

## 症 例 報 告

口腔内に発症した痛覚変調性疼痛に対して  
漢方薬が有効であった1症例新田 英明<sup>\*1,2</sup> 山口孝二郎<sup>\*2,3</sup> 鈴木 甫<sup>\*4</sup> 山下 薫<sup>\*5</sup> 杉村光隆<sup>\*5</sup>

**要旨：**舌痛症は、器質的変化がないにもかかわらず、慢性的に痛みや異常感覚を生じることが多く、治療に難渋することが多い疾患である。今回我々は、50歳代・女性の舌痛症に対して、補中益気湯、加味帰脾湯、抑肝散加陳皮半夏が奏功した症例を経験した。本症例は舌・口腔の組織損傷や炎症など器質的異常は認められず、虚証で交感神経過緊張状態、鬱傾向が認められ、神経障害性疼痛の所見も認められないにもかかわらず生じる舌痛であり、痛覚処理や制御系の異常が生じていると考えられ、痛覚変調性疼痛と判断した。

今回奏功した補中益気湯、加味帰脾湯、抑肝散加陳皮半夏はオキシトシンやオレキシンの分泌をコントロールすることから、痛覚変調性疼痛の制御に作用したと考えられた。

**索引用語：**抑肝散加陳皮半夏、加味帰脾湯、補中益気湯、心因性舌痛症、痛覚変調性疼痛

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A case of nociplastic pain in oral cavity successfully treated  
with Kampo medicinesHideaki NITTA<sup>\*1,2</sup>, Kojiro YAMAGUCHI<sup>\*2,3</sup>, Hajime SUZUKI<sup>\*4</sup>,  
Kaoru YAMASHITA<sup>\*5</sup> and Mitsutaka SUGIMURA<sup>\*5</sup>

**Abstract:** Nociplastic pain in oral cavity, as it is called Burning Mouth Syndrome, is a disease that is often difficult to treat because it often causes chronic pain and abnormal sensations in the absence of organic changes. In the case described herein, we experienced a case of nociplastic pain in oral cavity in a female in her 50s, who responded positively to hochuekkito, kamikihito and yokukansankanchimpihange. In this case, despite the absence of organic abnormalities such as tissue damage or inflammation in the tongue and oral cavity as well as signs of neuropathic pain, the patient experienced tongue pain. Thus, the diagnosis of nociplastic pain was made. As the patient exhibited symptoms of deficiency syndrome, sympathetic nervous system overactivity, and tendencies toward depression, they were treated with hochuekkito, kamikihito, and yokukansankachimpihange. Hochuekkito, kamikihito and yokukansankachimpihange controlled oxytocin and orexin secretion, and thus were thought to control nociplastic pain.

**Key words:** yokukansankachimpihange, kamikihito, hochuekkito, burning mouth syndrome, nociplastic pain

<sup>\*1</sup>Nagashima-cho National Health Insurance Dental Clinic

Hideaki NITTA, Nagashima-cho National Health Insurance Dental Clinic.

134 Hirao, Nagashima-cho, Izumi-gun, Kagoshima 899-1302, Japan

<sup>\*2</sup>Outpatient of Dental Chronic Disease, Tanaka Orthodontic Clinic Medical Corporation Hayanokai

<sup>\*3</sup>Department of Physiology, School of Medicine, Showa University

<sup>\*4</sup>Department of Oral and Maxillofacial Surgery, Kagoshima University Graduate School of Medical and Dental Sciences

<sup>\*5</sup>Department of Dental Anesthesiology, Kagoshima University Graduate School of Medical and Dental Sciences