

総説

機能性月経困難症における芍薬甘草湯の visual analogue scale(VAS)による 除痛効果の検討

島田 洋一 赤羽日出男

木下隆央 内木亮介

日本医科大学附属第二病院麻酔科

要旨：痛みの指標として、10 cm visual analogue scale(VAS)を用いたアンケートを行ったが、月経痛を他覚的に評価するのに有用であった。VASの値が5.0 cm以上で毎回の生理痛が強く、日常生活に何らかの支障をきたすと回答した者の中で、機能性月経困難症と診断された者を対象として、ツムラ芍薬甘草湯の前投与による除痛効果を検討した。服用中は症状日誌にVASの値を記載させ、また月経終了時点で、痛みの改善度を4段階で評価させた。芍薬甘草湯の服用により、VASの値は治療前と比較して有意に減少し、服用後のアンケートによる疼痛緩和の評価は高かった。思春期後期から比較的若い婦人に多い機能性月経困難症の治療において、NSAIDsの反復投与やホルモン療法は将来の妊娠を含め不安感を持つ女性も多く、芍薬甘草湯は有用な漢方薬であり、前投与は有効な投与方法であると考えられた。

(痛みと漢方7:17-24, 1997)

索引用語：機能性月経困難症、月経痛アンケート、VAS、芍薬甘草湯

The assessment of pain relief effect by Shaku-yaku-kan-zou-to for functional Dysmenorrhea on the visual analogue scale(VAS)

Yoichi Shimada, et al.

Department of Anesthesiology, Nippon Medical School, II-Hospital

Abstract : We suggested that the 10 cm visual analogue scale(VAS) was an effective method for an objective evaluation of dysmenorrhea. We assessed the analgesic effect of Shaku-yaku-kan-zou-to before and during menstruation. Patients were diagnosed as functional dysmenorrhea, suffering from severe dysmenorrhea during each menstruation, and this caused them some trouble in daily life. Accordingly, their score of VAS was more than 5.0 cm.

Patients scored the VAS on the pain record notes during the administration of Shaku-yaku-kan-zou-to. At the end of menstruation, patients put the pain relief into 4 different grades. The administration of Shaku-yaku-kan-zou-to, significantly decreased the VAS of dysmenorrhea, and the patient assessment of pain relief was effective.

There were a great number of teenagers and young women suffering from functional dysmenorrhea. Many of them were anxious about the repeated administration of NSAIDs or some kinds of hormone as a treatment of menorrhoea. Shaku-yaku-kan-zou-to was a popular Kampo-drug, and we suggested that the preadministration of this drug was effective.

(Pain and Kampo Medicine 7:17-24, 1997)

Key words : functional dysmenorrhea, Shaku-yaku-kan-zou-to preadministration, VAS