EFFECT OF KAVALA AND PRATISARANA IN THE MANAGEMENT OF OSMF

Krishna Kumar¹, Yogikumar Kacha², Bhagyashree K. Potdar³, D. B. Vaghela⁴

¹M.S. 3rd year Scholar, Shalakya Tantra department IPGT & R A, Jamnagar, Gujarat, India
²M.S. 3rd year scholar, Shalakya Tantra department IPGT & RA, Jamnagar, Gujarat, India
³M.S. 3rd year scholar, Shalakya Tantra department IPGT & RA, Jamnagar, Gujarat, India
⁴Associate Professor, Department of Shalakya Tantra, IPGT & RA, GAU, Jamnagar, Gujarat, India

Email: Kkdamor8696@gmail.com

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. Worldwide estimate of OSMF indicates that 2.5 million people are affected with most cases connected on the Indian subcontinents especially Southeast India.¹ The disease is premalignant condition and carries a high relative risk for malignant transformation has been seen in 3-7.6% of cases.² In 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- PittajaSarvasara)⁴, pain in mouth (Toda-Vatika Sarvasara)⁵, blanching of the oral mucosa (Antahkapolamashritya 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 Sirsovrerakam, Yamana, Kavala Dharan,* and use of Katu & Tiktaadravya 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 Shalakya 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 10-15 years. 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

**Assessment Criteria:**

<table>
<thead>
<tr>
<th>Table 1: Subjective criteria</th>
<th>Score</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barning sensation in mouth</td>
<td>Nil</td>
<td>On taking spicy food</td>
<td>On taking food</td>
<td>Continuous</td>
<td></td>
</tr>
<tr>
<td>Ulceration in mouth</td>
<td>Nil</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
<td></td>
</tr>
<tr>
<td>Pain in mouth</td>
<td>Nil</td>
<td>While opening</td>
<td>Continuous</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>IID (mm)</th>
<th>Score</th>
<th>IID (mm)</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>41 or above considering normal</td>
<td>0</td>
<td>25 – 28</td>
<td>4</td>
</tr>
<tr>
<td>37-40</td>
<td>1</td>
<td>21-24</td>
<td>5</td>
</tr>
<tr>
<td>33-36</td>
<td>2</td>
<td>17-20</td>
<td>6</td>
</tr>
<tr>
<td>29-32</td>
<td>3</td>
<td>15-16</td>
<td>7</td>
</tr>
</tbody>
</table>

**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. **Nishadita Taila 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 24 mm, 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

<table>
<thead>
<tr>
<th>Assessment criteria</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barning sensation in mouth</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Ulceration in mouth</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Pain in mouth</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Mouth opening</td>
<td>7</td>
<td>5</td>
</tr>
</tbody>
</table>

**Inter insial Distance (IID)**

**DISCUSSION**

Pratisarana (external application) and Kavala (gargling) are the local therapies mostly used in Mukhavrogas. 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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