

症 例 報 告

心身医学・精神医学的な対応を要する顎関節症患者への漢方治療の1症例

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要旨：顎関節症は、心理・社会的要因が痛みの発現に大きく関与していることが多く、舌痛症とともに、代表的な歯科心身症として位置付けられている。顎関節症の中でも、心身医学・精神医学的な対応が必要な症例を経験したので報告する。患者は58歳、女性。顎関節症状の他、眼と耳の痛み、動悸やめまい等、多彩な関連症状および随伴症状がみられた。心療内科で「うつ病」と診断され、抗うつ薬、抗不安薬による薬物治療を受けていたため、治療は通院先の心療内科と連携し、心身医学療法と薬物療法で対応した。向精神薬の他、患者は自己判断で抗炎症鎮痛薬（NSAIDs）を多量に服用していたため、NSAIDsの副作用を説明し、減量を指示するとともに、減量と休薬の過程において、NSAIDsから漢方薬（加味逍遙散）へ切り替えて管理を行えるようになった。心身医学的要因による難治性の顎関節症に対して、加味逍遙散は有効である。

索引用語：顎関節症、医療連携、心身医学、漢方治療、健康創成型（サルトジェネシス）

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A case report of temporomandibular disorder managed by psychosomatic medicine and kampo medicine

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Abstract: Temporomandibular disorders (TMD) encompass a group of musculoskeletal and neuromuscular conditions that involve the temporomandibular joint (TMJ), the masticatory muscles and all associated tissues. Pain associated with TMD can be clinically expressed as masticatory muscle pain (MMP) or TMJ pain. Progression to severe and/or chronic pain is associated with greater psychosocial distress, sleep disturbances and comorbidities. If chronic pain develops, both MMP and TMJ pain may be accompanied by central sensitization and psychological problems such as depression, somatization and anxiety. If psychic symptoms and somatic diseases are present, both somatic and mental disorders should be treated in parallel. In such cases, the cooperative consultation and treatment with a psychiatrist called “liaison” is important and necessary. We managed the TMD patient with psychosomatic disorders by liaison system between a dentist and a psychiatrist. Besides psychosomatic medicine combined with drug therapy (antidepressants and antianxiety drug) by a psychiatrist, we introduced kampo medicine and administered Kamisyoyosan at a dose of 2.5g 3 times a day, which improved pain and psychic symptoms. Then, we could manage a patient, instead of nonsteroidal anti-inflammatory drugs. Kamisyoyosan could be useful for TMD management as a tool of salutogenesis.

Key words: temporomandibular disorder, liaison system, psychosomatic medicine, kampo medicine, salutogenesis

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