

症 例 報 告

耳鳴りと頭痛に対して柴苓湯が有効であった 1 症例

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要旨：耳鼻科の治療で効果が認められなかった耳鳴りと頭痛により学生生活に支障を来して全人的な痛み、すなわちトータルペインを呈したと考えられた症例を経験した。東洋医学的診察を行い随証治療として柴苓湯の投与を開始し、痛み治療の補助としてノイロトロピン®を併用した。治療開始3日後から症状が軽快して、約3ヵ月後には頭痛は消失し、耳鳴りも気にならない程度までに改善して学生生活も問題なく過ごせるようになった。東洋医学的診察所見と効果発現の早さを考えると柴苓湯が有効であったと考える。

索引用語：柴苓湯、耳鳴り、頭痛、随証治療、トータルペイン

PAIN AND KAMPO MEDICINE Vol.22 (2012)

A case of tinnitus and headache successfully treated with saireito

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Abstract: A 16-year-old woman was suffered from tinnitus and headache. A cause of tinnitus and headache was unknown. Symptomatic treatments which were consisted of adenosine triphosphate, vitamin B12, vitamin C, antihistamine and acetaminophen were not effective. She claimed a distress that she could not attend the class and physical education in high school and that she was sleepless. We diagnosed she was bothering with total pain. We examined her according to the Kampo diagnosis, “sho”, and decided to treat with saireito. As an adjuvant therapy to reduce the pain, we added neurotropin. Tinnitus and headache were partially relieved in 3 days. She became to be able to study and enjoy high school life in about a month. Headache was disappeared and tinnitus was ameliorated in the level of almost normal in about 100 days.

Key words: saireito, tinnitus, headache, “sho” based treatment, total pain

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