

臨 床 経 験

がん専門病院の漢方サポート外来の役割

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要旨：【背景】がん専門病院においては手術や化学療法によるがん治療が行われている。がん専門病院において漢方に求められる期待や可能性を検討するために、漢方サポート外来受診患者を後方視的に調査した。【方法および結果】2019年10月から12月の間に、当院漢方サポート外来を受診した患者を調査した。患者数は71例（男14、女57）で年齢は 62.5 ± 13.0 歳であった。原疾患は乳がん30、消化器がん16、婦人科がん14、頭頸部がん6、血液がん2、前立腺がん・皮膚がん・肺がん各1例であった。主訴は、ホットフラッシュ17、しびれ9、免疫力増強の希望13、関節痛6、冷え4、倦怠感6、痛み4、口腔乾燥3、その他10例であった。処方した方剤は、桂枝茯苓丸37、牛車腎気丸28、補中益気湯26、ブシ末13、桃核承気湯12、人参養栄湯9、十全大補湯8、当帰芍薬散6、六君子湯6、柴胡桂枝湯5、麦門冬湯3、加味帰脾湯3、桂枝加朮附湯3、大建中湯2、加味逍遙散2、茯苓飲2、芍薬甘草湯2、桂枝加芍薬湯2、葛根湯2、茯苓飲合半夏厚朴湯2、柴苓湯2、その他16であった。【考察】がん患者が漢方製剤を希望する理由は、化学療法やホルモン療法の副作用の軽減と、免疫力を増強してがんの進行を抑制すること、あるいは再発予防などが多かった。方剤は補剤や駆瘀血剤が多かったが、多彩な症状に合わせて多くの方剤が処方されていた。

索引用語：漢方外来、がん専門病院、がん支持療法

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The Role of Kampo Support Outpatient Services in the comprehensive cancer center

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Abstract: Background : Surgical approach and advanced chemotherapy are the main therapeutic tools for the current cancer treatment in comprehensive cancer centers. Recently, Kampo medicines have become introduced for various symptoms during cancer treatment. We conducted a retrospective survey of patients visiting Kampo specified outpatient clinic in our institute to clarify the expectations and possibilities for Kampo medicine in oncology hospitals.

Methods and Results : Subjects consisted of 71 cancer patients (14 males and 57 females) with 62.5 ± 13.0 years who visited the clinic between October and December 2019. The characteristics of Kampo medicine and its target symptoms were analyzed. Their primary cancers were breast cancer (n=30), gynecological cancer (n=14), gastrointestinal cancer (n=16), head and neck cancer (n=6), and cancer of other sites (n=5). The main symptoms were hot flush (n=17), weakened immunity (n=13), numbness (n=9), joint pain (n=6), fatigue (n=6), coldness (n=4), pain (n=4), xerostomia (n=3), and other symptoms (n=10). The most common reasons for requesting Kampo preparations were to reduce the side effects of chemotherapy and hormone therapy, suppress cancer progression by enhancing immunity or prevent a recurrence. The following agents were prescribed : keishibukuryogan (n=37), goshajinkigan (n=28), hochuekkito (n=26), tokakujokito (n=12), ninjin'yoeito (n=9), jumentaihoto (n=8), rikkunshito (n=6), saikokeishito (n=5), and 27 other agents.

Discussion and Conclusion : Although most Kampo medicines prescribed were tonic formulas and blood stasis-resolving formulas, many formulas were prescribed for a wide variety of symptoms.

Key words: Kampo medicines, cancer patient, supportive care

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