

症 例 報 告

呉茱萸湯と塩酸ロメリジンの併用が
有効であった片頭痛の1症例

村田寛明* 境 徹也* 青木 浩* 押淵素子* 澄川耕二*

要旨：呉茱萸湯は古くから片頭痛に対する有効性が示唆されており、近年の報告では本邦で一般に用いられる塩酸ロメリジンと同等の片頭痛予防効果を持つとされる。今回、呉茱萸湯と塩酸ロメリジンの併用が有効であった片頭痛症例を経験した。症例は43歳男性。6年前より両側後頭部痛が出現し、非ステロイド性消炎鎮痛薬の内服を開始した。1年前に症状が悪化した。トリプタン薬など種々の薬物は無効で、ほぼ毎日ジクロフェナクを内服していた。当科初診時に片頭痛、および薬物乱用頭痛の疑いと診断し、呉茱萸湯および塩酸ロメリジンの内服と頭痛日記を開始した。治療開始後、頭痛は徐々に軽減した。治療開始5週間後よりスマトリプタン点鼻薬を併用し効果を認めた。治療開始8週間後には、頭痛の強度はさらに軽減し頻度も減少した。ジクロフェナクはほぼ使用しなくなった。呉茱萸湯と塩酸ロメリジンの併用は、片頭痛治療の有用な選択肢の1つである。

索引用語：片頭痛、薬物乱用頭痛、呉茱萸湯、塩酸ロメリジン

PAIN AND KAMPO MEDICINE Vol.19 (2009)

Successful treatment of migraine with goshuyuto (TJ-31)
in combination with lomerizine hydrochloride — a case report —Hiroaki Murata*, Tetsuya Sakai*, Hiroshi Aoki*,
Motoko Oshibuchi* and Koji Sumikawa*

Abstract: Prophylactic drugs are useful when migraine attacks are frequent or severe and the acute treatments such as triptans or non-steroidal anti-inflammatory drugs (NSAIDs) are not effective. Lomerizine hydrochloride is recommended as the first-line prophylactic drug because it is licensed as a preventive drug for migraine in Japan. Goshuyuto (TJ-31) is a typical kampo medicine used for chronic headache including migraine, although its effectiveness has not to be fully evaluated scientifically. We report a patient with migraine successfully treated with TJ-31 in combination with lomerizine hydrochloride. A 43-year-old male patient with severe chronic daily headache was referred to our clinic. Medication with triptans, anxiolytics or central neuromuscular relaxants was ineffective for his headache, and he had been taken NSAIDs twice a day for at least one year. We diagnosed his headache as migraine and as the medication-overuse headache. Combined use of TJ-31 and lomerizine hydrochloride gradually alleviated the headache and decreased the dose of NSAIDs. We added sumatriptan as nose drops five weeks after the start of his headache treatment. Frequency of headache was reduced to be a few times a week and the administration of NSAIDs almost stopped. It is suggested that TJ-31 in combination with lomerizine hydrochloride should be effective for prophylaxis of migraine attack and the medication-overuse headache.

Key words: migraine, medication-overuse headache, goshuyuto,
lomerizine hydrochloride

* Department of Anesthesiology, Nagasaki University School of Medicine

Offprint requests to: Hiroaki Murata, Department of Anesthesiology, Nagasaki University School of Medicine,
1-7-1 Sakamoto, Nagasaki, 852-8501, Japan