

## 臨床経験

# 口腔内違和感を伴った舌痛症に小半夏加茯苓湯が著効した一例

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**要旨：**舌痛症は定型的な治療の確立していない分野の一つである。西洋医学的治療としては、亜鉛剤、鉄剤、SSRIなどの向精神病薬などが治療に用いられるが難渋する例も多い。今回我々は医療用エキス製剤の小半夏加茯苓湯が口腔内違和感を伴った舌痛症に対して著効した症例を経験したので報告する。

症例は70歳女性。主訴は口腔内違和感を伴った舌痛症である。X-2年より主訴が出現し、耳鼻科、口腔外科などで加療を受けたが改善が無く漢方治療を希望して当科受診した。西洋医学的な身体的所見に特に異常なかった。検査結果ではリウマチ因子や抗SS-A抗体は陰性、血清亜鉛69 $\mu$ g/dlと正常範囲内で、貧血も無かった。六君子湯を処方したところ一時改善傾向だったが、再び増悪した。麦門冬湯で変化無く、補中益気湯にしたところ余計に悪くなり嘔気症状が出現した。証に従い小半夏加茯苓湯を処方したところ、嘔気だけでなく舌痛症も改善を認め、現在は下口唇の内側に違和感があるのみで舌痛は消失した。舌痛症の漢方治療としては麦門冬湯、加味逍遙散、半夏厚朴湯などの報告はあるが小半夏加茯苓での治療例は珍しい。今後の治療の選択に入れてもよいと考えられた。

索引用語：舌痛症、漢方、小半夏加茯苓湯

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### Shohangekabukuryoto did a work effect of for a tongue pain

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**Abstract:** The tongue pain is classified as zinc lack, iron lack, psychogenesis or idiopathy by its causes. According to its causes, a zinc drug, an iron drug, a tranquilizer have been used for treatment of tongue pain. When the symptom is not improved in spite of these treatments, Traditional herbal medicine has been also used. We present a patient with tongue pain, who was successfully treated with shohangekabukuryoto (SHBT).

A 70-years-old woman consulted a specialist in Japanese Oriental Medicine to undergo treatment with Traditional herbal medicine (THM) for the tongue pain and the sense of incongruity in the oral cavity. Her symptoms had persisted for 2 years in spite of the treatment of otolaryngologist and dentist.

Physical examination of Western medicine did not showed abnormality in particular. A rheumatoid factor and the anti SS-A antibody were negative, and serum zinc was within the normal (69ug/dl), and there was not the anemia, too. Her symptom was classified as idiopathic tongue pain. By administration of rikkunshito the tongue pain was almost disappeared temporarily, and then was exacerbated again. Bakumondoto and hochuekkito did not improve tongue pain. When hochuekkito was administrated, she felt nausea. According to the diagnostic system in THM SHBT was prescribed, and then it improved tongue pain as well as nousea.

This observation suggests that SHBT may be a useful agent to treatment of the tongue pain.

**Key words:** shohangekabukuryoto, kampo, tongue pain

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