

原 著

口腔顎顔面領域の疼痛治療に用いられる漢方薬の検討 —症例報告を用いた解析—

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要旨：口腔顎顔面領域の疼痛治療に漢方薬を用いた症例報告を解析し、漢方薬の疼痛治療への有用性について検討した。医中誌にて2016年1月から2021年12月までの6年間に発表された口腔顎顔面領域の疼痛治療に漢方薬を用いた症例報告を検索し、該当した66例を調査した。舌痛症を含む口腔灼熱症候群（BMS）が最も多く、次いで三叉神経痛・舌咽神経痛（TN/GPN）、特発性顔面痛・歯痛（IFP/ITP）の順であった。最も使用された方剤は五苓散であり、次いで立効散、抑肝散の順であった。BMSおよびIFP/ITPには理気剤が、TN/GPNには利水剤が多く使われていた。漢方薬は西洋薬による制御が困難な慢性痛の治療に有用であることが示唆された。使用頻度の高かった五苓散および立効散は、口腔顎顔面領域の痛みに対して適用範囲が広い方剤と思われる。また、慢性痛に関わる心理・社会的要因を踏まえた理気剤の選択は有益と考えられる。

索引用語：漢方薬、口腔顎顔面領域、疼痛治療、症例報告、慢性痛

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Investigation of Kampo formulas used for treatment of pain in the oral and maxillofacial regions—analysis based on case reports

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Abstract: To elucidate the usefulness of Kampo medicines for pain treatment in the oral and maxillofacial region, we compiled and analyzed case reports in which Kampo medicine was used accordingly. Using Ichushi Web, we searched for case reports published in the six years from January 2016 to December 2021, and we examined 66 cases that were applicable to our search. In the case reports analyzed, burning mouth syndrome (BMS) including glossodynia was the most frequently observed condition, followed by trigeminal neuralgia/glossopharyngeal neuralgia (TN/GPN), and idiopathic facial pain/idiopathic tooth pain (IFP/ITP). Goreisan was the most commonly used formula, followed by rikkosan and yokukansan. In cases with BMS and IFP/ITP, qi-regulating formulas were used, and fluid-regulating formulas in cases with TN/GPN. Kampo medicine was suggested to be useful for treating chronic pain that is difficult to control with Western medicine. Goreisan and rikkosan, which were frequently used, appeared to have a wide range of applications for pain in the oral and maxillofacial region. In addition, it is considered beneficial to select qi-regulating formulas for psychological and social factors related to chronic pain.

Key words: Kampo medicine, oral and maxillofacial region, treatment of pain, case reports, chronic pain

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