

症 例 報 告

防已黄耆湯を主としたNSAIDS離脱可能の変形性膝関節症の3例

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要旨：一次性変形性膝関節症は肥満，運動不足などの生活習慣病の一部として加齢とともに現れやすく，整形外科領域においては避けて通れない疾患の一つである。また，それに対して，NSAIDSは整形外科でもっとも繁用されている薬である。NSAIDSの長期投与により高比率な胃粘膜障害は無視できない。それを避けるべく，また全体的医学の見地から変形性膝関節症に防已黄耆湯を中心に投与しNSAIDSの離脱が出来，良好な結果を得た病歴の長い3症例を報告する。

索引用語：変形性膝関節症，高齢者，防已黄耆湯

PAIN AND KAMPO MEDICINE Vol.9 1999

Released from NSAIDS by Using Traditional Herbal Extracts for the Treatment of gonarthrits—A three-Case Report
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Abstract : Gonarthrits is a common degenerative disease next to the lumbar disease in Orthopaedic field. The population of patients with gonarthrits tends to increase with the rising population of senior citizens. Besides the secondary arthritis caused by the joint disease, such as joint infection, trauma, and so on, most of cases of gonarthrits are considered to be primary. Aging, obesity and lack of activity are inferred as affecting factors in gonarthrits. Similar to the physical therapy and Knee-joint's operations, a conservative application of the NSAIDS is a popular method for the treatment of gonarthrits. Statistically, 70% of the patients who were given the NSAIDS were found to have gastro-mucosal lesions. Unfortunately, until now, there has been no way to prevent these side effects. For the senile patients with some degree of operative risk who need long-term administration of the NSAIDS may have to face this dilemma. To prevent the side effects of NSAIDS and improve the treatment effects, 3 cases with gonarthrits were treated with the traditional herbal extracts instead of the long-term administration of the NSAIDS. The treatment effects of the traditional herbal extracts showed better results. This indicates that the application of traditional herbal medicines to the senile patients with gonarthrits is significant and needs to be further developed in the orthopaedic field.

Key words : gonarthrits, senile patients, Bouiougitou

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