

臨 床 経 験

疼痛患者の便秘，瘀血に対する通導散の使用経験

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要旨：慢性痛患者は，もともと便秘であることが多く，疼痛診療で用いられるオピオイド鎮痛薬・抗うつ薬などでさらに便秘が悪化する傾向がある。便秘（瘀血）や便秘による情動障害の悪化（気の異常）は，疼痛増悪因子となるうため，疼痛診療では排便コントロールも重要となる。ペイン外来にて，便秘と瘀血を目標に疼痛疾患の患者に通導散を併用した15症例について，効果を検討した。通導散併用により，8割の症例で西洋薬の便秘治療薬で効果がなかった頑固な便秘が改善し，約半数で疼痛が軽減し西洋薬の鎮痛薬を減量・中止していた。疼痛の軽減は，頸椎症性神経根症や上肢の帯状疱疹など上半身（上焦）の疼痛疾患で多くみられた。通導散は，駆瘀血作用に利水・理気作用を合わせ持つ，気血水のバランスがとれた方剤である。東洋医学の「不通則痛，通則不痛」の理論どおり，駆瘀血作用により微小循環障害が改善し，理気作用により情動障害も軽快し，疼痛軽減につながったと推察される。

索引用語：通導散，便秘，疼痛，瘀血，便秘治療薬

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Successful treatment with tsudosan of the patients with chronic pain and constipation

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Abstract: Chronic constipation is a common problem for chronic pain patients, and can substantially decrease the patients' quality of life, activities of daily living, and life prognosis. Chronic pain patients are often constipated by nature, and the opioid analgesics and antidepressants used in pain treatment tend to further aggravate constipation. Constipation (blood stasis) and aggravation of emotional disturbance (qi disturbance patterns) due to constipation can exacerbate pain. Therefore, defecation control is also important in pain management. In this study, 15 patients with constipation and pain showed improvement in their symptoms after tsudosan was added to their treatment. The combination of tsudosan relieved constipation in about 80% of the patients and reduced or eliminated analgesics because the pain was relieved in about half of the patients. Tsudosan may especially be effective in patients with pain in the upper part of the body who also have severe constipation. It was thought to be particularly effective for patients with upper body pain and severe constipation. Tsudosan (TJ-105, Tsumura, Tokyo), a traditional Japanese Kampo medicine, is a well-balanced formula that affects all the elements of qi, blood, and fluid. It was suggested that the action of resolving blood stasis improved microcirculatory disturbance, and the action of regulating qi alleviated emotional disturbance, leading to pain alleviation.

Key words: constipation, tsudosan, chronic pain, blood stasis, laxatives

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