

# ROLE OF AYURVEDA IN THE MANAGEMENT OF ANGULAR CHEILITIS W.S.R TO VATAJA PRAKOPAKA OSTHA

\*Snehdeep Soni, \*\*Dr. Samita Kalra

\* P.G Scholar, \*\*P.G, Ph.D., Department : Rasashastra and Bheshjya kalpana, College: M.M.M. government Ayurved college, Udaipur (Raj)

## ABSTRACT:

*The lips are of great importance for the perception of beauty by humans. The appearance of the lips in part determines the attractiveness of a person's face. Ayurveda has a great deal to say the importance of oral health. Oral disease are one of the most important problem in public health and are on the rise in developing countries. Among them the prevalence of Angular cheilitis is more than 10 million cases per year in India. Angular cheilitis is inflammation of one or both corners of the mouth characterized by fissures, scaling, erythema with skin breakdown and crusting. It can also be itchy or painful. Apart from that it also affects beauty and personality of individual. The cause is usually multifactorial such as infection, irritation, or allergies. Infections include by fungi such as *Candida albicans* and bacteria such as *Staph. aureus*. Irritants include poorly fitting dentures, licking the lips or drooling, mouth breathing resulting in a dry mouth, sun exposure, overclosure of the mouth, smoking, and minor trauma. Allergies may include substances like toothpaste, makeup, and food. Other factors may include poor nutrition or poor immune function. In Ayurveda, diseases of lip are classified into eight categories among them the symptoms of angular cheilitis can be correlated to Vataja prakopa osthā characterized by pain, dryness, cracking etc. In various Ayurvedic classic there are numerous ayurvedic drugs which can be used in prevention as well as management of Vataja prakopa osthā, which are safe, cost effective, easily available and applicable.*

*Keywords: Angular cheilitis, Vataja prakopa osthā, Ayurvedic drugs.*

## INTRODUCTION:

Angular cheilitis (AC) is inflammation of one or both corners of the mouth.<sup>1</sup>In some cases, the lesion may be confined to the mucosa of the lips, and in other cases the lesion may extend past the vermilion border (the edge where the lining on the lips becomes the skin on the face) onto the facial skin. Often the corners are red with skin breakdown and crusting.<sup>2</sup>It can also be itchy or painful. The condition can last for days to years. Angular cheilitis is a type of cheilitis (inflammation of the lips). Angular cheilitis can be caused by infection, irritation, or allergies.<sup>3</sup> Infections include by fungi such as *Candida albicans* and bacteria such as *Staph. aureus*. Irritants include poorly fitting dentures, licking the lips or drooling, mouth breathing resulting in a dry mouth, sun exposure, over closure of the mouth, smoking, and minor trauma. Allergies may include substances like toothpaste, makeup, and food. Often a number of factors are involved. Other factors may include poor nutrition or poor immune function. Diagnosis may be helped by testing for infections and patch testing for allergies. In *Ayurveda*, diseases of lip are classified into eight categories among them the symptoms of angular cheilitis can be correlated to *Vatajaprakopaostha* characterized by karksha, parusho, stabud, krishan, tivra ruja, dalyte, paripatyete etc.<sup>4</sup>In various *Ayurvedic* classic there are numerous ayurvedic drugs which can be used in prevention as well as management of *Vatajaprakopaostha*, which are safe, cost effective, easily available and applicable. AC is a relatively common condition, accounting for between 0.7 – 3.8% of oral mucosal lesions in adults and between 0.2 – 15.1% in children, though overall it occurs most commonly in adults

in the third to sixth decades of life. It occurs worldwide, and both males and females are affected. Angular cheilitis is the most common presentation of fungal and bacterial infections of the lips.

Signs and symptoms:

1. Initially, a gray-white thickening and adjacent erythema (redness) appears in corner of the mouth.
2. Later, the usual appearance is a roughly triangular area of erythema, edema (swelling) and breakdown of skin.
3. The mucosa of the lip may become fissured (cracked), crusted, ulcerated or atrophied. There is not usually any bleeding. Where the skin is involved, there may be radiating rhagades (linear fissures) from the corner of the mouth.
4. If *Staphylococcus aureus* is involved, the lesion may show golden yellow crusts.
5. In chronic angular cheilitis, there may be suppuration (pus formation), exfoliation (scaling) and formation of granulation tissue.

#### MANAGEMENT:

- Local application of nystatin and clotrimazole.
- Improvement of oral hygiene by kavala, gandoosa
- Vitamin supplement
- Dentist opinion for over closure of mouth and ill fitting dentures.
- In *Susrutha Samhita* the treatment of *vataj osthā* is<sup>5</sup>
  1. *Mom* (wax) + *Chaturvidha Sneha* (ghee, oil, fat, *majja*) for massage and *nadiswedana*.
  2. *Salavana pultis*, *Shirobasti* and *Vataharadravya* oil for *nasya*.
  3. *Pratisarana* with *biroja*, *rala*, *devdaru*, *guggu* and *mulethi churna*
- Internal *yogasghritapana*, *mamasrasasewana*, *shothahara* (analgesic), *krimighana* (antibiotic) *varnaropana* yoga e.g., *triphagaluggulu*, *maharasnadikwatha*, *gandhakarasyana*
- *Krimighanamahakasaya* is explained in *Charaka samhita*, they act as antibacterial in internal and outer *krimi roga*.

#### DISCUSSION:

Angular cheilitis is thought to be multifactorial disorder. It is correlate with *Vatajaprakopakaosthā* in ayurveda text characterized by *karksha*, *parusho*, *stabud*, *krishan*, *tivra ruja*, *dalye*, *paripatyete*. As disease is mainly caused by vata dosha therefore *vataharadravya* is used and the procedure like *swedana*, *pratisarana*, *nasya* are used as they have prolonged contact time so they increase the bioavailability of the drug and increases the blood circulation around the lip. Hence the drugs can easily pass through the epithelium and subcutaneous tissue of the lip. In Ayurveda various herbal preparation are clinically used to prevent or cure infectious disease. Wax is cost effective and a natural emollient, helping make skin supple and soft. It can also help open pores and remove dead skin. *Chaturvidhasneha* have properties like *Snigdha*, *vyavayi*, *Ropana*, *rujahara*, *mridutva*, *vatahara*, *balya*. *Krimighana* and *varnaropana* herbs are used to destroy internal and outer *krimi*.

#### CONCLUSION:

The lips are of great importance for the perception of beauty by humans. The appearance of the lips in part determines the attractiveness of a person's face. *Ayurveda* has a great deal to say the importance of oral health. This natural products are effective medication can be used for the treatment of angular cheilitis. These procedure and preparations are being practiced in ancient times. In this paper, an attempt has been made to review various herbal plants mentioned in Ayurveda that can be adjunct for the maintenance of *vatajaprakopakaosthā*. However, among

them only few herbals are used in clinical practice because of their unknown toxic effect. The clinical studies encouraged to assess the efficacy as well as toxicity of herbal drugs. This will make treatment much safer, cheaper, more accessible for lower socio economic group.

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