

基 調 講 演 記 録

## 慢性疼痛と漢方治療—気血水スコアを使った治療

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**要旨：**漢方医学は慢性病の治療では気血水概念を用い治療する。治らない場合はストレスの有無と痛みへの効能がない処方も含めて証を考慮し、漢方薬を用いる。効果のあるものは1~3カ月で反応が出る。さらに、治りが悪いものは、他の療法（鍼灸など）の併用および、気虚・腎虚・寒の存在などを考慮し長期の漢方薬の使用を考慮するとよい。

索引用語：証, 気血水

### PAIN AND KAMPO MEDICINE Vol.31 (2022)

Chronic pain and kampo treatment using qi-blood-fluid score

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**Abstract:** Kampo medicine uses the concept of qi, blood, and fluid in the treatment of chronic diseases. In case of no effective response, the existence of stress should be taken into consideration, and prescriptions without analgesic effect should also be considered. Patients who are effective with Kampo medicine will respond in 1-3 months. For non-effective patients, it is advisable to consider the combination of other therapies (acupuncture and moxibustion, etc.) and the long-term use of Kampo medicines considering the pattern of qi deficiency, kidney deficiency, and cold.

**Key words:** pattern, qi-blood-fluid

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