

臨 床 経 験

## Alexithymia (失感情症) 傾向を認める 慢性疼痛に対する柴胡剤の治療経験

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**要旨：**Alexithymia 傾向のある慢性疼痛の診断，治療に，柴胡剤が有用であった2症例を経験した。2症例の共通点は，①ストレスの関与が非常に大きいにもかかわらず，自覚が全くないこと，②環境に過剰適応な傾向で，『ストレスに対して，その感情の認知・言語化ができない状況 (alexithymia)』に着目して治療することにより，良好な経過を得た。診断が困難とされる alexithymia において，脈証・腹証から処方決定する東洋医学的なアプローチは，非常に有用な手段であると考えられる。

**索引用語：**alexithymia, 慢性疼痛, 柴胡剤, 四診

## PAIN AND KAMPO MEDICINE Vol.21 (2011)

### Chronic pain patients of alexithymia treated with saiko-zai which contains bupleuri radix as a composed crude drug.

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**Abstract:** We experienced two chronic pain cases tend to alexithymia those saiko-zai which contains bupleuri radix as a crude drug was very effective. Alexithymia is a disturbance associated with psychosomatic disorders, pain syndromes, and a variety of psychiatric disorders. Kampo etiology of these cases were depressed "qi" induced by one of the stagnation of the liver-qi. Saiko-zai has a role in improving the stress. Although it was hard to verbalize the feelings of alexithymia, it was suggested that the treatment according to the kampo diagnosis should be useful.

**Key words:** alexithymia, chronic pain, bupleurum drug (saiko-zai),  
oriental medical diagnosis

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