

症 例 報 告

脳血管障害に伴う頭痛と漢方治療

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要旨：脳血管障害に伴う慢性頭痛に対して3種類の漢方薬を投与し、その効果について検討した。

対象は当科外来に通院する脳血管障害の患者で慢性の頭痛を訴える87例(クモ膜下出血19例, 脳出血28例, 脳梗塞40例)である。漢方薬は呉茱萸湯(38例), 黄連解毒湯(34例), 釣藤散(15例)でツムラエキス顆粒7.5g, 分3として8週間以上投与した。効果は「著効」, 「有効」, 「やや有効」, 「無効」の4段階で判定した。呉茱萸湯ではやや有効以上が27例(71.1%), 黄連解毒湯では20例(58.8%), 釣藤散では9例(60.0%)であった。副作用は黄連解毒湯で消化器症状を1例で認めたが投与の中止で改善した。また, 黄連解毒湯と釣藤散を投与した患者において, 投与前と投与後にSPECTで健側大脳半球の平均脳血流量を測定したところ, 黄連解毒湯では「著効」「有効」例で平均3.18 ml/100 g/min.の増加, 釣藤散では「やや有効」以上の例で平均4.25 ml/100 g/min.の増加を認めた。

脳血管障害に伴う慢性の頭痛において, 3種類の漢方薬が有用であったが, 血流改善作用が奏効機序の一つと考えられた。

索引用語：慢性頭痛, 脳血管障害, 呉茱萸湯, 黄連解毒湯, 釣藤散

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Kampo therapy for chronic headache after cerebrovascular disease

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Abstract : Three kinds of Kampo were administered to patients with chronic headache caused by cerebrovascular disease.

Subjects in this study were 87 cases of cerebrovascular disease complaining chronic headache.

Goshuyu-to was administered to 38 patients, Oren-gedoku-to to 34 patients, and Choto-san to 15 patients. In all the cases Kampo was administered for more than 8 weeks. Among 38 patients to whom we administered Goshuyu-to, 27 patients (71.1%) showed effective results.

As for Oren-gedoku-to, 20 patients (58.8%), and for Choto-san, 9 patients (60.0%) showed effective results, respectively.

Regarding side effects, digestive symptom was observed in one patient treated with Oren-gedoku-to. However the symptom improved with the stoppage of administration.

SPECT examination showed an increase of the blood flows in patients treated with Oren-gedoku-to and Choto-san.

The results suggest 3 kinds of Kampo were effective for chronic headache caused by cerebrovascular disease. An increase of the blood flow is considered to be one of the factors for the improvement.

Key words : chronic headache, cerebrovascular disease, Goshuyu-to, Oren-gedoku-to, Choto-san

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