

症 例 報 告

心理社会的要因を背景に持つ舌痛症に
半夏厚朴湯が奏効した 1 症例

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要旨:家庭内の問題をストレスに持った右舌縁部に痛みを訴える舌痛症患者に対し、半夏厚朴湯が奏効した症例を経験したので報告した。症例は60歳、女性。6年前より右舌縁部に痛みを生じ、精神科にて身体表現性障害と診断され投薬加療を受け舌痛は一時軽減したが、約1年前より舌痛が再燃したため当科を受診した。口腔内に異常所見を認めなかったが、右舌縁部に持続的な痛みがあった。舌痛は夫の事を考えると悪化し、また、癌恐怖も認められた。半夏厚朴湯 (TJ-16) 7.5g, 分3/日を処方したところ約2週後より痛みが改善し始めた。15週後に舌痛は気にならなくなる程度まで改善したため、半夏厚朴湯 5.0g, 分2/日に減量したが痛みの悪化なく、経過は良好であった。気鬱を伴う寒虚症で心理社会的要因をもつ舌痛症に、半夏厚朴湯の投与を考慮しても良いと考えられた。

索引用語：舌痛症，半夏厚朴湯，心理社会的要因

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A case of glossodynia related to psychosocial factors improved by the treatment
with hangekobokuto

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Abstract: We reported a case of 60-year-old female patient with glossodynia related to psychosocial factors, who complained of right tongue margin, and was successfully treated with hangekobokuto (TJ-16). The pain of right tongue margin was developed six years ago, and it was diagnosed as somatoform disorders by psychiatrist. She was referred to our clinic because of the prolonged pain of tongue. Organic lesion was absent in the intraoral examination. The lingual pain was aggravated when she thought about her husband, and was diagnosed as glossodynia related to psychosocial factors. According to the kampo diagnosis, TJ-16 was administered at a dose of 2.5g, 3 times a day. The pain showed the tendency to improve two weeks later and it disappeared 15 weeks later. It was suggested that the treatment with TJ-16 should be effective in patient with glossodynia related to psychosocial factors.

Key words: glossodynia, hangekobokuto, psychosocial factors

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