

臨 床 経 験

女性の舌痛症と慢性外陰痛に奏効する 漢方薬からみた共通点と相違点

塩田 敦子^{*1,2} 山本 健太^{*2} 木戸 瑞江^{*3} 中村 祐^{*3}
中條 浩介^{*4} 中村 丈洋^{*5} 金西 賢治^{*2}

要旨：漢方女性外来には舌痛を訴える女性も多い。慢性外陰痛に漢方薬を処方してきた経験が役に立つのか、奏効する漢方薬からみて、舌痛症との共通点、相違点について考えたい。2020年1月より2023年12月までに漢方女性外来を受診し、舌痛を訴えた女性4例と、2016年以来これまでに報告してきた3年以上経過のわかる慢性外陰痛症例18例について、その背景、漢方医学的所見、選択した方剤と治療効果について検討した。舌痛症の3例で軽度胸脇苦満を認め、3例で下腹部圧痛を認めた。全例にまず加味逍遙散を処方したところ2例で奏効した。1例では黄連解毒湯が効果的であった。慢性外陰痛18例においては、疼痛の消失した10例6例で加味逍遙散を用いていた。疎経活血湯、八味地黄丸の有効例が1例ずつあった。加味逍遙散は、瘀血、気滞に対する方剤として、舌痛症、慢性外陰痛ともにキードラッグとなる。また、舌痛症では「熱」、外陰痛では「寒」に注目した方がよいという相違点も考えられた。

索引用語：舌痛症、慢性外陰痛、慢性疼痛、漢方治療、加味逍遙散

PAIN AND KAMPO MEDICINE Vol.34 (2025)

Similarities and Differences in Effective Japanese Traditional Medicine (Kampo Medicine) for Glossodynia and Vulvodynia in Women

Atsuko SHIOTA^{*1,2}, Kenta YAMAMOTO^{*2}, Mizue KIDO^{*3}, Yu NAKAMURA^{*3},
Kosuke CHUJO^{*4}, Takehiro NAKAMURA^{*5}, Kenji KANENISHI^{*2}

Abstract: A certain number of women complain of tongue pain at a Kampo medicine outpatient clinic for women's health. We examined whether our experience in prescribing Kampo medicines for vulvodynia is useful, and whether there are similarities and differences between vulvodynia and glossodynia in terms of Kampo formulas used. From January 2020 to December 2023, four women with tongue pain visited the clinic, and 18 cases of vulvodynia with a disease duration of more than three years have been reported since 2016. We retrospectively reviewed their backgrounds, findings based on Kampo medicine, selected formulas, and treatment efficacy. Among glossodynia patients, three showed mild hypochondriac discomfort and distension, and three had lower abdominal resistance and fullness. In all four cases, we initially prescribed kamishoyosan, which was effective in two cases, and in one case, orengedokuto was effective. Of 18 patients with vulvodynia, kamishoyosan was prescribed to 6 out of 10 patients whose pain disappeared. Sokeikakketsuto and hachimijiogan were each effective in one case. Kamishoyosan is a key drug for both glossodynia and vulvodynia as a formula for qi stagnation and blood stasis. The difference between glossodynia and vulvodynia is that it may be appropriate to focus on "heat" in glossodynia and "cold" in vulvodynia.

Key words: glossodynia, vulvodynia, chronic pain, Japanese Traditional medicine, Kampo medicine, kamishoyosan

^{*1}Department of Health Sciences, Faculty of Medicine, Kagawa University

Atsuko SHIOTA, Department of Health Sciences, Faculty of Medicine, Kagawa University.
1750-1, Ikenobe, Miki-cho, Kita-gun, Kagawa 761-0793, Japan

^{*2}Department of Perinatology and Gynecology, Faculty of Medicine, Kagawa University

^{*3}Department of Neuropsychiatry, Faculty of Medicine, Kagawa University

^{*4}Art Museum Clinic

^{*5}Department of Physiology 2, Kawasaki Medical School