

## 症 例 報 告

### 妊娠中の種々の痛みと当帰芍薬散

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**要旨：**妊娠中はホルモン変化、子宮の増大に伴う負担などから様々な痛みが生じる。当帰芍薬散は安胎薬として知られ、効能にも「妊娠中の諸病」とある。そこで痛みを主訴とした妊婦に対し、当帰芍薬散を用いた。平成29年1月より平成31年1月まで当院受診妊婦で、当帰芍薬散内服治療の28症例を対象とし、後方視的に検討した。平均年齢31.4(±4.6)歳、平均BMI23.0(±3.6)kg/m<sup>2</sup>、平均妊娠週数22.2(±7.7)週、初産婦15例(53.6%)、経産婦13例(46.4%)であった。下腹痛・子宮収縮痛の切迫流早産関連痛は6症例(21.4%)、下腹痛あるも切迫徴候でない症例は6例(21.4%)、その他の腹痛8例(28.6%)、痔の痛み2例(7.1%)であった。下肢痛3例(10.7%)、浮腫に伴う痛み1例(3.6%)、頭痛関連2例(7.1%)であった。痛み症状の消失および7割以上の改善を認めた著効例は18例(64.3%)、痛みが軽減した有効例は8例(28.6%)、無効例は2例(7.1%)であった。女性は、妊娠により虚証に傾き、子宮の増大などに伴い水毒・瘀血の徴候が現れる。妊娠中の種々の痛みは、この水毒・瘀血の影響も大きいと考えられる。そのため補血・利水に働く当帰芍薬散は妊娠中の特効薬とされ妊婦の痛みに対して、非常に有用な方剤と考えられた。

索引用語：当帰芍薬散、痛み、妊娠

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Various pains during pregnancy and Tokishakuyakusan  
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**Abstract:** Various pains tend to occur during pregnancy due to hormonal changes and the functional and physical burden associated with the enlargement of the uterus. These include, for example, abdominal pain, headache, pain associated with edema, and pain in the lower limbs. Tokishakuyakusan is known to stabilize pregnancy and is indicated for “various diseases during pregnancy”.

In this study, we indicate the efficacy of tokisyakuyausan (TJ-23) in pregnant women with various types of pain. Among the pregnant women who visited our hospital from January 2017 to January 2019, 28 opted for Kampo medicine treatment and received tokishakuyakusan orally; these patients were recruited as study participants, and a retrospective study was conducted using their medical records. Of 28 cases, 6 cases (21.4%) had urgency preterm labor-related pain of lower abdominal pain and uterine contraction pain, and 6 cases (21.4%) had lower abdominal pain but no signs of urgency. Other abdominal pain was in 8 cases (28.6%), hemorrhoid pain was in 2 cases (7.1%), lower limb pain was in 3 cases (10.7%), edema-related pain was in 1 case (3.6%), and headache-related pain was in 2 cases (7.1%). Eighteen patients (64.3%) showed remarkable response that the pain symptoms disappeared or more than 70% improved after taking tokisyakuyakusan.

This indicate that tokishakuyakusan is very useful prescription for pregnancy-related pains.

**Key words:** pregnancy, tokishakuyakusan, various pains

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