

症 例 報 告

漢方薬と鍼/電気鍼治療の併用(ハイブリッド療法)で
完治した痛覚変調性疼痛を伴う難治性術後疼痛症例

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要旨：筆者は、漢方薬と鍼 漢方薬と鍼/電気鍼治療の併用(ハイブリッド療法)を神経障害性疼痛等の難治性疼痛症例に試み、有効性を確認してきた。今回は、左手首ガングリオン摘出術後の神経障害性疼痛から痛覚変調性疼痛を伴う難治性慢性疼痛を呈した症例に対して、ハイブリッド療法を外来から施行し、手の自動運動、ストレッチ等の運動療法を指導実践させた。入院時には電気鍼療法を加え、ハイブリッド療法と運藤療法を行うことで疼痛だけでなく、精神・心理状態の改善が促進された症例を経験したので提示する。異なる作用部位・機序である漢方薬治療(代謝系)と鍼/電気鍼治療(神経・脳・内分泌系)の併用は相乗・相加作用が期待でき、神経障害性疼痛だけでなく、遷延した術後痛による痛覚変調性疼痛を伴う難治性慢性疼痛に対しても効果があった。

索引用語：ハイブリッド療法, 漢方薬, 鍼/電気鍼治療, 痛覚変調性疼痛, 難治性術後疼痛

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**Complete Recovery of Intractable Postoperative Pain with Nociceptive Pain
Treated by a Hybrid Therapy of Japanese Traditional Medicine (Kampo Medi-
cine) and Acupuncture/Electroacupuncture**
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Abstract: I have experienced some cases of successful treatment with a combination of Japanese Kampo medicine and acupuncture/electroacupuncture (hybrid therapy) in patients with intractable neuropathic pain. In this paper, I present a case of chronic intractable pain with nociceptive pain following postoperative neuropathic pain due to left wrist ganglion enucleation. The patient was treated with hybrid therapy and educated a practice of active hand movement and stretch exercise initiated in the outpatient department. Electroacupuncture was added at the time of hospitalization. These treatments not only decreased pain degree, but also improved psychological condition scores. The patient was continued hybrid therapy in the outpatient department after discharge and was completely cured eventually. The combination of Kampo medicine treatment, which regulates metabolic functions, and acupuncture/electroacupuncture, which directly act on the nervous, brain, and endocrine system, can be expected to have synergistic and additive effects. This case suggests that hybrid therapy was effective not only for neuropathic pain but also for chronic intractable pain with nociceptive pain caused by protracted postoperative pain.

Key words: hybrid therapy, Kampo medicine, Japanese traditional medicine, acupuncture, electroacupuncture, nociceptive pain, intractable postoperative pain

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