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An Ayurvedic approach in the management of *Vataj* and *Pittaj Jiwakantaka* with special reference to Glossitis

Rounak Munshi¹, Deepak Pandey²

¹Assistant Professor, Department of Shalaky Tantra, Himalayiya Ayurvedic P.G. Medical College and Hospital, Dehradun, Uttarakhand, India.

²Intern, Himalayiya Ayurvedic P.G. Medical College and Hospital, Dehradun, Uttarakhand, India.

ABSTRACT

The article provides information about the management of *Vataj* and *Pittaj Jiwakantaka* with special reference to Glossitis, deals with the management of glossitis compared to *Vataj* and *Pittaj Jiwakantaka* which is the disease of Ayurveda, article consists of the definition, diagnoses and the management of glossitis, also the Ayurvedic approach and the management of the *Jiwakantaka* and the drugs related to its treatment as mentioned in Ayurveda.

Key words: *Jiwakantaka*, *Glossitis*.

INTRODUCTION

The oral cavity performs the following functions; firstly, entrance of food in the alimentary canal and secondly passage of inspired air for breathing. Both the above process are necessary for normal function of our body. Also, the oral cavity provides the site for the modification and production of speech.

The oral cavity is oval in shape and is bound by lips interiorly, oropharynx posteriorly, cheeks laterally, the floor of the mouth inferiorly, and the palate superiorly. The oropharynx begins superiorly at the junction between the hard palate and the soft palate, and inferiorly behind the papillae of the tongue. The bony base of the oral cavity is represented by the maxillary and mandibular bones.

Address for correspondence:

Dr. Rounak Munshi

Assistant Professor, Department of Shalaky Tantra, Himalayiya Ayurvedic P.G. Medical College and Hospital, Dehradun, Uttarakhand, India.

E-mail: rounakmunshi@gmail.com

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Tongue

The tongue is a mobile and muscular organ that lies within the mouth and extends partly to the throat. It's a complex structure involving interlacing muscles, nerves and blood supply. Tongue helps in eating taste, swallowing, speech and even breathing.

There are four different types of taste buds which are present on tongue:

- 1) Filiform:** Located on the front two-thirds of your tongue, filiform papillae are thread-like in appearance. Unlike other types of papillae, filiform papillae don't contain taste buds.
- 2) Fungiform:** These papillae get their name from their mushroom-like shape. Located mostly on the sides and tip of your tongue, fungiform papillae consist of approximately 1,600 taste buds.
- 3) Circumvallate:** The small bumps on the back of your tongue are the circumvallate papillae. They appear larger than the other types of papillae, and they contain approximately 250 taste buds.
- 4) Foliate:** Located on each side of the back portion of your tongue, the foliate papillae look like rough folds of tissue. Each person has about 20 foliate papillae, which contain several hundred taste buds.

According to Ayurveda

In *Vataj Jiwakantika*, the *Vata Dosha* gets *Dhusta* thus leading to cracks on the tongue and the person loses the sense of taste treatment of the *Devdhoop*, wax, *Devdharu* paste and *Kwath* in the form of the *Pitchu* is placed on the tongue thus helps in reducing the symptoms. While *Pitaj Jiwakantak* includes discoloration of the tongue i.e. the tongue becomes of the color of the yellow, red colour as the blood the tongue is rubbed till the blood comes out of it after which the patient is given honey followed by *Gandush* and *Nasya*.

Acharya Susrutha and *Acharya Vaghabhatta* have mentioned of the glossitis in comparison on *Vataj* and *Pittaja Jiwakantaka* where they have mentioned about the symptoms and the treatment of *Vataj Jiwakantaka* and *Khapaj Jiwakantaka*.

According to Modern Science

Glossitis is the condition in which the tongue gets inflamed and becomes smooth. This is due to the loss of the papillae on the surface of the tongue.

Clinical features include symptoms may appear quickly or slowly over time. Glossitis includes swelling of the tongue, smooth appearance of the tongue due to pernicious anaemia caused by the deficiency of vitamin B12, change in the colour of tongue along with sore and tender tongue which further leads to difficulty in chewing, swallowing and speaking.

Some of the cause of the glossitis include bacterial or viral infections (including herpes simplex), poor hydration and low saliva in the mouth promote rapid growth of bacteria. Dry mouth when the glands that produce saliva are destroyed. mechanical irritation or injury from the burns, rough edges of the teeth or the dental applications, or other trauma may lead to glossitis. Exposure to the irritants such as tobacco, alcohol, hot foods or spices. Allergic reactions to the tooth paste. mouth fresheners, dyes, confectioneries, plastic in dentures or certain blood pressure medications (ACE inhibitors) administration of ganglion blockers like tubocurarine, mecamlamine. Also disorders like iron deficiency anaemia, pernicious

anaemia, vitamin B deficiency, oral lichen planus, aphthous ulcer, pemphigus anaemia, syphilis.

There are a few different types of glossitis, including:

- 1) **Atrophic glossitis:** Also called Hunter glossitis, atrophic glossitis happens when you lose a lot of papillae (the tiny bumps on your tongue that contain taste buds). When this occurs, your tongue may look smooth and glossy.
- 2) **Median rhomboid glossitis:** Characterized by a red, smooth, flat or raised area, this type of glossitis affects the middle or back of your tongue. Most experts believe median rhomboid glossitis indicates a fungal infection (candida glossitis).
- 3) **Geographical tongue:** Sometimes called benign migratory glossitis, geographic tongue causes patches of missing papillae and smooth, red lesions which appear like a map. Though the condition is inflammatory, it's completely harmless.
- 4) **Burning tongue syndrome:** This condition primarily affects the tip of your tongue and the roof of your mouth. Burning tongue syndrome can affect people of all ages, but it's most common during the menopausal period, that's why healthcare providers also call it menopausal glossitis.

Ayurvedic herbs for the oral hygiene

Ayurvedic herbs for oral hygiene are; Clove Oil (*Syzygium aromaticum*), Aloe vera (*Aloe barbadensis*), Pepper (*Piper nigrum*), Coriander (*Coriandrum*), Eucalyptus (*Eucalyptus globules*), Turmeric (*Curcuma longa*), Green Tea (*Camellia sinensis*), Onion (*Allumcepa*), Papaya (*Carica papaya*), Potato (*Solanum tuberosum*), Garlic (*Alium sativum*), Honey (*Apis mellifera*), Neem (*Azadirachta indica*), Chewing stick, Lemon (Citrus), Olive oil (*Olea europaea*), Ginger (*Zingiver officinale*).

Diagnosis

The diagnosis of glossitis is generally done with blood tests but the appearance of the tongue also tells a lot about the condition of the tongue. Generally, in glossitis the tongue gets swollen up and there is loss of

finger like projections on the tongue and the tongue becomes smooth.

Treatment

The treatment of glossitis includes medications for the reduction of inflammation on the tongue corticosteroid such as prednisolone can be used, while in Ayurveda, *Shotha Shamak Aushadies* are used such as *Guggulu, Mulethi, Haldi*, etc.

Prevention

It's not always possible to avoid glossitis but some of the measurements can be taken to decrease the risk of occurrence of glossitis, these include-

1. Maintaining a healthful diet.
2. Practicing good oral hygiene with regular brushing, flossing, and mouthwashes.
3. Avoiding irritants, such as spicy foods, cigarettes, and acidic foods.

Management

Acharya Sushruta has mentioned it under the topic *Anagatabhadrapratishta*. *Acharya Vagbhata* has mentioned it under the topic *Dincharya*. While rest of the ayurvedic authors have given emphasis on personal hygiene which should be followed by each individual strictly. They have mentioned that the oral health of the individual depends on himself. Oral health is an integral to general wellbeing and relates to quality of life. The link between oral diseases and the activities of microbial species that form part of micro biodata of the oral cavity is well established. There is evidence that oral biofilm associated diseases may affect systemic health by spreading infections to adjacent tissues and space. Hence prevention and treatment of oral disease is not only important for maintenance of good oral health but also for general health. *Jiwanirlekhana*. It is also a part of cleaning the oral cavity. Cleaning of tongue is known as *Jiwanirlekhana*.

Yogarajnanakara has mentioned *Jiwaha Parikshan* according to *Doshas*

- 1) *Vataja* - Due to vitiation of *Vata Dosh*, the appearance of tongue is rough, cold and cracked.

- 2) *Pittaja* - Due to vitiation of *Pitta Dosh*, the appearance of tongue is reddish and blackish.

- 3) *Kaphaja* - Due to vitiation of *Kapha Dosh*, the appearance of tongue is whitish and jelly like in shape.

- 4) *Sannipataja* - Due to vitiation of all three *Doshas*, the appearance of tongue is blackish, thorny and shrunken.

CONCLUSION

In *Vataj Jiwakantaka* becomes rough dry, thorny and cracked tongue with loss of taste perception, loss of sensation, discomfort, pain and burning sensation, it can be managed by *Abhyanga* with *Chaturesenah, Nadi* or *Upnahaswed, Sneha Pratisarana, Snehan Nasya*

While in *Pittaj Jiwakantaka* tongue appears red or yellow with thorny buds. Pain, discomfort, burning sensation and loss of taste perception. These can be managed by *Raktamokshan, Siravyadhana, Pratisarana, Kakolyadidravya Kwath Gandoosha, Kakolyadi Dravya* milk along with *Sneha Siddha Sneha Nasya, Pittahara / Vatahara*.

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