



## 長期に改善を見ない疼痛性愁訴に対する、 問診票を用いた漢方治療経験

田島康介\*<sup>1</sup> 浦部忠久\*<sup>1</sup> 吉川寿一\*<sup>1</sup>  
樋野忠司\*<sup>1</sup> 三戸一晃\*<sup>1</sup> 松村崇史\*<sup>2</sup>

**要旨：**頭痛，肩こり，腰痛などを訴え，改善しないまま長期間消炎鎮痛剤を服用している患者の疼痛性愁訴に対し，SMIの結果に基づいた独自のプロトコールで漢方薬を処方し，良好な成績を得ることができたので報告する。

対象は3カ月以上の消炎鎮痛剤の服用にもかかわらず，疼痛が一向に改善をみなかった男性8名，女性37名，平均年齢35.4歳であった。SMIの結果に応じ桂枝茯苓丸，加味逍遙散，当帰芍薬散いずれかを処方した。頭痛，肩こりなどの自覚症状の改善率と，初診時と服用開始後1カ月の時点でのSMIのスコアを評価した。

自覚症状改善率は平均58.1%であり，有効率は68.9%であった。SMIスコアは，初診時平均62.0点が39.9点に改善した。

更年期以前の若年者や，男性例でもこれらの漢方薬が有効であったことから，更年期障害による不定愁訴と，慢性的な疼痛性愁訴との間には何らかの共通した病態があるものと考えられた。

索引用語：慢性疼痛，問診票，簡略更年期指数

## PAIN AND KAMPO MEDICINE Vol.16 (2006)

### Treatment of refractory equivocal symptom with Kampo medicine using an original questionnaire

Kosuke Tajima\*<sup>1</sup>, Tadahisa Urabe\*<sup>1</sup>, Toshikazu Yoshikawa\*<sup>1</sup>,  
Tadashi Hino\*<sup>1</sup>, Kazuaki Mito and Takashi Matsumura\*<sup>2</sup>

**Abstract:** We have treated 45 patients (8 male and 37 female patients, average age: 35.4) of refractory equivocal symptoms such as headache, neck pain, neck or shoulder stiffness, by choosing Kampo medicine according to the result of a questionnaire.

The questionnaire consists of the Simplified Menopausal Index (SMI; by Koyama, 1992) and one of the following kampo medicines, keishibukuryogan, kamishoyosan or tokishakuyakusan, was selected by our original protocol. SMI scores and subjective symptoms evaluated by the pain scale were investigated.

Within 4 weeks after administering the kampo medicine, subjective symptoms have appeared by 58.1% on average, and the SMI scores improved from 62.0 points to 39.9 points on average.

Refractory equivocal symptoms can be accompanied by sleeplessness, appetite disorder, malaise, and symptoms can be exacerbated by rainy weather (or by menses in female patients), which is quite similar to the symptoms of menopausal disorders. Our protocol was effective not only on climacteric female patients but on young female patients and even on male patients. The result of our study suggests that there might be some similar pathology between menopausal syndromes and refractory equivocal symptoms observed in the orthopedic field.

**Key words:** chronic pain, questionnaire, Simplified Menopausal Index, Keishibukuryogan, Kamishoyosan, Toukishakuyakusan

\*<sup>1</sup> Department of Orthopaedic Surgery, Ashikaga Red Cross Hospital

Offprint requests to: Kosuke Tajima, Department of Orthopaedic Surgery, Ashikaga Red Cross Hospital, 3-2100 Honjo, Ashikaga, Tochigi, 326-0808, Japan

\*<sup>2</sup> Department of Orthopaedic Surgery, Saiseikai Utsunomiya Hospital