

症 例 報 告

五苓散を中心とした漢方治療が奏効した 薬物乱用頭痛の2症例

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要旨：頭痛患者に急性期治療薬が乱用されると薬物乱用頭痛を引き起こす。薬物乱用頭痛の治療は原因薬物の服用中止であるが、治療に難渋することが多い。症例1の患者は35歳女性、経過10年の薬物乱用頭痛で、経過17年の前兆のある片頭痛、慢性緊張型頭痛を合併していた。症例2の患者は42歳女性、経過1年の薬物乱用頭痛で、経過25年の慢性緊張型頭痛を合併していた。2症例とも市販の頭痛薬を中止し五苓散を開始したところ頭痛は改善傾向となり、その後症例1は補中益気湯、症例2は当帰四逆加呉茱萸生姜湯を合方することで更なる改善が得られた。薬物乱用頭痛は漢方医学的には壞病に相当し、治療は容易ではない。薬物乱用頭痛の治療に五苓散は効果があったものの、単剤では効果不十分であり他の処方との合方が有効であった。薬物乱用頭痛に対して五苓散は有効であるが、合方することで更なる治療効果が期待できる。

索引用語：薬物乱用頭痛、五苓散、補中益気湯、当帰四逆加呉茱萸生姜湯、壞病

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Two cases of medication-overuse headache effective for combination Kampo therapy including goreisan

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Abstract: Medication-overuse headache occurs when analgesic medications are taken frequently to relieve headache. The treatment of medication-overuse headache is stopped the overused medications, and start a prophylactic therapy. The treatment is difficult and medication-overuse headache will recur in approximately 40% of patients. Patient 1 is thirty-five-years-old woman diagnosed as medication-overuse headache for ten years, with migraine with aura and with chronic tension-type headache for seventeen years. Patient 2 is forty-two-years-old woman diagnosed as medication-overuse headache for a year with chronic tension-type headache for twenty-five years. Both patients stopped overused medications, and were given goreisan orally. Goreisan was effective for their headache, but not enough. Therefore patient 1 was medicated with the combination of goreisan and hochuekkito, and patient 2 was medicated with the combination of goreisan and tokishigyakukagoshyushokyoto. By the combination therapy using kampo medicines in two patients, their headache was improved. Medication-overuse headache is "ebyo" in Kampo medicine, so the treatment of that is difficult. Goreisan was the key drug and was effective for the treatment of medication-overuse headache, but the effectiveness of goreisan monotherapy was not enough. Combination Kampo therapy including goreisan are more effective than goreisan monotherapy for the treatment of medication-overuse headache. In conclusion, combination Kampo therapy including goreisan is useful option for the treatment of medication-overuse headache.

Key words: medication-overuse headache, goreisan, hochuekkito, toukishigyakukagoshyushokyoto, "ebyo"

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