

症 例 報 告

呉茱萸湯が奏効した頸部筋筋膜痛に伴う後頭部痛の1症例

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要旨：慢性頭痛に対する漢方薬の有用性は診療ガイドライン2013に記載されているが、急性期・亜急性期の頭痛への有効性についてはまだはっきりと示されていない。また、高齢者の頭痛治療では、眠気・ふらつきなどの副作用がある薬剤によりADLが低下することが懸念される。今回、発症1ヵ月の頸部筋筋膜痛に伴う後頭部痛に対して呉茱萸湯が奏効した高齢者の1症例を経験した。80歳代女性が強い後頭部痛を訴えて受診となったが、日中の眠気もあり、薬物療法によるADL低下を避けることを重視して漢方医学診察を行い、呉茱萸湯を処方した。内服開始3日後より症状が軽減し、3週後にはほぼ頭痛症状は改善して、9週後に廃薬となった。高齢者の頭痛で西洋薬治療に伴う眠気・ふらつきなどのADL低下が懸念される場合には、漢方治療を選択することも重要と考える。

索引用語：呉茱萸湯，後頭部痛，頸部筋筋膜痛

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A case of successfully treated by gosuyuto against occipital headache with posterior cervical myofascial pain

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Abstract: Clinical practice guideline for chronic headache 2013 shows the effectiveness of Kampo medicine for chronic headache. However, it does not indicate the efficacy for acute and subacute headache clearly. In headache treatment of the elderly, there is concern that ADL may decrease due to medicines with side effects such as drowsiness and dizziness. We have a case of occipital pain attributed to cervical myofascial pain in an elderly patient was successfully treated by gosuyuto. A woman in her 80's complained of severe occipitalgia with nuchal pain and stiffness. In order to avoid drowsiness during the day that may lower ADL, we used Kampo medicine instead of Western medicine. We prescribed gosuyuto (TJ-31) according to oriental medical examination. Symptoms were relieved from three days after start of oral administration of gosuyuto. The headache was almost disappeared three weeks later and she could get rid of taking medicine. It is important to examine the use of Kampo medicine in the case of treatment of elderly headache where there is a concern of a decrease in ADL due to medical side effects.

Key words: gosuyuto, occipital pain, cervical myofascial pain

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