

症 例 報 告

フレイルの身体症状改善に人参養栄湯が有用であった 1 症例

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要旨：外傷後、フレイルの状態となった高齢女性に対し、人参養栄湯が ADL の改善に効果的であった症例を経験したので報告する。患者は 81 歳女性、もともとシルバーカーを使用して自立歩行していたが、自宅で転倒後、骨脆弱性骨盤骨折（仙骨骨折）をきたした後から、車椅子中心で全介助の状態となった。東洋医学的診察から気血両虚に精神的な消耗もきたした状態と考え、人参養栄湯を投与した。服用後 2 週間で、元の ADL に回復した。もともと心身ともに予備能力の低い高齢者は、外傷を機に身体的にも精神的にも急激な活動性の悪化をきたす。このようなフレイルの状態に、人参養栄湯などの補剤は有用であり、積極的に服用を検討したい。

索引用語：骨脆弱性骨盤骨折、フレイル、人参養栄湯

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A case of effective treatment with ninjin'yoeito in a physically frail elderly female patient
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Abstract: We report a case in which ninjin'yoeito was effective in improving ADL in an elderly woman with frailty after sacral fracture. The patient was an 81-year-old woman who was walking independently using a silver car before the fracture. After she fell at home and suffered a fragile pelvic fracture (sacral fracture), she was confined to a wheelchair, requiring full assistance. Based on the oriental medical examination, we diagnosed her as having deficiency of both qi and blood, and mental exhaustion. Based on an oriental medical examination, she was diagnosed with a state of mental exhaustion due to both qi and blood. Owing to the diagnosis, we administered ninjin'yoeito to her. Within two weeks after the start of treatment, she had recovered to her previous ADL. Elderly people often have low reserve capacity both physically and mentally, and trauma can cause a rapid deterioration in physical and mental activity. Kampo medicines that replenish qi, blood, and water are effective in this condition and should be actively considered.

Key words: fragility fracture of pelvis (FFP), frailty, ninjin'yoeitou

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