

原 著

# 「オーラルペイン・リエゾン外来」を受診した舌痛症患者の臨床統計 —舌痛症の病態と漢方治療についての検討—

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**要旨：**舌痛症は、心理社会的要因の関与が多いとされているが、神経障害性疼痛との関連性も示唆されており病態は未だ不明である。今回、2021年1月～2022年12月までの2年間に「長崎大学病院オーラルペイン・リエゾン外来」を受診した舌痛症患者108例の臨床統計的検討から、その病態と漢方治療について考察した。その結果、舌痛症の多くは痛覚変調性疼痛と捉えて、認知行動療法や心身医学的治療、漢方で対応が可能であると考えられた。

**索引用語：**神経障害性疼痛、痛覚変調性疼痛、認知行動療法、心身医学的治療、漢方

## PAIN AND KAMPO MEDICINE Vol.33 (2024)

Clinical statistics of patients with glossodynia in Nagasaki University Hospital  
Oral Pain and Liaison Clinic  
—considering pathophysiology and effectiveness of kampo medicine  
for glossodynia—

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**Abstract:** Psychosocial factors and personality profiles have been proposed as underlying cause of glossodynia. Recently, there has also been some evidence suggesting that glossodynia could be considered a neuropathic pain condition. But its etiology is still unclear. To evaluate its pathophysiology and effectiveness of Kampo medicine, we analyzed patient with glossodynia who had visited in the Nagasaki University Hospital Oral Pain and Liaison Clinic from January 2021 to December 2022. In conclusion, most cases of glossodynia could be considered nociplastic pain, that is neither nociceptive pain nor neuropathic pain conditions. If so, Kampo and psychosomatic medicine could be useful for its management as well as cognitive-behavioral therapy.

**Key words:** neuropathic pain, nociplastic pain, cognitive-behavioral therapy, psychosomatic medicine, kampo medicine

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