

臨 床 経 験

## 漢方薬が奏効した特発性 first bite syndrome の 1 例

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**要旨：**患者は50歳台、男性。食事開始時の左耳下部の鋭い痛みを主訴に来院した。当該部に外傷や手術の既往はなく、口腔内・外に異常は認められなかった。特発性 first bite syndrome (FBS) の診断下に葛根湯 7.5g/日を投与した。投与 12 週目、症状は軽快した。さらに、健康関連 QOL の評価においても、身体的サマリースコア・精神的サマリースコアとも向上した。FBS は食事開始時の耳下部痛を特徴とする疾患であり、その多くは副咽頭間隙腫瘍または耳下腺深葉腫瘍の進展、あるいは同腫瘍の切除術々後に発症する。原因は交感神経の障害による副交感神経活動の亢進とされるが、原因が特定できないものも散見する。今回、われわれは葛根湯が奏効した特発性 FBS の 1 例を経験したので、その概要を報告する。本疾患の原因は明らかではないものの、葛根湯が奏効したことより、何らかの自律神経系の異常または炎症性変化が関与している可能性が示唆された。

**索引用語：**葛根湯, 特発性 first bite syndrome, 健康関連 QOL

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#### Successful treatment of idiopathic first bite syndrome with Kampo medicine : A case report

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**Abstract:** The patient is a male in his 50s. He visited our hospital with a chief complaint of sharp pain in the left parotid region at the first bite of every meal. The medical interview revealed that there was no history of injury or surgery in this region. Intraoral and extraoral examinations including a panoramic radiograph and computed tomography lead to negative findings. The clinical diagnosis was idiopathic first bite syndrome (FBS). Kakkonto was orally administered at 7.5g/day. The administration of kakkonto resulted in a reduction of symptoms associated with idiopathic FBS after 12 weeks. Furthermore, in the evaluation of health-related quality of life (QOL), both the physical summary score and the mental summary score had improved. FBS is characterized by sharp pain in the parotid region at the first bite of every meal, and most cases are thought to be caused by sympathetic nerve damage, as a complication of surgery in the parapharyngeal space or parotid gland. However, the etiopathogenesis of idiopathic FBS remains unclear. We report a case of idiopathic first bite syndrome (FBS) that was successfully treated with kakkonto. Although the etiology of this disease is not well understood, the efficacy of kakkonto suggests that some form of abnormality in the autonomic nervous system or inflammatory change may be involved.

**Key words:** kakkonto, idiopathic first bite syndrome, health-related quality of life

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