

ペインクリニックにおける漢方薬の応用

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要旨： ペインクリニックに通院中の患者の痛みと不定愁訴に対して漢方薬を処方した。特に慢性疼痛を訴える患者に対しては、証を踏まえたきめ細かな変方の繰り返しによって、治療効果は向上した。

索引用語： ペインクリニック, 慢性疼痛, 漢方薬

The application of Kampo medicines in pain clinic

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Abstract : Recently, there has been an increasing opportunity to prescribe Kampo medicines to patients being treated at pain clinic. Nine years have passed since we began using Kampo medicines at our department. At first we used these medicines to treat the pain related to the patient's unspecified complaints, but today we actively use them to treat both acute and chronic pain. The current study is a report of 85 patients on whom Kampo medicines were used supplementally with nerve block therapies in the past five years and with whom follow up was possible. The breakdown of the patients was : 23 male and 62 female, the average age was 52.85 years \pm 15.0, the maximum age was 84 years, while the minimum age was 20 years. The primary underlying diseases for the men were : spondylitis deformans, discopathy, headache, and stiff shoulders, while with the women, the primary underlying diseases were : spondylitis deformans, osteoarthritis of the knee, periartthritis of the shoulder, cervicobrachial syndrome, headache, etc. It should be noted that patients with the pain of terminal cancer were excluded from this study.

Results

1. The number of patients initially given Kampo medicines was reduced to 1/3 of the total by the time of the second prescription change. The efficacy ratio during this period was 45%. Although the number of patients was reduced to 1/8 by the time of the third prescription change, the efficacy ratio had increased.

2. In examining the CMI categorization of the patients, 55% were in region I and II, and 45% were in regions III and IV.

3. The efficacy for the patients in region I and II was 37%, while the efficacy for the patients

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in III and IV was 36%. —which notes a statistically significant difference ($p < 0.05$) between the therapeutic efficacy of the two groups.

4. Of the 35 types of Kampo medicines used by our hospital there were 13 types which were frequently used by the pain clinic. In order of their usage frequency, their names were : 1. Shakuyaku-kanzo-to, 2. Kakkon-to, Saiko-ka-ryukotsu-borei-to 3. Sho-saiko-to, Dai-saiko-to, Hachimi-jio-gan 4. Kami-shoyo-san, Hange-koboku-to 5. Keishi-bukuryo-gan, Toki-shakuyaku-san 6. Boi-ogi-to, Yokuinin-to, Bofu-tsusho-san.

Keywords : pain clinic, chronic pain, Kampo medicines