

症 例 報 告

難治性慢性頭痛に対し 種々治療を行ってきたが捗々しくなく、 桂枝人參湯エキスで著明な改善をみた一例

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要旨：長年頭痛、頭重感、項部・肩の凝りを訴える55歳の男性患者に対し、緊張型頭痛や片頭痛のような機能的頭痛と考えて、薬物治療に局注、星状神経節ブロックなどを続けてきたが、その経過は捗々しくなく、頭痛時には鎮痛薬の服用は欠かせなかった。その後多忙で時々しか受診できず、頭痛時には鎮痛薬を続けていた。

初診より9年後頭痛を訴えて受診した際、改めて四診を行い、この患者が以前から寒がり、風邪をひき易く、胃の調子も悪く、下痢気味で、冷たいものは飲まないようにしているとい、腹診上も心下痞硬もみられたので、裏寒があり、気の上衝による頭痛があり、「表裏が解していない状態」と考えられたので、桂枝人參湯エキス7.5g/日を投与した。その後長年続いていた頭痛は次第に改善し、鎮痛剤の服用も必要なくなり、経過良好にて桂枝人參湯エキスも廃棄したが、現在に至るまで頭痛は訴えていない。

慢性頭痛で、経過が思わしくない場合には、その都度四診を行い、たとえ傷寒論の条文に云う悪寒、発熱のような急性期の症状を伴わなくても、冷え症で、胃が弱く、腹診でも心下痞硬がみられるような場合、即ち「表裏不解者」には、随証治療により桂枝人參湯を用いれば、既に藤平、宮崎・盛も報告しているように、有効な症例がかなり多いのではないかと考えられる。

索引用語：慢性頭痛、表裏解せざる者、桂枝人參湯エキス

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A case of chronic headache, cured with keishininjinto extract

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Abstract: A 55 year-old male patient with a chronic headache had been treated with various kinds of medications, local block of the pain with anesthetics and Stellate Ganglion Block (SGB) for several years, but his headache has never been improved completely. Since then he took only painkillers anytime he had severe headache. After 9 years later, the patient came to our clinic. Then his headache remained unchanged. He also said that he'd become very sensitive to the cold, easily caught cold, had poor digestion and loose bowels. By the kampo diagnosis on the abdomen, he showed "shinka-hiko" (the hardness and tenderness in the upper abdomen) and "rikan" (coldness syndrome due to the stomach and kidney weakness in herbal medicine) was also recognized by the medical interview, and headache due to the rising of ki ("qi") to the head.

Therefore, keishininjinto, 7.5g/day was administered. After the Kampo treatment, his headache was gradually relieved and was finally cured.

It is suggested that keishininjinto (decorticated medicine) or even its extract can be effective for the relief of chronic headache, if the patient shows the above-mentioned syndrome, such as easy sensitivity to the cold, easily catching cold, weak gastro-intestinal condition, and/or shinka-hiko, as reported by Fujihira, Miyazaki and Mori, even if the patient has not any acute syndrome (chill and fever), already shown in "shokanron".

Key words: chronic headache, keishininjinto

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