

Local and Systemic Factors Associated with Burning Mouth

Local

1. Xerostomia (dry mouth)
2. Chronic mouth breathing (breathing through your mouth rather than your nose)
3. Chronic tongue thrust habit
4. Chronic mechanical trauma (constant injury to the tongue)
5. Trauma to lingual nerve
6. Referred pain from teeth or tonsils
7. TMJ dysfunction
8. Trigeminal neuralgia or facial pain/neuralgia
9. Allergy (food or oral hygiene product)
10. Angioedema (severe allergy/autoimmune disorder)
11. Oral candidiasis (yeast infection)
12. Fusospirochetal infection (Acute Necrotizing Ulcerative Gingivitis (ANUG) or Periodontitis (ANUP))
13. Oral submucous fibrosis (rare allergic type reaction in peoples primarily from India)

Systemic

1. Vitamin B deficiency
2. Diabetes mellitus
3. Chronic gastritis or regurgitation, or hypoacidity
4. Hypothyroidism
5. Mercurialism
6. Estrogen deficiency
7. Stress or depression
8. Cancer/Chemotherapy
9. AIDS or anything that could suppress the immune system