

症例報告

加味逍遥散が奏効した、慢性頭痛症の1例

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要旨：ペインクリニック診療では、頭痛、顔面痛の頻度は多い。急性期や一過性の頭痛においては、NSAIDsや安定薬を使用することが多いが、慢性頭痛に対しては、副作用の少ない漢方薬が良い適応となりうる。今回、星状神経節ブロック（以下SGB）に漢方薬の加味逍遥散（TJ-24）の併用が極めて効果的であった慢性頭痛症の1例を経験した。症例は、62歳女性。1994年からAuraを伴う頭痛発作が生じ、1999年から当科で、左右交互のSGBを主軸とした治療を開始した。治療開始して4カ月目に症状の改善が頭打ちとなり、漢方薬の適応を考慮した。まず、呉茱萸湯（TJ-31）を投与したが、下痢、眩暈、腹痛が生じた。そこで、冷えと瘀血の証に着目すると共に以前から生じていたイライラ感と心理テスト結果をも考慮し、駆瘀血薬の加味逍遥散（TJ-24）に変方したところ、1週間後から頭痛発作の頻度が減り始め、1カ月後には、エルゴタミン製剤は不要となり、その後、頭痛発作がほぼ消失した。現在、加味逍遥散のみの服用より症状は消失している。加味逍遥散（TJ-24）の著効例と考えられた。

索引用語：慢性頭痛、星状神経節ブロック、漢方治療、加味逍遥散（TJ-24）

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A chronic headache alleviated with Kami-shoyo-san

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Abstract: At a pain-clinic service we have many patients with headache or prosopalgia. NSAIDs or tranquilizers are usually prescribed for patients with acute or transient headaches, but Kampo medicines are preferred for patients with chronic headaches, because they have less side-effects. We found that stellate ganglion block (SGB) would be more effective if we used Kami-shoyo-san (TJ-24) together. A 62-year-old woman patient developed headaches with aura in 1994. The symptom continued until SGB was performed on the left and right side alternately when she visited our service in 1999. Her pain eased but improvement in her condition stopped 4 months after we started the block. We thought some Kampo medicine should be administered and first Goshuyu-to (TJ-31) was given. However, the patient complained of diarrhea, dizziness, and stomachache. Taking the psychological test she had taken and the irritation she had had previously as well as the chill and oketu (impure blood) she had, Kami-shoyo-san, which is effective for oketu, was administered. One week after the medication, her headache became less frequent in a month, the medication of ergotamine became unnecessary, and her headache has almost disappeared afterwards. She is now taking Kami-shoyo-san only, and does not complain of headache. Her case goes to show that Kami-shoyo-san is very effective for headache.

Key words: chronic headache, stellate ganglion block, Kampo therapy,
Kami-shoyo-san (TJ-24)