

## 症 例 報 告

### 舌痛症に対しそれぞれ異なる漢方治療が奏効した 3 症例

岩島 佑希\* 松下 貴恵\* 中澤誠多朗\* 尾崎 公哉\*  
新井 絵里\* 三浦 和仁\* 山崎 裕\*

**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。舌痛症の治療は抗うつ薬が第一選択薬とされるが、近年漢方薬の報告も多くみられ、当科でも患者の症状や体質にあわせて漢方薬の使用を積極的に行っている。今回、中高年の女性の舌痛症に対し、桂枝茯苓丸、抑肝散加陳皮半夏、半夏厚朴湯とそれぞれ異なる漢方治療が著効を示した 3 症例を経験したので報告する。3 症例とも半年以内に痛みはコントロールされ、その後も再燃傾向無く経過良好である。

**索引用語：**舌痛症、桂枝茯苓丸、抑肝散加陳皮半夏、半夏厚朴湯、漢方

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

##### Three cases of burning mouth syndrome successfully treated with kampo medicine

Yuki IWASHIMA\*, Takae MATSUSHITA\*, Seitaro NAKAZAWA\*,  
Kimiya OZAKI\*, Eri ARAI\*, Kazuhito MIURA\*, and Yutaka YAMAZAKI\*

**Abstract:** Burning mouth syndrome (BMS) is defined as superficial pain or abnormal feeling on the tongue, though no local or systemic lesion corresponding to it. Treatment of BMS is usually administration of antidepressants as the first-line. In recent years, kampo medicine has also been reported in many cases, and in our department we actively use it according to the patient's symptoms and constitutions. We report three cases in which kampo medicine treatments (keishibukuryogan, yokukansankachimpihange, and hangekobokuto) showed remarkable efficacious effects in middle-aged and elderly women patients with BMS. In all three cases, pain was controlled within 6-months, and thereafter the clinical courses have been good with no recurrence.

**Key words:** burning mouth syndrome, keishibukuryogan, yokukansankachimpihange, hangekobokuto, kampo medicine

\* Gerodontology, Department of Oral Health Science, Faculty of Dental Medicine and Graduate School of Dental Medicine, Hokkaido University (Chief: Prof. Yutaka YAMAZAKI)

Offprint requests to: Yuki IWASHIMA, Gerodontology, Department of Oral Health Science, Faculty of Dental Medicine and Graduate School of Dental Medicine, Hokkaido University (Chief: Prof. Yutaka YAMAZAKI) .

Nishi 7, Kita 13, Kita-ku, Sapporo, Hokkaido 060-8586, Japan