotics for pain caused by cancer visited our clinic for the purpose of Kampo medicine treatment. All patients were receiving standard treatment for cancer. For constipation due to prescription narcotics, I administered tsudosan. The administration of tsudosan reduced or unchanged the dose of the prescription drug administered to the patient. Because all patients were found to have digestive function decline, weight loss, and exhaustion, juzentaihoto was administered. For cerebral edema due to brain metastasis of cancer, steroid dose was reduced by administering goreisan. For patients complaining of anorexia, I prescribed rikkunshito. For hiccups caused by chill, I prescribed ginseng. For acnes caused by molecular target drugs, I tried seijobohuto. For patients who complain of an unusual feeling of heat, I prescribed orengedokuto. In this way, various symptoms were reduced by prescription of Kampo according to the symptoms. Cancer patients seem to be aggravating their pain by various functional disorders caused by cancer. Kampo treatment can cope with various disorders that occur in cancer-bearing patients who seem to have been abandoned in modern medicine, so alleviating patient anxiety, reducing cancer pain and improving quality of life can be expected.

Key words: cancer pain, tsudosan, juzentaihoto, goreisan, rikkunshito

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