

総説

## メカニズムから考える，痛みに対する漢方薬の使い方

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**要旨：**国際疼痛学会の痛みの原因による分類に，従来からの侵害受容性疼痛，神経障害性疼痛に加え，第3の疼痛として痛覚変調性疼痛という新たな概念が加わった(2017年)．神経障害性疼痛と痛覚変調性疼痛，末梢の神経や組織損傷有無の違いはあるものの，共通の病態として中枢神経系における可塑的变化(中枢性感作)が関与していると考えられており，そこが治療のターゲットの一つとなる．本総説では，抑肝散を例に，漢方薬が中枢性感作に対してどのように作用しているのかを基礎研究の視点から概説し，その作用機序からどのような使い方ができるかを提案する．

**索引用語：**神経障害性疼痛，痛覚変調性疼痛，中枢性感作，抑肝散

### PAIN AND KAMPO MEDICINE Vol.32 (2023)

How to use Kampo formulae for pain symptoms  
from the viewpoint of mechanism  
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**Abstract:** In addition to nociceptive pain and neuropathic pain, a new concept called nociplastic pain was added as a third type of pain to the classification of pain by the International Association for the Study of Pain (2017). Although neuropathic pain and nociplastic pain differ in the presence or absence of peripheral nerve or tissue damage, they are thought to share common pathologies involving plastic changes in the central nervous system (central sensitization), which may be one target for treatment. In recent years, yokukansan (YKS) has become one of the most used Kampo formulae for pain treatment with an increasing body of baseline research. We outline the known and possible mechanisms by which YKS exerts its pharmacologic benefits. Furthermore, the author proposes how Kampo medicines can be used based on their mechanism of action.

**Key words:** neuropathic pain, nociplastic pain, central sensitization, yokukansan

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