

症 例 報 告

釣藤散と西洋薬による慢性筋緊張型頭痛に対する
臨床効果の比較田中俊英*^{1,2,*3} 長谷川譲*¹ 神吉利典*¹
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要旨：筋緊張性頭痛（MCH）は慢性頭痛を主訴として外来を訪れる患者の約70%を占める。今回、MCHに対する釣藤散（TJ-47）と西洋薬の臨床効果についてアンケート形式で評価した。当科外来を受診してMCHと診断された患者435例の内訳は釣藤散群280例、西洋薬群155例であった。治療期間は14日間とし、頭痛、頭重感、眩暈、肩凝り、首の張り、不安焦燥感、睡眠障害の7項目の自覚症状についてアンケート調査し、患者の満足度に従い6段階で評価した。各症状の改善率は両群ともに60～70%であり、ほぼ同等の効果であった。65歳以上の女性に限ると、釣藤散群の方が西洋薬群より著効率は高かった。また西洋薬群では副作用や症状が悪化した症例が5～15%であったのに対し、釣藤散群では眩暈が7.7%で悪化した以外、副作用は認めなかった。以上の結果より釣藤散（TJ-47）は西洋薬と同様に頭痛、頭重感などのほか不安焦燥などの精神症状についても有意に改善し、安全性が確認された。釣藤散（TJ-47）は慢性頭痛患者のQuality of Lifeを高めるのに有用な薬剤と考えられた。

索引用語：緊張型頭痛、釣藤散、漢方薬、鎮痛剤

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Comparison of Clinical Effects of TJ-47 and Pain Killers
on Chronic Muscle Contraction Type HeadacheToshihide Tanaka *^{1,2,3}, Yuzuru Hasegawa *¹, Toshinori Kanki *¹,
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Abstract: We analyzed the clinical effects of Chinese medicine named Chou-to-san (TJ-47) and pain killers for chronic muscle contraction headache. 264 outpatients diagnosed as chronic muscle contraction type headache were divided in two groups. One group was treated by TJ-47, and the other by pain killers in combination with eperisone hydrochloride, loxoprofen sodium, and etizolam. Two weeks after administration, the clinical effects on symptoms such as headache, head heaviness, dizziness, shoulder heaviness, neck stiffness, anxiety, and sleeplessness were evaluated by interview to individuals. The effectiveness of the treatment was assessed in five grades, excellent, good, no change, unsatisfied, and deteriorated. The overall clinical effects of both groups were almost the same. However, TJ-47 was more effective for women over 65 years old. Curing percentage of symptoms treated with TJ-47 was around 60-70 %. Adverse effects of pain killers occurred between 5 and 15 %, while those of TJ-47 were not observed except when dizziness was deteriorated at the rate of 7 %.

These results suggest that TJ-47 was as effective as pain killers, especially for elderly women who suffer from chronic muscle contraction type headache to cure headache, head heaviness and mental disorder related to this disease, resulting in improvement of their quality of life.

Key words: muscle contraction headache, TJ-47, pain killer, Chinese medicine

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