

症 例 報 告

妊娠中に静脈瘤の痛みに対する漢方薬治療を行った2症例

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要旨：内分泌環境変化に伴う静脈管壁の緊張低下と、子宮増大による下肢静脈血の還流障害から、妊婦は静脈瘤が生じやすく症状も悪化しやすい。今回、漢方薬により痛みが軽減した症例を経験した。【症例1】30歳台、3回経産婦、妊娠20週に外陰部の腫脹感と痛みを訴え、大陰唇部の静脈瘤を認めた。当帰芍薬散内服により、静脈瘤は認めるものの3週間後には痛み等の症状は消失した。【症例2】30歳台、早産既往のある5回経産婦、妊娠18週に子宮頸管縫縮術のため入院となった。特に左静脈瘤の痛みを訴え、当帰芍薬散内服を開始した。術後3日目退院後も内服を継続していた。妊娠22週、静脈瘤の痛み増強し桂枝茯苓丸を併用した。妊娠31週以降分娩まで、痛み緩和スケール(Pain relief scale: PRS)は6~7で推移していた。静脈瘤は、東洋医学的には水毒、瘀血が関与していると考えられ、補血利水の当帰芍薬散や祛瘀通経の桂枝茯苓丸が有効だったと思われる。

索引用語：妊娠、静脈瘤、当帰芍薬散、桂枝茯苓丸

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Two cases of treatment with Kampo medicines for pain caused by varices during pregnancy

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Abstract: Pregnant women are prone to varicose veins and worsening symptoms due to decreased venous wall tension caused by increased progesterone and impaired venous blood circulation in the lower extremities caused by an enlarged uterus. In this report, we describe two cases in which the pain was alleviated by Kampo medicine. Case 1: The patient is in her 30s and has given birth three times. At 20 weeks of her fourth pregnancy, she complained of vulvar swelling and pain, and varices were observed in the labia majora. Upon oral administration of tokishakuyakusan, although varices were still present, symptoms, such as pain, improved after 3 weeks. Case 2: The patient was in her 30s and had a history of premature birth five times. At 18 weeks in her sixth pregnancy, the patient was hospitalized for circumferential suture of cervix. The patient complained of pain particularly caused by the left varix, and oral tokishakuyakusan treatment was commenced. Oral administration was continued even after discharge on postoperative day 3. At 22 weeks of her pregnancy, the pain caused by the varices intensified. Thus, keishibukuryogan was concurrently administered. From 31 weeks of pregnancy until delivery, the pain relief scale (PRS) remained at 6—7. In terms of Oriental medicine, varices are thought to involve fluid disturbance and blood stasis. Tokishakuyakusan, which is used as a tonifying blood and fluid-regulating formula, and keishibukuryogan, which is used as resolving blood stasis and unblock the meridians formula, are considered effective for the treatment of varicose veins.

Key words: pregnancy, varix, tokishakuyakusan, keishibukuryogan

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