

臨 床 経 験

舌痛症に漢方薬が有効であった1例

楠 英将*¹ 山崎陽子*¹ 井村紘子*² 坂元麻弥*² 栗栖諒子*²
嶋田昌彦*² 川島正人*² 新美知子*² 前田 茂*¹

要旨：患者は70歳台女性で、舌の痛みと腫脹感を主訴に来院した。細菌検査や血液検査で異常を認めず、口腔内診査でも異常を認めなかったため、舌痛症と診断し立効散1日量7.5gを処方した。初診時から1カ月後には舌の痛みは軽度となり腫脹感も無くなり、2カ月後には痛みは間欠的で、忘れていた期間が長くなった。痛みを感じられないときは薬の服用を控えていたため、一日の立効散の使用量が減少していたことから、服薬を一旦中止して、それ以降は経過観察となった。現在は服薬することもなく、痛みの発生頻度も減少している。舌痛症は正常な舌粘膜に持続的な灼熱痛が発生する疾患であるため、通常の口腔粘膜の治療では症状の緩和は得られない。本症例では立効散を口腔内にしばらく含んでから服用することで、細辛と升麻が直接口腔粘膜に作用し、その鎮痛効果によって症状の改善を得たと考える。以上より舌痛症に対しての立効散の使用は、痛みのコントロールの一助となる可能性が示唆された。

索引用語：立効散, 舌痛症

PAIN AND KAMPO MEDICINE Vol.33 (2024)

A case of effective Kampo medicine for glossodynia

Hidemasa KUSUNOKI*¹, Yoko YAMAZAKI*¹, Hiroko IMURA*²,
Maya SAKAMOTO*², Ryoko KURISU*², Masahiko SHIMADA*²,
Masato KAWASHIMA*², Tomoko NIIMI*² and Shigeru MAEDA*¹

Abstract: The patient, a woman in her 70s, presented to the hospital with complaints of tongue pain and swelling. Bacteriological examination, blood test, and intraoral examination revealed no abnormal findings. She was diagnosed with glossodynia and prescribed rikkosan at a daily dose of 7.5g. After one month, the pain in her tongue became mild, and the swelling subsided. Two months after her first visit, the pain became intermittent. As a result, she often forgot her symptoms. As she refrained from using the medication when she did not experience pain, her daily dose of rikkosan decreased. Consequently, the use of rikkosan was temporarily terminated, and she has been followed up to the present. Although she does not currently take any medication, the frequency of her tongue pain has decreased. Glossodynia is a condition that causes persistent burning pain in the normal tongue mucosa, and conventional treatment for the oral mucosa does not relieve its symptoms. In the present case, the patient was prescribed rikkosan and instructed to retain the medicine in the oral cavity for a while before ingestion. This method allowed for the direct action of *Asiasarum* root and *Cimicifuga* rhizome on the oral mucosa. The analgesic effect of these crude drugs could potentially have improved the symptoms. These results suggest that effective management of glossodynia can help alleviate pain.

Key words: rikkosan, glossodynia

*¹Department of Dental Anesthesiology and Orofacial Pain Management, Graduate School of Medical and Dental Sciences, Tokyo Medical and Dental University

Hidemasa KUSUNOKI, Department of Orofacial Pain Clinic, Tokyo Medical and Dental University Hospital, 1-5-45 Yushima, Bunkyo-ku, Tokyo 113-8549, Japan

*²Department of Orofacial Pain Clinic, Tokyo Medical and Dental University Hospital