

臨 床 経 験

妊娠中圧痛を伴う腹部の痛みに対する漢方薬治療

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要旨：【目的】妊娠中は内分泌環境の変化、子宮の増大に伴う身体への機能的および物理的な負担等から腹部の痛みが生じやすい。特に子宮周囲の痛みは、妊婦にとって不安を伴う。そこで妊娠中の圧痛に駆瘀血剤を用いた症例について報告する。【方法】2016年1月より2020年12月まで当院受診の妊婦で、漢方薬治療を希望し桂枝茯苓丸内服治療を施行した12症例を対象とし、診療録により後方視的に検討した。【結果】平均年齢33.3歳、症状発現時の平均妊娠週数18週5日、初産婦10例(83.3%)、経産婦2例(16.7%)であった。妊娠に伴う子宮筋腫の変性による痛みが原因と考えられた症例が10例(83.3%)、臍傍の痛みが2例(16.7%)であった。切迫流産の症状を伴った症例は10例であり、そのうち子宮筋腫合併は9例であった。全症例において桂枝茯苓丸を内服すると圧痛症状が軽減し、痛みそのものが数日以内に消失した例もあった。

索引用語：妊娠、腹部の圧痛、桂枝茯苓丸

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Kampo Medicine Treatment for Abdominal Pain with Tenderness during Pregnancy

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Abstract: Purpose : During pregnancy, abdominal pain is likely to occur due to endocrine changes, functional and physical stress on the body due to the enlargement of the uterus, etc. In particular, pain in the area surrounding the uterus causes anxiety in women. Therefore, in this study, we report the use of Kampo formula for resolving blood stasis (kuoketuzai) for the treatment of abdominal tenderness in pregnant women. Methods : The subject sample included 12 pregnant women with the aforementioned symptoms who visited our hospital between January 2016 and December 2020. They requested treatment with Kampo medicine and were therefore administered oral keishibukuryogan treatment. Their medical records were used for conducting a retrospective examination. Results : The subjects had a mean age of 33.3 years, and the mean number of weeks of pregnancy at the time of symptom onset was 18 weeks and 5 days. There were 10 primipara (83.3%) and 2 multipara (16.7%) women. Ten patients (83.3%) had pain that was thought to be caused by the degeneration of a uterine myoma associated with pregnancy, whereas two patients had navel pain (16.7%). Ten patients were associated with symptoms of imminent abortion and premature delivery ; of whom, nine had complications of uterine myoma. Six patients required in-hospital treatment and four patients were managed on an outpatient basis for imminent abortion and premature delivery. For the patients with symptoms of imminent abortion, concurrent tocolytic agents (ritodrine or isoxsuprine hydrochloride) were used in combination. In all patients, the symptoms of abdominal tenderness were alleviated on administering keishibukuryogan orally, and in some patients the pain disappeared by itself within a few days.

Key words: pregnancy, abdominal pains, keishibukuryogan

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