

## 症 例 報 告

## 舌痛症に対する立効散含嗽の補助療法としての有効性

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**要旨：**舌痛症は、舌に表在性の痛みあるいは異常感を訴えるが、それに見合うだけの局所あるいは全身性の病変が認められないものとして定義される。我々は以前の研究で、立効散内服が舌痛症患者に有用であると報告した。今回の研究では舌痛症の表在性の疼痛ならびに日内変動を示すという特徴に着目し、疼痛時の立効散含嗽が舌痛症患者に対して有効であるかを検討した。当科外来で舌痛症と診断された29例を舌痛症群とし、舌痛のない15例の対照群とでそれぞれに立効散1包(2.5g)を含嗽させた。その結果、舌痛症群では立効散含嗽後の痺れの持続時間が、対照群に比べて有意に延長していた。舌痛症群では立効散含嗽により93%で舌痛の軽減を自覚し、舌痛軽減の持続時間は痺れの持続時間より有意に延長していた。舌痛症群の約半数で立効散含嗽の継続を希望され、その71%で舌痛の改善ないし消失を認めた。以上より立効散含嗽療法は舌痛症患者に対する補助療法となり得ると考えられた。

索引用語：漢方薬, 舌痛症, 立効散

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## The efficacy of rikkosan gargling in the patients with glossodynia.

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**Abstract:** Glossodynia is characterized by a superficial and spontaneous pain in the tongue. It is reported that glossodynia was associated with psychosomatic factors. The patients with this condition are likely to visit the departments of both dentistry and oral surgery. It is difficult to treat glossodynia because of the absence of objective abnormality findings. The usefulness of a kampo medicine, rikkosan (TJ-110) was reported in the previous study. This study was designed to assess the clinical benefit of rikkosan gargling in the treatment of glossodynia patients.

Twenty nine glossodynia patients (all cases were female, and mean age was 69 years old) and 15 control people (male were 9 cases, and female were 6 cases, mean age was 69 years old) were rinsed their mouths with rikkosan (2.5g) dissolved in 50 mL of hot water. The 93% glossodynia patients felt the decreasing tongue pain. The time of the decreasing tongue pain by rikkosan gargling treatment was longer than that of numbness in the glossodynia patients. After this study, almost half (14/29) of the glossodynia patients liked to keep rikkosan gargling. As a result, 50% (7/14) patients was improved the glossodynia by using rikkosan gargling or rikkosan gargling combined with other medication. There is no patient experienced any side effect by the treatment with rikkosan gargling.

Rikkosan gargling could be useful as an adjuvant medicine for patients with glossodynia.

**Key words:** kampo medicine, glossodynia, rikkosan

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