

症 例 報 告

加味逍遙散が有効であった舌痛症の1症例

林 寧^{*1} 松村朋香^{*1} 真田達夫^{*1} 大上沙央理^{*1}
芳賀浩昭^{*1} 大江智可子^{*1} 芝地貴夫^{*2} 鈴木長明^{*3} 海野雅浩^{*1}

要旨：舌痛症とは他覚的には舌に異常所見が認められず、慢性持続的な表在性、限局性の自発痛を舌に訴える疾患である。本症の原因はいまだ不明な点が多く、治療法としては歯牙の鋭縁などによる機械的刺激、口腔乾燥、全身疾患に起因するものを除けば、心理療法や、抗不安薬等による薬物療法、軟膏塗布が行われている。しかし、こうした治療法でも痛みが軽減せず、長期間にわたり舌痛に悩まされる患者もいる。

われわれは、舌痛症患者にアルプラゾラムを投与し舌痛は一時的に緩和したが、口腔内乾燥感と頭痛が出現した症例を経験し、代わって加味逍遙散を投与したところ、痛みは著しく改善した。患者はストレス、不安を訴えるなど気滞症状を呈しており、加味逍遙散が気滞症状を緩和したために痛みが軽減したと考えられ、副作用のために抗不安薬の服用困難な舌痛症に有効に対処し得た。

索引用語：舌痛症、加味逍遙散、アルプラゾラム

PAIN AND KAMPO MEDICINE Vol.16 (2006)

A Case of Glossodynia Treated with Kamishoyosan

Shizuka Hayashi ^{*1}, Tomoka Matsumura ^{*1}, Tatsuo Sanada ^{*1},
Saori Oogami ^{*1}, Hiroaki Haga ^{*1}, Chikako Ooe ^{*1},
Takao Shibaji ^{*2}, Nagaaki Suzuki ^{*3} and Masahiro Umino ^{*1}

Abstract: Glossodynia is a chronic disease with persistent, subliminal, regional and spontaneous pain on the tongue or other mucous membranes without organic lesions. The cause of this disease is still unidentified. There are psychotherapy, pharmacotherapy and ointment application for treatment of glossodynia, except for pain caused by regional and mechanical stimulation with teeth, dentures, or crowns. However, some patients suffer from pain for a long time in spite of these treatments. We experienced a patient with glossodynia for which we had to discontinue the medication of alprazolam, because of its adverse effects including xerostomia and cephalalgia, although alprazolam was effective. In stead of alprazolam, kamishoyosan (TJ-24) was administered to the patient. Her signs and symptoms almost disappeared. It is considered that pain was relieved by ataractic effect of kamishoyosan. Kamishoyosan is indicated for glossodynia in cases where anxiolytics could not be administered because of their adverse effects.

Key words: glossodynia, kamishoyosan, Alprazolam

^{*1} Anesthesiology and Clinical Physiology, Department of Restitution, Division of Oral Health Sciences, Graduate School, Tokyo Medical and Dental University

Offprint requests to: Shizuka Hayashi, Anesthesiology and Clinical Physiology, Department of Restitution, Division of Oral Health Sciences, Graduate School, Tokyo Medical and Dental University. 1-5-45 Yushima, Bunkyo-ku Tokyo 113-8549, Japan