CASE REPORT:- VERRUCOUS HYPERPLASIA AND AYURVEDIC MANAGEMENT.

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ABSTRACT

Long standing oral cavity lesions may have malignant behavior, one of the premalignant condition is like verrucous hyperplasia of tongue having diverse histopathological structures. Now a days treating such lesion with an ayurvedic management is biggest challenge, ayurvedic medicines and local treatment has got potential to reduce severity of such diseases. One such case of verrucous hyperplasia of tongue has been treated by us with ayurvedic management since last six months and got enthusiastic results. Hence it is necessary that entire disciplinary approach can be fruitful in such disorders.

KEYWORDS: Verrucous hyperplasia, oral cavity lesions, malignant.

INTRODUCTION

The patient with unusual presentation in the daily routine ENT OPD, seek attention of all exists clinical professionals. Such presentation gives more enthusiasm to learners. Localized or focal epithelial hyperplasia (FEH), having unknown etiological, pathological with diverse histological lesion which although not a malignant behaviors. Von Recklinghausen first described in 1891.[1] Here it seems to us that, if the biopsy of superficial Epithelial tissue taken from such lesion, General pathologist may give his opinion as fibrous hyperplasia, if biopsy slightly taken from deep tissues and send to Oncopathologist, he may give opinion...
like fibrous dysplasia. There is difference of opinion. Then it is very difficult to treat such lesion either by medical ways or surgical. So that V.H. can be best distinguished from V.C. biopsy only. Such types of lesions are rare and commonly appear in the oral mucosal area. Its prevalence is almost 17% to 20%. These lesions associated with cigarette, smoking, habits, areca quid chewing, an age ranged of around 50 and above with middle age group.\[2,3\]. Average age of occurrence of such lesion was after 4\[th\] decade of life with male predominance (2:1), common site is buccal mucosa.\[4\].

Initially most of the treating surgeons diagnosed it as increased fungal ulcer and treated accordingly, but after passing some months lesion gradually increased and was non-responding to existing treatment. Yes it is true that there no known cure for fibrous dysplasia. Fibrous dysplasia or hyperplasia usually convert in neoplasm stage. The condition is characterized by the occurrence of multiples nodules in the oral cavity.

In this case report, verrucous fibrous hyperplasia of the oral cavity i.e. on the Rt. Lateral part of the tongue being treated with some classical Ayurvedic preparations and showed some clinic-pathological feature and out-come.

**CASE REPORT**

A 45 years old male attended ENT and Ophthalmic OPD at M.A Podar hospital, Worli, Mumbai- 18., suffering from chronic non-healing ulcer with white-yellow, irregular growth, gradually increases since last 3 years, having symptoms like loss of appetite, anxiety, weight loss, difficulty in swallowing since 2 years. His physical general examination showed no abnormality. The intra-oral examination revealed bunch of fibrous tissue growth with white-yellow color, involve2/3 of Rt. Lateral medial part of the tongue [fig 1]. The lesion was ulcerated without inflammation. The size of the lesion ranged from 4cm by 3/2 cm vertically and horizontally respectively. The lesion had been present since 3 yrs. with earlier asymptomatic gives burning sensation while eating a spicy food or other hard food particles. The patient was previously attended by general surgeon and clinically diagnosed as a fungal infection of the oral cavity with tongue area, on 10/04/2014 along with following line of treatment. 1) Tab.Fluconazole 100 mgm for 5 days, 2) Tab, folvit- 1 tds, Tab vit C (500mgm), 1od for 30 days, Tab Pan –D, 1bd for 10days, Cap Cobadex forte 1 od 30 days and local application Chlorhexidine, mouth wash solution 2 to 3 time in day. After confirmed routine laboratory parameters, which were within normal limits, based on one week
observation with the existing treatment, he decided to carry out a biopsy under local anesthesia on 20/05/2014 without any complications. In order to discount either for ruled out papillomatosis or a verrucous infection of the tongue and submitted for histo-pathological examination.

The histo-pathological report revealed a chronic ulcer with verrucous hyperplasia of Rt. lateral tongue, latter on patient was referred to Oncosurgeon on 11/08/2015.[fig 2-3]. Oncosurgeon started treatment as follows- Tab Immunace forte 1 od for 15 days, Chlorhexidine mouth wash for gargling 2-3 times in a day. After receiving above drugs, lesion was found as it was earlier. Therefore patient himself decided to go for other option and came to the ayurvedic hospital on 12/05/ 2016 with the same complaints.

**Treatment**

Conservatively we started the treatment viz- Tab Laghumalini Vasant 125 mgm bd, Tab-Ashvagandha 500 mgm bd, Tab-Arogyaverdhini 2 tab bd and called him for follow up on 19/05.2016. after first follow up we have advised vrana upkrama procedures i.e.- Vrana shodhana medicated oil followed by medicated Vran- dhavan decoction with pancha valkal kashyaya, ther after Vrana ropana medicated oil . Follow up taken on 02/ 06/ 2016 , and observed that there was significant changes in the ulcer, and its characters like its width, length is reduced, approximately by 40 mm to 20 mm, and length and width reduced up to 25mm to 12 mm horizontally and vertically.

**RESULTS AND DISCUSSION**

The pathology of lesion was designed according to Ayurvedic view point is that , there is generalized dhatvagni mandhya, hence drug like Laghumalini vasant is advised, as per classical doses to improve Adhya dhatvagni i.e Rasa dhatvagni as well as strotas shodhana function was also expected .Because function of this drug is to provide nutrition with sequential manner ( Kedar Kulya nyay).[8] To improve digestion power with the help of Jatharagni vridhi by Arrogyavrdhini by improving liver function and minimizes kleda,[9] Ashwagandha I.e., withania somnifera , the name itself suggest it act on mental status,[10] it is also used as anti-anxiety to controlled the patient Psychological status. On other hand as per Ayurveda all dhatus (micro/macron) are involve to form such organ. Keeping this view patient was treated with Rakta- mansa and medo- pachak therapy. While looking through ayurvedic pathology it says that such unknown etiological disorder may be due to ashudha vrana with
kleda accumulation leads to anna vaha strotasa avayava vikriti (Disorder in gastro intestinal tract organ) causes difficulty in swallowing due to unusual tissue growth over the tongue which also leads to recurrent indigestion with weight loss.. However considering all these important factor directly or indirectly that affects the Mana –vaigunya (Mental behavioral changes), causes anxiety, depression leads to Insomnia, loss of weight loss, and overall dhatu kshaya.

Hence we have decided that Vranaupkrama is a special treatment entity of an Ayurveda to treat any type of wound.

Based on clinic-histopathological presentation, the patient was diagnosed by modern medical professional as a verrucous hyperplasia and by an Indian system of professionals it was diagnosed as Jeevha gata Arbuda.[5]

As per Ayurveda it seems to us that hyperplasia can be correlated with Jeevha gata Arbuda, because most of the arbuda are caused by Aaghata (Trauma).[6] They does not shows any ulceration but superficial trauma may cause ulceration over the existing growth. They do not show any bad effect on body system [7]. In concern ras- mansa-medha dhatu are disturbed and manifest in to irregular tissue growth over the particular site along with these irregularaties in the dhatu dushti generalized symptoms like loss of appetite, loss of weight loss, anxiety are provoke the disease.

On 4 th follow up 12/08/2016 size of the lesion was reduced considerably, ulceration were healed, there was no pain during mastication ,appetite increased , color of the lesion changed, and further growth was stopped and showed satisfactory improvement.

Pre treatment (12/05/ 2016)
Post Treatment (08/10/2016)

CONCLUSION

After giving the treatment with histo-pathological parameters, verrucous hyperplasia can be correlate with Jeevahagat Arbuda, it shows that, Ayurvedic management can inhibit the such growth and mode of action of the drug can be understand by its reverse pharmacology.

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