

EFFECT OF KAVALA AND PRATISARANA IN THE MANAGEMENT OF OSMF

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ABSTRACT

Oral submucous fibrosis (OSMF) is a chronic, insidious, generalized, and debilitating condition of the oral mucosa. Oral submucous fibrosis is etiologically linked to the consumption of the areca nut in flavored formulations or as an ingredient in the betel quid chewed by the communities in these countries. Various medical and surgical treatment modalities have been used in modern science, but results are not satisfactory owing to recurrence, adverse effects, and sometimes worsening the condition. On analyzing the disease condition with Ayurvedic approach, it seems to be nearer to *Vata-Pitta* dominant chronic *SarvasaraMukharoga* and needs to be treated at local as well as systemic level.

Keywords: Areca nut, *Vata-pitta*, OSMF, *Mukharoga*

INTRODUCTION

Oral submucous fibrosis (OSMF) is a chronic debilitating and a well-recognized potentially malignant condition of the oral and oropharyngeal mucosa with initial inflammation followed by progressive fibrosis of the underlying connective tissues. The morbidity and mortality rates are associated with significant masticatory dysfunction and oral discomfort as well as an increased risk of developing squamous cell carcinoma. World-wide estimate of OSMF indicates that 2.5 million people are affected with most cases connected on the Indian subcontinents especially Southeast India.¹The disease is premalignant condition and carries a high relative risk for malignant transformation has been seen in 3-7.6% of cases.²In the era of development and globalization peoples are thrown to a stressful and tensed

environment and to get rid of this stress and tension and for pleasure they are just entangled in a trap of some unavoidable habits like drinking, smoking, gutka and pan masala chewing. On the basis of references from previous research work OSMF can be correlated with *SarvasaraMukharoga* described in classics by various *Acharya*. Some scattered symptoms like inability to open the mouth (*Kruchhen Vivrunoti – Vataja Sarvasara*)³, burning sensation in mouth (*Daha- Pit-tajaSarvasara*)⁴, pain in mouth (*Toda-Vatika Sarvasara*)³, blanching of the oral mucosa (*Antahkapola-mashritya Shyavpandu- Kapharbuda*)⁶ are found in *Mukharoga*. On analyzing at the disease condition OSMF can be considered in the *VataPradhana Tridoshaja Mukharoga*. It is obvious that it needs to be

treated at local as well as systemic level *Kaya Sirsovi-rekam, Vamana, Kavala Dharan*, and use of *Katu & Tiktradavya* and other procedure to remove *Kapha* and *Raktahara Kriya* should be done.

CASE REPORT:

A fully conscious, normal oriented male patient, age 36 years came to OPD of Shalaky Tantra, IPGT & RA, Jamnagar; with an OPD no. PG 19042600 on 18/06/2019.

Chief Complaints: Patient complains of (1) Restricted mouth opening (2) burning sensation in mouth on consumption of hot and spicy foodstuff (3) Pain in mouth (4) Ulceration in mouth since 3-4 months.

Personal History: Habit:chewing tobacco 4-5 times daily since 10-15years.patient also gives history of chewing “Ghutka”6-7 times a day which he stopped 4 months back.

Diet: Mixed; Appetite: Good; Sleep: Sound, Bowel: Regular, Bladder: Normal; *Koshtha: Madhyama; Agni: Sama.* Vitals: WNL

Ashtavidha Pariksha: *Nadi: Sadharana; Mutram: AvilaMutrata; Malam: Abadha; Jihwa: Anupalepa; Shabda: Heena; Sparsha: Anushnaseetha; Drik: Heena; Akriti: Madhyam.*

DashvidhaPariksha: *Prakriti: VK; Vikriti:Vata Pitta Pradhana; Vaya: Madhyama; Satwa: Madhyama; Sara: Madhyama; Samhanana: Madhyama; Aharashakti: Madhyama; Vyayamashakti: Madhyama; Pramana: Madhyama; Satmya: Madhyama*

All vital signs and general physical examination were found to be within normal limit.

On Examination:

- Mouth opening is 24 mm
- Buccal mucosa -fibrous bands that are blanched seen on the right and left buccal mucosa.
- Generalized marginal and papillary gingival inflammation seen.
- Tongue protrusion.
- Ulceration on the labial surface and buccal mucosa

Assessment Criteria:

Table 1: Subjective criteria

	Score			
	0	1	2	3
Burning sensation in mouth	Nil	On taking spicy food	On taking food	Continuous
Ulceration in mouth	Nil	Mild	Moderate	Severe
Pain in mouth	Nil	While opening	Continuous	

Table 2: Objective criteria: Inter Incisal Distance (mouth opening).

IID (mm)	Score	IID (mm)	Score
41 or above considering normal	0	25 – 28	4
37-40	1	21-24	5
33-36	2	17-20	6
29-32	3	15-16	7

Treatment:

1. *Madhupippalyadi Yoga* for *Partisarna* 3-6 gm, form *Churna* mixed with *Madhu* BD,100-200 *Matra* (2-4 min.) for 30 days
2. *NishadiTaila* for *Kavala* 15-20 ml BD,5-15 minutes for 30 days.

Pathya: Abstinence from hot and spicy food, not chewing the gutka and pan masala.

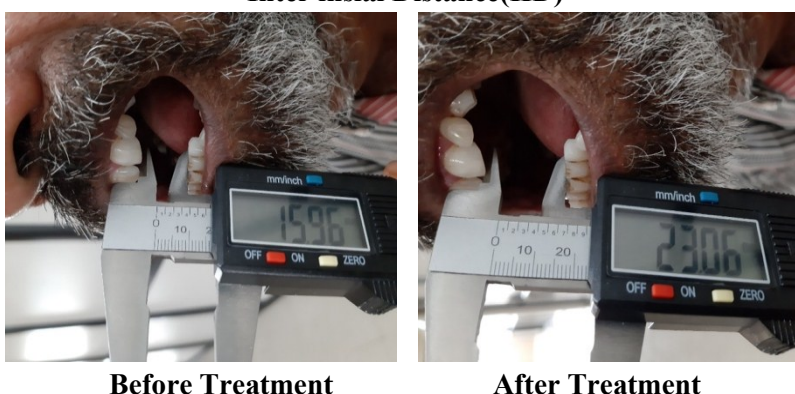
Differential Diagnosis: Scleroderma, trismus

Result: After the medication of 1 month, the oral examination of patient was done and asked orally about any symptomatic relief in complaints which the patient was having 1 month ago, the patient was satisfied with the treatment protocol and all the chief complaints (mouth opening is 24mm, Buccal mucosa-fibrous bands that are blanched seen on the right and left buccal mucosa, Generalized marginal and papillary gingival inflammation, Tongue protrusion and ulceration) were resolved completely.

Table 3: Assessment after treatment

Assessment criteria	Before treatment	After treatment
Burning sensation in mouth	3	0
Ulceration in mouth	3	0
Pain in mouth	2	0
Mouth opening	7	5

Inter insial Distance(IID)



DISCUSSION

Pratisarana (external application) and *Kavala* (gargling) are the local therapies mostly used in *Mukharogas*. Here, local therapy is to prevent and reverse the fibrosis. *Madhupippalyadi Yoga Pratisarana* has overall *Lekhana* (fibrolytic), *Shothahara* (anti-inflammatory), *Vranashodhana* (wound cleaning), *Vranaropana* (wound healing) and *Vata Pitta* dominant *Tridosha* pacifying effect as well most of the drugs possess anti-inflammatory and antioxidant properties. Fibrolytic and cancer preventive activities of *Haridra* have been proven and its use in OSMF is also documented in few journals and research works.[7] Furthermore, gentle massage over the oral mucosa in *Pratisarana* improves blood circulation resulting in better absorption of the drugs. By virtue of *Yogavahi* (has special affinity to carry and potentiate the action of main drug), *Sukshma* and *Sanskaranuvarti* (affinity to carry the properties of main drug along with own) properties, *Madhu* and *Ghrita* serve as a best vehicle for the drugs. Thus, complete treatment protocol is helpful to subside inflammation and ulceration so preventing further progress, increases suppleness of the stiffed oral tissue in terms of improving mouth movements, reverses fibrosis in some extent and improves overall immunity which in turns

increases the strength of oral mucosa and submucosa to overcome the disease.

CONCLUSION

The present study opines that Ayurvedic treatment protocol ensures the regain of the normalcy of oral mucosa. It is effective in the management of OSMF without any adverse effect as well as having sustained relief in follow-up. It can be considered as a better alternative to the modern treatment modality in the management of OSMF. The present study proves that, ayurvedic medicine has great potential and ensure the regain of the oral mucosa to normal and healthy.

Scope For Further Study:

The holistic approach should be tried for a long duration. Multicentric studies with large sample size on same drugs should be carried out to bring authenticity to our science. It is effective in subsiding the symptoms and sign of OSMF without any adverse effect.

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