

## A CASE STUDY IN THE MANAGEMENT OF BURNING MOUTH SYNDROME THROUGH AYURVEDA

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### ABSTRACT

**Introduction:** Burning Mouth Syndrome (BMS) is a painful, complex condition often described as a burning, scalding, or tingling feeling in the mouth. Dry mouth or an altered taste in the mouth may accompany the pain. BMS is most commonly found in adults over the age of 60. It can be idiopathic or may associate with underlying disease. As per Ayurveda, symptoms of Burning Mouth Syndrome can be correlated with *Pitta dosha* imbalance and with excessive intake of Kashaya rasa. There is decrease in Bhodhak Kapha and increase in Pitta dosha. So, as per Ayurveda the management of this disease can be done by considering the dosha predominance. **Aim:** To study the role of Ayurveda in the management of Burning Mouth Syndrome.

**Objective:** To study the role of *Pitta Shamana* and *Sthanik kaphavardhak Chikista* to reduce the symptoms of Burning Mouth Syndrome. **Materials and Methods:** A single clinical trial of Drugs Bhunimbadi Kwath internally and *Yasthimadhu Gruta* locally, for 15 days. **Conclusion:** *Pitta Dosh Shamana* and local *Kaphvardhan* gives significant relief in Burning Mouth Syndrome.

**KEYWORDS:-** Burning Mouth Syndrome, *Pitta Dosha*, *Bhodhak Kapha*.

### INTRODUCTION

Burning Mouth Syndrome (BMS) is a painful, complex condition often described as a burning, scalding, or tingling feeling in the mouth, that may occur every day for months or longer. Dry mouth or an altered taste in the mouth may accompany the pain BMS is most

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commonly found in adults over the age of 60. It is estimated to be about five times more frequent in women than in men.<sup>[1]</sup>

Acharya *Charaka* has explained symptoms of excessive use of Kashay Rasa as dryness of mouth (Aasyashosha), improper speech (Vaacha Nigrahan), increases thirst (Trushna), and Stasis of secretions (Stambha) etc.<sup>[2]</sup> as per Acharya Charaka Osha (Burning sensation at Specific site), Dhaha (Burning Sensation) are the symptoms of Pittaj Nanatmaja Vikara.<sup>[3]</sup> These symptoms can be correlated with Burning Mouth Syndrome.

Increase in Ruksha guna leads to Kledanash<sup>[4]</sup> and results into deficiency of Bodhaka kapha. Stasis of mucus secretion because of Stambhan and Strotorodha property of Kashaya rasa will cause deficiency of Bhodhak kapha causes dryness of mouth due to overall reduction in secretions. As there will not be proper lubrication of oral mucosa that will cause burning sensation of mouth. Also, imbalance in Pitta Dosha due to excessive Ushna, Tikshnaguna leads to decrease in Snigdha and Sheet guna of Bhodhaka kapha.

In today's era modern life style, excessive intake of fast foods, cold drinks, spicy foods, mixed type of food, etc. and addictions of chewing betel nut, gutkha, tobacco, smoking, drinking alcohol etc. are described as *Apthyakar Ahar* and *Vihar* in Ayurveda. All this disturb the normal physiology of the body and causes many oral diseases.

In modern medicine, for secondary Burning Mouth Syndrome treatment of underlying Cause should be done. In primary Burning Mouth Syndrome as it is idiopathic, treatment depends on particular symptoms and aimed at controlling it. Treatment include saliva replacement products, Capsaicine, anticonvulsant medication, certain antidepressants, medication to block nerve pain.<sup>[5]</sup>

However, *ayurvedic* treatments for this disease are safe, effective, cheap and nontoxic. As per Ayurveda, it can be correlated with *Pitta Dosh* imbalance and symptoms of Kashaya Rasa Atiyoga. So, treatment should be done according to *Dosha* involvement in the disease.

**Aim:**– To study the role of Ayurveda in the management of Burning Mouth Syndrome.

**Objective:**– To study the role of *Pitta Shamana* and *Sthanik kaphavardhak Chikista* to reduce the symptoms of Burning Mouth Syndrome.

## MATERIALS AND METHODS

### Case report

A female patient of 58 year came to OPD of Dept. of *Shalakyatantra* having complaints of Burning sensation in mouth, Dryness of Mouth, and pain at oral mucosal region, Since 1 years.

**History of present illness:**– Patient was healthy one year before. After that she was having complaints of Burning sensation in mouth and dryness of mouth. Now, since 2-3 months she has aggravated symptoms and came to our OPD for Ayurvedic treatment.

**History of past illness:**– No history of DM/ HTN/ BA/ Major illness.

**Drug history:**– Patient had received allopathy treatment for 1 month but had no relief.

**Personal history:**– No habit of Tobacco chewing/ Betel nut/ Abrasive Toothpaste use.

**Investigation:**– blood sugar fasting -98 mg/dl

Post prandial- 132mg/dl

Urine sugar- Nil

Urine Albumin – Nil

**On examination:**– Ear – Bilateral ear –WNL

Nose - Bilateral Nostrils –WNL

Oral – Mouth opening and Oral mucosa – Normal

No Ulceration seen

No Fibrosis of mucosa

No Dental caries

### Criteria for assessment

Assessment was done on the basis of scoring of cardinal signs, associated symptoms and *Doshanubandhita Lakshanas*. Scoring pattern was developed according to severity of symptoms. Improvement was assessed accordingly.

Symptoms	Grading
1) Burning Sensation in mouth	0 No Burning Sensation
	1 Mild Burning Sensation
	2 Moderate Burning Sensation
	3 Severe Burning Sensation
3) Dryness of Mouth	0 No Dryness in mouth
	1 Mild Dryness in mouth
	2 Moderate Dryness in mouth
	3 Severe Dryness in mouth
4) Pain	0 No pain in mouth
	1 Mild pain in mouth

	2	Moderate pain in mouth
	3	Severe pain in mouth

### Treatment

- 1) *Nidanparivarjana*<sup>[6]</sup> is the first treatment (Avoid spicy, irritant substance use)
- 2) *Bhunimbadi Kwath*<sup>[7]</sup> 20ml twice a day, for 15 days is given.
- 3) *Yashtimadhu Siddha Gruta*<sup>[8]</sup> for local application, for 15 days is given.
- 4) Maintenance of oral hygiene.

### OBSERVATIONS AND RESULTS

Chief Complaints	Day 1 (B.T)	Day 7	Day 15 (A. T)
1) Burning sensation	3	2	0
2) Dryness of Mouth	2	1	0
3) Pain	2	1	0

### DISCUSSION

Burning Mouth Syndrome is a chronic condition characterized by the presence of burning sensation of oral mucosa, oral mucosal pain, dry mouth in the absence of specific oral lesion. This condition affects chiefly middle aged and elderly women. It is often idiopathic and there is no definitive cure for this condition. As per Ayurveda, this condition can be correlated with pitta dosha imbalance and Kashaya rasa excessive use. So according to Dosha predominance, *Bhunimbadi Kwath* orally and *Yashtimadhu ghruta* for local application is selected for the treatment of this condition.

### Mode of action

1. ***Yashtimadhu Ghruta*:** Is *Madhurasatmak*, *Guru*, *snigdha guna*, *Sheeta virya* and *Madhur Vipaki* drug. It is *Pitta- Vata Shamaka* and *Dahanashaka* (decreases burning), *balya*, and *kshayahara*.<sup>[9]</sup> It acts by *Rasapanachak*, *Madhur rasa* and *sheet virya* of *yashtimadhu* acts by decreasing the vitiation of *Pitta Dosha*. *Yashtimadhu* is having *Pitta-Vata shamaka* property, and helps in *samprapti vighatan* of *Burning Mouth Syndrome*.

*Madhur Rasa* of *Yashtimadhu* which is having *Pruthvi* and *Jala mahabhuta*<sup>[10]</sup> mainly helps to increase local *kapha* and helps to maintain proper lubrication at oral mucosal region which ultimately help to reduce dryness. *Gruta* is having *Snigdha* and *Pitta shamaka* properties which also reduces dryness and helps in *Pitta Shaman* locally.

2. **Bhunimbadi Kwath:** Contains Kiratatikta, Ativisha, Lodhra, Musta, Nimb, Guduchi and Triphala. It is useful in Pitta Dosha imbalance conditions. It is having Tikta, Madura rasa, Pittaghna property and Sheet virya.<sup>[11]</sup> It helps in Pitta shaman and relieves the symptoms due to Pitta dosha imbalance like burning sensation and pain at oral mucosa. In this way both drugs helps in samprapti vighatan of Burning mouth Syndrome.

## CONCLUSION

Burning Mouth Syndrome can be a result of excessive use of Kashaya Rasa and Pitta Dosh imbalance. However as per Ayurveda, Bhunibmadi kwath helps in Pitta dosha Sahaman and Madhur, Snigdha, Sheeta properties of Yashtimadhu Ghruta helps to increase local Bhodhaka Kapha. This helps to relieve the symptoms of Burning Mouth Syndrome.

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