臨床報告

うつ病における不眠に対する酸棗仁湯の使用経験

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要約：ほとんどのうつ病患者に，何らかの睡眠障害がみられる。酸棗仁湯(TJ-103)は心身とともに疲れ，体が低下したものに不眠に用いられている。今回，うつ病に対し適応的セロトニン再取り込み阻害薬(SSRI)などで治療したが不眠を呈した5例に酸棗仁湯を投与した。症例1：23歳，男性，夜中に目が覚め，昼寝もできない。症例2：21歳，女性，寝た気がしない。症例3：28歳，女性，眠りが浅い。症例4：72歳，女性，様々なことが頭に浮かび不定。症例5：36歳，女性，身体がだるく眠れない。酸棗仁湯投与後，すべて不眠は改善した。症例4では，副作用のためSSRIを中止していたが，酸棗仁湯投与後にうつ症状も改善した。以上から，うつ病治療中に不眠が問題となる場合，酸棗仁湯の使用も望まれた。

索引用語：うつ病，不眠，酸棗仁湯


Sansoninto for Treatment of Insomnia Associated with Depression

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Summary: Most patients with depression suffer from some form of sleep disorder. Sansoninto (TJ-103) is indicated for insomnia in patients who are both physically and mentally exhausted, and have a physically weakened constitution. Sansoninto was administered to 5 patients who were being treated with selective serotonin reuptake inhibitors (SSRIs) for depression and suffered from insomnia. Case 1 was a 23-year-old man who would wake up at night and could not get back to sleep. Case 2 was a 21-year-old woman who suffered from fitful sleep. Case 3 was a 28-year-old woman who suffered from light sleep. Case 4 was a 72-year-old woman who could not sleep due to a busy mind. Case 5 was a 36-year-old woman who could not sleep due to feeling sluggish. Insomnia improved in all cases after administering Sansoninto. Case 4 had discontinued SSRIs because of side effects, but depression symptoms improved after Sansoninto was administered. These findings suggest that Sansoninto should be considered for patients who suffer from insomnia during treatment of depression.

Key words: depression, insomnia, Sansoninto