

症 例 報 告

## 加味帰脾湯により改善した筋痛性脳症/慢性疲労症候群 (Myalgic Encephalopathy / Chronic Fatigue Syndrome, ME / CFS) の 1 例

喜山克彦<sup>\*1,\*2</sup> 永田勝太郎<sup>\*2</sup> 岡野 寛<sup>\*2</sup>  
長谷川拓也<sup>\*2</sup> 大槻千佳<sup>\*2</sup> 廣門靖正<sup>\*2</sup>

**要旨：**症例は37歳，女性，専業主婦。主訴は左顔面痛，頭痛，肩こり，左上肢のしびれ，腰痛，光に対する過敏性，不眠，易疲労，食後の心窩部痛，下痢しやすい，立位後の動悸，思考力低下，集中力の低下，イライラ感と多彩であった。平成10年，乗用車の運転中右側から衝突され受傷した後多彩な症状が次々と出現した。平成18年3月当院を受診した。VAS 76mm / 100mm，心胸郭比36%，Schellongの起立試験に伴う血行動態検査により，臥位・立位ともに低血圧および心係数の低下が認められた。ME / CFSと診断された。東洋医学的所見により加味帰脾湯エキス顆粒（TJ-137）7.5g / 日を処方した。4週間後症状は軽減した（VAS 20mm）。交通事故の多彩な症状の器質的原因は低髄液圧症候群（脳脊髄液減少症）等多説あり，ME / CFSとの関連を検討することが重要である。

**索引用語：**ME / CFS（筋痛性脳症 / 慢性疲労症候群），線維筋痛症，加味帰脾湯，  
低髄液圧症候群（脳脊髄液減少症）

### PAIN AND KAMPO MEDICINE Vol.17 (2007)

A Case of Myalgic Encephalopathy / Chronic Fatigue Syndrome (ME/CFS)  
Treated Effectively by Kampo Therapy with Kamikihito  
Katsuhiko Kiyama<sup>\*1,2</sup>, Katsutaro Nagata<sup>\*2</sup>, Kan Okano<sup>\*2</sup>,  
Takuya Hasegawa<sup>\*2</sup>, Chika Otsuki<sup>\*2</sup> and Yasumasa Hirokado<sup>\*2</sup>

**Abstract:** This case was a 37-year-old married woman with no job. She complained of various symptoms such as left facial pain, headache, neck stiffness, numbness in her left leg, lumbago, photosensitivity, insomnia, easy fatigability, epigastralgia after meals, diarrhea, palpitation after standing up, difficulties in thinking, concentration deficit and feeling of irritability. After her car was crushed on the light side in 1996, she developed such various symptoms. She came to our hospital on March 10th, 2006. She showed Visual Analog State (VAS) at 76mm/100mm, Cardiothoracic Ratio (CTR) at 36%, and hypotension with low cardiac index by hemodynamic examination with Schellong's tilting test. She was diagnosed as myalgic encephalopathy / chronic fatigue syndrome (ME/CFS). We prescribed 7.5g kamikihito extract (Formula reverti lienalis compositae) after the Oriental medical evaluation. 4 weeks after she started the therapy, she improved on a VAS by 20mm. We concluded that a lot of factors including intracranial hypotension (cerebrospinal fluid hypovolemia) are thought to be etiology of the various symptoms after the traffic accident, so it is important to evaluate the relationship between ME/CFS and such factors in future.

**Key words:** ME/CFS (Myalgic Encephalopathy / Chronic Fatigue Syndrome), fibromyalgia, Kamikihito, intracranial hypotension (cerebrospinal fluid hypovolemia)

<sup>\*1</sup> Iki-iki Rehabilitation Hospital Department of Orthopedic Surgery

*Offprint requests to:* Katsuhiko Kiyama, Iki-iki Rehabilitation Hospital Department of Orthopedic Surgery, Iki-iki Rehabilitation Hospital, 1640-1 Tenma Fuji-City, Shizuoka 419-0205, Japan

<sup>\*2</sup> Hamamatsu University Hospital, Department of Psychosomatic Medicine