

臨 床 経 験

## 線維筋痛症が疑われた疼痛性疾患に 駆瘀血剤，清熱剤が有効であった1症例

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**要旨：**線維筋痛症は未だ原因や病態は不明な点が多い全身性の疼痛性疾患である。自覚症状の訴えが多様であり，確立した治療法が未だ存在しない疾患である。不定愁訴と誤診される場合もあるため身体的，精神的にQOLを大きく損なう例も多い。この度経験した症例は42歳女性，半年前から主に上半身，両上肢に広範な移動性の疼痛を認め，複数の医療機関受診による西洋医学的検査では有意な所見は認めず心因性疼痛，線維筋痛症を疑われ，漢方加療目的に当院受診となった。東洋医学的に本疾患は瘀血，気鬱の病態の存在が多く報告されており，駆瘀血剤（桂枝茯苓丸，温経湯等）による治方が有効とされている。本症例も問診を詳細に行う事で，長期にわたる強度のストレスの持続により気鬱傾向となり，瘀血病態も引き起こしたと推測された。線維筋痛症に限らず，心身一如の身体を総合的に考え，弁証論治を行う事が重要と再認識した。

**索引用語：**線維筋痛症，桃核承気湯，三黄瀉心湯

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### A case of fibromyalgia treated with the combination of san'oshashinto and tokakujokito.

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**Abstract:** We reported a patient with fibromyalgia successfully treated with Kampo medicines.

Patient was a 42-year-old female who had examinations at some hospitals for several years due to the symptoms of myalgia or althralgia. There was no finding on medical examination.

In our hospital she was diagnosed as fibromyalgia, and further diagnosed as oketsu (symptom caused by the blood stagnation) according to the Kampo diagnosis. By the treatment with tokakujokito, visual analogue scale (VAS) of the pain was improved by 50%.

It was suggested that the therapy based on kampo diagnosis should be effective for the disorders, especially for those based on the lack of mind and body uniqueness (shinshinichinyo).

**Key words:** fibromyalgia, shinshinichinyo, tokakujokito

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