

症 例 報 告

頭痛を合併した持続性特発性顔面痛の急性増悪に 漢方薬が有効であった 1 例

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要旨：頭痛を合併した持続性特発性顔面痛の急性増悪に対して五苓散が有効であった 1 例を報告する。症例は 30 代女性，主訴は左顔面痛と頭痛。X-9 年に左上顎の歯科治療後に左顔面・頬部に痛みが持続し，X-7 年より当科外来でデュロキセチン，プレガバリンが処方されていた。X-6 年から頭痛発作が出現し，非ステロイド性抗炎症薬やリザトリプタンが頓用された。X 年 Y 月から左顔面痛が急激に増悪し，頭痛頻度も増加した。MRI で三叉神経と脳血管が近接していたことから五苓散を開始したところ，左顔面痛が軽減するとともに頭痛頻度も減少した。本例のように三叉神経と血管が接触するタイプの持続性特発性顔面痛では利水作用をもつ五苓散が痛みを軽減する可能性がある。

索引用語：持続性特発性顔面痛，頭痛，五苓散，利水作用

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A Case on Acute Exacerbation of Persistent Idiopathic Facial Pain Associated with Headache Successfully Treated with Japanese Traditional Medicine (Kampo medicine)

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Abstract: We present a case of acute exacerbation of persistent idiopathic facial pain (PIFP) complicated by headache, in which goreisan was found to be an effective treatment. The patient was a woman in her 30s with a chief complaint of left facial pain and headache. Since year X-7, she had been taking duloxetine and pregabalin. She had been experiencing headache attacks since year X-6 and had been treated with non-steroidal anti-inflammatory drugs and rizatriptan as needed. From year X month Y, her condition deteriorated rapidly, accompanied by an increased headache frequency. In response, the dosage of the medication was increased, yet the pain persisted. A head MRI revealed that the trigeminal nerve and cerebral blood vessels were in close proximity, which prompted the initiation of goreisan therapy. This resulted in a notable reduction in both facial pain and headaches frequency. In cases of PIFP characterized by contact between the trigeminal nerve and blood vessels, as in the present case, the fluid-regulating effect of goreisan may have been effective in reducing pain.

Key words: persistent idiopathic facial pain, headache, goreisan, fluid-regulating effect

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