

症 例 報 告

線維筋痛症に対する漢方治療で冬季と夏季で使い分けて処方した症例について

中 平 圭 *

要旨：線維筋痛症 (fibromyalgia;FM) は原因不明の全身の痛みを主症状とし、自律神経系の症状を随伴症状とする疾患である。今回我々は、難治性の線維筋痛症に対し漢方薬を季節により使い分けて処方した症例を経験したので報告する。50歳代女性。前医にてFMの診断で、内服治療したが、痛み改善せず当科受診。五積散、加味逍遙散を処方し、冬季に冷えを強く自覚したため当帰四逆加呉茱萸生姜湯を加え、冷えの改善と痛みの軽減を自覚した。春になり冷えをあまり感じなくなったが、汗をかき関節痛が強くなり、これを越婢加朮湯に変更し、夏の間は症状の軽減を見た。患者満足度も高まり、同処方を継続している。FMに対する漢方治療は証の推移を考慮することにより症状の安定を図れる可能性がある。

索引用語：線維筋痛症、季節による処方、漢方治療

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Effect of Kampo medicine in the treatment of seasonal fibromyalgia : a case report.

Kei NAKAHIRA *

Abstract: Fibromyalgia assumes unidentified systemic pain a cardinal symptom and is a disease to assume the symptom of the autonomic nervous system an accessory symptom. We report our experience with the case that we used Kampo medicine properly for refractory fibromyalgia this time by a season and prescribed. A woman in fifties. She was treated with a diagnosis of FM in previous medicine, but our department had a medical consult without aching, and improving it. We prescribed goshakusan, kamishoyosan and added tokishigyakukagoshuyushokyo because she was strongly aware of cold in the winter season and noticed improvement of the cold and the reduction of the pain. Spring had come and she did not feel cold very much, but she sweated and arthralgia became strong and we changed this to eppikajutsuto and saw the reduction of the symptom for the summer time. The patients satisfaction increased, too and continues place one. The treatment with Kampo medicine for FM may plan the stability of the symptom by considering change of the proof.

Key words: Fibromyalgia, Prescription by the season, Kampo medicine

* Oda Regional Medical Center.

Offprint requests to: Kei NAKAHIRA, Oda Regional Medical Center.

4306 takatsuhara, Kashima, Saga 849-1311, Japan