

レ ク チ ャ ー

誰にでもわかる舌診 — 四逆散・抑肝散・加味逍遙散の舌 —

平田道彦*

要旨：痛みの治療においては交感神経系の緊張に対する配慮が重要である。漢方においては疎肝解鬱剤を用いることによって、交感神経系の過緊張状態の緩和を図る。その際、疎肝解鬱剤が用いられるが、その採用は必ずしも容易ではない。痛みの治療に多用される疎肝解鬱剤のうち四逆散・抑肝散・加味逍遙散の三方剤について、その舌診上の特徴を述べ、方剤選択の際に舌診が有用であることを示す。

索引用語：疎肝解鬱剤・交感神経・舌診

PAIN AND KAMPO MEDICINE Vol.30 (2020)

Tongue diagnosis easily understood by anyone
— Tongue signs of shigyakusan, yokukansan, and kamisyoyosan —
Michihiko HIRATA *

Abstract: Consideration of sympathetic nervous system tension is crucially important in the treatment of chronic pain. In Kampo therapy, some drugs calm the liver and relieve depression, thereby relieving tension in the sympathetic nervous system. These drugs, called “sokangeutsuzai”, are often used for pain treatment, however it is difficult to select which one should be used for treatment. Representative Kampo medicines classified as sokangeutsuzai are shigyakusan, yokukansan, and kamisyoyosan. Here I describe the characteristic tongue signs of patients to which each drug is compatible, and show that the tongue signs are useful for drug selection.

Key words: sokangeutsuzai, sympathetic nervous system, tongue signs

* HIRATA Pain Clinic

Offprint requests to: Michihiko HIRATA, HIRATA Pain Clinic.

3-8-1 Tyoubajaruhigashi, Kasuya-machi, Kasuya-gun, Fukuoka 811-2317, Japan