

## 症 例 報 告

月経に伴う下腹部，外陰痛に対する漢方薬の効果に関する  
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**要旨：**月経痛を訴えた受診した女性で，膣の6時方向に圧痛を認めた症例が，たまたま外痔核の治療を希望したために乙字湯を投与したところ，腹痛が軽快した症例を経験したことを契機に，膣の6時方向の圧痛が乙字湯投与の目標となるか前方視的に検討した．最終的に8名しかノミネートできなかったため，統計学的な検討はできないが，8名中5例で，疼痛の軽減が認められた．気血水の概念で見ると，瘀血スコア21点以上の症例が，有効例で5例中3例であったのに対し，無効例では3例中1例であった．乙字湯もしくは乙字湯と桂枝茯苓丸併用し，疼痛が軽減した症例は瘀血を伴う症例が多い可能性がある．まとめると，原因不明で下腹痛(特に月経に関連した腹痛)を訴える女性で，内診所見で，膣，とくに膣の6時方向に圧痛を認める症例では，乙字湯もしくは，乙字湯と桂枝茯苓丸の併用が有効である可能性があるが，今後さらなる症例の積み重ねが望まれる．

**索引用語：**月経痛，膣の圧痛，乙字湯，桂枝茯苓丸，瘀血

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## An Observational Study on Efficacy of Japanese Traditional Medicine (Kampo Medicine) for dysmenorrhea (lower abdominal and genital pain)

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**Abstract:** We experienced a case of dysmenorrhea with tenderness at the 6 o'clock position of the vaginal wall. The patient reported bleeding external hemorrhoid. Therefore, otsujito was prescribed to treat her hemorrhoids. Interestingly, she reported that her symptoms (dysmenorrhea) went into remission. Based on this experience, an observational study was initiated to determine whether vaginal tenderness could serve as an indicator for the use of otsujito in patients with dysmenorrhea and lower abdominal pain. Eight women with vaginal tenderness and dysmenorrhea were included in the study. Remission of abdominal pain was observed in five of the eight cases with the use of otsujito alone or in combination with keishibukuryogan. From the perspective of qi, blood, and fluid balance, three out of the five effective cases had a blood stasis score of 21 or higher. This suggests that the use of otsujito or a combination of otsujito and keishibukuryogan may be more effective in cases accompanied by blood stasis. In summary, for women with unexplained lower abdominal pain-particularly menstrual-related pain-if vaginal tenderness, especially at the 6 o'clock position, is observed on internal examination, the use of otsujito or the combination of otsujito and keishibukuryogan may be a treatment option. Further accumulation of case studies is expected to validate these findings.

**Key words:** dysmenorrhea, tenderness of the vaginal wall, otsujito, keishibukuryogan, blood stasis

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