

症 例 報 告

ペインクリニック領域での香蘇散の有用性

今井美奈*¹ 秋山絢子*² 前田 剛*² 飯田史絵*²
中村かな*² 光畑裕正*³ 山口敬介*²

要旨：香蘇散は気剤であり、香附子、紫蘇葉、陳皮、甘草、生姜から構成される。出典は『和剤局方』で、1年中の四季を問わずに感染症を治す、とされている。効能書には、胃腸虚弱で神経質の人の風邪の初期、頭痛、鬱状態、蕁麻疹、神経衰弱、婦人更年期神経症、などあり、他の漢方薬では胃腸障害が出る場合や、体力のない高齢者や妊婦の風邪にも使用できる。今回、ペインクリニックを受診した、原因不明の心窩部痛の患者2名、頭痛の患者1名に、香蘇散の証である鳩尾の圧痛を目安に投与したところ、効果があった。香蘇散は、抑鬱状態や不眠、頭痛と幅広く使用され、気鬱気滞から引き起こされる種々の痛みの症状に対して効果があることが示唆された。

索引用語：気剤、気鬱気滞、鳩尾の圧痛

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The usefulness of the Kososan, Japanese herbal medicine, in the field of pain clinic

Mina IMAI*¹, Junko AKIAYAMA*², Tsuyoshi MAEDA*², Shie IIDA*²,
Kanna NAKAMURA*², Hiromasa MITSUHATA*³ and Keisuke YAMAGUCHI*²

Abstract: Kososan is qi-regulating formula, composed of crude medicines of koubushi, shisoyou, chinpi, kanzo and syoukyou. The source of this formula is “Wazai-kyokuhou”. The original texts describe this formula as curing infections in all four seasons of the year. In recent clinical practice, it is effective in the early stages of colds, headaches, depression, urticaria, nervous debility, and menopausal neurosis in people with a nervous digestive disturbance. It is also considered to be useful for colds in patients who would have gastrointestinal problems with other Kampo medicines, in the elderly having weak physical strength, and in pregnant women. In this study, kososan was administered to two patients with epigastric pain of unknown cause and one patient with headache, using tenderness of the epigastric fossa as a guide, and the formula was effective. The results suggest that kososan is widely used for depression, insomnia, and headache, and is effective in treating various symptoms caused by qi stagnation and qi depression.

Key words: medicine for qi, qi stagnation and depression, tenderness of kyubi

*¹Department of Anesthesiology, Saiseikai Kawaguchi General Hospital

Mina IMAI, Department of Anesthesiology, Saiseikai Kawaguchi General Hospital.

5-11-5 Nishi-kawaguchi, Kawaguchi-shi, Saitama 332-8558, Japan

*²Department of Anesthesiology and Pain Medicine, Juntendo Tokyo Koto Geriatric Medical Center

*³Mitsuhatu pain clinic