

## 症 例 報 告

# 特発性肛門痛に対する漢方治療

浦山雅弘\* 磯部秀樹\* 川口 清\* 藤本博人\* 太田圭治\*

**要旨：**肛門痛を生じる疾患として器質的異常のない特発性直腸肛門痛があるが、根治的な治療法がない。一方、抑肝散は慢性痛に有効であるとの報告がある。特発性肛門痛に対し抑肝散を中心に漢方処方を行い、奏功した2例を提示する。【症例1】40歳台男性。肛門痛を自覚し肛門科や整形外科などを4カ所受診したが原因不明。当院を受診。特発性肛門痛と考え、抑肝散と桂枝茯苓丸を開始した。内服3日目から痛みが和らいだ実感あり、その後、約1年後に廃薬となった。【症例2】60歳台女性。座ると痛む肛門痛あり、近医で痔疾用座薬を処方されたが効果なく、当院受診。特発性肛門痛と考え、抑肝散を開始した。2週後から痛む回数が減少して約7カ月後には廃薬となった。特発性肛門痛に対して抑肝散を中心とした漢方薬は有用であり、治療に試してみる価値のある薬剤と考えられた。

**索引用語：**特発性肛門痛、肛門挙筋症候群、抑肝散

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### Kampo treatment for idiopathic anal pain

Masahiro URAYAMA\*, Hideki ISOBE\*, Kiyoshi KAWAGUCHI\*,  
Hiroto FUJIMOTO\* and Keiji OHTA\*

**Abstract:** Idiopathic anal pain is anal pain with no organic abnormality, but there is no radical treatment for this. On the other hand, there are reports that yokukansan is effective for chronic pain. We report two successful cases of idiopathic anal pain treated with yokukansan. [Case1] A man in his 40s. He became aware of anal pain. After being diagnosed with an unknown cause at four clinics, including proctology and orthopedics, he visited our hospital. We diagnosed him with idiopathic anal pain and prescribed yokukansan and keishibukuryogan. The pain was felt to be relieved from the third day of oral administration, and medicine became unnecessary after about one year. [Case2] Female in her 60s. She had anal pain when she sat down. Her doctor prescribed a suppository for hemorrhoids, but it was not effective. Then she visited our hospital. Yokukansan was prescribed under the diagnosis of idiopathic anal pain. The frequency of pain decreased from 2 weeks after administration, and the medication became unnecessary after about 7 months. Kampo medicines such as yokukansan are useful for idiopathic anal pain and are considered to be a treatment worth trying.

**Key words:** idiopathic anal pain, levator ani syndrome, yokukansan

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\*Department of Surgery, Yamagata Saisei Hospital  
Masahiro URAYAMA, Department of Surgery, Yamagata Saisei Hospital.  
79-1 Okimachi, Yamagata-shi, Yamagata 990-8545, Japan