

APHTHOUS STOMATITIS AND ITS HOMOEOPATHIC MANAGEMENT

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Abstract : Aphthous ulcers are probably due to an attack of the mucous membrane by the own body immune system. The tendency to develop aphthous ulcers may be inherited. Aphthae is not contagious and can occur as single ulcers or in clusters.

Aphthae ulcers are normally shallow and begin as pale yellow in colour, generally turning grey as the condition develops.

First appear when a person is unclear physical or emotional stress or there is nutritional deficiency.

Aphthous ulcers are generally round in shape and form in the soft areas of the mouth such as inside of the lips, the cheeks or the underside of the tongue. In most cases, aphthous ulcers are recurrent – a condition known as recurrent aphthous stomatitis (RAS), in which an episode lasts 7 to 10 days.

INTRODUCTION

Aphthous mouth ulcers (apthae) are common variety of ulcer that form on the mucous membranes, typically in the oral cavity. Other names for aphthous ulcer include aphthous stomatitis and canker sore.

Aphthae constitute the most common oral mucosal disease and affects most of the populations but many cases are mild to moderate.

NEED OF THE STUDY.

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AETIOLOGICAL FACTORS



1. Trauma from dental procedure
2. Aggressive tooth cleaning
3. Accidentally biting your tongue
4. Using tobacco
5. Deficiency in iron, folic acid and Vitamin B12
6. Menstrual periods
7. Hormonal Changes associated with pregnancy
8. Food and drinks allergies
9. Having weak immune system, due to certain chronic conditions. (Immunodeficiency)
10. Types of Recurrent Aphthae

SYMPTOMS OF APHTHOUS ULCERS

Before ulceration occurs, some individuals may begin to feel a burning or itching sensation inside the mouth, which can be painful. Once the ulcerations occurs, localized pain of various degress is often present.^{[2] [3]}

OBSERVATION AND CLINICAL CHART ^[2]

Types	Charecteristics Feature	Appearance	Homoeopathic Medicine	Description
Minor Aphthae	<p>The most common Ulcers are small in size – usually less than 5 mm across with and erythematous margin and yellowish floor, one or several . Ulcers may be present. They typically do not cause much pain.</p>		ARGENTUM NITRICUM	<p>Tip of the tongue is red and painful. Aphthae on edges of the tongue Sour or bitter sour taste .^[1]</p>
			NUX VOMICA	<p>Small ulcers in mouth . Taste, bitter ,sour ,itchin g palate . Gums swollen white and bleeding . << after aeting ,washing face in cold water.^[5]</p>

<p>Major Apthae</p>	<p>Ulcers frequently 5mm or larger to 2 centimeters .ulcers persists for several months Masticatory mucosa such as dorsum of tongue or gingivae may be involved scarring may follow healing .</p> <p>They can be painful, especially when eating or drinking , and last anywhere between two weeks to few months.</p>		<p>ARUM TRIPHYLLUM</p>	<p>Raw feeling at roof and palate.</p> <p>Mouth painfully raw ,sore , in flamed.</p> <p>Apthae.Sasliva Profuse ,acid^[1]</p>
<p>Herpetiform Apthae</p>	<p>These are pin point ulcers but many in numbers. These can occur when multiple pinpoint ulcers fuse together and form large, irregularly shaped ulcers. They are so called because of their appearance to herpes.</p> <p>Herpetiform ulcers are not caused by the herpes simplex virus .Ulcers are 1-2 mm across . Few ulcers may combine form irregular ulcers and there is wide spread erythema round the ulcers.</p>		<p>NITRIC ACID</p> <p>LACHESIS MUTUS</p>	<p>Ulcers in soft palate with sharp spinter like pains .</p> <p>Salivation and bad odour from mouth .Bloody saliva.^[1]</p> <p>Tongue swollen ,burns ,tre mbles and dry and cracked at tip,catches on teeth.</p> <p>Apthous and denuded spots with burning and rawness .Nauseous taste.^[5]</p>

DIAGNOSIS is based on the clinical history and a physical examination .

The blood tests include Complete blood count , Serum Iron & Ferritin, Vit -B12 in blood to rule out the nutritional deficiencies.

RESULTS AND DISCUSSION

As per Homoeopathy, oral ulcers are not only caused due to deficiency of nutrition in diet but also when your body is not able to assimilate vitamins from the diet.^[4]

Homeopathic Medicines will help the body to absorb these essential nutrition thus improving mouth ulcer symptoms.

It helps to alleviating the root cause of the disease and preventing relapse. Homeopathy helps to break the tendencies that lead to recurrent ulcers and also, it aid in assimilation of nutrients in the body, which one of the major cause of aphthous ulcers and hence helps in reducing the recurrence of the aphthous ulcers by treating the miasmatic blocks (fundamental block to cure) and achieving the cure.

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