BURNING MOUTH SYNDROME AND HOMOEOPATHY

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Burning Mouth Syndrome and Homoeopathy

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**Definition**

Burning mouth syndrome is a painful and often frustrating condition, characterized by burning sensation in the tongue, roof of the mouth, gums, inside of the cheeks and back of the mouth or throat, often accompanied by dry or sore mouth, tingling or numb sensation throughout the mouth and tongue and altered taste or smell with no underlying dental or medical cause. (Psora)

**Etymology**

Synonyms: BMS, burning tongue (or lips) syndrome, scalded mouth syndrome, glossodynia and stomatodynia

**Incidence**

Especially common in women during or after menopause.

**Causes**

The cause of burning mouth syndrome is unknown. Main theories are:

**Menopause**
As most people with BMS are postmenopausal women, estrogen or progesterone deficit may be the cause. (Psora)

**Autoimmunity**
Autoimmunity may be another cause as abnormal antinuclear antibody and rheumatoid factor can be found in the serum of more than 50% of persons with BMS. (Psora)

**Psychogenic**
Depression and anxiety are strongly associated with BMS. Cancerphobia, concern about sexually transmitted infections, or hypochondriasis are often found to generate BMS. (Psora)

**Chronic low-grade trauma**
Chronic low-grade trauma due to parafunctional habits like rubbing the tongue against the teeth or pressing it against the palate called nocturnal bruxism or a tongue thrusting habit. Restriction of the tongue by poorly constructed dentures. (Causa occasionalis)

**Parkinson's disease**
BMS is common in persons with Parkinson's disease. (Syphilis)

**Neurological**
Often people with BMS have unusually raised taste sensitivity, termed hypergeusia (super tasters). (Psora)
Dysgeusia, usually a bitter or metallic taste, is present in BMS, due to a defect in sensory peripheral neural mechanisms. (Psora)

Changes in the oral environment
Changes in the composition of saliva, may induce neuropathy or interruption of nerve transduction. (Psora/ Syphilis)

Infections
- Oral candidiasis (Psora/ Syphilis)
- Herpetic infection (Psora)
- HIV (Psora/ Sycosis/ Syphilis)

Allergic
Allergic contact stomatitis to oral medications, oral agents and dental materials, foods, metals, and other substances. (Psora/ Causa occasionalis)

Deficiency
Deficiency of iron, folic acid or various B vitamins or zinc (Psora)

Systemic illness
- Hypothyroidism (Psora/ Syphilis)
- Type 2 diabetes (Psora/ Syphilis)
- Xerostomia, caused by hyposalivation e.g. Sjögren's syndrome (Psora/ Sycosis/ Syphilis)
- Multiple myeloma (Psora/ Sycosis/ Syphilis)

Fissured/Glossitic/Mapped/Strawberry Tongues
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Other causes
- Medications like protease inhibitors and angiotensin-converting-enzyme inhibitors (Causa occasionalis)
- Geographic tongue (Psora)
- Fissured tongue (Psora/ Syphilis)
- Lichen planus (Psora/ Sycosis/ Syphilis)
- Hiatus hernia (Psora/ Syphilis)

Types
Based on causes, BMS can be classified into two types-

Primary BMS
If are no identifiable causes for BMS. This is true BMS.

Secondary BMS
If there is an identifiable cause for a burning sensation. The term BMS is not a proper one to this condition. (Psora)

Another criterion divides BMS into three categories-

Type 1
No symptoms on waking, but they increase throughout the day (Psora)

Type 2
Symptoms upon waking and run through the day (Psora)

Type 3
Bizarre pattern of symptoms (Psora)

Symptoms
Once burning mouth syndrome begins, it may persist for many years. The burning sensation grows progressively worse during the day. There may be difficulty falling asleep. (Psora)

The discomfort and restlessness may cause mood changes, irritability, anxiety and depression. (Psora) The main signs and symptoms are-
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- Usually bilaterally located on the tongue or less commonly the palate, lips or lower alveolar mucosa
- Pain is chronic, and rarely spontaneously remits
- Burning, scalded or tingling. Sometimes the sensation is described as ‘discomfort’, ‘tender’, ‘raw’ and ‘annoying’ rather than pain or burning.
- Subjective xerostomia, dysgeusia, thirst, headaches, chronic back pain, irritable bowel syndrome, dysmenorrhea, globus pharyngis, anxiety, decreased appetite, depression and personality disorders
- Type 2 is the most common with pain upon waking and throughout day, less commonly other patterns
- Worse by tension, fatigue, speaking, and hot, acidic or spicy foods
- Better by sleeping, cold, distraction, and alcohol.
- The pain is often relieved by eating and drinking or mental diversion or occupation
- Sleep may be unaltered, altered or even insomnia may occur

Diagnosis

A complete case taking with the simple and elimination of various possibilities may diagnose it.

A number of laboratory tests are done to exclude other diseases.

Common tests

- Complete blood cell counts (CBC)
- Erythrocyte Sedimentation rate (ESR)
- Serum iron
- Serum ferritin concentration
- Iron binding capacity
- The concentration of circulating folic acid, vit. B12, zinc, etc.
- Blood glucose level
- Serum estradiol levels in women

Other tests

- Sialometry
- Specific investigations of systemic diseases
- Allergic epicutaneous tests
- Fungal culture for the isolation of Candida species from oral mucosa

Differential diagnosis

- Acoustic neuroma
- Atypical facial pain
- Atypical odontalgia
- Denture design or tooth restoration failures
- Herpes simplex or herpes zoster
- Idiopathic facial arthromyalgia
- Neoplastic lesions in the oral cavity
- Pemphigoid, pemphigus
- Stomatitis
- Trauma to lingual or mandibular nerves after dental surgery
Treatment

Multidisciplinary approach including medical and psychosocial therapy may be effective in symptom relief in patients with BMS. Relapse prevention with a clear understanding of specific triggers, should be noted. Treatment may include psychotherapies as well as medical therapy.

Homoeopathic treatment of BMS

Homoeopathy is the science of individualization. It treats the person, not the disease. The whole constitution, including mental and physical components is entirely restored to health if homoeopathic treatment is given to the sick individual. The common remedies for burning mouth syndrome are-


Short repertory of BMS

MIND - INSANITY - throat; with burning in oena.

MOUTH - CRACKED - Tongue fissured - accompanied by - burns calen.

MOUTH - DRYNESS - Tongue - accompanied by - burning pain cyt-l. mand.

MOUTH - ITCHING - Palate - burning antip. arund.

MOUTH - MUCOUS MEMBRANE - scalded, as if ham.

MOUTH - MUCUS - burning graph.

MOUTH - PAIN - afternoon - burning Mez. rhus-v.

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Burning mouth syndrome


MOUTH - PAIN - chewing agg. - burning ph-ac.

MOUTH - PAIN - chill; during - burning ars. cham. lach. mez. Petr. verat.

MOUTH - PAIN - cold - water - agg. - burning Ars. Bufo hir.

MOUTH - PAIN - cold - water - amel. - burning acon-f. berb. cham. dros. dulc. merc-c. ruta

MOUTH - PAIN - dinner; after - burnt; as if alum. ham.

MOUTH - PAIN - eating - after - agg. - burning mez.

MOUTH - PAIN - eating - warm food agg. - burning bros-gau.

MOUTH - PAIN - eating - while - agg. - burning hir.

MOUTH - PAIN - eructations - after - burning kali-c.

MOUTH - PAIN - extending to - Anus - burning Iris

MOUTH - PAIN - extending to - Bronchi - burning ip.


MOUTH - PAIN - fever; during - burning ars. mez. Petr.


MOUTH - PAIN - Gums - eating - while - agg. - burning mag-c. NAT-M.

MOUTH - PAIN - Gums - Inner - burning puls.

MOUTH - PAIN - Gums - Lower - burning petr.

MOUTH - PAIN - Gums - touch - tongue agg.; when touched by the - burning mag-c.

MOUTH - PAIN - Gums - warm - water - agg. - burning sil.


MOUTH - PAIN - Lips - Corners - burnt; as if ant-c. arum-t. graph.


MOUTH - PAIN - Lips - Inner side of - Lower - burning anis.

MOUTH - PAIN - Lips - Inner side of - Upper - burnt; as if bar-c.
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MOUTH - PAIN - morning - burning am-br. ARUM-T. cupr-s. kali-c. sulph. symph.

MOUTH - PAIN - morning - burnt; as if Am-br. dios. mag-m. mez.

MOUTH - PAIN - morning - menses; during - burnt; as if mag-m.

MOUTH - PAIN - morning - waking; on - burnt; as if bov. nat-c.

MOUTH - PAIN - night - burning kola merc. nit-ac. sulph.


MOUTH - PAIN - Palate - cough agg.; during - burning dig.

MOUTH - PAIN - Palate - evening and night - burning mur-ac.


MOUTH - PAIN - Palate - Hard palate - burnt; as if bar-c. cimic. sep. verat.

MOUTH - PAIN - Palate - menses - during - agg. - burning Nat-s.

MOUTH - PAIN - Palate - morning - burning ARUM-T. coca lyc.

MOUTH - PAIN - Palate - night - burnt; as if Calc.

MOUTH - PAIN - Palate - Soft palate - burning Bell. canth. Cham. nux-m. ran-b.

MOUTH - PAIN - Palate - Spots; in - burning mur-ac.


MOUTH - PAIN - Palate - warm drinks agg. - burning sanic.

MOUTH - PAIN - perspiration; during - burning apis ars. Cham. mez. Petr.

MOUTH - PAIN - swallowing; when not - burning ph-ac.

MOUTH - PAIN - Tongue - Across - burning asar. gink-b.

MOUTH - PAIN - Tongue - afternoon - burning mag-m. mag-s.


MOUTH - PAIN - Tongue - Anterior part - burnt; as if rumx.

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MOUTH - PAIN - Tongue - Center - burning arizon-l. bar-c. bry. ferr. ozone Pul. ter.

MOUTH - PAIN - Tongue - Center - burnt; as if arizon-l. chin. hyos. plat. psor. pul. sabad. sep. ter.

MOUTH - PAIN - Tongue - Center - spot toward tip - burning kali-ar.

MOUTH - PAIN - Tongue - daytime - burning olib-sac.


MOUTH - PAIN - Tongue - eating - not eating or drinking agg.; when - burnt; as if ferr.


MOUTH - PAIN - Tongue - eating - while - agg. - burnt; as if ign.

MOUTH - PAIN - Tongue - evening - burning alum. cycl. dulc. kali-n.

MOUTH - PAIN - Tongue - extending to - Mouth - burning tub.

MOUTH - PAIN - Tongue - extending to - Palate - burning phos.

MOUTH - PAIN - Tongue - extending to - Stomach - burning apis ars. brom. gels. Mez. pul.

MOUTH - PAIN - Tongue - fissures in - burning mag-m.

MOUTH - PAIN - Tongue - left side - burning chir-fl. iris jac-c. tarax.

MOUTH - PAIN - Tongue - morning - burning am-br. ham. Mag-m. nat-sil. ozone stann. sulph. tritic-vg.

MOUTH - PAIN - Tongue - morning - burnt; as if bamb-a. mez. nat-c.

MOUTH - PAIN - Tongue - night - burning nat-m. ph-ac. Phos.

MOUTH - PAIN - Tongue - one side - burning Calc.

MOUTH - PAIN - Tongue - Posterior part - burnt; as if phyt.

MOUTH - PAIN - Tongue - protrudes it to cool it - burning irid-met. sanic.


MOUTH - PAIN - Tongue - Root of - right - burning phos.

MOUTH - PAIN - Tongue - salt agg. - burning Nat-m. petr. spong.

MOUTH - PAIN - Tongue - Sides - burnt; as if ant-c. apis canth. caust. dios. puls. spong. sulfonam.

MOUTH - PAIN - Tongue - Sides - left - burning chir-fl. Lach. nat-s. ox-ac.

MOUTH - PAIN - Tongue - Sides - right - burning phos.

MOUTH - PAIN - Tongue - smoking agg. - burnt; as if sep.

MOUTH - PAIN - Tongue - Sour food, from - burning petr.

MOUTH - PAIN - Tongue - Spots; in - burning act-sp. Ars. indg. kali-i. ph-ac. ran-s.

MOUTH - PAIN - Tongue - Spots; in - burnt; as if aloe Ars.

MOUTH - PAIN - Tongue - stitching pain - burning androc. Chin.

MOUTH - PAIN - Tongue - Surface of tongue; under - burning aur-m-n. brom. bros-gau.


MOUTH - PAIN - Tongue - Tip - evening - burning cycl.

MOUTH - PAIN - Tongue - Tip - night - burning hep.

MOUTH - PAIN - Tongue - Tip - touch agg. - burning am-c. bar-c. bell. kola nit-ac.

MOUTH - PAIN - Tongue - Tip - waking; on - burning bros-gau. nat-m.

MOUTH - PAIN - Touch agg. - burning nat-c.

MOUTH - PRICKLING - Tongue - Scalded; as if chir-fl.

MOUTH - SALIVA - Burning manc.

MOUTH - SALIVATION - accompanied by - burning pain nat-f.

MOUTH - TASTE - Bitter - Burning ambr. berb. op.

MOUTH - TASTE - Burning all-c. allox. am-c. crot-t. kali-chl. mez. morg-p. osm. ox-ac. pimp. sabad.


MOUTH - TASTE - Milky - Burnt, like mez. tab.

MOUTH - TASTE - Sweetish - Followed by - Bitter taste - Burning and cadm-s.
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Radar Opus 2.1.11