

症 例 報 告

治打撲一方によりオピオイド貼付剤から離脱出来た 腰椎ヘルニアの1症例

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要旨：腰椎ヘルニアによる難治性腰下肢痛がありオピオイド貼付剤を使用していたが、治打撲一方により離脱できた1症例を経験した。症例は30歳代女性で、腰椎ヘルニアによる強い左腰下肢痛に対し持続硬膜外ブロックによる治療を受けたが、痛みが再燃しブプレノルフィン貼付剤を使用した。治打撲一方の使用により痛みは著明に改善し、ブプレノルフィン貼付剤の離脱ができた。腰椎ヘルニアの神経根圧迫による組織血流障害と局所の浮腫が痛み原因の1つと考えれば、駆瘀血作用と利水作用が必要であり、強い痛みは気の巡りを悪くするため理気作用も必要となる。治打撲一方はこれらをバランスよく持ち、また証をあまり考えずに使用できる。漢方薬とオピオイドの効果の比較は難しいが、今回のようにほぼ同等な鎮痛効果を発揮する場合もある。オピオイドは強い鎮痛作用を持つが副作用も多い。漢方治療は西洋医学抵抗性の難治痛に対し使用しても良い場合があると考えた。

索引用語：治打撲一方、腰椎ヘルニア、難治痛、オピオイド

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A case of successful treatment with jidabokuippo for refractory pain in lower leg and low back due to lumbar disc herniation, which were not able to withdrawal from opioid patch

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Abstract: We experienced a case of the successful medication with jidabokuippo (Kampo medicines) on the leg and low back pain due to the lumbar disc herniation, and the successful secession from opioid patch. A female in her 30's suffered from the left leg and low back pain due to the lumbar disc herniation. Medical treatment were made with both the oral tablet which consists of a mixture of pregabalin, tramadol and acetaminophen and the continuous epidural nerve block. Since the upper mentioned treatments could not improve her pain, the medication of buprenorphine patch (5mg) was begun. But her pain was getting worse gradually. Therefore the administration of jidabokuippo 7.5g a day was added to the medication of buprenorphine patch without the increase of buprenorphine dose. A week later, her pain was eliminated and the medication of buprenorphine patch became unnecessary. The nerve root pressure increased by the disc herniation was considered to obstruct the blood flow and it caused the edema. Further, the strong pain led to the stagnation of "ki" which was the vital energy, and it should make the pain stronger. Jidabokuippo is one of "kuoketsuzai" which is reported to improves the stagnation of blood flow, the stagnation of "ki" and the generation of edema in Kampo medicine. In this case, the analgesic action of jidabokuippo should synergistically increase the action of buprenorphine patch. Since jidabokuippo showed no side effect as compared with opioid, it was suggested that jidabokuippo should be effective for the intractable pain.

Key words: jidabokuippo, opioid, buprenorphine patch, lumbar disc herniation

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