

症 例 報 告

漢方薬が有用であった外傷後肋骨部痛の 1 例

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要旨：外傷後肋骨部痛に対して当帰四逆加呉茱萸生姜湯が有用であった治療例を経験したので報告する。症例は 30 歳台男性。交通事故で第 5-9 胸椎棘突起骨折と左第 6-10 肋骨骨折等を受傷した。保存的治療が行われ、骨癒合が得られたので受傷後約 3 カ月半で仕事に復帰した。しかし作業動作にて骨折部位の疼痛が再燃したため再診となった。

外傷後に生じた瘀血の状態が慢性化していると考え、まず治打撲一方を処方し、痛みは若干改善したが、それ以上の効果が得られなかった。勤務状況を聴取すると、主に冷凍庫内での作業であり、特に汗をかいた後に痛みが増悪することが判明した。脈沈細であり、本患者の証は裏寒と考え、当帰四逆加呉茱萸生姜湯を処方したところ、痛みは大幅に改善した。寒冷刺激が誘因となって慢性化した外傷後肋骨部痛に対し、温経散寒の当帰四逆加呉茱萸生姜湯が有用であったと考えられる。

索引用語：外傷後肋骨部痛、寒冷刺激、当帰四逆加呉茱萸生姜湯

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A Case of Post-Traumatic Pain in Costal Region Successfully Treated with Japanese Traditional Medicine (Kampo Medicine)

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Abstract: We report a successful case of tokishigyakukagoshuyushokyoto for post-traumatic pain in the costal region. The patient is a man in his 30s. He sustained fractures of the 5th-9th thoracic spinous processes and the left 6th-10th ribs and so on in a traffic accident. After treated conservatively, all fractures achieved bony union. He returned to work three and a half months after the injury. However, he revisited our clinic because his pain at the fracture site recurred during work movement.

We suspected the blood stasis after the injury became chronic. We prescribed jidabokuippo, and his pain improved slightly. We inquired more about his work environment, and it turned out that he worked mainly in the refrigerated warehouse. In addition, his pain worsened after sweating. His pulse showed sunken and thin, so we suspected the nature of disease stayed in the interior cold pattern. Based on this diagnosis, we prescribed tokishigyakukagoshuyushokyoto, and then his pain almost improved. As his cold working environment led to chronic pain, tokishigyakukagoshuyushokyoto, which is used as resolving cold in the body and warming the meridians formula, are considered effective.

Key words: post-traumatic costal pain, cold stimulation, tokishigyakukagoshuyushokyoto

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