

症 例 報 告

## 妊婦の恥骨痛に漢方薬が有効であった2症例

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**要旨:** 予定日近くの妊婦は、児頭の下降により骨盤が圧迫される。構造的な問題のほか、リラキシン分泌量が増えて恥骨結合部が緩くなることにより骨盤にかかる負担が増し恥骨痛が生じるといわれている。妊娠後期は児への副作用の点から鎮痛薬も使いづらい。今回、一般的な対処法である骨盤支持ベルトを施行しても軽快しなかった妊娠10ヵ月の妊婦の恥骨痛に五積散が有効であった2症例を経験した。症例1は24歳の妊娠37週の恥骨痛で、すでに骨盤支持ベルトは着用していた。大腿内外側と腰に冷えを認めたため五積散を処方したところ、冷えが改善し内服3日後には痛みが軽減した。症例2は38歳の妊娠37週の恥骨痛でやはり大腿内外側と腰に冷えを認めたため五積散を処方したところ、冷えが改善し内服2週間後には痛みが消失した。五積散は子宮頸管熟化作用も報告されており、予定日近くの恥骨痛の妊婦には有益な治療法であると思われる。

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#### Two cases of Pubic bone pain during pregnancy effectively the oriental herbal medicine (Kampo Medicine) treatment

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**Abstract:** In the 10 months of pregnant women pubic bone pain can occur for pelvic presses in the fetal head. In addition to the structural problems, increase of relaxin loosening the symphysis pubis is said to cause pubic bone pain.

NSAIDs is unavailable during late pregnancy for problem of neonatal side effects

Effect of Kampo medicine (Goshakusan) in patients who continues pubic bone pain even though using pelvic belt were investigated.

The first case was a 24-year-old 37 weeks pregnant woman with pubic bone pain. She was already wearing a pelvic support belts. Finding cold on the part of outside thigh and waist foot, she was prescribed Goshakusan due to cold state.

After taking 3 days the pain was improved along with the improvement of cold.

The second case was a 38-year-old 37 weeks pregnant woman with pubic bone pain. She was also already wearing a pelvic support belts. Finding cold on the part of outside thigh and waist foot, she was prescribed Goshakusan due to cold state. After taking 2 weeks the pain was disappeared along with the improvement of cold.

It have been reported Goshakusan can help delivery from the uterine cervical canal ripening effect near the date of pregnancy. Goshakusan seems to be one of the effective treatment to the 10 months of pregnant women with pubic bone pain.

**Key words:** Pubic bone pain, Pregnant women, Kampo Medicine, Feelings of coldness, Goshakusan

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