

呉茱萸湯による脊椎麻酔後頭痛に対する効果

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要旨: 脊椎麻酔後頭痛 (post-spinal headache, 以下 PSH) は, くも膜下腔穿刺後に起こる不快な合併症である。発症後数日以内に通常は自然軽快することが多いが, 通常ベッド上安静, 鎮痛薬・制吐薬投与, 輸液などで対応し, 難治例には硬膜外自家血注入が行われることもある。

今回, PSH を訴えた術後患者52名 (年齢20~64歳, 男23名, 女29名) に対し, ツムラ呉茱萸湯エキス剤 (7.5g 3×, 以下呉茱萸湯) を PSH を訴えた日から3日間投与した結果, 投与開始後12時間以内に頭痛が自制可能にまで改善した“著効”例が16例, 同様に24時間以内に改善した“有効”例が16例あった。有効例では頭痛・項部痛と共に悪心も改善することが多く, また投薬による副作用は認められなかった。

効果判定には慎重を期すべきだが, 特に証を考慮せずに投与し良好な成績を得たので, 呉茱萸湯は PSH とその随伴症状に対して簡便で有効な治療法による可能性があると考えた。

索引用語: 呉茱萸湯, 漢方薬 (漢方療法), 腰椎麻酔, 頭痛, 脊椎麻酔後頭痛 (PSH)

Effects of the Kampo formulation Goshuyu-to on the post-spinal headache

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Abstract: Post-spinal headache (PSH) is one of the most unpleasant complications following subarachnoidal anesthesia. Generally accepted measures to treat PSH are bed rest, drug therapy and transfusion, but commonly used drugs (analgesics and antiemetics) can cause some adverse effects. Patients not responsive to those may be helped by epidural blood patch (EBP), but it is not simple and cannot be a routine therapy.

In order to establish a simple and safe therapy, effects of the Kampo formulation Goshuyu-to (extract 2.5g tid; usually used for various kinds of headache including migraine with co-existing symptoms, such as nausea, vomiting, stiff neck and shoulders, and chill in the abdomen) was assessed among 52 postoperative patients (20~64 yr of age). Goshuyu-to was started when patients began

(原稿受付 1992年4月17日)

to complain of PSH and administered for 3 days. PSH diminished within 24 hours after the administration to the level at which no more therapy was needed in 32 patients. Among the rest, PSH diminished to the same level within 48 hours in 12 patients. In most patients well reacted to the drug, accompanying symptoms such as nausea and stiff neck also disappeared.

Authors think that Goshuyu-to administration can be a simple and effective therapy for PSH and accompanying symptoms.

Key words: Goshuyu-to, Kampo therapy, post-spinal headache