

症 例 報 告

持続する背部痛・胃痛に対し、 茯苓飲合半夏厚朴湯が効果を示した1症例

武田智幸*¹ 谷垣衣理*¹ 杉尾明香*¹ 明石英史*¹ 塚本勝城*¹
鈴木静雄*¹ 明石祐史*¹ 松本日出男*¹ 渡辺廣昭*²

要旨: 児の障害に対する不安から1ヵ月以上も持続する母親の胃痛・胸背部痛（心身症）に茯苓飲合半夏厚朴湯が非常に有効であった症例を経験したので報告する。心下痞鞭があり、不安や悩みから気鬱を伴っていることより、茯苓飲合半夏厚朴湯（TJ-116）7.5g 3分/7日を処方した。当日夜には胸背部痛・胃痛・息苦しさも良くなったと病院へのメールがあった。1週間後、背部痛は著明に減少し、胃痛などの症状は認めなかった。2週間後には背部痛は消失した。茯苓飲は消化器のみならず呼吸器の症状に効果があり、本症例のように胸背部痛・胃痛を伴う場合に有効であることが多い。また、気鬱を伴っていることより気の循環を促す半夏厚朴湯の働きがさらに治療効果を高めたと考えられた。

索引用語: 胃痛, 胸背部痛, 心身症, 茯苓飲合半夏厚朴湯

PAIN AND KAMPO MEDICINE Vol.27 (2017)

A case of successful treated with Bukuryoingohangekoubokuto for the stomach, chest and back pain caused by anxiety

Tomoyuki TAKEDA*¹, Eri TANIGAKI*¹, Asuka SUGIO*¹,
Eishi AKASHI*¹, Katsushiro TSUKAMOTO*¹, Shizuo SUZUKI*¹,
Yushi AKASHI*¹, Hideo MATUMOTO*¹ and Hiroaki WATANABE*²

Abstract: Oriental medicine has long been regarded as being helpful for the treatment of patients with psychosomatic disorders experiencing physical pain caused primarily by anxiety and stress. We herein report a patient with at least one month of constant stomach, chest and back pain caused by anxiety regarding her child's disability who showed a very good response to bukuryoingohangekoubokuto. The patient had epigastric fullness and rigidity accompanied by mental depression associated with anxiety and both mental and physical discomfort and therefore was prescribed bukuryoingohangekoubokuto (TJ-116) 7.5g per day (given in 3 divided doses for 7days). She emailed us to report improvements in stomach, chest and back pain and difficulty breathing on the night of the first day of treatment. Her back pain decreased markedly and the stomach pain resolved one week after treatment. Her back pain also resolved completely two weeks after starting this regimen. A case such as our present patient with chest, back and stomach pain is potentially responsive to bukuryoin which is effective for not only respiratory but also gastrointestinal symptoms. Additionally, as our patient suffered mental depression, treatment with hangekoubokuto improved her qi circulation, apparently enhancing its therapeutic efficacy in this patient.

Key words: stomach pain, chest and back pain, psychosomatic disorder, Bukuryoingohangekoubokuto

*¹ Sapporo Shiroishi Obstetrics and Gynecology hospital

Offprint requests to: Tomoyuki TAKEDA, Sapporo Shiroishi Obstetrics and Gynecology hospital.

5-6-6-28 Higashisapporo, Shiraishi-ku, Sapporo-shi, Hokkaido 003-0005, Japan

*² Department of Anesthesiology, Sapporo Medical University School of Medicine