

症 例 報 告

加味逍遙散が奏功した慢性頭痛の1例

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要旨：症例は70歳男性，頭痛を主訴に来院．X-27年交通事故に遭いM病院に搬送，脳挫傷と診断され加療されたが，その頃より頭痛が出現．様々な科で加療され，近医でジアゼパムの点滴を毎週数回行うも軽快しなかった．初診時Schellongの起立試験に伴う血行動態反応検査で起立性高血圧反応を認め，頭部MRIにてlacunae型脳梗塞を認めた．東洋医学的所見：虚実中間症．顔面紅潮，細絡，暗赤色の口唇が特徴的で，舌は淡白色・胖大，黄膩苔で覆われ，舌下静脈怒張をみとめた．脈は弦，中間証，腹診で脇胸苦満，右腹直筋の緊張，臍傍部，S状部，回盲部の圧痛抵抗を認めた．経過：はじめ起立性高血圧反応の治療として β ブロッカーおよび抗血小板薬を投与し，起立性高血圧反応は改善した．しかし，頭痛は持続するため釣藤散（TJ-47）7.5g/日を処方したが，改善しなかったため，加味逍遙散（TJ-24）7.5g/日に変更した後，頭痛は改善され，近医で点滴する回数も減少した．加味逍遙散は白芍薬，当帰，牡丹皮を含み駆瘀血作用のある薬剤で，この作用は釣藤散にはない．東洋医学では久病は瘀血を伴うと考えられており，本症例は交通事故後27年間頭痛に悩まされており，瘀血が重大な病理であったと考えられた．このような頭痛には加味逍遙散も試みる方剤の一つと考えられた．

索引用語：慢性頭痛，瘀血，加味逍遙散

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A case of chronic headache improved by kamishoyosan (Jia-wei-xiao-yao-san)

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Abstract: This case was a 70-year-old male with chief complaint of chronic headache. In 1979, he had a traffic accident, carried to M. hospital where he was diagnosed brain contusion and had several treatments for his injury. After that he developed chronic headache. He had treatments in various clinics and injected saline with diazepam a few times a week in the clinic near his house, although his headache didn't improve. At his first visit, his hemodynamic reaction accompanied with Schellong's tilting test showed orthostatic hypertension, and multiple lacunae cerebral infarction was found in his brain MRI. According to the traditional Oriental medicinal points of view he showed asthenia and robust (xu shi) constitution, flushed face, spider angioma, dark red lips, pale swollen tongue with yellow greasy coat, and overswelling of sublingual vein. His pulse was a string-like (xian mai), asthenia and robust (xu shi) type, and his abdominal examination showed tenderness and discomfort of the hypochondrium (xiong xie ku man), strained right rectus muscle of abdomen, and tenderness and resistance of the area surrounding the umbilicus and both sides of the hypogastrium. At first for his orthostatic hypertension he had β -blocker and antiplatelet medicine which improved this. However he still had chronic headache and was prescribed 7.5mg of Cho-to-san (Diao teng san) extract granules. Because Cho-to-san (Diao teng san) was not effective for his headache, it was changed to kamishoyosan (Jia-wei-xiao-yao-san) extract granules. This improved his headache and he didn't need to have saline with diazepam as many as he used to. kamishoyosan (Jia-wei-xiao-yao-san) has several crud herbs with anti blood stagnation (Yu xue) effect such as white Syaku-yaku (shao yao), To-ki (dang gui) and Botan-pi (mud an pi) though Cho-to-san (Diao teng san) doesn't have this effect. Traditional Oriental medicine says that chronic diseases are due to blood stagnation (Yu xue). This case had suffered from headache since the traffic accident for 27 years, which indicated that blood stagnation (Yu xue) had played an important role in the pathogenesis of his problem. This case suggested that kamishoyosan (Jia-wei-xiao-yao-san) be tried for such headache.

Key words: Chronic headache, Blood stagnation (Yu xue), kamishoyosan (Jia-wei-xiao-yao-san)

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