

症 例 報 告

舌証からみた慢性疼痛の漢方治療

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要旨：慢性疼痛を伴う不安関連障害（N=39）と抑うつ関連障害（N=36）の患者の舌所見を(1)白苔，(2)黄苔，(3)紫色舌・青色舌，(4)齒痕舌の4つに分類した。一部の患者にそれぞれの分類に適した漢方薬を選択し，治療を行った。舌の変化とともに，疼痛の軽減と精神面での安定が得られた。舌の観察および舌証に適した方剤選択の重要性を強調した。

索引用語：慢性疼痛，舌証，漢方治療

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Kampo therapy for chronic pain, based on the tongue diagnosis
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Abstract: Psychiatric patients with chronic pain (N=49) were divided into four types based on conventional tongue diagnosis: white coated tongues (N=9), yellow coated tongues (N=12), purplish tongues (N=16), and tongues with dental indentation N=22). According to the original selection of Kampo medicine (TSUMURA Kampo Medicine for Ethical Use), three cases were treated. As the color of the tongue was changed, the subjective symptoms including chronic pain were also gradually disappeared. The information of tongue color and shape will be helpful to understand patient's symptoms and select the appropriate Kampo medicine in the treatment of patients with chronic pain.

Key words: chronic pain, tongue diagnosis, Kampo therapy