

原 著

葛根湯と生活指導による緊張型頭痛の治療

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要旨：緊張型頭痛が強く、生活に障害を来している患者68名に対して、葛根湯の投与と平行して関係因子の改善をめざした生活指導を徹底させた。頭痛の程度を5段階評価で表し治療効果を検討した。頭痛は後頭部、球後部に強く、眩暈、嘔気をしばしば訴え、強い肩こりを伴っていた。頭痛は2週目には著明な改善が63%、改善以上が92%であった。4週後にはさらに改善し著明な改善は91%に達し、本法は大変有効な治療法であった。

索引用語：緊張型頭痛、慢性頭痛、葛根湯、生活指導

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Treatment of tension-type headache with Kakkon-to, combined with advice about lifestyle

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Abstract: Sixty-eight subjects suffering from tension-type headaches were treated with Kakkon-to, combined with medical advice about lifestyle. The headaches were considerably strong and their lives were highly disturbed.

The degree of severity of the headaches were divided into 5 grades and the analgesic effects of the treatment were evaluated. The headaches were mainly occipitalgia and frequently associated with retrobulbar pain, nausea and dizziness. Almost all the subjects were suffering from stiff shoulders, and their occipital nerves were sensitive. The combination of the Kakkon-to with the advice about lifestyle, including stretching exercises of the neck and shoulders, was extensively performed. Two weeks after the beginning of the treatment, remarkable improvement was recognized in 63% of the subjects, and significant improvement in 92%. Four weeks later, remarkable improvement was seen in 91% and significant improvement in 97%. The analgesic effect of Kakkon-to, combined with advice about lifestyle seemed to be quite significant.

Key words: tension-type headache, chronic headache, Kakkon-to, advice about lifestyle