



6 causes of itchy tongue - Dr Amarnathan's Dental Care - Dental Clinic in Tambaram

Tongue itchiness is a typical oral problem, but it is a warning indication for people who experience it regularly. Several variables, including viral infections, have been related to chronic itching sensations in the neck, tongue, lips, and other locations inside the mouth.

What are the possible causes of itching on the tongue?

The most common cause of itchy tongue is oral allergy syndrome. Meanwhile, a variety of dental issues and systemic disorders cause irritation in our tongues. The following are the primary causes of this tongue complaint:

1) Oral Allergens

Itching in the mouth occurs when certain allergens in foods and edible reproductive organs (for example, fruits, seeds, nuts) of a plant are exposed to your mouth. Food and oral allergies are frequently misinterpreted. Food allergies can harm vital organs and produce difficulties such as high heart rate, rashes, difficulty breathing, and so on.

2) Tongue abrasions

The tongue is a muscular organ with a mucosa covering and a good neurovascular supply. It means that if your tongue has a traumatic injury from accidental bites, tongue piercings, or other causes, it will feel sore until it heals fully.

3) Oral Thrush

Oral thrush is a yeast infection caused by the fungus *Candida Albicans*. It usually affects newborns, children, and persons with weakened immune systems. A fungal infection develops white and yellowish pimples on the cheeks and lips.

It produces minor discomforts such as itching in the tongue, soreness in the mouth, and so on. Don't be concerned. It is normally innocuous and heals itself on its own.

4) Hormonal Shifts

Women have physiological changes as a result of hormonal imbalances caused by puberty, pregnancy, and the menstrual cycle. As a result, women must deal with a variety of hormone-related mouth issues. Some symptoms include salivary gland swelling, swollen gums, a sore tongue, and canker sores. They are more likely to have itchy mouth if there is swelling inside their mouths.

5) Diabetes

Diabetics are more likely to experience itchy tongue. You may be aware that diabetics have higher glucose concentrations in their saliva than non-diabetics. The increased salivary glucose tends to breed oral microbes, causing mouth dryness and, eventually, oral thrush. We previously discussed the connection between oral thrush and itchy tongue.

6) Viral infections

Viruses such as rhinovirus, respiratory syncytial virus, adenovirus, and enterovirus attack the upper respiratory tract, causing the common cold and flu. When pathogens in the upper airway tract infect our bodies, our natural defense system sends specialized cells to fight them.

Conclusion



Tongue itching is caused by a variety of factors other than allergens. Even if dental professionals assist you in resolving this issue, you should maintain a healthy oral hygiene routine that includes scraping your tongue.

If you clean your tongue with a toothbrush, keep in mind that tongue scrapers are 30% more effective than toothbrushes at removing dead cells and volatile sulphur compounds trapped on the tongue surfaces.

For more information read the full blog by tapping this link :

<https://www.dramarnathansdentalcare.com/6-causes-of-itchy-tongue/>