

症 例 報 告

頭痛に対する漢方薬の適応・効果

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要旨：頭痛に対しての漢方薬治療には様々な方剤が用いられているが、その有効性についてはまとまった報告が少ない。今回我々は頭痛患者に対し、主に虚実及び気血水の異常に基づいて方剤を選択、処方したところ、15例中11例に有効または著効を示した。漢方治療は慢性機能的頭痛に対する治療のひとつとして選択されてよいと考えられた。

索引用語：頭痛，漢方薬，東洋医学的診断

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Clinical choice of Kampo medicine and its effects on chronic headache

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Abstract: Kampo medicine has been widely used to treat chronic headache, but there are few reports which refer to the oriental medical diagnosis related to the choice of medicine for an individual patient and its efficacy on headache. We prescribed Kampo medicine for patients with chronic headache, based on the oriental medical diagnosis, especially by evaluating the conditions of kyo or jitsu (deficiency or excess) and ki, ketsu, sui (Qi, blood, stagnation, fluids). Eleven out of 15 patients showed good or excellent pain relief after 4 weeks of medication. Kampo medicine may be a treatment of choice for patients with chronic headache.

Key words: headache, Kampo medicine, oriental medical diagnosis

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