



ISSN 2456-3110

Vol 9 · Issue 8

August 2024

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Ayurveda management of Oral Lichen Planus

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ABSTRACT

Background: Oral Lichen Planus (OLP) is a chronic inflammatory disease that affects the mucus membrane of the oral cavity. It is a T-cell mediated autoimmune disease in which the cytotoxic CD8+ T cells trigger apoptosis of the basal cells of the oral epithelium. It is characterized by lesions consisting of radiating white, gray, velvety, thread-like papules in a linear, annular and retiform arrangement forming typical lacy, reticular patches, rings and streaks. Although the exact etiology of this disease is still unknown, but some factors are associated with it like dental materials, autoimmunity, food allergies, stress, trauma, bowel diseases, infectious diseases, genetics etc. **Aims and Objectives:** To study the role of Ayurveda *Chikitsa* in the management of Oral Lichen Planus. **Materials and Methods:** A female patient aged 41 years presented with complaints of oral lesion with burning, pain, occasionally bleeding from gums while brushing. Patient was diagnosed with disease Oral Lichen Planus. Patient was treated with administration of *Deepana Pachana Aushadhis* followed by *Trivritta Churna*, *Guduchyadi Kwatha* internally and with *Rasayanadi Yoga* being used as local application. After the two month's treatment, a significant response seen in symptoms like burning, pain and bleeding from gums while brushing. **Result:** There is a need to make treatments that are widely recognized, widely successful, and capable of withstanding systematic replication available. These treatments should be able to significantly reduce the volume, recurrence and impact of Oral Lichen Planus. **Conclusion:** Ayurveda has great approach in curing the Oral Lichen Planus.

Key words: Oral Lichen Planus, Rasayanadi Yoga, Trivritta Churna

INTRODUCTION

Lichen planus is a chronic inflammatory mucocutaneous disease which frequently involves the oral mucosa. In the majority of patients with Oral Lichen Planus (OLP) there is no associated cutaneous lichen planus or lichen planus at other mucosal sites. This may be called "isolated" OLP. This disease has

most often been reported in middle-aged patients 30-60 years of age and is more common in females than in males. The clinical evaluation of the oral lesions is based on the six clinical forms described by Andreason: reticular, papular, plaque, atrophic, erosive, and bullous.^[1] Mucosal lesions, which are multiple, generally have a symmetrical distribution, particularly on the mucosa of the cheeks, adjacent to molars, and on the mucosa of the tongue, less frequently on the mucosa of the lips (lichenous cheilitis) and on the gums (the atrophic and erosive forms localized on the gums manifest as a desquamative gingivitis), more rarely on the palate and floor of the mouth. The most common type is reticular form with the characteristic feature of slender white lines (Wickham's striae) radiating from the papules. Patients with reticular lesions are often asymptomatic, but atrophic (erythematous) or erosive (ulcerative) Oral Lichen Planus is often associated with a burning sensation and pain. Although the etiology and pathogenesis of Oral Lichen Planus are not fully

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Submission Date: 15/07/2024 Accepted Date: 24/08/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: [10.21760/jaims.9.8.40](https://doi.org/10.21760/jaims.9.8.40)

understood, Oral Lichen Planus has been associated with multiple disease processes and agents, such as viral and bacterial infections, autoimmune diseases, medications, vaccinations and dental restorative materials.^[2] In modern, topical corticosteroids being used as first line of treatment. Further calcineurin inhibitors (e.g., cyclosporine, tacrolimus), retinoids, steroid-sparing agents (e.g., azathioprine, hydroxychloroquine), or mycophenolate mofetil can also be used. In Ayurveda, the disease with symptoms similar to those of Oral Lichen Planus has been delineated in the name of *Mukhapaka* and has been described in *Shalaky Tantra*. *Mukhapaka* comes under heading of *Sarvasara Mukha Rogas* in *Shalaky Tantra*. *Acharya Sushruta* has depicted three *Sarvasara Mukha Rogas* that is *Vataja Mukhapaka*, *Pittaja Mukhapaka*, *Kaphaja Mukhapaka*,^[3] but in later chapter *Acharya* has included *Raktaja Mukhapaka* under *Pittaja Mukhapaka* thus mentioning four *Mukhapakas* whereas *Acharya Vagbhata* has described eight types of *Mukhapakas* *Vataja*, *Pittaja*, *Kaphaja*, *Raktaja*, *Sannipataja*, *Urdhwaguda*, *Pootyasyata* and *Arbuda*.^[4] In general, *Ayoga*, *Atiyoga* and *Mithyayoga* of *Kala*, *Buddhi* and *Indriyarth* are the causative factors for any disease. In other words, the causes of the diseases relating to both mind and body are three fold non-utilization, excessive utilization of time and wrong utilization, brain work, and objects of sense organs. Hence, the etiological factors of *Mukharogas* do the *Vikriti* of *Bodhaka Kapha*. *Madhura* and *Amla Rasa* are the main etiological factors that do the *Vikriti* of *Bodhaka Kapha*. Due to the above etiological factors, chiefly *Kapha Pradhana Prakupita Doshas* results in *Mukharogas*. In *Mukharogas*, mainly *Kapha* and *Rakta Dushti* occurs, so *Raktamokshana* is the main *Chikitsa*, *Koshthashuddhi* by *Virechana*, *Kavalagraha*, *Gandusha*, *Nasya*, *Shirovirechana*, *Pratisarana*, *Dhooma*, *Agnikarma*, *Ksharakarma* are also helpful in *Mukharogas*. As Oral Lichen Planus presents the reticulate, congestive and ulcerative clinical signs, it seems to have involvement of *Pitta*, *Rakta* and *Kapha Dosh* predominantly. Hence *Deepana-Pachana*, *Mridu Virechana*, *Pratisarana*, *Kapha Shamaka* medicines been considered as a main line of treatment in this particular case.

CASE REPORT

A 41 year old female patient came to OPD of *Shalaky Tantra* with the complaints of Oral lesion with pain, burning sensation and occasional bleeding while brushing since 6 months. She was nondiabetic, normotensive, afebrile and conscious. She was fine before 6 months, then she gradually developed the oral lesions which in first 3 months was asymptomatic and then gradually she developed pain and burning in the lesions while occasional bleeding from gums since last 3 months. She was treated with topical corticosteroids for 3 months. But she did not get much relief, so she approached us in *Shalaky Tantra* OPD and was diagnosed with Oral Lichen Planus and treatment was started. In past history, patient was taking cortico-steroids drugs for the same disease. No any surgical history and systemic disease found. In personal history, patient is vegetarian with average appetite, irregular bowel, normal micturition, normal sleep and no addiction.

Examination of oral cavity

Oshtha (Lips): NAD

Dantamula (Gingiva):

- **Colour** - Reddish, Inflamed, White lines IRT

Figure 1: Colour of Gingiva in respect to quadrant

8	7	6	5	4	3	2	1	1	2	3	4	5	6	7	8
8	7	6	5	4	3	2	1	1	2	3	4	5	6	7	8

- **Contour** - Altered IRT

Figure 2: Contour of Gingiva in respect to quadrants

8	7	6	5	4	3	2	1	1	2	3	4	5	6	7	8
8	7	6	5	4	3	2	1	1	2	3	4	5	6	7	8

- **Food Impaction:** Absent
- **Pus Formation:** Absent
- **Bleeding:** IRT

Figure 3: Bleeding in gingiva in respect to quadrants

8	7	6	5	4	3	2	1	1	2	3	4	5	6	7	8
8	7	6	5	4	3	2	1	1	2	3	4	5	6	7	8

- **Gingival Buccal Sulcus** - White lines and erosive oral lichen planus lesion at right upper gingivo-buccal sulcus and left lower gingivo-buccal sulcus
- **Danta (Teeth):** NAD
- **Jivha (Tongue):** NAD
- **Talu (Hard & Soft Palate):** NAD
- **Gal (Oro-Pharynx):** NAD

Samprapti Ghataka

Table 1: Samprapti Ghataka of Vyadhi

Dosha	Pitta, Kapha, Rakta
Dushya	Rasa, Rakta
Agni	Mandagni or Vishamagni
Srotas	Rasa-Raktavaha Srotas
Sroto-Dushti	Sanga, Vimarga-gamana
Adhithana	Mukha
Sadhyasadhya	Kriccha Sadhya

Intervention

Table 2: Management of Vyadhi

SN	Drug	Dose	Route of administration	Duration
1.	Musta Churna	6 gm BD before meal	Oral with Luke warm water	For first 05 days
2.	Eranda Bhrishtha Haritaki	6 gm HS after night meal	Oral with Lukewarm water	For first 05 days

3.	Trivritta Churna	5 gm HS after night meal	Oral with Luke warm water	After 5 days, For 1 week Then alternate day for 1 month
4.	Guduchi Kwatha	20 ml BD before meal	Orally	Was started after 7 days, for 1.5 months
5.	Rasayanadi Yoga	2 gm each BD After meal	Local Application with Honey	Was started after 7 days, for 1.5 months
	Rasayana Churna			
	Chopchini Churna			
	Khadira Twaka Churna			

Follow up: Follow up was taken for 1 month after completion of the treatment.

Pathya-Apathya

Table 3: Advice to patient

Pathya	Apathya
<p>Trinadhanya, Yava, Mudga, Kulattha, Jangala Mamsa Rasa, Karvellaka, Parvala, Komal Muli, Hot water, Tambula, Tikta and</p> <p>Katu Rasa, Kapha and Rakta Shodhaka Ahara is useful in Mukharogas.</p> <p>Therapeutic procedures like Swedana, Virechana, Vamana, Gandusha, Pratisarana, Kavala, Raktamokshana, Nasya, Dhumapana.</p>	<p>Amla Rasa Dravyas, Abhishyandi Ahara, Matsya, Dadhi, Kshira, Guda, Masha, Ruksha, Kathina Padartha Sevana, Guru Ahara, Diwaswapna, use of cold water, Adhomukha Shayana and Snana.</p>

Table 4: Criteria for Assessment^[5]

Clinical signs	Score of signs
1. Reticulate/Plaque Type(R)	0 = none
	1 = white streaks or patches
2. Congestive/Atrophic (E)	0 = none
	1 = lesions < 100 mm ²
	2 = lesions 100 mm ² to 300 mm ²
	3 = lesions > 300 mm ²
3. Ulceration (U)	0 = none
	1 = lesions < 100 mm ²
	2=lesions 100 mm ² to 300 mm ²
	3=lesions > 300 mm

Table 5: Results

Day 1	Grade 1 (R), Grade 3 (E), Grade 3 (U)
After 1 week	Grade 1 (R), Grade 3 (E), Grade 3 (U)
After 2 week	Grade 1 (R),Grade 2 (E), Grade 2 (U)
After 3 week	Grade 1 (R),Grade 2 (E), Grade 1(U)
After 4 week	Grade 1 (R),Grade 1(E), Grade 0(U)
After 1.5 Month	Grade 1 (R),Grade 1(E), Grade 0(U)
After 2 Month	Grade 1 (R),Grade 0 (E), Grade 0(U)
Follow up	Grade 1 (R),Grade 0 (E), Grade 0(U)

Figure 4: Photos showing before and after treatment condition of Vyadhi



Before Treatment



After Treatment

DISCUSSION

Mode of action

1. **Nidana Parivarjana:** It is the most important and foremost line of treatment to break the pathogenesis of any Vyadhi. In this patient, there was indulgence of often junk food, *Kapha Vardhaka Ahara Vihara* like, intake of *Dadhi* in morning daily, sleeping in day for 2 hours and partial activeness throughout the day. These all factors were stopped during the treatment and proper *Pathya Ahara Vihara* were advised.

2. **Deepana-Pachana:** Deepana-Pachana is useful to combat the pathogenesis of Oral Lichen Planus. Patient was having *Mandagni*, so *Musta Churna* was started for 05 days before meals. As *Musta* possess both *Deepana* and *Pachana* property helps in maintenance of *Agnisandhepana Karma*.
3. **Anulomana:** *Anulomana Dravya* acts by converting *Apakwa Mala* into *Pakwa Mala* and evacuates *Pakwa Mala* outside the body. As patient was having constipation, as an *Anulomana Dravya* *Eranda Bhrishta Haritaki* in night after meals was advised to patient.
4. **Nitya Mridu Virechana:** *Trivritta* is *Madhura, Tikta, Katu Rasa, Ruksha Guna, Ushna Virya* and *Katu Vipaka*. *Madhura Tikta* and *Kashaya Rasa* are *Pitta Shamaka* in nature they are *Soumya*. *Katu, Tikta and Kashaya Rasa* will cause *Kapha Shamana* and *Trivritta* being *Sukha Virechana Dravya* it causes *Vata Anulomana*, thus act as *Tridoshashamaka*.
5. **Pitta Rakta Kapha Shamka drugs and Rasayana:** *Rasayana* is mentioned as *Samanya Chikitsa* and cures the disease by nourishing *Rasaadi Dhatus*. *Guduchi* possess the *Rasa: Tikta* and *Kashaya*, having *Vipaka: Madhura* and *Veerya* as *Ushna*, which basically combats the pathogenesis occurring due to involvement of *Doshas: Kapha, Pitta* and *Rakta*. Internally *Guduchi* is most effective *Rasayana*-Rejuvenative herb. It works well on the seven *Dhatus* - tissues and keeps the system balanced. Ultimately helps in immune stimulation, enhances cellular detoxification mechanism and repair damaged non proliferating cell, which breaks the pathogenesis of disease.
6. **Pratisarana**^[6] is application of medicinal powder, *Kalka*, medicated oil etc. to the oral cavity in case of wounds in buccal cavity and throat. For significant drug absorption to occur across the oral mucosa, the drug must have a prolonged exposure to the mucosal surface. **Rasayana Churna** can be used it as a best rejuvenation therapy, as it has properties like, Anti-depressant, Anti-xylotic,^[7] Immunomodulatory, Anti-diabetes, Anti-hypertensive, Anti-inflammatory, Anti-toxic

effects, Anti-arthritis, Anti-cancer effects, Anti-microbial effect, and Anti-oxidant effect. **Chopchini:** *Bhavaprakasha* researched on the drug and noted its use on a large scale. The drug has potent effect in skin disorder, *Vata Roga, Dhatu Daurbalya, Granthi Vikara, Vatarakta, Karshya, Shotha, Sandhishotha*, it can be used as antimicrobial, carminative, painkiller etc. **Khadira:** (*A. catechu*) is having *Tikta, Kashaya Rasa, Sheeta Virya* which alleviates *Pitta* and *Kapha*. *Acharya Charaka* mentioned it as best *Kustahara Dravya* in *Agryaprakarana*. It has also the properties of *Switraghna. Kandugna, Kushthagha, Krimihara*. The decoction has the important ingredients like catechin (flavonoid), catechu tannic acid. Thereby *Khadira* helps for better absorption. *Kashaya Rasa* of *Khadira* holds *Twakprasadaka* and *Raktashodhaka* properties which ultimately leads to *Raktaprasadana* and reduction of *Vaivarnyata* of skin thus proved best immune-modulatory drug for skin diseases.^[8]

CONCLUSION

Pathology and definitive cure are still not known, Ayurveda provides good line of treatment which can be seen from above mentioned case report. *Rasayana, Virechana, Pratisarana* are examples of effective treatments for this disease, according to Ayurveda. This condition is said to have manifested due to the vitiation of *Pitta, Rakta* and *Kapha Doshas*. Drugs from Ayurveda lower the possibility of negative side effects. Thus, we can draw the conclusion that *Ayurvedic* treatment for Oral Lichen Planus treats the problem systemically and relieves the underlying cause of the *Dosha*.

ADR Declaration

No any adverse drug reaction was noticed during the treatment and follow up period.

Limitation of Study

As above mentioned, is a single case report there is need of study in larger population for establishing good protocol.

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How to cite this article: Priyanka Kumawat, Rajshree Unadkat. Ayurveda management of Oral Lichen Planus. *J Ayurveda Integr Med Sci* 2024;8:262-267. <http://dx.doi.org/10.21760/jaims.9.8.40>

Source of Support: Nil, **Conflict of Interest:** None declared.
