

Ayurvedic Management of Oral Thrush - A Case Report

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Abstract: Background: Oral candidiasis also known as Oral thrush is a fungal infection of oral cavity caused by a fungus called *Candida albicans*. This fungus is normally found in oral cavity but when it overgrows due to some favourable conditions, it causes thrush. The symptoms of oral thrush can be correlated with *Kaphaja Mukhapaka* in Ayurvedic literatures. Materials and Methods: In the present study a 45 years female patient with symptoms of recurrent Oral thrush since 3-5 months was administered with local *Pratisarana* and *Kavala* therapy for 1 month. Result: Patient showed gradual improvement and reduction of the symptoms of oral thrush in a month. Also the patient was advised to follow the *Pathya Ahara Vihara* and avoid the *Apathya Ahara Vihara*. Results were appreciable with approx 90% relief. Conclusion: There are established treatments in the current science for Candidiasis, However despite of being so well-equipped many a times the current treatments fail to help the patients, some patients experience side effects of antifungal medications and symptoms occur recurrently so the Ayurvedic management was approached for easy and non side effective treatment.

Keywords: Oral thrush, Candidiasis, *Kaphaja Mukhapaka*, *Pratisarana*, *Kavala*

1. Introduction

Oral candidiasis/oropharyngeal candidiasis or simply oral thrush is a yeast infection of mouth. It most often occurs in infants and toddlers but it can occur at any age. Usually females are more prone to get infected. The causative organism is a fungus known as *Candida albicans*. The fungus is normally found in oral cavity [1] but in conditions like weak immune system or immunocompromised patients like HIV [2], Leukemia, Carcinoma, uncontrolled Diabetes, all these factors act as favorable opportunity to the fungus to overgrow and cause oral thrush. It may spread through local contact or pass the infection from one to another part of the body of same individual. A pregnant woman having vaginal yeast infection can pass the infection to the newborn during delivery. Lactating mothers having breast/nipple yeast infection can pass the fungus to the baby while breastfeeding.

Diagnosis: The diagnosis can be made simply by examination of oral cavity having one or more characteristic features of oral thrush. Other ways are used as well like biopsy, fungal culture or endoscopy if esophageal infection is suspected.

Symptoms: It may not cause any symptom in early stage but as the infection get worse, symptoms may develop like white/yellow patches of bumps on oral mucosa, tongue, tonsils, gums or lips. Slight bleeding may occur on scrapping, burning sensation and sore mouth is a common symptom. Patient may feel cotton like sensation in mouth, difficulty in swallowing, bad taste or loss of taste. Rarely affects the Esophagus. There are numerous formulations mentioned in the various Ayurveda texts having *Jantughna* property, so here some Ayurvedic formulations which are easily available and effective were used.

2. Case Report

A 45 yrs old female patient approached the OPD with complaints of white patches all over the tongue, burning sensation and mild loss of taste since 3-5 months. The symptoms occurred frequently despite of undergoing several treatment modalities. On consulting an ENT specialist she was prescribed antifungal therapy, but she developed complications like allergic reaction and rashes over the skin. After that she visited the OPD for Ayurvedic management of the same.

History of present illness:

Patient was well before 1 year. Gradually she started suffering from symptoms of oral thrush like burning mouth, tastelessness and white patches over tongue with lesions on lateral aspect of tongue. She has been taken some allopathic medications but felt no relief, so she came for Ayurvedic management for the same.

Personal History:

Diet: Vegetarian

Appetite: Moderate

Bowel: Regular

Maturation: Normal

Sleep: Disturbed

Addiction: No any addiction

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

Occupational History:-

Patient was a housewife

Volume 11 Issue 7, July 2022

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On Examination:-

Ear Examination: Normal

Nose Examination: Normal

Throat Examination: Normal

Oral cavity: White patches over tongue with lesions on lateral aspect of tongue, burning mouth, tastelessness.

Diagnosis

Diagnosis was made by the local examination with the characteristic features of oral thrush.

Treatment Protocol:

Sr. No.	Procedure	Drug	Dose	Route	Duration
1	Pratisarana	Pippali Churna Chopchini Churna Vidanga Churna Amalaki Churna Maricha Churna	As per requirement	Locally	Twice a day
2	Kavala	Panchavalkala Kwatha+Saindhava Lavana	20 ml	Locally	Twice a day
3	Pana	Manjishthadi Kwatha	10-20 ml	Orally	Before meal Twice a day
4	Lehana	Lodhra Churna + Gandhaka Rasayana	1 gm 500 mg	Orally	After meal Twice a day with Madhu

Pathya

Tikta, Katu and Kashaya Rasa Pradhana Ahara Dravyas, Ushna Ahara, Yavagu, light and easily digestible food, leafy vegetables, Shali-Shashtika rice, Kordusha rice, Yusha of Mung, Masoora or Adhkiphala.

Apathya

Patient is advised to avoid loud, Madhura (sweet), Lavana (salty), Amla (sour) Rasa Dravyas, Vidahi Padartha (food), Kulattha, Guda, Tila, Mash, Sarshapa, Vegadharana.

Follow up- After the treatment of 1 month, the patient was then followed up for 1 month, once in the interval of 15 days.

3. Result

S. No.	Treatment sittings	Symptoms	Findings
1	After 15 days	White patches, burning sensation of mouth	50% relief in sign and symptoms
2	After 30 days	Reduced white patches and no burning sensations	Sign and symptoms reduced up to 80%

4. Discussion

In the present study the cause of oral thrush is a fungus *Candida albicans*. In this case the treatment modalities initially taken up by the patient didn't help her out effectively as much did the Ayurvedic treatment. Ayurvedic management of Oral thrush is based on the principle of *Kapha-Pitta Shamaka* and *Jantughna Chikitsa*. Due to Katu rasa, *Laghu guna*, *Ushna veerya Pratisarana* drugs like *Pippali* [3] and *Maricha* [4] balances *Kapha* and *Vata dosha* and act as *Lekhana Dravya*. *Vidanga* is well known *Krimihara Dravya* (Anti microorganism property). *Amalaki* is rich in Vitamin C and have anti-inflammatory, antifungal, antibacterial properties [5] where as *Chopchini* [6] possesses anti oxidant and anti-inflammatory properties. *Panchavalkala Kwatha* have anti-inflammatory, antifungal and wound healing properties whereas *Saindhava Lavana* helps in reducing airborne irritants, pathogens. *Manjishthadi Kwatha* [7] is

known for its blood purifier properties. [8] *Lodhra* is rich in antioxidants and prevents the cell damage and at the end *Gandhaka Rasayana* is used in all kind of skin diseases where it acts as antifungal, antibacterial and anti microbial drug. This is how the drugs probably worked in the management of Oral thrush.

5. Conclusion

This is a case of concern as when it comes to oral lesions many of patients come with doubt and fear of oral cancer due to their poor knowledge, self diagnosis habits and over thinking which leads to mental depression. There was significant improvement in the signs and symptoms of Oral thrush after 1 month of treatment. And after 2 follow ups patient showed 90% improvement with no further complications. This case report concludes that Ayurvedic management offers good result in the treatment of Oral candidiasis.

Images: Before treatment**Figure 1****Figure 2**

Images: After treatment



Figure 3



Figure 4

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