

短 報

抗がん薬投与中の便秘による腹痛に対する潤腸湯の効果

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要旨：抗がん薬投与中の便秘に対し、その時の便秘の状況により潤腸湯を就寝前に2.5g～7.5g 単回投与したところ、20例全例で排便回数の増加がみられ、便性状も硬便ではなくなり、便秘による腹部膨満感や痛みも改善した。胃腸障害などの副作用は認めなかった。抗がん薬投与中は、抗がん薬ばかりでなく、制吐薬や麻薬性鎮痛薬などにより便秘になりやすい。潤腸湯は麻子仁丸の派生方でその名の通り「腸を潤す」生薬がたくさん配合されているため、抗がん薬投与中の固燥傾向の便秘には良い適応になると思われる。また、量を調整して就寝前に単回投与することにより、胃腸障害や耐性などの副作用が予防できると考えられた。

索引用語：便秘、潤腸湯、抗がん薬、就寝前単回投与

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The effectiveness of junchoto for pain due to constipation during the anticancer drug Therapy
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Abstract: For pain due to constipation during the anticancer drug therapy, single-dose of junchoto (from 2.5g to 7.5g depending on the situation) was administered before bedtime. The defecation frequency, fecal properties, abdominal pain and a feeling of abdominal bloating were improved in all 20 patients. The side effects of junchoto such as gastrointestinal disorder were not observed. Patients during the anticancer drug therapy tend to be constipated not only due to anticancer drugs but also antiemetic drugs or narcotic analgesics. Junchoto is a prescription derived from mashingan. The Chinese characters in “junchoto” originally includes the meaning of “moisturizing intestines,” and as the name implies, it contains numerous crude drugs known for the moistening effects on the intestines. Therefore, it is considered effective for constipation with a tendency toward hard and dry stools during anticancer drug therapy. In addition, administering a single-dose with proper dosage adjustment at bedtime is suggested in preventing side effects such as gastrointestinal disorder or tolerance to Rhubarb.

Key words: constipation, junchoto, anticancer drug, single-dose administration at bedtime

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