

臨 床 経 験

前兆のない片頭痛に対する漢方治療

中江啓晴^{*1} 熊谷由紀絵^{*2} 小菅孝明^{*2}

要旨：国際頭痛分類第2版に基づき「前兆のない片頭痛」と診断された患者10例で、予防療法としての漢方治療を検討した。10例の内訳は男性4例、女性6例で、年齢は 38.5 ± 12.3 歳、罹病期間は 16.1 ± 14.6 年であった。6例は前兆のない片頭痛のみであったが、残り4例では前兆のない片頭痛に慢性片頭痛、慢性緊張型頭痛、薬物乱用頭痛、全身感染症による頭痛をそれぞれ合併していた。有効例は9例で、うち8例では発作回数の減少、痛みの軽減の両方が得られたが、1例では痛みの軽減のみであった。1例は治療開始後に来院せず評価不能であった。同一症例で複数の漢方薬を内服している場合もあり、処方した漢方薬は12種類で、特に利尿剤が多く処方されており有効性が高いと考えられた。前兆のない片頭痛治療には患者個人の証に合わせて多くの漢方薬を検討すべきであり、今後更なる症例の蓄積が必要と考えられた。

索引用語：前兆のない片頭痛、片頭痛、慢性片頭痛、予防療法、漢方治療

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Kampo therapy in 10 cases having migraine without aura

Yoshiharu Nakae^{*1}, Yukie Kumagai^{*2} and Takaaki Kosuge^{*2}

Abstract: We provided prophylactic treatment with Kampo medicines to ten cases of migraine without aura based on the international classification of headache disorders, 2nd edition. Four patients were male, and six were female. The average age was 38.5 years (SD=12.3), and the average duration of disease was 16.1 years (SD=14.6). All patients had migraine without aura. Four patients complicated chronic migraine, chronic tension-type headache, medication-overuse headache, or headache due to the systemic infection for the migraine without aura each. Kampo therapy was effective for the eight cases, and it reduced both the migraine attacks and the pain of migraine. As for example to be left, only the pain of migraine was controlled. The one case cannot be evaluated because the patient did not return to hospital. In some cases, the plural Kampo medicines were used in the same patient, and 12 Kampo medicines were administered to 9 patients in this clinical study. Kampo medicines which normalize the balance of the body fluids were frequently used, and they were effective in many cases. Kampo medicines should be selected according to "Sho" based on the individual patient, and further accumulation of cases should be needed for the effective treatment for the migraine without aura. It was suggested that the Kampo therapy should be useful for the treatment of migraine without aura.

Key words: migraine without aura, migraine, chronic migraine, prophylactic treatment, Kampo therapy

^{*1} Department of Neurology, Hiratsuka Kyosai Hospital

Offprint requests to: Yoshiharu Nakae, Department of Neurology, Hiratsuka Kyosai Hospital.

9-11, Oiwake, Hiratsuka, Kanagawa, 254-8502, Japan

^{*2} Kosuge Clinic and Yokohama Suzaku Kampo Igaku Center