

治療に難渋した心因性顎関節症への漢方応用の1例

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要旨: 42歳の男性, 会社員, 主訴は咬合不安定および両側顎関節部, 側頭部, 頸部, 肩背部の疼痛であった。日本顎関節学会の症型分類より, その他に分類される心因性顎関節症と診断された。本症状は出張先で仕事上の葛藤をベースとして, 歯科治療を契機に発症した。初発は補綴的短期咬合挙上治療で, 歯のイメージとは全く異なり精神不安が出現して, 症状は漸増し本学を受診した。PEG では身体レベルで咀嚼不能。顎, 咀嚼筋および肩背部の強い疼痛。心理レベルで集中力低下, 躁うつ, 自殺傾向, 易怒性, 強迫観念。社会・環境レベルで仕事での葛藤と不安。実存レベルではQOLの著しい低下, 将来への希望の消失などが認められた。治療は全人的医療を目標として, 歯科治療, 漢方治療, 鍼灸経絡治療, 特に心身医学治療を積極的に行った。これらの治療により, 精神不安定は有するものの, 顎関節症状の消失, 口腔機能の改善, 飛躍的なQOLの向上がみられた。

索引用語: 慢性疼痛, 顎関節症, 東洋医学, 漢方薬, 経絡治療, 心身医学, 歯科, 全人的医療

Application of Kampo medicine for a psychophysiological temporomandibular joint (TMJ) disorder

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Abstract: A 42-year-old man, presented with malocclusion and chronic pain of the bilateral temporomandibular joint (TMJ), temporal region, neck, and back. The patient was diagnosed to have a psychophysiological TMJ disorder. The patient was experiencing discord at work, and the symptoms were triggered by dental treatment. The patient had undergone bite raising oral rehabilitation by prosthodontic procedure at a dental office. However, the outcome was quite different from the desired image for his teeth, and psychosomatic symptoms.

The aim of therapy was to regain the patient quality of life (QOL) by multidisciplinary treatment

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as whole person medicine which included dental procedures, Kampo medicine, meridian acupuncture treatment, and psychosomatic medicine. The Kampo medicines used were Keishi-ka-ryukotsu-bor-ei-to, Kami-shoyo-san and Hange-shashin-to. The patient's TMJ disorder, oral dysfunction and QOL recovered in response to these treatment.

We concluded that multidisciplinary treatment as whole person medicine is necessary for the therapy of psychosomatic TMJ disorders.

Key words: chronic pain, temporomandibular joint (TMJ) disorder, Oriental medicine, Kampo medicines, meridian acupuncture treatment, psychosomatic medicine, dental medicine, whole person medicine