

短 報

## 原因が特定されない慢性側腹部痛に 漢方治療とデュロキセチンが有効であった 1 症例

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**要旨：**原因が特定されない慢性側腹部痛に漢方治療とデュロキセチンを併用したところ有効であった症例を経験した。

(症例) 60 歳代男性 X-4 年 誘因なく左側腹部痛が出現した。精査で痛みの原因が特定されなかったため当科紹介となった。身体所見で舌下静脈の怒張、胸脇苦満があった。

長期経過した痛みのためデュロキセチンと瘀血の所見から桂枝茯苓丸を処方した。2 週後には痛みは 3 割ほどに軽減した。胸脇苦満と本人の性格が症状にとられる傾向があるため、柴胡加竜骨牡蛎湯を追加で処方したところ、2 週後には痛みは 1 割に軽減した。デュロキセチンは 3 ヶ月後には中止したが痛みの増強はなかった。現在も内服継続で症状は安定している。

慢性痛の状態は血、水、気の異常などが複雑に関連することがある。今回、漢方治療とデュロキセチンの併用が有効であった。

**索引用語：**慢性側腹部痛、桂枝茯苓丸、柴胡加竜骨牡蛎湯

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

#### A case in which Kampo therapy was effective for chronic flank pain with unspecified cause

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**Abstract:** I experienced a case in which Kampo therapy and duloxetine were effective for chronic flank pain with unspecified cause.

(case) The patient is a male in his 60s. In X-4 year, Left-sided flank pain appeared without any cause. Since the cause of the pain was not identified by close examination, he was referred to our department. There were pattern of blood stasis underneath the tongue and fullness and discomfort in chest and hypochondrium in physical examination. Duloxetine was prescribed for the treatment of chronic pain, and because of the observation of blood stasis, keishibukuryogan was prescribed. The pain was relieved approximately 30% two weeks later. Saikokaryukotsuboreito was prescribed additional because of fullness and discomfort in chest and hypochondrium and of the character of the patient tended to be affected by symptoms. The pain was relieved to 10% two weeks later. I discontinued duloxetine five months later, but the augmentation of the pain was absent. The symptom is stable with continuous oral administration now. Chronic pain conditions can be complicatedly related to abnormalities in blood, water, and qi. In this case, Kampo medicine was effective for chronic flank pain with unspecified cause.

**Key words:** chronic flank pain, keishibukuryogan, saikokaryukotsuboreito

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