

## 症 例 報 告

# 妊婦の腹部痛に対して芍薬甘草湯を用いた治療経験

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**要旨：**妊娠中は様々な原因で痛みが生じる。特に腹部の痛みは妊婦にとっては非常に心配な症状であり、時間外診療での頻度も高い。今回、腹部痛を主訴に急遽来院した患者において、芍薬甘草湯を用い有用な結果を得たので報告する。平成25年1月より平成29年2月末までに腹部痛を主訴に受診した患者のうち、切迫流早産等の原因が明らかなものを除いた40症例を対象とし、診療録により後方視的に検討した。初産婦32例(80.0%)、経産婦8例(20.0%)と初産婦の頻度が高く、来院時週数の平均は、21.4(±6.54)週であり妊娠中期に多く見られた。芍薬甘草湯内服により痛みの速やかな改善を認めたのは32例(80.0%)、内服すると痛みが軽減したのは4例(10.0%)、無効例は4例(10.0%)であった。芍薬甘草湯の出典は『傷寒論』であり、芍薬も甘草も共に緩急止痛の働きがあるとされる。さらに「平肝」というように中枢性の鎮静作用も有し、腹部の痛みという妊婦にとって精神的にも切迫した症状に対して有効であったと考えられた。

索引用語：妊娠、腹部痛、芍薬甘草湯

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### Experience in treating abdominal pain in pregnant women with kampo medicine (kampo preparation with effects of calming the liver and reducing spasmolysis)

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**Abstract:** During pregnancy, there are various causes of pain. Particularly, abdominal pain is a very worrying symptom for pregnant women, therefore often resulting in emergency hospital visits. We retrospectively examined 40 patients who visited our hospital with a chief complaint of abdominal pain, which was not obviously caused by preterm labor or threatened abortion, between January 2013 and February 2017. The subjects were 32 primiparas (80.0%) and 8 multiparas (20.0%), showing a high frequency in primiparas. The mean weeks of pregnancy at the time of the visit due to abdominal pain were 21.4 ± 6.54 weeks, showing that many were in the second trimester. We administered shakuyakukanzoto (TJ-68) to pregnant outpatients with abdominal pain and found the effect of reducing pain. The abdominal pain improved rapidly in 32 cases (80.0%), relieved in 4 cases (10.0%), and there was no improvement in 4 cases (10.0%). The original text of shakuyakukanzoto is Shang hang lun. Shakuyakukanzoto is a very effective prescription composed of shakuyaku and kanzo. Both shakuyaku and kanzo have effects of relieving acute pain. In addition those have sedative effect to central nerve, referred to as "calming the liver". Thus, the combination were thought to be effective for abdominal pain which is also a psychologically burdensome symptom for pregnant women.

**Key words:** pregnancy, abdominal pain, shakuyakukanzoto

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