

症 例 報 告

頸肩痛を伴う片頭痛に葛根湯が有効であった 1 症例

境 徹也* 樋田久美子* 原 哲也*

要旨：西洋医学的治療に抵抗性であった頸肩痛を伴う片頭痛に対し、葛根湯が有効であった症例を経験したので報告する。患者は、29歳、男性。9年前に頭痛が出現し、その後頸肩痛が出現した。近医で西洋医学的治療を受けたが、痛みは軽減せず、5ヵ月前に当科受診した。頭痛は体動で増強する痛みであり、頸肩部の硬結を伴っていた。1ヵ月前、吐き気を伴う拍動性の頭痛が起こっていたことが明らかとなり、この時点で片頭痛と診断した。トリプタン内服で片頭痛は軽減したが、頸肩痛は軽減しなかった。加味逍遙散と柴胡桂枝湯を投与したが、効果は無かった。漢方治療開始から3ヵ月後、片頭痛に対するトリプタンの効果が減弱したため、葛根湯を開始した。頸肩痛と同部の硬結も軽減し、片頭痛発作も消失した。葛根湯で、頸肩痛の軽減に続き片頭痛が消失したことから、片頭痛の誘発・増悪因子となっていた頸肩痛を軽減することで、間接的に片頭痛を予防したと考えられた。

索引用語：葛根湯，片頭痛，頸肩痛

PAIN AND KAMPO MEDICINE Vol.26 (2016)

A case report of successful treatment with Kakkonto for migraine with neck and shoulder pain

Tetsuya SAKAI*, Kumiko HIDA* and Tetsuya HARA*

Abstract: We report a case of successful treatment with kakkonto for the migraine with neck and shoulder pain that was refractory to the treatment with the western medication.

A patient was 29-year-old man developed headache, followed by neck and shoulder pain for 9 years. Five months ago, he was referred to our clinic because western medication was not effective for his pain. His headache with stiffness in his neck and shoulder was aggravated by the body movement. He was diagnosed as a migraine because a pulsating headache with nausea occurred for a month before our consultation. When triptan was administered, his headache was improved temporarily, but his neck and shoulder pain was not improved. Therefore, kamishoyosan and saikokeishito were administered, but they were inactive. Three months later, the administration of kakkonto was started because the efficacy of triptan on migraine became weak. After that, his neck and shoulder pain with stiffness was relieved and the migraine disappeared subsequently. It was suggested that the treatment with kakkonto should prevent the migraine indirectly by reducing his neck and shoulder pain those were the trigger of migraine because his migraine disappeared following the improvement of his neck and shoulder pain.

Key words: kakkonto, migraine, neck and shoulder pain

* Department of Anesthesiology, Nagasaki University School of Medicine

Offprint requests to: Tetsuya Sakai, Department of Anesthesiology, Nagasaki University School of Medicine, 1-7-1 Sakamoto, Nagasaki-shi, Nagasaki 852-8501, Japan