

症 例 報 告

手根管症候群による手指の疼痛，痺れに
駆瘀血剤と清熱剤にて改善を認めた一例守屋純二*¹ 山川淳一*¹ 元雄良治*²

要旨：手根管症候群とは手指を支配する正中神経が手関節掌側の手根管で圧迫され手指のしびれ，母指の筋力低下をきたす疾患である。症例は46歳女性。左中指，環指の痺れを主訴に当院整形外科受診。手根管症候群と診断，保存的加療となる。しかし，痺れに疼痛が増強したが手術の適応はないとのことで漢方治療の適応がないかと当科紹介となった。頭重感，火照り，こむら返りを伴っており肝鬱気滞に瘀血が生じた状態と診断し，清熱剤（三黄瀉心湯）と駆瘀血剤（桃核承気湯）を処方した。4週にてVAS 70mm，24週にてVAS 20mmと改善した。現在も通院中。今回使用した三黄瀉心湯は金匱要略に『心気不足シ，吐血，衄血スルハ瀉心湯之ヲ主ル』と記載されており，疼痛から生じた精神不安によるのほせ，顔面紅潮が改善したものと考えられた。手根管症候群に限らず，随証治療の有用性を再認識した。

索引用語：手根管症候群，三黄瀉心湯，随証治療

PAIN AND KAMPO MEDICINE Vol.20 (2010)

A case of carpal tunnel syndrome treated by the combination
with san'oshashinto and tokakujokitoJunji MORIYA *¹, Jun-ichi YAMAKAWA *¹ and Ryoji MOTOO *²

Abstract: Patient was a 46-year-old female with carpal tunnel syndrome. The numbness in left second and third fingers, top-heavy feeling, burning and cramp were shown. According to the kampo diagnosis she was diagnosed as kan-utsu-qi-tai (syndrome caused by the stagnation and sluggishness of hepatic qi) judging from the symptoms of top-heavy-feeling, burning and cramp, and oketsu (syndrome caused by the blood stagnation). By the combined treatment with san'oshashinto and tokakujokito, visual analogue scale (VAS) of the pain score improved by 30% four weeks after the treatment, and it improved by 80% twenty four weeks after the treatment. In this study, the selection of san'oshashinto among many kampo medicines was carried out according to the description of kinkiyoryaku. Kinkiyoryaku said that san'oshashinto is effective for the disorder of the circulatory organs system originated from the mental conditions. It was suggested that the therapy based on kampo diagnosis should be effective.

Key words: carpal tunnel syndrome, san'oshashinto, therapy based on kampo diagnosis

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