

症 例 報 告

難治性頭痛の1例

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要旨：頭痛は、内科やペインクリニックを訪れる患者の多くにみられる普通の症状であるが、慢性の経過を辿り、難治性の病像をとる症例が多々みられる。このような症例では患者の個性に基づいた全人的な患者理解とアプローチが必要である。今回、われわれは、離婚、再婚、経済的困窮、子供の独立など、様々なライフイベントをめぐる、慢性難治性に経過した頭痛の症例を経験したので報告する。

症例：44歳（初診時）、主婦。主訴：夕方の頭全体が締めつけられるような痛み、眩暈。発症と経過：患者は19歳で結婚し、二児を出産したが35歳で離婚した。41歳時、再婚話が持ち上がった頃から頭重感、眩暈が出現した。43歳時、再婚話が中断し頭痛が悪化、紹介にて当科を受診した。治療経過：頭痛を受容し、向精神薬とともに、瘀血、水毒の存在に着目し、桂枝茯苓丸、五苓散を投与し、頭痛は軽減した。子供の独立や再婚を果たしたが、夫婦間の問題にて再度頭痛は悪化した。患者は性格形成上未熟であり、pain prone disorderの特徴を認めた。夫や治療者に依存的で退行し、症状のセルフ・コントロールに向けた自律性（autonomy）の発動が得にくかった。このような患者に対しては、治療者－患者関係に留意しながら、患者の成長を導くアプローチの重要性が再認識された。

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キーワード：難治性頭痛, 全人的医療, 治療者－患者関係

A case of intractable headache

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Abstract : Headache is one of the common symptoms about which many patients see pain clinicians or hospital internalists. Many cases follow a chronic course and assumes an aspect of intractable disease.

In these cases it is required to take a comprehensive approach to a patient, observing his/her individual situation. We had a case of chronic and intractable headache, who

had various life events such as a divorce, a remarriage, economic poverty, and children independency from her. This case will be reported in the following.

(Case Report) :

The case was a 44-year-old (at the time of initial examination) housewife.

Chief complaint : Headache in the evening which was felt as if her head was contracted and had an attack of vertigo Onset and clinical course : The patient married at the age 19, and had two children. When she was 35 years old, she was divorced. When she was recommended of remarriage at about the age 41, a feeling of dull headness and vertigo struck her. When she was 43 years old, the scheduled remarriage was broken off and her headache was worsened. She was referred to our clinic.

Course of treatment : The patient's suffering was empathetically accepted by the medical staffs. At the same time, noticing her Oketsu and Suidoku conditions, Gui-Zhi-Fu-Ling-Wan (Keishi-bukuryo-gan) and Wu-Ling-San (Gorei-san) were prescribed in addition to psychotropics, which led to the improvement of her headache. After that, her children started self-supporting lives and she got remarried. However, she had some trouble with her husband, and her headache worsened again. She was not very mature, and the characteristics of "pain prone personality" were seen. She regressed with dependency on her husband and the medical staff. It was difficult to help her control her symptoms for herself. This case taught us that we should pay greater attention the patients' psycho-social development through interpersonal communication between medical staff and patients.

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Key words : intractable headache, comprehensive medicine, medical staffs-patient relationship