

臨 床 経 験

八味丸で改善した長年続いた母と娘の再発性口内炎

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要旨: 冷え症、寒がり、顔色が白い、腰痛などを訴える46歳の母親に、脈診では沈遅微、腹診上臍下不仁を認めたので裏寒証（腎陽衰微）と考え茯苓四逆湯に八味丸を併用したが、八味丸を服用後、小さい頃から頻回に続いて起っていた口内炎が起こらなくなったと知らされた。その後12歳の娘にも小さい頃から冷え症があり、口内炎がよくできるので、母親から娘にも八味丸を服用させてもよいのかと尋ねられた。

四診にて腎陽虚があったので八味丸を服用してもらったところ、長年続いて起っていた口内炎が起こらなくなった。さらにその義母が口内炎を起した時に八味丸を服用させたところ義母の口内炎もよくなったという。

腎陽虚があり虚陽上浮による真寒假熱により起った口内炎と思われるが、この2症例では虚陽上浮による潮熱、口渴、面色淡紅色などの症状は明らかではなかった¹⁾。

著者が検索した限りでは、腎陽虚による口内炎は稀であり、八味丸を使用することがある旨記されているが、八味丸を使用して治癒或は改善した口内炎の報告はないように思われる。

高齢化の進む現在、高齢者で腎陽虚がある例は少なくなく、また若い人でも腎陽虚があることがしばしばある。このような腎陽虚がある人が口内炎を繰り返し起す場合には、八味丸が応じることが今迄云われている以上に多いのではないかと考えられる。

索引用語: 再発性口内炎、腎陽虚、真寒假熱、八味丸 M[®]

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Long-term recurrent stomatitis in mother and her daughter treated with hachimigan

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Abstract: A 46 year-old mother and her 12 year-old daughter have been suffering from chronic stomatitis which occurred often from their childhood.

They did not visit any medical clinics for the treatment, so the cause of their disease was not known exactly. But from the talk with her mother, their stomatitis was considered to be an aphthous one.

From the views of Kampo medicine, they were diagnosed as renal yang deficiency by the chill of their hands and feet since their childhood.

After taking hachimigan, their pain in the mouth cavity and anorexia caused by stomatitis were both relieved.

The daughter doesn't take hachimigan any more because the stomatitis has never happened ever since. As for the mother, stomatitis didn't occur so often and she took hachimigan only when stomatitis occurred, and her pain became to relieve earlier, and it was cured within several days.

The case reports of the treatment on stomatitis with hachimigan are very rare. The stomatitis with renal yang deficiency is expected to occur by some temporary heat, but the cases described above didn't show any obvious signs of temporary heat such as thermal tide, thirst or red cheeks. The similar symptoms shown in their mother-in-law was also improved by taking hachimigan.

It was suggested that the treatment of stomatitis with hachimigan should be effective for the disorders in patients suffering from stomatitis with renal yang deficiency.

Key words: chronic stomatitis, renal yang deficiency, temporary heat, hachimigan

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