

臨 床 経 験

外傷性頸部症候群に対する漢方治療の経験

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要旨：交通事故で引き起こされる外傷性頸部症候群は、頸部疼痛以外に、不安、抑うつなど精神心理的な症状をきたし、治療に難渋することをしばしば経験する。外傷性頸部症候群患者に対し、漢方薬治療を介入することで、比較的満足しうる経過を辿ることのできた4症例を通して、外傷性頸部症候群の東洋医学的病態と治療について考察した。

索引用語：外傷性頸部症候群、気・血・水の異常、精神心理的問題

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Whiplash injury treatment using Kampo medicine

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Abstract: Whiplash injury is a neck injury due to rapid back-and-forth movement of the neck.

This injury is commonly caused by car accidents. It affects the intervertebral joint, disk, ligaments, and muscles in the neck.

Many people with whiplash get better within a few weeks with pain medication and exercise.

However, some people have prolonged symptoms and fallen chronic pain, and other long-lasting complications. Patients who have experienced whiplash injury may also present with psychological symptoms, such as anxiety and depression, in addition to pain. These symptoms can often be difficult to treat.

It is not enough to improve this problem with western medicine only. By adding Kampo medicine, patients will achieve better pain control and mental condition.

We report four cases of Whiplash injury by the car accident.

All patients have no abnormality in the imaging study. They received medical treatment and rehabilitation. All patients developed chronic pain and general fatigue, insomnia, anxiety, and other mental symptoms.

We focused on the abnormal patterns of “qi” and treated with Kampo medicine.

Patients showed relatively satisfactory progress after Kampo medicine intervention. Based on these cases, we discussed the pathogenesis and treatment of whiplash injury in Oriental medicine.

Key words: Whiplash injury, Qi/blood/fluid abnormalities, psychophysiological problem

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