

症	例	報	告
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## 線維筋痛症は，駆瘀血剤で改善する

河野 清秀\*

**要旨：**線維筋痛症は，中高年の女性を中心とした原因不明の全身疼痛，全身倦怠感と不眠，うつ病等の精神神経症状を呈する慢性的難治性の中枢性の疼痛疾患である。

心身一如の観点から漢方治療をした。症例は21例すべて中高年女性で，全例で重症瘀血であり，中間証7例，やや虚証が14例であった。中間証には桂枝茯苓丸，やや虚証には温経湯を主に処方し，効果に応じて適宜方剤を変更した。評価できた17例のうち自覚症状を含めて有効が13例，その内12名は漢方単独で有効だった。13例中12例で痛みスケール（visual analogue scale，以下VASと略す）が改善した。その内2名はVASが0にと著効を示した。本症の治療には漢方随証治療をすれば効果ありと考えた。

**索引用語：**線維筋痛症，漢方治療，駆瘀血剤，桂枝茯苓丸，温経湯

## PAIN AND KAMPO MEDICINE Vol.19 (2009)

### The case of fibromyalgia improved by the treatment with anti-oketsu kampo medicine

Kiyohide Kawano \*

**Abstract:** Fibromyalgia is the chronic rebellious pain disease presenting pain, general malaise and sleeplessness, mental disorders as the depression, nervous symptoms whose causes are not unidentified and occurred mainly in old and middle aged women. From the viewpoint of Shinshin-ichinyo (both the mental and physical causes are resulted in the diseases, and they are not separable), kampo medicine should be the proper treatment for the upper diseases.

The cases were 21 female patients with serious oketsu syndrome which was caused by the blood stagnation. Seven patients were recognized to be the intermediate condition between hyperfunctioning conditions and hypofunctioning conditions in sho (the diagnosis of kampo medicine), and fourteen patients were the slightly hypofunctioning conditions. Keishibukuryogan was prescribed for the intermediate condition group, and unkeito for slightly hypofunctioning condition group. Kampo medicines were changed depending on their effects appropriately. Kampo medicines were effective for the subjective symptoms of 13 patients among 17 patients. Among them, the pain was improved in 12 patients by the visual analogue scale, (VAS), and in 2 patients the pain was disappeared (VAS degree:0).

It is suggested that kampo medicine should be effective if it is selected in accordance with Sho.

**Key words:** fibromyalgia, kampo medicine, anti-oketsu, keishibukuryogan, unkeito

\* Kiyohide Clinic, Getsuyo-kai

Offprint requests to: Kiyohide Kawano, Kiyohide Clinic, Getsuyo-kai.

1-6-10 Todaka, Nichinan, Miyazaki 887-0031, Japan