

## 症 例 報 告

# 漢方併用による心身医学的治療が有効であった 線維筋痛症の1症例

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**要旨：**症例は、38歳女性、既往歴、家族歴に特記すべきものを認めず、2,3年前より両上肢から体幹部にかけて腫脹疼痛をきたすようになり、近医で消炎鎮痛剤等の投薬治療を受けていたが、症状の改善がみられず受診に至った。今回、経過より線維筋痛症と診断し、当帰四逆加呉茱萸生姜湯 (TJ-38)、疎経活血湯 (TJ-53)、ブシ末の漢方治療、心身医学的治療により症状の改善を認めたので報告する。

**索引用語：**線維筋痛症、当帰四逆加呉茱萸生姜湯、疎経活血湯、ブシ末、心身医学的治療

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### A Patient with Fibromyalgia Successfully Treated with Kampo Medicine and Psychosomatic Therapy

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**Abstract:** A 36-year-old woman with symptoms of head heavy sensation, irritation, insomnia, suffered from muscle pains of upper extremities, arthralgia, and back pain. She had already been treated with anti-inflammatory agents, but these medicines were not very effective in relieving her symptoms. We diagnosed her disease as fibromyalgia and gave her Toki-shigyakuka-goshuyu-shokyu-to (TJ-38), Sokei-kakketusu-to (TJ-53), Bushi-matsu. We also did psychosomatic therapy for the patient. Her symptoms gradually disappeared, and she almost completely recovered unexpectedly in several months.

**Key words:** fibromyalgia, Toki-shigyakuka-goshuyu-shokyu-to, Sokei-kakketusu-to, Bushi-matsum psychosomatic therapy

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