

## 症 例 報 告

# 前兆のない片頭痛に対して附子理中湯が奏効した 1 症例

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**要旨：**患者は49歳、女性。潰瘍性大腸炎の既往がある。20歳で頭痛を発症。鎮痛薬で対応していたが半年前から頭痛が悪化したため当科受診。前兆のない片頭痛と診断し、当帰芍薬散、紅参末、柴胡桂枝乾姜湯、補中益気湯、六君子湯を様々な組み合わせ処方したが、一旦頭痛が落ち着いてもすぐに効果不十分となり頻回の処方変更が必要であった。附子理中湯の方意で人参湯と附子末を開始したところ、1カ月後には頭痛の頻度は減少、附子末を漸増し附子理中湯としたところ頭痛の頻度はさらに減少し、1年以上にわたり良好な頭痛のコントロールが得られた。附子理中湯は様々な症状に対して有効であった報告があるが、いずれの報告でも下肢の冷えを伴っていた。本例では潰瘍性大腸炎と下肢の冷えを伴っており、これらを目標に附子理中湯を投与したところ片頭痛の改善が得られた。消化器症状がある下肢の冷えを伴う片頭痛患者に対する附子理中湯の有効性が示唆された。

**索引用語：**片頭痛、前兆のない片頭痛、附子理中湯、潰瘍性大腸炎、下肢の冷え

## PAIN AND KAMPO MEDICINE Vol.31 (2022)

**A case of migraine without aura successfully treated with bushirichuto**  
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**Abstract:** A 49-year-old woman had ulcerative colitis. She developed a headache at the age of twenty, and she used painkillers. The headache worsened six months ago, and the patient visited our hospital. She was diagnosed with migraine without aura. We prescribed various combinations of tokishakuyakusan, koujin, saikokeishikankyoto, hochuekkito, rikkunshito. The improvement of the headache was temporary, and we had to change the prescription frequently. When ninjinto and bushi were prescribed to produce effects similar to those of bushirichuto, the frequency of headache decreased after one month. The frequency of headache was further decreased after gradual increase of bushi, and good control of headache was obtained for more than one year. There were reports that bushirichuto was effective for various symptoms, and in all reports, patients were characterized by sensitivity to cold lower extremities. In this case, the patient had ulcerative colitis and lower extremity coldness, and migraine was improved after treatment with bushirichuto. In conclusion, bushirichuto is effective for migraine patient with digestive symptoms and sensitivity to cold lower extremities.

**Key words:** migraine, migraine without aura, bushirichuto, ulcerative colitis, sensitivity to cold lower extremities

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