

臨 床 経 験

漢方薬が有効であった三叉神経領域の
帯状疱疹後神経痛の1症例

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要旨：漢方薬の併用が有効であった帯状疱疹後神経痛の症例を経験した。50歳台、男性。X年4月に左三叉神経第1枝領域に帯状疱疹を発症し、皮膚科・脳神経内科で入院加療後、強い電撃痛を伴う持続痛と痛みによる睡眠障害のため麻酔科を受診した。プレガバリン、ロキソプロフェン、アセトアミノフェン、トラマドールによる薬物治療、神経ブロック療法を行なった。患者は痛い部分を温め対処していたため、麻黄附子細辛湯を追加し、痛みは緩和されていた。しかし発症13カ月後、疼痛が強くなったため漢方処方を見直し、麻黄附子細辛湯から四逆散に変更した。温まると悪化する強い痛みが続き、治打撲一方に変更したところ痛みが緩和され、眼前のトラマドール以外の薬剤を中止することが出来た。本症例では帯状疱疹関連痛が慢性期に温まることにより悪化するようになり、寒熱に対する痛みの変化に合わせ漢方薬を変更し、痛みの緩和とともに西洋薬の減薬をする事が出来た。

索引用語：帯状疱疹後神経痛，漢方治療，治打撲一方

PAIN AND KAMPO MEDICINE Vol.34 (2025)

**A Case of Postherpetic Neuralgia in the Trigeminal Division Successfully
Treated with Japanese Traditional Medicine (Kampo Medicine)**

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Abstract: We report a case of postherpetic neuralgia in a man in his 50s who was successfully treated with a combination of Japanese traditional medicine (Kampo medicine).

The patient developed herpes zoster in the left ophthalmic division of the trigeminal nerve in April of year X. After hospitalization and treatment at the Department of Dermatology and Neurology, he was referred to the Department of Anesthesiology because of persistent pain with severe electric shock-like pain and pain-induced sleep disturbance.

The patient was treated with pregabalin, loxoprofen, acetaminophen, tramadol, and nerve block therapy. The patient was coping by warming the painful area, and he was also prescribed maobushisaishinto, which relieved his pain.

However, 13 months after onset, warming no longer alleviated the pain and rather worsened it. Kampo medicine was changed from maobushisaishinto to shigyakusan, but the pain that worsened with warmth persisted. The pain was relieved when the treatment was switched to jidabokuippo, and all medications except tramadol before sleep were discontinued.

In this case, herpes zoster-related pain became worse when the patient warmed up during the chronic phase, and by adjusting the Japanese traditional medicine according to pain in response to cold and heat, the Western medication was successfully tapered along with pain relief.

Key words: postherpetic neuralgia, Japanese traditional medicine, Kampo medicine, Jidabokuippo

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