

A Case Report of Aphthous Ulcer

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Abstract

Chronic recurrent oral aphthous ulcers are the most common type of inflammatory efflorescence of the oral mucosa, with a prevalence of 2% to 10% in Caucasian populations. To treat them properly, physicians should know their clinical appearance and course, conditioning factors, underlying causes, and differential diagnosis. Aphthous stomatitis, also known as recurrent aphthous ulcers or canker sores, is among the most common oral mucosal lesion physicians and dentists observe. With the use of the most suitable homoeopathic medicine, aphthous ulcer can be properly treated. While selecting the Homoeopathic medicine the constitutional features both physical and mental symptoms are given equal importance for that individual.⁽¹⁾

Keywords:

Aphthous ulcer, homoeopathic, constitutional, Mouth cavity, Natrum Muriaticum.

Introduction:

The term “aphthous” is derived from a Greek word “aphtha” which means ulceration. Recurrent aphthous stomatitis (RAS) is one of the most common painful oral mucosal conditions seen among patients.⁽²⁾ These present as recurrent, multiple, small, round, or ovoid ulcers, with circumscribed margins, having yellow or gray floors and are surrounded by erythematous haloes, present first in childhood or adolescence.⁽⁶⁾

Many people suffer from recurrent ulcers in the mouth. These can be extremely painful. The most common form is called minor aphthous ulceration (MIAU). Teenagers are most frequently affected, though many experience their first lesions well outside this age range. Usually one to five small ulcers appear (less than 1mm in diameter) on the inside of lips or cheeks, floor of the mouth or tongue.

The ulcers tend to be concentrated towards the front of the mouth. Prior to the ulcers appearing, the patient may experience a burning or prickling sensation.

The ulcers are painful, particularly if the tongue is involved and may make speaking and eating difficult. The course of these ulcers varies from a few days to a little over two weeks, but most commonly they last for about 10 days. Some minor trauma such as vigorous toothbrushing or an irregular filling can be precipitating factors.⁽³⁾⁽⁵⁾

Definition:

An aphthous ulcer is a type of oral ulcer, which present as a painful open sore include the mouth or the upper throat (including uvula) caused by a break in the mucous membrane. The condition is also known as aphthous stomatitis.⁽⁴⁾

Material and method:

A case is taken from homoeopathic medical college OPD and prescribed on the basis of totality of symptom according to law of similia. AR 10.5.003 version Software

Case presentation:**Chief Complaint:**

c/o ulcer on margin of tongue 6-7in number with redness and burning since 7 days which is recurrent from 5 months.

History of Presenting Complaint:

A Female patient 25 years old came in the OPD of Homoeopathic Medical College with c/o ulcer on the margin of the tongue with redness and burning pain since 7days which is recurrent from 5 months. Initially when complaint started, suffering once in month but since 5 months suffer twice in a month. Applying glycerin at the ulcer since 5 months when aphthae appear. Associated with unsatisfactory stool since 15 days.

Past history: Not specific

Family History:

Father: Hypertension Mother- Apparently healthy

Physical generals:

Food: 2 times a day Appetite:-diminished

Desire:- spicy food***

Aversion:- vegetables** Thirst: Small quantity of water in long interval

Sleep:- sound sleep, taking during sleep Dream:- not remembered

Urine:- 4- 5times/day Bowel habit:-constipation/urge 3-4 times/day/unsatisfactory stool***

Perspiration:- scanty only in axilla

Menstrual history- Menarche at 14yrs, no complaint, flow for 5 days , regular menses.

Mental generals:

- Patient is introverted, talk only when asked something, not sharing her feeling with everyone.
- If get angry of any one, never express her anger in front of that person, because she things that relationship with that person will disturbed.
- Want everything clean and neat, if things are not in proper place get irritable .
- An incident happened with her one year back that she had loss her close friend in accident still she remember that incident and feels sad for that .

General and physical examination:

- Weight-55kg, - Height-5'3"

- pulse- 78/min - BP- 120/80 mm/hg

- RR-20/min - Pallor- absent

- Icterus- absent - Cynosis- absent

- Lymphadenopathy- Nil.

Systemic examination:

Respiratory system- Both lungs are clear

Gastro-intestinal system- P/A- Soft, no tenderness

Locomotor system-NAD Nervous system: Conscious well oriented.

Oral cavity examination:

Lips- Red

Tongue- Aphthae ulcer on the margin of the tongue 6 to 7 in number, red margin of ulcer with yellow base, white coating of tongue.

Gums- Pink Teeth- no caries

Throat- Lymph node not enlarged Tonsils- NAD

Totality of symptom:

- Reserved*** -fastidious**
- A/F Death of friend** - A/F Grief**
- Desire – spicy food*** - Aversion – Vegetables**
- Hard stool, difficult to pass stool**
- Aphthae on tongue , pain and burning in tongue, eating while***

Reperterisation:

MIND-Reserved

MIND-Anxiety Conscience of

MIND-Fastidious

MIND-A/F Death of loved ones,parents & friends of

MIND-A/F- Grief

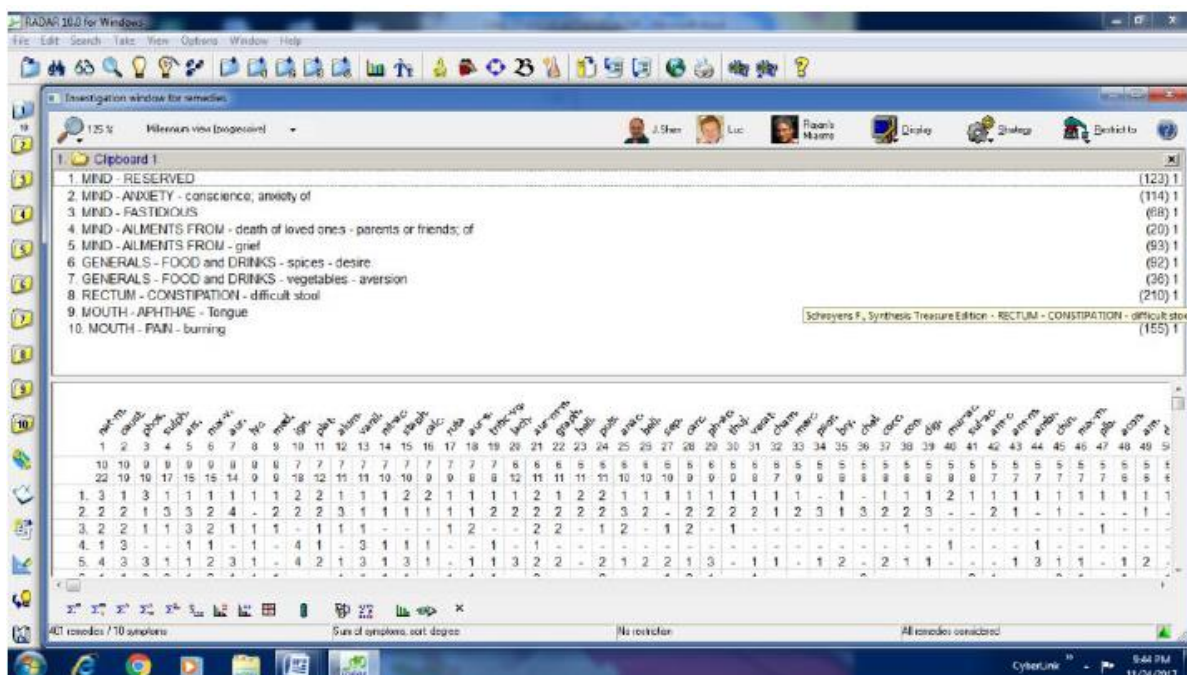
MIND-Food and drinks-spices desire

MIND-Food and drinks vegetables Aversion

RECTUM-Constipation-Difficult stool

MOUTH- APHTHAE-Tongue

MOUTH-Pain burning tongue eating while(7)



Sr. NO.	COMPLAINTS	PRESCRIPTION WITH DATE
1	On the basis of totality	22/08/2016 Natrum Mur 200 single dose Followed by 15days placebo.
2	-Apthous ulcer in mouth is reduced by 10% -Burning pain in the mouth is reduced by 40% -Stool- Satisfactory	13/09/2016 Sac lac TDS for 7 days.
3	-Apthous ulcer in mouth is reduced by 60% -Redness at the site of ulcer is reduced by 80-90% -General condition is better. -stool- satisfactory	21/09/2016 Sac lac TDS for 7 days.
4	-No apthous ulcer in the mouth. -No complaint of constipation. -Cough and coryza is better. -Thirst is increased.	02/10/2016 Sac lac for 7 days.

Homoeopathic approach:

The most common important principle of homoeopathy is individualization means giving importance to a person as a whole. In homoeopathy we consider vital force affected and the result in local affection of part. We find out prescription on the basis of mind, physical generals and then particulars. Because person as a whole is affected, person's physical and mental generals are very important, as they are the base of prescription in homoeopathy.

Discussion:

Patient was prescribed with Nat mur. 200 considering her mental, physical and particulars. Regular follow ups were taken and during the follow up, the patient show steady improvement in her condition. Initially complaint of constipation was relieved. There was also reduction in frequency of apthous ulcer. After 2 months of treatment the patient is completely relieved of the apthous ulcer.

Conclusion:

In this case Natrum muriaticum 200 when given on the basis of totality, it cures the recurrent tendency of apthous ulcer which may be not cured by therapeutic medicine.

Bibliography

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