

CASE STUDY

Ayurvedic Management of Fissured Tongue - A Case Study

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ABSTRACT

Introduction

Fissured tongue is a benign condition characterized by deep grooves, (fissures) in the dorsum of the tongue. Although these grooves may look unsettling, the condition is usually painless. Some individuals may complain of an associated burning sensation. It is a relatively common condition, with a prevalence of between 6.8% and 11% found also in children. Fissured tongue can be correlated to *vatajajihwakantaka*.

Materials and Methods

A male patient of 28 years presented in *Shalaky* OPD of GAMC Bengaluru with symptoms of multiple cracks on the tongue associated with burning sensation and loss of taste sensation since one week. Patient took some allopathic medicines but did not find much relief. So he approached our OPD. After proper examination, patient was started with Ayurvedic medicines. The treatment prescribed was *sadyovirechana*, *gandushajihwalepa*, *sootasekararasa*, *drakshadikashaya* and *sitopaladichurna*.

Result:

The subject showed marked improvement both subjectively and objectively.

Discussion:

Fissured tongue can be correlated to *vatajajihwakantaka* in *Ayurveda*. Treatment should be focused on correcting the *agni* and *koshtashodana* of the patient, followed by *vata pitta haraline* of treatment.

Key Words *Fissured Tongue, Jihwalepa, Sitopaladichurna, Vatajajihwakantaka*

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INTRODUCTION

Tongue is a muscular organ in the mouth covered with moist, pink tissue called mucosa. Fissured tongue is a benign condition characterized by deep grooves in the dorsum of tongue. Although these grooves may look unsettling, the condition is usually painless. Some individuals may complain of an associated burning sensation. It may be congenital or seen in cases of syphilis, deficiency of vitamin B complex or anaemia¹. It

is a relatively common condition with the prevalence of between 6.8% and 11 % found also in children. The prevalence of the condition increases significantly with age, occurring in 40% of the population after the age of 40. The clinical appearance is considerably varied in both the orientation, number, depth, and length of the fissure pattern. There are usually multiple grooves/furrows 2-6 mm in depth present. Sometimes there is a large central furrow, with

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smaller fissures branching perpendicularly. Treatment includes encouraging good oral hygiene including brushing the top surface of the tongue to remove any food debris from the fissures and symptomatic treatment. Based on the symptoms fissured tongue can be correlated with *vatajajihwa kantaka*². Main *lakshanas* are *khara*, *sputita* and *suptajihwa*. The treatment is given based on *dosha* involved.

CASE REPORT

Basic information of the patient

Age: 35

Sex: male

Religion: Hindu

Occupation: Driver

Chief Complaints

Patient complaints of multiple cracks in the tongue associated with burning sensation since 10 days.

History of present illness

The patient was said to be asymptomatic 10 days before. Then he gradually developed multiple cracks in the dorsum of tongue associated with burning sensation and loss of taste sensation. For these complaints patient had taken some allopathic medicines but did not find much relief. So he approached *shalakya* OPD of GAMC Bengaluru.

History of past illness

Nothing significant.

Family history

Nothing significant.

Personal history

Appetite- loss of appetite

Sleep- good

Bowel- regular

Micturition- 5-6 times/ day

Examination

Ashtasthanapareeksha

- *Nadi*: 75/min
- *Mutra*: 5-6 times/day
- *Mala*: regular
- *Jihwa*: *lipta*, *sphutita*
- *Shabda*: *prakruta*
- *Sparsha*: *prakrutha*
- *Druk*: *prakkruta*
- *Akruthi*: *Madhyama*

Vitals

- Pulse rate:- 73/min
- Respiratory rate:- 24/min
- BP:- 130/84 mmOf Hg

Systemic examination

No abnormalities

Table 1 Observation before treatment

TONGUE	<ul style="list-style-type: none"> • Coated • Multiple fissures range from 2 to 3 mm in depth oriented anteroposteriorly on the dorsal aspect of tongue . • No lingual varicosities observed
Hb	10.5 gm/dl

EXAMINATIONS AND INVESTIGATIONS:

given in Table No: 1 and Figure No:1



Figure 1 Before Treatment

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Treatment

the patient as given in table No 2.

Total 24 days of treatment was given to

Table 2 Treatment

S No	Treatment	Drug & Dosage	Duration
1	<i>Deepana&pachana</i>	<i>Shaddharanamgutika</i> 1 tidb/f	3 days
2	<i>Sadyovirechana</i>	<i>Avipattichurna</i> , (20 g) followed by <i>drakshakashaya</i> -50 ml	1 day
3	<i>gandusha</i>	<i>Saptachadadikashaya</i>	7 days
4	<i>Jihwalepa</i>	<i>ShodithaGairika</i> , <i>bakulachurna</i> and <i>astichurna</i> - <i>bhavanawithpanchavalkalakashaya</i>	7 days
5	<i>shamanoushadis</i>	1. <i>Laghusootasekara rasa</i> 3 TID B/F 2. <i>Drakshadikashaya</i> 15 ml BD b/f	During the treatment time, following drugs were administered for 10 days
		<i>Sitopaladichurna</i> 1tsp with honey BD after food	10 days

RESULTS

After 24 days of treatment patient was relieved from the symptoms. Shown in Figure No: 2.



DISCUSSION

Fissured tongue can be correlated to *vatajajihwakantaka* in *Ayurveda*. *Agni vaishamy* is the main reason for manifesting this condition. So treatment should be focused to correct the *agni* of the patient followed by *koshtashodhana*. Once the *shodhana* has been done, then local procedures followed by *vatapittaharashamanoushadis* should be administered based on symptoms.

Probable mode of action:

a) *Shaddharanam gutika*³:-was given for *deepanapachana* as it is having specific indication as *koshtaani*.

b) *Virechana*:-was given for the purpose of *koshtashodhana*.

c) *Saptachadadi kashaya*⁴:- was given for *gandusha*, as it is *tridosahara* mainly *kaphapitta hara*. It is also *srothoshodaka* and *pakahara* thus helps in relieving the symptoms.

d) *Jihwalepa*:- with *gairikadi yoga* was given. *Gairika* is having *madhurakashaya rasa* and is *pitta hara* and having *sheetavirya*, thereby reducing the burning sensation of tongue. *Panchavalkalakashaya* have antiseptic, anti inflammatory properties and it reduces the microbial load.

e) *Shamanoushadis*:-*laghusutasekara rasa* is mainly *vata pitta hara*, it improves digestion and is having anti inflammatory action and reduces the burning sensation. It also helps to enhance the appetite. *Drakshadikashaya* is *vata pitta shaman* and *dahashamana*. It also helps improve the Hb level of the patient.

Sitopaladichurna is indicated in *suptajihwa*, *arochaka* and *alpaagni* condition. Thus it clears the absence of taste sensation of patient.

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CONCLUSION

Fissured tongue is not a major life threatening disease. But with the ayurvedic medicines we can ease the discomfort of the patient suffering with the symptoms of the same. This present case study concludes the holistic approach of Ayurveda in treating fissured tongue. It is also found that there were no side effects with the ayurvedic medication.

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