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緩和ケア患者の口腔内疼痛に対する立効散の効果

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要旨：がん患者は治療，病状の進行により口腔内疼痛を生じる．これらの疼痛は鎮痛薬が効きにくく疼痛コントロールに難渋する症例が多い．疼痛は，不眠，経口摂取の低下，嚥下困難，口腔の清潔保持困難など患者のQOLを著しく低下させることから，ケア技術を向上させ疼痛軽減をはかることが必要である．がん患者の口腔内疼痛に対して歯痛，抜歯後の疼痛などに用いる漢方薬の立効散（TJ-110）を湯で溶解しアイスボールと凍結綿棒を作成，また含嗽で投与した．結果6例中5例で疼痛が軽減した．1例は，口腔粘膜，腫瘍への接触刺激が強く立効散を投与することができなかった．立効散のアイスボール，凍結綿棒，含嗽は，がんの治療による口腔粘膜障害の疼痛，口腔内の腫瘍による疼痛に対する1つの鎮痛方法として有効と考えられる．

索引用語：立効散，アイスボール，緩和ケア，口腔内疼痛

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Usefulness of rikkosan, a traditional Japanese medicine, for intolerable oral pain in cancer patients

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Abstract: The oral mucosal damage caused by chemotherapy, radiotherapy and the invasion of head and neck cancer generates intolerable pain and eating disorders, which possibly leads to reduced quality of life in cancer patient. Rikkosan, a traditional Japanese medicine, was reported to be effective for toothache and periodontitis. We recently developed an ice ball, a freeze cotton swab and gargle water containing rikkosan for cancer patients who had intolerable pain in the conventional treatment. With an IRB approval of the retrospective review of medical charts, six patients with severe oral pain were investigated. The causes of oral pain were oral mucosal invasion in patients with oral cavity cancer and side effects of chemotherapy and radiotherapy in the remaining. As oral pain was failed to be relieved with NSAIDs and narcotics, an ice ball and a freeze cotton swab containing rikkosan were given before meals and on demand. Pain was successfully relieved with 1-3 times of rikkosan administration in five patients, who became to be able to conduct mouth care and oral food intake. Pain was enhanced in remaining one in spite of taking rikkosan because of an enlarged tumor exposing in the oral cavity. Rikkosan is the useful option of medication for oral pain control in palliative care.

Key words: rikkosan, traditional Japanese medicine, Palliative care, oral pain

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