

症 例 報 告

上肢の慢性疼痛に対する苓姜朮甘湯の使用経験

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要旨: 苓姜朮甘湯は下焦の寒湿の目標に、腰下肢痛への有効性を示されてきた。今回我々は治療抵抗性を示す手指痛、頸椎症性神経根症などの上肢の慢性疼痛に対して苓姜朮甘湯が有効であった3症例を経験した。これらの症例では、①冷え（腹部、手掌、足底）、②附子剤単独では痛みが改善しない傾向、③重だるい、鈍いなどの痛みの性状を認め、「裏寒」、「水滞」を示す症状や所見が共通していた。今後は、苓姜朮甘湯は、腰下肢痛に限らず、様々な難治性の疼痛性疾患に対して、「裏寒」・「水滞」を指標に積極的に投与を試みてもよい処方であると考ええる。

索引用語: 苓姜朮甘湯、慢性疼痛、裏寒、水滞

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Successful treatment of the chronic upper body pain with ryokyojutsukanto
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Abstract: It has been reported ryokyojutsukanto is effective for the lower back pain arising from the cold-dampness in the lower body. However, the effectiveness of ryokyojutsukanto for the other parts of chronic pain is unclear. We have experienced the successful treatment of three cases of chronic pain with ryokyojutsukanto in the upper body pain such as cervical spondylotic radiculopathy and hand pain. All patients felt the heavy and dull pain and the coldness in the abdomen, palms, and the bottom of the foot. Processed aconite root treatment is refractory for the pain. These symptoms and findings showed the Kampo findings so-called “inferior cold” or “water stagnation”. These results indicate that ryokyojutsukanto is useful for the relief of chronic pain in the upper body. We suggest ryokyojutsukanto is the promising drug for the chronic pain patients presented with the Kampo findings “inferior cold” and “water stagnation”.

Key words: ryokyojutsukanto, chronic pain, interior cold, water stagnation

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