



A CASE OF GEOGRAPHIC TONGUE TREATED WITH HOMOEOPATHY: AN EVIDENCE-BASED REPORT

¹DR. RUCHI RAVIKUMAR, ²DR. NOWMANI SHAIKH

¹ MD Part 2, Department of Pediatrics, Guru Mishri Homoeopathic Medical College, Jalna

² PG Guide - Department of Pediatrics, Guru Mishri Homoeopathic Medical College, Jalna

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ABSTRACT :

Geographic tongue, also called benign migratory glossitis, is a common condition that affects the tongue's surface. It appears as smooth patches with white borders that change over time. Most people do not have any symptoms, but some may feel a burning sensation, especially when eating spicy or sour foods. This case report is about a 4-year-old boy diagnosed with geographic tongue. He was treated with a carefully chosen homoeopathic remedy. After a detailed assessment and treatment planning, he experienced significant relief from his symptoms within a few months.

KEYWORDS: Geographic Tongue, Benign Migratory Glossitis, Homoeopathy, Constitutional Medicine

INTRODUCTION

Geographic tongue is a benign inflammatory condition of unknown origin that commonly affects both children and adults. It appears as smooth, red patches with irregular white borders on the top surface of the tongue, often shifting in location. While it is usually without symptoms, it can occasionally cause discomfort. The condition has been associated with genetic predisposition, nutritional deficiencies, and immune-related factors. Homoeopathy aims to address the underlying causes and individual susceptibilities, providing a holistic treatment approach.

CASE PROFILE

CHIEF COMPLAINT:

- Recurrent red, irregular patches on the tongue with a whitish border for the past 8 months.
- Burning sensation on eating spicy and sour foods.
- Sensitive to hot and acidic foods.
- Periodic flare-ups and periods of improvement.

HISTORY OF PRESENT ILLNESS

- The mother noticed reddish patches on her child's tongue that changed location frequently.
- Initially asymptomatic, the child later experienced a mild burning sensation with spicy and citrus foods.
- Each episode lasted 7 to 10 days before subsiding and reappearing in a different spot.
- Aggravation:
 - < Eating spicy, hot, or acidic foods.
 - < Emotional stress or crying.
 - < During teething episodes.
- Amelioration:
 - > Cool water and mild foods.
 - > Avoidance of triggering foods.
- No associated fever, oral ulcers, or systemic symptoms.

PAST MEDICAL HISTORY

- History of frequent colds and mild eczema in infancy.
- No other significant medical illnesses

FAMILY HISTORY

- Mother: Allergic rhinitis.
- Father: History of recurrent aphthous ulcers.

GENERAL EXAMINATION

- Appearance: Thin but active child.
- Temperature: Afebrile.
- Pulse: Normal.
- Skin: Dry and sensitive.

LOCAL EXAMINATIONTongue:

- Multiple irregular reddish patches with whitish edges.
- No fissures, ulcerations
- No tenderness, swelling

Oral Cavity:

- No signs of infection or trauma

PERSONAL HISTORY

- Appetite: Normal.
- Thirst: Moderate but prefers cold drinks.
- Desire: Salty food, bread, and butter.
- Aversion: Eggs and milk.
- Bowel: NAD
- Urine: NAD
- Sleep: Light sleeper; wakes up easily.
- Dreams: Nothing specific
- Perspiration: On exertion, more on forehead.
- Thermal Reaction: Chilly patient, prefers warmth.

MENTAL SPHERE

- Shy but emotionally sensitive.
- Easily affected by scolding or reprimands.
- Cries easily but controls emotions around strangers.
- Prefers playing alone but enjoys affection from parents.

TOTALITY OF SYMPTOMS

1. Tongue: Red, irregular, migrating patches with whitish borders (Geographic tongue).
2. Burning sensation: Worse from spicy, hot, and acidic foods.
3. Desire for salty foods.
4. Aversion to eggs and milk.
5. Chilly patient with preference for warm coverings.
6. Sensitive and emotional; affected by reprimands.
7. Light sleeper; wakes up easily.

		nat-m.	merc.	phos.	calc.	ars.	puls.	sep.	sul-ac.	agar.	carb-v
		1	2	3	4	5	6	7	8	9	10
		8	8	7	7	7	7	7	7	7	6
		14	12	16	13	12	10	10	9	8	11
1. Clipboard 1											
a > 1. MIND - SENSITIVE - children	(42) 1	1		2	1		2	1		1	
a > 2. MIND - SENSITIVE - reprimands, to	(65) 1	1	1		1	1	1			1	
> 3. MOUTH - MAPPED tongue	(55) 1	2	1	2	1	2		1	1	1	1
> 4. MOUTH - PAIN - Tongue - burning	(217) 1	1	2	2	2	3	1	2	2	1	2
> 5. SLEEP - LIGHT	(150) 1	1	2	1	2	2	1	1	1	1	1
> 6. GENERALS - FOOD and DRINKS - lemons - desire	(52) 1	1	2			1	1		1		
> 7. GENERALS - FOOD and DRINKS - milk - aversion	(154) 1	2	1	2	2	1	2	2	1	1	2
> 8. GENERALS - FOOD and DRINKS - salt - desire	(220) 1	4	1	4	2		1	1	1	1	3
> 9. GENERALS - HEAT - lack of vital heat	(406) 1	2	2	3	3	2	2	2	2	2	2

PROBABLE MEDICINES

- Natrum mur
- Phosphorus
- Calcareo phos
- Sulphur
- Lycopodium

FINAL PRESCRIPTION

Rx:

Natrum muriaticum 200C – Single dose stat

Saccharum Lactis – BD for 1 week

Dietary Advice: Avoid spicy and acidic foods; encourage soft, cool-textured foods.

FOLLOW-UP & PROGRESS

DATE	SYMPTOMS	PRESCRIPTION
After 2 weeks	Burning sensation reduced by 50%. Lesions still present but less inflamed	Sac lac BD X 2 weeks
After 1 month	Frequency of lesions decreased. Mild burning only when having citrus or spicy food. Child more playful and less sensitive	Sac lac BD X 30 days
After 3 months	No recurrence of symptoms in the past month. Normal dietary intake, tolerates mild spices. Sleep improved	No further medication needed. Advised to monitor and report any recurrence

**DISCUSSION**

Geographic tongue is generally a self-limiting condition. However, when discomfort occurs, homoeopathic treatment can offer symptomatic relief. Homoeopathy considers both physical and emotional factors, which can help with long-term management. In this case, Natrum muriaticum, a remedy suitable for emotionally sensitive and chilly individuals who have a craving for salty foods, proved to be effective.

CONCLUSION

This case illustrates how individualized homoeopathic treatment effectively managed geographic tongue in a child. The selection of constitutional medicine, along with proper follow-up, resulted in significant improvement, enhancing the patient's quality of life.

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