

原 著

帯状疱疹痛・帯状疱疹後神経痛に対する東洋医学的治療効果

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要旨：初診時痛みが Numerical Rating Scale (NRS) 3 以上の帯状疱疹痛 (HN)、帯状疱疹後神経痛 (PHN) 患者を対象に、漢方薬 (K) 群、漢方薬と鍼治療併用 (H) 群に分けて、初診時と治療終了時の NRS を比較検討した。治療効果判定は治療終了時、無効は初診時 NRS70% 以上、有効は 70% 未満～40% 以上、著効は 40% 未満とした。対象患者 31 例中、鍼+漢方 (H) 群 25 例、漢方 (K) 群 6 例。H 群は治療前 NRS を有意に低下した ($P < 0.001$)。K 群も治療前 NRS を有意に低下した ($P = 0.031$)。治療前 NRS は H 群が K 群より有意に高かった。HN 患者は 15 名で、K 群は 4 名で全て著効、H 群は 11 名で著効 9 有効 2 例であった。PHN 患者は 16 名で、K 群は 2 名全て有効、H 群は 14 名で著効 13 無効 1 例であった。H 群は PHN、NH 共に治療前に比べて終了時 NRS を有意に低下した ($P < 0.001$)。K 群は PHN では全例有効で、HN では全例著効であった。難治性神経障害性疼痛には、鍼治療と漢方薬の併用が有用である。

索引用語：帯状疱疹痛、帯状疱疹後神経痛、漢方薬、電気鍼治療、神経障害性疼痛

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The effect of kampo treatments on herpetic neuralgia and postherpetic neuralgia.

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Abstract: The effect of kampo medicine (kampo medicines and electroacupuncture) treatments in patients with the herpetic neuralgia (HN) and postherpetic neuralgia (PHN) were retrospectively studied for 3 years in our hospital. Methods: Informed consent obtained from 31 patients with HN and PHN of Numerical Rating Scale (NRS) 3 or more were studied. The efficacy of kampo medicines administered group (K) and the kampo medicines combined with the electroacupuncture treated group (H) were examined using NRS after the medication. In a judgment of the effect of the both treatments, it was ineffective in more than 70% of the initial values of NRS, effective in 70% ~ 30% of them, and very effective in less than 30% of them. Results: The value of NRS significantly decreased in comparison with the baseline value in both K group ($P=0.031$) and H Group ($P<0.001$). Kampo medicines were very effective in all patients with HN in K group. In H group 11 patients were suffered from HN, and kampo treatments were very effective in 9 patients and were effective in two patients. In H group 15 patients were suffered from PHN, and kampo treatments were effective except one patient. In H group, significant decreases of the value of NRS were shown in both HN and PHV. Conclusion: The severe neuropathic pain such as HN and PHV could be improved by the treatments with kampo medicines combined with the electroacupuncture.

Key words: herpetic neuralgia, postherpetic neuralgia, kampo medicine, electroacupuncture, Neuropathic pain

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