

症 例 報 告

冷えのぼせを伴う舌痛症患者に漢方薬が奏効した1例

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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。舌痛症の治療は抗うつ薬が第一選択薬とされるが、漢方薬が奏効したとする報告も多くみられる。今回、患者の証や症状などから女神散を処方したところ著効を示した。本症例の経験から女神散は舌痛症に対しても、更年期障害による冷えのぼせがあり、一貫した口内症状を訴え、精神的なストレスを背景に持つと推察される、中間証～実証の場合に考慮される方剤と思われた。

索引用語：舌痛症, 女神散, 漢方

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A case of burning mouth syndrome associated with hot flash accompanied by cold limbs successful treated with Kampo medicine

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Abstract: Burning mouth syndrome (BMS) is defined as a complaint of superficial pain or abnormal sensation in the tongue without corresponding local or systemic involvement. Although antidepressants are considered the first-line treatment for BMS, there are many reports that kampo medicine is effective. In this time, nyoshinsan was prescribed based on the patient's symptoms and pattern, and showed remarkable efficacy. Based on the experience of this case, nyoshinsan may be considered as a therapeutic agent for BMS patients under certain conditions. Patients in a medium to excess pattern with consistent oral symptoms, hot flash accompanied by cold limbs due to menopause and psychological stress are suitable for this medicine.

Key words: burning mouth syndrome, nyoshinsan, kampo medicine

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