

原 著

緩和ケアにおける氷六君子湯 (iced rikkunshito) の役割

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要旨：久留米大学病院緩和ケアチームは、専従の麻酔科医と看護師、以下専任の精神科医、外科医、脳外科医、薬剤師、ソーシャルワーカー、栄養士などが参加し診療を行っているが、多くのがん患者が種々の症状の中で嘔気・嘔吐に悩んでいる状況に出会う。われわれは患者の希望を尊重し、制吐剤で効果が不十分な場合や氷漢方を希望した場合に製氷した六君子湯（以下氷六君子湯）(iced TJ-43)を投与している。漢方薬のエキス剤をお湯に溶かした時に、その臭いと味で嘔気を生じる場合が多いため、お湯に溶かした後に「氷漢方」にすると、匂いや味が薄まる。氷六君子湯 (iced TJ-43) は、水分補給、催吐と食思改善の目的で摂取してもらっている。今回、末期がん状態で嘔気・嘔吐・食思不振を呈している4例（3例は化学療法中で、1例は化学療法未施行）に氷六君子湯 (iced TJ-43) を投与し、摂取後に嘔気・嘔吐・食思不振に効果を認めた。よって氷六君子湯 (iced TJ-43) が緩和ケア領域における嘔気・嘔吐・食思不振などの消化器症状の治療手段の一つとなり、われわれは氷六君子湯 (iced TJ-43) が少しでも患者のQOL (quality of life) の向上の役に立つかもしれないと考える。

索引用語：氷六君子湯，嘔気，嘔吐，食思不振，催吐性化学療法，緩和ケア

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The role of iced-rikkunshito in palliative care

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Abstract: The multidisciplinary palliative care team in Kurume University Hospital consists of an anesthesiologist and nurse as fulltime staffs, and three psychiatrists, a surgeon, a brain surgeon, three pharmacists, a social worker and a dietitian as part time staffs. The palliative team treats many cancer patients suffering from total pain, upper gastrointestinal symptoms such as nausea, vomiting, indigestion or anorexia.

Rikkunshito (TJ-43), a traditional Japanese herbal medicine (Kampo), is used to treat such symptoms. In general, patients are treated with TJ-43 (Extract Granules) dissolved in hot water. However, the smell and the taste of this preparation often induces nausea in cancer patients. Therefore, when antiemetics can not successfully relieve the digestive symptoms, iced TJ-43 is administered to them, since the unique smell and taste of TJ-43 are faded away by the freezing. Iced TJ-43 is administered for the therapeutic purposes of hydration, improvement in appetite and inhibition of vomiting.

Four patients with terminal cancer (three undergoing chemotherapy and one not receiving chemotherapy) who developed nausea, vomiting or anorexia, were treated with iced TJ-43. The digestive symptoms were immediately relieved following the iced TJ-43 administration. It was suggested that the iced TJ-43 should be effective for the relief of digestive symptoms such as nausea, vomiting and anorexia, and improve the quality of life of cancer patient in palliative care.

Key words: iced-rikkunshito, nausea, vomiting, appetite loss, emetogenic chemotherapy, palliative care

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