

## 症 例 報 告

## 原因不明の右下半身痛に対する茯苓四逆湯の使用経験

関 典子<sup>\*1</sup> 福永智栄<sup>\*2</sup> 谷岡桃子<sup>\*1</sup> 谷村吏香<sup>\*1</sup> 楠元理恵<sup>\*1</sup> 平田智子<sup>\*1</sup>  
西條昌之<sup>\*1</sup> 河合清日<sup>\*1</sup> 中山朋子<sup>\*1</sup> 小高晃嗣<sup>\*1</sup> 水谷靖司<sup>\*1</sup>

**要旨：**茯苓四逆湯は茯苓、人參、甘草、乾姜、附子から成り、虚証、裏寒の諸症状に使用される。今回、原因不明の右下半身痛に対して、茯苓四逆湯の方意である真武湯と人參湯の併用が奏功した症例を経験した。症例は40歳台、女性。9カ月前より原因不明の右下腹部痛を認め、疼痛はNRS8-10、他に下痢、胃部違和感、手足の強い冷えなどを認める。腹診所見 心下痞硬（+）、臍上悸（+）。脈診所見 沈、数、弦。舌診所見 淡紅色、舌下静脈怒張軽度。東洋医学的診断 虚寒証、氣逆、氣鬱、瘀血、脾虚。胃腸虚弱と手足の強い冷えが持続するため、茯苓四逆湯の方意で真武湯と人參湯の併用を開始したところ、投与1カ月後には諸症状が改善した。真武湯は茯苓、白朮、芍薬、附子、生姜から、人參湯は人參、甘草、朮、乾姜から成り、両者を併用することにより茯苓四逆湯の方意となる。本方は、難治性の疼痛で胃腸虚弱と強い冷えを認める症例に対して試みてよい処方と考えられた。

**索引用語：**茯苓四逆湯、真武湯、人參湯、裏寒、下腹部痛

## PAIN AND KAMPO MEDICINE Vol.33 (2024)

## Experience of using Bukuryoshigyakuto for right lower body pain of unknown etiology

Noriko SEKI<sup>\*1</sup>, Tomoe FUKUNAGA<sup>\*2</sup>, Momoko TANIOKA<sup>\*1</sup>, Rika TANIMURA<sup>\*1</sup>,  
Rie KUSUMOTO<sup>\*1</sup>, Tomoko HIRATA<sup>\*1</sup>, Masayuki SAIJO<sup>\*1</sup>, Sayaka KAWAI<sup>\*1</sup>,  
Tomoko NAKAYAMA<sup>\*1</sup>, Koji ODAKA<sup>\*1</sup>, and Yasushi MIZUTANI<sup>\*1</sup>

**Abstract:** Bukuryoshigyakuto comprises poria sclerotium, ginseng, glycyrrhiza, processed ginger, and processed aconite root, and is used for various symptoms of deficiency and interior cold pattern.

Since the prescription bukuryoshigyakuto does not exist in medical extract formulation, a combination of shimbuto and ninjinto is administered as a similar prescription. Shimbuto consists of poria sclerotium, atractylodes rhizome, peony root, processed aconite root, and ginger. Ninjinto consists of ginseng, glycyrrhiza, atractylodes rhizome or atractylodes lancea rhizome, and processed ginger. By combining shimbuto and ninjinto, it is possible to anticipate a similar therapeutic effect to that of bukuryoshigyakuto.

We present a case of unexplained right lower body pain, which was successfully treated with bukuryoshigyakuto, a combination of shimbuto and ninjinto. The patient was in her 40's. She presented with a nine-month history of unexplained right lower abdominal pain, with the numeric rating scale of pain intensity ranging from 8 to 10, accompanied by diarrhea, stomach discomfort, and severe coldness in her arms and legs. Abdominal examination revealed discomfort and resistance in epigastric region and brisk pulsation in the supra-umbilical region. Pulse examination : rapid and string-like pulse. Tongue examination : pale red tongue with slight dilation in sublingual vein. Oriental Medical Diagnosis : cold of deficiency, qi counterflow, qi depression, blood stasis, and spleen deficiency. Because of persistent gastrointestinal weakness and severe coldness of hands and limb, we initiated a combination therapy of shimbuto and ninjinto as substitutes for bukuryoshigyakuto, and her symptoms improved after one month. This formula is considered suitable for patients with intractable pain, gastrointestinal weakness, and pattern of cold.

**Key words:** Bukuryoshigyakuto, Shimbuto, Ninjinto, back coldness, lower abdominal pain

<sup>\*1</sup>Department of Obstetrics and Gynecology, Japanese Red Cross Society Himeji Hospital  
Noriko SEKI, Department of Obstetrics and Gynecology, Japanese Red Cross Society Himeji Hospital.  
1-12-1 Simoteno, Himeji-shi, Hyogo, 670-8540, Japan

<sup>\*2</sup>Department of Palliative Care Internal Medicine, Japanese Red Cross Society Himeji Hospital