

症例報告

不可解な愁訴を訴えた慢性疼痛・慢性疲労の1例 (ME/CFS)

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要旨：症例は58歳，男性，高校教師。主訴は「音（低周波）により全身の筋痛が惹起される。ひどくなると立位さえ困難である。そのため，一般家屋では生活できない。静謐な高校の体育館に寝泊まりしている。」であった。臨床検査では， γ -グロブリンが高値であり，慢性肝炎（アルコール性肝炎）であった。音が気になり眠れないために，多量のアルコールを摂取した。東洋医学的所見では，中間証，胸脇苦満，腹直筋の攣宿，瘀血証が著明であり，頸部から下肢にかけて圧痛点が認められた。線維筋痛症と考えられたが，その他の愁訴が多すぎ，不可解な疼痛患者という印象であった。ME/CFS (myalgic encephalopathy / chronic fatigue syndrome) の診断基準のひとつに「音に過敏」があり，他の点でもその基準に本症例は合致した。証から柴胡桂枝湯を用いた。経過は良好である。

索引用語：線維筋痛症，ME/CFS（筋痛性脳症・慢性疲労症候群），柴胡桂枝湯

PAIN AND KAMPO MEDICINE Vol.16 (2006)

A case of chronic pain and chronic fatigue with mysterious complaints (ME/CFS)

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Abstract: The case was a 58-year-old man, a senior high school teacher. His main complaint was "Myalgia affecting my whole body develops by a low frequency sound. Even standing position is difficult for me, if I become terrified. Therefore I cannot live in a general house. I used to live in the gymnasium of the senior high school where I teach, which was peaceful and calm." By investigations, a γ -globulin showed a high value, and our diagnosis was chronic hepatitis (hepatitis alcoholic). Because he was too much annoyed by the sound to sleep, he used to drink a large quantity of alcohol. According to an Oriental diagnosis, we identified *chukansho*; medium strength of the body, *kyoukyoukuman*; hypochondralgia, spastic abdominal muscles and *Oketsu* syndrome; blood stasis. *Oketsu* was serious, and tenderness points were recognized from the neck down to the lower limbs. He was suspected of fibromyalgia syndrome but he had too many other complaints, and therefore, we had an impression of a mysterious pain patient.

"Erethism (oversensitivity) to a sound" is one of the diagnostic standards of ME/CFS (myalgic encephalopathy/ chronic fatigue syndrome), and this case met the standard even at other points. Oriental herbal formulae, medication of *saikokeisito* was considered to be useful for this case. The patient has been recovering ever since.

Key words: fibromyalgia syndrome, ME/CFS (myalgic encephalopathy/chronic fatigue syndrome), Saikokeisito

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