

臨 床 経 験

ペインクリニック外来における緊張型頭痛に対する
漢方薬の分析

今井美奈^{*1} 三枝 勉^{*2} 飯田史絵^{*3} 本間裕之^{*3}
松本園子^{*3} 中村かな^{*3} 山口敬介^{*3} 光畑裕正^{*3}

要旨：緊張型頭痛は一次性頭痛の中で最も一般的なタイプの頭痛であり，慢性型に分類される，慢性緊張型頭痛は生活の質（QOL）を低下させる．2014年1月から2015年7月までの1年7ヵ月間で緊張型頭痛と診断された151名の患者を対象とし，効果が認められた使用漢方の種類と頻度を後ろ向きに検討した．日本頭痛学会のガイドラインにある呉茱萸湯，桂枝人参湯，釣藤散，葛根湯，五苓散で44.7%の患者に効果が認められた．頭痛以外の随伴症状や証により漢方を選択し，その他21種類で効果を認めた．上位13方剤で84.2%を占めていた．使用頻度は少ないが，四逆散，半夏白朮天麻湯，加味帰脾湯，治打撲一方，半夏厚朴湯などで効果が認められた症例があった．緊張型頭痛の治療に漢方薬は有効であった．

索引用語：緊張型頭痛，処方漢方，証

PAIN AND KAMPO MEDICINE Vol.27 (2017)

Analysis of Japanese herbal medicine (Kampo) used for the treatment of tension-type headache in the pain clinic outpatient.

Mina IMAI^{*1}, Tsutomu MIEDA^{*1}, Shie IIDA^{*3}, Hiroyuki HONMA^{*3},
Sonoko MATSUMOTO^{*3}, Kanna NAKAMURA^{*3}, Keisuke YAMAGUCHI^{*3} and
Hiromasa MITSUHATA^{*3}

Abstract: Tension-type headache is the most common type of headache among primary headache, and classified in a chronic type. Chronic tension-type headache reduces the quality of life (QOL). We analyzed the records of 151 patients retrospectively who were diagnosed as tension-type headache from January 2014 through July 2015, and evaluated frequencies and types of use of kampo medicines which was effective. We prescribed Kampo medicines according to individual pattern ("sho") and accessory symptoms accompanying with headache. Twenty-six Kampo medicines were effective for the tension-type headache. Goshuyuto, keishininjinto, chotosan, kakkonto and goreisan recommended in the Japanese headache society guidelines were effective in 44.7% of the patients. The 13 medicines most frequently used were accounted for 84% of the total. Shigyakusan, hangebyakujutsutemmato, kamikihito, jidabokuippo and hangekobokuto were rarely prescribed, but those also were effective. Kampo medicine is effective for the treatment of the tension-type headache.

Key words: tension-type headache, Japanese herbal medicine prescribed, pattern ("sho")

^{*1} Department of Anesthesiology, Saiseikai Kawaguchi General Hospital

Offprint requests to: Mina IMAI, Department of Anesthesiology, Saiseikai Kawaguchi General Hospital.
5-11-5 Nishikawaguchi, kawaguchi-shi, Saitama 332-8558, Japan

^{*2} Department of Anesthesiology, Saitama Medical University

^{*3} Department of Anesthesiology and Pain Medicine, Juntendo Tokyo Koto Geriatric Medical Center