

臨 床 経 験

## 性成熟期女性の心身症状に対し漢方治療が奏効した6症例の検討

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**要旨：**性成熟期女性は月経関連症状に悩まされたり、妊娠・出産、職場・家庭環境による影響を受けやすかったりする。女性がこうしたストレスを前向きに捉えてストレスを昇華することが理想的であるが、否定的に捉えると持続的なストレスが心身へ悪影響を及ぼす。今回20～30歳代の性成熟期女性に生じたさまざまな心身症状を、ストレスが持続的に加わった状態、すなわち漢方医学的概念の「肝の怒火」と捉え、その代表的な治療方剤である柴胡疏肝湯を用いることを考えた。柴胡疏肝湯は四逆散の加味方であり、エキス剤では四逆散と香蘇散を併用することが多い。心身症状を漢方医学的に慢性の一般雑病（外感病以外のあらゆる病）と捉えて心下痞鞭・胸脇苦満・腹直筋攣急を認める者に四逆散を用いて和解除し、香蘇散を併用して気滞を散ずることを目標にした。構成生薬に注目すると、四逆散と香蘇散の併用による理気効果は、柴胡疏肝湯の破気（峻烈な理気）効果に比して穏やかであることが示唆された。

**索引用語：**性成熟期女性、心身症状、肝の怒火、柴胡疏肝湯、四逆散と香蘇散の併用

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

#### A study of six cases of psychosomatic symptoms in sexually mature women treated with Kampo medicine

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**Abstract:** Sexually mature women suffer from menstrual-related symptoms and are susceptible to the effects of pregnancy and childbirth, and the work and family environment. Ideally, women should be able to sublimate stress by viewing these stressors in a positive light, but if they view them negatively, the persistent stress can have a negative impact on their physical and mental health. In this study, we considered various psychosomatic symptoms in sexually mature women in their 20s and 30s as a state of persistent stress, or “pattern of liver qi stagnation and fire flaming up” in Kampo medicine, and used saikosokanto, a typical remedy for this condition. Saikosokanto is the combination of crude drugs to shigyakusan. When preparing a similar prescription using dry extracts, shigyakusan and kososan are often used together. From a Kampo medicine perspective, we considered psychosomatic symptoms as chronic generalized illness (all diseases other than infection). We administered shigyakusan to patients with epigastric stuffiness and resistance, fullness and discomfort in chest, and hypochondrium and abdominal muscle tension and harmonize generalized illness. For dissipating qi stagnation, we used shigyakusan and kososan together. Harmonizing method is a method to eliminate pathogens in the body without resorting to the healing processes of sweating, vomiting, and purgative. When we focus on constituent crude drugs, it was suggested that the effect of the combination of shigyakusan and kososan is milder than that of saikosokanto on regulating qi.

**Key words:** sexually mature women, psychosomatic symptoms, liver qi stagnation and fire flaming up, saikosokanto, combination of shigyakusan and kososan

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