

症 例 報 告

摂食困難な口腔灼熱症候群 (Burning Mouth Syndrome) に対して加味逍遙散が奏効した 1 症例

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要旨: 症例は 75 歳女性。主訴は「舌に常にやけどをしたようなびりびりした痛みがあり、食事、会話をするとさらに痛みが強くなっていく。熱い物や酸味のある物は食べられない、痛みのために眠れない」であった。診察では舌に器質的な変化は認められず、診断的局所麻酔で除痛は得られなかった。以上から口腔灼熱症候群 (Burning Mouth Syndrome, BMS) と診断した。東洋医学的所見ではやせ型、四肢の冷え、易疲労、肩こり、便秘、腹診においては胸脇苦満、腹直筋の緊張を認めた。なお、日常生活では夫の介護が 10 年以上続き、うつ状態であった。

瘀血とうつ症状を改善する目的で加味逍遙散を 2 週間内服させたところ、痛みは間歇的になった。その後も内服を続けると次第に食べられる食品の種類が増えてきた。初診から 2 ヶ月後頃より、食事、会話時の痛みが気にならなくなり、介護だけの生活から趣味も再開でき、QOL の改善がみられた。

索引用語: 加味逍遙散, 口腔灼熱症候群 (Burning Mouth Syndrome), 舌痛, 慢性疼痛

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A case of the burning mouth syndrome which caused the difficult feeding successfully treated with kamishoyosan

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Abstract: A patient, 75 year-old female, complained of continuous burning and tingly pain on her tongue, which became awful when eating and speaking. She was unable to eat hot or acid-taste food, and became insomniac due to the pain. The pathogenic etiology could not be found by the diagnosis, and the local anesthesia could not relieve the pain. Based on these findings, she was diagnosed as burning mouth syndrome. The thin type, coldness in her extremities, easily tired constitution, neck stiffness and constipation were observed. And Kyokyo-kuman (fullness, tenderness, or discomfort of the hypochondrium) and excessive strain abdominal muscles were shown in the abdominal diagnosis by palpation. Further, she has received the husband's nursing for ten years or more in the state of depression.

When kamishoyosan was administered for 2 weeks in order to improve the poor blood circulation and depression, the pain became intermittent. The number of foods those could be eaten has gradually increased by keeping the administration of kamishoyosan. It came to be able to talk and eat foods without pain two months after her first visit. By sloughing off the life only of nursing, she came to be able to enjoy a hobby. It improved her quality of life by the treatment with kamishoyosan.

Key words: kamishoyosan, burning mouth syndrome, glossodynia, chronic pain

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