

症 例 報 告

舌の痛みに漢方薬が有効であった 1 例

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要旨：患者は70代女性で、舌の痛みを主訴に来院した。細菌検査や血液検査で異常を認めず、口腔内診査にて舌右側に歯痕を認めるものの明らかな粘膜の異常は認めなかったため口腔内の痛みに適応のある立効散 1 日量 7.5g を処方した。1 カ月が経過しても痛みに変化を認めなかったことから口腔内の炎症に適応もある半夏瀉心湯 1 日量 7.5g を処方した。投薬前の舌の痛みが2週間後には軽度となり痛みを忘れていた時間も増えたとのことだった。現在も半夏瀉心湯を継続しつつ痛みのコントロールを行っている。本症例では口腔内に明らかな粘膜の異常は認められなかった。しかし、舌に明確な歯痕が認められ長期間の歯列接触癖で微少な炎症が生じたことにより、口腔内の炎症に適応のある半夏瀉心湯が著効したと考えられる。

以上より舌の痛みに対しての半夏瀉心湯の使用は痛みのコントロールの一助となることが示唆された。

索引用語：半夏瀉心湯、歯列接触癖、舌痛症

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A Case of Tongue Pain Successfully Treated with Japanese Traditional Medicine (Kampo Medicine)

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Abstract: The patient was a woman in her 70s who visited the hospital with a chief complaint of tongue pain. Bacteriological and blood tests showed no abnormalities, and oral examination revealed tooth marks on the right side of the tongue without any obvious mucosal abnormalities. Therefore, rikkosan (7.5g per day), which is deemed suitable for oral pain, was prescribed. However, the pain persisted after one month. Subsequently, hangeshashinto (7.5g per day), another traditional medicine suitable for oral inflammation and covered by health insurance, was prescribed. After two weeks, the patient reported that the tongue pain had subsided, and she was able to forget the pain for longer periods of time. Currently, the patient is continuously taking hangeshashinto for pain control. Although no remarkable mucosal abnormalities were found in the oral cavity, clear teeth marks were noted on the tongue, suggesting that the slight inflammation was caused by a long-term habit of tooth contact. Thus, hangeshashinto, which is suitable for oral inflammation, proved to be extremely effective in this case. These findings suggest that the use of hangeshashinto can help control tongue pain.

Key words: hangeshashinto, tooth contacting habit, tongue pain

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