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非定型顔面痛・舌痛症・非定型歯痛の東洋医学的考察

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要旨：舌痛症の特徴は、①がん年齢にある中高年の女性に多く、更年期、閉経後のホルモン変化、ストレス、不安などが症状の増悪、持続に関与する、②舌尖部、舌側縁部、時に舌背部に好発する、③会話時、摂食時には疼痛は軽減ないし消失する、などである。

舌痛の好発部位と舌の臓器分画との関係から、舌尖部は心・肺、舌縁部は肝・胆、舌背部は脾・胃に相当する。瘀血、気鬱、陰分の不足による乾燥などが原因と考えられる。

非定型顔面痛・非定型歯痛

器質的異常が無いにも関わらず、口腔顎顔面や歯または周囲組織などに生じる持続性の中等度から強度の激痛を訴える疾患で、疼痛は神経支配に関係なく存在する。神経因性疼痛や心因性疼痛とする説が最近の主流である。非定型顔面痛と合併した非定型歯痛の症例も存在する。東洋医学的には、寒熱、気血水の異常を見極めて対処する。

索引用語：非定型顔面痛、非定型歯痛、舌痛症、漢方療法

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Atypical maxillofacial pain, Glossalgia, Atypical dental pain

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Abstract: Glossalgia : Glossalgia is a disease that tongue-confined pain occurs without organically abnormal findings in the lingual mucosa. Its characteristic features are as follows.

(1) It is common in women at a cancer-prone age (middle-age and above).

Climacteric or post-menopausal hormone changes, stress, anxiety, nervousness, and the like are involved in the aggravation and continuation of symptoms.

(2) It occurs more frequently in the tip and margin of the tongue and infrequently in the back of the tongue.

(3) The pain mitigates or resolves on talking or eating

Given the relation between the frequent onset sites for glossalgia and the reflecting the five parenchymatous viscera to the tongue, it seems that the tip of the tongue corresponds to the heart and lungs, the margin of the tongue to the liver and gallbladder, and the back of the tongue to the spleen and stomach.

The cause includes blood stasis (Oketsu), depression (Kiutsu), and dryness due to the lack of fluid (Inkyo).

Atypical maxillofacial pain and atypical dental pain :

They are the generic term for chronic persistent pain in the oral cavity, jaw, face and/or teeth of which the organic or other cause is unidentified but is related to somatoform and psychological factors. The pain inconsistent with nerve tract.

To treat those discomforts, it is important to determine whether the pain is due to cold or heat, and/or lack or stagnation of qi (Ki), blood or water. The suitable Kampo medicines should be selected according to the above theory.

Key words: Atypical maxillofacial pain, Atypical dental pain, Glossalgia, Kampo therapy

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