



HOMOEOPATHIC APPROACH IN MANAGEMENT OF CASES OF STOMATITIS (MOUTH ULCERS)

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Abstract

Introduction-

The location of Stomatitis is anywhere in mouth, mostly inside of the cheeks, tongue palate and lips. Stomatitis, means inflamed and sore mouth, interrupting a person's ability to eat, talk and sleep. Mouth ulcers are inflammation of the mucosal or mucous membranes inside mouth (inner cheeks, tongue and/or gums) leading to burning kind of pain, throbbing kind of pain, swelling of mouth, discomfort while chewing etc.

Keywords – Mouth ulcer, Oral thrush, sore mouth, Aphthous ulcer, Aphthous stomatitis, inflammation of mouth, herpes stomatitis, canker sore, recurrent aphthae, Candidism, sweets syndrome, cold sores, immunocompromised patient, oral hygiene, hypersensitivity, Hyperchlorhydria, malnutrition, hereditary anemia, nutritional anemia, sedentary lifestyle, cancerous cachexia, mycotic infection, Moniliasis, Noma, Cancrum oris, Behcet's syndrome, emotional factors, oral ulceration, GIT disturbances, inflammatory bowel diseases etc.

Background and Justification

Stomatitis comes under the gastrointestinal diseases. This is a common disease seen in all over the world.

Stomatitis can be caused by-

- 1) Viral infection (e.g. (HSV) Herpes Simplex Virus or Varicella – Zoster Virus),
- 2) Bacterial Infection (e.g. Streptococcus, E.Coli, Staphylococci, Vibrio Cholera, Corynebacterium Diphtheriae, Treponema Palladium Infection or Neurosyphilis, Salmonella Typhi), etc.
- 3) Fungal infection (e.g. Candida Albicans Infection) also called Candidiasis.
- 4) Irritation to buccal Mucosa due to Chemical irritants by Chronic Alcoholism, Tobacco Chewers, Tobacco Products, Tobacco Smoking (Cigarette Smoking).
- 5) Oral trauma as a result of dental appliances, tooth work, excessive intake of sweets etc.
- 6) Nutritional deficiencies such as hypo-Vitaminosis and Hyper-Vitaminosis

- 7) Immunological disorders like HIV (AIDS) – commonly seen in HIV patients, opportunistic infections such as Tuberculosis.
- 8) Allergies – some of the allergic conditions such as sensitive to allopathic drugs e.g. long term use of antibiotics , course of penicillin, treatment of hypothyroidism and its medication, gold poisoning in mines leads to oral thrush.
- 9) All types of Anemia results into Stomatitis.
- 10) Viral fevers and all other types of fevers, long time course of fever that is to say pyrexia of unknown origin, lifestyle stress also leads to stomatitis in many cases.
- 11) Hyperchlorhydria – Excess secretion of Hydrochloric acid (HCL) can lead to Gastro-Esophageal Reflex Disorder can lead to stomatitis. E.g. Spicy food becomes an exciting factor for stomatitis.
- 12) Hormonal insufficiencies or excessiveness such as Hypothyroidism or Hyperthyroidism produces oral thrush.
- 13) Oral thrush diathesis (**Pitta Prakruti**), tendencies – Constitutional Gout.
- 14) Infants botulism leads to oral thrush.
- 15) Family predisposition –
- 16) Excessive tea drinking, etc.

Clinical manifestation

Stomatitis is a painful condition hampering eating, talking, sleep pattern and can remain up to 20 days to 40 days as the various medical literatures suggest. They are also referred as Canker Sores or Cold Sores.

1. Painful ulcers with burning characteristics or sores in the mouth.
2. Redness and hyperemia of the oral mucosa. All signs of inflammation are seen stated by Celsus.
3. Difficulty in swallowing i.e. dysphagia.
4. Presence of white patches or plaques, same as seen in corynebacterium diphtheriae
5. Low Grade Fever and malaise in some cases.
6. In women, during menstrual cycle there are chances of stomatitis which indicates sex ratio prevalence.

Diagnostic test-

- Oral cavity examination.
- Cotton Swab tests for Viral, Bacterial or Fungal cultures.
- Histopathological Examination with biopsy culture in severe or repeated cases.

Allopathic Management

- Pain management with analgesics or topical anesthetics
- Underlying cause is to be evaluated. Antiviral, Antibacterial, or Antifungal medications based on the cause to be administered.
- To reduce inflammation Topical corticosteroids can be administered, if needed.
- Oral hygiene is to be maintained twice a day.
- Tobacco and Alcohol is to be restricted.
- Vitamin B12 deficiency is to be scrutinized.
- Mouth oral gels application thrice a day.

Aim and Objectives –

The Aim and Objective of this case is to summarize the available information, Literature on Stomatitis and Homeopathic Medicines, and their Therapeutics for treatment.

Material and Methods-

All available literature in the form of books, scientific data from various databases such as Pub Med, Google Scholar, Medline and Science Direct were used for the Studying Case, Directed towards treatment of such patients with Homoeopathic Remedies.

Conclusion –

The available literature suggests that the homeopathic approach has been effective in treating cases of Stomatitis. The treatment is always an alternative kind of treatment and not definitive one. The auxiliary line of treatment is having a vital role to be studied. Homeopathic treatment is one of the cost effective treatment.

Inclusion Criteria: The study of STOMATITIS is done in reference with various research publications and authentic literatures. The disease has been studied in relation to homoeopathic point of view. The miasmas were studied and proper simillimum has been established, so as to bring out the recovery of patient. All age groups are involved.

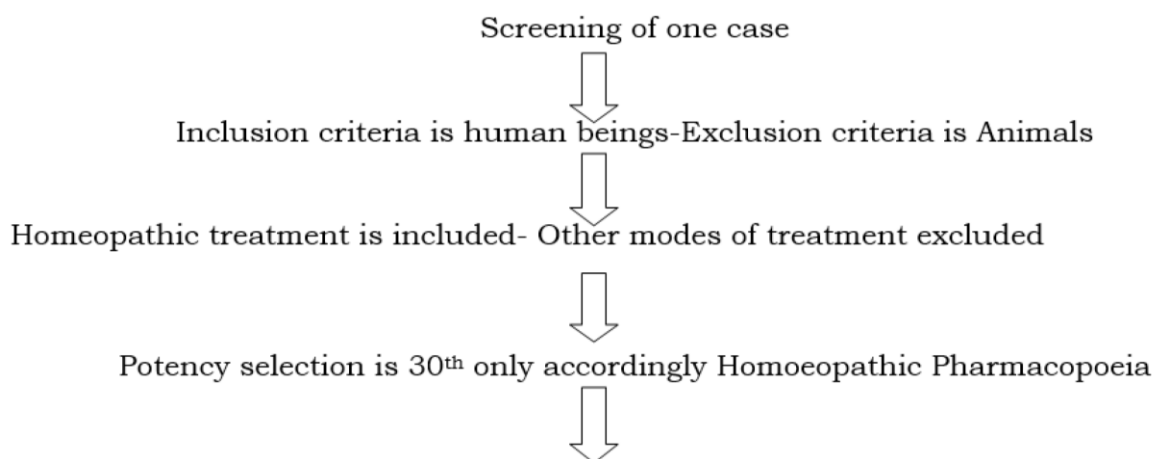
Exclusion Criteria: The observational case study has been done, with study approach of STOMATITIS disease only and other studies have been excluded with different mode of treatment. Only homoeopathic approach has been clarified.

Study Selection: A Single Case Has Been studied, and has been worked out with homoeopathic intervention to see if recovery takes place; it is up to which extent in percentage and for how many days. Analysis of the dose of the remedy to be repeated again with proper follow up of patient is evaluated.

Data Items: Data is collected from single patient by taking out the totality of symptoms and signs, with investigatory reports. Hereby analysis and evaluation has been done, Proper Homeopathic remedy with proper potency has been selected following the guidelines of Homoeopathic Pharmacy.

RESULT

Study Selection and Characteristics



Correct remedy is of a greater importance as compared to correct potency, if your remedy is correct, all potency suits.

Case study-

Patient- XYZ

Age- 30 yrs. / female

Housewife, 12th pass

Married since 9 yrs.

1 son – 7yr, Full Term Normal Delivery

Chief Complaints-

1) Since 18 yrs., Ulcers in mouth, on and off-1 or 2 times in a month. Tongue tip -since 3 months – redness, heaviness, stitching pain, burning sensation.

Not better by allopathic treatment. Aggravation by spicy 2+, pungent food,

2) Head -Migraine- since 1 yrs. But not now

Right sided- face & temporal region. Headache with nausea Aggravation by light 2+, loud sound 2+.

Physical Generals -

Desire – Spicy2+

Aversion – Nothing specific

Salt - Normal

Sleep/Dream/App/Thirst/Urine/ Stool –Normal

Like winter season, wear sweater.

Bath – Tepid water in all season

Fan- In all season,

Menses – Regular,

Before menses- Abdominal & Lumber pain

Calm in nature

Past history - Nothing specific

Family history – Father- Migraine, Mother expired 4 yrs. back

Habits- MISRI use since childhood from 7 years old age.

Lab reports –

CBC-

WBC- 13,500/cub mm of blood. WBC morphology – Leukocytosis with Relative Neutrophil

Neutrophils – 80, lymphocytes -17, MCH- 32.04, MCHC- 37.29, PCT- 0.395,

Platelets – 4, 91,000/cub mm of blood. Platelet – Increased on smear (Reactive Thrombocytosis)

Treatment-

Borax 200, 4 pills, 4 times in a day

Follow ups-

WBC- 12,500/cub mm of blood. WBC morphology – Leukocytosis

Neutrophils – 63, lymphocytes -30, MCH- 31.8, MCHC- 36.6, PCT- 0.395,

Platelets – 4, 22,000/cub mm of blood. Platelet – Increased on smear (Reactive Thrombocytosis)

Feels better in mouth ulcers up to 80 -90 %

Mouth ulcers are completely better now.

Within 4-5 days patient felt better from his mouth ulcers.

Nutrition and Supplements

The nutrition in Stomatitis Is very important role to play on:

Eat antioxidant foods, including fruits (blueberries, cherries, and tomatoes) and Green vegetables ETC.

Reduce Spicy, Oily and processed foods.

Avoid coffee and other stimulants, alcohol, and tobacco.

Drink Minimum Of 3-4 Liters glasses of water daily.

Exercise if possible for 30-45 minutes every day, stretching exercise.

Fresh fruit juices can be consumed to recover Multivitamins and Multi minerals.