

症 例 報 告

頭痛に対する桂枝加竜骨牡蛎湯の使用経験
— 痛みにおける器質的因子と心理的因子の観点から —佐藤泰昌^{*1,*2} 田上慶子^{*1} 桑原和男^{*1} 横山康宏^{*1} 山田新尚^{*1}

要旨：桂枝加竜骨牡蛎湯が奏効した計10症例を経験した。今回の症例は、不安やストレスなどにより、頭蓋をとりまく筋肉が収縮することが頭痛の原因と考えられ、緊張型頭痛の範疇であった。桂枝加竜骨牡蛎湯には、芍薬・甘草という直接的な鎮痛薬ばかりでなく、竜骨・牡蛎という鎮静薬、さらに桂枝と甘草の組み合わせの抗不安薬も配合されているため、頭痛を対症療法的に治すばかりでなく、痛みの悪循環を断つ効果も期待できる。桂枝加竜骨牡蛎湯を抗不安鎮痛薬と考えることにより、適用範囲が広がると思われた。

索引用語：頭痛、桂枝加竜骨牡蛎湯、抗不安鎮痛薬

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Effects of keishikaryukotsuboreito on headache

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Abstract: We reported 10 cases of headache successfully treated with keishikaryukotsuboreito. All patients suffered from tension-type headache due to the muscle contraction which surround skull caused by anxiety or stress. Since keishikaryukotsuboreito contains not only Paeony Root (*Paeoniae Radix*) and Licorice (*Glycyrrhiza Radix*) those are lenitive, but also Longgu (*Fossilium ossis mastoidei*) and Oyster Shell (*Ostreae Testa*) those are sedative, it treated the symptoms and the vicious circle of a pain. Further the combination of Cinnamon Bark (*Cinnamomi Cortex*) and licorice is also effective for anxiety. It was suggested that the scope of keishikaryukotsuboreito should spread by considering it to be an antianxiety and lenitive.

Key words: headache, keishikaryukotsuboreito, antianxiety and analgesia drug

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