

臨 床 経 験

安神剤を用いた片頭痛症例の病態の考察

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要旨: 竜骨や牡蛎などの重鎮安神薬を配合する桂枝加竜骨牡蛎湯や、柴胡加竜骨牡蛎湯、柴胡桂枝乾姜湯などの安神剤を用いた 20 人の片頭痛患者の病態の考察を行った。桂枝加竜骨牡蛎湯群では易驚性、柴胡加竜骨牡蛎湯群では不安、易疲労、眩暈、胸脇苦満など、柴胡桂枝乾姜湯群では冷えのぼせ、盗汗、疲れ目、軽度の胸脇苦満などの症候が特徴的であった。慢性の片頭痛患者では、痛みを制御する中脳辺縁ドーパミン系の扁桃体・側坐核などの負情動処理領域と前頭前野に機能的結合が生じ、中脳水道周囲灰白質や下行性疼痛抑制系などの機能低下が生じる可能性が指摘されているが、これは情緒・感情などの疏泄を主る肝と、精神・意識などの神志を主る心の陽気の偏亢を制御する機能が低下した病態と捉えられる。安神剤は片頭痛発作時の肝火上炎による実火の鎮静作用よりも、慢性の片頭痛患者で心や肝の陰血不足により生じた虚陽により心陽が不安定に亢進した肝陽上亢や肝陽化風などを鎮める標治的治療薬と考えられる。

索引用語：片頭痛，安神剤，脳内疼痛抑制機構

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Pathophysiological consideration of migraine patients treated with anjin formulations

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Abstract: Anjin formulations is Kampo which stabilize the spirit. Ryukotsu and borei are mineral drugs using as anjin formulation. Keishikaryukotsuboreito, saikokaryukotsuboreito and saikokeishikankyoto include these mineral drugs. Twenty patients with migraine were treated with these drugs and their pathophysiology was examined. Keshikaryukotsuboreito was administered to the patients of character that it is easy to be surprised (n=5). Saikokaryukotsuboreito was administered to patients suffering from anxiety, fatigue, dizziness and hypochondriac discomfort and distension (n=9). Saikokeishikankyoto was administered to patients suffering from hot flash, night sweats, eye strain and hypochondriac discomfort and distension slightly (n=6). In the chronic migraine patients, functional connectivity between prefrontal cortex and mesolimbic dopamine system consist of anterior cingulate cortex and insular cortex, hippocampus, amygdala, nucleus accumbens et al. produces dysfunctional pain due to hypofunction of periaqueductal gray matter and dopamine and opioid system. In basic concepts of Japanese traditional medicine, the liver is said to govern emotions, and the heart is said to govern spirit and consciousness. Migraine is thought to be caused by abnormally elevated yang-qi of the liver and the heart. Anjin formulations exerts analgesic effect by normalizing yang-qi abnormality at the time of attack.

Key words: Anjin formulation, Migraine, Mesolimbic dopamine system, Dysfunctional pain, Negative emotion

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