



AYURVEDA MANAGEMENT OF XEROSIS OF LIPS – A CASE REPORT

Mohan Kumari K. M¹, Veeresh S. M²¹Professor, Dept of Shalakya Tantra, G.A.M.C, Mysuru, Karnataka, India.²Consultant, Om Ayurveda and Yoga Centre, Mysuru, Karnataka, India.Corresponding Author: mohanaveeru@gmail.com<https://doi.org/10.46607/iamj4410122022>

(Published Online: December 2022)

Open Access

© International Ayurvedic Medical Journal, India 2022

Article Received: 23/11/2022 - Peer Reviewed: 07/12/2022 - Accepted for Publication: 18/12/2022



ABSTRACT

Xerosis is the medical name for dry skin. It comes from Greek: 'Xero' means 'dry' and 'osis' means 'disease'. Xerosis is caused by a lack of moisture in the skin. The result is dry or very dry and rough. Symptoms of xerosis of lips include skin that is dry, flaky, itchy, scaly, red or pink irritated fine cracks, and skin that feels tight. The skin around the mouth can dry out for many reasons, such as allergies or irritation, cold or windy weather, over exposure to the sun, excessive face washing, dehydration, perioral dermatitis, and other medical conditions, such as rosacea, eczema, or psoriasis. Moisturizing with lotions or oils can often help relieve dry skin around the mouth. It is also a good idea to avoid potential irritants, such as steroid creams or inhalers and fluoride toothpaste. This condition can be co-related to *Vataja osta prakopa* explained under *Mukha rogas (Diseases of oral cavity)* which is characterized by rough, dry, hard, blackish discoloured, cracked lips with severe pain. **Material and Method-** A 13yrs male patient came to OM Ayurveda centre, Mysuru, Karnataka with complaints of severe pain, dry, rough, and cracked lips. The patient had this complaint for 1 year. He was on moisturizers and ointments with no relief for a year. He was treated with *Yastimadhu taila prathisarana* (medicated oil external application) and *Guggulu tikta ghrita* (medicated ghee) internally in the form of *Shamana sneha* (alleviating type of oleation). **Result -** At the end of the study, there was a notable improvement in both signs and symptoms. **Conclusion -** The Ayurvedic approach has its own value and is really beneficial with a very great response.

Keywords: *Mukha rogas, Yastimadhu taila, Prathisarana, Shamana Sneha, Guggulu tikta ghrita.*

INTRODUCTION

Xerosis is caused by a lack of moisture in the skin, which may be the result of ageing (senile xerosis) or due to a disease such as Diabetes. The result is dry or very dry, rough, and tight skin, which can progress to become extremely rough and scaly, flaky, and itchy¹. Severely chapped lips may cause painful stinging reactions when eating, especially with citrus fruits, and spicy and salty foods. Symptoms include dry or scaling lips, itching, mild pain, cracking, and peeling skin². Causes of chapped lips include sunburn, cold weather, hot or dry weather, frequently licking your lips, medical conditions (allergies, thyroid disorder, some autoimmune disorders) or reaction to a medication, and vitamin deficiency (iron, vitamin B)³. This condition can be considered as *Vataja osta prakopa* and constitutes the features of *Vata dosha*. Hence, in the present study treatment that pacifies *vata dosha* is adopted. *Prathisarana* (external application) is one of the *Bahirparimarjana chikitsa* (external therapy) and especially with *Sneha dravyas* like *Yastimadhu taila* helps in pacifying *Vata dosha* easily⁴. *Guggulu tikta*

ghrita is one drug that can be used by almost all individuals as it pacifies all the three *Doshas*⁵. *Guggulu tikta ghrita* tries to pacify *Vata*, the main cause of the pain, pacifies the inflamed part of the body caused due to *Pitta dosha* and does *Rakta shodhana* (purifying blood).

CASE HISTORY

A 13-year male patient came with a complaint of severe pain, redness, cracking, and dryness of lips for 1 year. The patient gives a history of usage of moisturizers, lotions, and ointments for 9 months with temporary relief. Also due to frequent re-occurrence of symptoms, the patient opted for treatment from the alternative system of medicine. No significant family history was found. **Personal history:** Food - vegetarian, bland food, Appetite - good, Bowel - regular, Micturation - normal, Sleep-disturbed sleep.

Clinical findings- BP-110/70, Pulse-72/min, and systemic examination were within normal limits.

Lip Examination

Inspection in diffuse light

SL.NO	Particulars	Upper lip	Lower lip
1.	Skin	dry	dry
2.	Vermilion borders	thick	thick
3.	Symmetry	uneven	uneven
4.	Colour	blackish	blackish
5.	Texture	rough	rough
6.	Pigment change	no pigment change	no pigment change
7.	Keratosis	not present	not present
8.	Atrophy	not present	not present
9.	Subsurface abnormalities		
a.	Indurations or swelling	present	present
b.	Ulceration	not present	not present
c.	Blistering	present	present

SROTAS: *Rasa, Raktha* and *Mamsavaha srotas* are involved.

TREATMENT PROTOCOL

Sneha prathisarana – 30 days (external application 2 times a day), *Shamana sneha*- 30 days (once daily).

INTERVENTION

Sl.No	Procedures	Medicines	Duration	Quantity
1	<i>Sneha pratisarana</i>	<i>Yastimadhu taila</i>	30 days, 2 times a day	as required
2	<i>Shamana sneha</i>	<i>Guggulu tikta ghrita</i>	30 days, once daily	10 ml

RESULT

Both signs and symptoms significantly improved. The patient could feel a decrease in intense pain, dryness, and discomfort after *Pratisarana*. Additionally, *Shamana sneha* helped the patient to get relief from roughness, redness, and cracking of lips. Over the course of study, no negative effects were found.

DISCUSSION

Yastimadhu, a wonder drug, is used in this case study in the form of *Taila* for *Pratisarana* to *Osta*. As the name suggests, *Vata* is the dosha that involves and manifests symptoms in *Vataja osta prakopa* like *Shoola* (pain), *Ruksha* (dryness), *Parusha* (roughness), and *Sputana* (cracked) among others. The finest treatment for *Vata dosha* is *Yastimadhu* in the form of *Taila* since it balances both *Vata* and *Pitta*⁶. The anti-inflammatory properties of *Yastimadhu*, which reduce itchiness, burning sensation, and swelling, can be considered to justify its *Varnya* (complexion), *Rasayana* (rejuvenation), *Shothapaha* (anti-inflammatory), and *Vranapaha* (wound healing) properties⁷. Also, the *Yastimadhu's* constituent, such as glabridin, liquiritin, vitamins B and E, antioxidants, and proteins helps skin to heal faster⁸. *Guggulu tikta ghrita* is widely used as medicine and also in a preparatory procedure called *Snehakarma* (oleation therapy). *Guggulu tikta ghrita* pacifies all three *Doshas* and tries to address the issue by pacifying *Vata*, the main cause of pain⁹. Due to its *Jwaragna* (antipyretic) and *Daha prashamana* (reduces burning sensation) properties, *Tikta rasa* (bitter taste) in *Guggulu tikta ghrita* acts as an anti-inflammatory agent and can alleviate pain and swelling¹⁰. Hence in this study *Guggulu tikta ghrita* in the form of *Shamana sneha* could mitigate the aggravated *Dosha*. Also, *Ghruta* has the ability to absorb the bioactive principles of herbs when it undergoes *Samskara* (processing) and when given internally it acts at the

level of *Dhatwagni* (tissue metabolism) and alleviates the *Dosha lakshanas* (symptoms). As a result, the outcome of the *Shamana sneha* and *Pratisarana* treatment with *Guggulu tikta ghrita* and *Yastimadhu taila* respectively in this case study was quite effective.

CONCLUSION

This case of Xerosis of lips, under close clinical observation and patient's history, is co-related to *Vataja osta prakopa*. Since, it was an acute condition with no relief of symptoms with the usage of ointments, moisturisers for one year, using an alternative medical approach to address this condition proved challenging. There were neither complications nor adverse reactions seen during and after treatment. Thus, with proper diagnosis, treatment, and *Pathyapathya* (diet & lifestyle), the disease could be controlled. Hence, the patient suffering severe xerosis of lips can benefit greatly by adopting a few simple *Ayurvedic* medications and procedures.

REFERENCES

- <https://int.eucerin.com/about-skin/indications/xerosis>
- <https://my.clevelandclinic.org/health/diseases/22005-chapped-lip>
- <https://my.clevelandclinic.org/health/diseases/22005-chapped-lips>
- Agnivesha, Charaka Samhita, Sutrasthana, Trisreshaneeya adhyaya, 11/55, edited by Vaidya Yadavji Trikamji Acharya, Chaukambha Orientalia, New Delhi, Pg - 78.
- Vagbhata, Astanga Hridaya with Sarvanga Sundari commentary Arunadatta and Ayurveda rasayana of Hemadri, edited by Harisadashivashasti Puradahaara, Chaukambha Surbharathi Prakashan, Varanasi, Reprint 2002, Chikitsa sthana, Chapter - 21, Pg - 726.
- Sharma DV, Dravyagunavignana, volume -2, chapter - 4, Chaukambha Bharathi Academia, Varanasi, Pg - 254.

7. Sharma DV, Dravyagunavignana, volume -2, chapter - 4, Chaukambha Bharathi Academia, Varanasi, Pg - 255.
8. Sharma DV, Dravyagunavignana, volume -2, chapter - 4, Chaukambha Bharathi Academia, Varanasi, Pg - 254.
9. Vagbhata, Astanga Hridaya with Sarvanga Sundari commentary Arunadatta and Ayurveda rasayana of Hemadri, edited by Harisadashivashasti Puradahara, Chaukambha Surbharathi Prakashan, Varanasi,

Reprint 2002, Pg - Chikitsa sthana, Chapter 21, Pg -726.

10. Acharya Charaka, Charaka samhita sutra sthana, chapter 26, verse 43/5, Charaka chandrika commentary of Agnivesha, edited by Brahmananda Tripati, volume - 1, Chaukambha Surbharathi Prakashan, Varanasi, Reprint 2002, Pg - 484.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Mohan Kumari K. M & Veeresh S. M: Ayurveda Management of Xerosis of Lips – A Case Report. International Ayurvedic Medical Journal {online} 2022 {cited December 2022} Available from: http://www.iamj.in/posts/images/upload/3522_3525.pdf