

臨 床 経 験

口腔内灼熱症候群が疑われた痛み立効散と カプサイシン併用療法が奏効した1症例

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要旨：口腔内の痛みに対して立効散を処方し、改善した症例を報告する。症例は70歳台の女性で、主訴は口の中全体、特に舌と上顎の痛痒さであった。既往歴は高血圧症、うつ病、左側乳がん術後で内服加療中。現病歴は、口腔内の様々な部位の痛みは不定愁訴のため治療困難とのことでかかりつけ歯科医院からの紹介で当院口腔外科を受診した。カンジダ培養検査で陰性であり、当科を紹介され受診した。左上第一大臼歯のインレー脱離も認められた。口腔内灼熱症候群、末梢神経障害性疼痛の診断でプレガバリン50mg/日を処方したが痛みに変化が認められなかったため、立効散7.5g、分3/日を含嗽するように指示し、さらにカプサイシン療法として、タバスコ®を水に溶かし含嗽するように指示した。症状は痛みというよりも痒みに変化した。本症例において立効散の含嗽療法にカプサイシン局所療法を併用することで口腔内の慢性的な痛みが改善した。

索引用語：立効散、カプサイシン、口腔内灼熱症候群、末梢神経障害性疼痛

PAIN AND KAMPO MEDICINE Vol.33 (2024)

A case of successful treatment with kampo medicine in a patient with suspected burning mouth syndrome

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Abstract: A case is reported in which rikkosan was prescribed for oral dysesthesia, resulting in pain relief. The patient was a woman in her 70s. Her chief complaint was pain and itching of the mucosa membrane in the whole mouth, especially in the tongue and maxillary mucosa. Her medical history included hypertension, depression, and ongoing medication for postoperative left breast cancer. She was referred to our oral surgery department by her family dentist because pain in various parts of the mouth was difficult to treat. After the Candida culture test was negative, she consulted our department. An inlay on the left upper first molar was also found to be detached. We prescribed Pregabalin 50 mg/day for subsiding her dysesthesia of burning mouth syndrome and peripheral neuropathic pain. However, no change in pain was observed. Next, the patient was instructed to gargle with 7.5 g/day of rikkosan dissolved in hot water three times daily. Additionally, the patient was instructed to gargle with Tabasco® dissolved in water as capsaicin therapy. Symptoms changed to itching rather than pain. The combination of rikkosan mouthwash therapy and topical capsaicin therapy improved chronic oral pain, implicating that this combination therapy worked in this case.

Key words: rikkosan, capsaicin, burning mouth syndrome, peripheral neuropathic pain

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