

EFFECTS OF YOGASANA, PREKSHA MEDITATION AND SHATKARMA ON PATIENT SUFFERING FROM ORAL LICHEN PLANUS

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Abstract

Oral lichen planus (OLP) is one of the most chronic immune-mediated disease, till date its aetiology is unknown. Its inflammatory and psychosomatic nature affects the oral mucosa in a typical manner. One of the risk factors is emotional instability reported by many studies in patients suffering from depression, anxiety disorder, and acute stress (Panta et al., 2019). Research study on anxiety, depression, and oral lichen planus (OLP) suggests that patients with OLP experience higher levels of anxiety and depression compared to individuals with other benign oral lesions. The study found a significant association between OLP and increased levels of anxiety and depression, indicating that these psychological factors may contribute to the development and exacerbation of OLP. However, it was not definitively established that anxiety and depression are direct causative factors of OLP. The researchers recommend considering psychotherapy, antidepressants, and anxiolytic treatments as adjuncts to managing OLP alongside specific oral lesion treatments. Additionally, the study suggests that addressing the psychological well-being of OLP patients may provide added benefits in their overall management. (García-Pola Vallejo et al., 2001). The article highlights the strong correlation between psychological factors and OLP (Song et al., 2021). This research article discusses a female patient who suffered from OLP and was under medication. Hence Yogasana, Preksha meditation and Jal Neti was offered by considering psychology, dietary patterns and stress factors. **Background:** A female patient age 34 years, who suffered from Oral Lichen Planus and started taking medication. A detailed history related to psychosocial, stress, dietary pattern and medication was obtained. Clinically, the OLP was diagnosed by Dental HOD in Govt. Hospital. Patient has shown reluctance towards modern medicines and also has a fear for lifetime taking medicines, she was in healthcare profession and aware that most of medicines are psychiatric and steroidal drugs and may causes lower the immune defence system. Hence a holistic approach offered by considering psychology and dietary patterns and stress factors. she was willing to voluntarily enrol for a future solution and avoidance of pharmacotherapeutic medicines. **Objective:** To examine the effect of Yogasana, Preksha Meditation and Shatkarma on patient suffering from Oral Lichen Planus with a holistic management approach. **Method:** A long-term Yogasana, Preksha Meditation and Shatkarma therapy is given and evaluates the improvement in symptoms. **Result:** There was gradual improvement in the symptoms of the OLP disorder and after 12 weeks of continued practice of Yogasana, Preksha Meditation and Jalneti OLP symptoms diminished. **Conclusion:** Patients with OLP disorder can be successfully managed with Yogasana, Preksha Meditation and Jalneti and this complementary therapy helps to manage OLP symptoms and improve overall well-being.

Keywords: Preksha meditation (PM), oral lichen planus (OLP), Stress, anxiety, autoimmune disorder, Suryanamaskar, Jalneti, yoga therapy.

INTRODUCTION

Although evidence-based research on yoga's potential as a therapeutic strategy for OLP problems and as a means of promoting health and disease prevention is widely available, it is noteworthy that few studies have been conducted on individuals who was suffering from autoimmune disease. OLP was first described in 1869 by British physician Wilson Erasmus (Elenbaas et al., 2022). It is a disorder of stratified squamous epithelium cells of uncertain aetiology and is often noticed in middle-aged patients in the age group 30-60 years and is more common in females than in males. Its nature is idiopathic and the immune system response affects the mucous membranes in the mouth in a bilateral pattern. As per medical science, a range of etiological factors associated with OLP are Viruses, oral plaque /calculus etc., whereas psychological triggers are often underestimated. OLP is sometimes accompanied by skin, nails and scalp and affects oral

and genital mucous membranes. It is mainly diagnosed in oral medicines /Dentist clinics. In OLP body's immune system mistakenly attacks the mucous membranes of the oral cavity, leading to various symptoms and oral lesions (Elenbaas et al., 2022; Gupta & Jawanda, 2015). Definite aetiology remains unknown but triggering factors and initiating factors are present and helpful to decrease the symptoms and give relief. Some studies revealed that red meat, fast food, alcohol, spicy food and coffee are closely associated to stimulate or worsen the symptoms of OLP (Atessa Pakfetrat, 2019). In some cases, Food allergies are also a part of the factor (Chen et al., 2016). On the flip side, the significance of psychological factors in clinical practice becomes evident when treating patients in various healthcare settings. Depression anxiety, and stress are well documented with oral lesions, especially oral lichen planus (Kalkur et al., 2015). Studies revealed that most practitioners were using topical steroids which are a pillar for efficient therapy in symptomatic management of OLP (Gupta et al., 2017).

OBJECTIVE

To examine the effect of Yoga, Preksha Meditation and Shatkarma on patient suffering from OLP with a holistic management approach. This holistic management could be considered whenever dealing with OLP patient or any other autoimmune disorder.

BACKGROUND

A 34-year-old lady came and sought more assistance from yoga therapist in December 2021 for management of pain and inflammation in the oral cavity. Patient frequently consulted dental practitioners and physicians but neither a definitive investigation nor a conclusive diagnosis was made. Lastly when she visited a govt. hospital, she was diagnosed with OLP by Dental HOD and she was kept on medication: Triamcinolone acetonide 0.1% oral paste, Zytex RB gel, Tantum Oral Rinse mouthwash, Tab. Vitamine B complex. She further said that with the discontinuation of the medication, the intensity of symptoms increases. She presented with pain and a burning sensation in her mouth, buccal mucosa, and tongue. The patient was on a bland diet and avoided any spicy, sour and fast food. Medically she was fit and did not have any chronic history of hypertension, diabetes or any other health problem. She is a physically challenged and working woman and mother of two children. She reported that during the COVID-19 pandemic when the world was under stress, she was also undergoing the same, and as a healthcare worker she served relentlessly to hospital patients and was managing family also that caused more stress to her. Many studies revealed that stress causes anxiety and depression (Chiba et al., 2012). Considering the history, clinical examination details and investigations, the Yoga therapist has given the following therapy: -

Sl. No.	Asanas / Meditation / Shatkarma	Round/hold
1.	"OM" Kara chanting	3 rounds
2.	Surya Namaskar	2-5 rounds
3.	Preksha Meditation	
	Kayotsarg	5 min.
	Antaryatra	5 min.
	Svas preksha	10min.
	Sharira Preksha	10min.
	AUM chanting	3 times
4.	Jala Neti (Shatkarma)	Weekly

RESULT

The patient's OLP symptoms gradually improved, and after 12 weeks of consistent yoga asana, PM and Jala Neti practice, she felt healthier and more invigorated, had good sleep, had no pain in the oral cavity, and was emotionally stable, physically stronger, and compassionate. She continued to practice regularly. Overall, the body, mind, and emotions are in healthy harmony. The patient stated on their own that both the dosage and frequency of medications were decreased. During her recent visit in October 2023, Patient told that she strictly follows yoga protocol and has a positive effect. She said whenever she not able to do yoga and eat outside food (i.e. Hotel Food, Punjabi Thali, Junk Food, Pizza /Burger) then only OLP-like symptoms appeared, she managed the symptoms with Yoga and Diet only and not take any kind of medicines.

DISCUSSION

As per research, practising Surya Namaskar, PM and Jala Neti has positive effects on oral lichen planus patients. It is believed that this form of meditation helps in reducing stress and anxiety, which are known to aggravate the symptoms of oral lichen planus. Some studies reflect the beneficial effects of Preksha meditation techniques on mental health (Gaur

B.P. & Gusain V.S., 2017), PM is capable of inducing alteration in different cellular and metabolic pathways (Abomoelak et al., 2022). PM is capable of significantly increasing alpha waves in EEG (C Sanchetee & Shreyas Pragma, 2020) and various aspects of human beings but no research study is available related to OLP and Preksha Meditation of working females.

Om chanting: It is said that the three sounds A-U-M, also known as aa, uu, and mm, are identical to the three states of waking, dreaming, and sleeping. Similarly, the three letters A, U, and M are also associated with these three states. It is believed that the fourth state, also known as Turiya, can only be realized through the silence that lies beyond or behind the other three states (Amin et al., 2016; Bajappanavar & Upadhye, 2021). Surya Namaskar, a series of yoga poses performed in sequence, offers diverse health benefits including improved physical fitness, cardiovascular health, digestion, stress reduction, respiratory function, hormonal balance, posture, energy levels, and spiritual growth. Regular practice can lead to enhanced physical fitness, mental clarity, and overall well-being (Madaan et al., 2020).

Preksha meditation: Under the guidance of his mentor, Acharya Tulsi, Jain spiritual leader Mahapragya embarked on an extensive exploration of the diverse meditative philosophies within the Jain tradition. Delving into the Svetambara and Digambara schools, he drew insights from revered figures such as Acharya Haribhadra, Hemchandra, and Shubchandra. Pujyapada's rediscovery of a lost meditation technique, under Guru Tulsi's tutelage, blossomed into Preksha Dhyana, a celestial tree of spiritual practice nurtured by Acharya Mahapragya for the betterment of humanity. Bridging epochs from the ancient sage Rishab to the contemporary era of Tulsi and Mahapragya, this transformative method revolves around the core principles of Breath Preksha and Kayotsarg, meticulously refined by Mahapragya and Guru Tulsi. At its essence lies the doctrine of Anekantavada, the theory of manifold perspectives, endowing Preksha Dhyana with the power to not only shape individuals but also to rejuvenate the very fabric of existence (Mahapragya, 2021) (Mahaprajna, 2004) (Tulsi, 1994) (<https://jainworld.com/philosophy/others/preksha-dhayan/preksha-dhayan-compiled-by-vidya-jain/what-is-preksha/>, n.d.). According to book "Transmutation of Personality Through Preksha Meditation" by Acharya Sri Tulsi offers practical insights for personal growth through preksha meditation (1) Emphasizes regular practice for tangible benefits. (2) Focuses on integrating the mind for clear vision. (3) Character transformation and tension dissolution. (4) Highlights physical and mental benefits. (5) Recognizes its scientific approach and effectiveness (Tulsi, 1994). This kind of meditation is said to help lower stress and anxiety, boost immunity at the cellular level, treat sleep disorders, and progressively strengthen the physical and psychological levels at a deeper state, which helps the body achieve equilibrium (Mahapragya, 2021). Immune system performance has also been reported to be enhanced by Preksha meditation, which may help with the treatment of this illness. Preksha meditation should be used as a supplemental therapy to assist manage symptoms and enhance general well-being, not as a substitute for traditional medical care. By practising PM, individuals can learn how to manage their emotions better and develop a greater sense of inner peace and well-being. Some of the benefits of PM include reduced stress and anxiety, improved focus and concentration, and an overall sense of calm and relaxation (Sanchetee et al., 2017; Vagh, 2019). Additionally, PM has also been found to improve immune system functioning, which may aid in the management of this condition.

Shatkarma: According to Hath Yoga Pradipika shatkarma is "six cleansing techniques" These are Neti, dhouti, Nauli, Basti, Kapalbhathi and Trataka. The purpose of these purification techniques is to keep the body clean and healthy. Jala Neti is a nasal cleansing technique and in this process removes excess mucus, dirt, and other impurities from the nasal passages. It is an ancient practice that has been used by the ancient seers. There was gradual improvement in symptoms after six weeks of therapy, inflammation and burning sensation were decreased into normal mucosa cells. (Meera et al., 2020).

CONCLUSION

This study shows that OLP can be successfully managed with Yoga intervention – Surya namaskar, PM and Jala Neti. Yoga therapy practices relaxing and calming down the body with a positive attitude and there is a change in breathing pattern which consciously reaches deep into the cellular level and enhances the cellular activity. It is supportive for further research in OLP and other autoimmune or oral disorders. However, it is important to note that PM should not be used as a replacement for conventional medical treatment, but rather as a complementary therapy to help manage symptoms and improve overall well-being.

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