



## DESCRIPTION OF STOMATITIS IN THE LIGHT OF UNANI SYSTEM OF MEDICINE

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### ABSTRACT

Stomatitis is the inflammatory condition of mucus membrane of mouth in unani system of medicine stomatitis is known as Qula. Qula is ulceration of oral mucosal layer caused by fasaad in any one of the akhlat-e-arbah of the body first line treatment consist of topical medication with use of systemic medication as nessesary. Management of Qula in unani system of medicine , Unani physician prescribe to manage the cases of *Qula by musakkin, Qabiz, mutayyib-e-dahan, mujaff-e-Qaroooh mulatif, mujaffi-e-zakhm adviya.*

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### INTRODUCTION

Qula (stomatitis) is an Arabic word which means blisters in the superficial layer of mucus membrane when blisters are deep seated, long lasting the termed as qaroohe khabeesa dahan. The most reknown Unani physician Ibne Sina (982-1087 AD) in Alqanoon-fit-tib, described *Qula* as grooh (ulcer) in the mucosal membrane of *muh* (buccal cavity) and *zubaan* (tongue) cause by *fsaad*. Disturbance in any one of the *Akhlaat-e-Arbaa* (four humerous) of the body.<sup>1,2</sup>

In Sharh-e-Asbaab by Samarqand(c.1222-AD) Qula is described as *zakhm* (cut) or *qaroooh* (ulcer) in outer most

layer of mouth and it do spread in such way that it involes the whole buccal cavity and sometimes may spread in the inner mucosal layer of oesophagus and stomach resulting in pain, burning sensation. Halitosis, increased salivary secretion, thurst, white coated tounge.<sup>3</sup>

*Qula* (stomatitis) is defined as *zakhum* (ulcer) of outer and upper most layer of mucus membrane of mouth and tounge that spreads rapidly to whole of buccal cavity caused by hot vapors raised from stomach towards mouth resulting in formation of *funsiya* (blister) and that *funsiya* (blisters) in arabi is called as "Qula" when these blisters are long lasting

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and deep seated then termed as “Qaroorh-e-Khabeesa. stomatitis is the inflammatory condition of mucus membrane of mouth there are many types of stomatitis, among them Recurrent Aphthous ulcer (RAS) is the most common found ulcer, RAS being well known mucosal ulcer with unclear etiopathogenesis for which symptomatic therapy is only available. The lesions are present as recurrent multiple, small or ovoid ulcers, having yellow floors and are surrounded by erythematous haloes, present first in childhood or adolescence. These small, superficial ulcers do often start with vesicles, may develop upon the mucosal surface of lips, cheeks, tongue or palate and are usually between 2mm to 3mm. They appear and disappear simultaneously.<sup>4,5</sup>

### ETIOLOGY

In Unani literature the asbab (cause) resulting in formulation of Qula (stomatitis) are

1. Imbalance in anyone among the akhlaat-e-arbaa. (humorous) but mostly occur due to imbalance in the safra (yellow bile).<sup>4</sup>
2. Mostly seen in breast feeding baby from the infected milk or occurs due to unhygienic oral cavity of baby most after milk feeding.<sup>8,13</sup>
3. It mainly occurs in indigestion.<sup>5,8</sup>

### PREDISPOSING FACTOR<sup>6,8,9,15</sup>

- Tobacco
- Cigarette (smoking)
- Hot and spicy food.
- In children during eruption of teeth.
- Constipation.
- Use of corrosive (mercury, lead)
- It is found in different types of fever eg malaria, measles etc.
- It is commonly found in humid season i.e. rainy season.
- In elderly person having gutt.
- In some disease syphilis and gonorrhoea in which inner temperament of blood increases mostly in the late stages.
- The last stage of those diseases that leads to general weakness eg TB.

### Etiopathogenesis<sup>12,2</sup>

According to Abdul Hassan Ahemad bin Mohammad Tabri in Moalijat-e-Buqratiya *Qula* is defined as mouth wounds in which there is formation of small ulcers in mouth and tongue these ulcers occur due to hiddat of safra in blood.

In the book of Alqanoon-fit-tib by Ibn-e-Sina it is given that

*qula* is the *qaroorh* (ulcer) of outer most layer of mouth in which there is disturbance in any one of the akhlaate arbaa.

### CLASSIFICATION OF STOMATITIS<sup>6,7,8,9,10,11,12,13</sup>

1. Traumatic stomatitis  
Simple cut or burn of the mouth which is commonly caused by vigorous use of hard tooth brush, ill fitting teeth.
2. Monilial stomatitis  
It is also known as thrush it is commonly caused by fungus known as *Candida albicans*. It is found in infant within few weeks of life, prolonged use of antibiotic in DM patient.
3. Vincent stomatitis  
Also known as ulcerative stomatitis it is caused by *Borrelia Vincentia* which is an aerobic spirochete it is mostly found in adult.
4. Angular stomatitis  
It is superficial ulceration at the corner of the mouth it is found in children due to rubbing and leaking of corner of mouth these infections are caused by candida albicans and streptococci.

### CLINICAL FEATURES OF DIFFERENT TYPE OF QULAI DAHAN

#### Damvi

This patient is having the following clinical features

- Extreme pain
- Burning sensation
- Foul smell (halitosis)
- Difficulty during mastication
- Dysphagia

#### Safravi

- Pain
- Extreme burning sensation
- Dysphonia
- Dyspepsia
- Dysphagia

#### Balgami

- Mild pain
- Excessive salivation
- Thinning of oral mucosa
- White coloured blisters

#### Saudavi

- It is a very rare type found this patient has following c/f
- Extreme pain
- Dryness of mouth
- Halitosis
- On inspection the oral mucosa contains black coloured ulcer with black colour tongue

**USOOLE ILAJAND ILAJ (Line of management)**

- Removal of cause
- If it is caused by *su-e-mizaj saada*, it can be treated with *taadil-e-mizaj* (alteration of temperament) such as if pain is due to *su-e-mizaj haar* (excess of heat) then for *taadil-e-mizaj* (alteration of temperament) should use cold applications which is useful for restoration of health in the same way in case of *su-e-mizaj barid* (excessive cold) use of hot applications is beneficial
- If it is caused by *mawad-e-faseda*, it should be treated with *tanqiya-e-mawad* (evacuation of vitiated or morbid matter)

**Murakkab Advia (Compound formulation):** <sup>18</sup>

Zaroor-e-kath, Kushta-e-Khabs-ul-Hadeed, Jawarish-e-Jalinoos, Habb-e-Kabidnaushaadri, Habb-e-Papeeta, (for digestive correction) Jawarish-e-Mastagi.

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