

総説

## 高齢者の運動器痛に対する漢方治療

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**要旨：**高齢者が罹患しやすい運動器痛のうち、腰痛・腰下肢痛、膝関節痛に対する漢方治療について述べた。鋭い腰痛・腰下肢痛、急性痛には芍薬甘草湯を用いる。手足の冷えがあり、冷えると痛む腰痛・腰下肢痛には当帰四逆加呉茱萸生姜湯を用いるが、当帰四逆加呉茱萸生姜湯で胃腸障害をおこす症例には桂枝加朮附湯を用いる。手足よりも腰が冷えると訴える症例には五積散を用いる。脱力、下肢しびれ、むくみ、間欠跛行を訴える症例には牛車腎気丸を用いる。熱感や腫脹を伴う膝関節痛では越婢加朮湯を用いることが多い。水太りで熱感を伴わない膝関節痛では防己黄耆湯を、逆に痩せ型で顔色が悪く熱感を伴わない膝関節痛では大防風湯を用いる。冷え症で胃腸虚弱で熱感を伴わない膝関節痛には桂枝加朮附湯を用いる。高齢者は複数の運動器疾患を有し、互いに関与しあっている場合が多い。また腎虚や筋萎縮、血行障害の存在を念頭に入れて治療する必要がある。

**索引用語：**高齢者、腰痛、腰下肢痛、膝関節痛

## PAIN AND KAMPO MEDICINE Vol.25 (2015)

### Kampo treatment for musculoskeletal disease in elderly patients

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**Abstract:** We report kampo treatments for locomotor apparatus pains including low-back/inferior-limb and knee-joint pains in elderly patients. Shakuyakukanzoto is used for sharp low-back /inferior-limb and acute pains. Tokishigyakukagoshuyushokyoto is used for cold limbs and low-back/inferior limb pains those get active when cooled. Keishikajutsubuto is used for a case to cause gastrointestinal disorders with tokishigyakukagoshuyushokyoto. Goshakusan is used for patients complaining of cold low back rather than cold limbs. Goshajinkigan is used for patients with weakness, numbness and swelling of inferior limbs, and intermittent claudication. Eppikajutsuto is often used for knee-joint pain with heat and/or swelling. Boiogito is used for knee-joint pain in flabby patients without heat. By contrast, daibofuto is used for knee-joint pain without heat in thin and pale-looking patients. Keishikajutsubuto is used for knee-joint pain without heat in patients with nervousness for the cold and gastrointestinal weakness. The elderly people are often involved having locomotorium disease each other. Furthermore, deficiency of the urogenital/kidney function, muscular atrophy, or vascular disorders should be considered in the treatment of such patients.

**Key words:** elderly people, low back pain, inferior limb pain, knee joint pain

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