

総説

病態からみた片頭痛の漢方薬治療の考察

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要旨：当科外来の片頭痛患者 181 人に処方した方剤を漢方医学的病態により分類した。当帰四逆加呉茱萸生姜湯、呉茱萸湯、桂枝人参湯など「気逆・裏寒・水滯」が 49%、五苓散、苓桂朮甘湯など「気逆・水滯」が 22%、半夏白朮天麻湯、釣藤散、柴胡桂枝湯、加味逍遙散など「気逆・気うつ」が 15%、桃核承気湯、桂枝茯苓丸など「気逆・瘀血」が 6%、その他 8%であった。また、緊張過多の「気うつ」には更に抑肝散加陳皮半夏、抑肝散、柴胡加竜骨牡蛎湯などを併用した。片頭痛の多くは「脾・肝・腎」などの機能失調による「気・血・水」の異常が原因となる「内傷頭痛」と考えられる。体質的な「脾胃虚証」による「水滯」と「裏寒」が基礎にあり、「肝の疏泄機能異常」などが誘因となり、「気逆」の顕在化により頭痛発作を発症するものが多い。漢方薬治療は頓挫よりも、素因となる「臓腑機能」や「気・血・水」の異常を是正する本治がより重要と考えられる。

索引用語：片頭痛、漢方薬治療、脾胃虚証、肝の疏泄機能異常

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Functional Consideration of kampo medicines in the treatment of migraine

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Abstract: A hundred and eighty one outpatients of migraine treated with kampo medicines were classified by drug's effects. The patients shown the symptoms of "regurgitation of vital energy (kigyaku)", "coldness syndrome of the internal organs (rikan)", and "stagnation of bodily fluids (suitai)" and given tokishigyakukagoshuyushokyoto, goshuyuto, or keishininjinto were 49% of the whole. The patients shown the symptoms of "regurgitation of vital energy", and "stagnation of bodily fluids" and given goreisan, or ryokeijutsukanto " were 22% of the whole. The patients shown the symptoms of "regurgitation of vital energy" and "stagnation of vital energy (kitai and kiutsu)" and given hangebyakujutsutenmato, chotosan, saikokeishito, or kamishoyosan " were 15% of the whole. The patients shown the symptoms of "regurgitation of vital energy" and "blood stagnation (oketsu)" and given tokakujokito, or keishibukuryogan were 6%. Others were 8%. Furthermore yokukansankachinpihange, yokukansan or saikokaryukotsuboreito et al was combined with upper mentioned kampo medicines to the patients shown the symptoms of "excessive tension induced by the stagnation of vital energy". Most of migraine headaches are regarded as "an inner wound headache" caused by the abnormality of "vital energy (ki)", "blood circulatory function (ketsu)", or "bodily fluids (sui)" due to the disorder in "the digestive function (hi)", hepatic function (kan) or urogenital function (jin). Kampo medicines are effective to improve the functional disorders.

Key words: migraine, treatment with kampo medicines, disorder of digestive function, disorder of hepatic function

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