

An Ayurvedic Management of Glossitis Associated with Geographic Tongue-Case Report

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Abstract—Geographic tongue is characterized by the loss of the filiform papillae, resulting in erythematous sections of the tongue. Typically located at the border between the dorsal and the lateral edges of the tongue, these erythematous patches are surrounded by well-defined white borders and resemble a map.²Geographic tongue is present in 1–2.5% of the general population and is slightly more common in females. The conventional method of treatment includes corticosteroids, antihistamines, cyclosporine, vitamin A, zinc, but this condition can reoccur. Hence there is a need to develop an Ayurvedic protocol for the development of geographic tongue which is safe, cost effective and avoid the reoccurrence. Shodhana Karma is a procedure that helps to remove the root cause of a disease and prevents the reoccurrence of the disease by eliminating the aggravated Doshas in the body. Also helps in reducing the no. of lesions, size of the lesions and symptoms like burning sensation and bringing back the tongue into normalcy.

Index Terms—Ayurveda, conventional method, geographic tongue, Shodhana Karma

I. INTRODUCTION

Benign migratory glossitis or geographic tongue is a common benign disorder affecting the tongue.¹Geographic tongue is also referred to as benign migratory glossitis, erythema migrans, annulus migrans, and wandering tongue rash. Geographic tongue is characterized by the loss of the filiform papillae, resulting in erythematous sections of the tongue. Typically located at the border between the dorsal and the lateral edges of the tongue, these erythematous patches are surrounded by well-defined white borders and resemble a map.²Geographic tongue is present in 1–2.5% of the general population and is slightly more common in females. While the specific cause has not been determined, genetics, constitutional abnormalities, vitamin deficiencies, and

mental or endocrine disorders may play a role in its pathogenesis. The conventional method of treatment includes corticosteroids, antihistamines, cyclosporine, vitamin A, zinc, but this condition can reoccur. Hence there is a need to develop an Ayurvedic protocol for the development of geographic tongue which is safe, cost effective and avoid the reoccurrence.

Case report

Basic information of the patient

Age: 43 years

Gender: Male

Religion: Hindu

Occupation: Business

status: Middle class

II. CHIEF COMPLAINTS

complaints of white patches on tongue associated with mild burning sensation on eating spicy food since 2 months.

History of present illness

Patient was apparently normal 1 years ago, but he gradually developed white patches on tongue associated with mild burning sensation on eating spicy food for 2 months. When proper history recorded, he revealed that he was under stress, after which the condition developed. On examination of tongue, few pinkish-red depapillated or atrophic raised patches surrounded by white serpentine borders were seen on dorsum and lateral surface of tongue. The condition solely affected his tongue, with no involvement of the skin or other parts of the oral mucosa. He also reported that these patches kept on changing their positions. The patient identified spicy food as an aggravating factor, but there were no limiting factors. Hence, on the basis

of history and clinical findings, a diagnosis of geographic tongue was made. So, for further management he consulted Shalakyta tantra opd of sdm hassan

PAST HISTORY

No/Ho/ DM, Asthma, Tuberculosis

TREATMENT GIVEN

Drug History or Medical history

Nothing specific

-systemic examination

Respiratory system, Cardiovascular system, Gastro intestinal system, Central nervous system and Musculoskeletal system has shown no abnormality.

DAY	TREATMENT GIVEN	CHANGES
DAY 1	Deepana Pachana with Chitrakadi Vati 1-1-1 A/F and Panchakola Phanta 30 ml TID	No marked difference is seen
DAY 2	Snehapana with SukumaraGhrita -30ml Diet - Ganji after feeling hungry and Kichidi at night	No marked difference is seen
DAY 3	Snehapana withSukumara Ghrita -60ml Diet - Ganji after feeling hungry and Kichidi at night	Burning sensation mildly reduced
DAY 4	Snehapana withSukumara Ghrita -90ml Diet - Ganji after feeling hungry and Kichidi at night	
DAY 5	Snehapana with SukumaraGhrita -120ml Diet - Ganji after feeling hungry and Kichidi at night	
DAY 6	Snehapana withSukumara Ghrita -150ml Diet - Ganji after feeling hungry and Kichidi at night	Burning sensation reduced, White patches started disappearing
DAY 7	Snehapana withSukumara Ghrita -180ml Diet - Ganji after feeling hungry and Kichidi at night	
DAY 8	Snehapana with SukumaraGhrita -200 ml Diet - Ganji after feeling hungry and Kichidi at night	Burning sensation completely reduced White patches intensity reduced
DAY 9	Sarvanga Abhyanga with ksheerabala Taila followed by Bashpa Sweda Diet - Rava idly in the morning, rice Rasam in the afternoon and Kichidi at night	
DAY 10	Sarvanga Abhyanga with KsheerabalaTaila followed by Bashpa Sweda Diet - Rava idly in the morning, rice Rasam in the afternoon and Kichidi at night	
DAY 11	Sarvanga Abhyanga with ksheerabalaTaila followed by Bashpa Sweda Virechana with Trivrit Leha - 50g and Triphala Kashaya Diet - Ganji after Vegas stopped.	White patches reduced Tongue colour attained normalcy Patient feeling lighter, more appetitie

III. DISCUSSION

³Deepana and Pachana: For Snehapana the patient should be in a Nirama state. For this Pachana of Ama and Deepana of Agni is needed. So, here initially

Amapachana was achieved with the administration of Deepana-Pachana Dravyas like Chitrakadi Vati and Panchakola Phanta.

⁴Snehapana: As the Purvakarma (preparatory) for Virechana, Acchasnehapana was given with Sukumara

grtha. The Tikta Rasa (bitter taste) helped in Kleda Shoshanam, and caused Kapha and Pitta Harana thereby relieving the symptoms. Snehapana also helped in bringing the Leenadosha into Aleena Doshaavastha. After obtaining the Samyak Snigdha lakshanas (symptoms of proper administration), Sarvanga Abhyanga (full body massage) with Ksheerabala Taila and Bashpa Sweda (steam fomentation) was administered to achieve Dosha Shithilikarana and bringing the Doshas from from Shaaka to Koshta.).

⁵Virechana: After Snehapana and Swedana the Doshas were in Uthklishta state. As the patient was of Pitta Prakruthi and condition was also pitha kapha predominant. Sodhana procedure selected was Virechana (Purgation). Virechana was administered to expel the Dooshitha Dosha from the Koshta.

IV. CONCLUSION

This case study is documented evidence for effective management of geographic tongue by Ayurvedic protocol. Shodhana Karma is a procedure that helps to remove the root cause of a disease and prevents the reoccurrence of the disease by eliminating the aggravated Doshas in the body. Also helps in reducing the no. of lesions, size of the lesions and symptoms like burning sensation and bringing back the tongue into normalcy.



BEFORE TREATMENT



AFTER TREATMENT

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