

症 例 報 告

選奇湯が有効であった群発頭痛の1症例

佐藤 泉^{*1} 早崎知幸^{*2} 間宮敬子^{*3} 山本兼二^{*1}
神田 恵^{*1} 神田浩嗣^{*1} 国沢卓之^{*1}

要旨：群発頭痛は流涙、鼻漏等の自律神経症状を伴う短期持続性の激しい頭痛である。今回、選奇湯が有効であった群発頭痛の症例を経験したので報告する。

症例は40歳代、男性。30歳頃から右目奥に拍動性の痛みを自覚し、次第に増悪し、X-8年に群発頭痛と診断された。酸素吸入で症状が軽快し、それでも改善しない時はスマトリプタンの自己注射を行っていたが、注射の効果が弱くなってきたため来院。選奇湯を処方したところ、毎年起こっていた激しい頭痛発作が起こらなかった。その後も強い頭痛は起こらず、経過良好のため服薬を継続している。

本症例のように、治療に抵抗性を示すようになった場合など、群発頭痛に対して漢方薬が有効であることがあり、選奇湯は選択肢の一つになり得ると考えられた。

索引用語：群発頭痛、選奇湯、漢方治療

PAIN AND KAMPO MEDICINE Vol.27 (2017)

A case of cluster headache effectively treated with senkito

Izumi SATO^{*1}, Tomoyuki HAYASAKI^{*2}, Keiko MAMIYA^{*3}, Kenji YAMAMOTO^{*1},
Megumi KANAOKANDA^{*1}, Hirotsugu KANDA^{*1} and Takayuki KUNISAWA^{*2}

Abstract: Cluster headache is a short-term persistent and severe headache accompanied by autonomic symptoms such as lachrimation, rhinorrhea etc.

We report a case of cluster headache that was effectively treated with senkito. The patient was a man in his 40s. He experienced pulsatile pain deep behind his right eye for the first time when he was around 30 years old. The frequency and the severity of pain increased gradually, he was diagnosed with cluster headache in X-8. The symptoms were relieved by oxygen inhalation. When oxygen was not effective, he self-injected sumatriptan. However, the injections became less effective, thus the patient visited at our hospital. After senkito prescription, particularly intense headaches that typically occurred annually did not occur that year. Furthermore, the patient has not experienced intense headaches again, and continues to take senkito.

Kampo therapy is often effective for treating conditions that are resistant to other treatments, and senkito for cluster headache treatment may be another example of this efficacy.

Key words: cluster headache, senkito, kampo therapy

^{*1} Department of Anesthesiology and Critical Care Medicine, Asahikawa Medical University

Offprint requests to: Izumi SATO, Department of Anesthesiology and Critical Care Medicine, Asahikawa Medical University.

2-1-1-1 Midorigaoka-higashi, Asahikawa, Hokkaido 078-8510, Japan

^{*2} Kampo medicine department, Keiyuukai Yoshida Hospital

^{*3} Division of Palliative care of Shinshu Cancer Center, Shinshu University Hospital