

症例報告

治療に難渋した腰下肢痛に温経湯が著効した1症例

中西美保^{*1,*3,*4} 蔭山 充^{*2} 中井恭子^{*2} 福井弥己郎^{*1}
野坂修一^{*1} 古瀬洋一^{*3} 有光潤介^{*4} 大塚静英^{*4}
井上隆弥^{*4} 岸田友紀^{*4} 西田慎二^{*4}

要旨：治療に難渋した腰下肢痛に、温経湯が著効した症例を経験した。温経湯は、活血化癥作用の他、阿膠・麦門冬の津液を補う（滋陰作用）を持ち、本症例のように腎虚の中でも腎陰虚が優位な腰痛に、非常に有効であった。高齢者の腰痛治療において、「腎陰虚」は基本病態として考慮すべきである。

索引用語：温経湯，腰下肢痛，腎陰虚

PAIN AND KAMPO MEDICINE Vol.20 (2010)

A case of chronic lumbago improved by the treatment with unkeito
Miho Nakanishi ^{*1,3,4}, Mitsuru Kageyama ^{*2}, Kyoko Nakai ^{*2}, Mikio Fukui ^{*1},
Syuichi Nosaka ^{*1}, Yoichi Kose ^{*3}, Junsuke Arimitsu ^{*4}, Shizue Otsuka ^{*4},
Takaya Inoue ^{*4}, Yuki Kishida ^{*4} and Shinji Nishida ^{*4}

Abstract: Patient was a 78-year-old man with chronic lumbago. Kampo diagnosis of this case was the shortage of sui which was one of the conditions of Kidney yin-fluid deficiency (jin-yin-kyo). Crude drugs, akyo and bakumondo, were the pharmacologically important components in unkeito. It was suggested that unkeito should be effective for chronic lumbago in patient with the shortage of sui due to the kidney yin-fluid deficiency.

Key words: unkeito, lumbago, chronic pain, kidney yin-fluid deficiency

^{*1} Pain Management Clinic, Shiga University of Medical Science

Offprint requests to: Miho Nakanishi, Pain Management Clinic, Shiga University of Medical Science,
Sata Tsukinowa-cho, Otsu, Shiga 520-2192 Japan

^{*2} Kageyama Clinic

^{*3} Sato Hospital

^{*4} Department of Kampo Medicine, Osaka University Graduate School of Medicine