

レ ク チ ャ ー

低度炎症と疼痛の関連：漢方を用いた統合医学的アプローチ

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要旨：【はじめに】慢性疼痛は患者の生活の質を著しく低下させる要因であり，近年，「低度炎症(LGI)」がその発症と持続に関与することが示唆されている．本研究では，統合医学の視点から，LGIと疼痛の関連を整理し，漢方薬や鍼灸療法を含む治療戦略の有効性を検討する．【方法】LGIと疼痛の関連について，炎症性サイトカインの分泌，グリア細胞の活性化，酸化ストレスの増加，腸内細菌叢の異常といった病態メカニズムを文献レビューに基づき整理した．また，統合医学的介入として，漢方薬，鍼灸療法，食事・運動療法の有効性を評価した．【結果】LGIは疼痛の増悪因子として働き，統合医学的治療はその制御に有効である可能性が示唆された．特に，漢方薬は炎症性サイトカインの調整，抗酸化作用，血流改善を通じて疼痛の軽減に寄与し，鍼灸療法は神経伝達や自律神経の調整を介して鎮痛効果を発揮する．【考察】統合医学的アプローチは，西洋医学の薬物療法と併用することで相乗効果を発揮し，より包括的な疼痛管理が可能となる．【まとめ】今後の研究では，臨床試験を通じたエビデンスの強化と，分子メカニズムの解明が求められる．

索引用語：低度炎症，慢性疼痛，統合医学，漢方薬，鍼灸療法

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**The Relationship Between Low-Grade Inflammation and Pain:
An Integrative Medicine Approach with Traditional Japanese Medicine (Kampo
Medicine)**

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Abstract: Introduction : Chronic pain significantly impairs patients' quality of life, and recent studies suggest that low-grade inflammation (LGI) plays a crucial role in the onset and persistence of chronic pain. This study examines the relationship between LGI and pain from an integrative medicine perspective, focusing on the potential efficacy of Kampo medicine and acupuncture therapy.

Methods : A literature review was conducted to analyze the pathological mechanisms of LGI in pain, including inflammatory cytokine secretion, glial cell activation, increase of oxidative stress, and gut microbiota dysbiosis. The effectiveness of integrative treatments such as Kampo medicine, acupuncture, and diet and exercise interventions was also evaluated.

Results : LGI exacerbates pain, and integrative medicine approaches may help alleviate it. Kampo medicine reduces pain through cytokine modulation, antioxidant effects, and improved blood circulation, and acupuncture provides analgesic effects via neural transmission and regulation of autonomic function.

Discussion : Treatments of integrated medicine can enhance pain management when combined with conventional pharmacological therapies, offering a more comprehensive approach.

Conclusion : Further clinical trials and molecular research are needed to strengthen the scientific evidence supporting integrative medicine approaches for LGI-related chronic pain.

Key words: low-grade inflammation, chronic pain, integrative medicine, Kampo medicine, acupuncture therapy

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