

症 例 報 告

顎関節症に対する漢方療法の経験

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要旨：漢方薬は食前または食間に服用するのが一般的である。顎関節症の患者は食事時に顎関節部や咀嚼筋部の疼痛を訴えることが多い。今回、われわれは顎関節症患者に対して漢方療法を行った。対象症例は女性38例、男性2例、計40例である。使用した漢方製剤は消炎、鎮痛、鎮静作用を有する加味逍遙散で、4～8週間投与した。1～2週間に一度の割合で再来させ、質問用紙などにより症状変化を観察した。本剤の臨床効果として著効9例、有効11例、やや有効7例、無効4例、悪化6例であった。顎関節症の疼痛は、局所的な原因にのみならず、精神的な要素も含め全身的な原因を探り、患者の全体を捉えることが必要である。

(痛みと漢方7:97-101, 1997)

索引用語：漢方製剤、加味逍遙散、顎関節症、食前服用、顎関節痛、疼痛、全人的治療

The effect of the Kampo medicine for the temporomandibular disorders

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Abstract : Kampo medicine is administered before or between meals. Many patients with temporomandibular joint disorders(TMD) complain of temporomandibular joint(TMJ) pain or masticatory muscular pain during eating. In this paper we studied the effect of Kampo medicine on the patients with TMD. The subjects were 40 patients (38 females and 2 males) who had 4-8 week's medication of Kamisoyoyo-san, which has sedative, analgesic and anti-inflammatory action. We used a questionnaire to assess its effect every one or two weeks. The clinical effect of Kamisoyoyo-san in 37 cases was excellent in 9 cases, good in 11 cases, fair in 7 cases, poor in 4 cases and worse in 6 cases. No suspicious side effect due to Kamisoyoyo-san were found in this study.

For the diagnosis and treatment of TMD, we need not only to examine a patient's local pain but also to understand the patient bio-psycho-socially, that is to say comprehensively.

(Pain and Kampo Medicine 7: 97-101, 1997)

Key words : Kampo medicine, Kamisoyoyo-san, temporomandibular joint disorders, administration before meal, TMJ pain, pain, psychosomatic pain, comprehensive treatment