

症 例 報 告

高齡で発症した身体表現性疼痛障害の下腹部痛と肛門部痛に
桂枝加芍薬湯と半夏厚朴湯が有効であった1症例岡田 誠^{*1} 平田道彦^{*2}

要旨：高齡で発症した身体表現性疼痛障害の下腹部痛と肛門部痛に桂枝加芍薬湯、半夏厚朴湯が有効であった1症例を経験した。症例は83歳女性で、痔核の手術後に下腹部痛と肛門部痛が出現し、心療内科で身体表現性疼痛障害と診断された。薬物療法、認知行動療法を施行されるも十分に改善しなかった。老人ホーム入居をきっかけに当院にて治療を開始し、漢方治療により痛みが緩解した。本症例の下腹部痛に対して桂枝加芍薬湯が有効であったことから、芍薬による腸管平滑筋弛緩作用が病態を改善させたと考えられた。一方肛門部痛に対しては、半夏厚朴湯が有効であり、半夏厚朴湯の効能を考える上で興味深い症例であった。

索引用語：半夏厚朴湯、桂枝加芍薬湯、身体表現性疼痛障害、肛門部痛、下腹部痛

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A case report of lower abdominal and anal pain regarded as somatoform pain disorder in elder woman treated with keishikashakuyakuto and hangekobokuto

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Abstract: A 83-year-old female patient suffered from the lower abdominal and anal pain after the hemorrhoidal surgery. The lower abdominal pain was successfully treated with keishikashakuyakuto, and the anal pain was improved with hangekobokuto. Before the kampo therapy, the pain was diagnosed as somatoform pain disorder, and the cognitive behavioral therapy and pharmacotherapy were continued for 2 years. The pain, however, was not alleviated. When keishikashakuyakuto was given, the abdomen warmed and the intestinal smooth muscle relaxed. It was considered that peony root (shakuyaku) contained in keishikashakuyakuto alleviated the abdominal pain. The effect of hangekobokuto for anal pain was not explainable. But it was supposed that the reinforcement of the circulation of vital energy by hangekobokuto could help to reduce the untreatable anal pain.

Key words: hangekobokuto, keishikashakuyakuto, somatoform pain disorder, anal area pain, lower abdominal pain

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