



ORIGINAL RESEARCH PAPER

Homeopathy

APHTHAE:: ITS HOMEOPATHIC MANAGEMENT

KEY WORDS: APHTHAE, MOUTH ULCERS, HOMEOPATHY, ORAL CAVITY, MUCOUS MEMBRANE ETC...

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ABSTRACT

Aphthae are very common now days and each and every one suffers for them once in lifetime. These are form on the mucous membranes in the mouth. These type of mouth ulcers go by itself in some time but if it persists for more than 3 weeks than it have to be referred to physician. This type of ulcers is some time very pain full and may also causes bleeding while brushing or eating. In this paper we have discussed how homeopathy can help in getting rid of Aphthae.

INTRODUCTION:

Aphthous ulcers are commonly round and develop in the delicate areas of the oral cavity such as inner part of lips, the cheeks or the underneath tongue. They are gentle, non-infectious and can occur as single ulcers or in groups. In most instances, aphthous ulcers are persistent in medical terms it is a condition known as recurrent aphthous stomatitis (RAS) with each incident typically continuing in between 7 to 10 days. The cause of the condition is unclear, and there is no cure, but treatment options are available to treat the pain the ulcers can cause. Taking proper care of your teeth's and avoiding hot food can help in dealing with them.

The mouth ulcers are more common and frequent in women than in men. Discomfort triggered by these ulcers can become so severe that it can restrict the capability to speak and eat well.

Furthermore the pain, mouth ulcers have another problematic characteristic linked with them i.e. 'frequent recurrence.' These ulcers tend to occur very frequently in some people. It is a common issue with mouth ulcers that while the first lot is not fully healed, new ulcers are already on their way.

Types of Stomach Ulcer

Minor aphthous ulcers:

They are small in size – usually less than 5 mm in diameter.

Major aphthous ulcers:

These are less common, are generally 5 mm or larger and form singularly or in a pair.

Herpetiform ulcers:

These can occur when multiple pinpoint lesions fuse together and form large, irregularly shaped ulcers.

Symptoms of Aphthous Ulcer

Some tonsil stones don't cause any symptoms. If you do have symptoms, they may include:

- Halitosis
- Coughing.
- Pain in ears.
- Aching throat.
- Bad taste in mouth.
- Tiny white or yellow spots that one may spit up.

Other symptoms include:

- Trouble eating.
- Uncomfortable throat..
- Throat infections that are hard to treat with antibiotics.

Causes of Aphthous Ulcer

The is no precise cause of this infection, however, it is

believed that ulceration by one or a sequence of external causes.

Possible triggers of aphthous ulcers include:

- Emotional stress
- Minor injury inside of the mouth.
- Hereditary trend
- Sodium lauryl sulfate
- Specific food and drinks, including coffee, chocolate, eggs and cheese, as well as acidic or spicy foods
- A deficiency of certain vitamins and/or minerals including zinc, B-12, folate and iron that may present with anaemia
- An allergic reaction to oral bacteria
- Tobacco Products
- Hormonal changes associated with pregnancy
- Week immunity system.

In vary rare cases the ulceration can be a possible sign of several serious diseases, including:

- Crohn's disease
- Celiac disease
- Behcet's disease
- HIV/AIDS OF TONSIL STONES

To diagnose tonsil stones, your provider may:

- Do a physical exam, looking inside the mouth and throat.
- Perform an imaging scan if they cannot see the stones easily.
- Dislodge the stones using a dental pick.

Prevention of Aphthous Ulcer

- Preventing foods that may trigger ulceration in the individual person
- Healthy and balanced diet including sufficient nutrients and vitamins
- Dental hygiene and using a smooth toothbrush to prevent inflammation
- Lowering stress and having proper sleep.
- Eschewing hard foods which may scratch the inner part of mouth

In this paper we have discussed how homeopathy can help in getting rid of Aphthae. As experienced in our homeopathy clinic in Bhopal.

Homeopathic Management of Aphthae:

Homeopathic offers an efficient therapy for mouth ulcers. This happen because of the properly chosen Homeopathic medicine, which can cure this problem within few months only. Homeopathic therapy for mouth ulcers vary from person to person. The Homeopathic medications for mouth ulcers are made from naturally occurring ingredients, due to this they

are very safe and provides encouraging results.

In the homeopathy mode of treatment, it is considered as the mouth ulcers are not caused only because of the deficiency of vitamins but also due to the fact that the body is unable to get vitamins from the diet. In homeopathy the treatment is not done only on the basis of illness but also it consider the physical wellbeing of the patients.

In our Shivang Homeopathic Medical College and Hospital, Bhopal, we have conducted the studies on following number of patients in different age groups:

As the findings following medicines have been prescribed to the patients at different age group and where closely monitored for their symptoms:

CONCLUSION:

During our treatment we have found that, if proper homeopathic treatment is taken with regular follow ups the **APHTHAE** can be cured and its recurrence chances can be reduced.

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