

症 例 報 告

早期胃癌患者に発症した不眠・疼痛 への実存的アプローチ

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要旨：症例は、73歳の男性。早期胃癌術後から1年6カ月経過したころ、腹痛、便秘・下痢、食欲低下が出現してきた。症状はしだいに増悪し慢性化してきた。強度の不眠も伴うようになってきた。体力の低下も認められたため入院治療とした。治療は、全身の調整をはかり衰えた体力を補うことを目的に補液、十全大補湯、Coenzyme Q₁₀、抗うつ剤、入眠剤の投与を行った。患者は「癌」を告知されたわけではなかったが、高齢になり大手術をしたことで、余命に危惧の念を抱いていた。患者は手術直前に家を新築し30年ローンを組んでいた。そのローンを組んだ責任を果たすことができなくなるのではないかと深く悩んでいた。体調が整ってきたころ、その責任の取り方が患者の中で明確に整理されてきた。それ以来、入眠剤を必要としなくなった。腹痛も消退し、便秘も正常化し、食欲も改善し、体重が5kg増加するに至った。患者にとって痛みは生命的前後の指標という大きな意味があったと考えられた。また、本症例の本質的な問題は、自らの責任が不履行で終わってしまうのではないかとという実存的な苦悩が原因であった。しかし、患者が自らの意志で「どう責任をとるか」を明確にできたとき、患者の人生に意味が与えられ、不安が解消され、不眠からも開放されたものと考えられた。患者固有の実存性への気づきこそが、セルフ・コントロールの基盤になりうると考えられた。

(痛みと漢方 6: 38-42, 1996)

索引用語：全人的医療、実存的アプローチ、不眠、疼痛、生きる意味

An existential approach for the treatment of sleeplessness and pain in a patient with early gastric cancer

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Abstract : The case was a 73-year-old man, complaining about abdominal pain, constipation, diarrhea and anorexia, which appeared about 1 year and 6 months after the operation of early gastric cancer. These symptoms gradually became chronic and came to be associated with serious insomnia. As his physical strength weakened, he was hospitalized for drip infusion and the administration of Zyuuzentaihoto, coenzyme Q₁₀, antidepressants and hypnotics in order to improve his general condition.

Although he had not been notified of his cancer, he was worried about his life

because he had a major operation despite his high age. Just before admission, the patient contracted a 30-year loan for his newly built house. He worried about the repayment of the loan. When his general condition improved, the patient regained his confidence and felt assured of repaying his loan. After that, he did not ask for hypnotics any more. Abdominal pain disappeared and bowel movement was normalized, with better appetite and an increase of 5 kg in weight.

It is considered that this patient's pain had great significance as an indicator of prognosis for the rest of his life. His essential problem resulted from the existential anxiety that he would be unable to meet his responsibility before his death. However, when the patient found his way to satisfy his responsibility, for himself meaning was given to his life, with disappearance of anxiety and insomnia. It is considered that the awareness of a patient's existence itself can be the basis of his self-control.

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Key words : comprehensive medicine, existential approaches, sleeplessness, pain, meaning of life