

症 例 報 告

抑肝散の帯状疱疹後神経痛に対する鎮痛効果

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要旨：抑肝散は神経症や不眠症に使用される漢方製剤であり，興奮や焦燥感などの精神神経症状改善効果をもつことが知られている．また，疼痛疾患に対して抑肝散が有効であったとする報告も散見される．今回，われわれは帯状疱疹後神経痛患者に対し抑肝散を投与し，その鎮痛効果を前向きに検討した．対象は帯状疱疹後神経痛患者7名．抑肝散7.5g/日を内服投与し，投与前と投与後2，4週目の疼痛とアロディニアの程度を測定した．また，投与前後の不眠と「いらいら」感についても調査した．7名全員が抑肝散の投与前に不眠と「いらいら」感を訴えていた．内服後2，4週目における疼痛とアロディニアの程度は，内服前に比べて有意に低下した．また7名中6名で不眠が，全例で「いらいら」感が改善した．「いらいら」感などの精神症状は，疼痛を増強させる一因と考えられ，これらを改善することで疼痛を軽減させることができたのかもしれない．

索引用語：帯状疱疹後神経痛，いらいら感，不眠，抑肝散

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Analgesic effect of yokukansan on postherpetic neuralgia

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Abstract: Yokukansan is used against anxiety and insomnia, and known to improve agitation and irritation. Some reports demonstrate that yokukansan is effective for some pain disorders. This study was carried out to investigate the analgesic effect of yokukansan on postherpetic neuralgia prospectively. Seven patients with postherpetic neuralgia were orally administered yokukansan, 7.5g/day. The intensities of the pain and allodynia were assessed before and 2 and 4 weeks after the administration of yokukansan. We also investigated whether insomnia and irritation were improved after the administration. All of the patients suffered from insomnia and irritation before the study. The intensities of pain and allodynia 2 and 4 weeks after the administration were significantly lower than those before the administration. Insomnia and irritation were improved in 6 and 7 patients, respectively. These mental symptoms are thought to aggravate pain. It was suggested that yokukansan should improve these mental symptoms in the patients with postherpetic neuralgia, which might make their pain relieve.

Key words: postherpetic neuralgia, irritation, insomnia, yokukansan

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