

症 例 報 告

睡眠時ブラキシズムにより治癒が阻害された舌咬創の治療に
漢方薬を用いた小児の1例五味 暁憲^{*1,2} 横尾 聡^{*2} 高野 淳志^{*1}

要旨：われわれは、睡眠時ブラキシズム（sleep bruxism, SB）により治癒が阻害された舌咬創に対して漢方医学的治療を行った。症例は8歳2カ月、男児。食事中に舌を誤咬したがSBによって咬創が刺激され、創の痛みが改善せず、治癒が遅延したため当科初診となった。両側舌縁に潰瘍を形成し、右側はスカロップ状の組織欠損を認めた。SBの抑制に抑肝散を処方したところ、痛みが制御され食事摂取が可能となり、睡眠の改善も得られた。また、創の治癒促進を目的に十全大補湯を処方したところ、受傷後26日目に創の上皮化が確認された。現在、抑肝散の投与を継続し治癒経過を観察中であるが、新たな咬創は生じていない。SBは漢方医学的には肝鬱化風の病態で生じるとされており、抑肝散はSBの制御に有用と考えられる。また、十全大補湯の構成生薬である黄耆・当帰は肉芽形成促進作用を有し、本症例のような治癒遅延を示す創の改善に有用と思われる。

索引用語：舌咬創、睡眠時ブラキシズム、創傷治癒、抑肝散、十全大補湯

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A Pediatric Case Treated with Japanese Traditional Medicine (Kampo Medicine) for Tongue Bite Wound with Impaired Healing Due to Sleep Bruxism

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Abstract: We applied Kampo medicine to treat tongue bite wounds impeded by sleep bruxism (SB). The patient was an 8-year-old boy. He had accidentally bitten his tongue while eating, however the wound was aggravated by SB, resulting in persistent pain and delayed healing and prompting his initial visit to our department. Ulcers were present on both lateral borders of his tongue, and a scalloped tissue defect was observed on the right side. We prescribed yokukansan to suppress SB, which successfully alleviated the pain, allowed him to eat, and improved his sleep quality. Additionally, we prescribed juzentaihoto to promote wound healing, and epithelialization of the wound was confirmed on the 26th day after the injury. Currently, we continue to administer yokukansan while monitoring the healing process, and no new tongue bites have occurred. From the perspective of Kampo medicine, SB is considered to arise from "Liver Qi Stagnation Transforming into Wind". "Liver Qi Stagnation Transforming into Wind" refers to a pathological process in which stagnation of Liver Qi due to stress or emotional suppression generates heat, which eventually transforms into "Wind," leading to involuntary movements or neurological disturbances. Yokukansan is commonly used for this pattern and appears to be effective in controlling SB. Furthermore, Astragalus root and Japanese Angelica root, which are components of juzentaihoto, promote granulation and may be beneficial for healing of the delayed wounds as seen in this case.

Key words: tongue bite wound, sleep bruxism, wound healing, yokukansan, juzentaihoto

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