

臨 床 経 験

人參養榮湯が奏効した慢性緊張型頭痛の1症例

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要旨：患者は30歳代男性。肺腺がんに対して左肺下葉切除をされ、その後化学療法を開始したところ頭痛が出現するようになった。化学療法終了後も頭痛が1年以上続いたため当科受診。慢性緊張型頭痛と診断し人參養榮湯を開始した。内服後から痛みが改善し、内服4ヵ月後には頭痛はほとんどなくなった。体力も回復し、歩行時の息切れがなくなった。本例は肺がん手術後、化学療法後で明らかな体力低下を認めていたことから気虚と血虚を考え、気血両虚による頭痛と考えた。気血両虚に対する処方の中で肺気虚に対して最も有効と考えられる人參養榮湯を選択したところ頭痛の改善が得られ、体力の改善も得られた。人參養榮湯が頭痛に対して有効であったとする報告は少なく、本例は貴重と考えた。気血両虚の頭痛に対する人參養榮湯の有効性が示唆された。

索引用語：人參養榮湯、緊張型頭痛、気血両虚、肺がん、化学療法

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Ninjinyoeito effective for the chronic tension-type headache: A case report
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Abstract: A patient was man in thirties. He was diagnosed with lung cancer and had left lower lobectomy. Adjuvant chemotherapy were started and he had a headache. Since his headache continued over a year after completed chemotherapy, he came to our hospital. He was diagnosed with chronic tension-type headache. He took ninjinyoeito orally and his headache improved gradually. His headache almost disappeared after 4 months of internal administration. His physical strength has recovered, and his shortness of breath was improved. In our case, the physical strength of the patients decreased for lung cancer surgery and chemotherapy clearly. His headache was supposed to have been caused by dual deficiency of qi and blood. Ninjinyoeito is the most effective medication against the lung qi deficiency among many medicines against dual deficiency of qi and blood, therefore it was prescribed. His headache was improved and his physical strength restored after medication. There are few reports that ninjinyoeito effective for headache. In conclusion, ninjinyoeito is effective for treatment of headache attributed to dual deficiency of qi and blood.

Key words: ninjinyoeito, tension-type headache, dual deficiency of qi and blood, lung cancer, chemotherapy

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