

AYURVEDIC MANAGEMENT OF ORAL LICHEN PLANUS- A SINGLE CASE STUDY

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ABSTRACT

Oral lichen planus (OLP) is a cell-mediated immune condition. It is one of the most common dermatological disease present in the oral cavity. It is a chronic inflammatory disease affecting mucosal and cutaneous tissue. OLP occurs more frequently than the cutaneous form and tends to be more resistant to any treatment. The treatment modalities in oral lichen planus are still empirical. Corticosteroids remain the mainstay of OLP therapy. Because of prolonged use of topical steroids for a period of greater than two weeks continuous may result in mucosal atrophy and secondary candidiasis. In Ayurveda, Mukhroga Prakaran, various treatments and medicinal formulations have been described. i.e. Kaval, Gandush, Pratisarana, Raktmokshana etc. So an attempt has been made to assess the efficacy of Gandush and Pratisarana in the management of OLP in this single case study.

KEYWORDS: Oral lichen Planus, Mukh roga, Gandush, Pratisarana.

INTRODUCTION

Lichen Planus word derived from the Greek word "leichen" means tree moss and Latin word "Planus" means flat.^[1] The term suggest flat fungal condition. Oral Lichen Planus (OLP) is defined as a common chronic immunological mucocutaneous disorder that varies in appearance from keratotic to erythematous and ulcerative.^[2] It is a common mucocutaneous disease with global prevalence of about 0.5% to 2% with prevalence rate of 2.6% in the Indian population.^[3] It occurs more commonly in females with ratio of approximately 2:1.^[4,5] OLP may appear as white, lacy patches, red, swollen tissues or open sores. It is classified into reticular, erosive, atrophic and bullous types.^[6] The reticular form is the most common type and presents as papules and plaques with interlacing white keratotic lines (Wickham striae) with an erythematous border. These lesions may cause burning, pain or other discomfort. OLP can't be passed from one person to another. The disorder occurs when the immune system mounts an attack against cells of the oral mucous membranes for unknown reasons. Symptoms can usually be managed, but people who have oral lichen planus need regular monitoring because they may be at risk of developing mouth cancer in the affected areas.^[7]

The treatment of oral lichen planus is corticosteroids which are widely used and the dosage depends on the severity of the lesion. The frequent use and misuse of currently used therapeutic agents has led to the evolution of resistant strains of common pathogens as well as

increased incidence of adverse effects associated with their usage. So the search for the alternative medicinal treatment is still going on. Medicinal plants have been used as a traditional treatment agent for numerous human diseases in many parts of world. In rural areas of developing countries, they continue to be used as the primary source of medicine. About 80% of people in developing countries use traditional medicines for their health care. In Ayurveda, Various treatments mentioned by different Acharya in Mukhroga chikitsa. Treatments like, *Kaval, Gandush, Pratisarana Raktmokshana* etc.

MATERIALS AND METHODS

Case History

A fully conscious, normal oriented 39-year-old female patient presented with chief complaints of:

- Pain and burning sensation on chewing food on both right and left side of buccal mucosa and dorsum of the tongue since 2 years.
- The patient reported aggravation of the discomfort and sensitivity in the buccal mucosa and dorsum of the tongue on consumption of spicy food and drinks.

Aim & Objectives

To evaluate the efficacy of *Pratisaran and Gandush* in the management of *Oral lichen planus* (OLP).

Case Findings

The patient came to the O.P.D. No. 3 of *Shalaky Tantra*. The general condition of the patient was good. She was anxious, appetite was moderate. According to

the patient she firstly developed burning sensation on buccal mucosa and dorsum of the tongue during chewing food. The complaint got aggravated on eating spicy food. Afterward she developed pain on chewing. Due to above complains she had consulted allopathic dentist. Though the allopathic treatment was continue, She got symptomatic relief only when the medicine was continue. Afterward she reported discomfort and burning sensation in buccal mucosa and dorsum of the tongue on consumption of spicy food and drinks, So She came with these complains for betterment. She was not having any kind of addiction and no family histories found to be significant. White radiating striae were present on left and right buccal mucosa. The striae were non scrappable and did not disappear on stretching. Mild to moderate plaque accumulation and extrinsic stains were present on dorsum of the tongue. There were no signs of ulceration.

Diagnostic Focus and Assessment

The diagnosis was done on the basis of symptoms , general oral examination and histopathological biopsy report.

General oral Examination

• Inspection

- White radiating striae on bilateral buccal mucosa and ventral surface of tongue.
- Mild to moderate plaque accumulation and extrinsic stains were present on dorsum of the tongue

• Palpation

- bilateral buccal mucosa and ventral surface of tongue, striae were non scrappable and did not disappear on stretching.
- No bleeding tendency.

Histopathological biopsy report

Hyperplastic squamous epithelium with mild to moderate chronic non specific inflammation in scanty submucosal tissue.

Diagnosis

Oral lichen planus

Treatment plan

1. *Dhatrinisha Churna*: 3gm With honey for *Pratisarana* 2 times in a day

2. *Yashtimadhu Churna*: 5gm for *Gandushwith water* two times in a day
3. *Rasayana tab.* 2 BD

Method of Pratisarana

The procedure of *Pratisarana* will be classified into the following three headings:

1. *Purvakarma*
2. *Pradhankarma*
3. *Paschatkarma*
 - *Purvakarma*: The procedure will be performed after assessment of patient as per the inclusion criteria. The place will be clean and devoid of any kind of infection. Prior arrangement of the materials and equipments will be done. *Pratisarana* will be done on sitting position as per classical method. The consent form will be filled up. Patient will be advice to take *Laghu Ahara* before the day of treatment.
 - *Pradhan karma*: The medicine should be rubbed gently on the affected area by sterile index finger of patient.^[8]
 - As per the affected part, the direction of *Pratisarana* will be upward and downward or clock and anti clock vise up to *Samyak Lakshana*,^[9] for 2 minutes.^[10]
 - *Paschat karma*: The Patient will be advised to rinse with normal water and avoid intake of any kind of food or liquid for half an hour. Patient will advice to follow all the regimen as per given.

Method of Gandush^[11,12,13]

The individual should be made to sit comfortably in erect posture in devoid of breeze in sunlight. His shoulders, throat, cheeks and forehead should be massaged and fomented. He /She should be asked to hold the medicated liquid in his mouth without doing any movement inside with concentrated mind and face slightly lifted up. He should be advised not to drink the liquid and hold it until the mouth gets filled with oro-pharyngeal secretions (kapha) and watery discharge (jalasrāva) appears from the nose (nāsa) and the eyes (netra). Then it should be spat out and relaxes.

Follow up

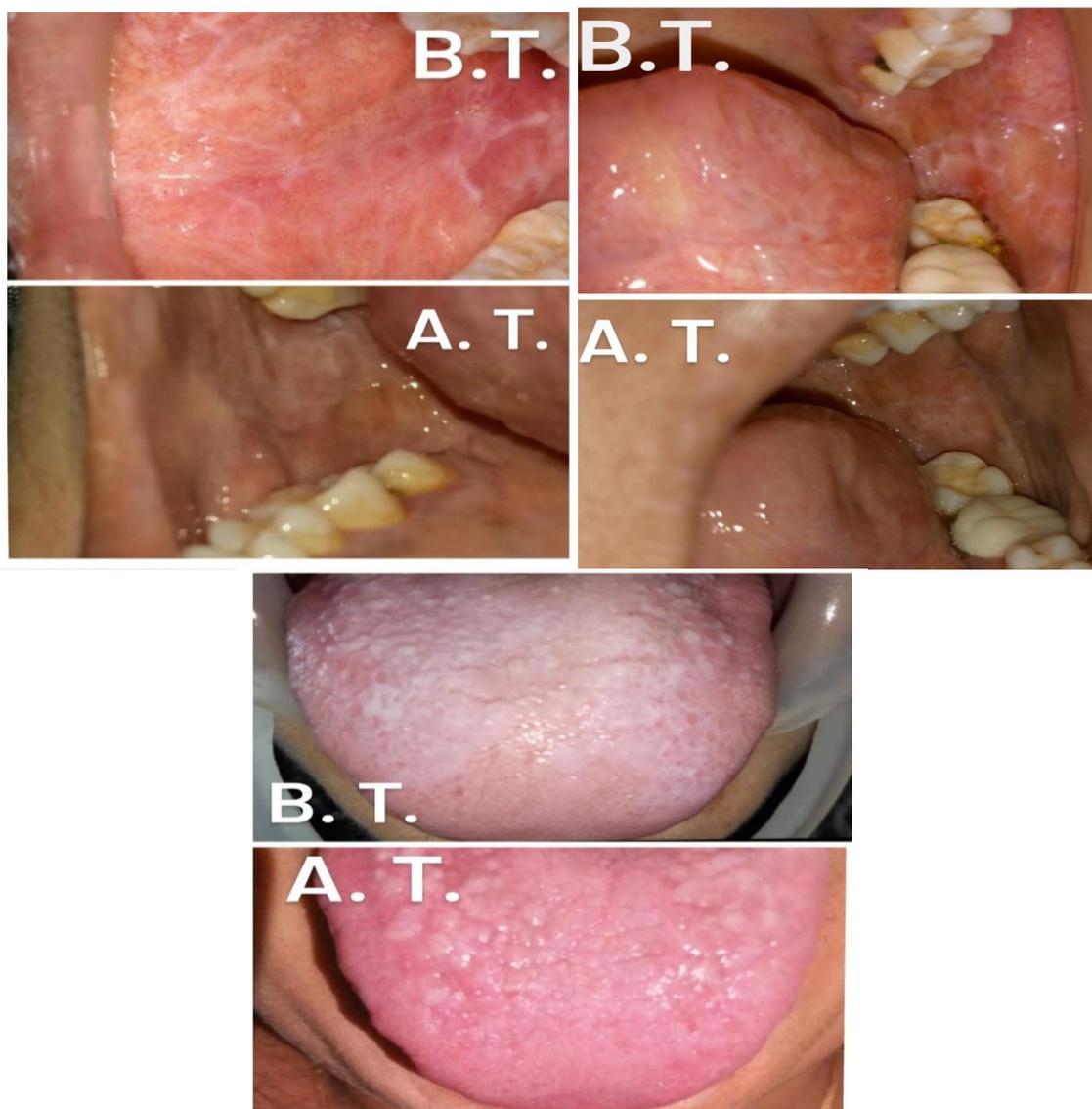
Follow up was taken every month upto completion of therapy.

Table 1: Observation of the study.

Months	White radiating striae	Burning sensation
1 st month	+++	+++
2 nd month	+++	++
3 rd month	++	++
4 th month	+	+
5 th month	+	-
6 th month	-	-

RESULT

After 6 month of therapy, white straiie became disappear and no burning sensation.



DISCUSSION

In this case report, a patient with reticular oral lichen planus was treated with *Dhatri nisha churna Pratisarana* and *Yashtimadhu churna Gandush*. *Dhatri Nisha* has variety of therapeutic properties including antioxidant, analgesic, antiinflammatory, antiseptic activity and anticarcinogenic activity.

Pratisarana, gentle massage over the oral mucosa improves blood circulation in the mucosa and submucosa improving the health of the tissue of oral cavity. It may increase the defense mechanism of oral mucosa by increasing its tissue strength. This process may helps in retarding the inflammation at vascular, cellular and immune level. The common base of *Madhu* provides proper distribution of the drugs in all parts of the oral

cavity as well as it is *Yogvahi* and *Shukshmasrotogami* enhancing the effects the whole compound.

Gandūsh is used for both prevention and treatment of oral diseases. *Gandūsha* increases the vascular permeability in the oral cavity. It creates pressure over the oral mucosa. The active ingredients and chemical constituents of the warm medicated liquid irritate the oral mucosa and increase the vascular permeability. Therefore, the drugs get rapidly absorbed both locally and systemically. This can help to reduce inflammation and enhance the healing process of disease and thus cures the disease of oral cavity.

CONCLUSION

As per above mentioned case discussion, it can be concluded that *Pratisarana* and *Gandush* are effective in

the management of OLP. This therapy should be used in OLP in large sample as a clinical trial.

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