

## 症 例 報 告

### 妊産婦の恥骨痛に対し漢方治療が奏効した3症例の検討

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**要旨：**産婦人科の臨床現場において妊婦または褥婦の恥骨痛はしばしば経験される。西洋医学的なアプローチは、骨盤単純撮影やMRIを施行しても明らかな異常所見が認められず、検査は陰性だが疼痛が残ったり、鎮痛薬を処方しても奏効しなかったりと、患者の満足度に貢献できないことが多い。特に妊娠後期は、児の動脈管閉鎖の問題から非ステロイド性抗炎症薬は使用できない。そこで、今回われわれは漢方治療に注目した。3症例は、疼痛のため歩行や排泄が困難になっていたが、当帰四逆加呉茱萸生姜湯を内服しわずか2週で症状が消失または軽減した。恥骨痛を単なる身体的疼痛としてではなく、体が冷えていること、ストレスやわだかまりを抱えていること、妊娠・分娩が女性にとって大きなライフイベントであることなど、妊婦や褥婦が抱える背景因子に着目した。

**索引用語：**妊産婦，恥骨痛，漢方治療，当帰四逆加呉茱萸生姜湯

## PAIN AND KAMPO MEDICINE Vol.32 (2023)

### A study of three cases of pregnant women or postpartum mothers with pubic pain successfully treated with Kampo medicine

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**Abstract:** In the clinical setting of obstetrics and gynecology, pubic pain in pregnant women or postpartum mothers is often experienced. Western medical approaches often do not contribute to patient satisfaction, as simple pelvic X-ray imaging and MRI often show no obvious abnormal findings, tests are negative but the pain remains, and prescribing analgesics is not effective. Especially in late pregnancy, non-steroidal anti-inflammatory drugs cannot be used because they may cause ductus arteriosus closure in the fetus. In the present study, we focused on Kampo medicine for three patients who had difficulty walking and defecating due to pubic pain, and their symptoms disappeared or were alleviated in only two weeks after oral administration of tokishigyakukagoshuyushokyo. We focused on the background factors which pregnant women and postpartum mothers suffer from, such as coldness in the body, feelings of discontent such as stress and emotions and pregnancy as a major life event for women, rather than just treating pubic pain as physical pain.

**Key words:** pregnant women or postpartum mothers, pubic pain, Kampo medicine, tokishigyakukagoshuyushokyo

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