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口腔内異常感症に対する半夏厚朴湯の効果

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要旨:当科では口腔内異常感症に対する第一選択薬として抗うつ薬や抗不安薬を使用し、これらの薬剤が奏効しない場合や副作用で中止した場合は、咽喉頭異常感症への効果が報告される半夏厚朴湯を投与している。今回、口腔内異常感症に対する半夏厚朴湯の効果を検討した。対象は2012年～2018年で口腔内異常感症と診断した患者で、半夏厚朴湯（TJ-16）（7.5g, 分3/日）28日間以上、単独投与した26例とした。改善の評価方法はカルテ記載等を元にCGIスコアにより8段階に分類した。全体の改善率を算出後、精神疾患、合併症別、男女比、年齢、病悩期間、前治療の各項目別でも改善率を解析した。改善率は23%と低いものの、口腔内異常感症と咽喉頭異常感症を併発した7例では4例で改善を認めた。改善群では病悩期間が有意に短かった（ $p<0.05$ ）。咽喉頭異常感症を併発する口腔内異常感症に対して、半夏厚朴湯は有効な治療法になり得ると考えられた。

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The study of Efficacy of hangekobokuto (TJ-16) for Patients with Oral Dysesthesia

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Abstract: In our department, we have used mainly anti-depressants and anti-anxiety as first-line medicine for patients with oral dysesthesia. However, we usually prescribe a Kampo medicine, hangekobokuto, which is known to be effective to globus pharyngis, to patients in cases that these drugs are not effective or that we stop administering these drugs by side effects. In this study, we evaluated the efficacy of hangekobokuto for 26 patients with oral dysesthesia. The subjects were patients who diagnosed in our department as oral dysesthesia between 2012 and 2018. In this study, 26 subjects administered hangekobokuto (TJ-16) (7.5g, minutes 3/day) alone for 28 days or more. Evaluation methods of improvement were classified into eight levels according to the CGI score based on the description of the clinical records. After calculation the overall improvement rate, we analyzed it from the viewpoint of mental disorder, complications, gender, age, disease duration, and pre-treatment. Although the total improvement rate was as low as 23%, the abnormality improvement was observed in 4 cases in 7 patients with oral dysesthesia complicated by globus pharyngis. A significant difference was found in only disease duration ($p<0.05$). We concluded that hangekobokuto could be an effective treatment for patients with oral dysesthesia complicated by globus pharyngis.

Key words: Kampo medicine, Oral Dysesthesia, hangekobokuto

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