



Clinical and Epidemiological Features of Fissured Tongue in Adult Dental Patients

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Abstract. Fissured tongue is a common benign lesion of the oral mucosa characterized by grooves and fissures on the dorsal surface of the tongue. The present study evaluated the prevalence and clinical manifestations of fissured tongue among adult dental patients. Clinical examination demonstrated that the condition was more common in males and elderly individuals. Most patients were asymptomatic; however, some reported burning sensation, halitosis, and discomfort during eating. The findings emphasize the importance of routine oral examination and proper oral hygiene in preventing secondary inflammatory complications associated with fissured tongue.

Keywords: fissured tongue, oral mucosa, tongue lesions, epidemiology, oral diagnosis.

Fissured tongue is a common benign anomaly of the oral mucosa characterized by the presence of multiple grooves and fissures located predominantly on the dorsal surface of the tongue. Despite its relatively frequent occurrence in dental practice, the epidemiological and clinical significance of fissured tongue remains insufficiently investigated. The present study aimed to evaluate the prevalence and major clinical manifestations of fissured tongue among adult dental patients.



A clinical examination of 250 adult patients aged 18–75 years was performed during routine dental visits. The diagnosis of fissured tongue was established based on visual clinical examination. The number, depth, and localization of fissures were assessed, and associated subjective complaints were recorded.

The prevalence of fissured tongue in the examined population was 14.8%. The condition was observed more frequently among males and elderly individuals. The most common clinical presentation included a central longitudinal fissure accompanied by multiple lateral branches. The majority of patients were asymptomatic; however, 32.4% reported burning sensation, halitosis, discomfort during eating, and increased sensitivity to spicy foods. In several cases, fissured tongue was associated with geographic tongue and xerostomia.

The findings indicate that fissured tongue is a relatively common oral condition with variable clinical manifestations. Although generally benign, symptomatic cases may negatively affect oral comfort and quality of life. Early recognition and appropriate oral hygiene measures are important for prevention of secondary inflammation and microbial colonization.