

症 例 報 告

## 慢性疼痛に対する桂枝加竜骨牡蛎湯の効果

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要旨：神経ブロック，向精神薬等の効果がプラトーに達した慢性疼痛で，虚証と判断された30例（男性19例，女性11例，22～82歳）に，桂枝加竜骨牡蛎湯を投与した。自覚的疼痛スケールが半減以下となった有効例は8例，有効率は27%であった。慢性疼痛では，随伴する神経症の治療も必要であるが，虚証の患者では，向精神薬による眠気，ふらつき等が出現しやすい。本処方には，このような副作用がなく有用であった。

索引用語：慢性疼痛，桂枝加竜骨牡蛎湯，向精神薬，MMPI

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#### Effects of Keishi-ka-ryukotsu-borei-to on Chronic Pain Syndromes

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**Abstract** : Effects of Keishi-ka-ryukotsu-borei-to, one of the oriental herb medicines with tranquilizing effects, on chronic pain were evaluated.

Thirty patients with various chronic pains were treated with nerve blocks, analgetics, tricyclic antidepressants and anti-anxiotics, but further improvement of their symptoms were not observed. Keishi-ka-ryukotsu-borei-to were administrated orally for four weeks, and the magnitude of pain in 8 out of 30 patients decreased less than 50% of the initial pain scale.

**Key words** : Keishi-ka-ryukotsu-borei-to, Chronic pain, tranquilizer, MMPI

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