

短報

## 鼻副鼻腔疾患による小児頭痛に辛夷清肺湯が有効であった1例

光藤 尚<sup>\*1</sup> 田村直俊<sup>\*1</sup> 溝井令一<sup>\*1</sup> 芝 恵美子<sup>\*2</sup>  
上條 篤<sup>\*3</sup> 荒木信夫<sup>\*1</sup> 山元敏正<sup>\*1</sup> 篠永正道<sup>\*4</sup>

**要旨：**辛夷清肺湯が有効だった鼻副鼻腔疾患による頭痛を呈した9歳男児例を経験した。小中学生の頭痛の有病率は高く、起立性調節障害などの小児特有の病態を念頭に頭痛外来を紹介される小児も多い。小児では起立性調節障害に典型的な起立性頭痛を認めない場合、精神疾患に伴う頭痛のみならず耳鼻科疾患も鑑別に診療を行い、副鼻腔炎や鼻閉を伴う場合は辛夷清肺湯などの漢方薬を選択することが重要である。

**索引用語：**小児頭痛, 副鼻腔疾患, 辛夷清肺湯

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

**Successful treatment with shin'iseihaito for childhood headache induced by paranasal sinus disease : a case report**

Takashi MITSUFUJI<sup>\*1</sup>, Naotoshi TAMURA<sup>\*1</sup>, Yoshikazu MIZOI<sup>\*1</sup>, Emiko SHIBA<sup>\*2</sup>,  
Atsushi KAMIJO<sup>\*3</sup>, Nobuo ARAKI<sup>\*1</sup>, Toshimasa YAMAMOTO<sup>\*1</sup>,  
and Masamichi SHINONAGA<sup>\*4</sup>

**Abstract:** We experienced a case of 9-year-old boy with headache due to nasal sinus disease who was treated effectively with shin'iseihaito. The prevalence of headache in elementary and junior high school students is high. Many children are referred to outpatient headache clinics because of suspected pediatric conditions such as orthostatic dysregulation. In children without orthostatic headache, not only headache associated with psychiatric disorders but also otolaryngological disorders should be suspected and treated. If sinusitis or nasal obstruction is present, Kampo medicine such as shin'iseihaito is recommended.

**Key words:** childhood headache, paranasal sinus disease, shiniseihaito

<sup>\*1</sup>Department of Neurology, Saitama Medical University Hospital  
Takashi MITSUFUJI, Department of Neurology, Saitama Medical University Hospital.  
38, Morohongo, Moroyama-machi, Iruma-gun, Saitama, 350-0495, Japan

<sup>\*2</sup>Higashiurawa Otolaryngology

<sup>\*3</sup>Kamijo Allerg/ENT Clinic

<sup>\*4</sup>Department of Neurosurgery, International University of Health and Welfare