

## 症 例 報 告

### 舌痛に対し漢方治療が有効であった2症例

佐藤 泉<sup>\*1</sup> 早崎知幸<sup>\*2</sup> 安濃英里<sup>\*1</sup> 小野寺美子<sup>\*1</sup>  
神田 恵<sup>\*1</sup> 神田浩嗣<sup>\*1</sup> 国沢卓之<sup>\*1</sup>

**要旨：**舌に器質的变化がないにもかかわらず、慢性的に生じる痛みや異常感覚を狭義の舌痛症という。一方、何らかの病気が背景にあつて、舌痛症と同様の痛みを起こしたものを二次性の舌痛症と呼ぶ。今回、一次性および二次性の舌痛症に対し、漢方治療が奏効した2症例を経験したので報告する。

症例1は70歳台、男性。二年前に前歯の菌垢を取ってから舌痛が出現し、漢方外来を受診した。気逆、気滞、気虚を目標に半夏厚朴湯と補中益気湯を処方したところ、舌痛はほぼ改善、50年来の足白癬も治癒した。症例2は60歳台、女性。二年前より口の渇き、舌の痛みが出現、他院でシェーグレン症候群と診断された。漢方外来を受診し、瘀血を目標に温経湯を処方したところ、舌痛は改善傾向を認め、手足のほてりなどの症状も改善した。

証に合った漢方薬を処方することで舌痛のみならず他の付随する症状の改善も期待できる。

**索引用語：**舌痛症、半夏厚朴湯、補中益気湯、温経湯、漢方治療

### PAIN AND KAMPO MEDICINE Vol.29 (2019)

#### Two cases of burning mouth syndrome effectively treated with Kampo (Japanese herbal medicine)

Izumi SATO<sup>\*1</sup>, Tomoyuki HAYASAKI<sup>\*2</sup>, Eri ANNOU<sup>\*1</sup>, Yoshiko ONODERA<sup>\*1</sup>, Megumi KANAOKANDA<sup>\*1</sup>, Hirotsugu KANDA<sup>\*1</sup> and Takayuki KUNISAWA<sup>\*1</sup>

**Abstract:** In the absence of organic change, pain and abnormal sensation chronically occurring on the tongue are termed "glossalgia". However, if similar pain and abnormal sensation of the tongue occur in the presence of other illness, the pain is called "secondary glossalgia". We report two cases in which Kampo treatment was successful against primary and secondary glossalgia.

The first case was a man in his 70s. Glossalgia occurred after the removal of dental plaque from his front teeth two years previously, and he visited our hospital. We prescribed hangekobokuto and hochuekkito to ameliorate qi counterflow, qi stagnation, and qi deficiency, after which the glossalgia was much improved. In addition, his long-standing (50 years) case of tinea pedis was also cured.

The second case was a woman in her 60s. She developed a dry mouth and glossalgia two years previously, and had been diagnosed with Sjogren's syndrome at other hospital. She visited our hospital, where we prescribed unkeito to treat blood stasis; after this, the glossalgia and other symptoms such as hot flashes of the limbs were improved. By prescribing Kampo medicine suitable for "sho" (diagnosis based on Kampo principles), not only glossalgia but also accompanying symptoms can be improved.

**Key words:** glossalgia, hangekobokuto, hochuekkito, unkeito, kampo therapy

<sup>\*1</sup> Department of Anesthesiology and Critical Care Medicine, Asahikawa Medical University

Offprint requests to: Izumi SATO, Department of Anesthesiology and Critical Care Medicine, Asahikawa Medical University.

2-1-1-1 Midorigaokahigashi, Asahikawa-shi, Hokkaido 078-8510, Japan

<sup>\*2</sup> Kampo medicine department, Keiyuukai Yoshida Hospital