

症 例 報 告

漢方薬が舌痛症と非定型歯痛のみならず 種々の全身症状にも奏効した1例

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要旨：器質的異常を認めない舌痛や歯痛に対し、3種類の漢方を併用したところ、口内症状の消失のみならず、閃輝暗点を伴う片頭痛をはじめ、種々の全身症状の改善も認められた1症例を報告する。症例は50歳台女性で2年前より舌痛、その後、歯痛を自覚するようになった。舌痛症と非定型歯痛の併存と診断し、更年期症状が強く、明らかな瘀血を認めたことから、桂枝茯苓丸を開始した。1カ月後には歯痛は著明に軽快し、2カ月後には閃輝暗点を伴う片頭痛もほとんど発症しなくなった。また、精神症状の改善を目的に、新たに抑肝散加陳皮半夏を追加したところ、不安・焦燥感が緩和され、熟眠感が増した。その後、腹診所見から四逆散も併用したところ、初診から7カ月後には舌痛・歯痛ともに消失した。さらに漢方薬の奏効に伴い、行動の拡大などの意欲の向上も認められるようになった。患者の証に応じ、方剤を併用したことが症状を改善したものと思われる。

索引用語：舌痛症、非定型歯痛、桂枝茯苓丸、抑肝散加陳皮半夏、四逆散

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A case of Kampo therapy that was effective not only for burning mouth syndrome and atypical odontalgia but also for various systemic symptoms

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Abstract: We report a case of using a combination of three Kampo medicines for tongue pain and tooth pain without organic abnormalities. Not only did this treatment result in the disappearance of oral symptoms, but it also improved various systemic symptoms, including migraine with scintillating scotoma. The patient was a woman in her 50s who had been suffering from tongue pain for 2 years, and subsequently had toothache. We diagnosed her as having coexisting burning mouth syndrome and atypical toothache. Initially, we prescribed keishibukuryogan because of her severe menopausal symptoms and obvious blood stasis. After 8 weeks, her toothache was significantly relieved and migraine with scintillating scotoma almost disappeared. We then prescribed yokukansankachimpihange to improve her psychiatric symptoms, resulting in the alleviation of her anxiety and agitation and a better quality of sleep. After that, shigyakusan was also administered based on abdominal examination findings, as a result both tongue pain and toothache disappeared 7 months after the initial consultation. With the additional effectiveness of Kampo medicines, the patient's motivation improved, including becoming more active. It seems that the combination of three types of Kampo medicines based on the patient's pattern has improved the symptoms.

Key words: burning mouth syndrome, atypical toothache, keishibukuryogan, yokukansankachimpihange, shigyakusan

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