

症 例 報 告

桂枝茯苓丸と当帰芍薬散の併用で改善した月経困難症

大 関 潤 一 *¹ 奈 良 範 子 *²

要旨：月経困難症の腹痛，腰痛，イライラなどの症状に加え，咳，痰，胸苦しさなどを訴える40歳代の患者に，折衝飲の方意で月経開始と同時に桂枝茯苓丸と当帰芍薬散を併用し，月経時の強い頭痛，胸苦しさには呉茱萸湯を，そして咳，痰は，小結胸によるものと考え柴陷湯を投与したところ，3週間後には月経時の下腹部痛，腰痛，イライラ，咳，痰，胸苦しさは殆ど改善された。

上記処方を行続したところ，5週間後にはこれらの症状を訴えなくなった。

2ヵ月後月経に関する訴えは殆どよくなったが，まだ少しイライラと不安感を感じるというので，柴陷湯と呉茱萸湯は中止し，加味逍遙散に転方し，月経時の桂枝茯苓丸と当帰芍薬散の併用は続行した。

その後これらの症状は訴えず，X+1年7月まで同じエキス剤で経過をみているが，当初訴えていた月経困難症の症状やその他の症状は訴えず，現在に至っている。

索引用語：月経困難症，桂枝茯苓丸と当帰芍薬散の併用，加味逍遙散，折衝飲

PAIN AND KAMPO MEDICINE Vol.28 (2018)

A 42-year-old woman's case with various complaints of dysmenorrhea improved with the use of Kampo extracts (keisibukuryogan combined with tokishakuyakusan)

Jun-ichi OZEKI *¹ and Noriko NARA *²

Abstract: A woman in forties suffering from abdominal pain, lumbar pain, headache, irritability and oppressive feelings in her chest, during menstruation for the past 5 or 6 years came to our clinic.

On the first Kampo examination, she showed yang deficiencies of spleen and stomach, qi deficiency, fluid retention, blood stasis and stasis of liver qi.

As a prescription similar to sesshoin, combination of keisibukuryogan and tokishakuyakusan extracts were given for the menstrual problems and goshuyuto extract was also administered for tightness in the chest and headache.

Though most of her complaints improved shortly after taking the prescribed Kampo medicine, her irritability persisted. Therefore kamishoyosan extract was given in place of goshuyuto extract in accordance with her abdominal pattern. She has been taking these Kampo extracts and has been relieved of the suffering from the previously mentioned complaints.

Key words: dysmenorrhea, sesshoin, keisibukuryogan combined with tokishakuyakusan extracts, goshuyuto extract, kamishoyosa extract

*¹ Department of Kampo Medicine, Morioka Yuuai Hospital

Offprint requests to: Jun-ichi OZEKI, Department of Kampo Medicine, Morioka Yuuai Hospital, 12-10 Nagai, Morioka-shi, Iwate 020-0834, Japan

*² Department of anesthesiology and Kampo Medicine, Morioka Yuuai Hospital