

症 例 報 告

芍薬甘草湯処方困難を契機とした四逆散への変方が慢性疼痛に奏効した 1 例

佐藤 泰昌^{*1,2}

要旨：最近、通年性の感染症の流行によって、漢方薬が不足することが時にある。芍薬甘草湯処方困難を契機に四逆散を変方したところ、慢性疼痛が著明に改善した症例を経験した。症例は43歳女性。16年前からの首や背中の中の痛みのため、当帰芍薬散と五苓散を常用し、芍薬甘草湯を痛い時に頓服していた。芍薬甘草湯を処方できなくなったため、芍薬甘草湯頓服に替え、四逆散5.0g分2で投与したところ、痛みが著明に改善した。四逆散は枳実の強力な理気作用などにより、身体の中心部に留まった気が発散され、痛みをはじめとした様々な症状が改善されるのではないかと考えられる。筋肉痛をはじめとした慢性痛に遭遇した場合は、四逆散は一選択肢になると考えられた。

索引用語：四逆散、芍薬甘草湯、慢性疼痛

PAIN AND KAMPO MEDICINE Vol.34 (2025)

A Case of Conversion to Shigyakusan for Chronic Pain Following Difficulty in Prescribing Shakuyakukanzoto

Yasumasa SATO^{*1, 2}

Abstract: Recently, outbreaks of infectious disease throughout the year occasionally cause shortage of Japanese traditional medicine (Kampo medicines). I experienced a case in which chronic pain markedly improved after changing to shigyakusan due to difficulty in prescribing shakuyakukanzoto. The patient was a 43-year-old woman who had been suffering from neck and back pain for 16 years. She regularly took tokisyakuyakusan and goreisan, and single-dose shakuyakukanzoto as needed when her pain worsened. Since shakuyakukanzoto was unobtainable, I prescribed shigyakusan at total daily dose of 5.0g, administered in two divided doses. Then the pain improved markedly. I suppose that kijitsu (immature orange), one of the constituent crude drugs in the Kampo formula shigyakusan, may improve various symptoms, including pain, by promoting the movement of stagnant qi in the center of the body, owing to the powerful qi-regulating action of kijitsu.

When encountering chronic pain, including muscle pain, administering shigyakusan may be considered as a treatment option.

Key words: shigyakusan, shakuyakukanzoto, chronic pain

^{*1}Department of Obstetrics and Gynecology, Gifu Prefectural General Medical Center
Yasumasa SATO, Department of Obstetrics and Gynecology, Gifu Prefectural General Medical Center.
4-6-1, Noishiki, Gifu City, Gifu 500-8717, Japan

^{*2}Department of Oriental Medicine, Gifu Prefectural General Medical Center