

原 著

「頭痛」症候が病名として登録されている症例の検討

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要旨：平成24年に当院外来を受診した患者5153名のうち、症候名である「頭痛」が病名となっている症例は約10%の536名であった。これらのうちで、カルテを後方視的に詳しく検討し得た148例について、性別、年齢、受診月の違い、西洋医学的診断名と東洋医学的診断名の比較、頭痛の部位や左右差、更には処方された方剤の種類や傾向、並びにその有効性について検討した。その結果、頭痛病名は2月3月および10-12月に多い傾向が認められた。性別、年齢別では30代女性に多く(24%)、男性でも30代(6.4%)に多かった。頭痛の種類は、東洋医学的には、外邪による外感頭痛と内邪による内傷頭痛とに分類され、更に、外感頭痛は、風寒、風熱、風湿の3種類に分類される。当院の症例は、約90%が外感頭痛であり、更に、風寒、風熱、風湿頭痛がほぼ同率であった。頭痛の部位別では、前頭部が5割を占めた。部位の左右の比較では、正中部がもっとも多く、左右の優位性に差は認められなかった。頻用方剤は川芎茶調散(TJ-124)、五苓散(TJ-17)、葛根湯加川芎辛夷(TJ-2)であり、この3剤で約60%を占めた。臨床的な有効性では、有効以上が75%を占めた。当院での外感頭痛に対する最も頻度の高い対処法は、川芎茶調散を基本処方として種々の方剤を併用する方法であった。

索引用語：頭痛、耳鼻咽喉科、漢方治療、川芎茶調散(TJ-124)

PAIN AND KAMPO MEDICINE Vol.24 (2014)

Study of the cases of headache that is a symptom name but is registered as the name of disease

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Abstract: Effect of Kampo medicines on headache in patients in my clinic was reported. All patients who visited my clinic in 2012 were 5153. Among them the patients with headache as the symptomatic disease name were 536 which were about 10% of the whole patients. Effect of Kampo medicines on headache were retrospectively examined in 148 cases from the items listed in medical reports. Many patients with headache visited to our clinic in December from October, and March from February. The ratio of patients was women 30's with 24%, and man with 6.4%. In Kampo medicine, the type of headache can be classified into 2 categories, one is caused by the exogenous pathogenic factors called "gaikan", and another is the internal pathogenic factors called "naisho". Further gaikan can be classified into 3 types, headache induced by exterior coldness called "fukan", headache induced by exterior heat called "funetsu", and headache induced by exterior fluid called "fushitsu". Ninety percent of the cases in my clinic were the headache by "gaikan". On the other hand, the ratio of "fukan", "funetsu", "fushitsu" were almost the same percentage. Forehead headache was frequently occurred in 50% patients. Its area was almost located in the midline, and there was no difference between right and left area. As a result, senkyuchachosan (TJ-124), goreisan (TJ-17) and kakkontokasenkyushini (TJ-2) were frequently used to the patients with headache, and 60% of patients were improved by 3 Kampo medicines mentioned above. In the evaluation of the clinical efficacy, Kampo medicines were effective in 75% of the patients. For the treatment of the headache induced by "gaikan", the combination of senkyuchachosan (TJ-124) and other Kampo medicines should be more effective.

Key words: Headache, Kampo medicine, senkyuchachosan (TJ-124)

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