

症 例 報 告

高齢者の30年来の頭痛に対し三黄瀉心湯が奏効した1症例

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要旨：難渋する頭痛の治療に対して、漢方薬が奏効することがある。今回我々は、高齢者の難治性の頭痛に対し、三黄瀉心湯を使用して奏効した症例を経験した。症例は76歳の女性であった。約30年前より頭痛があり、他院で内服治療を受けていたが、改善は見られなかった。当科での漢方治療を希望し来院された。漢方的所見から、緊張性頭痛、気逆、火毒証、熱証と診断し、三黄瀉心湯を処方したところ、頭痛の軽減が見られた。頭痛の漢方処方、頭痛分類の種類で分けて考えず、表出された症状と証だけで考えるのが基本である。便秘傾向で、顔、手足のほてりや精神不安定、高血圧等がある場合、三黄瀉心湯を一考する価値があると考えられた。

索引用語：頭痛、三黄瀉心湯、熱証、便秘

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A case that san'oshashinto succeeded in the headache of 30 years in elderly patient

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Abstract: Kampo medicines are sometimes successful for the treatment of severe headache. A case of the elderly patient with intractable headache that san'oshashinto succeeded was recently experienced. The patient was a 76-year-old woman. She had been suffering from a headache since approximately 30 years ago and taking oral medication at another clinic, but there was no improvement. She visited our hospital in hope of treatment with kampo medicines. From the kampo medicine findings, she was diagnosed as tension headache, regurgitation of vital energy (kigyaku), and heat sensation, and treated with san'oshashinto. After the treatment, the headache was improved. Kampo prescription for headache is basically considered only with the symptoms and marks that have been expressed, without distinguishing the types of headache classification. It was suggested that in a case of patients with a tendency toward constipation, hot flash on face, hands and feet, mental instability and hypertension, san'oshashinto should be effective.

Key words: headache, san'oshashinto, kigyaku, constipation

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