

症	例	報	告
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長期に続いた咬筋痛に当帰芍薬散が奏効した一例

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要旨：咀嚼筋の痛みは、顎関節症患者が訴える症状の中で最も多い症状の一つである。われわれは心身症の特徴を持つ慢性難治性顎関節症に対して当帰芍薬散を投与して完全に制御できた症例を経験したので報告した。患者は31歳女性で、約20年間持続する両側咬筋の痛みと疲労を訴えていた。これらの症状にスプリント療法や薬物療法などの通常の治療法は効果がなかった。証に従い、当帰芍薬散を投与したところ、33日後に痛みは改善し、visual analogue scaleは67から1に低下した。9ヵ月の薬物療法で、痛みは完全に改善した。

本症例の経験を通して、通常の治療が奏効しない顎関節症の咬筋痛に対する治療の選択肢として当帰芍薬散の投与を考慮しても良いのではないかと考えた。

索引用語：当帰芍薬散、顎関節症、痛み、咬筋

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A case of longstanding masseter pain improved by the treatment with tokishakuyakusan

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Abstract: Pain of the masticatory muscle is one of the most frequent symptoms complained by the temporomandibular disorders (TMD) patients. We reported on a chronic intractable TMD patient with psychosomatic disease whose was completely relieved by tokishakuyakusan. The patient was a 31-year-old woman. She complained of bilateral masseter pain and fatigue which had persisted for about 20 years, and her symptom had not respond to conventional treatment including splint therapy and medication. According to "kampo diagnosis", tokishakuyakusan was administrated and the pain improved with the decrease in visual analogue scale from 67 to 1 after 33 days. After 9-months medication, her pain was completely relieved.

Based on the experience with treatment of this case, we think tokishakuyakusan may be the treatment of choice for masseter pain of TMD refractory to conventional therapy.

Key words: tokishakuyakusan, temporomandibular disorders, pain, masseter

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