

脳卒中に伴う慢性頭痛の漢方療法

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要旨： 脳卒中後の慢性頭痛60症例（脳梗塞32, 脳出血20, 多発性脳梗塞 8例）を対象に、釣藤散を32週間投与し、その効果を検討した。効果は①頭痛の強さ、②頭痛発現頻度、③鎮痛剤の使用量の3項について数量的に評価した。その結果、頭痛がほぼ完全に消失し、鎮痛剤を中止できたのは7例、評価3項全てが30%以下になったのは29例、評価項目の中1項目が30%以下になった11例、無効10例、悪化症例はなく、中途脱落は3例であった。釣藤散の薬理作用として、①鎮静、抗痙攣、血圧降圧など中枢神経抑制による“緊張性”頭痛の軽減、②頭頸筋過剰収縮の改善、筋内血管拡張と循環改善作用、③うつ傾向を改善することによる慢性頭痛の軽減作用、④セロトニン代謝への作用などが推定された。本剤は脳卒中後の慢性頭痛に対して高い効果があり、今後臨床面で有用であろう。

索引用語： 脳卒中, 慢性頭痛, 治療, 漢方

Kampo medicine on patients with chronic headache following cerebral stroke

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Abstract : Clinical effect of Choto-san (TJ-47) on chronic headache in 60 patients with cerebrovascular stroke was, quantitatively, evaluated. Subjects consisted 32 patients with cerebral infarction, 20 with cerebral hemorrhage and 8 with multiple cerebral infarction. Daily dosis of 7.5 grams Choto-san was administrated divided 3 times after each meal with the informed consensus for 8 months. Drug effect was assessed with following 3 parameters : 1) headache severity, 2) headache attack frequency and 3) consumption of lenitives or analgesics.

A prominent effect was obtained in 7 out of 60 subjects tested (11.7%). Headache was completely improved and no lenitives was requisited. Mild effect was observed in 29 cases (48.3%) and slight effect was in 11 patients (18.8%) out of 60 patients. Three patients dropped out. No serious side effect was noted except only one patient complained mild nausea with epigastralgia after administration of the drug.

Choto-san has various pharmacological action both in the central nervous system and peripheral circulation, including of mild sedative and antispasmodic effects and microcirculation enhancing action, especially in the skeletal muscles. These multiple, mild, effects might be helpful for release from severe chronic headache in patients with cerebral stroke. We summarized in this report that

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Choto-san could be an essential drug for headache in patients with cerebral stroke.

Key words : cerebral stroke, chronic headache, therapy, drug, Kampo medicine