

## 症 例 報 告

## 更年期障害に伴う運動器疼痛に対して漢方治療を行った3症例

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**要旨：**閉経前後は卵巣機能低下がもたらす女性ホルモン環境の変化、家庭や仕事のストレスなど心理的社会的にも不安定な時期である。そのため種々の不定愁訴を主訴とする更年期障害を引き起こす。中でも関節痛は有訴率が高く更年期障害患者の50～70%に認められるが、ホルモン補充療法では改善しないことも多い。今回、更年期障害に伴う関節痛に対して漢方治療を行った3症例について報告する。【症例1】40歳台後半、主婦、息苦しさ、動悸、ホットフラッシュ、喉の詰まり感、頭痛、肩関節痛、右肋骨窩痛などを主訴に来院した。【症例2】40歳台後半、フルタイム勤務、主訴は足の冷え、ホットフラッシュ、疲労感、両手指第1関節の痛みと強張りであった。前医にて当帰逆加呉茱萸生姜湯と十全大補湯を3カ月内服も症状改善は認められなかった。【症例3】50代前半、フルタイム勤務、主訴はのぼせ、冷え、眠りが浅いこと、また五十肩にて整形外科通院も改善ないと訴えがあった。3症例とも柴胡桂枝乾姜湯を中心に、症状に合わせ症例1は半夏厚朴湯、症例2は香蘇散、症例3は二朮湯を併用することにより関節痛症状を改善できた。

**索引用語：**更年期障害、関節痛、漢方治療、柴胡桂枝乾姜湯

## PAIN AND KAMPO MEDICINE Vol.33 (2024)

Three cases of arthralgia associated with climacteric disorders treated  
with Kampo medicine  
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**Abstract:** During the perimenopausal and postmenopausal periods, women become psychologically and socially unstable due to changes in the female hormonal environment caused by decreased ovarian function as well as stress related to family and work. These conditions cause climacteric disorders with unidentified complaints. Among these complaints, arthralgia is highly prevalent and is observed in approximately 50-70% of patients with climacteric disorders. It is not often improved by hormone replacement therapy. Here, we report three cases of arthralgia associated with climacteric disorders treated with Kampo medicine.[Case1] A housewife in her late 40s visited the hospital with chief complaints of difficulty in breathing, palpitations, hot flushes, obstructive discomfort in the throat, headache, shoulder pain, and right costal facet pain.[Case2] A woman in her late 40s, working full-time, had the chief complaints of cold feet, hot flushes, fatigue, and pain and stiffness in the first joints of both fingers. Her previous doctor prescribed tokishigyakukagoshuyushokyo and juzentaihoto, and she took them orally for 3 months continuously. However, her symptoms did not improve.[Case3] A woman in her early 50s, working full-time, had the chief complaints of hot flushes, cold sensitivity, light sleep, and frozen shoulder, despite regular visits to the orthopedic clinic without improvement. In all three cases, arthralgia symptoms were improved by combining saikokeishikankyo as the main treatment with hangekobokuto for Case1, kososan for Case2, and nijutsuto for Case3, according to each patient's symptoms.

**Key words:** climacteric disorder, arthralgia, kampo medicine, saikokeishikankyo

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