

症 例 報 告

西洋医学的治療が無効な難治性の機能性月経困難症に 漢方薬が有効であった3症例

岡村麻子^{*1} 玉野雅裕^{*2,*4} 加藤士郎^{*2,*3,*4}

要旨：月経困難症のうちの月経痛は、女性の30%に認められるといわれる一般的な疼痛だが産婦人科ガイドラインで推奨する鎮痛薬や低用量エストロゲン・プロゲスチン配合薬（LEP製剤）など西洋医学的治療が無効な症例が認められる。今回、西洋医学的治療が無効な機能的月経痛に漢方薬が有効であった3症例を経験した。症例1は28歳女性の月経時の下腹痛。LEP製剤は吐き気で内服不可能で鎮痛薬も無効。脾虚裏寒と診断。六君子湯内服で改善した。症例2は38歳女性の月経時に悪化する右背部痛。鎮痛薬は無効。気血両虚の寒痛と診断。当帰湯内服で改善した。症例3は30歳女性の月経時の腹痛。鎮痛薬LEP製剤とも無効。肝気鬱結と診断。四逆散内服にて改善した。いずれの症例も冷えと月経痛の原因となる瘀血が存在した。冷えは月経困難症を難治化させる。随証により漢方薬を選択し冷えと瘀血を改善することが難治性の月経痛に有効であると思われた。

索引用語：機能的月経困難症、鎮痛薬、LEP製剤、漢方薬、冷え

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Three cases of functional dysmenorrhea which was untreatable by western medicine, but was effective with the kampo medicines

Asako OKAMURA^{*1}, Masahiro TAMANO^{*2,4} and Shiro KATO^{*2,3,4}

Abstract: Dysmenorrhea is common pain in 30% of Japanese women. There are the patients who have the untreatable functional dysmenorrhea by western medicines (painkiller, low-dose estrogen-progestin). Effects of kampo medicines in such patients were investigated. The first case was a 28-year-old female with lower abdominal pain during the menses. Her kampo diagnosis was the coldness syndrome of the internal organs (rikan) and the deficiency of digestion function (hikyo). Treatment with rikkunshito was effective. The second case was a 38-year-old female with right back pain to worsen during the menses. Her kampo diagnosis was the deficiency of vital energy (kikyo) and blood deficiency (kekkyo), and strong coldness. Administration of tokito was effective. The third case was a 30-year-old female with whole abdominal pain to worsen during the menses. Her kampo diagnosis was the stagnation and the sluggishness of hepatic vital energy (qi). Treatment with shigyakusan was effective. All cases were untreatable by western medicines, and have feeling of coldness and blood stagnation (oketsu). It was suggested that the feeling of coldness should aggravate the dysmenorrhea. The treatment with kampo medicines by the selection from each patient's kampo diagnosis (Syo) improved the feeling of coldness and dysmenorrhea.

Key words: functional dysmenorrhea, painkiller, kampo medicine, LEP, feeling of coldness

^{*1} Tsukuba central hospital, obstetrics and gynecology

Offprint requests to: Asako OKAMURA, Tsukuba central hospital, obstetrics and gynecology.
1589-3 Kashiwada-cho, Usiku-shi, Ibaraki 300-1211, Japan

^{*2} Kyowachuo hospital oriental medicine center

^{*3} Nogi hospital

^{*4} University of Tsukuba Hospital