A CASE STUDY OF GLOSSITIS WITH AYURVEDIC MANAGEMENT

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ABSTRACT
Glossitis can mean soreness of the tongue or more usually inflammation with depapillation of the dorsal surface of the tongue (loss of the lingual papillae), leaving a smooth and erythematous surface, sometimes specifically termed Atrophic Glossitis. In wider sense, glossitis means inflammation of the tongue. Glossitis often caused by Nutritional Deficiencies. It usually responds well to treatment if the cause is identified and corrected. A 43yr male patient was suffering from hypogeusia (absent of taste), burning and pain in mouth, xerostomia (dryness of mouth), erythematous and depapillation of lingual papillae since 3 months. The Hb: 14.2%, (CBC report normal), Vit. B12: 276 pg/dl, RBS: 102, Serum Creatinine: 1.2, Blood Urea: 28, Blood urea nitrogen: 8, Serum bilirubin Total: 0.79, Serum Bilirubin Direct: 0.17, Serum bilirubin indirect: 0.062, SGPT-34, SOGT-57, Serum Alkaline phosphate: 78 all reports were found normal. Patient was on Allopathy medication for 2 month with Tab. Zincovit (Multi Vitamin + Multi Mineral), but did not get any improvement. Then patient came for Ayurvedic medication. He was diagnosed as Rasapradoshaj Vikar (Rasa-agyanata) which is described by Acharya Charaka in Sutrathana 28/9. Patient was treated with Sitopaladi Churna (in falshtuti - Supatta-Jihva chi.8/104) with Madhu and Ghrita as a vehicle along with Khadiradi Vati to chew. He also suggested following the Pathyapathy of the disease. Within the 15 days only, patient got relief in Burning sensation and Xerostomia. The taste sensation came to normal gradually and after one and half month all papillae were regenerated and patient became symptoms free. There wasn’t found any side effect of the Ayurvedic medicine during the treatment.
KEYWORDS: Glossitis, Raspradoshaj Vikara, Sitopladi Churna, Khadiradi vati.

INTRODUCTION

Glossitis can mean soreness of the tongue or more usually inflammation with depapillation of the dorsal surface of the tongue (loss of the lingual papillae), leaving a smooth and erythematous surface, sometimes specifically termed Atrophic Glossitis. In wider sense, glossitis means inflammation of the tongue generally. Glossitis often caused by Nutritional Deficiencies and may be painless or cause discomfort. The classification of glossitis is atrophic glossitis, median rhomboid glossitis, benign migratory glossitis, geometric glossitis etc. Atrophic glossitis, also known as bald tongue, smooth tongue is a condition characterized by a smooth gloosy tongue that is often tender/painful, caused by complete atrophy of the lingual papillae(depapillation). There are many causes of glossitis like anaemia, vit. B12 deficiencies, infection and other causes like malnutrition, alcoholism, sprue, crohn’s disease, AIDS etc. The goal of treatment is to reduce inflammation. Good oral hygiene is necessary.

Corticosteroids such as prednisone may be given to reduce the inflammation. For mild cases, topical applications may be recommended to avoid the side effects of swallowed or injected corticosteroids. The rest treatment is done, according to the causes. In ayurveda, the specific description of glossitis is not mentioned, but the symptom hypogeusia (absent of taste) as Supta-Jihva is mentioned in Rasa-Pradoshaja Vikara, so it can be consider glossitis under Rasa-Pradoshaja Vikara.

CASE PRESENTATION

A male subject, aged 43 years, businessman, living in Rajkot, Gujarat, with chief complaint, hypogeusia (absent of taste). The associated complain was burning and pain in mouth, xerostomia (dryness of mouth), erythematous, depapillation of lingual papillae and Aruchi since 3 months, all this complains started gradually. So first he took allopathy medicine. The Hb: 14.2%, (CBC report normal), Vit. B12: 276 pg/dl, RBS: 102, Serum Creatinine: 1.2, Blood Urea: 28, Blood urea nitrogen: 8, Serum bilirubin Total: 0.79, Serum Bilirubin Direct: 0.17, Serum bilirubin indirect: 0.062, SGPT-34, SOGT-57, Serum Alkaline phosphate: 78 all reports were found normal. He was prescribed for Tab. Zincovit(multi vitamine +multi minrale). He was on the medication for 3 month, not benefited. Therefore, he consulted for Ayurvedic medication. Kshudha – Alpa,
Mic./H-5-6time/d,
B/H-1time/d,
Sleep - 6-7 hours.

O/E - Agni was Manda, Prakruti-Kapha-pittaja, Weight-82kg, Height-5.9inch, there was no any abnormal finding seen in general and systemic examination.

K/C/O - Hypertension (patient on Metoprolol 50mg since 5 years).

Past History - He took Ayurvedic medication for reducing the weight before one year. During the treatment, patient regularly took Mudga (Munga), he was advised to did not eat and drink till 11 am and took the Basti (of water) in morning regularly. He took this medication for 3 months. During this medication he loosed 10 kg weight. After 3 months of this medication, he did not take any Ayurvedic medication.

No any other medical and surgical history.

Family History- Mother (hypertensive).

TREATMENT PROTOCOL
The treatment was carried for one and half month. During this period, he was advised for Laghu Supachya Ahar. Avoid of Dadhi, Kshira, and Divaswapna. Table: 1(Treatment plan).

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<table>
<thead>
<tr>
<th>Medicine</th>
<th>Dose</th>
<th>Period</th>
<th>Anupana(vehicle)</th>
<th>Aushadha Kala</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haritaki²-4g</td>
<td>5 gm BD</td>
<td>For 3 days</td>
<td>Jala(water)</td>
<td>Bhojana Madhye (after half meal)</td>
</tr>
<tr>
<td>Trikatu¹-1g (mix powder)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>After 3 days</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sitopaladi Churna[^4]</td>
<td>5gm BD</td>
<td>For One and half month</td>
<td>Madhu + Ghrita</td>
<td>Empty stomach</td>
</tr>
<tr>
<td>Khadiradi Vati[^5]</td>
<td>8 tab(each of 500mg)</td>
<td>For One and half month</td>
<td>-</td>
<td>Chewing any time in a day</td>
</tr>
</tbody>
</table>

RESULT
Result was found in patient as below Table: 2 (Result).

Table: 2(Result)

<table>
<thead>
<tr>
<th>Sign &amp; Symptoms</th>
<th>BT</th>
<th>AT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>15 days</td>
</tr>
<tr>
<td>hypogeusia (absent of taste)</td>
<td>++++ (no taste sensation)</td>
<td>+++</td>
</tr>
<tr>
<td>Burning in mouth</td>
<td>+++</td>
<td>++</td>
</tr>
</tbody>
</table>
pain in mouth | ++ | + | - | -
---|---|---|---|---
xerostomia (dryness of mouth) | ++ | + | + | -
Erythematous | ++ | + | - | -
depapillation of lingual papillae | ++++(on papillae) | +++ | + | All papillae regenerated
Agni | Manda | Samyaka | Samyaka | Samyaka
Aruchi | + | - | - | -

**DISCUSSION**

Patient’s first complaining was hypogeusia means absent of taste, in Ayurveda it is mentioned in *Rasa-Pradoshaja Vikara* as a symptom *Rasa-Agyanata*. The other associated complains were xerostomia (dryness of mouth), *Mandagni* and *Aruchi* also indicating *Rasa Dhatudushti*. Considering the symptom, he was diagnosed as *Rasa-Pradoshaja Vikara*. The first line of treatment of *Rasa-Pradoshaja Vikara* is *Landhana*. So patient was advised for *Ladhu Supachya Ahara*. For *Agni Dipti* purpose *Tri-Katu* was given and in the past history patient did the *Vega-Sandharan* of *Kshudha* and *Trusha* due to this, *Anavahi Stroto-Dushti* occurred. So *Haritaki* was given for *Sroto-Shodhana* for 3 days. After *Agni Dipti* other treatment was started because when the *Agni* was not in *Samyaka* condition, medicine does not digest and does not get any benefit. *Sitopladi Churna is advised in Supta-Jihva* (absent of taste), *Arochaka* and *Alpa-Agni* condition. Therefore, *Sitopladi Churna* administered for *Deepna and Pachan* along with *Bhruhan* (with the *Sharkara* purpose effect. In *Khadiradi Vati recommended for Mukha roga*, is also indicated in *Jihva-jadyata* (absent of taste) and *Arochak*. this way the medicament administered here, correct all the factors of pathophysiology of disease with following ayurvedic principals.
CONCLUSION

Thus present case study concludes that the holistic approach of Ayurvedic system of medicine gives relief to the patient of Glossitis. There were no adverse effects found during the Ayurvedic medication.

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