

## 症 例 報 告

### 胸背部の冷えと痛みに対する漢方薬の使用経験

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**要旨：**原因不明で難治性の胸背部痛に対し当帰湯の併用が奏効した2症例を経験した。症例1は、虚血性心疾患と大動脈瘤解離の既往のある60歳台男性で、瘀血、寒証、腎虚に対し、当帰湯、桂枝茯苓丸、アセトアミノフェンを使用し、3カ月後に痛みはほぼ消失した。症例2は糖尿病加療中の40歳台男性で、神経過敏・瘀血・寒証・腎虚に対し、四逆散、牛車腎気丸、当帰湯を、糖尿病性神経障害性疼痛に対するミロガバリンとデュロキセチンに併用し、7カ月後に痛みはほぼ消失した。当帰湯は、出典『先金方』では、背中に寒冷を覚え、腹部膨満感や腹痛、胸痛のあるものに用いる。本報告は、進行した血管病変(瘀血)を有する、寒証の胸背部痛で、当帰湯の血流改善・温補作用が効果的であったと考える。また、乾姜・山椒・人參の大建中湯の骨格を含む当帰湯が著効したことから、本報告の胸背部痛には、胸腹壁の体性痛だけでなく、胸腹部内臓の関連痛の要素が含まれた可能性もある。

**索引用語：**当帰湯、血管病変、瘀血、寒証、胸背部痛

### PAIN AND KAMPO MEDICINE Vol.33 (2024)

Two cases of coldness and pain in the chest and back successfully treated with tokito

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**Abstract:** We experienced two cases in which tokito was effective for intractable chest and back pain of unknown etiology. In Case 1, a man in his 60s with a history of ischemic heart disease and chronic aortic dissection was observed. He was administered tokito and keishibukuryogan based on the Kampo medical diagnosis of pattern of blood stasis, cold, and kidney deficiency. In addition to these drugs, he was prescribed acetaminophen, and the pain almost disappeared after three months. In Case 2, a man in his 40s with diabetes mellitus was observed. Shigyakusan, goshajinkigan, and tokito were administered for nervous irritability, pattern of blood stasis, cold, and kidney deficiency, in combination with mirogabalin and duloxetine for diabetic neuropathic pain. Most of his pain ameliorated in seven months. According to "Senkinyoho," tokito is used for chill in the backs, abdominal distension, abdominal pain, and chest pain. Our report suggests that the blood flow improvement and warming effect of tokito were successful for the chest and back pain caused by cold weather in our two patients who had progressed vascular lesions (blood stasis). Tokito contains three of the four crude drugs that make up daikenchuto: processed ginger, Japanese zanthoxylum peel, and jinseng. Daikenchuto has been shown to be effective in treating pain related to the organs in the chest and abdomen. The thoracic back pain addressed in this study may involve not only somatic pain from the thoracoabdominal wall but also elements of visceral-related pain in the thoracoabdominal organs.

**Key words:** tokito, vascular lesions, blood stasis, cold pattern, chest and back pain

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